

Parvatibai Chowgule College of Arts and Science
Autonomous

Additional information for 7.1.8 – Inclusion and Situatedness

Activities conducted in 2020-21

PARVATIBAI CHOWGULE COLLEGE OF ARTS & SCIENCE(AUTONOMOUS) - GOGOL, MARGAO-GOA (Highlight the appropriate: Workshop/ Conference/Seminar/ Industry-Academia /Extension activity) (Highlight the appropriate for Community outreach: Social service in terms of impact and sensitizing students to social issues of gender/hygiene/ nutrition/ domestic violence /environment/ community assistance etc)	
REPORT	
Title:	Induction Program for F. Y. B. Sc.
Date and year:	03 rd September 2020.
Venue:	Conference room (via Google meet)
Resource person/s:	Dr. Shaila Ghanti, Dr.Nandini Vaz Fernandes, Mr. Yatin Desai, Mr. Kumresh. V.C
Organising Committee	PCC
No. of Participants	167
Objective:	This main objective of the programme was to make the new students familiar to the system that exists in Parvatibai Chowgule College. The programme also intended to make the new students feel comfortable in exploring their academic interests and to promote bonding.
Summary of the proceedings	This programme was organised to give a broader view of the college to the new students. The induction programme began at 9:00 am. Ms. Anushka Fernandes, from the Department of Philosophy compered the programme. The first resource person for the programme was Dr. Shaila Ghanti, the Officiating Principal. She gave a brief overview of the B. Sc. And M. Sc. Courses via a power point presentation. In her presentation she spoke in brief about the Autonomy, the under graduate and post

	<p>graduate courses, skilled oriented courses, international initiatives for student exchange programme and the various teaching-learning methodologies (POGIL, Problem-based learning, CLAAP, google classroom, etc.) adopted by faculty in the college. She also informed the students about the specialised centres, clubs, student support services that exist in our college.</p> <p>Next a video was played for the students featuring Dr. Nandini Vaz Fernandes, Associate Professor (Zoology) and Dean, Life Sciences and Mr. Yatin Desai, Assistant Professor, Department of Physics briefing them about the course structure. Dr. Nandini Vaz Fernandes gave a detailed layout of the four components of the course structure. She also informed the students that the course structure has been designed keeping in view the requirements of the job market. She also enlightened the students on the Generic Elective Courses, Foundation Courses, Internship, Projects, and non-evaluative credits. Mr. Yatin Desai explained the difference between Single Major and Major-Minor along with their advantages and disadvantages.</p> <p>The last session included a video featuring Mr. Kumresh.V.C. Associate Professor from the Department of Computer Science. In the video he gave a detailed explanation about the college time table for odd semesters. He explained the time slots and subjects allocated.</p> <p>Finally, the meet was concluded with the playing of Chowgule college video.</p>
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Photographs



Dr. Shaila Ghanti, Officiating Principal
addressing the students online during the
Induction Programme for FYBA



Ms. Anushka Fernandes, addressing
students online during the Induction
Programme for FYBSc

- Mr. Pramod Pawar, faculty from the Department of Marathi delivered a virtual talk on the topic “Marathi Bhasha: Navtantradnyan ani ajcha tarun”. The talk was organized by Kala, Vanijya va Vidnyan Mahavidyalaya on 27th February 2021 i.e. on the occasion of Jagtik Marathi Bhasha Gaurav Din’
- MA Second Year student Savita Chavan published an article titled 'The Relevance of Premchand's Stories in Current Society' 2020. ‘International Journal of Hindi Research’ 6 (5): 44-45

PARVATIBAI CHOWGULE COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS) - GOGOL, MARGAO-GOA

(Highlight the appropriate: Workshop/ Conference/Seminar/Industry-Academia /Extension activity)

(Highlight the appropriate for Community outreach: Social service in terms of impact and sensitizing students to social issues of gender/hygiene/ nutrition/ domestic violence /environment/ community assistance etc)

REPORT OF STUDENT INDUCTION PROGRAM

Title:	Induction Program for FYBA
Date and year:	03 rd September 2020.
Venue:	Conference room, (via Google meet)
Resource person/s:	Dr. Shaila Ghanti, Dr. Sachin Moraes, Mr. Anand Masur, Mr. Kumresh. V.C
No. of Participants	124
Objective:	The main objective of the Student Induction Program is to help new students adjust and feel comfortable in the new environment, inculcate in them the ethos and culture of the institution, brief them about the facilities of the college, the course structure and the time table. It's also, to build a rapport with the students and faculty members.
Summary of the proceedings	<p>This programme intends to support and guide the students with respect to the college facilities, course structure and time table. The induction programme began at 9:30 am. Dr. Sachin Moraes, from the Department of Sociology addressed the online platform and welcome Dr. Shaila Ghanti, the Officiating Principal to brief upon the three day induction program.</p> <p>She gave a brief overview on the various college facilities available to the students. She also gave the overview on the Autonomy, the Under graduate and Post graduate Courses, Skilled oriented Courses, International Student exchange program, and the various teaching- learning methodologies adopted in the college. Also, she briefed on the program sequence.</p> <p>The next session was addressed by Mr. Anand Masur., Associate Professor from the Department of Mathematics. He gave a detailed information on the Course</p>

Structure. He explained the difference between Single Major, Major-Minor, and Double Major courses along with its importance and need. He also highlighted on the Generic Elective Courses, Foundation Courses, Internship, Projects, and non-evaluative credits. He also, explained on how to avail the non-evaluative credits through joining NCC, NSS, Sports and the various club.

The last session was conducted by Mr. Kumresh.V.C. Associate Professor from the Department of Computer Science, who gave a detailed explanation about the College time table for Odd semester. He explained the time slots and subjects allocated. Finally, the induction programme concluded at 11.00 am by the vote of thanks proposed by Dr. Sachin Moraes.

Photographs



Dr. Shaila Ghanti, Officiating Principal
addressing the students online during the
Induction Programme for FYBA



Dr. Sachin Moraes, addressing students
online during the Induction Programme
for FYBA

**PARVATIBAI CHOWGULE COLLEGE OF ARTS & SCIENCE(AUTONOMOUS) - GOGOL, MARGAO-
GOA**

Career and Personal Counseling Center

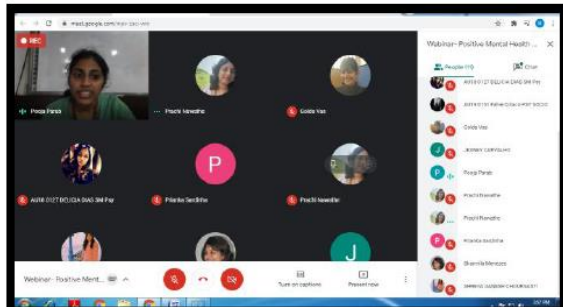
(Highlight the appropriate: **Workshop**/ Conference/Seminar/ Industry-Academia /Extension activity) (Highlight the appropriate for Community outreach: Social service in terms of impact and sensitizing students to social issues of gender/hygiene/ nutrition/ domestic violence /environment/ community assistance etc)

REPORT

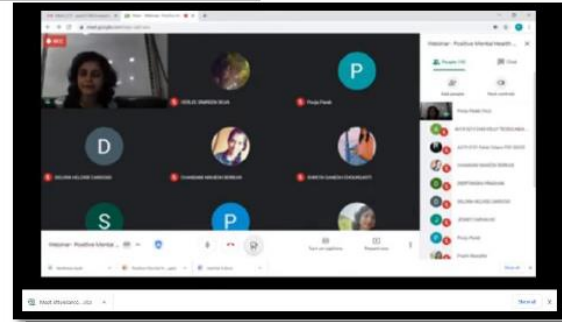
Title:	Webinar on “ POSITIVE MENTAL HEALTH AND SUICIDE PREVENTION”
Date and year:	28 th October , 2020
Venue:	Using Google Meet: meet.google.com/mpv-zaci-wrs You Tube Live streaming Link : https://www.youtube.com/watch?v=7ckTfJRQPEI
Resource person/s:	Mrs. Prachi Manerikar (Supervisor at GEDC)
Organising Committee	Department of Career and Personal Counseling Centre
No. of Participants	31 participants (26 students, 2 non -teaching staff, 3 teaching staff
Objective:	The aim of this webinar was to raise an awareness of mental health issues and mobilizing efforts in support of mental health and suicide prevention among college students, Teaching and non- teaching staff.
Summary of the proceedings	<p>COVID-19 pandemic and lockdown has brought about a sense of fear and anxiety around the globe. This phenomenon has led to short term as well as long term psychosocial and mental health implications for children and adolescents. Hence, being healthy emotionally can promote productivity and effectiveness in activities at work, college or care giving. It also plays an important part in the health of our relationships, and allows us to adapt to changes in our life and cope with adversity.</p> <p>Understanding the need of the hour, the Career and Personal Counseling Centre had organised a webinar on “Positive Mental Health and Suicide Prevention” on 28th October, 2020 at 2.30 pm for the college students, teaching and non teaching staff. The resource person for the webinar was Mrs. Prachi Manerikar, Supervisor at GEDC.</p>

<p>The webinar began with the welcoming of the Speaker and participants by Ms.Pooja P. Parab, College Counsellor, followed by a brief introduction on the webinar topic by Ms. Sharmila Menezes, Career Counsellor and thereafter Ms. Pooja Parab introduced the speaker of the webinar. The session began by asking the participants about the meaning of mental health and its importance where in the participants responded effectively. In the following session the resource person highlighted on the leading signs of imbalance, personal audit and importance of balance in life, causes and warning signs of suicide along with preventive measures. There was also a clear understanding provided about the myths and facts to identify the suicidal thoughts. She also shared important helpline numbers through her presentation. The speaker ended her presentation by giving a message through the following quote: “Place your hand over your heart, can you feel it? This is called PURPOSE You’re alive for a reason so don’t ever give up!”</p> <p>The webinar concluded by Vote of Thanks proposed by Ms.Prianka Sardinha, College Counsellor. The webinar was very effective as the participants showed enthusiastic participation throughout the session. The feedback link for the webinar was also mailed to the participants.</p>
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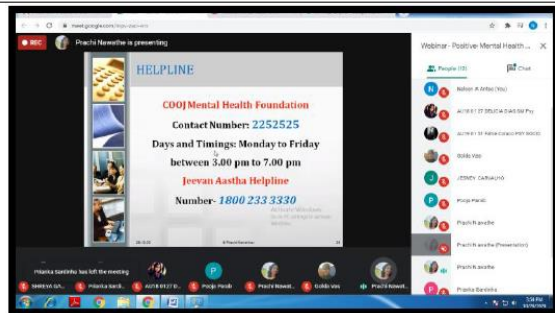
Images of the webinar



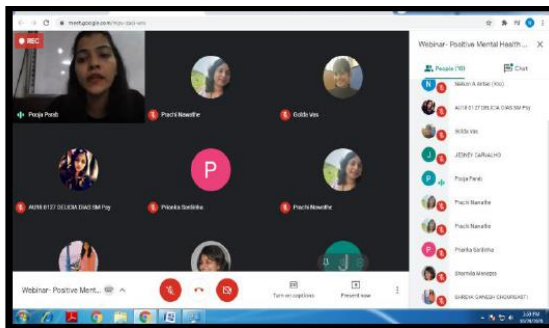
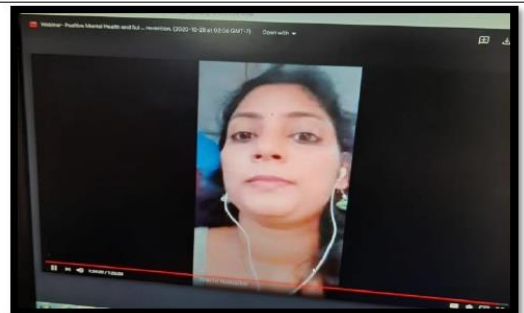
**Ms.Pooja P. Parab College Counsellor
welcoming the Speaker and Participants**



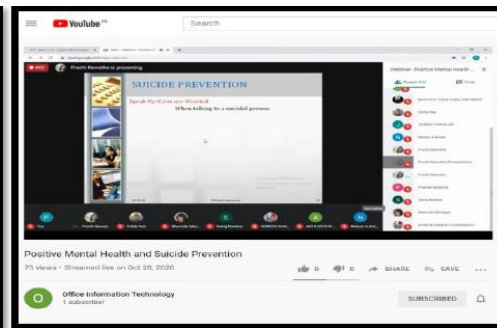
**Ms.Sharmila Menezes Career Counsellor
introducing on the webinar topic**



**Mrs. Prachi Manerikar, Resource Person delivering her session on “Positive Mental Health and
Suicide Prevention”**



**Ms.Prianka Sardinha delivering vote of thanks
for the speaker and participants**



YouTube Live streaming

**Report by: Ms. Pooja P. Parab
College Counsellor
Career and Personal Counseling Centre**

**PARVATIBAI CHOWGULE COLLEGE OF ARTS & SCIENCE(AUTONOMOUS) - GOGOL,
MARGAO-GOA**

Department of Career and Personal Counselling Centre

(Highlight the appropriate: **Workshop**/ Conference/Seminar/ Industry-Academia /Extension activity)

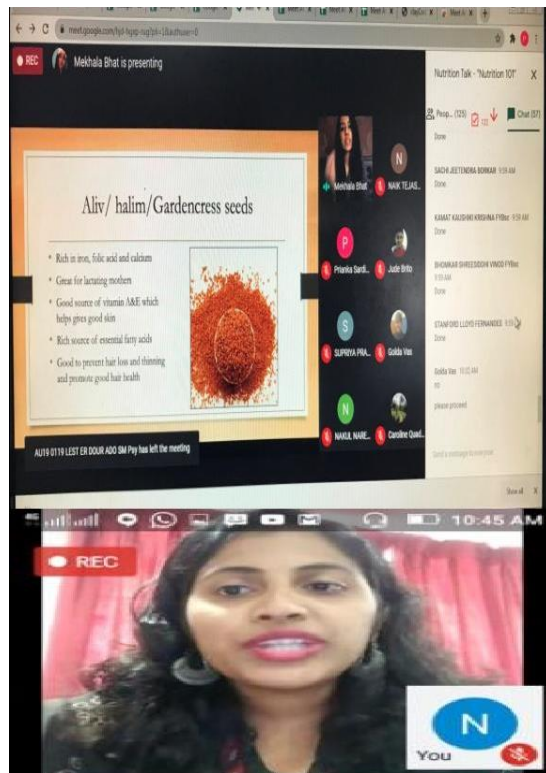
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REPORT

Title:	Webinar on “ Nutrition 101”
Organized by:	Ms. Prianka Sardinha and Ms. Pooja Parab
Venue:	Google – Meet
Resource person/s:	Ms. Mekhala Bhat (Nutritionist)
Date and year:	Saturday 5 th September, 2020
No. of Participants	125 Participants
Organising Committee	Department of Career and Personal Counselling Centre
Organised For:	Students , Teaching and Non-Teaching staff
Objective:	The main objective of this webinar was to create awareness among individuals to eat a well-balanced diet as a proper diet ensures optimal physical and mental health.
Summary of the proceedings	<p>The Department of Career and Personal Counselling Centre organised an awareness talk on “Nutrition 101” as India marks its National Nutrition Week annually in the first week of September which was launched by the Ministry of Women and Child Development's Food and Nutrition Board in the year 1982 with an objective to create awareness on the importance of nutrition for the human body. The main objective of this webinar was to create awareness among individuals to eat a well- balanced diet as a proper diet ensures optimal physical and mental health.</p> <p>This webinar was conducted via Google meet. The same was attended by 125 participants. The duration of the session was 1 hour 15 minutes. The resource person for the same was Ms. Mekhala Bhat Nutritionist by profession working at Goa Medical College, Bambolim.</p>

	<p>All the participants were welcomed for the session and the Resource person was introduced to the participants by Ms. Prianka Sardinha (College Counsellor) after which the awareness talk on “Nutrition 101” was carried on by our resource person. She provided brief understanding on various topics such as nutrition, over- nutrition and malnutrition. She also highlighted the characteristics of good nutrition and poor nutrition. The resource person made the session very interactive and also conducted a short activity for the participants in calculating their BMI levels (Body Mass Index). She also covered topics such as Kitchen super foods and shared a bonus recipe of Kashmiri Kahwa.</p> <p>It can be concluded that this webinar was very enriching, informative and interactive based on the feedbacks received from the participants. This webinar has not only created awareness but also imparted additional knowledge pertaining to various concepts on nutrition in order to maintain a well-balanced diet as it plays a vital role in the growth and development of our mind and body.</p> <p>Lastly, the session was followed by question answer round and all the queries of the participants were addressed by the resource person. The webinar ended at 10.45 a.m. with a vote of thanks by Ms. Pooja .P. Parab (College Counsellor).</p>
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Photographs



indian diet always tends to have large amounts of carbs and very less protein..... so does having a relatively high level of protein on a daily basis cause body any damage? if not what would be the appropriate amount of protein consumption per day

R.SWATHI R.SWATHI Now
Eating chocolates like Cadbury and drinking coffee how can it causes constipation in the stomach. Can you tell.

Eating chocolates like Cadbury and drinking coffee how can it causes constipation in the stomach. Can you tell.

Send a message to everyone here



(96)

ZO VAISHNAVI 2 mins
yes

NAIK RISHA RANGANATH FYBSc 2 mins
yeah

KHANDEPARKAR APOORV SAMEER BSc 1 min
indian diet always tends to have large amounts of carbs and very less protein..... so does having a relatively high level of protein on a daily basis cause body any damage? If not what would be the appropriate amount of protein consumption per day

Ms. Mekhala Bhat addressing the participants.

**PARVATIBAI CHOWGULE COLLEGE OF ARTS & SCIENCE(AUTONOMOUS) - GOGOL,
MARGAO-GOA
WRITING CENTRE**

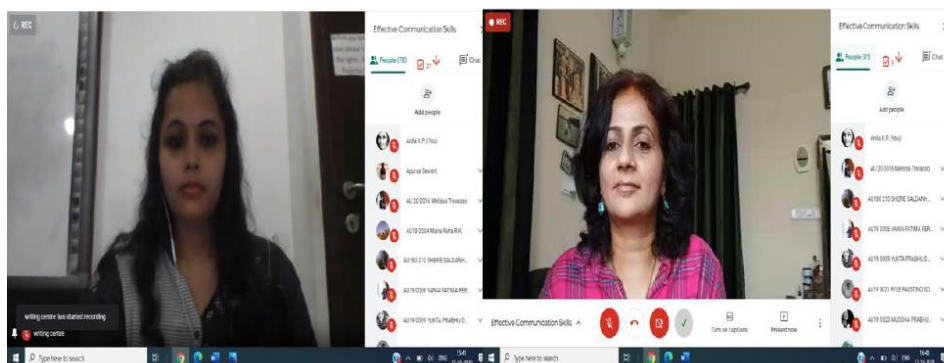
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REPORT OF WEBINAR ON “EFFECTIVE COMMUNICATION SKILLS”

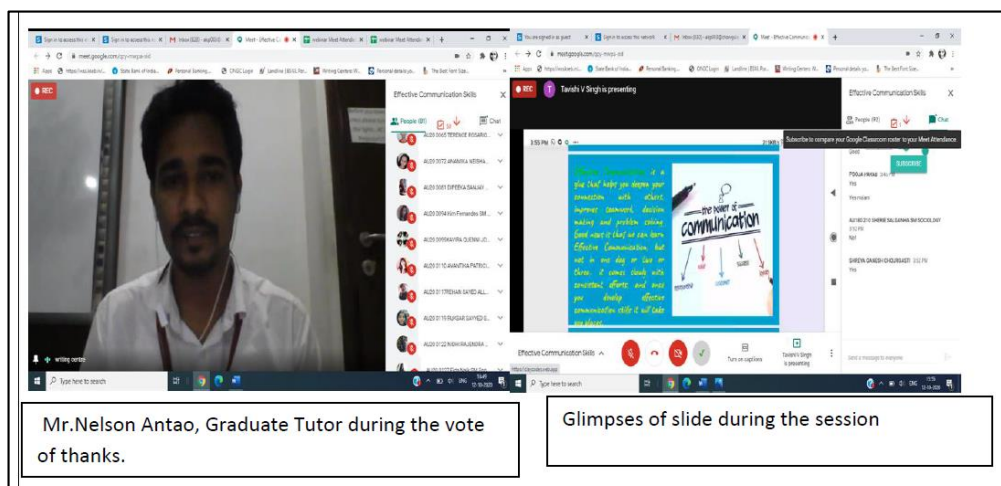
Title:	Webinar on “Effective Communication Skills”
Date and year:	12 th October 2020.
Venue:	Writing Centre, (via Google meet: https://rb.gy/asvz85)
Resource person/s:	Mrs. Tavishi Singh
Organising Committee	Writing Centre
No. of Participants	98
Objective:	The main objective of this webinar is to help the students how to hone their communication skills effectively.
Summary of the proceedings	<p>Communication is the exchange of information and ideas, whether written or verbal. Effective communication skills are about conveying your message to others clearly. Communication is an important skill for successful businesses and for building relationships by influencing interactions either positively or negatively. Effective communication engages the choice and use of an effective communication channel and presentation of information to the target audience. The Webinar began at 3.30pm by Ms. Anila.K.P., Writing Advisor, Writing Centre welcoming all the participants.</p> <p>The session was handed over to Mrs. Tavishi Singh. She spoke on the various forms of communications and how to develop them effectively. She also highlighted on the topic related to body language, aspects of effective listening and speaking.</p> <p>The webinar concluded by 4.45pm with the vote of thanks proposed by Mr.Nelson Antao, the Graduate Tutor.</p>

Photographs



Ms.Anila.K.P., Writing Advisor welcoming the participants

Mrs Tavishi Singh, Writing Advisor during the session on “Effective Communication Skills”



Mr.Nelson Antao, Graduate Tutor during the vote of thanks.

Glimpses of slide during the session

<p>PARVATIBAI CHOWGULE COLLEGE OF ARTS & SCIENCE(AUTONOMOUS) - GOGOL, MARGAO-GOA</p> <p>Career and Personal Counseling Centre</p> <p>(Highlight the appropriate: Workshop/ Conference/Seminar/ Industry-Academia /Extension activity)</p> <p>(Highlight the appropriate for Community outreach: Social service in terms of impact and sensitizing students to social issues of gender/hygiene/ nutrition/ domestic violence /environment/ community assistance etc)</p>	
<p align="center">Report on “Personal Counseling – An Overview Of Academic Years 2019-2021”</p>	
Title:	Talk on – “Personal Counseling – An Overview of Academic Years 2019-2021.”
Resource person/s:	College Counsellors - Ms. Prianka Sardinha and Ms. Pooja Parab
Venue:	Google Meet link : https://meet.google.com/vbg-srqw-ka y?hs=122&authuser=1
Date and year:	Friday, 9 th April 2021
No. of Participants:	21 Participants (Faculty)
Organising Committee:	The Mentoring Committee
Organised for :	Teaching Faculty
Objective:	The aim of this webinar 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 pandemic, during lockdown and since the pandemic.

Summary of the proceedings	<p>The mentoring committee in collaboration with the college counsellors organized a talk on “Personal Counseling – An Overview of Academic Years 2019-2021” for the Teaching Faculty on Friday, 9th April 2021 at 2:30 p.m. to 3:30 p.m. This initiative was taken in order to create an awareness and sensitize faculties about the various types of cases handled by the college counsellors in campus. This talk was of utmost importance as it was necessary for the faculty also to get an insight as to what difficulties and issues students are facing in their day to day life which at times does hamper their academic performance. Only once faculty is made aware about such issues they are in a position to better understand students. Doing so will also help bridge the gap and bring about a positive change in campus.</p> <p>Dr. Sobita Kirtani, Convenor, Mentoring Committee began the session at 2:40 p.m. by welcoming the speakers and participants. Followed by Ms. Prianka Sardinha, college counselor, shedding light on the objective, stages and importance of counseling so that faculty got a clear understanding of the counseling process.</p> <p>Similarly, Ms. Pooja Parab, college counselor, spoke about the various cases handled by the counselors during the Academic years 2019-2021. Simultaneously, a comparative analysis of the various cases handled prior to pandemic, during lockdown and since the pandemic was displayed and explained to the participants with the help of pie charts. Faculties were also briefed about the types of cases listed under Personal, Academic and Family Issues.</p> <p>Ms. Prianka Sardinha also shared a few tips which would be beneficial to the faculty in situations wherein they might notice changes in a student behavior or encounter a low performing / uninvolved student. The speaker ended her presentation by giving a message through a quote stating “The world needs more kindness and smiling faces. If you can make this happen, do it! Don't hesitate! As this can make a huge difference in someone else's life.”</p> <p>After which the session was open for questions. This was a very interactive time as many faculty asked the counselors various questions regarding the cases handled and the counselors addressed each individual question at a time.</p> <p>The webinar concluded by a Vote of Thanks proposed by Dr. Sobita Kirtani, Convenor, Mentoring Committee. The talk was attended by a total of 21 faculties.</p>
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Dr. Sobita Kirtani, Convenor, Mentoring Committee welcoming the Speakers and Participants

Stages of Counseling

1. Initial disclosure	4. Evaluation
Introduction and Rapport Building / Intake & Consent Form	Examine if the plan is helpful
2. In-depth exploration	
Getting to the issues concerning well-being	
3. Commitment to action	
Willingness to find solutions	
4. Intervention	
Developing a plan of action	


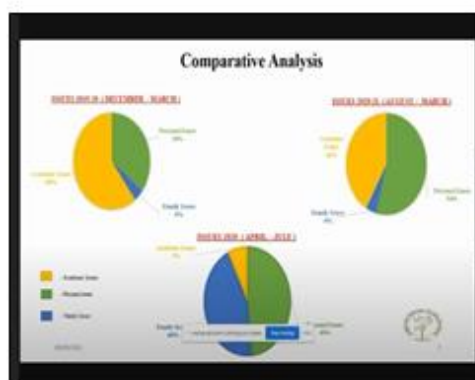
The slide includes a small graphic of a road intersection and a circular logo at the bottom right. A video inset on the right shows a woman speaking.

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

Cases Handled

Sl.no	Month	New Client	Follow-up sessions	Total sessions
1.	December - March (2019 - 20)	48	70	123
2.	April - July (2020 (Lockdown))	14	34	48
3.	August-March (2020 - 2021)	24	35	59

- During the lock down the college counselors prepared a flyer and circulated amongst students to provide and conduct online telephonic counseling services for all our college students during the nationwide COVID-19 lockdown period.
- This initiative was launched and implemented, to cater to the wellbeing of the students.
- Apart from this the Personal Counselors reviewed the mental health and wellbeing of students by personally contacting them as per the data provided by the OIT.

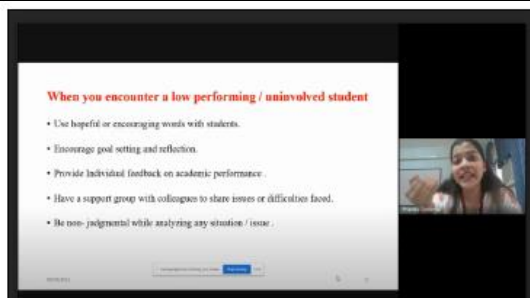
Types of Issues Handled

Sl.no	Academic Issues	Personal Issues	Family Issues
1.	NDC - Courses	Relationship / Adjustment	Finance
2.	Academic Issues	Anxiety / Stress / Depression	Alone
3.	Academic Issues	Infidelity / Abuse	Conflicts
4.	Academic Difficulty	Early Marriage	Adjustment
5.	Family Issues	Fear of Depression	Insecurity
6.	Library Issues	Peer Conflicts	Single Parent
7.	Guidance	Suicidal Tendencies	Fear of Depression
8.		Procrastination / Time Management Issues	
9.		Lack of Confidence	
10.		Health	
11.		Insecurity - Fearful / Safe	

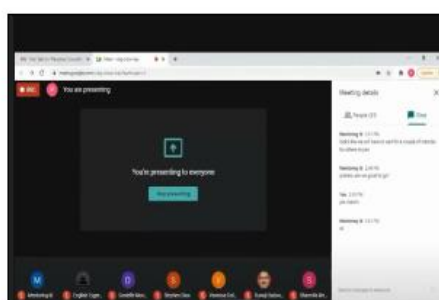
Ms. Pooja Parab, college counselor, highlighting the various cases handled by the counsellors during the academic years 2019-2021.

<p>PARVATIBAI CHOWGULE COLLEGE OF ARTS & SCIENCE(AUTONOMOUS) GOGOL, MARGAO-GOA</p> <p>CENTRE FOR TEACHING AND LEARNING</p> <p>(Highlight the appropriate: Workshop/ Conference/Seminar/ Industry-Academia /Extension activity)</p> <p>(Highlight the appropriate for Community outreach: Social service in term of impact and sensitizing students to social issues of gender/hygiene/ nutrition/ domestic violence /environment/ community assistance etc)</p>	
REPORT	
Title:	ORIENTATION / TRAINING SESSION ON USING THE OBE PORTAL
Date and year:	17th April, 2021
Venue:	Lower Auditorium
Resource person/s:	Ms. Dikshita Aroskar Ms. Ashweta Anand Fondekar
Organizing Committee	Center for Teaching Learning
No. of Participants:	04
Objective:	The main objective of this session was to demonstrate the OBE portal and give hands-on training to our college faculty on the same.
Summary of the proceedings:	<p>LOCF portal offers a structural approach for Storing, Updating and generating Reports of the data related to Course Outcomes. This portal is designed to offer an organized storage and retrieval mechanism of Course Outcome files for each course offered in the institution and access it whenever the need be.</p> <p>In this orientation session, demonstration was given on the following:</p> <ul style="list-style-type: none"> -How to accept the invitation and join the portal. -How to use the classroom. - Creating links to upload course outcomes attainment files. -what should be the naming convention to follow while creating a link. -Uploading of Course Outcome files on the portal by the faculty members -Storing and Retrieving of course outcomes attainment files submitted

	<p>by the faculties.</p> <ul style="list-style-type: none"> -Checking the status of submission. -How to display/view the submitted files of CO using google site.
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Ms. Prianka Sardinha sharing a few tips with the faculty members.



Google-Meet attended by 21 participants.

**PARVATIBAI CHOWGULE COLLEGE OF ARTS & SCIENCE(AUTONOMOUS) - GOGOL,
MARGAO-GOA**

WRITING CENTRE

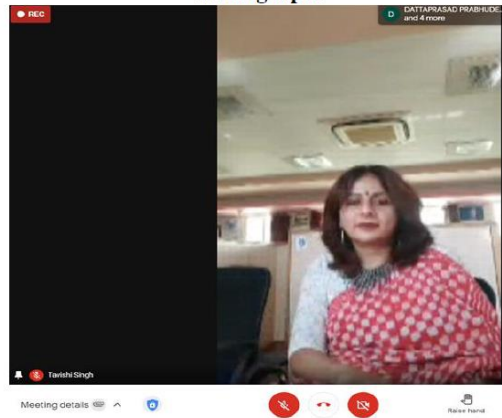
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REPORT

Title:	Webinar on “Email Etiquettes”
Date and year:	4 th March 2021
Venue:	Writing Centre, (via Google meet) Google meet link: https://bit.ly/3dJ1BYw
Resource person/s:	Mrs. Tavishi Singh
Organising Committee	Writing Centre
No. of Participants	19 Non- teaching staff-11, Student- 5, Organizing committee- 3
Objective:	The main objective of this webinar is to make aware of the importance of an effective email in communication and the tips and strategies that can be incorporated for a professional email.
Summary of the proceedings	<p>Effective communication skills are about conveying your message to others clearly. Communication is an important skill for successful businesses and for building relationships by influencing interactions either positively or negatively. Effective communication through emails is dispensable in today’s tech savvy world.</p> <p>This webinar was organised for the non –teaching staff and began at 2.30pm by Mrs. Tavishi Singh, Writing Advisor welcoming all the participants.</p> <p>She spoke on the importance of emails and email etiquettes by giving examples. She also shared some effective strategies to write professional emails. The session ended by a quiz along with solving the queries of the participants. The webinar concluded by 3.30pm with the vote of thanks proposed by Ms. Anila.K.P, Writing Advisor.</p>

Photographs



Mrs Tavishi Singh, Writing Advisor during the session on “Email Etiquettes”

**PARVATIBAI CHOWGULE COLLEGE OF ARTS & SCIENCE(AUTONOMOUS) - GOGOL,
MARGAO-GOA**

(Highlight the appropriate: Workshop/ Conference/Seminar/ **Webinar**/ Industry-Academia/Extension activity)

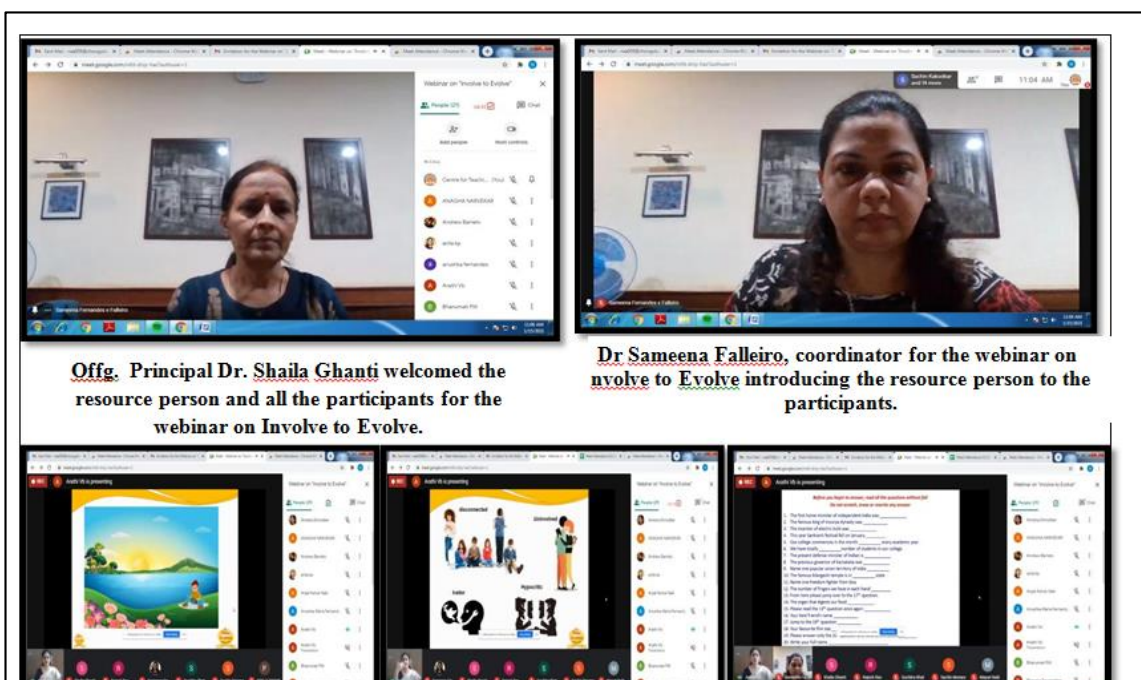
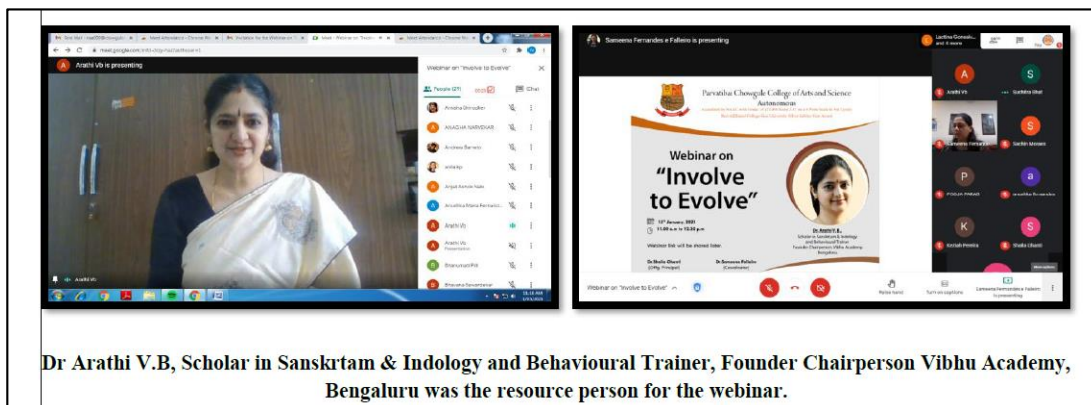
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REPORT

Title:	Webinar on Involve to Evolve	
Date and year:	15 th January 2021.	Time: From: 11.00 a.m. To: 01.10 p.m.
Venue:	Google meet: meet.google.com/mfd-drzy-haz	
Resource person/s:	Dr. Arathi V.B, Scholar in Sanskritam & Indology and Behavioural Trainer	
Organising Committee	Parvatibai Chowgule College of Arts and Science (Autonomous) (Led by Dr. Shaila Ghanti & Dr. Sameena Falliero)	
No. of Participants	36 (Teachers:26 & Administrative staff: 10)	
Objective:	The main objective of the programme was to make the participants familiar that holistic nourishment will be possible only with involvement.	
Summary of the proceedings	<p>The Webinar began at 11:00 am, Dr. Sameena Falleiro, from the Department of Computer Science compeered the programme and welcomed all the participants. The officiating Principal Dr. Shaila Ghanti, introduced and welcomed the resource person Dr Arathi V.B. The resource person gave a brief overview on how one must involve in activities to evolve as a person. She also mentioned when we do a task or any job with more dedication and involvement, we become clearer at our thought process. We bring more awareness, handle the situation with much ease and keep our mind calm. In her presentation she spoke in brief about making use of resources to the fullest, which could help in complete involvement with our Institutions, families, friends etc. The Webinar was activity based that helped the participants understand the concept of “Involve to Evolve” better. Various images were shown to the participants and they were asked to describe it. Lastly, she ended the session by taking up questions from the participants and giving a brief on the said topic. She mentioned how there are endless opportunities for us to learn new skills and ignite new passions through involvement. It usually gives more autonomy for better performances and thereby,</p>	

helping one to reach their full potential. Increase in productivity, overall growth of the organization or evolving would only take place if one was involved.

Photographs



Webinar on "Involve to Evolve"

Date:15th January,2021

Time:11:00am to 01:00 pm

G-Meet: meet.google.com/mfd-drzy-haz



S.N	Participants	Joined	Left	Duration
1	Centre for Teaching and Learning	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
2	Amisha Shirodker	1-15-2021 11:52:12	1-15-2021 12:28:25	00:36:13
3	Anagha Narvekar	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
4	Andrew Barreto	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
5	Anila KP	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
6	Anjali Ashok Naik	1-15-2021 11:52:12	1-15-2021 12:28:25	00:36:13
7	Anushka Maria Fernandes	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
8	Arathi VB	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
9	Arathi VB Presentation	1-15-2021 11:52:12	1-15-2021 11:52:12	00:00:00
10	Bhanumati Pilli	1-15-2021 11:52:12	1-15-2021 11:52:12	00:00:00
11	Bhavana Sawardekar	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
12	Botany Department	1-15-2021 11:52:12	1-15-2021 11:52:12	00:00:00
13	Divyarani Revankar	1-15-2021 11:52:12	1-15-2021 12:28:25	00:36:13
14	Sonia Fernandes Da Costa	1-15-2021 11:52:12	1-15-2021 12:28:25	00:36:13
15	Gunaji Sadanand Desai	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
16	Keziah Pereira	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
17	Lactina Gonsalves	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
18	Mayuri Naik	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
19	Nelson A Antao	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
20	Pooja Parab	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
21	Prianka Sardinha	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
22	Rajesh Rao	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
23	Sachin Kakodkar	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
24	Sachin Moraes	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
25	Sameena Fernandes e Falleiro	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
26	Shaila Ghanti	1-15-2021 11:52:12	1-15-2021 12:28:25	00:36:13
27	Sharmila Menezes	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
28	Shreya Patil	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
29	Suchitra Bhat	1-15-2021 11:52:12	1-15-2021 12:09:43	00:17:31
30	Uma Masur	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
31	Viraj Damodar Naik	1-15-2021 11:52:12	1-15-2021 13:02:11	01:09:59
	Arathi VbPresentation	1-15-2021 12:09:43	1-15-2021 12:28:25	00:18:42
	Uma Masur	1-16-2021 12:09:43	1-16-2021 12:28:25	00:18:42
	Viraj Damodar Naik	1-17-2021 12:09:43	1-17-2021 12:28:25	00:18:42
	Sonia Fernandes Da Costa	1-18-2021 12:09:43	1-18-2021 12:28:25	00:18:42
32	Radhiya Amonkar	Ramonkar		
33	Suveena Tamse	Stamse		
34	Kalpana Borkar	KBorkar		
35	Fiona Andrade	FAndrade		
36	Dattaprasad Prabhudessai	DPrabhudessai		

PARVATIBAI CHOWGULE COLLEGE OF ARTS & SCIENCE(AUTONOMOUS) GOGOL,
MARGAO-GOA

(Highlight the appropriate: **Workshop**/ Conference/Seminar/ Industry-Academia /Extension activity)

(Highlight the appropriate for Community outreach: Social service in term of impact and sensitizing students to social issues of gender/hygiene/ nutrition/ domestic violence /environment/ community assistance etc)

DEPT OF SOCIOLOGY


Title:	The Life of Children Placed in Remand Homes in Goa
Date and year:	22 nd December 2020 at 12.45 PM to 1.45 PM
Venue:	Online (GoogleMeet)
Resource person/s:	Ms. Evelyn Savia Fernamndes, Asst prof. department of Sociology Government College Quepem
No. of Participants	45
Objective:	<ol style="list-style-type: none"> 1. Understand the life of children placed in remand homes 2. To know the life of orphans and sympathize towards them. 3. To understand the functioning of remand home in Goa.
Summary of the proceedings	The Department of Sociology organized guest lecture on 'The Life of Children Placed in Remand Homes in Goa' by Ms. Evelyn Savia Fernamndes, Asst prof. department of Sociology Government College Quepem to the students of FY, SY and TYBA sociology students. There were 45 students present for the same through online mode. The guest lecture was held on 22nd December 2020 at 12.45 PM to 1.45 PM.
Photographs	 

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DEPT OF SOCIOLOGY

Title:	E-Goenkarponn 2021
Date and year:	19 th of February 2021
Venue:	Online (GoogleMeet)
Resource person/s:	Inter-higher secondary event
No. of Participants	35
Objective:	To relive, recreate and appreciate the Goan Culture also to foster sister/brotherhood among the youth
Summary of the proceedings	The department of Sociology hosted its annual inter-Higher Secondary event 'Goenkarponn' for the fifth year on the 19th of February 2021 in the virtual space through a Google Meet. This event is being organized annually with an objective to: relive, recreate and appreciate the Goan Culture also to foster sister/brotherhood among the youth. Seven institutions with 7 teachers participated in the virtual event.
Photographs	

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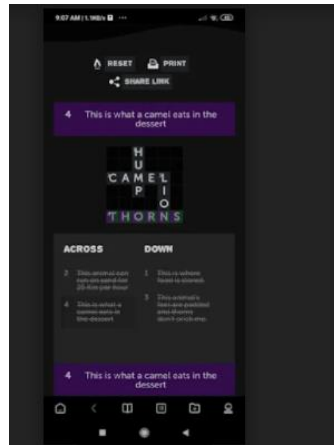
(Highlight the appropriate: **Workshop/ Conference/Seminar/ Industry-Academia /Extension activity)**

(Highlight the appropriate for Community outreach: Social service in term of impact and sensitizing students to social issues of gender/hygiene/ nutrition/ domestic violence /environment/ community assistance etc)

DEPT OF SOCIOLOGY

Title:	Educational Drive
Date and year:	May 2021
Venue:	Online (GoogleMeet)
No. of Participants	41
Objective:	<ol style="list-style-type: none"> 1. Understand the plight of the students who are unprivileged. 2. To know make students ready for future teaching jobs
Summary of the proceedings	The students of SYBA Sociology had a assignment based on 'Educational Drive' in this students had to teach some lessons to unprivileged students of the society either online and offline during the time of pandemic so that the unprivileged students do not feel out of place when it come their education. A total of 41 students participated in the activity.

Photographs



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MARGAO-GOA**

(Highlight the appropriate: **Workshop/ Conference/Seminar/ Industry-Academia /Extension activity)**

(Highlight the appropriate for Community outreach: Social service in term of impact and sensitizing students to social issues of gender/hygiene/ nutrition/ domestic violence /environment/ community assistance etc)

DEPT OF SOCIOLOGY

Title:	MASK DISTRIBUTION DRIVE TO THE UNDERPRIVILIGED MIGRANT LABOURERS
Date and year:	APRIL AND MAY 2021
Venue:	Margao City
No. of Participants	5
Objective:	<ol style="list-style-type: none"> 1. To instil the habit of wearing mask by creating awareness 2. To reach out to the underprivileged migrant labourers
Summary of the proceedings	The students of the Human Club undertook a mask distribution campaign in the city of Margao and around. A total of 100 people were given free mask and an awareness was created on the need and benefits of wearing a mask during the covid-19 times.

Photographs



