



ST.XAVIER'SCOLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2026-27

Name of Activity	International Day of Yoga
Date/Duration	21 st June 2026 / 1 hour
Venue	Miramar beach
Name of organizing Department/Cell	NCC GIRLS UNIT OF ST. XAVIER'S COLLEGE
In collaboration with	1 GOA GIRLS BN, NCC, PEDDEM
Name/s of Faculty Coordinator	MS. VICTORYA RODRIGUES
Stratum of Event	STATE LEVEL
Name & details of Resource Person/s If any	Shri Suresh Kumar
Report	The NCC Girls Unit of 1 Goa Girls Battalion NCC, St. Xavier's College, actively participated in the celebration of the International Day of Yoga on 21st June 2026. A total of 20 girl cadets participated in the main Yoga session conducted at Miramar Beach, which witnessed the participation of around 120 NCC cadets from our college, St. Mary's High School, Mapusa, Shri Shantadurga High School, Bicholim, Diogo Vaz Higher Secondary School, Colvale. During the session, the cadets performed various yoga asanas, promoting physical fitness, mental well-being, and a healthy lifestyle while embracing the spirit of holistic wellness. In addition, 5 NCC girl cadets participated in the Yoga session organized at St. Xavier's College as part of the International Day of Yoga celebrations. The cadets also successfully completed the Yoga Quiz on the My Bharat Portal and received certificates in recognition of their participation. Furthermore, St. Xavier's College was awarded the Certificate of Participation by the Ministry of Ayush, Ministry of State, and the

	Ministry of Health & Family Welfare for its active involvement in the International Day of Yoga 2026 celebrations. The participation of the NCC Girls Unit reflected the values of discipline, fitness, and social responsibility, while reinforcing the importance of incorporating yoga into daily life for overall health and well-being.
Brochure/Poster	NA
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/07/WhatsApp-Image-2026-06-21-at-13.50.44.pdf
List of participants With signatures	NA
Certificate	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/07/CERTIFICATE-15.pdf