



## ST. XAVIER'S COLLEGE, MAPUSA GOA

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

<b>Name of Activity</b>	"Movement Matters: Exploring Physiotherapy's Role in Health"
<b>Date/ Duration</b>	3 <sup>rd</sup> October 2024/1 hour
<b>Venue</b>	Seminar Hall, St. Xavier's College, Mapusa - Goa
<b>Name of organizing Department/Cell</b>	The Health and Wellness Cell of St. Xavier's College, Mapusa – Goa, in association with The Departments of Physical Education and Economics
<b>In collaboration with</b>	
<b>Name/s of Faculty Co ordinator</b>	Ms. Gema Ataide and Ms. Linette de 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>The Health and Wellness Cell of St. Xavier's College, Mapusa – Goa, in association with The Departments of Physical Education and Economics, organized a session on "Movement Matters: Exploring Physiotherapy's Role in Health" on 3<sup>rd</sup> October 2024, from 9.30 a.m. to 10.30 a.m. The target audience were staff and students of N.C.C. and sports.</p> <p>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 66 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>

	to prevent and treat the pain. Ms. Snela Almeida, a student of T.Y.B.Sc. later proposed the vote of thanks. The session ended at 10.30 a.m.
<b>Brochure/Poster</b>	NA
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Physio-1.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Physio-1.pdf</a>
<b>List of participants with signatures</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Health-Wellness-Attendance-1-1.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Health-Wellness-Attendance-1-1.pdf</a>
<b>Certificate</b>	NA