



## ST. XAVIER'S COLLEGE, MAPUSA GOA

### Report of Activity conducted in the Academic Year 2024-25

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|---|---|
| <b>Name of Activity</b>                               | INTERNATIONAL DAY OF YOGA   |
| <b>Date/ Duration</b>                                 | 21st June 2024  |
| <b>Venue</b>  | Recreational Hall   |
| <b>Name of organizing Department/Cell</b>             | NCC & NSS   |
| <b>In collaboration with</b>                          |   |
| <b>Name/s of Faculty Co ordinator</b>                 | 1. Lieutenant Victorya A. Rodrigues<br>2. Dr. Rheane P. Da Silva  |
| <b>Stratum of Event</b>                               | College/ <del>State/ Regional/National</del>  |
| <b>Name &amp; details of Resource Person/s if any</b> |   |
| <b>Report</b>   | <p>The 10<sup>th</sup> International Day of Yoga was celebrated at St. Xavier's College Mapusa on 21<sup>st</sup> June, 2024. It was conducted at Recreational hall and began at 9:30am and ended at 11.00 am. This yoga session was attended by the NCC Cadets from 1 Goa Girls Battalion, 1 Goa Battalion, NSS volunteers and students of St. Mary's Convent High School, Mapusa. A total of 93 students participated in the same.</p> <p>Dr. Manoj Salgaonkar, a faculty from the Department of Physics, practicing Yoga for more than 10 years, guided the session. The session began with a prayer followed by a brief explanation of all the yoga 'Asanas' and demonstration.</p> <p>Dr. Manoj led the NCC cadets and NSS volunteers in various Asanas. His session concluded with a prayer. The NCC Administrative Officer - Major Wendy also shared her experiences as a practitioner of yoga through a brief talk.</p> |
| <b>Brochure/Poster</b>                                | <a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/07/BROCHURE.jpeg">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/07/BROCHURE.jpeg</a>   |
| <b>Photographs</b>                                    | <a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/07/sxc-photos-YD-2024.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/07/sxc-photos-YD-2024.pdf</a>   |
| <b>List of participants with signatures</b>           | <a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/07/sxc-attendance-list-YD-2024.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/07/sxc-attendance-list-YD-2024.pdf</a>   |
| <b>Certificate</b>                                    | --  |