

## **Development Camp for PM Shree Government High School Gaval-Khol, Canacona**

**Developmental Camp for PM Shree Government High School, Gaval-Khol, Canacona** organized by the **Community Outreach Cell of Parvatibai Chowgule College of Arts and Science (Autonomous)** in Collaboration with the PM Shree Govt. High School on **15<sup>th</sup> and 16<sup>th</sup> November 2024.**

### **Day 1: 15<sup>th</sup> November 2024**

#### **Inauguration (10:00 - 10:30 AM)**

The camp commenced with an inauguration ceremony attended by the College Principal-Prof. (Dr). Sangeeta Sankhalkar, Vice Principal-Mr V.C Kumaresh, faculty, students from various departments, and the Outreach Cell Team. Ms. Alka Gawas led the coordination for this inauguration event also supported by the School Principal Ms. Gautami Desai and the Camp Coordinator for the School Mr. Antonio Colaco. The School Principal appreciated the efforts of Chowgule College of reaching out to the rural communities and children for their upliftment the testament which was her self being an ex-student. The College Principal Prof. (Dr). Sangeeta Sankhalkar thanked the school management for giving the college an opportunity to serve the students for their upliftment and lauded the school for collaborating in this effort. She emphasised that the college has always been keen to contribute to a positive change to those looking forward for the same. Dr. Sachin Moraes, shared a brief overview about the objectives and essence of the camp.

#### **English: Personality Development - Public Speaking (10:30 AM - 12:30 PM)**

This was a two-hour session divided into three groups, focusing on improving public speaking skills for 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> standard students. Mr. Shubhankar Shah, along with his team, led the session. This two-hour session was divided into two groups and focused on enhancing the public speaking and communication skills of 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> standard students. The workshop provided practical tips on overcoming stage fright, structuring speeches, and delivering them confidently.

- Key Activities:
  - o Impromptu speech exercises.
  - o Group discussions and peer evaluations.
  - o Role-playing to enhance speaking abilities.

Additionally, an e-library creation activity was facilitated by Ms. Poonam Joshi and the school librarian, offering students hands-on experience with digital resources.

#### **Computer Science: Introduction to Computers (10:30 AM - 12:30 PM)**

Designed for 7<sup>th</sup> and 8<sup>th</sup> standard students, this session was handled by Ms. Suchitra Bhat and her team, where students gained basic knowledge of computer skills and their applications in Scratch Programming.

**Maths: Vedic Maths (10:30 AM - 12:30 PM)**

This session catered to 6th and 7th standard students, exploring mathematical concepts through the Vedic method. The workshop, led by Dr. Chitra Mekoth and her trained students introduced simple and efficient ways of solving mathematical problems. Vedic Mathematics, known for its quick and efficient problem-solving methods, was introduced to students from the 6th and 7th standards. The session covered mental arithmetic techniques to help students solve problems faster and more accurately.

- Key Techniques Introduced:
  - o Techniques for rapid multiplication and division.
  - o Methods for simplifying calculations.
  - o Problem-solving using Vedic sutras.

**History: Ancient India (12:30 - 1:30 PM)**

Ms. Kalpita Gaude conducted a session on Ancient Indian history, inspiring students to appreciate historical achievements and the heritage of India. This session was open to all.

**Lunch Break (1:30 - 2:15 PM)****Art Workshop (2:15 - 4:00 PM)**

An interactive art workshop was organized for all students and was led by Mr. Pranesh Desai and his team. Students explored their creativity through guided exercises and were collaboratively able to create a wall Mural based on the most fascinating aspects of the village.

**Sociology: Social Etiquettes (2:30PM - 3:30 PM)****Sociology: Social Etiquettes (11:30 AM - 12:30 PM)**

This interactive session, led by Dr. Sachin Moraes and his team, focused on social etiquettes, helping students from various grades understand the importance of respectful and appropriate behavior in social settings. An interactive session aimed at educating students on social manners, etiquette, and the importance of respect in various social settings. This workshop was open to students from all grades and covered behavioral tips for social and academic life.

- Key Points Discussed:
  - o The importance of good manners in personal and professional settings.
  - o Behavioral norms in school and community spaces.
  - o Role-playing on how to interact respectfully with peers and elders.

**Psychology: Career Guidance and Counselling (4:30 - 5:45 PM)**

Students from the 9th and 10th standards, along with their parents, attended a career guidance and counselling session facilitated by Dr. Sobita Kirtani and Ms. Nidhi Mhambrey. The session covered career options, higher education opportunities, and the importance of early career planning. This session was aimed at students from the 9th and 10th standards, along with their

parents. It provided essential career guidance, covering various streams of education and job opportunities. The importance of planning early for higher education and career pathways was emphasized.

- Key Points Discussed:
  - o Career options available after 10th and 12th standards.
  - o Choosing the right stream based on interests and aptitude.
  - o Parental support and guidance in career decision-making.

### **Sociology: Zumba for Fitness (4:30 - 5:45 PM)**

Another Zumba session was conducted for younger students from the 6th to 8th standards. Ms. Mamta Kavlekar led the team of students from the department in conducting this fitness program to promote physical well-being among the students. In this session, students participated in Zumba, a dance fitness program aimed at promoting physical fitness and well-being. This was a fun and engaging session where students from different grades came together to exercise through dance.

### **Financial Literacy and Digital Documentation (5:50 - 6:30 PM)**

This session was designed for villagers and parents and covered essential topics in financial literacy, fraud prevention, and digital vigilance. Ms. Sharanya Ravindranath provided practical advice on managing finances safely, while Mr. Presley Fernandes addressed the importance of digital documentation for preventing irregularities. This session was open to villagers and parents, focusing on financial literacy and how to avoid fraud in everyday life. Key topics included managing personal finances, understanding banking services, and vigilance against financial irregularities.

## **Day 2: 16<sup>th</sup> November 2024**

### **Psychology: Issues of Adolescence (10:00 - 11:30 AM)**

This session focused on the psychological challenges faced by adolescents and catered to students of the 8th, 9th, and 10th standards. The workshop, facilitated by Ms. Jeanne Cotta and her well-trained team of students and coordinated by Ms. Vanessa Barros, aimed to engage students on topics of emotional well-being and adolescence. This session addressed the psychological challenges faced by adolescents. The target audience was students from the 8th, 9th, and 10th standards. Discussions revolved around common emotional, social, and mental health issues experienced during adolescence, with a focus on stress management, peer pressure, and self-esteem.

- Key Takeaways:
  - o Adolescents need emotional support and guidance to navigate their developmental phase.
  - o Importance of communication between students, teachers, and parents.

### **Sociology: Social Etiquettes (11:30 AM - 12:30 PM)**

This interactive session, led by Dr. Sachin Moraes and his team, focused on social etiquettes, helping students from various grades understand the importance of respectful and appropriate behavior in social settings. An interactive session aimed at educating students on social manners, etiquette, and the importance of respect in various social settings. This workshop was open to students from all grades and covered behavioral tips for social and academic life.

- Key Points Discussed:
  - The importance of good manners in personal and professional settings.
  - Behavioral norms in school and community spaces.
  - Role-playing on how to interact respectfully with peers and elders.

### **Sociology: Zumba for Fitness (12:30 - 1:30 PM)**

Another Zumba session was conducted for younger students from the 9th to 10th standards. Ms. Siana D'Mello led the team of students from the department in conducting this fitness program to promote physical well-being among the students. In this session, students participated in Zumba, a dance fitness program aimed at promoting physical fitness and well-being. This was a fun and engaging session where students from different grades came together to exercise through dance.

### **Valedictory (2:15 - 3:00 PM)**

This session concluded the two day camp, with remarks from the Outreach Cell Team and the School administrative representatives led by the Principal Ms. Gautami Desai who thanked the College management and also the Principal and Vice-Principal the Outreach Camp Co-ordinator Dr. Sachin Moraes and the entire team. The Camp Co-ordinator Dr. Sachin Moraes also thanked the School principal Ms. Gautami Desai along with the camp co-ordinator for the School Mr. Antonio Colaco for all the help rendered in logistics and the hospitality provided. He also thanked each and every one from the college associated with the camp for its success.

### **Overall Participation**

- Day 1: 43 participants from Chowgule College and 124 participating students from the School
- Day 2: 20 participants from Chowgule College and 124 participating students from the School

### **Community Outreach Team**

The outreach team consisted of Dr. Sachin Moraes, Dr. Gunaji Desai, Ms. Vanessa Barros, and several other faculty members from various departments, working together to ensure the successful execution of the camp(Action Plan for College...).

This event highlights the commitment of the college towards meaningful community engagement and capacity-building for the students of PM Shree Govt. High School.

