



## Parvatibai Chowgule College of Arts and Science (Autonomous)

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

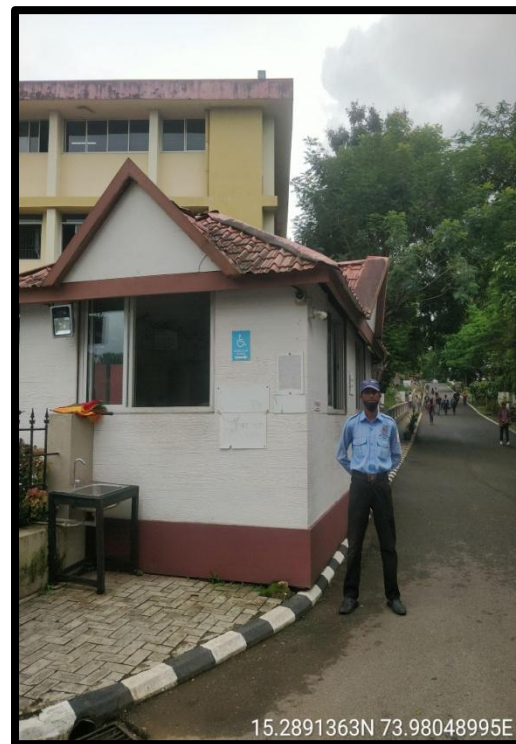


### **SPECIFIC FACILITIES PROVIDED FOR WOMEN**

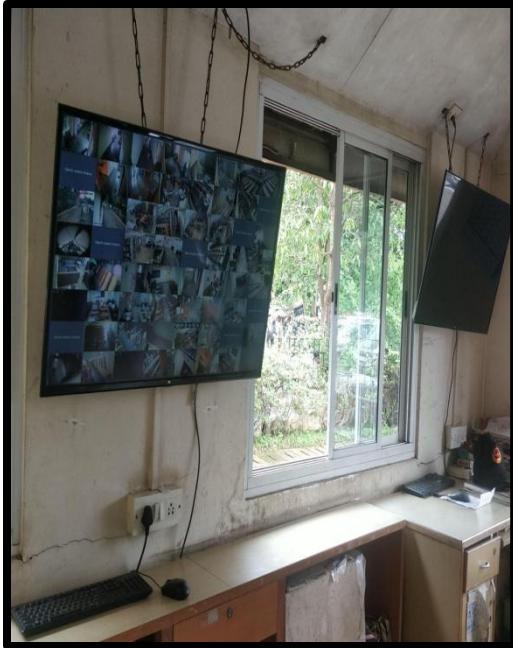
#### **A. Safety and security:**

Institution creates an environment that prioritizes safety of women by providing

- well trained guards with security personnel at the entrance gate. They check the ID cards and register unknown entrants/visitors with their ID card.
- Institution also has surveillance cameras installed in the campus at various locations such as corridor, QUAD, etc and is being monitored to avoid any untoward incidents and provide safety to all.
- Fire extinguishers are placed at important points within the campus to ensure safety during fire accidents.



*Security guards at the entrance of the Institution*



*CCTV cameras installed in the campus*



*Fire hose box placed outside the Quad area in A-block and water facility*

## B. Counselling

College has appointed two counselors who deal with both general as well as career counseling. Counselors are involved in conducting the activities for create awareness on Prevention of Sexual Harassment at Workplace.

## C. Common rooms :

Institution has designated two common rooms in the main staff room in Block 'B' one for male staff and another for female staff. Common rooms serve as a hub to relax and have casual conversations to connect with peers.

Ladies Common room is furnished with two beds, a dressing table with mirror and cabinets, chairs, cupboard along with basic amenities such as fan, sanitary pad vending machine, incinerator for sanitary pad disposal and water filter. The common room has attached washroom facilities. Regular maintenance and cleanliness of these spaces are taken care of by the housekeeping staff to create a welcoming environment.







15.28992935N 73.98066964E



15.28992935N 73.98066964E

*Sanitary Napkin Vending Machine inside ladies washroom*

## D. Any other relevant information

1. The students of the Department of Sociology attended an **awareness programme on ‘Entitlements of Victims of Commercial Sexual Exploitation’** organized by the District Legal Services Authority, North Goa and South Goa in collaboration with GSACS and ARZ (Anyay Rahit Zindagi) NGO at the Old High Court, Altinho Panjim on 28<sup>th</sup> August, 2022.  
Mr. Arun Pandey, Director, ARZ NGO delivered the keynote address. A session on **‘Human Rights Issues of people belonging to the transgender community’**, was followed by a talk on **‘Human Rights Issues of victims of commercial sexual exploitation’**. The programme concluded with a vote of thanks.
2. Ms. Saroj Usgaonkar, Assistant Professor, Department of Philosophy and Filomena Pereira, Assistant Professor, Department of Philosophy attended DoPT, GoI Sponsored **Training Programme on “Women’s Health And Menstrual Hygiene”** organised by GIPARD, Ella Farm, Old Goa from 11th - 15th October 2022.
3. Ms. Siana D’Mello, Assistant Professor, Department of Sociology presented a **research paper titled ‘Women in the grassroots governance of Goa’** for the National Seminar on **‘Women Leadership in Decentralised Governance’** organized by the Centre for Decentralisation and Development- Institute for Social and Economic Change (ISEC), Bengaluru held on 3<sup>rd</sup> and 4<sup>th</sup> November, 2022.



*Ms. Siana D’Mello at the National Seminar on ‘Women Leadership in Decentralised Governance’*



*Certificate awarded to Ms. Siana D’Mello for presenting a research paper for the National Seminar on ‘Women Leadership in Decentralised Governance’*

4. Dr. Sachin Savio Moraes, Head & Assistant Professor, Department of Sociology presented a research paper at the 14<sup>th</sup> National Sociology Conference at Kuvempu University on ‘Reconstructing Society in post-Covid-19 India: Challenges and Opportunities for Sociology’, in RC.14: Gender and Society, the paper titled **‘International Migration and Women Empowerment in Rural Goa: A Kabeerian Approach’**. The conference was held on 9<sup>th</sup> and 10<sup>th</sup> November, 2022.



*Dr. Sachin Savio Moraes presenting the research paper*



*Dr. Sachin Savio Moraes at the 14<sup>th</sup> National Sociology Conference at Kuvempu University*

5. Mr. Audrick D'Mello, Assistant Professor, Department of Philosophy and Ms. Shalma Mascarenhas, Assistant Professor, Department of Zoology attended three days DoPT, GoI Sponsored **Training Programme on ‘Gender Sensitization’** organized by Goa Institute of Public Administration and Rural Development (GIPARD), Ella Farm, Old Goa from 11<sup>th</sup> to 13<sup>th</sup> January, 2023.



*Ms. Shalma Mascarenhas at the three days DoPT, GoI Sponsored Training Programme on ‘Gender Sensitization’*

6. Ms. Sonali Gaonkar, Assistant Professor, Department of Botany attended a five days MoRD sponsored **Training Programme on ‘Women Health and Menstrual Hygiene’** organized by Goa Institute of Public Administration & Rural Development (GIPARD) at Lecture Hall, GIPARD, Ella Farm, Old- Goa from 17<sup>th</sup> to 21<sup>st</sup> January, 2023.



*Ms. Sonali Gaonkar at the five days MoRD sponsored Training Programme on ‘Women Health and Menstrual Hygiene’*

7. A book on **‘Breast Cancer – All that you need to know’** was launched at the hands of eminent oncologist Dr. Shekar Salkar, former Chairman-Goa Medical Council, Joint Secretary-Goa Cancer Society, President-National Organisation for Tobacco Eradication (India) and President-GOKARMA Oncology Medical Trust. The book launch function was held in College on 25<sup>th</sup> February, 2023.

The book is authored by Prof. Nandini Vaz Fernandes, Head, Department of Zoology; Dr. Preetesh Kote, Consultant Pathologist; Ms. Regina Fernandes, Assistant Professor, Post Graduate Diploma in Clinical Genetics and Medical Laboratory Techniques(PGDCGMLT).

Eminent Physicians Dr. Medha Salkar, Dr. Preetesh Kote, Dr. Anisha Cardozo, Dr. Pratista Naik Cuncolikar attended the function besides the faculty, staff and students. The event was coordinated by the faculty members of the Department of Zoology Ms. Shalma Mascarenhas, Ms. Filomena Pereira and Ms. Mithali Halarnkar.





*Chief Guest Dr. Shekar Salkar along with the Authors, Vice- Principal and Physicians at the Book Release function of the book 'Breast Cancer- All that you need to know'*

8. As a part of JANNANI program for girl child and adolescents by the Ministry of Education, Government of Goa, India the College Counsellors were invited as the resource persons as mentioned below:

- a) Ms. Sumedha More, College Counsellor was invited as a resource person at Mahila and Nutan English High School, Comba-Margao on 22<sup>nd</sup> February 2023. She delivered a **session on "Protecting oneself from sexual violence"**.
- b) Ms. Sneha Queency Andrade, College Counsellor was invited as a resource person at Mahila and Nutan English High School, Comba- Margao on 25<sup>th</sup> February, 2023. She delivered a **session on "Good Touch, Bad Touch"**, a social awareness for the VI and VII standard students of the School.



*Ms. Sumedha More delivering the session on 'Protecting oneself from sexual violence'*



*Ms. Sneha Queency Andrade delivering the session on 'Social awareness - good and bad touch'*

9. A lecture and an **interactive session on ‘Health issues of Women’** on 25<sup>th</sup> February, 2023. The resource person was Dr. Pratista Naik Kunkolikor. She delivered a session on “Understanding Polycystic Ovary Syndrome’. A total of 56 students participated in the same.



*Dr. Pratista Naik Kunkolikor delivering the session on Understanding Polycystic Ovary Syndrome’*

10. Ms. Theresa Carvalho, NSS Volunteer along with the student Mr. Frederick Dias took part in the ‘*Face Painting Competition*’ and ‘*Rangoli Competition*’ on the theme ‘**Save the Girl Child**’ to celebrate International Women’s Day organized by the South Goa District Administration at the Mathany Saldanha Administrative Complex, Margao on 10<sup>th</sup> March, 2023.

## **REPORT**

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

**DATE: 11<sup>TH</sup> TO 15<sup>TH</sup> 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 11<sup>th</sup> to 15<sup>th</sup> 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



GIPARD

## 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 11<sup>th</sup>-15<sup>th</sup> 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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## REPORT ON OFF CAMPUS ACTIVITY

(Seminar / Webinar / Expert talk / Workshop / Visit to Incubators on the themes pertaining to Innovation/Entrepreneurship/Intellectual property)

<b>Title of the event</b>	<b>School Safety Plan and Auditing</b>
<b>Date and time</b>	7 <sup>th</sup> , 8 <sup>th</sup> and 9 <sup>th</sup> February 2023 (10.00am to 5pm)
<b>Mode</b>	Offline
<b>Organising Department/School/Directorate/Section</b>	(GIPARD) Goa Institute of Public Administration & Rural Development
<b>Resource Person/s</b>	Dr. Amir Ali Khan (Associate Professor NIDM) Shri. Nitin Naik (Dir, EvacSafe Pvt Ltd) Ms. Yogita Garbyal (Young Professional, NIDM) Sr. Remy Lacerda (Ex. Faculty, Nursing Institute) Shri Ravi Naik (Station Fire Officer, Panaji)
<b>Name of the Faculty attended</b>	Shri. Kumaresh V. C.
<b>Name of the Students attended (if any)</b>	NA
<b>The objectives and description of the activity</b>	<p><b>Objective:</b> The programme intends to sensitize the participants on the various issues like formulation of school disaster management plan, promote and institutionalize issues concerning school safety / disaster risk reduction and management.</p> <p><b>Day1 Session1:</b>After the inaugural session, the programme started with expectations of the training programme, experiences of the participants in the disaster related situation and the ground rules. The basic concepts of Disaster Risk Reduction (DRR) with reference to school safety and education was presented.</p> <p><b>Session II:</b> Local Hazard, vulnerability, capacity and risks of schools with case studies from the past disasters in Telangana and other states was presented.</p> <p><b>Session III:</b> Structural and Non – structural measures for building safety was discussed</p> <p><b>Session IV:</b> Group Discussion Topic for my group was “How to reduce the impact of disaster on schools”. Presented the list of measures to</p>



	<p>reduce the impact of Disaster in schools.</p> <p><b>Day2 Session1:</b>Review of the topics on Day1. Impact of disaster on schools – Case Studies including the disaster in Goa. <b>Session II:</b> Concept of School disaster Management Plan (SDMP) – Group Work – Preparation of School DM Plan <b>Session III:</b>Field visit to a city school (Nandanvan School Complex) for structural and non structural audit.</p> <p><b>Day3 Session1:</b>Review of the topic on Day 2 First aid and Life safety techniques for emergency management in schools, Demonstration <b>Session II:</b> Fire safety/search and rescue techniques – Demonstration of Fire Extinguisher with various types. <b>Session III:</b>Group work Presentation based on the field trip <b>Session IV:</b>Valedictory Function.</p>
<p><b>URL of the event</b> <i>(wherever applicable)</i></p>	<p>---</p>
<p><b>Social Media posts and links:</b></p>	
<p><b>Instagram link</b></p>	<p>--</p>
<p><b>Facebook link (if any)</b></p>	<p>--</p>
<p><b>Youtube link</b></p>	<p>--</p>
<p><b>Photos (2 minimum)</b></p>	<p style="text-align: center;">Demo- Recovery Position</p> 
<p><b>Feedback</b></p>	<p>Very effective Training programme.</p>
<p><b>Benefit/Key outcome of the event in terms of learning/skills/knowledge</b></p>	<ol style="list-style-type: none"> <li>1. Framing Disaster Management Policy for the Institution.</li> <li>2. Assessments of Hazards, Risk, Vulnerability, Capacity and Disaster</li> <li>3. Fire extinguisher handling techniques</li> <li>4. Handling casualty in disaster like situation</li> </ol>



## REPORT ON CAMPUS ACTIVITY

<b>Title of the event</b>	<b>Fire Safety Session</b>
<b>Date and time</b>	22 <sup>nd</sup> November, 2022 2:30 to 4:00
<b>Mode</b>	Offline
<b>Organising Department/ School/Directorate/ Section</b>	Department of Hospitality and Tourism
<b>Resource Person/s</b>	Mr. Sanjay Swain, General Manager of Chowgule Sports Complex
<b>Participants in house</b>	Faculty: 1 , Students: 23
<b>Faculty attended</b>	1
<b>Students attended</b>	23
<b>Total Participants</b>	24
<b>The objectives and description of the activity</b>	<p><b>The objective of a fire safety session for students was to educate and raise awareness about fire hazards, prevention strategies, and appropriate responses in the event of a fire.</b></p> <p>The firefighting session was carried out in two phases. In the first phase Mr. Sanjaya Swain conducted the theory class wherein he explained the functioning of a fire extinguisher and spoke of the Do's and Don'ts regarding possibilities of fire. He also explained about certain precautions to be taken care of at the time of emergency. He taught the students how to operate the fire extinguisher using the code PASS- Pull, Aim, Squeeze, Sweep. After the theory class the students were taken to the volleyball court wherein the fire pit was prepared to conduct the practical demonstration on fire fighting and</p>

	<p>safety. The students were instructed how to extinguish fire with the help of extinguishers. Many students volunteered in the practical Demonstration.</p>
<b>Social Media posts and links: (if any)</b>	
<b>Instagram link</b>	<p><a href="https://www.instagram.com/p/CISxNqeD_Gm/?igshid=MzRIODBiNWFIZA==">https://www.instagram.com/p/CISxNqeD_Gm/?igshid=MzRIODBiNWFIZA==</a>  <a href="https://www.instagram.com/p/CISym69otcQ/?igshid=MzRIODBiNWFIZA==">https://www.instagram.com/p/CISym69otcQ/?igshid=MzRIODBiNWFIZA==</a></p>
<b>Facebook link</b>	<p><a href="https://fb.watch/17GTSIEZDa/?mibextid=Nif5oz">https://fb.watch/17GTSIEZDa/?mibextid=Nif5oz</a></p>
<b>Benefit/Key outcome of the event in terms of learning/skills/knowledge</b>	<p>It enhanced awareness, promoted prevention strategies, and equipped the students with the skills needed to respond effectively in fire-related emergencies. These benefits contribute to a safer campus environment and empower students to take an active role in fire safety.</p>



Participants of Fire session



Students Volunteering in the practical demonstration



Mr. Sanjaya Swain instructing the students how to use fire extinguisher



Students Volunteering in the practical demonstration



Mr. Sanjay Sawant Delivering the session on fire safety





Chowgule Education Society's  
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**Department of Hospitality and Tourism**

Attendance for Session cum Training on Fire Fighting dtd. 22.11.2022

S.N.	Roll. No.	Name of Student	Timing
			2:30- 4:00
1	2273001	Roshan Philip Romichan	A
2	2273002	Valeshka Minoshka Crasto	P
3	2273003	Shrutika Hungund	A
4	2273004	Vianca Janelle Viegas	A
5	2273005	Croydon Barretto	P
6	2273006	Ijaz Nazir Ahmed Hannol	P
7	2273007	Pratham Premanand Pagui	P
8	2273008	Aloisa Jeslyn Gonsalves	A
9	2273009	Annaliz Gomes	A
10	2273010	Mhewish Khan	A
11	2273011	Milosha Teles	P
12	2273012	Sanly Selvaraj	P
13	2273013	Siya Cardozo	P
14	2273014	Joycie Mary Gomes	P
15	2273015	Veyzel Brinsee Da Costa	A
16	2273016	Cyrus Noronha	P
17	2273017	Rahul Laxman Lamani	P
18	2273018	Akshay C Anil	A
19	2273019	Alna C Saji	P
20	2273020	Sweta Subhash Raiker	P
21	2273021	Aiona Shalen Cardozo	A
22	2273022	Uday Medha	P
23	2273023	Genesia Dominy Cardoso	P
24	2273024	Renifa Barreto	P
25	2273025	Joyston Gama	A
26	2273026	Sabina Ashbel Fernandes	P
27	2273027	Piyush Sanjay Naik	P
28	2273028	Trevor Teles	P
29	2273029	Sineen Shaikh	A
30	2273030	Aditya Yogesh Arurkar	A
31	2273031	Priyanka Laxman Jamuni	A
1	2274001	Prajakta Pravin Thakar	P
2	2274002	Shanoy Cristo Fernandes	P
3	2272001	Savio Sydney Fernandes	P
4	2275002	Aron fernandes	P
5	2275003	Clasher Almeida	P