Chowgule Education Society's

Parvatibai Chowgule College of Arts and Science

(Autonomous)

Accredited by NAAC with Grade 'A+'

Best Affiliated College-Goa University Silver Jubilee Year Award

# HIGHLIGHTS - OCTOBER 2025

## *Celebration of 'Goan Day'*

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**Activities and remarkable achievements for the month of October 2025**


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## From the Principal's Desk

Dear All,

Greetings!
I hope this message finds you well. We are happy to share some of the activities organized by various Departments and College Committees for the month of October 2025. Also are highlighted participation and achievements of staff and students.

Congratulations to all the students and staff members for their academic achievements and contributions.

Best wishes for future endeavours.

**Prof. (Dr.) Sangeeta G. Sankhalkar**
**Principal**

# ACADEMIC SECTION

## Highlights of the Month

- **Orientation Training on the 'Igot Karmayogi Platform'**
  An *'Orientation Training on the 'Igot Karmayogi Platform'* was organized for the teaching and non-teaching staff on 16th October, 2025. The resource persons were Mr. Anirudh Kunde, Head Clerk and Ms. Shreya B. Patil, Upper Division Clerk. A total of 69 staff members attended the same.

*The resource person Ms. Shreya B. Patil delivering the session on 'Orientation Training on the Igot Karmayogi Platform'*

*Participants*

- **Coffee with Principal**
  Coffee with the Principal with an objective of having a relaxed open space for staff to engage in meaningful dialogue with the College Principal, an informal gathering was held on 24th October, 2025.

  Primary aim of the informal engagement was to strength relationships, encourage transparent communication and offer an opportunity to staff to share feedback, ideas and concern. It's another platform where staff feel supported and

- **Garba Jalsa**
  Office of Students' Affairs(OSA), Dance Club and Students' Club Management Group(SCMG), Students Leadership Group(SLG), Students Sports Leadership Group(SSLG) organized *'Garba Jalsa'* on 1st October, 2025. The event brought together students dressed in colorful Garba attire, filling the campus with music, rhythm, and joy.

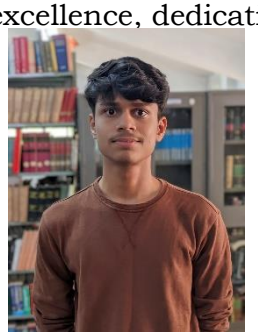
  The evening began with a formal ceremony hosted by Mr. Branded Mr. Nitesh Patel. The event was graced by the Principal, Vice-Principal, Faculty Advisor of Student Affairs, Instructor in Physical Education and Convener of Student Extra-Curricular Activities.

*A glimpse of 'Garba Jalsa'*

## Students Section

### Students Achievements

- **Mr. Atharv Pai Kakode**, student of TYBA, **Department of Economics** successfully cleared the ***Chartered Accountancy Intermediate Examinations*** held in September, 2025 by the **Institute of Chartered Accountants of India**. He scored 309, securing an exemption in Cost and Management Accounting. Atharv's outstanding achievement at the age of 19 is a reflection of his academic excellence, dedication, and perseverance.



*Mr. Atharv Pai Kakode*
Clears the ***Chartered Accountancy Intermediate Examinations***

- **Mr. Delroy Pires, student of MSc in Information Technology (Part I)** participated and won the ***Second Place*** in **The Essay Competition 2025 for College Level** in Goa on the topic '**The role of technology in solving environment problems**' organized by Smt Ahilyabai Ramani Pratishtan, Wadi, Talaulim, Ponda. Smt. Ahilyabai Ramani Pratishtan is a trust of Dr P.S. Ramani, Neuro Spinal Surgeon and writer.

**Mr. Delroy Pires**
***Second Place***
***The Essay Competition 2025 for College Level***

- Two girl cadets **JUO Priyanka Bind** and **LCPL Safiya Sheikh** were felicitated during the ***'International Day of the Girl Child'*** celebration organized by the **Directorate of Women and Child Development, Government of Goa** at the Goa Medical College Indoor Auditorium, Bambolim on 11th October, 2025.

  The 1 Goa Battalion NCC, aimed to promote the theme "*Invest in Girls' Rights: Our Leadership, Our Well-being.*" It recognized the achievements and leadership qualities of NCC girl cadets who continue to contribute to women empowerment and social development.

*Girl cadets JUO Priyanka Bind and LCPL Safiya Sheikh being felicitated during the 'International Day of the Girl Child'*

- Two students **Ms. Sriya Bandekar (FYBA) and Mr. Sevilen Serrao (SYBA)** from the **Department of Sociology** participated and secured the ***First Place*** in the **Inter-Collegiate '*Sociology Quiz Competition*'** organized by the **Department of Sociology, St. Xavier's College, Mapusa** on 15th October 2025.

**Ms. Sriya Bandekar and Mr. Sevilen Serrao**
***First Place***
Inter-Collegiate '*Sociology Quiz Competition*'

## Student Participation/Attended

Student Participation

- Nine students from the Department of Physics participated in the Pre-Convention workshop on *'Quantum Mechanics'* organized by Indian Association of Physics Teachers (IAPT) in association with the School of Physical and Applied Sciences, Goa University on 4th October, 2025.

Student Attended

- 36 FYBSc students, Department of Geology accompanied by Mr. Sachit Kuttikar, Assistant Professor, Department of Geology attended field work at Palolem and Agonda Canacona as a part of their course *'Fundamental of Geology'* on 5th October, 2025.

*Students for the field work*

# Faculty Section

## Invitation as Resource Person

- Mr. Lawrie Colaco, Incharge and Advisor, Department of Hospitality & Tourism was the resource person for '*We Rise Winter Camp 2025'*, at Nirmal Nature Campsite, Xeldem, Quepem on 28th October, 2025. He delivered a session on Careers in Hospitality "We Rise: Step by Step, Stronger". He guided the students on various career opportunities in the hospitality sector, emphasizing the importance of professional growth, communication skills, and dedication in the industry.

*Mr. Lawrie Colaco delivering as session on Careers in Hospitality "We Rise: Step by Step, Stronger"*

## Faculty Participation/Attended

Faculty Attended

- Mr. Shubhankar Shah, Assistant Professor, Department of English attended a One Week Online FDP on *'Contemporary Developments in Medical Humanities'* organized by the Department of English at Manav Rachna International Institute of Research and Studies, Faridabad, from 9th to 15th October, 2025.

- Mr. Yatin P. Desai, Associate Professor, Department of Physics attended the National Seminar on *'X-ray Spectroscopy and its Application in Physics, Chemistry and Biology'* organized by School of Physical and Applied Sciences, Goa University at Goa University on 27th and 28th October, 2025.

- Ms. Jofira Gonsalves, College Counsellor attended the *'World Mental Health Day 2025'* organized by State Tele-MANAS Goa in collaboration with Directorate of Health Services at South Goa District Hospital Margao on 10th October, 2025.

*Ms. Jofira Gonsalves for the 'World Mental Health Day 2025*

Faculty Participation

- Mr. Yatin P. Desai, Head & Associate Professor and Dr. Malati Dessai, Assistant Professor, Department of Physics participated in the *'39th Annual National Convention of Indian Association of Physics Teachers'* organized by Indian Association of Physics Teachers Goa RC-21 in association with the School of Physical and Applied Sciences, Goa University from 5th to 7th October, 2025.

## Department Activities

### 1) Department of Biotechnology

- The Department organized an educational visit to Kurade's Mushroom cultivation farm, Canacona on 11th October, 2025.

The visit aimed to provide an overall experience and skills involved with mushroom cultivation processes such as substrate preparation, spawn inoculation, incubation, and harvesting. Gain insights into biotechnology tools used in spawn production and contamination control. Understand how mushroom farming can be turned into a profitable agribusiness. A total of 53 students and 2 faculty members visited the same.

*Students for the educational visit at Kurade's Mushroom Cultivation farm*

### 2) Department of English

- The Department organized *'Goan Day'* on 9th October, 2025. Students of various other Departments Hindi, Marathi, French, Konkani and History participated in the same. Students performed traditional Goan folk dances such as Kutti dance, Kunbi dance, Dekhni and also sang the Mando. Students of Departments of English and History also showcased Goan cuisine.

*A glimpse of the 'Goan Day'*

### 3) Department of Psychology

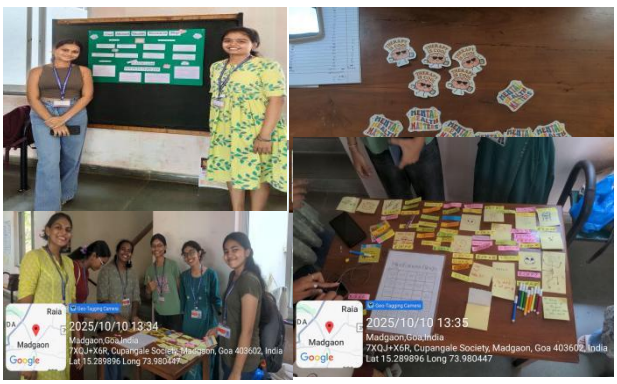
The Department organized the following activities:

- Session on *'Distress Tolerance'* on the eve of World Mental Health Day on 9th October, 2025 by psychotherapist Ms. Neha Pai Dukle. The session began with a distress-symptom bingo activity, followed by the creation of a personalized mental health toolkit that included grounding techniques, social support resources, and positive affirmations. The session ended with 'web of support' activity, where participants passed a thread to one another while sharing the coping strategies they use to manage stress, symbolizing mutual support within the group. A total of 16 students from the Department participated in the session.

*The resource person Ms. Neha Pai Dukle delivering the session on 'Distress Tolerance'*

*Participants*

- *'World Mental Health Day'* on 10th October, 2025 with an objective of promoting awareness, engagement and positive mental health practices among students, teachers, staff and visitors. The event featured a Mindfulness Bingo Activity, where participants engaged in simple, calming tasks like doodling, counting, and self-reflection to enhance present-moment awareness and encourage peer connection. A Sticker Stall showcased creativity through handmade and printed stickers spreading mental health awareness in an appealing and artistic way. Additionally, a Mental Health Resource Map provided essential information on helplines, apps, and counselling services across Goa, aiming to bridge the gap between awareness and help-seeking while reducing stigma around mental health support.




*A glimpse of the 'World Mental Health Day'*

Additionally a session on *'Transactional Analysis – A Tool for Healthy Communication'* was organized by Dr. Sobita Kirtani, In-charge, Department of Psychology for the teaching and non-teaching staff members. The session emphasized the importance of effective communication across various areas

of life, helping participants understand interpersonal dynamics and the impact of communication styles on relationships, decision-making, and overall well-being.

*The resource person Dr. Sobita Kirtani delivering the session on 'Transactional Analysis – A Tool for Healthy Communication'*

## 4) Department of Sociology

- The Department organized a socializing daytrip at six Shares of Nature, Quepem, on 12th October, 2025. The trip brought together students from FY, SY, and TY, along with faculty members, for a day of bonding and provided a unique opportunity for students and faculty members to connect outside the classroom, fostering a sense of community and camaraderie. At total of 41 students participated in the trip.

*Students for the socializing daytrip*

- The Department organized a '*Research Symposium*' for the students of TYBA Sociology on 18th October, 2025. The symposium aimed at providing a platform for the TY students to share their progress and findings and facilitate knowledge sharing and building confidence, with reference to the presentation of their final year project. A total of 10 groups presented their findings.

*Students presenting for the 'Research Symposium'*

**5) Department of Physical Education & Sports Management**

- *'Tiger Sportz Fiesta 14.0'*, an Inter-Departmental Multi Sports Tournament was organized on 4th and 9th October, 2025. During the **Campus Run** held on 4th October 2025 in the individual category, **Abdul Shaikh** (Chemistry) secured the ***first place***, followed by **Shreyansh Naik (Zoology)** secured the ***second place***, and **Edson D'Sa (Geology)** secured the ***third place***. In the team, the **Department of Zoology** emerged ***champions*** with 44 points, while the **Department of Computer Science** secured the ***second place*** with 60 points, and the **Department of Biotechnology** secured the ***third place*** with 65 points.

  Following the Campus Run, the **Rhythmic Yogasana Competition** was held on 9th October 2025 at the Tiger's Ghol. The event aimed to promote fitness, endurance, flexibility, and concentration, while encouraging students to explore the artistic and rhythmic aspects of yoga. Participants performed a series of synchronized yoga postures set to music, demonstrating balance, control, and creativity. The **Department of Zoology** secured the ***first place***, while the **Department of Biotechnology** secured the ***second place***.

*A glimpse of the 'Campus Run'*

*A glimpse of the 'Rhythmic Yogasana Competition'*

**6) Department of Hospitality and Tourism**

- The Department organized an outdoor activity on 11th October, 2025. The resource person was Mr. Lawrie Colaco, Programme Advisor; Aviation, Hospitality and Customer Service. The activity was all about teamwork, laughter, and positivity with students sharing compliments, bonding and getting to know each other better outside the classroom. A total of 18 students and 2 faculty members attended the activity.

*A glimpse of the outdoor activity*

## Activities by College Committees

### 1) Career and Personal Counselling Center

- The Career and Personal Counselling Center organized a talk on *'Suicide Prevention: Risk Assessment and Support Strategies'* on the 9th October, 2025. The purpose of the activity was to equip participants to help someone in distress by guiding them to professional help whenever necessary. The resource person was Ms. Jofira Gonsalves, College Counsellor. The session highlighted the alarming statistics, misconceptions, warning signs and psychological first aid measures. A total of 7 students and 2 faculty members attended the talk.

*The resource person Ms. Jofira Gonsalves delivering the session on 'Suicide Prevention: Risk Assessment and Support Strategies'*

### 2) National Cadets Corps (NCC)

- Gandhi Jayanti, was observed on 3rd October as 2nd October being the public holiday for Dussehra, to mark the birth anniversary of Mahatma Gandhi, the Father of the Nation. To commemorate this day and to uphold his values of harmony with nature, a Tree Plantation Drive was organized in the College on 3rd October, 2025 as per the instructions received from the 1 Goa Battalion NCC.

*Cadets with the Principal planting the sampling*

*Cadets with CTO, planting the sampling*

### 3) Internal Quality Assurance Cell (IQAC)

- The First IQAC Meeting of the academic year 2025-2026 was held on 4th October, 2025. The meeting ended with fruitful discussion and clear delegation regarding the proposed agenda. Fruitful deliberations were hled on the tabled agenda.

*A glimpse of the IQAC Meeting*

- In continuation with the next phase of Infosys Springboard an *'Orientation'* was organized for the Non-Teaching Staff members and the Students Leadership groups on 9th October, 2025. The resource persons were Dr. Sameena Falleiro, Dean of Science and Dr. Rupali Tamuly, Dean of Arts along with the Principal. The session provided informative hands-on training on a free digital communication platform

*The resource person Dr. Rupali Tamuly and Dr. Sameena Falleiro delivering the session on 'Infosys Springboard Orientation and Implementation' for the non-teaching staff*

*The resource persons delivering the session on 'Infosys Springboard Orientation and Implementation' for the Students Leadership groups*

*Participants from Students Leadership groups*

**4) Research & Development Cell (RDC)**

- The Research Programme and Policy Development Committee of Research & Development Cell (RDC), organized a talk titled *'Structuring Research Proposals for Maximum Impact'* on 24th October 2025.

  The resource person Prof. Vithal Tilvi, Professor, Goa State Higher Education Council (GSHEC), Alto-Porvorim, Bardez spoke on essential elements of successful proposals, including developing a compelling research problem, articulating objectives, designing methodology, aligning outcomes with funding priorities, and presenting ideas with clarity and coherence. A total of 29 faculty members attended the talk.

*Prof. Vithal Tilvi delivering the session on 'Structuring Research Proposals for Maximum Impact'*

*Faculty members attending the talk*

**5) Staff Welfare and Recreational Committee**

- A *'cultural programme'*, an evening of merriment was organized as a part of staff engagement and well-being initiative on 24th October, 2025. The recreational event was thoughtfully planned to foster togetherness, relaxation and holistic well-being among all members of the college family. The staff members actively participated in the programme showcasing their talent through dance performances, singing, poetry recitals and playing musical instruments. Various games were also organized. A total of 67 staff members attended the same.

# RESEARCH SECTION

## Papers Presented

- Prof. Sangeeta Sankhalkar, principal attended and presented a paper: *"Sustainable Use of Algae for Agricultural and Environmental Applications: Microalgal Biofertilizer Production and Lipid Biomass Generation from Synthetic Dairy Wastewater"* at the ALL INDIA BOTANICAL CONFERENCE *of* THE INDIAN BOTANICAL SOCIETY International Symposium on Biology and Biotechnology of Plant Diversity for Bioeconomy from 29th to 31st October, 2025 at North-Eastern Hill University, Shillong.

  During these 3 days international symposium, Principal interacted with eminent Scientists' in the field of plant biology. To name some Shanti Swarup Bhatnagar awardee and former VC of JNU, Director of International Centre for genetic Engineering and biotechnology, New Delhi and Padmashree awardee Prof. Sudhir Sopory. Prof. Anil Kumar Tripathi, School of Biotechnology, Banaras Hindu University, Varanashi, Prof. Tetsuro Mimura, Department of Cell Biology, University of Kyoto, Japan, Dr. Thiele Kevin Ross, Director Eubio Consulting and Head Scientist Research School of Biology, Australian National University Australia.

*Prof. (Dr.) Sangeeta Sankhalkar presenting her research paper*

*Conference Delegates*

*Principal and Dr. Thiele Kevin Ross*

*Principal with Padmasree Prof Sushir K. Sopory*

*Principal with Prof. Anil Kumar Tripathi*

*Principal with Prof. Tetsuro Mimura*

- Dr. Sachin Savio Moraes, Head, Department of Sociology presented a research paper at a seminar cum book release event on the theme *'Sociology of the Indian Social Sphere'* organized by D. D. Kosambi School of Social Sciences and Behavioural Studies, Sociology Discipline, Goa University on14th October, 2025.

*Dr. Sachin Moraes presenting the research paper 'Sociology of the Indian Social Sphere'*

*We will come back soon with more highlights of our campus in the upcoming issues. Your comments and suggestions are valuable to us.*
*Email: principal@chowgules.ac.in*

*Thank you.*

**Date: 02/12/2025**