



## ST. XAVIER'S COLLEGE, MAPUSA GOA

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

<b>Name of Activity</b>	Session on "Movement Matters: Exploring Physiotherapy's Role in Health."
<b>Date/ Duration</b>	3 <sup>rd</sup> October, 2024 / 9.30 a.m. to 10.30 a.m.
<b>Venue</b>	Seminar Hall, St. Xavier's College, Mapusa- Goa.
<b>Name of organizing Department/Cell</b>	Health and Wellness Cell
<b>In collaboration with</b>	Departments of Physical Education and Economics
<b>Name/s of Faculty Co-ordinator</b>	Ms. Gema Athaide (Convenor) Ms. Linette de Souza Noronha Ms. Mumtaz Mendonsa Ms. Kalpita Talpekar Ms. Joslyn D'Souza
<b>Stratum of Event</b>	College
<b>Name &amp; details of Resource Person/s if any</b>	Dr. Saiel Naik (Physiotherapist)
<b>Report</b>	<p><b>Objectives:</b> To educate participants about:</p> <ol style="list-style-type: none"> <li>1. Short-term pain relief from lower back pain.</li> <li>2. Exercises to strengthen lumbar and abdominal muscles.</li> <li>3. Techniques to modify posture, improve circulation and general health.</li> </ol> <p><b>Brief description:</b> The Resource Person, Dr. Saiel Naik was introduced by Mr. Yash Pawar, a student of S.Y.B.Com. and President of The Health and Wellness Cell. He welcomed the participants and introduced the topic. The Director of Physical Education, Ms. Joslyn D'Souza welcomed Dr. Saiel Naik with a potted plant.</p> <p>Dr. Saiel Naik, in his introduction, focussed on lower back pain, a leading cause of disability globally. The highlights of his discourse were: when to get help for lower back pain, why get help, what type of treatment helps in relieving lower back pain and prevention of lower back pain. He also busted some myths surrounding lower back pain.</p> <p>In an interactive session with the participants, Dr. Saiel invited student volunteers on the stage to demonstrate some exercises to relieve lower back pain such as the Hamstring Stretch, Lumbar Rotation, Quadratus Lumborum Stretch, Cobra Pose, Bridging and Child Pose.</p> <p>In conclusion to his session, Dr. Saiel enquired with the audience if they had any queries with regards to his session. Some of the students had pain sustained during Gym workouts and while playing games. To which Dr. Saiel advised and demonstrated proper posture and exercises</p>

	<p>to prevent and treat the pain.</p> <p>Ms. Snela Almeida, a student of T.Y.B.Sc. later proposed the vote of thanks.</p> <p>Outcomes: At the end of the session:</p> <ol style="list-style-type: none"> <li>1. Participants having lower back pain performed exercises recommended by the physiotherapist and experienced relief from pain.</li> <li>2. Equipped with the knowledge of exercises to strengthen lumbar and abdominal muscles and techniques to modify posture, improve circulation and general health, the recurrence of lower back pain will reduce.</li> </ol> <p>Number of beneficiaries: 66 students (13-N.C.C. and 53-Sports) and 04 lecturers.</p>
<b>Brochure/Poster</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Health-and-Wellness-Cell-Poster.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Health-and-Wellness-Cell-Poster.pdf</a>
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Health-and-Wellness-Cell-Photographs.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Health-and-Wellness-Cell-Photographs.pdf</a>
<b>List of participants with signatures</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Health-Wellness-Attendance-.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Health-Wellness-Attendance-.pdf</a>
<b>Certificate</b>	N.A.