



# Parvatibai Chowgule College of Arts and Science Autonomous

Accredited by NAAC with Grade 'A' (CGPA Score 3.41 on a 4 Point Scale)

Best Affiliated College-Goa University Silver Jubilee Year Award



## Annual Gender Equity & Sensitization Action Plan

2020 - 21

Sr. no	Activity	Participants	Organized by	Action Plan	Tentative Date
1.	Red Ribbon Club Inauguration	Faculty and Students	Career and Personal counselling	To create awareness regarding HIV/ AIDS and break the stigma and misconceptions about HIV/ AIDS.	April 2021
2.	World Population Day	Faculty and Students	Department of Geography	To discuss population related issues	April 2021
3.	Marathi Dissertation project	Students	Department of Marathi	Life of a woman in 20 <sup>th</sup> century and whether it has changed in 21 <sup>st</sup> century.	2020 - 21
4.	Parvati Vachan mandir	Students	Department of Hindi	Paper presentation on 'Dalit Sahitya', 'Mahilavimarsh' And 'Kisan Vimarsh'	October 2020



*S. R. Lohar*  
OFFG. PRINCIPAL  
PARVATIBAI CHOWGULE COLLEGE  
OF ARTS & SCIENCE (AUTONOMOUS)  
MARGAO-GOA

**Parvatibai Chowgule College of Arts and Science**  
**Autonomous**

*7.1.1 Measures initiated by the Institution for the promotion of gender equity during the Year:*

**SPECIFIC FACILITIES PROVIDED FOR WOMEN**

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### **a) SAFETY AND SECURITY**

The support and safety measures are extended to the students, teaching, non-teaching faculty and guests without any gender discrimination. Security guards are deployed at the entrance to check and register unknown entrants/visitors with their ID cards. The institution provides safety and security facilities for the staffs and students such as CCTV Surveillance throughout the campus and security arrangement.



*Security guards at the entrance of campus*



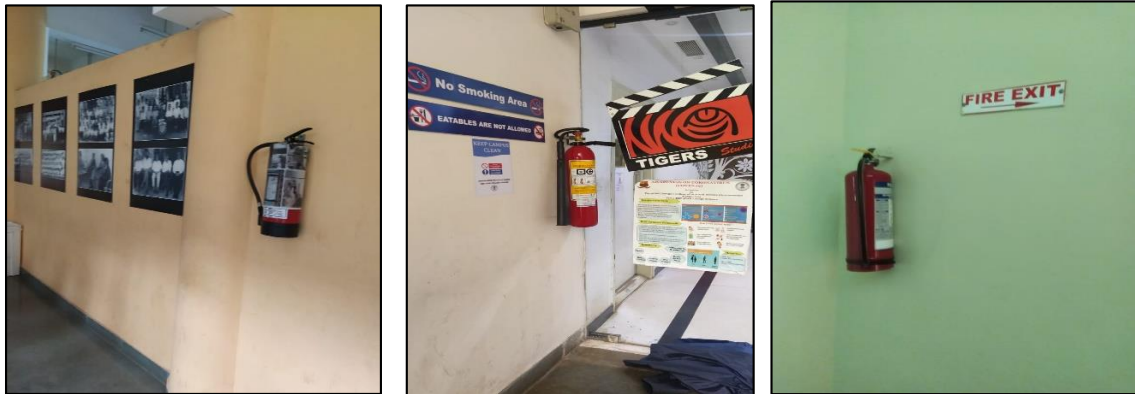


*Continuous monitoring of the campus via CCTV in the security control room*



*Round the clock surveillance system with CCTV cameras installed at various location in the campus*

Fire extinguishers are placed at important points within the campus to ensure safety during fire accidents and the staff are given training for its usage on emergency situation.



*Fire extinguishers placed near Biotechnology laboratory, Studio and D-Block*



*Fire hose box placed outside the Quad area in A-block and water facility*

The institution has Disaster Management committee for handling emergency situation and mock fire drills and workshops are conducted periodically for all students and staff.

## **b) COUNSELLING**

The institution has a dedicated Career and Counselling Centre and effective mentoring system for the students to take care of their academic, emotional, social and cognitive development. Personal Counseling is provided to the students at different levels.

### **1. COUNSELLING SESSIONS**

The career and personal counselling centre of the institution provides services and support students in their personal social, academic and career guidance through a one-on-one counselling session in a safe and confidential setting. The centre has two full time counsellors who work for the upliftment of student's abilities and cope with personal issues. Beyond the main objective of counselling, the centre also extends its services to students through organizing workshop, seminar, short term courses, career camps and guest lectures.

Sequence of Sessions for Career and Personal Counselling:

In the first session, the counsellor

- Takes up the case history
- Builds rapport with the student
- Understands the problem area
- Sets the date for follow up session

In the second session, the counselor

- Administers psychometric or psychological test depending on requirement of the student.
- Analysis the test report and providing information on courses and education.
- Applies psychological therapy based on the need of the student.

During the third session, the counselor

- Discusses the test report with the student
- Guide's student to think independently and provides solutions.
- Gives student multiple career choices to match their skill and interest.
- Assists students in decision making in career and personal areas.
- Student's feedback



## **2. COURSES AND WORKSHOPS**

### **i) Personal Grooming & Personality Enhancement Course**

The Career and Personal Counselling Centre organizes a certificate course on Personal Grooming & Personality Enhancement. The course covers aspects like grooming (such as hair and make-up, dressing effectively etc), lifestyle management, public speaking, telephone etiquette, table etiquette, posture, personality enhancement and diet and fitness.

### **ii) Career Guidance Camps and Workshops**

The workshop is designed to help students gain information on perspective careers by inviting experts to provide first-hand information to students in subject specific area. This is followed by aptitude test conducted on all students to guide them in choosing a career closest to their skills and abilities.

### **iii) Seminars and Guest lectures**

Career talks and seminars are organized for students by inviting experts from different fields. These talks and seminars provide a platform to students to understand and discuss on subjects specific to the seminar.



*Counselling session by the counsellor*

### **c) COMMON ROOM**

To address the requirements of staff members, the institution has a separate common room for male and female staff members in the main staff room in block “B” furnished with two beds, a dressing table with mirror and cabinets, chairs, cupboard along with basic amenities such as fan, sanitary pad vending machine, incinerator for sanitary pad disposal and water filter. The common room has attached washroom facilities and regularly maintained by the housekeeping staff.



*Common room for Ladies on campus*



*Basic facilities in ladies Common room*



*Sanitary napkin vending machine in common room*

#### **d) OTHER SUPPORTING FACILITIES**



*Students and staff availing gymnasium facility*



*Students on the basketball court*

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### 7.1.1 ADDITIONAL INFORMATION

#### ACTIVITIES CONDUCTED IN 2020-21

- A talk on “Personal Counselling – An Overview of Academic Years 2019-2021” was conducted by the college counsellors Ms. Prianka Sardinha and Ms. Pooja Parab on 9<sup>th</sup> April, 2021. The talk was organized by the Mentoring Committee. The aim of this talk was to sensitize faculty about the types of issues faced by our students and also to provide a comparative analysis of cases handled prior to the pandemic, during the lockdown and after the lockdown. A total of 21 faculty participated for the same.

*Ms. Prianka Sardinha, College Counsellor, addressing the participants on the objective, stages and importance of counselling.*

S.No	Month	New Cases	Follow up sessions	Total sessions
1.	December 2019-2020	48	75	123
2.	April - May 2020 (Lockdown)	24	56	80
3.	August 2020-2021	20	35	55

*Ms. Pooja Parab, College Counsellor, highlighting the various cases handled by the counsellors during the academic years 2019-2021.*

- Mr. Pramod Pawar, faculty from the Department of Marathi, was invited as resource person for a National level webinar on “Image of woman in modern Literature” jointly organized by

Department of English, Hindi and Marathi of Yashwantrao Chavhan Mahavidyalaya, Satara, Maharashtra on 11th February 2021.

- The College counselors Ms. Prianka Sardinha and Ms. Pooja Parab were invited to participate in a forum group discussion on “Exploring the association between dating violence and mental health among young people in India” by Sangath on 11<sup>th</sup> February, 2021 at Porvorim.
- Mr. Aresh Naik, Assistant Professor, Department of Psychology, participated in the Second Intervention Development Group Workshop held to develop an Adolescent Mental Health Program, on the 20th March, 2021, at Sangath, Porvorim, Goa.
- Aiswarya M Babu, Assistant Professor, Department of Psychology, completed an online course of 16 hours of training in ‘Acceptance and Commitment Therapy’ conducted by Dr. Gitanjali Natarajan, Head, Department of Clinical Psychology, AIIMS Kochi & Dr. Urmila Pilay, Chartered Clinical Psychologist, London held in March, 2021.
- The department of Psychology organized its Annual Intercollegiate Competition ‘Mindkraft 2021 - the Pandemic Edition’ from 4<sup>th</sup> to 13<sup>th</sup> March 2021. The theme of this year's event was ‘Mental Health for All: Greater Investment - Greater Access’. A total of 4 teams (38 participants in total) - Rosary College, Navelim, Goa; Carmel College, Nuvem, Goa; Goa College of Home Science, Panaji, Goa and MES College, Zuarinagar, Goa, participated in this event. Carmel College for Women were declared the Overall Winners while Goa College of Home Science were declared the Runners-up.
- Considering the current lockdown situation, the college counsellors provide ‘Tele-counselling’ to the students for which a flyer has been designed and circulated amongst students and faculty on various platforms.
- In the month of May, 2021, the Career and Personal Counselling Centre witnessed a total of five ‘Tele-counselling’ sessions, which included one new student who approached the counsellors. The sessions were conducted for students of B.A. and B.Sc. discipline. The issues addressed were in regard to personal problems.
- Career and Personal Counseling Centre organised a webinar on –

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WORRIED... STRESSED... ANXIOUS...  
**OVERWHELMED** ?  
or Just want to vent out in this difficult time

The college counselors are  
**Here to HELP!**

Tele - Counseling Services for our students & faculty of  
Parvatibai Chowgule College of Arts and Science Autonomous

Book your appointment by

- 1 Send a message/email with:  
- Your name and Department  
- Picture of your College ID card  
- Phone no./Email and time slot  
(Mention your 2 tentative dates)
- 2 Our counseling team will get in touch with you to confirm your appointment.
- 3 You will receive a call from our college counselor at the scheduled time slot.

Contact details of College Counselors:

 <b>Ms. Prianka Sardinha</b>  9822942410  prianka@pchowgule.ac.in	 <b>Ms. Pooja Parab</b>  9822942410  pooja@pchowgule.ac.in
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Monday to Friday	9:00 am - 4:30 pm
Saturday	9:00 am - 1:15 pm

-Dr. Shalika Ghant  
Officiating Principal

Stay Safe. We are listening!

“Positive Mental Health and Suicide Prevention” for the Students, Teaching and Non- Teaching staff on Wednesday 28th October, 2020 from 2:30 p.m to 4:00 p.m. The speaker was Mrs. Prachi Manerikar (Supervisor at GEDC). The webinar was attended by a total of 31 participants.

- Department of Sociology along with an NGO, ARZ conducted a webinar on 'Human trafficking in Goa' on 25<sup>th</sup> Sep 2020. A total of 50 students were present for the same. The webinar aimed at awareness on Human Trafficking in Goa which has become serious issue over the time. The main speaker for the webinar was Ms. Juliana Lohar, General Manager of Swift was and Coordinator of NGO ARZ.

## HUMAN TRAFFICKING IN GOA

**SPEAKER**



**Ms. Juliana Lohar**  
Coordinator, Arz

**DATE: 25TH SEPTEMBER**  
**TIME: 2:30 TO 3:30 PM**

**WEBINAR LINK:**  
<https://us02web.zoom.us/j/82021115646>

**ATTENDEES:**  
STUDENTS OF SOCIAL SCIENCE  
DEPARTMENT OF PARVATIBAI  
CHOWGULE, COLLEGE OF ARTS AND  
SCIENCE

**MODERATOR**



**Dr. Sachin Moraes**  
Sociology Department

- Three Days Workshop on “Building Confidence” was organized on 16th, 17th and 19th February, 2021 for students of FY, SY and TY in the Flipped classroom. Ms. Pooja Parab, Personal Counsellor, Career and Personal Counseling Cell of the college, was the resource person for the same.

