

12<sup>th</sup> July 2020

**MES COLLEGE OF ARTS & COMMERCE, ZUARINAGAR GOA**

**NCC ARMY GIRLS WING REPORT**

**VAN MAHOTSAV**

On the occasion of Van Mahotsav, 26 cadets planted saplings at their homes. This activity was conducted on 12<sup>th</sup> July 2020. Due to COVID 19 Pandemic cadets were not coming to college for NCC activities. Hence, they were encouraged to plant saplings at home and send photos on Whatsapp.

Sr.no	Name of cadet	Class
1	Sneha Yadav	SYBA
2	Ashwini Rathod	SYBA
3	Vaishnavi Hulginal	SYBA
4	Amina Khatun	SYBCOM
5	Sangeeta Chavan	SYBA
6	Bindiya Rathod	SYBCOM
7	Sapna Mali	SYBA
8	Savita Pujari	SYBA
9	Jyoti Rathod	SYBCOM
10	Kirti Saroj	SYBA
11	Puja Naik	SYBCOM
12	Pooja Singh	SYBCOM
13	Shanelly Mergulhao	SYBCOM
14	Shveta Yadav	TYBCOM
15	Nitika	FYBCOM
16	Anshu Jaiswar	FYBCOM
17	Laxmi Manikyala	TYBCOM
18	Preeti Naik	TYBCOM
19	Ratnamma Kara	TYBCOM

20	Anushka Naik	TYBA
21	Laxmi Behera	TYBCOM
22	Mahadevi Hireacurber	TYBA
23	Sunita Shankal	TYBCOM
24	Maheshwari Maurya	TYBCOM
25	Kusma Thapa	FYBCOM
26	Gayatri Jadye	SYBCOM



*(Signature)*

Lt. Swati A. Shigaonker  
Associate NCC Officer  
Army Girls Wing



*(Signature)*

Dr. Meenakshi Bawa  
Officiating Principal  
**DR. MEENAKSHI BAWA**  
OFFICIATING PRINCIPAL  
M. E. S. College of Arts & Commerce  
Zuarinagar - 403 726.

21<sup>st</sup> June 2021

**MES COLLEGE OF ARTS & COMMERCE, ZUARINAGAR GOA**

**NCC ARMY GIRLS WING REPORT**

**INTERNATIONAL YOGA DAY**

On 21<sup>st</sup> June 2021 International Yoga Day was celebrated. Our cadets performed yoga at home with family members.

Sr.no	Name of cadet	Class
1	Ashwini Rathod	TYBA
2	Sneha Yadav	TYBA
3	Sangeeta Chavan	TYBA
4	Sapna Mali	TYBA
5	Kavita rai	SYBCOM
6	Puja naik	TYBCOM
7	Shivani passi	SYBA
8	Dhanashree Palekar	SYBCOM
9	Bindiya Rathod	TYBCOM
10	Anusha chari	SYBA
11	Pooja rathod	SYBA
12	Nisha pal	SYBCOM
13	Shreedevi naganoor	SYBCOM
14	Anshu sharma	SYBA
15	Anita lamani	SYBA



Lt. Swati A. Shigaonker  
Associate NCC Officer  
Army Girls Wing



Dr. Meenakshi Bawa  
Officiating Principal  
PRINCIPAL

M. E. S. College of Arts & Commerce  
Zuarinagar - Goa 403 726





14<sup>th</sup> December 2020

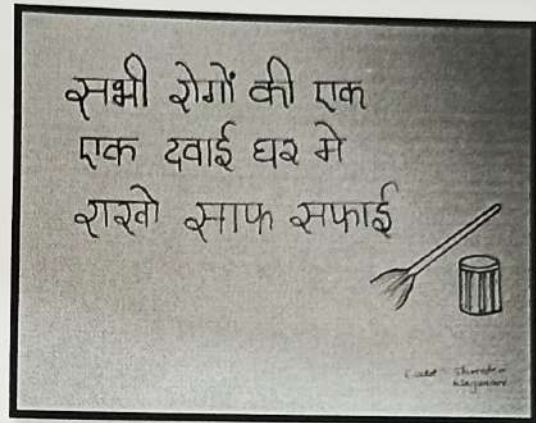
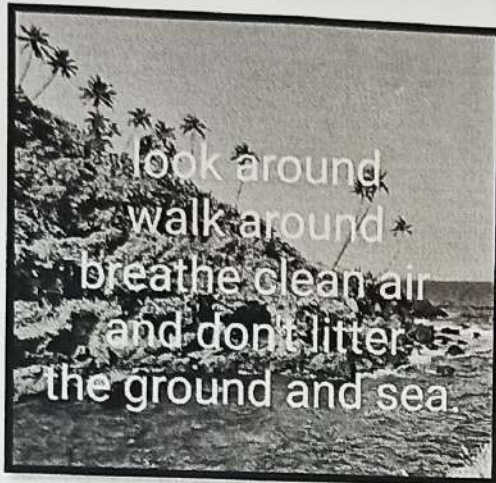
**MES COLLEGE OF ARTS & COMMERCE, ZUARINAGAR GOA**

**NCC ARMY GIRLS WING REPORT**

**SWACHTA PAKHWADA**

Swachta Pakhwada (online) was observed from 5<sup>th</sup> December 2020 to 13<sup>th</sup> December 2020. 20 cadets participated in various activities such as cleanliness of one's neighbourhood, essay writing, e- slogan, online quiz. cleaning of statues, poster making on the topic, health and hygiene, cleanliness customized signs, google meet. Activities were conducted 1 per day.

Sr.no	Name of cadet	Class
1	Ashwini Rathod	SYBA
2	Sneha Yadav	SYBA
3	Sangeeta Chavan	SYBA
4	Sapna Mali	SYBA
5	Savita Pujari	SYBA
6	Puja Naik	SYBCOM
7	Vaishnavi Hulginal	SYBA
8	Amina Khatun	SYBCOM
9	Bindiya Rathod	SYBCOM
10	Ruksana Shaikh	SYBA
11	Anshu Jaiswar	FYBCOM
12	Preeti Naik	TYBCOM
13	Shweta Yadav	TYBCOM
14	Muskan Anchanal	TYBCOM
15	Laxmi Behera	TYBCOM
16	Ratnamma Kara	TYBCOM
17	Nitika	FYBCOM
18	Sunita Shankal	TYBCOM
19	Laxmi Manikyala	TYBCOM
20	Savitri Koti	FYBCOM



E SLOGAN



Cleanliness Drive Swachta Pakhwada

Lt. Swati A. Shigaonker  
Associate NCC Officer  
Army Girls Wing

Dr. Meenakshi Bawa  
Officiating Principal



**DR. MEENAKSHI BAWA**  
OFFICIATING PRINCIPAL  
M. E. S. College of Arts & Commerce  
Zuarinagar - 403 726.



13<sup>th</sup> March 2021

**MES COLLEGE OF ARTS & COMMERCE, ZUARINAGAR GOA**

**NCC ARMY GIRLS WING REPORT**

**FOOT RALLY**

Foot rally was organized on 12<sup>th</sup> March 2021 by Government of Goa to commemorate the anniversary of the launch of Dandi March. The route was from old secretariat to Azad Maidan. 27 cadets participated



Sr.no	Name of cadet	Class
1	Ashwini Rathod	SYBA
2	Sneha Yadav	SYBA
3	Sangeeta Chavan	SYBA
4	Sapna Mali	SYBA
5	Savita Pujari	SYBA
6	Puja Naik	SYBCOM
7	Vaishnavi Hulginal	SYBA
8	Amina Khatun	SYBCOM

9	Bindiya Rathod	SYBCOM
10	Ruksana Shaikh	SYBA
11	Jyoti Rathod	SYBCOM
12	Priyanka Sunagar	SYBCOM
13	Pooja Singh	SYBCOM
14	Pinky Saroj	SYBCOM
15	Anshu Jaiswar	FYBCOM
16	Preeti Naik	TYBCOM
17	Shweta Yadav	TYBCOM
18	Muskan Anchanal	TYBCOM
19	Laxmi Behera	TYBCOM
20	Ratnamma Kara	TYBCOM
21	Nitika	FYBCOM
22	Sunita Shankal	TYBCOM
23	Laxmi Manikyala	TYBCOM
24	Savitri Koti	FYBCOM
25	Anushka Naik	TYBA
26	Mahadevi Hireacurber	TYBA
27	Laxmi Madar	TYBCOM
28	Maheshwari Maurya	TYBCOM
29	Kusma Thapa	FYBCOM
30	Asvita Mandrekar	TYBA



Lt. Swati A. Shigaonker  
Associate NCC Officer  
Army Girls Wing





Dr. Meenakshi Bawa  
Officiating Principal

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M. E. S. College of Arts & Commerce  
Zuarinagar - 403 726.



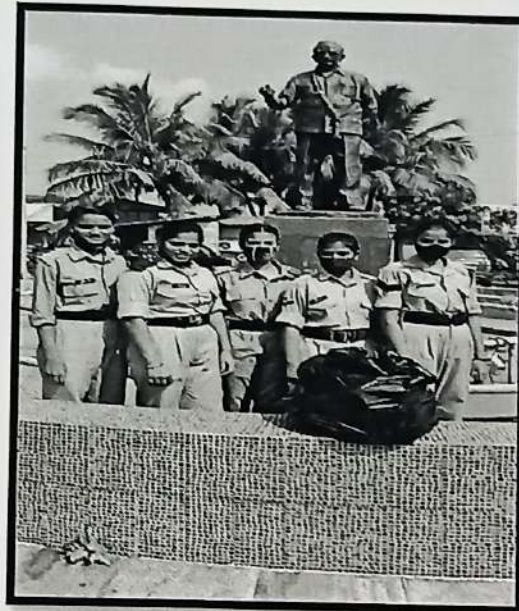
13<sup>th</sup> March 2021

**MES COLLEGE OF ARTS & COMMERCE, ZUARINAGAR GOA**

**NCC ARMY GIRLS WING REPORT**

**STATUE CLEANING**

7 cadets cleaned the statue of Dr. Ambedkar in Vasco on 12<sup>th</sup> March 2021.



Sr.no	Name of cadet	Class
1	Preeti Naik	TYBCOM
2	Shweta Yadav	TYBCOM
3	Muskan Anchanal	TYBCOM
4	Laxmi Behera	TYBCOM
5	Sunita Shankal	TYBCOM
6	Laxmi Manikyala	TYBCOM
7	Savitri Koti	FYBCOM

Lt. Swati A. Shigaonker  
Associate NCC Officer  
Army Girls Wing



Dr. Meenakshi Bawa  
Officiating Principal  
**DR. MEENAKSHI BAWA**  
OFFICIATING PRINCIPAL  
M. E. S. College of Arts & Commerce  
Zuarinagar - 403 726.



25<sup>th</sup> March 2021

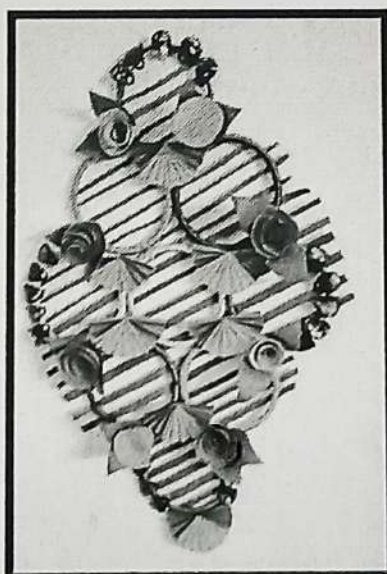
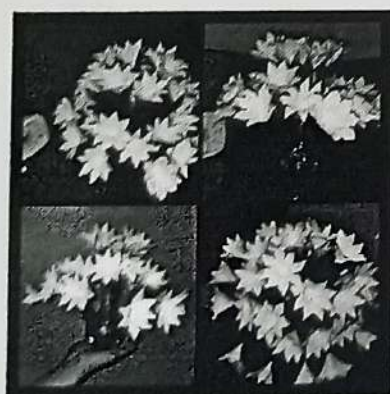
**MES COLLEGE OF ARTS & COMMERCE, ZUARINAGAR GOA**

**NCC ARMY GIRLS WING REPORT**

**ONLINE CAMPAIGN TO BAN THE SINGLE USE OF PLASTIC**

An online campaign was organized to ban the single use of plastic on 25<sup>th</sup> March 2021. Cadets made posters and wealth out of waste from plastic bottles. 13 cadets participated

Sr no	Name	CLASS
1	Sneha Yadav	SYBA
2	Dhanashree Palekar	FYBA
3	Shanelly Mergulhao	SYBCOM
4	Shraddha Puthran	FYBA
5	Ruchi Aroskar	FYBCOM
6	Ruksana Shaikh	SYBA
7	Anshu Sharma	FYBCOM
8	Maria Aguiar	FYBA
9	Bindiya Rathod	SYBCOM
10	Shivani Passi	SYBA
11	Anusha Chri	FYBA
12	Puja Naik	SYBCOM
13	Ashwini Rathod	SYBA





*(Signature)*

Lt. Swati A. Shigaonker  
Associate NCC Officer  
Army Girls Wing

*(Signature)*

Dr. Meenakshi Bawa  
Officiating Principal



**DR. MEENAKSHI BAWA**  
OFFICIATING PRINCIPAL  
M. E. S. College of Arts & Commerce  
Zuari Nagar - 403 726.



14<sup>th</sup> April 2021

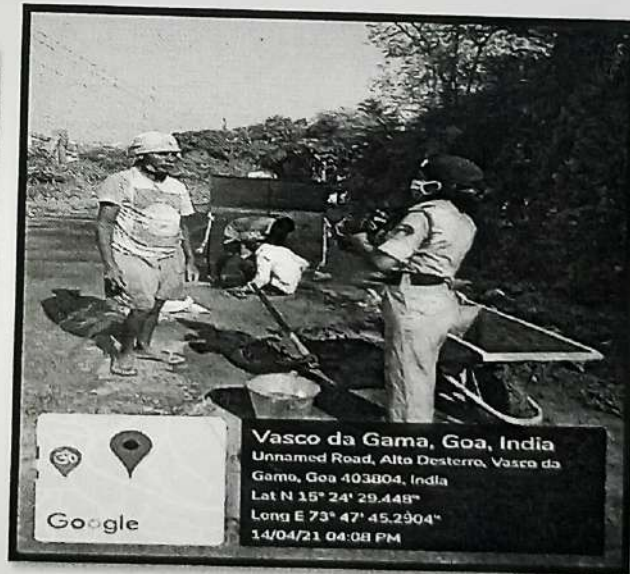
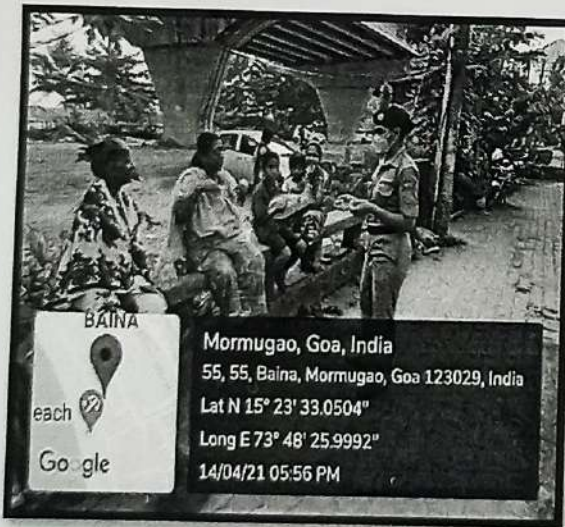
MES COLLEGE OF ARTS & COMMERCE, ZUARINAGAR GOA


NCC ARMY GIRLS WING REPORT


TIKA UTSAV

Tika Utsav was organized from 11<sup>th</sup> to 14<sup>th</sup> April 2021. Cadets spread awareness among the masses to take COVID 19 vaccine. 9 cadets participated.

Sr no	Name of the cadet	CLASS
1	Sneha Yadav	SYBA
2	Shraddha Puthran	FYBA
3	Shivani Passi	FYBA
4	Ashwini Rathod	SYBA
5	Savita Pujari	SYBA
6	Sangeeta Chawan	SYBA
7	Shreedevi Naganoor	FYBA
8	Nisha Pal	FYBCOM
9	Sapna Mali	SYBA



  
Lt. Swati A. Shigaonker  
Associate NCC Officer  
Army Girls Wing

  
Dr. Meenakshi Bawa  
Officiating Principal

**DR. MEENAKSHI BAWA**  
OFFICIATING PRINCIPAL  
M. E. S. College of Arts & Commerce  
Zuarinagar - 403 726.





12<sup>th</sup> May 2021

**MES COLLEGE OF ARTS & COMMERCE, ZUARINAGAR GOA**

**NCC ARMY GIRLS WING REPORT**

**COVID 19 ACTIVITIES**

Cadets participated in various activities for COVID-19. 14 cadets participated.

Make masks and distribute in neighbourhood	
1	Ashwini rathod
2	Sangeeta Chavan
3	Bindiya rathod
4	Sneha Yadav
5	Anshu sharma
Posters/ e posters to be circulated on social media	
6	Nisha pal
7	Jyoti golsangi
8	Suman kumari prasad
9	Kavita rai
10	Bindiya rathod
11	Dhanashree Palekar
12	Shivani passi
13	Vaishnavi hulginal
Make video on COVID 19	
14	Shreedevi naganoor



*(Signature)*

Lt. Swati A. Shigaonker  
Associate NCC Officer  
Army Girls Wing



*(Signature)*

Dr. Meenakshi Bawa  
Officiating Principal

**DR. MEENAKSHI BAWA**  
OFFICIATING PRINCIPAL  
M. E. S. College of Arts & Commerce  
Zuarinagar - 403 726

## REPORT OF THE NATURE CLUB AND RESOURCE MANAGEMENT CELL 2020-21

The Nature Club and Resource Management Cell conducted the following activities for the academic year 2020-21:

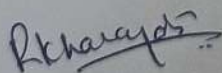
The Nature Club & Resource Management Cell of M.E.S. College of Arts and Commerce, Zuarinagar kickstarted their activities for the academic year 2020-21 by conducting a webinar on 'Decentralised Waste Management' on 15<sup>th</sup> December 2020 at 3 pm. Mr. Clinton Vaz, of vRecycle Waste Management Services was the resource person.

A quiz was organized for the students of the college on the occasion of World Environment Day on 5<sup>th</sup> June 2021. A total of 87 students participated in the quiz. The quiz was based on various environmental issues at local, national and international levels.

The Kasturi lecture series was restarted online due to the ongoing COVID-19 pandemic. The speaker for the first lecture was Mrs. Gulab Borkar who is an environmental educator and she spoke on the topic "Kitchen to garden and back". The lecture was held on 23<sup>rd</sup> June 2021.

The second lecture of the Kasturi lecture series for the academic year 2020-21 was held on Friday 30<sup>th</sup> July 2021 through the online platform of google meet. The resource person for the lecture was Mr. Shashank Bhosale who is an environment educator. He spoke on the topic 'Carving your own path: Journey of an environment educator'.

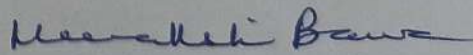
The 'Clean Goa Award' of Sanjeevan Society for Youth Development, Goa and under educational Institution category was awarded to M.E.S. College of Arts and Commerce, Zuarinagar, Goa. The award consists of cash amount of Rs. 25,000 and a memento. The Nature Club and Resource Management Cell of the college compiled and submitted the report for this award. The prize money received was used to procure a couple of Solar lamps which are now installed on campus.



Assoc. Prof. Rochana Kharangate

Chairperson

Nature Club and Resource Management Cell



Dr. Meenakshi Bawa

Off. Principal

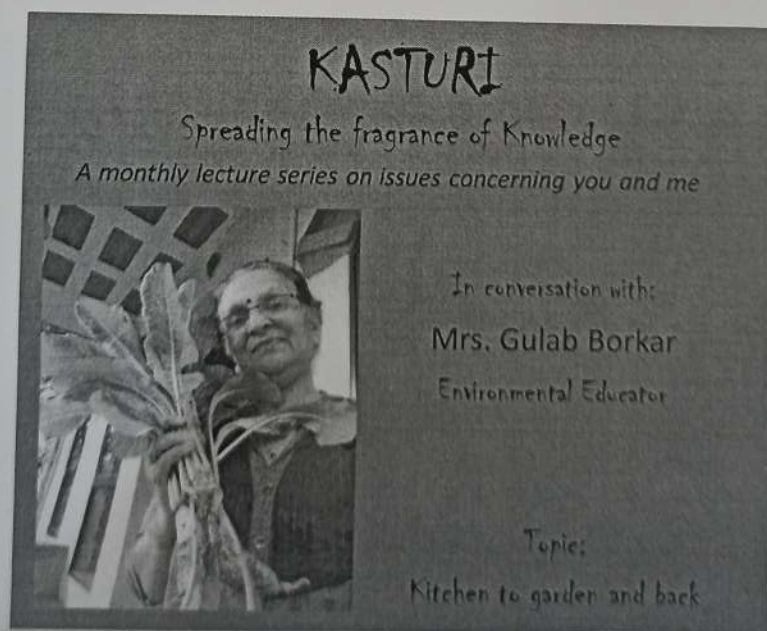


## KASTURI LECTURE SERIES

### LECTURE 1

Kasturi is a lecture discussion series held in memory of late Dr. Kasturi Dessai. This series is held by the Foundation for Environment Research and Conservation (FERC) in collaboration with MES College. These lectures touch on various topics of significance and concern to Goans by proving to be a platform for open discussions, knowledge exchange and sharing. The lecture used to be held on the first Wednesday of each month, but, due to the ongoing COVID-19 pandemic this lecture series couldn't be conducted.

By keeping up with the current trends the lecture series was restarted through the online platform of google meet on June 23, 2021 after a long hiatus. The speaker for the day was Mrs. Gulab Borkar who is an environmental educator and she spoke on the topic "Kitchen to garden and back". She spoke how each of us could start growing our own kitchen gardens using things from our kitchens. She gave a list of plants which could be grown in the kitchen garden. She also spoke how these vegetables, fruits and herbs will be free from pesticide and fertilisers as wastes from the kitchen will be composted to provide the plants with nutrients.





The talk was attended by staff and students of the college as well as general public from Vasco. The talk concluded with an interactive session with the speaker. Off. Principal Dr. Meenakshi Bawa welcomed the guest, Chairperson, Nature Club and Resource Management Cell, Assoc Prof. Rochana Kharangate introduced the guest and also proposed the vote of thanks. Assoc. Prof. Dr. Ashish Joshi compered the program and Mrs. Shradha Rangnekar of FERC spoke about activities of FERC and Kasturi lecture series.

*R. Kharangate*

Assoc. Prof. Rochana Kharangate

Chairperson

Nature Club & Resource Management Cell



*Meenakshi Bawa*

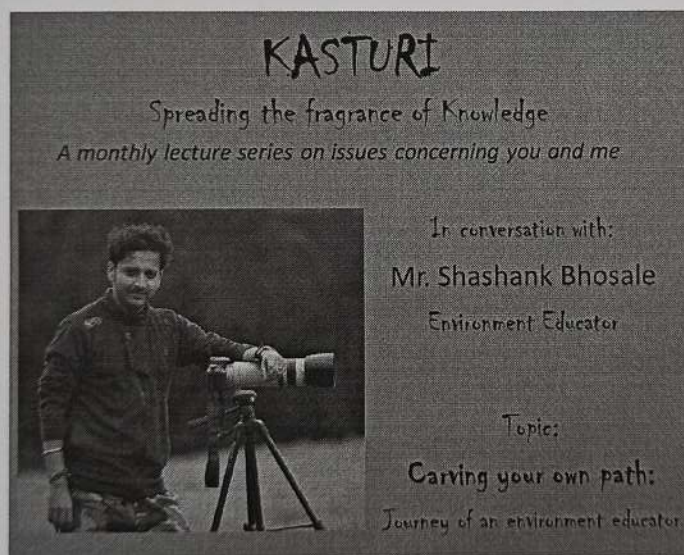
Dr. Meenakshi Bawa

Officiating Principal

## KASTURI LECTURE SERIES

### LECTURE 2

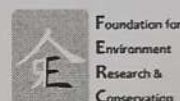
The second lecture of the Kasturi lecture series for the academic year 2020-21 was held on Friday 30<sup>th</sup> July 2021 through the online platform of google meet. The resource person for the lecture was Mr. Shashank Bhosale who is an environment educator. He spoke on the topic 'Carving your own path: Journey of an environment educator'. Mr. Shashank Bhosale is a truly inspiring young photographer, award winning film maker and science educator. In his lecture he spoke on how he followed his passion by giving up a lucrative job in the IT industry to don the hat of a science communicator onboard the science Express Train which is a unique science exhibition mounted on a 16-coach AC train. He also spoke about the various awareness campaigns he was involved in.



**KASTURI**  
Spreading the fragrance of Knowledge  
*A monthly lecture series on issues concerning you and me*

In conversation with:  
**Mr. Shashank Bhosale**  
Environment Educator

Topic:  
**Carving your own path:**  
Journey of an environment educator.



In association



Murgao Education Society

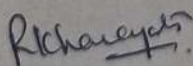
Join us on

Friday, July 30, 2021

@4pm

<https://meet.google.com/xkj-uptl-ty>

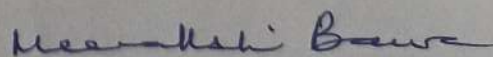
The talk was attended by staff and students of the college as well as general public from Vasco. The talk concluded with an interactive session with the speaker. Off. Principal Dr. Meenakshi Bawa welcomed the guest, Mrs. Shradha Rangnekar of FERC spoke about activities of FERC and Kasturi lecture series.



Assoc. Prof. Rochana Kharangate

Chairperson

Nature Club & Resource Management Cell



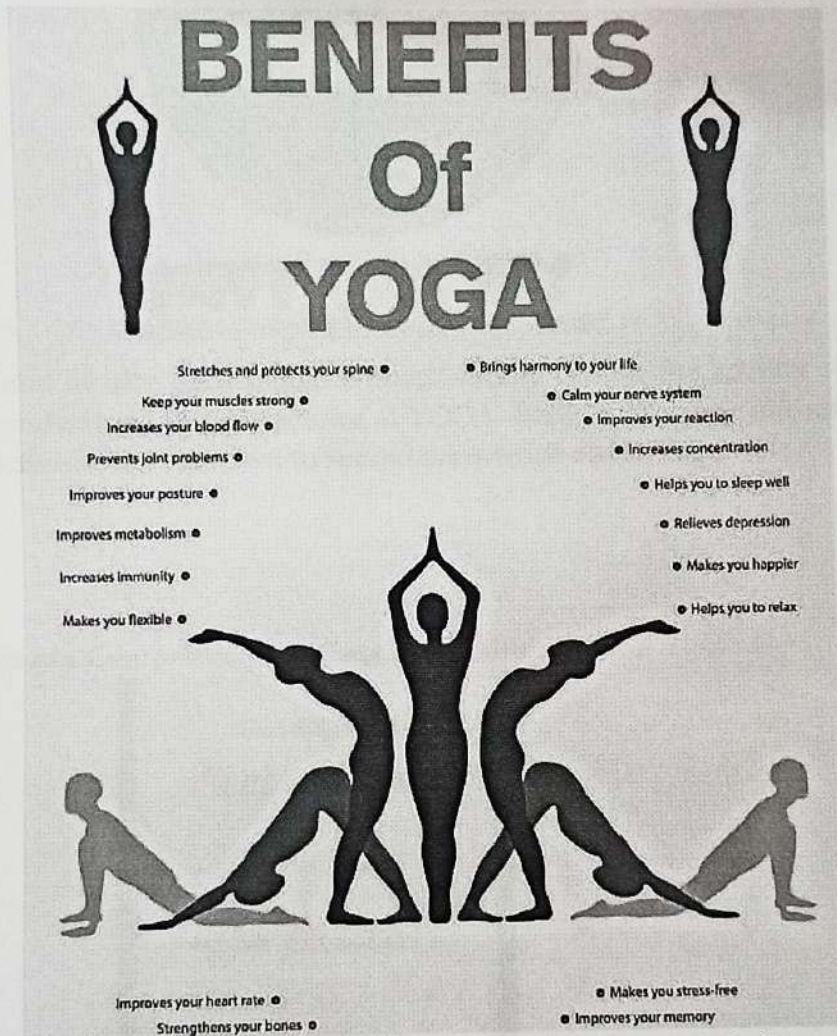
Dr. Meenakshi Bawa

Officiating Principal



Celebration of International Yoga Day:

The NSS Unit of M.E.S College of Arts and Commerce, Zuarinagar observed 21 June 2021 as International Yoga Day, Due to the current pandemic all the activities were organised online. On this occasion there were many activities organised such as slogan writing, E-Quiz, E-Poster making, Short Video Clip.

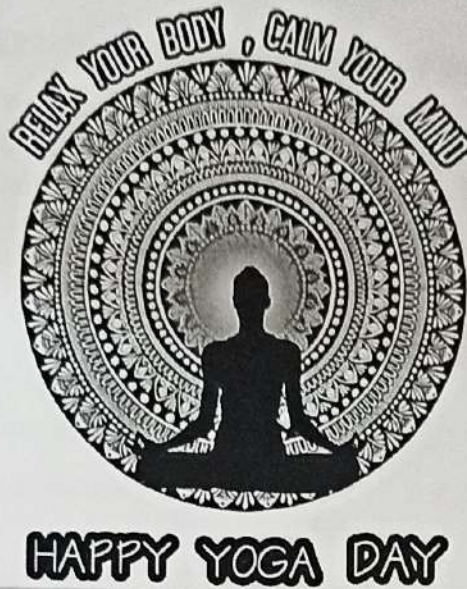


NSS program officer Mr. Satish Gangavati had organised Online poster making competition in which the volunteers were instructed to use the software such as Canva, Photoshop, coral draw and come up with a poster based on theme 'Yoga Everyday'. A total of 20 Volunteer's had participated for this activity. Apart from this, posting a quote which defines YOGA EVERYDAY was also instructed in which the NSS Volunteers were told to put that as their WhatsApp



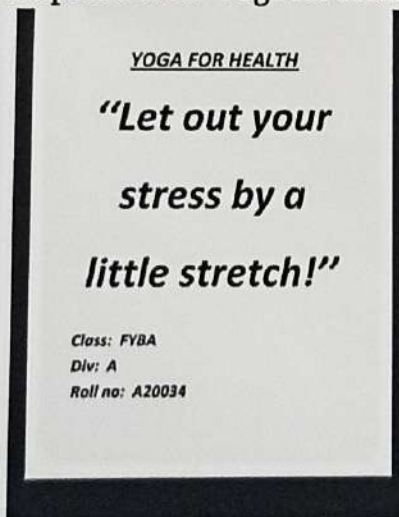


status to spread the awareness on. A total of 20 volunteers participated in the activity.



Student and faculty participated enthusiastically during the activity which helped them to understand the importance of YOGA. Participants were encouraged to take similar activities on their own to spread knowledge about Yoga.

i. Slogan Competition on 'Yoga for Health':



NSS Unit of M.E.S College of Arts and Commerce Zuarinagar, celebrated International Yoga Day on 21st June 2021 by organising various activities. One of the activities was writing a slogan on the theme "Yoga for Health". In this activity,



volunteers had to write a slogan based on the theme in English, Hindi, Marathi or Konkani and share the pdf of the slogan with NSS Program Officer Ms. Madhuri Marathe. 6 volunteers from B.A. as well as BCom participated in this activity.

ii. **Uploading photo/Video while performing Yoga:**

NSS Volunteers were made to upload their videos on social media platforms like Instagram and WhatsApp. This would encourage the other people in society to adopt yoga and live a healthy lifestyle.

*Meenakshi Bawa*

Dr Meenakshi Bawa  
(Officiating Principal)

*Shri Dattaprasad Shirgurkar*

Shri Dattaprasad Shirgurkar  
(NSS PO In Charge)



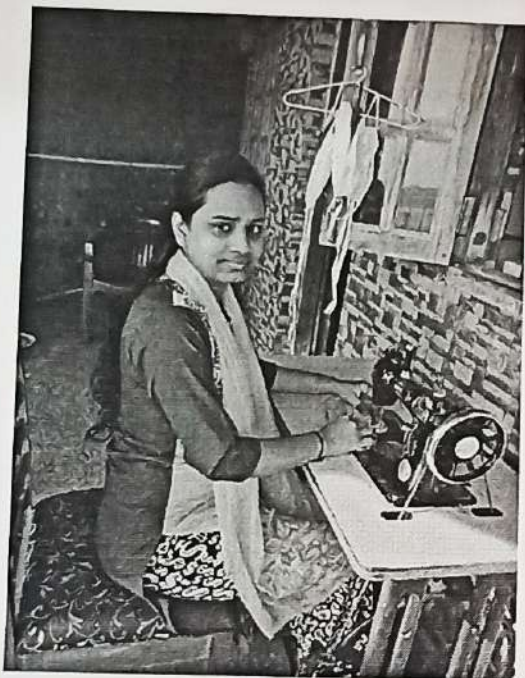


NSS Consolidated Report 2020-21

MES College of Arts and Commerce, Zuarinagar-Goa

NSS UNIT

Making and Distributing of Face Masks to fight Covid-19 pandemic



The NSS volunteers of MES College, Zuarinagar were involved in making face masks to fight covid-19 pandemic. A total of 2800 face masks were made by the NSS volunteers. These masks were distributed free of cost to the general public including neighbours, sanitary workers, migrant population and such needy people. The activity was an attempt to inculcate the sense of compassion towards the depressed sections of society, especially the people who were negatively affected due to the pandemic.

*Meenakshi Bawa*

Dr Meenakshi Bawa

(Officiating Principal)

*Shri Dattaprasad Shirgurkar*

Shri Dattaprasad Shirgurkar

(NSS PO In Charge)





MES College of Arts and Commerce, Zuarinagar-Goa

NSS UNIT

1. World AIDS Day (1<sup>st</sup> December 2020)

i. Essay Competition on HIV-AIDS:

An essay competition was conducted in collaboration with Red Ribbon Club and NSS Unit. The theme for essay was 'Challenge of HIV-AIDS' in 21<sup>st</sup> Century. A total of 14 NSS volunteers participated in same. It is not only important to understand the disease but to develop the compassion towards the victim. It is important to develop a sense of brotherhood and compassion towards those people in society who are the victims of physical, mental or medical ailments, this would create a tolerant, compassionate and an inclusive society.

*Meenakshi Bawa*

Dr Meenakshi Bawa

(Officiating Principal)

*Shri Dattaprasad Shirgurkar*

Shri Dattaprasad Shirgurkar

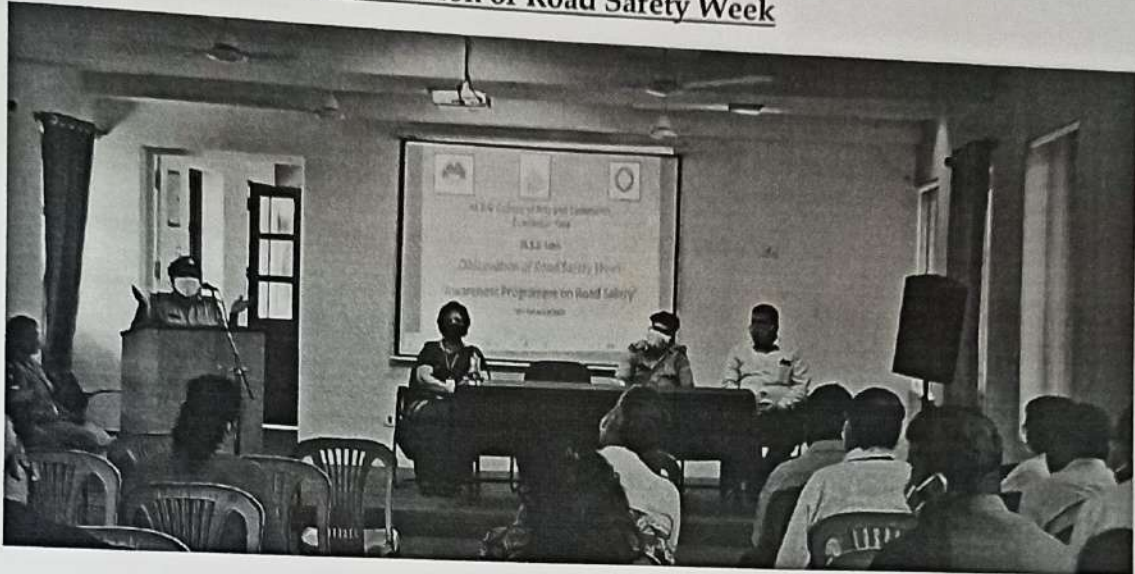
(NSS PO In Charge)



MES College of Arts and Commerce, Zuarinagar-Goa

NSS UNIT

Observation of Road Safety Week



The NSS Unit of MES College Zuarinagar in collaboration with RTO Office, Margao organised an awareness programme for the staff members of MES College as a part of Road Safety Week on 19<sup>th</sup> Feb 2021. The programme commenced at 11:30 am and concluded at 1:30pm. Ms Percy Coutinho, PSI, RTO Margao was the resource person for the programme. A total of 37 teaching and non-teaching staff members of MES College participated in the awareness programme. The programme started with the welcome address by the officiating Principal Dr Meenakshi Bawa. Vote of thanks were proposed by the NSS PO In Charge Mr Dattaprasad Shirgurkar.

*Meenakshi Bawa*

Dr Meenakshi Bawa  
(Officiating Principal)

*Dattaprasad Shirgurkar*

Shri Dattaprasad Shirgurkar  
(NSS PO In Charge)





**M.E.S. College of Arts & Commerce, Zuarinagar Goa**  
**NCC Army Boys**

Date: 30-08-2021

**Blood Donation Camp Report**

Seven cadets of NCC Army Boys unit participated in blood donation camp organised by 1 Goa Bn NCC, Panaji, as part of NCC day celebration on 29 September 2021.

1	GA/SD/18/580792	PRAJAPATI AJIT KUMAR
2	GA/SD/19/580822	SURAJ SUDHAKAR SALAM
3	GA/SD/19/580823	GAUTAM GANPAT NAIK
4	GA/SD/19/580825	DHIRAJ KUMAR
5	GA/SD/19/580830	PRAJYOT PRASHANT NAIK
6	GA/SW/19/580841	PRIYA RAJESH GARAG
7	GA/SW/19/580842	BHAVANA SHANKAR RATHOD



Lt. (Dr.) Atmaram M. Tarpe

ANO, NCC Army Boys



Dr. Meenakshi Bawa

**PRINCIPAL**

M. E. S. College of Arts & Commerce  
Zuarinagar - Goa 403 726.



**M.E.S. College of Arts & Commerce, Zuarinagar Goa**  
**NCC Army Boys**

**Date: 30-08-2021**

**Report**

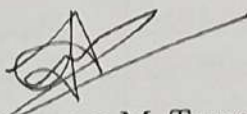
**Deployment of NCC cadets on Covid Management Duty**

As a part of Home Isolation Team of MES College Zuarinagar, 20 NCC Cadets of NCC Army Boys unit were deployed in Covid Care Centre for Covid Management duty.

The covid care centre was set up as per the orders received from the Office of the Deputy Collector and Sub Divisional Magistrate Mormugao, Vasco da Gama- Goa, Disaster Management Authority.

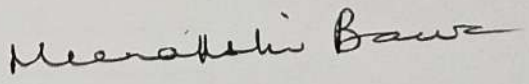
On 15th May 2021 an online training on how to monitor the health of the Covid patients in home isolation through Covid care centre was also provided to the cadets. After the training session, 20 cadets volunteered to help in monitoring the health of the patients.

The cadets had to work from home and give a phone call to covid positive patients in home isolation and collect data pertaining to key parameters of patients health covering the readings of SpO2, Pulse rate and temperature.

  
Lt. (Dr.) Atmaram M. Tarpe

ANO, NCC Army Boys



  
Dr. Meenakshi Bawa


**Principal**  
M. E. S. College of Arts & Commerce  
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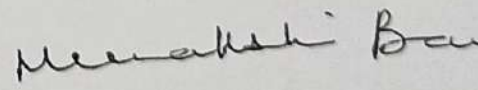
Date: 30-08-2021

**List of NCC Army Boys cadets on Covid Management Duty**

SR. NO.	REGT NO.	NAME OF THE CADETS
	SD	
1	GA/SD/18/580809	AJAY YADAV
2	GA/SD/19/580823	GAUTAM GANPAT NAIK
3	GA/SD/19/580826	HRITIK KRISHNA TANDEL
4	GA/SD/19/580827	GANDHRAJ RAJORIA
5	GA/SD/19/580828	VIVEK SHYAMSHANKAR UPADHYAY
6	GA/SD/19/580829	SUTAR SAHIL SUNIL
7	GA/SD/19/580830	PRAJYOT PRASHANT NAIK
8	GA/SD/19/580832	SAMEER SHIVARAMA MARAKALA
9	GA/SD/20/580848	HARSH YADAV
10	GA/SD/20/580849	SAGAR SAROJ
11	GA/SD/20/580850	GURUNATH RAMAPPA HARIJAN
12	GA/SD/20/580851	NITINKUMAR ANILKUMAR VISHWAKARMA
13	GA/SD/20/580852	NAGRAJ BASAVARAJ PUJERI
14	GA/SD/20/580854	OMKAR PUNDALIK PATIL
15	GA/SW/19/580838	APOORVA ANUP CHODANKAR
16	GA/SW/19/580839	KAVYA MARUTI DASAPPANAVAR
17	GA/SW/19/580841	PRIYA RAJESH GARAG
18	GA/SW/19/580842	BHAVANA SHANKAR RATHOD
19	GA/SW/19/580843	HASI KAKAS
20	GA/SW/19/580837	DIVYA NITYANAND KADAM

  
Lt. (Dr.) Atmaram M. Tarpe  
ANO, NCC Army Boys



  
Dr. Meenakshi Bawa  
Principal  
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M.E.S. College of Arts & Commerce, Zuarinagar Goa  
NCC Army Boys

Date: 30-08-2021

Report

Statue Cleaning on Ambedkar Jayanti

NCC Army Boys unit of the college celebrated Ambedkar Jayanti by cleaning the statue of B. R. Ambedkar located at Birla-Goa, 20 NCC cadets participated in the event, on April 2021.



List of Cadets Participated in Statue Cleaning on Ambedkar Jayanti

SR. NO.	REGT NO.	NAME OF THE CADETS	SR. NO.	REGT NO.	NAME OF THE CADETS
1	GA/SD/18/580809	AJAY YADAV	11	GA/SD/20/580850	GURUNATH RAMAPPA HARLIAN
2	GA/SD/19/580823	GAUTAM GANPAT NAIK	12	GA/SD/20/580851	NITINKUMAR ANILKUMAR VISHWAKARMA
3	GA/SD/19/580826	HRITIK KRISHNA TANDEL	13	GA/SD/20/580852	NAGRAJ BASAVARAJ PUJERI
4	GA/SD/19/580827	GANDHRAJ RAJORIA	14	GA/SD/20/580854	OMKAR PUNDALIK PATIL
5	GA/SD/19/580828	VIVEK SHYAMSHANKAR UPADHYAY	15	GA/SW/19/580838	APOORVA ANUP CHODANKAR
6	GA/SD/19/580829	SUTAR SAHIL SUNIL	16	GA/SW/19/580839	KAVYA MARUTI DASAPPANAVAR
7	GA/SD/19/580830	PRAJYOT PRASHANT NAIK	17	GA/SW/19/580841	PRIYA RAJESH GARAG
8	GA/SD/19/580832	SAMEER SHIVARAMA MARAKALA	18	GA/SW/19/580842	BHAVANA SHANKAR RATHOD
9	GA/SD/20/580848	HARSH YADAV	19	GA/SW/19/580843	HASI KAKAS
10	GA/SD/20/580849	SAGAR SAROJ	20	GA/SW/19/580837	DIVYA NITYANAND KADAM

Lt. (Dr.) Atmaram M. Tarpe  
ANO, NCC Army Boys



Dr. Meenakshi Bawa

Principal

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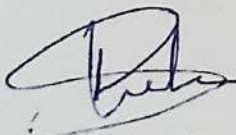
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*NCC Naval Wing*

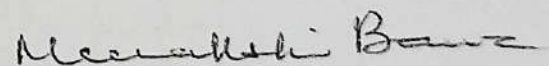
16/10/2020

**Report on Exercise NCC Yogdan**

NCC Naval Cadets helped civil and police administrations fight the Corona virus outbreak in India as part of "Exercise NCC Yogdan." COVID-19 prevention measures were taught to the Cadets by representatives of I Goa Naval Unit. Cadets were divided into groups and placed at different locations in Goa. Aside from providing relief materials, medicines, food, and other essential commodities, the cadets provided community assistance in different parts of Goa. In all, 29 cadets participated in the campaign.



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**MES College of Arts and Commerce, Zuarinagar-Goa**  
**NCC Naval Wing**

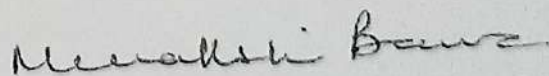
**Date: 16/10/2021**

**List of Cadets Participated in the 'Exercise NCC Yogdan'**

Sl. No.	Roll No.	Name	Semester	Class	Div
1	A19119	Rachal Jadar	IV	SYBA	B
2	A19119	Jaisiya Bankapur	IV	SYBA	B
3	A19238	Shamida Walikar	IV	SYBA	B
4	C19351	Sujeeta Bind	IV	SYBCom	D
5	C19355	Umadevi Pal	IV	SYBCom	A
6	C19320	Laxmi Jaiswar	IV	SYBCom	A
7	C19358	Varshadevi Upadhyay	IV	SYBCom	C
8	C19207	Avinash Rathod	IV	SYBCom	C
9	19012	Balaji B	IV	SYBCA	A
10	C20016	Mebin Verghese	II	B.Com	A
11	C20024	Neha Jaiswal	II	B.Com	A
12	C20038	Sanskriti Tiwari	II	B.Com	A
13	C20111	Jyoti Kanadiyar	II	B.Com	B
14	C20135	Ravindra Kumar Bind	II	B.Com	B
15	C20165	Rekha Makamani	II	B.Com	B
16	C20329	Rupesh Bhosle	II	B.Com	D
17	C20347	Ujjawal Bhatia	II	B.Com	D
18	C20320	Pooja Kattimani	II	B.Com	D
19	A20064	Vinaykumar Pal	II	B.Com	A
20	A20134	Rahul Jasawal	II	B.Com	B
21	A20140	Seema Bind	II	B.Com	B
22	A20164	Shyam Kumar Choudhari	II	B.Com	B
23	C18068	Rupa Majgi	V	TYBCom	A
24	C18127	Kavita Kandolakar	V	TYBCom	A
25	C18146	Vaishali Ralpat	V	TYBCom	B
26	C18521	Vishwanath Badigar	V	TYBCom	B
27	A18139	Simran Mujawar	V	TYBA	A
28	A18229	Nageeta Yadav	V	TYBA	A
29	A18237	Harish Mallhah	V	TYBA	A

  
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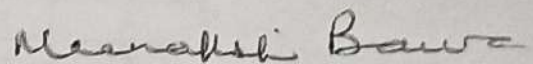
29/11/2020

Report on Plastic Free Goa

To observe NCC day, the NCC Naval Unit organized a "Plastic-Free Goa" event on 29th November 2020. The campaign was intended to raise awareness about waste hazards and to gather public support for environmental protection activities. The program involved NCC cadets in conducting public awareness by reaching out to people online. Following the covid preventative measures and SOPs, they also spread awareness in their respective areas. The program was attended by 29 cadets, Associate NCC officers, and members of the I Goa Naval unit.



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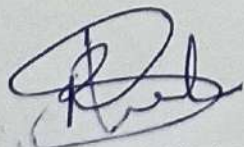
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**NCC Naval Wing**

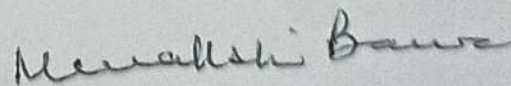
**Date: 29/11/2020**

**List of Cadets Participated in the Plastic Free Goa**

Sr.No	Roll No	Name	Semester	Class	Div
1	A19133	Rachal Jadkar	IV	SYBA	B
2	A19119	Jaisiya Bankapur	IV	SYBA	B
3	A19238	Shamida Walikar	IV	SYBA	B
4	C19351	Sujeeta Bind	IV	SYBCom	D
5	C19355	Umadevi Pal	IV	SYBCom	A
6	C19320	Laxmi Jaiswar	IV	SYBCom	A
7	C19358	Varshadevi Upadhyay	IV	SYBCom	C
8	C19207	Avinash Rathod	IV	SYBCom	C
9	19012	Balaji B	IV	SYBCA	A
10	C20016	Mebin Verghese	II	B.Com	A
11	C20024	Neha Jaiswal	II	B.Com	A
12	C20038	Sanskriti Tiwari	II	B.Com	A
13	C20111	Jyoti Kanadiyar	II	B.Com	B
14	C20135	Ravindra Kumar Bind	II	B.Com	B
15	C20165	Rekha Makamani	II	B.Com	B
16	C20329	Rupesh Bhosle	II	B.Com	D
17	C20347	Ujjawal Bhatia	II	B.Com	D
18	C20320	Pooja Kattimani	II	B.Com	D
19	A20064	Vinaykumar Pal	II	B.Com	A
20	A20134	Rahul Jasawal	II	B.Com	B
21	A20140	Seema Bind	II	B.Com	B
22	A20164	Shyam Kumar Choudhari	II	B.Com	B
23	C18068	Rupa Majgi	V	TYBCom	A
24	C18127	Kavita Kandolakar	V	TYBCom	A
25	C18146	Vaishali Ralpat	V	TYBCom	B
26	C18521	Vishwanath Badigar	V	TYBCom	B
27	A18139	Simran Mujawar	V	TYBA	A
28	A18229	Nageeta Yadav	V	TYBA	A
29	A18237	Harish Mallhah	V	TYBA	A



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21/06/2021

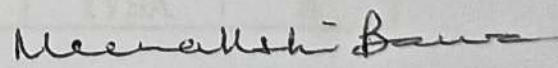
**Report on International Yoga Day**

The NCC cadets actively participated in International Yoga Day which was organised to spread awareness among the people about the benefits of practicing Yoga for good health and mind. The NCC Cadets spread the message of healthy lifestyle by taking an online pledge that everyone will be gentle towards one & will do Yoga for better health. The Cadets also made videos in which they demonstrated various Asanas for physical health, mental health & peace.

Through the videos they showed that Yoga is the best method to make the mind stress free and relaxed. The Cadets performed yoga Asanas with their family members on the theme 'Yoga from Home, Yoga with Family'. An online yoga quiz competition was also held which witnessed participation of the Cadets of all the units. A virtual yoga session on the topic 'Yoga for well being' was organised in which Mr. Venkatesh Malgimani, a renowned scholar of Yoga shared many tips to improve concentration & mental well being through Yoga Asanas. He spoke on the benefits of Yoga and taught 'Asanas' to improve concentration and mental health. The cadets performed various Asanas practically.

  
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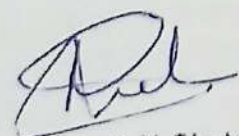
**MES College of Arts and Commerce, Zuarinagar-Goa**

**NCC Naval Wing**


**Date: 21/6/2020**

**List of Cadets Participated in the International Yoga day on 21st June 2020**

Sr.No	Roll No	Name	Semester	Class	Div
1	A19133	Rachal Jadkar	IV	SYBA	B
2	A19119	Jaisiya Bankapur	IV	SYBA	B
3	A19238	Shamida Walikar	IV	SYBA	B
4	C19351	Sujeeta Bind	IV	SYBCom	D
5	C19355	Umadevi Pal	IV	SYBCom	A
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10	C20016	Mebin Verghese	II	B.Com	A
11	C20024	Neha Jaiswal	II	B.Com	A
12	C20038	Sanskriti Tiwari	II	B.Com	A
13	C20111	Jyoti Kanadiyar	II	B.Com	B
14	C20135	Ravindra Kumar Bind	II	B.Com	B
15	C20165	Rekha Makamani	II	B.Com	B
16	C20329	Rupesh Bhosle	II	B.Com	D
17	C20347	Ujjawal Bhatia	II	B.Com	D
18	C20320	Pooja Kattimani	II	B.Com	D
19	A20064	Vinaykumar Pal	II	B.Com	A
20	A20134	Rahul Jasawal	II	B.Com	B
21	A20140	Secma Bind	II	B.Com	B
22	A20164	Shyam Kumar Choudhari	II	B.Com	B
23	C18068	Rupa Majgi	V	TYBCom	A
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