



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

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

<b>Name of Activity</b> ( Workshop, Guest Lecture, Addon Course, Seminar, etc.)	Yoga session
<b>Date/ Duration</b>	1 <sup>st</sup> October, 2024
<b>Venue</b>	Post Graduate Conference Hall, St. Xavier's College.
<b>Name of Organising Department/ Cell</b>	Department of Botany and Health & Wellness Club, St. Xavier's College.
<b>In Collaboration with</b>	-NA-
<b>Name of Faculty Coordinator</b>	Ms. Gema Athaide and Prof. Maria Fonseca
<b>Stratum of Event</b> ( College, State, Regional, National)	College
<b>Resource Person details</b>	Dr. Zuleika Antao Naturopathy and Yogic sciences, Acupunture and Moxibustion
<b>Report</b>	<p>A session on yoga was conducted for the students of BA and BSc on 1<sup>st</sup> 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. Students were fascinated with the wealth of knowledge and interacted with the Resource Person</p>

<b>Brochure/Poster</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Brochure-1.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Brochure-1.pdf</a>
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Photograph-1.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Photograph-1.pdf</a>
<b>List of Participants with Signatures</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Attandance.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/Attandance.pdf</a>
<b>Certificate</b>	-NA-