



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Nature of Activity	11 th International Yoga Day
Date/Duration	21 st June 2025, 2 hr (6:45am to 7:55am & (9:40 am to 10:40 am)
Venue	Seminar Hall, St. Xavier's College, Mapusa Goa
Name of Organizing Department/Cell	NSS Unit
In Collaboration with	Rotary Club, Mapusa Unit, Department of Physical Education.
Name/s of Faculty Co ordinator	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)
Stratum of Event	College Level
Name & details of Resource Person/s if any	Mr. Deepak Naik and Alumnus Mr. Anuj Naik (Yoga Instructor)
Report	<p>Objective: To celebrate 11th International Yoga Day at St. Xavier's College, Mapusa.</p> <p>Brief Description: St. Xavier's College, Mapusa, Goa, marked the 11th International Day of Yoga with great enthusiasm and collective spirit on 21st 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>Outcome: 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. Number of Beneficiaries: 78 participants
Brochure/Poster	NA
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2025/07/WhatsApp-Image-2025-06-21-at-10.08.43-PM-1.pdf
Attendance	https://xavierscollegegoa.ac.in/wp-content/uploads/2025/07/attendance-yoga-day-2025-1.pdf
Certificate	NA

