



DAMODAR

Annual Magazine

2022 - 2023



Vision

The College sees itself as a torch-bearer imparting a total quality education.

Mission

The College stands committed to nurturing an environment for the holistic growth of our students and faculty, by imparting knowledge, values and skills conducive to good citizenship.

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दामोदरः सर्वविद्याधिवासः

सर्वव्यापी सर्वदुःखापनेता |

धर्माध्यक्षो दुष्टसंहारकोऽजः

साक्षी चेता केवलो निर्गुणोऽव्यात् ॥

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Message From The President

Dear Readers,

It gives me immense pleasure to pen this message for the annual magazine of VVM's Shree Damodar College of Commerce and Economics, an institution that stands as the flagship of Vidya Vikas Mandal. This magazine is a reflection of the vibrant activities, achievements, and aspirations of our academic community, showcasing the collective efforts that make this institution an enduring beacon of learning and growth.



Vidya Vikas Mandal, established on August 1, 1971, has spent over five decades dedicated to providing quality education. What began as a small initiative to address the lack of Commerce education in South Goa has grown into a formidable educational society, managing five esteemed institutions under the umbrella of the Shree Damodar Educational Campus at Comba, Margao. This campus, with its state-of-the-art infrastructure, serves nearly 5,000 students and is a hub of academic and cultural vibrancy.

Shree Damodar College has always been at the forefront of innovation, offering programs in Commerce, Finance, and Computer Applications that cater to the evolving needs of the modern world. Our commitment to academic excellence and holistic education is evident in the transformative experiences our students gain through rigorous academics, extracurricular activities, and access to cutting-edge ICT facilities.

As you explore the pages of this magazine, you will witness a tapestry of events, achievements, and initiatives that have defined the past year. From cultural festivals and sports competitions to academic seminars and community outreach programs, each event encapsulates the energy and enthusiasm of our students and faculty. These efforts not only foster learning but also instill values of creativity, teamwork, and resilience, preparing our students for the challenges of the future.

I am proud to carry forward the legacy of visionary leaders who have steered Vidya Vikas Mandal over the years, transforming it into one of Goa's most respected educational societies. As an alumnus of Shree Damodar College, I am deeply committed to upholding its legacy while steering it toward a future shaped by innovation and excellence.

In these rapidly changing times, education must adapt to new realities. At Vidya Vikas Mandal, we believe in preparing our students for a world where technology, creativity, and smart commerce are paramount. This is our vision, and I am confident that with the support of our dedicated faculty, staff, and leadership team, we will continue to provide an unparalleled education experience.

As John Dewey rightly said, "Education is not preparation for life; education is life itself." May this magazine inspire you to embrace this philosophy and strive for greatness in every endeavor.

Warm regards,

Shri. Nitin A. Kunkolienker
President
Vidya Vikas Mandal

Message From The Principal



Like every year, 2022-23 too has been a busy and rewarding one for the College

On the academic front, teachers experimented with participatory and interactive learning and other student-centric methods, and the students were quick to respond. Practically every teacher has flipped his/her classroom at least once during a semester, and the students' response has ensured that this will now become the new norm. As usual, our students excelled in Sports and Cultural Activities, bagging several Championships and awards

The Commerce Department formed the Commerce Club, and students turned their minds to fun activities that aided their learning. The councils, clubs and committees organized various intra- and inter-Collegiate events, keeping our students on their toes throughout the year. The reports are in the pages that follow: I urge you to read those. Some things that happened for the first time are: constitution of the Institution Innovation Council an MHRD initiative, setting up of a gymnasium, which is being fully utilized, setting up of a Skill Development Centre and an Incubation Centre, outreach activities by departments.

We wish our graduating students All the Very Best and hope that in their years with us, they have learned that in their journey towards success, the means are as important as the ends-how they become successful is as important as being successful.

Dr. Prita D. Mallya
Principal

Message From The Editors Desk

◆ At Damodar College, we stand at a significant milestone, celebrating our Golden Jubilee—a
◆ time to reflect on our journey and envision the road ahead. As educators and mentors, we're
◆ not just sharing knowledge; we're shaping the lives of our students, guiding them to transform
◆ their dreams into reality. Our commitment is to nurture the leaders of tomorrow, who will help
◆ advance and uplift our nation.

Marking fifty years of excellence, we are reminded of Nelson Mandela's words: "Education is the most powerful weapon which you can use to change the world." This magazine offers a platform for our students to express their aspirations, share their stories, and connect with others. It's a celebration of creativity, imagination, and the diverse talents that make our college unique.

What you hold in your hands is more than a collection of writings and artwork; it's a vibrant reflection of our shared experiences and spirit.

It captures the essence of our Golden Jubilee, showcasing remarkable achievements and the rich life of our college community.

As you turn the pages, may you be inspired by the journeys of your peers and the passion that unites us all. Let's continue to create an environment where every voice matters and every dream is valued. Here's to the next chapter in our journey—a chapter of hope, creativity, and limitless possibilities.

Let's celebrate our past, embrace our present, and look forward to a future as bright as the legacy we have built together. Happy Golden Jubilee!



Ms. Samiksha Vengurlekar
Assistant Professor in English

VVM's Shree Damodar College of Commerce & Economics List of Academic Prizes

First Year Bcom

Rank	Roll No	Student	Marks	Total	Amount
1 st Rank	21344	VITI ALIAS KIRTI DAMODAR PAI	534/650 + 562/650	1096	250
2 nd Rank	21161	SOHAM A/S BHUVAN SUSHANT GHARSE	519/650 + 543/650	1062	250
3 rd Rank	21329	RAHUL SUBHASH GUPTA	511/650 + 549/650	1060	250

Shri G. M. Daivajna Prizes, instituted by Shri Ganesh M. Daivajna, are to be awarded as follows:

- i) A cash prize of Rs. 250/- is to be awarded to the student from this College securing the highest marks in Financial Accounting at Semester I & Financial Statement Analysis and Interpretation at Semester II taken together.
 - **21344 - Viti Alias Kirti Damodar Pai 93/100 + 98/100 = 191 total marks**
- ii) A cash prize of Rs. 250/- is to be awarded to the student from this College securing the highest marks in Principles and Practice of Accounting at Semester I & Specialized Accounting at Semester II (Generic Electives) taken together.
 - **21161 - Soham A/S Bhuvan Sushant Gharse 85/100 + 93/100 = 178 total marks**
1. Late Principal D. B. Wagh Prize of Rs. 201/- instituted by Mrs. M. E. Abranches, is to be awarded to the student securing highest marks in Commercial Arithmetic – I & II at FY B.Com Semesters I & II taken together.
 - **21344 - Viti Alias Kirti Damodar Pai-----94/100 + 100/100 = 194 total marks**

VVM's Shree Damodar College Celebrates its Golden Jubilee: A Year of Milestones and Memories

The 50th anniversary of Shree Damodar College was a landmark year, filled with events, achievements, and memorable celebrations that brought our college community together in honor of this significant milestone. The year-long festivities commenced with a logo design competition, won by Rakesh Pujari of TY BCA, who earned a cash prize of ₹. 2000. This specially crafted logo became a symbol of pride as the Golden Jubilee year unfolded.

To mark the commencement, the core committee sought blessings from Lord Damodar at the Shree Damodar Devasthan, Jambaulim. The Golden Jubilee inauguration on September 10, 2022, was graced by Prof. Harilal B. Menon, Vice-Chancellor of Goa University. Reflecting the college's dedication to excellence, Vidya Vikas Mandal announced two scholarship schemes for our students: the *Golden Jubilee Upliftment Scholarship* for students from financially weaker backgrounds and the *Golden Jubilee Talent Scholarship* for those excelling in co-curricular activities.

As part of our educational outreach, we hosted Ambassador (Retd.) Gautam Bambawale, who delivered an insightful lecture on "India and the Changing World Order." Throughout the year, unique activities and initiatives brought the college and local community closer together. The faculty offered mentoring to Swami Vivekananda College for its first NAAC accreditation cycle, while students celebrated International Women's Day by honoring 50 accomplished alumnae during our "Stree Vandana" event.

In a heartfelt outreach, the college adopted two Anganwadis at Calconda and Chinchal, donating essential items, and celebrated Rakshabandhan with students of Jyot School for Autism. The college also supported budding entrepreneurs, hosting a felicitation ceremony on April 15, 2023. Another highlight was the "Scholarship Mela," which introduced students to various scholarship opportunities, fostering accessibility and awareness.

Furthering our commitment to safety and inclusivity, the college signed an MoU with the Red Dot Foundation, training Rainbow Ambassadors to promote a culture of diversity on campus. The *Shree Damodar Diwali Utsav*, organized in association with Aamhi Udyogini Pratishtan, offered a vibrant platform for self-help groups and students to showcase their entrepreneurial skills. The year also witnessed the launch of our new BBA program and the Center for Excellence in Sales.

The Golden Jubilee year was replete with scholarly pursuits, including an international conference by the Economics Department on *Human Capital and Economic Development*, a national conference on *physical education* by the Department of Physical Education, and

a commerce conference exploring *Emerging Global Practices in Finance and Management*. Workshops also equipped students and staff with skills in cybersecurity, blogging, ICT, and identifying academic journals.

The college maintained its spirit of community service with multiple outreach initiatives, including a bone density detection camp, career guidance workshops, and blood donation drives. Our NSS unit organized a "Daan Utsav," collecting and donating items to El Shaddai Charitable Trust, and hosted a dental camp at the adopted village of Seraulim. Additionally, our environmental efforts included an e-waste collection drive and a coastal cleanup campaign in collaboration with the Indian Coast Guard.

Celebrations of various festivals infused joy throughout the year, from Ganesh Chaturthi to Christmas and New Year. To commemorate the college's founding date, a color-themed dress code was observed on the 16th of each month from July 2022 to June 2023, uniting the college community in a unique way. Staff enjoyed outings to Nandanvan Farm and a potluck, and the year closed with a memorable staff day at Holiday Inn Resort, celebrating the college's NAAC 'A' grade in November 2021.

As we conclude this remarkable Golden Jubilee year, we extend heartfelt thanks to the Board of Management, Principal, faculty, staff, students, and alumni, whose dedication made these events possible. Here's to our past achievements, current successes, and the bright future that lies ahead for Shree Damodar College.



Report on Commerce Department 2022-23

Career Guidance Outreach

On July 15, 2022, Mr. Gajanan Haldankar and Ms. Swati Bhat from the Department conducted a session on Career Guidance in Commerce and Time Management for 8th to 10th standard students at St. Xavier's High School, Moira, Goa. This outreach activity aimed to inspire and inform younger students about career opportunities in commerce.

Career Counselling Program on Chartered Accountancy

On August 2, 2022, the Department, along with the Career Cell and WIRC of ICAI, Goa Branch, hosted a Career Counselling Program focused on Chartered Accountancy. The session featured CA. Sneha Menon as the resource person and was attended by students from all programs. The event began with a welcome address by Prof. Prita Mallya, Principal of the College, followed by an introduction of the resource person by CA. Vinayak Dhumatkar.

Financial Tax Literacy Program

On August 2, 2022, the department, in association with the Goa Branch of WIRC of ICAI and WICASA Goa, organized a program on "Financial Tax Literacy." The program commenced with an inaugural function, featuring a National Anthem and invocation song by Ms. Sushrusha Naik Khandekar. The inaugural address by Prof. Prita D. Mallya expressed gratitude towards ICAI, while CA. Gaurav Kenkre, Chairman of Goa Branch of WIRC of ICAI, guided students through the program's flow. The event included two technical sessions, enriching participants' understanding of tax literacy.

Bridge Course on Basics of Accounting

The Department conducted a one-week bridge course on "Basics of Accounting" for first-year non-commerce students from August 6 to 19, 2022. The course aimed to equip students with fundamental accounting concepts essential for their academic journey.

Orientation Programme for First-Year Students

The Commerce Club conducted an orientation program for First Year students on August 9, 2022. The session was attended by 100 students and was designed to introduce them to the club's activities and resources.

Bazaar Day Event

On August 26, 2022, the Commerce Club organized a Bazaar Day where TY B.Com students set up various stalls selling snacks and refreshments. This event engaged students and faculty alike, promoting the entrepreneurial spirit.

Bazaar Day Series

The Commerce Club, in association with the Institution's Innovation Council, organized Bazaar Day Series VI, VII, and VIII on October 1, 3, and 7, 2022. Students showcased their entrepreneurial skills by setting up stalls selling various food items and games, fostering creativity and teamwork.

Skill Enhancement Program

From October 6 to 19, 2022, the Department, in collaboration with ICAI, organized a Skill Enhancement Program titled "Train Earn and Learn." This initiative provided students with essential skills and practical knowledge related to commerce.

Certificate Course on Investment

On October 12, 2022, the Commerce Club conducted an online short-term certificate course titled "Market ka Eklavya – Basics of Investment," which saw participation from 89 students. The session, led by Mr. Milind Gaikwad, provided valuable insights into investment strategies.

Guest Lecture on Commodity Derivatives Market

On October 14, 2022, a guest lecture titled "Hands-on Training on Commodity Derivatives Market" was organized, with Mr. Pallab Sarkar from SEBI as the resource person. The session was attended by 95 students, offering them practical insights into the Indian capital market.

Panel Discussion on Auditing and Financial Reporting

The department organized a panel discussion on October 15, 2022, for B.Com students focused on "Practical Aspects in Auditing and Financial Reporting," attended by 72 students. This discussion aimed to deepen understanding of auditing practices in the financial reporting process.

Field Trip to Rasraj Farms

On October 29, 2022, a field trip to Rasraj Farms, Mollem, Goa was organized for students enrolled in Entrepreneurship Development and New Venture Planning courses. The visit provided experiential learning and insight into agricultural

Business Simulation Game

From February 5 to 7, 2023, the department conducted an interactive three-day business simulation game, where students formed teams to manage virtual businesses. This experience allowed them to apply business concepts and enhance their teamwork and strategic decision-making skills.

Study Tour to Mumbai-Pune-Mahabaleshwar

From February 27 to March 3, 2023, the Department organized a study tour for 49 students and faculty to Mumbai, Pune, and Mahabaleshwar, providing a broader perspective on commerce and management practices.



Report on Banking and Economics Department 2022-23

The Department of Economics & Banking has actively engaged students through various initiatives aimed at enhancing their understanding of financial literacy and practical applications in economics. On October 15, 2022, the department organized a guest lecture titled “Path to Financial Freedom,” led by Mr. Jason Francis Menezes Gama, Relationship Manager at Milestone Financial Services, attended by 45 banking students. This session aimed to raise awareness about achieving financial independence. Following this, a field trip to Letcetra Agri Tech in Valpoi on October 18 provided 24 students with insights into modern agricultural practices, allowing them to experience the intersection of technology and farming firsthand.

On October 20, the department hosted another guest lecture featuring Dr. Pranoy Baidya, an Ecologist and Scientific Consultant for CRZ Goa, attended by 99 Second Year B.Com students. This event, compèred by Ms. Tanisha Naik, offered valuable perspectives on resource management in Economics. Additionally, on October 22, a field trip to Tanshikar Spice Farm in Netravali was organized for first-year B.Com students, accompanied by faculty members Ms. Pretty Pereira and Ms. Lizette D'Costa, to further deepen their practical understanding of spice farming.

The department also celebrated the 56th AD Shroff Memorial Elocution Competition on October 28, encouraging students to refine their public speaking skills through healthy competition. In January 2023, Eco-Week 4.0 was held, featuring daily competitions aimed at promoting economic awareness among students, coordinated by faculty members. Furthermore, from January 18-21, the department organized the “Sip n Snack Bazaar,” allowing 120 first-year B.Com students to learn about pricing strategies and profit-loss analysis while setting up various eatery stalls.

On February 1, 2023, a live screening of the Union Budget provided students and faculty members with insights into the government's financial plans, attended by 28 participants. As part of Financial Literacy Week, a field trip to RBI, Panaji, was organized on February 16 for FY and TY B.Com banking students, where they received valuable briefings from RBI officials on essential banking topics.

In collaboration with the Fine Arts Club, the department hosted “Skill Stir 2.0” from March 8-13, 2023, to foster students' creative and entrepreneurial skills through workshops on stitching, decoupage, crochet, and baking. On March 9, a session titled “The Role of Investment in Business Decision-Making” was conducted by Dr. Celso Fernandes, M.D. of Nave Marg Foundation, attended by 110 FY B.Com students, further enhancing their

◆ understanding of investment strategies. Finally, on April 11, the department, in
◆ collaboration with Nirmala Institute of Education, organized an International Conference on
◆ “Implications and Prospects of Human Capital Formation and Economic Development,”
◆ facilitating a rich exchange of ideas among scholars and practitioners. Through these diverse
◆ activities, the Department of Economics & Banking continues to provide students with
◆ invaluable practical knowledge and experiences essential for their academic and
professional growth.



Report on English Department and Communication 2022-23

◆ Session on Body Language

◆ In collaboration with the 21st Century Life Skills Committee, the Department of English & Communication organized a session on **Body Language** for first-year B.Com students on **October 15, 2022**. Led by resource person **Ms. Kanan Tandi**, Co-Founder of CogniCue, the session emphasized the importance of non-verbal communication in effective interactions. The session, attended by **190 students**, provided valuable insights into how body language influences communication and interpersonal relationships.

Video Uploading Workshop

The Department organized a unique workshop on “**How to Upload a Video on Google Drive and YouTube**” for first-year B.Com students on **October 21 and 22, 2022**. The resource person for this workshop was **Ms. Abha Naik**, a student, who provided practical guidance on digital literacy skills essential for modern communication. This initiative empowered students to enhance their technical skills and leverage digital platforms for academic and personal projects.

Understanding Visual Language for Storyboarding

On March 6, 2023, the Department conducted a session on “Understanding Visual Language for Storyboarding” for first-year B.Com students. Led by Mr. Sandesh Gaundalkar, the session was attended by 150 students and aimed at developing students' understanding of visual storytelling techniques. Introduced by students Kajal Kadam and Nivita Naik, the session facilitated an interactive exploration of how visual elements can enhance narrative and communication strategies.

Creative Writing Contest

The Department held an engaging **creative writing contest** to encourage students to unleash their creativity and develop their literary skills. With submissions due by **April 1, 2023**, students were invited to express themselves through original short stories and poems. The contest culminated in a **reading day on April 15, 2023**, where selected works were presented. This initiative not only promoted a love for literature but also provided a platform for students to showcase their writing talents and connect with peers through shared narratives.



Report on BCA Department Activities 2022-23

Induction Program

The department welcomed new students with an Induction Program on July 20, 2022, as part of the “Deeksharambh - 22” initiative for first-year BCA and B.Voc. (ST) students. This orientation aimed to familiarize students with the college's resources, academic expectations, and campus culture, creating a solid foundation for their academic pursuits and promoting a sense of belonging within the college community.

Project Road Steps Orientation

In an effort to guide final-year students through their project development process, the Department organized the Project RoadSteps Orientation from August to October 2022. This program equipped TYBCA students with essential skills and insights, ensuring they were well-prepared to tackle their projects effectively. By offering structured support, the department helped students navigate this critical phase of their academic journey with confidence.

Workshops and Guest Lectures

The department prioritized workshops and guest lectures to enhance the educational experience. Notable sessions included an Introduction to Cloud Computing on October 1, 2022, attended by 65 students, and a DBMS guest lecture for 64 SY BCA students on October 14, 2022. A session on Career Insights in the IT Sector was also conducted for first-year students, providing essential guidance on potential career paths in technology.

Alumni Engagement

Engagement with alumni was a focal point of the department's activities, highlighted by the Alumni Reconnect Series on October 21, 2022. This event featured a session on blockchain technology led by alumnus Mr. Dinesh Rivankar, attracting a remarkable turnout of 110 students and reinforcing the value of alumni connections in enriching the academic environment.

E-Waste and Cyber Security Awareness

The department actively promoted e-waste management and cyber security awareness. The Wrap from Scrap competition on October 29, 2022, encouraged innovative uses of e-waste, while an online Cyber Security Awareness quiz from September 7 to 15, 2022, engaged 183 participants, fostering responsible technology use among students.

Digital Poster Making Competition

In celebration of International Computer Security Day on November 30, 2022, the

Department hosted a Digital Poster Making Competition. This event encouraged creativity and awareness of computer security, attracting 16 participants. The top three winners received cash prizes, showcasing their innovative approaches to highlighting the importance of digital safety in today's technology-driven world.

Tech Week 2023

Tech Week 2023, held from January 17 to 20, 2023, in collaboration with the Goa Technology Association and Future Ready, was a significant highlight of the academic year. The event included a series of informative sessions led by industry professionals, offering students valuable insights into current technological trends and career opportunities. This initiative was well-received, fostering a spirit of inquiry and engagement among participants.

Field Visit to Advanced Labs

On February 16, 2023, students participated in a field visit to the Atal Tinkering Lab and STEAM Lab at VVM's Vidya Vikas Academy. This visit provided hands-on exposure to advanced technologies, including drones and 3D printing, igniting student interest in future projects and encouraging them to explore innovative applications of technology.

Canva for Education Workshop

In an effort to enhance teaching practices, the department organized a Canva for Education workshop on February 25, 2023, specifically for teachers from local higher secondary schools. This workshop aimed to equip educators with practical design skills, fostering creativity and innovation in their teaching methodologies.

Tech Talk Series

The Tech Talk Series emerged as a key platform for industry engagement, featuring leaders discussing diverse topics such as animation, cybersecurity, and cloud computing. This series, which received positive feedback from participants across six colleges, effectively bridged the gap between academic learning and real-world industry insights, benefiting students and faculty alike.

Data Science Workshop

On March 4, 2023, a Data Science Workshop was conducted by Mr. Abhijeet Mhamal, Senior Data Scientist at Worley. This workshop provided TYBCA and TYB.Voc students with practical knowledge about data science applications, further enhancing their skills in this rapidly evolving field and preparing them for future career opportunities.

Report on Physical Education Department And Sports Council 2022-23

Inter-Departmental Sports Tournament

From July 5 to 7, 2022, the Sports Department organized an inter-departmental sports tournament, inviting students from various departments to participate in a range of sports activities. This exciting three-day event was a celebration of physical fitness and camaraderie, fostering school spirit and enhancing student relationships.

Sports Orientation Program

The Department conducted a "Sports Orientation Program" for first-year students across all undergraduate programs on July 26, 2022. Held in the Smart Classroom, the event saw attendance from 100 students. Mr. Ajinkya Kudtarkar, the College Director of Physical Education & Sports, and Mr. Saurabh Raikar, Instructor in Physical Education, welcomed the participants, providing valuable insights into the sports facilities and opportunities available.

Inter-Class Table-Tennis Tournament

The Department organized an Inter-Class Table-Tennis Tournament for students of all programs on July 29 and 30, 2022, with 47 participants competing in the event.

Table Tennis Coaching Camp

A Table Tennis Coaching Camp for men and women took place from August 1 to 8, 2022, in the Multi-Purpose Hall. The camp featured two sessions daily, with Mr. Ajinkya Kudtarkar serving as the coach, helping participants refine their techniques and strategies.

Self-Defense Certificate Course

A 30-Hour Certificate Course in Self Defense was conducted from August 3 to 22, 2022, offering students valuable skills for personal safety. Each two-hour session was held daily in Hall 2 of the college's new block.

Inter-Class Chess Tournament

An Inter-Class Chess Tournament was organized for all program students on August 5 and 6, 2022, in the Multi-Purpose Hall, with 24 participants demonstrating their strategic prowess.

Inter-Class Badminton Tournament

The Department organized an Inter-Class Badminton Tournament for Men and Women Singles from August 13 to 17, 2022, in the Multi-Purpose Hall. A total of 58 participants (39 men and 19 women) showcased their skills in this competitive event.

Freedom Run

In collaboration with the NSS unit, NCC Navy, and NCC Army, the Sports Department organized a Freedom Run on August 15, 2022, from 10:00 a.m. to 11:30 a.m. This event commemorated India's Independence Day, encouraging participants to celebrate freedom through physical activity.

Traditional Games

In honor of National Sports Day, the Sports Council organized Traditional Games for staff and students on August 29, 2022. Games such as 7 tiles, ring game, marble & spoon, and tyre race were included, catering to different age and fitness levels.

Inter-Class Lawn Tennis Tournament

An Inter-Class Lawn Tennis Tournament for men was held on September 12 and 13, 2022, at BPS Club, with nine participants competing for the title.

Inter-Class Football Tournament

The Department organized an Inter-Class Football Tournament for both men and women from September 20 to 22, 2022, at the Kare Law College Ground, attracting 25 students (22 men and 3 women) to the competition.

Unity Run

To celebrate Rashtriya Ekta Diwas on the birth anniversary of Sardar Vallabhai Patel, a Unity Run was conducted on October 31, 2022, from 8:00 a.m. to 9:30 a.m. The run covered a distance of 3 km, with 60 students and 5 faculty members participating, promoting the spirit of national unity among the youth.

Handball Coaching Camp

The Department of Physical Education & Sports conducted a Handball Coaching Camp for both men and women from December 1 to 22, 2022, at the Manohar Parrikar Indoor Stadium, Navelim, to enhance the players' skills and techniques in the sport.

Kho-Kho Coaching Camp

A Kho-Kho Coaching Camp for men was held from January 5 to 16, 2023, at the Multipurpose High School Ground, Borda -Margao, Goa. This camp focused on teaching proper techniques and enhancing skills in preparation for the inter-collegiate championship.

Coaching Camps for Intercollegiate Championship

To prepare for the upcoming Intercollegiate Championships, several coaching camps were

held from January 30 to April 3, 2023. These camps focused on enhancing the students' skills and fitness levels to ensure optimal performance during competitions.

Inter-Collegiate Cricket Championship

The college participated in the Inter-Collegiate Cricket Championship organized by Goa University. The SDCCE team showcased outstanding performance, qualifying for the semi-finals after defeating V.M. Salgaoncar College of Law in the quarter-finals.

National Conference on Physical Education and Sports

A Two-Day National Conference on Physical Education and Sports was conducted in collaboration with the Directorate of Higher Education, Government of Goa. The theme was 'Enhancing Life through Physical Education and Sports,' featuring notable speakers, including the Honorable Vice Chancellor of Goa University, Prof. Harilal Menon, and Prof. Vivek Pandey, Head of the Department of Exercise Physiology at Laximibai National Institute of Physical Education and Sports, Gwalior.



Report on Examination Cell 2022-23

Examination Orientation

As part of the “Deeksharambh” initiative, the Examination Committee organized an Examination Orientation for B.Com students on August 9, 2022. Held from 12:30 PM to 1:00 PM, the orientation was designed to familiarize students with the institution's regulations and academic standards. Dr. Lira Gama, along with Mr. Sandesh Gaonkar and Ainsley Bernard, addressed the students, providing them with crucial information regarding examination procedures and expectations. This initiative aimed to instill a sense of responsibility and preparedness among the students as they approached their assessments.

TY B.Com Projects Orientation

On October 21, 2022, the Committee hosted an orientation session for the Third Year Bachelor of Commerce (TY B.Com) students. The session was led by Dr. Ashish Joshi, Vice-Principal of MES College of Arts & Commerce, Zuarinagar, Goa. A total of 184 students attended this informative session, which aimed to guide them through the project requirements and expectations, ensuring that they were equipped with the necessary knowledge and resources to complete their projects successfully.

Open House Day

On January 14, 2023, the Committee, in collaboration with the Student Welfare Cell, organized an Open House Day for all First Year (FY) and Second Year (SY) B.Com students. The event, which ran from 8:30 AM to 12:30 PM, provided mentors with a valuable opportunity to interact with the parents of their mentees. During the open house, mentors discussed students' progress and behavior on campus, handed over the marksheets from the Odd Semester Examination, and provided constructive feedback on academic performance.



Report on NDLI Club 2022-23

Online Awareness Session on E-Resources

On June 12, 2022, the NDLI Club, in collaboration with the Department of Library & Information Science, Faculty Development Cell, and Research & Development Cell, hosted an online awareness session focused on the e-resources of the National Digital Library of India (NDLI). The session was conducted via Google Meet, with Mrs. Manali Sengupta, Outreach Manager at NDLI, IIT Kharagpur, serving as the resource person. Dr. Anjali Sajilal, B.Com Programme Coordinator, welcomed the attendees, while Mrs. Manasi D. Rege, President of the NDLI Club, introduced the speaker. This session provided participants with valuable insights into the vast array of digital resources available through NDLI, encouraging faculty and students from all programs to utilize these tools for their academic and research needs.

Live Session on Access to Digital Library

Continuing its commitment to enhancing digital literacy, the NDLI Club, in collaboration with the Department of Library & Information Science and the Department of Management, organized a live session titled "Access to Digital Library" on July 15, 2022. Mrs. Manasi D. Rege, the Librarian and President of the NDLI Club, was the resource person for this informative session. Participants gained an in-depth understanding of various digital library platforms, including the N-LIST Consortium, NDLI e-resources, and Pearson e-Library. The session focused on the login processes, usage instructions, and advantages of these digital resources, significantly benefiting both faculty and students in navigating the digital landscape for their research.

Guiding Session on E-Resources and E-Books

On August 30, 2022, the NDLI Club, in association with the Department of Library & Information Science and the Department of Computer Science, conducted a guiding session dedicated to the e-resources and e-books available to students and faculty members. Held from 12:00 PM to 1:00 PM, the session commenced with an introduction to the various facilities offered by the college library, encompassing both physical and digital resources. The College Librarian, Ms. Manasi Rege, was the resource person and provided an extensive overview of the online e-resources accessible through the NDLI, Pearson, N-List, and Indiastat portals. The interactive session was well-received, with 110 students and 11 faculty members attending. Participants engaged with the resource person, clearing their doubts and enhancing their understanding of the digital library's functionalities.

Book Donation Drive

In an effort to promote literacy and support local communities, the NDLI Club, in collaboration with the Department of Library & Information Science and the Readers' Club,

organized a book donation drive from September 10 to September 20, 2023. The initiative was widely publicized through the college's social media platforms, generating an enthusiastic response from the college community. A total of 315 donors contributed to the drive, resulting in the collection of 1,147 books. The donated collection included a diverse range of titles such as short stories, dictionaries, encyclopedias, handbooks, atlases, and novels in English, Konkani, Hindi, and Marathi. The culmination of this drive occurred on October 5, 2022, when the collected books were presented to the Mathru Chhaya Balika Ashram in Gogol, Margao. The principal, Professor Prita D. Mallya, and Assistant Professor Dr. Maithili Naik played significant roles in facilitating this charitable effort, leaving the Ashram grateful for the generosity shown by the college community.



Report on Student Welfare Cell 2022-23

Orientation Program for New Students

On August 9 and 13, 2022, the Students Welfare Cell conducted an Orientation Programme specifically designed for the newly admitted first-year students of the B.Com, BCA/B.Voc (ST), and BBA/BBA (FS) programs. The sessions, held from 9:00 AM to 10:00 AM, saw the participation of 55 students. The primary objective of this orientation was to familiarize the students with the diverse activities organized by the Students Welfare Cell, thus enabling them to using these opportunities for their overall development.

Faculty Mentoring Session

On September 23, 2022, the Students Welfare Cell organized an orientation session on mentoring for faculty members from all programs. Conducted in Room S-205 from 12:30 PM to 1:30 PM, the session aimed to equip newly recruited faculty members with the skills necessary to engage in effective mentoring meetings with their students. The College Counsellor, Ms. Eshani Bakhle, served as the resource person, while Dr. Shami Pai, the Convenor of the Students Welfare Cell, introduced her and addressed the attendees.

Scholarship Mela

Recognizing the increasing costs of higher education and the importance of financial support, the Students Welfare Cell, in collaboration with the OBC/Minority/SC/ST Cell, organized a 'Scholarship Mela' on September 24, 2022, from 11:00 AM to 12:30 PM in Hall no. 2. This initiative marked the first of its kind for the Students Welfare Cell and aimed to provide financial assistance options to students across all programs, making education more accessible and affordable. The event drew significant participation and provided valuable information about available scholarships to help reduce the financial burden on students.

Capacity Building Workshop

On April 20, 2023, the Internal Quality Assurance Cell (IQAC), in collaboration with the SC/ST Cell, OBC Cell, and Students Welfare Cell, organized a comprehensive 30-hour Capacity Building Workshop cum Certificate Course for students from all programs. The workshop was designed to provide participants with practical and actionable knowledge to enhance their performance and achieve better outcomes. It included interactive presentations, group discussions, case studies, and hands-on activities focused on improving participants' English communication and presentation skills. The resource person for this program was Ms. Ashita Ranjit, a seasoned linguist and life skills coach with 20 years of teaching experience.

Report on Counselling Cell 2022-23

Cyberbullying Awareness Session

On August 3, 2022, the Counseling Cell hosted a session focused on cyberbullying for second-year BCA students. The primary objectives were to raise awareness about the prevalence of cyberbullying, its serious consequences, and the importance of fostering a supportive online community. Led by Ms. Eshani Bakhle, the college counselor, the session covered critical discussion points, including identifying cyberbullying behavior, understanding the emotional impact on victims, and strategies for reporting and seeking help. The engagement level was high, with students actively participating in discussions and sharing their experiences, reflecting a growing concern for mental health and well-being in the digital age.

World Mental Health Day Session

The Counseling Cell organized a significant session titled “First Aid for Panic Attacks” on October 10, 2022, in observance of World Mental Health Day. This session aimed to educate B.Com students about panic attacks, including their symptoms and management strategies. Key takeaways included recognizing triggers, implementing grounding techniques, and employing breathing exercises to alleviate symptoms during a panic episode. Participants provided positive feedback, highlighting the practical nature of the techniques shared, which they found helpful in managing anxiety in their daily lives.

Identity Development Group Session

An interactive group session on “Identity Development” took place on January 28, 2023, aimed at promoting self-exploration among undergraduate students. The goals of this session were to create a safe space for students to reflect on their identities and share personal experiences. Various activities were conducted to facilitate sharing, including guided discussions and small group reflections, which encouraged participants to articulate their thoughts and feelings. The importance of identity development was emphasized, as students recognized it as a crucial aspect of their personal growth and social interactions during their college journey.



Report on Post Graduation Department 2022-23

Orientation Program on Dissertations

On July 30, 2022, the department conducted an orientation program for M.Com Part II students, focused on the dissertation component for Semesters III and IV. This session provided essential guidance on research methodologies, topic selection, and the overall dissertation process. A total of 28 students attended, gaining valuable insights to aid in their academic journey.

Presentations on Summer Training

On July 30, 2022, M.Com Part II students presented their experiences from a mandatory four-week Summer Training undertaken in commercial and industrial organizations. These presentations, a prerequisite for second-year admission, allowed students to share insights and connect theoretical knowledge with practical experience, bridging the gap between academia and industry.

Guest Lecture Series

The department hosted a series of guest lectures, featuring industry professionals and alumni who shared expertise on contemporary commerce practices. These sessions offered students networking opportunities and firsthand industry insights, enhancing their practical knowledge.

Workshops on Research Methodologies

Several workshops focusing on both qualitative and quantitative research methodologies were conducted to equip students with essential skills for their dissertations and projects. These sessions emphasized best practices for effective research.

Interdisciplinary Seminar

An interdisciplinary seminar brought together postgraduate students from various disciplines, encouraging the exchange of innovative ideas and collaborative project discussions. This initiative promoted interdisciplinary learning and knowledge-sharing.

Cultural Fest Participation

The department actively participated in the annual cultural fest, where postgraduate students showcased their talents through performances, exhibitions, and competitions. This involvement fostered creativity, teamwork, and a sense of community among students.

Career Development Workshops

Career development workshops covered resume writing, interview techniques, and networking strategies, preparing students for the competitive job market and enhancing

their employability.

Community Service Initiative

Through a community service initiative, students volunteered with local NGOs, offering support and resources to underprivileged communities. This experience helped students develop a deeper understanding of social responsibility.

Field Visits and Industry Tours

To provide practical exposure, students participated in field visits to various organizations and industries relevant to their field of study. These tours connected classroom knowledge with real-world applications.

Research Symposium

A research symposium was held where students presented their findings to peers and faculty, fostering academic dialogue and encouraging constructive feedback on their research work.

Mental Health Awareness Campaign

In collaboration with the counseling center, the department launched a mental health awareness campaign. Workshops and discussions were organized to promote well-being, highlighting the importance of mental health among students.

GU-ART Preparatory Sessions

From January 30 to February 10, 2023, the department, in partnership with the Placement and Career Cells, conducted preparatory sessions for the GU-ART entrance exam. These sessions equipped TYB.Com students with strategies and knowledge, enhancing their readiness for the Goa University exam and supporting their academic aspirations.

Guest Session on Group Dynamics

On April 6, 2023, the PG Department hosted a guest session titled "Groups and their Impact on Organizations," led by Mr. Jervis Pereira. The session highlighted essential workplace skills such as leadership and teamwork, underscoring their importance in professional settings.

End-of-Year Celebration

To recognize students' achievements, the department hosted an end-of-year celebration, honoring outstanding performances in academics and extracurricular activities. Awards and certificates were distributed, celebrating students' dedication and accomplishments.

Report on NSS Unit

2022-23

Orientation Session for New Volunteers

On August 4, 2022, the NSS Unit held an orientation session as part of the Deeksharambh initiative for new volunteers. Mr. Sumanth Nayak, a former NSS volunteer and recipient of the Indira Gandhi Best NSS Volunteer Award (2016), addressed 55 students, inspiring them with his experiences and achievements

Poster Making Competition on 'Youth and HIV/AIDS'

In observance of International Youth Day, the NSS Unit held a Poster Making Competition on August 12, 2022, with the theme "Youth and HIV/AIDS." Seventeen students participated, showcasing their creativity and raising awareness on this crucial issue.

Azadi Ka Amrit Mahotsav Celebrations

To commemorate 75 years of India's Independence, the NSS Unit, in collaboration with the Directorate of Higher Education, Government of Goa, organized a series of impactful activities under the Azadi Ka Amrit Mahotsav.

Cleanliness Drive on Gandhi Jayanti

In honor of Gandhi Jayanti, the NSS organized a cleanliness drive with 35 volunteers. The unit also conducted an extension activity at Matruchhaya Balika Kalyan Ashram, where volunteers promoted digital literacy among the residents.

Monsoon Hike

On October 4, 2022, a Monsoon Hike was organized in collaboration with the NCC Army/Navy and Vasundhara (Green Club). A total of 245 students and 16 teachers participated in this enriching outdoor activity, promoting fitness and appreciation for nature.

Street Play on Cleanliness Awareness

On October 17, NSS volunteers performed a street play at the KTC Bus Stand and New Market, Margao, with 14 volunteers raising public awareness about cleanliness through engaging performances.

'Daanutsav' Donation Drive

The NSS Unit launched a one-week donation drive, 'Daanutsav,' encouraging faculty and students to contribute items such as groceries, stationery, sanitary items, books, clothes, and shoes. These were donated to El Shaddai Trust on October 17, 2022, benefiting the Day Care Center for underprivileged children.

Plastic Waste Collection Drive

Addressing plastic pollution, the NSS conducted a Plastic Waste Collection drive at Comba, Margao, on October 19, 2022, with 44 volunteers actively participating. Another cleanliness drive followed on October 28 near Maruti Mandir, Comba, involving 17 volunteers.

Visit to Old Age Home

On October 29, 2022, 50 NSS volunteers visited the Old Age Home at Provedoria, Margao, connecting with the elderly residents and spreading warmth and companionship.

Awareness Program on Dengue and Chikungunya

In collaboration with the Urban Health Center, Margao, the NSS Unit organized an awareness program on August 27, 2022, where 35 volunteers educated households in Fatorda and Margao about Dengue and Chikungunya prevention. On the same day, the NSS also observed National Deworming Day, distributing 400 deworming tablets to students, faculty, and staff.

International Coastal Clean-up Day

The NSS Unit participated in the International Coastal Clean-up Day on September 17, 2022, joining the Swachh Sagar, Surakshit Sagar Abhiyan by the Ministry of Earth Science. Forty-eight volunteers cleaned Colva Beach, collecting plastic and paper waste to promote marine conservation.

E-Waste Collection Drive

In celebration of Global Recycling Day, the NSS Unit held an e-waste collection drive from March 20 to April 1, 2023, raising awareness about sustainable practices and the importance of recycling electronic waste.

Dental Check-up Camp

In collaboration with Goa Dental College, JCI Fatorda Town, Rotary Club of Margao Midtown, and Village Panchayat of Seraulim, the NSS Unit organized a Dental Check-up Camp on April 1, 2023, providing thorough dental examinations to 75 villagers.

Blood Donation Camp

On April 3, 2023, the NSS Unit and Red Ribbon Club hosted a Blood Donation Camp, encouraging students to contribute to society and emphasizing the value of regular blood donation.

College Campus Cleanliness Drives

The NSS Unit held a cleanliness drive on January 21, 2023, with 34 volunteers working to clean the College campus and surrounding areas. Another drive followed on March 16, 2023, where 46 volunteers collected waste from the College campus and nearby locations.

◆ **Rally on International Women's Day and National No Smoking Day**

◆ To commemorate International Women's Day and National No Smoking Day on March 8, 2023, a rally was organized with 43 NSS volunteers, spreading awareness on both causes from the College to Comba, Margao.

◆ **Awareness Drive on Waste Segregation**

◆ The NSS Unit initiated a waste segregation awareness drive, visiting homes in Comba, Margao, to educate residents on the importance of separating waste to promote environmental responsibility.

National Youth Parliament Participation

In celebration of India's G20 Presidency, NSS volunteers participated in the National Youth Parliament at Carmel College, Nuvem, on March 29, 2023, under the theme "Vasudhaiva Kutumbakam – One Earth, One Family, One Future."



Report on Women's Cell 2022-23

The Women's Cell commenced its activities for the academic year in June 2022, focusing on empowering students and creating awareness about women's issues and rights. An orientation program was conducted for first-year students of all programs on 10th and 12th July 2023. This session, led by Dr. Anjali Sajjal, Convenor of the Women's Cell, aimed to familiarize students with the cell's initiatives and to explain the role of the Internal Complaints Committee (ICC) in accordance with the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013.

In August, an awareness session titled "Menstrual Hygiene" was organized on 25th August, focusing on educating female students about menstrual health and hygiene practices, with approximately 70 students participating. The following month, a poster competition on the theme "Women's Empowerment" took place on 15th September, attracting participation from 5 teams with a total of 12 students. This event aimed to encourage creative expression and raise awareness about women's rights.

In October, the Women's Cell held an awareness session on "Gender Sensitization" on 19th October, attended by around 50 students. This session aimed to promote gender equality and raise awareness about discrimination. The Women's Cell then organized a self-defense workshop on 10th November 2022, empowering women with practical skills to enhance their safety, with 30 students participating in this initiative.

On 15th December 2022, the Women's Cell hosted a film screening followed by a discussion on women's rights and social issues, promoting critical thinking and dialogue among students. In January 2023, to celebrate Women's Day, a special event was held on 8th January where notable women leaders shared their experiences and insights, inspiring students to aspire for leadership roles.

In February 2023, a health and wellness camp was organized on 20th February, offering free health check-ups and consultations focusing on women's health issues, nutrition, mental health, and overall well-being. Finally, in March 2023, the Women's Cell organized a series of activities to commemorate International Women's Day on 8th March, which included the "Stree Vandana" ceremony honoring 50 alumnae for their contributions to society and an awareness campaign promoting women's rights and health through informative pamphlets and discussions.

Report on Department of Library and Information Science 2022-23

The Department of Library and Information Science has actively engaged in several initiatives to enhance the learning experience for students and faculty during the academic year 2022-2023. One of the key highlights was the comprehensive Library Orientation program conducted for all first-year students across various programs, including B.Com, BBA(FS), BBA(Gen), BCA, B.Voc(ST), and M.Com, from August 6 to October 6, 2022. During this orientation, students were introduced to essential aspects of the library, including its resources, working hours, various sections, services, and facilities.

In addition to the orientation, the Department collaborated with the Research and Development (RDI) Cell and Faculty Development Program (FDP) Cell of the college to organize an informative session titled "Secondary Data Sources" on December 2, 2022. The session featured Dr. Sandhya Krishnan, Assistant Professor at SAMSOE, NMIMS, as the resource person, who addressed 42 faculty members through a video conferencing setup, engaging them with valuable insights on utilizing secondary data sources effectively.

On January 23, 2023, the Department, in partnership with the NDLI Club, IQAC, and Research and Development Cell, organized a session titled "A Guide to Use Pearson Digital Library for PG Staff & Students." Led by Ms. Manasi D. Rege, College Librarian and President of the NDLI Club, this session aimed to provide guidance on utilizing the Pearson Digital Library, ensuring that both staff and students can fully benefit from this resource.

Additionally, the Department played a crucial role in organizing a National-level Faculty Development Program on Research Methodology and Academic Writing, conducted in collaboration with EdMaestro Pvt. Ltd. This online 7-day FDP, held from March 31 to April 8, 2023, featured Dr. Anubhuti Dwivedi, Director of EdMaestro Pvt. Ltd., as the resource person. Participants gained hands-on experience with SPSS and valuable insights into research methodologies and academic writing techniques, significantly enhancing their research capabilities.



Report on NCC Wing 2022-23

The National Cadet Corps (NCC) at SDCCE has actively participated in various initiatives aimed at promoting awareness, environmental sustainability, and mental health throughout the academic year 2022-23. One of the notable events was a field trip organized by the NCC Army Wing and Yuva Tourism Club to the Indian Coast Guard Ship Sangram, providing cadets with a unique opportunity to learn about maritime operations and the role of the Indian Coast Guard.

In accordance with global awareness efforts, the NCC Naval Wing commemorated “World Mental Health Day” by organizing a Poster Making Competition centered on the theme “Mental Health Care for All.” This initiative aimed to foster awareness among students regarding the importance of mental health care, encouraging them to express their understanding and creativity through art.

To further engage first-year students in the NCC program, the NCC Naval Wing conducted an “NCC Navy Orientation Programme” on August 8, 2022, from 9:00 to 10:00 AM. This session successfully attracted 200 students, offering them insights into the values, opportunities, and activities associated with the NCC Navy Wing, thus promoting greater involvement in the organization.

Moreover, the NCC Army Wing collaborated with the Indian Coast Guard to organize a cleaning drive on September 17, 2022, in observance of International Coastal Clean-Up Day. This initiative saw enthusiastic participation from 40 cadets, who were divided into two groups of 20 each, assigned to clean Colva and Baina beaches. The drive commenced with a welcome address by the Honorable WRD Minister of Goa, Shri Subhash Shirodkar, emphasizing the importance of environmental stewardship and community service.



Report on Yuva Tourism Club 2022-23

The Yuva Tourism Club at SDCCE has been actively engaged in promoting awareness and understanding of the tourism industry in Goa through various enriching activities throughout the year 2022-23.

On January 25, 2023, in celebration of National Tourism Day, the club, in collaboration with the Department of English & Communication, organized an Essay Writing Competition on the theme "Tourism Industry of Goa: Current Status & Future Potential." This competition aimed to encourage students to explore the intricacies of the tourism sector, fostering critical thinking and creative expression regarding the challenges and opportunities within the industry.

Additionally, on March 9, 2023, the Yuva Tourism Club organized an interactive session featuring Goa's celebrated fisherman, Mr. Francisco Fernandes, affectionately known as Pele. The session was attended by 175 students from various programs, showcasing their keen interest in the insights shared by the resource person. Mr. Fernandes discussed his entrepreneurial journey and provided valuable information on the numerous opportunities available in the tourism sector in Goa.

Moreover, on March 29, 2023, the Yuva Tourism Club organized a field trip for its members, which included 30 students accompanied by Assistant Professors Ainsley Bernard and Sushrusha Naik Khandekar. The group visited two significant cultural institutions: the DHAROHAR-National Museum of Customs & GST in Panaji and the Archaeological Museum in Old Goa. The students were engaged in guided tours at both museums, enhancing their understanding of Goa's rich cultural heritage and the historical context of its tourism industry.



Report on Student's Council 2022-23

Joy of Giving Month

The council launched "Joy of Giving" month, held from June 1 to June 30, 2022. During this period, all students, teaching staff, and non-teaching staff across various programs were encouraged to contribute a minimum of ₹1/- daily toward a charitable cause. This month-long initiative cultivated a spirit of compassion and encouraged social responsibility among the campus community, strengthening the bonds between students and staff through collective support for a noble cause.

Orientation Programme for First-Year Students

To help first-year students transition smoothly into college life, the council conducted an Orientation Programme from July 26 to July 31, 2022. Attended by 200 students from all programs, the orientation offered students a comprehensive introduction to the college's academic and extracurricular offerings. Students were familiarized with college rules, academic resources, co-curricular activities, and the support systems available on campus, ensuring they felt welcomed and prepared to begin their college journey.

Friendship Day Celebrations

The council celebrated Friendship Day on August 12, 2022, with an exciting lineup of on-stage and off-stage events. Off-stage activities included a drawing competition, videography, scavenger hunt, and photography competition, while the on-stage segment featured dance performances, skits, songs, spot prizes, and engaging games. The creative and colorful backdrop was designed by students Sathvik Satardekar, Devanshi Kanekar, Pratham Nagvekar, and Avani Naik, adding a festive atmosphere to the celebration and leaving participants with fond memories of the day.

Two-Day Leadership Camp

A two-day Leadership Camp was organized on August 17 and 18, 2022, in collaboration with the Forum for Free Enterprise and M.R. Pai Foundation. Sixty-nine students participated in the camp, led by resource persons Mr. Rajiv Kumar Luv, a motivational speaker and corporate trainer, and Mr. Vivek Patki, a communication skills expert. Through interactive sessions and activities, students learned about effective communication, teamwork, and leadership, equipping them with valuable skills for both their academic and professional lives.

Teachers' Day Celebration

The council celebrated Teachers' Day on September 19, 2022, with great enthusiasm. Students from all departments organized the program, decorating the multipurpose hall and staff room with flowers, banners, balloons, and a beautifully designed backdrop. Teachers

◆ and students gathered in the hall to celebrate the invaluable contributions of faculty members, fostering an atmosphere of appreciation and joy. The event allowed students to express gratitude for the guidance and support of their mentors.

◆ **Study Tour**

◆ From December 3 to December 13, 2022, the council organized an educational study tour in collaboration with Ashtavinayak Travels. Seventy-one students and six faculty members participated, visiting culturally significant destinations such as Amritsar, Manali, Shimla, and Chandigarh. The tour offered students hands-on learning experiences outside the classroom, allowing them to explore diverse cultures, heritage sites, and scenic landscapes, further enriching their educational journey.



Report on Cultural Council 2022-23

Orientation Programme for First-Year Students

To ease the transition into college, the council held an Orientation Programme for first-year students, welcoming 200 new attendees from various programs. The event provided an overview of campus life, academic resources, and extracurricular opportunities, creating a positive and inclusive environment for incoming students.

Ganesh Utsav Short Film-Making Competition

The Fine Arts Club held the "Ganesh Utsav" Short Film Competition, inviting students to capture Ganesh Chaturthi celebrations. With eleven participants, the event beautifully captured the cultural essence and familial bonding during the festival.

Bookmark Making Competition

In observance of International Girl Child Day, the council hosted a Bookmark Making Competition with a theme of gender equality. This event saw 48 students creatively expressing the importance of gender balance, with bookmarks judged on creativity, relevance, and presentation.

Damodar Utsav

The council organized Damodar Utsav, a two-day youth festival, featuring diverse activities from Tug of War and Flag Painting to dance and digital poster-making. With "Flashback" and "Favourite Character" as daily themes, the event showcased student talents and provided a dynamic cultural experience. Food stalls operated by students added to the lively atmosphere, and the third-year students were declared the overall winners.

Anantara 2023 Intercollegiate Event

Anantara 2023 took place at Ravindra Bhavan, Margao, gathering participants from eight colleges for over 25 events in cultural, sporting, literary, and business categories. With the theme "Past, Present, and Future," highlights included Glamshow, Nritya Pop, and a musical finale featuring DJ Curly. This flagship event promoted cultural exchange and friendly competition among students.

Inter-Collegiate Essay Competition

The council held the 9th edition of the "Gandhiji – The Mahatma" Essay-cum-Presentation Competition, with the theme inspired by Gandhi's quote on integrity and perseverance. Participants shared thoughtful perspectives on Gandhi's enduring legacy, honoring his values of honesty and ethical conduct.

Damodar Idol Annual Singing Competition

The annual singing competition, Damodar Idol, featured solo and duet categories in Hindi, English, and Konkani. Participants showcased impressive vocal talent, with contestants either performing live or with karaoke tracks, making for a memorable event that celebrated music and culture.

State-Level Inter-Collegiate U.N. Bene Quiz

Held online, the U.N. Bene Quiz focused on the Sustainable Development Goals and drew 15 teams from colleges across the state. This quiz provided a platform for students to demonstrate their knowledge of global development issues, encouraging greater awareness of sustainability.

Kavya Umali Konkani Poetry Competition

The Konkani Poetry Competition “Kavya Umali” was revived this year after a three-year gap. Held in collaboration with the Readers' Club, the competition saw 15 aspiring poets contest for the Lapit Shield, celebrating Konkani language and literature through creative expression.

Farewell for Final Year Students

The council organized a farewell for graduating students, beginning with a photography session where students and faculty shared memorable moments. The event provided a fitting send-off, filled with nostalgia, appreciation, and encouragement for the students' future endeavors.



Report on FY Certificate Course 2022-23

The FY Certificate Course Committee has organized a diverse range of enriching sessions for students under the "21st Century Life Skills" certificate program. These sessions cover vital topics, aiming to equip students with essential skills for personal and professional growth. Here is an overview of the recent sessions conducted, underscoring the committee's dedication to fostering holistic development among the students of FY B.Com, FY BBA(FS), and FY BBA.

This was followed by a session on *August 11, 2022*, titled "Financial Freedom," where Dr. Celso Fernandes, a Financial Consultant, introduced students to investment basics and financial literacy, empowering them to make informed financial choices. This was followed by a webinar on *August 25, 2022*, on "Living a Healthy Lifestyle" featuring Dr. Joline Fernandes, a Homoeopathic Consultant and Clinical Nutritionist. The session, attended by 246 students, emphasized the importance of adopting healthy lifestyle habits for overall well-being.

In a collaborative effort with the Department of Physical Education, the committee organized a "Practical Yoga" session on *September 26, 2022*, led by Ms. Vaishnavi Hegde Agranayak. This session provided students with practical yoga techniques to enhance both physical and mental health. The committee organised a session on "Self-Awareness and Empathy in the Workplace" on *January 6, 2023*, led by Ms. Amba Prabhu, a Psychotherapist and Counselor. This session highlighted the role of empathy and self-awareness in building positive workplace relationships. On *March 9, 2023*, Mr. Sameer Kapadi conducted an interactive session on "Team Building," covering essential skills for effective teamwork and communication.

Further enhancing critical skills, Mr. Suhas Mallya, Executive Director of Emco Goa Pvt. Ltd., led a session on *March 13, 2023*, titled "Critical Thinking & Problem Solving." This session encouraged students to adopt analytical approaches to resolve challenges. A session on "Social Etiquettes and Manners" followed on *March 15, 2023*, where Mr. Kapadi educated students on social etiquette, helping them gain confidence in social and professional settings.

Finally, on *March 31, 2023*, Ms. Amba Prabhu conducted a session titled "Curiosity, Creativity, and Innovation," encouraging students to develop critical thinking and creativity, skills essential for adapting to the modern world.

Report on Reader's Club 2022-23

The Readers' Club hosted several engaging and educational events throughout the academic year, aimed at fostering a love for reading, enhancing creativity, and promoting public speaking and critical thinking among students.

From *September 21 to October 6, 2022*, the Club organized a *Bookmark Making Competition* themed "Gratitude is the Best Attitude." Participants designed bookmarks at home, submitting their creative works on the final day. This competition encouraged students to express gratitude artistically, while also nurturing their creativity.

On *October 28, 2022*, the Readers' Club organized a session titled "Everything About Podcast" from 12:15 to 1:15 p.m., led by Mr. Vishal Kubawat, an FY B.Com-B student. The session, attended by 15 Readers' Club members and 10 additional FY B.Com students, offered valuable insights into the growing world of podcasting. Vishal guided attendees through the basics of creating engaging audio content, discussing topics ranging from equipment to storytelling techniques.

The club commenced 2023 with an engaging Book Review and Discussion Session on January 15. This interactive event featured an in-depth review of a selected book, allowing students to share insights, opinions, and critiques in a lively exchange. The session fostered a passion for reading while also enhancing participants' public speaking and critical thinking skills. By creating a collaborative platform, the event encouraged students to explore literature together, enriching their academic and personal growth.



**Report on Vasundhara (Green Club)
2022-2023**

On *September 28, 2022*, the Green Club held the “Green Solutions” competition in Hall 2 of the Central Block at 12:15 p.m. This Green Product Creation Competition attracted 78 participants from the B.Com, BBA, and BCA programs, who competed in 20 teams to showcase innovative, eco-friendly products. The competition not only encouraged students to explore sustainable solutions but also fostered creativity and teamwork.

In a bid to deepen students' connection with nature, the Green Club organized a field trip on *March 9, 2023*, to the *Dr. Salim Ali Bird Sanctuary* on Chorao Island and the *ASI Museum* in Old Goa. Forty B.Com students participated in this enriching experience, which offered practical exposure to Goa's diverse ecosystem and its natural heritage.

To mark *World Sparrow Day* on *March 20, 2023*, the Green Club screened an educational video highlighting the importance of sparrows and the need to protect their dwindling population. This video presentation for B.Com students aimed to raise awareness about biodiversity and the role of sparrows in maintaining ecological balance.



Report on Career and Placement Cell 2022-23

On *August 8, 9, and 12, 2022*, the Career Cell held an Orientation Programme for First-Year students across all programs. Convenor Ms. Sushrusha Naik Khandekar welcomed students and provided an overview of the Career Cell's offerings. Following this, the Career Cell hosted a Career Counselling Programme on *August 19, 2022*, for the First-Year students. In this session, Resource Person Mr. Prasad P. Navelkar, Head of Business Development, shared valuable guidance on setting career goals and navigating career paths.

On *September 12, 2022*, the Placement Cell, in collaboration with the Directorate of Higher Education and Tata Consultancy Services, conducted an orientation on the Youth Employment Program (YEP) for students, led by Ms. Shalabha Nair, a TCS trainer. Additionally, a session on Civil Service Examination (GPSC) orientation was held on *September 22, 2022*, in collaboration with the Regional Employment Exchange Model Career Centre, Panaji, aimed at familiarizing students with the GPSC examination process. The Career Cell organized several career counseling programs in *September 2022*. On *September 23*, a session on "Career Opportunities Overseas" was held in collaboration with Eduadvise. This was followed by another insightful session on *September 30*, focusing on "Career Opportunities in Mutual Funds," presented by Mr. Chirag Majithia, founder of Shreeji Investments. Students gained practical knowledge about various career paths, enhancing their readiness for the job market.

The Placement Cell organized a *Campus Placement Drive on April 8, 2023*, where final-year students had the opportunity to connect with prospective employers. The event commenced with an inaugural function in the Smart Classroom, presided over by Principal, Prof. Prita D. Mallya, and featured an overview of Placement Cell activities by Convenor Dr. Rodney D'Silva. During the event, the Placement Brochure was released, which detailed college facilities, faculty achievements, and the recruitment process.



TIPS FOR MENTAL HEALTH

As a professional in the field of mental health, I believe that mental and physical health are equally important for a balanced life. To function well and lead a fulfilling life, we all need to nurture our mental, physical, and social well-being. Here are a few simple yet powerful tips to help maintain your overall well-being.

1. Take Breaks

Taking short breaks during the day may seem minor, but even a 15-minute pause from work or daily routines can help you manage stress, recharge your energy, and improve productivity. Remember, small steps go a long way toward keeping stress in check.

2. Connect Offline

Engaging in face-to-face interactions with friends, family, or loved ones can lift your spirits and provide a sense of belonging. Social connections play a vital role in improving your mood and re-energizing you. Take time to connect with people offline—it's a natural and effective way to boost mental health.

3. Prioritize Physical Health

Regular physical activity not only benefits your body but also your mind. Exercise has been proven to relieve stress, enhance emotional well-being, and improve sleep. Find an activity you enjoy, whether it's walking, dancing, or yoga, and make it a regular part of your routine.

4. Practice Good Sleep Hygiene

Sleep rejuvenates both body and mind. To get quality sleep, try to wind down at least 30 minutes before bedtime by avoiding screens like mobile phones and laptops. Creating a peaceful pre-sleep routine can improve sleep quality and help you feel more refreshed each day.

5. Take Small Steps

If you're feeling overwhelmed by tasks, start by prioritizing them. Identify the most urgent or important ones, then break each task into smaller, manageable steps. Tackling challenges one step at a time reduces stress and makes goals more achievable.

6. Reach Out to Someone You Trust

When you're dealing with worries or concerns, confiding in someone you trust can be a relief. Talking things through can provide new perspectives and emotional support. Remember, asking for help is a sign of strength, not weakness.



7. Cultivate Self-Awareness

To grow personally and professionally, self-awareness is key. Understanding your needs, desires, strengths, limitations, behaviors, and emotions helps you navigate life with greater clarity and confidence. Self-awareness is an essential step in achieving meaningful goals and personal growth.

Taking steps toward mental well-being is a lifelong journey. With a balanced approach, each of us can work towards a healthier, happier life. Remember, caring for your mental health is just as essential as caring for your body.



Stress Management for College Students

◆ Navigating college life can be both thrilling and challenging. College is often filled with new experiences, academic pressures, social obligations, and personal responsibilities that demand attention. For many students, managing these demands can lead to stress, which, if not addressed, may impact both academic success and personal well-being. Therefore, learning effective stress management strategies is essential for every college student aiming to make the most of this pivotal time in life.

The first step in managing stress is understanding its sources. College students experience various stressors, from academic demands like exams, assignments, and projects, to social pressures such as maintaining friendships, navigating romantic relationships, and fitting in with peers. Financial responsibilities, family issues, and personal health concerns can also contribute significantly to a student's stress levels. Recognizing these sources of stress can empower students to handle them more effectively.

One of the most effective ways to alleviate stress is through good time management. By organizing tasks, setting realistic goals, and breaking down large assignments into smaller, manageable steps, students can avoid the overwhelming feeling of being “buried” by their workload. Time management allows students to create a balance between their academic and personal lives, making their college experience smoother and more enjoyable. Planning ahead and setting priorities help students stay on track and maintain a sense of control over their responsibilities.

In addition to time management, physical activity is a proven method for stress relief. Exercise releases endorphins, the body's natural mood boosters, which can alleviate anxiety and improve emotional well-being. Even short bursts of activity, like taking a brisk walk, stretching, or engaging in a favorite sport, can have immediate benefits. Incorporating regular physical activity into one's routine helps not only with stress management but also with enhancing overall health and mental clarity.

Mindfulness practices such as meditation, deep breathing, and yoga can also be invaluable tools for managing stress. These practices help to calm the mind, reduce physical tension, and improve focus. Mindfulness encourages students to stay grounded in the present, making it easier to manage academic demands without becoming overwhelmed. With regular practice, mindfulness can lead to a greater sense of balance and inner peace, which is essential for mental resilience during the college years.

Social support is another critical aspect of stress management. Maintaining strong connections with friends, family, and even mentors provides a sense of belonging and can

reduce feelings of loneliness and isolation. Having someone to talk to—someone who listens and provides a fresh perspective—can make challenging situations feel more manageable. Engaging with a supportive social network fosters emotional well-being, which is crucial in times of stress.

Finally, taking care of oneself physically and mentally is fundamental for effective stress management. College students should prioritize getting enough sleep, eating a nutritious diet, and participating in activities that bring them joy and relaxation. Self-care can sometimes feel secondary to academic goals, but it's essential to recognize that well-being is the foundation for academic and personal success. Proper rest, a balanced diet, and time for leisure all contribute to a clearer mind, greater energy levels, and a more positive outlook on life.

In conclusion, stress management is an essential skill that every college student should strive to develop. By identifying stressors, practicing effective time management, engaging in physical activity, incorporating mindfulness, building social connections, and prioritizing self-care, students can create a healthier, more balanced college experience. When stress is managed well, college becomes not just a time of hard work but also a period of significant personal growth, exploration, and accomplishment. With these strategies in place, students can transform what might otherwise be a stressful experience into one filled with learning, resilience, and self-discovery.

Roshni Khatun

Student, M. Com Part I



Tobby



Tobby, with his calm and gentle nature, has always had his own sweet way of being part of our lives. He never forgets those who showed him kindness, even if only once. When colleges reopened after COVID and online learning ended, Tobby made it a habit to join us in the classroom, often curling up and napping during lectures. Over time, we grew used to his quiet presence and felt he truly deserved the attention he received each time he came in. While we envied his ability to sleep through lectures, we never shooed him away.

There was even a time when he was scolded by a teacher for what was thought to be "misbehavior." In reality, he had done nothing wrong—just found his usual spot under the bench to rest. I remember us arguing with the teacher, asking them to let him stay. We joked among ourselves that perhaps even he found the lectures unbearable. Little by little, we were getting attached to Tobby.

In our third year, however, we moved to a new college building where Tobby was no longer allowed. His absence was deeply felt, as seeing him every day had become a cherished part of our routine. We missed his little antics—how he'd ignore us when we called his name but look over when we stopped, or how he'd circle us until he got the attention he wanted. Tobby has left an indelible mark on our hearts and has become an inseparable part of our college memories. He will forever remain one of our fondest memories of college life.

Rohini Kamat



Peace

Whether a little or a lot, we can't deny the fact that all of us are searching for peace. We are caught up in the race to be successful, to achieve more, to be the best, and so on. Yet, we rarely take the time to pause, reflect on our journey so far, and give ourselves a small pat on the back, appreciating the resilience we've shown through each storm and obstacle. Our pursuit has become more than just comparing our successes with others; it has led us to a place where we now even compare our struggles.

Imagine a world where we focused on how we improved compared to yesterday, growing and learning at our own pace. Embracing our growth, acknowledging our shortcomings, and striving to become better versions of ourselves each day—that could be the foundation of true peace. As adults, we learn that everyone faces challenges, but comparing our struggles to those of others does nothing to strengthen us. What feels easy to one person may be a struggle for another. Thus, defining power or superiority by the ease with which we handle certain tasks is a shallow measure.

Defining "peace" is no simple task because the experience of peace is unique to each individual. For some, peace lies in meditation; for others, it may come from playing intense games. Take Harshad Mehta from *Scam 1992*, for example—he found peace in the chaos of the Bombay Stock Exchange (BSE) trading ring. For some, peace can indeed be found in chaos.

In one way or another, yes, we are all looking for peace at every stage of our lives.

Rohini Kamat



San Joan

The San Joan Festival is a traditional Catholic celebration held every year on June 24th in Goa. This festival honors St. John the Baptist, the patron saint of the state, and is celebrated with unique customs and rituals in different parts of Goa.

The festivities begin with a mass at the church, followed by a procession to the nearest water body. Upon arrival, people joyfully leap into the water, shouting “Viva San Joan” and splashing water on one another. This ritual symbolizes the baptism of St. John the Baptist in the River Jordan.

In various parts of Goa, young men and women participate in traditional processions, carrying effigies of Saint John and other saints through the streets. These processions are lively, featuring music, dancing, and the firing of crackers and fireworks. One of the main highlights of the festival is the lighting of bonfires, symbolizing the burning away of negativity and the triumph of good over evil.

An important part of the San Joan Festival is the preparation of traditional Goan delicacies. People cook a variety of dishes, including *sanna* (a type of steamed rice cake), *vindaloo* (a spicy meat dish), and *sorpotel* (a pork stew). Feni, a traditional Goan drink made from cashew nuts or coconut, is also enjoyed during the celebration.

The San Joan Festival beautifully reflects the rich cultural heritage of Goa, combining spiritual devotion with vibrant, joyful traditions.



Shigmo

Shigmo, also known as *Shigmotsav*, is one of the most popular festivals celebrated in Goa. This vibrant spring festival, held in March or April, is celebrated by the Hindu community and symbolizes joy, dance, and the spirit of the season. The name *Shigmo* combines two words: "*Shig*" meaning "dance" and "*mo*" meaning "festival," reflecting its focus on dance and celebration.

According to Puranic legends, Holika, the sister of the demon king Hiranyakashyap, tried to kill her nephew, Prahlad—a devoted follower of Lord Vishnu—by burning him in a bonfire. However, Lord Vishnu saved Prahlad, and Holika was consumed by the flames instead. The burning of Holika during Shigmo symbolizes the triumph of good over evil.

The festival is celebrated with grand parades, as people come out dressed in colorful traditional attire, playing musical instruments like the *dhol*, *tasha*, and *pungi*. These parades are filled with music, singing, and dancing, creating a vibrant and joyous atmosphere as people move to the rhythmic beats.

Shigmo is also a festival of good fortune and prosperity, said to bring good luck and a bountiful harvest for farmers. This important cultural event showcases Goa's rich heritage, celebrating its traditions and the spirit of community.

Vikrant Naik



World Wide Food

Food is a basic human need and an essential part of life. Across the world, there are countless dishes with a wide range of flavors, textures, aromas, and appealing presentations. Each culture offers its unique variety of culinary delights, reflecting its heritage and taste preferences.

Some of the most popular cuisines worldwide include Indian, Chinese, Japanese, Italian, and Mexican. Indian cuisine is known for its rich use of herbs and spices, especially in its curries, which can be either vegetarian or non-vegetarian. Chinese cuisine offers favorites such as fried rice, noodles, and dumplings, popularly known as *momos* in India. Italian cuisine brings us beloved dishes like lasagna, pasta, and pizza—a favorite across all age groups. Japanese cuisine features unique options such as sushi, ramen, and *natto* (fermented soybeans). Mexican cuisine is celebrated for its spicy dishes, including nachos, tacos, and burritos.

Ultimately, no matter the region or culture, food brings joy and delight to everyone, with its mouth-watering flavors and visual appeal.

(Anonymous)



The Power of Education: Building a Better Future Be Educated, Be Empowered!

"Education is a passport to the future, for tomorrow belongs to those who prepare for it today."

The future of any country depends on the education of its people. Education is the key to success, unlocking countless opportunities and illuminating minds. It not only equips students with knowledge but also helps them develop a well-rounded personality, preparing them for meaningful careers and contributing to society's well-being.

Education enables people to think, feel, and act in ways that foster personal and community success. For college graduates, it opens doors to jobs and advanced studies, while shaping their character, thinking, and interactions. It empowers individuals to face life experiences, elevating their status in society and enhancing their self-worth. From cradle to grave, everyone has the right to education, as it offers immense benefits like career advancement, improved social standing, and higher self-esteem.

Education paves the way for a successful career, providing diverse opportunities to work in one's preferred field. As people become more educated, they gain access to better job prospects and develop a stronger sense of purpose. Education sharpens our reasoning, enriches our character, and enhances our behavior toward others, enabling us to specialize in fields of interest and make informed decisions in life. Without education, achieving a stable and fulfilling career is challenging.

Education also raises social standing. Educated individuals are valued in society for their knowledge, morals, manners, and ethics, often serving as role models. Education empowers people to be productive, creative, and ethical, building stronger communities and earning the respect of others.

A well-known benefit of education is the confidence it brings. Self-confidence, grounded in knowledge, enables us to complete tasks, face life's challenges, and maintain a positive outlook. This confidence paves the way for success by helping us perform tasks effectively and setting us up for future accomplishments.

In short, education is the process of acquiring knowledge and skills that lead to a prosperous future. As discussed, it offers numerous advantages, from a successful career to higher social status and self-assurance. Obstacles become challenges to overcome, inspiring success in individuals and driving progress in countries.

In essence, education is the true foundation of all future success.

Petalia Beata Coutinho
Mcom part 1

Five Ways to Escape a Controversy

◆ In any controversy, two or more people are usually involved, and escaping one often requires understanding why such conflicts escalate. Controversies become increasingly intricate and contentious for several reasons: impatient listening, unnecessary involvement of others, irrational thinking, and the use of unreliable or unevidenced information. ◆ Recognizing these factors can help us find effective ways to navigate and exit difficult situations.

To escape a controversy, it's essential to practice rational thinking. Listen to both sides carefully and assess the situation objectively, rather than reacting based on a single perspective. Speaking slowly and staying calm can also be very helpful, as this approach allows your brain time to process and respond with thoughtful, measured statements. Additionally, kindness and gentleness go a long way. Humans often mirror each other's behavior, a phenomenon known as the *chameleon effect*. By staying calm and composed, you may encourage others to do the same, reducing tension.

Another crucial tactic is to be a good listener. Show patience and empathy by allowing others to express their viewpoints fully, which can often de-escalate heated discussions. Finally, if the situation continues to escalate despite your efforts, it may be best to respectfully exit. These strategies provide practical ways to navigate controversies, helping to avoid unnecessary conflict and maintain respectful communication.

Sai Sasankolla



To The Dogs of Damodar College

◆
◆ Your wagging tails,
◆ Your cheerful jumps,
◆ Your naps during lectures – we watched you snooze
◆ without a care.

Thank you for greeting us with genuine joy,
For the little bits of love you showered upon us each day.
You are the most adorable part of Damodar College,
And we are proud to be part of your family.

From tiny newborns to the older ones,
You will always be our little ones.

Some of you found homes,
Some had run-ins with the world outside,
And some of you are still here with us.

Each of you has left a lasting impact on our hearts.
Over the years, you've had so many names,
Yet you remain the same soul everyone loves and
cherishes.

Those belly rubs, those head scratches –
We won't forget them.

As we graduate and leave this place,
You may not see us again,
But I hope the new students who come
Will love you as abundantly as we did.

For you, my furry friends,
Are hands down
My favorite part of college!

Shama K.

'How much will you hurt you?'

As you empty your heart to fill it anew,
Seeking joy in the void that aches,
The pain within pleads with you,
Stop pouring so much from yourself.
Oh, the beauty of loving and being loved—
A feeling you deeply crave.

Yet those you give your all to
Are often the ones who bring you pain.
One day, you'll rise and realize:
If you had let go of the people and the hurt,
Your heart might have known more happiness.
But by then, it may be too late.

It's only time, my friend, only time
That will make you wiser and stronger.
For now, there is nothing to do—just wait,
Waiting to be loved once again.

Shama K.

A Simple Act of Kindness

A simple act of kindness,
At times holds great significance.
In a world filled with envy and hate,
A smile, a gentle gesture can truly
Make a lasting, impactful change.

Every soul is fighting a battle of
their own—
Some openly share,
While others fight alone.
Kindness will never go out of style;
In a world of arrogance,
It takes courage to choose
compassion.

A single act of kindness can indeed
be powerful,
In making our world a place
That is happy and peaceful.

Dimple A. Tavde

The World is a Family

The calmness of the sea brings relief,
Cool breezes and chirping birds grant our
souls the peace we seek.

The creatures, the plants, and all that
surround us Are perfectly
interconnected, if only viewed from
within.

If you dive deep into yourself, you'll find
How profoundly you're connected to
Mother Earth.

The energy of the sun and the calmness
of the sea Serve as perfect exemplars of
living in harmony and peace.

Shining through dark clouds, the glorious
sun Teaches us to rise above our
dilemmas and aspire for more.

A simple act of kindness can hold great
significance
In a world filled with envy and sadness.

A smile, a gesture of kindness,
Can indeed make a profound difference.
"This is mine, that is mine," says the small
mind, But "the world is a family" is the
ultimate truth of mankind.

Vasudhaiva Kutumbakam

Happiness

In your surroundings, many things are
connected to your happiness.

It's not always necessary to go in search
of them; Sometimes, happiness finds
you all on its own.



Beauty

SOMETIMES BEAUTY AREN'T IN THINGS,

BEAUTY OF SOMETHING DEPENDS UPON THE WAY YOU TRY TO SEE IT

IF ONE PERSON IS UNABLE TO SEE THE BEAUTY OF SOMETHING THEN IT DOESN'T MEAN THAT THING IS NOT BEAUTIFUL

Short note: Realize that true happiness lies within you Waste no time and effort searching for peace, contentment and joy in the world outside. Remember that there is no happiness in having or in getting but only in giving. Reach out.

१. प्रेम

प्रेम म्हणजे
काय असते
कोणाला तर ते
स्वर्गाचे दार वाटते
कोणाला तर ती
प्रणयक्रीडा वाटते
कोणाला प्रेम म्हणजे
एक स्वप्न वाटते
कांहीना प्रेम म्हणजे
फक्त प्रतिष्ठा वाटते
माझ्या करता मात्र
प्रेम म्हणजे तू आहेस
तुझा स्नेह तुझी प्रीति
तुझा अनुराग

खुशियां

हमारे आसपास ऐसी कई चीज़ें होंगी
जिनसे हमारी खुशियां जूड़ी होती हैं।
हरबार यह जरूरी नहीं की हमेशा
आप ही को उन्हें ढूँढना पड़े
कभी कभी आपकी खुशियां
खुद-भ-खुद आपको ढूँढ ही लेती हैं।

खुबसुर्ति

कभी कभार खुबसुर्ति चीजों में नहीं होती ,
खुबसुर्ति देखने वाले की आँखों में होती है,
उनके देखने की नजरिये में होती है ।
जब एक इंसान किसी चीज़ की खुबसुर्ति देख
नहीं पाता इसका यह मतलब नहीं है कि
वोह चीज़ खूबसूरत नहीं है ।

२. रे भगवंता
जेव्हा होईल
मानव नितीमान
तोच दिवस असेल
खरा भाग्यवान
रंजल्या गांजल्याना
जो देईल आधार
तोच खरा कर्तबगार
आयुष्य हे किती लहान
जीवन हे किती सान
माहिती असूनहि
मानवाने कां व्हावे अज्ञान
कां होतो क्रूर?
कां होतो इतका निष्ठुर?
निराश व्यक्तीना
कां लोटावे दूर
समता मानवता
कधी कळणार मानवाला
भगवंता!

३. माझ्यांत मी
माझ्या बहरांत मी
माझ्या स्वप्नात मी
माझ्या चांदण्यांत मी
माझ्या जगांत मी
मला माहित फुलणे
आणि स्वप्नरंगी रंगणे
उद्याचा विचार न करता
उद्याची स्वप्ने पहाणे
माझ्या मनातील प्रेमरंग
माझ्या जीवनातील बेरंग
माझ्या मनातील गुलमोहर
माझ्या जगण्यातील कहर
माझ्या मनातली रातराणी
मला झुखवणारी विराणी
कोणाला कसे कळेल
माझ्यातील खरे मीपण



४. भिंती

ते शेजारच्या गांवात

आले होते

'जोडो भारत' 'जोडो भारत' च्या

घोषणा देत होते

मी एक कल्पना केली

त्यांचा आवाज आमच्या गांवांत पोहोचला

अशा प्रत्येक गांवांत शहरात पोहोचला

नंतर सर्व भारतभरहि पोहोचला

सर्व दुष्टभिंती कोसळल्या

त्यावर एक महान इमारत

उभी राहिलीन कोसळणारन पडणारी

अभंग अथांग इमारत

भारतातील सर्व प्रांताना जोडणारी इमारत

'एकात्मता' इमारत

Ritika Vernekar

SYb.com Div: D

STRESS MANAGEMENT

When life's pressures weigh us down
And worries leave us with a frown,
It's easy to forget our worth
And feel as though we're stuck on this earth.

But in those moments of hopelessness,
There's one thing we can do to care
For ourselves and our well-being,
Keeping our minds from ever fleeing.

It's called stress management, you see,
And it's the key to feeling free
From all the tension and the strife
That plagues us day to day in life.

We start by taking deep, slow breaths,
Clearing out all mental debts.

We meditate and focus on
The present and what we have won.

We exercise and eat well,
Ensuring we do not dwell
On problems we cannot control,
But instead, we focus on our goal.

We reach out to friends and family,
Building a strong support system gradually,
So that we never feel alone
And always have a safe zone.

As we do these things each day,
We find our stress has gone away,
And in its place, a sense of peace
That helps us find our own release.

So, if you're feeling stressed and blue,
Remember these things that you can do
To manage stress and keep it at bay,
And live life to the fullest each day.

By Roshni Khatun

डर

डर एक किस्म की भावना है।
जो हमारे जीवन में बार बार झांकती है।
वह हमें जिंदगी का अनुभव देती है।
हमें अच्छे सदधर्म का पाठ पढ़ाती है।

डर एक बाधा है दिवार है।
जो जिंदगी में रुकावट पैदा करती है।
लेकिन जिद और आत्मबल हो
तो कोई भी दिवार तुम पार कर सकते हो।

डर लगा तो
हिमालय को देखो
उसके वीरभद्र शक्ति को अपनाओ
क्योंकि वह हर मौसम का सामना
अपने आप ही करता है
फिर भी उसका सर ऊंचा है।

जिसे डर लग रहा है ,और डरपोक नहीं।
नहीं लग रहा है, बहादुर नहीं।
डर को धीरज में बदलो यारों।
यही साहस की निशानी है।

Uma Pandit
Mcom Part

*मत रोकने सपनों की उड़ान *

पंख थे उसके पर उड़ने से वह डरती थी।
हिम्मत थी उसमें पर बोलने से वह डरती थी।
जसबा था उसमें पर कुछ करने से वह करती थी।
उड़ना चाहती थी, बोलने चाहती थी,
कुछ कर दिखाना चाहती थी पर नहीं कर पाई।
क्यों 'दबाया गया उसको ? क्यों रुलाया गया उसको ?
क्यों? उसके सपने को तोड़ दिया गया?
क्यों उस नहीं परी के पंख काट दिये गये?
क्यों उसको पढ़ने नहीं देते ?
क्यों उसे सपने देखने नहीं देते?
क्यों उसे आज़ादी से जीने नहीं देते? क्यों ? क्यों ? क्यों ?
क्यों उसको मुसकुराने नहीं देते?
क्यों उसको उड़ने नहीं देते ?
क्यों कमजोर समझा जाता है उसे,
तुम्हें इस दुनिया में लाया है जिसने ।
सपना है, उसका कुछ कर दिखाने का।
मनज़िल है उसकी कुछ हासिल करने की।
कब तक रोकोगे उसकी उड़ान को ?
जिसने उसे पंख दिया है,
वह उसे उड़ना भी सिखा देगा।
कब तक रोकोगे ?
कब तक रोक सकोगे?
उसके सपनों की उड़ान को! सपनों की उड़ान को !

ब्रियोनां नोरोना

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