



REPORT

**TRAINING PROGRAMME ON “WOMEN’S HEALTH AND MENSTRUAL
HYGIENE”**

DATE: 11TH TO 15TH OCTOBER, 2022 (05 days)

TIME: 10.00 AM TO 5.00 PM

Ms. Filomena Pereira, Assistant Professor, Department of Zoology attended the MoRD sponsored five days training programme on “Women’s Health and Menstrual Hygiene” held from 11th to 15th October, 2022 organized by Goa Institute of Public Administration & Rural Development (GIPARD).

Women go through a range of biological and psychosomatic changes in a lifetime. The programme focused on addressing Women’s health issues and to empower women to take responsibility of their health.

Day 01: 11/10/22

Ms. Arlette Mascarenhas, Course Director and Core Faculty-Women’s Development, GIPARD gave a brief introduction on the training programme. The introduction was followed by a lecture on “General health issues affecting women” by Dr. Kunda Silimkhan, Practicing Physician and Yoga Therapist. The lecture highlighted on the holistic health of Women: Physical, mental, emotional, social, spiritual and that none of the areas can be neglected in order to live a healthy life.

The afternoon half was dedicated to the topic “Sensible eating for working women” and “Local foods for better Nutrition”. The talk highlighted the importance of nutrition in females as women play an important role in families and workplace and hence neglect themselves in this chaos. The resource person stressed that healthy eating boosts the energy levels and give one essential macromolecules, vitamins and minerals.

DAY 02: 12/10/22

The first talk planned for the day was on “Menstrual Hygiene and waste disposal management” by Ms. Ria Patil Chandray, Owner of M/s. Gia Industries, Manufactures of Organic

Biodegradable Sanitary Pads. The resource person highlighted on the biodegradable pads they manufacture and the benefits of it to the females and the environment. The talk also illuminated the participants on the importance of menstrual hygiene in Women in order to prevent certain diseases and discomforts.

The talk was followed by an interactive session on “Polycystic Ovarian Syndrome and its affects in reproduction” by Dr. Jose Noronha, Faculty at SEA SCAN Academy and Kamaxidevi Homeopathic Medical College, Shiroda. The lecture emphasized on scientific background of PCOD, symptoms, risk factors and complications in Women. Much stress was given on our lifestyles in recent times as PCOD happens to be a lifestyle related disorder.

The afternoon session was devoted to a very important topic considering women: Breast health and care. The resource person for the same was Mr. Reuben De Souza, Senior Surgeon at Sub-District Hospital, Ponda Goa. Dr. Reuben highlighted the participants on various issues pertaining breast and breast cancer. This topic was followed by briefing on topics like breast implants, abdominoplasty, gallstones, UTI and thyroid diseases.

DAY 03- 13/11/22

The third day of the training programme was a field visit day. The participants were taken to the Sakhi Industry at Piligao Bicholim Goa. Ms. Jayashree Powar explained and showed the process of preparing biodegradable pads. She also highlighted how this small business empowers Women to do better in life.

Next field visit was to M/s. Gia Industries, Manufactures of Organic Biodegradable Sanitary Pads at Tivim, Bardez Goa. Ms. Gia gave an explanation cum demonstration on the procedure of making biodegradable pads, Josa. This industry had a more advanced set up as compared to the one at Bicholim.

DAY 04-14/11/22

The programme started with a talk on “Care during Pregnancy and during pre and post-delivery. The resource person for the same was Dr. Jose Noronha. This talk was followed by a session on pre and post menstrual hygiene by Sr. Remy Lacerda, Ex. Faculty, Nursing Institute,

Bambolim and Master trainer at GIPARD. The resource person explained the importance of menstrual hygiene with the experiences she came across with the children during her tenure.

The evening half enlightened the participants on Awareness of STD, HIV, AIDS and Nutrition during pregnancy, lactation period and menopause. The resource person for the same were Sr. Remy Lacerda and Ms. Rohini Diniz respectively.

DAY 05- 15/11/22

The fifth day of the training gave an insight to “Mental stress and Depression among Women, After effects of Menopause or Hysterectomy, How to handle pre-menstrual syndrome, Early symptoms of cancer in women: ovarian, endometrial and cervical cancer”. Resource person were Ms. Olga Netto (Psychologist and Trainer) and Dr. Shekar Salkar, Senior Consultant, Surgical Oncology, Manipal Hospital, Donapaula.

The five days training programme ended with evaluation and valediction by Ms. Arlette Mascarenhas. The training programme was indeed a resourceful one.

EVIDENCES:

1. CERTIFICATE



2. GROUP PHOTOGRAPH





सत्यमेव जयते



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Goa Institute of Public Administration & Rural Development

(A Registered Society under the Department of Personnel, Govt. of Goa – State ATI and SIRD&PR, Goa)
Ella Farm, Old Goa, Goa. 403 402



CERTIFICATE

This is to certify that

Saroj Usgaonkar

has attended the MoRD sponsored Training Programme on

“Women's Health and Menstrual Hygiene”

held from 11th-15th October 2022 organised by

Goa Institute of Public Administration & Rural Development.

Ms. Arlette Mascarenhas
Course Director
GIPARD

Dr. V. Candavelou, IAS
Director General,
GIPARD



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CERTIFICATE

This is to certify that

Sonali Gaonkar

has attended the MoRD sponsored Training Programme on

“Women's Health and Menstrual Hygiene”

held from 17th - 21st January, 2023 organised by

Goa Institute of Public Administration & Rural Development.

Ms. Arlette Mascarenhas
Course Director
GIPARD

Dr. V. Candavelou, IAS
Director General,
GIPARD



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Best Affiliated College-Goa University Silver Jubilee Year Award

Report

Training programme on “Issues Relating to Family Welfare”

DoPT, Government of India (GoI), sponsored training programme was organised on the topic “Issues relating to Family Welfare” from 7th to 9th December, 2022 at Lecture Hall, GIPARD, Ella Farm, Old-Goa.

The aim of the programme was to impart knowledge to the participants on the various aspects of family welfare for a healthy and happy family.

On first day Course Director Ms. Arlette Mascarenhas welcomed all the participants and gave an introduction of the training course.

At 10:15am Resource person Dr. Kunda Silimkhan gave a talk on the topic ‘Happy Family: Family as Protection unit of society’ followed by her second talk on the topic ‘Managing Stress for a Healthy Family. She showed us various ways how we can manage our Stress.

At 2:00 pm Resource person Adv. Caroline Collaso gave a talk on the topic “Legislative Protection for the Family’ (for Women, Children and the aged parents). It was a very interactive session. The talk was very fruitful. She gave us a lot of information on rules and regulations which we were unaware of.

On 8th December 2022 the session began at 10:00 am. The resource person of the session was Dr. Ira Almeida who spoke on the topic Orientation on Disabilities in Children (Physical, Audio, Visual etc) and various schemes for the Differently-abled. The session was very informative. The resource person for the Second session was Dr Jose Noronha. The topic of the session was ‘ Personal Health and Hygiene, Need for education in health and sanitation’ and the second topic of the session was ‘Common illness and its treatment and importance of immunization’. He gave us very informative knowledge about medicines. Ms. Rohini Diniz gave a lecture on ‘Healthy Cooking Practices, Nutrition and Diet at all stages of life.

On 9th December 2022 the Resource person of the session was Dr. Sylvia Mascarenhas. The topic of the session was ‘Problems and Issues of Concern affecting families and ways to deal with them’.

At 11: 45am the next session began on the topic ‘ Maintaining Good Mental Health’. It was a very interactive session followed by a small activity. At the end of the session every participant was given a certificate.

Overall the sessions was very fruitful and informative.



Report Prepared by Alka Gawas (Assistant Professor, Department of Hindi)



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CERTIFICATE

This is to certify that Aresh Naik has attended the
DoPT (GoI), Sponsored Programme on Issues Relating to Family Welfare
held from 07th to 09th December, 2022 organized by
Goa Institute of Public Administration & Rural Development

Ms. Arlette Mascarenhas
Course Director
GIPARD

Dr. V. Candavelou, IAS
Director General,
GIPARD



REPORT

Title:	7 th National Conference on Cyber Psychology
Date and year:	21 st January 2023
Time:(From-to)	10.00am –5.00 p.m.
Venue:	8 th Floor Silvio Heights, St. Inez, Panaji-Goa
Resource person/s:	Dr. Harish Shetty, Dr. Peter Castellino, Ms. Mukta Puntambekar, Mr. Arun Kumar Mishra etc.
Organized by	Responsible Netism and Directorate of Higher Education
Organized for:	Psychology professionals and students
No. of Attendees:	02 (Sneha Queency Andrade and Sumedha More)
Objective:	Creating awareness about cyber wellness, cyber crimes and how to prevent and tackle them.
Summary of the proceedings	Sneha Queency Andrade and Sumedha More attended the 7 th National Conference on Cyber Psychology. The Conference began with an inaugural address by Mr. Praful Gajare, emcee of the conference. Dr. Harish Shetty then gave a keynote speech on the topic of Cyber Wellness. There were various Panel Discussions with multiple eminent personalities such as NidhinValsan IPS, SP North Goa, Mr. Shailesh Zingade (Director of Education, Goa), Dr. Rajesh Dhume (Sr. Psychiatrist, Goa), Dr. Anuradha Sovani (Former HOD Psychology SNDT

Photographs

