




**ST. XAVIER'S
COLLEGE, MAPUSA
GOA**

Report of Activity conducted in the Academic Year 2024-25

Name of Activity (Workshop, Guest Lecture, Addon Course, Seminar, etc.)	Yoga session
Date/ Duration	1 st October, 2024
Venue	Post Graduate Conference Hall, St. Xavier's College.
Name of Organising Department/ Cell	Department of Botany and Health & Wellness Club, St. Xavier's College.
In Collaboration with	-NA-
Name of Faculty Coordinator	Ms. Gema Athaide and Prof. Maria Fonseca
Stratum of Event (College, State, Regional, National)	College
Resource Person details	Dr. Zuleika Antao Naturopathy and Yogic sciences, Acupunture and Moxibustion
Report	<p>A session on yoga was conducted for the students of BA and BSc on 1st October, 2024 from 10.45 am to 11.45am. The session begin with the brief introduction of the resource person by one of the students, followed by presentation of a potted plant.</p> <p>The resource person started the session briefing on the defination of yoga and its importance. The talk was followed by yoga session with simple excercises on the loosening of the body muscles and then followed by different yoga asanas and poses. The students and teachers participated in the session and enjoyed the different yoga poses.</p> <p>The session ended with a vote of thanks by the students.</p> <p>Students were fascinated with the wealth of knowledge and</p>

	interacted with the Resource Person
Brochure/Poster	Attached below
Photographs	Attached Separately
List of Participants with Signatures	Attached Separately
Certificate	-NA-





ST. XAVIER'S COLLEGE, MAPUSA GOA

*Department of Botany
In association with
Health and Wellness Club*

ORGANISES

SESSION ON YOGA

Resource Person: **Dr. Zuleika Juliet Antão**

01 October 2024

Ms. Ursula Barreto
Acting Principal

Time: 10.45 am – 11.45 am

Ms. Gena Ataide
Co-ordinator

Venue: Conference Hall, P.G Block

Prof. Maria Fonseca
Co-coordinator

Fr. Antonio Salema
Administrator

