



ST. XAVIER’S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	MOVEMENT MATTERS: EXPORING PHYSIOTGHERAPY’S ROLE IN HEALTH
Date/ Duration	03/10/2024 Time – 9:30 am to 10:30 am
Venue	COLLEGE SEMINAR HALL
Name oforganizing Department/Cell	DEPARTMENT OF PHYSICAL EDUCATION AND DEPARMENT OF ECONOMICS
In collaboration with	
Name/s of Faculty Co ordinator	MS. LINETTE D’SOUZA CTO. AVANI ANIL KHARDE
Stratum of Event	College
Name & details of Resource Person/s if any	DR. SAIEL NAIK
Report	<p>The seminar, "<b>Movement Matters: Exploring Physiotherapy’s Role in Health,</b>" was successfully organized by the <b>Department of Physical Education</b> and the <b>Department of Economics</b> at the <b>College Seminar Hall</b> on <b>3rd October 2024</b> from <b>9:30 AM to 10:30 AM</b>.</p> <p>The session aimed to highlight the significance of physiotherapy in promoting overall well-being, preventing injuries, and enhancing mobility. Experts in the field elaborated on the various benefits of physiotherapy, emphasizing its role in rehabilitation, pain management, and improving quality of life. The seminar provided valuable insights into the latest advancements and techniques in physiotherapy, making it an informative experience for all attendees.</p> <p>A total of <b>10 Senior Division (SD) and 6 Senior Wing (SW) Cadets</b> from the <b>1 Goa Battalion NCC (Boys Unit) of St. Xavier’s College</b> actively participated in the program. Their presence underscored the importance of physical fitness and well-being, which aligns with the values promoted by the NCC.</p> <p>The session concluded with an interactive discussion where students and faculty members engaged with the speakers, addressing queries regarding physiotherapy's applications in daily life and professional sports. The seminar was well-received and appreciated by all attendees, further reinforcing the importance of movement and physiotherapy in maintaining a healthy lifestyle.</p>
Brochure/Poster	-
Photographs	-
List of participants with signatures	-
Certificate	-