

Parvatibai Chowgule College of Arts and Science
Autonomous

7.1.9 Sensitization of students and employees of the Institution to the constitutional obligations

Additional information

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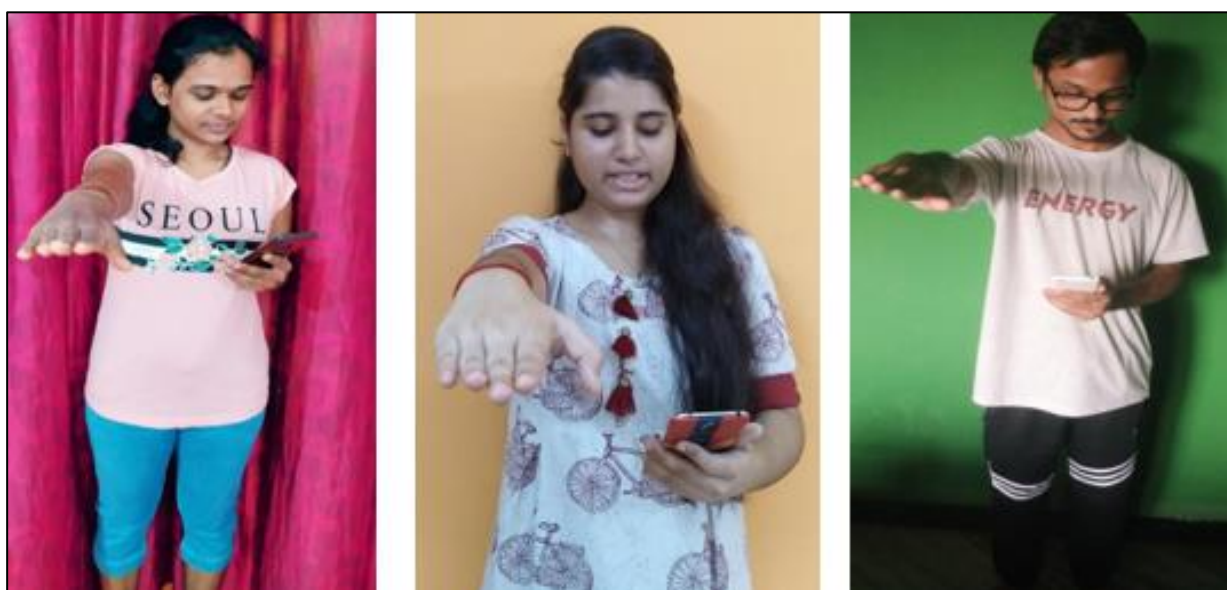
Activities organized during 2020 – 21

Rashtriya Ekta Diwas

National Unity Day was celebrated on 31st October 2020 to mark the birth Anniversary of the Iron Man of India, Shri.SardarVallabhbhai Patel. The aim of this programme was to foster and reinforce our dedication to preserve, strengthen unity, integrity, security of the nation. Teaching and non-teaching staff attended the programme. Dr. Shaila Ghanti in her address stressed on unity prevailing in our college along with National unity. Rashtriya Ekta Diwas Pledge was taken by everybody present for the event. Pledge was taken by 39 teaching and non- teaching staffs, 57 NSS volunteers and 62 NSS volunteers through video screening, an online video screening of film on Shri Sardar Vallabhbhai Patel has been done among volunteers. Also, 20 NSS volunteers have also prepared posters on Rashtriya Etka Diwas



Ms. Vanessa Colaco addressing the staff and staff taking pledge on the occasion of Rashtriya Ekta Diwas



Students taking pledge on Rashtriya Ekta Diwas from their hom



Posters Prepared by Students on Rashtriya Ekta Diwas

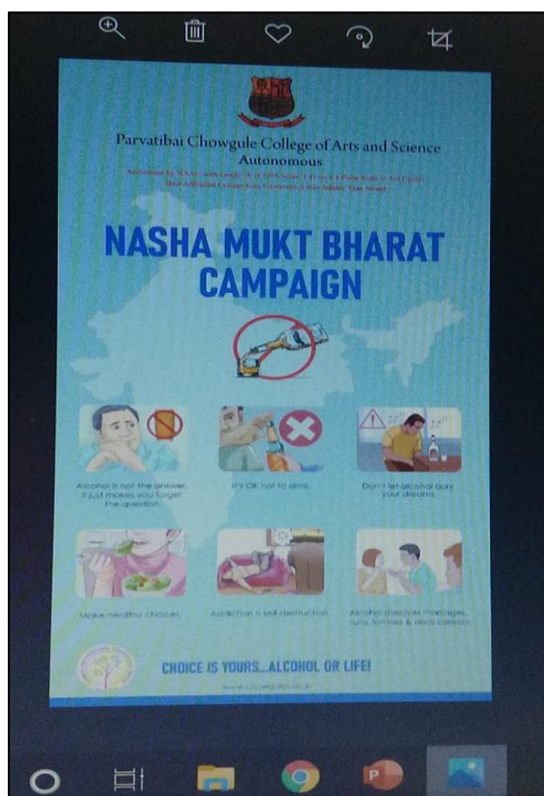
Ekta diwas 31/10/2020		
Teaching Staff		
No.	Name	Signature
1)	Dr. Mayuri Naik	Mayuri Naik
2)	Vanessa. Barman Calage	Vanessa Barman Calage
3)	Shambhavi Naik	Shambhavi Naik
4)	Alka Gawas	Alka Gawas
5)	Prof. S. G. Sankhalkar	Sankhalkar
6)	Dr. Samina Falleiro	Falleiro
7)	Gunaji Sadanand Desai	Gunaji Sadanand Desai
8)	Suchika Bhat	Suchika Bhat
9)	Lactina Gonsalves	Lactina Gonsalves
10)	Navita. Naik	Navita. Naik
11)	Anjali Naik	Anjali Naik
12)	Tropoti Fat Desai	Tropoti Fat Desai
13)	Prasanna N. Gonenkar	Prasanna N. Gonenkar
14)	Geetami Manohikar	Geetami Manohikar
15)	Stephen J. Dias	Stephen J. Dias
16)	Megumder Sir.	Megumder Sir.
17)	A. Ashish	A. Ashish
18)	Shaula Ghosh	Shaula Ghosh
19)	Bhavana M. Sawandekar	Bhavana M. Sawandekar

Nasha Mukth Bharat Campaign

The Department of French wholeheartedly participated in the Drug De addiction Drive as recommended by the DHE, Goa. Posters containing slogans against the use of alcohol, drugs and cigarettes were diffused to the students via the medium of whatsapp messages. The posters send loud and clear messages about the misuse of substances that are harmful to life. Kindly find here below the sample photos of the posters diffused.



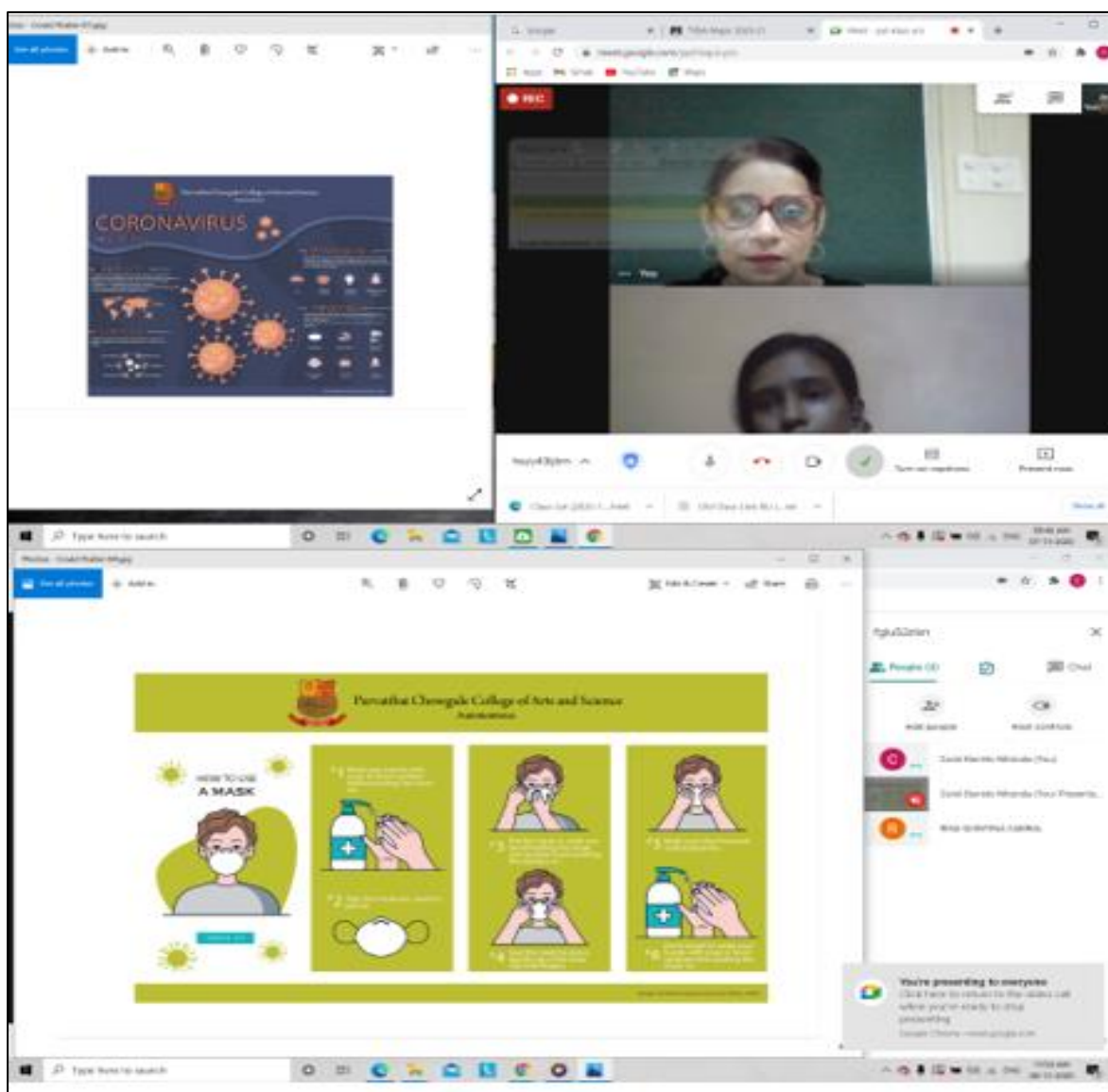
Drug Abuse Awareness

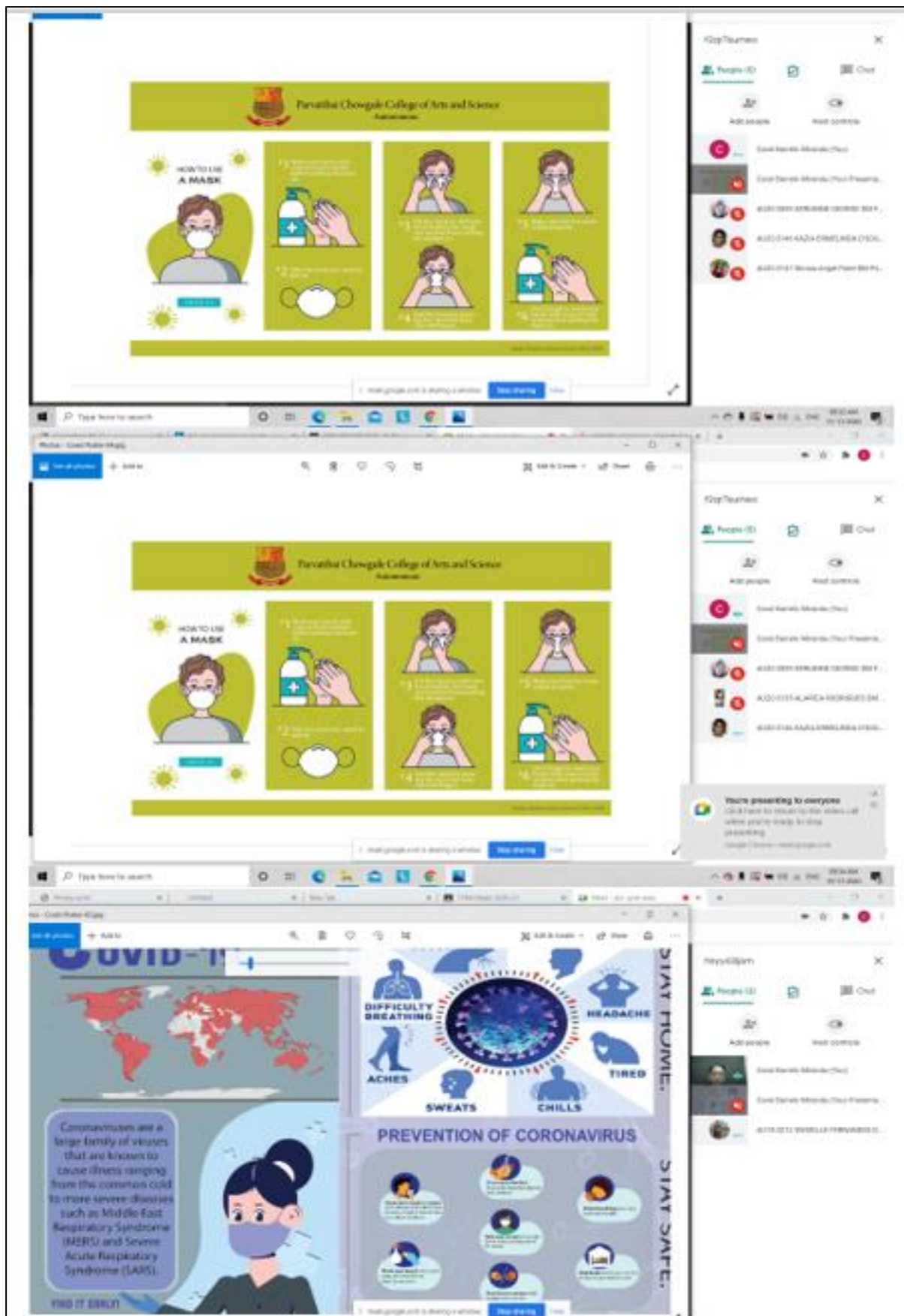


Free Vaccination campaign

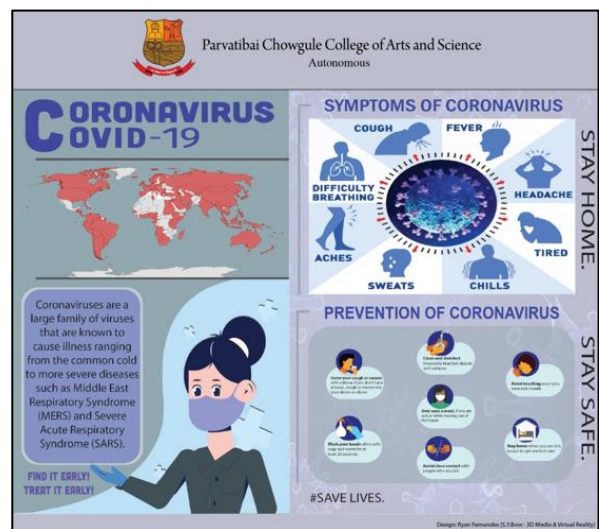
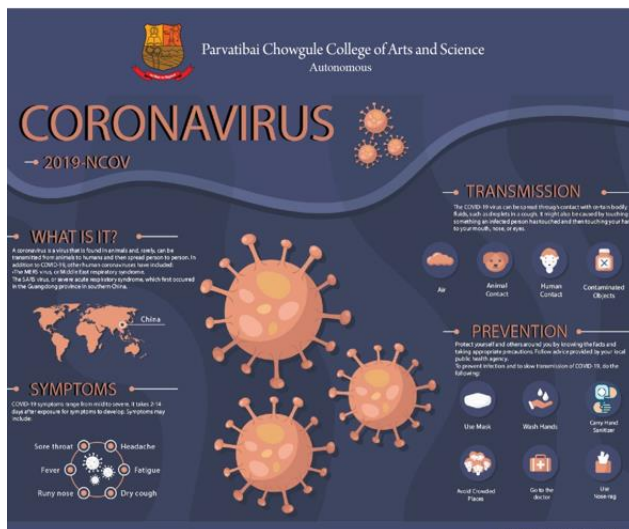
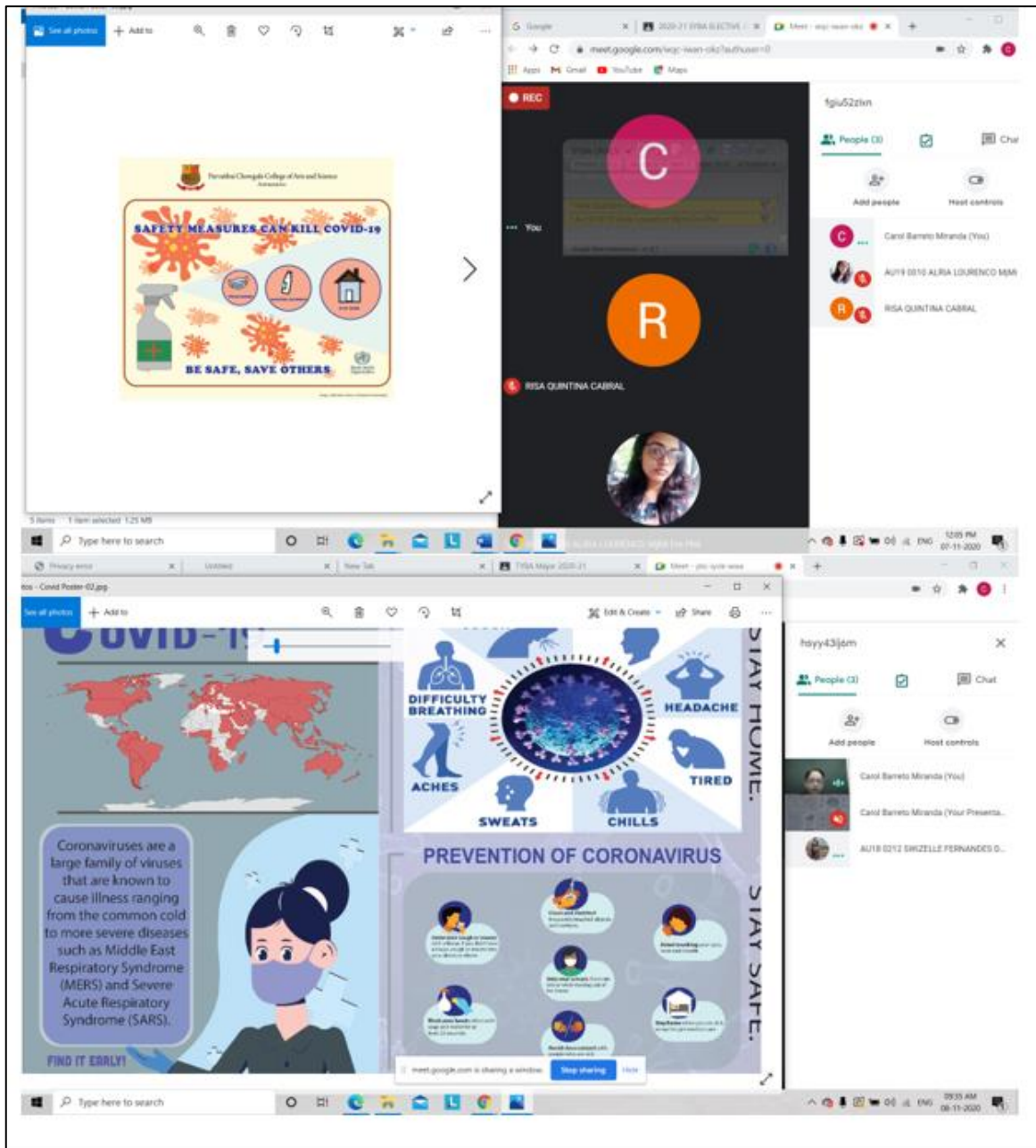


Corona virus awareness programme

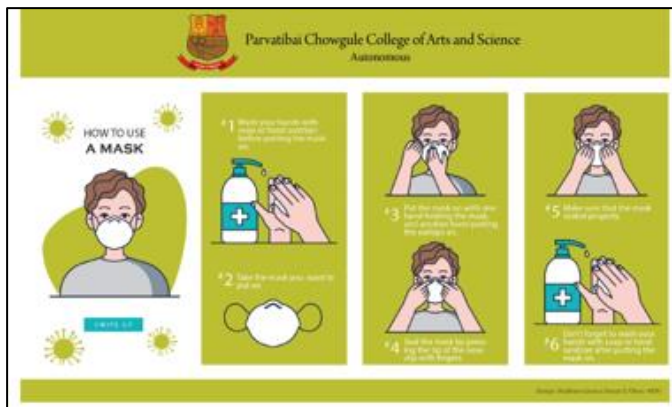




Corona virus awareness programme



Corona virus free campaign



Human Trafficking in Goa

The Department of Sociology along with NGO, ARZ conducted a webinar on 'Human Trafficking in Goa' on 25/9/2020 from 2.30 PM to 3.30 PM. Total of 50 students along with both the faculties from the Department of Sociology were present for the same. The webinar aimed at awareness on Human Trafficking in Goa which has become serious issue over time basically to understand the how it takes place, the causes and challenges of working in NGO. Also, to understand plight of the victims in Human Trafficking. The main speaker for the webinar was Ms. Juliana Lohar, General manager of Swift was and coordinator of NGO ARZ.

HUMAN TRAFFICKING IN GOA

SPEAKER



Ms. Juliana Lohar
Coordinator, Arz

DATE: 25TH SEPTEMBER
TIME: 2:30 TO 3:30 PM

WEBINAR LINK:
<https://us02web.zoom.us/j/82021115646>

MODERATOR

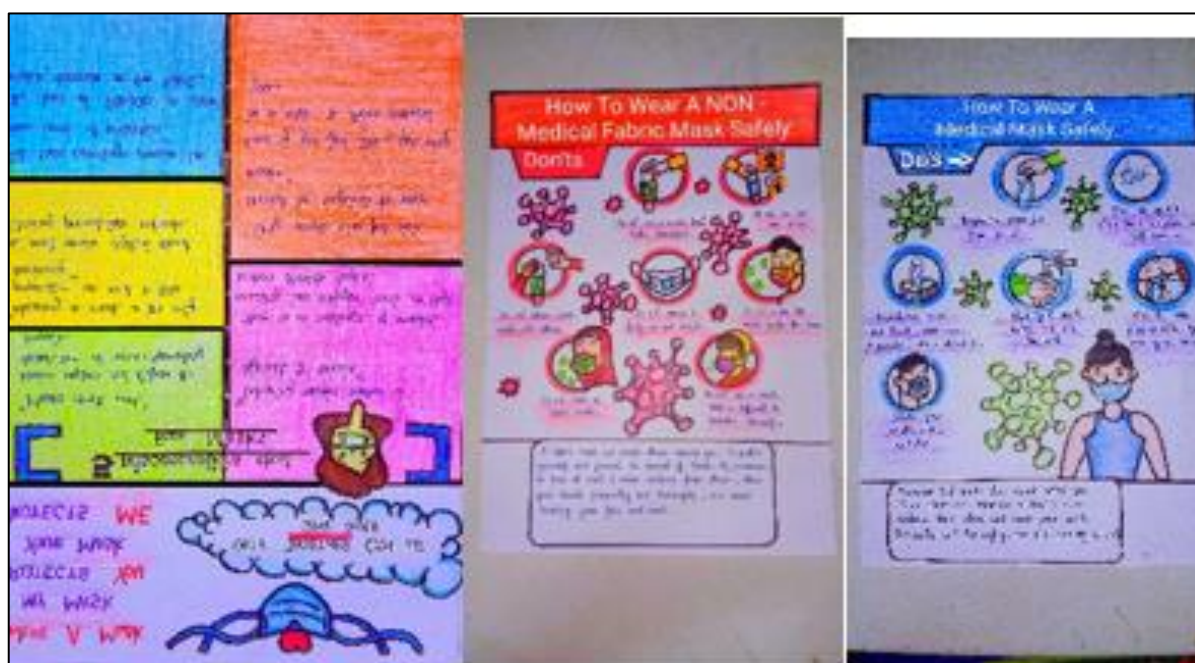


Dr. Sachin Moraes

ATTENDEES:
STUDENTS OF SOCIAL SCIENCE
DEPARTMENT OF PARVATIBAI
CHOWGULE, COLLEGE OF ARTS AND
SCIENCE

Awareness of wearing Mask

The Students of SYBA and TYBA sociology in the month of January 2021 under the course 'Contemporary issues of Women in India' had a Project to be conducted on the 'Awareness of wearing Mask' wherein 72 students participated in this assignment of asking people to wear mask and what are the dos and don'ts of mask during the time of pandemic. The main objective of these awareness programme was to understand the importance of mask wearing, know the way mask should be used in the pandemics and educate the people on pandemic and consequences. This activity was very successful, since now most of the people are on the social networking sites so it was better for students to aware them online.



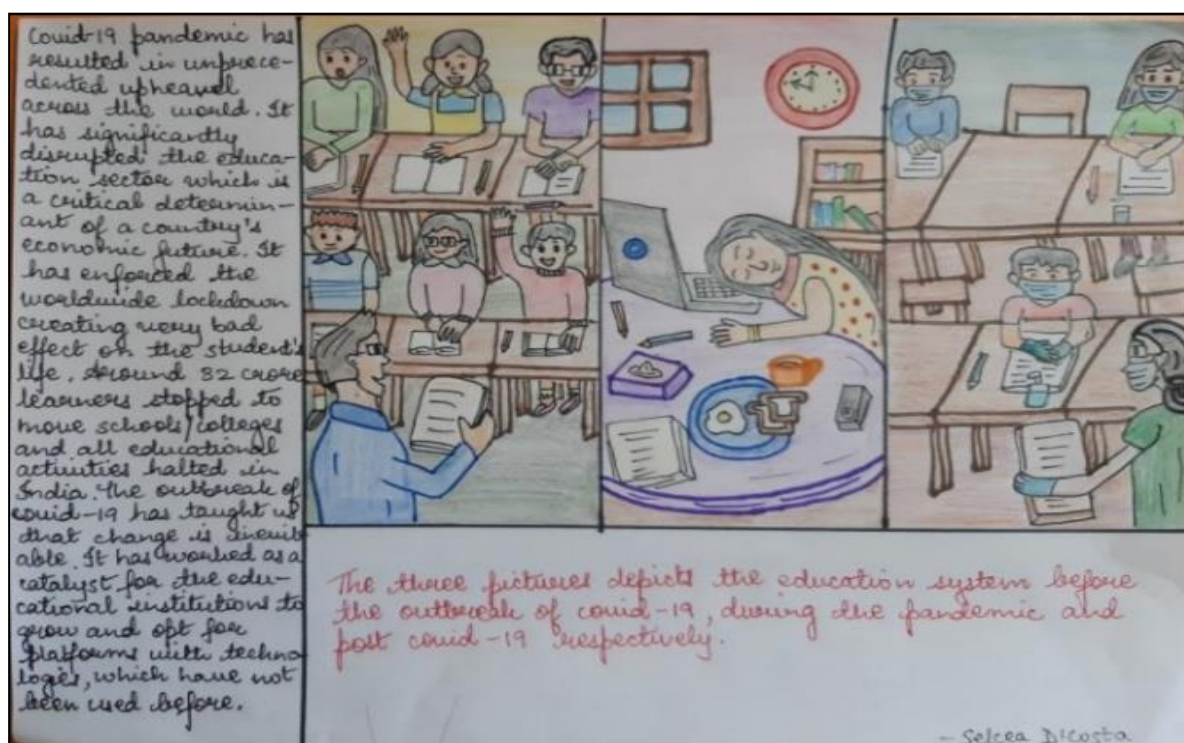
Posters prepared by students for Mask awareness programme

Online Biotechnology Painting/Art Competition on the theme 'Role of Biotechnology in Environmental Clean-up' was conducted on 10th October 2020 wherein 50 students participated. The first and second prizes were bagged by F.Y.B.Sc. Biotech student, Ms. Bliza Christal Rodrigues and T.Y.B.Sc. Biotech student Ms. Scimran Maria Da Costa respectively.

Online Scientoan competition on the following theme's: - Social life Post Covid-19; Education system Post Covid-19 and Future trends in Biotechnology was conducted on 14th November 2020 wherein 49 students participated. The first prize was bagged by T.Y.B.Sc. Biotech student, Ms. Selcea Savia D'Costa, second prize was bagged by S.Y.B.Sc. Biotech students Mr. Prathamesh Pundalik Shetgaonkar and third prize was bagged by F.Y.B.Sc. student Ms. Bliza Christal Rodrigues.

Online Innovative Photography Competition on theme ‘Microorganisms as Bio-helpers’ and ‘Various growth phases of self-grown Micro-greens’ was conducted on 11th January 2021 wherein 52 students participated. T.Y.B.Sc. Biotechnology student, Ms. Amanda Vas bagged the first prize and S.Y.B.Sc. Biotechnology student, Mr. Stanford Lloyd Fernandes bagged the second prize.

Online Essay writing competition on the theme ‘Biotechnology – Present and Future’, ‘BioWar – Pros and Cons’ and ‘Bye-Bye Covid-19’ was conducted on 15th January 2021 wherein 52 students participated. F.Y.B.Sc. Biotechnology student Ms. Bliza Christal Rodrigues bagged the first prize and S.Y.B.Sc. Biotechnology student Ms. Swati Mishra bagged the second prize.



Innovative Scientoon created by T.Y.B.Sc. Biotech student, Ms. Selcea Savia D'Costa bagged the First prize



Pictures showing Biotechnology related Innovative Art and Scientoons created by students

BIOBYTES

Biochrome - Biotechnology Club activities

Biotechnology club -Biochrome conducted 'Online Innovative Photography Competition' on the theme 'Microorganisms as Bio-helpers' and 'Various growth phases of self-grown Micro-greens' on 11th January 2021. 'Online Essay writing competition' on the theme 'Biotechnology - Present and Future', 'Bio War - Pros and Cons' and 'Bye-Bye Covid-19' was conducted on 15th January 2021.

On behalf of the Department of Biotechnology, Ms. Madhavi M. Motankar, Assistant Professor in Biotechnology & Coordinator of Biochrome, organized a series of Webinars for the Life Sciences students of our college through Google meet as follows by;

Biotechnology Guest Talk Series on 'Career Guidance in Biotechnology'

1. Dr. Mani Ramakrishnan, Adjunct Faculty, HOD of PG Bio-Sciences, Visiting Scientist to DNA Barcoding Lab, UAS - GKV, Bangalore and Applied Genomics Lab, ICRISAT at Telangana, Chief Editor of an Annual Multidisciplinary Journal from Presidency University, Bangalore on 20th March 2021 at 10:30am.
2. Dr. Tamal Raha, Founder of the Integrated Biopharma and Pharma Solution (IBPS) - Drug Development & Regulatory/Clinical Strategy Expert Goa, India on 10th April 2021 at 10:30am.

Biotechnology Alumni Talk Series on 'My Career journey in Biotechnology'

1. Ms. Joans Pires, Masters in Biomaterials and Tissue Engineering from the University College London (UCL) on 13th February 2021 at 11:30am.
2. Ms. Sakshi Ahluwalia, Masters in Biomedical Science from the National University of Ireland, Galway presently working as an Associate Biotech Production Specialist at Regeneron Pharmaceuticals Inc. Ireland on 27th February 2021 at 4pm.
3. Ms. MacLaez Vaz, Masters in Applied Bioinformatics from the Cranfield University Bedford, United Kingdom on 6th March 2021 at 11:30am.
4. Ms. Chaitra Shetty, Masters in Clinical Virology from Manipal University, Karnataka presently working as Molecular Virologist at Srinivas Institute of Medical Sciences and Research Centre, Mangalore on 13th March 2021 at 7 pm.
5. Ms. Ankita Chattopadhyay Masters in Applied Microbiology from Vellore Institute of Technology, Vellore presently a PhD Scholar at Jawaharlal Nehru Centre for the Advanced Scientific Research (JNCASR), Bangalore on 27th March 2021 at 7 pm.

- By, Ms. Madhavi M. Motankar Coordinator of Biochrome - Biotechnology Club

Biochrome - Biotechnology Club activities

Biotechnology – Present and Future

"We proudly alter God's creation.....We are biotechnologists". A meme I found on the internet, that pretty accurately sums up the work of a biotechnologist. So, what is the thing these biotechnologists exactly do? Well, they are expertise on the study of biotechnology, which in turn means they add the knowledge of biology and technology together to produce a better way of living life. Now, biotechnology overlaps with various other fields in science, which can make people unrelated to the science a tad bit of confused. Thanks to the ongoing situation now even the 'once upon a time clueless or uninterested people' see every biotechnologist as a worthy potential vaccine creator.

Well, that is an honour really!

Now, the works of a biotechnologist doesn't just end at making vaccines. If I go on to write about the achievements of a biotechnologist or a biotech company, I might exceed the word limit of 1500 words, to be honest. So, let me list out a few works of the past, to which for me were quiet the breakthrough. In the agricultural sector, introduction of high yielding variety seeds (HYV) has improved food quality and also made farmers yield a good harvest. Bio-pesticides, bio fertilizers etc. have saved soil from the harsh effects of chemical based products. The food sector is flourishing as well. Healthy products have made it to the shelves of stores and are available to everyone. Genetic disorders and faulty genes in embryonic stages, now, can be corrected using genetic biotechnology. The environment is benefitting because of biotechnology. The list can go on and on and no one is complaining..... only some activist who believe in conventional and traditional methods.

I believe both sides must be heard. we do not want our biotechnologist to join evil scientist Dr. Heinz Doofenshmirtz. Anyway, jokes apart, biotechnology uses methods not so very ethical and traditional and this could hurt the sentiments of people. Canned and processed food is considered bad for health, use of animals, for the study of diseases and testing vaccines and their side effects, was pulled up, the stigma around test tube born babies are a few examples on how some works of biotechnologist that are not welcomed. One more disadvantage would be that many amenities, like IVFs and treatment of genetic disorders, can be available only for the rich class and decent earning population. Biotechnology has taken the front seat among other fields of sciences and it surely isn't going to step back in the coming years. Biotechnology is the need of the hour, as the world braces itself to fight issues like food insecurities, global warming, pandemics or epidemics etc.

The quest to fully understanding science is endless. There won't be a day on earth, where we sit down and say we have got the answers to everything. Ill end by quoting Jonah Lehrer "Every brilliant experiment, like every great work of art, starts with an act of imagination".

- By, Ms. Bliza Rodrigues (bagged First prize in Biochrome Essay Writing Competition)

Activities organised during 2019-20

Colva Beach Clean Up Drive

The College in association with Adv. Afroz Shah, Prathamesh Maulingkar and Kafmar Environmental Services, Goa, organized its 2nd monthly Beach Clean Up Drive at the Colva beach on 30th June, 2019. More than 80 volunteers, including students, faculty and members of the general public joined hands to clean the beach and create awareness among the local community on waste management. The waste collected, was then picked up by the panchayat authorities.

Mega Pollution Awareness Pakhwada

NCC Infantry Wing Unit of our College organized an orientation and awareness program as a part of Maha Swacchata Pakhwada cum Mega Pollution Awareness Pakhwada in the College on 11th July 2019.

Monthly Colva Beach Cleanup drive

The College, in association with Kafmar Environmental Services organized their monthly Colva Beach Cleanup drive on 28th July, 2019. The clean-up drive consisted of 2 phases, beach cleaning and awareness phase. 90 volunteers out of which 76 were student volunteers and 14 local residents participated in the drive. The volunteers collected nearly 600 kilos of garbage during the cleanup phase. The students then gave feedback as to the type of garbage collected and had a discussion on the positive steps that can be taken to curtail the same. This feedback was then used by the students during the awareness phase where they went around to local vendors and interacted with them regarding segregation and collection of the waste generated on and around the beach



Blood Donation Camp

N.S.S. unit of the college organised a 'Blood Donation Camp' in association with Indian Red Cross Society, Salcete Branch and Goa Medical College blood bank, Bambolim, Goa on 28th August, 2019 in the college campus. The camp was inaugurated at the hands of Principal Dr. N. N. Sawant and Shri. Shibu Reghunathan, President, Indian Red Cross Society (IRCS), Salcete branch was the Guest of honour.

An awareness talk was also organised for the students highlighting the importance of the blood donation. 120 students and staff participated in the camp and 63 units were donated to GMC blood bank. The college was also awarded the prestigious certificate of appreciation by IRCS.

Awareness programme on ‘No Single Use Plastic’ (No SUP)

The Department of Botany under DBT Star college scheme organized an awareness programme on ‘No Single Use Plastic’ (No SUP) was organized by the department in association with Arannya Environment Research Organization (AERO) on 13th July, 2019. The speaker was Mr. Vignesh Shinde, Content Designer and outreach person of Arannya ERO. He emphasized on how we need to reduce the use of plastic. He also mentioned about the various organisms that have gone extinct due to various anthropogenic activities and stressed on the negative effect of plastic on the organism especially birds and marine life and that reducing the use of plastic is the need of the hour. A total of 50 participants attended the same.



Dean of Life Sciences offering token of appreciation to the Guest Speaker

Activities organized by Department of Chemistry under DBT Star College Scheme

- i. A ‘**Science Lecture Series**’ was organized for the rural students from villages schooling in the Goa Educational Society at Balli, Fatorpa Goa on 10th August, 2019
- ii. An interschool event ‘**STIMULUS**’ was organized for “Special Kids” of such schools on 24th August, 2019. An entertainment programme and a magic show involving techniques in Chemistry was organised on the occasion. 9 faculty members, 90 students, 20 special kids of invited schools and 5 teachers of special schools.



Activities by Department of Zoology: As part of social responsibility, the following various activities were carried out by faculty and students of department of Zoology:

- i. **Deworming Programme:** As a part of Institutional social responsibility, the college participated in the Mop Up Day(MUD) of monitoring Deworming of children at various schools in association with the health officers of 'Urban health Centre' Margao Goa. Ms. Tessa Vaz. Ms. Madhu Balekai and Dr. Nandini Vaz Fernandes coordinated the programme. Faculty members of Chowgule College along with medical officers, monitored the MUD activities in Anganwadis, Schools and higher secondaries on 16th August 2019. The report prepared was submitted to Chief medical officer, Directorate of health services, Goa.



- ii. **Awareness on the various SC/ST schemes:** The Community Outreach Activity to create awareness on the various SC/ST schemes was held from 17th to 20th December 2019 in Davorlim village by TYBSc students under the guidance of Dr. Nandini Vaz Fernandes, Head, department of Zoology.

Total of 40 houses from Davorlim village were considered for the programme. The main aim of this activity was to spread awareness regarding the various SC/ST schemes provided by the government and its benefits. The students informed about the eligibility criteria and also the necessary documents essential to apply for the schemes and the contact person for the schemes. The students provided information regarding various schemes viz. Housing scheme, Saral Vidya Scheme, meritorious scholarship scheme, Kanya Dhan Scheme and others. Soft copy of the schemes was also shared with the community.



- iii. **Beach cleaning and awareness on importance of marine life:** The community outreach programme was carried out at Varca Beach, Majorda Beach and Utorda Beach by students of

TYBSc under the guidance of Mr. Stephen Dias, assistant professor, Department of Zoology. It involved interaction with the local community of these coastal areas, tourists and shack owners. A questionnaire was administered to know their level of awareness of beach pollution and its consequences. About 50 people answered the questionnaire survey, giving out their opinions and suggestions on maintaining the cleanliness of the sea shore. The students also carried out beach cleaning activities. The main aim of this was to highlight the importance of cleanliness of the beaches and the need to maintain it.



- iv. **Awareness on the plastic pollution:** As a part of the community outreach activity, an awareness drive on plastic pollution was carried out on 17th and 18th December 2019 in Gogol by students of TYBSc Zoology. The main aim of this activity was to create awareness regarding the plastic pollution and its effects on the environment. A short questionnaire was prepared to understand the public opinion on plastic pollution. The students surveyed a total of 50 houses, hotels, cafes, cake shops, and liquor shop. The students explained the harmful effects of plastic to the animals and environment. They also suggested alternatives of saying no to plastic straw and using environment friendly material instead of plastic.



- v. **Highlight the importance of physical fitness:** The community outreach activity on awareness on importance of Physical fitness/exercise was carried out from 17th-20th December 2019 in Gogol, Margao by students of TYBSc Zoology. The students surveyed a total of 110 individuals with the help of a questionnaire. It was observed that 70% of the individuals were not aware of dietary causes of “obesity” and its association with lack of physical activity. The students explained the importance of maintaining a healthy diet and including some form of physical activity such as walking and jogging in their daily routine.

- vi. **Awareness on the importance of personal hygiene:** As a part of the community outreach activity, awareness on the importance of personal hygiene and ringworm infection was carried out from 17th-20th December 2019 in Gogol, Margao by students of TYBSc Zoology. The students surveyed a total of 109 individuals with the help of a questionnaire. 10% of the people interviewed had contacted ringworm infection earlier. The students also informed about ringworm infection and how it can be avoided and controlled.



- vii. **Awareness on Malaria and Dengue:** The community outreach was conducted in two localities near Chowgule College, namely Housing board and Agalli, from the 21st to the 23rd of December, 2019 by students of Zoology. The students surveyed a total of 20 houses. 20% of the people surveyed had family members who had suffered from either malaria or Dengue. The students informed that the diseases were curable, but if not intervened can lead to the death of the individual. The symptoms of the diseases and need for seeking medical help if these symptoms are seen was conveyed to the community. People were informed about the causes, diagnosis and treatment of these diseases Preventive measures for the same were also explained.



- viii. **Motivation campaign for blood donation:** The community outreach was conducted in two localities in Housing board and Agalli, from the 21st to the 23rd of December, 2019 by students of TYBSc Zoology. Altogether 80 houses were surveyed and made aware about blood donations and its importance as social virtue. The main objective of the program was to motivate people to donate blood. They were informed about how blood donations would save many lives. They also explained about the different blood donation services.
- ix. **Road safety awareness:** was held on 17th and 18th December 2019 in Arlem and Curtorim by students of TYBSc Zoology. The students prepared a questionnaire regarding road safety and traffic laws. A chart containing all traffic signals was also shown to every household, in order to make them familiar. A total of 25 houses were covered, most of them being apartments in a complex. Most of the people had some strong opinions about traffic laws and fines. According to about 80% of the people interviewed, the increase in traffic fines was

justified, as they thought it is a stronger way to implement traffic rules. At the same time about 90% of the people felt that proper road and maintenance are directly proportional to road safety.

- x. **Preventing Malnutrition:** A community outreach programme was conducted on 18th December 2019 by students of TYBSc Zoology. Aim was to create awareness on “Importance on Having a Healthy Diet”. Total of 17 houses were surveyed. A Performa was prepared to obtain information about the food habits, food allergies etc. A chart on healthy diet as approved by WHO was provided to the people, especially to make them understand the dietary requirements of children, adults and elderly.



- xi. **Importance on Sleep:** This community outreach programme was conducted from 16th -18th December 2019 by students of TYBSc Zoology. Total of 31 individuals were surveyed. A questionnaire was prepared to obtain information on individuals' sleeping pattern, duration of sleep etc. 41% of the individuals had a problem of disturbed sleep but did not show any symptoms of insomnia. Students and the working individuals were explained about the importance of sleep and its effects on their health and ill effect of induced sleep using sleeping pills.



- xii. **Organic Farming:** The community outreach activity was conducted on organic farming from 13th to 23rd January 2020 in Borda by students of TYBSc Zoology. The local community was informed about simple strategies of adopting organic farming at their homes. They were informed about concept of bioaccumulation and biomagnifications and leaching of chemical fertilizers into the surrounding water bodies.

Socio-economic revival of Betalbatim Village by the department of Geology department

- Initiatives being taken for the Agricultural Revival of Betalbatim Village:
- Assisting villagers of Betalbatim in registering the village farmers club.

- Monitoring status of agricultural land utilization in Betalbatim Village using satellite remote sensing.

Assisting Village Farmers in registering for Krishi Card by sourcing their land details from the department of survey and land records.

- Assisting the villagers in planning Agricultural Infrastructure using a GIS based approach. Planning on creating a village level farmers and agricultural resources GIS database to aid in community farming initiatives of the village.
- Creating a short video documentary on highlighting the current hardships faced by the farmers in the village at ground level (will be released shortly).



Awareness Drive on COVID 19

- **Through posters:** Posters on: Symptoms; maintaining hygiene; Govt. website details for updates on Covid 19; Dos and Don'ts were made and were distributed to various stakeholders.



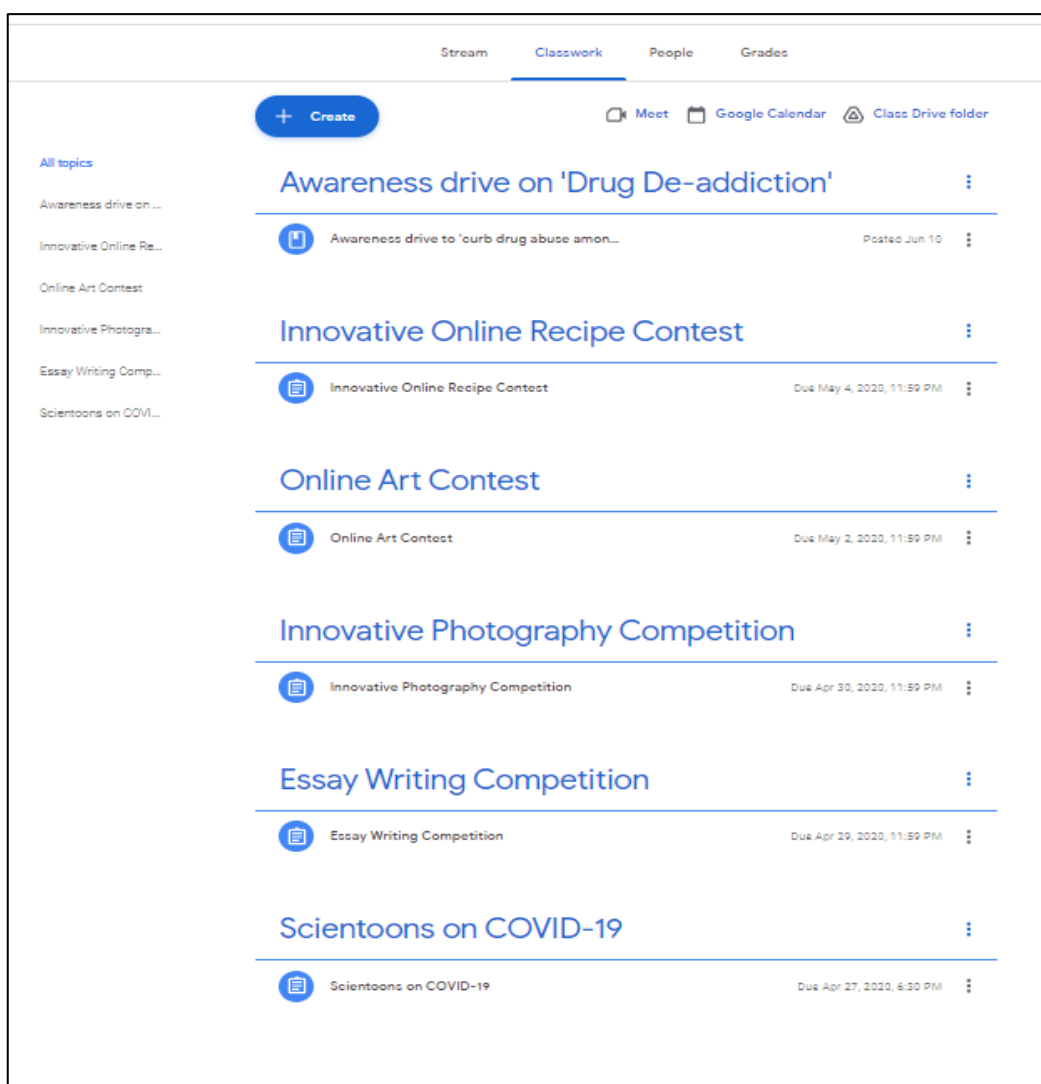
Awareness by Sociology Department: Faculty from Sociology Department, along with the students of S.Y.B.A and T.Y.B.A. under the course 'Sociology of Education' conducted awareness drive for COVID-19 through Social media. Students made their own videos, Poems, posts and tried their best in bringing an awareness amongst the neighbouring people regarding the pros of staying home, social distancing, keeping their hands clean etc. A total of 40 students were part of this project

Awareness by French Department Felicitation of the person allocated to collect garbage from their locality and providing food supplies to a group of such persons. On the same day, information and advice on social distancing was offered to the people gathered.

- Distribution of protective masks
- Distribution of food supplies to senior citizens who were unable to leave their homes during lockdown.

- **Online activities conducted by Dept of Biotechnology during Lockdown period**

Date	Activity	No. of participant
24.04.20	Covid-19 Sciencetoon Competition (Create Sciencetoons)	31
28.04.20	Online Art Contest (Free-hand/Pointillism/Still paintings) a) My family during Corona fight b) Our everyday heroes	14
29.04.20	Essay writing competition on any of the following; a) Social distancing – Present and Future b) Hand Sanitizing – Ever thought it could be so important? c) Covid-19– Boon or Bane d) Side effects of Lockdown	05



WORKSHOP ON 'HUMAN RIGHTS'

The Department of Sociology in collaboration with National Confederation of Human rights organisation (NCHR) Goa unit organized a workshop on 'Human Rights' on 9th August, 2019.

The aim of the workshop was to shed light on the idea of human rights and varied types of human rights violations.



The workshop had three speakers namely Ms. Joan Rebello, Ms. Deepika D'Souza, Ms Lydia Menon all from (NCHR). The total number of students (F.Y.B.A, S.Y.B.A, and T.Y.B.A) attendees present were 38 for the workshop. The workshop was very fruitful as the speakers used participatory method.

BLOOD DONATION CAMP

N.S.S. unit of Parvatibai Chowgule college of Arts and Science, Autonomous organised a blood donation camp in association with Indian Red Cross Society, Salcete Branch and Goa Medical College blood bank, Bambolim, Goa on 28th August 2019 in the college campus. 120 students and staff participated in the camp and 63 units were donated to GMC blood bank.



The camp was inaugurated at the hands of Principal Dr. N. N. Sawant and Shri. Shibu Reghunathan, President, Indian Red Cross Society (IRCS), Salcete branch was guest of honour. An awareness talk was also organised for the students highlighting the importance of blood donation. The college was awarded the certificate of appreciation by IRCS.

Prof. Pradeep Jatal, chief N.S.S. programme officer along with other N. S. S. programme officers Prof. Ashwini Ashish, Dr. Mayuri Naik and Prof. Vanessa Colaco and Dr. Sachin Kakodkar, secretary, IRCS, salcete branch put special efforts in making the camp a successful one.

INDIA POST PAYMENTS BANK FINANCIAL AWARENESS PROGRAM

The N.S.S. unit of Parvatibai Chowgule college of Arts and Science, Autonomous, Margao Goa, organized an awareness program on postal banking and its benefits on 30th August 2019.

Mr. Rakesh O.P, Senior Manager-IPPB South Goa and Mr. Hemant P. Sayam- Area Sales Manager spoke about the benefits of having an account with India Post Payments Bank and the various facilities offered by them like- Direct Benefit Transfer, E-KYC, QR card, utility bill payments, banking transactions at the door step etc. They also demonstrated how accounts could be instantly opened through E-KYC verification, as a result of which several NSS students opened accounts with them and received their QR code cards for the same. Approximately 50 volunteers attended the programme.




Chief N.S.S. Program Officer- Mr. Pradeep Jatal, along with other NSS Program Officers Mr.Ashwini Ashish, Dr. Mayuri Naik and Mrs. Vanessa Barros *Colaço* were involved in organizing the program.


TALK ON NUTRITION

N.S.S. unit of Parvatibai Chowgule college of Arts and Science, Autonomous celebrated “Poshan Maah” (nutrition month) during September 2019. As a part of this program, a special talk by Dr. Aduja Naik, Assistant Professor, Department of Biochemistry was organised on 27th September 2019 in lower auditorium to spread the awareness on Nutrition.

The four N.S.S. Programme officers Mr. Pradeep Jatal, Dr. Mayuri Naik, Mr. Ashish Ashwini and Mrs. Vanessa Colaco along with 113 NSS volunteers (17 male and 96 female) attended the talk.

Dr. Aduja Naik had an interactive session with NSS volunteers and explained the importance of balanced diet. Several issues such as nutrition in adolescents, eating disorders in teenagers and diet during exams were also discussed.

Title:	Visit to Patients of Dillasa Centre of Palliative Care
Date and year:	1 st and 2 nd February 2020
Venue:	Dillasa Centre of Palliative Care-IMA Ponda Goa
No. of Participants	41
Objective:	<ol style="list-style-type: none"> 1. Understand and sensitize about the Patient of Palliative Care 2. Create a sense of empathy among students 3. Provide with love and affection to the patients
Summary of the proceedings	A total of 41 Students spend 3 hours each on 1 st and 2 nd of February 2020 in the Palliative Care Home managed by Dillasa a non-profit organization duly supported by the Indian Medical Association at Ponda-Goa. The students interacted and shared time to understand the patients and their needs. The students got sensitized towards to need and welfare of the less fortunate section of society such as the inmates of this Centre.
Photographs	  

Title:	GOENKARPONN (PROMOTING GOA'S CULTURE)
Date and year:	January 2020
Venue:	Upper Auditorium, ParvatibaiChowgule College
No. of Participants	84
Objective:	Create, Relive and Appreciate the Goan Culture; unleash the hidden talents of the students through Sociology; create a spirit of competition; and foster sister/brotherhood among the Goan students.
Summary of the proceedings	The department of sociology organised the 4th edition of Goenkarponn 2020 an inter higher secondary event on 28 th January 2020. A total of six higher secondaries participated namely St. Alex Higher Secondary School, Curtorim, HarmalPanchkroshiHarmal, CTN Higher Secondary Curchorim, Cuncolim United Higher Secondary, Maria Bambina Higher Secondary School Cuncolim. The chief Guest for the event was Mr. DevidasGaonkar who is a journalist and tribal activist from Goa. This event was coordinated by the faculty from the Department Ms. Sayali k Gaunkar under the guidance of head of the department Dr. Sachin Savio Moraes. There were total of eight competitions like fold dance, quiz, fashion show, sweets, feast and festivals, street play, current issues, flag painting. First place for the event was bagged by Cuncolim United Higher Secondary School and runner's up was HarmalPanchkroshi Higher Secondary School HarmalPernem.
Photographs	



REPORT

Title:	Van Mahotsav
Date and year:	15 th August 2019
Venue:	Parvatibai Chowgule College Campus
Organising Committee	Dept of Biotechnology
No. of Participants	60
Objective:	To raise awareness about the environmental problems and trying to be individually responsible for helping to increase the green cover of the environment
Summary of the proceedings	Biochrome – Biotechnology Club of Department of Biotechnology celebrated ‘Van Mahotsav’ on 15th August 2019 on the occasion of 73rd Independence Day celebration by planting 50 saplings of Gulmohar, Neem, Almond, Flame tree, Ornamentals and flowering plants sponsored by the Forest Department, Aquem, Goa in the college campus with the theme ‘Planting trees: A stride towards Green Goals’. Students, faculties and non-teaching staffs from various departments participated in this event.

Photographs



Activities organised during 2018-19

- Awareness rally on health, hygiene and sanitation at Motidongor, Margao, South Goa**

N.C.C. cadets organized awareness rally in the surrounding slum area of Motidongor, Margao in South Goa District. The volunteers cleaned the Government Primary School class rooms.



Awareness rally at Motidongor

The N.C.C. cadets presented street plays on the importance of cleanliness; segregation of waste at source etc. After the street plays, the cadets along with a group of four to five students from the Primary School visited the households and explained the importance of health, hygiene and sanitation. The cadets explained about segregation of waste in to wet waste and dry waste. They also emphasized on the usage of cloth bags instead of plastic.

- N.S.S. Rural Camp: Awareness rallies against “Plastics” and “Open Defecation”**

N.S.S. unit of the college organised the annual “N.S.S. Special rural Camp” for N.S.S. volunteers at Government College of Arts, Science and Commerce, Quepem from 10th to 16th November, 2018. Dr. Joydeep Bhattacharjee, Principal of Government College of Arts, Science and Commerce, Quepem along with the Vice Principal of our college Shri. H. S. S. Naik visited the camp. On 16th November, 2018. Two awareness rallies in nearby wards of the localities against “Plastics” and “Open Defecation” were conducted by N.S.S. volunteers.



N.S.S. Special Rural Camp

- CAI-Software tools’ designed for children with Autism**

Neeta Dhopeswarkar, faculty from the Department of Computer Science, was invited to give a demo on ‘CAI-Software tools’ designed for children with Autism and/or mental retardation at Keshav Seva Sadhana School for Special children, Bicholim on 1st November, 2018. She had an interactive session with school teaching staff and handed



ed for children with Autism and/or mental retardation

over a copy of the application software. She was accompanied by Mr. Sourav Kolambkar, Mr. Shubham Odarkar and Mr. Rohan Orondekar, who are students of second year Bachelor in Computer Science.

- **Swachh Bharat Summer internship programme**

45 students of our college have successfully undertaken social work under Swachh Bharat Summer Internship programme organized by Directorate of Higher Education in collaboration with Ministry of Human Resources Development under the guidance of NSS Programme Officer, Dr. Sachin Kakodkar and Aishe Nodal Officer, Mrs. Reena Goes started in May, 2018.

- **Blood Donation Camp**

N.S.S. unit and Women Welfare Cell of the college organized a 'Blood Donation' camp in association with Indian Red Cross Society, Salcete Branch on 12th February, 2019. Of the total of 42 blood donors, 35 were girls.

- **Waste segregation and collection**

Community outreach service program based on the theme of waste segregation and collection. 50 households were surveyed in the areas of Margao, Raia, Assolna, Cortalim and Vasco in the month of April, 2019. The number of houses surveyed in Margao was 18 and 05 houses were surveyed in Raia and Assolna, 10 houses in Cortalim and 12 in Vasco. The aim of the program was to create awareness on the aspects of waste management, segregation, recycling and composting. Studies revealed that waste collectors were regular in all the houses except in some houses of Raia and Assolna. There was absence of proper waste segregation in some houses in Vasco while in Cortalim and Assolna there was a proper waste segregation carried out. The garbage generated per day at average was 2 bags in most of the places and in some places it is one bag per day. None of the houses practiced Composting.



Community outreach service program on the theme: Waste segregation and collection.

- Parvati Vachan Mandir in association with NSS Unit and Provedoria Old Age Home, Margao together organized a programme to screen a Bollywood movie "Munnabhai MBBS" and thereafter an **interaction session for the senior citizens** from old age home on 22nd January 2019.
- Chowgule College in association with Sitara Motors Goa and KTM Bikes South Goa organised a **Biking Safety Awareness drive** in college auditorium on 26th July 2018. Resource person was Mr. Emanuel Jebaraj, a biking expert. 70 students attended the drive. Mr. Vasant Hede and Mr. Sachin Kakodker were in charge of the drive on behalf of College.

- Parvatibai Chowgule College completed the **Green Audit Activity** on 19th November 2018. 21 students were part of the Green Audit. The College recognised the importance of these young students being the ambassadors to create awareness in the community on the importance of waste management, energy conservation and protecting biodiversity. Hence the college took initiative in reaching to 2 neighbouring schools; Multipurpose High School Borda and St. Joseph High School Vidyanagar to have the awareness program on the above mentioned points as an outreach program. Six students of Physics department carried out the energy audit as a part of Green Audit conducted by college from 10th to 19th November 2019.
- Under **Chalo School Mega Drive** an Initiative of BMT Goa and our College conducted following through NCC cadets of the college:

Activity	For	By	Date
Twelve days Special coaching classes for the students	Govt. Middle School, Rumdamoll; Govt. Primary School, Motidongor; Govt. Primary School, Multipurpose Borda, Govt. Primary School, Vidyanagar and Govt. Primary School, Davorlim	10 NCC cadets (Hegde Rajat Ashok, Raikar Sampat Krishna, Estibei Amrita, Gomes Rosia, Vales Queeny Lavisha, Shetye Saegel Chandrakant, Borkar Sidhi Arjun, Sanadi Faiza and Travassos Smyra Levi)	28 th February, 2019

- The N.C.C. cadets during their Monsoon Trek at Agonda, Canancona on 9th September, 2018 conducted a **awareness drive on ‘Cleanliness’**.
- The college in association with an NGO led by Adv. Afroz Shah organized a **‘Special Colva Beach Clean Drive’** on 28th May, 2019.
- As a part of **‘Cleanliness Drive’** ten Botany students and NSS volunteers along with Goa State Biodiversity Board members (GSBB) carried out ‘Sernabatim Beach Restoration Activity’ on 17th May, 2019. Several bags of garbage were collected as a part of this activity.

- The department of Chemistry conducted a workshop entitled '**Fun with Chemistry**' for the specially abled students of Chetana Educational trust's School cum rehabilitation centre, Curchorem Goa on 10th August 2018. Dr. Manjita Porob, Mrs. Padmini Raiker and Mr. Anurag Naik along with the 2 students of TYBSc Chemistry, Mr. NimayKamat and Mr. Shubham Gaude designed a fun chemistry module for the specially abled children. We had designed and tested 7 such experiments for the kids which would appear magical due to the involved chemical reactions. To begin with the workshop, We showed those students a cartoon animated movie on Pollution , how to curb it and also explained it to them. The students were also informed about the importance of chemistry in our lives. Our students then performed the experiments and also gave an opportunity to those kids to perform the same under our strict supervision which took their happiness out of the boundaries. The school has around 80 students but due to their health issues around 30 students attended our session. But as a gesture of charity we personally met all the kids and distributed refreshments and juices as a token of love.



- National Deworming Day (NDD) and Mop Up Day(MUD):** As a part of Institutional social responsibility, the college participated in monitoring the National Deworming Day (NDD) and Mop Up Day(MUD) organized by the Directorate of Health Science. Ms. Andrea D'Souza, Ms. Tessa Vaz and Dr. Nandini Vaz Fernandes, along with health officers of 'Urban health Centre' Margao Goa participated in the supervision of administration of deworming tablets on National Deworming Day-25th February 2019. The supervision was repeated on 5th March 2019, as 'Mop up Day. Faculty members of Chowgule College monitored the NDD and MUD activities in Anganwadis, Schools and higher secondaries in association with 'Urban health Centre' Margao Goa. The report prepared was submitted to Chief medical officer, Directorate of health services, Goa.
- Awareness Programme on skin health care:** The Indian Association of Dermatologists, Venerologists and Leprologists, Goa State branch organized 'Skin Safar Rath' a Public awareness programme to create awareness amongst people on skin health care. A vehicle with LED display of educational videos, pamphlets, books and educational material was put up near the butterfly garden on 08th January, 2019.
- Awareness Programme by Zoology Department:** conducted the following awareness programmes from 6th – 10th April 2019.

- a. **Kitchen Waste Management and Composting:** was conducted in and around Margao, namely Kavlem, Navelim, Cansaulim and Paigin. The aim of the programme was to spread awareness about segregation and composting of kitchen waste from households. A Total of 60 houses were a part of this activity.
- b. **Motivation for Blood Donation:** was conducted in and around Margao namely, Kavlem, Navelim, Cansaulim, Seraulim. The aim of the program was to spread awareness about blood donation and motivate people to donate blood.
- c. **Importance of Physical Activity:** The main aim was to bring about awareness on “Importance of Physical Activity” among the people in the locality of Gogol and Margao.
- d. **Awareness on Vitamin D Deficiency:** Deficiency of vitamin D can lead to serious health issues. In order to make people aware about the vitamin D deficiency, 50 houses of Gogol were selected to spread awareness on the same. List of food items and source of vitamin D was given to member of each house.
- e. **Awareness On Nutrition Requirement Of Children:** To create awareness on ‘Nutrition Requirement in Children’ an awareness programme was conducted for 50 houses in Raia and Gogol. Chart of nutrition requirement according to age and sex was given to each house.
- f. **Waste Segregation and Collection:** This programme was conducted to create awareness on the aspects of waste management, segregation, recycling and composting. A total of 50 houses in Margao, Raia, Assolna, Cortalim and Vasco benefitted from this programme.
- g. **Sanitary Hygiene:** To create awareness on the aspects of sanitary hygiene and menstrual health, 50 houses in Borda, Gogol, Nuvem, Raia, Paroda, Shiroda, Cuncolim, Assolna, Quepem, Colva and Vasco were considered for the programme. Subjects were made aware of the various aspects of menstruation and care to be taken during menstruation.
- h. **Beach Cleanup:** Colva, Benaullim and Hollant beach cleanup was done to create awareness among the locals to keep the beaches clean. Cleaning up beaches could boost local economies in addition to preserving natural treasures and animal habitats, researchers say.

VOTERS AWARENESS PROGRAM

Systematic Voters Education and Electoral Participation (SVEEP) for 30-Fatorda Assembly Constituency was organized at Parvatibai Chowgule College of Arts and Science (Autonomous) on 19th October, 2018 in the Upper Auditorium between 9:30 a.m. and 10:30 a.m.

This special program was organized as an initiative of Electoral Registration Officer ERO for 30-Fatorda Assembly Constituency and Assistant Electoral Registration Office AERO for 30- Fatorda Assembly Constituency.

All the Booth Level Officers (BLO) from Fatorda Constituency attended the program.

17 students born before 1st January, 2001 attended this program.

In the beginning Nodal Officer of our College, Major Dr. Gunaji Sadanand Desai welcomed the officers from the ERO & AERO office. He told the students to participate in the Special Summary

Revision of Photo Electoral Roll 1st September, 2018 to 31st October, 2018 Drive. The email informing the students about the entire process for Systematic Voters Education and Electoral Participation (SVEEP) were sent to all the students of our college.

The BLO and the administrative officers demonstrated and assisted the students while registering online on the website www.nvsp.in and resolved the queries.

The Students who brought the required soft copies of their documents completed the registration formalities.


The entire program was co-ordinated by the Nodal Officer for Elections, Parvatibai Chowgule College Maj. Dr. Gunaji Sadanand Desai and was assisted by Ms. Epifania Quadros, Secretary – Dept. of English, Konkani and NCC for the administrative support.

FINANCIAL AWARENESS INTERACTIVE SESSION BY PROFICIENT MINDS IN ASSOCIATION WITH NATIONAL STOCK EXCHANGE


Parvatibai Chowgule College of Arts and Science organised a Financial Awareness interactive session , conducted by an organisation Proficient minds in association with National Stock Exchange on 6th March 2019. Professor Simta Datta from Economics department and Vasant Hede Liaison officer welcome the resource person Miss Marita D’Souza for the interactive session. Miss Marita conducted the interactive with absolute precision and could connect with the students through her impressive communication skills.

She mentioned that the students should be having money saving mind set and invest money first before spending right at the beginning of the month, when they get it either through a part time job or as part of their pocket money expenses. She got students involved and made them aware about two basic investments where one needs to think about his/her finances; viz security and investments. She said “Students should have a life insurance term policy, medical insurance and know how to make their will when they start earning”. Investing in mutual funds, ulips, debt funds and taking care of the retirement plan should be given high priority as many of us work in private sector and non assured of pensions. She also encouraged students to create a Demat account and start investing a small amount in buying and selling shares with the help of an agent and observe on their own; how the companies perform (Gainers and Losers list) on NSE website. 52 students from undergoing Bachelor of Science degree program participated in the interactive session.





Title:	GOENKARPONN (PROMOTING GOA'S CULTURE)
Date and year:	December 2018
Venue:	Upper Auditorium, ParvatibaiChowgule College
No. of Participants	96
Objective:	Create, Relive and Appreciate the Goan Culture; unleash the hidden talents of the students through Sociology; create a spirit of competition; and foster sister/brotherhood among the Goan students.
Summary of the proceedings	<p>The Department of Sociology of ParvatibaiChowgule College of Arts and Science had organised a one day Itate Level Higher Secondary School Event - Goenkarponn on 17th December 2018. This event was organised with the objectives to: Create, Relive and Appreciate the Goan Culture; unleash the hidden talents of the students through Sociology; create a spirit of competition; and foster sister/brotherhood among the Goan students. 8 institutions participated for the event, with the total of 96 participants and along with nine accompanied teachers- HarmalPanchakroshi Higher Secondary School, Pednem; Balram Higher Secondary School, Canacona; Maria Bambina Higher Secondary School, Cuncolim; Mount Mary Higher Secondary School, Chinchinim; Cuncolim United Higher Secondary School, CuncolimSalcete; MES Higher Secondary School; Zuwarinagar- Vasco; St. Alex Higher Secondary School, CurtorimSalcete; Shir Chandra BhagaTukoba Naik Higher Secondary School, Curchorem. The students from the department (55) volunteered and assisted this event. The Chief Guest for the event was Mr. Gopinath Gawas, Headmaster, Vivekanand Dyan Mandir High School, Keri also present was Prof. Harish Nadkarni, Vice Principal of the College.</p>
Photographs	




Title:	SOCIOFIESTA: Theme: EMBRACING THE OTHER PROGRESSING TOGETHER
Date and year:	JANUARY 19
Venue:	Upper Auditorium, Parvatibai Chowgule College
No. of Participants	40
Objective:	The objectives of this event were as follows: 1.To pause and reflect upon the ‘other’ and create strategies to embrace them thereby contributing to the overall progress of oneself vis-à-vis the humanity. 2. To unleash the hidden talents of the students.3.To foster sister/brotherhood among the Students.
Summary of the proceedings	Four colleges participated for the event, with the total of 40 participants and along with one accompanying teacher from Rosary College of Commerce & Arts, Navelim; Shree Mallikarjun College of Arts and Commerce, Canacona; C.E.S College of Arts & Commerce, Cuncolim; and M.E.S College-Zuarinagar. The Chief Guest for the event was Ms. Juliana Lohar (Co-Ordinator of ARZ-NGO), the special invitees were Ms. Diana Dias (Founder of Wajood-NGO) and Ms. Chrishnaa Verencar-Ex. Student of the Department and founder of Healers (NGO), the event was also graced by Dr. Debashish Majumdar (Dean, Social Sciences).
Photographs	





Title:	A visit to Provodoria-Old Age Home-Margao
Date and year:	20 TH March 2019
Venue:	Provodoria-Old Age Home-Margao
No. of Participants	10
Objective:	<p>1. To provide a sense of family to the old members in the Provodoria.</p> <p>2. To spend some valuable time with the old aged and provide them with happiness through the time spent with them.</p>
Summary of the proceedings	Students enjoyed to be a part of the old aged and spend some time with them. We had tried to provide the old with sense of being as a family member, while we spend time talking to them. We also attended the way of the cross which was held on that day. They were very happy with our presence.
Photographs	

Title:	A visit to Valentina's Little Heaven Orphanage
Date and year:	22 nd March 2019
Venue:	Colva
No. of Participants	10
Objective:	1. To spend time with the orphan children. 2. To give them a sense of love and not to feel them that they are lonely.
Summary of the proceedings	<p>The kids who are in the orphanage are very talented. These kids have a proper time table which make them follow and keep everything on track. This gave us a sense of being responsible.</p> <p>Overall experience: The overall experience was very good, where we could interact with the children in the orphanage. We had also carried with us chocolates and biscuits for the kids. This made the kids very happy.</p>
Photographs	 <p>A group of approximately ten young women are posing for a photograph outdoors. They are standing in a line, some leaning against a black motorcycle in the foreground. In the background, a white car is parked on a dirt path, and there are trees and a pink wall. The women are dressed in casual clothing like t-shirts and jeans. The overall atmosphere is cheerful and social.</p>

Title:	A visit to Asilo-Old age home
Date and year:	22 nd March 2019
Venue:	Benaulim
No. of Participants	10
Objective:	1. To give a sense of family to the old inmates in the old age. 2. To spend time with the old age and provide them with some happiness.
Summary of the proceedings	Generally it was a good experience whereby we could interact with the old aged, knowing them and talking with them with regards to their health and their problems.
Photographs	

Title:	A visit to Asilo-Benaulim
Date and year:	27 th March 2019
Venue:	Benaulim, Goa
No. of Participants	10
Objective:	1. To give a sense of family to the old inmates in the old age. 2. To spend time with the old age and provide them with some happiness.
Summary of the proceedings	Generally it was a good experience whereby we could interact with the old aged, knowing them and talking with them with regards to their health and their problems. We also sang songs along with them, giving them a sense of their youth-hood.
Photographs	 

Title:	Education to the needy children
Date and year:	18 th March 2019
Venue:	SPGD ground, Margao, Goa
No. of Participants	10
Objective:	<p>1. To reach out to the unfortunate section of the society and help them in getting educated by trying to inculcate and sharing the basic knowledge among the needy children who are unable to attend schooling.</p> <p>2. To at least teach basic things and teaching them the mandatory things required to know.</p>
Summary of the proceedings	<p>On the 1st day of teaching at the start we all introduced ourselves made a rapport with the students was done asked questions like age, name what they would like to become when they grow, than importance of education was briefed to them. When asked about what they already know they said languages they know are Hindi, Marathi, and one of their Jhati (mother tongue) languages. Most of them said they used to go to school 3years ago in Pune but due to unfortunate circumstances had to drop out we began the content with teaching them the most basic alphabets in English by demonstrating how to write and making them say along with us after which revision was done. We further taught them how to write their names individual attention was provided, paper and pencil were distributed. Later we taught the parts of the body by action in a sing song manner and ended the session by making them revise the alphabets in a fun way by playing a game.</p> <p>A full on revision was done that is alphabets, numbers and parts of the body. Than a book was bought which contained overall matter with pictures and many more things from that we with that book we helped them recognise the types of animals, vegetables, colour, days of the week were taught moral stories were narrated to them than notebooks pencil, eraser and sharpener was distributed we inserted alphabets, numbers in their books so that they can remember and rewrite and also they practised writing their own names lastly at the end we showed them animated movie named (sing) after movie we asked for feedback they said they loved us and it was very nice experience than we exchanged our good buys thank you and left taking a final picture</p>
Photographs	

Title:	Education to children
Date and year:	11 th March 2019
Venue:	Moti dhongor, Margao
No. of Participants	10
Objective:	1. To reach out the awareness of the children facing in education and want to learn more. 2. To at least teach basic things and teaching them the mandatory things required to know.
Summary of the proceedings	<p>The children seemed very enthusiastic to learn. We started the session by teaching them numbers 1-20. Games were played on their request a game called “pakdampakdi”. Some basic manners were taught, than we asked them if they know anything they want to showcase so two girls sang a song poetry type and 2 boys told us the story of their and the tortoise in Marathi.</p> <p>I have also taught alphabets and poetry. Which they were very getting difficult to understand and say to it. But slowly slowly they have tried their best. These children were around the age group 4-11 years of age. The duration of teaching was for 3 continuous days. Attempt was made to at least teach basic things. Consent was taken from the elders of the family from which the children belonged to Rajasthan. They have also told about different culture that they follow and they strictly do. Some children were fighting for pencil and pen. And thrice it been taught they do well.</p>
Photographs	

National Youth Camp: Commemorated 150 years of Birth Anniversary of Mahatma Gandhi

Eight students of Parvatibai Chowgule of Arts and Science College, Margao participated in a four-day National Youth Camp organised by UGC sponsored Gandhian Studies Centres, B. K. Birla College, Kalyan, Mumbai. The camp was held from March 27 to March 30, 2019 with the theme ‘Ba – Bapu: 150’. The camp commemorated 150 years of birth anniversary of Mahatma Gandhi and his wife Kasturba Gandhi.

Akbar Shaikh, Niraj Gaonkar, Sushanti Naik, Neha Khan, Anita Lamani, Zinat Shaikh, Habiba Shaikh and Sachi Naik participated in the camp. All of them pursue Master of Arts (Hindi) at Parvatibai Chowgule of Arts and Science College, Margao.

The program was inaugurated by the Chief Guest renowned Gandhian, academician, author, former Member of Parliament and vice-chancellor of Jain Vishva Bharati University, Ramjee Singh.

Throughout the camp, there were lectures on topics like Gandhian thoughts, Gandhi and Health, Gandhi and Yoga, Gandhi and Kasturba, Gandhi and Education that covered numerous other thoughts of Gandhi. Esteemed guests like Hubnath Pandey, Rishikesh Mishra, Hemani Sanghavi, Pakhare, Rajan Welukar and Shailesh Srivastav shared their knowledge through lectures.

Besides the lectures, the camp included activities like yoga, a movie screening on Gandhi and Mumbai city tour. Participants were toured to Mani Bhavan, a historical museum dedicated to Gandhiji. The participants were asked to put up a cultural program on the third day. Participants from across different states like Rajasthan, Odisha, Jammu and Kashmir, Uttar Pradesh participated in the camp.

POSHAN PAKHAWADA

N.S.S. unit of Parvatibai Chowgule College of Arts and Science, Autonomous celebrated “Poshan Pakhawada” by organizing a special talk to spread the awareness on Nutrition & Healthy Eating Habits on 22nd March 2019 in lower auditorium from 12:30 p.m. to 01:30 p.m. The two speakers: Dr. Nandini Vaz Fernanades, Associate Professor and Dean of Life Sciences and Dr. Aduja Naik, Assistant Professor, Department of Biochemistry delivered talk on importance of nutritional food. Around 67 people attended the talk including NSS volunteers, faculties and non-teaching staff.

Dr. Aduja spoke on “Nutrition for adolescents” elaborating on important aspects such as nutrition, Indian food pyramid, balanced diet, diet during different stages of life, factors affecting nutrition in adolescents, tips for eating for study, Indian breakfast, lunch and dinner suggestions and some interesting facts of food. Finally, the speaker concluded with a statement saying that a balanced diet and exercise is the key to a healthy life.

MINDFUL LEADERSHIP CAMP BY M.R. PAI FOUNDATION

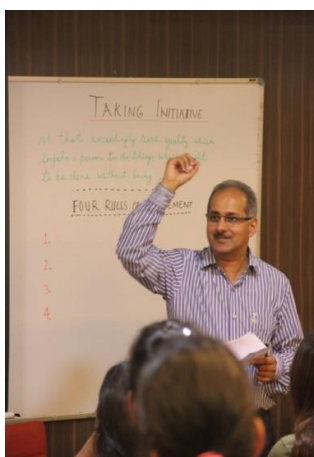
Parvatibai Chowgule College of Arts and science in association with M.R. Pai Foundation Mumbai organised a Leadership Camp for its final year students on 29th and 30th June 2018 to inculcate leadership skills, promote entrepreneurial spirit in students. The camp was facilitated by two eminent trainers from M.R Pai Foundation Mr. Raj Amonkar from Panjim and Dr. Rajendra Barve from Mumbai. Marketing officer Vasant Hede was the college coordinator for the event. Principal Dr. Sawant welcomed the guests and the trainers and shared his gratitude towards M.R. pai foundation for conducting this valuable camp in our campus.

Hoofreez Batliwala general Manager of M. R. Pai Foundation was the main coordinator along with Mrs. Geeta Pai Trustee of M.R. Pai foundation were present for the camp. The foundation provided this immense opportunity for students of Chowgule College. The theme of the camp was 'Mindful Leadership'. The spirit behind organising the camp was to provide hands on learning to students through activities, games, contests and discussions on topics like self-awareness, mindful thinking and decision making, social awareness and empathy and shared leadership.

Students enthusiastically participated competitively and all the activities demanded the right amount of intensity, involvement and out of box thinking. Students were divided into small group for most of the part of the camp and they discussed within themselves, brainstormed ideas on a given topic and did presentations effectively. A total of 46 students across Science and Arts streams attended the workshop from second year and third year. Participation certificates from M.R.Pai Foundation were given to all students



Dr. Rajendra Barve with students



Certificat e-distribution

Activities organized during 2017-2018

सेवा दिन on 17th September 2017

युवकांनी जिवनावश्यक कौशल्ये आत्मसाथ करुन देशाच्या विकासात सक्षमपणे हातभार लावला पाहिजे – नायब सुबेदार राजेंद्र ढोबळे

देशाचा आणि सर्वसामान्य देशवासियांचा विकास घडवून आणायचा असल्यास देशातील युवा शक्ती ने जिवनावश्यक कौशल्ये आत्मसाथ करणे गरजेचे आहे. देशातील गोर गरीबांच्या जिनवात बदल घडवून आणायला युवा शक्तीचा वापर महत्वाचा आहे असे नायब सुबेदार राजेंद्र ढोबळे यांनी पार्वतीबाई चौगुले महाविद्यालयातील राष्ट्रीय छात्र सेने द्वारा आयोजित सेवा दिन कार्यक्रमात छात्रसेनेच्या छात्रसैनिकांना मार्गदर्शन करताना सांगितले. हा कार्यक्रम स्वच्छता, आरोग्य आणि स्वच्छता ही सेवा ह्या संकल्पनांचा प्रचार करण्यासाठी चालवलेल्या देशव्यापी कार्यक्रमाचा एक भाग म्हणून आयोजित केला होता.



डॉ. मेजर गुणाजी देसाई यांनी सांगितले की प्रत्येक युवकाने आपण न ओळखणाऱ्या माणसांना मदत केली पाहिजे कारण दैनंदिन जिवनात आपण स्वतः कधी ही न बघितलेल्या लोकांनी तयार केलेल्या वस्तू वापरतो. म्हणून ते आपले प्रथम कर्तव्य समजून अशा अनामिक लोकांना मदत करावी असे त्यांनी मुलांना उदाहरणे देऊन स्पष्ट करुन सांगितले.

ह्याच कार्यक्रमाचा एक भाग म्हणून छात्र सैनिकांनी महाविद्यालयाच्या आवारा मध्ये असलेला कचरा एकत्रीत केला. मेजर गुणाजी देसाई यांनी कचरा वेगवेगळा करुन एकत्रीत केला तर कचरा पेटीत कशा प्रकारे अतिरिक्त जागा निर्माण करु शकतो याचे प्रात्यक्षिक छात्र सैनिकांन दाखविले.

कार्यक्रमाच्या सुरवातीला सिनियर अंडर ऑफीसर करण सिंग यादवने चलो स्कूल मॅगा ड्रायव्ह विशी माहिती दिली. सरोज कार्तीकाने स्वच्छता, आरोग्य, साफसफाई विषयी माहिती दिली. मिकीदेवी हिकमा हीने स्वच्छ भारत विशी शपथ दिली. सनदी हिने कार्यक्रमाचे सुत्रसंचालन केले.

GOA BATTALION NCC

SWACH BHARAT ABHIYAN FROM 23 DEC 2017 TO 01 JAN 2018 DURING ANNUAL TRAINING CAMP OF THE UNIT AT SHRI BHUMIKA HIGH SCHOOL PARYE

1. Swach Bharat Swach Goa is the slogan, which was followed in letter and spirit by approximately 474 NCC cadets of 1 Goa Battalion NCC during the Annual Training Camp. In the 10 days duration of the camp, the NCC cadets took active part in cleanliness drive and cleanliness awareness. They not only cleaned the camp location and adjoining village area,

but also participated in the Cleanliness Awareness Programme launched under the dynamic leadership of Major Gunaji Desai, who is also the Coordinator of “Chalo School Mega Drive” an initiative to create awareness regarding cleanliness, health, hygiene and sanitation at the School Level.

2. Major Gunaji Desai is an Associate Professor at Parvatibai Chowgule College, Autonomous Margao. He is a Social Activist who has been working on the issues of cleanliness, health, hygiene and sanitation since 2012 in Goa State. Without wasting any time, he kick started the cleanliness awareness programme on the first day of the camp itself.
3. On 23 Dec 2017, as the cadets started to report for the camp, he was having an informal discussion with them, on one to one basis. He made them aware of the magnitude of the problem and the various ways in which we can overcome this problem and achieve the dream of Clean Goa, Clean India.
4. This Cleanliness Campaign continued over next 09 days with active and willing contribution from approximately 474 NCC cadets and staff under the leadership of Maj Gunaji Desai.
5. The modus operandi of this campaign, the manner in which this programme was given impetus and the validation of results achieved is being explained with the help of photographs and a brief narrative in the successive paragraphs.
6. No doubt, this is only a beginning, but a beginning worth it. The best way to ensure a clean India is not to dirty it. If no citizen of India dirties our country, by disposing the waste in a manner it should be done, we will automatically have a clean India. During the entire campaign, we made an effort to impregnate this thought in the minds of the NCC cadets during this 10 days camp.
7. On 25 Dec 2017 during the power point presentation, Major Gunaji Desai highlighted the various ways for effective use of plastic and other household waste generated every day. Various pictures of nuisance created due to dumping of garbage in the dustbins kept at the roadside were shown depicting the cows, buffalos and dogs. These were the animals most affected by the scenario created by the citizens at the dustbin site.
8. Through this lively presentation, he appealed to the cadets, to spread the message of segregation of trash at the source. The important point he emphasized was, that wet waste must be collected and deposited at the designated points. He further cautioned everyone, not to tie the waste in polythene bags and throw it in the dustbins.
9. Further he also explained to the cadets, ANO and PI Staff about storing the plastic and other dry trash at the camp site and depositing it regularly at the designated place.

- 10.10. He requested the cadets, to motivate their parents once they go home after successful completion of the ATC, to use cloth bags and reduce the use of plastic. He further told the cadets to reuse the plastic and help in recycling it.
11. Major Gunaji Desai informed the cadets that their goal should be to change the mindset of our fellow citizens to change our surrounding environment. Chalo School Mega Drive is the important initiative for the students to create a change in the society by giving importance to the small things in our life.
12. For the next 08 days, the cadets got first hand experience of collecting and storing plastic dry waste and staying with that waste without any difficulty.
13. Over the entire duration of the camp, apart from Cleanliness Drive and Garbage Management by the cadets, there were also series of lectures, presentations and demonstrations on garbage management. Essential points emphasized are given as below:-
 - a. Keep doing our good work on our own, without criticism / causing any hurdles to anyone.
 - b. Do not blame others for not doing anything, neither can we blame them, saying it is their duty / responsibility to do it.
 - c. Start doing things from the grass root level; we must consider it our moral responsibility.
 - d. Our aim is to sensitize and educate school children and involve them with this endeavor to fulfill the larger objective.
 - e. We must prevent domestic animals from grazing on non-biodegradable litter. We need to protect our health by protecting domestic animals.
 - f. We are working towards cleaner and garbage free roads by ensuring the segregation of house hold waste at source, so as to protect the environment and mother earth.
 - g. Wet waste (leftover food, kitchen waste) to be accumulated in a container and the same (contents) should be emptied in the dustbin, bringing back the container. This will ensure that plastic bags are not used for the purpose of disposing waste.
 - h. Dry waste like grocery bags (plastic) to be deposited in a larger bag to be kept in the house.
 - i. Similarly, other waste such as unwanted and broken household items, medicinal waste and electronic waste should not be thrown in the dustbins meant for kitchen waste but kept aside and deposited separately on a designated day and at a designated place.
 - j. For the purpose of energy conservation, we can motivate our family members to ensure that before heating the frozen milk, it is important to bring it down at room temperature. The same applies to vegetables.

- k. Repairing taps that are leaking and ensuring that water is not wasted whilst brushing, bathing and washing clothes.
 - l. While buying readymade garments we must request the shopkeeper to retain all disposable things, like bag, box, pins, plastic supporter, foam sheets, price tags in the shop itself and we should bring home only the garments that have been purchased. Refuse to accept plastic bags if shopkeeper offers one to you. Feel proud to pass on the message to him, "We don't use plastic bags". Similarly use paper bags (made from newspaper) or cloth bags (made from old clothes available in your house).
 - m. If School children are availing mid day meal scheme, take only as much as you can eat and you can carry the Remaining food with you in a steel container and deposit it in your kitchen waste (students have to carry steel container from home).
 - n. Students who carry their own Tiffin should do so in steel container, and take leftovers home.
 - o. All students must carry a small cloth bag with them (10 inches x 6 inches), made from old cloth. All the waste that they create in class or in school, like paper / craft pieces, chocolate wrapper / ice-cream-candy box, sticks, wrapper etc, broken pencils / pens / rulers, leftover after sharpening pencils etc. should be deposited in that bag. This should be disposed off at home.
14. During the camp, wastage of food was curbed very successfully with the help of the cadets. The leftover food was served to cows, dogs, crows and the food waste was effectively managed naturally at the venue itself as can be seen from the photographs.
 15. The NCC cadets thus got an insight into a very simple, yet a very effective method of waste management, which they can easily follow in their respective homes and schools once this camp gets over.
 16. The cook party was also motivated to store all the plastic and dry waste in the empty rice and vegetable bags. The cook party was seen informing every one, that this was the first time that they did not burn the dry waste during the camp. At the end of the camp all the waste generated at the cook house was deposited by the cooking party in charge at the designated place.
 17. The waste generated by the cadets on the entire camp site and adjoining areas amounted to a large heap of non biodegradable material at the storing site. Also more than 1300 plastic bottles were accumulated for further disposal.
 18. The entire waste generated was handed over to the Village Panchayat Authority for sending it to Pollution Control Board for further processing.

19. The Villagers were shown the live demonstration by the cadets for successful implementation of dry waste management, without spending any money. This act was appreciated by the Village Panchayat Authority.
20. These ten days of Swach Bharat Swaach Goa Campaign is only a beginning and it is hoped that all the cadets take these first hand experiences and spread awareness amongst their parents, friends, peers, neighbors and every citizen of India for a cleaner and healthier country.
21. The quantification of contribution of cadets with regard to Swach Bharat Abhiyan (from 23 Dec 2017 to 01 Jan 2018 (10 days) in tabular form as per the format of DGNCC is given below:

Ser No	Locality	Area Covered	No of cadets	No of hours put in	Type of activity carried out	No of citizens contacted	Qty of garbage collected
1.	Sattari, Parye (Goa)	25 Sq Km	376	376x1x10 3760 hrs	Cleanliness awareness, health, hygiene & sanitation	1000 citizens (approx)	1300 bottles and 200 Kgs of dry waste.

(Gunaji Desai)
Major
Chief Coordinator
Swach Bharat Abhiyan

(Daniel Abraham)
Colonel
Commanding Officer
1Goa Bn NCC

01Jan 2018

01 Jan 2018

पाण्याची बचत करणे म्हणजेच पाण्याची निर्मिती करणे

‘स्वच्छ पाणी मिळणे ही प्रत्येकाची अपेक्षा आणि गरज आहे. पण मिळालेल्या ह्या पाण्याची योग्य प्रकारे वापर करून बचत केली तर आपण स्वच्छ पाणी निर्माण करू शकतो’.

‘जागतिक पाणी दिवस’ असल्याचे औचित साधून Chalo School Mega Drive चे संयोजक व पार्वतीबाई चौगुले कॉलेजच्या भाषा व साहित्य विभागाचे डीन (Dean), प्राध्यापक डॉ. गुणाजी देसाई यांनी आपल्या विद्यार्थ्यांच्या सोबतीने सरकारी प्राथमीक विद्यालय आर्के, विद्यानगर शाळेत ‘जागतिक पाणी दिवस’ या निमित्ताने खास कार्यक्रम आयोजित केला होता.

डॉ. गुणाजी देसाई यांनी आपल्या भाषणातून शाळेच्या विद्यार्थ्यांना उत्कृष्ट मार्गदर्शन केले. पाणी म्हणजे काय हे सांगून पाण्याचे महत्त्व व त्याचा उपयोग कसा करावा, पाण्याचे जतन कसे करावे हे उदाहरणासहीत सांगून इतर जिवनाआवश्यक वस्तु संबंधी सुद्धा योग्य मार्गदर्शन केले व शेवटी विद्यार्थ्यांना प्रश्न विचारून अचुक उत्तर देणाऱ्या विद्यार्थ्यांस बक्षिस देण्यात आले. अचुक उत्तरे देऊन फराना सैय्यद, अनिता प्रजापत, गोपालसिंह, वैभव साळगांवकर व सुमन कालेकर या विद्यार्थ्यांनी बक्षिसे पटकावली. हा कार्यक्रम उत्कृष्टपणे साजरा करण्यात आला. या शैक्षणिक कार्यक्रमाचा आमच्या शाळेच्या विद्यार्थ्यांना भविष्यात फार उपयोग होणार याची मला खात्री आहे असे शाळेचे मुख्याध्यापक प्रदीप फळदेसाई यांनी सांगितले.

सरकारी प्राथमीक विद्यालय आर्के, विद्यानगर शाळेत पार्वतीबाई चौगुले कॉलेज मार्फत Chalo School Mega Drive अंतर्गत शैक्षणिक कार्यक्रम चालू आहेत. त्यानुसार कॉलेजच्या चार विद्यार्थ्यांनी बिसमिला, तानया, खुशनुमा आणि जैनब या 20.3.2017 पासून आमच्या शाळेत विद्यार्थ्यांना शैक्षणिक मार्गदर्शन करण्यासाठी येतात व त्या आपले काम उत्तम रितीने करत आहेत असेही शाळेचे मुख्याध्यापक प्रदीप फळदेसाई यांनी सांगितले. या कार्यक्रमात चौगुले महाविद्यालयाच्या विद्यार्थ्यांनी खुशनुमा बानो व जैनब खान यांनी आपले विचार मांडले.

या कार्यक्रमाचे सुत्रसंचालन शाळेचे मुख्याध्यापक श्री प्रदीप फळदेसाई याने केले. शाळेची विद्यार्थ्यांनी भावनाकुमारी हीने गुलाबाचे फुल भेटवून पाहुण्यांचे स्वागत केले तर आभार प्रदर्शन शाळेची शिक्षिका सै बंदिशा नाईक हिने केले.

INTERNATIONAL HUMAN RIGHTS DAY, 2017

NCC Unit of our College celebrated 'International Human Rights Day' on 10th December, 2017. "The college students must concentrate on their studies and associate themselves with the programmes to educate the masses regarding healthy style of living. We the soldiers protect the boundaries of our nation from enemy, so that our fellow countrymen can lead a very peaceful life. Hence a all the NCC Cadets were asked to a pass on the message of ignoring the small mistakes and problems faced by us. If they are not tackled at initial stages these small mistakes and problems will ruin our life in near future", said the chief guest Naib Subedar Hast Bahadur Thapa from 1 Goa BN NCC, Panaji Goa while addressing the NCC Cadets of Parvatibai Chowgule College during the function organized by the NCC Unit of Parvatibai Chowgule College to commemorate the International Human Rights Day.

Cleanliness Drive was conducted in the campus and effective ways of managing wastage generated on college campus were discussed.

In the beginning Major Dr. Gunaji Sadanand Desai, Company Commander, NCC Unit of Parvatibai Chowgule College briefed the NCC Cadets about the importance and relevance of celebrating International Human Rights Day. He also introduced the chief guest. Further, he

appealed the NCC Cadets that they should see that the poorest of the poor has to get opportunities to acquire the basic needs in their day to day life. Today's youth has to associate themselves for facilitating the process of protecting the opportunities and the rights of common citizens.

During this function Sgt. Manthan Naik, Sgt. Vidhyashree Chimmalagi, Cpl. Maria Sevina D'Souza and Cpl. Shubham S. Chodankar were appreciated for their participation in the various NCC activities. The overall programme was compared by Sgt. Manthan Naik and the vote of thanks was proposed by Sgt. Vidhyashree Chimmalagi.



Title:	GOENKARPONN (PROMOTING GOA'S CULTURE)
Date and year:	14 th December 2017
Venue:	Upper Auditorium, ParvatibaiChowgule College
Resource person/s:	Mr. OlencioSimoes, Secretary of All India Fishermans Association and Vice-President of RamponkarachoEkvott and Environmental activist.
No. of Participants	108 Higher secondary students from all over the state.
Objective:	Create, Relive and Appreciate the Goan Culture; unleash the hidden talents of the students through Sociology; create a spirit of competition; and foster sister/brotherhood among the Goan students.
Summary of the proceedings	The Department of Sociology of ParvatibaiChowgule College of Arts and Science had organised a one day Itate Level Higher Secondary School Event - Goenkarponn on 14th December 2017. This event was organised with the objectives to: Create, Relive and Appreciate the Goan Culture; unleash the hidden talents of the students through Sociology; create a spirit of competition; and foster sister/brotherhood among the Goan students. Nine institutions participated for the event, with the total of 108 participants and along with nine accompanied teachers- HarmalPanchakroshi Higher Secondary School, Pednem; Balram Higher Secondary School, Canacona; Maria Bambina Higher Secondary School, Cuncolim; Mount Mary Higher Secondary School, Chinchinim; Cuncolim United Higher Secondary School, CuncolimSalcete; Our Lady Of Rosary Higher Secondary School, Dona- Paula; MES Higher Secondary School; Zuwarinagar-Vasco; St. Alex Higher Secondary School, CurtorimSalcete; Shir Chandra BhagaTukoba Naik Higher Secondary School, Curchorem. The chief guest for the event was Mr. OlencioSimoes, Social Activist, and President of all India fishermen's union. He is actively engaged in the fight against coal hub in Goa.

Photographs



Title:	"RESURRECTION OF WOMAN SOCIOLOGIST" 'SOCIOFIESTA'
Date and year:	19 th January 2018
Venue:	Upper Auditorium, ParvatibaiChowgule College
Resource person/s:	Dr. ShailaDesouza, Head of the Department of Women's Studies at Goa University.
No. of Participants	45 students from all over the state.
Objective:	a) Help students understand the woman's issue, b) Create a spirit of competition c) Unleash the hidden talents of the students, d) Foster Sister/brotherhood among the Goan Students.

Summary of the proceedings	<p>The Department of Sociology organized the 9th edition of inter collegiate event “Sociofiesta” on the theme "Resurrection of Woman Sociologist” on 19th January 2018.</p> <p>The chief guest for the event was Dr. ShailaDesouza, Head of the Department of Women’s Studies at Goa University. Four colleges participated in the event.</p>
Photographs	
 	

Title:	Friendship Day at Gujarati Samaj School for Special Children
Date and year:	8 th August 2017
Venue:	Gujarati Samaj School for Special Children-Margao
No. of Participants	25
Objective:	To spend some time with directly able children. To be one with them.
Photographs	 

Activities organized during 2016-2017

Title:	‘DRUG ADDICTION IN SOCIETY: ISSUES AND HEALING’ ‘SOCIOFIESTA’
Date and year:	19 th January 2017
Venue:	Upper Auditorium, ParvatibaiChowgule College
Resource person/s:	Ms. Aparajita Chatterjee - Menon, Ex-Head of department of Sociology and the Guest of honour was Mr. Alito Sequeira Ex Associate Professor, Department of Sociology, Goa University.
No. of Participants	60 students from all over the state.
Objective:	a) Help students understand the problem of drug addiction, b) Create a spirit of competition c)Unleash the hidden talents of the students, d)Foster Sister/brotherhood among the Goan Students.
Summary of the proceedings	The Department of Sociology organized One Day State level collegiate event, ‘Socio Fiesta’ on 19th January 2017. The theme for the event was ‘Drug Addiction in Society: Issues and healing’. The objective of the event was a) Help students understand the problem of drug addiction, b) Create a spirit of competition c)Unleash the hidden talents of the students, d)Foster Sister/brotherhood among the Goan Students. 30 volunteers assisted this event. Five colleges participated for the event, with the total of 60 participants and along with five accompanying teachers. Rosary College of Commerce & Arts, Navelim; Shree Mallikarjun College of Arts and Commerce, Canacona; CES College of Arts & Commerce, Cuncolim; Govt. college of arts science and commerce Quepem; and Goa University-Dept. of Sociology. The special invitee for the event was Ms. Aparajita Chatterjee - Menon, Ex-Head of department of Sociology and the Guest of honour was Mr. Alito Sequeira Ex Associate Professor, Department of Sociology, Goa University. Prof. Harish Nadkarni, Vice Principal of the College was present.

Photographs



Title:	GOENKARPONN (PROMOTING GOA'S CULTURE)
Date and year:	18 th January 2017
Venue:	Upper Auditorium, Parvatibai Chowgule College
Resource person/s:	Prof. Prajal Sakhardande, Associate Professor of History Department, Dhempe College of Arts and Science, Miramar and also famously known as Goan Heritage Activist.
No. of Participants	50 Higher secondary students from all over the state.
Objective:	Create, Relive and Appreciate the Goan Culture; unleash the hidden talents of the students through Sociology; create a spirit of competition; and foster sister/brotherhood among the Goan students.
Summary of the proceedings	The Department of Sociology organized One Day State level Higher Secondary event, 'Goenkarponn' on 18th January 2017. Keeping in mind the theme to Create, Relive and Appreciate the Goan Culture and the objectives were: a) to help the students to understand the past and present b) unleash the hidden talents of the students through Sociology c) create a spirit of competition; and d) foster sister/brotherhood among the Goan students. 30 volunteers

	<p>assisted this event. Five institutions participated for the event, with the total of 50 participants and along with seven accompanying teachers- Harmal Panchakroshi Higher Secondary School, Pednem; Balram Higher Secondary School, Canacona; Rosary Higher Secondary School, Navelim; Maria Bambina Higher Secondary School, Cuncolim; and Government Multipurpose Higher Secondary School, Borda. The Chief Guest for the event was Prof. Prajal Sakhardande, Associate Professor of History Department, Dhempe College of Arts and Science, Miramar and also famously known as Goan Heritage Activist. Dr. N.N.Sawant, Principal of the college and Dr. Gunaji Sadanand Desai, Dean, Faculty of Languages and Literature were present</p>
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Photographs



Title:	Visit to Old Aged Homes, Nazareth Home in Navelim
Date and year:	19 th December 2016
Venue:	Nazareth Home in Navelim
No. of Participants	20
Objective:	To give them love and bring smile on the faces of old people and a day help them to with their daily routine.
Photographs	



Title:	Visit to Divine Providence Old age Home-Benaulim
Date and year:	20 th December 2016
Venue:	Divine Providence Old age Home-Benaulim
No. of Participants	20
Objective:	1.To give them love and bring smile on the faces of old people and a day help them to with their daily routine.
Photographs	 

Title:	Friendship day the students visited the Gujarati Samaj a special education school
Date and year:	6 th August 2016
Venue:	Gujarati Samaj School
No. of Participants	18
Objective:	To be friends with the differentially able kids and make them feel one with them.

Title:	Short teaching session for the children at Valentina's Little Heaven, an orphanage in Colva
Date and year:	6 th Nov to 13 th Nov 2016
Venue:	Valentina's Little Heaven
No. of Participants	8
Objective:	Teach Hobbies to Children from the Orphanage

NATION-WIDE SANITATION CAMPAIGN ON SWACHHATA HI SEVA

Today's youth has to get motivated by acquiring the life skills for the development of individual and then the Nation as a whole. Endurance and patience are the key qualities for the success of individual, said Naib Subedar Rajender Dhobale, of 1 Goa BN NCC while speaking during the "Seva Din" celebration organized at Parvatibai Chowgule College. This programme was organized by NCC Unit - Infantry Wing of Parvatibai Chowgule College as a part of the Nation-wide Sanitation Campaign "Swachhata Hi Seva" on 15th September- 2nd October, 2017.

We must help the unknown people in our life as most of the things we use in our everyday life are made by people to whom we have never seen in our life, said Major Dr. Gunaji Desai. Major Desai further emphasized the need of creating awareness regarding Open defecation free village and cities. The cadets were given oath regarding Swachh Bharat Abhiyan, Swachhata Hi Seva by Cadet Micky Devi Heikham. The NCC Cadets conducted a cleanliness drive in the campus and collected the waste. The waste was segregated and it was shown to cadets how we can create more space in the waste bins if the waste is segregated and collected properly. Senior Cadet under officer Karan Singh Yadav spoke about Chalo School Mega Drive initiated by Parvatibai Chowgule College. Senior Cadet Kartika Saroj spoke about the importance of health, hygiene and sanitation. Cadet Faiza Sanadi compeered the function.

SWACHHATA HI SEVA

All the College faculty, staff and students of the college were involved in cleaning the campus by sweeping, weeding, segregating unwanted waste items accumulated in the office by each individuals on the Gandhi Jayanti Day i.e. 2nd October 2017.





Activities organised during 2015-2016

Title:	‘SOCIOLOGY AND SOCIETY’ - SOCIOFIESTA
Date and year:	19 th January 2016
Venue:	Upper Auditorium, Parvatibai Chowgule College
Resource person/s:	Dr. Anne Fernandes, Associate Professor and Head of the Department of Sociology, St. Xavier’s College.
No. of Participants	96 students from all over the state.
Objective:	<p>Theme: ‘Reliving Goan Culture’</p> <ol style="list-style-type: none"> 1. Help students relate sociology to one’s day to day life 2. Create a spirit of competition 3. Unleash the hidden talents of the students through sociology 4. Foster Sister/Brotherhood among the Goan students
Summary of the proceedings	<p>The aim of the Sociofiesta was to help the students relate sociology to the real society. A total of 7 colleges and 96 students accompanied by eight faculties participated in the event. The Chief Guest was Dr. Anne Fernandes ,Associate Professor and Head of the</p>

	<p>department of Sociology-St.Xavier's College, Mapusa, Goa. The event consisted of ten competitions; the winners were decided by compiling the results of all the competitions. St. Xavier's College, Mapusa won the first place and were honored with the winner's trophy and Department of Sociology-Goa University won the runners up trophy. The event was successful due to the efforts students and the faculties of the department of sociology.</p>
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Photographs



Title:	Celebrate friendship day with the special children / differently able children
Date and year:	1st August 2015
Venue:	Gujarati Samaj
No. of Participants	12
Objective:	<ol style="list-style-type: none"> 1. To be a part of friendship day celebration with differently able kids. 2. To create a sense of care and affection for differently abled kids
Photographs	

Title:	Visit to the 'Nazereth Old Age Home' at Navelim
Date and year:	25 th August 2015
Venue:	Nazereth Old Age Home' at Navelim

No. of Participants	10
Objective:	To develop humanistic skills in students
Summary of the proceedings	Students of Human Club visited the Nazareth Home for the aged and spend Quality time with them singing and dancing and playing games with them
Photographs	
	

Title:	‘WAJOOD, NGO FOR TRANSGENDERS’
Date and year:	31st August 2016
Venue:	Parvatibai Chowgule College, Margao
Resource person/s:	Ms. Diana Dias, founder President of ‘Wajood NGO’
No. of Participants	50
Objective:	<ol style="list-style-type: none"> 1. The scope of the Wajood Ngo 2. Need to start an NGO for Trans-Gender
Summary of the proceedings	<p>The Department of Sociology organised guest lecture on 31st August 2016 at 2pm in the college hall B- 303 by Ms. Diana Dias, founder President of ‘Wajood NGO’ for the elective paper entitled NGO Management. Wajood NGO is the first transgender organisation in Goa. She enlightened the crowd on their aims and objectives of the organisation. She also stated the hardships she faced to form such NGO. She informed the crowd the problems, gender stereotyping, gender discrimination and psychological trauma faced by the third genders. She also spoke on hierarchal organised traditional structure of Chelas and Gurus and Nayak, the rituals and customs to be identified as hijra and clear cut distinction between hijra community and transgender community. Dr. Sachin Moares, Head of the Department of Sociology gave vote of thanks.</p>

Photograph



Title:	Feed The Needy Drive
Date and year:	11 th May 2016
Venue:	Margao Garden and KTC bus stand
No. of Participants	8
Objective:	Feed the needy people such as the rag-pickers, the beggars, old women and small children living in poverty