

Dempo Charities Trust's
SRINIVASSA SINAI DEMPO COLLEGE OF COMMERCE AND ECONOMICS
Cujira, Bambolim-Goa

Criterion 7 - Institutional Values and Best Practices

Key Indicator - 7.1 Institutional Values and Social Responsibilities

7.1.1 Measures initiated by the Institution for the promotion of gender equity and Institutional initiatives to celebrate/organize national and international commemorative days, events and festivals during the last five years

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D.C.T's S.S. Dempo College of Commerce & Economics, Cujira, Bambolim, Goa

STUDENTS COUNCIL ELECTIONS 2019-20

RESULTS

Following is the list of members of the Students Council 2019-20

1) Elected:

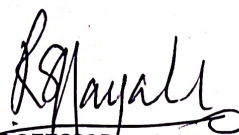
GENERAL SECRETARY	
Anvesh Damodar Gawas	T.Y.B.Com (C)
LADIES REPRESENTATIVE	
Sunaina Ramesh Salgaonkar	T.Y.B.Com (C)

CLASS REPRESENTATIVES	
F.Y. B.Com (A)	Gaurav Ananta Gaitonde
F.Y. B.Com (B)	Chatura Mehta
F.Y. B.Com (C)	Jesus Kunal Daniel Noronha
F.Y. B.Com (D)	Sanroy Savio D'Sousa
F.Y. B.Com (F)	Abhishek Nagesh Shirodkar
F.Y BBA (A)	Vibhav Omprakash Parab
F.Y BBA (B)	Savio Fernandes
S.Y BBA (A)	Jonas Verissimo Coutinho

2) Elected unopposed:

CLASS REPRESENTATIVES	
F.Y. B.Com (E)	Cliff Mario Fernandes
S.Y. B.Com (A)	Razia Amiruddin Kazi
S.Y. B.Com (B)	Girish Ravindra Patil
S.Y. B.Com (C)	Bale Tanay Sanjay
S.Y. B.Com (E)	Vaughan Adrian Fernandes
S.Y BBA (B)	Nawaf Suleman Beg
T.Y BBA (A)	Sneha Shailesh Vernekar
M.Com (Part I)	Divina Nandan Pilgaonkar




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I. M.Com(Part I)	Akanksha Maneesh Sadekar
I. M.Com(Part II)	Jason Botelho

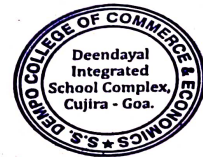
Gender Champion (Girl)	
Prachi K. Mehta	SY. BBA (A)

3) Nominated:

CLASS REPRESENTATIVES	
S.Y. B.Com (D)	Sherwin Domic Ribeiro
T.Y. B.Com (A)	Varsha Lingappa Kolkar
T.Y. B.Com (B)	Shefali Somnath Mandrekar
T.Y. B.Com (C)	Sigmund Paul Pereira
T.Y. B.Com (D)	Mahima Durgappa Shetti
T.Y. BBA (B)	Rhys Vianney Cota
M.Com (Part II)- Management	Sita Sanjay Ilkar
M.Com (Part II)- Finance	Diksha Rama Panjekar
MTTM (Part I)	Derick D'Cruz
MTTM (Part II)	Silvester Esperance
PGDM-EM	Suraj Raju

CULTURAL SECRETARY	
Pooja Kamat	TY. BBA (B)
SPORTS SECRETARY	
Beniza Fernandes (Girls)	TY. B.Com (C)
Victor Lucas Pereira (Boys)	MTTM (Part II)

GENDER CHAMPION (Boy)	
Harsh G. Parekh	TY. B.Com (A)



R. G. Nayale
PROFESSOR and PRINCIPAL
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4) Elected member of Executive Committee - BBA Forum 2019-20:

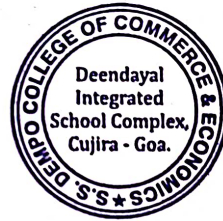
PRESIDENT	
ShidiilRajanValiyapurakkal	T.Y BBA (A)

5) Elected unopposed to the Executive Committee - BBA Forum 2019-20:

VICEPRESIDENT	
Prachi K. Mehta	S.Y BBA (A)

Aruna Mesquita e Noronha
03/08/19

Dr. Aruna Mesquita e Noronha
(Elections Committee- Incharge)



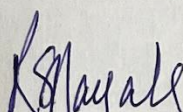
Prachi K. Mehta
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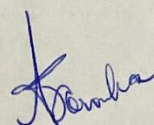
Annual Gender Sensitization Action Plan for Academic Year 2020-21

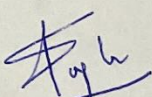
Gender Champions Cell	
In Charge	Saylee Kuncolienkar
Student Representation	
Gender Champion (Girl)	To be nominated
Gender Champion (Boy)	To be nominated

Activities Planned

Activities	Tentative Dates
A Round Table Discussion and Competition on the theme "Abolishing the Stereotypes" –moderated by College Counsellor – would be conducted for students	August 2020
A talk on Nutrition and Health for sensitizing both girls as well boys regarding physical and mental wellness of each other. (For Faculty as well as students)	December 2020
Self –Defence Session for the students from various schools and colleges.	January 2021
Talk on Gender Equality (using platforms like Social Media Campaigns or Showcasing Films) for students	March 2021
Celebration of International Women’s Day and Men’s Day	March 2021 and November 2021


Dr. Radhika Nayak
Principal


Dr. Aruna Mesquita Noronha
IQAC Coordinator


Saylee Kuncolienkar
(In charge)

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REPORT OF ACTIVITIES CONDUCTED BY GENDER CHAMPION CELL – GOA UNIVERSITY

(2017-2020)

Gender Equality is basically an individual's perception of treating another person at par with himself/herself. It does not happen in one day- it's more of a practice that you do every day.

“Gender equality is more than a goal in itself. It is a precondition for meeting the challenge of reducing poverty, promoting sustainable development and building good governance.” - Kofi Annan.

Gender Champions Cell – an initiative by Goa University College Development Council and the Department of Women's Studies in association with S.S. Dempo College of Commerce and Economics was started in the year 2017-2018. Members of the core team from S. S. Dempo College of Commerce & Economics were Associate Professor Gauri Tamba, Assistant Professor Vibha Pai Angle, Assistant Professor Vishal Rane, Assistant Professor Amitha Shanbhogue, Assistant Professor Valerie Fernandes and Assistant Professor Esha Nadkarni.

The journey of Gender champions began with a One- Day Intercollegiate training workshop conducted for colleges in Goa. 49 colleges participated for the workshop where various activities were conducted for sensitizing the need for gender equality and discussion about gender issues faced by college students.



Registration for One Day Intercollegiate Training Workshop



Welcome Address by Principal of S.S. Dempo College of Commerce & Economics



*Address to the students & Nodal Officers by Dr Shaila De Souza, HOD of Women's Studies
Department, Goa University*



49 Colleges participated for the Intercollegiate Training Workshop

Activities conducted during the Training session





Colleges were instructed to choose their own Gender Champions who could take Gender Champions activities for their college under the Nodal Officer.

Gender champion cell delegated class mentors of each college in Goa to take up discussions in respective classes on topics like human rights, women empowerment, equality & justice and gender discrimination.

The college counsellor of every college was instructed to conduct sessions across the classes sensitizing students about gender equality and other related issues.

Colleges in Goa conducted various activities for the academic year 2018-2019 as a part of Gender Champions Cell to sensitize students about Gender Equality. Various initiatives were taken by colleges during the academic year by taking major steps like installing sanitary napkin vending machines & also Sanitary Napkin Incinerator.

Caring for female health on the campus



Sanitary Napkin Dispenser & Incineraty Machine

Poster competitions were organised across colleges on the topic “GENDER EQUALITY” which received a good response from the students. Skit competitions were also conducted on various topics on Gender Equality like breaking gender stereotypes, announcement of birth of child without mentioning the gender of the child.



Poster competition was organised on the topic “GENDER EQUALITY”



Street Play at MEAR 2018 organised by Department of Women Studies, Goa University



MEAR 2018 organised by Department of Women Studies, Goa University

Awareness drive was undertaken by the gender champion cell where teachers and students discussed about various gender issues faced by them and ways to overcome and deal with these issues.



Discussion about various gender issues faced by students and how to deal with these issues

Gender Champions of each college instructed the students and asked them to write about things they would do if they had a girl child. Most of the students said that they would train them in self defence & acquaint them on various topics like rights of women, how to be independent women etc.

Gender Champion cell organised a One- Day Intercollegiate workshop on 2nd March 2019 conducted for gender champions and nodal officers of colleges in Goa. Each of the 22 colleges that participated submitted reports and also made presentations about various initiatives taken by the respective colleges as a part of Gender Champion Cell. These reports were then judged on the basis of pre determined criterions to choose the winning college. Nirmala Institute of Education, Altinho – Panaji was declared as the winner for the year 2018-2019.



One- Day Intercollegiate workshop conducted for gender champions and nodal officers of colleges in Goa.

The academic year 2019-20 started with nomination of new gender champions who would take up the responsibility of conducting various activities and competitions as a part of Gender Sensitization journey.

The Gender Champions of S.S. Dempo College of Commerce & Economics in collaboration with the Centre for Equal Opportunities (CEO) cell of their college organised Social Cartooning Workshop on 27th August 2019. Dr. Smitha Bhandare Kamat conducted the workshop with around 50 students with special illustrations on breaking the stereotypes, gender equality, etc. which was one of the area suggested by the Goa University, College Development Council and the Department of Women's Studies to be taken up as a part of gender sensitization in various schools for small children.

Social Cartooning Workshop conducted by Dr. Smitha Bhandare Kamat





Social Cartooning Workshop conducted by Dr. Smitha Bhandare Kamat

T-shirt Painting Competition was organised with collaborative efforts of the gender champions and CEO cell. The theme of the competition was “Gender Equality” and the participants showed tremendous energy and creativity for the same.



T-shirt Painting Competition organised by Gender Champion Cell



T- Shirt Painting



Judges for T-shirt Painting Competition

Gender Champion Ms. Prachi Mehtam from S.S. Dempo College of Commerce & Economics won the elocution competition for State Level Students Seminar titled “Socio – Expressions” which was held on 19th September 2019. The theme of the seminar was Empowerment of Women, Social Change & Development’organised by M.E.S College of Arts & Commerce, Zuarinagar, Vasco. Ms. Prachi delivered convincing content on the sub-theme “Abolition of Triple Talaq”.



Gender Champion Ms. Prachi Mehta won the elocution competition for State Level Students Seminar titled “Socio – expressions” on the sub-theme “Abolition of Triple Talaq”.

Under the aegis of Goa University, College Development Council and the Department of Women's Studies, colleges have undertaken several projects like skill development programmes across various schools in Goa. Student volunteers along with the Gender champions of various colleges organised entrepreneurship sessions for the students of various schools like Government Primary School at Goa Velha etc. The student volunteers conducted hands on skill workshop where the school students were given crochet training and flower making to inculcate idea of self independence and breaking gender stereotype because these are considered to be women centric.



CEO & Gender Champions Cell Volunteers at Government Primary School at Goa Velha



Flower making to inculcate Entrepreneurship skills in students

Two days State Level Workshop on “*Gender Sensitization & Skilling of Girl Students*” was organised by Government College of Arts, Science & Commerce, Khandola on 17th and 18th of January 2020 for colleges in Goa. The core areas of the workshop were women health, women safety and financial independence of women.



Two days Workshop on “Gender Sensitization & Skilling of Girl Students” organised by Government College of Arts, Science & Commerce, Khandola

The Gender Champion cells of colleges across Goa have planned a number of activities for the month of February and March 2020 before the closure of this academic year. These include:

1. A Round Table Discussion and Competition on the theme “Abolishing the Stereotypes”
2. A talk on Nutrition and Health for sensitizing both girls as well boys regarding physical and mental wellness of each other.
3. Self –Defence Session for the students from various schools and colleges.

**Dempo Charities Trust's
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Cujira, Bambolim – Goa.**

**Report
“The Purple Campaign: Workshop on Gender Sensitisation”
Organised by Centre for Equal Opportunity**

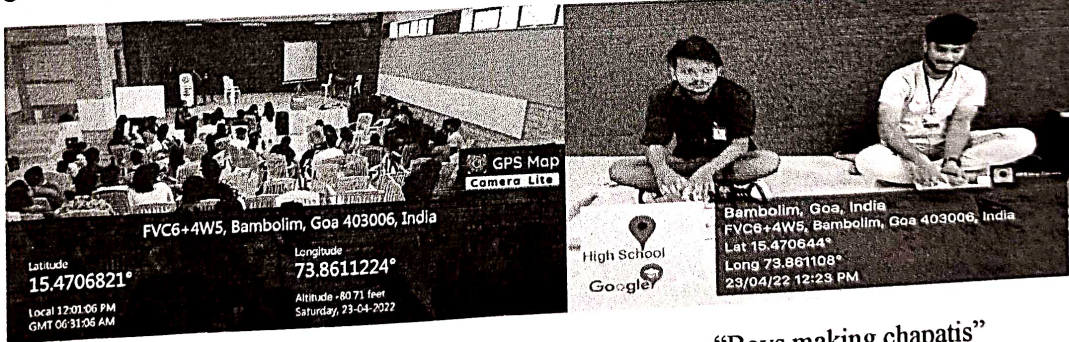
Venue: College Auditorium

Date: 23rd April 2022

Time: 10.00 am to 2 pm

The Centre for Equal Opportunity cell of the college organised “The Purple Campaign: Workshop on Gender Sensitisation” in coordination with The Manohar Parrikar School of Law, Governance and Policy, Goa University. A total of 52 students from FY BCom, SY BCom, TY BCom and PG Programme participated in the event along with 10 CEO member teachers.

The entire event was conducted by the student volunteers of Women’s Studies department, Goa University along with their teachers. The participating students were divided into 9 groups. Each group had 6 students. The groups were named as Apples, Bananas, Chikoo, Sweet lime, Jackfruit, Strawberry, Grapes, Peaches and Jujubes. To begin with, gender sensitising videos were screened. Each team was asked to identify the issue and give their comments. Questions were asked, and bonus points were given to the teams answering the question spontaneously and correctly. The second event was gender sensitization games. Boys were asked to make chapattis and fold sarees. The girls were asked to do burpees and arm wrestling. The final round was a quiz competition. The winning team was Peaches and Grapes. Dr. Radhika S. Nayak, Principal addressed the gathering and did prize distribution.



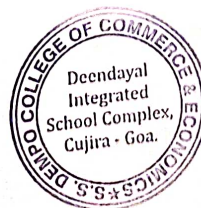
“Discussions on videos”

“Boys making chapatis”

Ms. Soniya V. Chodankar
Ms. Soniya V. Chodankar
Teacher – in- charge for the event

Dr. Sangeeta Chakrabarty
Dr. Sangeeta Chakrabarty
In - charge, CEO

Prof. Radhika Nayak
Prof. Radhika Nayak
Principal



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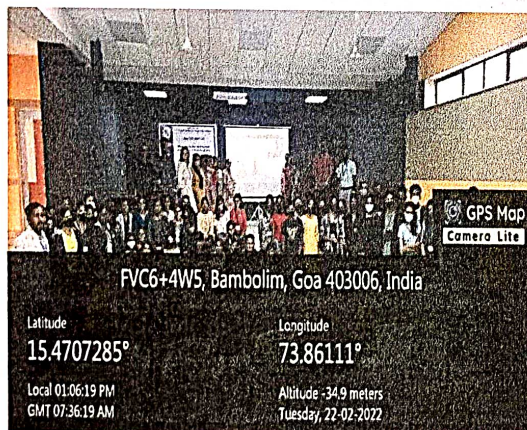
**UNNAT BHARAT ABHIYAAN /Centre for Equal opportunity / NSS/SBSI unit
REPORT
2021-2022**

Women's Health and Hygiene Programme @ Villages of Goa on 22nd February 2022

THE UBA/ CEO CELL/ NSS Unit of the college in association with NGO Pinkishe Foundation, Delhi and Swachh Bharat Student Internship organised "Women's Health and Hygiene Programme @ Villages of Goa" on 22nd February 2022 at College Auditorium from 08:15 a.m. to 1:15 p.m. Dr. Shehla Jamal Director, Menstrual Health Sciences from Pinkishe Foundation was the resource person for the program, who conducted the program online.

The Programme focused on Menstrual Health Education (MHE). It created awareness and empathy for menstrual health among the participants, understanding of hormones and physiology of menstrual cycle, nutrition and exercise and myths and taboos regarding menstruation, sanitation options and barriers in optimal menstrual health. Six groups of 10 students each were created for conducting role-play and discussions amongst them. The idea was to educate the student volunteers who would then be fully equipped for facing the queries during Sanitary Pads Distribution Drive at the 6 adopted villages under the Unnat Bharat Abhiyaan (Merces, Chimbhel, Curca, Santacruz, Taleigao) and NSS (Bambolim).

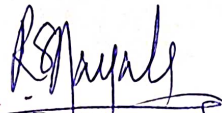
The workshop was organized by Associate Professor Dr. Sangeeta Chakrabarty and was attended by 13 faculty members, 8 panchayat members of the adopted villages, P & G officials and 61 students in offline mode in the College auditorium.



Students, Panchayat & Faculty members along with online resource person from Pinkishe Foundation Delhi



P & G official addressing the gathering


Dr. Radhika S Nayak
(Principal)

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Dr. Sangeeta Chakrabarty
(UBA/ CEO/ SBSI Co-ordinator)

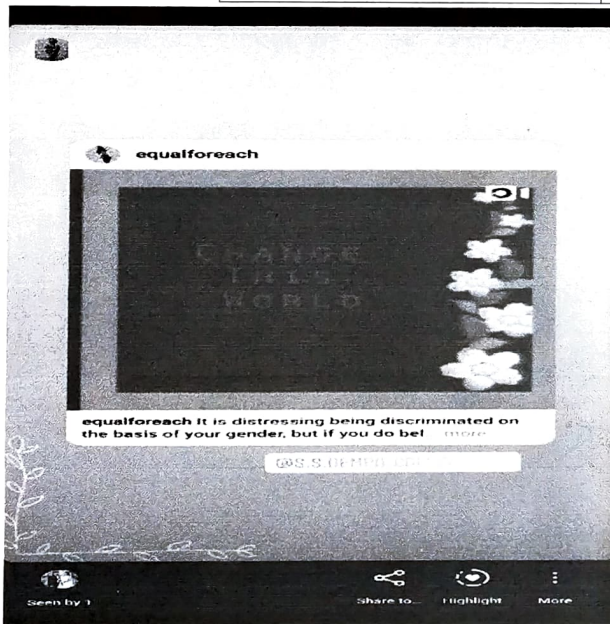
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Cujira, Bambolim-Goa

NSS Activity Report on Celebration of International Women's Day
"Promoting Gender Equality through Social Media"

08th March 2021

85 NSS volunteers used social media platform (Instagram) mobilizing attention and accountability to women's rights, and challenging discrimination and stereotypes thereby promoting gender equality.

Particulars	Number of Students
Boys	27
Girls	58
Total	85



Prepared & Compiled by

Amit Naik
Assistant Professor
NSS Programme Incharge



Principal

Dr. Radhika S Nayak
PROFESSOR and PRINCIPAL
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S.S. Dempo College of Commerce & Economics Cujira, Bambolim, Goa

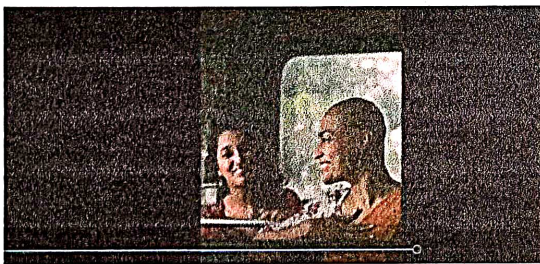
Centre for Equal Opportunity

**REPORT
2021-2022**

Screening of several thought provoking Short films on 6th May 2022 for Students

The Centre for Equal Opportunity organised Screening of several Short films on 6th May 2022 followed by a discussion for the students of FYBCom “C” division which were on various issues on bullying, equality, LGBTQ, Women’s harassment in their daily travel in a crowded bus.

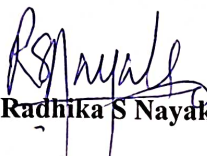
Most of the films were almost of 8 to 10 seconds with no dialogues but had extremely powerful and thought-provoking messages depicted through it. Another multi starrer Royal Stag Barrel Select short film “Devi” was also discussed after viewing the film.



Screening of Short Movie on LGBTQ



Screening of Short Movie “Devi”


Dr. Radhika S Nayak
(Principal)

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Dr. Sangeeta Chakrabarty
(CEO Co-ordinator)

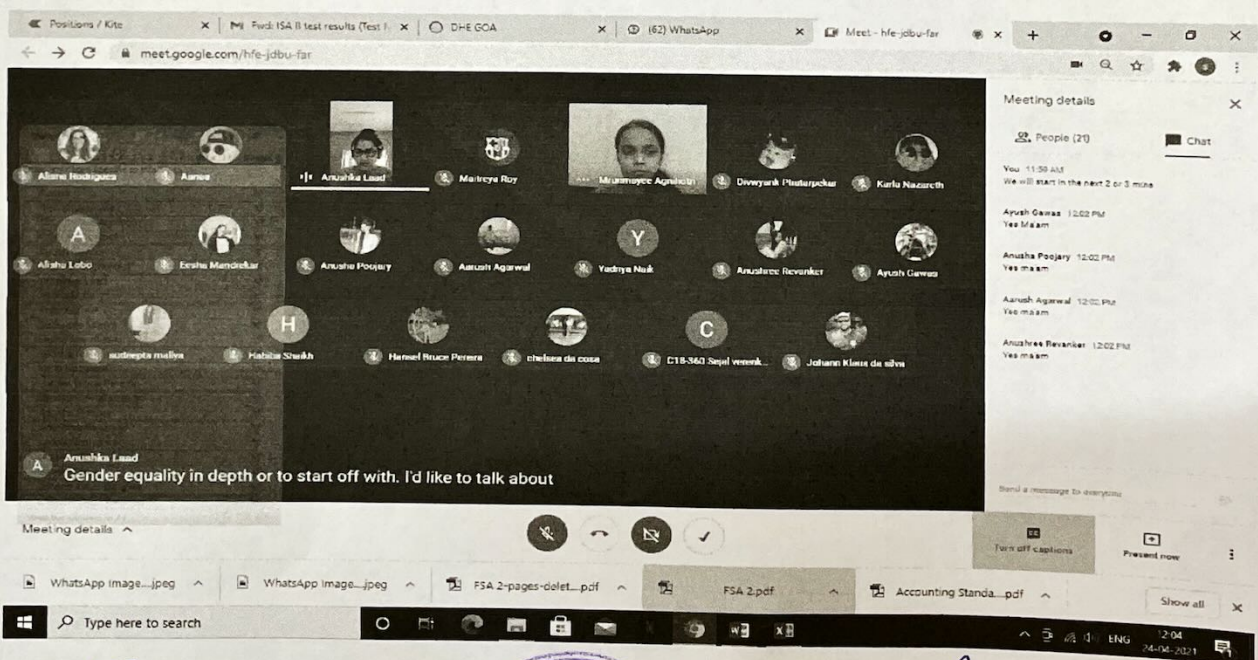
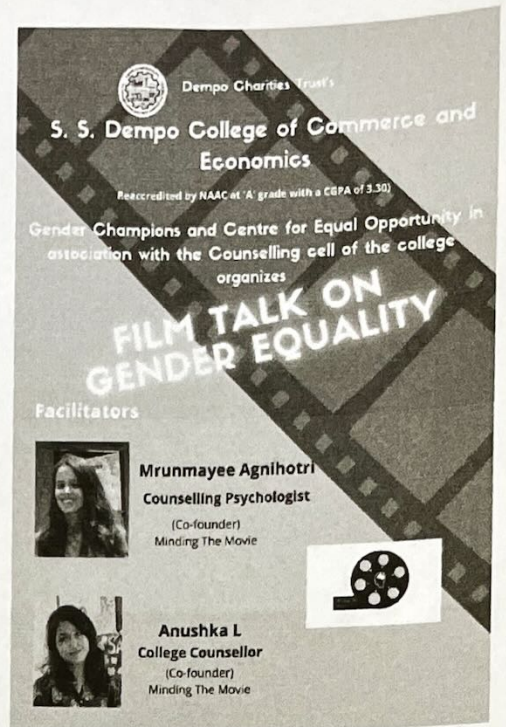
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REPORT

Date of activity: 24th April 2021
Mode: Online (Portal -Google Meet)

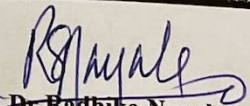
The Gender Champions Cell and the Centre for Equal Opportunity Cell in association with the counselling cell of the college, organized "Film Talk on Gender Equality" through an online Google Meet platform. The session was organised with the aim of using movie as a medium to initiate a healthy and participative discussion on the topic of gender equality and related issues. The session was facilitated by Ms. Anushka Laad, College Counsellor and the co-founder of Minding the Movie and Ms Mrunmayee Agnihotri, a practicing Counselling Psychologist at Institute for Psychological Health Thane.

Around 20 students across different sections of BCom, BBA and MTTM were advised to watch the movie 'RBG' prior to the day of discussion. To support the agenda behind talk, students were instructed to note down key takeaways whilst their viewing of the movie. The interactive session continued for an hour. The session commenced with facilitators and students sharing their insights about the movie followed by a discussion on understanding Gender, Gender roles, how gender stereotypes affect gender equality. The session also highlighted the significant impact Gender inequality has on mental health of individuals. At the end of the session, the faculty in charge, Ms. Saylee Kuncolienkar took quick feedback from the attendees in order to keep the idea of such online talks and series rolling in future and bid adieu with the vote of thanks.




Saylee Kuncolienkar
In charge




Dr. Radhika Nayak
Principal
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**NSS/ UBA/ CEO/ IIC/ PTA
REPORT
2021-2022**

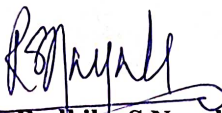
UdyojiKaa-2022: Fostering women entrepreneurship on 8th March 2022

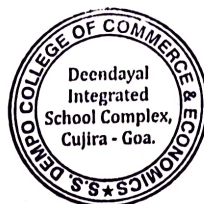
The NSS Unit of S. S. Dempo College of Commerce and Economics, Cujira, Bambolim - Goa in collaboration with CEO, Institution's Innovation Council (IIC) and PTA organised an International Women's Day event "UdyojiKaa-2022" on 8th March 2022 from 8.00 am to 1.00 pm.

5 Self Help Groups and two independent Women Entrepreneurs from the neighbouring adopted villages of Taleigao, Chimbel, Mercas, Goa-Velha and Panaji exhibited food items, decorative handicrafts, gift items, jewellery, beauty products etc. 21 Young Women Students and Alumni Entrepreneurs participated enthusiastically along with their products like food, hair accessories, handicrafts, mehendi, bath and body care etc. The event evoked a very good response from all our students and Staff.



Inauguration by the Chief Guest, Mrs Pallavi Dempo, Trustee, Dempo Charities Trust, Executive Director, Navhind Publications along with Guests of Honor, Mrs. Sunita Sawant, DYSP - Goa Police, Mrs. Sheetal Pai Kane, Chairperson, Confederation of Indian Industry's - Indian Women's Network Goa (CII IWN), Director at Acoustic Components Pvt. Ltd. Goa.


Dr. Radhika S Nayak
(PROVIDED) and PRINCIPAL
S.S. DEMPO COLLEGE OF
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Dr. Sangeeta Chakrabarty
(UBA/ CEO Co-ordinator)

DCT's
S. S. Dempo College of Commerce & Economics,
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Report on "Tiatr (Konkani Drama)- creating awareness on Social Issue"


Date : 26/03/2022

DCT's S.S. Dempo College of Commerce and Economics participated in the 1st All Goa Inter College Tiatr competition (Konkani Drama). Our Tiatr titled '**Jivit Mhojem Sopen Tujem**' won first place overall besides winning 15 individual awards such as best Actor, Actress, Best Script, Solo song male as well as female, Choral, etc.

The tiatr highlighted the issue of girl child and women. How they are subjected to the wishes first of their parents and then later of their husbands.

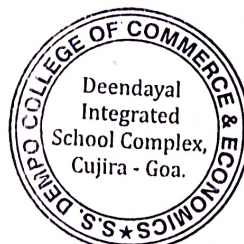


Students creating awareness on Social Issues through Tiatr (Konkani Drama)


Dr. Michael Dias
College Director of Physical Education
Activity Incharge of Konkani Drama

Dr. Radhika S Nayak

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**Centre for Equal Opportunity
REPORT
2021-2022**

“Breaking Stereotypes” - 04th December 2021.

The Centre for Equal Opportunity organized “Breaking Stereotypes” on 04th December 2021 in the college foyer area.

The event was organized to create an awareness and sensitize the students of our college on the issues of *Gender Stereotyping*. It was an attempt to change the mindset of the youth towards predetermined gender roles through fun routine tasks-based competitions.

The event was open to registered students of the college for the academic year 2020-21 (All courses). The students were required to participate in teams of 2 members, one boy and one girl in each team.

Total 12 teams across programmes/ courses offered by the college participated in the event.

The rounds were designed to imbibe in our participants—the youth of the nation, that basic life skills are gender neutral be it cooking, assembling any item or physical strength. Such routine activities cannot be grounds for describing gender roles.



Faculty In charge

1. Assistant Professor: Ashfa Shaik

Ashfa Shaik

2. Assistant Professor: Sonal Undakoti

Sonal Undakoti

Dr. Radhika S. Nayak
Dr. Radhika S. Nayak
Principal
PROFESSOR and PRINCIPAL
S.S. DEMPO COLLEGE OF
COMMERCE & ECONOMICS,
Deendayal Integrated School Complex,
Cujira - Goa.



Dr. Sangeeta Chakrabarty
Dr. Sangeeta Chakrabarty
CEO In charge

UNDERTAKING BY THE STUDENT

(ANTI-RAGGING)

1. Vignesh Vishwas Korgaonkar

s/o of Mr/Mrs/Ms Vishwas Rama Korgaonkar

having been admitted to S.S. Dempo College of Commerce & Economics, Cujira have been made aware of the UGC regulation 2009 on curbing the menace of ragging in institutions of Higher Education, (hereinafter called the "Regulation") carefully read and fully understood the provisions contained in the said regulation.

2) I have, in particular, perused clause 3 of the regulation and am aware as to what constitutes ragging.

3) I have also, in particular, perused clause 7 and clause 9.1 of the regulation and am fully aware of the penal and administrative action that is liable to be taken against me in case I am found guilty of or abetting ragging, actively or passively, or being part of a conspiracy to promote ragging.

4) I hereby solemnly aver and undertake that: a) I will not indulge in any behaviour or act that may be constituted as ragging under clause 3 of regulations. b) I will not participate in or abet or propagate through any act of commission or omission that may be constituted as ragging under clause 3 of regulation.

5) I hereby affirm that, if found guilty of ragging, I am liable for a punishment according to clause 9.1 of regulations, without prejudice to any other criminal action that might be taken against me under any penal law or any law for the time being in force.

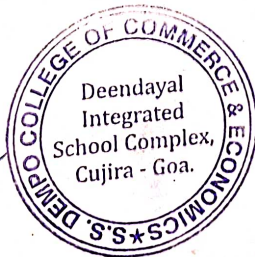
6) I hereby declare that I have not been expelled or debarred from admission in any institution in the country on account of being found guilty of, abetting or being part of a conspiracy to promote, ragging; and further affirm that, in case the declaration is found to be untrue, I am aware that my admission is liable to be cancelled.

declared this 20 day of 08 month of 2020 year.

Vignesh Korgaonkar

Signature of Student

Name Vignesh Korgaonkar



Vignesh

Signature of Parent/Guardian

Name: Vishwas Korgaonkar

S.S DEMPO COLLEGE OF COMMERCE AND ECONOMICS

CUJIRA, BAMBOLIM

Counselling and Value Education Cell (Academic Year 2018-2019)

The aim of Counselling and Value Education Cell is to encourage students' academic, social, emotional and personal development. Counselling services help students get to know themselves better and find effective solutions to their daily problems.

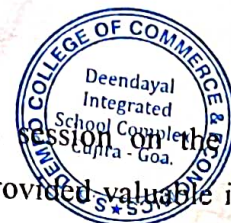
The cell nurtures students through different activities and allows students to cross hurdles in the academic year thereby marching smoothly towards success. Apart from this, it helps the students to overcome class, social, and cultural barriers to complete their college education. The Guidance and Counselling Cell is looked after by a teaching faculty. Apart from the main in charge the other faculty members take up specific roles in the activities conducted. The cell identifies students who require services on priority along with their areas of deficiency and suggests the improvement required.

The students once identified, are given academic as well as personal counselling.

The academic year began with the orientation programme for the students by the counsellor, Miss Stephanie Fernandes. Benefits and Myths of counselling were highlighted by her and the students were motivated to come forward with their problems. There was a total number of 14 new cases (students) who sought the help of the counsellor. The number of follow up cases was 39 (Inclusive of the last academic year 2017 – 2018). Problems ranged from career difficulties, stress and unhealthy coping mechanisms, relationship conflicts, romantic relationship break ups, lack of interest and motivation, attendance issues, peer pressure, anger management, anxiety, negative thinking, body image and self esteem issues, sexual queries and health advice, forceful marriage, substance use and abuse, domestic violence, financial difficulty, time management, social anxiety, etc. Some cases were given referrals as the problem could be better dealt with the right professional. Some parents met and engaged with the counsellor to discuss problem behaviours and how they could be better handled.

The following are the activities conducted under this cell

- Counsellor Miss Stephanie Fernandes delivered a session on the topic, 'Student Mentoring' to the teaching-staff. The counsellor provided valuable information and



insight into the world of students and how teachers can be better mentors and guides and more involved with the overall development of the student.

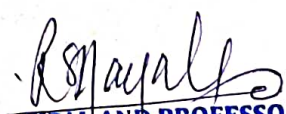
- An inter – class poster competition on ‘Say No to Drugs’ was held in the college campus.
- Assistant Professor Trupti Chodankar, Counsellor Miss Stephanie Fernandes along with two students attended the ‘National Conclave Conference on Value Education’ held at Goa University.
- The cell organised an Awareness Drive on a very sensitive and prevailing issue of ‘Say No To Drugs’ in association with IHRA (International Human Rights Association), Panaji on 4th August 2018.
- A talk on ‘Stress Management’ was held for students of TYB.Com by Dr. Peter Castellino, a well known psychiatrist in Goa.
- I Am Connected, an NGO organised ‘LET’S TALK TOUR’ on 6th December 2018, a motivation and self-development program . Issues on substance abuse, suicide, depression, low self-esteem, peer pressure, bullying and loneliness was addressed.
- A talk on Mental Health – Young Age was held in the college campus on 17th January 2019 by resource person MS. Prachi Kandeparkar, Director of Adolescent Health Programs by NGO Sangath, wherein 200 students from the college were present.

Faculty Incharge



Trupti Chodankar

Assistant Professor,



PRINCIPAL AND PROFESSOR
S.S. DEMPO COLLEGE OF
COMMERCE & ECONOMICS,
Deendayal Integrated School Complex,
Cujira - Goa.

S.S. DEMPO COLLEGE OF COMMERCE AND ECONOMICS

CUJIRA, BAMBOLIM

Counseling and value education cell report (Academic Year 2019- 2020)

The counseling and value education cell aims to encourage students in their Academic, social, emotional and personal development. The cell identifies students who require services on priority. The students once identified, are given academic as well as personal counseling and are referred if required to provide them with assistance in dealing with a gamut of issues from career difficulties, lack of interest and motivation, sexual queries, health advice, social anxiety, relationship issues, depression.

A Session on student mentoring was conducted for the teaching staff to provide teachers with insight into students so the teachers can be better mentors and are more involved in the overall development of the student. The cell also held an Awareness drive on the topic 'Say No to Drugs' followed by a poster making competition. Issues such as mental health, stress management, substance abuse, body image, self-esteem, bullying are often addressed by the counselor on campus and guest visitors from the mental health field. A talk on "Being positive no matter what" by the Bhramakumaris was organized to encourage students to adopt a more positive attitude towards life. A value based life skills workshop was also conducted by the "I am Connected" organization. The session was facilitated by Gladson Peter who interacted with the students and shared his story of resilience and success and engaged the students through music and art.

The counselor also held sessions on mental health and stress management with the focus on sharing strategies that the students may use to cope with life stressors. Counselor also discussed social media and mental wellbeing, covering information on online reputation, digital footprints, risky online activities, addiction and techniques to maintain control over social media usage. Total number of class sessions conducted was 27.

The total number of students who seeked counseling from January 2020 to march 2020 was 19, the total number of follow up sessions conducted were 46 The issues addressed were ; lack of motivation and losing interest, depression, relationship conflicts, career guidance, conflict with family. Three students have been referred for mental evaluation.



Anushka Laad
College counsellor



**S.S. DEMPO COLLEGE OF COMMERCE AND ECONOMICS
CUJIRA, BAMBOLIM**

Counselling and value education cell report (Academic Year 2020 -2021)

The counseling and value education cell encourages students in their academic, social, emotional and personal development. The cell identifies students who might require assistance on priority. These students once identified, are given academic and personal counseling or are referred if required, to provide them with assistance in dealing with a range of emotional, behavioral issues.

A Digital poster making competition was conducted on 10th October 2020 on the occasion of world mental health day to initiate conversations around mental health and promote mental wellness.

The Gender Champions for equal opportunity in association with the college counseling cell organized a webinar on "Film Talk on Gender Equality" on 24th April 2021, where the guest speaker Mrunmayee Agnihotri, a practicing Counselling Psychologist from Mumbai, College Counsellor and students explored the concepts of gender roles, stereotypes and gender bias.

The counselor also held sessions on "mental health and stress management during a pandemic" with the focus on sharing strategies that the students may use to cope with uncertainty during the pandemic. Counselor also discussed body image issues and mental wellbeing, covering information on body positivity and self-esteem. Sessions on peer pressure and fear of failure were also conducted.

Total number of class sessions conducted was 76. The total number of one-to-one counseling sessions from September 2020 to August 2021 was 75. The issues addressed were; lack of motivation and losing interest, depression, relationship conflicts, career guidance, conflict with family, relationship issues, social media addiction, boredom due to pandemic. Six students were referred for psychological evaluation.


Anushika Laad
College counsellor




PROFESSOR and PRINCIPAL
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Deendayal Integrated School Complex,
Cujira - Goa.

STUDENT COUNSELLING AND VALUE EDUCATION CELL**(2021 – 2022)**

Mental health & well-being is a crucial part of college education wherein the young minds are trained to develop their skills & potentials. The college student counselling and value education cell recognizes the fact that students' mental health can influence their learning as well as achievements. Considering these aspects, the cell aims to flourish students' overall wellbeing, by helping students develop resilience against adversity & resolve their concerns before they snow-ball into serious psychological problems. The cell also recognises students who may require counselling services and provides these students with the necessary assistance.

The college has a mental health policy in place that aims to provide a supportive and environment that will help students with mental health difficulties to realise their academic potential and promote positive mental health and overall wellbeing. Students are encouraged to seek help for their issues.

The faculty members of the Student Value Education and Counselling cell, Asst. Prof, Dr Felcy Coelho, Assistant Professor Krupa Pednekar, Assistant Professor Alisha Lobo, Assistant Professor Aparna Rege, Asst. Prof, Dr Cheryl Dias, Assistant Professor Vishal Rane along with college counsellor Ms Anushka Laad strive to promote awareness among students through different activities that encourages students to seek help and deal with their issues effectively.

An online orientation on student counselling and value education cell was organised for to make students aware of the counselling services available on campus. The students were sensitized about different mental health issues and were encouraged to seek counselling for their problems. The students were acquainted with the counselling process.

Sessions on Mental health and stress Management, Identity formation and crises were conducted for students. The session stressed on using positive coping strategies to deal with stressors and importance of identity formation to gain more self-awareness.

A group session on self-esteem building was conducted by the college counsellor for MTTM students. The session explored on how confidence can affect our wellbeing and personal growth.

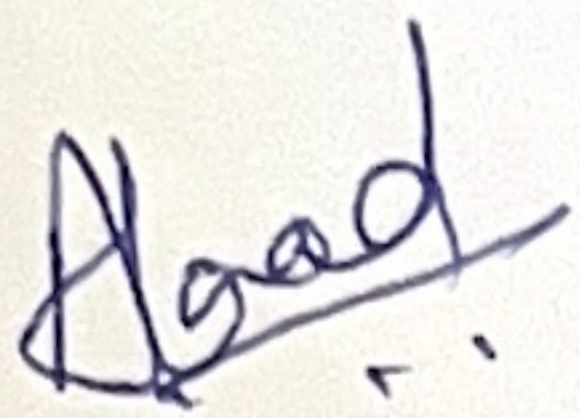
A talk on 'Mental Health in an Unequal World' was organized to commemorate World Mental Health Day. The session was organized with the aim of creating awareness on the importance of mental wellbeing. The session was facilitated by Ms Mrunmayee Agnihotri, a practicing Counselling Psychologist. The talk covered different aspects of mental health, the inequality in mental health services available, the session also focused on sensitizing students towards different mental health issues.

A Digital Poster making competition was also held to celebrate World Mental Health Day. The theme of the competition was Mental Health in an Unequal World.



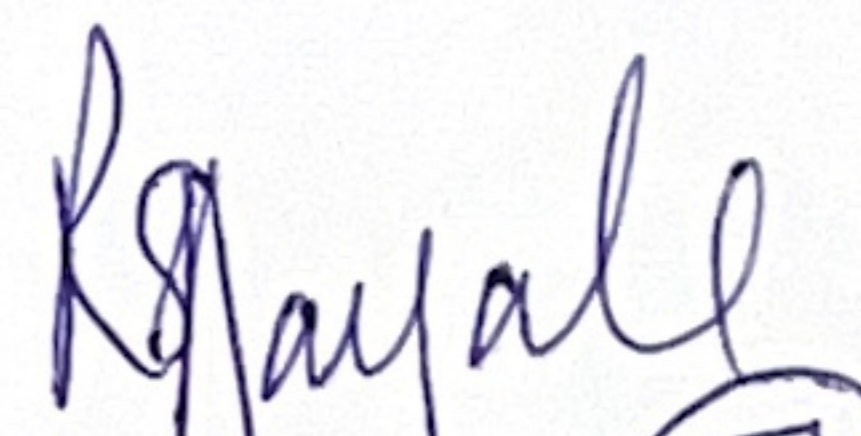
A total of 61 individual counselling sessions were conducted. The issues of students are addressed in the counselling centre ensuring complete confidentiality. Referrals are made by the mentors and teachers if the students behaviours raise concerns. The college counsellor maintains a record of individual sessions with students ensuring privacy of students.

The students approach the college counsellor with academic as well as personal issues. Issues faced by the students range from career difficulties, lack of motivation, social anxiety, depression, relationship issues, family conflict, low self-esteem, body image, peer pressure, emotional disturbances, anger management. The counsellor provides support and a safe space for the students to explore their issues and provides them with therapy and stress management techniques and relaxation exercises to relieve them from discomfort. The counsellor also provides guidance to students on academic issues building their motivation to meet their educational goals. Referrals are also provided by the counsellor for further assistance in cases of severe emotional distress. Frequent follow up sessions are also held to help students.



Anushka Laad

(College counsellor)



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Cujira - Goa.

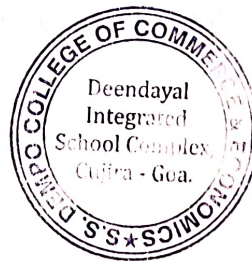
**DEMPO CHARITIES TRUST'S
S.S. DEMPO COLLEGE OF
COMMERCE AND ECONOMICS**

**MENTAL HEALTH
POLICY**

*Requesting approval of
the policy for implementation*

*RSP
27/02*

*Administratoe
DCT*



*Counsellor
Approved for implemtation*

*RSP
24/03/2021*

**PROFESSOR and PRINCIPAL
S.S. DEMPO COLLEGE OF
COMMERCE & ECONOMICS,
Deendayal Integrated School Complex,
Cujira - Goa.**

*Approved.
Patil
23/03/2021*

Meaning and objectives of the Mental health Policy

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It determines how we handle stress, relate to others, and make choices. A Mental Health policy will help set guidelines to ensure smooth functioning of the counseling cell.

Dempo Charities Trust's

The S. S. Dempo College of Commerce and Economics aims to provide a supportive environment that will help students with mental health difficulties to realise their academic potential and more specifically, to meet course requirements and promote positive mental health and overall well-being.

Objectives of the mental health policy

- To encourage students with mental health difficulties to seek help.
- To support students who may experience emotional or psychological issues that affect their ability to participate fully in their education.
- ^{To} Providing guidance and awareness training to academic staff involved in the support and care of students.
- ^{To} Respecting the confidentiality of private information provided by students with psychological state difficulties.
- To promote awareness on topics related to mental health.
- To promote general wellbeing of all staff and students.

Referral

A referral may be made when the student's problems are interfering with his or her academic work or because observation of student's personal behaviour raises concerns apart from his / her academic work.



- Students can seek help from the college counselor on their own.
- Class Teachers and Mentors can refer students to the counselor.

Recognizable indicators

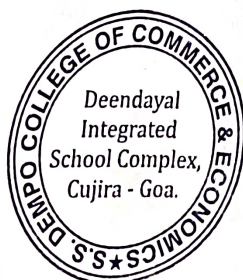
- Marked decline in quality of academic performance, class participation.
- Increase in absence from class, or failure to turn in work.
- Prolonged low mood suggested by sad demeanor, apathy, weight loss, tearfulness.
- Violent outbursts.
- Bizzare/ strange behaviour or speech
- Marked changes in personal hygiene.
- Signs of excessive alcohol or drug use.
- Physical or sexual assault.
- Talk of suicide either directly or indirectly.

Documentation

Referral forms for teachers – Teachers shall refer students with concerns to the college Counsellor by filling up the counselling referral form.

The college counselor will maintain the records of individual and class interactions with students.

The documents shall be kept confidential protecting the privacy of the students.



Role and Responsibilities

Student

All students should help create a community that does not stigmatize individuals with mental health difficulties.

Students are encouraged to take an active part in, and take responsibility for, communicating their needs and seeking support within the institution. Students with mental health difficulties are encouraged to inform relevant staff/counselor of their difficulties.

Students are made aware that if
academic and co-curricular performance,
education, ~~If~~ a student chooses not to disclose a mental health difficulty that affects their ^{the} education, the institution will not be able to provide appropriate support that is expected of it.

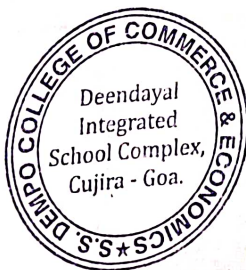
Staff

Upholding confidentiality and exercising responsibility regarding disclosure, protecting sensitive personal information of students.

Counseling cell

The counseling cell will schedule counseling sessions by external counselors.

The cell shall identify resource persons and arrange sessions on relevant topics.



Dempto Charities Trust's
**S. S. DEMPO COLLEGE OF COMMERCE &
ECONOMICS**

COUNSELING REFERRAL FORM

STUDENT NAME- _____

DATE _____

REFERRED BY _____

REASONS FOR REFERRAL

Disruptive classroom behavior

Consistent neglect of college work

Personal or home problem

Grief counseling

Anger management

Substance use

Frequent absenteeism

Poor social skills

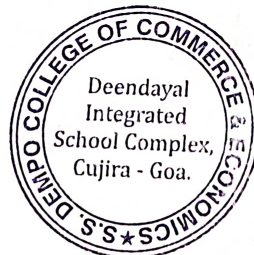
Bullying

Low self esteem

Other issues

Specify _____

Signature - _____



DCT's
S. S. Dempo College of Commerce & Economics,
Cujira, Bambolim-Goa

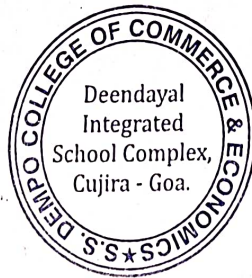
Celebration of Independence Day 15th August 2021



Celebration of Independence Day

R. S. Nayak
Dr. Radhika S Nayak

PROFESSOR and PRINCIPAL
S.S. DEMPO COLLEGE OF
COMMERCE & ECONOMICS,
Deendayal Integrated School Complex,
Cujira - Goa.



REPORT

Book Exhibition on Goa Liberation Day

A special display of books on 'My Goa' from the library collection was arranged on 19th December 2020 in the library to celebrate Goa liberation day. More than 250 books covering various aspects of Goa were displayed.



Anjali Bhide

Anjali Bhide

Library committee



Dr. Radhika Nayak

Dr. Radhika Nayak

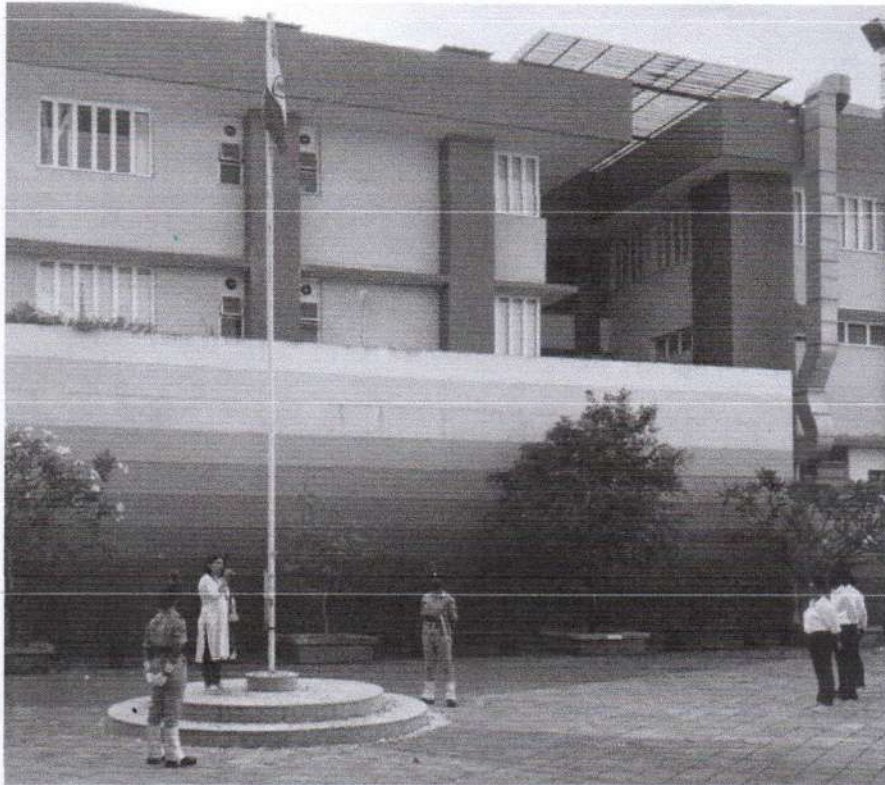
Principal
PROFESSOR AND PRINCIPAL
S.S. DEMPO COLLEGE OF
COMMERCE & ECONOMICS,
Deendayal Integrated School Complex,
Cujira - Goa.


DCT's

S S Dempo College of Commerce & Economics, Cujira, Goa


Report on National Cadet Corps activities for the AY 2020-21

NCC unit of S S Dempo college in association with NSS unit of our college celebration Republic Day on 26th January 2021. Staff and students participated in the flag hoisting ceremony. Dr Aruna Mesquita hoisted the flag.




Capt./Dr Vinod Joshua
NCC In Charge




(Dr. Radhika S. Nayak)
PROFESSOR and PRINCIPAL
S.S. DEMPO COLLEGE OF
COMMERCE & ECONOMICS,
Deendayal Integrated School Complex,
Cujira - Goa.

DCT's S. S. Dempo College of Commerce & Economics,
Cujira, Bambolim-Goa

2021-22

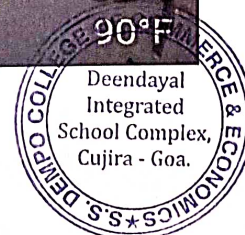
Activities conducted for Celebrating Rashtriya Ekta Diwas 31/10/2021



Rangoli Competition to celebrate Rashtriya Ekta Diwas

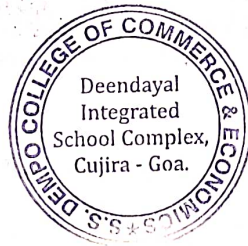


Movie Screening on the Life of Sardar Vallabh Bhai Patel





Run for Unity to commemorate Rashtriya Ekta Diwas




Dr. Radhika S. Nayak
Dr. Radhika S. Nayak
 PROFESSOR
 S.S. DEMJO COLLEGE OF
 COMMERCE & ECONOMICS,
 Deendayal Integrated School Complex,
 Cujira - Goa.

DCT's
S. S. Dempo College of Commerce & Economics,
Cujira, Bambolim-Goa


Report on "National Sports Day – Celebrating FIT INDIA MOVEMENT"



Date : 29/08/2021

The Department of Physical Education of the college celebrated National Sports Day by organising a webinar on '*Sports for Life*' by Dr. Sam Braganza and a '*One minute Online Physical Activity and Sport Skill Video Challenge*' for the staff and students. The winners of the competition were awarded trophies and certificates.



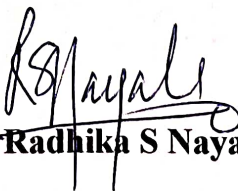
DCT's S. S. Dempo College of Commerce & Economics, Cujira, Goa.
Celebrates
NATIONAL SPORTS DAY
29 August 2021
FIT INDIA MOVEMENT

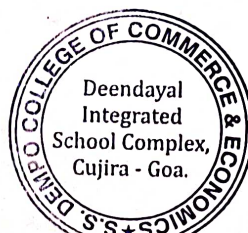


<p style="text-align: center;"><u>Webinar</u> 'Sports for Life'</p>  <p style="text-align: center;">Speaker - Lt. (Dr). Sam Braganza Date : 29 August Time : 4:30 pm to 5:30 pm Link: https://meet.google.com/snq-mqtf-tgm</p> <p style="text-align: center;">Dr. Michael Victor Dias (College Director of Physical Education)</p>	<p style="text-align: center;">One Minute Online Sports Skill & Physical Activity Challenge</p>  <p style="text-align: center;">Major Dhyan Chand</p> <ul style="list-style-type: none">• Open to Students, Ex-students and Staff of DCT's S.S. Dempo College of Com. & Eco.• Video should not exceed 1 minute and should be sent on whatsapp to 8390894926 along with full name, email address and year of joining College.• Videos are to be sent on or before 27 August, 2021.• Best 3 in student and staff category will receive Prizes.• All the participants will receive e-certificates. <p style="text-align: center;">Mr. Bala Naik (Sports Instructor)</p> <p style="text-align: center;">Prof. Dr. Radhika S. Nayak (Principal)</p>
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Celebrating National Sports Day


Dr. Michael Dias
College Director of Physical Education


Dr. Radhika S Nayak
PROFESSOR and PRINCIPAL
S.S. DEMPO COLLEGE OF
COMMERCE & ECONOMICS,
Deendayal Integrated School Complex,
Cujira - Goa.



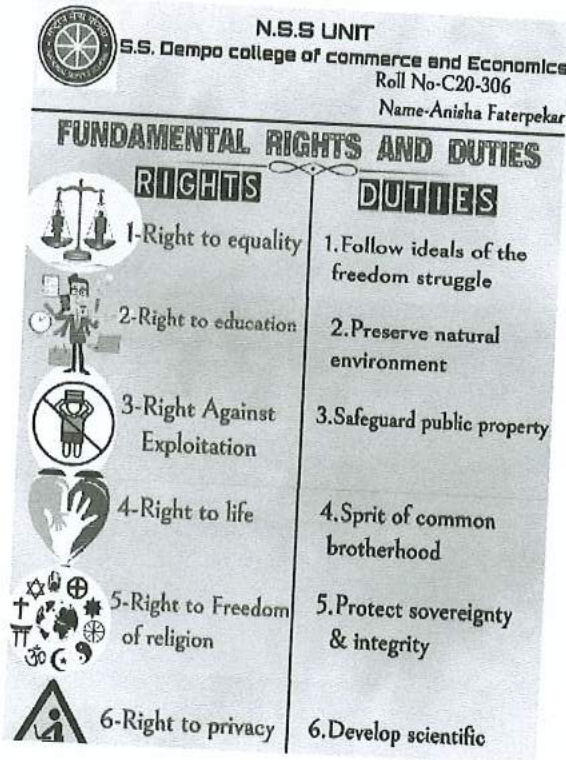
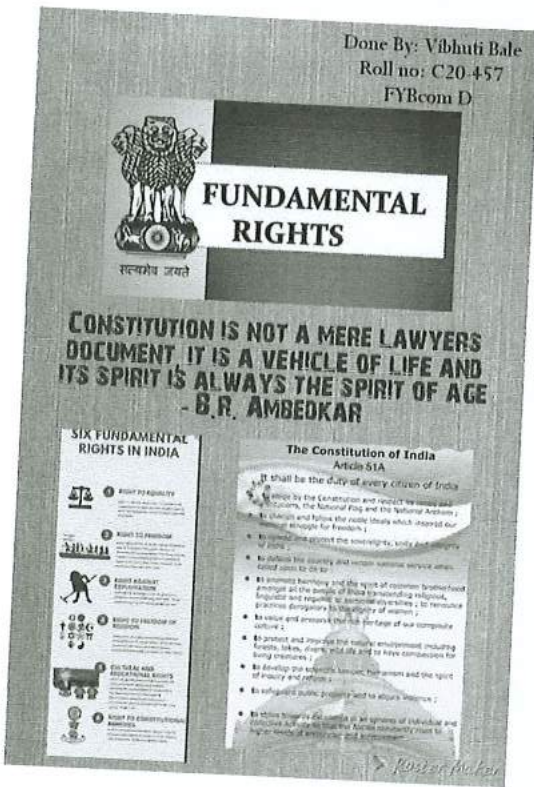
DCT's S.S. DEMPO COLLEGE OF COMMERCE AND ECONOMICS

Report on Digital posters of Fundamental Rights and Duties

Date: 26th November 2020

Venue: Online platform

NSS volunteers prepared digital posters on Fundamental Rights and Duties on 26th November 2020. This created awareness among student regarding their fundamental rights and duties. These are the moral obligations of all citizens to help promote a spirit of patriotism and to uphold the unity of India and concern the individuals and the nation. These are applicable irrespective of race, place of birth, religion, caste, creed, or gender. They are enforceable by the courts, subject to specific restrictions. This activity created awareness about the rights of the citizens of India in accordance with the Constitution. The rights include Right to Equality, Right to freedom, Right against exploitation, Right to freedom of religion, Cultural and Educational Rights and Right to Constitutional Remedies. A total of 178 students participated in this activity.



Posters on Fundamental rights and duties

Amit Naik
Amit Naik
Activity in-charge



Radhika Nayak
Prof. Radhika Nayak
Principal

PROFESSOR and PRINCIPAL
S.S. DEMPO COLLEGE OF
COMMERCE & ECONOMICS,
Deendayal Integrated School Complex,
Cujira - Goa.

DCT's S.S. DEMPO COLLEGE OF COMMERCE AND ECONOMICS

Report

Quiz on constitution of India

Date: 26th November 2020

Venue: Online platform

A Quiz was conducted on constitution of India on 26th November 2020. The aim of this was to create patriotic values among students. It also aimed to make the students aware about the Preamble to the Constitution. This quiz will help in familiarizing children with the history of the making of our Constitution, the eminent people involved in its making and the various articles. This quiz was conducted for the B.Com students. A total of 298 students participated in this activity.



Amit Naik

Activity in-charge



Prof. Radhika Nayak
Principal

PROFESSOR and PRINCIPAL
S.S. DEMPO COLLEGE OF
COMMERCE & ECONOMICS,
Deendayal Integrated School Complex,
Cujira - Goa.

Dempo Charities Trust's
S. S. Dempo College of Commerce & Economics
Cujira Bambolim - Goa

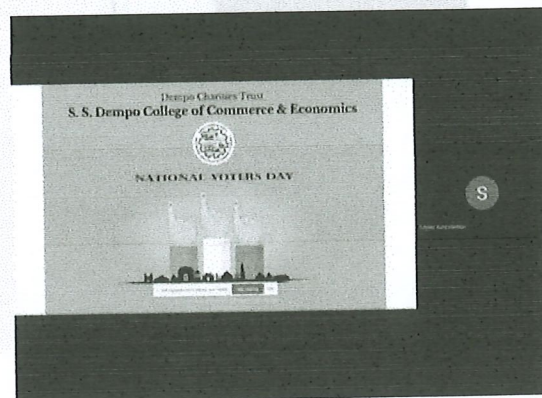
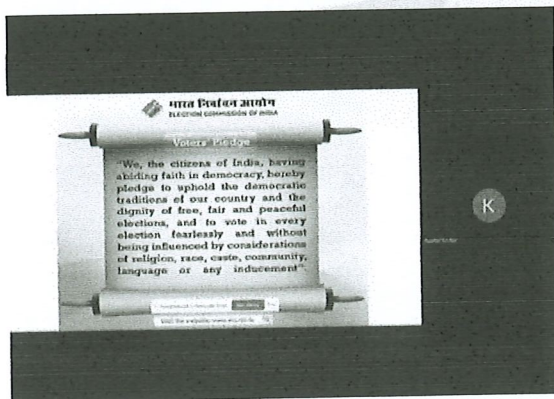
Report on
NATIONAL VOTERS' DAY PLEDGE

Date: 25th January 2022

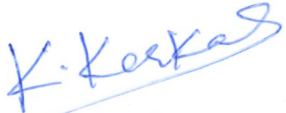
Venue: Online Platform

The college celebrated 12th National Voters' Day on 25th January 2022. The day is celebrated to mark the foundation of Election Commission of India on this day in 1950. The main purpose of this day is to encourage, facilitate and maximise enrolment for new voters. Dedicated to the Voters of the country, the day is utilised to spread awareness among the voters and for promoting informed participation in electoral process. The theme for this year was "Making Elections Inclusive, Accessible and Participative".


Due to rising cases of covid, the celebration of this day was restricted to an online voters' pledge ceremony on the Google meet platform at 10 am. Principal Dr. Radhika Nayak and Vice Principal Dr. Aruna Mesquita e Noronha were also present for the event. The pledge was administered by Nodal Officer on Election literacy, Asst. Prof. Kushal P. Kerkar. Teaching staff as well as students participated in the same. There were total of 88 prospective voters who unanimously took the pledge.



National Voters Pledge ceremony on Google meet Platform


Kushal P. Kerkar
Nodal Officer on Election Literacy




Dr. Radhika Nayak
Professor and Principal

PROFESSOR and PRINCIPAL
S.S. DEMPO COLLEGE OF
COMMERCE & ECONOMICS,
Deendayal Integrated School Complex,
Cujira - Goa.

Dempo Charities Trust's
S. S. Dempo College of Commerce & Economics
Cujira Bambolim - Goa

Report on
DIGITAL POSTER MAKING COMPETITION ON VOTER'S AWARENESS

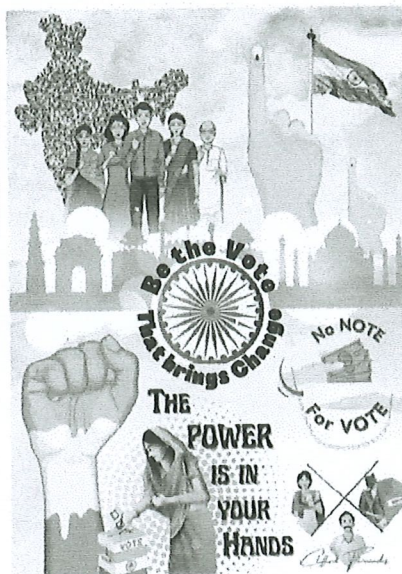
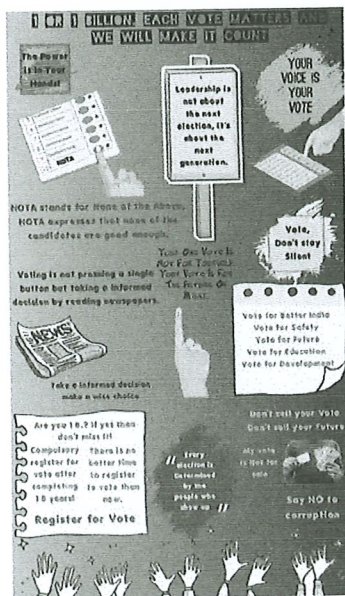
Date: 02 February 2022 to 06 February 2022

Venue: Online Platform


As general Elections of Goa State legislative Assembly were about to be held in the state of Goa on 14th February 2022 and in order to increase the participation of young voters in the upcoming elections, DCT's S. S. Dempo College of Commerce and Economics organised Voters' Awareness Campaign from 2nd February to 6th February, 2022. The ultimate aim of this event was to create an atmosphere which would highlight the significance of voting and to push young voters to go out and cast their vote.

For making of posters digitally students had to use various graphics, pictures etc. The theme for the competition was 'Power of one vote'. The judges for the same were Ms. Saylee Kuncolienkar, Assistant Professor in Commerce and Ms. S. Sneha, Assistant Professor in Commerce. The prize winners for the same were Mr. Amey Ambre M.Com II got the 1st place, Clifford Fernandes S. Y. BBA received 2nd place and Swarup Shanbhag S. Y. B. Com received the 3rd place.

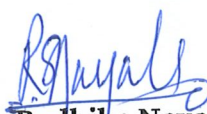
Total number of participants: 09



Digital posters on 'Power of one vote'


Kushal P. Kerkar
Nodal Officer on Election Literacy




Dr. Radhika Nayak
Professor and Principal

PROFESSOR and PRINCIPAL
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Deendayal Integrated School Complex,
Cujira - Goa.

Dempo Charities Trust's
S. S. Dempo College of Commerce & Economics
Cujira Bambolim - Goa

Report on
WHATSAPP STICKER MAKING COMPETITION

Date: 02 February 2022 to 06 February 2022

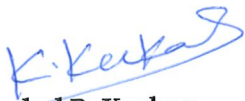
Venue: Online Platform

WhatsApp Sticker making competition was organised to create awareness on election through messages on WhatsApp through WhatsApp stickers as general Elections of Goa State legislative Assembly were about to be held in the state of Goa on 14th February 2022. The winners for the same were Amey Ambre S. Y. BBA on 1st place, Clifford Fernandes S. Y. BBA received the 2nd place and 3rd place was received by Kevin Fernandes S. Y. BBA The judges for the same were Mr. Suraj Parmekar Assistant Professor in Mathematics and Mr. Omkar Pawaskar Assistant Professor in Management.


Total number of participants: 08



WhatsApp stickers on Voter's Awareness


Kushal P. Kerkar
Nodal Officer on Election Literacy




Dr. Radhika Nayak
Professor and Principal

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Report on
SLOGAN CREATION COMPETITION
ON "ETHICAL VOTING AND CAST YOUR VOTE"

Date: 02 February 2022 to 06 February 2022

Venue: Online Platform

Voters' Awareness Campaign was organized from 2nd February to 6th February, 2022. The ultimate aim of this event was to create an atmosphere which would highlight the significance of voting and to push young voters to go out and cast their vote.

Slogan Creation Competition was also organized having a theme of "Ethical voting and cast your vote". The competition was conducted to explore the writing skills of students. 1st place was received by Archit Nayak I. M. Com II, 2nd place by Amey Ambre M. Com II and Sanroy D'Souza T. Y. B. Com received the 3rd place. The judges for the same were Assistant Professor in Economics Mrs. Soniya Chodankar and Assistant Professor in English Mrs. Runa Menezes.

Total number of participants: 05

Slogan competition

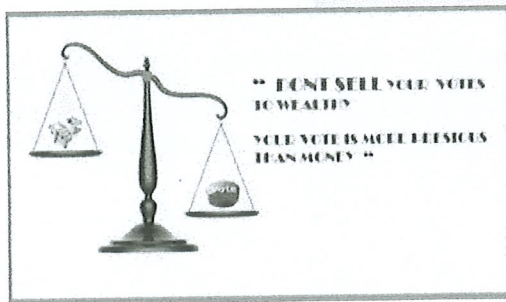


नवो बदल घडोया

मतदान आमी करूया

गोयाचो विकास विणूया

बरो आमदार निवडूया




Your Future is in your Hands...
Cast your vote! Cast your Future!

Slogan's on "Ethical voting and cast your vote"


Kushal P. Kerkar
Nodal Officer on Election Literacy




Dr. Radhika Nayak
Professor and Principal

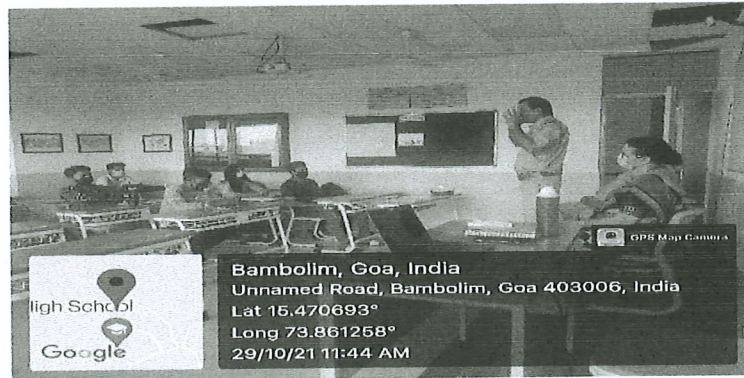
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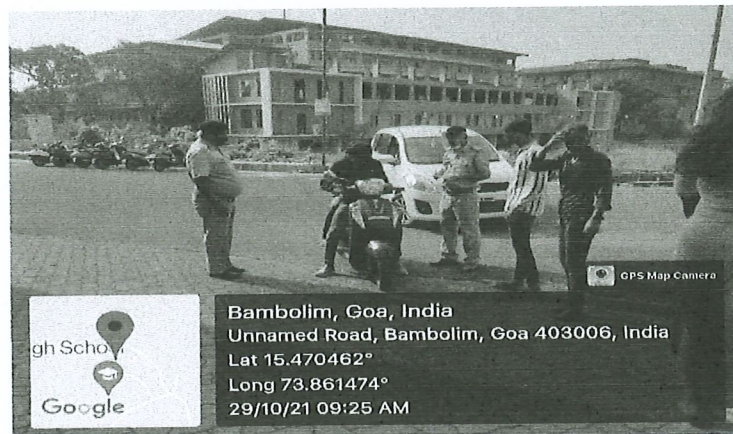
REPORT

SESSION ON ROAD SAFETY AND SPOT ON CHECK

Consumer Welfare and Legal Aid Cell organized a spot-on check of the students travelling to college by their private vehicles was done by RTO officials on 29th October 2021. Additional director of transport Shri. Pralhad Dessai was requested to depute two RTO officers for conducting the Spot -on Check. Accepting the invitation, The Additional Director of Transport Shri. Pralhad Dessai deputed two officials namely Mr. Anthony D'Sa, Motor Vehicle Inspector, Directorate of Transport, North Goa and Mr. Anand Devari, Assistant Motor Vehicle Inspector, Directorate of Transport, North Goa. The officials arrived the college campus by 9 am. They inspected each and every vehicle entering the college campus. Students were advised on use of helmet, carrying of important documents, using of rear-view mirrors and various other aspects of safe driving and riding on road. The officials then addressed a class of BBA department having 31 students and gave a talk on road safety and importance of safe riding.



Talk by Motor Vehicle Inspector



Spot on check by the motor vehicle inspectors

Sonika

Soniya V Chodankar
Activity in-charge



Radhika
Prof. Radhika Nayak

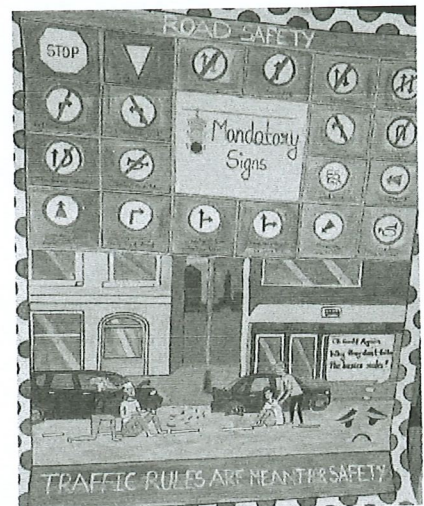
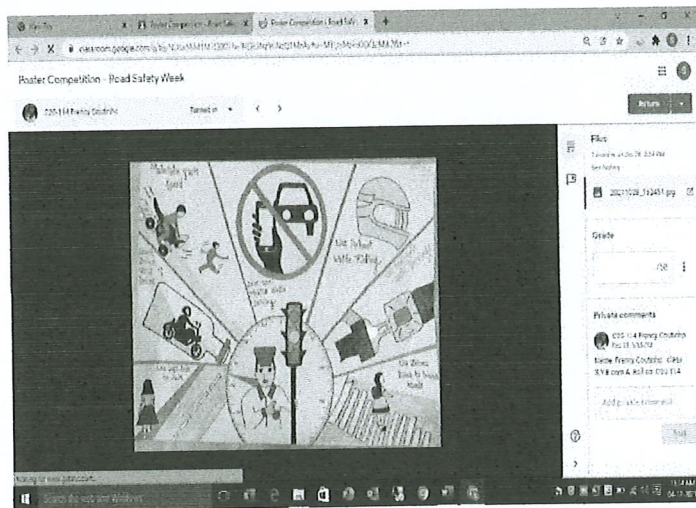
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REPORT

POSTER COMPETITION ON THE THEME ROAD SAFETY

Consumer Welfare and Legal Aid Cell organized a Poster competition was held on 28th of October on the theme Road Safety. Students were given option of either submitting the posters in physical mode or uploading the picture of the posters made by them over google classroom made for the same. In total 8 entries were received. The first prize was won by Miss. Simran Sadiq Mullah student of FYBCOM A, second prize was given to Mr. Devendra Solanki student of SYBCOM F and third prize was won by Miss Kehakasha Parveen Shaikh student of FYBCOM A. Judging for the competition was done by Dr. Smitha Bhandare Kamat, Associate Professor in Commerce and Mr. Shrikant Madar, Assistant Professor in Economics of the college.



Posters on road safety

Sodankar
Soniya V Chodankar
Activity in-charge



R. Nayak
Prof. Radhika Nayak

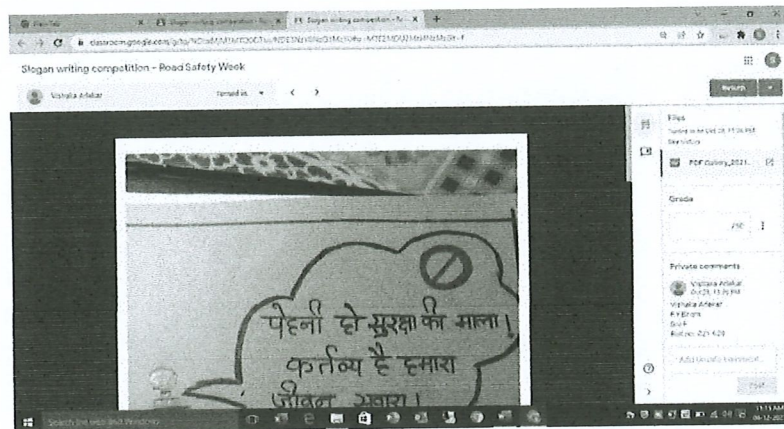
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Bambolim.**

REPORT

SLOGAN WRITING COMPETITION ON THE THEME ROAD SAFETY

Consumer Welfare and Legal Aid Cell organized a slogan writing competition which was held on 28th October 2021. Total 8 entries were received. The first prize was won by Miss Namita Advaiakar student of FYBCOM A, second prize was given to Miss. Jessica Mendonca student of MTTM course and third prize was won by Miss Vishaka Arlekar student of FYBCOM F. Judging for the competition was done by Ms. Saylee Kuncolienkar, Assistant Professor in Commerce and Mr. Kushal Kerkar, Assistant Professor in Commerce of the college.



Slogan on road safety

Soniya V Chodankar

Soniya V Chodankar
Activity in-charge



Prof. Radhika Nayak

Prof. Radhika Nayak

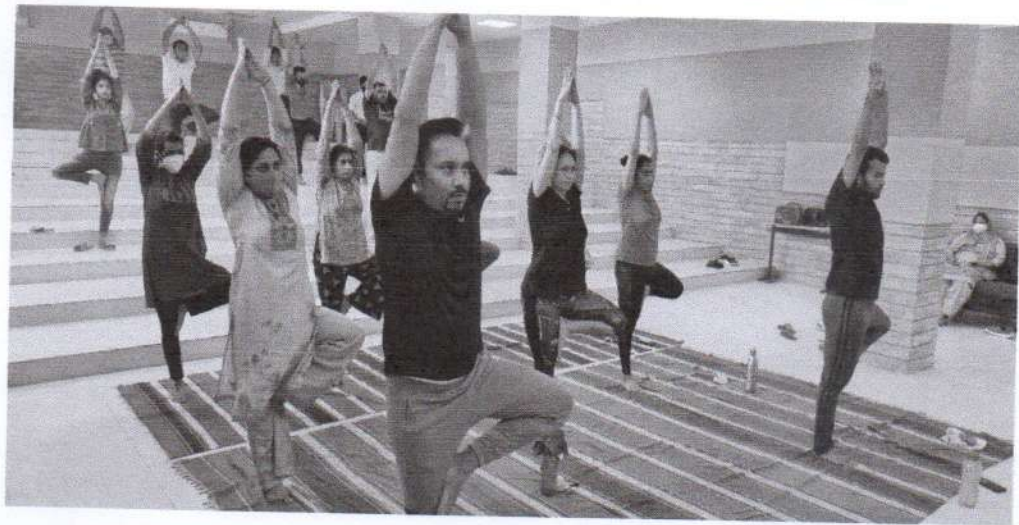
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REPORT

International Yoga Day

Virtual Yoga Session was organized by the NSS Unit in Collaboration with Art of Living Foundation to commemorate the International Yoga Day on 21st June 2021. The session was conducted by Art of Living Foundation members Dr. Malini Dessai and Ms. Feliciano Fernandes. The session was attended by Staff and Students. 07 volunteers participated in Instagram Reel Competition Demonstrating Yoga Asanas organised by the NSS Unit.



Staff participating in the online Yoga session

Amit Naik

NSS Unit In-charge



Dr. Radhika S. Nayak

Principal
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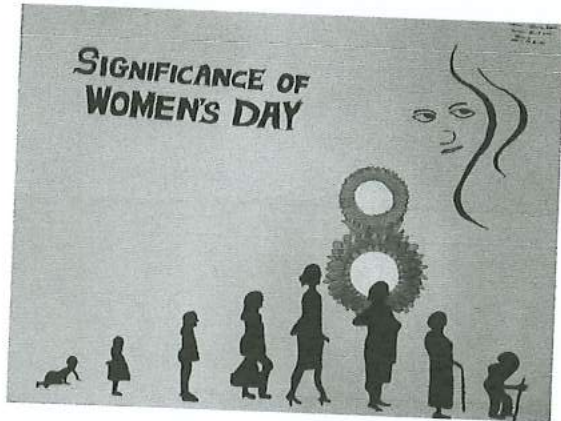
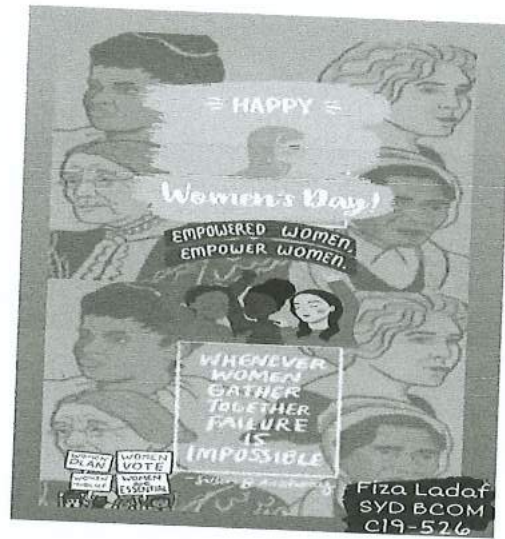
Report

Poster making competition on International Women's Day

Date: 8th March 2021

Venue: Online Platform

The Department of Law organized an online poster competition for students on the occasion of Women's Day on 8th March, 2021. This activity created awareness about equality and women empowerment. Around 6 posters were prepared.



Posters on International Women's Day

R. Angle

Asst. Prof. Reshma Pai Angle
Activity in-charge



R. Nayak

Prof. Radhika Nayak
Principal

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REPORT

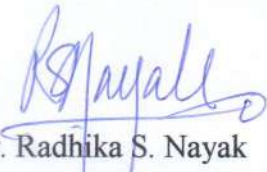
World AIDS Day

On World AIDS day 33 NSS volunteers attended the webcast on 1st December 2020 to commemorate the efforts of work force engaged in National AIDS program. The event was addressed by Hon'ble Union Minister, Harshvardhan and Hon'ble Minister of state Health and Family welfare Ashwini Kumar Choubey.



Amit Naik

NSS Unit In-charge



Dr. Radhika S. Nayak

Principal

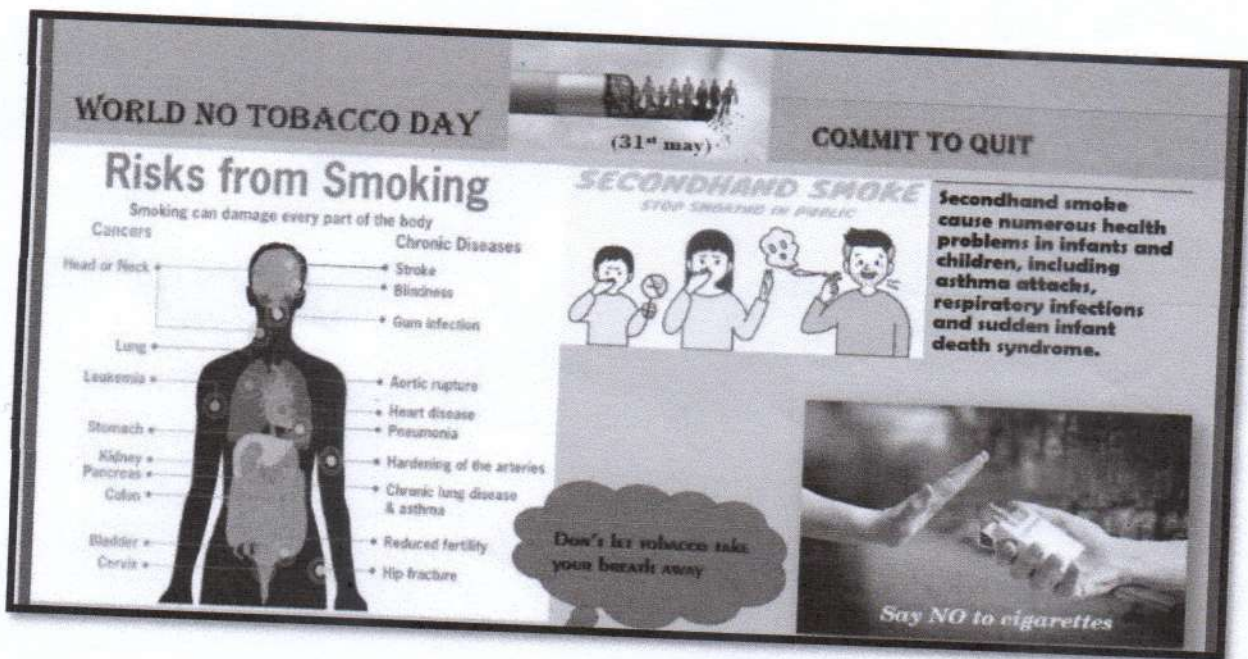
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REPORT

World No Tobacco Day

NSS volunteers on 31st March 2020 created digital posters to raise awareness on the harmful and deadly effects of tobacco use and second hand smoke exposure. Online pledge on committing to quit tobacco was administered by Assistant Professor Suraj Parmekar along with staff and students.



Poster created by one of the participant

Amit Naik
Amit Naik
NSS Unit - Programme officer Incharge

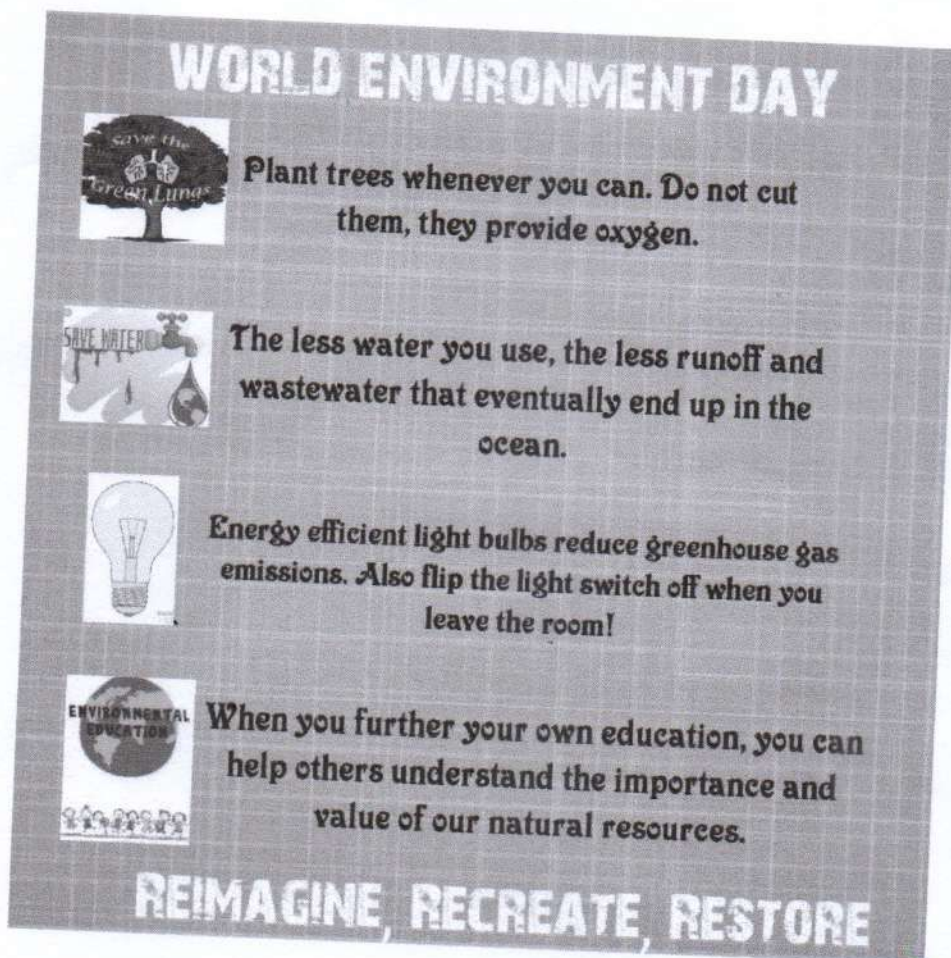
Dr. Radhika S. Nayak
Dr. Radhika S. Nayak
Principal
Principal and PRINCIPAL
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Cujira - Goa.



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REPORT

World Environment Day

On 5th June 2021, 224 volunteers created awareness on World Environment Day by sharing Digital Poster on their social media platforms thereby informing community about the importance of conserving the nature.



Amit Naik
Amit Naik

NSS Unit - Programme officer Incharge



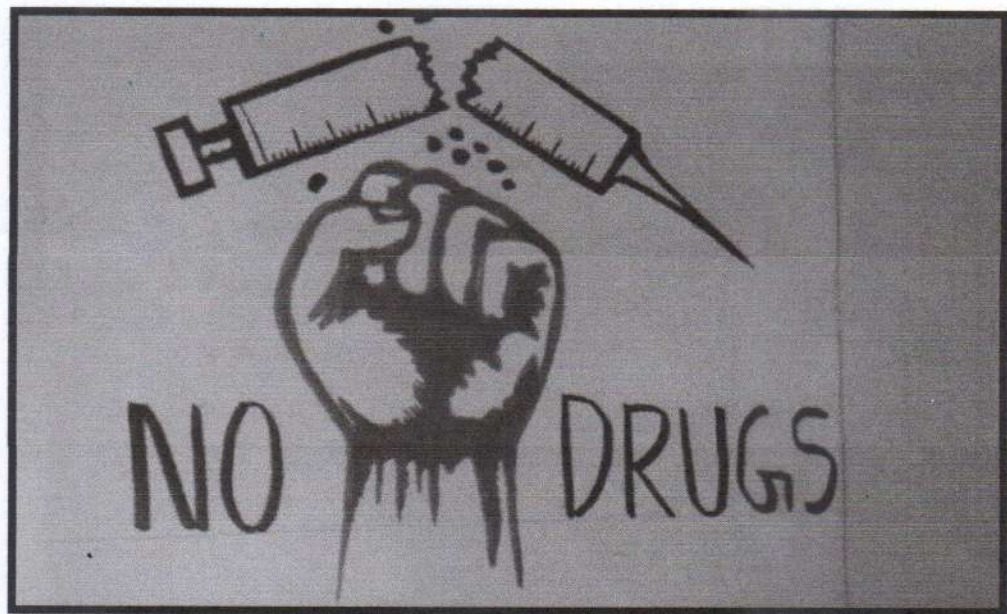
Dr. Radhika S. Nayak
Dr. Radhika S. Nayak

Principal
PROFESSOR AND PRINCIPAL
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REPORT

International day against drug abuse and illicit trafficking

191 Volunteers created awareness on drug abuse and illicit trafficking through digital poster on the social media platform on the occasion of International Day against Drug Abuse & Illicit Trafficking on 26th June 2021. As a part of Nasha Mukta Bharat Campaign the NSS Unit of the college organised Essay and Slogan Writing competitions on theme 'Drug Free India.



Poster created by one of the participant.

Amit Naik

NSS Unit Incharge

Dr. Radhika S. Nayak

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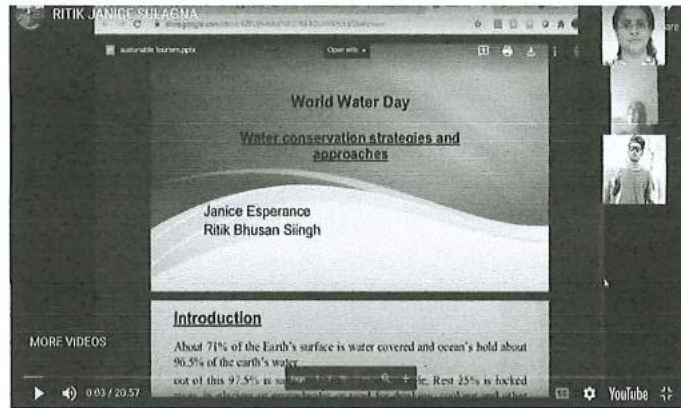
DCT's S.S. DEMPO COLLEGE OF COMMERCE AND ECONOMICS

Report

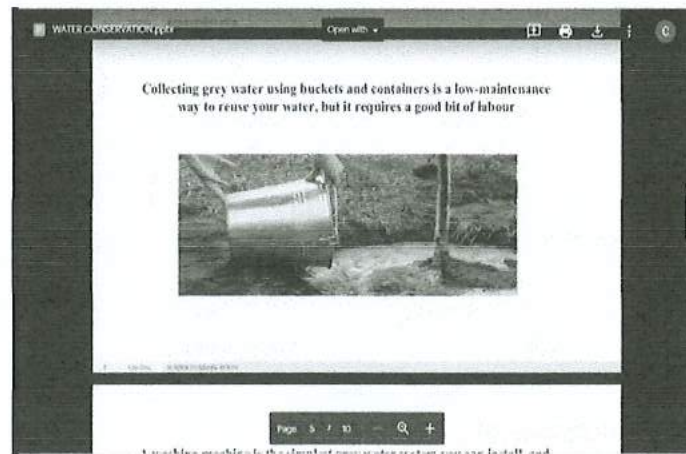
World Water Day Presentation and Awareness

Date: 25th March 2021

Presentations on water conservation were done by MTTM students on 25th March 2021 to create awareness on water conservation and preserve the natural environment. The students shared why it is important to conserve water. The major objective of this activity was to identify methods of water conservation, list the benefits of rain water harvesting and strategies of tradition water conservation methods. Around 10 students participated.



Presentation on water conservation



Collecting grey water

Dr. Cheryl Venon Dias
Activity in-charge



Prof. Radhika Nayak

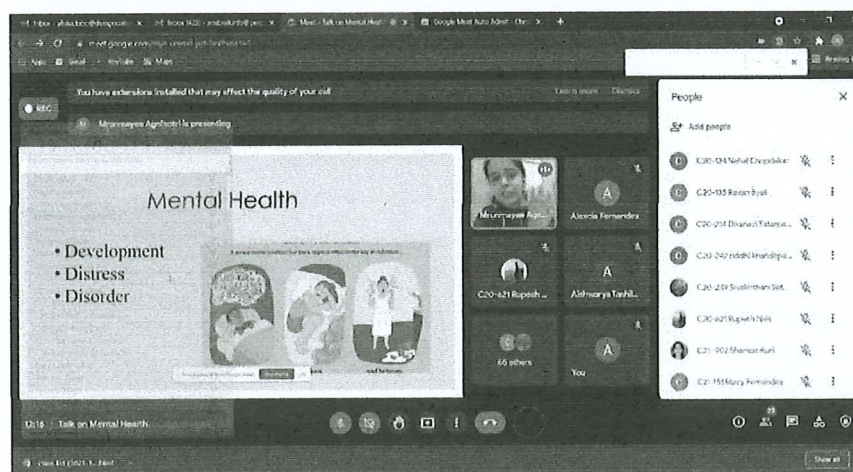
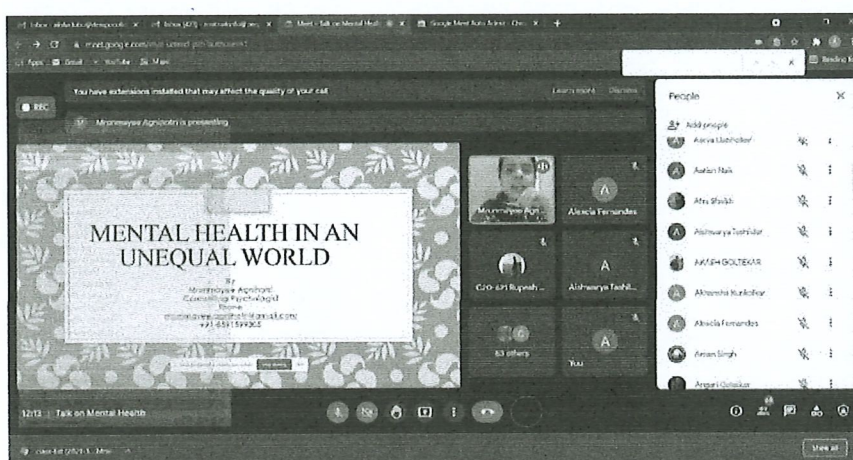
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Report
MENTAL HEALTH IN AN UNEQUAL WORLD

Date: 12th October 2021

Venue: Online platform

The student Counseling and Value Education cell organized a talk on 'Mental Health in an Unequal World'. The session was organized to commemorate World Mental Health Day. The session was organized with the aim of creating awareness on the importance of mental wellbeing. The session was facilitated by Ms. Mrunmayee Agnihotri, a practicing Counseling Psychologist at Institute of Psychological Health Thane. The session was attended by 70 students. The session continued for one hour. The talk covered different aspects of mental health, the inequality in mental health services available, the session also focused on sensitizing students towards different mental health issues.



Talk on 'Mental Health in an Unequal World'

Anushka Laad
Anushka Laad
Activity in-charge

Prof. Radhika Nayak
Prof. Radhika Nayak



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Events and Festivals Organized

Events and Festivals conducted in the college during respective years

2021-2022 –

https://dempocollege.edu.in/wp-content/uploads/SSR/5.3.2_merged_2021-22.pdf

2020-2021 –

https://dempocollege.edu.in/wp-content/uploads/SSR/5.3.2_merged_2020-21.pdf

2019-2020 –

https://dempocollege.edu.in/wp-content/uploads/SSR/5.3.2_merged_2019-20.pdf

2018-2019 –

https://dempocollege.edu.in/wp-content/uploads/SSR/5.3.2_merged_2018-19.pdf

2017-2018 –

https://dempocollege.edu.in/wp-content/uploads/SSR/5.3.2_merged_2017-18.pdf

Other Events and Festivals

https://dempocollege.edu.in/wp-content/uploads/SSR/values_merged.pdf




Prof. Radhika Nayak

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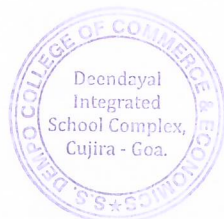
Safety & Security

Entrance Security CCTV

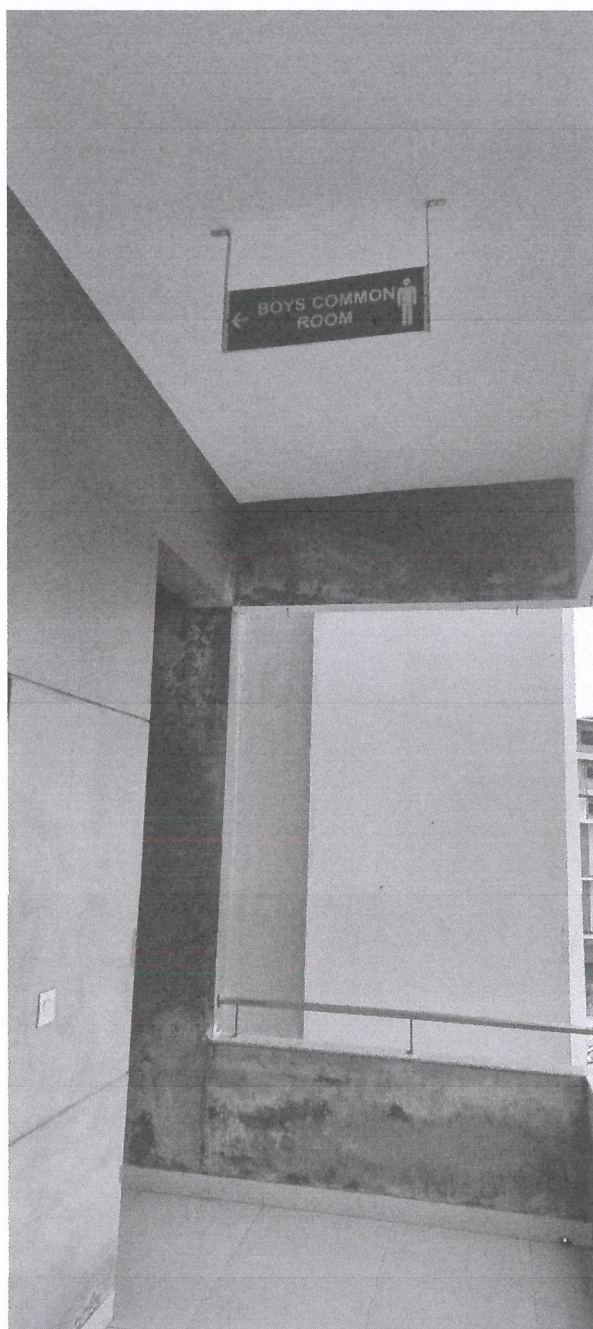


Rajyal

PROFESSOR and PRINCIPAL
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Cujira - Goa.



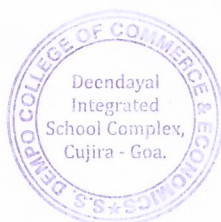
Boys Common Room



R. Nayal

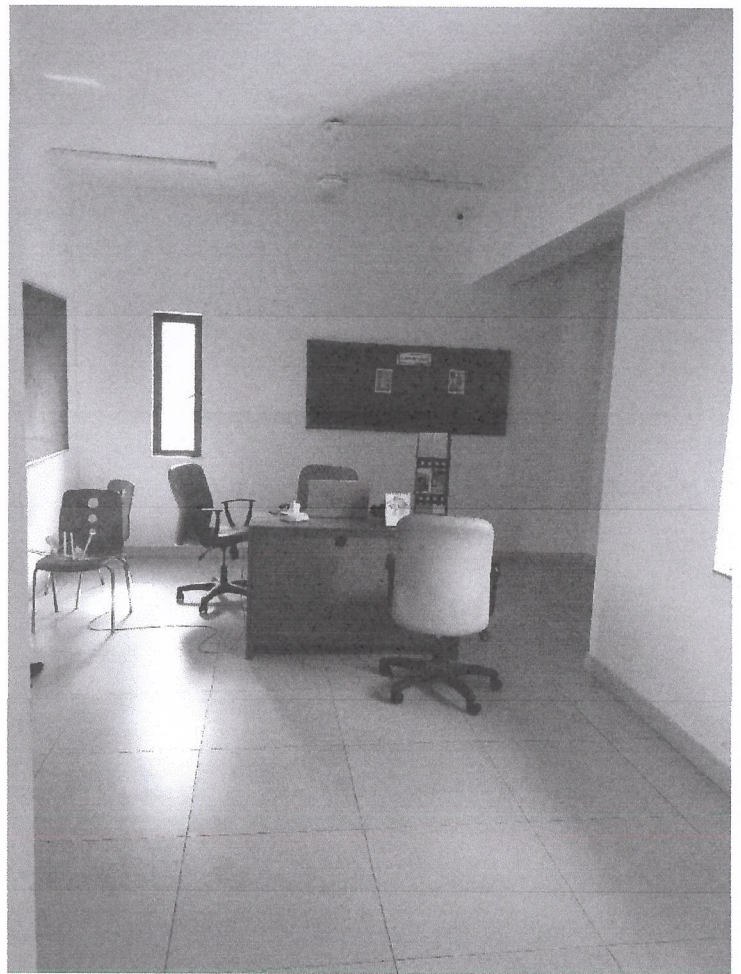
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Girls Common Room



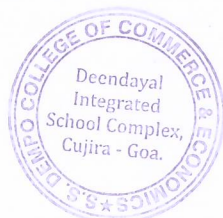
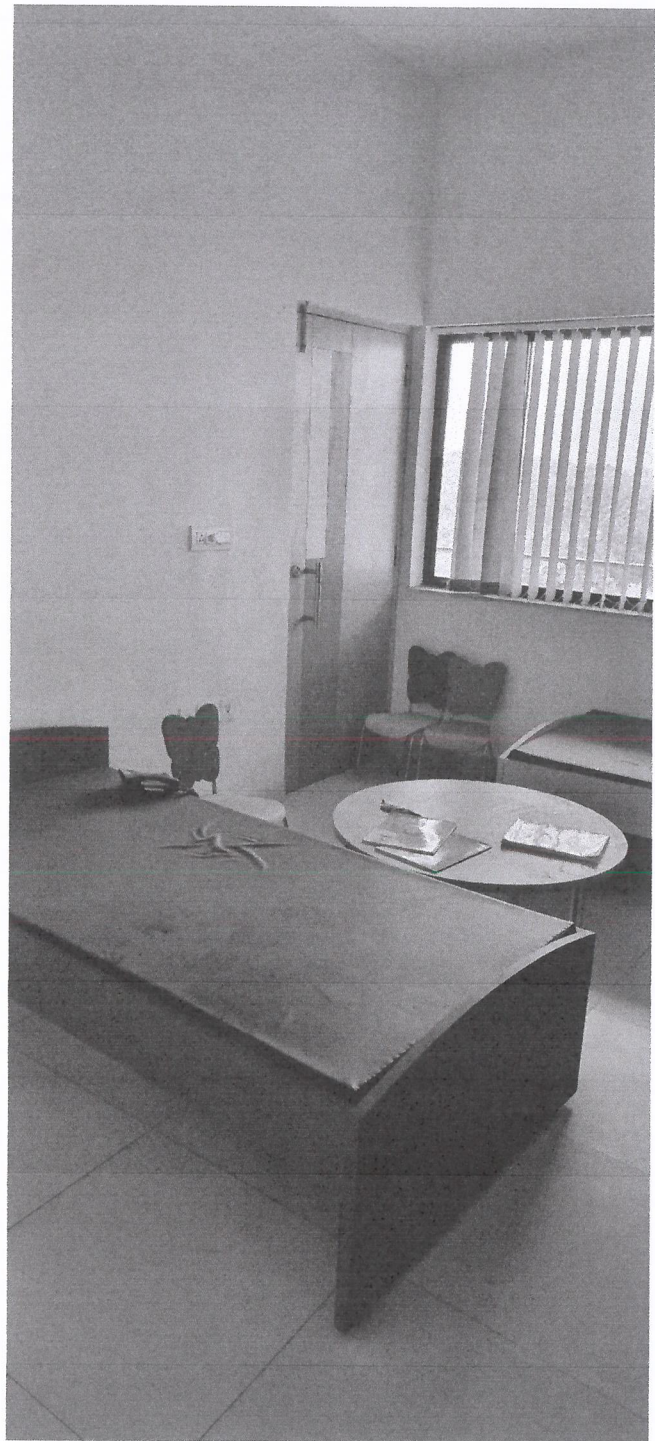
R. Nayak
PROFESSOR and PRINCIPAL
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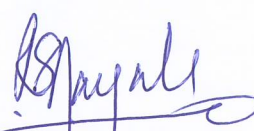
Counselling Room



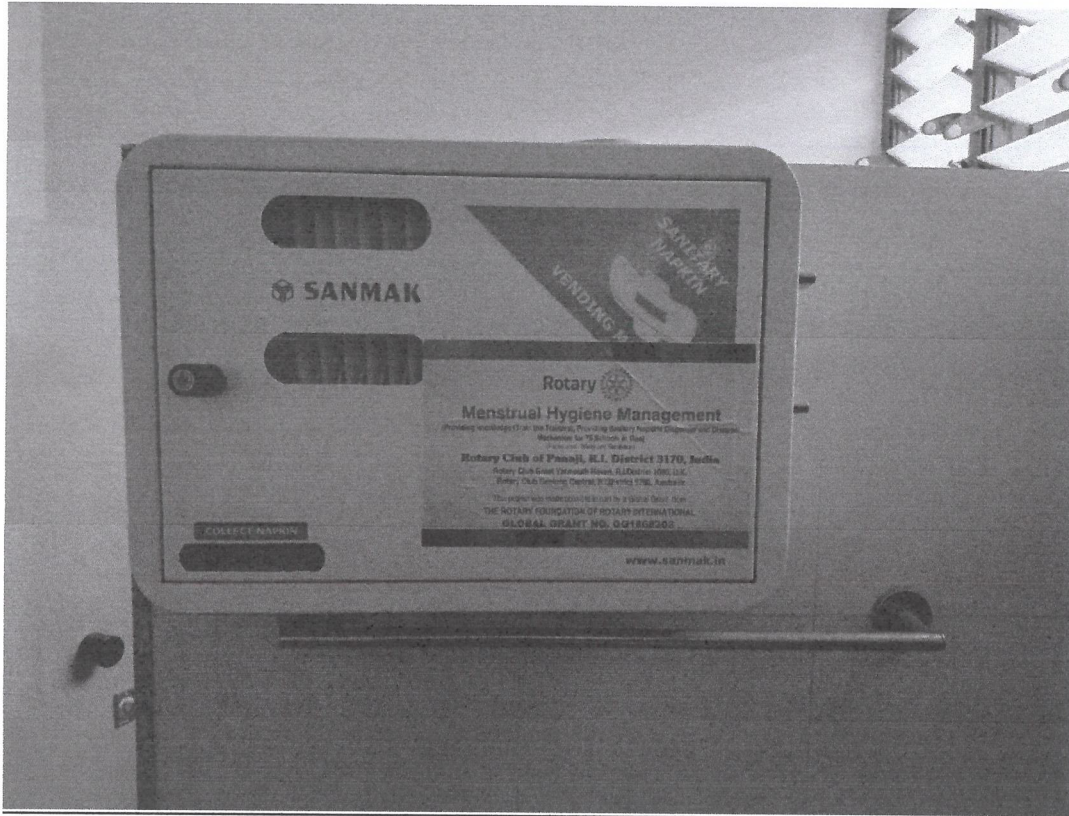
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Day Care Center




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Sanitary napkin vending machines and Incinerator



BS Nayal
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