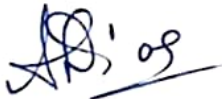


Date: 13/04/2024

## REPORT

Under the College- Community- Interface (CCI) a programme of donation of cloth bags to needy persons was held and 9 students participated in the programme.



Dr. Agnela Dias,  
Convenor CCI  
(College – Community – Interface)



(Prof. Dr. Gervasio S.F.L. Mendes)  
Principal

**Professor & Principal (Officiating)**  
**Govt. College of Arts,**  
**Science & Commerce,**  
**Sanquelim - Goa.**

Date: 13/04/2024

## REPORT

Under the CCI (College – Community – Interface) a Guest lecture on “Mental Health” was delivered by Counsellor Ms Pratika Mulgaonkar on 27<sup>th</sup> October 2022 and 9 students attended the talk.



Dr. Agneta Dias,  
Convenor CCI  
(College – Community – Interface)



(Prof. Dr. Gervasio S.F.L. Mendes)  
Principal

**Professor & Principal (Officiating)**  
Govt. College of Arts,  
Science & Commerce,  
Sanquelim - Goa.

## First Responder Training

A First Responder Training Program was conducted on 1st April 2023, in the College Auditorium. This program was organised by EMRI Green Health Services, the Directorate of Health Services, Goa, and the NSS Unit of Government College, Sanquelim. The program included training on basic first aid skills and awareness about the importance of First Aid and CPR. Participants were also taught how to provide CPR with a practical session led by the resources persons.



Additionally, in the spirit of first responder action, 10 year old Master Ankurkumar Sanjay Prasad, who saved three children from drowning, was felicitated for his bravery and timely action. The 10 year old saved his friends from drowning in a rivulet in Cumbharjua.



## **Report on Vigilance Awareness Week Elocution Competition**

On 3 November, 2022, the Directorate of Vigilance, Government of Goa, in association with the Directorate of Higher Education, Porvorim - Goa, and the NSS Unit of Government College of Arts, Science and Commerce, Sanquelim - Goa, organized an Elocution Competition on the theme 'Corruption free India for a developed nation' at the Secretariat, Porvorim - Goa, as part of the observance of Vigilance Awareness Week, 2022. The competition was attended by Shri. Amarsen Wamanrao Rane, Director of Vigilance, Government of Goa, and Dr. Gervasio Mendes, Additional Director, Directorate of Higher Education, Government of Goa, and Officiating Principal of Government College of Arts, Science and Commerce, Sanquelim - Goa.

Vigilance Awareness Week is an important tool utilized by the Central Vigilance Commission to increase public awareness about the perils of corruption. This inter-collegiate elocution competition therefore, gave the youth of Goa a prestigious platform to opine on the importance of a corruption-free nation for holistic progress towards growth and advancement in the nation. At the end of the competition, the Director of Vigilance, Shri. Amarsen Wamanrao Rane facilitated an open and informative discussion with the audience on the hurdles corruption poses to the lives of the common man, especially highlighting the role the public can play in curbing this problem.

A total of 25 participants from colleges across the state participated in this competition. Mr. Shane Rebelo from G.R. Kare College of Law, secured the First Place. Ms. Maria Dancho from Government College of Arts, Science and Commerce, Sanquelim - Goa secured the Second Place, and Ms. Prachiti Raikar from DCT's Dhempe College of Arts and Science bagged the Third Place. 10 other participants were awarded with Consolation Prizes, namely:

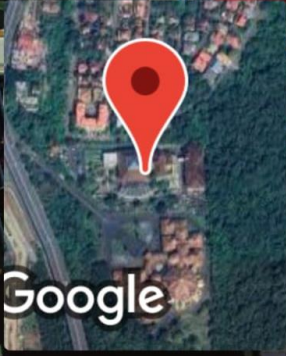
1. Zaheed Inus Khan
2. Medhaj Dempo
3. Gauravi Shivanand Naik
4. Astle D'Souza
5. Mitalee Pradeep Harmalkar
6. Gauri Rajesh Ghadge
7. Anisha Nadkarni
8. Savia Gajanan Parwar
9. Muskan Sunil Kamat
10. Utkarsha Revodkar

All the prizes will be distributed at the Prize Distribution Ceremony at the end of Vigilance Awareness Week on 4 November, 2022, at the Secretariat, Porvorim - Goa.





 GPS Map Camera



# Penha de França, Goa, India

Assembly Complex, Edapally - Panvel Hwy, Porvorim,

Alto Porvorim, Penha de França, Goa 403521, India

Lat 15.51083°

Long 73.836907°

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## Report on Har Ghar Tiranga

'Har Ghar Tiranga' is a campaign under the aegis of Azadi Ka Amrit Mahotsav to encourage people to bring the tri-colour flag home and hoist it to mark the 75th year of India's independence. This directive of the Central Government was aimed at fostering a personal and intimate connection between the Indian population and the Indian flag, as an embodiment of our commitment to nation-building. The idea behind the initiative was to invoke the feeling of patriotism in the hearts of the people and to promote awareness about the Indian National Flag.

Towards this end, NSS volunteers hoisted the Indian flag at their respective homes to pay homage to the 75th year of Independence.



Ms. Pratiksha Jadhav



Mr. Laxman Parab



Mr. Saesh Rawal





Mr. Omkar B Harvalkar



Saloni Parwar





Mithil Desai (TYBSc)

## **Save Soil Program**

The Goa Government signed a memorandum of understanding (MoU) with spiritual leader Sadhguru Jaggi Vasudev's Isha Outreach Foundation on soil conservation in the coastal state of Goa. Shri Sadhguru and Goa's Chief Minister Dr. Pramod Sawant exchanged the MoU papers at an event held at Dr. Shyama Prasad Mukherjee Stadium, Taleigao, Goa, on August 23 2022.

The Minister of Culture & Tourism of India, Shri. Shripad Naik, also graced the occasion with his presence. Nearly a thousand people hailing from various parts of Goa, along with hundreds of tourists from across India attended the function. Students and teachers from different schools, high schools, colleges, and universities attended this event.

The event started at 4 p.m. and went on till 7 p.m. The program began with groups of Goan boys who sang melodious songs, and many groups who performed Goan folk dances like shigmo, kundbi dance, and dhalo. There was also a heart touching Bharatnatyam performance by a group of girls, followed by an amazing Bharatnatyam performance by Sadhguru's daughter.

In his address to the gathering, Dr. Pramod Sawant said, "Goa's economy is dependent on soil, whether it is agriculture, mining or tourism. It is every Goan's duty to conserve the ecology and environment". He also pointed out that there was a pressing need to opt for natural farming to save soil, and take active part in the SAVE SOIL MOVEMENT.

Sadhguru is a great personality, and an inspiration for new generations. He toured many countries to spread awareness about saving soil. Sadhguru told the audience that "soil is the source of the food we eat. Food is the basis of our body. But some call this soil as dirt. If the source is dirt, what of the end product? Only in preserving the quality of the soil , the quality of the planet and life will endure."













## Report on Anganwadi Adoption

A group of students across all the NSS units of the college visited the Anganwadi adopted by our institution on 24 September, 2022 between 9.15am to 11 am, to create awareness about importance of right nutrition as part of Poshan Maah celebration. The students presented a skit, conducted a quiz and delivered short presentations in Konkani and Hindi. The interaction was an enriching experience.







Following activities have been planned for Anganwadi located in Desai Nagar, Sanquelim adopted by Government College of Arts, Science and Commerce, Sanquelim, Goa

Month	Activity
September 2022	Celebration of Poshan Maah 2022 Awareness about balanced nutrition through skit, quiz and presentations
October 2022	Drawing competition for children
November 2022	Awareness about Water management and Sanitation
December 2022	Workshop on gender equality and women's empowerment and health
January 2023	Games for children
February 2023	Best out of Waste Competition
March 2022	Story telling session for children

Ambika Kamat

In charge

Anganwadi adoption initiative

NSS Committee



## Poshan Maah Celebration in Sanquelim Anganwadi by NSS volunteers of Government College, Sanquelim

Ten volunteers selected across all NSS units of Government College of Arts, Science and Commerce, Sanquelim visited an Anganwadi located in Desai Nagar, Sanquelim on September 24, 2022 to create awareness about right nutrition amongst children and their parents. The students presented a skit in Konkani emphasizing the importance of having balanced meals to lead healthy life. Students hosted a quiz as well as interacted with the children and helped them identify various fruits and vegetables as crucial sources of vital nutrients through colourful charts. They also spoke about components such as carbohydrates, vitamins, fats and proteins in Konkani and Hindi to facilitate understanding. Bananas were distributed to the children and their parents highlighting their significance as affordable sources of nutrition. Meetings were also organized with the Anganwadi staff members for planning these activities. The NSS volunteers learnt exhibited skills such as leadership, patience, sincerity and teamwork in execution of these activities. Ms. Ambika Kamat guided the students in planning the event as well as coordinated with Ms. Prabhu and Ms. Parsekar, the anganwadi staff to organize the event.









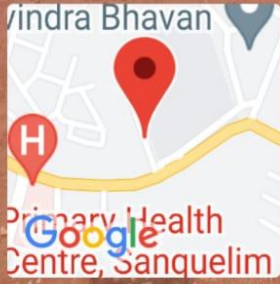
## Report on Peace March

The NSS Unit of the college organized a Peace March on 2 October 2022, on the occasion of Gandhi Jayanti. This symbolic march embodied Gandhiji's message of unity among India's citizens. After the administration of the Peace Pledge, the march started at Government College of Arts, Science and Commerce, Sanquelim, went past Datta Mandir and the Sanquelim Municipal Market, and wound up at the Kadamba bus stand. Over 150 staff and students participated in this march.





GPS Map Camera



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GPS Map Camera



**Sanquelim, Goa, India**  
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Goa 403505, India  
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## Report on Blood Donation Drive

The NSS Unit of the college and GMC Blood Bank organized a Blood Donation Camp in collaboration with Caring Souls, Lifeline Foundation and the Rotary Club of Bicholim. A total of 58 units of blood were donated.

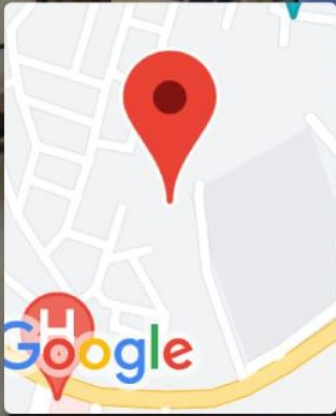







 **GPS Map Camera**

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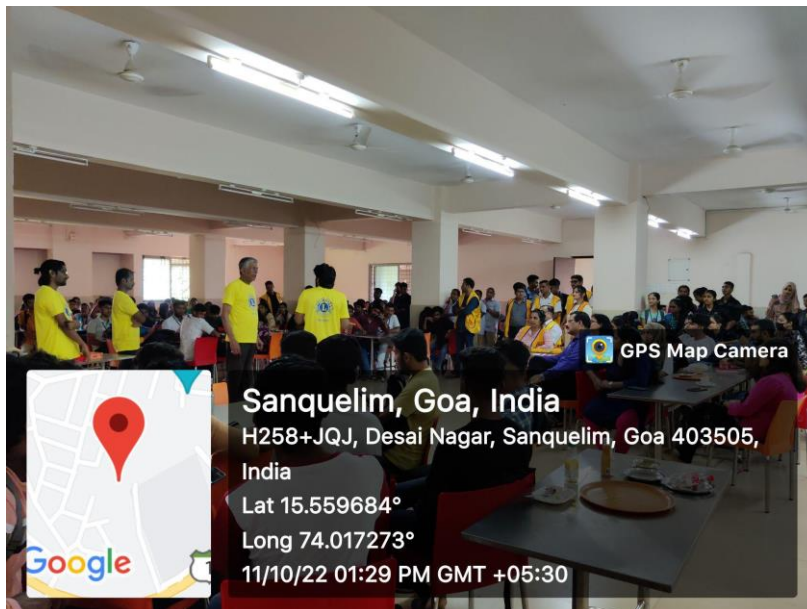


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## Street Play on Road Safety

The N.S.S. Unit of Government College of Arts, Science and Commerce, Sanquelim, in collaboration with the Lions Club of Sanquelim, organised a “Street Play on Road Safety” in the College Canteen on 11th October, 2022 at 1:15 pm. The street play demonstrated various common situations where people are affected by the lack of road safety. Issues such as negligent driving, careless walking on the road, etc were identified as major issues. The street play also cautioned citizens to be vigilant, as the penalties for road related offenses are very expensive. The street play was an immense success, with a large number of students benefiting from the same.





## Report on Unity Run

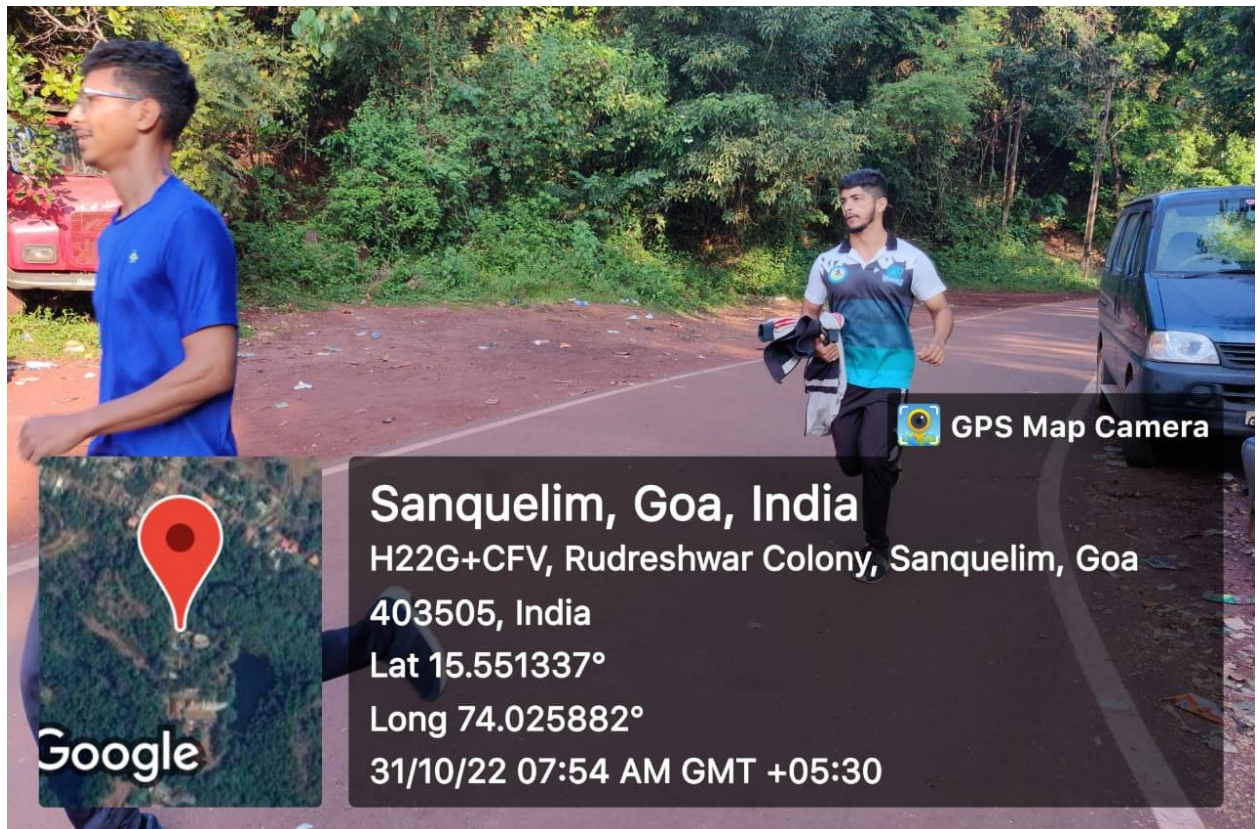
The Ministry of Youth Affairs & Sports New Delhi, celebrated Fit India Freedom Run 3.0 from 3rd to 31st October, 2022 to promote fitness across the country. Under the aegis of the Fit India Freedom Movement, the NSS Unit of the college in collaboration with the Department of Physical Education and Sports of Government College of Arts, Science and Commerce, Sanquelim, organized a Unity Run on 31 October, 2022 from 7.30am to 8.45am. This Run was organized on the occasion of Rashtriya Ekta Diwas (National Unity Day) to commemorate the birth anniversary of Sardar Vallabhai Patel, the architect of the integration of independent India. The run covered a distance of 5 kilometers, and was flagged off at the Shri. Dattatreya Temple, proceeded to the Harvalem Waterfall, and finished at Government College, Sanquelim. A total of 53 participants completed the run.

Total number of NSS volunteers involved: 77 (runners + volunteers)

Total number of kms covered: 53 x 5 = 265 kms




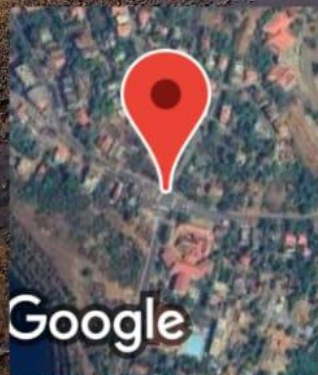









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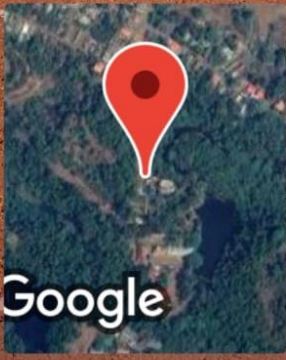


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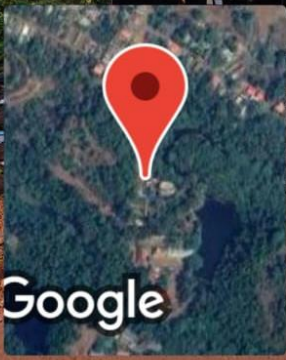
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**Sanquelim, Goa, India**  
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## Cleanliness Drive at Harvalem Cave

The NSS Unit of the college organised a cleanliness drive at Harvalem Cave site, Sanquelim, on 9th March, 2024 from 3.30 p.m. onwards.



## **Milk Packet Recycling initiative**

In order to ensure the proper recycling of milk packets, NSS volunteers were encouraged to collect and submit dry milk packets in multiples of 10, and submit them to the NSS Unit, to then be handed over to the relevant organizations for proper recycling. The activity was completed on 1st April, 2023.



## **Making of Senior Citizens and PwD Card**

The NSS volunteers were encouraged to help out senior citizens and Persons with Disabilities (PwD) to make Senior Citizens and PwD Cards so that these citizens might access government schemes and benefits, such as financial assistance, healthcare services, education, and employment. This activity was conducted throughout the month of March 2023.

## Blood Donation Drive

A blood donation drive was organised by the NSS Unit of the college, in collaboration with Caring Souls, on 4 April, 2023. A total of 61 Units of blood were donated.







## **NSS Special Camp**

The Special Camping Programme organized by the NSS Unit of Government College of Arts, Science and Commerce, Sanquelim - Goa, took place from 8th to 14th December 2022, at Village Panchayat Thane, Sattari Taluka. The camp provided a unique opportunity to the students for group living, collective experience sharing and constant interaction with the community. It contributed to the sensitization on issues of national importance, and also fostered an atmosphere of interdependence among all the participants.

Every morning, the camp began with a yoga or exercise session, followed by breakfast and assembly. After that, the campers participated in various activities for the day.

On Day 1, the students cleaned the camp premises, and then attended a talk delivered by Mr. Anil Karambelkar on . Following lunch, campers spent the afternoon making paper bags. In the evening, they attended a talk on 'Team Building', delivered by the college counselor, Mr. Cipriano Fernandes. Post dinner, the campers participated in a melodious singing competition.

On Day 2, the campers cleaned a nearby temple and its premises. Following lunch, campers spent the afternoon making paper bags. In the evening, they spent their time preparing for a skit which took place in the late evening.

On Day 3, the campers went on a trek. Following lunch, campers spent the afternoon making paper bags. In the evening, they attended a talk by Ms. Arati Desai, Optometrist, an Eye Specialist. Post dinner, the campers watched a documentary to raise awareness on social issues.

On Day 4, the campers spent the morning cleaning the garden, which was followed by a session on 'Storytelling' delivered by Ms. Anita Jacob, Associate Professor of English. Following lunch, they attended a talk on 'Cake Making' delivered by Mr. Ankur Pednekar. In the evening, the students distributed the paper bags they had spent the last 3 afternoons making. The day ended with a vibrant Goan/Indian dance competition.

On Day 5, the students attended the Manohar Parrikar Vidnyan Mahotsav at Ravindra Bhavan. They spent the afternoon practicing for the cultural program, which was held around a campfire later that evening.



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Dongurli

Goa

India

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NCC cadets of our college conducted **cleanliness drive** in various villages around Sanquelim on the occasion of Gandhi Jayanti on 02<sup>nd</sup> October 2022.

NCC cadets of our college participated in the **Disaster Management Workshop** organised by NDRF TEAM, Pune at Sanquelim, Municipal Hall.

NCC cadets of our college participated in **Run for Unity** on 31<sup>st</sup> October 2023.

## **PRESS NOTE**

The Medical Services Cell and First- Aid Committee of Government College of Arts, Science & Commerce, Sanquelim, Goa in association with Directorate of Health Services, Community Health Centre, Sanquelim organised an TB Awareness Activity on 31<sup>st</sup> January 2023 for its students in the College premises. Dr. Atul Pai Bir, Medical Officer I/C, Community Health Centre, Sanquelim was the Resource Person spoke about the National TB Elimination Programme in depth giving insightful advice to the students and sharing various information about this deadly disease. He further explained the precautions to be taken to control the disease and the financial assistance rendered by the government to the TB Patients. He urged to the students if they see any TB symptoms they should report it immediately to the nearest health centre. Prior to this Prof. Gervasio S.F.L. Mendes , Principal of the College in his welcome address highlighted such more collaborations with the Health Sector in the near future. Ms. Vaishali Kerkar, Counsellor of the College compered the program. The program was attended by Team of Medical Services Cell of the College and the Staff of Community Health Centre, Sanquelim and was organised under the leadership of the Medical Service Cell In charge Dr. Namdev M. Gawas of Government College, Sanquelim.



## **PRESS NOTE**

Medical Services Cell and First- Aid Committee of Government College of Arts, Science & Commerce, Sanquelim, Goa in association with ABDM ( Ayushman Bharat Digital Mission), Goa organised an ABHA ( Ayushman Bharat Health Account ) ID Camp in the College premises on 3<sup>rd</sup> January 2023 for its staff and students. The Camp was led by Dr. Yogesh Potdar, Additional CEO, DHS, Panjim, assisted by Mr. Nilesh Barve, Joint Director IT, ABDM, DHS, Panjim and Ms. Vandana Gawde, Prime Ministers Jan Aarogya Yojna (PMJAY) Sahayak, Community Health Centre, Sanquelim. On the spot ABHA cards were generated for the staff and students which received a good response. ABHA card enables the creation of electronic health records for every citizens and provides life long health benefits to them and also strengthens the digital health care ecosystem of the country. The above camp was organised under the leadership and guidance of the College Principal Prof. Gervasio S.F. L. Mendes.

## PRESS NOTE OF THE FIRST RESPONDER TRAINING PROGRAM

The Department of Physical Education & Sports, Medical Services Cell and NSS Unit of Government College of Arts, Science & Commerce, Sanquelim, Goa in association with 'KALJI GOA' conducted 'First Responder Training' through EMRI Green Health Services on 1<sup>st</sup> April 2023 in the College premises from 9 a.m. to 5.30 p.m. . It included 4 sessions viz, Trauma Emergencies, CPR, Medical Emergencies & Environmental Emergencies. This training programme was opened to the staff and students of the college where in 92 students participated and benefited from it.

Mr. Satish Kumar Kama, Head of Training Department of Emergency Management & Research Institute spoke on the activities of his organization, the process and the networking done by his team to save the precious human life of the people who meets with road accidents. Mr. Shrinivas Deshpande, Head of Emergency Call Centre of EMRI was also present. Mr. Sachin Kochalekar one of the founder member of the 'KALJI GOA' highlighted the work of his NGO during COVID-19 period and mentioned that 'KALJI' is a game changer for some ones life. Mr. Shringar Naik, Founder Member of Kalji was also present on the occasion. The participants were exposed to the real life experience of accident and how to handle emergency and trauma crisis through practical demonstration and mock accidents. Prior to this the College Principal Prof. Dr. Gervasio S. F. L. Mendes gave the welcome address and stressed upon the need for such types of Para Medical Training in the Institute , He also urged the students to take up such type of courses in addition to the regular course and move out of the institute with Graduate Plus Degree. Dr. Namdev M. Gawas, Convenor, Medical Services Cell of the College proposed the vote of thanks. Ms. Samruddhi Ganpule , Msc. Part 2 student compered the inaugural function. The above event was held under the guidance and supervision of the College Physical Director Mr. Saiesh Golteker..