

PARVATIBAI CHOWGULE COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS)
AQAR 2021-22: CRITERION VII

7.1.1. Measures initiated by the Institution for the promotion of gender equity during the year.

Title of the programme / Particulars	Date and Duration (from-to)	Number of participants	Department
World Population day: Theme on Investing in Gender Equity and Reproductive Health for achieving Sustainable Development	11th July 2021	55	Geography
Pride Parade	27th May 2022	138	Sociology
Awareness - Menstrual Hygiene	27th to 30th April 2022	5	Zoology
To Commemorate 'International Women's Day': Oral Presentation on women in leadership and poster competition on 'Diet for Women'	7 th to 10 th March, 2022	80	Women's Welfare Cell in collaboration with Career and Personal Counselling Centre
Women's Day 2022: an OPEN MIC Session	8th March 2022	50	English department, English Tygers' Club, Club Carpe Diem along with linkage partner A.J'S RESTAURANT, Fatorda, Goa
Lecture series on Women in Leadership	30th November 2022	38	College along with the Women's Welfare Cell

Title:	World Population Day: Theme on “Investing in Gender Equality and Reproductive Health for achieving Sustainable Development”
Date and year:	11 th July 2021
Venue:	Upper Auditorium, Parvatibai Chowgule College
Resource person/s:	Dr. Ruchika Verneker, M.S. in Obstetrics and Gynecology, a consultant at Mother Care Hospital, Borda-Margao
No. of Participants	55
Objective:	Investing in Gender Equality and Reproductive Health for achieving Sustainable Development.
Summary of the proceedings	The theme for the programme was “Investing in Gender Equality and Reproductive Health for achieving Sustainable Development.” Dr. Ruchika Verneker, M.S. in Obstetrics and Gynecology, a consultant at Mother Care Hospital, Borda- Margao, was the Chief Guest for the event. An Essay writing and Painting competition was held for the students of Geography on the topics “Does Gender Inequality Still Exist in India?” and “Women’s rights to reproductive health.” The event was coordinated by Mr. Adrian Ferro.



Dr. Ruchika Vernekar speaking on Reproductive Health and Gender Equality



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:** Sae Anup Gore **DATE:** 7th June 2022 **PAGE NUMBER:**
APPROVED BY :



Parvatibai Chowgule College of Arts and Science

(First & Only Autonomous College in Goa)

Accredited by NAAC with Grade 'A+'

Best Affiliated College - Goa University Silver Jubilee Award

REPORT OF: COMMUNITY OUTREACH ACTIVITY

Awareness: a) Obesity b) Menstrual hygiene

DEPARTMENT OF ZOOLOGY

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 proceedings	16 houses were visited by the students to bring about general awareness on Obesity and Menstrual Hygiene in the community. The target areas were colva, Margao and Fatorda. The students conducted survey to check their awareness level and thereafter interacted 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.

Photographs



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

REPORT

Title:	INTERNATIONAL WOMEN'S DAY
Date and year:	7 th -09 th March, 2022
Resource person/s:	Dr. Uma Kumar, Prof. & Head, Department of Rheumatology, AIIMS - Delhi
Organizing Committee	Women's Welfare Cell in collaboration with Career and Personal Counselling Centre
No. of Participants	Tentative 80
Objective:	To celebrate International Women's Day by making it obvious that the present day women's role and how one should take care of themselves
Summary of the proceedings	<p>The following activities were organized for students and staff members to commemorate 'International Women's Day':</p> <ol style="list-style-type: none"> i. 07th March 2022 for students – <ol style="list-style-type: none"> a. Oral Presentation Competition on 'Women in Leadership' wherein winners were Ms. Simone Valanca Goes (TYBSc) secured the <i>First Place</i> and Ms. Andrea Christina Da Costa (TYBSc) secured the <i>Second Place</i>. b. Poster Competition on 'Diet for Women'– 07th March 2022 for students. Ms. Danisha Rodrigues (FYBA) secured the <i>First Place</i>, Ms. Aksha Gawas (TYBA) secured the <i>Second Place</i> and Ms. Suraksha Redkar (FYBA) secured the <i>Third Place</i>. ii. 08th March 2022 for staff and students- <ol style="list-style-type: none"> c. Inaugural Function by the lighting of the traditional lamp by Dr. Shaila Ghanti, Offg. Principal; Dr. Ananya Das Vice-Principal, Cdr. Parijit Sinha(rtd.), Provost; Dr. Uma Masur, Convenor of Women's Welfare Cell and a Cleaning Staff. Dr. Shaila Ghanti, Offg. Principal; Dr. Ananya Das Vice-Principal and Cdr. Parijit Sinha(rtd.) Provost expressed their views on Women's Day Celebration. Students and faculties presented poems, songs and dance performances. Various games were organized by the students. d. Bazaar Day– There were 19 stalls of food and artwork displayed by the students. iii. 09th March 2022- Online Talk on 'Health Issues in Women Post COVID Infection' by Dr. Uma Kumar, Professor & HOD, Department of Rheumatology, AIIMS - Delhi. She spoke about the Post covid syndrome and also shared the precautions to be taken to deal with the effect.

Photograph



1st Place

Ms. Simone Valanca Goes



2nd Place

Ms. Andrea Christina Da Costa

for Oral Presentation Competition on 'Women in Leadership' at the International Women's Day



1st Place
Ms. Danisha Rodrigues



2nd Place
Ms. Aksha Gawas



3rd Place
Ms. Suraksha Redkar

for Poster Competition on the topic 'Diet for Women' at the International Women's Day



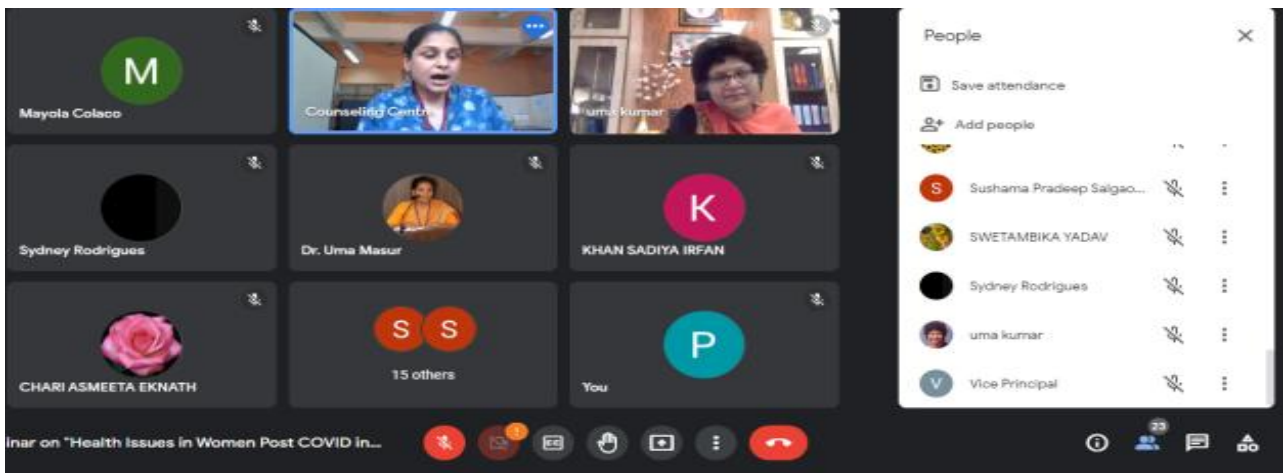
Faculty lighting the lamp along with dignitaries at the Inaugural Function of International Women's Days



Dance performance by student at the International Women's Days



Bazaar Day Stalls at the International Women's Days



The resource person Dr. Uma Masur delivering a talk on "Health Issues in Women Post COVID infection"

**PARVATIBAI CHOWGULE COLLEGE OF ARTS &
SCIENCE (AUTONOMOUS) - GOGOL, MARGAO-GOA**
Women's Welfare & SC/ST Student Welfare Committee

<u>REPORT</u>	
Title:	Lecture Series on 'Women in Leadership'
Date and year:	30 th November 2021
Venue:	ParvatibaiChowgule College of Arts & Science (Autonomous)
Resource person/s:	Dr. Dilecta D'Costa
Organizing Committee	Women's Welfare committee & SC/ST Student Welfare Committee Parvatibai Chowgule College of Arts & Science (Autonomous).
Participants	38 (Students & Teaching Staff)
Objective:	To spread awareness about personal hygiene. To provide a platform for students in public speaking.
Summary of the proceedings	<p>Women Welfare and SC/ST student welfare committee of Parvatibai Chowgule College of Arts and Science, Autonomous, Margao-Goa organized a lecture series on 'Women in Leadership' on 30th November 2021 in the Lower Auditorium at 11: 30 A.M. The topic of the lecture was 'Personal Hygiene to prevent infection in women.' Dr. Dilecta D'Costa, a Postgraduate Coordinator of Microbiology at Govt. College of Arts, Science and Commerce, Khandola- Goa was the resource person of the program. The convener of the committee Dr. Uma Masur, Teaching Staff & the Students of the college attended the program.</p> <p>Program began with a beautiful quote by Jim Rohn which says "Take care of your body. It's the only place you live in" followed by Dr. Uma Masur presenting a planter as a welcome token to the resource person of the day. Later Dr. Uma Masur introduced the resource person Dr. Dilecta D'Costa.</p> <p>Thereafter Dr. Dilecta D'Costa presented 2 power point presentations. First One was on Covid-19 in which she shared her experience of being tested positive for covid 19 and being awarded a certificate of appreciation as 'Covid warrior'. It helped the students to understand the process of the virus affecting body.</p> <p>Second ppt was on the main topic for the lecture in which Dr. D'Costa focused mainly on different infections that occurs in reproductive organs and it's symptoms that could result in dysfunction of full body. She also explained the different ways to keep the intimate area clean and free from infection. She also broke different myths associated with menstrual cycle. The program concluded with question and answer session.</p> <p>The comparing of the program and the vote of thanks was given by Miss Shalma Mascarhenes.</p>

Photographs:







Parvatibai Chowgule College of Arts and Science
(Autonomous)

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

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: posters + Attendance + Pictures	
<i>Report/English /2022 Rev:00 Prepared by: Andrew Barreto</i>	
<i>Approved by Mr. Andrew Barreto, Assistant Professor</i>	



the poets & writers club
Club Calpediem
the poets & writers club

& AJ's

present

Women's Day OPEN MIC

an intimate gathering
poetry | stories | stand-up | music



free! open to all!

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





**WOMEN'S DAY
OPEN MIC 2022**

AJ's



the poets & writers club
Club Kalpadiem
the poets & writers club

etc.
english tygers club



AJ's

**WOMEN'S DAY
OPEN MIC 2022**



the poets & writers club
Club Kalpadiem
the poets & writers club

etc.
english tygers club





**WOMEN'S DAY
OPEN MIC 2022**

AJ's



Club
Calpadien
The spirit of learning club

etc.
english tygers' club



**WOMEN'S DAY
OPEN MIC 2022**

AJ's



Club
Calpadien
The spirit of learning club

etc.
english tygers' club





Chowgule College
(Autonomous)

etc.
english tygers' club

PERFORMERS' SHEET

DEPARTMENT OF ENGLISH
POST GRADUATE COLLEGE

DAY/DATE: Tuesday, 08 March '22 TITLE: Women's Day OPEN MIC
 TYPE: Poetry Outreach/Ext. RESOURCE PERSON/S: hosted by Heander F'des.
 DURATION: 4.30 - 6.15 pm. LOCATION: AJ's Restaurant, Faborda

SR. NO	NAME	ROLL NO.	YEAR	SIGN
1	Taaziel Fernandes	2101225	PY BA	<i>Fernandes</i>
2	Nadia Sadiq	2101173	FYBA	<i>AS</i>
3	Diya Padigar	Koyda HSSC	12th	<i>Padigar</i>
4	Galia Rodriguez	AP203105	MA Part II	<i>Rodriguez</i>
5	Devanna Gomes	Koyda HSSC	LHSS	<i>Gomes</i>
6	Anuj Almeida	AU200154	SYBA	<i>Anuj</i>
7	ALDANY FERNANDES	AU200001	SYBA	<i>Aldany</i>
8	HEANDER FERNANDES	AU190074	T.Y.B.A	<i>Heander</i>
9	Danisha Rodrigues	AU2101198	FYBA	<i>Rodrigues</i>
10	Shyama Furtado	AU2101289	FYBA	<i>Shyama</i>
11	Kanaka Desai	AU190025	TYBA	<i>Desai</i>
12	Lenze Rebelo	AU200055	SYBA	<i>Lenze</i>
13	CAROL DIAS	Teacher - Perpetual	Marelin Soares	<i>Carol</i>
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13 + 20 + 20 + 06
= 59

Name & Signature of In-charge: ASST. Prof. Andrew Barreli *Andrew Barreli*



Angule College
(Autonomous)

etc.
english tygers' club



Attendance

DATE: 6/3/22 Tuesday

TITLE: Women's Day Open Mic

TYPE: Poetry - Outreach ^{EXTENSION}

RESOURCE PERSON/S: hosted by Lourdes Fernandes.

DURATION: 4.30 - 6.15 pm

LOCATION: A J Restaurant, Fatorda

SR. NO	NAME	ROLL NO.	YEAR	SIGN
1	LENZIE REBEZO	AU200055	SYBA	
2	Alia Colaco	AU200026	SYBA	
3	ROXANNA PINHEIRO	AU200111	SYBA	
4	Kim Cady Rodrigues	AU200025	SYBA	
5	Anuj Almeida	AU200154	SYBA	
6	Nigel Vales	AU200068	SYBA	
7	Jyoti R. Pandey	AU190090	TYBA	
8	Nadia Sadig	AU2101173	FYBA	
9	Kyle Souto	AU190021	TYBA	
10	Vsutha S. Karmali	AU190080	TYBA	
11	Priyanka Desai	AP203108	MA II	
12	fisha Ponnachan	AP203106	MA II	
13	Rukma Kanolkar	AP213112	MA I	
14	Stesha Pereira	AP213104	MA I	
15	Clivia Barreto	AP213105	MA I	
16	Ishrat Kamalsha	AP213108	MA I	
17	T. S. Knutikarani	AP213113	MA I	
18	Galicia Rodrigues	AP203105	MA II	
19	Zoya Ribeiro	AP203109	MA II	
20	Dorcel Fernandes	AU190239	TYBA	

Name & Signature of In-charge:

Asst Prof Andrew Barreto

08 March 2022



Gowgule College
(Autonomous)

etc.
english tygers' club



#2

Attendance

DATE: 08/03/2022 Tuesday

TITLE: Women's Day Open Mic

TYPE: Poetry Outreach Extension

RESOURCE PERSON/S:
hosted by heather P'des

DURATION: 4.30 - 6.15 pm

LOCATION: AJS Restaurant, Fatorda

SR. NO	NAME	ROLL NO.	YEAR	SIGN
1	Mahalaxmi Badiguir	Faculty	PCCAF	<u>MBadiguir</u>
2	Carol B. Mwarda	Faculty	PCCAF	<u>Carol</u>
3	Swaraa A. Prabhudesai	AU2101216	FY 2021-22	<u>Swaraa</u>
4	Shyama Furtado	AU2101289	FY 2021-22	<u>S.</u>
5	Diya Padiyar	Kayola HSSC		<u>Diya</u>
6	Devonna Gomes	Kayola HSSC		<u>Devonna</u>
7	Lizelle Azavedo	AU2101186	FY	<u>Lizelle</u>
8	Danisha Rodrigues	AU2101198	FY	<u>Rodrigues</u>
9	Clare Carralho	AU2101192	FY	<u>ccarralho</u>
10	Ashlyn Rodrigues	AU2101270	FY	<u>Rodrigues</u>
11	Ann Graciosa	AU2101231	FY	<u>Graciosa</u>
12	Froel Moraes	AU2101223	FY	<u>Froel</u>
13	Nathan Colago	AP213102	MAI	<u>NColago</u>
14	ANANDY FERNANDES	AD200002	SY	<u>Anandy</u>
15	Shania Rodrigues	AU200053	SY	<u>Shania</u>
16	Kashish Mehta	AU190210	TY	<u>Kashish</u>
17	Siegfred Mesquita	SU190107	TY	<u>Smes</u>
18	Tavanya Coutinho	AU200069	SY	<u>Tavanya</u>
19	Trisha Bene	Kayola HSSC		<u>Trisha</u>
20	Crystal Antao	Kayola HSSC		<u>Crystal</u>

Name & Signature of In-charge:

Asst. Prof. Andrew Baretu

Andrew Baretu



Dawgule College
(Autonomous)

etc.
english tygers' club



#3

Tuesday
DATE: 08 March 2022

TYPE: Poetry - Outreach Extension

TITLE: Women's Day Open Mic

DURATION: 4.30 - 6.15pm

RESOURCE PERSON/S: Hosted by Heander Pides.

LOCATION: AJ's Restaurant, Fatorda

SR. NO	NAME	ROLL NO.	YEAR	SIGN
1	Asst. Prof Andrew Barreto	Faculty	PCCAT(A)	<i>[Signature]</i>
2	Asst Prof Shubhangijhakar	Faculty - Damodar College		<i>[Signature]</i>
3	Asst Prof Anha Saneou	Faculty		<i>[Signature]</i>
4	Asst. Prof. Shubhankar Shukh	"	"	<i>[Signature]</i>
5	Asst. Prof. Loreta Rodrigues.	"	"	<i>[Signature]</i>
6	Howell Fernandes	-	-	<i>[Signature]</i>
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Name & Signature of In-charge:

A. Bante

[Signature]
08
March
2022