

Vidya Vikas Mandal's
Shree Damodar College of Commerce & Economics



December 2022
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E-Newsletter

Department of Physical Education and Sports - Sports Camps

July to November 2022



Table Tennis Coaching Camp - Men & Women

The Department of Physical Education and Sports conducted a Table-Tennis Coaching Camp for Men & Women from 1st August to 8th August 2022 in the Multi-Purpose Hall from 7.30 - 8.45 am for Men & 11:15 am - 1.00 pm for Women. Mr. Ajinkya Kudtarkar, College Director of Physical Education & Sports was the coach for the same.

Objectives of the camp were to teach Life Skills through Sports, to develop Table Tennis Skills, to develop Health and Skill Related Physical Fitness and to prepare students for intercollegiate Table Tennis tournament.

The students shortlisted for the Camp were:

Men	Women
1. Mayank Jalora	1. Yankama Bhovi
2. Harsh Singh	2. Nicolla Mascarenhas
3. Cavel Dias	3. Dimple Tavde
4. Prasana	4. Janise Dias
5. Nakul	5. Kruti Patel
6. Darren	
7. Vedang	
8. Ayush	
9. Prajay	
10. Samprabh	

Powerlifting Coaching Camp

The Department of Physical Education and Sports conducted a Powerlifting Coaching Camp for Men from 1st to 20th August 2022 in the Multi-Purpose Hall from 12:15pm to 1:45pm. Mr. Saurabh Raikar, Instructor in Physical Education was the coach for this camp.

Objectives were:

- 1) To teach Life Skills through Sports
- 2) To develop correct form in Powerlifting.
- 3) To develop Health and Skill Related Physical Fitness
- 4) To prepare students for intercollegiate Powerlifting Championship

The names of the participants are given below

Men
1. Alton Almeida
2. Janak Patel
3. Vedank Raut Dessai
4. Vyas Vernekar
5. Hayden Rebello
6. Darren Coutinho
7. Maynard Furtado

Weightlifting Coaching Camp

The Department of Physical Education and Sports conducted a Weightlifting Coaching Camp for Men from 1st to 20th August 2022 in the Multi-Purpose Hall from 7:45am to 9:00am. Mr. Saurabh Raikar Instructor in Physical Education coached the students for this camp.

Objectives

- 1) To teach Life Skills through Sports
- 2) To develop correct form in Weightlifting.
- 3) To develop Health and Skill Related Physical Fitness
- 4) To prepare students for intercollegiate Weightlifting Championship

The names of the participants are given below

Men
1. Alton Almeida
2. Janak Patel
3. Krishna Rama Gad
4. Akash Mandal
5. Hayden Rebello
6. Vedank Raut Dessai
7. Sohail

Badminton Coaching Camp

The Department of Physical Education and Sports conducted a Badminton Coaching Camp for Men & Women from 18th August to 13th September 2022 in multi-Purpose Hall from 7.30 am to 8.45 am for Women & 10:15 am to 11:15 am for Men.

Mr. Ajinkya Kudtarkar, College Director of Physical Education & Sports, was the coach for the camp.

Objectives of the camp were to teach Life Skills through Sports, to develop Badminton Skills to develop Health and Skill Related Physical Fitness and to prepare students for intercollegiate Badminton tournament

The Names of the students who were shortlisted for the Camp are mentioned below.

Men	Women
Anmol Naik Dessai	Bhavana Shruti Shet
Vedang Bagade	Janise Josuina Dias
Nakul Gaitonde	Nitya Bhat
Mayank Jalora	Prasilla Angel Fernandes
Neeraj Aroskar	Lisanna Fernandes
Pratyam Wetey	Jayashri N. Dongre
	Sita Kumari Gupta

Lawn Tennis Coaching Camp

The Department of Physical Education and Sports conducted a Lawn Tennis Camp for Men from 12th September to 4th October 2022 at BPS Club from 11:15am to 1:00 pm. Mr. Ajinkya Kudtarkar College Director of Physical Education & Sports & Mr. Saurabh Raikar Instructor in Physical Education were the coaches for the camp.

Objectives

- 1) To teach Life Skills through Sports
- 2) To develop Lawn Tennis Skills.
- 3) To develop Health and Skill Related Physical Fitness
- 4) To prepare students for Intercollegiate Lawn Tennis tournament

The Names of the students who were shortlisted for the Camp are mentioned below

Men's
1. Harsh Singh
2. Jabiullah Bankapur
3. Dharmesh Gupta
4. Cavel Paul Dias
5. Dishant Naik
6. Raza Hassan Mohammad Qazi

Taekwondo Coaching Camp

The Department conducted a Taekwondo Coaching Camp for Men & Women from 13th September to 03rd October 2022 in the Multi-Purpose Hall from 11:15 am to 1:15 pm for both Men & Women. Mr. Deepak Revonkar, SAG Taekwondo Coach was the coach for the camp.

Objectives of the camp were to teach Life Skills through Sports, to develop Taekwondo Skills, to develop Health and Skill Related Physical Fitness, to prepare students for intercollegiate Taekwondo tournament and to teach students self-defense skills.

The names of the participants are given below:

Men	Women
1. Omkar Verlekar	1. Reshma Gaonkar
2. Dinesh Chouhary	2. Mitali Poojari
3. Aryan Shaikh	3. Heizel P. Fernandes
4. Rahil Xec	4. Trisha D'mello
5. Muheet Bhat	5. Namrata Singh
6. Vedant Patil	6. Janavi Aigal
7. Rohan Dogulkar	7. Jesvi Cardozo
8. Roystan Fernandes	8. Aby Fernandes
9. Nevilson Pereira	9. Prasilla Angel Fernandes
10. Uddhav Talkatkar	10. Anmaria Jose
11. Deepak Sharma	11. Anjali Naik
12. Pratam P. Nagvekar	12. Dashmi Naik
	13. Sai Zuvatkar

Judo Coaching Camp - Men & Women

The Department conducted a Judo Coaching Camp for Men & Women from 14th to 24th September 2022 in the Multi-Purpose Hall from 11:15 am to 1:30 pm. Mr. Dinesh Prasad, Judo Coach, was appointed as a coach for the camp.

Objectives of this coaching was to teach Life Skills through Sports, to develop Judo Skills, to develop Health and Skill Related Physical Fitness, to prepare students for Intercollegiate Judo tournament and to teach students self-defense skills.

The names of the participants are given below:

Men	Women
1. Christopher D'souza	1. Shreya Paiguinkar
2. Bahadur Bonal	2. Anmaria Jose
3. Aryan Shaikh	3. Anjali Naik
4. Aman Kumar	4. Dashmi Naik
5. Bharat Choudhary	5. Aashita Indoria
6. Siddhivinak Hadapad	6. Sita Kumari Gupta
7. Pratam P. Nagvekar	7. Parmesh Chauhan
8. Dharmesh Gupta	8. Yankama Bhovi
9. Sahil Sab	9. Anslet Sebastian
10. Vivek Singh	10. Ameena Kachi
11. Om Shirodkar	11. Sai Zuvatkar
12. Ayush Kale	
13. Deepak Sharma	

Tennikoit Coaching Camp

The Department of Physical Education and Sports conducted a Tennikoit Coaching Camp for Men & Women

from 14th September to 24th September 2022 in multi-Purpose Hall from 7:45 am to 9:00 am for women & 9:00 am to 10:15am for men.

Mr. Saurabh Raikar, Instructor in Physical Education coached the students for this camp.

Objectives

- 1) To teach Life Skills through Sports
- 2) To develop Tennikoit Skills.
- 3) To develop Health and Skill Related Physical Fitness
- 4) To prepare students for intercollegiate Tennikoit tournament

The Names of the students who were shortlisted for the Camp are mentioned below

Men	Women
1. Omprakash Lenka	1. Meryl Rodrigues
2. Shriram Dessai	2. Janise Dias
3. Hitish Nayak	3. Reshma Gaonkar
4. Dinesh Choudhary	4. Kanishka Madkaikar
	5. Lisanna Fernandes

Football Coaching Camp

The Department of Physical Education and Sports had conducted a Football Coaching Camp for Men & Women from 26th September to 20th October 2022 for Men and 24th September to 26th October 2022 for Women.

Mr. Covan Lawrence I-League Football Player and a Football Coach was appointed as coach for the Men and Mr. Ajinkya Kudtarkar, College Director of Physical Education & Sports, & Mr. Saurabh Raikar Instructor in Physical Education were the coach for Women.

Objectives of the camp were to teach Life Skills through Sports, to develop Football Skills to develop Health and Skill Related Physical Fitness and to prepare students for intercollegiate Football tournament.

The Names of the student shortlisted for this Camp are mentioned below.

Men	
1. Reagan Vaz	12. Joy Colaco
2. Mayank Jalora	13. Gourang Sardesai
3. Akif Sayed	14. Samson Fernandes
4. Mysler Braganca	15. Saharsh Bandodkar
5. Nayab Khan	16. Sachin Zarambekar
6. Sumeet Kholkar	17. Jabiullah Barkapur
7. Rahil Shaikh	18. Pranav Kotharkar
8. Selroy Fernandes	19. Abay Naik
9. Nikson Pereira	20. Joyron Andrade
10. Raj Kerkar	21. Elroy Oliveira
11. Prabhakar Pai	22. Rejal Cardozo

Women	
1. Jayashri Dongre	9. Gisele Da costa
2. Veolla Da Gama	10. Priya Dashmi Gouda
3. Yankama Bhovi	11 Bhavna Seth
4. Gayatri Kammar	12. Karuna Raikar
5. Nidhi Kunde	13. Philucia Cruz
6. Manisha Fernandes	14. Siya Shirodkar
7. Mesica Miranda	15. Mizba Shaikh
8. Maishree Bandodkar	

Peripatetic Training Programme on Establishment Rules including Reservation in Services

28th to 30th November 2022



GIPARD organized a 3 Day Peripatetic Training Programme from 28th to 30th November 2022 at GIPARD, Ella Farm, Old Goa. The Resource Persons were Mr. Naresh Bharadwaj, Joint Director, Institute of Secretarial Training & Management, New Delhi and Mr. R. D. Talukdar, Director, Department of Expenditure, GoI.

Mr. Naresh Bharadwaj commenced the session. He explained about framing and amending of RRs. He showed the participants a basic format to be used for this. He also explained importance of Probation

on recruitment and different criteria to be considered before confirmation.

After the lunch break Mr. R.D Talukdar explained about principles of Seniority and Departmental Promotion Committee (DPC) Procedures, Checklist for promotion, Types of promotion, Benchmark grades required for every promotion, Zone of Consideration, Formula for calculation of promotion vacancies.

On the 2nd day i.e. 29th November 2022, Mr. Bharadwaj elaborated on Reservation in Services- Constitutional provisions, Article 16 clause and amendments, scrutiny of Caste Certificate and effect of Migration, Conversion, Marriage and Adoption, Post-based Rosters - RK Sabharwal Judgement, writing TALLY on Rosters, etc.

Post lunch Mr. Talukdar engaged a session on Preparation, Maintenance and Operation of Roster, L-Shaped Roster -Operations and Maintenance, Number of Rosters to be maintained and how to calculate percentage of reservation.

On Day 3, i.e. 30th November 2022, Mr. Talukdar explained Horizontal Reservation for Persons with Disabilities and Mr. Bharadwaj explained Reservation in Direct Recruitment - Concept of “Own Merit”, preparation of Merit List and Reservation in Promotion and how backlog vacancies are to be identified and advertised.

The sessions were very informative. After every session, there were exercises given to be solved which included practical workplace examples. Ms. Nikhita Mayekar, Jr. Stenographer attended the training programme.

Leader Talks by GMA

30th November 2022



Goa Management Association organized Leader Talks on 30th November 2022 at Goa International Centre. The speaker was Mr. Shekhar Sardessai, Founder & Managing Director, Kineco Group. He shared his entrepreneurial journey with the participants. Many College representatives and known industry experts were a part of the event.

The event began at 5.30 pm with Mrs. Sonya Angle, Member of GMA giving a brief introduction of Kineco group and the

speaker. Later, the keynote speaker Mr. Shekhar Sardessai took over the stage sharing his journey from being a student to starting up one of Goa's biggest companies. He spoke about the hurdles and difficulties that came his way during his journey. He also highlighted the importance of having an entrepreneurial mindset to survive in this very competitive industry. The floor was then open for the Q&A session, where the crowd interacted with the speaker to get valuable knowledge. The event concluded at around 7.30 p.m. with GMA President Mr. Blaise Costabir proposing the Vote of Thanks.

4 students from FY BBA and 1 from TY BBA(FS) attended the event along with faculty members Ms. Cinola Vaz and Mr. Omkar Pawaskar.

Alumni Reconnect Series-5 Session on 'Depository and its Functioning'

1st December 2022

Golden Jubilee Celebrations
VVM's Shree Damodar College of Commerce & Economics
 Affiliated to Goa University
 Accredited by NAAC with 'A' Grade (CGPA of 3.03 on a 4 point scale)
Post Graduate Department Of Commerce

In collaboration with Alumni Engagement Cell
 Organises
Alumni Reconnect Series-5

Depository and its Functioning

1st December 2022
11:30 am to 12:30pm
T-304

Resource Persons : Ameet Pinto (Alumnus of College) and Sunit Pinto Partners at SA Financial Services, Margao

Prof. Prita D. Mallya
 Principal and Professor

Dr. Edwin Barreto
 Convenor Alumni Engagement Cell

Ms. Twinkle Fernandes
 Programme Coordinator

Ms. Valencia Baptista
 Teacher Incharge

The PG Department of Commerce in association with the Alumni Engagement Cell organized Alumni Reconnect Series-5 Session on 'Depository and its Functioning' on 1st December 2022. The Resource Persons for the session were Mr. Ameet Pinto and Mr. Sunit Pinto, Partners, SA Financial Services, Margao. The main objective of the session was to provide detailed and practical overview of depository services in India. Ms. Valencia Baptista, Asst. Prof. in Commerce welcomed the audience and gave a brief overview of the

importance of the session. Ms. Priyanka Mitra from M.Com Part I introduced the Resource Person.

Mr. Ameet Pinto began the session with an overview of depositories by explaining about the reforms in the Indian securities market with the creation of SEBI, screen-based trading system of NSE, the T+2 Day settlement system and clearing corporations. He also described 'depository' and compared it to banks with an example. He explained why dematerialization was necessary and the benefits of availing depository system with the elimination of bad deliveries, forgeries, loss of certificate, reduced paperwork and so much more. He spoke about the services offered by the depository and how to open a Demat account by providing PAN card, Proof of identity, Proof of address and bank details. He also said that there can be up to 3 nominees for the nomination of a Demat account.

Thereafter, Mr. Sunit Pinto took over the session. He showed the audience a video on how the Speed-E system works and also the IDeAS system which is an internet-based Demat account statement. He also provided information about a certificate course for an individual to act as a Depository Participant that is valid for 3 years along with other such courses in this field.

Before the session concluded, there were questions posed by the audience that the Resource Persons answered willingly. The Vote of Thanks was given by Ms. Uma Pandit of M.Com-I and the session ended at 12:40pm. 35 students from M.Com Part I attended the session.

Department of Physical Education and Sports - Winter Camps

December 2022

Handball Coaching Camp

The Department of Physical Education and Sports conducted a Handball Coaching Camp for Men & Women from 01st December to 22nd December 2022 at Manohar Parrikar Indoor Stadium, Navelim.

The main purpose of conducting this camp was to teach them the correct techniques and improve their skills and fitness to participate in upcoming inter-collegiate Handball Championship. 17 men & 10 women attended.

Sr. no.	Men	Women
1	Jabiullah Bankapur	Yankama Bhovi
2	Buddham Kamble	Jayashree Dongre
3	Sahil Telang	Sita Kumari Gupta
4	Hassan Raza	Parvin Bhanu
5	Sumeet Kholkar	Merly Rodrigues
6	Vignesh Lone	Lisanna Fernandes
7	Aggie Fernandes	Parmesh Chauhan
8	Ayan Bepari Soheli Mulla	Sushanti Verekar
9	Riyan Bepari Adli Fernandes	Shudeepa Oli
10	Hemant Khandeparkar	Mayashree Bandodkar
11	Sarthak Dalal	
12	Kartik Sanikatto	
13	RohitValdar	
14	Siddhivinayak	
15	Prathamesh Shetkar	
16	Sairaj Narvekar	
17	Krishnanunni	

Judo Coaching Camp

The Department had conducted a Judo Coaching Camp for Women from 01st December 2022 till 27th December

2022 at College Multipurpose Hall from 10:30 am to 12:30 pm.

The main purpose of conducting this camp was to teach them the correct techniques and improve their skills and fitness to participate in upcoming inter-collegiate Judo Championship. 9 women students attended the camp.

Sr. no.	Women	Sr. no.	Women
1	Dashmi Naik	6	Sita Kumari Gupta
2	Anjali Naik	7	Jayashri Dongre
3	Anmaria Jose	8	Parmesh Chauhan
4	Sania Madkaikar	9	Shreya Paiguinkar
5	Sai Zuvatkar		

Session on Secondary Data Sources

2nd December 2022



The RDI Cell, Department of Library and Information Science, and FDP Cell of the College jointly organized a session on the topic “Secondary Data Sources”, on 2nd December 2022 for all the teaching staff of the College. The Resource Person for the session was Dr. Sandhya Krishnan, Assistant Professor, SAMSOE, NMIMS. The Resource Person addressed the participants through video conferencing, while the participants were seated in the Smart classroom where they could see the Resource Person and her presentation. 42 faculties attended.

Vice Principal, Dr. Edwin Barreto welcomed Dr. Sandhya and the participants at the beginning of the session. Ms. Manasi Rege introduced the Resource Person to the participants.

Dr. Sandhya spoke about various online sources of secondary data that the faculties can make use of for their research purpose. She also spoke about different ways in which data is structured, such as cross section, time series, panel data, and pooled cross section data. She then spoke about the differences between primary and secondary data sources before proceeding to the main topic of the session.

She guided the faculty about the data sources for various fields like finance and economics, social sector, government sector, as well as for the worldwide data. For every sector/field, she spoke about the sources that provide data for free and which are paid. She also showed on the screen the details of the actual data that is presently available on the websites of many such sources.

The session was compered by Mr. Shreyas Desai, and Vote of Thanks was proposed by Dr. Maithili Naik. The session was coordinated by Dr. Maithili Naik, Convenor of RDI Cell, Ms. Swati Bhat, Convenor of FDP Cell, and Ms. Manasi Rege, Librarian, Department of Library and Information Sciences. Mr. Shreyas Desai was the teacher in charge for the session.

'Rainbow Ambassadors Training'

2nd to 10th December 2022

The Women's Cell of the College in association with Red Dot Foundation organized a Rainbow Ambassadors Training program from 2nd to 10th Dec 2022 for 5 selected students. The Resource Persons for the training were Meera Menezes & Tina Echaporla, Rainbow Ambassadors trainers.

The main objective of the training was to make students aware of the concepts of inequality, bystander, harassment, digital safety & Indian law; to make Damodar College safer for students & train Rainbow

Ambassadors to organize events related to the above.

2nd December 2022 Vice Principal, Dr. Edwin Barreto, Assoc. Prof. in Commerce welcomed the students and gave a brief overview of the importance of the training. Dr. Anjali Sajilal introduced the Resource Persons. The training commenced with an introduction of Red Dot Foundation by the Resource Persons.

The topics covered were Understanding Gender & Sexuality, Understanding & Challenging Unconscious Bias, Understanding Power & Privilege, Understanding Sexual & Gender based Violence. The resource persons explained how the students can organise different activities. The example used was Understanding Bystander Intervention to improve the situation of street harassment: videos & case study used and Role play done by students:

https://drive.google.com/file/d/1UQgobHYRn0oINiqlLZTPDj1CKb8h0ib/view?usp=share_link

6th December 2022 – topics covered on this day were Sustainable Development Goal, Sexual Harassment of women at workplace, Prevention, Prohibition & Redressal Act 2013, Responsibilities of the IC, How to file a complaint, Transgender Person Act, Sexual Offences Sections: case study used, Empathic V/S Sympathy: videos & case study used, Role play on Empathic V/S Sympathy:

https://drive.google.com/file/d/1YHAWLj5KP2tLB3o7c1cYC84qy67WFnuc/view?usp=share_link, https://drive.google.com/file/d/1MbdPfpYRLgNtWAmoij8fP8a8fskq4ayo/view?usp=share_link,

Mental Health & Wellness - the resource persons explained about how the students can organize different activities, Stress Management. Role play video played on Stress Management of Roshni Khatun M.Com part I: https://drive.google.com/file/d/1UjnZ8hSx_S48zrJbp8JURz7dOVIgwVGW/view?usp=share_link

7th December 2022 – topics covered on this day were Digital safety, Violence of Cyber Crime, Indian Penal Code, IT Act 2000, Child Sexual Abuse, Domestic Laws, Sexual Offences under POCSO, Section 19- filing a report under POSCO, 4-6 case studies on Sexual Harassment were discussed

10th December 2022 – topics covered on this day were How to use Instagram page, How to use Facebook page, How to use Canva page, Discussion on Activities to be conducted, Overview of topics covered, Q&A session

The training was very informative and helped the students in understanding the various practicalities and Indian Laws. The students raised various queries, which the Resource Person readily answered. Dr. Anjali Sajilal & Dr. Lina Sadekar were the teachers in charge.

Industry Interaction Programme (IIP) Series -1 Session on
'Decoding Goa IT Inc.'

5th December 2022

Golden Jubilee Celebrations
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GOA@60 Azadi Ka Amrit Mahotsav **SWAYAMPURNA GOA** MARCHING TOWARDS SELF RELIANCE आत्मनिर्भर भारत

Industry Interaction Programme - Series 1

Decoding Goa IT Inc.

5th December 2022
11:30 am to 12:30pm
Hall No. 1

Resource Person : Mangirish Salelkar
CEO and Co-Founder of UMANG Group

Ms. Valencia Baptista
Teacher Incharge

Prof. Prita D. Mallya
Principal and Professor

Ms. Twinkle Fernandes
Programme Coordinator

The PG Department of Commerce organized an Industry Interaction Programme (IIP) Series-1 Session on 'Decoding Goa IT Inc.' The Resource Person was Mr. Mangirish Salelkar, CEO and Co-Founder of UMANG Group. The main objective of the session was to provide an overview and current position of the IT Industry in Goa. Mr. Myron Pereira, Asst. Prof. in Commerce welcomed the Resource Person and gave a brief overview of the importance of the session. Ms. Valerie Viegas from M.Com Part I introduced the Resource Person.

Mr. Mangirish Salelkar began the session by giving a brief overview of the IT Industry in Goa and the number of IT Companies functioning in Goa. He differentiated between the concepts of Digitalization (moving from offline to online or automation of processes) and Digitization (conversion of physical records or data into digital form). He spoke about the Government schemes available to finance a startup idea in IT sector and also spoke about the concepts of mergers and acquisition as a solution for growth. Thereafter, he discussed about the problems and challenges faced by the IT Industry during the Covid and Post-Covid Period. Since most of the companies switched to work from home, the UMANG Group came up with a solution called UPSTAX. As the economy was forced to automate all data, records and accounts into electronic form, it contributed to the growth of the IT Industry. Mr. Mangirish concluded the session by saying, 'Post pandemic, the Tech Industry in Goa is growing at a rapid pace, the local ecosystem is very supportive and encouraging. Government, Academia and Industry are in sync to uplift the IT Industry.'

The session was very interactive, where the students posed various queries and cleared various doubts through the expert answers given by the Resource Person. The Vote of Thanks was given by Ms. Roshni Khatun of M.Com-I and the session ended at 1.00 pm. 65 students from M.Com Part I and II attended the session.

DoPT, GOI Sponsored Training Programme organized by GIPARD on “Issues Relating to Family Welfare”

7th to 9th December 2022



The DoPT, GOI sponsored training programme on ‘Issues relating to Family Welfare’ was held from 07th to 09th December 2022 from 10.00 am-5.00pm in the Conference Hall, Goa Institute of Public Administration and Rural Development, Ella Farm Old Goa. The aim of the training programme was to impart knowledge to the participants on the various aspects of family welfare for a healthy and happy family.

Day 1 – 7th December 2022

On the first day, Ms. Arlette Mascarenhas, Course Director and Core Faculty- Women’s Development, GIPARD welcomed all the participants and inaugurated the session. She gave a brief overview about the 3 days training programme and discussed its objectives and expected outcomes.

The first session was from 10:15 am – 1:15 pm. The speaker for the session was Dr. Kunda Silimkhan. Dr. Silimkhan is a retired physician and a yoga practitioner. The topic for the session was ‘Happy Family: Family as protection unit of society’. Dr. Silimkhan introduced the concept of the holistic well-being of the family, the various issues that affect the well-being of a family and discussed various approaches for ensuring a happy and healthy family. Dr. Silimkhan spoke about different ways of managing stress for a healthy family through self-awareness, identifying warning signs, managing time, balancing work and personal life, using assertive communication, making realistic commitments, overcoming co-dependency, and sharing family activities.

The next session was from 2.00 pm – 5.00 pm. The topic for the session was legislative protection for the family (for women, children, and the aged parents) by Adv. Caroline Collaso. The Resource Person briefed the participants on the major provisions of Maintenance & Welfare of Parents and Senior Citizens Act, 2007 and Protection of Women from Domestic Violence Act 2005. The grounds for the award of maintenance under these acts were explained as well. At the end of the session, the Resource Person informed the participants about various NGOs, Rehabilitation centres and support groups available in Goa for public assistance.

Day 2 - 8th December 2022

The session on the second day began at 10.00 am. The Resource Person was Dr. Ira Almeida, Rtd. Senior Paediatrician and Ex. Director Public Health DHS. The topic for the session was orientation on disabilities in children (physical, audio, visual etc.) and various schemes for the differently abled.

Dr. Ira’s session mainly focused on maintaining the physical health of the family. She informed the audience on the difference that exists between disability, impairment and begin handicap. She mentioned the causes of disabilities among children at the prenatal and post-natal stages and further elaborated on the common pre-natal causes of disabilities which are iron deficiency, substance use, lifestyle diseases and stress. The importance of immunization to prevent post-natal disabilities was highlighted as well. Dr. Ira concluded the session by informing the audience about various schemes available to persons with disabilities and NGOs that support the families of persons with disabilities. The session ended at 11.30 am.

The second session for the day was by Dr. Jose Noronha, Faculty SEA SCAN Academy and Faculty Kamaxidevi Homoeopathic Medical College, Shiroda. The session commenced at 11.30 am. Dr. Noronha highlighted the importance of maintaining personal health hygiene and the need for education in sanitation. He mentioned some of the effective home remedies to treat common illnesses like flu, diarrhoea, allergy and worm-related infections. The session ended at 3.30 pm.

The third session for the day began at 3.45 pm and the resource person for the same was Ms. Rohini Diniz, Consultant, Nutritionist & Dietician. Dr. Diniz spoke on healthy cooking practices, nutrition and diet at all stages of life. She highlighted the correct methods and techniques of cooking thus maintaining all its nutritional value and enhancing food properties while cooking. The session ended at 5.00pm.

Day 3 – 9th December 2022

The first Resource Person for the session was Dr. Sylvia Mascarenhas, Practicing Psychologist Healthway Hospital. The session commenced at 10.00 am. She spoke about mental health problems and issues of concern affecting families and the different ways to deal with them. She stressed on having effective and regular communication with family members to maintain healthy relationship. Further Dr. Sylvia informed the audience about the impact of these problems on the family and children. The session ended at 1.15 pm. with an exercise on practicing self-care.

The 3-day workshop ended with evaluation and valediction by Ms. Arlette Mascarenhas. Ms. Pooja Shanbhag, Asst. Prof in Commerce and Ms. Eshani Bakhle College Counsellor attended the session. 33 faculties from various departments / institutions attended the training program. Overall it was a very interesting, beneficial and an informative training programme.

‘Study Tour to Gujarat’

7th to 12th December 2022



‘Travel makes you realize that no matter how much you know, there’s always more to learn.’

49 M.Com and PGDFT students of the College went for a study tour to Gujarat organized by the Post Graduate Department of Commerce. The students were accompanied by 4 faculty members: Ms. Twinkle Fernandes, Ms. Valencia Baptista, Mr. Myron Pereira and Ms. Edrea Picardo and a tour guide, Mr. Amit Samant from Ashtavinayak Travels.

The journey to Gujarat commenced on 7th December via train from Margao to Ahmedabad. The tour group arrived at the Ahmedabad Railway Station on 8th December at 7:30 a.m. and thereafter, lodged at Hotel SK Lords Inn, Ahmedabad.

On Day 1, i.e. 8th December, the tour group visited the Vikram Sarabhai Space Exhibition Centre, Ahmedabad. It is the space centre of the Indian Space Research Organisation (ISRO) focusing on rocket and space vehicles for India's satellite programme. A model of a satellite launcher at the entrance of the Centre fascinated all the students. A documentary on the process of launching of Space Crafts and the activities of astronauts in space ship was shown to the students. The mechanism of launching of satellites was also explained by their Resource Persons through LED screen.

Post lunch, the students were taken to Swaminarayan Akshardham Temple, Gandhinagar. This temple is a tribute to Swami Narayanan, a benign spirit and also to his teachings. The calm and serene atmosphere of the temple filled everyone with a renewed energy. Beautiful and well maintained park inside the premises are amazing and extremely spectacular. The artifacts are well designed and beautiful, especially the golden statue and the paintings depicting the life of Swaminarayan.

Thereafter, the tour group was directed by the tour guide towards the laser show. The laser show depicted the story of Nachiketa who triumphs against death. The show beautifully depicted Nachiketa's viewpoints and conversations with his father and his encounters with Yamraj, the God of Death. The students enjoyed the spectacular laser show with multi effects of water, fire, lights, drama and sounds. Thereafter, the group proceeded towards the Hotel for dinner and Night Halt.

On Day 2 i.e. 9th December, after breakfast at the hotel, the tour group reached the first spot of the day i.e. Sun Temple, Modhera at 12.15 pm. The guide at sun temple enriched the students with lot of information about the significance of the temple, its wall carvings depicting the stories of Ramayana and the Step well in the Temple's Premises, which had carved sculptures of 108 Gods.

The next visit was at Rani ki Vav at Patan, which was constructed by Queen Udayamati in the memory of her late husband King Bhima I. The tour guide there gave lot of information about the historic monument. Rani ki Vav has been declared a Monument of National Importance and has been listed as one of the UNESCO World Heritage Sites. Since July 2018, the Rs.100 Banknote of Mahatma Gandhi New Series features Rani Ki Vav on the reverse. Thereafter, the group headed for lunch at a restaurant. Post lunch and after a long journey, the group reached the hotel at 7.30 pm. Post dinner, the group went for shopping on the streets of Ahmedabad and subsequently, halted at the hotel for night.

On Day 3, i.e. 10th December, the group checked out at the Hotel and visited the first destination of the day, Hutheesing Jain Temple, Ahmedabad. It was a calm and peaceful place with beautiful architecture. The Priests were conducting their morning rituals and devotees were seeking blessings of Bhagwan Mahavir.

The next destination was Sabarmati Ashram, Ahmedabad. This was one of the many residences of Mahatma Gandhi, where he lived for twelve years with his wife Kasturba Gandhi and followers. The ashram has a museum depicting the rich history of Gandhi's naming practices. The 3D Painting of Dandi March or the Salt Satyagraha, Charkha and table used by Gandhiji to spin khadi, three wise monkeys of Gandhiji and Statue of Gandhiji in the garden were some of the features of the Museum.

Post lunch, the group visited Amul Milk Factory, Anand at 2.00 pm. The Person Incharge of Production unit

explained the production processing and packaging of Amul Butter through live processes using various machines and assembly lines in the premises of the Factory Unit.

Thereafter, the students were taken to Amul Chocolate factory in Mogar at 4.00 pm. The students had an enriching experience of understanding the process of producing different flavours and forms of chocolates using various high tech modern machines. The students purchased Amul goodies in the premises of Amul Chocolate factory for themselves, family and friends. Later, the group proceeded towards check-in at Hotel Suba Elite, Vadodara for dinner and night halt.

Day 4, i.e. 11th December started with Breakfast at the Hotel. The students explored the nearby streets of Vadodara for shopping. Thereafter, the students left the hotel at 11.30 am to visit Statue of Unity in Kevadia. The statue is situated on the banks of Narmada River with a breathtaking scenic view. In the SOU Campus, the students explored the Sardar Sarovar Dam and also witnessed Laser light show for some time. Thereafter, the group proceeded for dinner at a nearby restaurant and headed towards the hotel for check-out. Subsequently, the group left for Vadodara Railway Station at 12.30 am on 12th December 2022. The tour group reached Margao Railway station on 12th December at 8.00 pm.

The tour was really a great experience and concluded with sweet memories. The tour was educative as the students learnt about space, satellites and systems; production process of factories; architecture; historical and cultural significances of destinations.

Session on India's Engagement of Major Powers

9th December 2022

Golden Jubilee Celebrations
VVM's Shree Damodar College of Commerce & Economics
 Affiliated to Goa University
 Accredited by NAAC with 'A' Grade (CGPA of 3.03 on a 4 point scale)

Department of Management
 organizes
a session on
India's Engagement of Major Powers and Strategic Appraisal of Global Security

GOA@60 **SWAYAMPURNA**

Date: 09th December 2022
Time: 10:15 am to 12:30 pm
Venue: F-307, 3rd floor, Central Block

Resource Person:
Dr. Dattesh Parulekar
 Assistant Professor,
 School of International and Area Studies, Goa University

Prof. Prita D. Mallya
 Professor and Principal

Asst. Prof. Cinola Vaz
 HoD, Management

Asst. Prof. Omkar Pawaskar
 Faculty Incharge

The Department of Management of the College organised an interactive session in International Relations on 9th December 2022. 29 FY BBA (General) students were a part of the session. Dr. Dattesh Parulekar, Assistant Professor, School of International and Area Studies, Goa University was the Resource Person for the session.

Mr. Gail Colaco, Student welcomed the audience and introduced the Resource Person. The Resource Person covered a wide range of international relations issues. The primary topics of the session were India's engagement with major powers and its strategic assessment of international security. The session lasted for around two hours, including a 15-minute break. Later a Q&A round began where the students asked relevant doubts and queries regarding the session. Lastly, a student Mr. Afzal Shaikh proposed the Vote of Thanks.

“Online Slogan Writing Competition”

10th to 13th December 2022

Golden Jubilee Celebrations
VVM's Shree Damodar College of Commerce & Economics
 Margao- Goa
 Affiliated to Goa University
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The Value Education Cell

In commemoration of "Human Rights Day"
Organizes
Online Slogan Writing Competition

Theme: "Dignity, Freedom, and Justice for All".

Guidelines:

1. Length of Slogan : Not more than 20 words.
2. Language : English or Hindi.
3. Judging Criteria: Creativity(40%), Originality(30%) & Relevance to the theme(30%).
4. Slogan must be submitted on or before 13th December 2022 through the link: <https://forms.gle/uoi5YhHGmVQMoC8SA>

"Winners will receive attractive prizes!!

Prof. Prita D. Mallya Asst. Prof. Marjina Shaikh Asst. Prof. Vinaya Kirloskar
 Professor and Principal Convenor, Value Education Cell Faculty Incharge

The Value Education Cell in commemoration of “Human Rights Day” had organized Online Slogan Writing Competition from 10th to 13th December 2022. The theme of the competition was “Dignity, Freedom and Justice for All” and it was open for all the students across the programme. The students were required to write a slogan in Hindi or English in not more than 20 words. 06 students participated in the competition.

The first place was won by Ms. Fenisa Dias, student of FY BBA(FS)- A and the second place was bagged by Mr. Omkar Satish Verlekar, student of FY BBA (FS)- A. Participants were judged on the basis of relevance to the theme, originality and creativity. The competition was judged by Ms. Delisha Rebello, Assistant Professor in Commerce. The faculty in-charge of the event was Asst. Prof. Vinaya Kirloskar.

Staff and Students of SDCCE Participated at Goa University Marathon 2022

18th December 2022



On the occasion of 60th Anniversary of Goa Liberation Day, Goa University organized a Marathon on 18th December, 2022 to promote fitness and good health amongst the staff and students of Goa University and its affiliated Colleges. There were altogether 3 race events of 5 kms, 10 kms and 21 kms.

3 Staff and 8 students of VVM’s Shree Damodar College of Commerce & Economics participated in the Goa University

Marathon 2022. They successfully completed the race in their respective categories.

The staff members who participated in the Marathon are Mr. Ajinkya Kudtarkar, Mr. Sarvesh Gaude and Mr. Bharat Sawant. The students who participated are Ms. Lisanna Fernandes, Mr. Cavel Dias, Mr. Dharmesh Gupta, Mr. Jabiullah Bankapur, Ms. Kanishka Madkaikar, Ms. Roshni Khatun, Ms. Namrata Singh and Mr. Mohammed Ibhraim Papanavar.

National Level Students' Participation - Handball

24th to 29th December 2022



Handball Association Gujarat under the aegis of Handball Federation of India had organized 51st Senior Men's National Handball Championship 2022 at Ahmedabad, Gujarat from 24th December to 29th December 2022.

Goa Handball Team had also participated in this Championship. 3 players from VVM's Shree Damodar College of Commerce & Economics were selected and had participated in this Championship

Sr. No	Name	Class
1.	Rohit Nagraj Vadlar	FY BBA (FS)
2.	Mohammed Hassan Raza Qazi	M.com Part 1
3.	Vignesh Devanand Lone	FY B.COM

Dear Readers,

As always, at Shree Damodar College, the emphasis is on the holistic development of students and adapting to the changing needs of society in general and our students in particular.

We are delighted to present the reports of activities in this edition of the E-Newsletter, with the College reaching out to students by way of a variety of innovative activities on a wide range of topics.

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Editor

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