

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 7th 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.

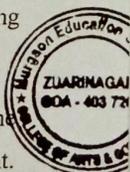
**M.E.S COLLEGE OF ARTS AND COMMERCE
ZUARINAGAR-GOA**

**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 7th 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



'HOLISTIC APPROACH TO WORK ETHICS'

7th 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

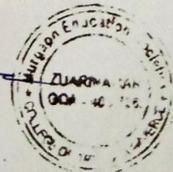
Cedila
Ms. Cedila Pereira e Gomes
Program Coordinator

Rochana
Ms. Rochana Kharangate
IQAC Coordinator

Meenakshi Bawa
Dr. Meenakshi Bawa
Principalal



Meenakshi Bawa
PRINCIPAL
M. E. S. College of Arts & Commerce
Zuarinagar - 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'

7th 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
Principal



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
Date: 07/08/2021

Sl. No.	Name of Employee	Designation	Mobile No.	Residential Address	Signature	Signature
1	Mercelinho Horta	Officiating Principal & Associate Professor in Economics	9823019817	3rd Fl, Prime Classique Miratow Garden, Airport Road, Chicalim, Goa	Mercelinho Horta	Mercelinho Horta
2	Dr. R B Patil	Professor in Sociology	9921346559	Sanskrut, H.No. 111 (19), Ganeshwadi, Sancoale - Goa-403724	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. 442/13 CB, Nandini Housing Society, Div-Way colony, Zuarinagar	Ambambarkar	Ambambarkar
5	Dr. Champa R. Parab	Associate Professor in Commerce	9823162461	Leona Legao, Jai Ram Nagar, 110 Dabolim	Champa R. Parab	Champa R. Parab
6	Shri Sandeep M. Kadam	Associate Professor in Information Tech	9423062244	4-4, B3, Salga Roadway, Adarsh, Chicalim	Sandeep M. Kadam	Sandeep M. Kadam
7	Dr. Sancheliana Fatima Faria	Associate Professor in Commerce	9850454270	Flat No 141, 1-C First Floor, Mangamthi Enclave, Deoliphal, Agassaw, Goa. 403204.	Staria	Staria
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	10 No. 10, DEUSHA - COGGHO, PENNER - Goa	Cosma Fernandes	Cosma Fernandes
10	Dr. Ashish Joshi	Associate Professor in Commerce	7038544677	202, Prime Heights CHS, Jai Ram Nagar, Dabolim Goa.	Ashish Joshi	Ashish Joshi
11	Dr. Savia Mendes	Associate Professor in Commerce	9823151530	448, Villa Cassiano, Carchoarem - Goa 403706	Savia Mendes	Savia Mendes
12	Dr. Sonal Thakker	Associate Professor in Sociology	9881777397	2nd Sancoale, madrem, Zuarinagar.	Sonal Thakker	Sonal Thakker
13	Shri Sanjeev Shirodkar	Associate Professor in Commerce	9049571273	V.P. SANCOALE, BARDOLIM, GOA	Sanjeev Shirodkar	Sanjeev Shirodkar
14	Shri Satyawan Naik	Assistant Professor in Konkani	9923487755	HERAMB 903/1, Near Church, Marcela - Goa - 403 107	Satyawan Naik	Satyawan Naik
15	Ms. Gouri K. Manerkar	Associate Professor in Economics	7020777874	F4 First Floor, Valunk Business Centre Coop Sty Ltd, Bama Vagco	G. K. Manerkar	G. K. Manerkar
16	Smt. Shivani Shirodkar	Associate Professor in Economics	9421154166	Saldanha Residency, Tiro - Tiro, Flat No C-202, A 140 - Vagapusa	Shivani Shirodkar	Shivani Shirodkar
17	Dr. Freda Cota e Pereira	Associate Professor in Psychology	8459468294	Flat No 301, Prime Orchid, Miratow Garden, Chicalim, Airport Rd Vasco - Goa	Freda Cota e Pereira	Freda Cota e Pereira

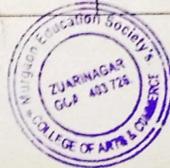
Attendance Sheet
 FDP on Holistic Approach to Work Ethics organised by IQAC
 Venue: ROOM NO.27, MES COLLEGE

Date: 7th August 2021

Sr No.	NAME	Designation	Mobile No.	Residential Address	Session I	Session II
					Signature	Signature
1	Shri Deepak R. Chari	Head Clerk	8408071978	Mr. Megawada, Vasco Goa		
2	Shri Arvind J. Korgaonkar	UDC	9921529763	Chicalim, Vasco da Gama		
3	Shri Anil S. Arlekar	UDC	9422971257	H.No. 260, Mr. Ganesh Temple, dew reddim, Vasco		
4	Shri Shivanand J. Naik	LDC	7038843359	Neva palmar Cortalim Near Junta House TC No 1029		
5	Miss Sonali Phadte	Jr. Stenographer	8390109743	H.No. 477A Mr. Manohar Temple xlv Vasco - Vasco Goa		
6	Shri Tukaram Falkar	MTS	9637399482	Falwada Kudne Sanguelim Goa		
7	Shri Ratnadeep Dhargalkar	MTS	9764326768			
8	Shri Shrikant U. Chalwadi	MTS	9420220896	H.No. 352 Near Gunwar Road Margor Vill Vasco - Pangemalgaon		
9	Shri. Sunil Shetkar	MTS	9049364233	H.No. 14 Deulwada Harmol Roco - Goa		
10	Shri Prashant P. Naik	MTS	9763133172	H.No. 772 pedern Shiroda Ponda - Goa		



	Shri Bhaskar Shripad Naik	MT J	9761270041		
12	Shri Uttam Alias Chaitanya R. Naique	MTS	9923142845	House No 744 Sreebhairi Nagar Sundergaon Goa	<u>Sundergaon</u>
13	Ms. Anupa Bhimrao Todkar	Exam Clerk	9049920614	H NO 873, Zoni, Zesouragan Goa	<u>Zesouragan</u>
14	Shri. Suwas B. Pednekar	Exam MTS	9545473746	House NO: 105 VASCO CARBAILIM GOA	<u>Basco</u>
15	Shri Bhagwan Morje	BBA Programmer	9850474475		
16	Ms. Ruhat Shaikh	Clerk	7030796982		
17	Shri. Sandeep S. Tari	MTS	8007191855	Nam - Man Dempo Bhat VASCO - Goa	<u>f.</u>
18	Shri Amey Kuncolienkar	BCA Programmer	9075178900	H N - 585, HX Vidya Bhuvan, Comba, Margao	<u>Amey</u>
19	Shri. Aniketh A. Dessai	BCA Programmer	8806142742	Green Meadows, Near Keshav Sawoti High school, Vasco	<u>Adesai</u>
20	Ms. Chrisha B.L. Rodrigues	Clerk	7050377092		
21	Mr. Vishnudas Verenkar	MTS	9637107152	H NO 153(A) NEAR PRIMARY Health centre CONSUERIM GOA	<u>Vishnu</u>
22	Ms. Ankita Anand Vengurleker	Counsellor	9823248201	H No. 1014, PARVATI, NR PESATER TANK, SAIBABA TEMPLE, NEW LAIDEM - VASCO - GOA	<u>Anveng</u>
23	Ms. Swiszel Fernandes	Counsellor	9545850600	47/B, Novembhatti, Sarizona Chunichim, Salcete Goa	<u>Swiszel</u>



	Name	Designation	Contact No.	Address	Signature	Signature
	Shri Sudha B. Halvegar	Associate Librarian	9923421363			
19	Smt. Cedila Pereira e Gomes	Assistant Professor in Psychology	9923887913	11,		
20	Smt. Swati Shigaonkar	Assistant Professor in Commerce	9011000246	11/5,		
21	Mr. Rajesh Vinayak Shetgaonkar	Assistant Professor in Economics	9145476921		
22	Ms. Shveta Shanu Desai	Assistant Professor in Commerce	9019920544	48-2, Rutkini Enclave Zuarinagar Goa		S. Desai
23	Ms. Shruti Bhaskar Nayak	Assistant Professor in Mathematics & Statistics	9822103183	B-56, Sapana Valley Pajitand, Margaao-Goa.		S. Desai
24	Dr. Atmaram M. Tarpe	Assistant Professor in Commerce	9923604197	H No 321, New Vaddem, Vasco-Goa		
25	Ms. Teja Kerkar	Assistant Professor in Commerce	8208335264	B2602 Raj Ryle Residency, Acoi -Mapusa- Kandol - Goa		
26	Mr. Hussain Yasser Razak	Assistant Professor in Economics	9673499311	Flat 3, 3rd building, opp Regna Mundi building, Chicelim, Goa.		
27	Ms. Maria Fatima D'Costa	Assistant Professor in Psychology	9922022626	Flat No. 52, Block D, Sunan Residency, Borda - Margao - Goa.		
28	Dr. (Ms.) Susan S. Deborah	Assistant Professor in English	8975293499	D-117 BITS Pilani K. K. Bile Goa Campus, Zuarinagar - Goa		
29	Shri. Narendra B. Gaonkar	Assistant Professor in Commerce	9405916149	Flameno H. No. 686/1, Kondir Rivona Sanguem - Goa		
30	Shri Dattaprasad D. Shirgurkar	Assistant Professor in Political Science	9923495049	46/A, sukad vartem Adnoi Sattam Goa 403530		
31	Shri. Seltan Gomes	Assistant Professor in Commerce	8975032287	H no 35/12, Gonval Xeldem Duperem - Goa		
32	Shri. William De Souza	Assistant Professor in English	8390176013	H. No. 48/2, ... opposite Spring well, St Jacinto Island, Chicelim - Goa.		
33	Ms. Thomasin Joliza D'Souza	Assistant Professor in Commerce	9923673357	H. No. 106/A, Bellem, Velsao P.O. carsalim Goa 403 712		
34	Ms. Sheetal Mandrekar	Assistant Professor in Commerce	8975386321	H. No. 1163 'Ronak', Veluonem, Tirios, Bardez - Goa.		
35	Ms. Shubhada D. Parab	Assistant Professor in Commerce	9673140039	HNO. 120 B VINDODA PERDEM. GOA		
36	Ms. Renuka P. Sagvekar	Assistant Professor in Economics	9881064559 / 9021084536	HNO. 41/6/26 Near the circle ground, Heddal Sada, Vasco, Goa.		
37	Ms. Madhuri Marathe	Assistant Professor in Psychology	9049262831	S-24, Phase II, New Pundarik Nagar, Sant... ..		

Marathe
7/8/21

39	Ms. Sandhya Chingor	Assistant Professor in Tourism & Travel	9765253898	H NO 382 B2, Smt. Th. he. no. my. road 50114 N. near Sarsota bar, Vasco H NO 153 BANK ROAD CANSAULIM - GOA 403712		
40	Ms. Sabe Almeida	Assistant Professor in Sociology	9403274375	H NO 153 BANK ROAD CANSAULIM - GOA 403712		
41	Ms. Michelle Alisha D' Meilo	Assistant Professor in English	8308155415	H-5/1 Arant Residency, Airport Road, Chicalim, Goa 403711		
42	Ms. Somya C. Govekar	Assistant Professor in Information Technology	9049559048			
43	Ms. Jayesh A. Raut	Assistant Professor in Konkani	8379426896	S. no. 66, dist. Dist. colony Zuaregem Goa		
44	Dr. Racheal Chacko	Assistant Professor in Environmental Studies	919764480240 / 918275385980	C-512, PRABHU'S EMERALD DABOLIM VASCO-DA-GAMA, GOA		
45	Ms. Priscilla David	Assistant Professor in English	9527108367	D-S-D, GOVERNMENT QUARTERS, ST. INEZ, PANAJI - GOA		
46	Ms. Jamina D'Souza	Assistant Professor in Commerce	7066065598 / 8551974823	H NO: 834/A, Newtownshp, Guardolm, Chandor, Salcete - Goa. 403714		
47	Ms. Sumita Datta	Assistant Professor in Economics	9423416814	H.No-21288, 'Labonya', Babukagar Lopp. Mikrod Ribandar, Goa 403006.		
48	Ms. Suchita Naik	Assistant Professor in Geography	8788369397	House no B-28 PWD @ this Hesoland Sada,		
49	Dr. Gemele Sardessai	Assistant Professor	9890195825	SF2, RUKMINI ENCLAVE, Behind MES College, Sektia colony, Opp. Amazon's Desire, Zuaremagar - 403726		
50	Dr. Veeraj Mahatme	Assistant Professor	9326109900	178/21, Kamjira Villa, Airway colony Zuaremagar		
51	Ms. Pallavi Priya Silveira	Assistant Professor	9096127004	Punya Silveira - Bay Village Near MES. GOA		
52	Dr. Kirti Tyagi	Assistant Professor	9561432987	Pune Harmony - 201, Airport Road, Chicalim, Goa - 403711		
53	Mr. Motilal Dadu Pednekar	Assistant Professor	9423061141	Eshnam, 131-1-B, Ranghavi Estate A.P. Dabolim - Goa.		
54	Ms. Gauri A. Dessai	Assistant Professor	7875515693	H NO 1432, Ranghavi Estate Dabolim - Goa.		
55	Mr. Rajesh D. Tanksali	Assistant Professor	7798088254	ZAKRON API, VASCO - GOA		
56	Mr. Satish B. Gangavati	Assistant Professor	9284263305	Zuaremagar, Sancoale - Goa		
57	Mr. Vasant Pednekar	Assistant Professor	8805587904	M. sufer. 57 no 54.		
58	Mr. Suraj P. Tutekar	Assistant Professor	8007104492	Karwadade White Barchez - Goa		

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Prachin

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Prachin

Amrita Datta

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Prachin

Viraj Mahatme

Prachin

Tyagi

Prachin

	Mr. Pravin Narayan Naik	Assistant Professor	9011208090	H.No 518, ...	
59	Shri. Vasant Pednekar	Assistant Professor	8811587974	H.No 21, ...	463804
60	Ms. Sahida Shaikh	Assistant Professor	9960611993	H.No 11/B, ...	463804
61	Ms. Jasmitha Fernandes	Assistant Professor	8830235532 / 8007564864	H.No: 200/1, ...	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. Computer / IT Faculty 78047475 Flat 101, SD on Baina

Resource persons:
 Dr. Peter Castelhio - Parkern
 Shri Anand Sabnis - y

Murakshi Bawa

62 + 20 = 82 + 2 Resource persons = 84



PRINCIPAL
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