

### Criteria III – Research, Innovation and Extension

#### 3.4.3. Number of extension and outreached Programmes conducted by the institution – 2018-19 (No. of Extension Activities - 31)

Sr. No.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Page No.
1.	Celebration of International Yoga Day	NSS UNIT and Patanjali Yog Pratisthan	Fit India	21-06-2018	1
2.	Celebration of 'International Disability Awareness Day'	Lokvishwas Pratisthan & Department of Sociology	Empowerment of Specially Abled Children	24-07-2018	2
3.	Administering of Swachhta Shapath	NSS Unit & Directorate of Sports and Youth Affairs, Panaji	Swachh Bharat Pakhwada	01-08-2018	3
4.	Cleaning Drive in Campus and Roadside	NSS Unit & Directorate of Sports and Youth Affairs, Panaji	Swachh Bharat Pakhwada	02 to 05-08-2018	4
5.	Tree plantation & Cleaning	NSS/Directorate of Sports & Youth Affairs, Panjim	Swachh Bharat Pakhwada	8 & 11-08-2018	5
6.	Rally cum Cleaning Drive at Vavurla	NSS/Directorate of Sports & Youth Affairs, Panjim	Swachh Bharat Pakhwada	15-08-2018	6
7.	Kerala Relief Fund Collection	NSS Unit	Disaster Management	28-08-2018	7
8.	Awareness on Solid Waste Management	Solid Waste Management Cell, Canacona & NSS Unit	Swachh Bharat Abhiyan	04-09-2018	8
9.	Pot Hole Filling on National Highway	NSS Unit & Directorate of Sports and Youth Affairs, Panaji	Community Development	05-09-2018	9
10.	AURORA - Inter-School Multi Event Competition	Department of Geography & GeoTarang	Skill Development	06-09-2018	10-13

11.	Introduction of New Community Health Worker	Chetana Health Clinic & Department of Sociology	Gender & Health	07-09-2018	14
12.	Medical Camp for Women	Chetana Health Clinic (Sangath) & Department of Sociology	Health	07-09-2018	15
13.	Eye Donation Awareness Programme	NSS Unit & SAKSHAM Goa	Community Wellness	08-09-2018	16
14.	Street play on ill effects of Plastic	NSS Unit & Govt. Higher Secondary School, Canacona	Swachh Bharat Abhiyan	24-09-2018	17
15.	Rally against Plastic Menace on NSS Day	NSS Unit & Directorate of Sports and Youth Affairs, Panaji	Swachh Bharat Abhiyan	24-09-2018	18
16.	Gandhi Jayanti Celebration - Non-violence Day & Cleaning at Public Places	NSS, NCC, Commerce Association, Cultural Committee	Swachh Bharat Abhiyan	02-10-2018	19-20
17.	Cleaning Drive & Personality Development Programme - 1 day Special Camp	NSS Unit & Directorate of Sports and Youth Affairs, Panaji	Swachh Bharat Abhiyan	07-10-2018	21-22
18.	Road Safety Awareness	NSS Unit, Lions Club of Canacona & Police Department, Canacona	Road Safety Awareness	12-10-2018	23
19.	Visit to Sateri Self Help Group	Sociology Department /Shree Santeri Self Help Group Gaval Khola	Community Enrichment	12-10-2018	24-25
20.	Special Camping at Agonda village	NSS Unit & Directorate of Sports and Youth Affairs, Panaji	Community Development	19-11-2018 to 25-11-2018	26-32
21.	Participation in State Level Youth Festival to demonstrate local folkdance	NSS Unit & Directorate of Sports and Youth Affairs, Panaji	Skill Development	07-01-2019	33-
22.	Health Camp at Gaondongri	Dept. of Sociology, Sangath & NSS Unit	Community Wellness	12-01-2019	34

23.	Adinivasi Sahavas Sahitya Karyashala (Research Oriented Extension Activity)	Dept of Konkani & Gaondongrim & Khotigao Village Panchayat	Indigenous People Empowerment	31-01-2019	35-36
24.	Akhil Bharatiy Konkani Sahitya Sammellan	Akhil Bharatiy Konkani Parishad & Institutes of Canacona	Community Development	02 & 03-02-2019	37-38
25.	HIV/AIDS Awareness	NSS Unit & GSACS and Red Rebbon Club	HIV/AIDS Awareness	18-02-2019	39
26.	International Womes Day	NSS Unit, SAHELI & ABVP Cancona	Gender Awareness	08-03-2019	40
27.	Workshop on Declining Sex Ratio	Office of the District Appropriate Authority and District Magistrate (PC – PNDDT Act), South Goa	Gender Awareness	08-03-2019	41
28.	Nutritional Charts display & Awareness Talk on Nutrition	NSS Unit	Poshan Pakhwada	08 to 22-03-2019	42
29.	Old Age Home Visit	Institute of Public Assistance (Provedoria) Government of Goa & Department of Sociology	Community Enrichment	12-03-2019	43-44
30.	Workshop on 'Health for Teenagers'	Sangath & Department of Sociology	Health	30-03-2019	45-46



### IQAC

Date : 21<sup>st</sup> June 2018

Title of Event : International Yoga Day

Organizing Department : NSS Unit Patanjali Yog Pratistahan, canacona Goa.

Numer of Participants: ~~124~~

Number of Students (M/F) : 100(M-32 F-68)

Number of Staff : ~~24~~

Guest/keynote Speaker : Mrs. Shobha Bhide

Brief Report: International Yoga Day

The NSS activities for the academic year of 2018 – 19 began with the celebration of International Yoga Day on 21<sup>st</sup> June 2018. The resource person, Mrs. Shobha Bhide, associated with Patanjali Yog Pratisthan, demonstrated different kind of Yogasanas including Bhujangasana, Trikonasana, Hastapadasana, Shavasana and others apart from various Pranayama forms. About 100 volunteers (32 males & 68 females) and staff members participated in the event.



  
Mr. Anand Velip  
NSS Programme Officer





IQAC

Date : 24<sup>th</sup> July 2018

Title of Event : Celebration of 'International Disability Awareness Day'

Organizing Department : Sociology and Lokvishwas Pratisthan

Number of Participants: 42

Number of Students (M/F) : 40

Number of Staff : 02

Brief Report : Celebration of 'International Disability Awareness Day'

The Department of Sociology in collaboration with Lokvishwas Pratisthan (Special School) celebrated International Disability Awareness Day on 24.07.2018. Lokvishwas pratisthan is an organisation working for the welfare, education and rehabilitation of persons with disabilities. This awareness programme was organised for students and staff from six higher secondary schools from the Canacona taluka along with the students from the Department of Sociology.





### IQAC

Date : 1<sup>st</sup> August 2018

Title of Event : Administering swachhta shapath

Organizing Department : NSS Unit

Number of Participants : 53

Number of Students (M/F) : 50(M-20/F-30)

Number of Staff : 03

Brief Report : Administering swachhtashapath

Swachh Bharat Pakhwada 2018 began with administering swachhta shapath to the NSS volunteers by Officiating Principal Dr. F. M. Nadaf on 1<sup>st</sup> August 2018. 50 volunteers involving 20 males and 30 females took swachhta shapath.



Mr. Anand Velip  
NSS Programme Officer



Govt. Reg. No. AC-18

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### IQAC

Date: 1<sup>st</sup> August to 15<sup>th</sup> August 2018

Title of Event: Swatch Bharat Pakwada

Organizing Department : NSS Unit

Number of Participants: 245

Number of Students (M/F) : 237 (M-71/F-166)

Number of Staff : 08

#### Brief Report **Swatch Bharat Pakhwada**

Host of activities were organised to achieve the objectives of the national mission Swatch Bharat between 1<sup>st</sup> August and 15<sup>th</sup> August. These include campus, classroom as well as college ground cleaning, awareness campaign through village rally, street play, poster display. Between 2<sup>nd</sup> and 5<sup>th</sup> of August, about 237 volunteers (males – 71 & females – 166) participated in classroom, laboratory, college campus and ground cleaning activity.



Mr. Anand Velip  
NSS Programme Officer



**IQAC**

Date: 8<sup>th</sup> and 11<sup>th</sup> of August 2018

Title of Event: Vanmahotsav (Tree Plantation & Cleaning)

Organizing Department : NSS Unit,

Number of Participants: 100

Number of Students (M/F) : 98 (M-16 /F-82)

Number of Staff : 02

Brief Report : **Vanmahotsav** (Tree Plantation & Cleaning)

To expand green cover in and around college campus, vanmahotsav was celebrated on 8<sup>th</sup> and 11<sup>th</sup> of August 2018. Altogether 98 volunteers (Males 16 & females 82) participated in this drive and successfully planted 60 plant saplings. Prof. Vividh Pawaskar, Department of English, sponsored medicinal plants and inaugurated plantation drive. All the medicinal plants were planted on the college ground and campus.



Mr. Anand Velip  
NSS Programme Officer





### IQAC

Date :15<sup>th</sup>August 2018

Title of Event: Rally Cum Cleaning drive At Vavurla

Organizing Department : NSS Unit,

Number of Participants:113

Number of Students (M/F) :111(M-28 /F-83)

Number of Staff :02

Brief Report :**Rally Cum Cleaning drive At Vavurla**

Under Swachh Bharat Pakhwada 2018. On the eve of Independence Day, 28 boys and 83 girls participated in village rally conducted at Vavurla, a hilly settlement in the taluka of Quepem.



Mr. Anand Velip  
NSS Programme Officer



**IQAC**

Date: 28<sup>th</sup> August 2018

Title of Event : Kerala Flood Relief Fund collection

Organizing Department : NSS Unit & CM'S Relief Fund

Number of Participants : 24

Number of Students (M/F) : 21 (M-6/F-15)

Number of Staff : 03

Brief Report: Kerala Flood Relief Fund collection

In order to extend a helping hand to Kerala flood victims, the NSS volunteers offered their services to the nation by raising funds to the needy. Over Rs. 10000/- were collected and deposited in CM's Relief Fund. 21 volunteers (6 males & 15 females) participated in this drive.



Mr. Anand Velip  
NSS Programme Officer



## IQAC

Date: 4<sup>th</sup> Sept 2018

Title of Event : Lecture on Solid Waste Management

Organizing Department : NSS Unit & Solid Waste Management Canacona

Number of Participants: 67

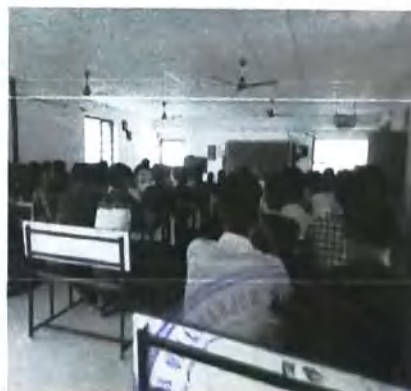
Number of Students (M/F) : 62 (M-27/F-35)

Number of Staff : 05

Guest/keynote Speaker : Ms. Seema R. N

**Brief Report: Lecture on Solid Waste Management**

On 4<sup>th</sup> Sept 2018, a talk was arranged to sensitize volunteers about the waste segregation, disposal and its management. Ms. Seema R. N., Officer at Solid Waste Management Cell, Canacona enlightened 62 (males- 27 & females- 35) volunteers through an interactive session about the complexity involved in the waste management. Solid Waste Management Cell, Canacona has provided 4 dust bins to facilitate waste segregation in the college campus.



  
Mr. Anand Velip  
NSS Programme Officer



### IQAC

Date : 5<sup>th</sup> Sept 2018

Title of Event : Pot Hole Filling on National Highway

Organizing Department : NSS Unit

Number of Participants:11

Number of Students (M/F) :09 (M-09/F-00)

Number of Staff :02

Brief Report: Pot Hole Filling on National Highway

On the eve of Teachers Day i.e. 5<sup>th</sup> Sept 2018, under the guidance of Principal Dr. F. M. Nadaf team of 9 volunteers and NSS Programme Officer Mr. Anand Velip rendered their physical services by participating in pot hole filling drive on National Highway No. 17 as well as on the interior roads in and around Chaudi.



Mr. Anand Velip  
NSS Programme Officer

**IQAC**

Date	: 6 <sup>th</sup> September 2018
Title of the Even	: AURORA
Organizing Department	: Geography & GeoTarang
Nature / Classification of Event	: Inter-school Multi Event Competition
Number of Participant (M/F)	: 332 (235 - outside)
Number of Students (M/F)	: 286 (204 - outside)
Number of Staff	: 46 (31 – outside)
Guest/ Keynote Speaker	: Shri. Ramdas Majalkar, DPM's President

**Brief Report**

On 6<sup>th</sup> September 2018, a taluka level inter-school multi-event competition under the banner of 'AURORA 2018' was organized to provide platform to the school students to showcase their talent in Geographical spheres. 6 different competitions namely **Quiz, Sketch Your Ideas, Speak Up The Fact, Model Making, Fit It and Skit** were organized in the one day event.



The event started with inaugural function in the distinguished presence of Shri. Ramdas Mazalkar, President, Dnyan Prabodhini Mandal, Shri. K. B. Gaonkar, Secretary, Dnyan Prabodhini Mandal, Shri. Mahindra Desai, Treasurer, Dnyan Prabodhini Mandal, Dr. F. M. Nadaf, Principal, Shree Mallikarjun College and Dr. C. P. Hiremath, HoD, Department of Geography.





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Inaugural Programme

204 students supervised by 31 teaching faculty members from 19 schools located in different parts of Canacona taluka participated actively to display their innate and inculcated potential. Katyaani Baneshwar Vidhalaya High School, Panasule – Canacona was declared as winner of AURORA 2018.



Quiz



Sketch Your Ideas



Speak Up The Fact

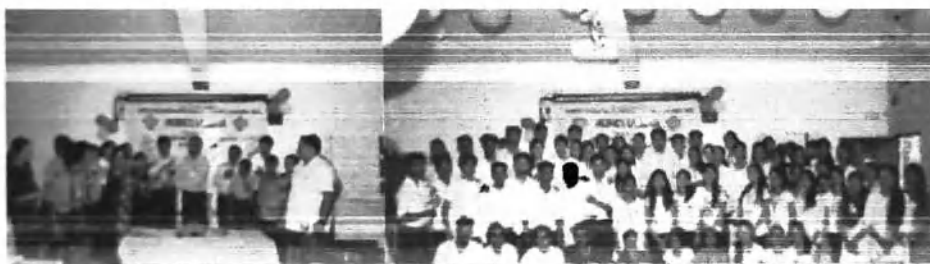




Model Making



Fit It



Concluding Programme



Format of Certificates





Total Expenditure if any

: Donations received from Community

Name of the Department

: Department of Geography & GeoTarang Club

Dr. C. P. Hiremath

Head

Department of Geography





### IQAC

Date : 7<sup>th</sup> September 2018

Title of Event : Introduction of new Community Health Worker

Organizing Department : Chetana Health Clinic & Department Of Sociology

Number of Participants: 32

Number of Students (M/F) :30

Number of Staff : 02

Brief Report :

**Introduction of new Community Health Worker:** Ms Ulka Naik is freshly appointed as the second community health worker for Canacona block. Ms Ulka Naik will reach out to additional panchayat areas, thereby all the panchayats would be covered. This event is organized on 7<sup>th</sup> September 2018





**IQAC**

Date : 7<sup>th</sup> September 2018

Title of Event : Medical camp for women

Organizing Department : Chetana Health Clinic & Department Of Sociology

Number of Participants: 27

Number of Students (M/F) :25

Number of Staff : 02

Brief Report : Medical camp for women was organised on 07.09.2018 in Gaondongrem.

Medical experts from the field of gynaecology, general medicine, nutrition, etc. will be appointed for the task. The advisory members suggested to seek the involvement of local Member of Legislative Assembly Shri Isidore Fernandes. It was decided to depute five volunteers from the college to assist the activity. Awareness modes such as college, press report, press inserts, street plays, and banners were also discussed.



**IQAC**Date : 8<sup>th</sup> September 2018

Title of Event: Eye Donation Awareness Program

Organizing Department : NSS Unit &amp; SAKSHAM Goa

Number of Participants:63

Number of Students (M/F) :61(M-16 /F-45)

Number of Staff :02

Brief Report : Eye Donation Awareness Program

Presentation on Eye Donation was held in the college in collaboration with SAKSHAM Goa on 8<sup>th</sup> September 2018 as a part of National Eye Donation Awareness Fortnight celebrated between 25<sup>th</sup> August and 8<sup>th</sup> September 2018. 61 volunteers (males- 16 females- 45) took eye donation pledge on the occasion and committed to spread the message to the public.



Mr. Anand Velip  
NSS Program Officer





**IQAC**

Date : 24<sup>th</sup> September 2018

Title of Event: Street play on ill effects of plastic

Organizing Department : NSS Unit & Govt. Higher Secondary School Canacona


Number of Participants: 09

Number of Students (M/F) : 08 + 68

Number of Staff : 01 + 12

Brief Report : Street play on ill effects of plastic

On account of NSS Day, a rally was conducted on 24<sup>th</sup> September in Canacona town to spread message of plastic menace. About 08 volunteers actively participated in this awareness drive. In addition to this, a street play about ill effects of plastic use was also performed at Chaudi old bus stand and on subsequent day at Govt. Higher Secondary School, Canacona.

  
Mr. Anand Velh  
NSS Program Officer



**IQAC**Date : 24<sup>th</sup> September 2018

Title of Event : Rally Against Plastic Menace

Organizing Department : NSS Unit

Number of Participants: 147

Number of Students (M/F) :142(M-44 /F-98)

Number of Staff :05

**Brief Report : NSS Day Celebration(Rally Against Plastic Menace)**

On account of NSS Day, a rally was conducted on 24<sup>th</sup> September 2018 in Canacona town to spread message of plastic menace. About 142 volunteers (males- 44 females- 98) actively participated in this awareness drive. In addition to this, a street play about ill effects of plastic use was also performed at Chaudi old bus stand and on subsequent day at Govt. Higher Secondary School, Canacona.



Mr. Anand Velip  
NSS Programme Officer





## IQAC

Date : 2<sup>nd</sup> Oct 2018

Title of Event : Observation of Non-Violence Day

Organizing Department : NSS Unit, NCC, Commerce Association & Cultural committee

Number of Participants: 222

Number of Students (M/F) :215(M-81 /F-134)

Number of Staff :07

Brief Report: **Observation of Non-Violence Day**

International Non-Violence Day was celebrated on the occasion of Gandhi and Shashtri Jayanti on 2<sup>nd</sup> Oct 2018. A grand peace rally followed by cleanliness drive in Canacona Municipality area was conducted by 215 volunteers (males- 81 females- 134) along with all staff of the college to mark the occasion. Principal Dr. F. M. Nadaf enlightened the participants on the importance of the day and gave green signal for the peace rally at the college premises. The rally culminated by a street play at Kadamba Bus Stand, Chaudi followed by a formal programme. The Chief Guest, Shri. Martin Fernandes commended the spirit of the participant volunteers for conducting mass awareness rally and gave valuable guidance for inculcating Gandhian values in life. Thereafter, a cleaning drive was launched in the vicinity area resulting into collection of several bags of plastic waste.





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Mr. Anand Velip  
NSS Programme Officer





**IQAC**

Date : 07<sup>th</sup> October 2018

Title of Event : Campus cleaning & personality development programme

Organizing Department : NSS Unit

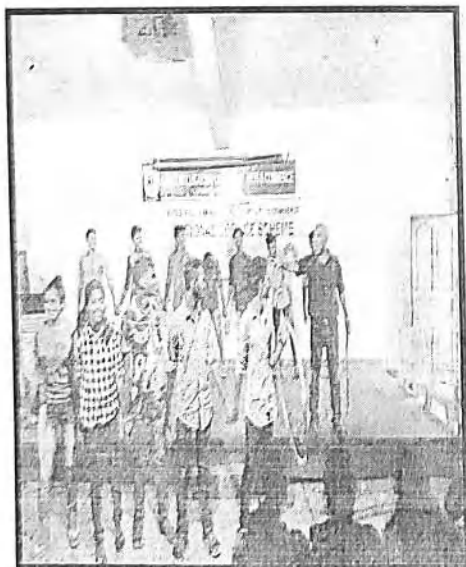
Number of Participants:79

Number of Students (M/F) :76(M-23 /F-53)

Number of Staff :03

Brief Report: **Campus cleaning & personality development programme**

With an objective of campus cleaning, and beautification as well as personality development, One Day Special Camp was held on 07<sup>th</sup> October 2018 in the college campus. 76 volunteers (23 males and 53 females) participated to keep their environment clean and green. The camp began with NSS song and national anthem at 9.30 am and thereafter the planned work was assigned in groups during morning session. In the afternoon session, Prof. Vividh Pawaskar, Department of English, conducted an eventful and joyful session on personality traits. This was followed by feedback session of volunteers. With prayer and national anthem, the special camp got over at 5.15 pm.





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*Anand Velip*

Mr. Anand Velip  
NSS Programme Officer





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### IQAC

Date :12<sup>th</sup> Oct 2018

Title of Event: Road Safety Awareness

Organizing Department : NSS Unit & Lions Club Of Canacona

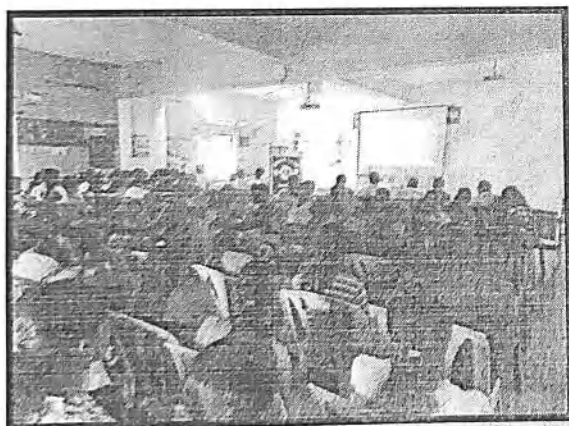
Number of Participants: 112


Number of Students (M/F) : 105 (M-37 /F-68)

Number of Staff : 07

#### Brief Report : Road Safety Awareness

In collaboration with Lions Club of Canacona, the NSS Unit organised Road Safety awareness programme on in the college auditorium. A team of expert of Lions Club and Police Inspector Canacona Division brought different dimension into focus and advised drivers especially young ones to protect themselves to ensure their safety as well as other lives on roads. This awareness programme was attended by 105 volunteers (males- 37 females- 68) in the college auditorium.



  
Mr. Anand Velip  
NSS Programme Officer





### IQAC

Date : 12<sup>th</sup> October 2018

Title of Event: Sateri Self Help Group

Organizing Department : Sociology and Sateri Self Help Group Gaval Khola.

Number of Participants : 27

Number of Students (M/F) : 25

Number of Staff : 02

Brief Report : A Visit to Sateri Self Help Group

As a part of the curriculum a field visit was undertaken to Shree Santeri Self Help Group Gaval Khola self-help group of Gaval Khola, Cabo De Rama on 12.10.2018. Assistant Professor Mrs. Vithai Zaraunker accompanied the students. Shree Sateri SHG is one of the oldest groups in the village Khola registered under the SHGs around eight years ago. This group consists of 17 members formed to help each other through their little collection and hard work inputs.

#### Functioning

It is learnt that the group conducts meetings once in a week and collects a sum of rupees fifty from every member a month. One of the members takes the responsibility of depositing the money in the bank. Apart from this, the members participate collectively in agricultural activities. They are involved in shifting cultivation wherein they grow cucumber, mesh melon, chillies and other type of vegetables. They also produce sweet potatoes, and other tubers. These women are also active in the cultural domain. Their *fugdi*, *kalsi* and *divli* dances in the taluka and state competitions have brought them laurels in the cultural festivals like *Shigmo*.



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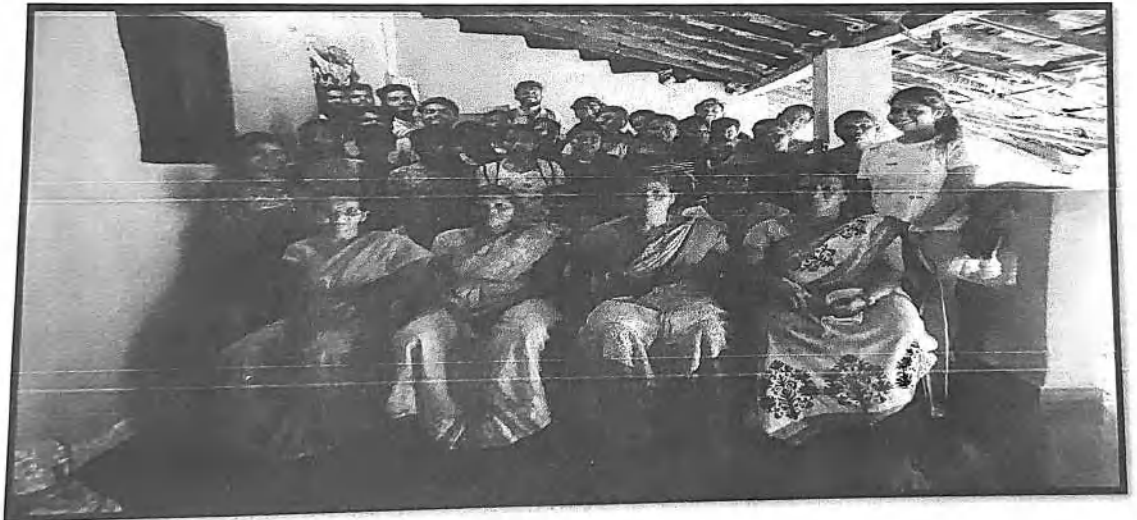
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The pooled money is used for purposes such as education of children, marriages, festivals such as Ganesh chaturthi, birthdays or in times when there is a dire need. They only give the loans to their group member's on interest @ Rs.1 on Rs. 100. Some landless village men borrow land on rent. The rent on land cost is generally around rupees. 400, and is at times also determined as per the use of land, Thus, one may ascertain the fact that the Self Help Groups help the women in mobilising the resources and cultivating a spirit of collective participation.





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SMC/C-40/2018-19/

Date: 18/12/2018

To  
The NSS Programme Coordinator  
Goa University  
Taleigao Plateau

Sub: Submission of NSS Special Camp report regarding

Respected Sir

Kindly find enclosed herewith report of NSS Special Camp held at Government High School, Agonda-Canacona between 19<sup>th</sup> and 25<sup>th</sup> November 2018 for further processing.

Thanking you

Yours truly

Dr. Manoj Kamat  
Principal

**NSS Special Camp Report 2018**

The NSS Unit of Shree Mallikarjun College, Delem – Canacona organised NSS Special Camp between 19<sup>th</sup> and 25<sup>th</sup> November, 2018 at Government High School, Agonda – Canacona. In all, 47 volunteers (Males – 16 and Females – 31) participated in the annual camp whose main theme was Open Defecation Free Society and Plastic Free Environment.

The camp was inaugurated on Monday, 20<sup>th</sup> November at the hands of Dr. Manoj S. Kamat, Principal of Shree Mallikarjun College, Canacona in the presence of faculty members Dr. F. M. Nadaf, Associate Professor of Geography, Dr. Jagmohan Singh, Associate Professor of Economics and Dr. C. P. Hiremath, Associate Professor in Geography. While enlightening volunteers, the Chief Guest said that it is necessary to come together to achieve calibrated task as the changing circumstances demand collective efforts. In the future, 'We' will be more significant than 'Me'. Hence NSS volunteers shall inculcate the values of team work and team spirit.



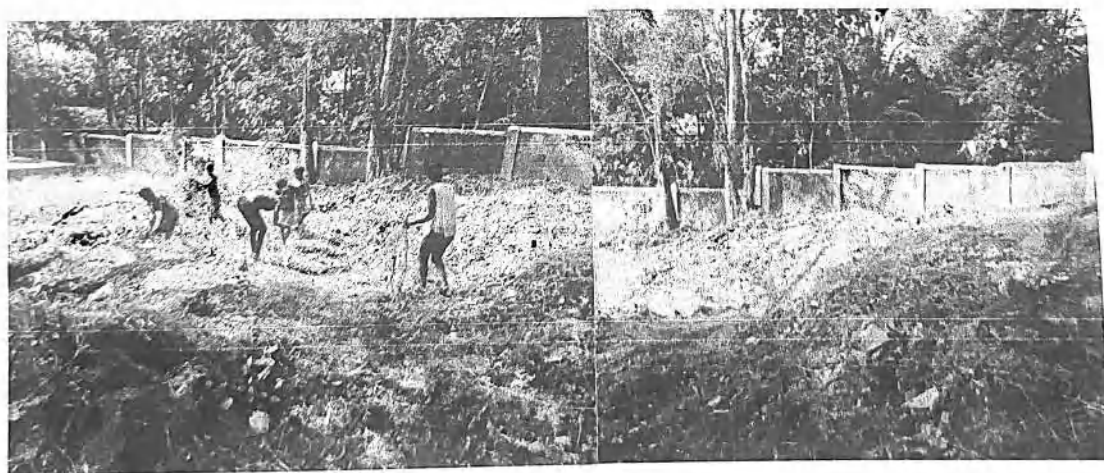


As a part of 'Shramdan' programme, the volunteers took up school campus cleaning and beautification drive and made campus plastic free. Cleaning of Approach road to school was also carried out.



Before Cleaning

Cleaning in progress



Before Cleaning

After Cleaning



Before Cleaning



Cleaning in progress

School Backyard Cleaning



Under 'Talent Search' programme, lectures and workshops on various themes were organised. Renowned Konkani writer, Shri. Kamalakar Mhalshi, interacted with volunteers on 'Current Issues' and deliberated on select issues through group discussion on 20<sup>th</sup> November.



Shri. Ketan Jadhav, Assistant Professor at VidhyaPrabodhini College, Porvorim conducted workshop on Theatre Art on 21<sup>st</sup> November.



A session on Compering by Ms. Gourisha Desai, Assistant Professor in Konkani was organised on 22<sup>nd</sup> November.



Shri. Sandesh Savant, Associate Professor in Commerce, Ms. Domitel D'Souza, Associate Professor in History and Madam Amelia Perris, Ex-teacher of Govt. High School, Agonda also shared their experiences with volunteers.



On 24<sup>th</sup> November 2018, Shri. Dayanand Fal Dessai, social worker, delivered a lecture on 'Role of Yoga and Music in our life'.



## Awareness Rally

An awareness rally on plastic and open defecation free environment was conducted in the vicinity villages on 23<sup>rd</sup> November.



To explore cultural talent of volunteers, host of programmes were organised. A debate on mobiles attracted lot of response from volunteers. Similarly, mimicry, one minute talk, singing, solo and group dance motivated volunteers to draw out their talents.



In valedictory programme, Chief Guest Ms. Vaijayanti Prabhu Gaonkar, Ex-teacher of Govt. Higher Secondary School, Canacona appreciated the work done by the volunteers and advised them to inculcate the spirit of togetherness. She also asked volunteers to read books to learn about life through experiences of others. Cultural programme involving ex-students was performed after the formal function which delighted the audience.



The whole camp programme was supervised by NSS Programme Officers Mr. Anand Velip and Mrs. Darshana Pagi.

Mrs. Darshana Pagi

NSS Prog. Officer

Mr. Anand Velip

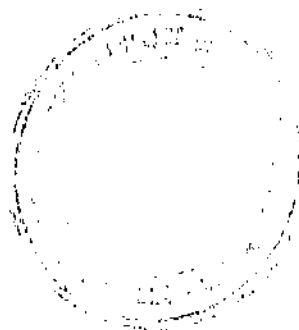
NSS Prog. Officer

Dr. Manoj Kamat

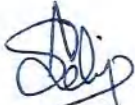
Principal

LIST OF VOLUNTEERS

1. Ms. Manisha M. Gaonkar
2. Mr. Sapnesh N. Gaonkar
3. Ms. Devita Z. Velip
4. Ms. Darshan D. Gaonkar
5. Mr. Suraj S. Gaonkar
6. Ms. Arati G. Velip
7. Mr. keval K. Velip
8. Ms. Deexa D. Velip
9. Ms. Vasanti K. Velip
10. Ms. Sushmita S. Velip
11. Ms. Supriya A. Velip
12. Ms. Sonali P. Velip
13. Ms. Pallavi P. Dessai
14. Ms. Nilangi S. Bhairali
15. Mr. Kundan K. Gaonkar
16. Ms. Prashanti V. Velip
17. Ms. Sonia K. Gaonkar
18. Ms. Rakshanda R. Gaonkar
19. Ms. Samiksha N. Velip
20. Ms. Meena M. Velip
21. Ms. Shradha M. Velip
22. Ms. Kalidi V. Velip
23. Ms. Shilpa V. Velip
24. Ms. Reema S. Velip
25. Ms. Suvarna N. Gaonkar
26. Ms. Sevika B. Gaonkar
27. Ms. Ankita A. Tavadkar
28. Ms. Deepali C. Gaonkar
29. Ms. Megha K. Gaonkar
30. Ms. Gautami G. Pagi
31. Mr. Sudesh L. Gaonkar
32. Mr. Sagar L. Velip
33. Mr. Sagar Gaonkar
34. Mr. Santesh Gaonkar
35. Mr. Sarvesh S. Velip
36. Ms. Deepa Gaonkar



37. Ms. Shubhangi Gaonkar
38. Mr. Sameer Gaonkar
39. Mr. Pallesh Velip
40. Mr. Niteen Gaonkar
41. Mr. Ram Velip
42. Mr. Girish Velip
43. Mr. Amit Velip
44. Mr. Sarvesh Gaonkar
45. Ms. AshankaKomarpant
46. Ms. RavinaDessai
47. Ms. Sonam Pagi



Mr. Anand Velip  
NSS Programme Officer





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Dnyan Prabodhini Mandal's  
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**IQAC**

Date: 7<sup>th</sup> January 2019

Title of Event: Participation in Youth Festival

Organizing Department : Dept. of Sociology, Sangath, & NSS Unit,

Number of Participants: 22

Number of Students (M/F) : 20(M-00 /F-20)

Number of Staff : 02

**Brief Report : Participation in Youth Festival**

A team of 20 girls' volunteers accompanied by Mrs. Darshana Pagi, NSS Programme Officer participated in the Zonal Level Youth Festival at Curchorem- Sanguem on 7<sup>th</sup> January 2019 organised by Directorate of Sports and Youth Affairs, Panaji.





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**IQAC**

Date : 12<sup>th</sup> January 2019

Title of Event: Health camp at Gaondongrim

Organizing Department : Dept. of Sociology, Sangath, & NSS Unit,

Number of Participants: 17

Number of Students (M/F) : 16(M-00 /F-16)

Number of Staff : 01

Brief Report : Health camp at Gaondongrim

On 12<sup>th</sup> January 2019, 16 girl volunteers provided their services in the health camp organised by Sangaath and Department of Sociology of our college at Gaondongrim Canacona.

  
Mr. Anand Vellip  
NSS Programme Officer





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**IQAC**

**Date : 31 January 2019**

**Title of Event : Adivasi Sahitya Sahawas Karyashala (Literature Camp to convert literature of indigenous people from oral tradition to written format.**

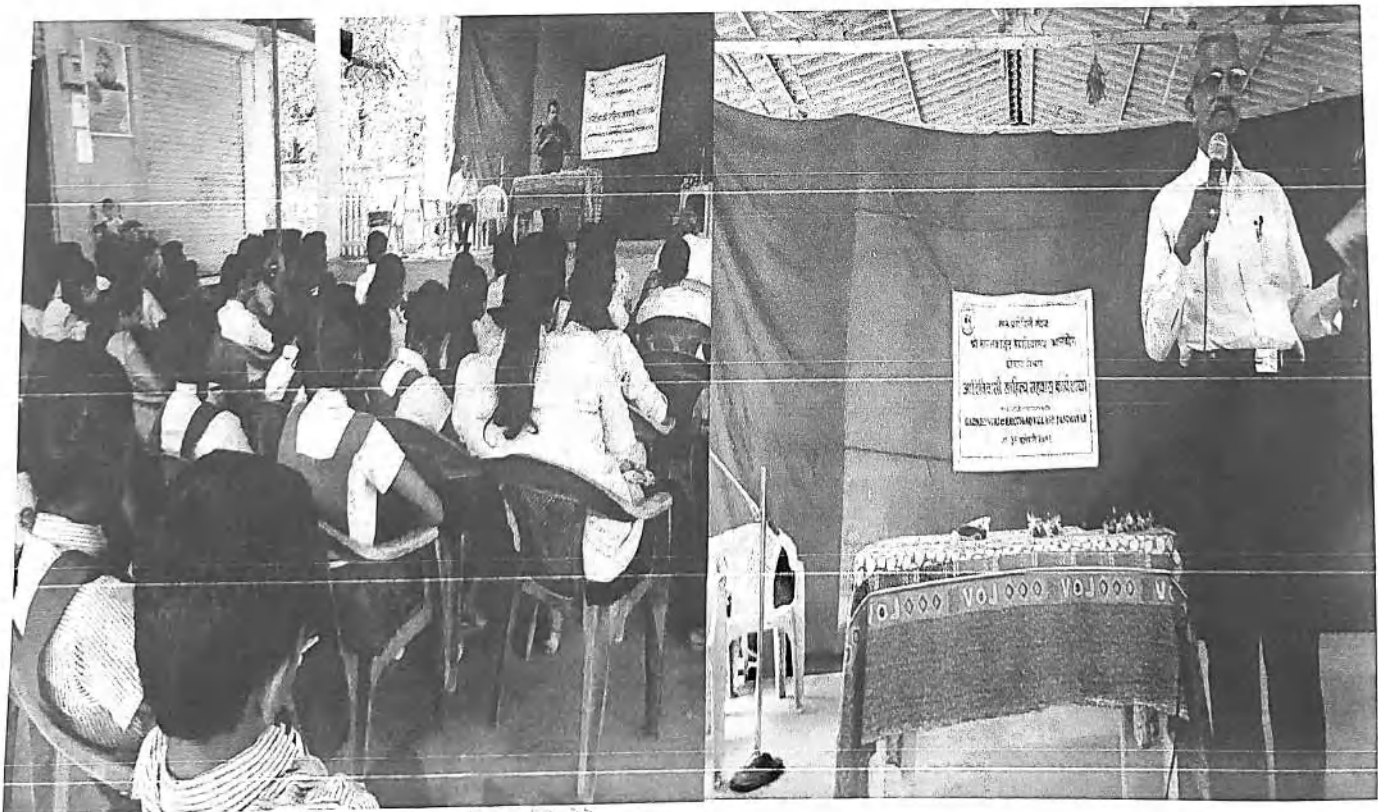
**Organizing Department: Department of Konkani in association with Khotigao and Gaondongrem Panchayat**

**Number of Participants(M/F) :56**

**Number of Students (M/F):20**

**Number of Staff: 03**

**Brief Report:** To enhance and to motivate the hidden literary talent among tribal community students and budding writers department of Konkani organized one day creative writing workshop as Indigenous Community Service activity. Students and writers provided with special platform and different sessions were held under the guidance of eminent and folklore researcher and writer Shri. Kamlakar Mhalshi, Shri. Devidas Gaonkar, Shri. Sanjay Tawdkar and Dr. Purnanand Chari.





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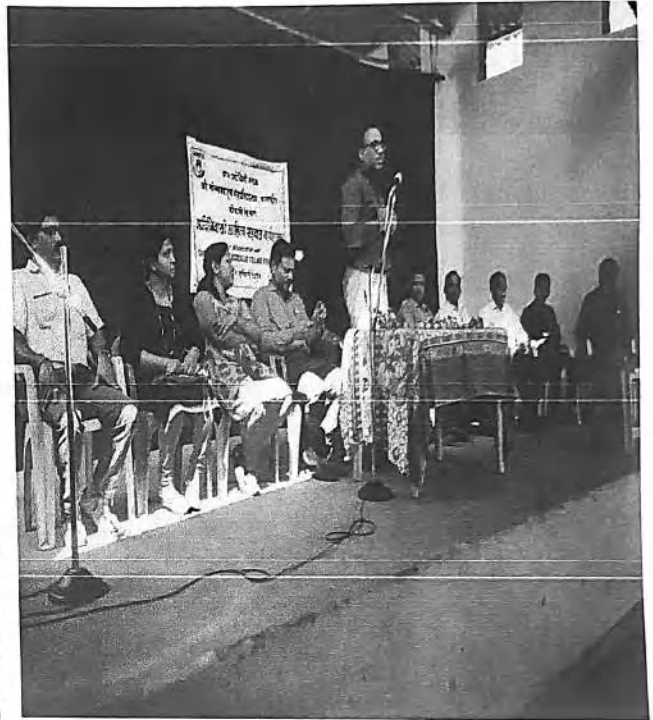
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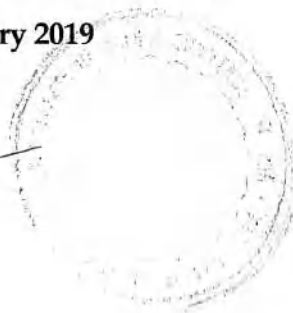
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Organizing Department: Department of Konkani

Submitted to IQAC on : 5<sup>th</sup> February 2019

Head of the Department





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## IQAC

**Date : 2 and 3 February 2019**

**Title of Event : All India Konkani Sahitya Sammellan**

**Organizing Department: Department of Konkani**

**Number of Participants (M/F) :25**

**Number of Students (M/F):20**

**Number of Staff: 05**

**Brief Report:** Students of the Konkani Department voluntarily participated in all India Konkani Sahitya Sammellan as an extension service. Indigenous activity students resources are used in awareness campaign by conceptualizing the theme of awareness song blending with folk dance and tunes through Digital Media and also stage performance which has been reached to all over India and Abroad. Our students volunteered actively participated in the sahitya sammellan organization.





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Organizing Department: Department of Konkani

Submitted to IQAC on : 15 February 2019

Head of the Department





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**IQAC**

Date: 18<sup>th</sup> February 2019

Title of Event : HIV/AIDS Awareness

Organizing Department : NSS Unit, GSAC & Red Ribbon Club

Number of Participants: 80

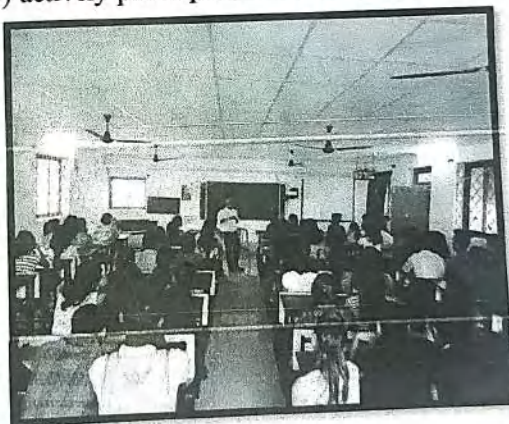
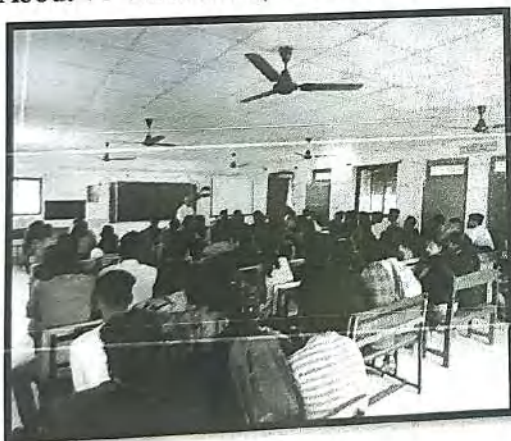
Number of Students (M/F) : 76(M-28 /F-48)


Number of Staff : 04

Guest/keynote Speaker : Prof. Vividh Pawaskar

Brief Report : **HIV/AIDS Awareness**

Prof. Vividh Pawaskar, Assistant Professor in English, delivered a talk on the topic of 'HIV/AIDS – Zero Infection' in a programme organised by the NSS Unit in collaboration with Red Ribbon Club of the college. The speaker deliberated on different pathways of transmission of infection and advised the audience to protect their life by being vigilant. About 76 volunteers (males- 28 females- 48) actively participated in this interactive session.



  
Mr. Anand Velip  
NSS Programme Officer





Govt. Reg. No. AC-18

Dnyan Prabodhini Mandal's

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## IQAC

Date: 8<sup>th</sup> March 2019

Title of Event: International Women Day Celebration

Organizing Department : NSS Unit, Saheli & ABVP Canacona Division

Nature & Classification of Event :

Number of Participants: 97

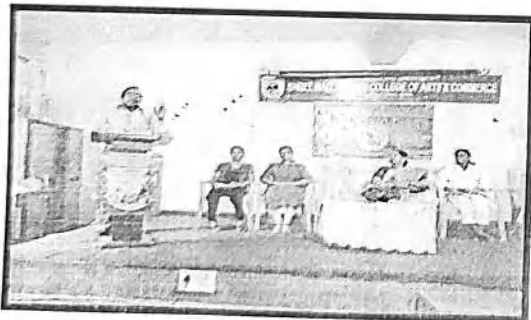
Number of Students (M/F) : 90(M-37 /F-68)

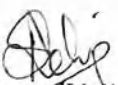
Number of Staff : 07

Guest/keynote Speaker : Ms. Surekha Kunkaliker

### Brief Report: International Women Day Celebration

A self-defence training programme for girls was organised by the NSS Unit in association with Saheli, women empowerment cell of our college and Akhil Bharatiya Vidhyarthi Parishad, Canacona Division on 8<sup>th</sup> March 2019. The programme was inaugurated at the hands of Chief Guest, Mrs. Vaishali Mazalkar in the distinguished presence of Principal Dr. Manoj Kamat, Karate Trainer Sensui Surekha Kunkaliker and ABVP Representative Ms. Dhanashri Mandrekar. Principal welcomed the dignitaries and spoke elaborately on the achievements of women in past by citing the examples from Vedic period. In her address, the Chief Guest highlighted the significance of education to women for their empowerment and growth. Special invitee Ms. Surekha Kunkaliker appealed to all especially girls to develop their potentiality and imbibe the principles of fearlessness in their life. After the inaugural programme, Sensui Surekha Kunkaliker and her team imparted various self-defence techniques to about 90 girls' volunteers. In the valedictory programme, Chief Guest, Mrs. Rekha Naik Gaonkar, wished volunteers for their future endeavours. Lower division workers were also felicitated on this occasion.



  
Mr. Anand Velip  
NSS Programme Officer





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**IQAC**

Date : 8<sup>th</sup> March 2019

Title of Event: Workshop on Declining Sex ratio

Organizing Department : NSS Unit and Office of the District Appropriate Authority and District Magistrate (PC – PNDT Act), South Goa


Nature & Classification of Event : Workshop

Number of Participants: 06

Number of Students (M/F) : 05

Number of Staff : 01

Brief Report: A team of 5 volunteers (4 boys and 1 girl) participated in the workshop on 'Declining Sex Ratio' organised by the Office of the District Appropriate Authority and District Magistrate (PC – PNDT Act), South Goa on 8<sup>th</sup> March to celebrate International Women Day. The team conducted family composition survey involving 220 students of the college and presented its analysis during the day long workshop.

  
Mr. Anand Velip  
NSS Programme Officer





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### IQAC

Date: 8th and 22nd March 2019

Title of Event : Nutritional Chart display & Awareness talk on Nutrition

Organizing Department : NSS Unit

Number of Participants : 50

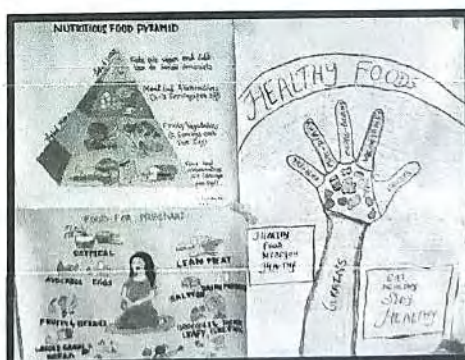
Number of Students (M/F) : 48

Number of Staff : 02

### Brief Report:

Between 8th and 22nd March 2019, the NSS Unit celebrated Poshan Pakhwada (Nutritional Chart display & Awareness talk on Nutrition) by organising presentation by Shri. Anand Velip, NSS Programme Officer, on the topic of 'nutritional deficiency among youths.' Nutritional charts were also prepared and displayed on the college notice board to spread awareness about it.

Sr. No.	Nutrients	Functions	Sources	AGE GROUP
1	Protein	Constructs and repairs tissues, provides energy, essential for growth and development.	Meat, fish, eggs, pulses, soybean, milk, cheese.	19-24
2	Calcium	Builds strong bones and teeth, essential for muscle function.	Milk, curries, green leafy vegetables, almonds.	19-24
3	Iron	Essential for hemoglobin production, transports oxygen in the blood.	Meat, fish, eggs, pulses, green leafy vegetables, jaggery.	19-24
4	Vitamin A	Essential for vision, skin health, and immune system.	Carrots, spinach, liver, mangoes, guavas.	19-24
5	Vitamin C	Boosts immune system, promotes collagen synthesis.	Citrus fruits, green leafy vegetables, bell peppers.	19-24
6	Vitamin D	Essential for bone health, regulates calcium levels.	Fatty fish, egg yolks, fortified milk.	19-24



Mr. Anand Velip

NSS Programme Officer





**IQAC**

Date : 12<sup>th</sup> March 2019.

Title of Event: Senior Citizen citizens forums Activity (Visit to Old Age Home)

Organizing Department : The Department of Sociology & Senior Citizen citizens forum

Number of Participants: 33

Number of Students (M/F) :30

Number of Staff : 03

Brief Report: Senior Citizen citizens forums Activity (Visit to Old Age Home at Cuncolim)

The Department of Sociology continued to be a part of a unique and innovative awareness drive "*Sneha Bhaav Sanskar*" initiated by the Institute of Public Assistance (Provedoria) Government of Goa a year ago. The Department of Sociology continued to be a part of this collective endeavour by associating with a few old age homes. A group of 36 Students and a faculty member (Dr. Arvind N. Haldankar) from the department visited the old age home at Cuncolim on 12.03.2019.

**Objective:** The objective of the drive is to create awareness among the masses of the growing number of senior citizens in old age homes and the problems they suffer from. The inmates staying in the elderly homes face neglect and abandonment from their families and their nearest and the dearest ones. The Provedaria in this regard, calls the attention of the public at large and the younger generations in particular the college going students to share and express affection and love to the elderly.



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Students with the Elderly



Students Presenting the 'Old Age Home Souvenir' to Principal Dr. Kamat



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**IQAC**

Date : 30<sup>th</sup> March 2019.

Title of Event: Workshop on 'Women health for teenagers'

Organizing Department : Department of Sociology & Sangath

Number of Participants: 33

Number of Students (M/F) :30

Number of Staff : 03

Brief Report: Workshop on 'Women health for teenagers'

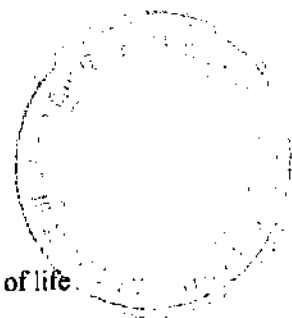
The Department of Sociology in collaboration with Sangath organizing a workshop on 30.03.2019 on 'Women Health for Teenagers' by Dr Ruchika Vernekar MS obstertric and Gynecology, Consultant Gynaecologist Infertility Specialist and Laparoscopic Surgeon at Mothercare Hospital Borda Margao. The workshop is split into three parts. Firstly, the Dr Vernekar deliberated at length on menstrual hygiene. Two hundred and thirty eight (238) girl students attended the lecture. Soon after the talk the speaker conducted a screening and consultation session. A few women from the neighbouring village of Delem also joined the lecture and consultation session. This was also followed by a brief talk by Utkarsha Pagi counselor from sangath on stress management and mental wellbeing.

**Objectives:**

- ✓ Lifestyle modification importance and prevalence of PCOS in teenagers
- ✓ Importance of menstrual hygiene
- ✓ Proper technique for menstrual waste disposal
- ✓ Menstrual irregularities

**Outcome:**

- ✓ Understanding hygiene during menses
- ✓ Inculcating healthy eating habits for enhancing the quality of life
- ✓ Giving importance to daily exercise for upkeep and fitness





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**Dr Ruchika Vernekar Gynecologist**

