

NSS Activities 2021-2022

Personality development-How to say No

NSS units of the college have successfully conducted a session on Personality Development – How to say No. The resource person was Ms Kanan Tandi, who has been working in the field of Body language and non-verbal communication for over a decade. She focus on the A, B, C of personality. Attitude, self-behaviour and communication are the basis of personality development. These three attributes actually determine a person's personality. She also gave, with examples, the circumstances and situation, the way to say no. This attitude of saying no is also a part of the personality. It was a lively session and got extended for almost another hour. A total of 72 students registered for the session.

On this occasion, Shri. Prakash Tamhankar, NSS unit in charge, welcomed the gathering. Ms. Pragati Bhonsle, NSS PO was also present for the session.

The programme was compered by Ms. Tanaya Joshi. Ms Akshata Manjarekar introduced the resource person. Ms. Tanaya Joshi proposed the vote of thanks.



National Youth Parliament

The Goa Government organised a National Youth Parliament on November 10th and 11th for the student community. On 10th November, students from North Goa participated in the activity, whereas on 11th November, students from South Goa participated.

On 10th November 2021, the Department of Sports and Youth Affairs, Campal, Panaji, Goa, arranged a bus for students of NSS, NCC, and YRC from North Goa. Four students from this college participated in the activity.



10/11/21 Venue: Mukherji Hall, Bambolim, National Youth Parliament (Org Youth affairs, Govt of Goa)

Artificial Flower Making

NSS units of the college, S.V.'s Sridora Caculo College of Commerce and Management Studies, Khorlim, Mapusa, Goa, in association with Samraat Club Mapusa, have conducted a workshop on Artificial flower making on 18/12/21 in the Seminar Hall of the College. Ms Siya S. Vaigankar, the resource person of the workshop, taught the volunteers how to make a Duplex flower and a Stocking flower. Participants enjoyed the workshop. They learn the process of making two types of artificial flowers.

A total of 35 students registered for the workshop; however, only 24 of them actually participated. On this occasion, the President of the Samraat Club and the NSS in charge were present. Prakash Tamhankar welcomed the gathering and compered the programme.

The programme was also attended by Ms Nisha Gangan, Ms Pragati Bhonsle and Ms Smita Srivastava. Smrt. Abhay Hajare was also present for the workshop.



World AIDS Day

As part of the observance of World AIDS Day, the Goa State AIDS Control Society organised an AIDS Awareness Pledge by the youth of Goa on 1st December 2021. The NSS volunteers of our college participated in this event. The oath was administered in online mode by His Excellency Shri. P. S. Sreedharan Pillai, the Governor of Goa and Chancellor of Goa University, resides in Raj Bhavan.

NSS volunteers assembled for the oath-taking ceremony in the College Gymkhana at 11:15 am, adhering to social distancing norms. They then logged in through the provided link and took the oath. 18 NSS volunteers from FY, SY and TY B Com participated in the awareness pledge programme.

An Online Face Painting Competition was organised on the topic of HIV/AIDS from 1 December 2021 to 7 December 2021.

Yoga-Pranayam & Meditation for Inner Peace

In view of the “Bharat Ka Amrut Mahotsav, the NSS Unit, in association with the Department of Commerce, Management & Accountancy, organised a four-day training programme on “Yoga – Prayanam & Meditation, for inner Peace”, as a part of extension & community Services. The Programme was held at Anand Keni Hall from 8:00 to 9:00 am from December 20th to 23rd, 2021.

The objective of the Programme was

1. To create an awareness about the Physical & mental health.
2. To create an awareness about the concept of Heartfulness meditation.
3. To provide a demonstration of Pranayam and Heartfulness relaxation & meditation.
4. To reach out to the community and create awareness about health, and also to teach them the simple & easy yet effective tools for sustaining the same.

The resource persons for conducting the training programme were Mr Somnath Pai, Mr Krishna Pujari, Mr Dattaprasad Bhonsle & Ms Pragati Bhonsle.

In all, 12 students from our college, 7 residents of Mapusa & Pernem, and 2 faculty members attended the programme.

On the first day, the resource person, Mr Dattaprasad Bhonsle, explained the importance of yoga & meditation for holistic development of health. He walked the participants through the Heartfulness relaxation technique, followed by a session on meditation by Mr Somnath Pai.

On the second day, the resource person, Mr Somnath Pai, explained the importance of cleaning and guided them through a cleaning process. Thereafter, Ms Pragati Bhonsle conducted relaxation followed by meditation by Mr Krishna Pujari.

On the third day, the resource person, Ms Pragati Bhonsle, explained the importance of breathing techniques and demonstrated several Pranayamas, including Anulom-Vilom, Bhastrika, Shitali, and Bhrahmari.

This was followed by the meditation conducted by Mr Krishna Pujari. On the fourth day, Ms Pragati Bhonsle conducted a relaxation session, which was followed by meditation led by Mr Krishna Pujari.

After meditation Valedictory function was held. Vice Principal Prof. (Dr.) Sharmila Borkar welcomed the resource persons and participants. Ms Pragati Bhonsle read the report of the four-day training programme, and Ms Poonam Navelker proposed the vote of thanks.

60th anniversary of Goa's Liberation

On the occasion of the 60th Anniversary of Goa's Liberation, the Government of Goa had organised a Sail Parade and a Fly Past at Miramar beach, Panaji on 19 December 2021 at 2.00 p.m. Hon'ble Prime Minister of India, Shri. Narendra Modiji was the Chief guest on the occasion. The programme was attended by 90 students from the college and 15 teachers

Participants were asked to report at the site by 12:30 p.m. due to security and traffic problems. Three buses were arranged, and the students' responsibility was taken by 15 teachers. Shri. Prakash Tamhankar, Shri. Pranav Samant and Dr Smita Srivastava were made in charge of each bus along with other teachers. The principal had appointed Shri. Prakash Tamhankar serves as the Nodal Officer for the entire programme.

Goa @ 60

The government had organised a series of talks to mark the 60th year of Goa's liberation. To make youth aware and sensitised about the rich history and diverse aspects of its heritage, art, Culture, and diversity, these talks were arranged. In this connection, seven students attended/participated in a talk arranged at Shree Hanuman Natya Gruh, Mapusa, Goa, on 15 December 2021, from 9:00 a.m. to 11:30 a.m.