

M.E.S COLLEGE OF ARTS AND COMMERCE  
ZUARINAGAR-GOA

Date: 31/7/2021

NOTICE

The Internal Quality Assurance Cell (IQAC) of our college is organizing a Faculty Development Programme on 'Holistic Approach to Work Ethics' on 7<sup>th</sup> August 2021 from 09.00 am -1.00 pm in the M.S Kamat Seminar Hall for all teaching and non-teaching staff. All staff are requested to attend this Faculty Development Programme without fail and be seated in the hall by 8.45 am. Please find attached the programme schedule.

*Gomes*

Ms. Cedila Pereira e Gomes  
Program Coordinator

*Rkharangate*

Ms. Rochana Kharangate  
IQAC Coordinator

*Meenakshi Bawa*

Dr. Meenakshi Bawa  
Principal



*Meenakshi Bawa*



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



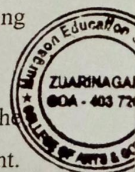
**M.E.S COLLEGE OF ARTS AND COMMERCE  
ZUARINAGAR-GOA**

**REPORT OF THE FACULTY DEVELOPMENT PROGRAMME ON  
'HOLISTIC APPROACH TO WORK ETHICS'  
ORGANIZED BY THE  
INTERNAL QUALITY ASSURANCE CELL (IQAC)**

The Internal Quality Assurance Cell (IQAC) of the college organized a Faculty Development Programme on 'Holistic Approach to Work Ethics' for its teaching and non-teaching staff on 7<sup>th</sup> August 2021 in the Shri. M.S Kamat Hall. At the inaugural function, the officiating principal, Dr. Meenakshi Bawa welcomed the gathering. She stated that 'every job is a self-portrait of the person who does it and our approach to work speaks about our attitude, habits, and values'. She felt that character, teamwork, accountability, and attitude add value to our personal and our professional life. She also believed that primary role of workplace ethics is in promoting communication and respect among employees and improving personal relationships built on integrity and honesty. Ms. Rochana Kharangate, the IQAC Coordinator while stressing on the necessity of this faculty development programme stated that along with academic endeavours, enhancement of soft skills for the overall development of personal and professional lives was important and such activities would encourage healthy evaluation, accountability, autonomy and innovation in higher education to promote quality and provide sustenance to higher education. Ms. Cedila Pereira e Gomes, the programme co-ordinator, introduced the resource persons for the programme. The two resource persons for the faculty development programme were Dr. Peter Castelino, the Founder and Managing Director of COOJ Mental Health Foundation which runs a suicide prevention program in Goa and is a consultant psychiatrist having his own private practice in Mapusa. The second resource person was Shri. Pravin Sabnis, is a Life Coach and having his own firm Unlearning Unlimited.

Dr Peter Castelino conducted a session on 'Healing through self-introspection' wherein he emphasized that the mental health was woven by the thread of self-awareness and if we didn't introspect, then it would lead to the use of defences that harm our relationships with others. According to Dr. Castelino, maintaining a balance between our psychological and spiritual well-being was essential for good mental health. Shri. Pravin Sabnis conducted a session on 'Inner Engineering- A Practical Approach' wherein he stressed on the importance of having a positive attitude which was essential in the world of work. According to him, if we change our thinking, attitude and behaviour, it would help in getting along with others. Similarly, honing our vision skills, listening skills, discerning skills and relationship skills would help a great deal in adapting to our work environment.

At the valedictory function Dr. Ashish Joshi, the NAAC Coordinator, appreciated the resource persons by emphasizing that the sessions were very apt for the current work environment. He stressed that employees needed to adapt and practice proper work ethics for optimum





7<sup>th</sup> August 2021

## PROGRAMME FOR THE TEACHING STAFF

VENUE: M.S KAMAT SEMINAR HALL

		INAUGURAL SESSION {for both teaching and non-teaching staff}	Timing
	Welcome Address	Dr. Meenakshi Bawa Officiating Principal	9.00 am-9.15am
	Introduction to the Programme	Ms. Rochana Kharangate, IQAC Coordinator	
	Introduction of the resource persons	Ms. Cedila Pereira e Gomes, Member, IQAC	
Sessions	Topic	Resource Person	
Session I	'Healing through self-introspection'	Dr Peter Castelino- Founder and Managing Director of COOJ Mental Health Foundation Mapusa-Goa	9.15 am-10.45 am
TEA BREAK			10.45 am-11.00 am
Session II	'Inner Engineering- A Practical Approach'	Shri. Pravin Sabnis, Life Coach, Unlearning Unlimited-Goa	11.00 am -12.30 pm

## PROGRAMME FOR THE NON-TEACHING STAFF

VENUE: ROOM NO 27

Sessions	Topic	Resource Person	Timing
Session I	'Inner Engineering- A Practical Approach'	Shri. Pravin Sabnis, Life Coach, Unlearning Unlimited-Goa	9.15 am-10.45 am
TEA BREAK			10.45 am-11.00 am
Session II	'Healing through self-introspection'	Dr Peter Castelino- Founder and Managing Director of COOJ Mental Health Foundation Mapusa-Goa	11.00 am -12.30 pm

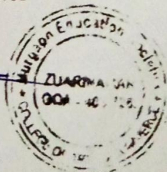
*Cedila*  
Ms. Cedila Pereira e Gomes  
Program Coordinator

*Rochana*  
Ms. Rochana Kharangate  
IQAC Coordinator

*Meenakshi Bawa*  
Dr. Meenakshi Bawa  
Principal



*Meenakshi Bawa*  
PRINCIPAL  
M. E. S. College of Arts & Commerce  
Zuarnagar - Goa 403 726.





INTERNAL QUALITY ASSURANCE CELL (IQAC)  
M.E.S COLLEGE OF ARTS AND COMMERCE,  
ZUARINAGAR-GOA  
ORGANIZES A  
FACULTY DEVELOPMENT PROGRAMME ON

'HOLISTIC APPROACH TO WORK ETHICS'

7<sup>th</sup> August 2021

PROGRAMME FOR THE TEACHING STAFF

VENUE: M.S KAMAT SEMINAR HALL

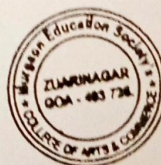
VALEDICTORY FUNCTION

		Timing
Welcome Address	Dr. Meenakshi Bawa Officiating Principal	12.30 pm-1.00 pm
Introduction	Dr. Ashish Joshi, NAAC Coordinator	
Feedback by participants	Teaching and non-teaching staff	
Vote of thanks	Ms. Cedila Pereira e Gomes, Programme Coordinator	

*Cedila*  
Ms. Cedila Pereira e Gomes  
Program Coordinator

*Rochana*  
Ms. Rochana Kharangate  
IQAC Coordinator

*Meenakshi Bawa*  
Dr. Meenakshi Bawa  
Principalal



*Meenakshi Bawa*

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



Attendance Sheet  
FDP on Holistic Approach to Work Ethics organised by IQAC  
Venue: M.S. KAMAT SEMINAR HALL, MES COLLEGE

Sl. No.	Name of Employee	Designation	Mobile No.	Residential Address	Signature	Signature
1	Mr. Anandeshu Datta	Officiating Principal & Associate Professor in Economics	9823010812	3rd Fl, Prime Classique Miratim Indira, Airport Road, Chicalim, Goa	Mr. Anandeshu Datta	Mr. Anandeshu Datta
2	Dr. R.B. Patil	Professor in Sociology	9921346559	Sanskrut, H. No. 111 (19), Ganeshwadi, Sancoale - Goa-403726	R.B. Patil	R.B. Patil
3	Dr. Sandhya B. Sequeira	Associate Professor in English	9823755116			
4	Shri Ashok Sambargi	Associate Professor in Political Science	9923638252	Flat No. 442/18 CB, Nandini Housing Society, Riv-Nay colony, Zuarinagar	Ambambargi	Ambambargi
5	Dr. Champa R. Parab	Associate Professor in Commerce	9823162461	Lesona Legacy, Jaram Nagar, 11th Dabolim	Champa	Champa
6	Shri Sandeep M. Kadam	Associate Professor in Information Tech	9423062244	4-4, B3, Salga Roadway, Adarsh, Chicalim	Sandeep	Sandeep
7	Dr. Sancheliana Fatima Faria	Associate Professor in Commerce	9850454270	Flat No 141, 1-C, First Floor Rangamath Enclave, Desaihall Agassaw, Goa. 403204.	Stacia	Stacia
8	Smt. Rochana Kharangate	Associate Professor in Commerce	9823657878	283, Chicalim - Goa	R. Kharangate	R. Kharangate
9	Dr. Cosma Fernandes	Associate Professor in Konkani	8806353557	10th Fl, DEUSHA - COGGHO PERNER - Goa	Cosma	Cosma
10	Dr. Ashish Joshi	Associate Professor in Commerce	7038544677	202, Prime Heights CHS, Jaimannagar Dabolim Goa.	Ashish	Ashish
11	Dr. Savia Mendes	Associate Professor in Commerce	9823151530	448, Villa Cassiano Carchorem - Goa 403706	SM	SM
12	Dr. Sonal Thakker	Associate Professor in Sociology	9881777397	2nd Sancoale, madrem Zuarinagar.	Sonal	Sonal
13	Shri Sanjeev Shirodkar	Associate Professor in Commerce	9049571273	V.P. SANCOALE, B. D. S. R. A.	Sanjeev	Sanjeev
14	Shri Satyawar Naik	Assistant Professor in Konkani	9923487755	HERAMB 903/1, Near Church, Marcelin - Goa - 403 107	Satyawar	Satyawar
15	Ms. Gouri K. Manerkar	Associate Professor in Economics	7020777874	F4 First Floor, Valunk Business Centre Coop Sty Ltd, Bama Vargo Saldanha Residency, T. No. 1208	G. K. Manerkar	G. K. Manerkar
16	Smt. Shivani Shirodkar	Associate Professor in Economics	9421154166	Flat No C-202, A 140 - V. P. S. A.	SS	SS
17	Dr. Freda Cota e Pereira	Associate Professor in Psychology	8459468294	Flat No 301, Prime Orchid, Miratim Garden, Chicalim, Airport Rd Vasco - Goa	F. Pereira	F. Pereira



Attendance Sheet  
FDP on Holistic Approach to Work Ethics organised by IQAC  
Venue: ROOM NO.27, MES COLLEGE

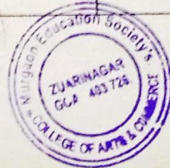
Date: 7th August 2021

Sr No.	NAME	Designation	Mobile No.	Residential Address	Signature I	Signature II
					Signature	Signature
1	Shri Deepak R. Chari	Head Clerk	8408071978	Megawada, Vasco Goa		
2	Shri Arvind J. Korgaonkar	UDC	9921529763	Chicalim Vasco da Gama		
3	Shri Anil S. Arlekar	UDC	9422971257	H.No. 360, Mr. Ganesh Temple, New Vadda, Vasco		
4	Shri Shivanand J. Naik	LDC	7038843359	Nova palmar Cortalim Near Junta House H.No. 1029		
5	Miss Sonali Phadte	Jr. Stenographer	8390109743	H.No. 477/A Mr. Manohar Temple New Vadda Vasco Goa		
6	Shri Tukaram Falkar	MTS	9637399482	Falwada Kudne Sanguelim Goa		
7	Shri Ratnadeep Dhargalkar	MTS	9764326768			
8	Shri Shrikant U. Chawadi	MTS	9420220896	H.No. 352 Near Gurdwar Sahib Margdar Vill Vasco - Panjim area		
9	Shri. Sumil Shetkar	MTS	9049364233	H.No. 14 Deulwada Harma Ravena Goa		
10	Shri Prashant P. Naik	MTS	9763133172	H.No. 772 Pedern Shiroda Ponda - Goa		





	Shri Bhaskar Shripad Naik	MTS	9764270041		
12	Shri Uttam Alias Chaitanya R. Naique	MTS	9923142845	H.NO. 744, SINDHUR, PAPER, SINCERE GOA	
13	Ms. Anupa Bhimrao Todkar	Exam Clerk	9049920614	H.NO. 873, ZENI, RESURRAGON, GOA	
14	Shri. Suwas B. Pednekar	Exam MTS	9545473746	HOUSE NO. 105 VASCO CARLAULIM GOA	
15	Shri Bhagwan Morje	BBA Programmer	9850474475		
16	Ms. Ruhat Shaikh	Clerk	7030796982		
17	Shri. Sandeep S. Tari	MTS	8007191855	NOM-MON DEMPON BHAR VASCO - GOA	
18	Shri Amey Kuncolienkar	BCA Programmer	9075178900	H.N. 585, NR VIDYA BHUVAN, COMBA, MARGAO	
19	Shri. Aniketh A. Dessai	BCA Programmer	8806142742	Green Meadows, Near Keshav Gurati High School, Yakola Vasco	
20	Ms. Chrisha B.L. Rodrigues	Clerk	7050377092		
21	Mr. Vishnudas Verenkar	MTS	9637107152	H.NO. 153(A) NEAR PRIMARY Health centre CONJUEIM GOA	
22	Ms. Ankita Anand Vengurlekar	Counsellor	9823248201	H.No. 1014, PARVATI, NR PESATER TANK, SAIBABA TEMPLE, NEW LAIDEM - VASCO - GOA	
23	Ms. Swiszel Fernandes	Counsellor	9545850600	47/B, Novembhatti, Sarizona Chunchinim, Salcete Goa	





	Shri Sudhir B. Halvegar	Associate Librarian	9023421303	11/11/11, 11/11/11		
19	Smt. Cedila Pereira e Gomes	Assistant Professor in Psychology	9923887943	5th floor, 1st floor, 1st floor, 1st floor		
20	Smt. Swati Shigaonkar	Assistant Professor in Commerce	9011000246	1st floor, 1st floor, 1st floor, 1st floor		
21	Mr. Rajesh Vinayak Shetgaonkar	Assistant Professor in Economics	9145476921	1st floor, 1st floor, 1st floor, 1st floor		
22	Ms. Shveta Shanu Desai	Assistant Professor in Commerce	9049920544	48-2, Rukmini Enclave, Zuaringar Goa	S. Desai	S. Desai
23	Ms. Shruti Bhaskar Nayak	Assistant Professor in Mathematics & Statistics	9822103183	13-56, Sapana Valley, Poyitand, Margao-Goa	Shruti Nayak	Shruti Nayak
24	Dr. Atmaram M. Tarpe	Assistant Professor in Commerce	9923604197	H No 321, New Vaddem, Vasco-Goa	Atmaram	Atmaram
25	Ms. Teja Kerkar	Assistant Professor in Commerce	8208335264	B2602 Raj Ryle Residency, Acoi - Mapusa - Borda - Goa	Teja Kerkar	Teja Kerkar
26	Mr. Hussain Yasser Razak	Assistant Professor in Economics	9673499311	Flat 3, 1st floor, opp. Regan Mundi, Borda, Chicalim, Goa	Hussain	Hussain
27	Ms. Maria Fatima D'Costa	Assistant Professor in Psychology	9922022626	Flat No. 52, Block D, Suman Residency, Borda - Margao - Goa	Dr. Costa	Dr. Costa
28	Dr. (Ms.) Susan S. Deborah	Assistant Professor in English	8975293499	D-117 BITS Pilani K. K. Bile Goa Campus, Zuaringar - Goa	Susan	Susan
29	Shri. Narendra B. Gaonkar	Assistant Professor in Commerce	9405916149	Marina H. No. 686/1, Kondir Rivona, Sanguem - Goa	N. Gaonkar	N. Gaonkar
30	Shri Dattaprasad D. Shirgurkar	Assistant Professor in Political Science	9923495049	46/A, Sukad Vantem Adnol, Sattam, Goa 403530	D. Shirgurkar	D. Shirgurkar
31	Shri. Seltan Gomes	Assistant Professor in Commerce	8975032287	H. No 35/12, Gonval Xeldem, Duperem - Goa	S. Gomes	S. Gomes
32	Shri. William De Souza	Assistant Professor in English	8390176013	H. No. 48/2, opposite Spring well, St. Jacinto Island, Chicalim - Goa	W. Souza	W. Souza
33	Ms. Thomasin Joliza D'Souza	Assistant Professor in Commerce	9923673357	H. No. 106/A, Bellem, Velsao, P.O. Caraulim Goa 403712	Thomasin	Thomasin
34	Ms. Sheetal Mandrekar	Assistant Professor in Commerce	8975386321	H. No. 1163 'Ranak', Veluonem, Turis, Borda - Goa	Sheetal	Sheetal
35	Ms. Shubhada D. Parab	Assistant Professor in Commerce	9673140039	H. No. 126 B Vindoda, Pernem, Goa	Shubhada	Shubhada
36	Ms. Renuka P. Sagvekar	Assistant Professor in Economics	9881064559 / 9021084536	H. No. 41/426, Near the cricket ground, Madal, Sada, Vasco, Goa	R. Sagvekar	R. Sagvekar
37	Ms. Madhuri Marathe	Assistant Professor in Psychology	9049262831	S-24, Phase II, New Pundarik Nagar, Borda, Borda, Pernem, Goa	Madhuri	Madhuri

7/8/21



39	Ms. Sangeeta Chingale	Assistant Professor in Tourism & Travel	9765253908	H NO 382 B7, Sumith housing co op 5th floor, Naray Sankar Bar, Vasco H NO 153 BARKHUND CANSOLIM - GOA 403712	<i>Chingale</i>	<i>Chingale</i>
40	Ms. Sabe Almeida	Assistant Professor in Sociology	9403274475	H NO 153 BARKHUND CANSOLIM - GOA 403712	<i>Almeida</i>	<i>Almeida</i>
41	Ms. Michelle Alisha D Meilo	Assistant Professor in English	8308155415	H NO 153 BARKHUND CANSOLIM - GOA 403712	<i>Meilo</i>	<i>Meilo</i>
42	Ms. Soniya C. Govekar	Assistant Professor in Information Technology	9049559048	H NO 153 BARKHUND CANSOLIM - GOA 403712	<i>Govekar</i>	<i>Govekar</i>
43	Ms. Jayesh A. Raut	Assistant Professor in Konkani	8379426896	S. NO. 66, Dist. Dist. colony Zuari Nagar Goa	<i>Raut</i>	<i>Raut</i>
44	Dr. Racheal Chacko	Assistant Professor in Environmental Studies	919764480240 / 918275385980	C-512, PRABHU'S EMERALD DABOLIM VASCO - DA-GAMA, GOA	<i>Chacko</i>	<i>Chacko</i>
45	Ms. Priscilla David	Assistant Professor in English	9527108367	D-S-D, GOVERNMENT QUARTERS, ST. INEZ, PANAJI - GOA	<i>David</i>	<i>David</i>
46	Ms. Jamina D'Souza	Assistant Professor in Commerce	7066065598 / 8551974823	H NO: 834/A, Newtown, Guardolm, Chander, Salcete - Goa. 403714	<i>D'Souza</i>	<i>D'Souza</i>
47	Ms. Sumita Datta	Assistant Professor in Economics	9423416814	H NO-21288, 'Labanya', Babukagar Lopp. Mikod Ribandar, Goa 403006.	<i>Datta</i>	<i>Datta</i>
48	Ms. Suchita Naik	Assistant Professor in Geography	8788369397	House NO B-28 PWD Qtrs Hesoland Sada,	<i>Naik</i>	<i>Naik</i>
49	Dr. Veeraj Mahatme	Assistant Professor	9326109900	SF2, RUKMINI ENCLAVE, Behind MES College, Sukra colony, Opp. Amara's Desire, Zuari Nagar - 403726 178/24, Kamfira Villa, Airway colony Zuari Nagar.	<i>Mahatme</i>	<i>Mahatme</i>
50	Ms. Pallavi Priya Silveira	Assistant Professor	9096127004	Punya Silveira - Bay Village Near MES. GOA	<i>Silveira</i>	<i>Silveira</i>
51	Dr. Kirti Tyagi	Assistant Professor	9561432987	Pune Harmony - 201, Airport Road, Chicolim, Goa - 403711	<i>Tyagi</i>	<i>Tyagi</i>
52	Mr. Motilal <del>Dadu</del> Pednekar	Assistant Professor	9423061141	Eshamam, 131-1-B, Ranghavi Estate A.P. Dabholim - Goa.	<i>Pednekar</i>	<i>Pednekar</i>
53	Ms. Gauri A. Dessai	Assistant Professor	7875515693	H NO 1432, Ranghavi Estate Dabolim - Goa.	<i>Dessai</i>	<i>Dessai</i>
54	Mr. Rajesh D. Tanksali	Assistant Professor	7798088254	ZABOON API, VASCO - GOA	<i>Tanksali</i>	<i>Tanksali</i>
55	Mr. Satish B. Gangavati	Assistant Professor	9284263305	Zuari Nagar, Sancoale - Goa	<i>Gangavati</i>	<i>Gangavati</i>
56	Mr. Vasant Pednekar	Assistant Professor	8805582904	M. Patel. 5th floor 54.	<i>Pednekar</i>	<i>Pednekar</i>
57	Mr. Suraj P. Teyekar	Assistant Professor	8007104492	Konwarada Chate Bardez - Goa	<i>Teyekar</i>	<i>Teyekar</i>



	Mr. Pravin Nathwan Naik	Assistant Professor	9011208076	H.NO 518, ...	
59	Shri. Vinant Pednekar	Assistant Professor	8811558174	H.NO 2111111111, Headland Sada,	463804
60	Ms. Sahila Shaikh	Assistant Professor	9960611973	H.NO 1111111111, ...	463804
61	Ms. Jasmitha Fernandes	Assistant Professor	8830235532 / 8007564864	H.NO: 200/1, Patten Balli Via Lincoln	463804
62	Ms. Utkarsha Ulhas Korgaonkar	Assistant Professor	8708996671	H.NO 166, ...	463804
63	Ms. Suchita Naik	Assistant Professor	8788369397	House No B-28 ...	463804

Mr. Maje S.S. ... IT Faculty

Boys

Boys

Resource Persons:  
 Dr. Peteri Castelhrio - Parkar  
 Shri. Pravin Sabnis - Y

Murakshi Bawa

62 + 20 = 82 + 2 Resource Person = 84



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