



## ST.XAVIER'S COLLEGE, MAPUSAGOA

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

<b>Name of Activity</b>	Rejuvenate: Mind and Body Connection
<b>Date/Duration</b>	19/10/2024 10 a.m. to 12 p.m
<b>Venue</b>	St.Xavier's College – Seminar Hall
<b>Name of organizing Department/Cell</b>	Department of BBA in collaboration with the Health and Wellness Club
<b>In collaboration with</b>	
<b>Name/sof Faculty Coordinator</b>	Ms. Charmaine Dias Event Coordinator
<b>Stratumof Event</b>	For students in the college
<b>Name &amp; details of Resource Person/s</b>	Ms. Sukanya Majumder is a multidisciplinary artist. She aims at providing knowledge and awareness about holistic living to all ages. She has successfully treated over 50 people with yoga and taught her skills to over 1000 people across the globe.
<b>Report</b>	<p style="text-align: center;"><b>Rejuvenate: Mind and Body Connection Report 2024</b></p> <p>The FYBBA organized a wellness session on the theme Rejuvenate: Mind and Body Connection on 19/10/2024 in the college Seminar Hall from 10 a.m. to 12 p.m. The session aimed to introduce participants to ways to harmonize mental and physical aspects of their lives. It enabled participants to understand mindfulness meditation to calm the mind; it took them through gentle yoga and movement to encourage the body to release tension. The resource person began with stretching exercises that helped the participants warm up. She then took them through the importance of movement as a lifestyle and demonstrated simple yoga techniques. The participants demonstrated these techniques under her guidance. The second part of the session included breathing techniques and meditation exercises where the participants focused on their breath and were taken through a guided meditation. She highlighted different forms of movement that can be included in everyday life and emphasized on physical, mental and spiritual wellness.</p>
<b>Brochure/Poster</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/brochure-5.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/brochure-5.pdf</a>
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/PHOTO-2024-11-04-10-20-25.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/PHOTO-2024-11-04-10-20-25.pdf</a>
<b>List of participants With signatures</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/registration-list-2.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/registration-list-2.pdf</a>
<b>Certificate</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Copy-of-Corrected-E-certificate.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Copy-of-Corrected-E-certificate.pdf</a>