

REPORT OF ACTIVITIES ORGANISED BY WOMEN’S CELL “JYOTI” FOR THE ACADEMIC YEAR 2020-2021

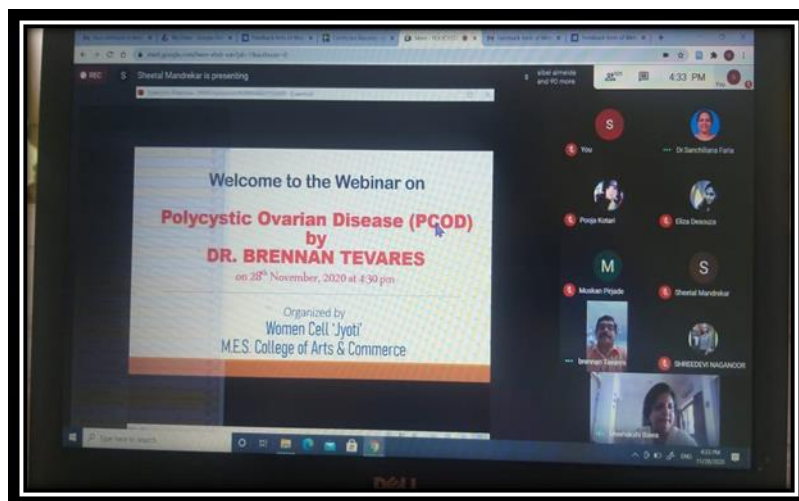
The Women’s Cell, namely; “**Jyoti**” of M.E.S. College of Arts and Commerce had organized several online and offline activities for the girl student’s, for their skill and personality development for the Academic Year 2020-2021.

Following activities were organized by the Women’s Cell for the academic year 2020-2021:

I: Webinar on Polycystic Ovarian Disease (PCOD) held on 28th November 2020

The Women Cell “Jyoti” of M.E.S. College of Arts & Commerce, Zuarinagar, organized a Webinar titled, “Polycystic Ovarian Disease (PCOD)” for the girl students of M.E.S. College B.A/B.Com/B.B.A/B.C.A and M.Com on 28th November 2020. The Webinar was streamed online via Google Meet and You Tube. The resource person was eminent Dr. Brennan Tavares who presently works as Obstetrics & Gynaecologist in Apollo Victor Hospital, Margao – Goa. He also runs his own clinic, Margao – Goa.

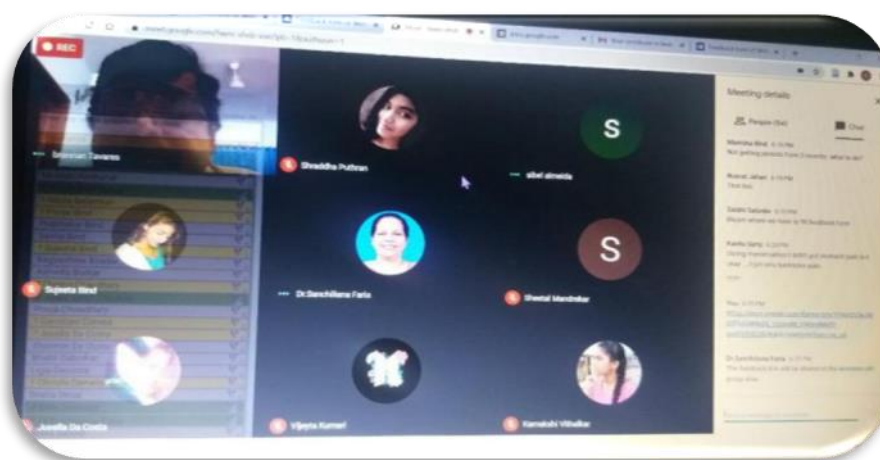
Officiating Principal Dr. Meenakshi Bawa delivering the welcome address and Dr. Sancheliana Faria, Chairperson of Women Cell ‘Jyoti’ introduced the esteemed resource person, Dr. Brennan Tavares.



The Webinar was attended by a total of **108** girl students and teachers of the Women’s cell. Asst Prof. Sheetal Mandrekar hosted the session, Officiating Principal Dr. Meenakshi Bawa delivered the welcome address, Dr. Sancheliana Faria introduced the honourable resource person Dr. Brennan Tavares, Asst. Prof. Sibel Almeida

pleasantly handled the question answer session and proposed the vote of thanks. Asst. Prof Shubada Parab efficiently managed the feedback forms and certification process. The webinar commenced at 4.15p.m and ended by 6.30p.m. According to the student's feedback, the webinar was found to be very enlightening and informative. The resource person was apt at delivering the session and made the concepts very clear and comprehensible. Students were very inquisitive to know more and actively participated in the question answer session. It was indeed a very interactive session. Students who attended and participated in the webinar were awarded e-certificates.

Resource person, Doctor Brennan Tavares delivering the session on PCOD to the girl students



Dr. Meenakshi Bawa, Officiating Principal, Dr. Sancheliana Faria, Chairperson of Women Cell 'Jyoti', Asst. Prof. Ms. Sweta Matonkar, Coordinator of the Webinar and other members of the Women cell committee Asst. Prof. Ms. Safal Narvekar, Asst. Prof. Ms. Sheetal Mandrekar, Asst. Prof. Ms. Sibel Almeida and Asst. Prof. Ms. Shubhada D. Parab actively contributed towards the progress of the webinar.

II: Report on Christmas Candle Decoration Competition and Christmas Wreath Making Competition on 22nd December, 2020

The Women's cell, "Jyoti" of M.E.S. College of Arts and Commerce organized two competitions, online on the eve of Christmas namely; 'Christmas Candle Decoration/Designing' Competition and 'Christmas Wreath Making' Competition for the girl students of BA/B.Com/BBA/BCA/M.Com on 22nd December, 2020. The participants were requested to follow all the rules of the competition and make a video of the decorated Christmas Candle or the Christmas Wreath and email it to womencelljyoti@gmail.com.

In total, seven student participants had registered for the 'Christmas Candle Decoration' competition and eight participants had registered for the 'Christmas Wreath Making

competition'. The competition was judged on the basis of Creativity, Neatness, Presentation, Use of Colours, Materials and Overall Presentation. Asst. Prof. Ms. Sheetal Mandrekar, was the coordinator of the event.

Following are the details of prize winners for the competitions:

Christmas Candle Decoration Competition				
Sr. No.	Name of the student	Roll No.	Class	Place Secured
1.	Ms. Samreen Shaikh	C19152	SY.B.Com Div 'B'	First
Christmas Wreath Making Competition				
Sr. No.	Name of the student	Roll No.	Class	Place Secured
1.	Ms. Gauravi Parab	C20011	F.Y B.Com	First
2.	Ms. Haneen N. Khan	C18506	T.Y. B.Com B	Second

All the participants were given online participation certificates and the winners were awarded prizes as well as certificates.

Winner of Christmas Candle Decoration Competition

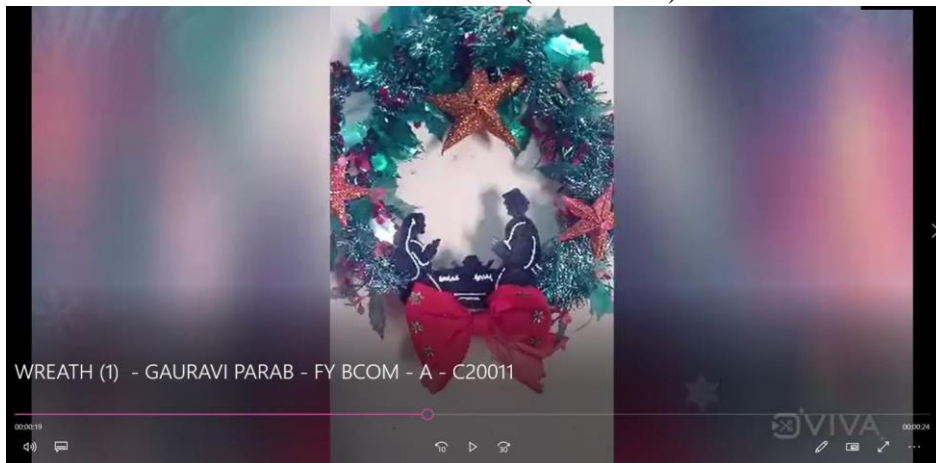
Ms. Samreen Shaikh



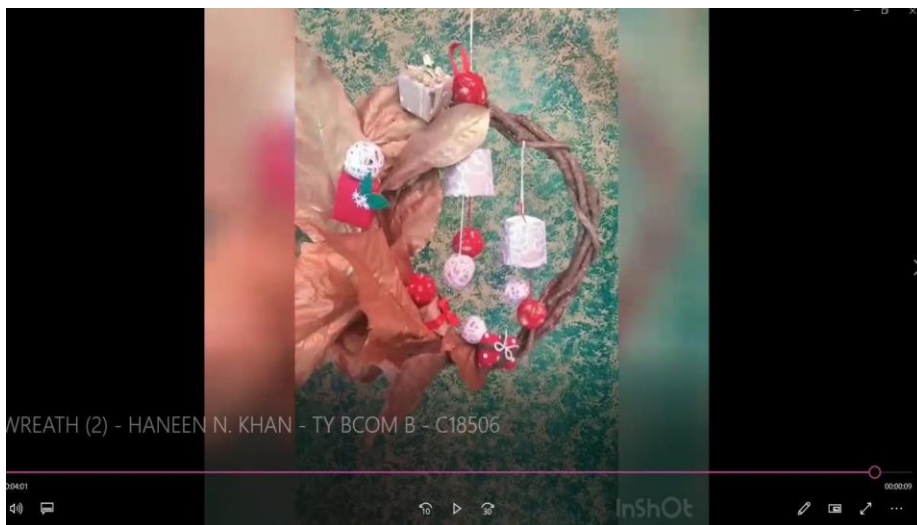
Student participant Ms. Samina Bi Shaikh for the Candle Decoration Competition



**Winners of Christmas Wreath Making Competition
Ms. Gauravi Parab (First Place)**



Ms. Haneen N. Khan (Second Place)



Participant Ms. Samina B. Shaik for the Wreath Making Competition



III. Face Mask Designing Competition

The Women Cell ‘Jyoti’ of M.E.S. College of Arts & Commerce, Zuarinagar organized an online competition titled ‘**Face Mask Designing**’ for the girl students of B.A/B.COM/B.B.A/B.CA & M.Com of our college on 23rd December 2020. In all 16 girls students enthusiastically participated from different streams of the college. The competition was judged based on innovation, creativity and originality. Asst. Prof Sibel Almeida was the coordinator of the competition member of Women cell “Jyoti”.

The following students were declared as the winners:

Sr.no	Name of the students	Roll.Nos	Class	Place secured
1.	Ms. Sanna Metr	A19022	B.A SEM III (Div A)	First
2.	Ms. Kamakshi Manjunath Vithalkar	A20116	B.A SEM I (Div B)	Second
3.	Ms. Manasi Mahesh Sawant	C19023	B.COM SEM III (Div D)	Third

All the participants were given online participation certificates and the winners were awarded prizes as well as certificates.

Winners of the Face Mask Designing Competition

Ms. Sanna Metr (First Place)



Ms. Kamakshi Manjunath Vithalkar (Second Place)



Ms. Manasi Mahesh Sawant (Third place)



IV: Report on the Competition “Women Who Inspired me” held on 2nd March, 2021:

The Women Cell “Jyoti”, of M.E.S. College of Arts & Commerce, Zuarinagar, in collaboration with the JCI Panjim, organized an online Competition on 2nd March, 2021 at M.E.S. College on the topic, “**Women Who Inspired me**” for the girl students of M.E.S. College of B.A/B.Com/B.B.A/B.C.A and M.Com, during the Women’s Week to commemorate International Women’s Day. Participants were requested to make videos on the women who inspired them. Participants were also requested to email the video on **womencelljyoti@gmail.com**. Total three teams had participated in the event. Two students Ms. P.J. Vandana and Sangeeta Pochaiah Vadla from S.Y.B.Com, Div ‘D’ class were the winners of the competition. The event was judged based on creativity, message clarity and relevance, motivation and inspiration, highest likes on the Instagram and overall impact. The event was coordinated by Assistant Professor Ms. Shubhada D. Parab member of Women cell “Jyoti”. The trophies were sponsored by JCI Panaji. Student winners were awarded trophies and certificates.

V. Report of Talk titled “Aspects of Adolescence Life” held on 04th March 2021.

The Women Cell “Jyoti”, N.S.S unit of M.E.S. College of Arts & Commerce, Zuarinagar, in collaboration with the JCI Vasco, organized a Talk on the topic, “**Aspects of Adolescence Life**” for the girl students of M.E.S. College of B.A/B.Com/B.B.A/B.C.A and M.Com on 04th March 2021, during the Women’s Week to commemorate International Women’s Day

celebration which is held on 8th March every year. The venue for the talk was M.S. Kamat Seminar Hall at M.E.S. College. The resource person was Dr. Shivani Jain who currently works as a Consultant, Obstetrics & Gynecologist in Manipal Hospital, Goa. The offline talk was attended by a total of 44 girl students in order to adhere to the SOP protocols related to corona virus pandemic. Dr. Sandhya Bhandare Sequeira, Principal In Charge, Mr. JC Peter D'Souza, President of JCI, Vasco, Dr. Sancheliana Faria, Chairperson of Women Cell 'Jyoti', Asst. Prof. Ms. Sweta Matonkar, Coordinator of the Event, Members of the Women cell "Jyoti", Asst. Prof. Ms. Safal Narvekar, Asst. Prof. Ms. Sheetal Mandrekar, Asst. Prof. Ms. Sibel Almeida and Asst. Prof. Ms. Shubhada D. Parab and Members of the JCI, Vasco and students participants actively contributed towards the progress of the event.

Dr. Sandhya Bhandare Sequeira, Principal In-Charge presenting memento to the resource person Dr. Shivani Jain



Ms. Chanchal Shah, Junior Coordinator of JCI compered the entire event graciously. Dr. Sandhya Bhandare Sequeira, Principal in-charge, formally welcomed the august gathering. Asst. Prof. Sweta Matonkar, Coordinator of the event, introduced the honorable Resource Person, Principal In-charge and President of JCI, Vasco. Asst. Prof. Shubadha D. Parab and Asst. Prof. Sheetal Mandrekar gave a floral welcome to the honorable Resource Person, Principal In-charge and Mr. JC Peter D'Souza, President of JCI, Vasco.

Resource person Dr. Shivani Jain, Mr. Peter D’Souza, President of JCI, Vasco, student participants and members of Womens cell “Jyoti” for the talk on ‘Aspects of Adolescence Life’



Dr. Shivani Jain, resource person took over the session and enlightened the students with some useful piece of information on the topic “Aspects of Adolescence Life”. Mr. JC Peter D’Souza, President of JCI, Vasco delivered a speech on leadership qualities and the importance of personality development among adolescents. Ms. Feba Issac, student of M.E.S. College gave a wonderful feedback with regard to the session. Dr. Sandhya Bhandare Sequeira, Principal In-charge, presented the memento to the Resource Person, Dr. Shivani Jain and Mr. JC Peter D’Souza, President of JCI, Vasco presented the memento to our Principal In-charge Dr. Sandhya Bhandare Sequeira. Dr. Sancheliana Faria, Chairperson, Women Cell ‘Jyoti’ proposed the vote of thanks.

According to the student’s feedback, the talk was found to be very enlightening and informative. The resource person was apt at delivering the session and made the concepts very clear and comprehensible. Students were very inquisitive to know more and actively participated in the question answer session. It was indeed a very interactive session. Asst. Prof. Sheetal Mandrekar effectively managed to send the link of feedback forms and e-certificates to the student participants. The event commenced at 1.45 pm and ended by 3.30 pm. The event ended by singing the National Anthem and capturing a photograph of the same.

VI:Report on “Self Defense Workshop” held on 4th March 2021

The Women’s Cell ‘Jyoti’, Department of Physical Education and Sports and N.S.S. unit of M.E.S College of Arts and Commerce, Zuarinagar - Goa in association with JCI Vasco organized a Self Defense Workshop for the girl students of B.A/B.Com/B.B.A/B.C.A and M.Com of the college on 4th March 2021 to commemorate International Women’s Day celebration which is held on 8th March every year. The Workshop was held in the Gymkhana Hall of M.E.S. College from 3.00 p.m. to 4.30 p.m. The resource person for the workshop was Dr. Mark Fernandez who is a national level Taekwondo player.

At the outset, the resource person was introduced by Mr. Savio Fernandes (Director of Sports). Dr. Mark Fernandez spoke on the importance of possessing these self-defense techniques in today’s ever changing world. He also stressed the importance of having a good presence of mind and being sharp in any unforeseen circumstances. He taught the students some basic punches, kicks and blocks which would be helpful to the students and got these skills practiced by the students after his demonstration.

Resource person Dr. Mark Fernandez training the student participants for the self-defense workshop held on 4th March 2021



The guests for the valedictory function were Dr. Mark Fernandes (Resource person), Mr. Peter D’souza (President of JCI, Vasco), Dr. Sandhya Bhandare (Principal In-charge), Dr Sancheliana Faria (Chairperson – Women’s Cell ‘Jyoti’) and Mr. Savio Fernandes (Director of Sports). Dr. Sandhya Bhandare (Principal In-charge) welcomed the gathering and

appreciated the initiative taken by the Women’s Cell ‘Jyoti’ and JCI, Vasco to organize the workshop for the benefit of the girl students. She also appreciated the resource person to train the girl students in various self-defense techniques. The feedback of the workshop was given by the student participant Miss Saloni Talavanekar. A total number of 36 participants took part in the workshop and participation certificates were distributed to all the student participants. President of JCI Mr. Peter D’Souza also motivated the girl students to participate in such activities in future.

Resource person Dr. Mark Fernandez, Dr. Sandhya Bhandare (Principal In-charge) Mr. Savio Fernandes (Director of Sports), Members of women cell “Jyoti” and student participants for the self-defense workshop held on 4th March 2021



President of JCI Mr. Peter D’Souza, Dr. Sandhya Bhandare (Principal In-charge), Dr Sancheliana Faria, Mr. Savio Fernandes presented the certificates to the participants. Other faculty members, Asst. Prof. Ms. Shubhada Parab, Asst. Prof. Ms. Sheetal Mandrekar, Asst. Prof. Sibel Almeida, Asst. Prof Ms. Sweta Matonkar of the Women’s Cell, and student JC Ms. Chanchal Shah were also present for the workshop. As student participant, Miss Danica Colaco from B.com Semester VI compered the function. Asst. Prof. Ms. Shubhada Parab proposed the vote of thanks. The workshop and valedictory function concluded with the recitation of National Anthem at 4.30 p.m.

VII. Women Cell ‘Jyoti’ of M.E.S. College of Arts & Commerce, organised Talk on topic “Women Entrepreneurship” held on 05th March 2021

The Women Cell “Jyoti”, and N.S.S unit of M.E.S. College of Arts & Commerce, Zuarinagar, in collaboration with the JCI Vasco, organized a talk at M.E.S. College on the

topic, **“Women Entrepreneurship”** for the girl students of M.E.S. College of B.A/B.Com/B.B.A/B.C.A and M.Com on 05th March 2021, during the Women’s Week to commemorate International Women’s Day celebration which is held on 8th March every year. The resource person was Ms.Sunaya Shirodkar, Founder of Asia solutions OPC Pvt. Ltd. Ms. Sunaya Shirodkar, enlightened the students with some useful piece of information on the topic **“Women Entrepreneurship”**. She shared her views on the concepts such as **‘IKIGAI’**, **‘STEM’**, **Innovate for better world**, and shared tips of how to become successful in business. Dr. Sandhya Bhandare Principal In-charge, introduced the esteemed dignitaries to the august gathering. She expressed her views on Women Empowerment, Role and contribution of Women in sharing family responsibilities.

Resource person Ms.Sunaya Shirodkar, addressing the student participants and members of Women’s cell “Jyoti” on the topic “Women Entrepreneurship” held on 05th March 2021



JCI President Mr. Peter D’Souza formally welcomed the august gathering and also shared his experiences and views on how students could start their own entrepreneurship business by exploring different government schemes. The session was highly informative and educative to the aspiring and ever-enthusiastic students. It was followed by an interactive session with the speaker. The highly motivated students raised a variety of questions to the speaker to which she answered with unwavering enthusiasm, Dr. Sancheliana Faria, Chairperson, Women Cell “Jyoti” gave a bird view by reading the brief report of the activities conducted on Women Cell “Jyoti” on 4th and 5th March, 2021. Asst. Prof. Sibel Almeida, member of Women Cell and Coordinator of the event, proposed the vote of thanks. Asst. Prof. Sheetal Mandrekar effectively managed to send the link of feedback forms and e-certificates to the

student participants. Members of the Women cell “Jyoti”, Asst. Prof. Ms. Safal Narvekar, Asst. Prof. Ms. Sheetal Mandrekar, Asst. Prof. Ms. Sweta Matonkar , Asst. Prof. Ms. Shubhada D. Parab and Members of the JCI, Vasco, Mr. Sujay Rao, Asst. Prof. Vasant Pednekar faculty at M.E.S College and girl students participants of M.E.S. actively contributed towards the progress of the event.

Resource person, Ms.Sunaya Shirodkar, President Mr. Peter D’Souza JCI, Vasco, Dr. Sandhya Bhandare Principal In-charge, Student participants and members of Women’s cell “Jyoti” for the session on “Women Entrepreneurship” held on 05th March 2021



The event commenced at 1.45 pm and ended by 3.30 pm. The event ended by singing the National Anthem. The event was compered by student of M.E.S. College Ms. Danica Colaco.

VIII: Webinar on topic “Women Empowerment” held on 8th March, 2021

The Women Cell “Jyoti”, of M.E.S. College of Arts & Commerce, Zuarinagar, in collaboration with the JCI Panaji, organized a webinar on 8th March, 2021 at M.E.S. College in the Information Technology Lab on the topic, “**Women Empowerment**” for the girl students of M.E.S. College of B.A/B.Com/B.B.A/B.C.A and M.Com, during the Women’s Week to commemorate International Women’s Day celebration, which is on 8th March every year. JCI Senator, Ms. Poonam Shirsat, Founder of Skill Company was the resource person for the webinar. Dr. Sancheliana Faria, Chairperson, Women’s Cell “Jyoti”, gave the welcome address. President of JCI Panaji JC Raghuvir Khandeparkar addressed the guest speaker Ms. Poonam Shirsat, Principal of M.E.S. College Dr. Meenakshi Bawa, Dr. Sancheliana Faria, Chairperson, Women’s Cell “Jyoti”, other faculty members of the Women’s Cell “Jyoti” and girl student’s participants. Asst. Prof. Shubhada D. Parab,

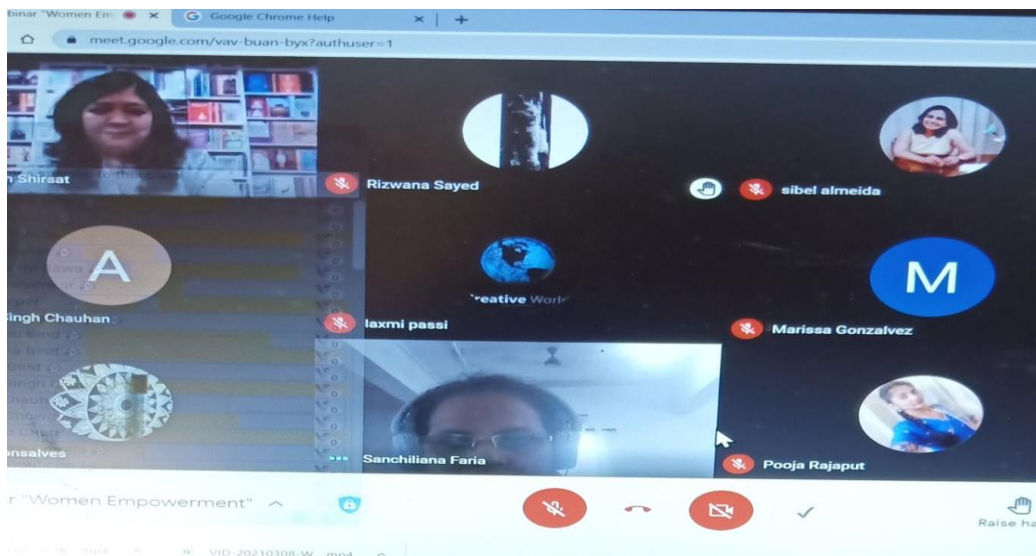
Coordinator of the webinar and member of Women Cell “Jyoti” introduced the esteemed dignitaries to the gathering.

Asst. Prof. Ms. Shubada Parab introducing the guest speaker, Ms. Poonam Shirsat for the webinar on “Women Empowerment”



Ms. Poonam Shirsat, enlightened the students with some useful piece of information on the topic “Women Empowerment”. She shared her real life experiences and success stories of women such as the American singer Mariah Carey, Indian Olympic Boxer MC Mary Kom and other successful women. She expressed her views on the Iceberg Illusion stating that ‘Success is an iceberg’. She said that today is the day to sow and to get empowered. She suggested to the student participants to be a superwomen, never to give up career goals, to spend money wisely (economic empowerment) and to face challenges of life. She suggested to the participants to dig out the hero inside them. She said that women are empowered by God.

Resource person Ms. Poonam Shirsat Webinar addressing the girls students and faculty on the topic titled “Women Empowerment” on 8th March, 2021



The webinar was highly informative and educative to the aspiring and ever-enthusiastic students. It was followed by an online interactive session by the resource person. The highly motivated students raised a variety of questions to the speaker, to which she answered with unwavering enthusiasm. She also conducted an online quiz and two girl students Ms. Anjali Singh Chauhan and Ms. Rizwana Sayed who replied to the questions instantly would be awarded mementoes.

Dr. Meenakshi Bawa, Principal of M.E.S. College, proposed the vote of thanks. Dr Meenakshi Bawa quoted *Michelle Obama* who said that, "There is no limit to what we, as women, can accomplish." Women of the world want and deserve an equal future, free from stigma, stereotypes and violence; a future that's sustainable, peaceful, with equal rights and opportunities for all. She stated that the theme for this year's International Women's Day is 'Choose to Challenge.' It indicates that a "challenged world is an alert world, and from challenge comes change". This year, we can all choose to challenge everything that has been holding us back, and become better allies!

The Principal congratulated the Women's Cell for organizing this webinar on International Women's Day. She stated that the Women's Cell at M.E.S. College has been active over the past several years and has organized several interactive sessions, self-defense workshops, various competitions, etc. for girl students of the college which have helped them to explore their interests and hone their talents. She concluded by quoting Meghan Markle - "It is said

that girls with dreams become women with vision. May we empower each other to carry out such vision – because it isn't enough to simply talk of equality. One must believe it. And it isn't enough to simply believe in it. One must work at it. Total 60 girl students attended the webinar.

Asst. Prof. Shubhada Parab effectively managed to send the link of feedback forms and e-certificates to the student participants. Members of the Women cell “Jyoti”, Asst. Prof. Ms. Safal Narvekar, Asst. Prof. Ms. Sheetal Mandrekar, Asst. Prof. Ms. Sweta Matonkar , Asst. Prof. Ms. Shubhada D. Parab and girl students participants of M.E.S. actively contributed towards the progress of the webinar. The webinar commenced at 12.45 pm and ended by 1.30 pm. The webinar was compered by Asst. Prof. Sibel Almeida, member of Women Cell “Jyoti”.

IX. Prize Distribution function organized by Women's Cell “Jyoti” on 10/8/ 2021

The Women's Cell, “Jyoti” of M.E.S. College of Arts and Commerce, Zuarinagar, Goa organized a prize distribution function for the girl students of various programmes of B.A./B.Com./B.B.A./B.C.A. and M.Com. The prize distribution function was held on 10th August 2021 at 11.00 a.m. at M.E. S. College for the various online activities organized for the girl students, for their skills and personality development for the Academic Year 2020-2021. The prizes were given for various online activities such as ‘Face Mask Designing’, ‘Christmas Candle Decoration’, ‘Christmas Wreath making competition’, ‘Women who inspired me’ and ‘Women Empowerment’. Asst. Prof. Sibel Almeida was the co-ordinator for ‘Face Masks Designing Competition’ held on 23rd December, 2020, Asst. Prof. Shubada Parab was the co-ordinator for the competition ‘Women who inspired me’ held on 02nd March 2021 and for the webinar titled ‘Women Empowerment’ held on 08th March, 2021. Asst. Prof. Sheetal Mandrekar was the co-ordinator for the competitions ‘Christmas Candle Decoration’ and ‘Christmas Wreath Making Competition’. Officiating Principal Dr. Meenakshi Bawa presented the prizes and certificates to the winners. She congratulated the participants and the winners for their creativity and efforts for various activities. The principal in her address applauded the talents and mentioned that this achievement will help them bring loads of success in the future. The Chairperson of Women cell “Jyoti, Dr. Sancheliana Faria proposed the vote of thanks and appreciated the participants and winners who participated in the online activities despite the Corona virus pandemic. Asst. Prof. Sibel

Almeida compered the function successfully. Asst. Prof. Sandhya Ghogale and Asst. Prof. Priscilla David faculty of M.E.S. college also assisted in the prize distribution function.

Prizes winners of Xmas Candle decoration and Wreath making, Face Mask Designing, Women who inspired me and Women Empowerment competitions



Prizes winners of Xmas Candle decoration and Wreath making, Face Mask Designing, Women who inspired me and Women Empowerment competitions



Prize Distribution function organized by Women’s Cell “Jyoti” of M.E.S. College of Arts & Commerce, Zuarinagar, Goa on 10/8/2021



All the online and offline activities were successfully organized due to students' active participation. The Principal extended all her support and co-operation to organize the above mentioned activities. The members of Women Cell "Jyoti" worked very hard with dedication and perseverance to organize the online and offline activities under the Women's Cell.

Dr. Sancheliana Faria
Chairperson, Women's Cell "Jyoti"

Dr. Meenakshi Bawa
Officiating Principal