

**MURGAON EDUCATION SOCIETY'S
COLLEGE OF ARTS & COMMERCE
ZUARINAGAR-GOÄ**

(ESTABLISHED-1972)

AFFILIATED TO GOÄ UNIVERSITY

**ACCREDITED BY
NATIONAL ASSESSMENT & ACCREDITATION COUNCIL
(NAAC)**

WITH B GRADE(3RD CYCLE)

PRINCIPAL'S REPORT

2019-20

I STUDENTS ADMITTED DURING THE ACADEMIC YEAR 2019-20

CLASS	TOTAL
B.A.	381
B.COM.	738
B.C.A.	123
B.B.A.	121
B.B.A. (SHIPPING & LOGISTICS)	60
M.COM.	49
Research Centre	
Dept. of Economics	01
Dept. of Sociology	01
Total	1474

This year we started **online admissions** for second & third year BA / B.Com/B.C.A./B.B.A./M.COM Students.

II RESULTS FOR THE YEAR 2018-19

Class	No. of Students Appeared	No. of Students Passed	Pass Percentage	Distinction	First Class
B.A.	117	83	70.94 %	14	31
B.Com.	240	169	70.41 %	13	49
B.C.A.	56	53	94.64 %	19	22
B.B.A.	40	39	97.5 %	4	33
B.B.A (Shipping & Logistics)	09	09	100 %	01	08
M.Com.	15	15	100 %	01	07
M.A.in English	7	7	100 %	04	02
TOTAL	484	375	77.48%	56	152

III ACTIVITIES OF THE ASSOCIATIONS

A. COLLEGE COUNCIL

1. Election to the College Council 2019-20

The College Council elections were held on 19th August 2019 for the Post of General Secretary, Ladies Representative, Secretaries of various Associations including Sports and Class Representatives of various divisions of B.A/B.Com/M.Com/B.C.A/B.B.A.and B.B.A Shipping and Logistics.

Mr. Abhishek Subhash Patil of B.Com Semester – V, was elected as General Secretary of the College Council of M.E.S. College of Arts & Commerce, Ms. Simran Myra D'souza of B.Com Semester – III, was elected to the post of Ladies Representative, however due to sudden sad demise of Ms. Simran D'Souza, Ms. Vanshika Tulshidas Morajkar of B.A. Semester – V, is presently nominated as new Ladies Representative of College Council.

Ms. Dipti Devanand Naik of B.Com Semester – V, was elected to the post of Secretary of Art and Culture Association, Ms. Vijeyta of M.Com Part-I to the post of Secretary of Debating Association, Mr. Gururaj Damodar Ingale, of B.A. Semester – III to the post of Sports Secretary, Mr. Rohit Rajnarayan Yadav to the post of Secretary of Literary Association, 13 class representatives were elected, while 17 were nominated as per the provision of the Constitution of College Council.

2. Inaugural Programme of College Council 2019-20

The Inaugural Programme of the College Council of MES College of Arts & Commerce was held on Friday, September 20, 2019 at 11:00 am in the M. S. Kamat Seminar Hall. The function began with a welcome song by Ms. Prachi Prabhu Gaonkar and group.

After the welcome song by the students, Vice Principal, Dr. Rekha R. Gaonkar welcomed the gathering. Shri. Sanjiv K. Shirodkar, Chairman of College Council, formally introduced the Chief Guest, Shri. Pravin Bhende, Principal, GVM's GGPR College of Commerce and Economics, Ponda-Goa.

Shri. Sanjiv K. Shirodkar, Chairman of College Council escorted the dignitaries to the dais. Chief Guest, Shri. Pravin Bhende, lighted the traditional lamp formally inaugurating the activities of College Council.

Dr. R. B. Patil, Principal of the College then administered the Oath to all the elected members of the college council.

All the student members of the college council were felicitated at the hands of the Chief Guest, Shri. Pravin Bhende.

Principal, Pravin Bhende, in his address encouraged the students to undertake various activities to address the social problems and make a contribution to the society in whichever way possible. In order to motivate the students to do the same, he enlightened them with the various activities undertaken by the students of GVMs College under his guidance to avoid the use of plastic in Ponda town. He further mentioned that his college produces over 500 cloth bags every year which are distributed and sold in Ponda market for public use and avoid the use of plastic bags in the town. He concluded his speech by persuading the students to stimulate their creative minds and address to the common problems faced by the people in Vasco.

Mr. Abhishek Patil, General Secretary of the College Council, proposed the vote of thanks. The function concluded with the national anthem.

3. Talent Search Program

A Talent search program was organized by the College Council of MES College of Arts and Commerce, Zuarinagar-Goa, on 24th September, 2019 at 11:00 a.m. in the block no. IV of the College premises.

Events such as Singing and Dance were organised by the College Council of our College.

The following were the winners of the above mentioned events:

- Singing:

A total of 5 students participated in the Singing Competition and Miss Radny & Nitin Faldesai from BCOM Sem I Div: B, won the competition.

- Dance:

Nehal H. from BCA 17044 won the dance competition among the 5 participants who brilliantly showcased their talent.

4. Annual Fun Festival 2019-2020.

The College Council of M.E.S College of Arts & Commerce had organised Annual Fun Festival for 3 days from 18th December to 21st December 2019 (excluding 19th December). Various events were held on each day. Six teams were made namely Alliance, Spartans, Revengers, Uzzo, Shaktiman and Pheonix. Each team consisted of five divisions which were selected by random lots system. All the three days of fun festival were theme based. On day one the theme was Super Heros and Dysney World Characters, Cultural/Traditional day was the theme of day two and Indo-Western was the theme for day three of fun festival.

On day one, the events held were Control Cricket, Penalty Shoot Outs, Tennikoit, 100metres/400 metres relay, Flag painting, Ghum Chakkar, Tug of War, Third degree was for first two days and Photography was held for all three days. The Winners for the above events were Team Uzzo, Team Revengers, Team Spartans, Team Revengers, Team Alliance, Team Spartans, Team Revengers, Team Revengers and Team Alliance respectively.

On day two the events held were Poster making, Slogan competition, Skit competition, Video making, Solo singing, Solo dance, Ad mad show and Carol singing. The winners for the above events were Team Uzzo, Team Alliance, Team Phoenix, Team Phoenix, Team Revengers, Team Shaktiman, Team Shaktiman and Team Phoenix respectively.

On day three the various events held were Group dance, Mute beat, Fashion show and Mr. and Ms. M.E.S. The winners of the above events were Team Uzzo, Team Shaktiman, Team Uzzo, Mr. M.E.S was Mr. Saddam Shaik from Team Spartans and Ms. M.E.S was Ms. Anjali Singh from Team Revengers respectively.



It was followed by overall prize distribution which was held in the presence of Principal Dr. Rekha R. Gaonkar and Shri. Sanjiv K. Shirodkar, Chairman of College Council. The overall third place was secured by Team Uzzo, Second place was by Team Alliance and the overall first place of Annual Fun Festival 2019-2020 was secured by Team Revengers. The Annual Fun Festival 2019-2020 was a success with the support and co-ordination of student- In-charges, teaching and non-teaching staff.

B. NATURE CLUB AND RESOURCE MANAGEMENT CELL

The Nature Club and Resource Management Cell of MES college of Arts and Commerce was inaugurated on the 10th July 2018 under the leadership of Assoc. Prof. Rochana Kharangate, Asst. Prof. Atmaram Tarpe, Asst. Prof. Dr. Racheal Chacko and Asst. Prof. Motilal Pednekar. The Nature Club of the college in association with the Foundation for Environment Research and Conservation (FERC), Goa conducts a lecture discussion series by the name 'Kasturi' every month.

On the occasion of its inaugural function, a documentary film "Saxtticho Kodd: The Granary of Salcete' by Vince Costa was screened.

The second lecture of the Kasturi series of lecture was held on 14th August 2019. The guest speaker for the day was Shri Prajal Sakhardande, Associate Professor, Dhempe college of Arts and Science. He spoke on the history and heritage of Goa with special reference to Vasco and its surroundings from earliest times to 2019. The third lecture of the Kasturi series of lecture was held on 11th September 2019. The speaker for the day was Mrs. Apurva Apte who is an energy auditor from the NGO Shubhankar environment services. She spoke about how each one of us could be an energy champion.

The Kasturi series of lectures celebrated their first anniversary on 9th October 2019. Shri Wendell Rodricks talk revolved around being the pluralist persona. As part of the anniversary celebration of the Kasturi series a competition on wealth out of waste from waste fabric was held. There were 9 entries and out of which the entry by Master Sahil Naik of class XII was adjudged the best. The fifth lecture of the Kasturi series of lecture was held on 11th December 2019. The guest speaker for the day was Shri Parag Rangnekar, Founder member, FERC. He spoke about creating a Butterfly Friendly habitat in the college premises. In continuation with this talk the members of the Nature Club in association with NSS volunteers have initiated with the work of preparing the Butterfly Habitat on campus.



C. PLACEMENT CELL

PLACEMENT DRIVES CONDUCTED DURING THE ACADEMIC YEAR 2019-2020

SR. NO.	NAME OF THE COMPANY	NO. OF STUDENTS APPEARED	NO. OF STUDENTS SELECTED
1.	G.I.C.E	29	23
2.	AXIS BANK (for C.S.O)	12	12
	AXIS BANK (for B.D.E)	08	01
3.	ICICI PRUDENTIAL	16	11
4.	RELIANCE JIO	04	01
5.	CRESCENDO EDUCATIONAL INNOVATIONS	08	07
6.	AUTOMOTIVEIS DE CRISTAL	68	Results Awaited
7.	SMART ABC	To be held	
8.	NORTH STAR TECHNOLOGIES	To be held	
9.	ARTIS MANUFACTURING AND DESIGN SOLUTIONS	To be held	
	TOTAL	156	74

1)GICE:

The Placement Cell organized a placement drive by GICE (Goan Institute International Consociation of Education, Pvt.Ltd.) on 27th January 2020 for the final year students of all streams. 11 students from BA, 13 from BCom, 3 from BBA and 2 from M.Com attended the drive.

It began with a pre-placement talk, where the resource persons informed the students about the role, i.e. Skill Development Faculty Trainer. This was followed by 2 rounds – an interview round and a self-presentation round.

The following students were selected, 7 from BA, 13 from BComand 3 from BBA:

- | | |
|--------------------------|----------------------------------|
| 1. Geeta Ravi Ganger | 14. Krishna MahadevappaMyageri |
| 2. SheronCoutinho | 15.AshwiniSurlikar |
| 3. GiteshwariGawane | 16.ChetalyChandrakantKalangutkar |
| 4. G. Gouthami | 17.RohiniSidduGawde |
| 5. SushmaMallah | 18.TruptiGambre |
| 6. LekhaRamanan | 19.BhushanPatil |
| 7. Kirtur Fatima | 20. Sivalal |
| 8. MadarNagrajGovindappa | 21.ManjunathKoppal |

9. Agnus Moniz

22. Rakshanda Prashtekar

10. Stera Lucas

23. Swetasmita Pradhan

11. Viola Monteiro

12. Shaikh Misbah Nasir

13. Maya Naik

2) AXIS BANK:

The Placement Cell organised a pre-placement talk by AXIS Bank in M.S. Kamat Seminar Hall on 24th January 2020 at 9.30am. A Total of 84 students from BA/B.Com/BCA and M.Com participated in the programme.

Ms. Ankita Choudhary, HR Manager, AXIS Bank, Pune-Maharashtra and Ms. Carmen Viegas, Deputy Vice President and Head, Goa Cluster, gave an overview of the positions and explained the role and remuneration to the students. The vacancies were for the post of Customer Service Executive for the M.Com students, and Business Development Executives for the BCA, BBA, B.Com and BA students.

The first round of the recruitment was an online test which was conducted on 15th February 2020. All the M.Com students cleared the test and proceeded to the interview round. The interview round for the M.Com students was held on 26th February 2020 for the posts of CSO, in which all the 13 students cleared the interview. The following are the names of the students who were successful at the interview:

1) Aswathy KP

2) Kefira Rodrigues

3) Lamani Vijay

4) Manju Rathod

5) Manjunath Harijan

6) Mohammed Suleman

7) Swetasmita Pradhan

8) Dikshee Govekar

9) Shweta Tungal

10) Rachana Banavalikar

11) Asmita Hodavdekar

12) Sweetie Teli



The selected candidates with the HR Manager - Axis bank, Chairperson and members of the Placement Cell.

The interview for the BCom students was held on 6th March 2020, for the post of BDE which was conducted by Mr. Abhijeet Rane Sardessai, the HR Manager, Goa Cluster, Head. A total of 08 students (2 from BCA, 2 from BA and 4 from BCom) attended the interview. Vinod Raichur – BCA was shortlisted for the BDE position Axis Bank. The results would be notified later.



The students with the HR Manager, AXIS Bank, Chairperson and members of the Placement Cell.



A student answering the interview.

3) ICICI PRUDENTIAL:

The Placement Cell organized a Placement Drive on 2nd March 2020 by ICICI Prudential at 10am. It began with a pre-placement talk by the HR Manager, Mr. Surya KarteeK Yamujala. He informed the students about the vacancies for the post of Life Insurance Advisors, and the necessary details about the job. 4 students from BA, 10 from BCom and 2 from BCA attended the Placement Drive.



Mr. Yamujala informing the students about the role, during the pre-placement talk.
 After the pre-placement talk, the personal interviews were conducted and the following 11 students (1 from BA, 2 from BCA and 8 from BCom) were selected:

- 1) Suman Pal – BCom
- 2) Priyanka Bhobe – BCom
- 3) Rupinder Singh – BCom
- 4) Siyana Smith – BCom
- 5) Pradeep Singh – BCom
- 6) Javed Navai – BCom
- 7) RohitYadav – BCom
- 8) Shaikh Arbiya Bi – BCom
- 9) Sakshi Shirodkar – BA
- 10) ShrutiYadav – BCA
- 11) Vinod Raichur – BCA



The selected candidates alongwith the HR Manager – ICICI Prudential, Chaiperson and members of the Placement Cell.

4) **RELIANCE JIO:**

Our student Azeem Kamatagi participated in an off-campus placement drive by Reliance Jio and got selected for the post of Jio Point Assistant Manager (JPAM).

5) **CRESCENDO EDUCATIONAL INNOVATIONS:**

The Placement Cell organized a placement drive by Crescendo Educational Innovations, (a Communicative English Training Institute in Kerala), on 4th March 2020 at 11am in the MS Kamat Seminar hall. The resource persons were Mr. Clinil, Academic Director and Mr. Ramesh Chawan, Senior Faculty. 09 students attended the drive: 08 from BA and 1 from BCom.

The placement drive began with a pre-placement talk, where the students were informed about the company, as well as the role and responsibilities. This was followed by the personal interview round. The following students were selected out of 08:

1. Sylvia D'Costa
2. Geeta Ravi
3. Khatib Mushkan
4. Giteshwari Gawane
5. Lekha Ramanan
6. Geeta Rathod
7. Pratiksha Naik



The students along with the resource persons from Crescendo Educational Innovations and Chairperson and members of the Placement Cell.

6) **AUTOMOTIVEIS DE CRISTAL:**

A Placement Drive is scheduled to be conducted by Automotiveis De Cristal on 9th March 2020 at 10.30am. Automotiveis De Cristal is engaged in automobile business of sales and servicing of KIA vehicles, and the vacancies are for the post of Executive/Accounts

Assistant. Mr. Sachin Mavlankar, HR Manager and Mr. Sheik Ghous, Customer Relationship Manager, will be the representatives from the company to conduct the placement drive.

7) SMART ABC:

A Placement drive is scheduled for Thursday, 12th March at 10am for the students of BA, BCom, BCA and BBA. Mr Jobish Putel, the managing Director, Mr.Robin Cook and Ms. Nimisha Lijesh the coordinators would be the recruiters for the placement drive.

8) The Placement Cell will be organizing placement drive by **NORTH STAR TECHNOLOGIES** for position of Field survey Executive later in March.

9) The Placement Cell will be organizing placement drive by **ARTIS MANUFACTURING AND DESIGN SOLUTIONS** for positions of Accountant, Business/Office Coordinator and Account Assistant.

D. CAREER GUIDANCE CELL

Career Guidance Cell organized a talk on the topic “Career options in Changing World Scenario” on 10th August 2019 in M. S. Kamat seminar hall of MES College. The resource person for the talk was Prin. Bhaskar G. Nayak , Ex. Director of Higher Education.



Prin. Bhaskar G. Nayak, addressing the gathering

2) Career Guidance Cell organized a talk on the topic “What after Graduation – Ways and Opportunities?” on 17/01/2020. The Resource person for the talk is Shri. Vishal Agarwal, Career Consultant and Director of Lakshya Academy.



Shri. Vishal Agarwal interacting with the students

3) Career Guidance Cell is planning to organize a seminar on Admissions for MBA Course in Goa University on 14th February 2020 at M.S. Kamat Seminar hall for BA/B.Com./BCA/BBA/ BBA(Shipping and Logistics) students of MES College.

4) Two of our students namely Mr. Jude Fernandes of BA Semester V and Mr. Mulla Musharraf Mohidin of BCOM Semester V participated in the one day state level workshop on the topic ‘ The road less travelled: Alternate Career options’ held at Rosary College of Commerce and Arts, Navelim Salcete-Goa on 30th September 2019.

5) Two of our students namely Mr. Mulla Musharraf Mohidin and Ashvet Bandekar of BCOM Semester V participated in US university Fair, Goa held at Taj Vivanta, Panaji - Goa on 22/09/2019.

6) Five of our students namely Mr. Bhagat Jayesh Kishor of B.Com. Semester VI, Mr. Shreyas and Mr. Kamble Umesh Mahabaleshwar of B.Com. Semester IV, Ms. Salgaonkar Divya Manohar and Mr. Shinde Suraj Arvind of BA Semester VI participated in the state level workshop on the topic Contemporary Career Options: Imparting Skills to the Youth in Goa on 4th and 5th February 2020 at Government College of Arts ,Science and Commerce, Khandola Marcela Goa.

E. DEBATING ASSOCIATION

Sr No	DATE	Activity	Description/ Topic	ORGANISED	NO STUDENTS	Resource Person/ Name of participants	OUTCOME
1	30 th November, 2019	Game based workshop	The workshop aimed at developing critical thinking, problem solving, and creative collaboration and leadership skills.	In collaboration with Department of French at Goa University	20	Ms. Natasha Gomes Assistant Professor of French, Goa University,	Students expressed that the event was an innovative approach to learning new things.
2	28 th October to 2 nd November 2019	Inter -collegiate Elocution competition	As part of vigilance awareness week 2019. 'Integrity a way of Life'	Goa Shipyard LMT	3	Mr. Raj Pratik : third year BCA Mr. Babu Sattari First year BCA Mr. Farid Chorshanbiev: First year BCA Mr. Pawan Gorantla Third year BBA	Mr. Raj Pratik : Won the First Place in the Hindi Category . Mr. Babu Sattari Won a special Prize .
3	13 th December, 2019	Debate Club: Public speaking / Impromptu Session	The Debating association, conducted a public speaking / impromptu session to motivate members of the debate club to participate in impromptu	Debate Club, Debating Association, M.E.S College of Arts and Commerce.	38	--	Students expressed that the event was very encouraging in terms of motivating them to take up public speaking.

			activities				
4	28 th September 2019	Elocution Competition	Jude Fernandes of third year B.A, participated in an elocution completion titled 'The Orator' organized by Dhempe college, Miramar	Dhempe college,,Miramar	1	--	Participated
5	6 th August,2019	Inter- collegiate quiz competition	On the occasion of international AIDS Day our students participated in an inter collegiate quiz competition aimed at spreading awareness on Transforming Education at Menezes Braganza hall Panjim-Goa	Goa AIDS control Society	2	Ms. Priyanka Singh BA Semester V and VI Mr. Sheikh Asif BA Semester V and VI	Participated
6	6 th and 7 th December, 2019	GALF 2019	Members of the Debate Club participated in GALF 2019. An annual literary, held at International Centre Goa, Dona-Paula.	International Centre Goa	7	-	Students had the opportunity to interact with renowned authors and had the opportunity to purchase books at the on-site exhibition.

1) Game based workshop



Students playing of the Debate club playing 'The Budget Game'



Ms. Danical Colaco of the Debate Club Presenting a Memento to the Resource person Ms. Natasha Gomes

2) Inter -collegiate Elocution competition organized by GOA SHIPYARD LMT on occasion of Vigilance awareness



Felicitation of winner at Bits Pillani

- Mr. Raj Pratik : Won the **First Place in the Hindi Category**.
- Mr. Babu Sattari Won a **special Prize**.

3) Debate Club: Public speaking Session



Members of the Debate Club at the Public speaking / Impromptu Session organized by the Club

F. ASSOCIATION OF ART & CULTURE

The Association of Art & Culture for the academic year 2019-20 is headed by Shri. Sandeep Kadam along with Shri. Ashish Joshi, Shri. Viraj Mahatme, Shri. Rajesh Tanksali, Ms. Michelle D'Mello, Ms. Gaargi Bhat, Shri. Jayesh Raut (Members) and Ms. Deepti Naik (Cultural Secretary). The Association conducted several meeting on various occasions and carried out the following activities.

1. Government College of Arts, Science & Commerce Khandola, organized 'Al Goa Abhang Gyan Spardha' on 30th August 2019 from 2 PM onwards in the college premises. Mr. Sahish Shinde (B.A. Sem I) represented MES College for this competition.
2. All-Goa Inter-Collegiate Flower Arrangement Competition was organized by DM's College & Research Center Assagao, Goa on 30th August 2019. Ms. Miedoulee Fernandes of B.com Sem I and Ms. Rabia Shaikh of BCom Sem V participated in this competition.
3. The Association of Art & Culture of the MES College of Arts & Commerce organized sixth annual inter-class Ghumat-Aarti and Makhar-Making Competition on the occasion of Ganesh Chaturthi on 31st August, 2019. The competitions were conducted in the college premises. Student's response for both competitions was massive. A total of 165 students actively participated.
4. Ghumat- Aarti Competition was held at the M.S. Kamat seminar hall of the College from 11.00 am onwards. A total of six teams of 15 participants each(class wise) participated in the competition and was judged by two very well acclaimed musicians and experts from the field, Mr. Raj Dattatray Madgaonkar and Mr. Divesh Naik. All the six teams gave a scintillating performance out of which team shree Ganesh Aarti Mandal (B.A. Sem I) won the first place, the second place was bagged by team Chintamani (B.Com. Sem III), and team vakratunda (B.Com. Sem I) secured the third place. The competition concluded with a special performance by the judges themselves who were also accompanied by the students of the college.
5. Makhar-making competition(total Ecofriendly), on the other hand, began at 11.00 am sharp and was judged by two extremely creative and enthusiastic teachers of the college, Dr. Sandhya Bhandare and Assistant Professor Satyawan Naik. Fifteen teams of five members each across all streams, participated in the competition and compelled the judges to choose five best Makhar instead of three. Team Advait won

the first place, team Gaurinandan secured the second and the third place was bagged by the Team Gangarang. Team Siddhivinayak and team Ekdant won the first and second consolation respectively. For the first time in many years have the judges taken a decision to select five best teams not the three and felicitate the talent of the students of the college.

6. The event concluded with the prize distribution ceremony at the hands of the principal in presence of the judges, vice-principal, teachers and students of the college in the seminar hall.
7. 12 students of the college participated for the 'NAAD BRAHMA 2.0', an inter-collegiate Ghumat Arti Competition, organized by S.S. Dempo College of Commerce & Economics, Bambolim on 14th September 2019.
8. Government College of Arts, Science & Commerce, Khandola organized an inter-collegiate pre-seminar and Short Film Competition on the "literary contributions of Shree Damodar Mauzo and his journey as a writer and Thinker". 14 students of the college participated and produced a short film. They were awarded the Third Place for the same, at the hands of Shri. Damodar Mauzo on 2nd August 2019.
9. Students of MES College participated at the annual inter-college fun festival "Plexus-2k19" organized by the Students Council of Goa Medical College & Hospital, Bambolim, Goa held on 27th, 28th and 29th September, 2019 at Dr. Shyama Prasad Mukherjee Indoor Stadium. Students participated in a total of 25 individual events at this festival, and won the following events.

Sr.No	Event	Place	Name of the students	Class	Semester
1.	Carrom	1 st	Javed N. Anand B.	BCom BCom	V III
2.	Street Play	2 nd	Dipti Naik Mergina S. Gunaji K. Ashvet B. Rama P. Musharaf.MAnushka N. Asvita.M. GayatriJadyePrachi.P. Anushka.N.	BCom BCom BCom BCom BCom BCom BCom BCom	V V I V V III III I
3.	Bottle Painting	1 st	Simran D. Abhijeet N.	BCom BCom	III III
4.	Photography	2 nd	Adam G.	BCom	III
5.	Videography	2 nd	Adam G.	BCom	III
6.	Flag Painting	3 rd	Sairaj Naik Vailanka D. Viena Dias	BCA BA BCom	V III III

7.	Best out of waste	3 rd	Viena Dias Raashee Y.	BCom BA	V V
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10. Father Agnel College of Arts & Commerce, Pilar organized, 'Goan Ethos', an inter-collegiate cultural event on 1st October 2019. A group of 14 students of the College participated in this festival.
11. Association of Art & Culture in association with Department of Tourism & Travel participated inter-collegiate event on 27th September 2019 at Ravindra Bhavan Curchorem organized by department of Tourism, Government of Goa in collaboration with Dayanand Kala Kendra. Fifteen students from the college participated in the event.
12. The team of MES College under the supervision of art and culture association had participated in inter collegiate culture event " K-oss 2020" organised by SS Dempo College of Commerce and Economics, Cujira, Bambolim- Goa on 31st January and 1st February 2020. Following are the events and places that are students managed to secure:

Sr No	Events	Place	Name of the Students	Class	Semester
1	Bombshell	1st	Ishwari Lingodkar Rohit Padwalkar	BCom BCom	VI II
2	Third Degree	1st	Manjunath Koppal	BBA(Shipping And Logistics)	VI
3	Dance Face Off	2nd	Ishwari Lingodkar	BCom	VI
4	Fashion Show	3rd	Saddam Shaikh Rabia Shaikh Murial Vaz Poorva Joshi Thinlay Sangpo Anjali Shet Asma Shaikh Siddhiraj Valaulikar Carissa Cabral Avez Shaikh Viena Dias Ishraq Shaikh Abhishek Patil Sonali Parab Rohit Padwalkar	BCom BCom BCom BCom BCom BBA(Gen) BCom BBA (Gen) Ty Ba BCom BCom BCom BCom BCom BCom BCom	VI VI VI VI VI VI II VI VI VI VI VI VI II II
6	Group Dance	2nd	Priyanka Vani Annapurana Rathod Shahid Shapurkar Anjali Munankar Nehal Shivshankar Ishraq Shaikh	BCom BCom BCom BCom BCom BCom	IV IV II VI IV VI

			Hemanshi Arelker Deepak Patro	BCom BCom	VI VI
7	Koss Fit	2nd	Bushan Patil	BBA(Shipping N Logistics)	VI
8	Debate	3rd	Abdur Satari Babu	BCA	II

13. The team of MES College under the supervision of art and culture association had participated in an inter collegiate cultural event 'Tathastu' organized by Parvatibai Chowgule College of Arts and Science on 29th February and 1st March 2020.

following are the events and places that are students managed to secure:

Sr No	Events	Place	Name of the Students	Class	Semester
1	Futsal	1st	Vikas Talekar Dominic Micheal Macwin joanes Dishu Singh Ananthu Krishnan Gopal Naik Ajay Patel	BA FYBBA BCA BCom BCom BCom BCom	VI IV II II II II
2	Street play	1st	Dipti Naik Gunaji keluskar Praveen Hiremath Snehal Pillai Harish Halarankar Anushka Naik Rama Pandit Mushraff Mulla Rohit Bandekar	BCom BCom BCom Mcom Part 2 BCom Sy Ba BCom BCom BCom	VI II II II IV VI VI II
3	Triathlon	1st	Bushan Patil	TY BBA(shippin g n logistics)	
4	Table Tennis	2nd	Komal salgaokar Kefira Rodriguez Shivanand Naik Daniel Lamani	BCom Mcom part 2 TYBBA BA	VI IV
6	Group dance	3rd	Nehal Shivshankar Ishraq Shaikh Hemanshi Arelker Poorva Joshi Ishwari Lingodkar Ashweth Bandekar Rohit Padwalkar	BCA BCom BCom BCom BCom BCom BCom	VI IV VI IV VI VI II
7	Third Degree	2nd	Manjunath Koppal	BBA(shippin g and logistics)	VI

G. WOMEN'S CELL "JYOTI"

The Women's Cell, namely; "**Jyoti**" of M.E.S. College of Arts and Commerce had organized several activities for the girl student's, for their skill and personality development for the Academic Year 2019-20. Ms Simran Myra D'Souza was elected as the Ladies Representative for the Academic year 2019-20.

I.Firstly, the Women's Cell, organized two competitions for the girl students namely; "Thali Decoration (Ganesh Chaturthi Pooja Thali) and Bunting (Folio Decoration) on 28th August 2019 at 1.00 pm onwards till 3.30 p.m. in the college premises on the eve of Ganesh Chaturthi. The girl students had to use eco-friendly material/items for the competition. A team of 3 (three) girls students were allowed to participate in the 'Thali Decoration' competition and a team of team of 5(five) girls students could participate in the 'Bunting competition'. A total of **179** students took part in the 'Thali 'competition and **94** students participated in the 'Bunting' competition. The following students won the prizes for the Thali decoration competition.



Prize Winners of Thali Decoration

Team name	Class & Div	Students name	Place
09	B.Com Semester I (FYB.Com Div C)	a.Shreya Khot b.Shrutika Mandrekar c.Bhuvaneshwari Naik	First
36	M.Com Semester I	a. Anisha Salgaonkar b.Kavita Kalangutkar c. Saloni Korgaonkar	Second

08	B.Com Semester V (TYB.Com Div D)	a. Vinaya Dubal b. Hawabi Khan c. Najwa Shaikh	Third
47	B.Com Sem III (SYB.Com Div D)	a. Muskan Anchanal b. Sufiya Kardi Gudusab c. Annapurna Rathod	Consolation (1)
55	B. Com Sem V (TYB.Com Div B)	a. Ashwini Surlikar b. Shanta Rathod Ramu c. Chetaly Chandrakant Kalangutkar	Consolation (2)

Prize Winners of Bunting Folio Decoration Competition

Team name	Class & Div	Students name	Place
20	M.Com II	a. Aswathy Menon b. Swetasmita Pradhan c. Rachana Naik Rajesh d. Shruti Satardekar e. Clency Faria	First
18	B.Com Semester V Div B (T.Y.B.Com Div B)	a. Sonia Kamat b. Rohini Gawde c. Mitalee Harmalkar d. Shivani Ambekar e. Pradnya Padwalkar	Second
08	B.A Semester I (FYBA)	a. Savita Pujari b. Ashwini Rathod c. Rosela Coelho d. Ruksana Shaikh	Third
03	B.Com Semester IV (SY B.Com Div D)	a. Hema Gothagi b. Jonnalagadda Sravani c. S Shajiya Sareen d. Jaspreet Kaur e. Mallah Kanchan	Consolation (1)
19	B.Com Semester V (TY B.Com Div B)	a. Adhera N. b. Ashwini Goudar c. Lalita Surana d. Pooja Talekar e. Dipti Bhongle	Consolation (2)

The Judges for the 'Thali competition' were Assoc. Prof. Ms Sandhya Bhandare Sequeira, Asst. Prof. Ms Shveta Desai, and Librarian Mr Sudhir Halvegar . The Judges for the bunting competition were Assoc. Prof B.S Ingalhalli, Asst. Prof. Ms Swati Shigaonkar and Asst. Prof. Ms Sandhya Ghogale. Principal Dr. R.B. Patil congratulated the students for taking part in the competition and appreciated the talents and skills of the girl students.

II. "Chocolate making" workshop was organized for girl students as well as faculty of MES College by Women's Centre 'Jyoti' of MES College in collaboration with Rotary Club of

Vasco Port town on 20th September, 2019, from 1.30 p.m to 5.00 p.m in the seminar hall. Total 73 students, Ladies representative of MES College, Ms Simran D'souza and seven lady teachers namely; Assoc. Prof Ms Sancheliana Faria, Assoc. Prof Ms Rochana Kharangate, Asst. Prof Ms Shweta Desai, Asst. Prof Ms. Safal Narvekar, Asst. Prof Madhuri Marathe , Asst.Prof Dr. Racheal Chacko, and Asst.Prof Ms Utkarsha Korgaonker, participated in the workshop. The chocolate making was taught by resource persons Ms. Puja Mapxencar and Ms. Shivani Naik of Rotary Club. Principal Dr. R. B. Patil highlighted the significance of the workshop and appreciated the students and faculty for participating in the workshop. He also requested the students that they could use this skill to make chocolates for their family functions. The President of Rotary Club of Vasco Port town, Ms Cheryl Luis, and Vice President, Ms Pallavi Sarmalakar, explained the purpose of the workshop and thanked the Principal, girl students, members of Women's center Jyoti and the ladies representative Ms. Simran D'souza for their co-operation. The Principal gave away the certificates given by Rotary club to the faculty and students participating in the workshop. Assoc. Prof Ms. Sancheliana Faria congratulated the students for participating in the workshop and suggested that the students could make chocolates and use what is learnt for the workshop as an employment opportunity.



Faculty and girl students participating for the Chocolate making workshop on 20th September, 2019 in M.E.S. College organized in collaboration with Rotary Club Vasco Town.



Chocolates made by the resource persons Ms. Puja Mapxencar and Ms. Shivani Naik of Rotary Club Vasco, and our girl students for the workshop held on 20th September, 2019 at MES College



Ms Cheryl Lewis, President of Rotary Club Vasco addressing the girl students during the chocolate making workshop held at M.E.S. College



Ladies Representative Ms Simran D'souza, receiving certificate from Principal Dr. R. B. Patil for chocolate making workshop held at MES College



Teachers Prof. Safal Narvekar, Prof. Madhuri Marathe, Dr Rachael Chacko and Prof. Ms Utkarsha Korgaonker receiving certificates from Principal Dr. R. B. Patil for chocolate making workshop held at MES College





Faculty and girl students participating for the Chocolate making workshop on 20th September, 2019 in MES college organized in collaboration with Rotary Club Vasco Town.

III. The following activities were also conducted during “**Ladies Week**” which was held from 18th, 20th and 21th December 2019.

Day 1: - 18th December 2019

- 1) Nail Art
- 2) Cooking without flame & presentation

Prize Winners of the Nail Art Competition

Prize	Names of the Winners	Class
I st Place	Ms. Trupti Manerkar Ms. Mahima Parab	S.Y. B.Com. ‘D’
II nd Place	Ms. Vaishali Ralput Ms. Sachi Khorjuvekar	S.Y. B.A. ‘A’
III rd Place	Ms. Vienna Dias Ms. Poorva Joshi	T.Y.B.Com ‘A’

Prize Winners of the Cooking without flame & presentation

Prize	Names of the Winners	Class
I st Place	Ms. Adhur Nasheema Aslumabash Ms. Sharma Rupa Kumari Sunil	S.Y. B.Com. ‘A’
II nd Place	Ms. Sailee S.Ambekar Ms. Kefira Rodrigues	M.Com Part II
III rd Place	Ms. Heema Gothagi	S.Y.B.Com ‘D’



Day 2 : 20th December 2019

- 1) Saree draping with make-up and hair style
- 2) Bouquet Designing

Prize Winners of Saree draping with make-up and hair style

Prize	Names of the Winners	Class
I st Place	Ms. Vaishali Ralat Ms. Nisha Yadav	S.Y. B.Com. 'A'
II nd Place	Ms. Rajeshvari Kittur Ms. Sushmita Naik	S.Y.B.A 'B'
III rd Place	Ms. Rochelle Stefflyn Vas Ms. Clency Faria	M.Com Part II

Prize Winners of Bouquet Designing

Prize	Names of the Winners	Class
I st Place	Ms. Rachana Naik	M.Com Part II
II nd Place	Ms. Sania Pegado	S.Y.B.Com 'B'
III rd Place	Ms. Haneen N.Khan	S.Y.B.Com 'B'



Day 3 : 21nd December 2019

1. Bottle decoration (Using wealth out of waste material)
2. Spread the light: (Christmas Candle Decoration)

Prize Winners of Bottle decoration (Using wealth out of waste material)

Prize	Names of the Winners	Class
I st Place	Trupti Mandrekar	S.Y.B.Com 'D'
II nd Place	Ms. Aswathy Menon	M.Com Part II
III rd Place	Ms.Anisha Padwalkar	S.Y.B.Com 'B'

Prize Winners of Spread the light: (Christmas Candle Decoration)

Prize	Names of the Winners	Class
I st Place	Rochelle Stefflyn Vas	M.Com Part II
II nd Place	Ms. Aswathy Menon	M.Com Part II
III rd Place	Ms.Samidha Desai	S.Y.B.Com 'B'



IV: Women's Week Celebration from 3/3/2020 to 7/3/2020

During the Women's week celebration commencing from 3rd March to 7th March 2020, following activities were organized by Womens' Cell "Jyoti".

1. Poster competition held on 3rd March 2020, on "Personal Health and Hygiene: There were total 21 girl students who participated and made various posters on the given theme. The judges for the competition were Asst. Prof. Narendra Gaonkar, Asst. Prof. Sandhya Ghogale, and Asst. Prof. Priscilla David. Principal Dr. Meenkashi Bawa appreciated the student's efforts and creativity prepared various posters on personal health and hygiene.



Students of M.E.S. College participating in "Meer 2020" organized by Women's Studies, Goa University, on 5th March, 2020, secured second place for singing, and Poem, 3rd place for video making and 2nd place for Photography. The prizes of "Meer Competition 2020" were given by Principal Dr. Meenakshi Bawa, and Assoc.Prof. B.V Kolekar. The prizes of

Poster competition held on 3/3/2020 in M.E.S. College were given by Dr. Meenakshi Bawa and Resource person Ms. Sonia Jain on 7th March, 2020.



2. Talk on the topic ‘Self Defense’ on 4/3/2020: Talk on the topic ‘Self Defense’ organized by Women’s Cell Jyoti and NSS in collaboration with the JCI, Vasco on 4th March 2020 at 1:00pm to 2:15pm in the M. S. Kamat Seminar Hall. The resource person for the same was Mr. Mahesh Kamat, Founder/Chief Instructor at Wu Tao Kwoon (Kamat’s Martial Arts Wellness Systems). Mr. Mahesh Kamat started the talk by discussing the strategies of safety and empowerment. He said that this initiative is composed of workshops and was started on

16th Jan 2013 by him who has 35 years of experience in teaching martial arts in seven states of India and three different countries and has taught people of 10 different nationalities. He then told about their aims through this initiative which were as follows:

- To empower women through their strategies.
- To encourage young girls to join the army and the police forces and security because of the shortage of personnel.
- To change women's attitudes towards becoming physically stronger.
- To create a network of people, this would mean resulting in support and rapid communication with the authorities to prevent any results from happening.

Total 50 students participated in the talk. Dr Sancheliana Faria, Chairperson of Women's Cell "Jyoti" presented the memento to the resource person Shri. Mahesh Kamat. Asst. Prof. Sandhya Ghogale proposed the vote of thanks.



Talk on "Self Defense" for girls students on 4th March, 2020 by Resource person Shri. Mahesh Kamat organised by Womens Cell, "Jyoti" and NSS Unit of MES College in collaboration with JCI, Vasco unit.

3. Talk on "Skill Enhancement, Banking and Entrepreneurship" on 06/03/2020: Women cell 'Jyoti' and NSS unit of MES College of Arts and Commerce, Zuarinagar Goa, in collaboration with JCI, Vasco unit, organized a talk on "Skill Enhancement on Banking and Entrepreneurship" on 06/03/2020 at 12.45 to 2.15p.m. at M.E.S College, Zuarinagar, Goa. The resource person for the talk was Shri. Devendu Dev, Director of Vasco JCI. Total 49 students participated for the talk. The resource person explained the meaning of

entrepreneurship with the various examples. He mentioned qualities and ability to become a women entrepreneur. He emphasized on five skills i.e. research, focus, cash management, communication and learning. It was an interactive session motivating girls students to be future entrepreneurs. Asst. Prof Safal Narvekar, presented a memento to the resource person Shri. Devendu Dev proposed and proposed the vote of thanks.



Talk on Skill development, Banking and Entrepreneurship by J.C. Shri Devendu Dev held on 6th March, 2020.

4. Talk on the topic, "Personal Health and Hygiene" on 7th March 2020: Mrs. Soniya Jain was the resource person for this talk. Mrs. Jain has completed her education in B.Tech but with her passion and interest in the area of health, she learned acupressure. She strives to eliminate problems like PCOD, uterus cancers and menstrual related problems. In her talk, Mrs. Jain educated girls about different menstruation related issues. She gave easy acupressure tips to activate pituitary glands, to get rid of uterus problems, to reduce pain during menstruation and to achieve hormonal balance. All the tips given by Mrs. Jain were so convenient to use as they did not involve any complex procedures but just pressing of certain points on hands.

For the valedictory function held on 7/3/2020, the resource person Ms. Sonia Jain and officiating Principal, Dr. Meenkshi Bawa graced the occasion. Dr. Bawa addressed the gathering and motivated the students with inspirational words. The winning teams were awarded prizes and certificates at the hands of the resource person Mrs. Sonia Jain and

Officiating Principal, Dr. Meenkshi Bawa of the “Poster Competition” held on 3/3/2020. Women’s Cell co-opted member and NSS volunteer Ms. Huzaifa Shaikh compered the program and NSS PO and Womens Cell, member, Asst.Prof. Madhuri Marathe proposed the vote of thanks. Total 42 students participated for the talk. The function ended at 2.30 p.m. with singing of the national anthem. Associate Prof. and Chairperson of Women’s cell Dr. Sanchiliana Faria, NSS PO Safal Narvekar, Asst. Prof. Sheetal Mandrekar and Asst. Prof. Shubhada Parab were also present for the event. All the talks ended with reciting of national.



Talk on “ Personal Hygiene and Health” by Ms. Sonia Jain held on 7th March, 2020.

H. INTERNAL QUALITY ASSURANCE CELL

As part of the Memorandum of Understanding (MoU) signed with Parvatibai Chowgule College of Arts & Science (Autonomous), Margao, Goa, the IQAC organized a Workshop on ‘Designing Learning Outcomes’ on Monday 15th July 2019. The resource persons for the workshop were the faculty from Parvatibai Chowgule College of Arts & Science (Autonomous), Margao, Goa, namely, Dr. N.N. Sawant (Principal, Parvatibai Chowgule College of Arts & Science (Autonomous), Dr. (Ms.) Sobita Kirtani (Assistant Prof., Department of Psychology), Dr. Sachin Moraes (Associate Prof., Department of Sociology) and Mrs. Rupali Tamuly (Associate Prof., Department of Economics).

The main objective of this workshop was to understand clearly the process of preparing learning outcomes for courses/programmes. A total of 50 faculty members participated in this seminar. The resource persons emphasized the importance of framing and measuring

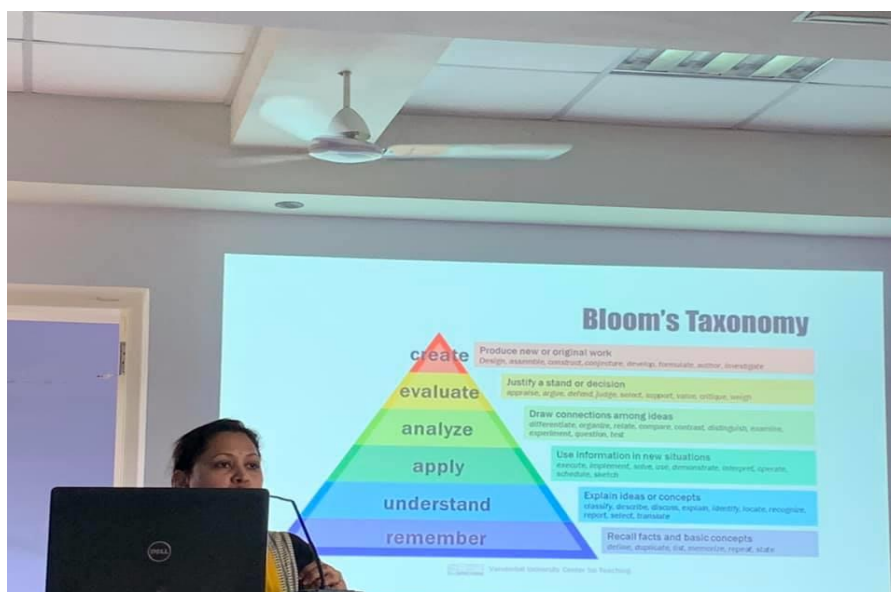
learning outcomes. They explained the process of preparing learning outcomes by citing relevant examples of course outcomes designed at their institution. The workshop was a great success. Our faculty members are in the process of re-looking at their course outcomes and revising them.



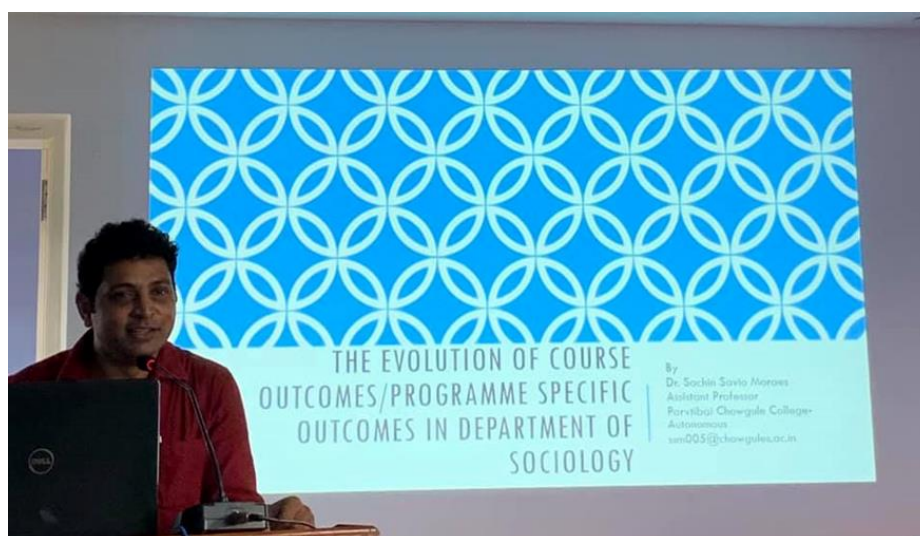
Mrs. Rochana Kharangate, Head, Department of Commerce and member of IQAC, MES College, compering at the Inaugural Function



Dr. N.N. Sawant, Principal-Parvatibai Chowgule College of Arts & Science (Autonomous) seen addressing the audience on Outcome Based Education



Dr. (Ms.) Sobita Kirtani ,Assistant Prof. Department of Psychology, speaking on Bloom's Taxonomy



Dr.Sachin Moraes, Associate Prof. Department of Sociology, Parvatibai Chowgule College of Arts & Science (Autonomous) speaking on measurement of learning outcomes



Mrs. Rupali Tamuly, Associate Prof. ,Department of Economics addressing the audience

The IQAC Coordinator, Dr. Meenakshi Bawa, attended the State level Workshop on 'NAAC Accreditation' organized by the Dhempe College of Arts and Science, Miramar on 18th July 2019.

The IQAC meets regularly and has had two meetings during the academic year 2019-20 till date. Two more meetings are scheduled for the academic year 2019-20. As per the decisions taken at various IQAC meetings, there have been several quality initiatives such as upgradation of the website, academic audit, bridge courses, peer learning and new certificate courses such as Practical Banking and Financial Aspects and Western Classical Music (Pianoforte) and Spoken Portuguese.

IV ACTIVITIES OF THE DEPARTMENTS

1. DEPARTMENT OF COMMERCE

Orientation of CA Course and CS Programme (CPT):

An orientation for Chartered Accountancy Course and Company Secretary Foundation Programme for the first year B. Com students was organised on 26th June 2019 at 12.30 p.m. in MS Kamat Seminar Hall. The Aim of this orientation was to encourage students to prepare for the competitive exam of CA and CS. The resource persons for the orientation were CA. Nina Karla Vaz and Mr. Pravin Satardekar, Member of ICSI, CS. The orientation began with the welcome address by head, Department of Commerce Prof. Ms. Rochana Kharangate. The CA. Nina Karla Vaz, highlighted the importance of CA course and enlightened on how to prepare for this competitive exam. Mr. Pravin Satardekar, Member of ICSI oriented the students on different aspects of CS programme and preparations required for the exams.



2. Bridge course in Accountancy for B. Com. Semester I:

The Department of Commerce conducted annual Bridge course for all the divisions of F.Y.B.Com. Class who had opted for science and vocational streams at plus two level. The

course was conducted from 26th June to 30th June 2018. The resource persons for the course were Asst. Prof. Swati Shigaonkar and Asst. Prof. Narendra Gaonkar. The sessions during the course covered the concepts of Book Keeping, Introduction to Commerce, Accounting, Difference between accounting and Book Keeping, Branches of Accounting, systems of accounting, golden rules of accounting, accounting concepts and conventions, process of recording transactions, primary books and subsidiary books. The objective of the course was to give base to the students before the start of the curriculum to enable them to bridge the gap and to bring them on par with the students from commerce background. 10 students participated and successfully completed this course.

3. Orientation on CMA Course:

An orientation on CMA was conducted on 27th June 2019 at 12.30 p.m. in M S Kamat Seminar Hall where the resource person Shri Rammohan Menon urged students to opt for the course in the light of its market recognition.



4. Orientation on T.Y.B. COM project Paper:

An orientation on T Y B.Com project paper was organised for the benefit of T.Y.B.COM students on 07th August 2019 in M S Kamat Seminar Hall at 12.30 p.m. The resource person Associate Professor Dr.Smitha Sanzgiri, G.V.M College, Ponda Goa, in her presentation covered in detail the guidelines of Goa University for project paper, the research methodology to be followed and other requirements of project. The session gave enough scope to the students to deliberations.



5. Inaugural Function of Commerce Association 2019-20:

The Commerce association for the academic year 2019-20 was inaugurated on 12th July 2019 at the hands of CA Mrs Varsha Deshpande an alumna of the college by lighting of traditional lamp. All the co-opted members, President and vice president were felicitated during the function and it was an opening to begin the activities during the academic year.



6. Infotainment competition:

Infotainment competition for the students of F.Y. B. com was organised by the 24th August 2019. The topics covered for the competition were Attitude of Youth towards entrepreneurship, Introduction of GST to Indian economy, Cashless economy, E-Marketing etc. Every team expressed their issues regarding their selected topics.



7. Training and Personality Development Programme:

Personality Development Programme for the Co-opted members of the Commerce Association was conducted on 20th July 2019 in College premises. Shri Rajesh Rajan, Vice President of JCI Margao was the resource person who invited group participation by including ice breaker games and group activities. 24 Commerce student leaders participated from various Commerce classes.



8. Certificate Course in Practical Banking & Financial Aspects.

A Certificate Course in Practical Banking and Financial Aspects of 2 credits (30 Hours) was held from 01st July to 17th July 2019. Mr. Suresh R Parrikar, a Banker was the faculty for this course. Total 52 students enrolled for this course. The course was open to all the undergraduate students of B.Com. The objective of organizing this course was to give practical knowledge about banking and other aspects of finance to the students.



9. Report on Certificate Course in MS EXCEL in Accounting & Taxation.

A short-term certificate course on MS Excel in Accounting and Taxation of 2 credits (30 Hours) was held from 10th July to 22nd July 2019. CA D Shravan Swarup, a practicing CA

was the faculty for this course. Total 35 students enrolled and successfully completed the course. The objective of organizing this course was to give practical knowledge about MS Excel and calculation of various taxes including GST in MS Excel.



10. AD Mad Show Competition:

The AD Mad Show competition for the S.Y. B. Com Students was organised on 13th August 2019 in M.S.Kamat Seminar Hall. The competition was specifically organised for the purpose of acquainting the students with promotional strategies in marketing through advertisements. All together three groups consisting of six students each participated in the competition. The students were given a task of designing innovative and creative advertisement for their own imaginary product or service. The groups had to present or act out their humorous and conceptual ad.



11. News Reporting Competition:

News reporting competition was organised for T.Y. B. Com Students on 13th August 2019 in B.C.A. Hall (B.C.A Block). The competition was specifically organised for the purpose of enabling the students to report the news in an objective manner what has actually occurred. The competition enabled the participants to explore their creativity and enhanced their public

speaking skills. As a part of competition the students had to discover all relevant facts, and present the important facts and weave comprehensive story out of the collected facts.



12. Inter Higher Secondary Business Quiz Competition:

An Inter Higher Secondary business quiz competition for all the higher secondary Schools in Mormugao Taluka was organised on 30th August 2019. Total 7 teams from different HSS consisting of two participants each had participated in the competition. The quiz competition was conducted in five rounds. The first round was Question and Answer round .The second round was an audio - visual round/ guess the picture round .The third round was buzzer round .The fourth round was jumble round and final round was the rapid fire round. Since there was a tie between two teams a surprise round was held to decide the runners up. The Quiz masters were Ms. Rochelle Vaz and Ms. Marissa Gonsalves. The winners of Inter H.S.S C Quiz Competition 2019-20 were Kendriya Vidyalaya 1 School, Vasco Goa and Runner up was St. Andrews Higher Secondary School.

13. Certificate Course in Tally ERP .9 with GST (2019-20) (Batch I and II):



A Certificate Course in Tally ERP 9 with GST from 16th August 2019 to 31st August 2019 was conducted in two batches, Batch - I consisting of 29 final year B. Com students and Batch -II consisting of 25 first year and second year M. Com students. Hands on training was provided to the students along with theoretical base. The sessions were held in the afternoon from 1.30 pm to 3.30 pm in college premises. At the end practical exam was conducted to assess the performance of the students. The successful students were presented with certificates. The Resource persons for this certificate course were Ms. Thomasin J. D'Souza and Ms. Shubhada D. Parab.



14. Annual Study Tour:

The Annual Commerce Study Tour of the Department of Commerce was scheduled from 25th November 2019 to 2nd December 2019. 29 B.Com students and 5 teachers (escorts) participated in the Goa-Bangalore tour. Students visited ISKCON Temple, Bangalore and were taken to show historical places in Bangalore and Mysore.

On 27th November 2019, the students were taken to Christ (Deemed to be University). The students were given a brief overview about the institute and there was interaction with faculty from Department of Commerce, Management and Business Studies and Social Sciences . The students also interacted with the MBA students. The MBA students specialising in 'LEAN' Operational and Systems, Finance, Marketing, Western Michigan University, USA), MS in Business (Virginia Commonwealth University, USA) and Business Analytics interacted with students. Our students were given information regarding the admission procedures for these programmes. The sessions conducted by the faculty members from Department of Commerce at Christ University gave insights on unique subjects offered at M.Com such as Current Affairs, Journal Club, Social Based Micro Project, Holistic

Education, Summer Internship Project and Teaching Practice. The students were also informed about the subjects included in the M.Com curriculum pertaining to research such as Research Methodology, Data Analysis Using SPSS & AMOS, Econometric and Financial Modelling using E-views, Research Reporting, Excel for Business Application, Research Publication and Viva. The students also visited the Paper Recycling factory located on Christ Campus.



Visit to Christ University

The other places visited include Brindawan Garden, Mysore Palace, Philomeno Church and Golden temple at Kushal Nagar, Sri Bhagandeshwara-Thalaicauvery Temple at Bhagmandala and Karnataka Silk Industries Corporation. The students were shown the entire gamut of silk production right from reeling of cocoons to the weaving of pure silk fabric of various shades and designs, all under one roof. The students witnessed the origin point of Holy River Cauvery and also climbed the Brahmagiri hills and further experienced Abbey Falls. Amusement Park – Wonderla was also included in the tour.



Visit to Wonderla Amusement Park

15. Certificate Course in Practical Banking & Financial Aspects:

The second batch of Certificate course in Practical Banking and Financial Aspects of 2 credit (30 Hours) was held from 5th December 2019 to 18th December 2019. Mr. Suresh R Parrikar, a Banking Expert was the resource person for this course. Total 43 students enrolled and successfully completed the course. The course was open to all the undergraduate students of B.Com. The objective of organizing this course was to give practical knowledge about banking and other aspects of finance.



16. Financial literacy talk:

A talk on financial literacy for final year B.Com Students was held on 6th December 2019 from 9.15 am to 10.15 am. The resource person Dr. Celso Fernandes narrated some inspirational and true stories of very young well educated students and how his lecture on financial literacy helped them to make their money to work for them. He accentuated some

rules for handling money and making the money work. He focused on some points like if we buy the things which we want and not what we need, one day we will have to sell the things which we need. He drew students' attention to different investment avenues available. Through the talk he encouraged the students to become an asset for their parents and not a liability. Total 107 students along with four faculties had attended the talk.



17. Certificate Course in Tally ERP 9 with GST (2019-20 Batch) (Batch III):

A Certificate Course in Tally ERP 9 with GST was conducted from 7th December 2019 to 18th December 2019. The course was conducted for B. Com. Semester II, IV and VI students. Total 28 students had registered and successfully completed the course. Hands on training was provided to the students along with theoretical base. The sessions were held in the afternoon from 1.30 pm to 4.00 pm in college premises. At the end practical exam was conducted to assess the performance of the students. The successful students were presented

with certificates. The Resource person for this certificate course was Ms. Thomasin J. D'Souza.



18. Commerce Fiesta 2020

A Commerce annual day Commerce Fiesta 2020 on theme “Digi Banking” was celebrated on 11th January 2020 from 8.15 am to 6.00 pm. The chief guest for the inaugural was the alumnus of college Ms Dipti Kamat Hegde, Assistant Manager Corporation Bank, Raia Branch. The students’ magazine Cignite was released during inaugural. 53 students including faculty contributed their articles and sketches to the magazine On 10th January 2020 three off stage events Banking classroom, Bankers Zest (Power Point Presentation) and Round 1 (MCQ test) of Mr. & Ms. Digi Banker were held from the afternoon 1.45 pm to 4.00 pm.

10 competitions were organised as a part of fiesta. The on-stage events consisted of Aaj ki Taaza Khabar (News Reporting), Banking Idols (Singing), Mr and Ms. Digi Banker (Round 2& 3) and Tip Top Fashion (Fashion Show). The off-stage events were Consumer Durable Shopping (Street Bazaar), Artistic Hands (T-Shirt painting), Dramebaz Banker (Monologue) and Bankers Vlog (Short Documentary).

13 classes participated in the event. Our alumnus Dr Sheetal Arondekar, Assistant Professor in Commerce at Shree Damodar College of Commerce and Economics Margao - Goa, was the chief guest for valedictory function. Assoc. Prof. Shri. B. V. Kolekar presided over the function. Mr. Digi Banker title was won by Mr. Thinlay Sangpo from T Y B.Com C and Ms. Digi Banker title was won, Ms. Salgaonkar Nishita Narendra from S. Y.B.Com. T. Y.B.Com

A was the winner of Commerce Fiesta 2020. T. Y.B.Com B and M.Com begged the first runners up of and the second runners up respectively.



*Inaugural function of Commerce Fiesta 2020, Chief Guest Mrs. Dipti Kamat Hegde
Release of C-Ignite magazine*



*Mr. Digi Banker - Mr. Thinlay Sangpo (T.Y.B.COM. C) and Miss Digi Banker –
Nishita Narendra Salgaonkar (S.Y.B.COM. A)*

Ms.



Winners of Commerce Fiesta 2020 (T.Y.B.Com.A) with Chief Guest Dr. Sheetal Arondekar, Head, Department of Commerce Dr. Champa R. Parab and faculty from Commerce Department.



First Runners Up of Commerce Fiesta 2020 (T.Y.B.Com. B) with Chief Guest Dr. Sheetal Arondekar , Head, Department of Commerce Dr. Champa R. Parab and faculty from Commerce Department.



Second Runners Up of Commerce Fiesta 2020 (M.Com. Part I&II) with Chief Guest Dr. Sheetal Arondekar, Head, Department of Commerce Dr. Champa R. Parab and faculty from Commerce Department.

19. Certificate Distribution Ceremony of the Certificate Courses conducted by the Department.

A Special Certificate Distribution Ceremony was organised to felicitate the students who successfully completed the Certificate Courses conducted by the Department of Commerce in Tally EPR.9 with GST (3 Batches) and Practical Banking and Financial Aspects (1 Batch). The certificates were distributed at the hands of Principal Dr. Rekha R. Gaonkar, Vice Principal Dr. Meenakshi Bawa, Head, Department of Commerce Dr. Champa R. Parab, Assoc. Prof. Dr. Sancheliana Faria, Assoc. Prof. Ms. Rochana Kharangate and Assoc. Prof. Shri. Ashish Joshi. The resource persons Ms. Thomasin D'Souza and Ms. Shubhada Parab were felicitated on the occasion.



20. Financial Literacy Programme by Reserve Bank of India in collaboration with Canara Bank, Chicalim Branch

Department of Commerce, organised “Financial Literacy and Awareness Programme” under the scheme of Financial Literacy Programme of Reserve Bank of India in collaboration with Canara Bank , Chicalim Branch , Vasco Goa.

Mr.Rajkumar DGM and Mr. Muralidhar AGM of RBI , Mumbai, Goa Circle and Mrs. V.M.Prabhu from Canara Bank ,Chicalim branch addressed the students on the occasion. Mr. Ameya , Assistant from RBI was also present on the occasion.Principal ,MES college Dr. Rekha R. Gaonkar welcomed the Dignitaries .

The RBI Officials enlightened the students in areas like Digital banking and safety measures to be taken while using digital banking. The main thrust was on Banking Ombudsman Scheme 2006 and procedures involved in lodging of any complaints. Mrs. Vijayalaxmi Prabhu Manager of Canara bank, Chicalim branch explained various products offered by the Canara bank to the public and encouraged students to join banking industry.

The talk was attended by 136 students from B.Com and other streams of the college. The other faculty present on the occasion from the Department of Commerce were Asst. Prof. Ms.Shveta Desai, Asst. Prof. Shri. Atmaram Tarpe, Asst. Prof. Ms. Sheetal Mandrekar, Asst. Prof. Ms.Savina Rebello, Asst. Prof. Shri.Suraj Tuyekar, Asst. Prof.Shri. Pranit Naik , Asst. Prof. Shri.Narendra Gaonkar, Asst. Prof. Ms.Jamina D’Souza and Asst. Prof. Ms.Thomasin D’Souza. Mr. Sanjay Singh Yadav, Assistant Manager Canara Bank Chicalim branch coordinated the programme in association with Head, Department of Commerce Dr. Champa R. Parab. At the end of the session as a sweetener the RBI officials endowed a laptop to the Department of Commerce of M.E.S. College as a token of appreciation. The programme concluded with the vote of thanks by Dr. Champa R Parab, Head, Department of Commerce and the National Anthem.



21. Industrial visit to CIBA (Centre for Incubation and Business Acceleration) was organised on 9th March 2020 where 60 B.Com Semester VI students along with faculty members from Department of Commerce participated.

22. National Seminar on ‘Financial Services in Digital India: Challenges and Opportunities,’ organized by the Department of Commerce on 7th and 8th February 2020:

The National Seminar on the theme, **‘Financial services in Digital India: Challenges and Opportunities,’** was organized with the support of Directorate of Higher Education, Government of Goa by the Department of Commerce, M.E.S. College of Arts & Commerce, Zuarinagar, Goa on 7th and 8th February, 2020.

The seminar was inaugurated at the hands of chief guest and key note speaker Dr. Manoj S. Kamat. Principal Dr. Rekha R. Gaonkar welcomed the dignitaries and remarked that financial sector is at the crux of development. Dr. Champa R. Parab, Head, Dept. of Commerce, introduced the chief guest and keynote speaker to the august gathering. Chief Guest Dr. Manoj S. Kamat, in his keynote address emphasized that ‘Automation, Digitization and Digitalization’ have changed people from information seeker to knowledge seeker. He also gave an overview of Enterprise resource planning, SAS software, Artificial intelligence, Cloud computing and Bitcoins. He stated that digitalization of financial services will lead to customization.

Dr. N.M. Jambargi, Administrator and Manager of Murgaon Education Society delivered the presidential address and remarked that firms will increase revenue through digitalization. Asst. Prof. Narendra Gaonkar, Convener of Seminar highlighted the objectives and significance of the seminar. The other dignitary on the dais was Vice Principal Dr. Meenakshi Bawa. The inaugural session was concluded with the vote of thanks by the Organizing Secretary, Asst. Prof. Seltan Gomes.

The inaugural function was followed by four technical sessions and a panel discussion. There were two paper presenters from outside the state and 21 paper presenters from within the state of Goa. 71 participants including entrepreneurs, industry experts, faculty and students attended this seminar. The first technical session on the theme, ‘Digital transformation in financial services’ was chaired by Dr. Rajendra Kumbharjuvenkar, Associate Professor, Narayan Zantye College of Commerce, Bicholim Goa and was compered by Asst. Prof. Shveta Desai.

There were three papers presented in technical session-I. A joint paper by Dr. Ansuya Angadi from SUBN Theosophical Womens College, Hospet, District, Bellary and Ravi Kiran D, Principal, KGSSGM Theosophical College of Management, Hospet, District, Bellary. Ravi Kiran D, presented joint paper, titled, 'A step towards digitalization of indirect tax system through GSTN in India'. Ms. Melosha Auroliana Gomes and Ms. Kimberly Queenie Ferrao, both students of B.Com semester IV, Rosary College, Navelim Goa, presented a joint paper, titled, 'A study on the transformation of India into a cashless economy: Challenges and opportunities'. The third paper titled, 'Digitalisation: Opportunities and challenges', was presented by Ms. Chelcy Cardozo and Ms. Arti Kumari, both M.Com part II students from V.V.M's Shree Damodar College of Commerce & Economics, Margao, Goa. The chairperson of technical session, Dr. Rajendra Kumbharjuvenkar presented an insight on the usage of technology and its benefits.

The second technical session, on the theme, 'Opportunities in Digitalisation', was chaired by Dr. Harip Khanapuri, Associate Professor S.S. Dempo College of Commerce and Economics, Cujira, Bambolim-Goa and compered by Assoc. Prof. Dr. Savia Mendes. There were three papers presented in technical session-II. Mr. Snehal Pillai, M.Com student of M.E.S College of Arts & Commerce, Zuarinagar, Goa presented a paper, titled, 'Marketing of Financial services: A case study of Vasco city'. Ms Gauri Shirodkar, a student of M.Com, Goa Business School, Goa University, presented a paper titled, 'Study on selective behavioural factors influencing continuance usage of online payment applications'. The third joint paper titled, 'A Study of Goods and Services Tax (GST) in the light of Digital India: Advantages and Challenges' was presented by Ms. Huma Makandar and Ms Gauri Patekar. Dr. Harip Khanapuri, chairperson of this session, advised the budding researchers to explore the change in business and cost structure due to digitilisation.

The panel discussion was moderated by Dr. Smita Sanzgiri, Associate Professor, Goa Vidhyaprasarak Mandals, Gopal Govind Poy Raiturcar College of Commerce & Economics, Ponda, Goa. The theme of the panel discussion was 'Financial services in Digital India: Challenges and Opportunities'. The following members were on the panel. Shri Arindam Sen, Manager, Digital & Transactional Banking, State Bank of India, Zonal Office Panjim represented banking sector and emphasized on 'Banking Sector in Digital India' and advised the delegates to make use of digital services and not to share OTP number with anyone inorder to avoid online frauds. Shri Srinivas Deshpande Businessman by profession of Cottonking franchise unit in Panaji, Francescos Italian restaurant Arambol with Italian

collaboration, and Linenking franchisee for Goa threw light on 'Business in Digital India'. Shri Mallikarjun Kuknur, Manager, DSP Investment Managers Pvt Ltd gave a detail account of Mutual Funds. He remarked that digitilisation is an opportunity and not a challenge and advised the audience to use online platform to make their life easy. Shri Jason Andrade, Businessman by profession, Owner of M/s. Arrow Enterprises, offering financial services in general insurance gave an insight on 'Insurance Sector; before and after Digital India Campaign'. He advised the students that investing in a health policy is the need of the hour and the importance of taking general insurance policy on yearly basis. Dr. Smita Sanzgiri, moderator of the panel discussion, gave a brief review on the title, digitilisation in the educational sector and stated that digitilisation has become a challenge in the era of digital age.

Technical session-III, was held on 8th February, 2020, on the theme, 'Digital Payment Platforms', chaired by Dr. Viraj Mahatme, Faculty Department of BBA, M.E.S.College., and compered by Asst. Prof. Atmaram Tarpe. There were three papers presented for technical session III. Mr A.AntoShaju Sathish and Ms Nafeesa Pereira, both students of M.Com part II Government College, Quepem, presented a joint paper titled, 'Students' perspective on Netrepreneurship as a career option – An Analysis of Present PG curriculum'. Asst. Prof. Savina Rebello faculty of M.Com, M.E.S College, presented a paper titled, 'An Analysis of the Digital Payment System in India'. Asst. Prof. Suraj Tuenkar, presented a paper titled, 'Empirical Evidence on Impact of Digital India Announcement on the Indian Stock Market'.

Technical session-IV titled, 'Issues of digital India in Financial Service Sector' was chaired by Dr. Juao Costa, Associate Professor and Head, Department of Commerce, Rosary College of Commerce & Arts, Navelim, Salcete, Goa and compered by Asst. Prof. Jamina D'souza. There were total five papers presented in this session. Ms. Bandana Yadav presented a paper, titled, 'Adhaar card a threat to Digital India'. Mr Myron Pereira, and Ms Amelia Coral both M.Com students from Goa Business School, Goa University, presented a joint paper titled, 'Students perception and attitudes about e-learning to facilitate formal education in the state of Goa'. Asst Prof. Mr. Darshan S. Gaonkar from Vidhya Probodini College, Porvorim, Goa and Ms. Kalpita Ramnath Naik, from Shree Sateri Pissani Education Soccity's Shri Gopal Gaonkar Memorial Goa Multi-Faculty College Dayanandnagar-Dharbandora, Goa, presented a joint paper' titled, 'Customers' satisfaction towards Paytm UPI app: A study with reference to North Goa'. Ms. Anjali Singh student of M.Com, M.E.S. College, presented a paper titled,

‘HR Issues in Financial Services’. Ms. Swetasmita Pradhan and Ms. Rakshanda Parashtekar presented a joint paper, titled, ‘A case study on Paytm: Digital payment platform’. Dr. Juao Costa, chairperson of technical session IV, advised the future researchers to do thorough review of literature, and the need to use primary and secondary data for research work. Dr. Sancheliana Faria read the proceedings of the Two days national seminar.

The seminar concluded with the Valedictory function. Dr. Manasvi Kamat, Associate Professor, Shree SateriPissani Education Socieity’s Shri Gopal Gaonkar Memorial, Goa Multi-Faculty College, Dayanandnagar-Dharbandora, Goa was the chief guest for the valedictory function and Shri P.A Patil, as DHE Observer. Assoc. Prof. Ashish Joshi compered the valedictory function.

Dr Champa, R.Parab, Head, Department of Commerce, welcome the esteemed dignitaries, and congratulated the faculty and students for paper presentations. Asst. Prof. Seltan Gomes, organizing secretary of the seminar introduced the chief guestDr. Manasvi Kamat and Dr P.A Patil. Dr Rekha R. Gaonkar, Principal of M.E.S. College, gavethe presidential address and stated that the Commerce Department has chosen a contemporary topic for the seminar. She congratulated the paper presenters and the Department of Commerce for organizing the national seminar and expressed her gratitude to DHE for funding the seminar. Dr. Manasvi Kamat, the chief guest of the valedictory function emphasized on ‘Digital Literacy’. She remarked that Digital India is having a rippling effect on the economy and Demonetization has played a significant role in India. She explained the four quadrants of digital economy and that according to World Bank, India is a tech dominant economy. Asst. Prof. Narendra Gaonkar, Convenor of Seminar, proposed the vote of thanks and expressed his gratitude to all the paper presenters from within and outside the state for excellent paper presentation, thanking the management, Principal Dr Rekha Gaonkar, Dr Champa, R.Parab, Head, Dept. of Commerce, and entire faculty and students of Commerce Department for their support and co-operation. The national seminar concluded with the national anthem.

Faculty Achievements:

Assoc. Prof. Dr. Champa R. Parab, HOD of Commerce

- Awarded Ph. D. Degree on 21st June 2019 on topic “**Credit Risk and Its impact on the performance of Select Public and Private Banks in India**”.

- Attended workshop on Accounting (DSE 5 to DSE 8) at Damodar College of Commerce and Economics, Margao- Goa on 20th December 2019.
- Attended workshop on DSE 3 Government Accounting organised by Government College of commerce, Borda, on 31st July 2019.
- Attended and Participated in Two Days National Seminar on “ **Financial Services in Digital India: Challenges and Opportunities**” organized by Department of Commerce M.E.S. College of Arts and Commerce, Zuarinagar- Goa in Collaboration with Directorate of Higher Education, Government of Goa on 7th & 8th February, 2020.

Assoc. Prof. Dr Sancheliana Faria

- Awarded Doctor of Philosophy in Commerce, on the Ph.D. title “**An Analysis of the Commercial Aspects of the Fishing Industry of Goa**”, under the Guidance of Dr Manoj S. Kamat, at Goa Business School, Goa University on 6th December, 2019.
- Attended Workshop in Cost Accounting (DSE -3) at Rosary College, Navelim in September 2019.
- Attended Workshop on Hygiene awareness programme for girls organized by Directorate of Higher Education on 22nd October 2019 at Government College, Borda.
- Attended Workshop in Cost Accounting (Major VII- DSC-7) in Pilar College on January 3, 2020.
- Attended and Participated in Two Days National Seminar on “ **Financial Services in Digital India: Challenges and Opportunities**” organized by Department of Commerce M.E.S. College of Arts and Commerce, Zuarinagar- Goa in Collaboration with Directorate of Higher Education, Government of Goa on 7th & 8th February, 2020.

Assoc. Prof. Mrs. Rochana Kharangate

- Co-authored a book titled Advanced Accounting for T.Y.B.Com. Semester VI in February 2019.
- Attended workshop on DSE 1 Cost Accounting at Government College, Borda .
- Attended workshop on DSE 5 Advanced Cost Accounting at Government College, Borda on 3rd January 2020.

- Attended and Participated in Two Days National Seminar on “ **Financial Services in Digital India: Challenges and Opportunities**” organized by Department of Commerce M.E.S. College of Arts and Commerce, Zuarinagar- Goa in Collaboration with Directorate of Higher Education, Government of Goa on 7th & 8th February, 2020.

Assoc. Prof. Shri. Ashish M. Joshi

- Attended One-Day State Level workshop on the topic ‘Flipped classroom and Swayam’ at Fr. Agnel College, Pillar on 17th October, 2019.
- Attended workshop on Accounting (DSE 5 to DSE 8) at Damodar College of Commerce and Economics, Margao- Goa on 20th December, 2019.
- Attended and Participated in Two Days National Seminar on “ **Financial Services in Digital India: Challenges and Opportunities**” organized by Department of Commerce M.E.S. College of Arts and Commerce, Zuarinagar- Goa in Collaboration with Directorate of Higher Education, Government of Goa on 7th & 8th February, 2020.

Assoc. Prof. Ms. Swati Shigaonkar

- Attended subject related workshop in Carmel College in the subject of DSE 1: International Marketing Management on 29th July 2019.
- Attended Pre-Commissioning Course NCC at Gwalior from 16th December 2019 to 14th March 2020.

Asst. Prof. Ms. Shveta Desai

- Attended workshop on Accounting (DSE 5 to DSE 8) at Damodar College of Commerce and Economics, Margao- Goa on 20th December 2019.
- Attended and Participated in Two Days National Seminar on “ **Financial Services in Digital India: Challenges and Opportunities**” organized by Department of Commerce M.E.S. College of Arts and Commerce, Zuarinagar- Goa in Collaboration with Directorate of Higher Education, Government of Goa on 7th & 8th February, 2020.

Asst. Prof. Ms. Safal Narvekar

- Attended workshop on DSE 2 AUDITING organised by Government College of commerce, Borda, on 31st July 2019.
- Attended workshop on DSE 6 Accounting I organised by Shree Damodar college of commerce and Economics on 20th December 2019
- Coordinator for ICSI (Company Secretariate foundation course) for the academic year 2019-20.
- Attended and Participated in Two Days National Seminar on “ **Financial Services in Digital India: Challenges and Opportunities**” organized by Department of Commerce M.E.S. College of Arts and Commerce, Zuarinagar- Goa in Collaboration with Directorate of Higher Education, Government of Goa on 7th & 8th February, 2020.

Asst. Prof. Shri. Atmaram Tarpe

- Attended the two day Faculty Development Programme on “Advanced Research Tools and its Applications in Current Management Practices” on 24th May and 25th May 2019 organised by Department of Management Studies, T.John Centre for Advanced Social Science Research, T-John College, Bangalore.
- Published a paper titled ‘Financial Planning Practices and Firm’s Characteristics of MSMEs in Goa: An Empirical Study’ in ‘**Navjyot**’, International Interdisciplinary Research Journal [Humanities, Social Sciences, Languages, Commerce & Management] ISSN 2277-8063, **Special Issue September 2019, Published by HOUSA Publication, Kolhapur.**
- Awarded Ph. D on 31st January 2020 on topic “**Banks Lending to Micro, Small and Medium Enterprises in Goa : An empirical Study**”.
- Attended and Participated in Two Days National Seminar on “ **Financial Services in Digital India: Challenges and Opportunities**” organized by Department of Commerce M.E.S. College of Arts and Commerce, Zuarinagar- Goa in Collaboration with Directorate of Higher Education, Government of Goa on 7th & 8th February, 2020.

Asst. Prof. Ms. Teja Temkar

- Attended one day workshop on B.com DSE 2 -Bank management paper in subject Banking and financial services in Shree Damodar College of Commerce and Economics on 24th July 2019.

- Attended one day workshop on B.com DSE 6 -Bank management paper in subject Banking and financial services in Shree Damodar College of Commerce and Economics on 11th December 2019.
- Attended and Participated in Two Days National Seminar on “ **Financial Services in Digital India: Challenges and Opportunities**” organized by Department of Commerce M.E.S. College of Arts and Commerce, Zuarinagar- Goa in Collaboration with Directorate of Higher Education, Government of Goa on 7th & 8th February, 2020.

Asst. Prof. Shri. Narendra Gaonkar

- Published a paper titled ‘**Study on Awareness of Rights of Beneficiaries Across Demographics in Public Distribution System in the State of Goa**’ in ‘Navjyot’, International Interdisciplinary Research Journal [Humanities, Social Sciences, Languages, Commerce & Management] ISSN 2277-8063, Special Issue September 2019, Published by HOUSA Publication, Kolhapur.
- Attended the seven days workshop at School of Management Studies, Punjabi University, Patiala on Advanced Statistical Tools and Methods from 13th November 2019 to 19th November 2019.
- Attended the two-day Faculty Development Programme on “Advanced Research Tools and its Applications in Current Management Practices” on 24th May and 25th May 2019 organised by Department of Management Studies, T. John Centre for Advanced Social Science Research, T-John College, Bangalore.
- Attended the seven days workshop at Delhi Institute of Advanced Studies, Delhi on Research Methods and Business Analytics Using SPSS and R-Studio from 4th June 2019 to 11th June 2019.
- Attended and Participated in Two Days National Seminar on “ **Financial Services in Digital India: Challenges and Opportunities**” organized by Department of Commerce M.E.S. College of Arts and Commerce, Zuarinagar- Goa in Collaboration with Directorate of Higher Education, Government of Goa on 7th & 8th February, 2020.

Asst. Prof. Mr. Seltan Gomes

- Attended workshop on Banking and Financial Services DSE 1 to DSE 4 at Shree Damodar College of Commerce and Economics, Margao on 24th July 2019.

- Attended 18th International Entrepreneurship forum (IEF) Conference on Entrepreneurship as a social movement at Sanskruti Bhavan Panjim , Goa organised by International Entrepreneurship forum (IEF) in collaboration with Directorate of Higher Education from 16th December to 18th December 2019.
- Attended and Participated in Two Days National Seminar on “ **Financial Services in Digital India: Challenges and Opportunities**” organized by Department of Commerce M.E.S. College of Arts and Commerce, Zuarinagar- Goa in Collaboration with Directorate of Higher Education, Government of Goa on 7th & 8th February, 2020.

Asst. Prof. Ms. Thomasin Joliza D’Souza

- Attended workshop on Banking and Financial Services DSE 5 to DSE 8 at Shree Damodar College of Commerce and Economics, Margao on 11th December 2019.
- Attended workshop on Business Management DSE 1 to DSE 4 at Carmel College for Women, Nuvem on 29th July 2019.
- Attended workshop on Banking and Financial Services DSE 1 to DSE 4 at Shree Damodar College of Commerce and Economics, Margao on 24th July 2019.
- Attended and Participated in Two Days National Seminar on “ **Financial Services in Digital India: Challenges and Opportunities**” organized by Department of Commerce M.E.S. College of Arts and Commerce, Zuarinagar- Goa in Collaboration with Directorate of Higher Education, Government of Goa on 7th & 8th February, 2020.

Asst. Prof. Ms. Sheetal Mandrekar

- Attended One-Day State Level workshop on the topic ‘Flipped classroom and Swayam’ at Fr. Agnel College, Pillar - Goa on 17th October 2019.
- Attended Talk on Financial Literacy by Dr. Celso Fernandes at MES College, Zuarinagar - Goa on 6th December 2019.
- Attended and Participated in Two Days National Seminar on “**Financial Services in Digital India: Challenges and Opportunities**” organized by Department of Commerce M.E.S. College of Arts and Commerce, Zuarinagar- Goa in Collaboration with Directorate of Higher Education, Government of Goa on 7th & 8th February, 2020.

Asst. Prof. Jamina D'Souza

- Attended Faculty Development Programme on setting question paper and assessing answer books at Government College, Quepem on 30th August 2019.
- Attended workshop on Business Management DSE 1 to DSE 4 at Carmel College for Women, Nuvem on 29th July 2019.
- Attended workshop on Banking and Financial Services DSE 1 to DSE 4 at Shree Damodar College of Commerce and Economics, Margao on 24th July 2019.
- Attended and Participated in Two Days National Seminar on “**Financial Services in Digital India: Challenges and Opportunities**” organized by Department of Commerce M.E.S. College of Arts and Commerce, Zuarinagar- Goa in Collaboration with Directorate of Higher Education, Government of Goa on 7th & 8th February, 2020.

Asst. Prof. Shubhada D. Parab

- Attended two day FDP on “Applied econometrics for Business and Finance”, organised by the School of Management Presidency University , Bengaluru on 8th and 9th November 2019.
- Attended and Participated in Two Days National Seminar on “Financial **Services in Digital India: Challenges and Opportunities**” organized by Department of Commerce M.E.S. College of Arts and Commerce, Zuarinagar- Goa in Collaboration with Directorate of Higher Education, Government of Goa on 7th & 8th February, 2020.

Awarded Ph. D. Degree

- Dr. Champa Parab on 21st June 2019.
- Dr. Sancheliana Faria on 6th December 2019.
- Dr. Atmaram Tarpe on 31st January 2020.

2. DEPARTMENT OF ENGLISH

The Department emerged with 3 Distinction and 6 First Class Students at the BA English Semester VI Exam held in April 2019.

1)11th July, 2019:

Inauguration of the Sanskriti Literary Association of our College.



Mrs Rajashree Desai, Associate Prof of ENGLISH, Chowgule College was the Chief Guest



Students of BA in English Honours posing with the Chief Guest along with Faculty

2) 26th July, 2019 :

Jude Fernandes participated in All Goa Inter Collegiate Elocution competition at DM'S College and Research Centre , Assagao , Bardez , Goa.

3)27th July, 2019:

Ten students along with 1 Faculty participated in the Commemoration Event of the International Day of the Seafarer at The Carmel College for Women, Nuvem, Salcette , Goa.

4)22nd August, 2019:

Ten students along with 1 faculty participated in the Workshop in *Citation, Referencing and Bibliography in TY Projects* organized by Dhempe College , Miramar , Goa.

5)21st September, 2019 :

Fun with Literature was organized by our College for Higher Secondary Students of Mormugao Taluka . The Students of S.Y B.A also staged Several Skits as a part of the Skill Enhancement Course in English.



Welcoming the Chief Guest



6) 6th & 7th December, 2019 :

Students participated in the Art & Literature Festival organized by International Centre, Dona Paula.

7) As a part of the Swachh Bharat Abhiyaan, the Students collected the garbage for which they could obtain 50 marks at the PEGASUS Literary Festival.

8) 13th & 17th December, 2019 :

An Essay and an Elocution Competition were organized by our College on 13th December, 2019 and 17th December, 2019 respectively to commemorate The Golden Jubilee of the Rock Temple of Swami Vivekananda at Kanyakumari. The prizes were awarded on 12th January, 2020 in Menezes Braganza Hall, Panaji.



9) 13th January, 2020 & 14th January, 2020:

22 Students of the Department of English along with the two Faculty members Ms Priscilla David and Mr William D'Souza participated at the PEGASUS Literary Festival organized by Chowgule College, Margao. They emerged as the Runners-up, surpassing all the UG Colleges in Goa, standing only next to the Goa University.



Congratulations and Celebrations!!!!.....

Students and faculty jubilating on obtaining the Runner-up Trophy at the PEGASUS Literary Festival



Students of ENGLISH Department collected garbage from MES Colony as part of the Swachh Bharat Abhiyaan on Vivekananda Jayanti Day

Faculty Achievements:

Dr Sandhya N Bhandare, Head, Department of English published two articles in the *International Journal of Research and Analytical Reviews* in May-June, 2019.

She chaired a Session and also presented a paper at the International Conference on *English Studies Across and Beyond Borders* (ICES – 19) organized by Kanya Maha Vidyalaya, Jalandhar Punjab during 6th to 8th March, 2019.

Title of the Paper presented: “The Dynamics of Translation and Emergence of English as a Global Language.”



Dr. S. Susan Deborah completed the Refresher Course in “English Language Teaching” from 22nd Nov, 2019 to 06th Dec., 2019 conducted by the University of Calicut, Kerala.

Asstt. Prof. William De Souza- attended a workshop on “Language Documentation and Archiving” organised by the Department of Konkani, Goa University from 9th December to 21st December, 2019. The resource person was Padma Shri Anvita Abbi Chair, Kavivarya Bakibaab Borkar in Comparative literature.

Asstt. Prof. Michelle D’Mello was selected as a Youth Representative from India for an International Youth Congress, organized by the *Focolare Movement* in Rome, Italy from 16th to 23rd January, 2020.

PEGASUS 2020

In a die-hard competition at the PEGASUS 2020 Literary Festival organised by Chowgule College, Margao Team Enchantress consisting of 22 members representing MES College won the all Goa Second Place among Degree Colleges teaching Literature in English, beating Rosary College, Dhempe College and Carmel College. The First Place was bagged by Goa University MA Students who represent talents from all over Goa.

Mr Jude Fernandes, BA Honours student won the First Place at the Event called 'Professor' and the Second Place at 'Showman'. He also obtained the Runner-up at the PEGASUS Laureate in a tie breaker. Ms Damini Mane BA Honours was the Best Mascot 'The Enchantress' who made a very good display with her team of Cosplayers, consisting of Dracula, the Devil, Hell-boy, Jafar and Joker. Mr Augustine Babu won the Second Place at 'Montage'. Ms Huzaifa Shaikh bagged the Second Place at Slamm It., poetry recitation. The Bohemian Euphony Team and The cooking competition Team, both won the Second Place. Mr Sushant Gangipogu won the Third Place at The Game Changer. The PROMO event consisting of Video shooting and Editing won the Second Place.

The HOD Dr Sandhya Bhandare Sequeira said, "This was the fruit of the hard effort put in by the students and faculty. We have always done well at PEGASUS. But this was the third time the trophy was won after a gap of nine years." She gave a special credit to Ms Priscilla David, the young faculty and ex-student of MES College. The Principal Dr Rekha Gaonkar said, "All the hard work and dedication paid up at last! This is a Great Honour to MES College!!"



PEGASUS 2020 Runner-up team - Congratulations!!!! and Jubilations!!!



The Cos-players being felicitated at the hands of one the judges



The Enchantress Ms Damini Mane with Ms Sylvia D'Costa in charge of Costumes



The Winning Team poses with Principal Dr Rekha R Gaonkar and faculty

Cinderella and Priscilla of MES College top at MA in ENGLISH, Goa University Exam 2019

At the 32nd Annual Convocation of Goa University held on 24th February, 2020 in Kala Academy Ms Cinderella M Bhandare Sequeira and Ms Priscilla David, both of MES College of Arts & Commerce, Zuarinagar obtained the First and the Second Rank at the MA in ENGLISH, Goa University Examination 2019. Cinderella who scored 85% marks bagged the cash prizes in the memory of Rev Fr Anes and Francisco Correia Afonso and certificates for standing First at the GU Exam. Ms Priscilla David scored 80% marks. Mrs Sheela Pandey ranked third in the College.

The PG Self-financed Course in MES College of Arts and Commerce registering 100% Results had to be discontinued for a while due to the lack of students. However, this year there is a demand being made to the College from the parents and the students community to restart the MA in English Course and the College would like to try its best and restart the same.



3. DEPARTMENT OF TOURISM AND TRAVEL

World Tourism Day held on 28th September 2019

1. Department of Tourism and Travel celebrated World Tourism Day on 28th September 2019 on the theme Tourism and Jobs: A better future for all.

The Chief Guest for the day was Mr. Laxmikant Vaigankar General Manager of Goa Tourism Development Corporation GTDC.

This year our department organized intercollegiate event on paper presentation on topic Sustainable Development Goals.



2. On the occasion of world tourism day held on 28th September 2019 our department also organised a orientation talk on IATA by Resource Person Mrs. Cherly Venan Dias Assistant Professor at S.S Dempo College of Economics and Commerce and Coordinator of IATA course.



3. Talk organised by Tourism and Travel Department on Understanding and Managing Heritage of Goa. The talk was held on 29th August 2019. The Resource person for the day was Ms. Sawani Shetye, Bhoomij Heritage Consultancy



4.



4. DEPARTMENT OF ECONOMICS

1. Orientation program for FYBA Economics students on 22nd July 2019.

Students were oriented about the scope and career options in the subject of Economics. Around 80 students and 07 faculties of the department of economics attended the program.



2. Guest lecture on 'Employability Skills' by Shri Edwin Cortez, Associate Professor in Economics, Dhempe College of Arts and Science, Miramar-Panjim, for FY/SYBA Economics students was held on 25th July 2019.

Around 150 students and faculties of the department of Economics attended the talk.



3. **Guest lecture on ‘Effective Study Habits’** by Shri Vishwanath Swar, senior lecturer, MES Higher Secondary School, Zuarinagar for TYBA/TY B Com was held on 3rd August 2019. Around 100 students and faculties from the department of economics attended the lecture.



4. **Eco-Buzz** an interclass event was held on 16th August 2019 on the theme ‘Assert your Rights, Peruse the Remedies’. Around 140 students participated in the event.



5. Business War – an inter class event was held on 30th August 2019.



6. Guest lecture on Intellectual Property Rights (IPR) by Mr. Rajeev Mendonca from Salgaonkar Law college, Miramar-Panjim was held on 14th December 2019 for TYBA/TY BCom students.



7. **Short Term Certificate course in ‘Training in Practical Banking’** was held from 7th January 2020 to 28th January 2020 for FY/SY/TYBA students. A total of 26 students enrolled for the course.



7. **Study tour to Coorg- Karnataka** of TYBA/SYBA Students from 7th January to 9th January 2020. A total of 21 students and faculties from the Department of Economics went for the tour.



8. A guest lecture on 'Carreer in banking' was held for FYBA/SYBA and TYBA Econmics students was held on 29/01/2020.



FACULTY ACHIEVEMENTS:

Dr. Rekha R. Gaonkar

1. Awarded the Best Teacher Award for excelling in the field of education by the Directorate of Higher Education, Govt. of Goa.

Dr. Meenakshi Bawa

1. Appointed Member of the Sub-Committee for B.Com. of the Ordinance OC-66 Review Committee, Goa University
2. As IQAC Coordinator, organized a Workshop on 'Designing Learning Outcomes' for the faculty at M.E.S. College of Arts & Commerce, Zuarinagar, Goa on 15th July 2019
3. As IQAC Coordinator, organized a Workshop on 'Innovative Teaching Methodologies: Flipped Learning and Problem Based Learning (PBL)' for the faculty at M.E.S. College of Arts & Commerce, Zuarinagar, Goa on 3rd May 2019
4. Attended the State level Workshop on 'NAAC Accreditation' organized by the Dhempe College of Arts and Science, Miramar on 18th July 2019

5. Attended the Choice Based Credit System Workshop in Economics organized by the Dhempe College of Arts and Science , Miramar in collaboration with Department of Economics and Board of Studies, Goa University on 12th July 2019

Ms. Shivani Shirodkar

1. Published a research paper titled 'Maternal Health among women in India: Evidence from NFHS-4' in an edited book titled 'Indian Economy, Emerging Trends, Issues and Challenges'.
2. Attended a subject workshop on 'Indian Monetary and Financial System' at Rosary College of Commerce and Arts, Navelim- Goa on 9th August 2019.
3. Invited as a judge for 'Fashion Show' on the theme 'India of my dreams- student's perspective on India in next 10 years' organized by All Goa Economics Teacher's Association (AGETA) on 21st September 2019 at St. Xavier Higher Secondary School, Mapusa.
4. Attended one day state level workshop on 'Extended Syllabus of International Economics' at S.S. Dempo College of Commerce & Economics, Cujira-Bambolim- Goa on 6th December 2019.
5. Attended three day 18th International Entrepreneurship Forum (IEF) Conference on 'Entrepreneurship as a Social Movement: Art, Technology, Design and Sustainable Entrepreneurial Transformation' at Sanskruti Bhavan, Goa on December 16-18, 2019.
6. Presented a paper titled "progress of Maternal Health in Goa –Evidence from NFHS data in an Inter-disciplinary National conference on 'Health Sector and Sustainable Development at Govt. College of Arts, Science & Commerce, Sanquelim –Goa.

Mr. Yaseer Hussain

1. Delivered a session on 'Role of education in Economic Growth', on the occasion of 13th statistics day celebration, at Central library organised by NSSO on 29th June, 2019.
2. Invited as a resource person to Dhempe college, Miramar to conduct sessions for a course titled 'Basic statistics and Econometrics' on 12th, 13th and 16th November, 2019.

3. Invited as a resource person to Rosary college, Navelim to conduct a 3-day workshop titled 'Basics of statistics and Gretl' for M. Com students on 16th, 17th and 18th December 2019.
4. Invited as a resource person to Carmel College, Nuvem to deliver an interactive lecture on 'Basic Econometrics for Research' on 8th January, 2020.

5. DEPARTMENT OF SOCIOLOGY

- A **Bridge course** was conducted for 20 BA Sociology DSC students who had no prior exposure to the subject, from 08/07/2019 to 13/07/2019.
- **Documentary films** were screened for the students of BA Semester I and B.A Semester III.
 - i) On 14 September 2019 - A [documentary film](#) directed by [Leslee Udwin](#). *India's Daughter* was screened for the B.A Semester V Sociology students.
 - ii) On 21 September 2019, two documentaries 'Culture shocks of the world' and 'Stereo' was screened for the Sociology students of the BA Semester I consisting of 68 students. The documentary depicted how through gender socialization children learn about the social expectations, attitudes and behaviours associated with one's gender.
- **State-level Students Seminar 'Socio – Expressions'** – on the theme 'Women's Empowerment, Social Change and Development' was organised on 19th September, c 2019. The sub-themes were - Eliminating Gender bias in the educational field, Abolition of Triple Talaq, Welfare services for women: Protective homes for women, Recourse to social, economic and legal aid, and Empowerment of women through various legislative measures.
 - The chief guest for the seminar was Mrs. Aparajita Chatterjee Menon. Dr. Sonal Thakker, Head, Dept of Sociology presented the academic planner of activities of the Department. There were nine paper presenters from various colleges of Goa.
 - The first place for the competition was bagged by Ms. Prachi Mehta from S.S. Dempo College of Commerce and Economics, Cujira, Bamabolim, the second and third place went to Ms. Salome Fernandes and Bakhita Afonso respectively both students of Parvatibai Chowgule College of Arts and Science-Autonomous, Margao.



- Sociology students of BA Semester II (Socio-Generic 'Religion & Society) and BA Semester VI (Honours) went on a **Study Trip** to participate in a 'Tribal Festival – Adivasi Sangathna' – IX LOK UTSAV in coordination with Directorate of Art & Culture, Government of Goa, held at Ambaulim, Quepem on January 05, 2020.
 - The students got an exposure to the traditional handicrafts, tools used by them, tasted their cuisine and witnessed dance performances of the tribals.





Educational Tour

An **educational tour** was conducted for B.A Sociology students to Mollem Wildlife Sanctuary, Tambdi Surla and Dudhsagar Spa Resort on 7th and 8th February 2020.





Faculty Achievements:

Dr. R. B. Patil

- Chaired a Technical Session 'Family, Marriage and Kinship' at the XIII Karnataka Sociology Conference at Dharwad, Karnataka University held on 13 & 14 September, 2019.
- Chaired a Technical Session 'Dalit Studies' at the 45 All India Sociological Conference at University of Kerala held from 26-29 December, 2019.
- Resource person for One Day Workshop for Sociology Teachers on B. A Sociology Semester VI CBCS Syllabus organised by the Department of Sociology at Cuncolim Educational Society's College of Arts and Commerce, Cuncolim on 15th January 2020.

Dr. Sonal Thakker

- Participated in a State-Level Workshop on "Scope of TYBA Syllabi under the revised CBCS structure", on 26 July, 2019 at Rosary College of Commerce and Arts, Navelim.

- Participated in a State-Level Workshop on “Guidelines for Setting Examination Question Papers and Assessing Answer Books” at Government College of Commerce and Economics, Borda, Margao on 30 August, 2019.
- Presented a paper ‘Culture of Migration in Goa’ at the XIII Karnataka Sociology Conference at Dharwad, Karnataka University held on 13 & 14 September, 2019.
- Chaired a Technical Session “Population, Migration and Displacement” at the XIII Karnataka Sociology Conference at Dharwad, Karnataka University held on 13 & 14 September, 2019.
- Nominated as AIC Expert on the Affiliation Inquiry Committee in the subject of Sociology by Goa University.
- Presented a paper ‘Socio-cultural Milieu as a Precipitating Factor of Migration in Goa’ at the 45 All India Sociological Conference at University of Kerala held from 26-29 December, 2019.
- Invited as a Resource Person and spoke on the topic ‘Migration Scenario in Goa: An Analysis of in-migration and Out-migration’, at a State-level Students Seminar on Migration at PES College, Ponda held on 15 February, 2020.

Asst Prof. Jessy Coutinho

- Participated in Master Class Series, on the topic ‘Are teachers Redundant in the Age of MOOCs: A Teacher’s View’ organized by the Directorate of Higher Education, Goa on 11th July 2019 at Sanskruti Bhavan, Patto, Panjim – Goa.
- Attended One Day Workshop to discuss the Sociology Syllabi at the T.Y.B.A level organised by the Department of Sociology on 26th July 2019 at Rosary College of Commerce & Arts, Navelim.
- Published a paper titled ‘Widowhood: An Identity not chosen – A Study of Social Background of Roman Catholic Young Widows of Goa’ in SHODH SAMAGAN A Peer reviewed quarterly Multi-Disciplinary and Multilingual Research Journal ISSN (online) – 2581-6918.
- Attended One Day Workshop for Sociology Teachers on B. A Sociology Semester VI CBCS Syllabus organised by the Department of Sociology at Cuncolim Educational Society’s College of Arts and Commerce, Cuncolim, on 15th January 2020.
- Participated in the 106th Orientation Programme at Academic Staff College Goa University from 18th February to 16th March, 2020.

6. DEPARTMENT OF PSYCHOLOGY

1) PSYCHOLOGY CLUB INAUGURATION:

The Department of Psychology inaugurated its *Psychomatrix Club* and *Diploma in Counselling Techniques* on 22nd July 2019. The Inaugural Program was graced by Chief Guest, Ms. Shobhika Jaju, a Clinical Psychologist. Ms. Jaju has been working the field of Psychotherapy and Counselling since 7 years and successfully managing at Silver Linings, Guidance and Counselling Centre, Margao. She is an international affiliate of the American Psychological Association as a Certified Career Analyst. Ms. Jaju also teaches Psychology at master's level at Chowgule College, Margao.

The Inaugural Program began with welcome address by Principal Dr.R.B. Patil. Chief Guest Ms. Shobhika Jaju was introduced by H.O.D, Asst. Prof. Cedila Pereira e Gomes while Asst. Professor. Karun Cherian, gave a floral welcome to the Chief Guest. The introduction to the Counselling Course and Psychomatrix Club, was given by Asst. Prof. Fatima Gomes. The Chief Guest, Ms. Jaju in her address educated the students about importance of counselling and how resilience is important for youth today in their day to-day life. This address by the chief guest was followed by Valedictory function of the Diploma Course in Counselling Techniques. Dr.Freeda Cota e Pereira congratulated the students and shared her experience as Course Co-ordinator. The Chief Guest awarded certificates to the graduates of the Diploma course. Asst. Prof. Madhuri Marathe, proposed a vote of thanks. The entire programme was compeered by Ms. Sakina Begum and Mast. Neel Dicholkar.



Asst. Prof. Karun Cherian, Asst. Prof. Madhuri , Head of the Department, Asst. Prof. Cedila Gomes, Chief Guest Ms. Shobhika Jaju, Asst. Prof. Dr. Freda Pereira and Asst. Prof. Ms. Maria Fatima Gomes with the graduates of Diploma Course in Counselling Techniques 2018-19.

2) SESSION ON RESEARCH METHODOLOGY:

The Department of Psychology organised an expert session on Research Methodology for TYBA project students on 6th August 2019. Dr. Vijay Viegas was the Resource person for this session. Dr.Viegas, an Assistant Professor at the Abbe Faria Post Graduate Department of Psychology, St.Xavier's college, has a doctorate degree in Psychology from the University of Dharwad, Karnataka. He has authored around 16 research papers in high quality international and National Journals. Dr.Viegas, was introduced and welcomed by H.O.D, Asst. Prof. Cedila Pereira e Gomes. In his session, Dr.Vijay, not only gave students an overview of research methodology and guided them on how to identify and formulate a good research problem. He also shared important documentation nuances as described in APA guidelines in simplified manner. The session concluded with an interaction with the students. Around 70 students participated in the research methodology session.



Dr.VijayViegas interacting with students



Head of the Department, Asst. Prof. Cedila Gomes with the resource person Dr.Vijay Viegas and the final year B.A students.

3) DEPARTMENT MAGAZINE RELEASE FUNCTION:

The Department of Psychology of M.E.S College of Arts and Commerce- Zuarinagar released the third edition of the department magazine named 'SVADHYAY' on 27th September 2019. Mrs. Kavita Borkar was the Chief Guest for this function. Mrs. Kavita Borkar, worked as an Associate Professor at Smt. Parvatibai Chowgule College, Margao and opted for voluntary retirement after serving the institution for 30 years. She has been working as a psychologist since 1994 and has conducted career counselling with aptitude testing for around 350 students. Being a poetess, she has been instrumental in beginning Kavyamaifal, a monthly platform for poetry at Gomant Vidya Niketan, Margao for past 13 years.

The magazine release function began with a welcome address by Vice-Principal Dr. Rekha Gaonkar, who stressed on the importance of observation and introspection for students of social sciences and humanity. The Chief Guest was introduced by Dr. Freda Cota e Pereira. Asst. Professor Karun Cherian, the editor of the magazine explained that 'SVADHYAY' meant introspection which is a requirement for the successful planning of any task. He praised the contribution of the students for the magazine as it reflected their efforts and was a platform to showcase their talents in academics and curricular activities. The magazine 'SVADHYAY' was released at the hands of Mrs. Kavita Borkar who spoke about challenges faced by today's adolescents and the importance of resilience in today's fast paced world. She elaborated on Havinghurst's developmental tasks while explaining how to overcome the challenges faced by the youth of today. She also said that, 'to be happy' was one of the biggest challenges that the youth are facing. According to her, contentment can lead one to aim for higher goals in life.

Principal Dr. R. B Patil in his presidential address emphasized the importance of being independent and having insight as a prerequisite to focus on the goals in one's life. He presented a memento to the Chief Guest as a token of gratitude. Ms. Cedila Pereira e Gomes, the H.O.D of the Psychology Department proposed the vote of thanks. The program was compeered by Asst. Prof. Madhuri Marathe. The program was attended by around 100 psychology students.



Asst. Prof. Madhuri Marathe, Ms. Cedila Pereira e Gomes, H.O.D, Psychology Department, Principal Dr. R.B. Patil, Chief Guest-Mrs. Kavita Borkar, Vice- Principal Dr. Rekha Gaonkar, Dr. Freda Cota e Pereira and Asst. Professor Karun Cherian-editor of the magazine



Ms. Cedila Pereira e Gomes, H.O.D, Psychology Department, Principal Dr. R.B. Patil, Chief Guest-Mrs. Kavita Borkar, Vice- Principal Dr. Rekha Gaonkar and Asst. Professor Karun Cherian-editor of the magazine

4) MOVIE SCREENING AT RAVINDRA BHAVAN, BAINA –VASCO:

The Psychology Department of M.E.S College of Arts & Commerce, Zuarinagar-Goa in collaboration with South Goa Zilla Panchayat and Ravindra Bhavan-Baina screened a film, 'Zindagi Zindabad' for the M.E.S College and Higher Secondary students of

Mormugao taluka on the 3rd of October 2019 at Ravindra Bhavan, Baina –Vasco. Dr. Mohan Agashe, renowned actor, director, producer and psychiatrist was the Chief Guest for the event. At the inaugural function, Ms. Cedila Pereira e Gomes, H.O.D in psychology welcomed the gathering and introduced the dignitaries. The Guests of honor were Dr. Angelica Siona Gomes, Project Director, Goa State Aids Control Society Shri. Navnath Naik, Chairman, South Goa Zilla Panchayat, Shri. Agnelo Fernandes, Chief Executive Officer, South Goa Zilla Panchayat and Mrs. Nelly Rodrigues, Chairman of Panchayat Mahila Shakti Abhiyan and member of South Goa Zilla Panchayat and Shri. Sanjay Satardekar, Chairman , Ravindra Bhavan, Baina.

The film ‘Zindagi Zindabad’ is like a jigsaw puzzle. When all the pieces are put in place there emerges a complex picture of interconnected Indian society trying to co-op with pandemic of HIV-AIDS. The film is a fiction based on research of the stark reality. The final experiential message for the audience is: Life is a precious gift & let us understand its importance and at the same time let us not condemn the ones who are unfortunately affected by this decease by judging them but in fact let us be compassionate to them & give them love. The movie screening was followed by a discussion by the panel of experts headed by Dr. Mohan Agashe. The movie was witnessed by a houseful of over 750 students from M.E.S College, Higher secondary schools and program officers from various NGO’S working in the field of HIV/AIDS like Presentation Society, Zindagi etc.



Ms. Cedila Pereira e Gomes, H.O.D, Psychology Department and Co-ordinator of the program and Officiating Principal Dr. Rekha Gaonkar, Mrs Nelly Rodrigues, Chairman of Panchayat Mahila Shakti Abhiyan and member of South Goa Zilla Panchayat, Mrs. Lalita Joshi, Director, Planning and Development , Murgaon Education Society, Shri. Agnelo Fernandes, Chief Executive Officer, South Goa Zilla Panchayat, Shri. Navnath Naik, Chairman, South Goa Zilla Panchayat, Dr Mohan Agashe, Chief Guest, Dr. Angelica Siona Gomes, Project Director, Goa State Aids Control Society and CMO, Goa State Aids Control Society.



Shri. Agnelo Fernandes, Chief Executive Officer, South Goa Zilla Panchayat, Shri. Navnath Naik, Chairman, South Goa Zilla Panchayat, Chief Guest, Dr.Mohan Agashe, Dr. Angelica Siona Gomes, Project Director, Goa State Aids Control Society, CMO, Goa State Aids Control Society and Mrs. Nelly Rodrigues, President, South Goa Mahila Mandal and member of South Goa Zilla Panchayat.



The audience listening with rapt attention to the panel discussion at the movie screening of 'Zindagi Zindabad'.

5) MOVIE SCREENING BY SANGATH AT M.E.S COLLEGE:

The Psychology Department organized the screening of a movie, 'The Butterfly Circus' on the 9th October 2019 in collaboration with Sangath, an NGO working in the field of mental health as part of the World Mental Health Day Program. Sangath has 20 years of experience in innovating, generating knowledge, and making a difference in the field of mental health by reducing the treatment gap for mental disorders and disabilities in India. Sangath were awarded with the title of 'India's 4th leading Public Health Institution' (2015) and WHO-India Public Health Champion (2016). Sangath also organized a photography contest with the theme, "HAPPY MOMENTS" for college

and university students as a part of its awareness generation programme on the occasion of World Mental Health Day celebrated every year on 10th.October with the objective of raising awareness of mental health issues around the world. The program begin with the welcome address by officiating principal, Dr. Rekha Gaonkar and introduction of the resource persons. The Sangath team comprised of Mrs. Kavita Nair, (Public Health Researcher), Ms. Rujuta Mahajan (Clinical Psychologist, PRIDE Adolescent program) , and Mr. Bhargav Bhat (Public Health Researcher).

The movie is set in the depression-era 1930s America, "The Butterfly Circus" is set in a dismal time period, characterized by the unemployed and homeless masses, everyone concerned for the difficult economic situation. Mr. Mendez is the charismatic master of a small circus, the Butterfly Circus, and he leads his troupe through Southern California. Along the way, they perform – sometimes for free – to bring some light into the dull lives of people. One evening, they see a sign for a carnival with a sideshow. Upon arriving they see a funfair with carousels, games, and other entertainment, including a freak show. Here Mr. Mendez meets Will, the main attraction of the freak show, who has tetra-amelia syndrome, meaning that Will is limbless: he is on display alongside other odd characters, such as a painted tattooed man and a bearded woman. Will is bitter and unhappy, but after meeting Mendez, he decides to leave the carnival, hiding on one of the Butterfly Circus trucks to escape. The people in the circus welcome Will, but Mr. Mendez tells him he must do something else than just be a freak to become part of the act. Will gets to know his new friends and learns that many of them have a sad past, but that Mr. Mendez has given them a second chance in life. One day Will accidentally realizes that he can swim, so he decides to perform a difficult act in the circus. He is raised to the top of a tall pole and dives into a small tank full of water. Will is now happy since he is in the show not because of his odd appearance but because of who he is and what he can do.

The movie screening was followed by a brief about Sangath's work and a panel discussion facilitated by the Sangath team wherein they stressed on the importance of self-acceptance and self-worth and left the students with a few strategies to handle their mental health issues and stress. The movie screening was attended by around 80 enthusiastic psychology students and N.S.S volunteers. Asst. Prof. Fatima Gomes compeered the program while Ms. Cedila Gomes, H.O.D in Psychology proposed the vote of thanks.



Seated from left to right- Ms. Rujuta Mahajan (Clinical Psychologist, PRIDE Adolescent program) ,Priyal Agarwal (intern, Sophia College for women, Mumbai), Mrs. Kavita Nair, (Public Health Researcher), officiating principal, Dr. Rekha Gaonkar, Mr. Bhargav Bhat (Public Health Researcher) Ms. Cedila Gomes (H.O.D), Dr Freda Pereira, Asst. Prof. Fatima Gomes and Asst. Prof. Madhuri Marathe.

6) PSYCHOLOGY STUDENTS EMERGE WINNERS IN A MIME COMPETITION:

The District Mental Health Program, Hospicio Hospital, Margao; organized Mental Health awareness activities to commemorate World Mental Health Day. The DMHP South organized a Mime competition for College level students on 7th October 2019 on the theme “Mental Health Promotion and Suicide Prevention”. The psychology students of M.E.S College of Arts and Commerce, Zuarinagar-Goa secured the 2nd place for the Mime Competition. These students were felicitated on 10th October 2019 for their achievement by the Directorate of Health Services, South Goa and the team was awarded with a cash prize of Rs. 4000. The winning team consisted of the following students: Augustin Babu, Punit Kumar Yadav, Mahima Kavlekar, Radhika Nepali, Yester Betigiri, Anushka Naik, Namrata Nagekar, Daniel Lamani all from SYBA and Neel Dicholkar from FYBA. This Mime skit was written and directed by Asst. Prof. Jayesh Raut, member of the Art and Culture Association and was assisted by Asst. Prof. Madhuri Marathe, Department of Psychology.



Standing (from left to right- Namrata Nagekar, Radhika Nepali, Anushka Naik, Mahima Kavlekar, Yester Betigiri, Punit Kumar Yadav, Neel Dicholkar and Daniel Lamani. Seated (from left to right- Asst Prof. Karun Cherian, Cedila Gomes (H.O.D), Principal Dr. Rekha R. Gaonkar, Dr. R.B. Patil, Asst. Prof. Fatima Gomes, and Asst Prof. Madhuri Marathe, faculty in the Department of Psychology.

7) TALK ON SLEEP MANAGEMENT AND MENTAL EMPOWERMENT:

The Department of Psychology organised a talk by Shri. B.K Veerendar on the topic “Sleep management and Mental empowerment” for the students of Psychology on 17th December 2019. Ms. Cedila Gomes, Head of the Department in Psychology welcomed and introduced the guest speaker.

Shri. BK Veerendar is a Senior Engineer in Construction Department of B.K Head Quarters at Mount Abu, Rajasthan. He is also has to his credit master’s degrees in Counselling and spiritual health and Value Education and Spirituality. He is working as a spiritual social worker for the last 25 years. He has conducted more than 75 programs all over India on the Topics “Sleep Management and Mental Empowerment” to create awareness on our Sleep quality for general public, industries and security forces.

Mr. Veerendar spoke about sleep, its management and how it can affect our mental empowerment. He discussed various sleeping patterns which have proved to be harmful for our brain as well as body, and also told the students about how to rectify these unhealthy sleeping patterns in the future. He also gave an overview on how diet has been linked to our sleep. Mr. Veerender made this interactive session very interesting for the students as well

as faculties. Asst. Prof. Ms. Sumedha More, faculty in the Psychology Department proposed the vote of thanks.



Shri. BK Veerendar addressing the psychology students on “Sleep management and Mental empowerment” on 17th December 2019.

8) MINDKRAFT CHAMPIONS:

The Psychology students secured the championship trophy consecutively for a third time in a row at the recently held psychology festival, ‘Mindkraft’ organized by Smt. Parvatibai Chowgule College of Arts and Science, Margao (Autonomous) on 8th January 2020. The theme of the event was “Suicide Prevention”. The winning team comprised of the following students: Sushma Oli, Fayola Fernandes, Rashee Yadav, T. Sakina Begum, Sushant Gangipogu, Prajot Asolkar, Jude Fernandes, Augustin Babu, Vailanka D’Cruz and Pawan Gorantla. The students won several prizes for the different events such as 1st place for Z-Videography (full team) and Judging your cover (Rashee Yadav & Vailanka D’Cruz), IInd Place for Psychology in Mythology (full team), Treasure Hunt (Sushma Oli & Fayola Fernandes) and Slam Poetry (Jude Fernandes). These students were guided and mentored by Asst. Prof. Karun Cherian, Asst. Prof. Cedila Gomes e Pereira (H.O.D) and Asst. Prof. Madhuri Marathe.



Standing (from left to right- Rashee Yadav, Fayola Fernandes, Sushma Oli, Jude Fernandes, Sushant Gangipogu, Vailanka D'Cruz, Prajot Asolkar, T. Sakina Begum, Pawan Gorantla and Augustin Babu (The winners of MINDKRAFT 2020).

Seated (from left to right- Asst Prof. Sumedha More, Asst Prof. Fatima Gomes, Cedila Gomes (H.O.D), Principal Dr. Rekha R. Gaonkar, Asst Prof. Karun Cherian and Asst Prof. Madhuri Marathe, faculty in the Department of Psychology.

9) REPORT OF THE EDUCATIONAL FIELD TRIP:



Cedila Pereira e Gomes, Head of the Department of Psychology, Asst. Prof. Madhuri Marathe and Asst. Prof. Sumedha More accompanied students for a field trip to Victim Assistance Unit, Bambolim and heritage trail in Panjim.

The Department of Psychology organised a field trip for the students of M.E.S College of Arts and Commerce, Zuarinagar from 8th to 9th February 2020. A group of 18 students accompanied by faculties of the department visited three places over the two days.

On 8th February 2020, the students visited the Victim Assistance Unit also known as Sakhi-One Stop Centre was visited at Forensic department of Goa Medical College, Bambolim. Victim Assistance Unit provides sustainable and comprehensive services for abused children and their families, working in partnership with the community, the State Government and the Central Government. At VAU, Adv. Emidio Pinho (Coordinator) and his team conducted an informative session for the students on topics such as, rights of Women and Children, types of abuses faced by vulnerable groups, help provided by different stakeholders and how students can help such vulnerable groups. VAU team also gave an overview of proceedings of cases referred to them with case studies.

After victim Assistance Unit, students visited Reis Magos Fort and Sweet Lake at Arambol Beach. Night Stay was arranged at Goa Youth Hostel, Miramar.

On Sunday morning i.e. on 9th February 2020, students enjoyed a heritage walk in the city of Panaji with Mr. Ramchandra Salgaonkar. The tour guide educated students with history of city of Panaji and Fontanhais. This heritage walk started from Panaji Post office, Casa de Moeda (Mint House), GPO-Tobacco Square, Mahalaxmi Library and covered entire Fontanhais area including, St. Sebastian Chapel, Altinho, Our Lady of Immaculate Church and Garcia De Orta. The group of students was accompanied by Cedila Pereira e Gomes, Head of the Department of Psychology, Asst. Prof. Madhuri Marathe and Asst. Prof. Sumedha More.

Field trip: Asst. Prof. Maria Fatima D'Costa, organised an educational visit for the psychology students to Chetna Education Society, a sophisticated school and rehabilitation centre for special children situated in Curchorem, South Goa. The objective of the visit was to acquaint students with the practical knowledge in the paper 'Child Psychology' that is offered at the undergraduate level in Psychology. A total of 19 students along with the faculty of the Psychology department visited the school at 10:45 a.m. on 8th of February 2020. This was followed by a visit to the Selaulim dam and botanical garden. Lunch was organised at the Tanshikar spice farm in Netravali, Sanguem Taluka, which was then followed by a nature walk in the farm.



The Psychology students were accompanied by Asst. Prof. Maria Fatima D'Costa for a field trip to Chetna Education Society, Curchorem, South Goa.



The Psychology students were accompanied by Asst. Prof. Maria Fatima D'Costa for a field trip to the Selaulim dam and botanical garden.

10) **PSYCHOZEST 2020:**

The Department of Psychology of M.E.S. College of Arts and Commerce, Zuarinagar organised the 9th edition of Psychozest 2020 on 29th February 2020. The theme of this year was “The Power of Assertiveness in a value added life”. Dr. Ira Almeida, Medical Superintendent and Dy. Director, Hospicio Hospital, Margao graced the occasion as a Chief Guest for the inaugural of the seminar. The dais was shared by the Officiating Principal Dr. Meenakshi Bawa, H.O.D of Psychology, Ms. Cedila Gomes, Psychozest 2020 coordinator Asst. Prof. Fatima Gomes and student co-ordinator Ms. Fayola Fernandes.

Psychozest 2020 comprised of 6 events, viz; – Paper presentation, (UN)Broken, Silent Hunt, Psyche – Split, Psyche Spin and Sarcastic Enough?!. For this state level seminar, we had 6 college teams comprising of 10 participants each. All the six participating teams were given a team name of different TV characters who were assertive in nature. The overall championship trophy was secured by DCT’s Dhempe College of Arts and Science, Miramar followed by the P.G Department of Psychology, Smt. Parvatibai Chowgule College of Arts and Science (Autonomous)’s at the position of 1st Runners Up and St.. Xavier’s College, Mapusa as 2nd Runners up.



The Chief Guest for the inaugural function was Dr. Ira Almeida, Medical Superintendent and Dy. Director, Hospicio Hospital, Margao.

DCT’s Dhempe College of Arts and Science, Miramar secured the Championship trophy.



The Chief Guest for the Valedictory function of Psychozest 2020 was Dr. Priyanka Raikar. An occupational therapist..

The Valedictory function of Psychozest 2020 was graced by Dr. Priyanka Raikar, an occupational therapist. She was accompanied by Officiating Principal Dr. Meenakshi Bawa, H.O.D of Psychology, Ms. Cedila Gomes, faculty coordinator Asst. Prof. Fatima Gomes and student co-ordinator Ms. Fayola Fernandes. The vote of thanks was proposed by the faculty coordinator, Asst. Prof. Fatima Gomes. The faculty of the Psychology department, Asst. Prof. Madhuri Marathe, Asst. Prof. Sumedha More and Asst. Prof. Karun Cherian and student volunteers of Psychology department made the event a success with hard work and sincere efforts.

- 11) An interactive session on the 'Psychological benefits of travel' is scheduled for the 18th of March 2020. The resource person will be Mr. Ramchandra Bhosle.
- 12) A session on 'Careers in Psychology' is scheduled later in March for the final year students in psychology.
- 13) The Valedictory function of the Diploma Course in Counselling Course will be held later in March 2020.

ACADEMIC ACHIEVEMENTS OF STUDENTS:

TOPPERS IN PSYCHOLOGY AT THE B.A SEMESTER VI EXAM APRIL 2019

Ms. Pranita Bhosle secured 83.46%.

Ms Fatima Bijapurkar secured 79%.

Ms Akarshita Sand secured 73%.

TOPPERS IN PSYCHOLOGY AT THE B.A SEMESTER V EXAM OCTOBER 2019

Ms. Fayola Fernandes secured 81%.

Ms. Vinita Bicholkar secured 75%.

Ms. Nusrat secured 72%.

FACULTY ACHIEVEMENTS:

1) Ms. Cedila Pereira e Gomes, Head of the Department:

- Conducted a workshop for higher secondary students on 'Anger Management on 13th December 2019.
- Completed a Short term course on 'Designing Learner-Centric MOOCs (LCM)' organized by AICTE AND NPTEL from July –September 2019.
- Participated in the Discussion Forum on "LGBTQ Rights: The Journey of a Rainbow" organized by the Psychology Department, Chowgule College of Arts & Science, Margao held on 30th August 2019.
- Participated in the workshop for teachers teaching B.A Semester V CBCS syllabus held on 28th August 2019 held at Carmel College, Nuvem.
- Participated in the workshop on 'Stress Management' organized by Silver Linings Guidance and Counselling Centre held on 30th August 2019.
- Participated in a State Level Seminar on "Mental Health of College & University Students: Present Scenario & Way Forward" organized by the D.H.E in association with COOJ Mental Health Foundation held on 4th October 2019.
- Participated in a Workshop on 'NAAC (re)accreditation' held on 19th October 2019 organized by Fr. Agnel College, Pilar.
- Participated in a workshop for teachers teaching B.A Semester VI CBCS syllabus held on 10th December 2019 held at Dhempe College, Miramar.
- Participated in the 27th BPA Multidisciplinary National Conference on "Cultural Symbiosis: Psycho-Social Perspectives & Challenges" held on 12th & 13th February 2020 organized by the Bombay Psychological Association & St. Xavier's College in

collaboration with the Directorate of Art & Culture, Govt. of Goa.

- Participated in the Master Class series IX on the topic, “Would Technology help in making students better learners in association?” with RUSA on 13th February 2020 at Sanskruti Bhavan, Patto, Panjim-Goa.

2) Ms Maria Fatima Gomes, Asst. Professor:

- Attended the first lecture of The Spotlight Series in VVM'S Shree Damodar College of Commerce & Economics on 13th August 2019.
- Attended a workshop on Sanitation and hygiene for women at Government College. Borda organized by the Director of Higher Education held on 10th October 2019.

3) Ms. Madhuri Marathe, Asst. Professor:

- Completed a Certificate course on Counselling for Alcoholic Problems’ by ARG of Sangath, Goa in December 2019.
- Completed a Basic Course in Integrated Clinical Hypnotherapy Level I- (6th & 7th September 2019), Completed a Certification Course in Integrated Hypnotic Modalities for Behavioural Resolutions- Level II (16th, 17th, 23rd, 27th & 30th November 2019) and Completed an Advanced Course in Integrated Hypnotic Modalities for Health Resolutions-Level III (26th -31st December 2019) by Ekka Foundation.
- Qualified F-PACT (Forensic Psychology Aptitude and Caliber Test) on 24th November 2019 by LNIN National Institute of Criminology and Forensic Science, Ministry of Home Affairs, Government of India.
- Undergoing Certificate course on Research Methodology by Alexia’s Foundation (September 2019 batch).
- Attended “Handwriting and Signature Analysis Workshop” by Happy Solutions and SCAN, Goa on 22nd and 29th September 2019.
- Attended a talk by Dr. Avinash DeSouza on the topic, ‘ Counsellors and Special Educators-Challenges in the Indian Scenario organized by the Department of Psychology of Chowgule College, Margao held on 12th December 2019.

4) Sumedha More, Asst. Professor.

- Alongwith Ms. Mahuri Marathe were adjudged best paper presenters at the State Level Workshop on ‘Smart Phone Addiction: Physical, Social and Psychological Issues’ organized by the Post Graduate Department in Guidance & Counselling, Nirmala Institute of Education, Altinho on 18th February 2020.

The titles of the papers were ‘Impulsiveness Correlate of fear of missing out among young adults’ and ‘Perceived Social Support Across levels of FOMO’.

5) **Karun Cherian, Asst. Professor.**

- Trained students for Mindkraft where students won the championship trophy.
- Editor of the Psychology Department magazine ‘SVADHYAY’.

7. DEPARTMENT OF MATHEMATICS AND STATISTICS

- 1) **Ms. Shruti B. Nayak**, authored (as main author) a book titled **Commercial Arithmetic I** (ISBN – 978-81-941207-5-9) for **B.Com. Semester I** students of Goa University.
- 2) **Ms. Shruti B. Nayak** attended Master class IX of the master class series on the topic ‘**Would Technology help in making Students Better Learners?**’ by Prof. Sahana Murthy, IIT Bombay organized by Directorate of Higher education, Goa in association with State Project Directorate of RUSA on 13th February 2020.
- 3) **Ms. Savita Talawar** conducted CPT and CS coaching in the subject of Quantitative Analysis and Statistics respectively for B.Com. students.

8. DEPARTMENT OF INFORMATION TECHNOLOGY

- Facilities provided by IT department:
 - Internet & Wi-Fi
 - Internet in IT Laboratory for the students/staff and in the office of MES College with a speed of 100 Mbps.
 - Wi-Fi facility for teaching staff in the Staff Rooms.
- From 13th July 2019 onwards an orientation on CBCS was conducted for the students of B.A./B.Com.(sem-I) by Shri. Sandeep M. Kadam
- On 28TH September 2019 and 4th Oct. 2019, sessions on SPSS were organized for the students of B.COM. Sem III, from 9.15am-10.15am. as a part of Data Analytics in the course of Computer Applications for Business I under SEC, by the resource person Prof. Gauri Manerkar, Dept. of Economics of our college.



- Created Google Class Rooms(LMS) for B.A./B.Com. SEM I/III in Generic Elective courses and Skill Enhancement course. Various types of materials such as syllabus, teaching plan, unit wise teaching material, additional reference, question bank, question paper format, Question Papers(Theory & Practical), rules to be followed in the IT lab, Journal Submission Notice, Assignments(ISA II) of all students , videos, ppts, pdfs, etc. are being uploaded in these Classrooms. Students were asked to upload the softcopies of assignments in these classrooms apart from the submission of hardcopies.
- Conducted Online IT Lab Faculty feedback by the students who have offered GE & SEC in the subject of Computer Science for Odd and Even Semesters.
- Prepared the students' database for all the students who have offered Generic Elective and SEC Courses in the subject of Computer Science. This database will help the dept. to track the students in future.
- Created whatsapp groups of all classes for effective academic communication.
- Cyber awareness activity held on 7th Feb 2020 based on the notification of MHA dated: 13/05/2019 and Govt.of India dated: 03/04/2019. In this regard Shri. Sandeep M Kadam visited all the classes of B.A. and B.Com.
- ISA –II Assignment activity was conducted by the students, in tune with the notifications received from DHE, dated, 13/05/2019 and MHA, Govt. of India dated, 03/04/2019 regarding Cyber Awareness.



➤ There will be an industrial visit for the students of B.Com. Semester IV as part of mini project in ERP under skill enhancement course in the 2nd week of March 2020.

➤ Shri. Sandeep M. Kadam

- Attended 12th annual ACM COMPUTE 2019 conference (International) organized by ACM India in Collaboration with Goa University from October 10th to 12th Oct, 2019 at the International Centre, Goa.
- Attended two days State Level Workshop on Data Science and Digital Analytics on 18th and 19th October 2019 at S. S. Dempo College of Commerce & Economics, Cujira, Bambolim – Goa.
- Attended 10th International Conference on ‘Technology for Education’(T4E) 2019 held at Goa University from 9th to 11th Dec, 2019.
- Attended one day state level workshop on AISHE-2019 at Sanskruti bhavan, patto panaji organized by DHE on 22nd Feb. 2019.
- Is a nodal officer for AISHE programme.(All India Survey On Higher Education)
- Is a Nodal officer for NIRF (National Institutional Ranking Framework).

➤ The Department facilitated to carryout various below mentioned activities in the IT Laboratory.

1. On 17th June 2019, demonstration of Attendance ERP module was conducted by Mr. Deepak Agarwal to the faculty of MES College.



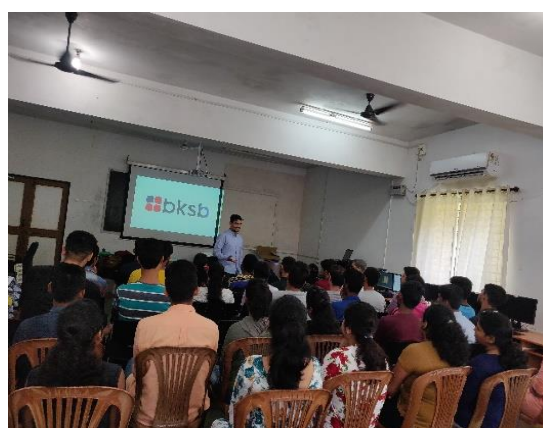
2. On 20th June 2019, English Dept. faculty, Ms. Samiksha Vengurlekar conducted a class for the students of B.A.



3. Arrangement was made for the live Budget session of Parliament on 5th July 2019 for the staff members.



4. English dept. organized a talk for the students on Skills Anytime-bksb by IndiaPrivate Limited on 20th July 2019



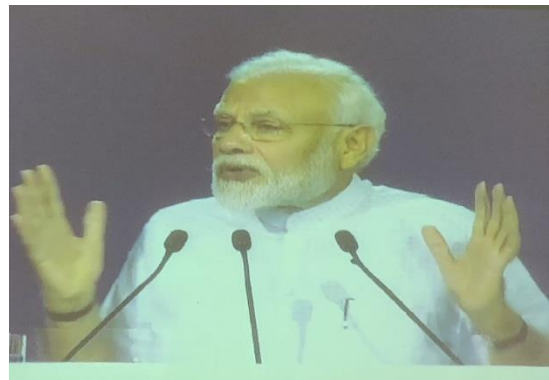
5. M.com department held sessions on MS Excel and Graphic Designing on 13th, 14th, 16th, 17th and 19th of August, 2019 from 11.30-1.30pm.



6. On 27th August 2019, NAAC steering committee had a session from 12pm-1pm.



7. On 29th August 2019, the live telecast of the Fit India Movement Launch was organized, from 10am-11 am, in association with the sports department for the teaching staff and the students. The fitness pledge was administered by the Hon'ble Prime Minister at 11am.



8. From 11th to 18th November 2019, Criterion wise NAAC SSR presentations were held with the expert for finalizing the reports.
9. Arrangement was made for the live Budget session of Parliament on 1st Feb 2020 for the staff members.



10. On 14th February 2020, the SSR NAAC presentation was held from 10.30am- 5.15 p.m.



11. On 15th February 2020, the axis bank placement drive was conducted online test for the position of customer service officer (M.com. Part-II students) and Business Development Officer (BDO) for the undergraduate students from 11.15am- 1.30 pm.



12. Activity of final uploading and submission of SSR to NAAC was carried out on 26th Feb. 2020.



13. Facilitated to conduct the practical exam for the students of B.Com. SEM IV, in the subject of “Compensation Management” (GE6) on 3rd March 2020 from 11.35a.m. - 1.00 p.m. which was organised by Dr. Savia Mendes.



9. DEPARTMENT OF KONKANI

1. The Department of Konkani secured 100 % result for the academic year 2018-19 at TYBA Examination conducted by Goa University. 05 Students secured distinctions from the department of Konkani.
2. The Department of Konkani organized 142nd Shenoi Goembab Jayanti on 24th June 2019 in M.S.Kamat Seminar hall of the college .Dr.Purnanand Chari was the chief guest and resource person for the function .More than hundred students attended the function.
3. The Department of Konkani organized Programme on ‘ Inclusion of Konkani in the VIIIth Schedule of Indian Constitution’ on 21st August 2019, in M.S.Kamat Seminar Hall. Dr.Cosma Fernandes and Shri Satyawar Naik highlighted the importance of the day to the students.
4. The Department of Konkani organized ‘Konkani Poetry Competition’ in M.S.Kamat Seminar Hall on 24th August 2019. All together 24 students participated in the competitions. Mr Jude Fernandes secured the 1st Place Ms. Ishwari Lingudkar and Mr. Neel Dicholkar secured 2nd and 3rd place respectively.
5. The Department of Konkani organized ‘Quiz competition’ in Konkani on the topic ‘Goa’ on 31st August 2019 in M .S . Kamat Seminar hall. All together 12 teams participated in the competition.The first prize was bagged by Ms. Dhanlaxmi Dasari and Ms. Jayeshree Pawar, while Ms. Namrata Pandey and Ms. Irsha Naik won 2nd prize Ms. Mamta Badaik and GayatriVasta won the 3rd prize.

6. The Department of Konkani organized 'Rajbhas Dis' on 4th February 2020. Dr. Cosma Fernandes and Prof.Satyawan Naik elaborated on importance of official language and opportunities available in Konkani to the students.
7. The Department of Konkani organized 'Matribhasha Dis' (Mother tongue day) on 22nd Feb 2020 in M. S. Kamat seminar hall of the college. Dr. Meenakshi Bawa, officiating Principal highlighted the importance of mother tongue. Dr. Cosma Fernandes explained the importance of mother tongue in one's all round development. On the occasion, Essay writing competition was organized. 14 students participated in the competition. Mr. Jude Fernandes won 1st prize while Ms.Bharvi Kharangate and Radhny Phaldesai won 2nd and 3rd prize respectively. Ms. Riya Bhadwal and Sailee Gawade were awarded consolation prizes.

Konkani Book Exhibition was also displayed in T.B. Cunha library of our college. The exhibition was inaugurated by Dr. Meenakshi Bawa, officiating Principal, in the presence of Dr.Cosma Fernandes ,Prof.Satyawan Naik and other faculty members.

FACULTY ACHIEVEMENTS

Dr. Cosma Fernandes

1. Published a Research paper on 'Alfred Rose' in a Commemorative Volume on 'Tiatr' by 125th Tiatr celebration Committee, Govt. of Goa on 19th June 2019.
2. Presented a Research paper on 'Goenchea Suttke Zuzak Tiatrachem Sanskrutik ani Samazik Yogdan' at an International Interdisciplinary Conference organised by DCT;S Dhempe College of Arts and Science, Miramar-Goa on 7th December 2019.
3. Presented a Research paper on 'Aicho Konkani Tiatr' at First International Tiatr Convention held at Ravindra Bhavan, Margao-Goa.
4. Presented a Research paper on 'Sod vavr ani tachim boroup' at Reginald Fernandes Conference Hall of DKA organized by Dalgado Konkani Academy, Panjim-Goa.
5. Attended a National Seminar on 'Akshar Damodar' Organised by Government College of Quepem in Collaboration with Directorate of Higher Education, Government of Goa at Ravindra Bhavan Margao, on 2nd and 3rd August 2019.
6. Attended a National Seminar on 'Konkani Literature by Christain Missionaries, 16th and 17th century' organised by Sahitya Academy, New Delhi, Directorate

of Higher Education, Government of Goa and Govt. College Khandola on 7th October 2019 at Govt. College Khandola Marcela- Goa.

7. Attended a State level Seminar on 'Fr. Thomas Stephen and his Literary Contribution' at Thomas Stephens Konkani Kendra, Porvorim-Goa
8. Invited as a chief Guest for 'Konkani Writers Convention' organised by Dalgado Konkani Academy, Panjim-Goa.
9. Dr. Cosma Fernandes was Awarded '**Tiatr Bhushan Award**' at First International Tiatr Convention organized at Ravindra Bhavan Margao- Goa.
10. Dr. Cosma Fernandes was **Awarded a trophy and feciliated** by TAG for his Contribution in a Commemorative Volume on 'Tiatr' published by 125th Tiatr celebration committee, Govt. of Goa.
11. Appointed as N.S.S. Advisory Committee member of Goa University.
12. Appointed as member of Board of Studies in Konkani at Chowgule College, Margao-Goa.
13. Appointed on various committees of Kala Academy and continued as an Executive member of Kala Academy, Goa.
14. Appointed for Confidential work of Sahitya Academy, New Delhi

Asst. Prof. Satyawar Naik

1. Attended National Seminar on 'Akshar Damodar' Organised by Government College of Quepem in Collaboration with Directorate of Higher Education, Government of Goa at Ravindra Bhavan Margao, on 2nd and 3rd August 2019.
2. Attended National Seminar on 'Tribal Culture Konkani Language: Talks and Tunes'organised by Shree Mallikarjun College Canacona in collaboration with Konkani Adhyayanna Peetha, Department of P.G. studies in Konkani, Manglore University and Asawadi Prakashan, Mumbai on 4th October 2019 at Canacona.
3. Attended National Seminar on 'Konkani Literature by Christain Missionaries, 16th and 17th century' organised by Sahitya Academy NewDelhi, Directorate of Higher Education, Government of Goa and Govt. College Khandola on 7th October 2019 at Govt. College Khandola Marcela- Goa
4. Attended 25th Goa Yuva Mahotsav organized by Konkani Bhasha Mandle and Ravindra Bhavan Margao on 17, 18, 19 January 2020 at Margao-Goa.
5. Attended 19th yuva Konkani Sahitya Sammelan organised by Ganpat Parsekar college of Education, Arambol - Goa held on 7th and 8th Feb. 2020.

Asst. Prof. Jayesh Raut

1. Presented a paper on 'Vyaktichitranatmak Konkani Sahitya' at a state level workshop organised by St. Xavier's College, Mapusa in collaboration with Goa Konkani Academy on 23rd 2020 at Mapusa.
2. Attended National Seminar on 'Akshar Damodar' Organised by Government College of Quepem in Collaboration with Directorate of Higher Education, Government of Goa at Ravindra Bhavan Margao, on 2nd and 3rd August 2019.
3. Attended International Tiatr Convention on 'Tiatr Kal, Aiz ani Falea' organised by Kala Niketan, Goa in association with Directorate of Art and Culture, Govt. of Goa on 6th October 2019 at Ravindra Bhavan Margao.
4. Attended Goa Yuva Mahotsav organized by Konkani Bhasha Mandal and Ravindra Bhavan Margao on 17, 18, 19th January 2020.
5. Attended 19th Yuva Konkani Sahitya Sammelan organised by Ganpat Parsekar college of Education Arambol Goa.

Asst. Prof. Josmita Fernandes

1. Attended National Seminar on 'Konkani –Hindi Sahityant Bhav Prabhav:Ek Tulnatmak Adyayen' organised by Konkani Department of Goa University in Collaboration with Department of Higher Education, Govt. College of Arts, Science and Commerce, Sanquelim-Goa, Official Language of Govt. of Goa on 19th and 20th August 2019.
2. Attended State level Conference on "Ball Sahitya Parishad" Organized by Ravindra Bhavan, Margao in Collaboration with Konkani Bhasha Mandal, Goa at Ravindra Bhavan, Margao on 19th and 20th September 2019.
3. Attended International Tiatr Convention on 'Tiatr Kal, Aiz ani Falea' organised by Kala Niketan, Goa in association with Directorate of Art and Culture, Govt. of Goa on 6th October 2019 at Ravindra Bhavan Margao.
4. Attended National Seminar on 'Konkani Literature by Christian Missionaries, 16th and 17th century' organised by Sahitya Academy New Delhi, Directorate of Higher Education, Government of Goa and Govt. College Khandola on 7th October 2019 at Govt. College Khandola Marcela- Goa.
5. Attended Goa Yuva Mahotsav organized by Konkani Bhasha Mandal and Ravindra Bhavan Margao on 17, 18, 19th January 2020.

6. Attended National Seminar on 'Konkani-Hindi, Language and Literature:Mutuel Relationship' organised by Department of Konkani, PES RSN College of Arts and Science, Farmagudi in Collaboration with Kendriya Hindi Sansthan, Agra on 20th and 21st January 2020.
7. Attended National Seminar on 'Tantra, Mantra ani Fudaar' organised by C.E.S. College of Arts and Commerce, Cuncolim-Goa in Collaboration with Official Language of Govt. of Goa. On 26th February 2020.

Students Achievements and Participation:

1. Our 10 students participated in 19th Yuva Konkani Sahitya Sammelan organised by Ganpat Parsekar College of Education in collaboration with Goa Konkani Academy at Arambol, Pernem-Goa on 7th & 8th February 2020.
Ms. Mahima Kavelekar won 2nd prize in Poetry Writing Competition at the said event. Ms. Sailee Gawde won 2nd prize and Ms. Puja Haladmani won 3rd prize in One Act Play writing Competition at the said event.
2. Mr. Jude Fernandes won 3rd prize and a trophy at 'Late Shankar Ramani All Goa Konkani Poetry recitation competition'organised by Department of Konkani ,Goa University ,Taleigao Goa on 13th February 2020. Ms. Krutika Halankar also won consolation prize for her poetry at the said event.
3. Mr. Jude Fernandes won 3rd prize and trophy at 'Late Ramesh Veluskar memorial All Goa Konkani Poetry recitation competition organised by Government College of Arts ,Science and commerce, Quepem Goa on 15th February 2020.
4. Ms. Mahima Kavlekar won 2nd prize in state level inter collegiate and University poetry recitation competition organised by CES college, Cuncolim on 3rd March 2020.
5. Our 30 Students Participated in the International Convention on 'Tiatr Kal, Aiz ani Falea' organised by Kala Niketan, Goa in association with Directorate of Art and Culture, Govt. of Goa on 6th October 2019 at Ravindra Bhavan Margao.
6. Our 52 students participated in the 25th Goa Yuva Mahaotsav organised by the Konkani Bhasha Mandal at Ravindra Bhawan Margao from 17th to 19th Jaunary 2020.
7. Our 10 students participated in 2 days National Seminar on 'Akshar Damodar' organised by Government college Quepem in collaboration with Directorate of Higher Education of Goa on 2nd and 3rd August 2019 at Ravindra Bhavan , Margao.
8. Our 5 students participated in one day National seminar on 'Tribal Culture Konkani Language:Talks and Tunes, organised by Shree Mallikarjun College of Arts ,Commerce

and Science, Canacona, Goa in collaboration with Konkani Adhyayana Peeta, Mangalore University on 4th Oct 2019 at Canacona, Goa.

9. Our 6 students participated at one day National Seminar on Konkani Literature by Christian Missionaries ,16-17th century organised by Sahitya Academy, New Delhi, Directorate of Higher Education ,Government of Goa and Government college, Khandola ,Goa on 7th Oct 2019 at Khandola,Goa.
10. Ms. Bharvi Kharangate and Ms. Sailee Gawade participated in 8th Adv. Arun Singbal memorial Quiz competition organised by Konkani Bhasha Mandal on 17th Feb 2020 at Goa University.



Distinction Holders in Konkani at TYBA Examination of Goa University with Dr. Purnanand Chari and Dr. Cosma Fernandes, HOD



Dr. Meenakshi Bawa, Officiating Principal addressing the gathering during 'International Mother tongue Day' Programme



Konkani Book Exhibition at T.B. Cunha Library



Ms. Mahima Kavlekar Prize winner in Konkani Poetry Competition at C.E.S. College



Folk Dancers of Yuva Mahatsav



Finalists of Quiz Competition in Konkani



Students Engrossed in Essay Writing Competition organised by Department of Konkani



Prize winners in Konkani Poetry Competition & One Act Play Competition at 19TH Yuva Sahitya Sammelan. also of Konkani Poetry Competition at Goa University along with Dr. Meenakshi Bawa, Officiating Principal and Dr. Cosma Fernandes, HOD



Dr. Purnanad Chari Addressing the gathering on 'Shenoi Goembab Jayanti'

10. BBA DEPARTMENT (BBA & BBA – SHIPPING & LOGISTICS)

I) EVENTS OF THE DEPARTMENT



The IMO (International Maritime Organisation) theme for 2019 was "Empowering Women in Maritime Community". On the occasion of World Maritime Day, The BBA (Shipping and Logistics) department felicitated two eminent women from the Port town of Vasco, for their contribution and making a name for themselves in the Maritime Industry Mrs. Madeline Pereira and Ms. Siddhi Salgaoncar on 10th October 2019. Mr. B.S. Mathur, Chairman of Marine Engineers, India – Goa Branch was the key note speaker.



Students of BBA attended the knowledge sessions at Vibrant Goa on 18th October 2019.



Dr. D Y Patil Pratishthan's MBA Institution, Dr. Balasaheb Bhamangol & Dr. Pravin Thorat addressed the students about the Institution's MBA Program on 8th January 2020.



H.E. Shin Bongkil Ambassador of the Republic of Korea to India, visited MES's RAJARAM and TARABAI BANDEKAR ACADEMY OF MANAGEMENT EDUCATION on 24th December 2019. He addressed the students of BBA and M. Com on the work culture in Korea . He also said that he would consider if a collaboration in education between MES

College and Korean colleges was possible. He was accompanied by the Minister of Youth Affairs in Korea.



TYBBA students presentation on their Project in Sales Management on 23rd December 2019.

II) ACHIEVEMENTS OF STUDENTS



Mr. Suraj Rawat from TYBBA (Shipping & Logistics) won the Bronze medal at University Inter College Competition in the upto and including 93 kgs category powerlifting competition organised by Goa University.



#TG LIFE

Bhushan Patil, student of M.E.S College Zuarinagar, bagged the Mr Hercules 2.0 title along with a cash prize of Rs.10,000/- and a trophy in the inter-collegiate competition that determined the strongest man of Goa. This competition was organised recently by the Department of Physical Education of Don Bosco College, Panjim and powered by Sporting Club De Goa to celebrate the National Sports Day. Malik Rehan a student of S.S. Dempo college emerged second and received a cash prize of Rs.6,000/- and the trophy. While Toshib Kabnoor, a student of SS Dempo college was the second runner up with cash prize Rs. 4,000/- and a trophy.



On day one, the participants had to first go through the preliminary round, out of which only eight participants would qualify for the final round that took place on the following day. Some of the thrilling events that took place on day one were, Run and walk with 25 kg sack (12 minute), Push up's (1 minute), sit ups (1 minute), Front raises (1 minutes), Squat with 75 kg weight (1 minute) and deadlift 90 kg (1 minute).

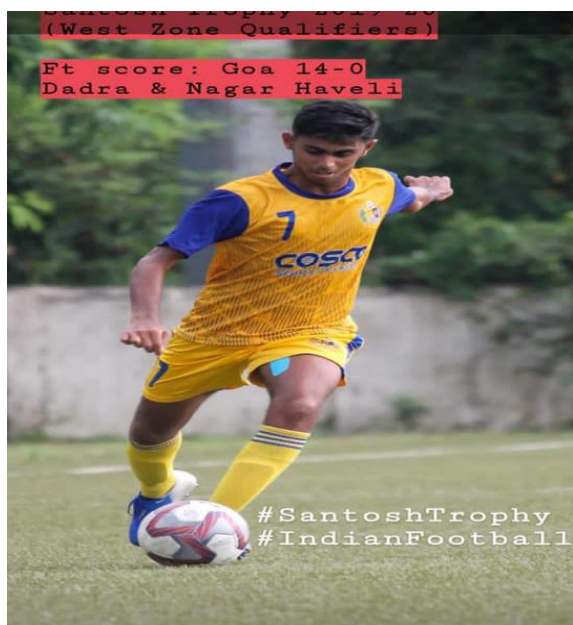
Events of the day began the inaugural ceremony. The chief guest for the day was Fr Joaquim Lobo, the manager of Don Bosco College. The ceremony was also graced by other dignitaries, such as Dr Cedric Silveira, the principal, Ajith Gopi, coordinator of P.Ed Department and Ayaz Khan, the sports secretary.

On the second day of Hercules 2.0, top eight participants, Arun Kumar Patil (P.C.C.E Vema), Nehal Komarpant (Shree Mallikarjun), Pramod Honkhande (Vidya Prabhodini), Nandesh Gowda (MES College), Suraj Wagh (Govt. College Borda), Toshib Kabnoor (SS Dempo), Bhushan Patil (MES College), Malik Rehan (SS Dempo) qualified in the preliminary round to compete for the Mr Hercules 2.0 title.

These top eight participants competed against each other in various tough competitions such as Brick holding, Rope climbing, Endurance (crawl through mud pushing a medicine ball weighing eight kg, modified burpees with five kg dumbbells, rope wave 200 repetition, sack loading and unloading 25 kgs each), Obstacle race (50 kgs weight in the steel pan and step up, cross the hurdles, 20 squats with 60 kg weight, tyre flip), Monkey cage and wood cutting to chase the winning title.

Uday Madkaikar Mayor of Panjim Municipal Corporation was the chief guest for the valedictory function. He appreciated all the participants who came out and participated and encouraged them and the others to showcase their talents. Fr Joaquim Lobo the Manager of the college urged all the participants to keep fit and appreciated all the participants for their brave effort. The title of Mr Hercules 2.0 was given to the winner, Bhushan Patil.

Mr. Bhushan Patil from TYBBA (Shipping and Logistics) won Mr. HERCULES 2019 organised by Don Bosco College Panjim on 28th, 29th and 30th of August 2019.



Ribhav Sardesai SYBBA student was selected to play for GOA for the National Football Championship - SANTOSH TROPHY 2019-20. The team was also the winner in the Group B West Zone, thus qualifying for the next round on 27th September 2019.



Saksham Kashyap from FYBBA was crowned Mr. Fresher 2019-20 on 21st September 2019.



॥ गोमंतक ॥

‘छोटा सिनेमा’ स्पर्धेत ‘ला ला लव्ह’ प्रथम

डिचोली, ता. १६ (प्रतिनिधी) : युवा गोमंतक दल, मनेलेके आयोजित छोटा सिनेमा स्पर्धेत फोंडा येथील राजत नायर यांच्या ‘ला ला लव्ह’ या चित्रपटाने प्रथम क्रमांकाचे बक्षीस पटकावले.

आत्म्यावादील कमतरता या विषयावर हा चित्रपट बनवण्यात आला आहे. गोव्यात चित्रपट निर्मिती क्षेत्राला वाव आणि गोमंतकीय कलाकारांना चित्रपट क्षेत्राकडे आकर्षित करण्यासाठी ‘छोटा सिनेमा’ संकल्पनेवर आधारित युवा गोमंतक दलाने चित्रपट निर्मिती स्पर्धा आयोजित करण्यात आली होती. आबच्या माहिती आणि तंत्रज्ञान युगात भ्रमणधनी हे अत्यंत गरजेचे साधन बनले आहे. भ्रमणधनीमुळे जा प्रत्येकाच्या मुळात आले आहे. याच भ्रमणधनीचा वापर करून छोटा सिनेमा तयार करण्याची संकल्पना समोर



डिचोली : ‘छोटा सिनेमा’ स्पर्धेतील प्रथम विजेत्याला बक्षीस देताना युवा गोमंतक दलाचे पदाधिकारी. (तुकाराम सावंत)

ठेवण्यात आलेले होती.

या स्पर्धेअंतर्गत कोणत्याही सामाजिक विषयावर फक्त भ्रमणधनीद्वारे चित्रोत्पन्न केलेला याच ते आठ मिनिटांच्या कालखंडाचा सिनेमा

तयार करण्याचा होता. प्रथमच आयोजित केलेल्या या स्पर्धेला राज्यभरातून चांगला प्रतिसाद मिळाला. या स्पर्धेतील दुसरे आणि तिसरे बक्षीस अनुक्रमे शिवम हार्मलकर (डिचोली) आणि मेहबूब

नदाक (महगाव) यांना प्राप्त झाले. गेल्या रविवारी गावकरवाडा-मने येथे आयोजित कार्यक्रमात युवा गोमंतक दल पदाधिकार्यांच्या उपस्थितीत विजेत्यांना बक्षीस देण्यात आली.

G.S. Mall

Mr. Rajat Nair of TY BBA (Shipping and Logistics) won the Chota Cinema award for his film "La la Love" organised by Yuva Gomantak Dal in October 2019.



Akib Shaikh from SYBBA won the 2nd place for Finance round at Odyssey - Management Competition organised by Saraswat College which concluded on 12th October 2019. Tejas Sutar, Pooja Satoskar, Gurtej Singh participated from TYBBA, and

Debabrath Poddar from FYBBA.



Ms. Pallavi Nayak (standing eight from left) from FYBBA (Shipping & Logistics) won 3rd Place in elocution competition organised by M/s Goa Shipyard Limited as a part of the Vigilance Awareness Week. The topic was "Integrity a way of life" on 18th October 2019.



Madhukar Ghogale of TYBBA (Shipping and Logistics) won Gold Medal in Black belt category, at the 4th All India National Combat Martial Arts Wado-Ryo Karate Championship 2019 held at Mumbai. The championship was held on the 10th November 2019 and more than 500 participants from 16 states participated.



OKINAWA MARTIAL ARTS ACADEMY

Regd No.1075/85

BINORYU KARATE & JAPAN KARATE SHOTOKAI - INDIA

Approved by : Karate Association of India

KAI Recognised by : ASIAN KARATE FEDERATION, WORLD KARATE FEDERATION

MINISTRY OF SPORTS & YOUTH AFFAIRS, GOVT. OF INDIA

SPORT KARATE CHAMPIONSHIP

Event GOA INTER-STATE KARATE CHAMPIONSHIP 2019

Held at MULTIPURPOSE HALL, SANQUELIM, GOA Date: 28th & 29th Dec'2019

Organised by MR. VISHNU NAIK

CERTIFICATE

This is to certify that

NOAH MASCARENHAS

FIRST PLACE

SPARRING

at the Sport Karate Championship held on the Dates and Venue mentioned above.

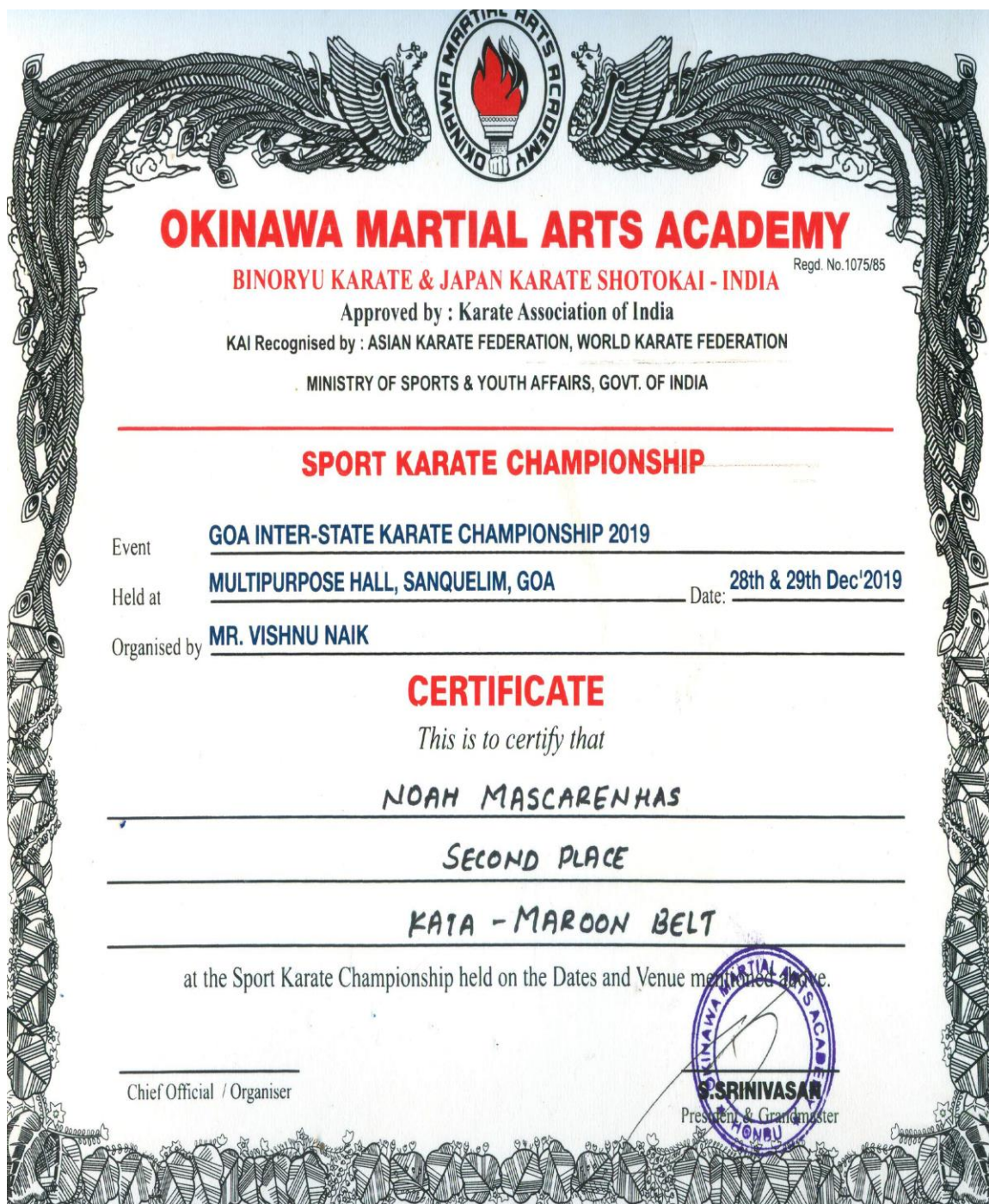


Chief Official / Organiser

VISHNU NAIK
(BLACK BELT V DAN)
CHIEF INSTRUCTOR



S.SRINIVASAN
President & Grandmaster





Noah Mascarenhas, FYBBA (Shipping and Logistics) students won the following in the sport of Karate:

- 1) Bronze medal in the event Kumiti in National All Styles Open Karate Championship, 2019 held on 24th and 25th August 2019.

- 2) First Place in Spanning, Second Place in Kata-Maroon Belt, and Second Place in Weapon Kata in Goa Inter-State Karate Championship 2019 held on 28th and 29th December 2019.

III) FIELD TRIPS



On 8th January 2020, SYBBA students visited Flight Catering unit TAJ SATS at Dabolim, as a part of the course Health and Nutrition. They were addressed by Ms. Debra, on hygiene and nutrition aspects of food. Ms. Priya Silveira (BBA Full Time Faculty) and Ms. Vandana Kakodkar (Nutritionist and BBA Visiting Faculty) accompanied the students.



The FYBBA students visited an old aged home in Majorda as part of the course Psychology. They were accompanied by faculty members Ms. Godeliva Gomes e Rodrigues and Mr. B. Morje. The students interacted with the inmates, took noodles, biscuits, rice for them, entertained them by singing and playing music.



The TYBBA (Shipping & Logistics) students visited CONCOR office at Bali, Cuncolim Goa on 23rd December 2019. Mr. Jeevan from CONCOR addressed the students and explained about the Containers (the no. on the container, the security locks etc.). Then they were shown the warehouse. The future plans of CONCOR (like they have earmarked the custom bound area) was discussed with the students. The place is called 'Multi modal Logistics Park'. Both export and import are possible there. Currently the facility is used only for domestic purposes. The process of loading and unloading of containers was shown to the students, with the machine (as shown in the video). The importance of safety was also emphasized. A distance of 20 feet has to be maintained from the machine when the operations are in full swing. Containers of various sizes were available (22 feet, 9.6 feet, 8.6 feet etc.). Export containers have different door system.



SYBBA students were taken to TAJ SATS as part of their soft skills course Etiquettes on 23rd December 2019. They were assessed for dining and dressing etiquette. Each group was given a particular theme for dressing like Business meeting, formal occasion, smart casuals and were assessed accordingly.



The FYBBA and FYBBA (S&L) had a field trip to Verlem village in Netravali Panchayat on 17th December 2019. It is Goa's first successful model in community tourism. The tourism enterprise is owned and managed by the community through Goa's first tourism co-operative - "Verlem Ecotourism Co-operative Society".

Aptly named "Aangan", the project is an integration of natural beauty and community life. The village has to offer a rich heritage, culture and traditions in the form of sacred groves, stone icons, old temples with their history, folk songs, a place where a "Tourist" is a "Guest", where the "Hotel" is actually the "Home", where the "Chef" is your "Host", where you are part of one big family and where the village is still a village and will never change. They believe in changing the tourist, not the country.

The project operates on a strict NO ALCOHOL policy and expects all the guests to abide by it.

Objective of the field trip:

1. Students got an opportunity to spend time and interact with villagers, understand rural lifestyles and their day to day chores. It involved observation, understanding and experiencing the simple village life.
2. Nature exploration through a trek to the third highest peak of Goa and understanding the importance of different types of ecosystems and habitats, observing and appreciation of the flora and fauna, dependence and association of community on different ecosystems.
3. Understanding the eco-tourism project, responsible tourism concept and involvement and participation of communities in Sustainable development model.



Field trip for SYBBA (S&L) to Radio Indigo and Kala Academy as part of Music Appreciation on 16th December 2019.



AVP & Head HR of Smartlink -Mr. Prashant Nayak interacting with the students on the topic "Changing technologies and its impact on the various businesses". This was a field visit for the course Product Management on 7th November 2019.



On 11th September 2019, the SYBBA students visited important places in Goa to learn about its cultural heritage as part of the course 'Cultural Heritage of Goa'.



The SYBBA (shipping and logistics) students were taken to Fountainhas, Panjim for an assignment in Photography on 14th September 2019.



FYBBA students visited Tambdi Surla on 18th September 2019 to study the flora and fauna as part of the course Environment Management 1.



As a part of the course Air Cargo Management, the TYBBA (Shipping and Logistics) students visited the DHL Service Center at Dabolim on 18th September 2019. They were explained all the systems used by DHL in handling the cargo.

As part of the course Emotional Intelligence, the TYBBA (Shipping and Logistics) students visited 'Peace Haven' on 17th Sep 2019 and spent valuable quality time with the children there.





TYBBA (Shipping and Logistics) students also visited GVK (108) at Bambolim and were explained the working of this PPP on 17th Sep 2019.



The SYBBA (Shipping and Logistics) students being assessed for Dining Etiquette at Taj Sats on 21st September 2019.



On 28th September 2019 as part of the course Conversational Portuguese, the TY BBA (Shipping and Logistics) students were taken to the Rachol Seminary, Raia where they were sensitized to the Portuguese architecture.

IV) FACULTY ACHIEVEMENTS

- Course Coordinator - Ms. Semele Sardesai's paper has been published as a chapter in a book titled 'Indian Economy - Emerging Trends, Issues and Challenges' in October 2019.
- BBA Faculty member Mr. Veeraj Mahatme successfully defended his Ph.D. thesis on 18th October 2019.
- BBA (Shipping & Logistics) faculty, Dr. Kirti Tyagi attended an 'Awareness Programme on Intellectual Property Rights' on 9th January 2020 at Panaji. The awareness programme was organised by World Trade Center, Goa and MSME Development Institute, Goa. The Key Speaker was Adv. Shalini Sitaraman Menezes - Director, SimSim Advisory Pvt. Ltd.



Mr. Motilal Pednekar, Asst. Professor, BBA (Shipping & Logistics) attended a one day workshop organised by Directorate of Higher Education, Goa at Sanskruti Bhavan, Patta, Panjim on "Writing a Research Proposal" on 11th December 2019.

V) COURSE PROMOTION



Course promotion at Deepvihar Higher Secondary School (Std. XII Commerce) on 9th December 2019 by Ms. Lalita Joshi, Mr. Motilal Pednekar, and Dr. Kirti Tyagi. Ms. Lalita Joshi, Mr. Motilal Pednekar, and Ms. Priya Silveira went to Deepvihar for Course Promotion on 14th December 2019 for Science students.



A course promotion activity for students of MES Higher Secondary School was undertaken on 26th, 27th, 28th and 30th of November 2019 at the RAJARAM AND TARABAI BANDEKAR ACADEMY OF MANAGEMENT EDUCATION, for the Commerce, Arts, Science and Vocational students. The students were exposed to a management activity and

then a presentation which explained the importance of both the BBA and BBA (Shipping & Logistics) courses and gave an overview of the special pedagogy followed by the BBA course affiliated to Goa University.



Course Promotion activity being carried out by Dr. Kirti Tyagi and Mr. B.S. Morje at Kendriya Vidyalaya No. 2, Shantinagar, for students of Science and Commerce streams on 13th November 2019.

VI) COMMUNITY PROGRAMS



The students of BBA were taken for the screening of the film 'Zindagi Zindabad' (a film on AIDS) as part of the course Psychology, Emotional Intelligence and Theatre Art. After the movie, there was an interactive session with Dr. Mohan Agashe (Psychiatrist, Director, Actor) and officials of Goa State AIDS Control Society. They touched on the behaviour towards HIV +ve persons and emotions like fear, anxiety, depression, remorse and the like.

VI) GUEST LECTURES



Adv. Shailesh Kulkarni, Career Counsellor from Ponda conducted a Career Guidance Programme for on 10th October 2019.



Padma Shri Wendell Rodricks conducted a session on how to integrate socially responsible practices with the business. He gave several examples from his profession wherein he contributed toward the greater good of society.

11. POST GRADUATE DEPARTMENT OF COMMERCE (M.Com.)

Date	Competition
12 th December 2019	Debate competition
13 th December 2019	Entrepreneurship Development and entrepreneurial Support
14 th 16 th 18 th December	Dissertation Orientation with “Econometrics – Time Series Analysis
17 th December 2019	Case Study- on Banking Scams
19 th January 2020	Sanshodhan 3.0

Debate Competition

Debate Competition was organised by PG department of commerce (M.Com) for M.Com students on 12th December 2019 to provide opportunity to students to discuss and understand the pros and cons of the topics considered for the competition and also to boost their confidence level. The topics taken for debate were Technology Upgradation, Social Media,



Corporate Social Responsibility and Entrepreneur versus Job. Total four teams of 34 students participated in the competition. Each team was divided into two groups i.e. affirmative and opposing.

The Competition started with addressing the participants by the M.Com course coordinator Dr. Champa R. Parab. The competition facilitator Asst. Prof. Suraj Prakash Tuyekar explained the rules of the competition to the participants. The Competition started at 11:00 am in the M.Com part II class. The judges for the competition were Asst. Prof. Savina A. Rebello and Asst. Prof. Pranit S. Naik.

Session on Entrepreneurship Development and entrepreneurial Support

The M.Com Department conducted a guest session on Entrepreneurship Development and entrepreneurial Support for the M.Com part I and II students. The resource person for the session was Mr. Raj Naik, Manager, CIBA Incubation Centre, Verna. He enlightened the students about the conceptual framework of entrepreneurship, types of entrepreneurship, identification of entrepreneurial skills in each individual, licensing , finance and legal compliance and realistic examples of successful entrepreneurs in goa. He also briefed the students about the programmes, support , training and courses offered by CIBA, current on going project of entrepreneurs under the guidance of CIBA, financial schemes and subsidies offered by the government of goa for entrepreneurs.

Dissertation Orientation with “Econometrics – Time Series Analysis

The M.Com Department conducted a session on dissertation orientation for the M.Com Part II students on data analysis using “ Econometrics – Time series analysis”. The resource person for the session was Asst Prof Savina A Rebello. These session were conducted for two hours each on 3 days. The session was a practical session. The session covered data sorting in Ms excel, importing file in software, descriptive anlysis, correlation analysis, checking of stationarity of data, ADF unit root test, OLS regression Model analysis and Granger causality testing.

Case Study- on Banking Scams

The M.Com Department organized completion on “Case study analysis of banking scams in India” for the M.Com students on 17th Dec 2019, Tuesday from 11:00 am to 1:00 pm with an aim of exposure of the students to the different scams in India, how the scam has been executed, which were the instruments used and to develop critical thinking ability of the students. The competition facilitator was Assistant Prof. Pranit Satyavan Naik Groups of

seven students each were formed for the competition. The criteria for judging was Presentation skill, Research on the topic, Analysis of the topic. Assistant Professor Savina Rebello and Assistant Professor Suraj Tuvekar were the judges for the event. The event started with a warm welcome and a brief introduction about the competition by Assistant professor Pranit Satyavan Naik. The event was successful to fulfill its aim as all the groups have done a detailed study on the topic and uniquely presented the analysis.

Sanshodhan 3.0

The M.Com Department will be organizing an One Day Intercollegiate Event “Sanshodhan 3.0” on 19th January 2020 in the college premises from 8:30am to 4:30 pm . This event aims at the holistic development of P.G. students. There will be total 9 events out of which 4 on stage events and 5 off stage events. The event will involve the following competitions to be held on stage as well as off stage:

ON STAGE EVENTS	OFF STAGE EVENTS
Rationalize Your Thinking (Research Paper Presentation)	Battle of the Brains (Quiz)
Be Aware Be Informed (News Reporting)	Be Innovator (Brain storming)
Action Speaks Louder than Words (Mime Act)	Skill & Creativity (Chart Making)
Portray the Role (Role Play)	A Face that has Stories to tell about Currency (Face Painting)
	Documentary

The events will be categorised into 3 categories that is platinum, gold and silver. Platinum has 100 points with only one prize for each event under it, gold has two prizes that 80 points for first place and 60 points for second place, while silver has three prizes that is 70 points for first place, 50 points for second place and 40 points for third place. Overall there will be winners and runner up prizes.

- Rationalize your thinking involves paper presentation
- Be aware be informed is news reporting by a team of 6 participants on current news.

- Action speak louder than words is a mime act by a team of 5 participants on any one topic of Poverty and Inequality , Road Safety, Job Scarcity/Unemployment, College Life, Social Media, Environmental Issues, Indian festivals, Biography
- Portray the role refers to performing the character
- Battle of brains is a quiz competition
- Be innovator is a brainstorming competition wherein a product will be given to a participant and they have to elaborate on its innovative features
- Skill and creativity is a chart making competition of a team of 3 participants on topics such as Investment Avenues, E-Commerce, Banking Scams ,Financial Services
- A Face that has Stories to tell about Currency refers to face painting of one country's currency
- Documentary
- It involves producing short film on any one of the following topics and presentation of the same: Govt. Schemes for Business. (State / National schemes), Govt. Schemes for Healthcare. (State / National schemes), Govt. Schemes for Social welfare. (State / National schemes)

NSS

NSS Unit of MES College celebrates International Yoga Day

NSS Unit of MES College, Zuarinagar Goa celebrated International Yoga Day 21st June 2019 at 7:30 am in the college seminar hall. Ms. Maura Afonso from Isha foundation trained the volunteers and the faculty members during the session. A total of 79 volunteers including 42 girls and 37 boys were present for the program. NSS Program Officer in Charge Prof. Dattaprasad D. Shirgurkar welcomed the gathering and said that India is the Spiritual Guru of the world and we must embrace the great tradition like Yoga.

The program was also attended by the Vice Principal Dr. Rekha Gaonkar, senior faculty member Dr. Sandhya Bhandare, NSS Program Officer Prof. Narendra Gaonkar, NSS Program Officer Prof. Freeda Cota, NSS Program Officer Prof. Selton Gomes and NSS Program Officer Prof. Bhiku Bhave.



NSS Unit of MES College conducts a Blood Donation Camp

NSS Unit of M.E.S. College, Zuarinagar successfully conducted a Blood Donation camp on 19th Sept 2019 in collaboration with the Lions Club of Cortalim, Hindustan Petroleum and the Blood Bank of Goa Medical College. The camp was held in the Swami Vivekanand Hall in the MES College campus. A total of 104 persons donated blood including NSS Volunteers and the general public.

The Blood Donation Camp started with the inaugural program at 9:30 am. Senior faculty member of MES College Prof. B. V. Kolekar welcomed the gathering and congratulated the NSS Unit for organizing a noble activity like Blood Donation camp. He said that the M.E.S. College has a long history of blood donation.

The chief guest for the function was Shri. Rajesh Kadu, Station Manager, Aviation Section, Hindustan Petroleum Corporation Ltd. Vasco-da-gama Goa. He stressed that the society in today's date require the programs like blood donation camp because there is no substitute for the blood.

The Chairman of the Lion's Club of Cortalim Mrs. Rashmi Harish, while expressing her views thanked the MES College for providing them the opportunity to serve the society.

The vote of thanks were presented by the Chief NSS Program Officer Prof. Dattaprasad Shirgurkar, who said that the human being has been successful in creating many things in the present date but not the human blood. Therefore it is our responsibility to donate the blood for the cause of saving a life.

The Zonal President of Lion's Club Lion Shekhar Chittur was present on the dais. Beyond this the members of Lions club present for the function were Shri. Tripti Santosh, Shri. Santosh Kumar, Shri. Vinay Naik, Shri. Ram Salgaonkar, Shri. Harish Bhaskaran and Ms. Anita Shekhar.

The staff from GMC was kind and compassionate towards the donors while carrying out the process of blood donation. A team from GMC Blood Bank led by Dr. Sanjay Kakodkar carried out the process in a streamlined manner. He was helped by Shri. Sadashiv Mangeshkar, Shri. Vilas Morajkar, Sister Ida Teles, Ms. Erina Fernandes, Kashinath Chari and Shri. Datta Karbotkar.

The program was supervised by a team of NSS Program Officers led by Prof. Dattaprasad Shirgurkar. The NSS program officers who helped to make the Blood donation Program successful were Prof. Safal Narvekar, Prof. Narendra Gaonkar, Prof. Selton Gomes, Prof. Madhuri Marathe, Prof. Satish Gangavati and Prof. Sandhya Ghogale.



NSS Unit of MES College, Zuarinagar celebrates Poshan Maah

The NSS Unit of MES College, Zuarinagar celebrated Poshan Maah in collaboration with JCI, Vasco. To commemorate the same an awareness program on the topic Nutrition diet was organized by the NSS Unit in the college seminar hall on 23rd September 2019 at 2:30 pm. Mr. Ravi Kumar was the expert for the program. He is presently working at Commscope company as a team leader t Verna. A certified Nutrition and Professional fitness expert trainer. He has also participated in many fitness competition in Goa and other parts of the country. Presently he is planning in many fitness competition in Goa and other parts of the country. Presently he is planning to participate for Mr. India at the National level.

Mr. Ravi Kumar explained the volunteers the importance of Nutritional food and which is the appropriate type of food for our body. He also enlightened them on importance of exercising. In this interactive session he discussed with the volunteers how different nutrient deficiencies affect our body and how we can work to overcome them.

The gathering was welcomed by the NSS Program Officer Assistant Professor Sandhya Ghogale and vote of thanks was proposed by the NSS Program Officer Assistant Professor. Madhuri Marathe The program was also attended by JCI Member Sujay Rao.

From MES College, NSS Program Officer Assistant Professor Sandhya Ghogale and NSS Program Officer Assistant Professor Madhuri Marathe were present to make the program smooth and convenient. A total of 76 NSS Volunteers (54 girls and 22 boys) attended the program.



NSS Unit of MES College, Zuarinagar celebrates National NSS Day: Visit to Orphanage

The NSS Unit BCA Department of MES College, Zuarinagar celebrated National NSS Day. To commemorate the same the NSS Program Officer Prof. Satish Gangavati organized a visit to Holy Family Sisters Asha Sadan Social Centre Sasmolem, Baina Vasco on Saturday 24th September 2019 at 2:30 pm. When the NSS volunteers accompanied by their NSS Program officers arrived to meet them, they were all excited to play and intervene with them. NSS volunteers first cleaned the surroundings of Orphanage. They also made small flat ditches around the plants in the campus. Volunteers also conducted interactive session for children where children presented various skills like acting, singing, dancing, poetry in front of NSS volunteers and that was appreciable.

There were many orphan children there and some were from very poor families. The NSS volunteers bought a food grain items (10kg of rice, 5kg of pulses) & fruits (3kg apples & 3 dozen bananas) for the children present there. The children were from age groups from 6yrs to 15yrs.

In return, even the volunteers were happy to be with them and played a few games with the children. Later small prizes were given to the winning team; there were 12 boys and 14 girls.

NSS Program Officer Prof. Satish Gangavati along with his NSS Volunteers had a great time with the children and the visit wrapped up at 5.30pm in the evening. Total of 34 NSS Volunteers (4 girls and 28 boys) attended the program. It was great experience for all NSS volunteers. They are always provided with basic needs but they are lacking with humanity and love and our aim was to give them all love with that one day and make their day as memorable day.



NSS Unit of MES College, Zuarinagar celebrates NSS Day: Visit to Sancoale Police Outpost, Tea with cops

The NSS Unit of MES College, Zuarinagar celebrated NSS Day. To celebrate the same 'Tea with cops' and community outreach was conducted with Police at Sancoale outpost. This program was organized by the NSS Unit at Sancoale Police Outpost on Tuesday, 24th September 2019 at 3:00 pm. Police Inspector Sandesh Chodankar and Anish Quenim, founder of Crocs and Cops, an organisation working for community policing graced the occasion.

PI Sandesh Chodankar explained the NSS volunteers' different types of crimes which are prominent in the area and the ways in which common man can help the police. PI also discussed what kind of problems face in terms of reaching the police and how as NSS volunteer volunteers can assist the cops in bridging the gap between the police and the public. He emphasised that volunteers can help the police in community policing.

After this orientation, the volunteers went to the nearby residential areas and spoke to the residents. They noted down the kind of issues which are faced by the residents and how police could be helpful in these matters. These issues were later discussed with the police at the outpost.

From MES College, NSS Program Officer Assistant Professor Madhuri Marathe was present to make the program smooth and convenient. A total of 32 NSS Volunteers (19 girls and 13 boys) attended the program.



Screening of documentary to commemorate NSS Day

NSS unit of MES College of Arts and Commerce, Zuarinagar Goa organised movie screening on “1947 India Pakistan partition” on 24/09/2019 at 2.30 p.m. Around 38 volunteers participated for the movie. The movie 1947 partition brought forth the pain tragedy and loss related to partition. The objective behind this was not only to refresh the students but also to light the fire of patriotism in them and inculcate a sense of national pride in them.



NSS Unit of MES College, Zuarinagar celebrates Poshan Maah

The NSS Unit of MES College, Zuarinagar celebrated Poshan Maah in collaboration with JCI, Vasco. To commemorate the same an awareness program on the topic of “obesity” was organized by the NSS Unit in the college seminar hall on 25th Sept 2019 at 2:30 pm. Physiotherapist Dr. Shweta Varshaney was the expert for the program. She has been working in hospitals in Pune and Mumbai for last 12 years. For the past 4 years, she has been working as a consultant Physiotherapist at Lions Club Physiotherapy Centre, Vasco. She is also a co-ordinator of Sankalp School for Special Children at Goa Naval Area.

Dr. Varshney explained the volunteers the meaning of obesity and how to calculate BMI. She also enlightened them on importance of exercising. In this interactive session she dicssed with the volunteers how different nutrient deficiencies affect our body and how we can work to overcome them. She gave them examples of balanced diet and exercises to keep their body healthy.

The gathering was welcomed by the NSS Program Officer Assistant Professor Madhuri Marathe and vote of thanks was proposed by the NSS Program Officer Assistant Professor Sandhya Ghogale. The program was also attended by JCI Member Sujay Rao.

From MES College, NSS Program Officer Assistant Professor Madhuri Marathe and NSS Program Officer Assistant Professor Sandhya Ghogale were present to make the program smooth and convenient. A total of 96 NSS Volunteers (64 girls and 32 boys) attended the program.



NSS unit of MES College, Zuarinagar conducted women self-defense Program

The NSS unit of MES College organized 'Self-defense program' to equip women with self-defending techniques and tricks on 26th September 2019 at 2:15 pm.

The chief spokesperson was Mr. Anil Kumar Pawar, martial art expert 2 time gold medalist at national level and one time international level gold medalist in Nepal; Mr. Sujay Rao President of JCI Vasco accompanied him. Prof. Mr. Satish Gangavati NSS Program officer welcomed our dignitaries. Mr. Anil kumar pawar addressed about how to be independent, and practice self-defense in various danger situation. A warm-up session was held for girls, in which everyone diligently participated.

A set of self-defending techniques were demonstrated by Mr. Anil Kumar Pawar and his team, together encouraged girls to practice and try, by making them understand of strength and impact, to outsmart the attacker.

Mr. Sujay Rao proposed the vote of thanks; he shared his experience in the college and motivated us to move forward in life.

A total of 89 NSS girls volunteered to be part of informative program and were coordinated by Mr. Satish Gangavati ,NSS Program Officer.





NSS unit of MES College of Arts and Commerce, Zuarinagar Goa organised poster making competition on “Gandhi’s Life and message” on 27/09/2019 at 2.30 p.m. Around 30 teams ie two volunteers one tem was formed which means 60 volunteers took part for the competition. This competition was conducted for the Nss volunteers to know the moral of life which was preached by Gandhi ji and to showcase the creativity of the students. The volunteers came up with very artistic and brilliant ideas. Nss volunteers sketched different pictures, message related to Mahatma Gandhi in the posters or chart. This type of competition is a way to increase the team work, coordination and time management among the volunteers.

Prof. Shveta Desai and Prof Karun Cherian was the judge of this competition. Following students grabbed the first position-

- 1st Prize- Ms Rekha Chawadi and Ms Swati Sutar
- 2nd Prize- Ms Samreen Shaikh and Sanket Painaik
- 3rd Prize- Mr Rohit Bandekar and Ms Vedica Chari.



Slogan writing competition on Swachata

NSS Unit of MES College of Arts and Commerce , Zuarinagar Goa organized slogan making competition on Swachh Bharat on 30 September 2019 at 2:30 PM. 20 teams participated for the competition , 2 volunteer in each team .All together 40 volunteers participated for the competition. The competition was conducted for volunteers to spread awareness about the swachta. Students came up with unique slogan. There was proper coordination and team work among the volunteers.

NSS Special Camp Report 2019-20

The NSS Unit of M.E.S College of Arts & Commerce organized its Annual Special 7 days residential camp from 02nd to 08th November 2019 at Late .H.B Desai Govt. High School, Dongurli Thane, Sattari-Goa which is surrounded by the lush greenery and scenic beauty of the Chorla Ghat.

133 NSS volunteers & 8 program officers namely Mrs. Safal Narvekar, Mr. Narendra Gaonkar, Mr. Seltan Gomes, Ms. Sandhya Gogale, Ms. Madhuri Mharate, Mr. Satish Gangawati, Mrs. Michelle D'Mello headed by Shri. Dattaprasad Shirgurkar left from the

college at 9.30 a.m on 02nd November 2019 and arrived at the camp site by 12.30 p.m. After the allotment of rooms to the volunteers, they cleaned the place and had their lunch. At 4.30 p.m the inaugural function was held in the school hall. Dr. Rekha Gaonkar, Principal of the college welcomed the dignitaries and NSS volunteers. She highlighted the importance of this camp for the overall personality development of the NSS volunteers. After the floral welcome traditional lamp was lighted to formally inaugurate the 7 days special camp. Guest of honour Shri. Kashinath Naik, Headmaster of the school in his speech encouraged students to actively participate in all the activities planned for the camp. He also urged to conduct a social economic survey of village household to connect to the villagers and understand the village life and culture. Chief Guest Shri. Pandurang Gaonkar, ZP member in his address ensured to provide unconditional support for the camp from him as well as villagers. Sarpanch, other Panch members of Thane Village Panchayat and Ms. Bhakti Chiplunkar also graced the function. Shri. Dattaprasad Shirgurkar proposed vote of thanks.



Tea and snacks were served at 5.30 p.m. The students were then given an orientation in the school hall and were divided into six groups of 20 volunteers. The names of the groups were Indian freedom fighters namely Bhagat Singh, Lokmanya Tilak, Sardar Vallabhai Patel,

Pandit Nehru, Mahatma Gandhi and Indira Gandhi and Committees were selected to perform the duties of the next day. The dinner was served at 9.30 p.m. followed by a documentary on Politics & Corruption. The day ended at 10.30 p.m.



The Second day (03/11/2019) kitchen committee was team Indira Gandhi. The day began at 5.30 a.m with wakeup whistle by Shri. Narendra Gaonkar. Prayer was supervised by Mrs. Sandhya Gogale, Yoga session was conducted by Shri. Dattaprasad Shirgurkar and Exercise facilitated by Mr. Seltan Gomes. After the breakfast each group was issued equipment by Mrs. Safal Narvekar, Store Incharge and sent for their field activity supervised by the program officers. The different field activities conducted in the village were an Anti Plastic Drive and door to door garbage Collection with panchayat labours, and Bush Cutting beside the roads. The NSS Volunteers reported back to the camp site at 12.30 p.m. After having bath, they were served lunch at 1.30 p.m. The afternoon Session was a guest lecture by Shri. Sudesh Gaude (Asst. Prof. Psychiatric Social Work, IPHB, Bambolim-Goa) at 3.00 p.m. The session was on “Various Social Welfare Schemes of Central and State Government”. In his address, the resource person informed the volunteers about the purpose of the schemes and the ways in which the schemes are developed to deal with social problems. He also suggested

that the students divide themselves into groups and work towards each scheme and create awareness among the villagers. After the tea break, volunteers were sent for the community interaction and to create awareness on various government schemes. At 7.30 p.m the Group Singing Competition organised by Shri. Seltan Gomes, Cultural activity incharge was held based on the theme Indian Classical Music. To conclude the day a Documentary by Shri.Satish Gangawati, Documentry Screening incharge on Anti Plastic Awareness was screened for the volunteers followed by dinner.

The third day (04/11/2019) the kitchen committee was team Sardar Vallabhai Patel. The day continued with the fieldwork of an Anti Plastic Drive, door to door garbage collection, Bush Cutting and Watershed management projects.



The afternoon session was conducted by Shri. Sameer Prabhu on the topic “Reality of Today’s Youth”. Through games and activities he enlightened the volunteers on the 5 elements of Value education.



He urged the volunteers to be realistic and active messengers in society. The Volunteers also learnt leadership skills and how to think out – of- the-box. This session was followed by a drawing competition for the village children from 6 to 14 years. There were 40 participants for the competition. After the tea break, the volunteers were sent to the village to conduct the social economic survey of the households. The Street play Competition was organised in the evening based on various topics such as Anti Plastic, Beti Padhao, Women Rights, Environment etc. followed by screening of a documentary about Mid-Day Meal Scheme in India.

The fourth day (05/11/2019) the kitchen committee was team Pandit Nehru. As usual the day continued with the fieldwork of an Anti-Plastic Drive, Door to Door Garbage Collection, Bush Cutting and Watershed Management projects.



The afternoon session was a snake show conducted by Shri. Amruth Singh, Animal Rescue Squad Goa. He gave information about various venomous and non-venomous snakes which he and his team rescued, along with Anti-Venom Medicines. A story telling competition was organised for the village children. There were 15 participants for the competition. The

evening competition was a Group Dance Competition for the volunteers on the theme Indian and Western Fusion, followed by a documentary on Anti Plastic.

On the fifth day (06/11/2019) the kitchen committee was team Lokamanya Tilak. after breakfast, all the volunteers accompanied by the program officers headed for the Nature Walk at Pali waterfall at Pal Village, and returned to the camp site in the afternoon at 3.00 p.m. The evening competition was a Fashion Show on the theme Go Green, followed by a documentary about Garbage.

On the sixth day (07/11/2019) the Kitchen duty was performed by team Mahatma Gandhi. The field work was continued at the dam for watershed management project, Repair of the road connecting the school, cleanliness school premises. The session was conducted by Shri. Rajendra Kerkar, an Environmentalist on the topic connecting people with nature. He informed the volunteers about different habitats and history of the different places. He also urged the volunteer reduce the use of plastic, thermacol and other Non-Biodegradable substances.



A street play on Anti Plastic was performed by a group of volunteers to create awareness among the villager. The valedictory function was held at 5.30 p.m. in the presence of the

Chief Guest Mrs. Sarita Gaonkar, Panchayat Member, Principal of M.E.S College Dr. Rekha Gaonkar, Shri.Suresh Shenoy, Shri. Dilip Lotlekar, Shri.Shyam Satardekar as guest of honour. In the welcome address, Principal Dr. Rekha Gaonkar enlightened the Volunteers.

On the final day of the NSS Annual Special Camp, the volunteers cleaned the classrooms allotted to them and packed up all the materials and left the camp site at 11.30 a.m.

Students of MES College took Swachata Oath

To commemorate the beginning of Swachh Bharat Pakhwada the students of MES College including the NSS Volunteers took the Swachata oath on 16th Jan 2020. The oath was administered by the NSS Program Officers namely Asst. Prof. Dattaprasad Shirgurkar and Asst. Prof. Madhuri Marathe. Principal Dr. Rekha Gaonkar supervised the activity. A total of 37 volunteers including 21 girls and 16 boys were present.



Plantation drive to commemorate Swachata Pakhwada

The students and the NSS Volunteers of MES College carried out a comprehensive plantation drive on 17th Jan 2020. A total of 34 plants were planted. There were fruit bearing plants, flower bearing plants, bamboo bushes and timber trees planted. The activity was supervised by the Asst. Prof and NSS Program Officer Dattaprasad Shirgurkar. A total of 28 students including 16 girls and 12 boys attended the activity.



FIT INDIA CYCLOTHON

NSS Unit of M.E.S College of Arts and Commerce Zuarinagar, participated in FIT India movement's launch of Cycle Day Programme was under Ministry of Youth Affairs and

Sports, Govt. of India on 18th January 2020. The programme was to inaugurate “Cycle Day”. Hon. Union minister of State Chief Minister Minister of Goa and other dignitaries graced the occasion with their presence.

NSS volunteers of M.E.S College of Arts and Commerce, Zaurinagar were given the duty to volunteer at the water stations all along the route of cycling. 97 volunteers attended and volunteered at this event along with NSS Program Officer Madhuri Marathe.

Movie Screening to commemorate swachata pakhwada

NSS Unit of M.E.S College of Arts and Commerce Zuarinagar, celebrating “Swatchatta Pakhwada” organised a documentary screening on 27th January 2020.

The documentary named Fleeing climate change was screened. The documentary showcases how many millions of people are forced to leave their homes because of climate change. It shows the climate change in Indonesia and the Russian Tundra occurring because of Global Warming. The motive behind screening a documentary on climate change was to make students aware how people in different parts of the world are deprived of even basic needs of survival and how important it is for us privileged to take care of the resources available.

After the movie discussion session was held with the volunteers. NSS volunteers discussed how as an individual they can work towards protecting the resources and help in maintaining the resources available.

Programme Officer, Ms. Madhuri Marathe and Sandhya Ghogale presided over the screening.



NSS Volunteers participated in D.D.Kosambi Festival of ideas

NSS Volunteers participated in D.D.Kosambi Festival of ideas from 27th to 30th Jan 2020. Every day a group of volunteers along with one program officer attended the talk.



NSS Volunteers involved in the regular campus cleaning activities



NCC NAVY

MES Naval Cadets celebrate International Yoga Day



5th International Yoga Day was celebrated by NCC Naval cadets on 21st June 2019 in the seminar hall of the college. The theme of the International Yoga Day was climate change. .

Naval Cadets Participate in Combined Annual Training Camp -2019 at Karwar



Fourteen naval cadets from MES College of Arts and Commerce, Zuarinagar-Goa participated in CATC camp organised 8 Kar Naval Unit, Karwar.

MES Naval Cadets Participate in Firing Practice at INS Mondvi- Verem, Goa.



Sixteen NCC Naval Cadets and Associate NCC Officer Sub Lieutenant Rajesh V. Shetgaokar participated in Small Arms Practice organised by 1 Goa Naval Unit at INS Mandovi, Verem, Goa on 16th September 2019.

MES Naval Cadets Celebrate Independence Day



Five Naval Cadets of MES College celebrated Independence Day with utmost joy and happiness.

M.E.S College Naval Cadets Participate in All India Nau Sainik Camp



Three Naval Cadets, Ms Rupa Majgi, Vishal Maurya and Harish Mallah of M.E.S College of Arts and Commerce participated in All India Nau Sanik Camp held at Vishakhapatnam , Andhra Pradesh and was the only Goan Cadets to represent this prestigious camp. **Cadet Rupa Majgi won Silver medal in Boat Pulling while Vishal Maurya won Bronze medal in Weller rigging.**

Naval Cadets Participated in Konkan Odasay Sailing Expedition Camp



Five Naval cadets of M.E.S College of Arts and Commerce, Zuarinagar-Goa namely participated in National level Konkan Odcsey Sailing Expedition camp organised by 1 Goa Naval unit. Cadets sailed for 314 Kilometer for 10 days covering places of Betul, Raajbagh, Donapaula, Butterfly Beach and Grande Island from INWTC, Chicalim, Vasco, Goa. **Cadet Vikram Choudhary was platoon commander of guard of honor to Deputy Director General. Dharmendrakumar Bind and Pradeep Singh was part of long sailing team. Rachal Jadkar and Vaishali Ralpat were the only girl's cadets to participate in this prestigious national level sailing expedition camp.**

Naval Cadets Participated in Sea Attachment Camp



Captain Cadet Tohseef Shaikh and Petty Officer Cadet Sagar Harijan Participated in Sea Attachment Camp held at Mumbai Naval Base from 9th December 2019 to 19th December 2019. **They were the only cadets selected from Goa to participate in this prestigious camp.**

Naval Cadets participate in Annual Training Camp



Nine Naval Cadet Participated in Annual Training Camp held at Valpoi, Goa organised by 1 Goa Naval Unit. **Captain Cadet Tohseef Shaikh Won Gold Medal in Shooting Competition and Kavita Kandolar won Silver Medal in drawing competition**

Naval Cadet Participate in Ek Bharat Shreata Bharat Camp in Mysore



PO Cadet Vikram Choudhary and PO Cadet Lalita Beshra participated in Ek Bharat Shreata Bharat Camp in Mysore, Karnataka. PO Cadet Won Silver medal in Volleyball.

NCC ARMY BOYS

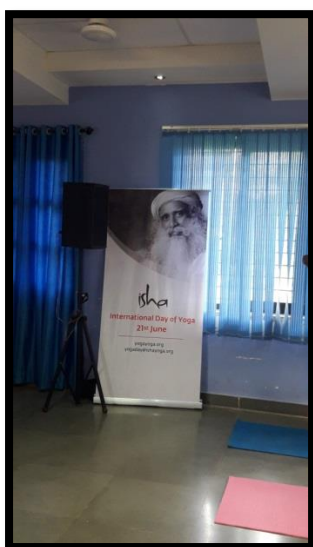
1. Cadets Ajit Kumar Prajapati, Yash Gawade and Sole Inamdar participated in the RDC –I camp held at Darwad from 26/ 09 /2019.
2. Cadet Yash Gawade and Sole Inamdar participated in the RDC –II and RDC -III camp held at Belgavi from 12/10/2019 to 21/10/2019 and 22/10/2019 to 31/10/2019 respectively.
3. Cadet Ajay Yadav participated at Kerala Track-I held at Kulumavu from 06/10/2019 to 13/10/2019. And secured first place in Group singing.
4. Cadet Shaikh Abdul Mujahid participated in EK BHARAT SHRETHA BHARAT (EBSB) camp held at Mysore from 5/11/2019 to 11/11/19.
5. Cadet Abhishek Manoj Yadav participated in Rock Climbing camp held at Gwalior from 31/10/2019 to 11/11/2019.
6. Total 13 cadets participated in CATC camp held at Paddem-Mapusa from 30th Nov. 2019 to 09th Dec. 2019.
7. Total Five cadets participated in Army Attachment Camp held at Bangalore from 2nd December 2019 to 14th December 2019.
8. Ex- NCC Cadets Association of M.E.S. College celebrated NCC day on 24th November 2019 and organised various competition for all three NCC units of M.E.S. College, The NCC Army Boys unit won First place in Drill Competition, First place in Rangoli competition and First place in Tug of War. Cadet Divya Kadam was

declared as best cadet. The NCC Army Boys unit was also declared overall Champion.

9. Cadets Ajit Kumar Prajapati, Shaikh Abdul Mujahid, Mohammad Sadik Raichur and Rima Bind participated in Goa Liberation day Parade held at Campal- Panjim on 19th December 2019.
10. Cadets Ajit Kumar Prajapati, Soel Inamdar and Rima Bind participated in Republic day Parade held at Campal- Panjim on 26 January 2020.
11. Cadet Yash Gawade, represented Karnataka and Goa Directorate and successfully completed Republic Day Camp held on 26 January 2020 at New- Delhi.
12. Nine NCC Cadets participated in inter collegiate “The Annual NCC Fest 2020” from 5th February 2020 to 7th February 2020 organised by Kikori Mal College, Delhi, India.

NCC ARMY GIRLS

- The quota for NCC Army Girls Wing is 52. The ANO is Asst. Prof. Swati A. Shigaonker from the Department of Commerce. The senior cadet is JUO Dipti Devanand Naik.
- Our cadets participated in International Yoga Day which was celebrated on 21st June 2019 in the seminar hall of the college. 19 cadets attended the programme. The programme was performed in coordination with Isha Foundation. Ms. Maura from Isha Foundation was the resource person. Students were shown yogasananas through videos.



- NCC Army Girls Wing of MES College of Arts & Commerce, Zuarinagar started its regular parade on 4th July 2019.
- Following table shows the breakup of first year, second year and third year cadets.

first year NCC	second year NCC	third year NCC	total
21	17	14	52

XII th Std Arts/Sc/Commerce	First year BA/BCOM/CA	Second year BA/BCOM	Third year BA/BCOM	Total
05	30	12	05	52

Higher secondary cadets	College cadets	Total
05	47	52

• **CAMPS ATTENDED BY CADETS**

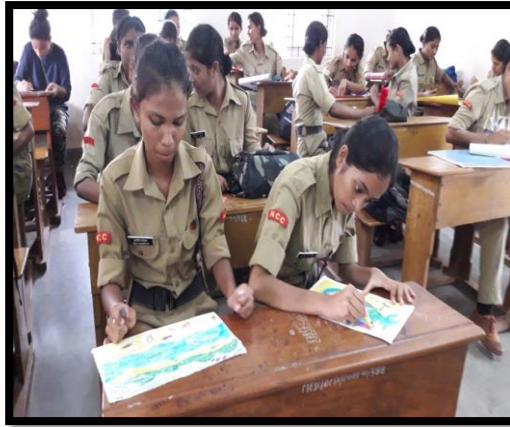
Sr. no.	Name of camp	No.	Venue	Name	Date	Achievements
1	Basic leadership camp (BLC)	01	Mysore	Cdt. Laxmi Manikyala	5 th June to 14 th June 2019	
2	TSC camp	03	Belgaum	1.Cdt Sweta Yadav 2.Cdt Muskan Anchanal 3. CPL Suman Pal	1 st July to 10 th July 2019	CPL Suman Pal got bronze medal in tent pitching
3	EBSB camp	02	Mysore	Cdt. Laxmi Behera and Cdt. Mahadevi Hireacurber	4 th Nov. to 15 th Nov. 2019	
4	Annual Leadership Camp (ALC)	01	Agartala, Tripura	Cdt. Laxmi Manikyala	17 th Nov. to 28 th Nov. 2019	
5	RRM visit camp	06	NCC unit, Peddem Mapusa	1.Cdt. Muskan Anchanal 2.Cdt. Sweta Yadav 3.CPL. Suman Pal 4.Cdt. Anupama Sarraf	30 th November 2019 to 9 th December 2019.	

				5.Cdt. Maheswari Maurya 6.Cdt. Preeti Naik		
6	EBSB camp	01	Ropar, Punjab	Cdt. Anushka Naik	8 th January 2020 to 19 th January 2020.	
7	ATC		Peddem sports complex, mapusa goa		31 st December 2019 to 9 th January 2020.	CROSS COUNTRY Suman Pal – Gold Medal Maheshwari Maurya – Gold Medal Laxmi Behera – Bronze Anshu Jaiswar- Gold Savitri Koti – Silver GUARD OF HONOUR 2nd place FIRING – 2nd place WEAPON TRAINING- 3rd place SOLO DANCE- 1st place by Ishwari Lingodkar

ATC CAMP, PEDDEM MAPUSA GOA				
Sr.no	Name of cadet	Event	Medal	Place
1	Savitri koti	Cross country	Silver	2 nd
2	Laxmi Behera	Cross country	Bronze	3 rd
		Group dance	Gold	1 st
3	Anshu jaiswar	Cross country	Gold	1 st
4	Maheshwari Maurya	Cross country	Gold	1 st
		Guard of honour	Silver	2 nd
5	Suman pal	Cross country	Gold	1 st
		Firing	Silver	2 nd
		Group dance	Gold	1 st
6	Ishwari lingodkar	Solo dance	Silver	2 nd
		Group dance	Gold	1 st
7	Sonam maulankar	Guard of honour	Silver	2 nd

8	Preeti naik	Guard of honour	Silver	2 nd
9	Anupama sarraf	Guard of honour	Silver	2 nd
		Group dance	Gold	1 st
10	Laxmi manikyala	Group dance	Gold	1 st
11	Ratnamma kara	Guard of honour	Silver	2 nd
12	Mahadevi Hanumantha Hireacurber			
13	Anushka Naik			
14	Sunita Shankal			
15	Laxmi Madar			
16	Kusma Thapa			
17	Nitika			
18	Sushma Koti			
19	Mahadevi Kankal			
20	Suparna Dhar			
21	Jayashree Chintakal			
22	Dipti Naik			
23	Meenakshi Rathod			
24	Rekha Madar			

- Regular parades are conducted on Tuesday with class for special and common subjects and drill. PI staff also visits the college regularly.
- Cadets were given uniform cloth to stitch uniforms. An amount of Rs, 287/- was deposited in their bank accounts for stitching charges. Most of the cadets availed of this benefit
- On 9th July 2019 a poster making activity was organized on the theme “Water Pollution”. 5 best posters were forwarded to the unit for competition.



- 3 cadets, CPL Suman Pal Cdt Sweta Yadav, Cdt Muskan Anchanal attended TSC camp from 1st July to 10th July 2019 at Belgaum. One cadet, CPL Suman Pal won bronze medal in tent pitching competition.



- On 26th July 2019 a talk was organized to commemorate Kargil diwas in M.S.Kamat seminar Hall from 11.30 am to 12.30 pm. Assistant Commandent Bhanu Pratap Singh from Coast guard delivered the lecture.



- On 26th July 2019, the new Commanding Officer (CO) of 1 Goa Girls Bn NCC, Col. Sukhaman Singh paid a courtesy visit to our college. He had a brief talk with the principal Dr. R.B.Patil followed by interaction with the cadets in the M.S.Kamat seminar Hall from 10.30 am to 11.am. He was accompanied by the Admin. Officer, Maj. Divya Sharma.



- On 26th July 2019 poster making activity was also organized on the theme “Kargil diwas”.
- On 13th August 2019, 34 cadets attended Army Mela (Know Your Army) at 3 MTR, Navelim.



- On 15th August 2019 Independence Day was celebrated. 42 Girls NCC cadets took part in the flag hoisting ceremony.



- On 20th august 2019, a **GIFT A PLANT ACTIVITY** was conducted. Cadets gave a sapling to the residents of zari village.



- On 17th September 2019 the girl cadets conducted a **SWACHHTA DRIVE** at Municipal Garden, Vasco.



- 2 cadets, Cdt. Laxmi Behera and Cdt. Mahadevi Hireacurber attended in EBSB camp at Mysore from 4th November 2019 to 15th November 2019.



- One cadet Cdt. Laxmi Manikyala attended ALC CAMP at Agartala, Tripura from 17th November to 28th November 2019.



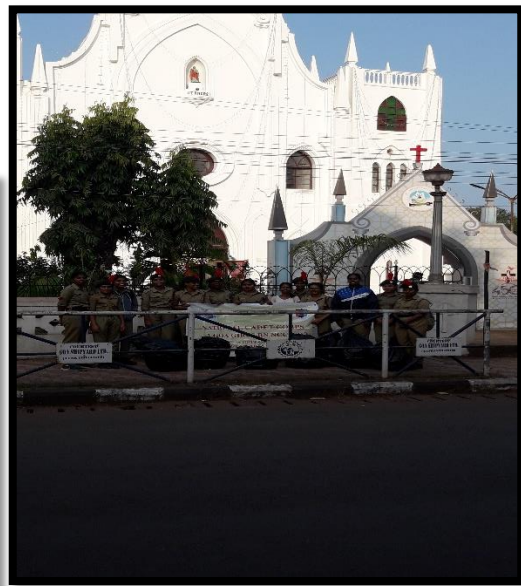
- NCC day was organized on 24th November 2019. After flag hoisting various competitions like drill competition, best cadet competition, rangoli competition, photography competition and tug of war competition were held. CPL Suman Pal won 2nd place for best cadet.



- RRM visit camp was organized from 30th November 2019 to 9th December 2019 at Peddem Sports Complex, Mapusa Goa. 6 cadets attended the camp.



- On 5th December 2019 *CLEANING OF HISTORICAL MONUMENT* activity was organized as a part of Swachta Pakhwada, St. Andrews church Vasco premises were cleaned.



- On 7th December 2019 Plogging Activity was organized as a part of Swachta Pakhwada, cadets had to jog and collect garbage on the way.



- Goa Liberation day was celebrated on 19th December 2019. Guard of honour was given to the chief guest. 9 Cadets also participated in the Liberation day parade at Campal Ground Panaji.



Cadets participated at Campal Parade



Guard of Honour cadets



19th December parade

- ATC camp was organized by the NCC unit at Peddem Sports Complex, Mapusa from 31st December 2019 to 9th January 2020. 24 cadets attended the camp.



- Cdt. Anushka Naik participated in EBSB camp at Ropar Punjab from 8th January 2020 to 19th January 2020.



- Cdt. Gayatri Jadye participated in the cycle rally called Fit India Cycle day on 18th January 2020.



- Republic day was celebrated on 26th January 2020. 9 cadets also participated in Republic Day Parade at Campal Ground Panaji.
- B certificate exam was conducted on 15th and 16th February 2020. 19 cadets answered. 15 cadets passed. One cadet Ms. Nitika got A grade. 4 failed.

Answered	19	100%
Passed	17	89.47%
Failed	02	10.53%
Absent	01	

Passing Break up

Grade	Number of cadets	
A	01	5.88%
B	12	70.59%
C	04	23.53%
Total	17	100%

Sr. no	Names of cadets passed	Grade	Names of cadets failed
1	Anshu Jaiswar	C	Laxmi Behra
2	Muskan Anchanal	B	Ratnamma Kara
3	Anushka Naik	C	Asvita Mandrekar (Did Not Appear)
4	Sweta Yadav	B	
5	Laxmi Manikyala	B	
6	Sunita Shankal	B	
7	Preeti Naik	B	
8	Savitri Koti	B	
9	Laxmi Madar	C	
10	Kusma Thapa	B	
11	Nitika	A	
12	Rekha Madar	B	
13	Mahadevi Kankal	B	
14	Sushma Koti	B	
15	Meenakshi Rathod	B	
16.	Mahadevi Hireacurber	C	
17.	Maheshwari Maurya	B	

- C certificate exam on 22nd and 23rd February 2020. 7 cadets answered. 4 passed. 3 failed.

Answered	07	100%
Passed	04	57%
Failed	03	42.86%(43%)
Absent	01	

Passing Break up

Grade	Number of cadets	
A	-	
B	02	50%
C	02	50%
Total	04	100%

Sr. no	Names of cadets passed	Grade	Names of cadets failed
1	Suparna Dhar	C	Puja Das
2	Anupama Sarraf	C	Jayashree Chintakal

3	Sonam Maulankar	B	Dipti Naik
4	Suman Pal	B	Ishwari Lingodkar (not allowed to answer due to less attendance)

- 25 cadets registered as volunteers for COVID 19. This is the highest number of NCC Girl Volunteers from all colleges having 1 Goa Girls Bn in Goa.
- Due to COVID pandemic colleges were closed across Goa and NCC activities had to be conducted online. Cadets participated in many activities and sent photos/ videos on the whatsapp group which were forwarded to the unit.
- On the occasion of International Yoga day on 21st June 2020, 3 cadets viz, Cdt. Anshu Jaiswar, Cdt. Nitika and Cdt. Savitri Koti participated in the IDY Competition (Best Individual Yoga Video Competition) at Directorate level. The contest was organized by the Ministry of Ayush, Government of India along with Indian Council of Cultural relation. The cadets made a 1-minute video of them performing Yoga and uploaded it on you tube channel. The you tube link was registered on the website of Ministry of Ayush.



- International Yoga day was celebrated on 21st June 2020. 30 cadets (16 cadets from 3rd year and 14 cadets from 2nd year) participated by doing yogasanas at home and sending their photos / videos on the group.

Sr.no	2 nd Year Cadets	3 rd Year Cadets
1	Ashwini Rathod	Anshu Jaiswar
2	Sneha Yadav	Preeti Naik
3	Sangeeta Chavan	Shweta Yadav
4	Sapna Mali	Muskan Anchanal
5	Savita Pujari	Laxmi Behera
6	Puja Naik	Ratnamma Kara
7	Vaishnavi Hulginal	Nitika
8	Amina Khatun	Sunita Shankal

9	Bindiya Rathod	Laxmi Manikyala
10	Ruksana Shaikh	Savitri Koti
11	Jyoti Rathod	Anushka Naik
12	Priyanka Sunagar	Mahadevi Hireacurber
13	Pooja Singh	Laxmi Madar
14	Pinky Saroj	Maheshwari Maurya
15		Kusma Thapa
16		Asvita Mandrekar

- 22 cadets also registered on the Ministry of Ayush, Government of India website for IDY 2020.

Sr.no	2 nd Year Cadets	3 rd Year Cadets
1	Sneha Yadav	Shveta Yadav
2	Ashwini Rathod	Nitika
3	Vaishnavi Hulginal	Anshu Jaiswar
4	Amina Khatun	Laxmi Manikyala
5	Sangeeta Chavan	Preeti Naik
6	Bindiya Rathod	Savitri Koti
7	Sapna Mali	Ratnamma Kara
8	Savita Pujari	Anushka Naik
9	Ruksana Shaikh	Laxmi Behera
10	Jyoti Rathod	Mahadevi Hireacurber
11		Muskan Pirjade
12		Sushma Koti

- On the occasion of Van Mahotsav, 26 cadets planted saplings at their homes.

Sr.no	2 nd year Cadets	3 rd year Cadets
1	Sneha Yadav	Shveta Yadav
2	Ashwini Rathod	Nitika
3	Vaishnavi Hulginal	Anshu Jaiswar
4	Amina Khatun	Laxmi Manikyala
5	Sangeeta Chavan	Preeti Naik
6	Bindiya Rathod	Ratnamma Kara
7	Sapna Mali	Anushka Naik
8	Savita Pujari	Laxmi Behera
9	Jyoti Rathod	Mahadevi Hireacurber
10	Kirti Saroj	Sunita Shankal
11	Puja Naik	Maheshwari Maurya
12	Pooja Singh	Kusma Thapa
13	Shanelly Mergulhao	Gayatri Jadye



- The Department of Commerce of MES college had organized an online quiz on “Business Management” 1st July 2020. Following cadets participated

Sr.no	2 nd year Cadets
1	Shanelly Mergulhao

- The Department of Commerce of MES college had organized an online quiz “Commerce Champion” on 24th June 2020. Following cadets participated

Sr.no	2 nd year Cadets
1	Shanelly Mergulhao

- An E- Quiz Kargil Vijay Diwas was held between 16th to 26th July 2020 by 8 Kar Air Sqn NCC’s flight KLE society’s RLSI (Belagavi). 22 cadets participated

Sr.no	2 nd year Cadets	3 rd year Cadets
1	Sneha Yadav	Shveta Yadav
2	Ashwini Rathod	Nitika
3	Vaishnavi Hulginal	Anshu Jaiswar
4	Sangeeta Chavan	Laxmi Manikyala
5	Bindiya Rathod	Preeti Naik
6	Sapna Mali	Laxmi Behera
7	Savita Pujari	Ratnamma Kara
8	Jyoti Rathod	Kusma Thapa
9	Pooja Singh	Laxmi Behera
10	Puja Naik	Maheshwari Maurya
11		Sunita Shankal
12		Muskan Anchanal

- The NCC unit of Government College Quepem organized an online elocution competition on Kargil Vijay Diwas between 24th to 26th July 2020. Following 05 cadets participated.

Sr.no	2 nd year Cadets	3 rd year Cadets
1	Pooja Singh	Preeti Naik
2	Shanelly Mergulhao	Shveta Yadav
3		Nitika

- NCC unit of Bhilai Institute of Technology, Durg, Chhattisgarh organized an online poster making competition on the theme “The Heroes Of Kargil- Our Bravest Warriors” on 26th July 2020. 04 cadets participated:

Sr.no	2 nd year Cadets	3 rd year Cadets
1	Bindiya Rathod	Maheshwari Maurya
2	Vaishnavi Hulginal	
3	Puja Naik	

- 1 Goa Girls Bn organized a Webinar on Kargil Divas on 28th July 2020 at 11 am. A video on Kargil, video on National War Memorial and national pledge was shown in the webinar.
- Government College Kariavattom organized an Online Quiz Programme on Kargil Diwas on 26th July 2020. 07 cadets participated:

Sr.no	2 nd year Cadets	3 rd year Cadets
1	Bindiya Rathod	Laxmi Behera
2	Ashwini Rathod	Shveta Yadav
3		Anushka Naik
4		Ratnamma Kara
5		Maheshwari Maurya

- 2nd google meet on AATAM NIRBHAR BHARAT and NCC was organised by the unit on 30th and 31st July 2020. There were 2 sessions, at 11.30 am and next at 12 noon due to restriction on the number of cadets who could join the meet. cadets also had to take an online pledge on “be vocal about local”. A link was given to take pledge, download the certificate. Cadets had to spread awareness of AATAM NIRBHAR BHARAT and “be vocal about local” using media like whatsapp, facebook, twitter, Instagram etc. 14 cadets took online pledge and downloaded the certificate.

Sr.no	2 nd year Cadets	3 rd year Cadets
1	Bindiya Rathod	Laxmi Behera
2	Ashwini Rathod	Sweta Yadav
3	Pooja Singh	Anushka Naik
4	Savita Pujari	Ratnamma Kara

5	Puja Naik	Maheshwari Maurya
6	Sneha Yadav	Preeti Naik
7	Vaishnavi Hulginal	
8	Gayatri Jadye	

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Inter Class Activities and Results.

The Department of Physical Education and Sports organized the following Sports activities for the academic year 2019-20

- **International Yoga Day on 21st June 2019**



- **Inter-class Badminton Tournament for Men and Women on 2nd July 2019**

Men's Result:

- Aditya Maurya – FYBCA (Winner)
- Balaji B – FYBCA (Runner-up)
- Aftab Shaikh – FYBA –B (Third Place)



Women's Result:

- Deepali Padwalkar – SYBCOM A (Winner)
- Sushma Oli – TYBA (Runner – up)
- Reem Shaikh – FYBBA (Third Place)



• Inter-Collegiate Men's X-Country Championship on 13th July 2019.

TEAM CHAMPIONSHIP RESULTS:

- Dnyanprassarak Mandal's College and Research Centre (Winners)
- Shree Mallikarjun College, Canacona (Runner's Up)
- Government College of Arts, Science and Commerce-Quepem (Third Place)



INDIVIDUAL CHAMPIONSHIP RESULTS

- Salman Khan – Rosary College of Commerce and Arts (Winner)
- Vijay Viswakarma - Dnyanprassarak Mandal's College and Research Centre (Runner- up)
- Pradyum Naik - Dnyanprassarak Mandal's College and Research Centre (Third Place)

• **Inter- Class Table Tennis Tournament for Men and Women on 22nd July 2019**

Men's Result: -

- Balaji B – FYBCA (Winner)
- Vivek Gawade – SYBCOM D (Runner-up)
- Vienceo Da Costa – TYBBA (Third Place)



Women's Result:

- Kefira Rodrigues - MCOM Part 2 (Winner)
- Shalakha Naik – SYBCOM B (Runner –Up)
- Komal Salgaonkar – TYBCOM A (Third Place)



- **Inter-Class Chess Championship for Men and Women on 22nd July 2019**

RESULTS:

- Vijay Natrajan – SYBBA (Winner)
- Dharmendrakumar Bind – TYBCOM B (Runner – up)
- Dayanand Undi - FYBCOM A (Third Place)



- **Inter-class Powerlifting Competition for Men on 5th August 2019**

RESULTS

Upto 59 Kgs Category

- Nandesh Gowda – SYBCOM D (Winner)
- Javed Nagai – TYBCOM B (Runner-Up)

Upto 66 Kgs Category

- Deepak Patro – TYBCOM B (Winner)
- Bhushan Patil – TYBBA S & L (Runner-Up)

Upto 74 Kgs Category

- Rupinder Singh – TYBCOM C
- Rohit Padwalkar – FYBCOM C

Upto 83 Kgs Category

- Abhishek Patil – TYBCOM B (Winner)
- Ishwar C – TYBCOM C (Runner –up)

Above 83 Kgs Category

- Suraj Singh Rawat – TYBBA S & L (Winner)
- Sushant Naik – TYBCOM C (Runner-up)





Inter-Class Football Tournament

The Department of Physical Education and Sports organized Inter-Class Football Tournament from 16th – 21st August 2019. A total No. of 22 teams participated in the tournament. SYBA A defeated FYBCOM E in the finals via Tie-Breaker. FYBCA and FYBCOM D emerged as Joint Third place winners.

Mr. Kashinath Rathod was adjudged as the Best player of the tournament and Mr. Dishu Singh bagged the First Goal Scorer of the Final Award. Both were awarded with jersey and Shorts from FC Goa Players Mr. Lenny Rodrigues and Mr. Laxmikant Kattimani.

The Guests present for the prize distribution were Mr. Lenny Rodrigues, Mr. Laxmikant Kattimani (FC GOA Players), Mr. Samir Noronha (Director of Sports – Don Bosco College, Sulcorna), Dr. R.B. Patil (Principal), Dr. Cosma Fernandes (Chairperson – Sports Advisory Committee) Dr. Sandhya Bhandare (HOD- English Department).



Winners receiving the Trophy from the guests.



Runners up team receiving the runners up trophy.

Fittest Department Competition.

The Department of Physical Education and Sports organized the Fittest Department competition on 29th August 2019 to commemorate National Sports Day. A total no. of 15 students had to participate from each department. Each team comprised of 10 men and 5 women. Each team had to perform 5 tasks - 1 minute Shuttle run, 1 min Push ups, 1 min Squats, 1 min Crunches and 1 min Cone jumps. The department which obtained the highest score in all the events would win the competition.

The Commerce Dept. emerged the Winners, whereas Arts Dept. finished in Runners up place. BBA finished in Third place.



Commerce Dept – Winners of the Fittest Department Competition.



Arts Department: Runners- up of the Fittest Department competition



BBA Department ; Third Place in the Fittest Department competition

Inter-Class Tie breaker competition

The Department of Physical Education and Sports organized an Inter-class Tie Breaker on 29th August 2019. The team comprised of 3 men and 2 women. A total no. of 15 teams participated in the tournament.

Winners: FYBA – C, Runners up: SYBA – A, Third Place: FYBA – B



Winners – FYBA C



Runners- Up – SYBA A

Inter class Push Ups Competition.

The Department of Physical Education and Sports organized an Inter-class Push up competition for Men on 29th August 2019.

Mr. Javed Nagai of Class TYBCOM B won the first place, Mr. Rohit Padwalkar of class FYBCOM C won the Second place and Mr. Deepak Patro of Class TYBCOM B won the Third Place.

Inter class Rope Skipping Competition.

The Department of Physical Education and Sports organized an Inter-class Rope Skipping competition for Women on 29th August 2019.

Miss Uma Pal of Class FYBCOM D won the first place, Miss Suman Pal of class TYBCOM B won the Second place and Miss Dhanlaxmi Dasari of Class SYBCOM C won Third Place.



43rd Athletic Meet of MES College of Arts and Commerce , Zuarinagar - Goa

The 43rd Annual Athletic meet of M.E.S. College of Arts & Commerce was held on 25th January 2020 at Chicalim panchayat ground. Prof. B. S. Ingalhalli, ex Associate Professor of MES College, was the Chief Guest for the inaugural Ceremony of the Athletic meet. Athletic meet began with flag hoisting ceremony. Prof.B. S. Ingalhalli hoisted the flag of the college. On this day march past was arranged to show the team spirit and discipline among the athletes. The flag hoisting ceremony was followed by torch relay. The flame which ignites the passion of sports spirit was ignited at the hands of the Chief Guest. The torch bearers were Ms. Heena Shaikh ,Mr. Rutvik Naik, Mr. Ribhav Sardesai, Mr. Bhushan Patil, Ms. Kefira Rodrigues, Mr. Madhukar Ghogale, Mr. K. R. Krishnanunni, Mr. K.R. Anantha Krishnan Pillai and Ms. Heena Shaikh. Sports Secretary Mr. Gururaj Ingale read the sports prayer. Ms. Nimisha Shetye read oath. Dr. Rekha R. Gaonkar, Principal, welcomed the Chief Guest, faculty members ,athletes and students. She highlighted the importance of sports for physical and mental health. Dr. Cosma Fernandes, Chairperson of Sports Advisory Committee, introduced the Chief Guest .Dr. Rekha R. Gaonkar presented a bouquet of flowers to the Chief Guest. Prof. B. S. Ingalhalli addressed the students about the importance of fit body and calm mind. He also provided valuable information on various career opportunities available in the field of sports. He mentioned that the studies are important for a good career at the same time students should inculcate sports culture in their daily life. Associate Prof. B.V. Kolekar presented memento to the Chief guest. Dr. Meenakshi Bawa, Vice Principal, proposed vote of thanks. Chief Guest announced the sports meet open.

The Chief Guest for the valedictory function was Dr. Sushant Haldankar, Director of Physical education of Dnyanprassarak Mandal's College and Research Centre. Shri. Savio Fernandes, College Director of Physical education introduced the chief guest. Dr. Rekha R. Gaonkar , congratulated Shri. Savio Fernandes for the successful organisation of the athletic meet. Professor, Dr R. B. Patil, Manager of the meet gave a floral welcome to the chief guest. Dr. Sushant Haldankar, mentioned that he was happy to see participation of athletes in large numbers with high energy and enthusiasm. He appreciated the college and Shri. Savio Fernandes for organising the athletic meet and conducting it very successfully. He mentioned the various career options available in sports. He encouraged students to make career in sports and be a better citizen of nation. The prize distribution ceremony was held and prizes were distributed at the hands of Chief Guest followed by lowering of the college flag and declaration of the sports meet close. Dr. Cosma Fernandes presented memento to the Chief Guest. Mr. K. R. Krishnanunni , presented vote of thanks. The program was compered by Associate Professor Dr. Savia Mendes , Assistant Professor Shri. Satyawanaik, Assistant Professor Ms. Fatima Gomes and Assistant Professor Dr. S. Susan Deborah.

Mr. Deepak Patro was declared as the Best Athlete in the Men's Category where Ms. Anjali Munankar and Ms. Nimisha Shetye were declared Best Athletes in the Women's Category. FYBA was adjudged as the Best Marching Team and Class TYBCOM B were awarded with the Best Class Award.







REPRESENTATIONS FOR NATIONALS

Ms Nimisha Shetye of TYBCOM was selected to represent Goa in the All India and South Asia First Division Rugby Tournament held in Kolkata from 18th to 28th September 2019.



Mr. Shubham Kurane won Gold Medal in ASI Weight Category in Aerosqay and Silver Medal 58kg Category in Aerosqay in the 14th All Goa Sqay Martial Art State Level Championship 2019-20 organized by Sqay Association of Goa held on 20th and 21st July 2019.

Mr. Shubham Kurane won Gold Medal in ASI Weight Category in Senior & Individual Event in Aerosquay and Gold Medal in Mix - ASI in Senior & Team Event as Aerosqay in the 20th Sqay National Championship held at Indoor Stadium Rohru District, Shimla, Himachal Pradesh.

Mr. Gaurang Parab, Ms. Deepali Padwalkar and Ms. Bhakti Dabolkar represented Goa State in Softball at the 16th Senior South Zone National Softball Championship held from 8th September 2019 to 10th September 2019 at SPTRKM E.M High School Chilakaluripet, Guntur District, A.P.



Mr. Sachin Malik represented the Goa Tennis Ball Cricket Men's Team in the 27th Junior National Tennis Ball Cricket Championship held from 2nd to 5th October at Nagpur, Maharashtra.



Mr. Ribhav Sardessai represented Goa State in Senior Football Men for the National Football Championship for Santosh Trophy which was held in Goa from 22nd September 2019 to 27th September 2019.

INDIVIDUAL CHAMPIONSHIP

Inter-Collegiate Cross Country Championship

Mr. Ajay Bind of MCOM won the GVM's Cross Country 2019 – 'Fit India Movement' organized by Goa Vidyaprasarak Mandal in association with Dr. Dada Vaidhya College of Education, Farmagudi in the 10 Kms Category held on 13th October 2019. The route for the event was from College campus, Farmagudi to Engineering College/ITI Campus, Farmagudi.



MR. HERCULES 2019

Mr. Bhushan Patil won Hercules 2019 –Inter Collegiate Fittest Man Championship organized by Don Bosco College, Panjim on 28th-29th August 2019. The championship involved many challenging tasks such as Obstacle Race, endurance, Rope Climb, Hammer Hold, Wood Cutting and Monkey Cage.



Inter-Collegiate Powerlifting Championship organized by Goa University

Mr. Deepak Patro, and Mr.Suraj Singh Rawat won bronze Medals at the inter-collegiate Powerlifting Championship organized by Goa University held on 22nd and 23rd August 2019.





Inter-Collegiate Men's Taekwondo Championship organized by Goa University

Mr. Vijay Kumar, Mr. Prashant Barai and Mr. Suraj Bind won Silver Medals at the Inter-Collegiate Men's Taekwondo Championship organized by the Goa University held on 17th and 18th September 2019.



TEAM CHAMPIONSHIPS

INTER-COLLEGIATE WOMEN'S TABLE-TENNIS CHAMPIONSHIP 2019

MES College of Arts and Commerce emerged runner's up of Inter-collegiate Women's Table-Tennis Championship organized by Goa University. The team comprised of Ms. Kefira Rodrigues, Ms. Komal Salgaonkar, Ms. Shalakhna Naik, Ms. Shruti Naik and Ms. Pearl Gomes.



INTER-COLLEGIATE WOMEN'S TAEKWONDO CHAMPIONSHIP 2019-20

MES College of Arts and Commerce emerged winners of Inter-Collegiate Women's Taekwondo Championship organized by Goa University on 19th and 20th September 2019. Ms. Heena Shaikh and Ms. Vaishnavi Hulginal won Gold Medals, Ms. Saloni Talavanekar won Silver Medal and Ms. Maheshwari Maurya and Ms. Simran Sheikh won Bronze Medals.



**RUNNER'S UP OF INTER-COLLEGIATE MEN'S RELIANCE FOOTBALL CUP
2019-20**

The Men's Football Team emerged as Runner's up of the Inter-Collegiate Men's Reliance Football Cup organized by Reliance Foundation Youth Sports held at Benaulim ground on 16th November 2019. The team lost narrowly to S.S Dempo College in the final with a score line of 2-1.



INTER-COLLEGIATE MEN'S KABADDI CHAMPIONSHIP 2019-2020

The Men's Kabaddi Team of M.E.S College of Arts and Commerce emerged as Winners of Inter-Collegiate Men's Kabaddi Championship 2019-20 organized by the Goa university held at Jubilee Hall on 14th December 2019. The Team was captained by Mr. Vishal Rathod and defeated C.E.S College Cuncolim in the Final.



RUNNER'S UP OF INTER-COLLEGIATE MEN'S HANDBALL CHAMPIONSHIP

2019-20

The Men's Handball Team emerged as Runner's up of the Inter-Collegiate Men's Handball Championship 2019-20 organized by the Goa University held at Goa University ground on 1st February 2020. The team lost to Rosary College, Navelim in the final.



Organization of Events.

- The Department of Physical Education and Sports organized the 3rd Inter-collegiate Men's X-country Championship on 13th July 2019 at the College. The competition was won by DM'S College, Assagao whereas Shree Mallikarjun College, Canacona and Government College, Quepem finished in Second and Third places respectively.
- Organized one day State level workshop for College Directors of Physical Education and Sports on the theme "Career Advancement Scheme for College Directors of Physical Education and Sports" on 13th July 2019.
- Organized various intra-murals competitions for students such as Badminton (Men & Women), Table- Tennis (Men & Women), Chess (Men & Women), Football (Inter-class for Men), Power-lifting Competition (Men), Fittest Department Competition (Men & Women), Tie Breaker (Men & Women), Push- up Competition (Men), Skipping Rope Competition (Women), Annual Athletic meet, Volleyball (M & W) and Control Cricket (Men)
- The Dept. has also celebrated International Yoga Day by organizing an Yoga Session and National Sports Day by organizing Fittest Department Event.

Achievements of Students at National Level

- The students of M.E.S College have won laurels for the college at National Level. The achievements are as follows.
- 1) Mr. Shubham Kurane won Gold Medal in ASI Weight Category in Senior & Individual Event in Aerosquay and Gold Medal in Mix - ASI in Senior & Team Event as Aerosqay in the 20th Sqay National Championship held at Indoor Stadium Rohru District, Shimla, Himachal Pradesh
- 2) Miss Bhakti Dabolkar and Miss Yogeeta Naik were members of Goa University Women's Cricket team which won the West Zone Women's Cricket Championship for the first time in history.
- 3) Mr. Kashinath Rathod represented Goa Football team that won Third place at Khelo India games held at Assam.
- 4) Mr. Vishal Rathod represented Goa u-19 Kabaddi Team which won Third place at Junior Kabaddi Nationals held at Haryana.
- 5) Mr. Harish Mallah won Third place at South Zone Senior Men and Women Football Tennis Championship 2019, held at Hyderabad.

Representation of Students at Nationals.

- 1) Mr. Ribhav Sardesai has represented Goa State in Senior Men's Football Team for Santosh Trophy.
- 2) Mr. Gaurang Parab, Ms. Deepali Padwalkar and Ms. Bhakti Dabolkar represented Goa State in Softball at the 16th Senior South Zone National Softball Championship held at Andhra Pradesh.
- 3) Miss Kefira Rodrigues has represented Goa State in Table-Tennis at Senior Table Tennis Women's Nationals.
- 4) Mr. Anantha Krishnan and Mr. Dishu Singh has represented Goa University Men's Football Team at West Zone Men's Inter-Varsity Football Championship.
- 5) Mr. Anand Bhorat has represented Goa State in Junior Snooker Nationals held at Pune.
- 6) Mr. Sachin Malik has represented Goa State at Junior Tennis Ball Cricket Championship.
- 7) Miss Puja Das represented Goa State in Pencak Silat at the Senior National Pencak Silat Women's Championship held at Chennai.

- 8) Miss Laxmi Jaiswar and Miss Uma Pal represented Goa in Cestoball at the 1st Junior National Cestoball Championship 2019 for Girls held at Bengaluru, Karnataka.

Achievements in Sports at University and State Level

- The college has won various Championships and medals in various events within the State of Goa. The achievements are as follows:
 - 1) Runners up in Inter-collegiate Women's Table Tennis Championship 2019-2020 organized by Goa University.
 - 2) Runners up in Reliance Men's Inter-Collegiate Football Cup organized by Reliance Foundation Youth Sports.
 - 3) Winners of Inter-collegiate Women's Taekwondo Championship 2019-2020. Heena Shaikh and Vaishnavi Hulginal won Gold Medals, Saloni Talavanekar won Silver Medal and Simran Sheikh and Maheswari Maurya won Bronze Medals in respective weight categories.
 - 4) Winners of Inter-collegiate Men's Kabaddi Championship 2019-2020 organized by Goa University.
 - 5) Runner's up of Inter-collegiate Men's Handball Championship 2019-2020 organized by Goa University.
 - 6) Winners of Inter-Collegiate Men's Futsal Championship organized by Goa Futsal Association
 - 7) Runner's up of Inter-Collegiate Women's Futsal Championship organized by Goa Futsal Association.
 - 8) Joint Third Place winners of Inter-Collegiate Women's Cricket Championship organized by Goa University.
 - 9) Mr. Prashant Barai, Mr. Vijay Kumar and Mr. Suraj Bind won Silver Medals in Men's Taekwondo Championship 2019-2020 organized by Goa University.
 - 10) Mr. Deepak Patro and Mr. Suraj Singh Rawat won Bronze Medals at Men's Powerlifting Championship organized by Goa University
 - 11) Mr. Anantha Krishnan won Gold Medal in 400 Meters Hurdles at Inter-collegiate Athletics Championship organized by Goa University.
 - 12) Mr. Gururaj Ingale (Sports Secretary) won Gold Medal in Poomsae at 28th State Taekwondo Championship held in November.

- 13) Miss Heena Shaikh, Miss Vaishnavi Hulginal won Gold Medals whereas Miss. Maheshwari Maurya won Silver Medal at 28th State Level taekwondo Championship organized by Taekwondo Association of Goa.
- 14) Mr. Anand Bhorat has won Third place in 15 Red Snooker championship organized by Billiards and Snooker Association of Goa.
- 15) Mr. Bhushan Patil won Hercules 2019 – Inter-collegiate Strongest Man Championship organized by Don Bosco College, Panjim.
- 16) Mr. Ajay Bind won Cross Country Championship organized by GVM's Dr. Dada Vaidhya College of Education, Ponda.

Participation in Conferences by Mr. Savio Fernandes (College Dir. of PE and Sports)

- Attended one day State Level Workshop on “Effective Management of Inter-Collegiate Tournament” organized by Department of Physical Education and Sports of DM's College and Research Centre, Assagao held on 5th November 2019.
- Attended 2 days National Conference on sports organized by Department of Physical Education and Sports of GVM's College, Ponda in association with Department of Directorate of Higher Education on 7th and 8th February 2020.
- Presented a paper on the topic “Correlational Study on Performance of 1 Mile Run/Walk Test Administered Differently” at the International conference organized by S.S Dempo College, Cujira and Government College of Arts, Science and Commerce, Sanquelim in association with Directorate of Higher Education under the aegis of NAPEES held on 27th -29th February 2020.

WINNERS OF URJA 3.0

M.E.S College Women's Cricket Team emerged Winners of Urja 3.0 – Inter collegiate Women's Control Cricket Tournament organized by Govt. College of Commerce, Borda. This is the second consecutive year the team has won this trophy. Miss Bhakti Dabolkar, Captain of the team won the Best Batsman, while Miss Deepali Padwalkar won the Best Bowler of the Tournament.

