REPORT ON ACADEMIC PROGRAMMES

Department of Philosophy & Department of History

St. Xavier's College, Thumba

Introduction

The Department of Philosophy, in collaboration with the Department of History, St. Xavier's College, Thumba, organized two academic programmes for undergraduate students as part of their curriculum enrichment initiatives. These programmes aimed to provide practical exposure and interdisciplinary learning experiences to students, integrating philosophical insights with real-life applications.

Programme 1: Yoga Practical Training Session

Title: Yoga Practical Training Session

Organizing Departments:

Department of Philosophy
Department of History

Course:

Philosophy of Yoga (IV Semester SEC)

Date & Time:

17 February 2026 (Tuesday) 11:30 AM

Venue: Fr. Stanswamy Auditorium
St. Xavier's College, Thumba

Resource Person:

Mr. Jayakrishnan V. M

Mr. Jayakrishnan V. M is an experienced yoga trainer who has conducted sessions for more than 15,000 participants across over 1,000 locations. His expertise includes training students, professionals, and personnel from the Armed Forces, CISF, and Police services.

Objectives of the Programme:

- To provide practical knowledge of yoga techniques
- To promote physical and mental well-being among students
- To connect philosophical concepts of yoga with practical application
- To encourage holistic development

Course Coordinator:

Dr. (Adv) Girilal M. K

Department of Philosophy

Programme Convenor (Yoga Session):

Mr. Anoop P. K

Department of English and Media Studies

Programme Highlights:

The session included practical demonstrations of yoga postures, breathing techniques, and relaxation methods. The resource person emphasized the philosophical foundations of yoga, linking theory with practice. Students actively participated and gained hands-on experience.

Outcome:

The programme was highly beneficial in enhancing students' understanding of yoga as both a philosophical discipline and a practical lifestyle. It contributed to improved awareness of health, concentration, and stress management.

ST. XAVIER'S COLLEGE, THUMBA

DEPARTMENT OF PHILOSOPHY
AND
DEPARTMENT OF HISTORY

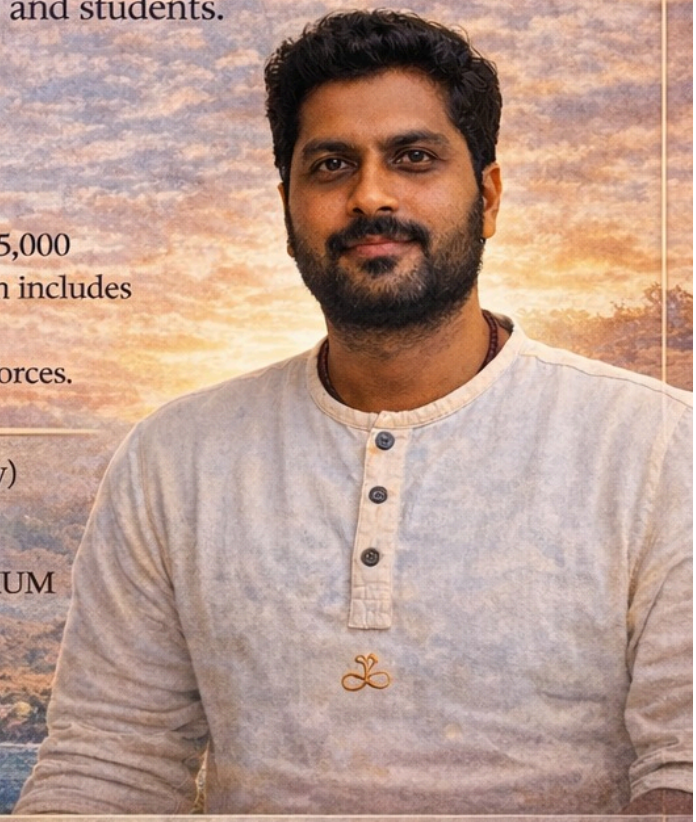
Yoga Practical Training Session

Organized for IV Semester SEC students
as part of the course **Philosophy of Yoga,**
and graciously open to all teachers and students.

Resource Person :

Jayakrishnan V.M

Have conducted classes for more than 15,000 participants in over 1,000 locations which includes Students, Professionals, for all three branches of Armed forces, CISF & Police forces.



Date: 17 February 2026 (Tuesday)
Time: 11:30 AM
Venue: FR. STANSWAMY AUDITORIUM
ST. XAVIER'S COLLEGE
THUMBA

Principal
Prof. (Dr.) Thomas Scaria

Course Coordinator
Dr. (Adv) Girilal M. K
Department of Philosophy

Programme Convenor
Mr. Anoop P K
Department of English and Media Studies


GPS Map Camera
Menamkulam, Kerala, India
Hr7x+2q6, St Xavier's College Campus Rd,
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Programme 2: Lecture on Legal Profession

Title:

The Legal Profession: Ethics and Responsibility in the Practice of Law

Organizing Department:

Department of Philosophy

Course:

IV Semester VAC

Date & Time:

17 March 2026 (Tuesday)
2:15 PM

Venue:

Department of History
St. Xavier's College, Thumba

Resource Person:

Adv. Anoop P. G.

Qualifications:
MA (History), MA (Education), PGDCJ, LL.B

He is also an Aero Sports & Water Sports Instructor and a Sports Flying Pilot, and an Indian Air Force Veteran.

Objectives of the Programme:

- To introduce students to the ethical dimensions of the legal profession
- To create awareness about professional responsibility in law
- To bridge philosophy and legal practice
- To inspire students towards ethical professionalism

Programme Highlights:

The resource person delivered an insightful lecture on the ethical responsibilities of legal practitioners. Real-life experiences and practical examples were shared, making the session highly engaging and informative.

Outcome:

Students gained a deeper understanding of legal ethics, professional responsibility, and the importance of integrity in legal practice. The programme also motivated students to consider law as a value-based profession.

Conclusion

Both programmes successfully achieved their objectives by integrating theoretical knowledge with practical insights. The Yoga Training Session promoted physical and mental well-being, while the lecture on the Legal Profession enriched students' understanding of ethics and responsibility.

These initiatives reflect the commitment of the Department of Philosophy and the Department of History in fostering holistic and value-based education.

ST. XAVIER'S COLLEGE, THUMBA

DEPARTMENT OF PHILOSOPHY

Organized for IV Semester VAC Students
as part of the course



The Legal Profession: Ethics and Responsibility in the Practice of Law

Resource Person

Adv. ANOOP P. G.

MA (History), MA (Education)
PGDCJ, LL.B

Aero Sports & Water Sports Instructor
Sports Flying Pilot, Indian Air Force Veteran

17 MARCH 2026 (Tuesday)

2:15 PM

DEPARTMENT OF HISTORY,
ST. XAVIER'S COLLEGE, THUMBA

Principal
Prof. (Dr.) Thomas Scaria

Course Coordinator
Dr. (Adv) Girilal M. K
Department of Philosophy





