

Lt. (Dr.)Sam Joseph Braganza College Director of Physical Education S.S.A. Govt. College of Arts & Commerce Virnoda, Pernem – Goa

03/03/2022

To, The Principal S.S.A. Govt. College of Arts & Commerce Virnoda, Pernem - Goa

Subject: Permission to organize a Lecture on the occasion of International Women's Day

Sir,

I wish to inform you that the Department of Physical Education & Sports wishes to organize a session for Girl students and ladies staff of the College on "Gender equality today for a sustainable tomorrow" the theme for International Women's Day 2022.

Ms. Danrette Vaz, qualified fitness instructor, and social media influencer, has consented to be the resource person for the session, who will interact with the participants, and share her journey experiences.

The session will be held on 8th March (on the occasion of International Women's Day), from 12.00 pm to 1.15 pm. Lectures can be adjusted (shortened) so as to make suitable provision for the programme.

Je Pourson

Kindly permit me to organize the programme.

Yours faithfully,

(Lt. (Dr.) Sam Joseph Braganza)



#### GOVERNMENT OF GOA, SANT SOHIROBANATH AMBIYE GOVT. COLLEGE OF ARTS & COMMERCE VIRNODA. PERNEM. GOA

No. SSAGCAC/Ped/Sports/21-22/ 493

Date: 03/03/2022

#### NOTICE

All ladies staff and girl students are hereby informed that on the occasion of International Women's Day the Department of Physical Education and Sports, in Collaboration with the Staff Welfare committee of our college is organizing a Session on the theme "Gender equality today for a sustainable tomorrow" on 8th March, 2022. It is also a Fit India initiative for a healthier India.

#### Kindly Note the following:

- The session will be conducted at 12.00 pm to 1.15 pm, in the College multipurpose hall.
- All previous lectures will be adjusted (shortened) so as to make suitable provision for the programme, enabling participation of staff and students.
- The session will be conducted by a certified fitness instructor (female).

• All participants must register their names at the registration counter on 8th March.

Lt. (Dr.) Sam Braganza

College Director of Physical Education

Dr. Ranjita Parab Convenor

Staff welfare committee

Seen:

Prof. (D)r Filipe Rodrigues e Melo

Principal

SANT SOHIROBANATH AMBIYE
GOVT COLLEGE OF ARTS & COMMERCE
VIRNODA, PERNEM - GOA

#### Copy to:

- 1. Classrooms reading
- 2. Students' Sports Notice Board
- 3. Subject file
- 4. Guard file



International Women's Day

S.S.A. Govt. College of Arts & Commerce

Virnoda, Pernem - Goa



Resource person:
Ms. Danrette Vaz
Certified fitness instructor &
breath coach

#### DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

in collaboration with

#### STAFF WELFARE COMMITTEE

is organizing a session for all the lady staff and girl students, on the theme

"Gender equality today for a sustainable tomorrow"

Date: 8th March 2022

Time: 12.00 pm to 1.15 pm

Venue: Multipurpose hall

Mr. Rohit Talkatkar General Secretary Students Council Lift. (Dr.) Sam Braganza College Director of Physical Education Dir. Ranjita Parab Convenor Staff Welfare Committee Principal

Principal

SSA Govt. College Pernem

### STUDENT REGISTRATION SHEET

# Gender Equality Today for a Sustainable Tomorrow

8<sup>th</sup> March, 2022

Sr.	Name	Class & Div	Roll No	Gender	Signature
No	Samiksha Maik	TYBCOMA	700-81)	F:	NEW
1	Nilina Vardokar	TYBCOMA	C19-019	F	Mardakar
3	Porachi Kerkar	u. com	20713	F -	Specificar
A	Vuushali Kanulkar	11	20712	4.	Familia
5	Shoull's. News	FYBA	20101088	F.	& poula
6	Anaya Joshi	FYBA	210183	E.	Bolil
8	Gayali Naik mandrekay	TYBK	A19-051	F-	Carr
4	Crawterni Nack	TIBA	H79-12/4	1-	Grak
q	Saniksha parseka	TYBA	A19-683	3 1-	Stake
10	Namyata Asolkar	TYDA	A19-061	F-	3 dka
113	Atshada pokhre	TYBA	419-125	1-	Adve
12	Twisha Sway	FYB con	2102083	F	war
12	Vinta shorodkai	FYB con	121081	F	AND T
10	Skalifabi Naik	FYBLOM	2100	F-	0.000.014
13	Roya Nagye Kan	FYBCOM	4 21074	F.	Kojuce
16	Snelia Strinde	FYBA	210033	1 -	Trub
190	Pranjali shethan	FYBA	20103		Jornyala
186	Dhya . S. Naik	FYBA	2101030		Texone
10	Nikita c. Palyekar	FYBA	261031	_	Marriero
9/1	Squiksha Redikan	SYBA	A20.003		Bo Hour
28	Sugara Korganihan	FYBA	2101069	3/4	Rongarker
02	Divya mahale	FYBA	2101016	1 / _	Palala
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3.5	1 Aditi Povab	T.Y.B.A	A19-02		Aparah
06	Khushbu Ravioh	1-4-8-A	A19-08	_	Kpanab
26	Nisha Grawade	T. Y. R.A	A19-019	1 .	Normade
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### STUDENT REGISTRATION SHEET

# Gender Equality Today for a Sustainable Tomorrow

8th March, 2022

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7	Riterh Naik	FYB com B	C2102099	M	Riterly
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9.	Bhakti Dhubkas	11	A19-045	- 4	Date of the second
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ti.	Sejal Shisigaonkour	(,	020-083	F.	Suai
12.	Shivani Dessai	('	C20, -141	15.	3/1(0)
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	Anchal A. Poiji		00-02		SIL
	Saméksha S. Parab		A C20-029		elbrum
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	Jann' Sorhakan	LYBA-1	7 210102	1 +	Markhark

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# Gender Equality Today for a Sustainable Tomorrow 8th March, 2022

Sr. No	Name	Class & Div	Roll No	Gender	Signature
1	Rufuja C. Nhayoginkan	EVIScom	2102057	乍.	Bar
2	Nilima N. Valadkay	TYBCOM	019 019	F.	Nord-
3	Jerviter T. Gawade	TYBCOM	C19-044	E.	Que
4	Suzahne Rodrigus	SyBcom	C20-103	P .	forme
2	Mannala Pechelean	SYBLOM	c20-101	F.	Wearkor
6	Yamini Bandekan	SYBCOM B		f.	Indabe
7.	Siya Rickoltan	Sur. com?	(20-086	F	Okahok a
S	Appita Garde	Y. Bcomb		f ,	Acres
9	Pooja Crawade	FYB. COMB	2102094	チュ	Braced
10	Vidita Nou'k	t n	2102002		Vecel .
11	Jessi ferdences	, ,	2102089	P-	French .
12.	Arpito Naik	FYB. COMA	2102011	P ^	ADVOL'K
13.	Axya Kamat	RYBA	2101107	FI	1
14.	Rudrani Desou	FYBA	2101074	F.	Flori
15.	Sya Pedukan	FYBA	2101051	E.	Jediskon
16	holuson Fernandes	Fy B. com	510500	M	K.F
17	siddhi Chur	McomI	21402	F.	P
18	Pradnya Pothe	H .	21726	b.	Pale
19	Nikita U Comollo	11	21706	F:	De
æ		11	21742	F.	thak
3)	sampad Maly	SUBA	A20-082	f.	Sulvik
82	Sejal trudekar	SXBA	A20-051	5.	Suches
	kishori Dhargalkas	SXBA	A20-054	=-	Suckey.
l .	Sneha Goakas	SXBA	A20-055	F.	Sulsas
35	Simistha Rodguese	SYBA	A20 -29	7 F	Shoulm
36		SYBH	420 00°		CONT.
37	Divya Gadelear	FYB COM	2102068	F.	Joy
38	Diryo Wail	FYB COM		2 F.	D Vaik
39	Systema Porals	SYBA		F.	Sug (
40	Ansh rife Salgaonla	S FYBCOIY	2102015	F.	Bala
4	Sanika Rawol	FYBCOM	210200	9 F.	Enwool
112	Mundali khajnelow		210267		76.70
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#### STUDENT REGISTRATION SHEET

# Gender Equality Today for a Sustainable Tomorrow

8<sup>th</sup> March, 2022

Sr.	Name	Class & Div	Roll No	Gender	Signature
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2	Khushi · v · Thakur	FYBA	2101038	f.	CHOCK TO THE
3	Alisha . V. Thatur	FYBA	2101034	F:	Dalay
4	Kimi B Tai	FyB.(om	210000		(Egill)
5	Deepali haik	Fy B. Com	2/00033	k-	D. M 100
	Kajal Tari	A31B4	2/01126	F .	(Dai)
57	Sanika Korgaoka	FYBA	2/01/26	L.	Box cont
	Marilya Dologa	F.YBA	210426	F'	MOSOUS
8	Suskinita Pedhekan Sanjana Kisoji Bhoopishvii Novik	F.Y.B.A	2/01/26	F.	
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10	Brooken Nour	Fyigin	2101077	_ +	FROM
12	Katyoni Halarnkar	SYB Bar		6	KBh
	swanipa Mark	F.Y.B.A	2101089	F.	State
13	Anushkai Pal	FYBA	2101092	E	Austro
14	Nidhi Arlekar.	FYBA	2101083	F.	Mrlekar
15	VRMILA M. MANE	FYBA	2101040	F	Zhavis
16	Siye Dabholkar	FYBA	2101103	F	Dalholkar
18	Despa rande	J. J. Boom		E	Sud.
1	sejal Govekar	11	C19-043	F.	Fronker
19	kamakshi shirodkar	6.600	C19:057	E-	Shirdech
20	MOKSHITEJA	SYBA-A	100-00A	7	KSAJA
21	Mayori Harmaltar	T. K.B. Om	I	7	Aprinda
22		'' ()	C19-061	E.	Delcar
23	kayar Pajyekar	SXBA	A20-061	F.	Bipl
	Bira souvant	T. F. Ban			Boont
	Tegasuni Raccool	T "	C10-016		Record
2c	Divya Ledkor	SYBA	A20-071	F.	Bedton
27	Sutera Mails	SYBA	A20 -059	F.	Laik
28	Sraddha Gawade	SYBA	A20- 056	E.	Buse.
29	Ranjeeta Sinai Desai		A20-083	F.	poster
30	Sn. Tajana Dantas	FYBA	2101084	F.	Sv. Teyana
31	Tanvi G. Uskaikan	FXBA	2101025	F`	(a) i
32	mamta. S. Phaelle	FYBA	0101019	F.	Made
33	Abhishus L. Parab	SYBA.	A20-013	, M	Ne.
34	Manisha R. Harmalkar		A19-122		noflamale
35	Deepali D. Kanolkan	TYBA	A19-112		Buller

#### STUDENT REGISTRATION SHEET

#### Gender Equality Today for a Sustainable Tomorrow 8<sup>th</sup> March, 2022

Sr. No	Name	Class & Div	Roll No	Gender	Signature
1	Dilsha. MTalkan	F. Y B. COM	2102019	F.	Then
2	Neva marlancay	F. Y.B.com		F,	) Nola
3	Syushi Parab	F.V.BA	2101045	F	Salat
4.	Shabari Desai	F.Y Bcom	2102001	12:	Boseri
5.	Tanuja · Saway	F.y.BA	21021022	f-	Beaway
6	Toupti Garde	E-LBCOW	2102003	F	Thurses
4	votkousho Umekae	F.Y.BA	2101125	6	Murala
8	Siya Waik Assaundeka	2 FYBA	2101090	F.	Spalka
	spirika mahale	FYBA	98	F-	3
	sejal mayekay	RYBA	.36	E	&P
	Phowashred Raul	F.Y.BA	20	6	David
	chaitali Haik	FYBA	17	£.	e de la companya della companya della companya de la companya della companya dell
	Snehal Bandkar	FYBA	109	F.	Bankas
	Purvia Naik	FYBA	18	F	Ratio
	Akanksha Shetgaonko	rF4BA	80	P	Megacha
7.7	Poonan Raw	FYBA	94	F	The state of the s
	Tangua Palyekar	TYBA	57	F	Barskas
	santka kamph	FYBA	13	F	Kambli
	Atthi kinlekaz	FYBA	37	E.	4
	Khushi kanyllcan	FY BCon	47	E.	Fam
	Shreya Tandel	FYBcom	62	F .	Farge
	kshedi Vernocetour	T.4.B.A	A19.023	F	vegrood/200
	Batingla Asonouna	THEA.	210-016	۴٠"	Rocci
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	Jagnuti Mangji	TYBA	A19-091	F.	Haraff
	Tejali Nhayaginkan	TYBA	A19-092	4.	Whayagirkan
	Ariti Mangu	TYBA	A19-090	F.	Land
	Ankita kongankan	TYBA	A19-030	4.	Assgon Kes
	Sakshi Salgadakan	TYBA	A19-038	7.	Blan
	Mithali Ichadhe	TYBA	A19-032	_	dies
-	Sign Redkay	T.4. B.A	A19_011	F	80-
-	Shuadha Naile	T.Y.B. A	A19-079	ţ.	Smark.
-	Sanisha Shetye	TYBA	A19-01	1 +	Blutye
	Sidahi Mandrekar				-
-	Sairaj Gawas	SYBCOM			James
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#### STUDENT REGISTRATION SHEET

### Gender Equality Today for a Sustainable Tomorrow

8<sup>th</sup> March, 2022

Sr. No	Name	Class & Div	Roll No	Gender	Signature
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2	shubbaran di neu'k	TYBA	AL9-053		Dog
3	Diksha Klark	SYBA	A26-060	B	Dark
4	Shanti Kambli		(20-008	F.	Deda 5
5_	Anushka Gawande	SYDCOMA	C20-042	F.	And
6	Mohini Kambli	Sybcomt	C20-050	FI	Krubli
4	Siddhi govekar	SybcomA	C20-046	F.	6 since Of the con
	Showing Nork	SYBB	A20-098	F,	(Say-
9	Gauni korknankan Snehay Tari		Q20-053	-P +	G.O Korkhani
10		SYBOMA	(20-030		Fred
1)	Bratiksha Pilankar	SYBA	A20-016	F 3	# lanloar
12	Sonali Chawan	SYBA	A20-073	F ·	Mayar
13	Guari Warak	SYBA	A20-066		mark .
14	Jegorati chari	SYBCOMA SYDCOMA	C20-038	F.	Well-
16	Divija Kawathankar Sonali Bandekay	SYBCOM SYBCOM		F	120L
17	Niyati N. Kerkar	FYBA	C20-035	T.	1)
10	Shrufika Shirodkar	FYBA	2101014	+ .	St. Hill
19	Mehal Mandellar	SYBA	A 20 -078	_	Shertika
20	Rishika Kambli	SYDA	A 20-075		Tion De
21	Gagatin Parab		A20-023	F.	0
22	Komal Sular	SYBCOM		£.	KS. Sular
23	Nalini parah	SYBcom			Navorb
24		SY Brom			Polit
25	Diksha Mondrekar	F. Y.BA	2101029	E.,	ETO.
26	Mikita Arolbar.	SYBCOM	C20-034	E.	12.7. Hes/fal .
27	Paoja Pari	FYB comp	2/102042	6.	Pour
28		SYBA	A20-059	F.	JERlai L
29	Otteha marajkan	SYBA	A20-034	1	Win
30	Sushing paras	SYBA	A20-014	£,	1300
51.	Abhishek baroub	SYBA	120-D13	M	1000
32	Eshitifer Modinger	SYBA	A20 - DR	-	
33	Peranita Paripatye		A20-026		But
34	Girtesh Parsekar	57, B.Com	20-100		Ayut.
35	Groshil Sheffe	Sy B.A	1/20-189	1 TV	V. 22
36)	Grantish Paral		A2-	107 0	TI
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# -STAFE REGISTRATION SHEET

#### Gender Equality Today for a Sustainable Tomorrow

8th March, 2022

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	Ishani Roy	Assoc Prof.	Female	TRay
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	Prajakta Garonkor	<u> </u>	F	Braon Kar
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	Sujata Konkhankan	Studens	F	Skorkhenke
	Sonal Kory aonkar		F2	Spar
	Kamlesh Crawade	N. M. Carlotte	M -	Kijewat
	Ritesh Squant	Student	M	-
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#### STAFF REGISTRATION SHEET

#### Gender Equality Today for a Sustainable Tomorrow

8<sup>th</sup> March, 2022

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Sr. No	Name	Designation	Gender	Signature
1)	Saisha parab	94 Bcom	t-	Paral
2)	Riya parah	94 B com	Fr	Party,
1	Mangika Maik	TY Brom	f,	HNaik
<del>9</del> 1)	Jeevita Gawde	TY Bcom	-F.	Grunde
5)	Rohit Talkatkar	14 B com	ng	1
2	AKShay Walkooni	TYBLOM	M-	- Mr harm
7)	giolahi mondoellar	TY BLOM	F.	Rester
3)	Pocitic Redicas	TY Blom	M.	OKeyan
9)	Rashmee Shetye	7 7 Blow	T.	Tome
10)	Shantesh Kinemath	TY BLOM	M-	Broomph
w	Rupal God	7 Y BLOW	Ŀ.	Prod
12	Disha Drond	9 YB Com	F.	DDWa
(3)	usvika venji	TY Brown	t	Vorgi
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# S.S.A. GOVT. COLLEGE OF ARTS & COMMERCE VIRNODA, PERNEM, GOA

Report International Women's Day 2022

On the occasion of International Women's Day the Department of Physical Education and Sports, in Collaboration with the Staff Welfare committee of our college organized a session on the theme "Gender equality today for a sustainable tomorrow" on 8th March, 2022. It also was a Fit India initiative for a healthier India. All ladies staff and girl students were invited for the programme.

The session was conducted from 12.00 pm to 1.15 pm, in the College multipurpose hall. Ms. Danrette Vaz, ACSM Certified fitness instructor and Breath coach was the resource person at the session. In her interaction with the participants Ms. Vaz highlighted the need of physical activity and exercise to prevent lifestyle disorders. She gave various examples on how our body functions and how we must put it to use to attain best possible physical and metal health.

After Ms. Vaz completed her session, Dr. Lucy James, Vice principal of the college was invited on the stage to join the resource person for a panel discussion. The panel discussion was hosted by Lt. (Dr) Sam Joseph Braganza, College Director of Physical Education of the College. He put forward various question to both Dr. Lucy and Ms. Vaz, every reply received lots of appreciation and applaud from the participants. The ladies on stage also gave away prizes of the Ranjoli competition which was held on 7/03/2022 on the theme "Gender equality today for a sustainable tomorrow". Dr. Lucy, handed a token of appreciation to Ms. Vaz for accepting our invitation and delivering an outstanding session. Dr. Braganza, acknowledged the presence of both the ladies and in his vote of thanks expressed who they are both role models to the students.

After the end of this formal function there was a small function with refreshment for all the lady staff of the college, which included cutting of the cake on the occasion of Women's Day, games for the ladies and a relay race between the men and women staff of the college, which the women won.

The Principal of the College was present for the function and handed over small gifts as token of appreciation to all the lady staff of the College. He also appreciated the efforts put in by the Department of Physical Education and Sports, and the Staff Welfare committee of the college in organizing this event.

Dr. Ranjita Parab Convenor

Staff welfare committee

Lt. (Dr.) Sam Braganza
College Director of
Physical Education

# SANT SOHIROBANTH AMBIYE GOVERNMENT COLLEGE OF ARTS & COMMERCE VIRNODA PERNEM GOA

#### REPORT OF THE ACTIVITIES

Name of the Activity/Event	Session on the theme "Gender equality today for a
ising Donortus and	sustainable tomorrow"
Organising Department	Department of Physical Education and Sports, in
	Collaboration with the Staff Welfare committee of our
	college
Date of the Activity/event	8 <sup>th</sup> March, 2022
Name of the Resource Person	Ms. Danrette Vaz, ACSM Certified fitness instructor and
	Breath coach
Target Group	All women staff and girls student of the College
Nature of Activity/Event	Awareness Campaign
(Seminar/Workshop/Outreach/	
Extension/ etc)	

Detailed Report of the activity					
Objectives of the Activity	To acknowledge the integrity, dignity and potential of the women.				
Outcomes of the Activity	Celebrating the achievements of women and seeking				

Report International Women's Day 2022

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The session was conducted from 12.00 pm to 1.15 pm, in the College multipurpose hall. Ms. Danrette Vaz, ACSM Certified fitness instructor and Breath coach was the resource person at the session. In her interaction with the participants Ms. Vaz highlighted the need of physical activity and exercise to prevent lifestyle disorders. She gave various examples on how our body functions and how we must put it to use to attain best possible physical and metal health.

After Ms. Vaz completed her session, Dr. Lucy James, Vice principal of the college was invited on the stage to join the resource person for a panel discussion. The panel discussion was hosted by Lt. (Dr) Sam Joseph Braganza, College Director of Physical Education of the College. He put forward various question to both Dr. Lucy and Ms. Vaz, every reply received lots of appreciation and applaud from the participants. The ladies on stage also gave away prizes of the Randoli competition which was held on 7/03/2022 on the theme "Gender equality today for a sustainable tomorrow". Dr. Lucy, handed a token of appreciation to Ms. Vaz for accepting our invitation and delivering an outstanding session. Dr. Braganza, acknowledged the presence of both the ladies and in his vote of thanks expressed who they are both role models to the students.



After the end of this formal function there was a small function with refreshment for all the lady staff of the college, which included cutting of the cake on the occasion of Women's Day, games for the ladies and a relay race between the men and women staff of the college, which the women won.

The Principal of the College was present for the function and handed over small gifts as token of appreciation to all the lady staff of the College. He also appreciated the efforts put in by the Department of Physical Education and Sports, and the Staff Welfare committee of the college in organizing this event.

Teachers in ch

**IQAC** Coordinator

Principal

Principal Sant Solvirobanath Ambiye Cavit College of Arts & Commerce Virnoda, Pernem-Goa



