

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

**7.1.11-Department celebrates / organizes national and international commemorative days, events and festivals:**

SN	Title of the activity	Dates	Department
1	Constitution Day	26-Nov-21	College
2	Goa's 60th Liberation Day	19-Dec-21	College & its departments
3	Offline Collage making competition on the theme "60 years of Goa's Liberation	23-Dec-21	Biotechnology
4	French Cultural Day	02-Dec-21	French
5	60 Years of Goa's Liberation - Culinary Event	17-Dec-21	French
6	IDPD	03-Dec-21	Psychology
7	Minerals Day -Azadi Ka Amrit Mohatsav	13-Nov-21	Geology
8	Fossil Day - Azadi Ka Amrit Mohatsav	27-Dec-21	Geology
9	Speech by Ms. Sarita Naik Tari on Independence day	15-Aug-21	History
10	Goa Utsav lecture series: A lecture on Heritage of Goa by Mr. Sanjeev Sardesai	09-Dec-21	History
11	Speech by Ms. Vanessa Barros Colaco and student performed Dekhni and Mando on Goa Liberation Day	19-Dec-21	History
12	Speech on Constitutional Values and National integration by Ms. Sarita Naik Tari	26-Jan-22	History
13	World Mangrove Day	26-Jul-21	Zoology
14	Marathi Bhasha Diwas	27th February 2022	Marathi
15	Christmas Celebration	23rd December 2021	Hindi
16	Eid Celebration	2nd May 2022	Hindi
17	Mahavir Prasad Dwivedi Ki Smruti Mein Hatakshar Pratiyogita	13th May 2022	Hindi
18	World Philosophy Day	10th December 2021	Club 'Sophia
19	Talking Tree - Dr Jayanti Naik	30-May-22	English
20	Talking Tree - Dr Lucy James	12-May-22	English
21	Celebrating Shakespeare (Shakespeare's Anniversary)	23-Apr-22	English
22	Latin Day (Cinco de Mayo)	05-May-22	English
23	Womens Day	08-Mar-22	English
24	April Fool's Day	01-Apr-22	English
25	World Day of Portuguese Language	05-May-22	College
26	Yog Mohstav 2022	02.05.2022 to 21.06.2022	Education & Sports Management along with Tiger Yoga Club
27	Walk for GOA@60	19th Dec 2021	Education & Sports Management along with Tiger Yoga Club
28	Surya Namaskar	26TH JANUARY 2022	Education & Sports Management

# 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

<b>Title:</b>	<b>CONSTITUTION DAY</b>
<b>Date and year:</b>	26 <sup>th</sup> November,2021
<b>Venue:</b>	Heritage hall
<b>No. of Participants</b>	40
<b>Objective:</b>	To know the Constitution of India
<b>Summary of the proceedings</b>	<p>On the occasion of Constitution Day, the Officiating Principal, Dr. Shaila Ghanti read the Preamble to the Constitution at 11:00 a.m. in the Heritage Hall before the administrative staff some teachers and students.</p> <p><b><u>Preamble:</u></b></p> <p><b>WE, THE PEOPLE OF INDIA</b>, having solemnly resolved to constitute India into a <b>SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC</b> and to secure to all its citizens: <b>JUSTICE</b>, social, economic and political; <b>LIBERTY</b> of thought, expression, belief, faith and worship; <b>EQUALITY</b> of status and of opportunity; and to promote among them all <b>FRATERNITY</b> assuring the dignity of the individual and the unity and integrity of the Nation; <b>IN OUR CONSTITUENT ASSEMBLY</b> this twenty-sixth day of November, 1949, do <b>HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION</b></p> <p>All students and staff were asked to join the mass reading in their individual workspaces. The Preamble was available in all Official languages at (<a href="https://readpreamble.nic.in">https://readpreamble.nic.in</a>)</p> <p>HOD's were asked to do the reading in their individual spaces and send photographs to <a href="mailto:sst003@chowgules.ac.in">sst003@chowgules.ac.in</a>.</p>

### Photographs



Officiating Principal reading the Preamble to the staff and students



Dept. of Higher Education
Inward No. 8709
Date 24/11/21

General Administration Department-II  
Government of Goa  
Secretariat, Porvorim-Goa. 403521

Tel :- 0832 2419788/751

Email:- usga2-sect.nic.in

No.15/1/2015-GAD-II /2748

Dated:- 24/11/2021 (3 Agrahayana, Saka 1943)

C I R C U L A R

The "Constitution Day" will be celebrated on Friday, the 26th November, 2021, which coincides with the celebration of the 75<sup>th</sup> Year of Independence as the "Azadi ka Amrit Mahotsav" this year. Therefore, in order to commemorate the day of adoption of our constitution, the occasion of "Samvidhan Diwas" is also been organized with "Jan Bhagidari" on a mega scale.

For wide scale celebration of this occasion, the Hon'ble President of India, will be leading the celebration of Constitution Day live from Central Hall of Parliament on 26/11/2021 from 11.00 a.m. onwards. The occasion will be graced by Hon'ble President, Hon'ble Prime Minister, Hon'ble Speaker, Ministers, MP's and other dignitaries and whole India will be a part of this celebrations via live streaming of the function on Sansad TV/DD/other TV channels and online portals.

The said function will be held in the open space of the Secretariat, wherein the preamble of the Constitution of India will be read along with Hon'ble President of India, via live screening from Central Hall of Parliament, New Delhi at 11.00 a.m..

All Officers and Staff of the Secretariat and the Ministerial Block shall be present at the aforesaid venue and date by 10.50 a.m..

Further, all the HODs/Offices/Autonomous Bodies/Corporations are requested to make necessary arrangements in their respective offices for the live streaming of the reading of the preamble of the Constitution along with the Hon'ble President of India on 26/11/2021 at 11.00 a.m., by adhering to the COVID protocol norms.

Shankar

P.T.O.

Director, Higher

For celebrating this occasion in a befitting manner, the Ministry of Parliamentary Affairs has developed the following web portals:-

- Online Reading of the Preamble to the Constitution in 23 languages i.e. 22 official language and English (<https://readpreamble.nic.in>)
- “Online Quiz on Constitutional Democracy” (<https://constitutionquiz.nic.in>)

These portals will be accessible from 26<sup>th</sup> November 2021 and all citizens can participate and get certificate.

As desired by the Ministry to ensure participation of people on large scale all Government offices/Schools/Colleges/Institutions/Autonomous Bodies/PSU etc. are requested to partake in the mass reading of the Preamble of the Constitution of India alongwith the Hon'ble President and to conduct any programs as deemed fit for the function.

  
(Shripad Arlekar)  
Under Secretary (GA-II)

To:-

1. All Secretaries to Government, Secretariat, Porvorim.
2. Secretary to Chief Minister, Secretariat, Porvorim.
3. Secretary to Governor, Raj Bhavan, Dona Paula.
4. All Additional Secretaries /Joint Secretaries /Under Secretaries to Government, Secretariat, Porvorim-Goa.
5. O.S.D./ P.S. to Chief Minister/ Ministers/ Speaker/ Dy. Speaker/ Leader of Opposition and Advocate General - with a request to bring the contents of the Circular to the notice of all concerned.
6. All HODs/Offices/Autonomous Bodies/Corporations.
7. All the Departments in the Secretariat.
8. Technical Director, National Informatic Centre, Secretariat, Porvorim – to make necessary arrangements in the open space of the Secretariat, for the live screening of the reading of preamble by the Hon'ble President of India.
9. Shri. S.M. Godinho, Security Officer-cum-Housekeeper, Secretariat, Porvorim – with a request to make other required arrangements in the open space on 26/11/2021 for the function.

Copy to: -

1. The Director of Information and Publicity, Panaji. He is requested to make necessary arrangements for TV and press coverage for the above function.
2. All Principals of Government Colleges, Higher Secondaries.
3. P.A. to Secretary, Government of India, Ministry of Parliamentary Affairs, 40, Parliament House, New-Delhi – 110001, in reference to D.O. letter No.15/26/2021-Admn. dated 16/11/2021 addressed to the Chief Secretary, Government of Goa.
4. O/C.



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



**REPORT ON GOA'S 60<sup>th</sup> LIBERATION DAY**



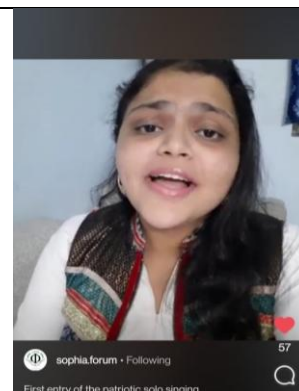
The College celebrated **Goa's 60<sup>th</sup> Liberation Day** on 19<sup>th</sup> December 2021 by unfurling the National Flag. Vice-Principal Shri. Harish Nadkarni addressed the audience on the occasion. Ms. Vanessa Colaco, Assistant Professor, Department of History apprised the audience about Goa's Freedom Struggle. This was followed by singing of a patriotic song and a cultural performance by our students.



To commemorate the 60<sup>th</sup> Goa Liberation Day following departments organized various activities:

<b>Departments</b>	<b>Activities</b>
<b>Economics</b>	<p>Department's Club Econ organized following events on 17<sup>th</sup> December 2021:</p> <ol style="list-style-type: none"> <li><b>Photography Competition on the theme 'Production and Markets of Goan Local products.'</b> Clare Carvalho (FYBA French) won the First place.</li> <li><b>Selfie Contest on the theme 'Occupational Transformation in Goa.'</b> Namita Bholnekar (FYBA Economics), Rosevell Faleiro (FYBA History) Fanaaz Shaikh (FYBA Economics) and Kezia (FYBA Economics) secured the First place.</li> <li><b>Poster making Competition on the themes 'In the honour of those who gave their lives for our freedom' &amp; 'Goa as a Portuguese Colony v/s Goa as a State.'</b> Poster by Teju Patil (SYBA Konkani) and Daisy Moura</li> </ol>

	<p>(SYBA Geography) was awarded the First place.</p> <p>d. Poetry Writing and recitation on the theme ‘Memories of the Freedom Struggle.’ Aakansha Patil (TYBSc Zoology) was adjudged as the winner.</p>
<b>English</b>	<p><b>‘Goan Day’</b> was celebrated on 17<sup>th</sup> December 2021.</p> <p>As part of the event, three different programmes were organized:</p> <p>e. TYBA students showcased Goan Folk Dances, Goan Folk Songs and Goan Cuisine.</p> <p>f. Screening of award winning Konkani movie ‘Paltadacho Munis’ for students (Covid guidelines applied).</p> <p>g. ‘The Goan Poets Day’ – a poetry and performance special organized by Club Carpe Diem, where students shared their original poems on Goa, while also recounting anecdotes and stories about Goa.</p>
<b>Hindi and Marathi</b>	<p><b>A Drawing Competition and a Poetry Writing Competition on the theme ‘Goa Meri Nazro Se’</b> was organized on 20th December 2021.</p> <p>Vishwanee Padiyar (TYBA) &amp; Aksha Gawas (TYBA) won the First place, while Saili Naik (SYBA) and Suhana Mulla (TYBA) won the Second and Third place respectively for the Drawing Competition. Akanksha Raikar (SYBA), Danisha Rodrigues (FYBA) and Saili Naik (SYBA) were the First, Second and Third place winners respectively for the Poetry Competition.</p>
<b>Philosophy</b>	<p>Department’s Club ‘Sophia Forum’ organized an inter-departmental <b>Patriotic Solo Singing Competition</b> on 18th &amp; 19th December 2021.</p> <p>Ms. Prachi Priolkar (SYBA English &amp; Psychology) was adjudged as winner of the competition.</p>



*Screenshot of a participant of the contest*

**Physics  
in  
collaboration  
with  
'Sherlock  
Ohms'**

- a. **Vriksharohan – Neem saplings plantation drive** was carried out on the campus on 19<sup>th</sup> December 2021 in collaboration with the NGO 'Shunya'. 17 students and 8 faculty members participated in the event.



*Faculty & Students participating in Vriksharohan*

- b. **Poster Competition on the topics 'Goa at 60' and 'Goa at 100'** was organized for the students on 19<sup>th</sup> December 2021. The event witnessed participation by 22 students.






*Participants of Poster Competition along with the Judges of the event*

- c. A **Cleanliness Drive** was carried out on 19<sup>th</sup> December 2021 by 14 students and 3 faculty members of the department in the two-wheelers parking lot and the area next to H-Block of the campus.



*Faculty and students of the Department of Physics cleaning the Two-Wheeler Parking Lot*

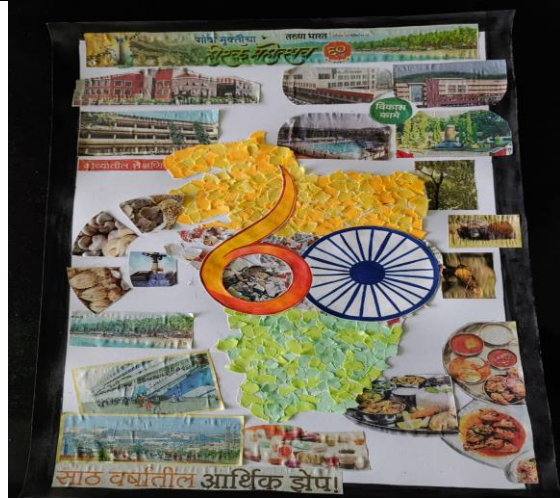
<p><b>Department of Physical Education and Sports Management</b> in association with Fit Tigers Club &amp; Tiger Cycling Club</p>	<p>Organized a <b>Walkathon &amp; Cycle Rally</b> titled ‘Walk for Goa@60’ for the all students of the college. President of YIN Club of college and President of JCI, Mapuca, Mr. Hrishikesh Chanekar was the Chief Guest.</p>  <p><i>Mr. Hrishikesh Chanekar flagging-off the event along with Dr. Devashish Bagchi, Head, Department of Physical Education &amp; Sports Management</i></p> <p><i>Dr. Sanjay Gaikwad, Faculty In-charge of Tiger Cycling Club along with the participants of Cycle Rally</i></p>
<p><b>Library &amp; Information Science</b></p>	<p>An <b>Exhibition on ‘Books on Goa’</b> was organized from 18<sup>th</sup> to 23<sup>rd</sup> December 2021 for the students and staff of the college. Books on Goa, including Literature, History, Law and rare books on Goa were displayed in the Reading Room of the Library.</p>  <p><i>Students browsing through the Books on Goa at the exhibition.</i></p> <p>An <b>Online Quiz on ‘Know Your Goa’</b> was organized on 19th December 2021. A total number of 101 participants which included staff &amp; students of colleges across Goa and general public took part in the quiz.</p>
<p><b>NSS and Red Ribbon Club (RRC)</b></p>	<p>A <b>Placard making activity</b> was conducted for NSS volunteers in which 17 NSS volunteers participated and presented handmade placards.</p>  <p><i>Placards displayed by NSS Volunteers</i></p>
	<p>An Online ‘Goa@60 Liberation Day Quiz’ was conducted on 19th &amp; 20th December 2021. 104 NSS volunteers participated in the quiz contest.</p>
<p>PCC/Report/2021-22</p>	<p>Report Collated by Ms. Bhavana Sawardekar</p>
	<p>Date:22.02.2021</p>



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

**Biochrome club**

<b>Report of 'Collage making competition'</b>	
<b>Title:</b>	60 years of Goa's liberation
<b>Date and year:</b>	23 <sup>rd</sup> December 2021
<b>Venue:</b>	Quad
<b>Organizing Committee</b>	Biochrome Club
<b>No. of Participants</b>	7
<b>Objective:</b>	<ol style="list-style-type: none"><li>1. To spread awareness about Goa's freedom struggle and liberation.</li><li>2. To understand how Goa has developed over 60 years since liberation.</li></ol>
<b>Summary of the proceedings</b>	<p>The collage making competition was conducted on 23<sup>rd</sup> December 2021 from 10 am to 12:30 pm.</p> <p>The session was organized for students. The collage covered the topic, "60 years of Goa's liberation". Students from first, second and third year Biotechnology participated.</p> <p>The session proceeded with an interactive session between the judges and the students. Overall, it was a resourceful and an interactive session!</p>
<b>Photographs</b>	



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Parvatibai Chowgule College of Arts and Science

(AUTONOMOUS)

MARGAO – GOA

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Best affiliated College – Goa University Silver Jubilee Year Award

REPORT OF

**INDUCTION PROGRAM FOR THE FY'S**

**2021**

ORGANIZED BY

**FRENCH DEPARTMENT**

IN ASSOCIATION WITH

**THE BERET BUNCH**

For

**FIRST-YEAR STUDENTS**

On

**2 DECEMBER 2021 / 2:00 P.M.**

At

**C 203 & AV ROOM**

**CAROL BARRETO MIRANDA**

**FACULTY INCHARGE OF FRENCH CLUB**

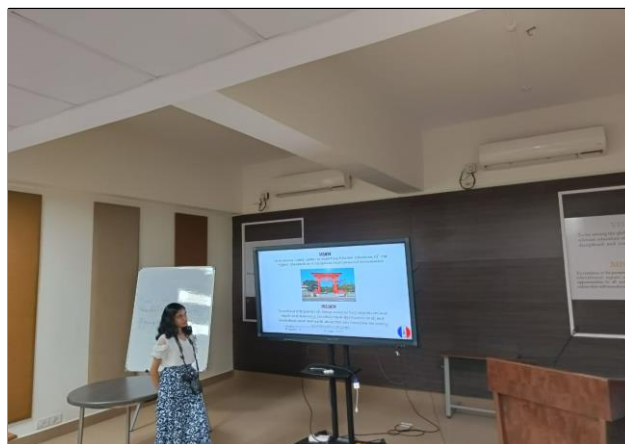
**REPORT**

**INDUCTION PROGRAM**

<b>DATE:</b>	2 DECEMBER 2021
<b>TIME:</b>	2:00 P.M.
<b>VENUE:</b>	C 203 & AV ROOM
<b>NO. OF ATTENDEES:</b>	15
<b>RESOURCE PERSON:</b>	-
<b>ORGANIZED BY:</b>	Faculty of the French Department Carol Barreto Miranda & SY's and TY's of the French Department
<b>ORGANIZED FOR:</b>	First Year Students of the French Department
<b>ASSISTANCE AND LOGISTIC SUPPORT BY:</b>	-
<b>PHOTOGRAPHY BY:</b>	GERIANNE GEORGE

**INTRODUCTION:**

On December 2, 2021, the Department of French at Parvatibai Chowgule College of Arts & Science organized an Induction Programme to welcome the First-Year French students. The program started at 2:00 p.m. in the French classroom, C203. The Head of the French Department, Mrs. Carol Barreto Miranda addressed the crowd with a welcome speech. Then we had a short yet interesting presentation about the objectives carried out in the French BA Undergraduate course covered by Ms. Gerianne George in the AV Room. The presentation gave us a gist of the French course, the aim, that is the ability to speak and read French effortlessly, the various modes of Continuous Assessments, the course structure, and the various activities carried out throughout the year.



This was followed by a mixer game where the first-year students introduced themselves and got to know about the other students as well. The game was an ice breaker so that everyone could learn about the different personas present that day and make new friends. After that, we had a mini-French buffet with beverages, savory as well as desserts. The buffet was inclusive of mouth-watering French-themed snacks contributed by both students as well as teachers - Chocolate croissants, cookies, éclairs, and a lemon gâteau along with some refreshing orange juice (Jus d'orange). For the finale, a musical spectacle was performed by the Second- and Third-year students. The Musical spectacle included two songs- 'Chevalier de la Table Ronde' and 'Les Champs Elysées'. Everyone joined in and sang and danced. Altogether, the event was pretty amazing, everyone had fun, and we look forward to planning more!!



**ANY OTHER INFORMATION:**

**FEEDBACK, REMARKS, OBSERVATION, SUGGESTIONS, ACTION PLAN**

**REPORT NUMBER: 1 PREPARED BY: VISHAKA DAS / GERIANNE GEORGE DATE: 13/12/2021 PAGE NUMBER: 1**

**APPROVED BY :**

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

**Department of Marathi**

(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)

**मराठी भाषा दिवस**

Title:	वि. वा. शिरवाडकर (कुसुमाग्रज) यांच्या नाट्यकृतींचे अभिवाचन
Date and year:	२७ फेब्रुवारी २०२२
Venue:	आभासी कार्यक्रम
Resource person/s:	-
Organising Committee	मराठी विभाग
No. of Participants	०८
Objective:	<ul style="list-style-type: none"><li>● वि. वा. शिरवाडकरांच्या नाट्यकृतींचे सौंदर्य आजच्या विद्यार्थ्यांच्या लक्षात यावे.</li><li>● विद्यार्थ्यांनी नाट्याभिवाचनाचे तंत्र आत्मसात करावे.</li><li>● मराठी साहित्याकृतींचे सौंदर्य विद्यार्थ्यांच्या लक्षात आणून द्यावे.</li></ul>
Summary of the proceedings	मराठी भाषादिन आणि कवी कुसुमाग्रज जयंतीदिनानिमित्त पार्वतीबाई चौगुले महाविद्यालय स्वायत्त मराठी विभागाद्वारे दिनांक २७ फेब्रुवारी २०२२ रोजी वि. वा. शिरवाडकर (कुसुमाग्रज) यांच्या नाट्यकृतींचे अभिवाचन या स्पर्धेचे आयोजन करण्यात आले होते. वि. वा. शिरवाडकरांच्या नाट्यकृतींचे सौंदर्य आजच्या विद्यार्थ्यांच्या लक्षात यावे हा ही स्पर्धा आयोजित करण्यामागचा मुख्य हेतू होता. एकूण १० स्पर्धकांनी या स्पर्धेमध्ये सहभाग घेतला होता. तसेच दि. २८ फेब्रुवारी २०२२ रोजी मराठी भाषा आणि गोजगाराच्या संधी या विषयावर आभासी व्याख्यान आयोजित करण्यात आले होते. हे व्याख्यान सर्व भाषाप्रेमींसाठी खुले असून मराठी भाषा घेऊन करियर करू पाहणाऱ्या विद्यार्थ्यांना याचा जास्तीतजास्त फायदा व्हावा हा हे व्याख्यान आयोजित करण्यामागचा मुख्य हेतू होता. यावेळी प्रा. शुभलक्ष्मी नाईक गांवकर, सहायक प्राध्यापक, मराठी विभाग,

सी. ई. .एस्. महाविद्यालय, कुंकळी, सासष्टी-गोवा या मार्गदर्शिका म्हणून लाभल्या होत्या.
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पार्वतीबाई चौगुले महाविद्यालय (स्वायत्त)

मडगाव – गोवा

मराठी विभाग



जागतिक मराठी भाषादिन

आणि

कवी कुसुमाग्रज जयंतीदिनानिमित्त

आयोजित

‘मराठी भाषा आणि रोजगाराच्या संधी’

(आभासी व्याख्यान)



मार्गदर्शक

प्रा. शुभलक्ष्मी नाईक गांवकर

सहायक प्राध्यापक, मराठी विभाग,

सी. ई. .एस्. महाविद्यालय, कुंकळी, सासष्टी-गोवा

दिनांक: २८ फेब्रुवारी २०२२

वेळ: सकाळी १०.०० वाजता

गुगल मीट लिंक- <https://meet.google.com/sxn-ubzp-gst>

संयोजक

प्रा. श्रद्धा गवंडी

७०२०२३७२९०

संयोजक

प्रा. अंकिता धोंड

९४०४१४५६४९

सह - संयोजक

प्रा. मंगेश हरिजन

७३७८७९९७२४



पार्वतीबाई चौगुले महाविद्यालय (स्वायत्त)



मडगाव - गोवा

मराठी विभाग

जागतिक मराठी भाषादिन

आणि

कवी कुसुमाग्रज जयंतीदिनानिमित्त

आयोजित

स्पर्धा - वि. वा. शिरवाडकर (कुसुमाग्रज) यांच्या नाटयकृतींचे अभिवाचन

स्पर्धेचे नियम व अटी

- ❖ स्पर्धेसाठी प्रवेश निशुल्क आहे.
- ❖ ही स्पर्धा उच्च माध्यमिक आणि महाविद्यालयीन अशा दोन गटात होणार असून दोन्ही गटांचे मूल्यमापन वेगवेगळे करण्यात येईल.
- ❖ प्रत्येक उच्चमाध्यमिक आणि महाविद्यालयातून दोन प्रवेशिका स्विकारल्या जातील.
- ❖ नाट्याभिवाचन केवळ वि. वा. शिरवाडकर रचित/लिखित नाटयकृतींवरच आधारित असणे आवश्यक आहे.
- ❖ प्रत्येक नाट्याभिवाचन सादरीकरणामध्ये केवळ एकाच विद्यार्थ्याचा सहभाग असावा.
- ❖ नाट्याभिवाचन सादरीकरणासाठी प्रत्येक स्पर्धकाने तीन ते पाच मिनिटांचा अवधी घ्यावा.
- ❖ प्रत्येक स्पर्धकाने नाट्याभिवाचन व्हिडीओच्या माध्यमातून [marathi@chowgules.ac.in](mailto:marathi@chowgules.ac.in) या ईमेल पत्त्यावर दिनांक २७ फेब्रुवारी २०२२ पर्यंत पाठवावे.
- ❖ नाट्याभिवाचनाचा व्हिडीओ सादरीकरणामध्ये स्पर्धकाने आपले नाव व वैयक्तिक माहितीचा उल्लेख करू नये. आपले नाव, पत्ता, व्हॉट्सएप क्रमांक व इतर वैयक्तिक माहिती ईमेल पाठविताना स्वतंत्रपणे जोडावी. दोन्ही गटातील विजेत्यांना प्रत्येकी तीन पारितोषिके देण्यात येतील.
- ❖ मूल्यमापनाचे निकष - वाचिक अभिनय, हावभाव, नाटयप्रवेशाची निवड, एकूण प्रभाव.
- ❖ सर्व सहभागी स्पर्धकांना प्रमाणपत्रे देण्यात येतील.
- ❖ परिक्षकांचा निर्णय अंतिम मानला जाईल.
- ❖ स्पर्धेचा निकाल दि. २८ फेब्रुवारी २०२२ रोजी जागतिक मराठी भाषादिनानिमित्त होणाऱ्या कार्यक्रमात जाहीर करण्यात येईल.
- ❖ सदर कार्यक्रमाची गुगल मीट लिंक- <https://meet.google.com/sxn-abzp-gst>

आपले विनीत

डॉ. शैला घंटी  
कार्यकारी प्राचार्य

प्रा. तुमी फळदेसाई  
ईन-चार्ज, मराठी विभाग

Link to Videos Sent by students :-

[https://drive.google.com/file/d/1\\_TL203Ev4NnJ\\_TJtCW4MtYbAmuPG0wnj/view?usp=sharing](https://drive.google.com/file/d/1_TL203Ev4NnJ_TJtCW4MtYbAmuPG0wnj/view?usp=sharing)

[https://drive.google.com/file/d/1\\_TL203Ev4NnJ\\_TJtCW4MtYbAmuPG0wnj/view?usp=sharing](https://drive.google.com/file/d/1_TL203Ev4NnJ_TJtCW4MtYbAmuPG0wnj/view?usp=sharing)



<b>Report on IDPD 2021</b>	
Title	IDPD 2021- Social Outreach Program
Date	4h December 2021
Theme	“Leadership and participation of persons with disabilities toward an inclusive, accessible and sustainable post-COVID-19 world”
Venue	Upper Auditorium (On campus)
Organizing Committee	The Psychology Forum and Club Cerebro
No. of volunteers	27
Number of Attendees	61
Objective	-To create awareness about persons with disabilities -Building sensitivity among students
Summary of the proceedings	<p>Every year “International Day of Persons with Disabilities” (IDPD) is celebrated on 3 December to promote the rights and well-being of persons with disabilities. To commemorate this day this year, the Psychology Forum in collaboration with Club 'Cerebro', organized a social outreach programme. The Theme for IDPD 2021 was “Leadership and participation of persons with disabilities toward an inclusive, accessible and sustainable post-COVID-19 world”. Many competitions were organized around this theme for students to showcase their talents across different fields. The different competitions organized were poetry writing competition, photography competition and poster making competition. The outreach event started with a welcome song performed by students of the department. The chief speaker for the event was Miss Laxmi Srinivas, who was then a student of the department, pursuing her MA in Child Psychology and Development. She gave an enriching talk, raising awareness around Autism Spectrum Disorder. She spoke about the symptoms, therapy treatments and also enlightened the audience with a few tips on how as a society we can interact, help and support those diagnosed on the spectrum. The talk was followed by the screening of a Spanish short film “Cuerdas” , a story about a young boy suffering from cerebral palsy, highlighting themes of</p>

	<p>disability and friendship. The President of the psychology Forum, Miss Sabrin Shaikh then briefly explained the film and the purpose of its presentation. The movie was followed by the prize distribution ceremony and concluded with a vote of thanks by the President of the forum, Miss Sabrin Shaikh.</p>
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**PARVATIBAI CHOWGULE COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS) - GOGOL, MARGAO-GOA  
DEPARTMENT OF GEOLOGY**

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

**REPORT**

<b>Title:</b>	<b>Minerals Day</b>
<b>Date and year:</b>	13 <sup>th</sup> November 2021
<b>Venue:</b>	Department of Geology
<b>Organising Committee</b>	Club Nebulites, Department of Geology
<b>No. of Participants</b>	22 Students, Open to all students and faculties of the college.
<b>Objective:</b>	To spread awareness and appreciation of minerals
<b>Summary of the proceedings</b>	Club nebulites, Department of Geology organized “Minerals day 2021” on 13/11/2021. The objective of the event was to spread awareness and appreciation of minerals in day to day life. The faculty of the department organized thee competitions based on the theme, the events were 1. Minerals Poster Competition, 2. Introduce a mineral (presentation), 3. Minerals Quiz. The students were divided into 4 teams with each team comprising of students of the First, second and third year, the team were: 1. Orthoclase, 2. Sparkles, 3. Relicts 4. Meteorite. All the student showed great enthusiasm and bonding to participate in all the three events. The students also organized a mineral exhibition and Poster presentation in the corridor of the campus which was open for all the faculty and students of the college, the students received many curious visits from the faculty and students of the various departments in the college and very happy to share their knowledge with others. The event turned out to be a great success. The winners of mineral day based on overall best performance across the entire event were Sparkles.

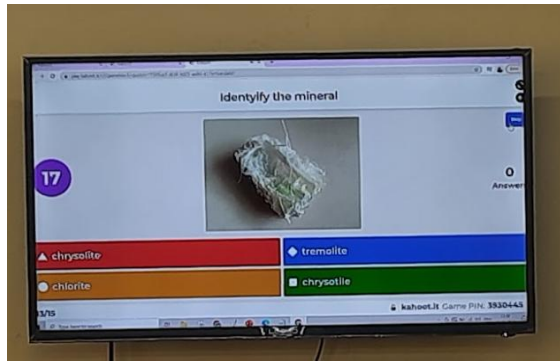
**Photographs:**



**Minerals poster prepared by students for exhibition**



**Minerals exhibition**



**Minerals Quiz**



**Introduce a minerals**



**Judges**



**Winners of the Minerals day Team**

**Report Prepared by the Head of the Department  
Formatted by Ms. Bhavana Sawardekar**

<b>Department of Geology</b>			
<b>Club Nebula</b>			
<b>Minerals Day</b>			
<b>13/11/2021, 10.30 am to 12.30 pm.</b>			
<b>List of participating students</b>			
<b>SN</b>	<b>Name</b>	<b>Roll Number</b>	<b>Contact Hours Awarded</b>
1	Shubham Kumar Vidyarthi	SU190266	5
2	Sakshi Parwar	SU190392	5
3	Adnan Khan	SU190108	5
4	Kaif Jamkhandi	SU190107	5
5	Viresh Kaskar	SU2102443	5
6	Mckayla	SU200267	5
7	Menoshka Leanza vas	SU2102401	5
8	Meldrin Afonso	SU190241	5
9	Lisa Rodrigues	SU190075	5
10	Akshay Singh	SU200023	5
11	Sharai Dourado	SU200017	5
12	Vanetta Pamela Silvera	SU2102411	5
13	Zishwan Immanuel Mergulhao	SU2102497	5
14	Kenneth Fernandes	SU200067	5
15	Rochelle M. R. Salema	SU2102406	5
16	Emlan Baretto	SU2102398	5
17	Chandresh Naik	SU190335	5
18	Padam Singh	SU200024	5
19	Aaron Periera	SU190096	5
20	Jadon Baretto	SU190380	5
21	Apoorva Pimprikar	SU200087	5
22	Yash Bagkar	SU200033	5







**Group picture with judges**

**Prepared by Head of the Department of Geology**

**Formatted by Ms. Bhavana Sawardekar**

<b>Name of the Department GEOLOGY</b>				
<b>Name of the Departmental Club NEBULA</b>				
<b>Title of Extracurricular Event/Activity FOSSIL DAY</b>				
<b>Date time &amp; Venue of the Event/Activity 27/11/21 2pm-5pm AT DEPARTMENT</b>				
<b>List of participating students</b>				
<b>Sr no.</b>	<b>Name</b>	<b>Roll Number</b>	<b>Contact Hours Awarded</b>	<b>Remarks if Any</b>
1	LISA RODRIGUES	SU190075	5	TY BSc
2	AARON PERIERA	SU190096	5	TY BSc
3	JEREMY MIRANDA	SU190043	5	TY BSc
4	WAYNE FERNANDES	SU190147	5	TY BSc
5	KESHAV SINGH	SU190149	5	TY BSc
6	ADHYA KAMAT	SU190160	5	TY BSc
7	CHANDRESH NAIK	SU190335	5	TY BSc
8	ADNAN KHAN	SU190108	5	TY BSc
9	MELDRIN ALFONSO	SU190241	5	TY BSc
10	SHUBHAM K VIDYARTI	SU190266	5	TY BSc
11	JADDON BARETTO	SU190380	5	TY BSc
12	SAKSHI PARWAR	SU190392	5	TY BSc
13	SHARAI DOURADO	SU200017	5	SY BSc
14	AKHAY SINGH	SU200023	5	SY BSc
15	PADAM SINGH	SU200024	5	SY BSc
16	YASH BAGKAR	SU200033	5	SY BSc
17	KENNETH FERNANDES	SU200067	5	SY BSc
18	APOORVA PIMPRIKAR	SU200087	5	SY BSc
19	MCKAYLA	SU200267	5	SY BSc
20	EMLAN CRISOSTOMO BARRETO	SU210398	5	FY BSc
21	MENOSHKA LEANZA VAS	SU210401	5	FY BSc
22	ROCHELLE MELLISSA ROWLAND SALEM	SU210406	5	FY BSc
23	RIO REBELO	SU210407	5	FY BSc
24	VANETTA PAMELA SILVEIRA	SU210411	5	FY BSc
25	KANCHAN PRASAD	SU210494	5	FY BSc
26	VIRESH DAMODAR KASKAR	SU210443	5	FY BSc
27	HRITVIK SARDESSAI	SU210496	5	FY BSc
28	SIDDHARTH SHIRODKAR	SU210510	5	FY BSc
29	ZISHAWN IMMANUEL MERGULHAO	SU210497	5	FY BSc

# Parvatibai Chowgule College of Arts and Sciences (Autonomous)

## REPORT

### ‘WORLD DAY OF PORTUGUESE LANGUAGE’

Under the MOU with Camões, Cooperation and Language Institute, I.P.; Parvatibai Chowgule College, in collaboration with Camões, Centro de Língua Portuguesa, Panjim, celebrated the ‘World Day of Portuguese language’ on 5<sup>th</sup> May, 2022 in the College.

The highlight of the day was the inauguration of the exhibition on the Life and Works of Nobel Prize laureate for literature in 1998 *José Saramago* of Portugal.

The dignitaries present were Prof. Delfim Correia da Silva, Director of Camões Instituto de Cooperação e da Língua, Goa and visiting lecturer at the University of Goa; Dr. Shaila R. Ghanti, Offg. Principal; Dr. Ananya Das, Vice-Principal; Mr. Tolentino Colaco, faculty-Department of Portuguese; Dr. Sachin Moraes, Dean of Arts; Ms. Trupti Faldessai, Coordinator-Portuguese language course.

The inaugural function was held with the lighting of the traditional lamp by Prof. Delfim Correia Silva; Dr. Shaila R. Ghanti; Dr. Ananya Das and Mr. Tolentino Colaco in the Lower Auditorium of the College.

Dr. Shaila R. Ghanti, Offg. Principal welcomed Prof. Delfim Correia Silva, staff and students.

Prof. Delfim Correia da Silva briefed about the life and literary work of *José Saramago* to the audience. He also screened short clips of the books written by *José Saramago* of Portugal.

Dr. Sachin Moraes presented the vote of thanks.

The compere for the function was Dr. Golda Vas, faculty- Department of Psychology.

The inaugural function was attended by staff and students.

The exhibition was displayed in the Tigers Coop opened for the students and public from 5<sup>th</sup> to 8<sup>th</sup> May, 2022.

This exhibition was conceived by the José Saramago Foundation, Camões, Institute for Cooperation and Language and the Directorate-General of Books, Archives and Libraries. It consists of a set of panels created according to the personal and literary career of *José Saramago*. It represents a “journey” oriented towards reading and re-reading Saramago, as suggested by a

passage in Journey to Portugal: “It is necessary to retrace the steps that were taken, to repeat them and to plot new paths alongside them.”

To commemorate the ‘World Day of Portuguese Language’, screening of the movies in Portuguese were held in the Lower Auditorium of the College for students and public from 6<sup>th</sup> to 8<sup>th</sup> May, 2022 as mentioned below:

6<sup>th</sup> May 2022 - Film “**Embargo**”(2010) by António Ferreira, based on a short story of the Nobel Price of Literature in 1998

7<sup>th</sup> May 2022 - Documentary “**Herdeiros de Saramago -Part I**” (2020) by GraçaCastanheira and Carlos Vaz Marques

8<sup>th</sup> May 2022 - The documentary “**José e Pilar**” (2010) by Miguel Gonçalves Mendes, 117’

The function was coordinated by Ms. Trupti Faldessai.



*Prof. Delfim Correia da Silva along with Dr. Shaila Ghanti, Off Principal, Dr. Annaya Das, Vice-Principi, Mr. Tolentino Colaco, faculty during the Inuagural Function*



*Prof. Delfim Correia da Silva addressing the gathering*



*Prof. Delfim Correia da Silva along with Dr. Shaila Ghanti,  
Offg. Principal, Dr. Anaya Das, Vice-Principal inaugurating the Exhibition*



*Screening of the movie*

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

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

## REPORT

<b>Title:</b>	<b>Mehandi Competition</b>
<b>Date and year:</b>	2 <sup>nd</sup> May 2022
<b>Venue:</b>	College Room No C 201 and woods
<b>Organising Committee</b>	Department of Hindi
<b>No. of Participants</b>	09 Participants
<b>Objective:</b>	To encourage the skills and talent of the student. To provide a platform for the students.
<b>Summary of the proceedings</b>	On the occasion of Eid the department of Hindi organised a Mehandi Competition on 02 <sup>nd</sup> May 2022. Students from F.Y.B.A and T.Y.B.A actively took part in it. The theme of the Mehandi Competition was Arabic and Indian. The Judges of the competition was Assistant Professor Sachi Naik and Assistant Professor Priyanka velip. The winners of the competition are as follows: - <ol style="list-style-type: none"><li>1) Shruti Dessai ( 1<sup>st</sup> Prize)</li><li>2) Ruksana Shaikh (2<sup>nd</sup> Prize)</li><li>3) Puja Naik (3<sup>rd</sup> Prize)</li><li>4) Suhana Mulla</li><li>5) Sapna Rajpurohit</li></ol>

### Photographs:



Report prepared by Assistant Professor -Alka Gawas

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

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

## REPORT

<b>Title:</b>	<b>SWEET DISH MAKING COMPETITION</b>	
<b>Date and year:</b>	2 <sup>nd</sup> May 2022	
<b>Venue:</b>	Room No C 201	
<b>Organising Committee</b>	Department of Hindi ParvatibaiChowgule College of Arts and Science.	
<b>No. of Participants</b>	05 (students)	
<b>Objective:</b>	To inculcate the communication skills and talent. To provide a platform for student.	
<b>Summary of the proceedings</b>	<p>On the occasion of Eid department of Hindi had organised sweet dish making competition on 2<sup>nd</sup> May 2022. Students had prepared sweet dishes such as Gajar ka halwa, Panchkhaj, louki ki kheer, Sevayan and Custurd. Each student presented their sweet dish before judges.</p> <p>Judges for this competition was Assistant Professor Ramu Pagi from Economics Department and Assistant Professor Priyanka Velip from Hindi department.</p> <p>The winners of the competition are as follows :-</p> <ol style="list-style-type: none"><li>1) Devika Sambari (1<sup>st</sup> prize)</li><li>2) Aksha Gawas (2<sup>nd</sup> Prize)</li><li>3) Suhana Mulla (3<sup>rd</sup> Prize)</li></ol>	
<b>List of Attendees/Participants (Students)</b>		
<b>Sr No.</b>	<b>Roll No</b>	<b>Participant Names</b>
1	AU190120	Devika sambari (T.Y.B.A)
2	AU190094	Shivani Naik (T.Y.B.A)
3	AU190229	Aksha Gawas (T.Y.B.A)
4	AU190218	Suhana Mulla (T.Y.B.A)
5	AU2101305	Shruti desai (F.Y.B.A)

### **Photographs:**



**Report prepared by Assistant Professor -Alka Gawas**



Parvatibai Chowgule College of Arts and Science  
(Autonomous)

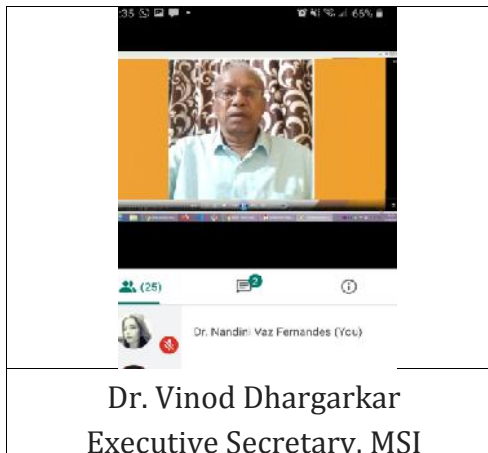
Accredited by NAAC with Grade 'A+'  
Best Affiliated College-Goa University Silver Jubilee Year Award

<b>REPORT OF 'WORLD MANGROVE DAY CELEBRATION'</b>	
<b>Title:</b>	<b>'World Mangrove Day Celebration'</b>
Date and year:	26 <sup>th</sup> July, 2021
Organised By:	Department of Zoology
Coordinated by:	Dr. Nandini Vaz Fernandes Ms. Prasanna Naik Gaonkar Ms. Gautami Manakikar
No. of Participants	Session: 25 Competition: 18
Objective:	Create awareness about significance of mangroves and importance of its conservation.
Summary of the proceedings	<p>World mangrove day was celebrated on 26th July 2021, at Parvatibai Chowgule College to create awareness about significance of mangroves and importance of its conservation. A series of events were conducted under the guidance of Dr. Nandini vaz Fernandes, Associate Professor and Head of the department of Zoology of Parvatibai Chowgule College. The faculty team coordinating various events included Ms. Gautami Manakikar, Ms. Prasanna Naik Gaonkar, Ms. Tessa Vaz and Ms. Madhu Balekai. The program was conducted in virtual mode.</p> <p><b>Inaugural Address:</b> Dr Nandini Vaz fernandes, Head of the deptment of zoology briefed the students on the importance of celebrating magrove day, and highlighted that three competitions were organised by the department for the students, on the occassion.</p> <div data-bbox="715 1550 1238 1890" data-label="Image"></div> <p>Dr Nandini Vaz fernandes, Head of the Department of Zoology</p>



### Key note Address:

Dr. Vinod Dhargarkar, Executive Secretary, of Mangrove Society of India, delivered the keynote address, wherein he stated the works undertaken and efforts made by MSI in spreading awareness on importance of mangroves, encouraging mangrove research and sensitising students on the same.



### Competitions held:

Three competitions were held for the students on themes such as 'Conservation of mangrove ecosystem'; 'Threats to mangroves' and 'Mangrove fauna'. The winners of the competition are as follows:

- 1) **Slogan Competition:** The theme of the competitions was "Conservation of Mangrove ecosystem".

Best slogan winner: Ms. Shanaya Phal Desai-SYBSc  
Zoology



Parvati Bai Chowgale College of Arts & Science (Autonomous)  
Accredited by NAAC with Grade 'A' (CGPA) of 3.8 and 4 points  
Part of Bharati College Group University, Bharati Vihar, Pune

DEPARTMENT OF ZOOLOGY  
IN ASSOCIATION WITH  
MANGROVE SOCIETY OF INDIA

**MANGROVE DAY CELEBRATION-2021**  
**SLOGAN WRITING**  
**COMPETITION**

**THEME: CONSERVATION OF MANGROVE ECOSYSTEM**

**GUIDELINES:**

1. Number of entries per participant: 01
2. The slogan must illustrate and emphasize on the theme.
3. The entries must be submitted in A3 size paper.
4. The slogan must be short, creative and original.

LAST DATE OF SUBMISSION: 24<sup>TH</sup> JULY 2021  
SUBMIT THE SLOGAN AS A SOFT COPY TO ZOOLOGY@CHOWGULES.AC.IN

2) **Elocution competition:**

**Topic:** 1. Threats to mangrove ecosystem.

2. Importance of Mangrove.

3. Issues and challenges of mangrove conservation.

First Place: Ms. Shanaya Phal Desai – SYBSc Zoology

Puvaitibi Chowgule College of Arts & Science (Autonomous)  
Department of Zoology  
IN ASSOCIATION WITH  
MANGROVE SOCIETY OF INDIA

**MANGROVE DAY CELEBRATION-2021**  
**ELOCUTION**  
**COMPETITION**

**TOPICS:**  
1. THREATS TO MANGROVE ECOSYSTEM  
2. IMPORTANCE OF MANGROVES  
3. ISSUES AND CHALLENGES OF MANGROVE CONSERVATION

**GUIDELINES:**  
1. Make a video on any one topic from the list mentioned.  
2. Video should not exceed 01 minute.  
3. The video can be in English/Konkani/Marathi.

LAST DATE OF SUBMISSION: 24<sup>th</sup> JULY 2021  
SUBMIT THE VIDEO TO ZOOLOGY@CHOWGULES.AC.IN

3) **Photography Competition:** Theme “Mangrove Fauna”

Best photograph: Ms Antara Poi Raiturker- TYBSc Zoology

Puvaitibi Chowgule College of Arts & Science (Autonomous)  
Department of Zoology  
IN ASSOCIATION WITH  
MANGROVE SOCIETY OF INDIA

**MANGROVE DAY CELEBRATION-2021**  
**PHOTOGRAPHY**  
**COMPETITION**

**THEME: MANGROVE FAUNA**

**GUIDELINES:**  
1. NUMBER OF ENTRIES PER PARTICIPANT: 01  
2. SIZE OF THE PHOTOGRAPH: A4 (PORTRAIT/LANDSCAPE SHOTS ACCEPTED)  
3. ADD A SUITABLE CAPTION FOR THE PHOTOGRAPH BASED ON THE THEME.

LAST DATE OF SUBMISSION: 24<sup>th</sup> JULY 2021  
SUBMIT THE PHOTOGRAPH AS A SOFT COPY TO ZOOLOGY@CHOWGULES.AC.IN

The programme ended with a vote of thanks.

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

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

## REPORT

<b>Title:</b>	<b>CHRISTMAS CELEBRATION</b>
<b>Date and year:</b>	23 December 2021
<b>Venue:</b>	College Upper Auditorium
<b>Organising Committee</b>	Department of Hindi
<b>No. of Participants</b>	Participants (FYBA,SYBA,TYBA)
<b>Objective:</b>	To encourage the skills and talent of the student. To provide a platform for the students.
<b>Summary of the proceedings</b>	On 23 <sup>rd</sup> December 2021 department of Hindi had organised Christmas party. The comparing of the program was done by the students of F.Y.B.A ridhi and shruti. A game secret santa was organised for the students in which the students shared their gifts with each other. Christmas Cake was prepared by T.Y.B.A Student Devika Sambari. At the end of the program a refreshment and Christmas cake was served.

### Photographs:



Report prepared by Assistant Professor -Alka Gawas

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

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

## REPORT

<b>Title:</b>	<b>Hastakshar/Handwriting competition</b>
<b>Date and year:</b>	13 <sup>th</sup> May 2022
<b>Venue:</b>	Parvatibai Chowgule College of Arts & Science (Autonomous)
<b>Organising Committee</b>	Department of Hindi
<b>No. of Participants</b>	18 Participants
<b>Objective:</b>	To encourage the skills and talent of the student. To provide a platform for the students.
<b>Summary of the proceedings</b>	On 13 <sup>th</sup> May 2022 department of Hindi of Parvatibai chowgule college organised Handwriting competition. This was held in a memory of late author Mahavir Prasad Dvivedi. There was a great response from F.Y.B.A, S.Y.B.A, T.Y.B.A students. Volunteers for this competition were Miss Devika Sambari and Miss Aksha Gawas. Competition began at 12:45 in Room No C 101. Students were given a short paragraph on the life of Mahavir Prasad Dvivedi.

### Photographs:

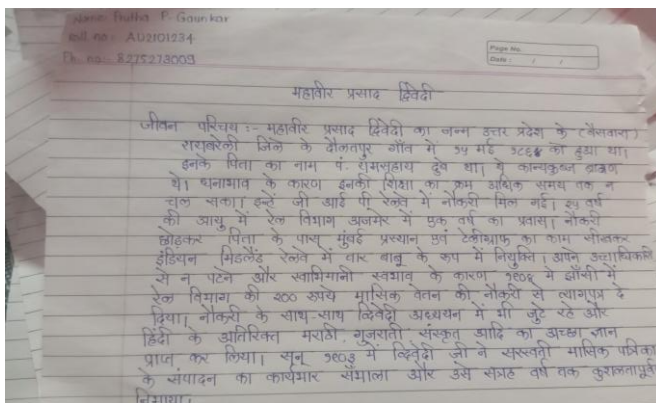
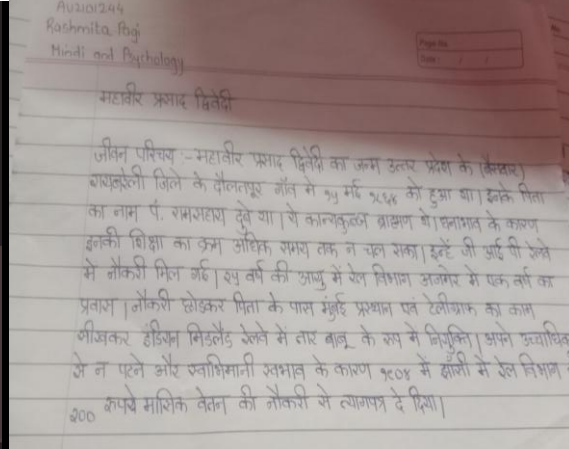
पार्वतीबाई चौगुले कला एवं विज्ञान महाविद्यालय  
(स्वायत्त)

हिंदी विभाग द्वारा आयोजित  
आचार्य महावीर प्रसाद द्विवेदी स्मृती - "हस्तलेखन प्रतियोगिता"  
दिनांक : १३ मई २०२२  
समय : १२:४५ से १:१५ बजे तक (क्लास रूम - C 101)

**प्रतियोगिता के नियम**

- प्रतियोगिता में प्रतिभागी फाउंडेन पेन/जेल पेन का उपयोग नहीं कर सकते।
- केवल बॉल पेन या जेल पेन का ही उपयोग करना है।
- हस्तलेखन के लिए पर्याप्त और कामज़र उपलब्ध कराया जाएगा।
- निर्णय के दौरान अतिरिक्त डिजाइन / लिखावट पर विचार नहीं किया जाएगा। सुंदर लेखन पर ही विचार किया जाएगा।
- परीक्षकों का निर्णय अंतिम होगा।

For more details contact student incharge: Aksha Gawas (9869701833) (WhatsApp will be provided)



Report prepared by Assistant Professor -Alka Gawas



# Parvatibai Chowgule College of Arts and Science

(AUTONOMOUS)

MARGAO – GOA

Accredited by NAAC with grade 'A+' (CGPA Score 3.27 on a 4 Point Scale)

Best affiliated College – Goa University Silver Jubilee Year Award

REPORT OF

## CHOWGULE COLLEGE YOG MOHSTAV 2022

ORGANISED BY

**DEPARTMENT OF PHYSICAL EDUCATION  
& SPORTS MANAGEMENT**

IN COLLABORATION WITH

**TIGER YOGA CLUB**

For

**STAFF&STUDENTS OF CHOWGULE COLLGE**

FROM

**02.05.2022 to 21.06.2022**

At

**ONLINE, TIGER'S GHOL & QUAD**

Report Prepared by

**AUDUMBAR TAMSE  
FACULTY INCHARGE**

**CHOWGULE COLLEGE YOG MOHSTAV 2022**

## REPORT

# CHOWGULE COLLEGE YOG MOHSTAV 2022

<b>DATE:</b>	02.05.2022 TO 21.06.2022
<b>VENUE:</b>	Online, Tiger's Ghol & Quad
<b>NO. OF ATTENDEES:</b>	173
<b>RESOURCE PERSONS:</b>	Mr.Audumbar Tamse, Dr.Devashish Bagchi, Dr.Francis Lobo, Dr. Anand Masur, Mr.Daulsab Vatar, Dr. Golda Vas & Dr. Sapana Sakhalkar.
<b>ORGANIZED BY:</b>	Department Of Physical Education & Sports Management
<b>ASSISTANCE AND LOGISTIC SUPPORT BY:</b>	Mr. Sudesh Manjrekar, Mr. Sanjay Swain &
<b>PHOTOGRAPHY BY:</b>	Audumbar Tamse & Filmmakers Club

**INTRODUCTION:** As per the instructions from Ministry of AYUSH all the institutes were ordered to have month wise events which will lead to International Yoga Day 2022.

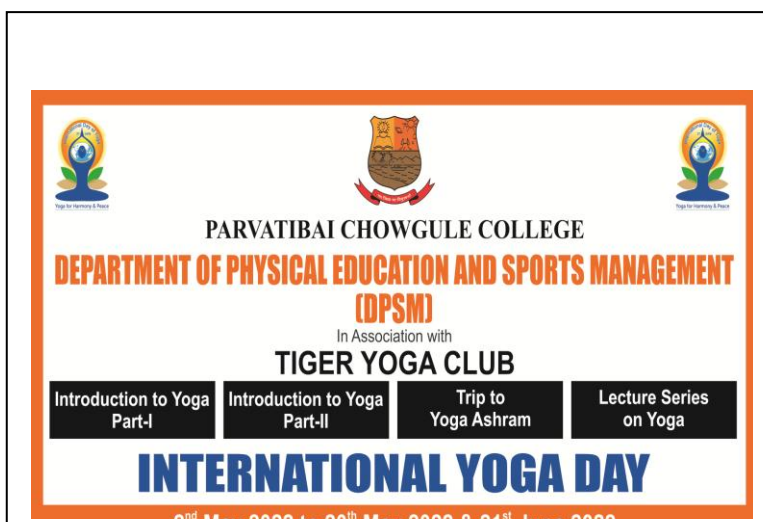
Department of Physical Education & Sports Management of Chowgule College decided to organize Chowgule College Yog Mohotsav 2022, Road to International Yoga Day 2022 for the Students & Staff of Parvatibai Chowgule College from 2<sup>nd</sup> May 2022 to 21<sup>st</sup> June 28, 2022.

This event had 2 different Yoga camps, a visit to Yogashram, lecture series on Yoga & International yoga day 2022 celebration.

As per the instructions from Ministry of AYUSH all the institutes were ordered to have month wise events which will lead to International Yoga Day 2022.

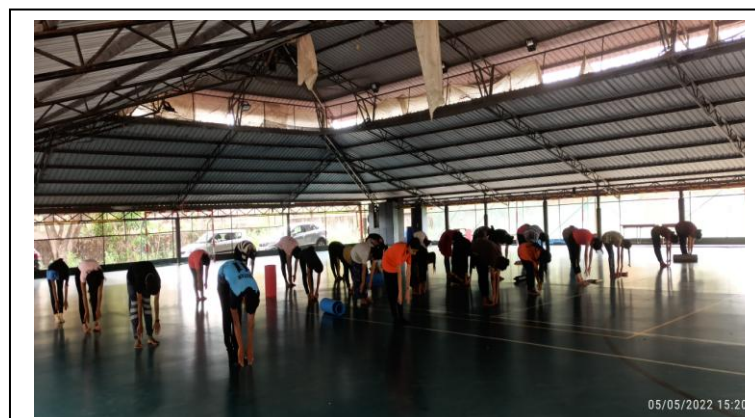
Department of Physical Education & Sports Management of Chowgule College decided to organize Chowgule College Yog Mohotsav 2022, Road to International Yoga Day 2022 for the Students & Staff of Parvatibai Chowgule College from 2<sup>nd</sup> May 2022 to 21<sup>st</sup> June 28, 2022.

This event had 2 different Yoga camps, a visit to Yogashram, lecture series on Yoga & International yoga day 2022 celebration.



### **1<sup>st</sup> camp was Introduction to Yoga-part**

**I:** From 2<sup>nd</sup> May 2022 to 7<sup>th</sup> May 2022. This camp was conducted by Mr. Audumbar Tamse. This camp had online lecture on Introduction to yoga & practical sessions on Standing asanas, sitting asanas, sleeping asanas & Pranayama. Online lecture was conducted online on google meet & practical sessions Tiger's Ghol from 3.00pm to 4.00pm. 71 students attended this Yoga camp.



**2<sup>nd</sup> camp was Introduction to Yoga-part II:** From 9<sup>th</sup> May 2022 to 13<sup>th</sup> May 2022. This camp was conducted by Mr. Audumbar Tamse. This camp had 2 practical sessions on advance Asanas, online Lecture on meditation & 2 practical sessions on meditation. Online lecture was conducted online on google meet & practical sessions Tiger's Ghol from 3.00pm to 4.00pm. 52 students attended this Yoga camp.



**Trip to Yogashram at Om Nitva Divya Yogashram, Bethora, Ponda-Goa**

on 14.05.2022. This event was coordinated by Mr. Rohit Naik & Mr. Audumbar Tamse. Students who were asked to report at 6.30am for the visit. We left for the Yogashram at 7.11am from the college & reached the ashram at 8.06am. The daily prayer of Yogashram started at 8.10am in which some of our students also participated, at 8.30 am practical session on Yogasana, Pranayama & Meditation started at 8.35am & ended at 9.30am thereafter demonstration on Shudhikriya started at 9.35am & ended at 10.30am, then breakfast at 10.30am to 11.00am, Lecture on Ashtanga Yog started at 11.15am ended at 12.30pm, Tour Yogashram from 12.40pm to 1.00pm & last lunch at 1.00pm. We left the Yogashram for the college at 2.10pm & reached the College at 3.09pm. 57 students attended this visit.



**Lecture Series on Yoga**

Lecture Series on Yoga was our last event before the celebration of International Yoga Day 2022 from 16.05.2022 to 20.05.2022. Online lecture series featuring four invited resource persons was conducted on various topics related to Yoga. All lectures were conducted online through google meet. Mr. Audumbar Tamse deliberated on 'Active lifestyle, need of the hour' by Dr. Francis Lobogave a lecture on 'Yoga & health' by Mr. Daulsab Vatar spoke on 'Yoga as a Competitive Sport' the last lecture was on 'Pranayama & Voice culture' by Mr. Anand Masur.



### **International Yoga Day 2022**

Last event of the Mahotsav was the celebration of International Yoga Day 2022. Urban Health Centre, Margao collaborated with Chowgule college for this event. The event started at 8.30am with welcome address by Dr. Devashish Bagchi followed by lighting of the lamp by all the dignitaries. Dr. Devashish Bagchi and Mr Audumbar Tamse presented the report of all the activities of Yog Mahotsav. Dr. Pratista Cuncolikar of Urban Health Centre made a presentation on benefits of Yoga & Ashtanga Yoga. This was followed by display of Yogasana in artistic form by students of Crescent school & Manovikas school. Common Yoga Protocol was conducted for all the staff & the students present for the event guided by Mr. Audumbar Tamse, Dr. Sapna Sakhalkar & Dr. Golda Vas. The International Yoga Day celebration came to an end at 9.45am. Refreshments were provided to all the attendees.

### **Certificate of appreciation**

Certificates of appreciation were awarded to resource persons, student volunteers and Urban Health Centre, Margao for their contribution for making the Yog Mahotsav a grand success.







# Parvatibai Chowgule College of Arts and Science

(AUTONOMOUS)

MARGAO – GOA

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REPORT OF

**WALK FOR GOA@60**

**TO COMMEMORATE THE 60<sup>TH</sup> 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

**19<sup>TH</sup> 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 <sup>th</sup> 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 60<sup>th</sup> 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



**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**

**26<sup>TH</sup> 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

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