

Chowgule Education Society's Parvatibai Chowgule College of Arts and Science (Autonomous) Accredited by NAAC with Grade 'A+" Best Affiliated College-Goa University Silver Jubilee Year Award



3.6.1-Extension Actives carried out in the neighbourhood sensiting students to social issues for their holistic development, and the impact thereof durin the year.

2021-2022

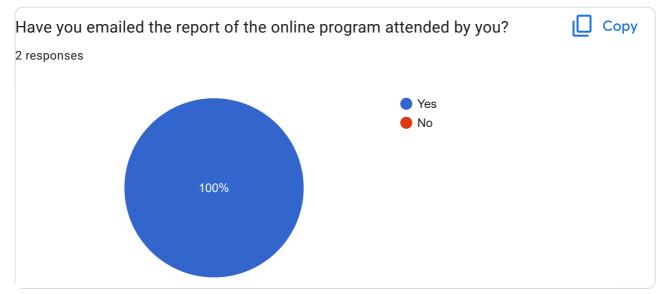




Red Ribbon Club student members of Parvatibai Chowgule College of Arts and Science, Autonomous attended an online Half Day Capacity Building Program on HIV/AIDS, Tuberculosis, Substance Abuse on 12th August 2021 in virtual mode from 09:30 am to 01:00 pm organized by Goa state AIDS control Society on the occasion of International Youth Day. Two student volunteers Ms. Amogha Sandesh Pai Angle and Ms. Khushi Prabhu Desai of Parvatibai Chowgule College attended the program along with the Red Ribbon Club Convener Dr. Mayuri Naik.

Dr. Mayuri Naik RRC Convener

RRC Activity: Online Half Day Capacity Building Program on HIV/AIDS on 12th August 2021 2 responses **Publish analytics** Name (Write in Sentence Case. Do not use CAPS) 2 responses Khushi Prabhu Desai amogha sandesh pai angle Gender Copy 2 responses Male Female 100% NSS enrollment number (Do not leave space in between. Use all CAPS) 2 responses NSS/2020-21/120 NSS/ 2020-21/081 Roll Number (Do not leave space in between. Use all CAPS) 2 responses SU200229 SU200080



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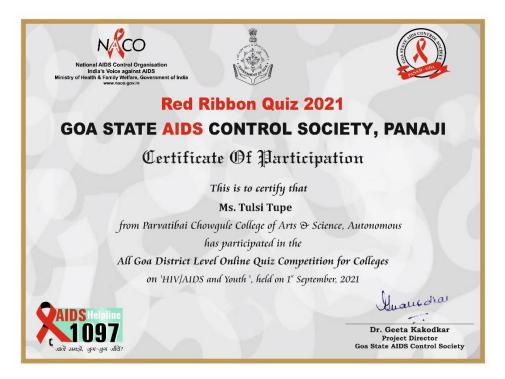


Red Ribbon Club student members of Parvatibai Chowgule College of Arts and Science, Autonomous participated in "All Goa District Level Online Quiz competition" held by Goa State AIDS Control Society for the Red Ribbon Club Student Members of Colleges on 1st September 2021 in online mode. The idea behind the competition is to actively involve and engage members of Red Ribbon Clubs in creating awareness about HIV/ AIDS, Adolescent Health, Mental Health, Covid-19, Co-morbidities and any other public health threat etc. through the mode of a Quiz. Two students Ms. Mayuri Verlekar and Ms. Tulsi Tupe of Parvatibai Chowgule College participated in this Online Quiz competition. The RRC Convener **Dr. Mayuri Naik** coordinated this activity.

Dr. Mayuri Naik RRC Convener



Participation Certificate of Ms. Mayuri Verlekar

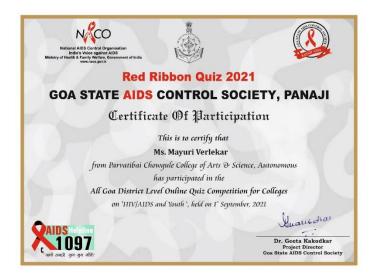


Participation Certificate of Ms. Tulsi Tupe

Attendance list of "All Goa District Level Online Quiz competition"

Ms. Mayuri Verlekar
 Ms. Tulsi Tupe

Dr. Mayuri Naik RRC Convener



Participation Certificate of Ms. Mayuri Verlekar



Participation Certificate of Ms. Tulsi Tupe

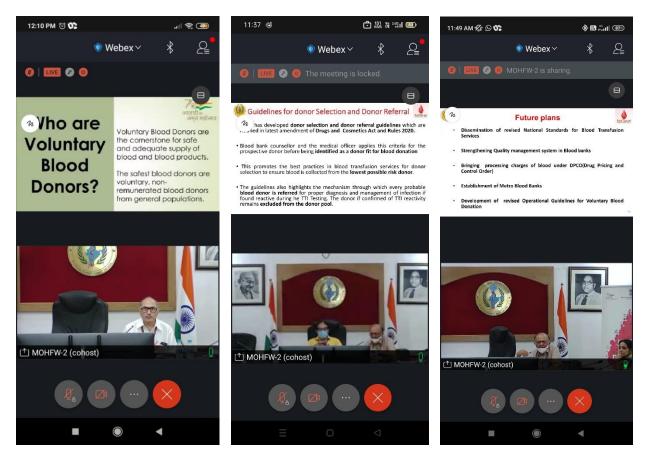


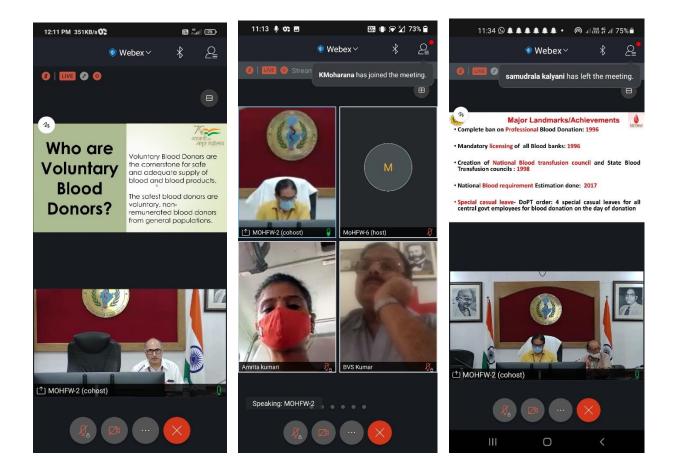


Red Ribbon Club student members of Parvatibai Chowgule College of Arts and Science, Autonomous attended a webinar on the occasion of National Voluntary Blood Donation Day organized by Goa state AIDS control Society on 01st October 2021 in virtual mode from 11:00 am onwards.

Dr. Mayuri Naik RRC Convener

Some screenshots taken by the students while attending the webinar are as follows.





RRC Activity: Webinar on National Voluntary Blood Donation Day

61 responses

Publish analytics



22,	1:25 PM	RRC Activity: Webinar on National Voluntary Blood Donation Day
	Name (Write in Sentence Case	e. Do not use CAPS)
	61 responses	
	Rose Suzanne Dias	
	Mahek carol	
	Steffi Souza	
	Fizza Muskan Aboobakar	
	Melvy Virginia Pontes	
	Desiree Joanna Fernandes	
	Deepti Naik	
	Riya Laxmikant Xete Shirodkar	
	Ranjana R. Rajeev	
	Shaikifrah	
	pranjali anand patil	
	Gauri Pandit	
	Vedashri kalekar	
	Siya sanjiv phal desai	
	Sanobar	
	Rachel Leeann Fernandes	
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	Verlee Simreen Silva	
	tirtha karmali	
	Leeann Pereira	
	Rhea Barros	
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Ø

Gandhar R. Nerurkar

Farzana Bi Angdi

rosanna d'cunha

Sakshi Naik

utkarsha phate

Sweeny Da Costa

Aksha Dasharath Gawas

Clarisa Sarina Gonsalves

Chandani Mahesh Borkar

AKSHAYA LAD

Gunjan.Ramesh.Devasi

Vishwanee A. Padiyar

Sahil Sanjay Chawan

Saiksha G. Verenkar

Sangeetha Jayachandren

Deepanshu arsekar

Mascarenhas Megan Darlene

Sakshi Naik Gaonkar

Pooja rawat

Grishma Sharad Pawar

Ria Dayanand Naik

Saleel Shahnawaz Mujawar

Crisma Seny Fernandes

Hriddhi bondre

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Shanaia Sanseya Dacosta

Sangita Halder

Pratik Raikar

Jesbie Amira Estibeiro

Kim Cady Rodrigues

Tanvi Amonkar

Sieno Gomes

Sanket sanjay kadwadkar

adan joaquim fernandes

Shriya Shirodkar

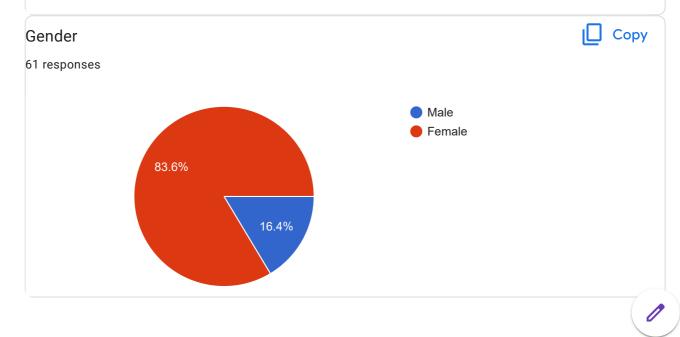
vighnesh milind mhadgut

Saziya sheikh

Akarshafaldessai

Amisha Colaco

Namita Patil



NSS enrollment number (Do not leave space in between. Use all CAPS)

61 responses

NSS/2020-21/038

NSS/2020-21/169

NSS/2020-21/053

NSS/2020-21/267

NSS/2020-21/180

NSS/2020-21/270

NSS/2020-2021/231

NSS/20-21/302

273

NSS/2020-21/110

NSS/2020-21/006

NSS/2020-21/217

NSS/2020-21/145

NSS/2020-21/086

NSS/2020-21/061

NSS/2020-2021/048

NSS/2020-21/192

NSS/2020-21/119

NSS/2020-21/002

NSS/2020-21/196

NSS/202021/060

NSS/2020-21/299

NSS/2020-21/191

NSS/2020-21/200

NSS/2020-21/151

NSS/2020-21/253

NSS/2020-21/166

NSS/2020-21/203

NSS/2020-21/255

NSS/2021-2022/189

NSS/2020-2021/032

NSS/2020-21/142

NSS/2020-21/185

(NSS/2020-21/260)

NSS/2020-21/176

NSS/2020-21/268

NSS/2020-21/168

NSS/2020-21/236

NSS/220/2020-21

NSS/2020-21/295

NSS/2020-21/069

NSS/2020-21/218

NSS/2020-21/087

NSS/2020-21/147

NSS/2020-21/219

NSS/

NSS/2020-21/216

NSS/2020-21/126

NSS/2020-21/256

NSS/2020-21/214

NSS/2021-22/010

NSS/2020-21/221

NSS/2020-21/198

NSS/2020-21/239

NSS/2020-21/245

NSS/2020-21/298

NSS/2020-21/292

NSS/2020-21/054

NSS/2020-21/291

NSS/2020-21/215

NSS/2020-21/143

2, 1:25 PM	RRC Activity: Webinar on National Voluntary Blood Donation Day
Roll Number (Do not leave sp	ace in between. Use all CAPS)
61 responses	
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SU200186	
AU200013	
SU190021	
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SU200228	
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AU190180	
AU200137	
SU190389	

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AU190022

AU190155

SU190193

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SU190388	
SU190366	
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Upload the Screenshot taken	while attending the webinar

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RRC ACTIVITY REPORT

Parvatibai Chowgule College of Arts and Science, Autonomous

- Title of the Activity: The launch of Phase II Awareness campaigns on HIV/AIDS and Tuberculosis
- **Date**: 12th October 2021 in virtual mode from 11:00 am to 11:35 am

	Male	Female	Total
Nodal Teacher In-charge		01	01
Student Volunteers	12	80	92
TOTAL			93

Dr. Mayuri Naik

Convener of Red Ribbon Club

Parvatibai Chowgule College of Arts and Science, Autonomous

Margao-Goa

RRC Activity: The Launch of Phase II-Awareness Campaigns on HIV & TB

102 responses

Publish analytics



Name (Write in Sentence Case. Do not use CAPS) 102 responses Temrafernandes Vishaka Dhuri Aksha Gawas Shrestha dessai Merleena munjunattu Namita Patil vighnesh milind mhadgut Jesbie Estibeiro **Carol Fernandes** Mascarenhas Megan Darlene Saiksha G. Verenkar Sahil Sanjay Chawan Allan Silveira Pranjali Patil Sangita halder Pornima Hari Paranjape Tanisha Guirish Raikar **Rosanne Smiral Rodrigues** Yadnyavi Dessai rosanna d'cunha Siya sanjiv phal desai

Valanka cristalina Brito

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	Sanobar	
	Farzana Bi Angdi	
	Melita rebello	
	Jenny Fernandes	
	Mubin mulla	
	Pratik Raikar	
	Pooja Bisht	
	Anfliya Antao	
	cri002@chowgules.ac.in	
	Shanaia Sanseya Dacosta	
	Gauri Pandit	
	Amisha Colaco	
	Deepti Naik	
	vaibhav kalal	
	Sakshi Naik	
	Sabiya Shaikh	
	Shefalee Fal Dessai	
	Leeann Pereira	
	Stanford Lloyd Fernandes	
	Chandani Mahesh Borkar	
	Gunjan.Ramesh.Devasi	
	Venisha D'costa	
	Kim Cady Rodrigues	

Esther Menezes

Paloma Jhancy D'souza

Alisha Amarendra Bandodker

Tanvi Amonkar

SHANIYA SHAIKH

Sakshi Naik Gaonkar

Melvy Virginia Pontes

amogha sandesh pai angle

Sadiqakhatib

Valerie Janeliz Temudo

Fizza Muskan Aboobakar

Steffi Souza

Esther Rajan

Urmee Sureshkumar Nakrani

Srujana Naik

Sangeetha Jayachandren.

saikrishna chari

Shashank Sunil Khanolkar

Buriel gomes

Akarshafaldessai

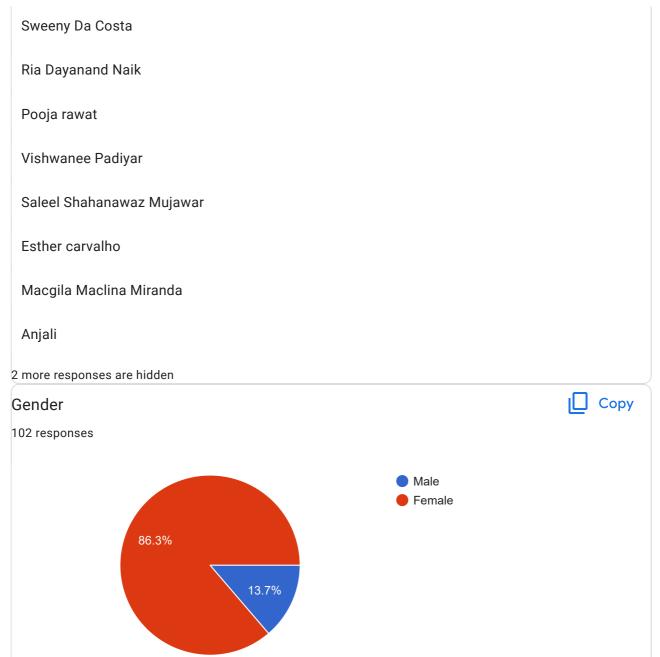
tirtha karmali

Alic Carvalho

Sybel herma dias

sanjana naik

Saziya sheikh
Sana Banu M. Sardar A. Shaikh
Mauli shirodkar
Desiree Joanna Fernandes
Hriddhi bondre
Saloni S. Surlakar
Ritvika Santosh Sawant
Erma Dung Dung
Clarisa Sarina Gonsalves
Ranjana R. Rajeev
BlytheLourdinaRodrigues
Deepanshu arsekar
Maitheli D Redkar
Mercy luiza Fernandes
Shanice Vas
Sieno Gomes
Saiprasad Keshav Naik
cryuf iwin pereira
Shreyamorje
Ashnah Colaco
Maria Zena De Fatima Telles Coutinho
Jency Eliona Pereira
Sejal Almeida



NSS enrollment number (Do not leave space in between. Use all CAPS)

102 responses

NSS/2020-21/140

NSS/2020-21/279

NSS/2020-21/203

NSS/2020-21/072

NSS/2020-21/204

NSS/2020-21/143

NSS/2020-21/292

NSS/2020-21/214

NSS/2020-21/096

NSS/2020-21/236

NSS/2020-21/176

(NSS/2020-21/260)

NSS/2020-21/107

NSS/2020-21/006

NSS/2020-21/126

NSS/2020-21/062

NSS/2020-21/127

NSS/2020-21/162

Nss 2020 2021/244

NSS/2020-21/200

NSS/2020-21/086

NSS/2020-21/003

NSS/2020-21/191

NSS/2020-21/297

NSS/2020-21/199

139

NSS/2020-21/256

NSS/2020-21/149

NSS/2020-21/138

NSS/2020-21/147

NSS/2020-21/216

NSS/2020-21/217

NSS/2020-21/215

NSS/2020-2021/231

NSS/2020-21/276

NSS/2020-21/151

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NSS/2020-21/243

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NSS/2020-21/257

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201

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NSS/2020-21/182

179

NSS/2020-21/160

NSS/2020-21/221

NSS/2020-21/058

NSS/220/2020-21

NSS/2020-21/180

NSS/2020-21/081

NSS/2020-21/056

NSS/2020-21/012

NSS/2020-21/267

NSS/2020-21/053

NSS/2020-21/184

NSS/2020-21/025

NSS/2020-21/222

NSS/2020-21/268

NSS/2020-21/261

NSS/2020-21/094

NSS/2020-21/163

NSS/2020-21/291

002

NSS/2020-21/078

NSS/2020-21/157

NSS/2020/21/136

NSS/2020-21 /054

NSS/2020-21/154

NSS/2020-21/225

NSS/2020-21/270

NSS/2020-21/219

NSS/2020-21/232

NSS/2021-22/146

188

NSS/2020-21/255

NSS/2020-21/273

NSS/2020-21/153

NSS/2020-21/168

NSS/2020-22/007

NSS/2020-21/195

193

NSS/2020-21/198

NSS/2020-21/262

NSS/2020-21/192

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NSS/2020-21/295 NSS/2020-21/185 NSS/2020-21/087 NSS/2020-2021/030 NSS/2020-21/207 NSS/2020-21/229		NSS/2020-21/166	
NSS/2020-21/185 NSS/2020-21/087 NSS/2020-2021/030 NSS/2020-21/207 NSS/2020-21/229		NSS/2020-21/218	
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		2 more responses are hidden	



Roll Number (Do not leave space in between. Use all CAPS) 102 responses AU190019 SU190292 AU190229 SU200028 Au190232 AU190024 SU190366 SU190015 SU200129 SU190090 AU190137 SU190193 SU200180 AU200013 SU200251 AU200143 SU200252 AU190096 Su190116 AU190189 SU200090 Au200008

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AU190018	
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AU190044	
AU190015	
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SU190088	
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AU190190	
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AU190089	
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AU190254				
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2 more responses are hidden				
Upload the Screenshot taken while attending the program				
102 responses				

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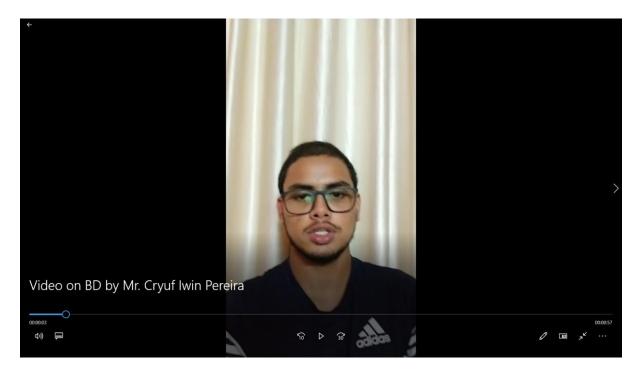
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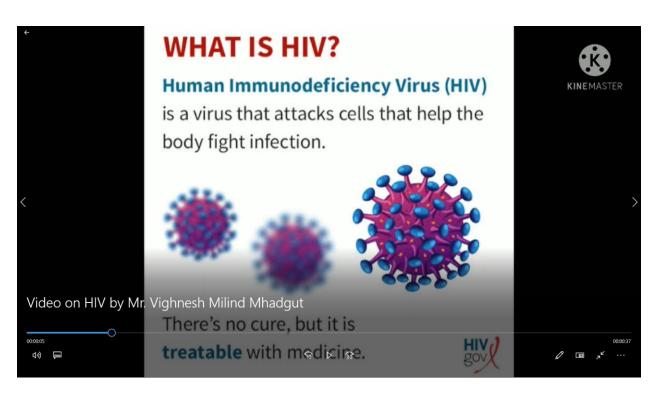


Red Ribbon Club of Parvatibai Chowgule College of Arts and Science, Autonomous organised "One Minute Video Competition" on the topic **HIV**, **TB** and **Blood Donation** (**BD**) held from 12th to 22nd October 2021. The idea behind conducting this competition is to actively involve and engage students in creating awareness about HIV, TB and Blood Donation through the mode of a Video Competition. The best video made by the students on each topic would be further submitted to Goa State AIDS Control Society, Panjim for taking part in all Goa One Minute Video Competition. Total 5 students participated in this competition by making a video on one of the above mentioned topics. The RRC Convener **Dr. Mayuri Naik** coordinated the activity.

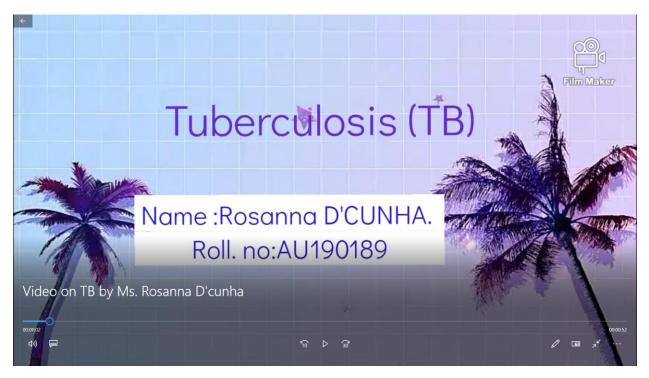
Dr. Mayuri Naik RRC Convener



Mr. Cryuf Iwin Pereira made a video on Blood Donation



Mr. Vighnesh Milind Mhadgut made a video on HIV



Ms. Rosanna D'cunha made a video on TB

RRC Activity: One Minute Video Compe	etition
Publish analytics	
Rules and Regulations to be followed 2 responses	
Blood Donation	
Yes.	
Name (Write in Sentence Case. Do not use CAPS) 5 responses	
rosanna d'cunha	
cryuf iwin pereira	
Sneha yadav	
vighnesh milind mhadgut	
Anjali	
Gender 5 responses	🔲 Сору
60% 60% Female	



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NSS enrollment number (Do not leave space in between. Use all CAPS) ⁵ responses
NSS/2020-21/200
NSS/2020-21/192
Nss/2020-21/272
NSS/2020-21/292
NSS/2020-21/229
Roll Number (Do not leave space in between. Use all CAPS) ^{5 responses}
AU190189
AU190173
SU190257
SU190366
SU190076
Upload the One Minute Video made by you 5 responses

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GOA STATE AIDS CONTROL SOCIETY

1st Floor, Dayanand Smruti Building, Swami Vivekanand Road, Panaji - Goa 403 001. Tel.: (0832) 2427286/2421381/2422519 Fax: 0832-2422518 Email: goaaids@gmail.com / projdir-gsacs.goa@nic.in Website: www.goasacs.nic.in

No.GoaSACS/ NACPIV/IEC/NewIndia@75/Face Painting Competition /2021-22/6 89 Date: 04/01/2022

To, The Principals, Colleges

Subject: Results of the Face Painting Competition for colleges 2022 held in the Phase 1II of the NewIndia@75 Campaign on Topic: HIV

Respected Sir/Madam,

With reference to the above, we are pleased to announce the Results of the Face Painting Competition for Colleges organised by Goa State AIDS Control Society (Goa SACS), Panjim held for NewIndia@75 Phase III Campaign on Topic: HIV.

Prizes	Topic HIV
1 st Prize Winner - North Goa	M.E.S College of Arts and Commerce, Zuarinagar-Vasco
2 nd Prize Winner	Sai Nursing Institute, Sanquelim
3 ^{8d} Prize Winner	Kala Academy College of Theatre Arts, Ponda
1st Consolation Prize Winner	Dhempe College of Arts & Science Miramar
2 nd Consolation Prize Winner	Parvatibai Chowgule College, Margao

The Names of the Institute who won the Face Painting Competition:

On behalf of Goa SACS we appreciate all the Student participants, their NewIndia@75 Nodal Teacher In charges and the Principal of the College for their participation. Our heartiest **CONGRATULATIONS!!!!** to the above winners. The winner and participation E-Certificates will be sent by email shortly. Goa SACS will be providing Prize amount to the Competition Prize winners.

We request you to kindly provide feedback and also if possible a photo of the winners with your Principal and NewIndia@75 Nodal Teacher.

The Prize winners will be announced and posted on Goa SACS Social Media Handles of Instagram, Facebook and Twitter. Kindly like and follow.

Thanking you in anticipation,

Yours faithfully,

Dr. Geeta Kakodkar, **Project Director**





Red Ribbon Club and N.S.S. unit of Parvatibai Chowgule College of Arts and Science, Autonomous organised a blood donation camp in association with Hospicio Hospital, Margao – Goa on 17th November 2021 in Psychology lab at 09.00 a.m. onwards. The N.S.S. Programme officers **Dr. Mayuri Naik**, **Mr. Ashish Ashwini** and **Mr. Aresh Naik** along with **Dr. Ravin Rego**, Medical officer and 6 staff members from Hospicio Hospital, Margao were present for the camp.

The registrations for blood donation started at 09.00 a.m. and the activity continued till 01.00 p.m. Total 60 students and staff members (NSS volunteers, other students and staff members) showed interest to donate blood but due to low haemoglobin and underweight problems only 37 (25 male and 12 female) could contribute to the blood donation. Out of 37 donors, 36 were students of which 15 were NSS volunteers (08 Male and 07 Female) and 21 were other students (16 Male and 05 Female). Remaining 01 was a staff member (01 male) who could contribute to the noble cause by donating blood. Thus total 37 donors donated blood in this camp. 48 NSS volunteers (06 male and 42 female) helped to make the necessary arrangements.

Dr. Ravin Rego presented the "Certificate of Appreciation" to Parvatibai Chowgule College of Arts & Science, Autonomous received by Officiating Principal **Dr. Shaila Ghanti** along with RRC Convener and NSS In-charge **Dr. Mayuri Naik** and NSS Programme Officer **Mr. Ashwini Ashish**. The camp concluded with vote of thanks by a NSS volunteer **Ms. Nelisha Fernandes**.

Dr. Mayuri Naik RRC Convener and NSS Programme In-charge



Student volunteers registering for the blood donation camp



Dr. Ravin Rego examining the student volunteers during blood donation camp



Student volunteers donating blood in the blood donation camp



Student volunteers donating blood in the blood donation camp



Student volunteers donating blood in the blood donation camp



Student volunteers donating blood in the blood donation camp



Student volunteers donating blood in the blood donation camp



Student volunteers donating blood in the blood donation camp



Dr. Ravin Rego presented the "Certificate of Appreciation" to Officiating Principal Dr. Shaila Ghanti and RRC Convener and NSS In-charge Dr. Mayuri Naik along with NSS Programme Officer Mr. Ashwini Ashish



NSS Programme Officers holding the "Certificate of Appreciation"



Ms. Nelisha Fernandes giving Vote of Thanks





RED RIBBON CLUB and NATIONAL SERVICE SCHEME UNIT in association with HOSPICIO HOSPITAL,

MARGAO – GOA organizes

A BLOOD DONATION CAMP

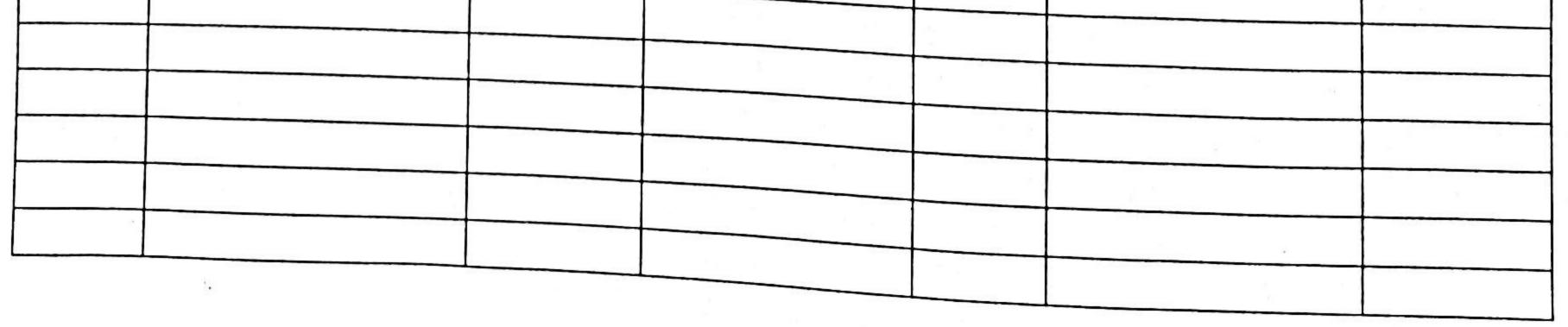
Date: 17/11/2021

Venue: Psychology lab (A-117) quadrangle

Time: 09:00 am

Attendance list for NSS Volunteers as Blood Donors (2)	0 Hours)
--	----------

	Sr.	Name	Roll No.	Enrollment No.	M/F	Contact no.	Signature
	No.				82		
V	1	Pooja Bisht	AU190044	NSS/2020-21/149	F	9373458683	Pig.B
\checkmark	2	Anui Almeida		NSS/2020-21/065	M	9270230188	Ahuit
\checkmark	3	HEENON BARRETO		NSS/2020-21/057	M	9518545210	Poeron
\checkmark	4	Meldrin Afonso		NSS/2020-21/269		7387580576	ston
V	5	Nohommad Kail		NSS/2020-21/240		9325823298	MA-
X	6	Tuls: Tupe		NSS 1064/2021-2	-	7745042867	Þ
X	7	Tirtha Karmali	AU200004	NSS/002/2222	E	9350923918	Tomali
×	8.	Siya Kaimat	AV190002	NSS 062122/133	F	8390458795	safamet.
6	9.	Valerie Tenudo	Av200034	NSS 1012 2021-22	F	9146570538	Stenus
X	10.	Maitheli Redkar	AU200019	NS\$ 007 2021-22	- F	9049019228	moderedty
V	11.	Glavio Correia	501901.53	NS\$100812021-22	Μ.	9822273955	Q
~	12	PRATIK RAIKAR	SU190172	NSS / 2020 m 1/256	М	9146227221	thai kay
X	13	Elvisha Colaco	50190305	HSS/2020-21/285	F	9370792990	(e dave
X	14	Samuntha Jernander	SV190058	NS5/2020-21/278	F	9130872058	Les
	15	Nelisha Acrondus				7720981280	Hay
\mathcal{A}	16	Beverel, Almids	SU190079	NS1202511233			Amids
V	14	Siddhi R.Naik	SU190055	NSS 2020-11/226	F	8605076380	Inaile.
	18	WENDHA VIRES	34200217	NSS 2020-21/117	F	9404406351	Riles
X	[9	Shruja Morasken		NSS/2020-21/28		951168316	the second se
\checkmark L	20		N 4 C 10 C	NSS/2021-22		9579325501	anorably
	21	Melshawn Vaz	SU190095	NSS/ 2020-21/22	7 11	9545821689	Pailon
X	22	Riya Shindkar	50190394	NSS/2020-21	2 E	7720843974	
\wedge	23.	Arcintra Rocario	AU100080	KISS / 2021-22.	F	Dest 1	Asinvelu
						9148426692	perjorio"
			2				







RRC ACTIVITY REPORT

Parvatibai Chowgule College of Arts and Science, Autonomous

- Title of the Activity: The launch of Phase III Awareness campaigns on HIV/AIDS and Tuberculosis
- **Date**: 01st December 2021 in virtual mode from 05:00 pm onwards

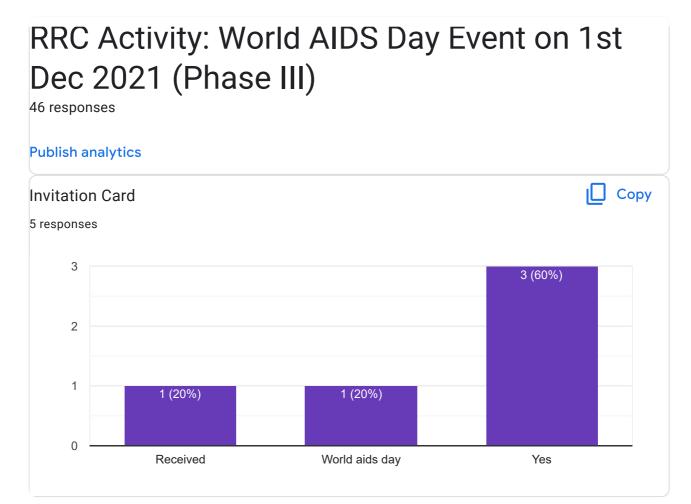
	Male	Female	Total
Nodal Teacher In-charge		01	01
Student Volunteers	09	37	46
	TOTAL		47

Dr. Mayuri Naik

Convener of Red Ribbon Club

Parvatibai Chowgule College of Arts and Science, Autonomous

Margao-Goa



22,	1:29 PM	RRC Activity: World AIDS Day Event on 1st Dec 2021 (Phase III)
	Name (Write in Sentence Case 46 responses	e. Do not use CAPS)
	Devika Sushant Bhandari	
	Maitheli Redkar	
	Pradip mallik	
	Srujana Naik	
	Menoshka Leanza Vas	
	Isha Laxman Patkar	
	Pranita Nandakumar Dhuri	
	Melvy Virginia Pontes	
	Saleel Shahanawaz Mujawar	
	amogha sandesh pai angle	
	rochelle mellissa rowland salema	3
	Chandani Mahesh Borkar	
	Rose Suzanne Dias	
	Vaibhvi Subhash Sukadker	
	Deflin Antao	
	Sana Shaikh	
	Suraksha Redkar	
	Samiksha Adamane	
	Teju Tanaji Patil	
	jannes vaz	
	Tanvesh Kalangutkar	
	Maverick jesus pereira	

JOSHLE COLACO

Sabiya Shaikh

Chandrika Chittem

pranjali Anand patil

Sarvesh Santosh Devidas

Pratik Uday Raikar

Triveni Naik Tari

SadiqaKhatib

Sanobar

Arantxa Rosario

vighnesh milind mhadgut

vanetta pamela silveira

Sejal mayekar

Samiksha Suryakant Naik

Valanka cristalina Brito

Sujata Patil

Amanda Ashlyn Jaques

tulsi tupe

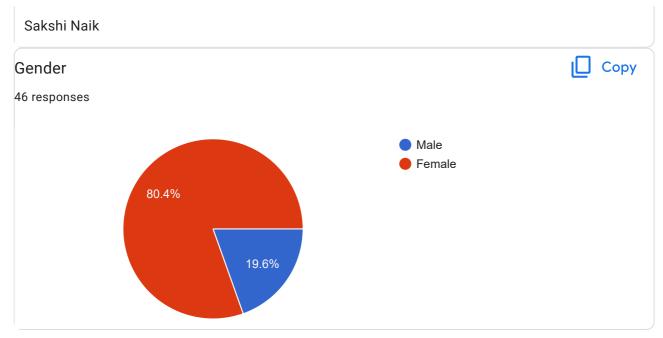
Saili naik

shubham kelkar

ashlesha shridhar redkar

Steffi souza

Divya Ramchandra Patlekar



I

NSS enrollment number (Do not leave space in between. Use all CAPS)

46 responses

NSS/2021-22/093

NSS/2021-22/106

NSS/2021-22/055

NSS/2021-22/337

NSS/2021-22/050

NSS/2021-22/100

NSS/2021-22/056

NSS/2021-22/241

NSS/2021-22/191

NSS/2021-22/152

059

NSS/2021-22/222

NSS/2021-22/117

NSS/2021-22/030

NSS/2021-22/041

NSS/2021-22/066

NSS/2021-22/029

NSS/2021-22/064

NSS/2021-22/137

NSS/2021-22/101

NSS/2021-22/077

NSS/2021-22/048

NSS/2021-22/046

NSS/2021-22/321

NSS/2021-22/090

NSS/2021-22/112

NSS/2021-22/067

NSS/2021-22/311

NSS/2021-22/267

NSS/2021-22/199

NSS/2021-22/124

NSS/2021-22/089

NSS/2021-22/346

NSS/2021-22/078

NSS/2021-22/126-SEJAL

NSS/2021-22/122

NSS/2020-21/003

NSS/2021-22/133

NSS/2021-22/150

NSS/2021-22/140

NSS/2021-22/120

NSS/2021-22/071

NSS/2021-22/115

NSS/2021-22/132

NSS/2021-22/042

https://docs.google.com/forms/d/1l2gszyKgBZynEpCm9Yq9lzAco_e5Glp6Pb0l7ySdj-A/viewanalytics

NSS/2021-22/121

2,	1:29 PM	RRC Activity: World AIDS Day Event on 1st Dec 2021 (Phase III)
	Roll Number (Do not leave spa	ce in between. Use all CAPS)
	46 responses	
	AU200015	
	AU200019	
	Su210379	
	SU190035	
	2102401	
	AU200100	
	SU210307	
	AU190148	
	SU200091	
	SU200080	
	2102406	
	AU190163	
	AU200090	
	AU210224	
	SU210352	
	SU210368	
	AU210218	
	SU210367	
	AU200088	
	AU200067	
	SU210383	
	SU210429	

SU210346

SU190088

AU200103

AU200013

SU210498

Su190172

AU190260

AU200131

AU200138

AU200080

SU190366

2102411 or SU210411

AU200011

AU200076

Au200008

AU200107

SU200081

AU200153

AU200096

SU210412

AU200148

AU200128

SU210266

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AU200045

Upload your photo while watching the live event

46 responses

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Google Forms

PARVATIBAI CHOWGULE COLLEGE OF ARTS & SCIENCE (AUTONOMOUS) - GOGOL, MARGAO-GOA						
	(11)			AIDS DAY - F		
Title:	WO	RLD AIDS DA	Y - FLASHI	MOB		
Date and year:	1 st I	December 2021				
Venue:	Can	Canteen Area				
Resource person/Judges :						
Organising Committee		Career and Personal Counseling Centre Red Ribbon Club and National Service Scheme Unit				
No. of Participants		No of Participants 11	BA 4	BSc 7	BOYS 1	GIRLS 10
Objective:	The objective of conducting the flashmob was to create awareness on HIV/AIDS.					
Summary of the proceedings	is m Uni flash AID the perf awa The was	harked as World t in collaboration hmob. The sprea OS which attacks ability of huma formed by 11 st reness about HI flashmob wind s coordinated b	AIDS Day. T on with Car ad of Human the immune ns to fight in udents of Sc V/AIDS was ed with a slo by Mrs. Poo	The Red Ribbon eer and Persona Immunodeficie system of a per nfections is adve ience and Arts s Jerusalem follo ogan "Hate the c	Club and National Counseling ncy Virus inferency Virus inferency affected section. The section of the slope based by the slope lisease not discussed, College of the sources.	cember, 2021, which onal Service Schem- Centre organised ction (HIV) leads to ous disease in which I. The flashmob wa ong chosen to creat ogan and flash cards eased". The activity Counsellor and Dr
				0	R	eport Prepared by oja G. Prabhudessa College Counsello

















Date ____/___ Red Ribbon Day - 1st December - 5 hrs NSS 1. Anushri kane (SU210425) Rhave 2. Ruchi Gawas (SU210294) 3. Sakshi Vagurmekar (SU2105-18) D. 4. Flenbby Monteiro (SU210298) 5. Jennifer Mascarethas (AU210233) JA 6. Fanaaz Shaikh (AU210162) faith 7. Samiksha Adomane (SU210367) Jodan 8. Ravena Iliger (AU210253) Jour 1. Sneha Gauns Dessai (SU210470) Brain 2. Shalini Redkar (SU210389) Bodkar 3. Praley Nak (AU210257) Right Non-NSS





Red Ribbon Club of Parvatibai Chowgule College of Arts and Science, Autonomous organised "Online Face painting competition" on **HIV/AIDS** held from 10th to 17th December 2021. The idea behind conducting this competition is to actively involve and engage students in creating awareness about HIV/AIDS through the mode of a Face painting Competition. The best Face painting made by the students would be selected and further submitted to Goa State AIDS Control Society, Panjim for taking part in all Goa Face painting Competition. Total 14 students participated in this competition by making a Face Painting on the above mentioned topic. The RRC Convener **Dr. Mayuri Naik** coordinated the activity.

Dr. Mayuri Naik RRC Convener



Face Painting made by Ms. Simone Valanca Goes



Face Painting made by Ms. Kamya Rajesh Karde



Face Painting made by Ms. Valerie Janeliz Temudo



GOA STATE AIDS CONTROL SOCIETY

1st Floor, Dayanand Smruti Building, Swami Vivekanand Road, Panaji - Goa 403 001. Tel.: (0832) 2427286/2421381/2422519 Fax: 0832-2422518 Email: goaaids@gmail.com / projdir-gsacs.goa@nic.in Website: www.goasacs.nic.in

No.GoaSACS/ NACPIV/IEC/NewIndia@75/Face Painting Competition /2021-22/6 89 Date: 04/01/2022

To, The Principals, Colleges

Subject: Results of the Face Painting Competition for colleges 2022 held in the Phase 1II of the NewIndia@75 Campaign on Topic: HIV

Respected Sir/Madam,

With reference to the above, we are pleased to announce the Results of the Face Painting Competition for Colleges organised by Goa State AIDS Control Society (Goa SACS), Panjim held for NewIndia@75 Phase III Campaign on Topic: HIV.

Prizes	Topic HIV
1 st Prize Winner - North Goa	M.E.S College of Arts and Commerce, Zuarinagar-Vasco
2 nd Prize Winner	Sai Nursing Institute, Sanquelim
3 ^{8d} Prize Winner	Kala Academy College of Theatre Arts, Ponda
1st Consolation Prize Winner	Dhempe College of Arts & Science Miramar
2 nd Consolation Prize Winner	Parvatibai Chowgule College, Margao

The Names of the Institute who won the Face Painting Competition:

On behalf of Goa SACS we appreciate all the Student participants, their NewIndia@75 Nodal Teacher In charges and the Principal of the College for their participation. Our heartiest **CONGRATULATIONS!!!!** to the above winners. The winner and participation E-Certificates will be sent by email shortly. Goa SACS will be providing Prize amount to the Competition Prize winners.

We request you to kindly provide feedback and also if possible a photo of the winners with your Principal and NewIndia@75 Nodal Teacher.

The Prize winners will be announced and posted on Goa SACS Social Media Handles of Instagram, Facebook and Twitter. Kindly like and follow.

Thanking you in anticipation,

Yours faithfully,

Dr. Geeta Kakodkar, **Project Director**

RRC Activity: Online Face Painting Competition

14 responses

Publish analytics

Name (Write in Sentence Case. Do not use CAPS)

14 responses

Aransha Michelle Rodrigues

Simone Valanca Goes

Kamya Rajesh Karde

Megan mariam dias

Sejal mayekar

Shreya Rao

Saili naik

Sujata Patil

jesslin dias

Vanetta pamela silveira

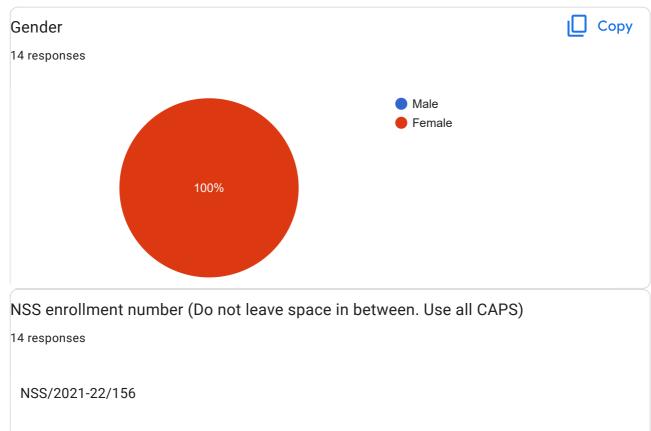
Samiksha Suryakant Naik

Rochelle Mellissa Rowland salema

Valerie Janeliz Temudo

Menoshka Leanza Vas

7/21/22, 1:15 PM



NSS/2021-22/334

NSS/2021-22/176

NSS/2021-22/183

NSS/2021-22/126

NSS/2021-22/200

NSS/2021-22/120

NSS/2021-22/133

NSS2021-22/238

NSS/2021-22/078

NSS/2021-22/122

NSS/2021-22/059

NSS/2021-22/143

Nss/2021-22/050

Roll Number (Do not leave space in between. Use all CAPS) 14 responses
SU200086
SU190110
SU200193
SU200199
AU200011
SU200126
AU200096
AU200107
AU190043
SU2102411
AU200076
2102406
AU200034
2102401
Upload the clear photograph of Face Painting made by you 14 responses

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Google Forms



Parvatibai Chowgule College of Arts and Science

(AUTONOMOUS) MARGAO – GOA

Accredited by NAAC with grade 'A' (CGPA Score 3.41 on a 4 Point Scale) Best affiliated College – Goa University Silver Jubilee Year Award

REPORT OF

MEGA FOOD DISTRIBUTION DRIVE

ORGANISED BY YOUNG INSPIRATOR'S NETWORK

(CHOWGULE COLLEGE UNIT)

For

The destitute and poor along the roadside in Margao

On

19th December 2021

At

Margao Municipal Park

Report Prepared by

Mr AUDUMBUR TAMSE FACULTY INCHARGE OF YIN CLUB

REPORT

MEGA FOOD DISTRIBUTION DRIVE

DATE:	19 th December 2021
TIME:	12:30 pm
VENUE:	Margao Municipal Park
NO. OF ATTENDEES:	6
ORGANIZED BY:	Young Inspirators Network (Chowgule college unit)
ASSISTANCE AND	Hotel Navtara-Margao
LOGISTIC SUPPORT BY:	
PHOTOGRAPHY BY:	Hrishikesh Chanekar

INTRODUCTION: On the auspicious and patriotic occasion of the 60thLiberation day of Goa, the Young Inspirators Network Unit of Chowgule College conducted a Mega Food Distribution Drive. The objective of the drive was to bring to light the problems centered around poverty and hunger prevalent in our society. As such the YIN unit of Chowgule College began collecting funds for buying of the food meals. The food meals each costing Rs 40 would be procured from Hotel Navtara in Margao. In total, the donations received enabled us to procure a total of 50 food meals. On 19th December, at 12:30 pm, 6 members of the YIN unit of Chowgule College collected the 50 food meals from Hotel Navtara in Margao and proceeded towards the Margao Municipal Park where a large number of mendicants and destitute sit. The Food Meals were then distributed among them by the YIN Volunteers. Over 50 needy people benefitted.

YIN Unit volunteers collected 50 meals from Hotel Navtara in Margao. Each meal costs Rs 40 and comprises of dal, rice, pickle and vegetable. Donations were collected for the same.

YIN members distributing food meals to the mendicants at Margao Municipal Park. More than 50 people benefitted.





ANY OTHER INFORMATION: Through this food distribution drive, problems centred around poverty and hunger were brought to light. In addition, it also highlighted the need for the youth to engage in community service activities.

PREPARED BY: AUDUMBUR TAMSE

REPORT OF

AMRIT GOA

ORGANISED BY

THE PHYSICS DEPARTMENT

IN ASSOCIATION/COLLABORATION WITH

SHERLOCK OHMS

On

19 DECEMBER 2021

At

PARVATIBAI CHOWGULE COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS)

The Physics Department	SHERLOCK OIDIS
Sherlock Ohms	
presenting to you	
Amrit Goa	-
19 December 2021	
Events/Activities	
`Vriksharohan`	
Poster Making Competition	
Cleanliness Drive	
For details regarding the events/activities, kindly refer to the document	

- VRIKSHAROHAN[GREEN CAMPUS]

Objective: To plant neem saplings on the campus at the designated spots. To keep our campus Green.

Details: Vriksharohan is a plantation activity carried out in collaboration with the NGO — Shunya. Under this activity, students planted neem saplings on the campus next to the H-Block. Five neem saplings were planted in the presence of seven faculty members.

Number of Participants: 17 students, and 7 faculty members [Dr. Ananya Das, Mr. Ashish Ashwini, Dr. Ashish Desai, Shri H.S.S. Nadkarni, Dr Uma Masur, Miss Meghana Devli, Mrs. Swati Ghadi, Ms. Diksha D. Karapurkar]



2 - POSTER MAKING COMPETITION[GOA@60 AND GOA@100]

Objective: To create a poster to depict views of Goa in the 60th year of liberation/100th year of liberation.

Details: On the occasion of Liberation Day, participants had to select any one of the given topics for their poster. The topics were Goa at 60 and Goa at 100. They had to form a group of three and prepare the poster on campus within the given duration of two hours. The judges were Mr. Ashish Ashwini and Mr. Malcolm Afonso.

Number of Participants: 22 students and 3 faculty members [Mr. Yatin P. Desai, Mr. Ashish Ashwini and Mr. Malcolm Afonso]





3 - CLEANLINESS DRIVE[CLEAN CAMPUS]

Objective: To clean the bike parking lot and the area next to the H-Block .

Details: Students got together to clean the bike parking lot and the area next to the H Block. While a few students swept, the remaining collected the dry leaves and other littered objects. Segregation of waste was done in a clean manner. At the end, all the garbage bags were kept at the designated spots for proper disposal.

Number of Participants: 15 students and 4 faculty members [Dr. Ananya Das, Mr. Yatin P. Desai, Dr Ashish Desai, Mr. Ashish Ashwini]



(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:	Celebration of Girl Child Day				
Date and year:	24th January, 2022				
Venue /	Online				
online link:					
Resource	-				
person/s:					
Organizing	NSS				
Committee					
No. of	55				
Participants					
Objective:	To sensitize students about the event.				
Summary of	NSS cell of the college celebrated 24th January as the Girl Child Day as a part of				
the	Azadi ka Amrit Mahotsav.				
proceedings	In this regard, volunteers were asked to perform any activity such as writing a short				
• 0	essay, writing a poem, making a short video (maximum 30 seconds), clicking a				
	symbolic photograph, sharing a thoughtful message/status on social media, or any				
	other activity that is deemed appropriate.				
	of their choice to mark the occasion.				
	The volunteers were also supposed to fill the google form once they do the activity				
	with the necessary evidence (screenshots, pictures, videos, etc).				
	2 hours were given for the participants of this activity:				
	Photographs				





Jam a bright givi Child Born a bright givi Child Born an intellectual Flights To beit the dark security alight To brighten the work all theway.... Jam a creative girl child Born to ride on rayal horses For away from the vickely trucks of the cold clock of whose and dong... Jam the foundain of Wiedom, And the moutain of Wiedom, And the moutain of Wiedom, and the would of the starting off the working words of understanding off the working words and weepingwaves....

I an the mustard seed, Planted for a bumper harvest To eater the soils and senior thecouls. Tam the premising godden-yed, Out child

(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:	Republic Day: 75 Crore Surya Namaskar Project on Amritmahotsav Celebration				
Date and year:	26th January, 2022				
Venue /	Online				
online link:					
Resource	-				
person/s:					
Organizing	NSS				
Committee					
No. of	23				
Participants					
Objective:	To celebrate Republic Day.				
Summary of	As part of the Republic Day celebration, NSS volunteers were asked to perform 5				
the	Suryanamskar (one Suryanamskar comprises 12 poses) and share minimum two				
proceedings	photographs of it. The last day to upload the photograph was 26 January 2022. Total				
	02 hours were given to the participants.				

Photographs



(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:	Voter's Awareness Campaign						
Date and year:	11th February 2022 to 14th February 2022						
Venue /	Online						
online link:							
Resource person/s:	-						
Organizing Committee	NSS						
No. of Participants	54						
Objective:	To orient students regarding integrated civic and voter education and electrol participation right to make its utmost contribution to have an active democratic citizenry from a young age.						
Summary of	To create voter's awareness campaign the NSS cell of the college used the latest						
the	technology and social Media platforms wherein student were given the links of the						
proceedings	photographs and students had to choose and upload any one photograph on their						
	most preferred social media platforms. Once they fill in the form they had to fill in the						
	google form.						
	Photographs						
<image/>							



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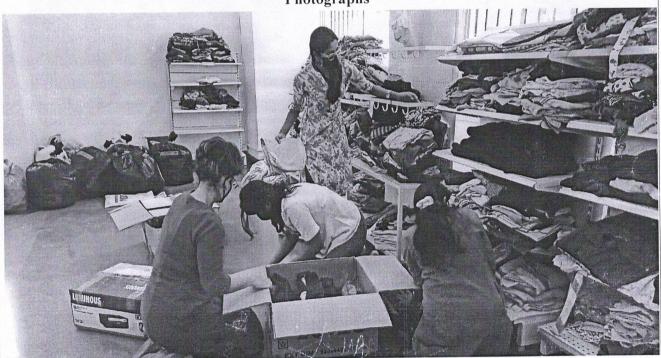


(Highlight the appropriate: Workshop/ Conference/Seminar/ Industry-Academia /Extension activity)

(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:	CLOTHES COLLECTION AND DISTRIBUTION DRIVE					
Date and year:	24 th – 28 th February 2022					
Venue:	College Tiger Coop					
No. of Participants	19					
Objective:	Community Outreach Programme – donating clothes to the needy people from poor background.					
Summary of the proceedings The Drive to collect/donate the clothes started on 24 th February and went u February 2022. Mostly the collection/donation of clothes were done by the trace faculty members. All the clothes were separated as per the gender i.e. male, fem further age-wise. The counts of clothes collection is as follows:						
	No. of clothes collected	Female clothes	Male clothes	Kids clothes		
	1465	899	333	233		
	These clothes were given distribution to the needy p	n to the Panchayat eople of slum areas an	Village of Office nd migrants.	e, Romdamol for further		





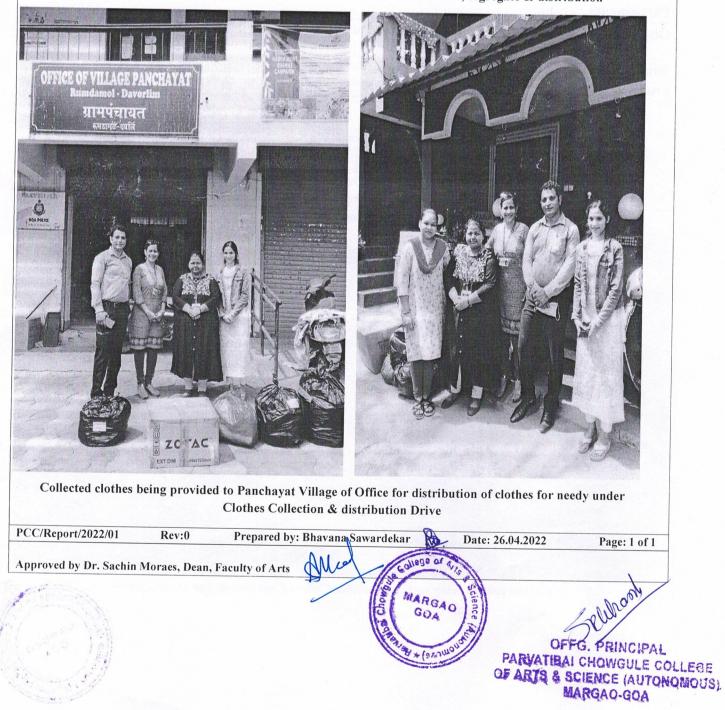
Collected clothes being segregated under Clothes Collection & distribution Drive



OFFOL PERICIPAL PARKATERALCHOWGULS COLLERI OF ARTS & ACIENCE (AUTOROBOUT SARGAD-COA



Faculty members that participated in this drive to collected clothes, segregate & distribution



	Parvatibai Chowgule College Of Arts And Science (Autonomous) Dean, Faculty of Arts							
	Organizes							
	OUTREACH PROGRAMME:							
	CLOTHES COLLECTION & DISTRIBUTION DRIVE							
24.02.2022	Time: 10.00 a.m 12.00 p.m.	Time: 10.00 a.m 12.00 p.m. Venue: College Tiger Coop						
SN	Faculty Name	Department	No. Clothes donated	Hours for Collection (Max. 10 hrs)	*Hours for sorting (Max. 5 hrs)	Hours for distribution (Max. 5 hrs)	Total hours	Signatures
1	SACHIM SAVIO MORAE	Socro Lowy	(1)	10	5		nours	Awa
2	ANDREW BARRETU	GNGULH	42+41	10	(6		Anno
3.	Prinyanica Vellp	Hind	102	10	5			- Surgol
A.	Shraddha Gawandi	Marathi	127	10	5			Buscende.
5.	Santa Naik Tari	flistory	125	10	×E			Swillan
6	Vaneisa. Barros Colaco	History	405 80	0	5			A Char
7.	Vaneisz. Barros Colaco Shubhantar Shah	English 0	100)0	6			rutz
8-	Canol. B. Miranda	Freich	200	10	5		1	CBM.
9.	2-Rebekavas	Compsii	11	10	5		· · · ·	2-Prete
10	Ananya Das	Physics	04					Ananya Do
11.	Saroj Degaonbar	Philosophy	15					Quese A
12	wretta Rodnignes	English (5			The
(3	shushaangi Thaku	English.	-		5			8.4
14	Aicha Sanon	Engiser			5			11-
18	Somia Da Cista	april	70					
16	Alka Gawas	Hind.	30	lohrs	5			Aus
17	Trupti fal dessai	marathi	20	johrs	.5			And essay '
18	Shambhavi Naik	Hind	10	iohrs	5			
19.	Auga Freshudessai	Philom	.01	10 hous				Hessen
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Submit to Ms. Bhavana M. Sawardekar

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(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)

	<u>REPORT</u>
Title:	BOOK BANK DRIVE
Date and year:	28 th February 2022
Venue:	College Tiger Coop
No. of	16
Participants	
Objective:	Community Outreach Programme – donating books to the needy school in village.
Summary of	The Drive to collect/donate the books was held on 28th February 2022. Mostly the
the	collection/donation of books was done by the teaching faculty members, wherein 16 faculty
proceedings	members participated in donating, collecting and distributing of books. These books were
	segregated into concepts like educational books, novel, stories etc. Total 379 books were
	collected and distributed to the students from Government High School, Bali.

Photographs





Faculty members that donated books to the needy school students of Government High School, Bali under Book Bank Drive

Collected Books given to needy school students of Government High School, Bali under Book Bank Drive

PCC/Report/2022/02	Rev:0	Prepared by	: Bhavana Sawar	dekar 😡	Date: 26.04.2022	Page: 1 of 1
Approved by Dr. Sachin	Moraes, Dean,	, Faculty of Arts	Alle	Le College or		
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				Contraction of the second seco	PARVATIBAL	CHOWGULE COLLER

OF ARTS & SCIENCE (AUTONOMOUS) MARGAO-GOA

	Parvatibai Chowg	Dean, Fa	culty or ganizes	of Arts	e (Autonor	nous)	:	
		DUTREACH						
28.02.2022	BOOK BANK DRIVE 2022 Time: 10.00 a.m 12.00 p.m. Venue: College Tiger Coop							
SN	Faculty Name	Department	No. Books donated	Hours for Collection (Max. 05 hrs)	Hours for sorting (Max.05 hrs)	Hours for distribution (Max.05 hrs)	Total hours	Signatures
1.	Ananya Das	Physics	-94:					Anguya D
2.	Saroj Degaonbar	Philosophy						Dur
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REPORT parvatibai chowgule college of arts and science Autonomous department of chemistry

ACADEMIC YEAR 2021-2022

Activity:	'Educational Activity Series '- A Community Outreach Program of the College
Date and year:	28/2/2022
Venue:	Remote village Government primary schools (GPS)
	 GPS Kakoda Goa GPS Curchorem (Main) Goa GPS GajananCurchorem Goa
Objective:	 This community outreach program aimed to encourage and inspire the under privileged primary students community of remote villages of Goa. Such students are more motivated and inspired by visits and talks from external faculty hence a program was designed on the theme of 'Health and Personal hygiene' to combat the current pandemic situation. The goal was also to distribute them the basic cleanliness hamper to make these students understand the importance of cleanliness. It was also required to impart basic knowledge of environmental science emphasising the importance of trees. Another objective of this program was to make our students aware of the challenges faced by these under privileged students such that they feel the need of being responsible towards society. On purpose the resource person selected for the event was our own student to inculcate confidence in them.
No. of	1) GPS Kakoda Goa (28 students & 2 faculty)
Beneficiaries	2) GPS Curchorem (Main) Goa(28 students & 2 faculty)
C	3) GPS GajananCurchorem Goa (32 students & 3 faculty)
Sequence of events /Resource person/s:	 Talk on 'Health and Personal hygiene' by Ms.KhushiPrabhu Dessai Basic Introduction to Environmental Science.
	Distribution of hygiene essential hamper and refreshments to the students.
	Distribution of Saplings to the school to inculcate importance of trees to save environment.
Organizing team	Manjita R Porob, Associate Professor
	PadminiC.Raiker, Assistant Professor
	Khushi N Prabhu Dessai, Student
Summary of the	The program was repeated at 3 different premises. Individual school authorities
proceedings	welcomed and introduced our team. Dr. Manjita Porob introduced the outline of the
	program and Ms. KhushiPrabhu Dessai presented the talk. Dr. Manjita R Porob
	conducted a quiz and discussion session for the beneficiary students. Personal
	hygiene gift hampers and refreshments were distributed to the students followed by
	gifting of the saplings to the school authorities. Mrs. PadminiRaiker thanked the
	school on behalf of our college for giving us consent to organize this event.
	Vote of thanks was proposed by the school authorities.

PHOTOGRAPHS OF THE PROGRAM





Figure 1 with the teachers of GPS Kakoda

Figure 2Interacting with the students of GPS Kakoda







Figure 5 Introductory talk by Dr. Manjita R Porob, Associate Professor

Figure 6 Spot prize winner at GPS Curchorem (Main)



Figure 6KhushiPrabhu Dessai delivering a talk on Health and Personal Hygiene



Figure 7Chowgule team distributing refreshments to GPS Gajanan



Figure 8 Ms. PadminiRaiker, Assistant Professor, felicitating Figure 9 Gifting saplings to the school authorities the best participants at GPS Gajanan



REPORT – DEPARTMENT OF ENGLISH – Activity

Title:	Women's Day Special	
Date and year:	08 March 2022	
Venue:	AJ restaurant	
Resource person/s:	Asst. Professor Andrew Barreto	
Organizing Committee	Dept of English and Cluc Carpe Diem (etc.)	
No. of Participants:	Approx. 59	
Objective:	To create an open safe space for performers to share their views on Women's Day	
Summary of the proceedings:	59 students, faculty and members of the general public gathered at our linkage partner AJ Restaurant on Women's Day to perform on this unique annual tradition of the Dept. of English. There were poems, anecdotes and music in this intimate gathering.	
Photographs: post	ters + Attendance + Pictures	
Report/English /2022	Rev:00 Prepared by: Andrew Barreto	
Approved by Mr. Andrew Barreto, Assistant Professor		





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present

Nomen's Day OPEN IC

an intimate gathering stories | stand-up | poetry music

08 MARCH 2022 | 4.30 pm - 5.30 pm AJ's Restaurant - Kk White House, Near Don Bosco College, Murida Road, Murida, Fatorda, Margao, Goa 403602

to join just pop in or contact 9822128744 (whatsapp only)

an english department students' initiative - for, by and of students













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.mgule College english tygers' clu Attendance (Astronomistic DATE: 22 Tuesday Momen's Day 5 TITLE: Open Mil EXHALion RESOURCE PERSON/S: hosted by hounder fewander. Poplay Outreach DURATION: AJ Lestamant, Fatorda 4.30 - 6.15 pm LOCATION: SR. SIGN YEAR NAME ROLL NO. NO LENZIE REBEZO 1 SYBA AU200055 2 SYBA Alia colaco AU200026 SYBA 3 AC1200111 ROXANINA PINHEIRD Kincady AU200025 4 Kim Cady Rodrigues SYBA 5 Anui Almeida AU200154 SYBA 6 Vale SYBA AV200068 Nide 7 AU190090 Justi R. TYBA landey tandey 8 FYBA AU2101173 Nadia Sadia 9 TYBA AU190021 yle Conto 10 TYBA AU190080 sutha S. Karmali 11 Puriyanka Dessai AP203108 MAIL Jisha Ponnachan 12 AP203106 MAIL AP21 3112 13 Ruking Lane Kan MAI s. Veicina 14 AP213104 MAT Tereiso Itesha Bancho Clivia Barreto MAI 15 AP21 3105 Thut 16 AP213108 MAI Tehrat Kanalsha Buttert 17 MAT T. S. Knutikarani AP213113 Bookigner Galicia Rodrigues 18 AP203105 MAIL 3lebelo MAL AP203101 19 Ribelo Loya Figurando AU190239 Doschel 20 da . :: TYBA Asst Roof Andrew Baneti Name & Signature of In-charge: 08 March 2022

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REPORT parvatibai chowgule college of arts and science Autonomous department of chemistry

ACADEMIC YEAR 2021-2022

Activity:	'Educational Activity Series '- A Community Outreach Program of the College Test the skills- An intra - class competition
Date and year:	24/3/2022
Venue:	Remote village Government primary schools (GPS) GPS Kakoda Goa
Objective:	 This community outreach program aimed to encourage and inspire the under privileged primary students community of remote villages of Goa. Such students require motivation to showcase their talent and to boost their confidence. Intra class educational competitions were organized for the students based on their age group and the winners were given prizes. Participation prizes were also given to all the participants to encourage their participation. Another objective of this program was to make our college students aware of the challenges faced by these under privileged students such that they feel the need of being responsible towards society. A talk was delivered on the importance of Swachh Bharat Abhiyan.
No. of Beneficiaries	GPS Kakoda Goa (28 students & 2 faculty)
Sequence of events /Resource person/s:	 Introduction to the event, Explanation of rules and regulations of the competition. Competitions for Class 1 and Class 3 organized by our college students. Competitions for Class 2 and Class 4 organized by our college students. Talk on importance of Swachh Bharat Abhiyan Distribution of refreshments to the students. Conducted games for the students. Distribution of board games donated by Dr.Ananya Das Prize distribution ceremony
Organizing team	Manjita R Porob, Associate Professor
	PadminiC.Raiker, Assistant Professor
	1)Samarth Sawant, Student2)GopalSawant, Student
	3)Carol Fernandes, Student 4)Sara Shaikh,Student
Summary of the proceedings	The school authorities welcomed and introduced our team. Dr. Manjita Porob introduced the outline of the program. Our 4 students of Chemistry, explained the rules and regulations of the competitions to the school children and then efficiently conducted various educational competitions and games for the students. Dr. Manjita R Porob gave a talk on importance of swachh Bharat Abhiyan along with our student Mr, GopalSawant. Mrs. PadminiRaikerconducted rapid fire questions for the students thanked the school on behalf of our college for giving us consent to organize this event
	Vote of thanks was proposed by the school authorities.

PHOTOGRAPHS OF THE PROGRAM



Figure 1 Drawing competition in progress



Figure 3 Marathi Rhymes competition

Figure 2 Students enjoying Memory game



Figure 4 Talk on importance of Swachh Bharat Abhiyan





Figure 6 Dr. Ananya Das giving a virtual address



Figure 7 Students handing over the games donated by Dr. Ananya Das, Vice Principal



Figure 8 With the faculty of GPS Kakoda



Figure 9 With the prize winners

REPORT PARVATIBAI CHOWGULE COLLEGE OF ARTS AND SCIENCE Autonomous DEPARTMENT OF CHEMISTRY

ACADEMIC YEAR 2021-2022

Activity: A Community Outreach Program of the College for village wome			
	'Cook Healthy'		
Date and year:	24/3/2022		
Venue:	Remote village Government primary schools (GPS)		
	GPS Kakoda Goa		
Objective:	 This community outreach program aimed to encourage and inspire the under privileged mothers of the primary students of GPS Kakoda. A cooking competitions was organized for the mothers of the school children under the banner "cook Healthy". Winners were given prizes and also participation prizes were also given to all the participants to encourage their participation. A talk was delivered on 'Waste segregation and Management' 		
No. of Beneficiaries	GPS Kakoda Goa, 8 parents		
Sequence of	ence of Cooking competition: Cook Healthy and Nutritional		
events /Resource	Talk on Segregation of Dry and Wet waste		
person/s:	> Prize distribution		
Organizing team	Manjita R Porob, Associate Professor		
Padmini C.Raiker, Assistant Professor			
	1)Samarth Sawant, Student 2)Gopal Sawant, Student		
	3)Carol Fernandes, Student 4)Sara Shaikh, Student		
Summary of the proceedings	The school authorities welcomed and introduced our team. Ms. PadminiRaiker welcomed the parents and informed them about the importance of healthy recipes. Our 4 students of Chemistry, judged the competitions Dr. Manjita R Porob gave a talk on 'Waste segregation and management'. Recreation games were conducted for the parents followed by the Prize distribution ceremony. Vote of thanks was proposed by the school authorities.		

PHOTOGRAPHS OF THE PROGRAM







Figure 3 Listening to the talk on Waste management

Figure 4 Talk on Waste Management by Dr. Manjita R Porob, Associate Professor



Figure 5 First Prize winner



Figure 6 Prizes for the winners



Title:	As a part of 60 years of Goa liberation celebration		
	Walkathon: TB MUKTH AWARENESS WALKATHON		
Date and year:	06 th April 2022		
Organised By:	Department of Zoology of Parvatibai Chowgule College		
	In Association with		
	Urban Health Centre, Margao Goa, Directorate of Health sciences,		
	Govt. of Goa.		
Coordinated by: Dr. Nandini Vaz Fernandes			
	Ms. Mithali Harlankar		
	Ms. Shalma Mascarenhas		
	Ms. Filomena Pereira Zoology Dept. Chowgule College		
	Ms. Gautami Manakikar		
	Ms. Prasanna Naik Gaonkar		
	Dr. Vinda Kamulkar 🍾 Urban Health Centre, Margao Goa		
	Dr. Pratista		
No. of	168 (Students, faculty, NGOs and Health care officials)		
Participants			
Objective:	To create awareness and on Tuberculosis amongst the general public		
Summary of the	To create aware As a part of 60 years of Goa liberation celebration, egeneral public: Department of f		
proceedings	Zoology of Farvatibai Chowgule College of Arts & Science		
	(Autonomous) in association with Urban Health Centre (UHC),		
	Margao, organised "TB Mukt Bharat Awareness WALKATHON" on		
	06th April 2022. Students from various departments of Chowgule		
	college participated enthusiastically in the walkathon. The students		
	exhibited the placards prepared by them to create awareness on TB		
	and recited slogans during the walkathon which was carried out in		
	the Margao city.		





Parvatibai Chowgule College of Arts and Science

(AUTONOMOUS) MARGAO – GOA

Accredited by NAAC with grade 'A' (CGPA Score 3.41 on a 4 Point Scale) Best affiliated College – Goa University Silver Jubilee Year Award

REPORT OF

WORLD AUTISM DAY RALLY

ORGANISED BY

DEPARTMENT OF SOCIOLOGY

IN ASSOCIATION/COLLABORATION WITH

HUMAN CLUB

Report Prepared by NAME: NADIA SADIQ

REPORT

WORLD AUTISM DAY RALLY

DATE:	8 TH APRIL
TIME:	2PM TO 5PM
VENUE:	OUTSIDE THE CANTEEN
NO. OF ATTENDEES:	153
RESOURCE PERSON:	
ORGANIZED BY:	HUMAN CLUB, DEPARTMENT OF SOCIOLOGY
ASSISTANCE AND	
LOGISTIC SUPPORT BY:	
PHOTOGRAPHY BY:	

INTRODUCTION: The Department of Sociology, in collaboration with the Human Club organized a rally and a short film screening for the occasion of World Autism Day on the 8th of April 2022.

The rally started at 2:30 pm and the students who attended wore blue, were provided posters and their faces were painted with the yellow infinity sign, the symbol for autism, to show their solidarity for the cause. The rally was guided around the college campus as the shouted the slogan "Encourage, Motivate, Accept." The event was a resounding success, leaving students with a lesson in activism and sensitivity.



Two short films on Autism were screened in the AV room at 3:45pm after the conclusion of the rally. The films endeavoured to sensitise the students present about the nuances of autism and the struggles that people who deal with it go through, both personally as well as socially. The event was concluded with the sharing of some personal anecdotes by students as well as a vote of thanks by the department head.



	EVENTWISE ATTENDANCE	OF STUDENTS	
	NAME OF THE DEPAR		
	TITLE OF THE EVE		
	DATE of Submiss		
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1	Scarlet Anosta	AU210160	Scrotte
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3	Venktesh S	SU2102493	Nuncters
4	ASTON FERNANDES	SU210426	Star
5	Jennifer Mascarenhas	AU2101233	THA !
6	Akshay faiput	5120023	Ripub
7	Siya UNaitz	AU 2101212	Saik
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34	Menoshka Vas	502102401	Nenoshka.
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Date of Submission:_____ Representative of the club :__

Submitted by:Name & Designation of Student

Checked & Approved by :

Name& Signature of Faculty Incharge:

STAD	Name	Roll number	Department	Year	sign
1	Sahil	Vu212918	B. voc	FY	A
2	Zishaan shaikh	Vu2120022	B.Voc	FY	Suite) -
3	Neva Amber Dourado	SU2102287	Biochemistry		CHARLES I
4				FY_	
	Flenbby Monteiro	SU210298	Biochemistry	FY	
15	Kapil Gajanan Chavan	SU2102508	Biochemistry	FY	half -
6	VEENA ANANT BANDODKAR	SU2102320	Biochemistry	FY	-
7	Shreya Rao	SU200126	Biochemistry	SY	Brusa.
8	Safa Sheikh	SU2102502	Biotech	FY	reith
8	Nupur Nargundkar	SU210285	Biotechnology	FY	-
10-	Soujanya kolambkar				helanbha
11		SU210520	Biotechnology	FY	
	Yashaswini Naik	SU210300	Biotechnology	FY	1 Journe
12	Slyden Pereira	SU210297	Biotechnology	FY	Berein
13	Vikas kumar pal	SU210288	Biotechnology	FY	Keip /
14	Pranav Patil	SU210295	Biotechnology	FY	Aratel V
15	Yashashwini Naik	SU210300	Biotechnology	FY	
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	Suncha Bhongle	SU210310	Biotechnology	FY-	
18	Elston Fernandes	SU210316	Biotechnology	FY	grows V
19	Jason Menezes	SU210283	Biotechnology	FY	burn v
20	Criswen Noronha	SU210314	Biotechnology	FY	Norol /
21	Jelcy Souza	SU210267	Biotechnology	FY	Seense 1
22	Shubhanshi Gaur	SU210311	Biotechnology	FY	thank
23	Jelcy_Souza	SU210267	Biotechnology	FY	- THINGS
24	Stezia Salome Miranda	SU210268	Biotechnology	FY	thride
- 25	Spica Gama	SU210279	Biotechnology	FY	gants
26	Yashashwini Naik	SU210300	Biotechnology	FY-	0
27	Reya Patra	SU210276	Biotechnology	FY	
28	Soham Sidharth Dessai	SU 2102273	Botany	FY	An no
30	Bhoomika U Bangera	SU210395 SU210370	Chemistry	FY	Photbe
31	Mrunal Mahale	SU210370	Chemistry Chemistry	FY	Browing
32	Mashwin Fernandes	Su 2102275	Chemistry	FY	PAR
33	Mrunal-Mahale	SU210451	Chemistry	FY	Parto
1 34	Neeyati Suresh sawant	SU210278	Chemistry	FY	Hugunt
35	Danya Ainkar	SU210363	Chemistry	FY	ARKor
38	Ingrid Fernandes	SU210388	Chemistry	FY	teder
21	Ht-Akshay kumar	SU2102433	Computer science	FY-	-0
38	Dresden Fernandes	Su2102511	Computer science	FY	Feller
39	Maheera Shaikh	SU210448	Computer Science	FY-	
40	Bretly Anthony D'costa	SU210515	Computer Science	FY	Marcons
41	Vignesh Valvaikar	SU210477	Computer Science	FY	visicalitaikas
42	Anjali Rodrigues	SU210438	Computer Science	FY	
43	SIDDHI-SANDESH NAIK	SU2102342	Computer science	FY	
44 .	Deepak-Bind Giles Levison, Fernandee	SU210491	Computer Science	FY	
45	Lilyan Gomes	AU2101287 AU200032	eco/philo Economic	FY	Arcor
40	Afnan shaikh	AU2101188	Economies	SY	RIGNIZ
48	Safa khan	AU2101291	Economics	FY FY	
49	Shrusti More	AU2101279-	Economics	FT	fage.
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γ	53	IRA BHATKANDE	AU2101278	Economics	FY	4 AL
F	54	Simran Shaikh	AU190197	Economics	TY	(Bart)
. [55	Dikshita chodankar	AU200036	Economics	SY	phodender ~
1	56	Liza Maharshi	AU190240	Economics	TY	- du
1	57	Sabina Kuttymon	AU210158	Economics	FY	Ant
4	-58	Heewon	AU200133	Economics	SY	Auto
4	59	Afita barreto	AU2101276	Economics	FY	toosets .
	60	Kezia Pontes	AU2101171	Economics / History	FY	Konles
Y	61	Alfia Jamkhandi	AU210295	Economics/History	FY	align d.
Z	62	Jewel Fernandes	AU 2101194	English	FY	J pla
~	63	Jeslyn	AU2101262	English	FY	Salague
1	64	Mariel Diniz	AU2101199	English	FY	Prou
V	65	Jessica Janet George	AU210265	English	FY	J. yeonge
C	66	Gauri	AU2101255	English	FY	Maure
a	67	Elisabeth Prakash	AU2101275	English	FY	GlisalA.
9	L68	Madiana Fernandes	AU2101321	English	FY	Ades
h	1.69	Adelle Cezal Loudes Chettiar	AU2101296	English	FY	Abertias
k	70	Shanaya Mascarenhas	Au2101284	English	FY	Alasopuesticas
1	/71	Jennifer fernando	AU2101310	English	FY	Junque
4	72	Tabasoom Fatima Shaikh	AU200035	English	SY	Jakuebra
4	73 /	Noshin Khan	AU2101303	English	FY	ange
	NTA	Rhesa M C Coutinho	AU2101208	English	FY	Auture
t t	75	Ruth Dias	AU 2101272	English	FY	2. MADON
\sim	76 /	Liza D'Silva	AU210213	English	FY-	- Contract
ŀ	TÍ	Fayola Gonsalves	AU200005	English & History	SY	Aliyon.
. J	78	RAIZEL VALONIA FERNANDE	Constant Andrew Constant of the second s	English & Psychology	SY	Plannands
\sim	79	Nida Sheik	AU2101286	English & Psychology	FY	
ŀ	80	Prachi Priolker	AU200087		SY-	Dr-
	81	Sejal Panchwadkar	AU200056		SY	Fandwortan
4	82	Nadia Sadiq 🖌	AU2101173	English & Philosophy	FY	TATE
M	83	Lisa Fernandes	AU21 01292	English & Psychology	FY	The second
17	/84	Shamika Naik	AU2101240	English and History	FY	Rest
'St	85	Alarica Rodrigues	AU200135	French & Psychology		Adrequel
ľ	86	Danisha Rodrigues	AU2101198-	French and English	FY_	
h	87	Olivia Fernandes		French English	FY-	
h	.88	Clare Veloiska Carvalho	AU2101192	French/Eng	FY	Marvallio .
	89	Alina S Kollannur	AU2101180	Fyba (Eng/Phil)	FY	pune:
	90	Sultana Ballary	AU2101324-	Geography	FY-	
ŀ	91	Siddhi kulekar	Au2101197	Geography	FY	- Mildroot
	92	Annisa fernandes	AU210168	Geography	FY	(fornende)
F	93	Shifa Noroddin Sayed	AU2101174_	Geography	FY	¥0
ŀ	/94	Sibyl valanka Rodrigues	Au210167	Geography	FY	
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, Y	96	Ashish Ashok Jadhav	AU2101308	Geography history	FY	alvolt
Y	97	Shaba sayed	AU210273	Geography-history-	FY	
ŀ	98	Valerie Janetiz Temudo	AU200034	Geography-History	SY-	
ŀ	/99	Tirtha Karmali	AU200004	Geography History	SY	Omenie L
v 1	100	Maitheli Redkar	AU200019	Geography History	SY	Concer C
Y	101	Ravena Anand Iliger	AU2101253	Hindi	FY	udenalture
ŀ	102	Erma Dung Dung	AU190162	Hindi	TY	Bung
, b	102	Sonia Kumari	AU21 01316	hindi and English	FY	
Y		Gayatri Naresh Naik	AU2101316	Hindi/-marathi		Bunaly
H	104	Akanksha Raikar	the second s	Hindi/Marathi	FY-	me
Y	105		AU200101		SY	(Agukar Appendix
¥	106	Vardini Vijay Borker	AU200112 AU2101297	Hindi/Marathi	SY	Dia
ŀ	107	Aswini Naik		History	FY-	
Ļ	108	Elovia Fernandes	AU210258	History	FY_	
- 1	109	Sara-Antony	AU210288	History History	FY	
- F	/110	Farina bepari.	AU2101314.		FY	Befari.

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111	Vedika Desai	AU2101207	History	FY	HARSE!
112	Mavelle barreto	AU21 01249	History	FY	Alarreto
113	Hridaya Chikkhal	AU200156	History	SY	
114	Arilio Jose Sarto Menezes	AU2101328	History	FY	dD.
415	Cassy Jesony Vaz	AU2101209-	History	FY	
116	Vernon	AU2101201	History	FY	No V
117	Sakshi Naik	AU200045	History & Konkani	SY	Staliahi
118	Saisha-suresh shet-shirodkar-	AU2101187	Konkani	FY	0.0
119	Chandani M. Borkar	AU190163	Konkani	TY	Morkan
120	Soham dhargalkar	Au200077	Konkani	- SY FY	dus
121	Ciya Fernandes	AU2101266	Konkani	FT	mails
122	Dhanyata Naik	AU2101189 2101190	Marathi	FY	Casal
123	Sonal Mayekar Sarvesh Santosh Devidas	SU2102498	Mathematics	FY	AND LA
124	Vifern Macval Crasto	SU2102498	Mathematics	FY	(Fut
125	Rudresh Fadate	SU2102416	Mathematics	FY	Cut
120	Tanuja Mandrekar	SU210424	Mathematics	FY	
128	Tanuja Mandrekar	SU210424	Mathematics	FY	
129	Riann Floria Pinto	SU2102415	Mathematics	FY	Chiste -
130	Renuka pokle	SU2102418	Mathematics	-FY	
131	Siddhika Jatin Dessai	SU2102419	Mathematics	FY_	
132	Anushri Pritam Kane	SU2102425	Mathematics	FY	Rome
133	Alena Mariam Fernandes	SU2102414	Mathematics	FY	Hoge .
134	Disha Savant	SU210413	Mathematics	FY	A.
135	Savari Morajkar	SU2102284	Mathematics	FY	Â
136	Sneha Ranganath Gawde	SU210421	Mathematics	FY	Bed.
137	Myfanwy Costa	SU210422	mathematics	FY	Harris
138	Shubham kelkar	SU210412	Mathematics Mathematics	FY FY	FI
139	Elisheba Ninoshka Gonsalves Glen Noronha	SU2102509	Mathematics	FY	Norsha
140	Anouska Falcao	SU2102400	Maths	FY	attaless
142		AU2101183	Philosophy	FY	
143	Varel E D'Souza	SU190008	Physics	TY	Maria
144	Geeta Devendra Kalal		Physics	FY	Relt
145	Supriyo pramanik	Su210328	Physics	FY	Repringe
146	Sahil Joginder Vishwakarma	SU2102434	Physics	FY	Rhil
147	Ronan Pereira	SU2102432	Physics	FY	mener
148	Swancy Astria Souza	AU200012	Psychology	SY	
149	Slavio S Dias	AU190196	Psychology	SY	S. Dicos L
150	Ashlesha Shridhar Redkar	AU200148	Psychology	SY-	
151	Esther Carvalho	AU200074	Psychology	SY	Carwallie 1
152	Şonam Panandiker	9146044680		SY	parans .V
153	Shereen Miranda	AU200102	Psychology	SY	Strandy ~
154	Sanjana Magundnawar	AU200073	Psychology Revehology	SY	- Contorna
155	Roxanna Pinheiro	AU200111	Psychology	SY	
156	Kim Cady Rodrigues	AU200025	Psychology	SY SY	Kineudy -
157	Tavanya Coutinho	AU200069 AU200020	Psychology Psychology	SY	and the
158	Gabriella Naomi De Souza	the second se	Psychology	ST SY	Greating
159	Jannes vaz Srisha-Sakhardande	AU200087 AU200095	Psychology	SY	
160	Arantxa Rosario	AU200095 AU200080	psychology	SY-	
161 162-	BEMVINDA BARRETO	AU2101271	Psychology	FY	Paret P.
163	Riya Naik		psychology	FY	As a second
164	Sadiga Khatib	AU200131	SOCIOLOGY	SY	d. What
165,	Terrance Francis D'souza	AU2101330	Sociology	FY	asource
166	Saee Anup Gore	AU2101330	Sociology	FY	Salger
167	KHUSHI ANANT SAWANT	AU200142	Sociology	SY	fauoni
168	Kaniksha Naik	AU190107	Sociology	TY	Kaik
	p sarring i think				

-16	Saziya	AU200129	Sociology	SY	50	í –
17		AU200145	Sociology	SY		
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17		AU2101318	Sociology	FY	goan . D.	
17		AU2101239	Sociology	FY	Mitalegoli	
17		AU210217	Sociology	FY	Places J.	
17		AU2101210	Sociology	FY		
17	Sanvi Shirodkar	AU2101306	Sociology	FY	Good -	
18		AU190157	Sociology	TY		
18	Aarya Prabhu	AU2101206	Sociology	FY	THARF	
18	Shreya morje	Au200136	Sociology	SY		
18	Shania Shannice Fernandes	AU2101202	Sociology	FY	(hai	
18		AU20 0081	Sociology	SY-	(ples	
18		AU200124				
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18		AU20.0081	Sociology	SY		
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18			Sociology	FY	thit	- 518
18		AU210178	Sociology	FY	Nout	5.2 -
19		AU2101332	Sociology	FY	phane.	10.0
19		AU2101245	Sociology	FY		-sign
18		AU200128	Sociology	SY.	Abura	0
19		AU190149	Sociology	TY	aburs Autor	
19	Menifa Moraes	AU190136	Sociology	TY	M. Moral	
19	Sayukti Prashant Gurav	AU190139	Sociology	TY	Susan.	
19		AU2101233	Sociology	FY	cpv	
19		AU200138	Sociology	SY		
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20		AU2101230		FY-		
20			Zoology	FY	Alounandes	
20		SU2102292	Zoology	FY	Blit	
20	Lincia Carvalho	SU2102348	Zoology	FY	Danvallue	
20	Samaa Sapre	SU2102291	Zoology	FY	Man Vanna	
20		SU2102489	Zoology	FY	Hautan.	
20		SU190135	Zoology	TY	9	
121		SU2102445	Zoology	FY	an .	-
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127		SU2102329	zoology	FY	Both.	
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217	Elida keisha Fateiro	SU200162	Zoology	SY-		1
218	Kanguri sanjana	Su190357	Zoology	TY	Vunner M	4.1
219		SU200043			Jurguss	
	engeje manar mondoo		Zoology	SY		
220		2102450		FY	Troans	
22	Linoshka Maria Dias	SU2102343	Zoology	FY	gree	
22	2 Fardun Kunji	AU200152	Economics	SY	Junes Tour	
22	3 Sanya Candozo	AU200097	PSYCHIBLOUY	34	priles.	,
22	5 Strafio Shifa Sayyad	AU200088	KON & GLO	Sy	lati).	
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	EVENTWISE ATTENDANCE OF		
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	TITLE OF THE EVENT	Film Scr	uning
	DATE of Submission		
Sr No	NAME	Roll Number	SIGNATURE
1	Kvillik . K. Vendika	AU 2101288	15
2	Grami Ahasmana	AU210255	gane .
3	ASHISH ASHOIL JADHAN	AU2101308	Tabish
4	Shamika Naik	AU2101240	Batt
5	Allia Jamkpanoli	AU210295	fight.
6	Tenniley Fernando	AU2101310	feindide
7	Shinaya Mascarenhas	AU2102.84	plasarelina
8	Admar Sam Corwalho	90210248	Amolie
9	Alina 3 Kallannun	AU2PILSO	Sunsi
10	Prachi Janker	AU2101204	Flanker.
11	Eneeda Vaz	AU 2101318	Vac.
12	Smitha Bole	AU2101319	5010.
13	Lhamo Isering.	Av2101339	thang.
14	Sunvi Shizodkaz	AU210306	Sampe .
15	Rhoomika Il Bangera	50210370	Choomil
16	Pooia Kholkar	56210395	
17	Ashlenta Merila Fernancles	AU2101245	Reinandes
18	Jenniter Aastarenhas	AU2101233	The
19	Godamali Malagerti	AU2101289	Aualayal
20	Anish Agni	AU19002	(10) -
21	Justi Romanand Pandey	AU19009	SPL
22	Samauddhi Dessai	542102514 .	Jow m
23	Maras' Bardodkan	AU2101210	Francia
24	Anushka Vaz	AUXIORI	Avaz
25	Abhishel Naila	AU2101181	ilser :
26	Kunal Naik	AU210217	W.me
27	Mavelle Barreto	AU2101249	Marreto
28	Clare Carvalho	AUDIO1192	elawallus
29	Tabasoon Shaikh	AUDDOOSS	Repassons.
30	Jelinda Velim Barreto	AU2101161	Francts.
31	Suncha Bhongle	51/210310	Dunit
32	Shubhanshi Gaus	SU2 10.311	Flour
33	Jelcy Souza	50210267	Souza.
34	Khushi Saunt	Au200142	savant
35	1/(AU200128	aburs
22	Stoff: Souza		-0

Date of Submission:_____ Submitted by:Name & Designation of Student

Representative of the club :______

Checked & Approved by :

Name& Signature of Faculty Incharge:_

	EVENTWISE ATTENDANCE OF	STUDENTS	
	NAME OF THE DEPARTM		
	TITLE OF THE EVENT		
	DATE of Submission	_	
Sr No	NAME	Roll Number	SIGNATURE
1	Elsa Mizanda	AU200130	Entrando
2	Sadiga Khalib	AUZODIJI	J. Whate
3	Erika Martin	AUDOODH	Exmerilus
4	Rutvika Shinodkan	AU200124	Oghernel
5	Shifa Sayyad	AU200149	Agita
6	Shamiy shaikh	A1200145	Pany r.
7	Namitha Harish	AU210178	Northan
8	lerrance D'Souza	AU2101330	Operation
9	Aivanna Jade Miranda	AU210200	Arit
10	Sale Anyp gare	AU2101221	Spars
11	Aanya Probher	AVZZOTZN	Darph
12	Nadia Sadia	AU2-101173	qui
13	Anim Agu	A17 900740	EF.
14	Justi Pandery	por ante	the -
15	Shania Femandes	AU2101202	daes
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Date of Submission:______ Submitted by:Name & Designation of Student

Representative of the club :_

Checked & Approved by :

Name& Signature of Faculty Incharge:_

		volonteer list.
	EVENTWISE ATTENDANCE OF	
2	NAME OF THE DEPART	
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	NAME	Roll Number SIGNATURE
1	Aarya Prabu	nehor wolder .
2	Shania Foundardes	AV2101202 202
3	Sau Anup yore	AURIONZI Strate
4	Gedavari Malagali	AUZIO1239 Walalayali
5	Ashlenta fornandes	AU210124K Bleins
6	Namina Havish	AV2101178 Navy-
7	Terrance p'souza	AU2101330 2000
8	Aivanna Jade Miranda.	AU2101200
9	Nadia Sadiq	AU2101173 TR.
10	Erika Marilino'	AU200014 Ermanten
11	KNUShi Sawant	AU200142 Favant
12	Steffi Souza	
13	Stanue ASIBATIES	-#182181282
14	Elia Fernander	AUZIO1230 Efeurs
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Date of Submission: _____ Submitted by:Name & Designation of Student

Representative of the club :_

Checked & Approved by :

Name& Signature of Faculty Incharge:_

Shenoi Goembab – Waman Ragunath Shenoi Valaulikar. Summary of the Proceedings The Department of Konkani celebrated the Wo Konkani Day on 9 th April 2022 to commemora the 76 th death anniversary of the father of Konkani language Shennoi Goembab in collaboration with 'Chalo School Mega Drive' On this occasion the department faculty had organised singing and weath out of waste Competition for the students of Konkani department. Winners of the Singing Competition were as follows:- • Soham Dhargalkar (SY.BA) – First Pl. • Chloy Costa (FY.BSc) - Second Place • Rhea Dias (SY.BA) – Third Place Winners of the Weath Out of waste Competition were as follows:- • Rhea Dias (SY.BA) – Third Place	World Konkani Day (2021-22)	
Venue Lower Auditorium Number of Participants 40 Objective As a rememberance of noted Konkani activist Shenoi Goembab – Waman Ragunath Shenoi Valaulikar. Summary of the Proceedings The Department of Konkani celebrated the Wo Konkani Day on 9 th April 2022 to commemora the 76 th death anniversary of the father of Konkani language Shennoi Goembab in collaboration with 'Chalo School Mega Drive' On this occasion the department faculty had organised singing and weath out of waste Competition for the students of Konkani department. Winners of the Singing Competition were as follows:- • Soham Dhargalkar (SY.BA) – First Pla • Chloy Costa (FY.BSc) - Second Place • Rhea Dias (SY.BA) – Third Place Winners of the Weath Out of waste Competition were as follows :- • Samiksha Naik (SY.BA) – First Pla • Vanshika Lotliker (TY.BA) – Second Place	Title	World Konkani Day (2021-22)
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Objective As a rememberance of noted Konkani activist Summary of the Proceedings The Department of Konkani celebrated the Wo Konkani Day on 9 th April 2022 to commemora the 76 th death anniversary of the father of Konkani language Shennoi Goembab in collaboration with 'Chalo School Mega Drive' On this occasion the department faculty had organised singing and weath out of waste Competition for the students of Konkani department. Winners of the Singing Competition were as follows:- Soham Dhargalkar (SY.BA) – First Pla Chloy Costa (FY.BSc) - Second Place Rhea Dias (SY.BA) – Third Place Winners of the Weath Out of waste Competition were as follows :- Samiksha Naik (SY.BA) – First Pla Vanshika Lotliker (TY.BA) – Second Place Samiksha Naik (SY.BA) – First Pla	Venue	Lower Auditorium
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	Summary of the Proceedings	The Department of Konkani celebrated the World Konkani Day on 9th April 2022 to commemorate the 76th death anniversary of the father of Konkani language Shennoi Goembab in collaboration with 'Chalo School Mega Drive'. On this occasion the department faculty had organised singing and weath out of waste Competition for the students of Konkani department.Winners of the Singing Competition were as follows:-• Soham Dhargalkar (SY.BA) – First Place • Chloy Costa (FY.BSc) - Second Place • Rhea Dias (SY.BA) – Third PlaceWinners of the Weath Out of waste Competition were as follows :-• Samiksha Naik (SY.BA) – First Place • Vanshika Lotliker (TY.BA) – Second Place

Photographs



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:	ANDAN DRIVE
Date and year:	24 th April 2022
Venue:	College Tiger Coop
No. of Participants	4
Objective:	Community Outreach Programme – donating annadan hampers to the needy remote side families.
Summary of the proceedings	 The Drive was to collect/donate the food items with necessary basic food necessities to the needy families. Each food item hamper consisted of the following: Rice -5 Kg Atta -1 kg Tur dal - 2 kg Oil - 1 packet Sugar -2 kg Salt - 1 packet Total 14 families were given this hampers from Village of Baddem, Cotigao Wildlife Sanctuary. The hampers were donated by Dr. Debashish Majumdar, Dr. Sachin Moraes,
	Mr. Shubhankar Shah, Ms. Saroj Naik.

Photographs

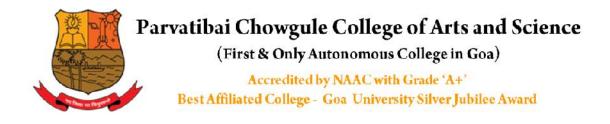


Teachers posing along with the local villager with the food hampers during the distribution of Andan Drive

PCC/Report/2022/03 Rev:0 Prepared by: Bhavana Sawardekar B Date: 26.04.2022 Page: 1 of 1 (1) Approved by Dr. Sachin Moraes, Dean, Faculty of Arts oliege of WARGA plahant GUA

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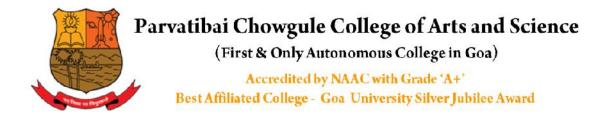
OFFG. PRINCIPAL PARVATIBAI CHOWGULE COLLEGE OF ARTS & SCIENCE (AUTONOMOUS) MARGAO-GOA



REPORT OF: COMMUNITY OUTREACH ACTIVITY Awareness: a) Kitchen waste management b) Understanding First-Aid

	Aid
	DEPARTMENT OF ZOOLOGY
Title:	AWARENESS ON
	a) KITCHEN WASTE MANAGEMENT
	b) UNDERSTANDING FIRST-AID
Date and year:	17 th to 30 th April 2022
Organised by:	Department of Zoology
Co-ordinated by:	Ms. Mithali Halarnkar
	Ms. Filomena Pereira
	Ms. Shalma Mascarenhas
	Ms. Prasanna Naik Gaonkar
	Ms. Gautami Manakikar
Objective:	To create awareness on Kitchen Waste Management as well as Understanding First-Aid
Summary of the	50 houses were surveyed through questionnaire on the unsertanding
proceedings	the procedure adopted by the commuinity for managing kitchen waste.
	Questionnare based survey was conducted to gauge their awareness
	level. The students conducted survet to check their awareness level
	and thereafter inteacted with them to make them more informed. The
	community was informed about composting and health issues on
	accound of bad practices of waste disposal. Dos and don'ts of kitchen
	waste management were explained to people as a part of the survey.
	During the awareness drive, awareness on first aid was also assessed.
	The people were also informed about the basics of firstaid where in
	they were informed about emergency or immediate care that one
	should provide when a person is injured or ill until full medical
	treatment is available. Traditional medicines and first aid for basic
	burn, snake bite was also explained.





	REPORT OF: COMMUNITY OUTREACH ACTIVITY Awareness: a) Obesity b)Menstrual hygiene			
Title:	Awareness: a) Obesity b)Menstrual hygiene			
Date and year:	27 th to 30 th April 2022			
Organised by:	Department of Zoology			
Co-ordinated by:	Ms. Mithali Halarnkar			
-	Ms. Filomena Pereira			
	Ms. Shalma Mascarenhas			
	Ms. Prasanna Naik Gaonkar			
	Ms. Gautami Manakikar			
No. of Participants	Shruti Kale			
	Gauri Pandit			
	Misha Almeida			
	Tanvi Amonkar			
	Lizanne Cardozo			
Objective:	To create awareness about Obesity and Menstrual Hygiene in			
	the community.			
Summary of the	16 houses were visited by the students to bring about general awareness on			
proceedings	Obesity and Menstrual Hygiene in the community. The target areas			
	were colva, Margao and Fatorda. The students conducted survey to			
	chek their awareness level and thereafter inteacted with them to make			
	them more informed. They explained the difference between			
	overweight and obesity and the types of foods that cause obesity and			
	the necessary lifestyle changes that need to be done to prevent obesity,			
	For bringing about awareness on menstrual hygiene the students explained			
	about the need for hygiene and simple ways to practice hygiene. The			
	people were also informed about irregular periods and need to consult			
	doctor for issues related to menstruation.			





REPORT OF: COMMUNITY OUTREACH ACTIVITY CLEANING DRIVE: A) MANGROVE CLEANING B) BEACH CLEANING

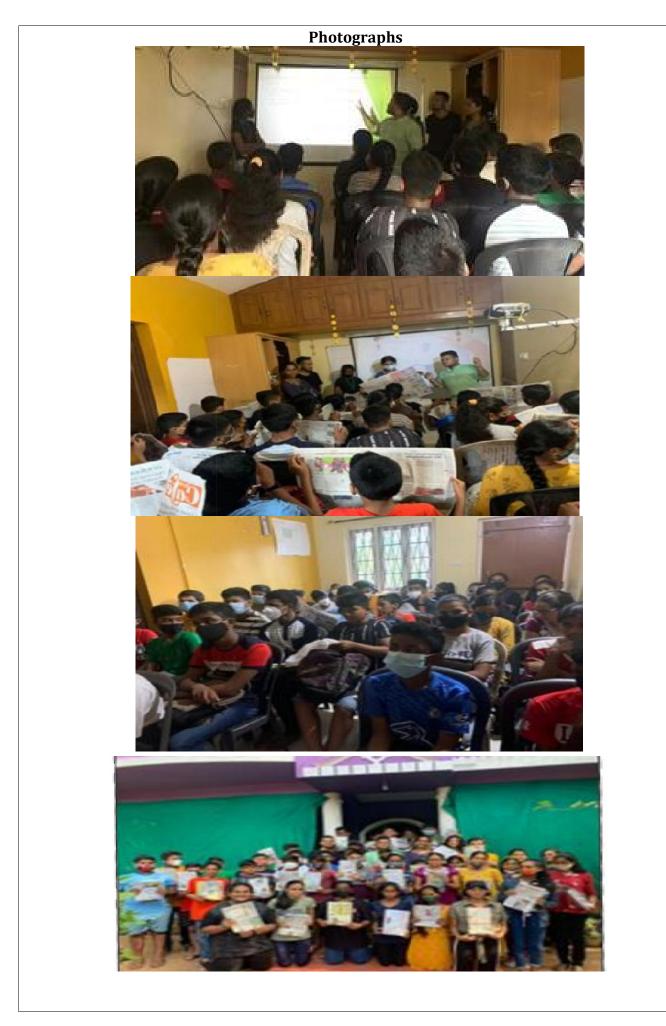
DEPARTMENT OF ZOOLOGY				
Title:	CLEANING DRIVE:			
	A) MANGROVE CLEANING			
	B) BEACH CLEANING			
Date and year:	23 rd – 25 th April 2022			
Organised by:	Department of Zoology			
Co-ordinated by:	Ms. Mithali Halarnkar			
	Ms. Filomena Pereira			
	Ms. Shalma Mascarenhas			
	Ms. Prasanna Naik Gaonkar			
	Ms. Gautami Manakikar			
Students	Bhagyashree Mahajan			
	Dhanaya Naik Kasa si Casisasi			
	Kanguri Sanjana AkarshaFalDessai			
Objective:	To create awareness on Kitchen Waste Management as well as			
objective.	Understanding First-Aid			
Summary of the	A clean up drive was organised under the Community Outreach			
proceedings	Programme. The main purpose of this programme was to clean the			
	mangroves and beach of a particular area and create awareness			
	among the people about the mangrove ecosystem, its importance,			
	uses, and impact of degradation.			
	Mangrove Cleaning Drive: The site chosen was at Borim near			
	Chowgule Shipyard. Approximately 300 meters of the stretch of the			
	mangroves was cleaned. Mangrove forests provide multiple			
	provisioning, regulating and recreational ecosystem services, but they			
	are most valued for their role in coastal protection. To prevent			
	deterioration, this cleaning drive was a small effort to evade major			
	problems in future. Plastic was the major component degrading the			
	magroves in Borim. The studnets also spoke to the people working and			
	living around that area about the importance of mangrove			
	conservation.			
	Beach Cleaning Drive: The students conducted cleaning drive at the			
	colva beach. Besides, they spoke the locals and tourists to create			
	awareness about the conservation of the marine eco-system, it's			

importance, uses and impact of degradation. The pople were informed not to leave the litter behind on the beaches after activities. They were expalined that these pollutants harm marine life and ecology, human health.



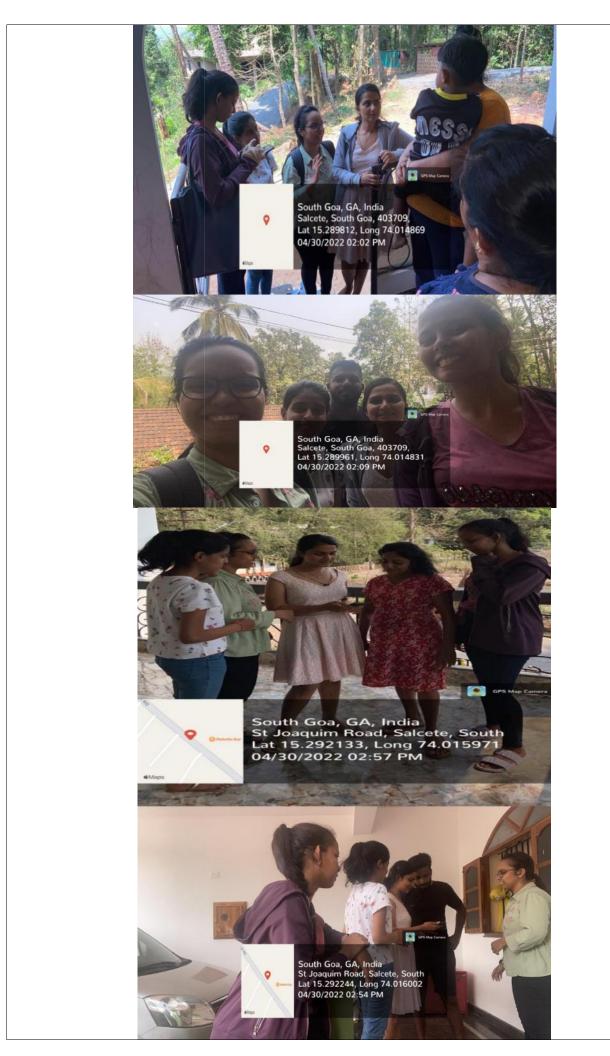


REPORT OF: COMMUNITY OUTREACH ACTIVITY Awareness: THE 3 R's-REDUCE, REUSE AND RECYCLE			
	DEPARTMENT OF ZOOLOGY		
Title:	AWARENESS ON THE 3 R's-REDUCE, REUSE AND RECYCLE		
Date and year:	30 th April 2022		
Organised by:	Department of Zoology		
Co-ordinated by:	Ms. Mithali Halarnkar		
	Ms. Filomena Pereira Ms. Shalma Mascarenhas		
	Ms. Prasanna Naik Gaonkar		
	Ms. Gautami Manakikar		
No. of Participants	Ceejel Pinto		
•	Yohan Rodrigues		
	Franzila Crasto		
	Renvill Luis		
011	Aakansha Patil		
Objective:	To create awareness among the youngsters about 3'Rs- REDUCE, REUSE AND RECYCLE and encourage them to adopt a lifestyle observing sustainable environment conciousness.		
Summary of the	50 students from a Coaching centre in Varca were the target audience		
proceedings	for this outreach activity. The main motive of this program was to		
	create awareness about the 3 R's and incline students towards the		
	sustainable lifestyle which will also help conserve environment in a		
	positive way. Each member from our group interacted with the		
	students and with the help of presentation, students were made aware		
	about the 3 R's, that is REDUCE, REUSE AND RECYCLE and it's		
	importance citing real life examples and the way in which each student		
	can nmake a concious effort in contributing to environment		
	conservation and protection.		
	Also, as activity, students were taught to make paper bags which were		
	collected and than distributed in the nearby Supermarket (Home		
	center). Even workers at the supermarket were encouraged to use		
	paper bags instead of plastic ones. They were told about the ill effect		
	caused by plastic and how by following the 3R's we can help conserve		
	our environment		





	Awareness: a) Diabetes b) Mental Health
Title:	Awareness on Diabetes
Date and year:	30 th April – 01 st May 2022
Organised by:	Department of Zoology
Co-ordinated by:	Ms. Mithali Halarnkar
	Ms. Filomena Pereira
	Ms. Shalma Mascarenhas
	Ms. Prasanna Naik Gaonkar Ms. Gautami Manakikar
No. of Participants	Stena Jesima Rebello
No. of 1 al therpaties	Radha Santosh Shirsat
	Anusha Sudhakar Raut
	Giselle Fernandes
Objective:	To create awareness about Diabetes in the community
Summary of the	27 houses were visited by the students to bring about general awareness or
proceedings	Diabetes as well as mental health in the community. The target areas were houses in Curtorim and Borda. The students conducted survey to chek their awareness level and thereafter inteacted with them to make them more informed. The people were explained the etiology of Diabetes and how it can be controlled by change in life style. Poorly controlled diabetes can lead to serious consequences, causing damage to a wide range of your body's organs and tissues including your heart, kidneys, eyes and nerves. All of this above information was given in every home, and also ensured that the awareness be spread to others in their community. The people were also asked several questions related to mental health to know about their level of awareness. They were explained that mental health includes emotional, psychological, and social well-being And that it affects how one thinks, feels, and act. It also helps determine how one handle stress, relate to others, and make choices Mental health is important at every stage of life, from childhood and
	adolescence through adulthood. This information was provieded to the people and were told to seek help from counsellors at school of hospitals if need be. Photographs





REPORT OF: COMMUNITY OUTREACH ACTIVITY AWARENESS: A) GERIATRIC CARE B) BLOOD DONATION

	DEPARTMENT OF ZOOLOGY
Title:	AWARENESS ON
	A) GERIATRIC CARE
Date and year:	B) BLOOD DONATION 02 nd May 2022
Organised by:	Department of Zoology
Co-ordinated by:	Ms. Mithali Halarnkar
	Ms. Filomena Pereira Ms. Shalma Mascarenhas
	Ms. Shahha Mascarennas Ms. Prasanna Naik Gaonkar
	Ms. Gautami Manakikar
Students	Mayuri Verlekar
Students	Vineet Nerurkar
	Shanaya L. Antao
	Tahoora Shaik
Objective:	To create awareness on Kitchen Waste Management as well as
	Understanding First-Aid
Summary of the	As a part of a community outreach program, the students visited an old
proceedings	age home, "Sahara", at Margao. The main motive was to educate the
	inmates about geriatric care – health and hygiene. The students
	interacted with the elderly inmates and explained to them the
	importance of personal hygiene and how they could maintain it well.
	They were also informed about healthy eating practices.
	Human blood can neither be created artificially nor be substituted.
	Therefore, there is a growing need for the donation of blood by healthy
	adults. To spread this word, the students conducted awareness on
	blood donation among the college students. Various aspects of blood
	donation such as its importance, eligibility for blood donation, the
	procedure for blood donation, blood compatibility, pre-donation and
	post donation advice and the various blood banks in Goa were
	-
	discussed in great details with the students. The studnets were
	encouraged to donate blood or continue to donate in the future.



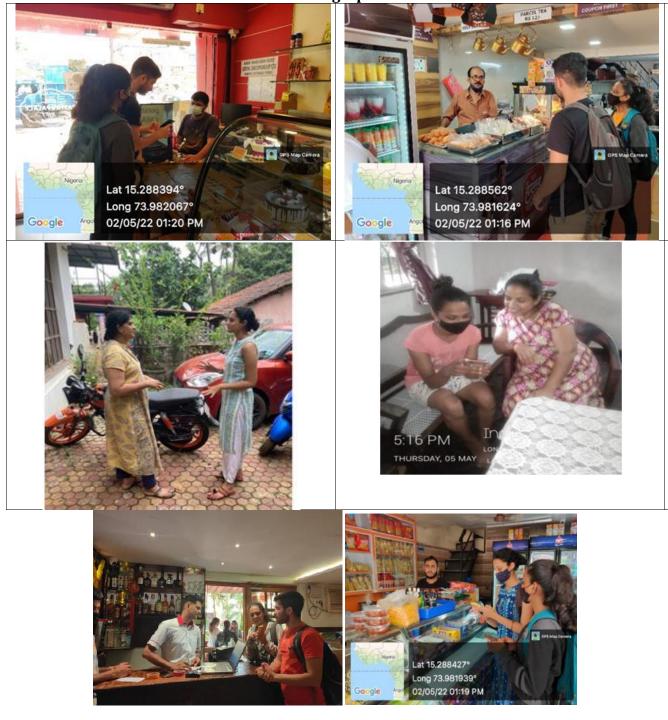


REPORT OF: COMMUNITY OUTREACH ACTIVITY AWARENESS: A) SINGLE-USE PLASTIC B) AWARENESS ON SNAKES

	DEPARTMENT OF ZOOLOGY
Title:	AWARENESS ON
	a) Single-use Plastic
	b) Awareness on Snakes
Date and year:	3 rd – 5 th May 2022
Organised by:	Department of Zoology
Co-ordinated by:	Ms. Mithali Halarnkar
	Ms. Filomena Pereira
	Ms. Shalma Mascarenhas
	Ms. Prasanna Naik Gaonkar Ms. Gautami Manakikar
Students	Shanaya Phal Desai
Stutents	Akshay Prabhu
	Lavina Gama
Objective:	To create awareness on Kitchen Waste Management as well as
	Understanding First-Aid
Summary of the	50 shops and restaurants were surveyed through questionnaire on
proceedings	gauging the awareness on Single use plastic. The students conducted
	survey to check their awareness level and thereafter interacted with
	them to make them more informed. Single-use plastic is a rising
	concern due to high production and usage, leading to an increase in the
	plastic content in nature and related diseases and health problems. It is
	important to educate people and make them aware of its deleterious
	effects of it on the environment. To spread awareness and know about
	-
	people's thoughts and choices on single-use plastic, the students carried
	out the awareness drive. They were informed about the toxic effects of
	single-use plastic and whether they support a ban on it if the
	government issues an ordinance. A lot of people had positive opinions
	regarding this issue and were proud of their eco-friendly choices while
	some followed inappropriate waste disposal and plastic usage patterns.
	Students informed them about choices that they could practice daily to
	help reduce the use of single-use plastic.
	Also, the studnets carried out a drive to create awareness on Snales.
	Snakes are organisms belonging to class Reptilia and are found in a
	wide range of habitats ranging from rural to urban areas. They are

often associated with a lot of myths due to which many people are afraid of snakes around them. Through this community outreach programme attempt was made to educate people and know their opinions and beliefs about snakes. Around 50 houses were surveyed. The people were enlightened with some do's and dont's that they should practice as and when they have an encounter with a snake in their locality and were also made aware of the local snake rescuers available in the area.

Photographs





REPORT – DEPARTMENT OF ENGLISH – Panel Discussion

Title:	SPECTRA – Fostering A Safe and LGBTQ+ Inclusive Environment inEducational Institutions
Date and year:	14 May 2022
Venue:	Dr. Francisco Luis Gomes District Library Navelim
Resource person/s:	Mr. Francis Fernandes (Co-founder, Goa Rainbow Trust), Mx. Sabah Saikh (Founder Mehfooz), Ms. Antara Bhide (Asst. Prof. Performing Arts, GVM's College of Education)
Organizing Committee	Dept of English / Asst. Prof. Loretta Rodrigues
No. of Participants:	57
Objective:	To learn from the experience of those who are in the LGBTQ+ community about ground realities of our community
Summary of the proceedings:	A healthy discussion was fostered by the TY students of the Rep. of Gender & Sexuality in Literature Course, through their interactions with members of the LGBTQ+ community. This discussion was open to the public and organized in partnership with the Directorate of Art and Culture, Govt. of Goa.
Photographs: post	er + Pics + Attendance

Report/English /2022

Prepared by: Andrew Barreto

Approved by Mr. Andrew Barreto, Assistant Professor

Rev:00



Asst. Prof. Loretta Rodrigues Head Organizer & Course Faculty

Powered by

A Department of English Representation of Gender & Sexuality in Literature course initiative









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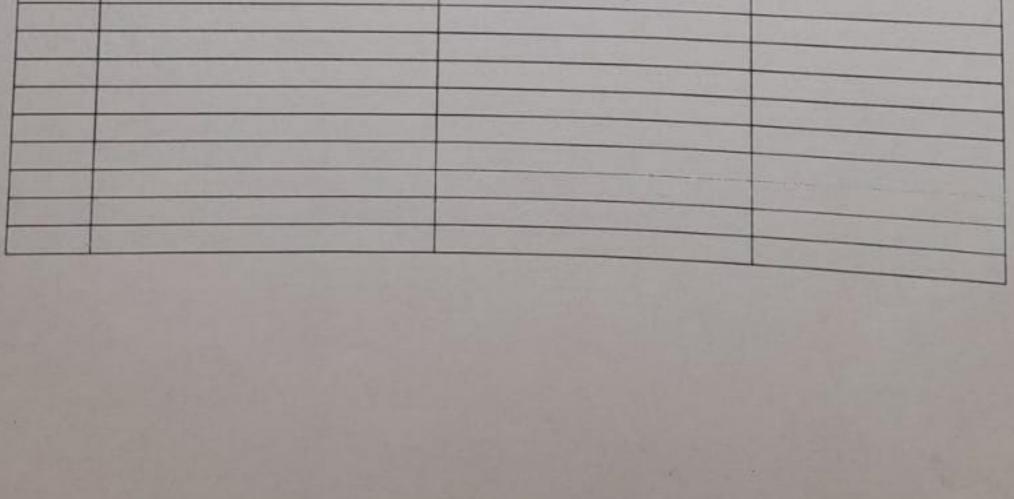
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4	Precia Fernandes	prevoze.	student
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28	Jisha Ponnachan	jipoo@chowquiles.acin	- the
29	Shubhankar Shah		Caculty Sum
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A panel discussion on "Fostering a Safe and LGBTQ Inclusive Environment in Educational Institutions"



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Name & Signature of In-charge:

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)

500000 15500	REPORT		
Title:	International Yoga Day 2022 - E Quiz		
Date and year:	19th May- 21st May 2022		
Venue /	Online		
online link:			
Resource person/s:	-		
Organizing Committee	NSS		
No. of Participants	86		
Objective:	To commemorate .International Yoga Day 2022		
Summary of the proceedings	As part of the commemoration of International Yoga Day 2022, an E-quiz was prepared by the NSS cell of the college. The main objective of this activity was to create awareness among students regarding benefits of practicing yoga. The google form was circulated to the students. E-Quiz was open from 19th May- 21st May 22. Total 02 hours were given to the participants.		
	Photographs		
1. The conceptual background 86 responses 93%	2. Which of the following is not a school of Yoga Ancient Chinese Philosophy Ancient Indian Philosophy Ancient Greek Philosophy Ancient Roman Philosophy Mancient Roman Philosophy		

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

(Highlight the appropriate: Workshop/ Conference/Seminar/ Industry-Academia /Extension activity			
REPORT			
Title:	"Holy Family Home Nazareth" Margao		
Date & year:	22 nd May 2022		
Venue:	Parvatibai Chowgule College of Arts & Science (Autonomous)		
Organising Committee	Department of Hindi		
No. of Participants	05		
Objective:	To encourage the skills and talent of the student.		
-	To provide a platform for the students.		
	To make student aware of their social duties towards the society.		
Summary of the proceedings	On 22nd May 2022 a program was organized by the students of T.Y.B.A of Hindi department of Parvatibai Chowgule College to visit old age home. The main aim was to spend some quality time with the elderly people in old age home named "Holy Family Home Nazareth" in Margao. Since their TYBA Project was Hindi kahaniyon Mein Vrudh Vimarsh by this visit they also got an opportunity to understand the situation of old people leaving in old age home. The program began from 10:30 am. The in-charge of Hindi department Miss. Alka Gawas, in-charge of Marathi Department Miss. Trupti Faldesai and the professor Miss. Dipti Faldesai from GCQ College, Goa accompanied students.		
	Program began with a lovely holy song which was sung by the T.Y.B.A students which was followed by Devika Sambari's traditional Goan Dance performance 'Mando'. After this a game called 'passing the parcel' was played with all the old ladies which they enjoyed a lot. Thereafter, Shivani Naik and Aksha Gawas performed a dance followed by a song that was sung by Prerna Velingkar, Puja Naik and Miss Alka Gawas which resulted a positive change in the atmosphere. The program was ended by presenting a token of love to all the elderly people which reflected a bright smile on their faces. Vote of thanks was given by Shivani Naik.		

Photographs:



पार्वतीबाई चौगुले महाविद्यालय के छात्रों ने वृद्धों के साथ एक दिन बिताया

संवाददाता

मडगाँव। पार्वतीबाई चौगुले महाविद्यालय के हिंदी विभाग के तृतीय वर्ष के छात्रों द्वारा होली फैमली होम नाझारेथ नामक वृद्धाश्रम में वृद्धों के संग समय बिताने के उद्देश्य से एक कार्यक्रम का आयोजन किया। कार्यऋम सुबह साढे-दस बजे शुरू हुआ।

हुंदी विभाग की प्राध्यापिका अलका गावस और मराठी विभाग की प्राध्यापिका तृप्ती फलदेसाई तथा सरकारी महाविद्यालय केंपे मराठी विभाग को प्राध्यापिका दीप्ती फलदेसाई भी अन्य छात्राओं के साथ उपस्थित थी।

कार्यक्रम का आरंभ तृतीय वर्ष के छात्रों द्वारा भक्तिगीत प्रस्तत करके हुआ। इसके पश्चात विद्यार्थिनी देविका सांबारी ने मांडो यह कोंकणी नुत्य प्रस्तुत करके सभी लोगों का मनोरंजन किया। इसके बाद वृद्धों के लिए एक खेल का





आयोजन किया गया, जिसमें उन्होंने बडी उत्सुकता और स्फूर्ति के साथ भाग लिया।

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विद्यार्थिनी शिवानी नाईक तथा अक्षा गावस ने नत्य प्रस्तत किया और प्रेरणा वेलिंगकर, पजा नाईक तथा प्राध्यापिका अलका गावस जी ने एक गीत प्रस्तुत करके सारे माहौल को प्रफुझित कर दिया।

कार्यक्रम के अंतिम चरण में वृद्ध भी हमारे साथ घुल-मिल गए और उन्होंने भी कई गीत गाकर सुनाएँ। अंततः वे भी हमारे साथ नृत्य करने के लिए आगे आए। कार्यक्रम का अंत सभी वृद्धों को भेटवस्तू प्रदान करके हुआ। विद्यार्थिनी शिवानी नाईक ने आभार प्रकट किया।

इस कार्यक्रम को सफल करने के लिए पार्वतीबाई चौगुले महाविद्यालय के प्राध्यापकों ने वृद्धों को भेटवस्तु खरीदने हेतु दान के रूप में धनराशी की सहायता की। जिनके नाम है प्रेसली फेर्नाडिस, अलका गावस, तुप्ति फलदेसाई, प्रियंका वेलिप, दर्शन तलवडकर, अरेश नायक, अदिती मलीक, रितेश नाईक व अन्य।

HOLY FAMILY HOME NAZARETH MARGAO22nd May 2022List of Students ParticipatedSr. No.NameRoll Number1Shivani NaikAU1900942Aksha GawasAU190229	
List of Students ParticipatedSr. No.NameRoll Number1Shivani NaikAU190094	
Sr. No.NameRoll Number1Shivani NaikAU190094	
1 Shivani Naik AU190094	
2 Aksha Gawas AU190229	
3 Devika Sambari AU190120	
4 Prerna Velingkar AU190097	
5 Puja Naik AU190261	
Report prepared by Assistant	Professor -

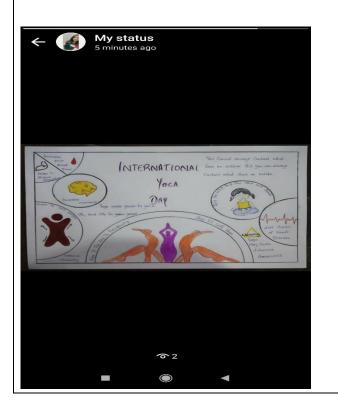
PARVATIBAI CHOWGULE COLLEGE OF ARTS & SCIENCE (AUTONOMOUS) - GOGOL, MARGAO-GOA

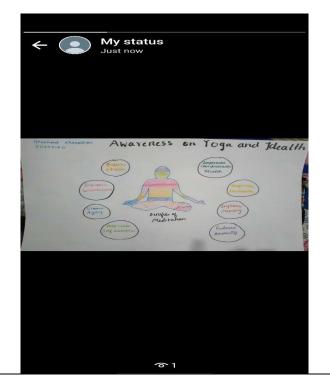
(Highlight the appropriate: Workshop/ Conference/Seminar/ Industry-Academia /Extension activity)

(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:	Poster making for International Yoga Day	
Date and year:	20-24 May 2022	
Venue /	Online	
online link:		
Resource	-	
person/s:		
Organizing	NSS	
Committee		
No. of	47	
Participants		
Objective:	To commemorate International Yoga Day.	
	To create awareness among students regarding benefits of practicing Yoga.	
Summary of	To commemorate International Yoga Day and to create awareness among students	
the	regarding benefits of practicing Yoga the NSS Cell of the college had organised poster	
proceedings	making activity for the students form 20-24 May 2022. Students had to prepare the	
	posters within the given time and upload it on the google form.	







Meet the Tiartrist (2021-22)	
Title	Meet The Tiartrist
Date and Year	24 th May 2022
Venue	Lower Auditorium
Resource Person	Menin Mario
Number of Participants	30
Objective	It would give the students an opportunity to meet
	the tiartrist and also interact with the tiartrist.
Summary of the Proceedings	As a part of Sem IV course , Special Study of Konkani Tiartr, eminient Konkani tiartrist Menin Mario was invited by the department of Konkani on 24 th May 2022 . With the objective that it would give the students an opportunity to meet the tiartrist and also interact with the tiartrist.
Photographs	



Parvatibai Chowgule College of Arts and Science

(AUTONOMOUS) MARGAO – GOA

Accredited by NAAC with grade 'A' (CGPA Score 3.41 on a 4 Point Scale) Best affiliated College – Goa University Silver Jubilee Year Award

REPORT OF

PRIDE

ORGANISED BY

SOCIOLOGY DEPARTMENT

IN ASSOCIATION/COLLABORATION WITH

HUMAN CLUB AND ENGLISH TIGERS CLUB

On

27th May 2022 / 2:30pm

At

COLLEGE CAMPUS

Report Prepared by Saee Anup Gore

REPORT

PRIDE RALLY

DATE:	27 th MAY 2022
TIME:	2:30 PM
VENUE:	Outside the canteen
NO. OF ATTENDEES:	138
ORGANIZED BY:	Human club
PHOTOGRAPHY BY:	Myron D'Costa

INTRODUCTION: The sociology department in collaboration with the HUMAN CLUB and ETC organized the event PRIDE. The human club conducted Parvatibai Chowgule college's first PRIDE rally and ETC had their Carpe diem on the topic pride. The event was organized on 27th of May 2022

The rally started at 2:30pm outside the canteen. Students who attended were told to wear any pride colours. Handmade bands were distributed, and a face painting booth was set up. The rally was guided around the college campus as they shouted the slogan "Equality, Love, Pride." The rally was attended by 138 students from different departments, and over 90 students helped in making bands and banners.

The organisers started preparing for Parvatibai Chowgule College's FIRST PRIDE RALLY since early April. More than 20 students volunteered to make a total of 170+ handmade pride bands and more than 90 students made posters and banners for the rally.





REPORT NUMBER:

PREPARED BY: Saee Anup Gore

DATE: 7th June 2022 PAGE NUMBER:

Activity: PRIDE Date: 27th May 2022 Venue: Outside Canteen Organized by HUMAN CLUB

	Participants/ Attendees				
sr. no	Name	Roll number	Department	Year	
1	Shannon vaz	SU200021	Botany	SY	
2	Adam Rodrigues	VU2120013	BVoc	FY	
3	Pooja Kholkar	SU210395	Chemistry	FY	
4	Ingrid Fernandes	SU210388	Chemistry	FY	
5	Danya Ainkar	SU210363	Chemistry	FY	
6	Neeyati Suresh sawant	Su210278	Chemistry	FY	
7	Aaditya	SU2102430	Computer science	FY	
8	Suvodip Roy	SU2102478	Computer science	FY	
9	Siddarth Honnavarkar	SU2102454	Computer science	FY	
10	Vignesh Valvaikar	SU2102477	Computer Science	FY	
11	Maheera Shaikh	SU210448	Computer Science	FY	
12	Aly Fernandes	SU2102396	Computer Science	FY	
13	Bretly Dcosta	SU2102515	Computer Science	FY	
14	Aisha shaikh	AU 190012	Economics	TY	
15	Masiha Shaikh	AU190145	Economics	TY	
16	Alia Colaco	Au200026	Economics	SY	
17	Sabina kk	AU2101158	Economics	FY	
18	ALFIA JAMKHANDI	AU210295	Economics and History	FY	
19	Alessia Fernandes	Au2101170	Economics and History	FY	
20	Carissa Manuela Mendes AU2101261 English		FY		
21	Jewel	AU2101194	English	FY	
22	Anusree K C	AU21 01241	English	FY	
23	Elisabeth	AU2101275	English	FY	
24	Errol Kendrick Moares	AU2101223	English	FY	
25	Nehreen Aliya	AU190227	English	TY	
26	Noella Dias	AU2101299	English	FY	
27	Ashlyn Zinnia Rodrigues	AU2101270	English	FY	
28	Noshin Khan	AU2101303	English	FY	
29	Rhesa Coutinho	AU2101208	English	FY	
30	Adelle	AU2101296	English	FY	
31	Madiana Fernandes	8605077073	English	FY	
32	Ruth Dias	AU2101272	English	FY	
33	Madiana Fernandes	AU2101321	English	FY	
34	Adelle	AU2101296	English	FY	
35	Shyna Furtado	AU2101289	English	FY	
36	Esther Rodrigues	AU190077	English	TY	
37	Liza D'Silva	AU2101213	English	FY	
38	Olivia Fernandes	AU21 01243	English and French	FY	
39	Shamika naik	AU2101240	English and History	FY	

40	Ana Gracias	AU2101231	English and History	FY
40	Mavelle barreto	AU2101231 AU21 01249		FY
41	Alina S Kollannur	AU2101249 AU2101180	English and history English and Phillosophy	F I FY
43	Nadia Sadiq	AU2101173	English and Philosophy	FY
44	Raizel Fernandes	AU200018	English and Psychology	SY
45	Nida Sheik	AU2101286	English and Psychology	FY
46	Sejal Panchwadkar	AU200056	English and Psychology	SY
47	Prachi Priolker	AU20 0087	English and Psychology	SY
48	Lisa Fernandes	AU2101292	English and Psychology	FY
49	Danisha Rodrigues	AU2101292	French and English	FY
50	Clare Carvalho	AU2101192	French and English	FY
51	Krithik Virdikar	AU2101288	Geography and History	FY
52	Valerie Janeliz Temudo	AU200034	Geography and History	SY
53	Gayatri Naik	ÀU2101294	Hindi	FY
54	Ravena Iliger	AU2101254	Hindi	FY
55	Vaibhvi Subhash Sukadker	AU2101233	Hindi	FY
56	Lizel Gomes	AU2101251	Hindi	FY
57	Sapna Rajpurohit	2101172		FY
58	Gulabi Kadam	AU2101177	Hindi	FY
59	Gulabi Kadam	AU2101177	Hindi	FY
60	Sonia Kumari	AU2101316	Hindi and English	FY
61	Rashmita Pagi	AU2101244	Hindi and Psychology	FY
62	Sakshi Naik	AU200045	History	SY
63	Maitheli Redkar	AU200019	History	SY
64	keziah Chris De silva	AU2101248	History	FY
65	Vedika Desai	AU2101207	History	FY
66	Farina bepari.	Au2101314.	History.	FY
67	Ciya Fernandes	AU2101266	Konkani	FY
68	Teju Patil	AU200088	Konkani and Geography	SY
69	Dhanyata Naik	AU2101189	Marathi	FY
70	Sonal mayekar	AU2101190	Marathi	FY
71	Suraksha Surendra Redkar	AU2101218	Marathi and Hindi	FY
72	Veroshka Leona Vaz	SU200213	Mathematicis	SY
73	Glen Noronha	SU2102480	Mathematics	FY
74	Elisheba Gonsalves	SU2102509	Mathematics	FY
75	Shubham kelkar	SU2102412	Mathematics	FY
76	Ahren Clementius Braganca	SU200029	Mathematics	SY
77	Alena Mariam Fernandes	SU2102414	Mathematics	FY
78	Riann Floria Pinto	2102415	Mathematics	FY
79	Vifern Macval Crasto	SU210427	Mathematics	FY
80	Anouska Falcao	SU210458	Mathematics	FY
81	Disha Savant	SU210413	Mathematics	FY
82	Renuka pokle	SU2102418	Mathematics	FY
83	Siddhika Dessai	SU2102419	Mathematics	FY

84	Anushri Kane	SU2102425	Mathematics	FY
85	Runaz shaikh	SU200118	Mathematics	SY
86	Shreya Sharma	AU200031	Maths and philosophy	SY
87	Supriyo Pramanik	SU2102328	Physics	FY
88	Geeta Devendra Kalal	2102521	, , , , , , , , , , , , , , , , , , ,	FY
89	Sahil Joginder Vishwakarma		Physics	FY
90	Chloy Costa	SU2102337	Physics	FY
91	Shamita Dessai	SU2102325	Physics	FY
92	Shravya Borkar	SU2102339	Physics	FY
93	BEMVINDA BARRETO	AU2101271	Psychology	FY
94	Archi Karekar	AU2101190	Psychology	FY
95	Sonam Panandiker	AU200079	Psychology	SY
96	Katelynn Vaz	AU200089	Psychology	SY
97	Srisha Sakhardande	AU200095	Psychology	SY
98	Esther Carvalho	AU200074	Psychology	SY
99	Shereen Miranda	AU200102	Psychology	SY
100	Prutha Prasad Gaunkar	AU2101234	Psychology	FY
101	Sleysha Naik	AU21 01159	Psychology	FY
102	Saee Anup Gore	AU210 1221	Sociology	FY
103	VALLERY CIANA DIAS	AU2101219	Sociology	FY
104	Godavari	AU2101239	Sociology	FY
105	Freeda vaz	AU2101318	sociology	FY
106	Gloria Valerie D'mello	AU190068	Sociology	TY
107	Sanvi Shirodkar	AU2101306	Sociology	FY
108	Shania Shannice Fernandes	AU210 1202	Sociology	FY
109	Mandar	AU190166	Sociology	TY
110	Joycie Gaunkar	AU190198	Sociology	TY
111	Mahek Carol	AU190117	Sociology	TY
112	Prachi janker	AU2101204	sociology	FY
113	Shamiya Shaikh	AU200145	Sociology	SY
114	Sadiqa Khatib	AU200131	Sociology	SY
115	Elsa Miranda	AU200130	Sociology	SY
116	Manasi Bandodkar	AU2101210	Sociology	FY
117	Muskan shaikh	AU200140	Sociology	SY
118	Sanobar	AU200138	Sociology	SY
119	Shamiya	AU200145	Sociology	SY
120	Khushi Sawant	AU200142	Sociology	SY
121	Dipeeka More	AU20 0081	Sociology	SY
122	Ashlenta Fernandes	AU2101245	Sociology	FY
123	Namitha Harish	AU210178	Sociology	FY
124	Prajval Ramesh	AU190195	Sociology	TY
125	Menifa Moraes	AU190136	Sociology	TY
126	Aarya Prabhu	Au2101206	Sociology	FY
127	Erika Martins	AU200014	Sociology	SY

128	Stephanie Angelina Rosario	AU190048	Sociology	TY
129	Steffi Souza	AU200128	Sociology	SY
130	Saziya sheikh	AU200129	Sociology	SY
131	Saziya sheikh	AU200129	Sociology	SY
132	Rutvika Shirodkar	AU200124	Sociology	SY
133	Afiya Shaikh	AU2101203	Sociology	FY
134	Ashlenta Fernandes	AU2101245	Sociology	FY
135	Jennifer Mascarenhas	AU2101233	Sociology	FY
136	Meagan Swezel Noronha	AU200106	Sociology and English	SY
137	Lhamo Tsering	AU2101332	Sociology and Geography	FY
138	Terrance Francis D'souza	AU2101330	Sociology and philosophy	FY
139	Ashira Fernandes	SU2102358	Zoology	FY
140	Ashble Fernandes	SU2102445	Zoology	FY
141	Vishal Vinod Naik	SU2102439	Zoology	FY
142	Samaa Sapre	SU2102291	Zoology	FY
143	Muskaan	SU190135	Zoology	ΤY
144	Jeanette Soares	SU2102450	Zoology	FY

(Highlight the appropriate: Workshop/ Conference/Seminar/ Industry-Academia /Extension activity			
	REPORT		
Title:	VISIT TO MAATRUCHAYA (BALIKA KALYAN ASHRAM)		
Date and year:	28 th May 2022		
Venue:	Maatruchaya ,Gogol Margao		
Organising	Department of Hindi		
Committee			
No. of	16 Participants		
Participants			
Objective:	To encourage the skills and talent of the student.		
	To provide a platform for the students.		
	To understand their duties towards society.		
Summary of	On 29 th May 2022 T.Y.B.A students along with the Assistant Professor Alka Gawas from the		
the	department of Hindi visited Maatruchaya (Balika Kalyan Ashram) in Gogal, Margao. The main		
proceedings	aim was to spend some quality time with the children's and provide them love, affection. Since their TYBA Project of this year was 'Hindi kahaniyon mein balmanovigyan' student got an opportunity to understand the mindset and situation of the children leaving in Maatruchaya. Mrs. "Amita Dessai" the head of Matruchaya welcomed us. A program was organized by the T.Y.B.A students. The program began with song which was sung by Yukta Parsekar. A group dance was presented before the children's of Matruchaya. Students also organized various games and fun activities. Children's of Matruchaya actively took part in it, they also sang a song and danced on the music. In the end of the program gifts were given to the winners of the game. A small token of love was donated to Matruchayaa which included books, pen, pencil, toothbrush, Colgate and napkins. The vote of thanks was given by Chaitali Zambaulikar.		

Photographs:



	PARTICIPANT- 16		
	List of Students		
Sr. No.	Name	Roll Number	
1	Shivani Naik	AU190094	
2	Aksha Gawas	AU190229	
3	Devika Sambari	AU190120	
4	Puja Naik	AU190261	
5	Shalaka Gawas	AU190253	
6	Suhana Mulla	AU190218	
7	Priyanka Kurheiver	AU190072	
8	Chaitali Zambaulikar	AU190264	
9	Yukta Parsekar	AU190001	
10	Kaveri Badanatti	AU190123	
11	Anusuya Naik	AU190259	
12	Ruksana Shaikh	AU190124	
13	Prerna Velingkar	AU190097	
14	Muskaan Shaikh	AU190167	
15	Erma Dung Dung	AU190162	
16	Priyanka jamuni	AU190165	

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

	<u>REPORT</u>	
Title:	VISIT TO FARMERS FIELD	
Date and year:	29 th May 2022	
Venue:	Benaulim	
Organising Committee	Department of Hindi	
No. of Participants	10 Participants	
Objective:	To understand the situation of Farmers in Goa.	
	To provide a student with a working experience.	
Summary of the	This year the TYBA project of students was 'Hindi kahaniyon mein kisan vimarsh'.	
proceedings	To understand the situation of farmers in goa students of TYBA decided to visit th	
	farmers' field. On 29th May, 2022 the students of TYBA from the department of	
	Hindi Visited a farmer's field at Benaulim. They also took an interview of a Farmer	
	Mr. Salvester Alphonso who spoke about various techniques of farming. Students got	
	hands on experience on the field.	

Photographs:



	VISIT TO FARMERS	FIELD	
	29TH MAY 2022 10:30 AM	BENAULIM	
	List of Students		
Sr. No.	Name	Roll Number	
1	Shalaka Gawas	AU190253	
2	Anusuya Naik	AU190259	
3	Muskaan shaikh	AU190167	
4	Priyanka Kurheiver	AU190072	
5	Priyanka Jamuni	AU190165	
6	Suhana Mulla	AU190218	
7	Kaveri Badanatti	AU190123	
8	Rukshana Shaikh	AU190124	
9	Puja Naik	AU190261	
10	Shivani Naik	AU190094	
	Report	prepared by Assistant Pr	rofessor –Ms. Alka Gawas
	Formatte	ed by Ms. Bhavana Sawardeka	ir

(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
International Yoga Day Commemoration - Slogan writing
20th June 2022
Online
-
NSS
28
To commemorate International Yoga Day.
To create awareness among students regarding benefits of practicing Yoga.
To commemorate International Yoga Day and to create awareness among students
regarding benefits of practicing Yoga the NSS Cell of the college had organized
slogan writing activity on 20th June 2022 for the students . Total 28 students participated
in the activity.

Photographs

Yoga is a powerful vehicle for change, As you build strength, You start to believe in your own potential.

0

Yoga is the practice that helps you in getting rid of all other unhealthy practices! A form of meditations and disciplined life! \pounds

+ (The status 44 minutes ago

(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:	Essay writing for International Yoga Day	
Date and year:	20-21 June 2022	
Venue /	Online	
online link:		
Resource	-	
person/s:		
Organizing	NSS	
Committee		
No. of	47	
Participants		
Objective:	To commemorate International Yoga Day.	
	To create awareness among students regarding benefits of practicing Yoga.	
Summary of	To commemorate International Yoga Day and to create awareness among students	
the	regarding benefits of practicing Yoga the NSS Cell of the college had organized Essay	
proceedings	s writing activity between 20-21 June 2022 for the students. Total 47 students participated	
	in the activity.	

Photographs

8 Date -Benefits of Yoga Benefits of Yoga Yoga oniginated in India and is practiced all over the wo loga entginared to trans and is practices all one the coord Yaga' origin can be traced opto over 5,000 years ap The word was first mentioned in ancient saved texts called the Big Keda. It's written in sanskul. Principal first invented yaga some poolar yaga asave inwat factoria, riskingana, Brigingasana and Sharaacha. Sunyanamaikan or sun salivanen to the sun is a practice of yaga that include 12 postores Some of the common benefits of yoga are it improves flexibility, improver blood circulation in body, helps to maintain weight by burning calories in body Wilksbasanay the tree pose impoores the focus & concentration, Strengthens the leg muscles and improves allgoment, Improves your balance and poise. Padmasana, Simple Cross legged Pose Paamasana calms the mind, helpin concentration, kundallor awakening and ultimetely pravides relaxation, offers natural balance throughout body and mind as well. Sukhavan, the lotus pase. Surnessana Strengthen the back and Stretchen the knees of Pinkles Surhasana also opens him grow and ourer thigh muscles, sitting upright with your spine aligned also reduces stress and unreity. It calms the mind and also known to be therapeut for stores, Archa Salbhasang - Shalaphis the grashapp It helps to exercise the spine and is one of the bet yoga asanay for strengthening the back muscle. Pawanmuktasana is cone by people suffering from scheumattsm, arthritis, high plood pressure heart problem These are been of common benefits of yoga. They have to be done properly and under proper guidance.

Joga is an ancient art, which was originate in India around six thansand years ago. It is the most -favourable method to connec to the nature by balancing the mind-body connection. This "easily done by, just sitting, standing and various other postures It is associated with the mind through the evelaxation of body. It is very beneficio to spend some time doing Joga acustor It is beneficial to get contacol over mind and body as well as getting proper health of the body and mind, as it reduces stoess and anxiety International Day of Joga or Warld Joga Day has Dun declared to got celebrated on 21st June. Actually yoga is a practice of controlled body part movements and control of breathe. It enhances the inher and outry body

(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:	'Watching Yoga Day Celebration on Door Darshan' -
Date and year:	21st June 2022
Venue /	Online
online link:	
Resource person/s:	-
Organizing Committee	NSS
No. of Participants	20
Objective:	To commemorate International Yoga Day. To create awareness among students regarding benefits of practicing Yoga.
Summary of the proceedings	To commemorate International Yoga Day and to create awareness among students regarding benefits of practicing Yoga the NSS Cell of the college had organized 'Watching Yoga Day Celebration on Door Darshan' activity on 21st June 2022 for the students wherein students had to watch the celebration of the Yoga Day on door darshan and than upload the photographs as an evidence through google form. Total 20 students participated in the activity.

Photographs



