



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

SURYA NAMASKAR DEMONSTRATION SESSION ON REPUBLIC DAY

ORGANISED BY

**DEPARTMENT OF PHYSICAL EDUCATION & SPORTS
MANAGEMENT (DPSM)**

For

COLLEGE STAFF

26TH JANUARY 2022, 9.30am

At

**OUTSIDE THE CHOWGULE SPORTS CENTRE
(IN FRONT OF THE INDIAN NATIONAL FLAG)**

Report Prepared by

AUDUMBAR TAMSE

INSTRUCTOR IN PHYSICAL EDUCATION

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS MANAGEMENT (DPSM)

REPORT

NAME OF THE EVENT

TITLE:	SURYA NAMASKAR DEMONSTRATION SESSION ON REPUBLIC DAY
DATE:	26 TH JANUARY 2022
TIME:	9.30am
VENUE:	Outside the Chowgule Sports Centre (In front of the Indian National Flag)
NO. OF ATTENDEES:	5
RESOURCE PERSON:	Mr Audumbar Tamse
ORGANIZED BY:	Department of Physical Education & Sports Management (DPSM)
ASSISTANCE AND LOGISTIC SUPPORT BY:	Dr Devashish Bagchi & Mr Sudesh Manjrekar
PHOTOGRAPHY BY:	Tiger Studio

INTRODUCTION: On occasion of Republic Day Department of Physical Education & Sports Management organized the Session of performing Surya Namaskar.

As per instructions of the Ministry of Education, Department of Higher Education, On occasion of Republic Day, Students of all the institutes of Higher Education in India are encouraged to perform Suryanamaskarin front of the Indian Nation Flag. As per this notice the Department of Physical Education & Sports Management organized the session for performing Suryanamaskar in front of Indian Nation Flag.



Email was sent to all the staff members for registration. Total 5 staff members participated in this event. Event started with some orientation on Suryanamaskar by Dr Devashish Bagchi & the demonstration was done by Mr Audumbar Tamse. Total 13 Surya Namaskar were performed on the music (with mantras) which was given by Ministry of Education.



PREPARED BY: Mr. Audumbar Tamse

APPROVED BY : Dr. Devashish Bagchi



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REPORT OF

WALK FOR GOA@60

TO COMMEMORATE THE 60TH ANNIVERSARY OF GOA LIBERATION

ORGANISED BY

**DEPARTMENT OF PHYSICAL EDUCATION
& SPORTS MANAGEMENT**

IN COLLABORATION WITH

FIT TIGERS CLUB & TIGER CYCLING CLUB

For

ALL THE STUDENTS

On

19TH DECEMBER, AT 7.30am

At

COLLEGE GATE

Report Prepared by

AUDUMBAR TAMSE

FACULTY INCHARGE OF FIT TIGERS CLUB

REPORT

WALK FOR GOA@60

DATE:	19 th December 2021
TIME:	7.30am
VENUE:	College Gate
NO. OF ATTENDEES:	332
RESOURCE PERSON:	Dr. Devashish Bagchi
ORGANIZED BY:	Fit Tigers Club
ASSISTANCE AND LOGISTIC SUPPORT BY:	Sudesh Manjrekar
PHOTOGRAPHY BY:	Audumbar Tamse & Sudesh Manjrekar

INTRODUCTION: On occasion of 60th anniversary of Goa Liberation Day, Department of Physical Education & Sports Management in association with Fit Tigers Club & Tiger Cycling Club organized Walkathon for the all students of the college. The Walkathon was called as **WALK FOR GOA@60**. Walkathon started at 7.30 am & finished at 8.30am.

This event has been enlisted as one of the college events to commemorate 60th Anniversary of Goa Liberation.

On occasion of 60th anniversary of Goa Liberation Day, Department of Physical Education & Sports Management in association with Fit Tigers Club & Tiger Cycling organized Walkathon & cycling rally for the all students of the college. The Walkathon was called as **WALK FOR GOA@60**. This event started at 7.30 am. 46 Volunteers reported at 6.45am and were given different duties. President YIN Club of college and president of JCI, Mapuca, Mr Hrishikesh Chanekar was the Chief Guest. 14 volunteers were placed at registration counter, 14 volunteers for general assistance and 18 volunteers were divided in 3 groups of 6 each and were placed on three check points enroute.



After the registration students gathered outside the gate & were addressed by Dr. Devashish Bagchi. Hrishikesh Chanekar flag offed the walk and the cycle rally.

320 students registered for the walk. The route for the Walkathon was, starting from the College gate to Bolsche circle and back. The cyclists were divided into two categories, for 5km & 15km. 5km category went to Arlem circle & back, 15km category went to Colva & back. Dr. Sanjay Gaekwad, Faculty Incharge of Tiger Cycling Club led the cyclists.

Walkathon finished at 8.15am and cyclist returned at 9.00am



ANY OTHER INFORMATION

FEEDBACK, REMARKS, OBSERVATION, SUGGESTIONS, ACTION PLAN: It has been observed that more students can be motivated to come forward for future events of this nature. It was also suggested by student that similar events can also be organised for students of Vasco and Ponda in their respective cities.

REPORT NUMBER: 1

PREPARED BY: Audumbar Tamse

DATE: 20.12.21

PAGE NUMBERS:2

APPROVED BY: Dr Devashish Bagchi



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REPORT OF

Cycling Ride

ORGANISED BY

**DEPARTMENT OF PHYSICAL EDUCATION
&SPORTS MANAGEMENT**

IN COLLABORATION WITH

Cycling Club

For

ALL THE STUDENTS

On

19-12-21; 7:30 am

At

Parvatibai Chowgule College

Report Prepared by

Balchandra Navgekar and Darshan Hosamani

FACULTY INCHARGE OF THE CYCLING CLUB

Dr. Sanjay Gaikwad

REPORT
Cycling Ride

DATE:	19 December 2021
TIME:	7:30 am - 9:00 am
VENUE:	Parvatibai Chowgule College
NO. OF ATTENDEES:	11 (Eleven)
RESOURCE PERSON/Faculty Advisor	DR. Sanjay Gaikwad
ORGANIZED BY:	Balchandra Navgekar and Darshan Hosamani
PHOTOGRAPHY BY:	Joel Oliveira and Aman Pednekar

INTRODUCTION: The Cycling Club of the college organized a cycling ride on 19 December 2021. The ride consisted of two events and the participants could take part in anyone of the two.

- 1) 5 kms ride, from college gate – Florian Vaz circle – Arlem circle – back to college gate.
- 2) 15 Kms :- From college gate – Colva beach and back to college gate.

All the participants reported at the college gate by 7:15 am. A short advice about road safety was given by the sports in charge Dr. Davashish Bagchi and the faculty in charge Dr. Sanjay Gaikwad. The ride was initiated at 7.30 am at the college gate. Dr. Sanjay Gaikwad had accompanied the 15 kms group. The two groups cycled on the respective routes and returned to the college gate by 9.00 am.

This event has been enlisted as one of the college events to commemorate 60th Anniversary of Goa Liberation.

The 5kms group cycled from college gate – Florian Vaz circle – Arlem circle – back to college gate.

(Picture taken at Arlem circle)

(Picture taken by Joel Oliveira)



The 15 kms group cycled from college gate – Colva beach and back to college gate.

(Picture taken at Colva beach)



FEEDBACK, REMARKS, OBSERVATION, SUGGESTIONS, ACTION PLAN : More events and weekly rides to be organised. Proper cycling attire and safety gadgets should be compulsory.

PREPARED BY: Balchandra Navgekar and Darshan Hosamani **DATE:**30-12-2021 **PAGE NUMBER:**2 of 2

APPROVED BY :Dr. Sanjay D. Gaikwad



Parvatibai Chowgule College of Arts and Science
MARGAO – GOA

Talk on “Postal Life Insurance”

The College organized a Talk on “Postal Life Insurance” for the teaching and non teaching staff on Friday, 13th May 2022 in the Lower Auditorium.

The resource person was Mr. Prakash Malik, Development Officer for Post Office, Panaji.

Detailed guidance on various life insurance policy and other relevant policies were highlighted that the postal office provides. Interested members of the institutions were also given forms with proper guidance pertaining to the necessary documentaries required to fulfill the process.