

Rosary College of Commerce and Arts
Women's Cell Report

Webinar on Awareness & Prevention of Breast Cancer

The Women's Cell of Rosary College of Commerce & Arts, Navelim organised a State Level Webinar on Awareness & Prevention of Breast Cancer for students, academicians and general public via Google Meet. The Resource Person for the session is renowned Oncologist Dr. Shekhar Salkar, Chief of Department of Oncosurgery (Manipal Hospital-Goa).


Dr. Salkar said that with the average age of breast cancer dropping from 50 years to late 30s, also the in the rural females. Owing to the lack of awareness and absence of a breast cancer screening program, the majority of breast cancers are diagnosed at a relatively advanced stage increasing the risk of mortality. Dr. Salkar emphasized on the important for being aware about breast health care for all women, and regular breast self examination should be part of one's health routine to spot any changes in the breasts. The earlier cancer is detected, the better the chances for treatment and survival.

Our modern lifestyle with no exercise, late marriage or no marriage ,no breast feeding and gorging on fast food make you prone to many health issues including breast cancer. The hormonal imbalance resulting from these irregular lifestyle is the root cause of the growing incidences of breast cancer in India.

Staying aware and paying attention to your own health is important when it comes to breast cancer prevention. He highlighted certain things that women can do for early diagnosis of breast cancer such as Breast Cancer Screenings and Breast Self Examination.

He also recommended some preventive measures such as having first child before the age of 30 ,breast feeding at least for 6 months, limit hormone replacement therapy for short courses. Regular Exercise , Healthy Diet diet with fruits, vegetables, nuts, whole grains and legumes as well fish instead of red meat will reduce the risk of breast cancer. It will also help one maintain their weight and not consume more calories than one should. Women can play a major role, not only in preventing cancer for themselves but also by modifying lifestyle of family members can protect them from not only Cancer, but from many other diseases as well.

The webinar received a good response and feedback from the participants.

Report Prepared by :-  Poorna Gude

Rosary College of Commerce & Arts

Navelim, Salcete – Goa

COMPLIANCE REPORT
OF
WOMEN'S CELL
2020-2021

Date and Month	Activity	Completed	Reason for not completing	Name of the Professor
October	Awareness of Menstruation & Personal Hygiene	Completed on 08 th March 2021	_____	Asst. Prof. Lizanne Fernandes Asst. Prof. Poorva Gude
November	Workshop on Zumba	_____	Planned as Physical mode activity (Students were not allowed due to COVID 19)	Asst. Prof. Lizanne Fernandes Asst. Prof. Poorva Gude
November	Digital Poster Making Competition	Completed on 04 th December, 2021	_____	Asst. Prof. Lizanne Fernandes Asst. Prof. Poorva Gude
January	Interactive session on "Awareness on Breast Cancer"	Completed on 02 nd December, 2021	_____	Asst. Prof. Lizanne Fernandes Asst. Prof. Poorva Gude
March	Workshop on Self Defense	_____	Planned as Physical mode activity (Students were not allowed due to COVID 19)	Asst. Prof. Lizanne Fernandes Asst. Prof. Poorva Gude

February	Skill oriented workshop		Non-availability of Resource person	Asst. Prof. Lizanne Fernandes Asst. Prof. Poorva Gude
March	Celebration of International Women' Day	Completed on 08 th March 2021		Asst. Prof. Lizanne Fernandes Asst. Prof. Poorva Gude

Submitted by:



Asst. Prof. Lizanne Fernandes
Convenor

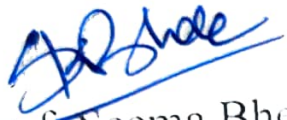
Date: 24/06/20201

Rosary College of Commerce & Arts
Navelim, Salcete-Goa

Equal Opportunity Cell and Gender Champions
Concrete Plan for the academic year 2020-2021

The following activities will be conducted for the academic year 2020-2021

1. Essay Competition - December 2020
2. Self Defence Technique - April 2021



Asst. Prof. Seema Bhende

Convener

Equal Opportunity Cell and Gender Champions

Rosary College of Commerce and Arts

Women's Cell Report

International Women's Day

Women's Cell of Rosary College of Commerce and Arts, organised the state level webinar on the topic "**Decoding Women Health Issues**" on the occasion of International Womens Day 2021 on 8th March 2021 via google meet. Ayurvedic Doctor and the founder of Oorja Wellness Centre, Dr. Sneha Bhagwat was a resource Person for Session.

Dr. Sneha discussed various health issues with respect to Menstruation, PCOD, Endometriosis and so on. She addressed the common health problems faced by women of all age groups. She highlighted the causes, symptoms, and effects of the same and enlightened the audience regarding several medical treatments.

Dr. Sneha emphasized on clean eating habits, sound sleep, diet , stress management and good exercise to eliminate most of the common health problems. She insisted the audience to patronise local food which should include seasonal vegetables and fruits. One must ensure that she eats breakfast and all the meals on time.

Report Prepared by :- Poorva Gude



Dr. [Name]



Kogary College of Commerce & Arts


Navellim, Salcete, Goa
Re-accredited by NACAC with Grade 'A', (CGPA score of 3.29 on a 4 point scale)


Certificate of Participation


This is to certify that

Mr. / Ms. / Mr. Manali Bandothkar

has attended State Level Seminar on
"Speciating Women Health Issues"
organized by the Women's Cell of our College
on 8th March, 2021 from 3:00 pm to 4:00 pm.


Mrs. Lizanne Edwards
Convenor, Women's Cell


Mrs. Shikha Dsouza
Acting Principal


Mrs. Shama R. Dsouza
Administrator

Women's Cell

E-Poster making competition on 'Violence against Women'

Sr. No	Name	Creativity (20)	Originality (10)	Presentation (20)	Relevance to the theme ⁽¹⁰⁾	Total 60
1.	Claudia Lopes	18	9	15	9	51
2.	Sanyo Colaco	15	8	15	9	47
3.	Aleta Vaz	19	9	19	10	57

Name and Signature of the Judge: Asst. Prof. Ms. Tani V. Deshpande

Deshpande

(MS-P001)

Rosary College of Commerce and Arts,
Navelim, Salcete -Goa

REPORT ON E-POSTER MAKING COMPETITION

The Women's Cell of the college organized an E-Poster Making Competition on the topic Violence against Women from the 27th November to 4th December, 2020 for our students. With the increasing number of cases of violence against women the objective behind such a competition is to create awareness about the different form of violence against women among the students.

A total of three students participated from the college. Out of the three participants Ms. Aleta Vaz from TYBA was declared as winner of the competition. The competition was judged by Asst. Prof. Tanvi Deshpande.

Report submitted by Asst. Prof. Lizanne Fernandes



Equal Opportunity Cell and Gender Champions
Consolidated Report for the academic year 2020-2021

The Equal Opportunity Cell and Gender Champions of the college organised an online Essay Competition on the topic “Uniform Civil Code, Property Rights and Women in Goa”. The competition was held on 18th December 2020.

It was judged by Asst. Prof. Jonlen D’Sa, Asst. Prof. Raissa and Asst. Prof. Sonia Kamat.

Eight students participated for the competition. The following students were declared the winners.

1st place : Ms. Racheal Malifa Fernandes SY B.Com (B)

2nd place : Ms Apeksha Munavalli SY BA (B)

2nd place: Ms. Michelle Travasso SY BBA

3rd place: Ms. Glenda Fernandes SY BA (A)



Asst. Prof. Seema Bhende

Convenor

Equal Opportunity Cell and Gender Champions

Rosary College of Commerce & Arts,
Navelim- Goa

Equal Opportunity Cell and Gender Champions

Online Essay Competition

18/12/2020

On the topic

“Uniform Civil Code, Property Rights and Women in Goa”

Judgement Sheet

Sr No	Name of the Participants	Relevance to the theme (10) marks	Organisation (10) marks	Language (10) marks	Total Marks (30)
①	Mhalseya D. Fernandes	09	09	09	27
②	Apeksha Munavalli	08	08	08	24
③	Swizel Fernandes SYBA(B)	08	08	08	24
④	Michelle Traraso	08	07	07	22
⑤	Ciana Fernandes	08	07	06	20
⑥	Nashrita Cruz	07	06	06	18
⑦	Glenda Fernandes	06	06	06	16
⑧	Racheal Malifa fernandes	06	05	05	14
⑧	Racheal Malifa fernandes	05	05	04	14

Name and Signature of the Judge: Joulen DeSa 

Rosary College of Commerce & Arts,
Navelim- Goa

Equal Opportunity Cell and Gender Champions

Online Essay Competition


18/12/2020

On the topic

“Uniform Civil Code, Property Rights and Women in Goa”

Judgement Sheet

Sr No	Name of the Participants	Relevance to the theme (10) marks	Organisation (10) marks	Language (10) marks	Total Marks (30)
1.	Mhalseya fernandes	4	4	6	14
2.	Apeksha Munavalli	5	5	5	15
3.	Swizel fernandes	7	6	7	20
4.	Michelle Travasso	8	6	9	23
5.	Ciana fernandes	3	3	4	10
6.	Nashvita Cruz	6	5	7	18
7.	Glenda fernandes	8	8	9	25
8.	Racheal Malita fernandes	9	9	9	27

Name and Signature of the Judge: Ms. Raisia Cardozo 

Rosary College of Commerce & Arts,
Navelim- Goa

Equal Opportunity Cell and Gender Champions

Online Essay Competition

18/12/2020

On the topic

“Uniform Civil Code, Property Rights and Women in Goa”

Judgement Sheet

Sr No	Name of the Participants	Relevance to the theme (10) marks	Organisation (10) marks	Language (10) marks	Total Marks (30)
1	Mhalseya Fernandes.	07	07	07	21
2	Apeksha Munavalli	09	09	09	27
3	Swibel Fernandes	07	06	06	19
4	Michelle Travasso.	07	07	07	21
5	Ciana Fernandes	8 1/2	09	09	26 1/2
6	Nashita Cruz	8 1/2	09	09	26 1/2
7	Glenda Fernandes.	08	7 1/2	08	23 1/2
8	Racheal Malifa Fernandes	9 1/2	09	09	27 1/2

Name and Signature of the Judge: Asst. Prof. Ms. Sonia Kamat



Rosary College of Commerce & Arts

Navelim, Salcete, Goa

Re-accredited by NAAC with Grade 'A', (CGPA score of 3.29 on a 4 point scale)

Certificate

This is to Certify that

Mr. / Ms. _____

has participated and secured _____ place

in the Online Essay Competition on the topic

UNIFORM CIVIL CODE, PROPERTY RIGHTS AND WOMEN IN GOA

organized by the

Equal Opportunity Cell and Gender Champions

on _____

18th December, 2020.

Prof. Anuraag R. D. S.
Administrator

Assoc. Prof. Stella Bavarillas
Acting Principal