



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	11 th International Day Of Yoga
Date/Duration	21 st June 2025, 8:00 a.m – 9:00 a.m
Venue	Ark Hall, St. Xavier's College, Mapusa- Goa.
Name of organizing Department/Cell	NCC Girls Unit and NCC Boys Unit
In collaboration with	
	The Yoga Institute, Goa - Yoga Teacher Training
Name/s of Faculty Coordinator	Lt. Victorya Rodrigues (ANO, NCC Girls Unit), Ms. Avani Kharade (CTO, NCC Boys Unit)
Stratum of Event	College Level
Name & details of Resource Person/s If any	Mr. Amit Sharma, Ms. Rishika Sangwan (Main Instructors) Ms Rukshar Dhillon, Mr. Jayant Nair (Assistant Instructors) Mr. Abhimanyu Sood (Volunteer)
Report	11th International Yoga Day Celebration The 11 th International Yoga Day was celebrated at St. Xavier's College, Mapusa, by 1 Goa Girls Battalion NCC and 1 Goa Battalion

	<p>NCC in collaboration with The Yoga Institute, Goa - Yoga Teacher Training.</p> <p>The aim of the event was to highlight the importance of yoga and encourage its daily practice among the youth. The event commenced with a keynote address by Cdt. Riya Fernandes. Following the address, a yoga session was conducted by experienced instructors.</p> <p>The session covered basic yoga poses and concluded with the performance of Surya Namaskar. Over 200 cadets participated in the event. Cadets were from St. Xavier's College, Mapusa(Girls and Boys), St. Mary's High School, Mapusa, St. Brittos high School, Dattaram Mantrawadi High School, Janta High School, Dnyanprassarak Mandal's College and Research Centre . The event effectively promoted the value of yoga and encouraged daily practice among all cadets.</p>
Brochure/Poster	<p>https://xavierscollegegoa.ac.in/wp-content/uploads/2025/07/brochure-3.pdf</p>
Photographs	<p>https://xavierscollegegoa.ac.in/wp-content/uploads/2025/07/WhatsApp-Image-2025-06-21-at-12.07.29-1.pdf</p>
List of participants With signatures	<p>https://xavierscollegegoa.ac.in/wp-content/uploads/2025/07/ATTEDANCE.pdf</p>
Certificate	<p>https://xavierscollegegoa.ac.in/wp-content/uploads/2025/07/yoga-sangam-certificate.pdf</p>