



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	International Yoga Day
Date/ Duration	21/06/2024
Venue	St. Xavier's College Mapusa Goa (REC HALL)
Name of organizing Department/Cell	NCC
In collaboration with	
Name/s of Faculty Co ordinator	CTO. Miss Avani Anil Kharde
Stratum of Event	College
Name & details of Resource Person/s if any	-
Report	<p>On 21st June 2024, St. Xavier's College celebrated the 10th International Yoga Day with a special yoga session organized by the NCC and NSS units, in collaboration with St. Mary School NCC Girl Cadets. The event aimed to promote physical, mental, and spiritual well-being among students and cadets.</p> <p>A total of 12 Senior Division (SD) and 18 Senior Wing (SW) cadets actively participated in the session, engaging in various yoga asanas and breathing exercises to enhance flexibility, concentration, and inner peace.</p> <p>The resource person, Mr. Manoj Salgaokar, Associate Professor, Department of Physics, guided the participants through the session, emphasizing the importance of yoga in daily life and its benefits for overall health.</p> <p>The event concluded with a pledge to incorporate yoga into everyday routines, reinforcing the significance of this ancient practice in fostering a healthy and disciplined lifestyle.</p>
Brochure/Poster	-
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/16.pdf
List of participants with signatures	-
Certificate	-