



## ST. XAVIER'S COLLEGE, MAPUSA GOA

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

<b>Nature of Activity</b>	11 <sup>th</sup> International Yoga Day
<b>Date/Duration</b>	21 <sup>st</sup> June 2025, 2 hr (6:45am to 7:55am & (9:40 am to 10:40 am)
<b>Venue</b>	Seminar Hall, St. Xavier's College, Mapusa Goa
<b>Name of Organizing Department/Cell</b>	NSS Unit
<b>In Collaboration with</b>	Rotary Club, Mapusa Unit, Department of Physical Education.
<b>Name/s of Faculty Co ordinator</b>	Dr. Rheane (NSS CPO), Mr. Rahul Naik (NSS PO), Mr. Sujay Rane (NSS PO), Dr. Prachi (NSS PO) and Dr. Seema Fernandes (NSS PO), Ms. Joslyn D'Souza ( Director of Physical Education)
<b>Stratum of Event</b>	College Level
<b>Name &amp; details of Resource Person/s if any</b>	Mr. Deepak Naik and Alumnus Mr. Anuj Naik (Yoga Instructor)
<b>Report</b>	<p><b>Objective:</b> To celebrate 11<sup>th</sup> International Yoga Day at St. Xavier's College, Mapusa.</p> <p><b>Brief Description:</b> St. Xavier's College, Mapusa, Goa, marked the 11th International Day of Yoga with great enthusiasm and collective spirit on 21<sup>st</sup> June, 2025. The event saw active participation from both teaching and non-teaching staff, as well as students, in a rejuvenating yoga session held in the college seminar hall.</p> <p>The programme commenced at 7:00 am beginning with a telecast our Honble. PM. Shri. Modiji and followed into the Asanas continuing until 8:00 am. Esteemed yoga instructor and alumnus, Mr. Anuj Naik, led the session, skillfully demonstrating various yoga asanas and breathing exercises. He also emphasized the importance of yoga in maintaining physical health and mental well-being.</p> <p>Under his expert guidance the second session began at 9:40am. A total of 78 participants performed a series of asanas and pranayama techniques with great zeal. The session proved to be both refreshing and inspiring, reinforcing the significance of incorporating yoga into everyday life.</p> <p><b>Outcome:</b> The celebration embodied the spirit of unity, wellness, and mindfulness, and reflected the college's ongoing commitment to fostering a healthy lifestyle within its</p>

	community. <b>Number of Beneficiaries: 78 participants</b>
<b>Brochure/Poster</b>	NA
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2025/06/Photos-yoga-day-2025.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2025/06/Photos-yoga-day-2025.pdf</a>
<b>Attendance</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2025/06/attendance-yoga-day-2025-1.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2025/06/attendance-yoga-day-2025-1.pdf</a>
<b>Certificate</b>	NA