



Goa University

Discipline of Philosophy, School of Sanskrit, Philosophy and Indic Studies

Report on Yoga Day 2025

1. Title of the Event/Activity/program	Yogic Practices and Eco-Therapy
2. Date and Time	21st August 2025 – 9:30 am to 4:30pm
3. Mode of conduct (Physical/Online)	Physical
4. School	School of Sanskrit Philosophy and Indic Studies (SSPIS)
5. Detail of the Resource Person (Brief biodata)	<p>The Yoga Day 2025 introduced three resource persons who lead different sessions.</p> <p>1. Mr. Hector Andrade Topic: Weeds as Food and Medicine. A teacher of Philosophy and Head of Department at Mandhyan United World College of India. Former Head of the Vihar Biodiversity Park. Associate Professor of Philosophy at FLAME University. Specializes in Theory of Knowledge and Philosophy. Deeply involved in organic agriculture, lifestyle training, wilderness living, and biodiversity. Has a lifelong passion for studying weeds and their medicinal value. Written numerous books and articles on philosophy, nature, and ecology. Personal interests: avid hiker, engaged in bee-keeping and animal rescue.</p> <p>2. Dr. Derek Monteiro Topic: Ecological and Personal Wellness through Birds-Attracting Flora. Holds a Ph.D. in Management Studies with specialization in Environmental Tourism from</p>

	<p>Goa University. Masters in Eco-Tourism from Sikkim Manipal University. Bachelors in Criminology from Goa University and Bachelor's in Zoology from Bombay University. Worked as a Guest Relations Manager at Taj Holiday Village & Spa (1986–2024). Responsible for guest reception, issue resolution, service coordination, feedback utilization, VIP guest care, and staff development. Expertise in eco-tourism, hospitality, and environmental management.</p> <p>3. Dr. Yogesh B. Shinde Topic: Indigenous Diet and Yogic Practice. Currently an Assistant Professor at the All-India Institute of Ayurveda, Goa. Also, a PG Guide in Ayurveda. Over 13 years of academic experience and 10 years of clinical experience in both Ayurveda and Allopathy. Specialist in Ayurveda and Yoga. Focus areas: personalized diet, yoga, lifestyle, health, wellness, and longevity for preventing and managing various diseases. Roles: teacher, researcher, innovator, and entrepreneur.</p>
6. Number of Participants	75
7. The objective of the Program/ Activity / Event	<p>The objective of Yoga Day 2025: Yogic Practice and Eco-Therapy is to promote holistic well-being by integrating yogic practices with ecological awareness.</p> <p>It Encourage mind-body balance through yoga, meditation, and indigenous wellness practices. Highlighted the therapeutic value of nature by exploring weeds as food and medicine, and flora that enhances ecological and personal wellness.</p> <p>Foster an understanding of how diet, lifestyle, and environment contribute to sustainable health and longevity.</p> <p>Inspired participants to adopt eco-friendly practices and reconnect with nature for physical, mental, and spiritual harmony.</p> <p>Created awareness about the interdependence of human health and the natural ecosystem, reflecting the yogic principle of oneness.</p>

	<p>The programme also reflected on inner calmness and harmony with the environment, which aligns perfectly with the event's goal of uniting yoga, ecology, and wellness.</p>
<p>8. Description of the Program/ Activity/ event</p>	<p>The School of Sanskrit, Philosophy & Indic Studies, Goa University, in association with the Indian Council of Philosophical Research, New Delhi, and the Philosophical Association, Goa, organized Yoga Day 2025: Yogic Practice and Eco-Therapy on 21st August 2025 at the Seminar Hall, Faculty Block B, Goa University.</p> <p>The programme aimed to integrate yoga with ecological awareness, emphasizing the therapeutic connection between human well-being and nature. The sessions were conducted by distinguished resource persons:</p> <ol style="list-style-type: none"> 1, Dr. Walter Menezes, the Coordinator introduced the theme of the day and explained the relevance of the theme "Yogic Practice and Eco-Therapy" 2. Mr. Hector Andrade, who delivered lectures on Weeds as Food and Medicine, highlighting their nutritional and medicinal significance. 3. Dr. Derek Monteiro, who spoke on Ecological and Personal Wellness through Birds-Attracting Flora, focusing on the role of biodiversity in enhancing wellness. 4. Dr. Yogesh B. Shinde, who presented on Indigenous Diet and Yogic Practice, underlining the importance of traditional diets and yoga in maintaining health and longevity. <p>The event combined academic insight with practical applications, encouraging participants to adopt eco-friendly practices, healthier diets, and yogic discipline in their daily lives. The programme concluded with a vote of thanks, and E-certificates were provided to all participants.</p>
<p>9. Benefits /Key outcome of the Program/Activity/ Event</p>	<p>Benefits of the Programme was:</p> <ol style="list-style-type: none"> 1. Holistic Awareness – Participants gained valuable insights into the integration of yoga, diet, and ecology for overall physical, mental, and spiritual well-being. 2. Practical Knowledge – The lectures on weeds as food and medicine and indigenous diet practices equipped participants with practical knowledge on using natural resources for nutrition and healing.

	<p>3. Ecological Sensitization – The session on birds-attracting flora encouraged awareness about biodiversity and highlighted how ecological conservation contributes to personal wellness.</p> <p>4. Promotion of Indigenous Wisdom – The programme emphasized traditional and indigenous practices in health, diet, and yoga, reinforcing the importance of cultural heritage in modern lifestyles.</p> <p>5. Eco-Therapy Orientation – Participants were introduced to the therapeutic role of nature, fostering a deeper connection between humans and the environment.</p> <p>6. Interactive Learning – The event offered opportunities for dialogue and interaction with experts, allowing participants to clarify doubts and explore applications in daily life.</p> <p>7. Motivation for Lifestyle Change – The discussions inspired participants to adopt healthier diets, yoga practices, and eco-friendly habits for long-term wellness and sustainability.</p> <p>8. Certification and Recognition – All participants received E-certificates, acknowledging their involvement and encouraging continued participation in similar initiatives.</p> <p>9. This section frames the programme as impactful and meaningful, while showing measurable intellectual, personal, and ecological benefits.</p>
10. Enclosures with report	Geotagged photos, program posture, attendance sheets

Walter Menezes

Walter Menezes
coordinator

Designation: *Asst. Professor*

Date: *25.08.2025*

S. K. Menon

Signature
Dean

25/8/25

Seal of the School/Directorate/University





School of
Sanskrit, Philosophy &
Indic Studies,
Goa University



In association with
Indian Council of Philosophical
Research, New Delhi

and

Philosophical Association, Goa



organises

YOGA DAY 2025

titled

**YOGIC PRACTICE
AND ECO-THERAPY**



21 August 2025
9.30 am - 4.30 pm



Seminar Hall, Faculty Block B
Goa University



Program Details

- 9.30 am : Registration
- 9.45 am : Welcome address
- 10.00 am : Weeds as Food and Medicine
- 11.30 am : Tea
- 11.45 am : Weeds as Food and Medicine
- 13.00 pm: Lunch Break
- 14.00 pm: Ecological and Personal Wellness through Birds-Attracting Flora
- 15.30 pm: Tea
- 15.45 pm: Indigenous Diet and Yogic Practice
- 16.30 pm: Vote of thanks



ICPR Lecture on:
Weeds as Food and Medicine



Mr. Hector Andrade

Mr. Hector Andrade has been a Teacher of Philosophy, and Head of Department at the Mahindra United World College of India, Founder of the Van Vihar Biodiversity Park, an Associate Professor of Philosophy at FLAME University, and the Principal of the Mercedes-Benz International School. Presently, he has dedicated his life to the research and conservation of our native medicinal plants for which he has had a life-long passion. He offers alternate herbal treatments for several illnesses. He continues to teach occasional courses in Theory of Knowledge, and Philosophy, conducts workshops on Teacher Training, Organic Farming, Sustainable Living, and Biodiversity, and mentors young people on their life's journey. Along with a number of articles on philosophy, he has also published two books. His 2nd book titled, "Weeds as Food and Medicine" was published in 2020. On another note, Mr. Andrade is an avid hiker, and does bee-keeping and animal rescue.

Ecological and Personal Wellness through Birds- Attracting Flora



Dr. Derek Monteiro

Dr. Derek Monteiro holds a Ph.D. in Management Studies with a specialization in Environmental Tourism from Goa University, a Master's in Eco-Tourism from Sikkim Manipal University, a Bachelor's in Criminology from Goa University, and a Bachelor's in Zoology from Bombay University. He has extensive experience as a Guest Relations Manager at Taj Holiday Village & Spa from 1986 to 2024, where he was responsible for guest reception, issue resolution, service coordination, feedback utilization, VIP guest care, and staff development.



INDIGENOUS DIET AND YOGIC PRACTICE



Dr. Yogesh B. Shinde

Dr. Yogesh Bhagwanrao Shinde is currently an Assistant Professor at the All-India Institute of Ayurveda, Goa, as well as a PG Guide in Ayurveda. He also has extensive experience in academics, clinical practice, and research, with over 13 years of academic experience, 10 years of clinical experience in Ayurveda and Allopathy, and 10 years of research experience in Ayurveda and Yoga. His specialty lies in being an Ayurved and Yoga faculty, doctor, researcher, innovator, and entrepreneur, with a focus on personalized diet, yoga, lifestyle, health, wellness, and longevity consultation for various diseases.



REGISTRATION

Prior registration is
mandatory and free.

Refreshments and Lunch shall
be provided by the organizers

To register, [please click
here/Scan below](#)

E- Certificates will be provided
to all Participants

Last date of registration
17th August 2025



CONTACT

For queries, please contact:
Walter Menezes, SSPIS, GU
menezes@unigoa.ac.in

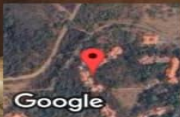
+91 8879027233





Durgavado, Goa, India
Fr6j+gmg, Goa University, Taleigao, Durgavado, Goa 403206, India
Lat 15.461219° Long 73.83155°
21/08/2025 12:38 PM GMT +05:30

GPS Map Camera



Durgavado, Goa, India
Fr6j+gmg, Goa University, Taleigao, Durgavado, Goa 403206, India
Lat 15.461235° Long 73.831528°
21/08/2025 03:14 PM GMT +05:30

GPS Map Camera





no.	Name	Mobile No.	Organization / College	Are You	Will you at	Signature
1	Bhawna Singh	9368348831	Goa University	Yes	Yes	<i>[Signature]</i>
2	Sagar Yadav	8585930919	Goa University	No	Yes	<i>[Signature]</i>
3	Dr. Ingrid Anne P. Nazareth	9404146015	UGC-MMTTC, Goa University	No	Yes	<i>[Signature]</i>
4	Akash Sadanand Naik Salgaonkar	9404759727	DCT's Dhempe College of Arts and Science	Yes	Yes	<i>[Signature]</i>
5	Ar. Prabodhini Ekawade	8999607199	Architect	No	Yes	
6	Raghunath K Nair	9284550978	Indian Navy	Yes	Yes	<i>[Signature]</i>
7	Jonathan Sequeira	8970294284	School of Sanskrit, Philosophy & Indic Studies	Yes	Yes	
8	Joaquim Monteiro	7083243241	Sr. Citizen's Club	No	Yes	
9	Jitendra Damodar Adkonkar	9420974222	Art Of Liberation	Yes	Maybe	
10	Ms. Carneiro	8975899500	None	No	Maybe	
11	JOSE F G M MASCARENHAS	942201855	Self employed	No	Yes	<i>[Signature]</i>
12	Roussel Lobo	9423474706	Vision Dezigns	No	Yes	
13	Jocelyn Britto	8169775632	Fr Agnel Polytechnic	Yes	Yes	
14	Nirmala Velip	9168901579	Manohar Parrikar School Of Law and Public	Yes	Yes	<i>[Signature]</i>
15	Queency Fernandes	9820520453	Entrepreneur	No	Maybe	
16	Mayuri Anil Kuttikar	9373542158	DCT's Dhempe College of Arts and Science,	Yes	Yes	<i>[Signature]</i>
17	Shailendra Gupta	9421150139	NA	Yes	Yes	
18	Dr. Krishna Kumar Karkee	9868354607	Goa University	Yes	Yes	
19	Aditi Andrekar	9579465043	Dhempe college of Arts and science	Yes	Yes	<i>[Signature]</i>
20	Manikant badiger	7498595139	Dct dhempe college of arts and science	Yes	Maybe	<i>[Signature]</i>
21	Meher Shaikh	8482851701	DCTS Dhempe college of arts and science M	Yes	Yes	<i>[Signature]</i>
22	Saachi Naik	9673110098	Dhempe college of Arts and science	Yes	Yes	<i>[Signature]</i>
23	Kaavya Ananthu	7385887760	Dhempe College of Arts and science Miram	Yes	Yes	<i>[Signature]</i>
24	Saviola	9921449958	Carmel	No	Yes	
25	Wilma Pereira	99237 71989	Carmels	No	Yes	
26	Dr. ROSHIDA REGINA RODRIGUES	9921448961	DCT'S DHEMPE COLLEGE OF ARTS AND SCIE	Yes	Yes	
27	S N Mandrekar	9370918725	Legal professional	No	Yes	<i>[Signature]</i>
28	Deepak Mayenkar	9422449563	Geologist	No	Yes	<i>[Signature]</i>
29	SAMEER S GUNYE	8007085771	Lila Solutions Pvt Ltd	Yes	Yes	<i>[Signature]</i>
30	Saviola	9921449958	Carmel College	No	Yes	<i>[Signature]</i>
31	Wilma Pereira	99237 71989	Carmel	No	Yes	<i>[Signature]</i>
32	Lavesh Shamba Salgaonkar	9112000417	Broadway Advertising & Marketing	No	Yes	<i>[Signature]</i>

Wilma Maria Pereira

33	Shahin Khan	7745072169	Goa University	Yes	Maybe	
34	Paloma Genia Quadros	9923748968	Yomorebi Hospitality Consulting LLP	Yes	Yes	
35	Noreen	8975899500	The Flora Project	Yes	Yes	
36	Nasima Muzawar	9699821049	Pes college of arts and science farmagudi	Yes	Yes	
37	Rehan	8668768374	Pes RSN COLLEGE	Yes	Yes	
38	Saamiya Khan	9021486027	Goa University	No	Yes	
39	Riya Gauns	7620591371	Goa University	Yes	Yes	
40	Maria F. S. I. I. Siqueira e Quadros	9.17083E+11	Not applicable	No	Maybe	
41	Belinda D. M. Sequeira	+91 98819 84901	Not applicable	No	Maybe	
42	Dr. Maria Norma Menezes e Rebello	9309531736	Goa University	Yes	Yes	
43	Rohit Pravin Limaye	9604360979	PES Ravi. S. Naik college of arts and science	Yes	Yes	
44	Anjali Mohan Rao	8830063537	Philosophical Association, Goa	Yes	Yes	
45	Siddhavi Shetye	9730582112	Dhempe College of Arts and Science	Yes	Yes	
46	Jyoti D Pawar	9422059112	Goa Business School	Yes	Maybe	
47	Enisha Halarnkar	9158332491	Dhempe college of Arts and Science	Yes	Yes	
48	Walter Menezes	8879027233	Goa University	Yes	Yes	
49	Sanket Veluskar	7741055516	DCT'S DHEMPE COLLEGE OF ARTS AND SCIENCE	Yes	Maybe	
50	Mahananda haldankar	8554969449	Dct dhempe college of arts and science	No	Maybe	
51	MAHANANDA HALDANKAR	8554969449	dct dhempe college of arts and science	No	Maybe	
52	Aaryan Dalvi	9028063489	Dhempe college of Arts and science	Yes	Yes	
53	Mithilesh dilip madkaikar	7620490144	D.C.T Dhempe college of arts and science	No	Yes	
54	Siya Sangodkar	8624963649	PES college Ponda	Yes	Yes	
55	Divya Mangeshkar	8408054812	PES RSN College of Arts and Science Farmagudi	Yes	Yes	
56	Gulnaz Bano Mohammad Azam Tahas	8080870558	Goa university	Yes	Maybe	
57	Fardin	8788845959	PES RAVI NAIK'S COLLEGE FARMAGUDI POND	Yes	Yes	
58	Mithali Prabhu	8010997289	Goa University	Yes	Yes	
59	Shubham Vishwanath Bhat	8208067802	School of International and Area Studies, Goa	No	Maybe	
60	Esha Santosh Velip	9322953823	Goa University	No	Yes	
61	Siddharth Pradeep Shirodkar	8551819248	Pes college of Ponda Goa	Yes	Yes	
62	Bhuvaneshwar Jadhav	8468820054	PES	Yes	Yes	
63	Rajavi Naik	9823480936	SSPIS, Goa University	Yes	Yes	
64	Sanket Shantaram Revankar	8310975247	Goa University	Yes	Yes	
65	Koshy Tharakan	9428825995	SSPIS, Goa University	Yes	Maybe	

66	Sanjyot Pai Vernekar	8208856736	SSPIS	Yes	Yes	
67	Sonu kumar	9234087963	Pes ravi s naik collage of art & science pond	Yes	Maybe	

68) Roshan Fernandes

9823385638

69) Tanay Naik

7499327785 Goa University

70) Roussel Cobo

9423476706

71) Maria Aletha D'Silva

9373576563 Manahor Parvika School

72) Purnvi Mayekar

7387983535 Dhempe College

73) Sumedha Thakur

9881907871 Arts and Science

74) Amit Bhattacharya

8779052558 SSPIS

75) Diya Prabhu Gaonkar

9022548153

76) Pooja Niro Gaudar

7745827151 Sita Dnyanesh GO