



M.E.S. VASANT JOSHI COLLEGE OF ARTS & COMMERCE

Zuarinagar, Goa – 403726

Affiliated to Goa University Accredited by NAAC with B+ Grade (4th cycle)

ACADEMIC YEAR 2026-2027

REPORT OF THE ACTIVITY: Session on ‘Skill Development for Girl Students’

Women Cell ‘Jyoti’, The Internal Committee, NSS, NCC Wings in association with the Internal Quality Assurance Cell (IQAC) and the Directorate of Women and Child Development, Mormugao Taluka

- Cell: Women Cell ‘Jyoti’, The Internal Committee, NSS, NCC Wings in association with the Internal Quality Assurance Cell (IQAC) and the Directorate of Women and Child Development, Mormugao Taluka
- Date: 23/07/2026 Time: 11:30 am – 1:30 pm
- Venue: Principal M. S. Kamat Seminar Hall
- Audience (Class): Girl Students of B.A., B.Com., B.C.A., B.B.A., B.B.A. (Shipping and Logistics) and M.Com. programme Div: A/B/C Semester : I, III, V
- No. of participants: Total 107 female participants (which includes 104 girl students of M.E.S. Vasant Joshi College of Arts and Commerce, Zuarinagar-Goa College and 3 girl students (NCC cadets) from MES Madhav Kamat Higher Secondary School)

Report in brief:

M.E.S. Vasant Joshi College of Arts and Commerce, Zuarinagar-Goa, through its Women's Cell Jyoti, Internal Committee, NSS and NCC wings, in association with the Internal Quality Assurance Cell (IQAC) and the Directorate of Women & Child Development, Government of Goa (WCD Block–Mormugao), organized a session on skill development for girl students on 23rd July 2026 from 11:30 a.m. to 1:30 p.m. at the Principal M. S. Kamat Seminar Hall. The session was organized exclusively for girl students enrolled in the B.A., B.Com., B.C.A., B.B.A., B.B.A. (Shipping and Logistics) and M.Com. programmes of M.E.S. Vasant Joshi College of Arts and Commerce, Zuarinagar-Goa.

The session was conducted under Sustainable Development Goal (SDG) 5 – Gender Equality and Women Empowerment on the theme ‘Beti Bachao, Beti Padhao’. It featured skill development activities along with informative sessions on the Protection of Children from Sexual Offences (POCSO) Act, women's health and hygiene, and the Pre-conception and Pre-Natal Diagnostic

Techniques (PC & PNDDT) Act. The objective of the session was to promote awareness on gender equality, safeguard the rights of women and children, encourage the education and empowerment of girls, and equip students with essential life skills. The session was organized with the objective of promoting skill development, creativity, self-reliance, entrepreneurship, and the health and well-being of girl students by empowering them to build confidence and become economically independent.

The session was coordinated by Assistant Professor Ms. Shruti Nayak, Chairperson of the Women's Cell, and Associate Professor Dr. Savia Mendes, Chairperson of the Internal Committee, in the interest of the girl students. The event commenced with a prayer offered by the Women's Group of Mormugao Taluka, expressing gratitude to God for his abundant blessings.

Ms. Deepali Desai from the Directorate of Women & Child Development, WCD Block–Mormugao, extended a floral welcome to the Principal, Dr. Manasvi M. Kamat, the resource persons, and other dignitaries present on the occasion.

Ms. Maria Ana Severin Pereira, Child Development Project Officer, Mormugao Block representing the Directorate of Women & Child Development (WCD), WCD Block–Mormugao, introduced the theme of the session and highlighted the close relationship between health and skill development. She emphasized that good health forms the foundation for personal growth and success, while vocational training, creativity, and self-reliance equip young women with the skills and confidence needed to become financially independent and contribute meaningfully to society. She encouraged the students to make use of various government initiatives and skill development opportunities available for their overall empowerment.

Ms. Sutija Desai from the Cortalim Primary Health Centre (PHC) delivered an informative session on the importance of maintaining good physical and mental health. She explained that prenatal diagnostic tests are conducted solely to assess the health and well-being of the foetus and should never be used to determine the sex of the unborn child. She emphasized that sex determination is prohibited under the law and urged everyone to refrain from encouraging or supporting such practices.

The next speaker, Ms. Anisha Lobo, Central Administrator, One Stop Centre (OSC), South Goa, sensitized the students on the provisions of the Protection of Children from Sexual Offences (POCSO) Act and the Pre-Conception and Pre-Natal Diagnostic Techniques (PC & PNDDT) Act. She highlighted the significance of these legislations in safeguarding children from sexual abuse and preventing gender discrimination through the misuse of prenatal diagnostic techniques. She encouraged students to be aware of their rights and to report any form of abuse or exploitation without fear.

A hands-on Keychain Making session was conducted by the resource person, Ms. Elvy Fernandes. She demonstrated the techniques involved in creating attractive handmade keychains using simple and easily available materials. All the materials required for the session were provided by the Directorate of Women & Child Development, Goa (WCD Block–Mormugao), ensuring that every participant could actively take part in the activity. She guided the students through each stage of the keychain-making process, encouraging them to express their creativity while developing a practical vocational skill. The interactive session enabled the participants to gain hands-on experience, enhance their artistic abilities, and appreciate the value of handcrafted products. The session also motivated the students to cultivate an entrepreneurial mindset by recognizing handmade crafts as a viable opportunity for self-employment, skill development, and supplementary income generation.

Following the session, refreshments were served to all the participants with the support of a Self-Help Group (SHG). The Directorate of Women & Child Development, WCD Block–Mormugao, also distributed educational kits comprising files and notebooks to all the participating girl students. The thoughtful initiative was well received and greatly appreciated by the students.

The session concluded with a vote of thanks proposed by Ms. Ekrupa Mahale from the Directorate of Women & Child Development, WCD Block–Mormugao. As a token of appreciation, the Directorate of Women & Child Development, WCD Block–Mormugao, presented umbrellas to the principal, the resource person, and the faculty members in recognition of their valuable support, cooperation, and contribution to the successful conduct of the session.

The session was compered by Asst. Prof. Ms. Amita Naik, NSS Programme Officer.



Ms. Sutija Desai addressing the participants



Participants of the session



Ms. Anisha Lobo addressing the students



Ms. Elvy Fernandes explaining the students key-chain making process



Students displaying key-chains made by them

Coordinators Remark:

The session witnessed enthusiastic participation from 107 girl students (which includes 104 girl students of M.E.S. Vasant Joshi College of Arts and Commerce, Zuarinagar-Goa College and 3 girl students (NCC cadets) from MES Madhav Kamat Higher Secondary School), who actively participated in the session and appreciated the opportunity to acquire a new vocational skill. The collaborative efforts of the Women's Cell Jyoti, Internal Committee, NSS, NCC Wings, IQAC and the Directorate of Women & Child Development, WCD Block–Mormugao ensured the successful conduct of the programme. Overall, the Skill Development Session was highly informative, interactive, and successful in promoting creativity, confidence, entrepreneurship, and women's empowerment among the participants.

Ms. Amita Naik
NSS P.O.

Ms. Michelle D'Mello
In-charge
NCC, Girls Wing

Sub. Lt. Dr. Rajesh Shetgaonkar
ANO, NCC, Naval Wing

Dr. Savia Mendes
Chairperson
Internal Committee

Ms. Shruti B. Nayak
Chairperson
Women's Cell, Jyoti

Dr. Manasvi M. Kamat
Professor & Principal



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M. E. S. VASANT JOSHI COLLEGE OF ARTS & COMMERCE ZUARINAGAR - GOA

2026-27

SDG 05 –Gender Equality & Women Empowerment

Women's Cell 'Jyoti', Internal Committee, NSS, NCC & IQAC
In association with



Organizes a Session on Skill Development for Girl Students

Date:- 23rd July, 2026

Time :- 11:30 a.m. to 1.30 p.m.

Venue: Prin. M. S. Kamat Seminar Hall

Ms. Amita Naik
NSS Programme
Officer

Sub. Lt. Rajesh
Shetgaonkar
ANO NCC Naval Wing

Ms. Michelle D'Mello
In charge
NCC Wing (Girl)

Ms. Shruti Nayak
Chairperson
Women 's Cell 'Jyoti'

Dr. Savia Mendes
Chairperson Internal
Committee

Dr. Manasvi M. Kamat
Professor and Principal

Flyer of the session