

WOMEN'S WELFARE COMMITTEE

Reports of the Activities

2021-22



Parvatibai Chowgule College of Arts and Science

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**

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Parvatibai Chowgule College of Arts and Science
Autonomous

International Women's Day 2021

Career and Personal Counseling Centre in collaboration with
Women's Welfare Committee is pleased to organize

A Fun filled Day for all our Teaching and Non-Teaching Staff

Special Events:

- Chowgules Hidden Talent
- Art Display
- Spot prizes
- Games
- Group Performance
- Prize Distribution (Open Mic)

 8th March, 2021



 QUAD

 Dress code: Traditional



We would encourage our Faculties and Non-teaching staff to kindly showcase your hidden talent.



For details contact: 0832-2722221 / Email: counseling@chowgules.ac.in

**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



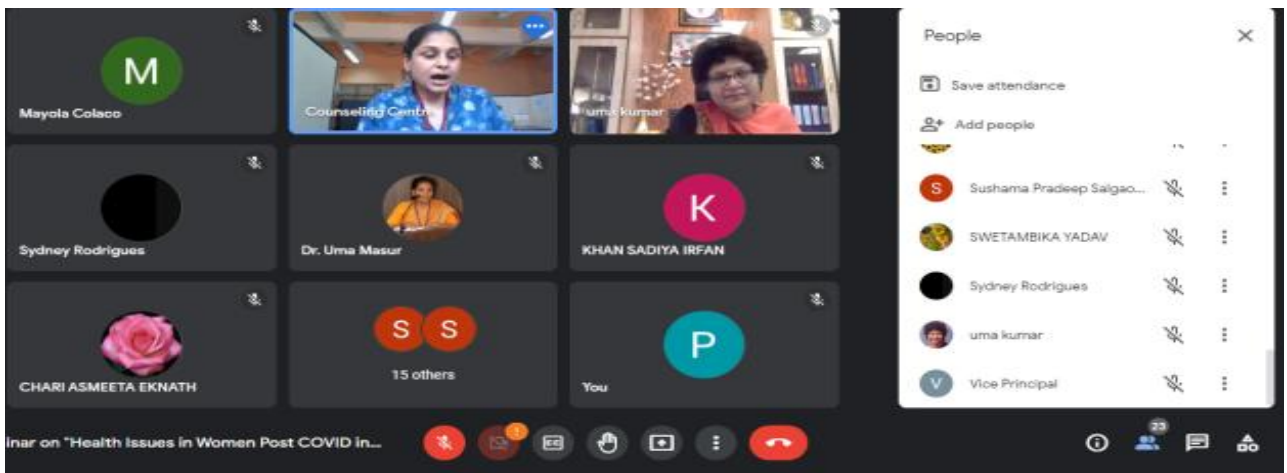
Faculty lighting the lamp along with dignitaries at the Inaugural Function of International Women's Days



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 and Science Autonomous

Accredited by NAAC with Grade A' (CGPA Score 3.41 on a 4 Point Scale 3rd cycle)
Best affiliated College-Goa University Silver Jubilee Year Award

INTERNATIONAL WOMEN'S DAY

08th March 2021



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

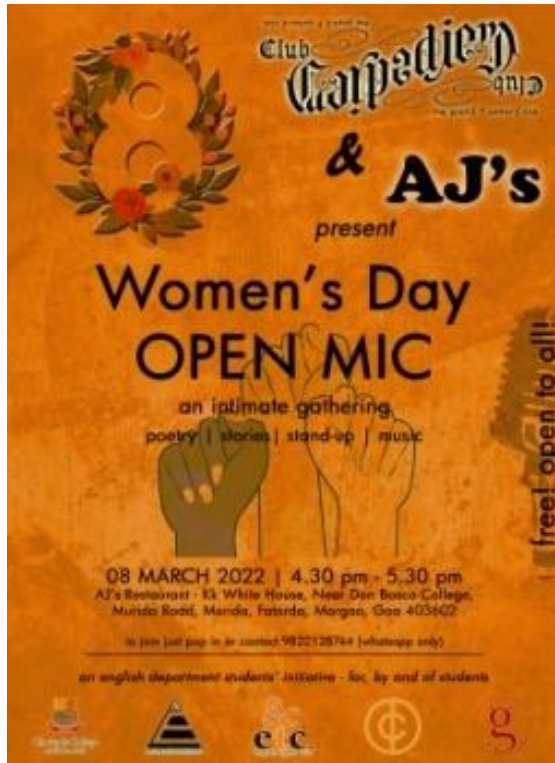
<u>REPORT</u>	
Title:	Lecture Series on 'Women in Leadership'
Date and year:	30 th November 2021
Venue:	ParvatibaiChowgule College of Arts & Science (Autonomous)
Resource person/s:	Dr. Dilecta D'Costa
Organizing Committee	Women's Welfare committee & SC/ST Student Welfare Committee Parvatibai Chowgule 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:





- ❖ English Tygers' Club, with Club Carpe Diem, and students of the Department celebrated Women's Day 2022, with an **OPEN MIC Session** with linkage partner A.J'S RESTAURANT, Fatorda, GOA, at their restaurant. With over 50 participants from college and out, the annual event was a great success. The organizing faculty was Mr. Andrew Barreto, Assistant Professor, Department of English.





Parvatibai Chowgule College
Of Arts And Science
(Autonomous)

International Women's Day 2021

Career and Personal Counseling Centre in collaboration with
Women's Welfare Committee is pleased to organize

OPEN MIC CONTEST

Solo Performance




Topic:

"An Equal Future for Women as Leaders"

RULES

- Open to all college students
- Original performance, not copied or taken from elsewhere
- Performance time: 3 to 5 minutes
- Language: English / Konkani / Hindi
- Registration: On or before 4th March, 2021 latest by 4.30 p.m.

 **6th March, 2021**

 **10:30 a.m.**

 **Upper Auditorium**

Link for Registration: <https://forms.gle/2FniF2t94q3HtRov9>

Organised by



Winners

1st 2nd

PRIZE

Participants

*E-Certificates
& 5 contact hrs (NEC)*

Note: As COVID-19 precautionary measures only the participants will be allowed in the upper auditorium on 6th March, 2021 and winners on 8th March, 2021.

For details contact: 0832-2722221 / Email: counseling@chowggules.ac.in