



Created On :06/08/2024

Activity Proposal

Participation/Organization	:Organization
Event Id	:P2401052
Event Name	:Simple things that simplify life (Understanding Control)
Academic Year	:2024-25
Activity Type	:Workshops / Training Programmes
Reach of the Event	:Local
Mode of the Event	Offline
Date of the Event	:2024-08-21 To2024-08-26
No of Day(s)	:one day
Objective of the Event	:To help students understand their control using the circle of control to help them make better decisions. Also understanding how the personal, social and environmental factors could affect their decisions.

Outcome of the Event :

The students will obtain self-awareness with the help of the circle of control by introspection to make sound decisions.

A brief write-up about your Event (in about 300 words) :

Understanding control helps students manage their academic and personal lives more effectively. By recognizing what aspects they can control: such as their study habits, time management, and responses to challenges: students can make proactive choices that enhance their performance and reduce stress. This awareness also empowers students to develop problem-solving skills and resilience, fostering a sense of agency and confidence. Ultimately, understanding control enables students to navigate their responsibilities more efficiently, leading to improved well-being and academic success.

Participants Details



Local	State	National	International	Total Delegates
270	0	0	0	270

Resource Person Details

Name of the Resource Person :Ms. Shrishti S. Tamankar

Institutional Affiliation :Vidya Prabodhini College of Commerce, Education, Computer and Management,
Parvari Goa

Expertise :Counselling Psychology, Positive Psychology

Any Other Details :

Proposed Registration Fee to be Collected from Delegates

Sr. No	Delegates	Amt. Per Person
1	Local Delegate	0
2	State Delegate	0
3	National Delegate	0
4	International Delegate	0
	Total Registration Fees	0

Proposed Source of Funds

Sr. No	Particulars	Amt.
1	Registration Fees :	0
2	Sponsorship :	0
3	Support from funding agencies/ departments/ institutions :	0
	TOTAL Funds in Rupees	0

Proposed Expenditure



Sr. No	Particulars	Amt.
1	Hall/Venue Booking :	0
2	Remuneration/Honorarium :	0
3	Accommodation	0
4	Local Conveyance	0
5	Food and Refreshments	0
6	Travelling Expenses	0
7	Printing, Stationary, Seminar Kit, Stage decoration etc.	0
8	Miscellaneous	0
	Total Expenditure in Rupees	0

Co-ordinator Details

Name of the Event Co-ordinator :Ms. Shrishti Tamankar
Co-ordinator Department :Working Comittee
Event Co-ordinator Mobile Number :9028500121
Working Committee :GUIDANCE AND COUNSELING CELL
Keywords :, Human Values
Date:06-08-2024

Remarks

HOD Remark : Approved
IQAC Remark : Approved
Principal Remark : Approved
Head Clark Remark :
Accountant Remark :

Signatures

User Signature :



HOD Signature :



IQAC Signature :



Principal Signature :



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OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT
VIDYANAGAR, ALTO- PARVARI, GOA

NOTICE
(STUDENTS)
(2024-2025)

This is to inform the following classes that a workshop on **“Simple Things to Simplify Life (Understanding Control)”** will be conducted by the College Counsellor Ms. Shrishti S. Tamankar.

All the students of the following classes are requested to be present.





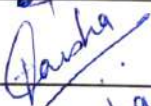
Date: 21/08/2024



Ms. Shrishti S. Tamankar
College Counsellor



Dr. Bhushan V. Bhawe
Principal

F.Y. B.A.B.ED (A) 
F.Y. B.A.B.ED (B) 
F. Y. B. COM (A) 
F.Y. B.COM (B) 
T.Y. B.COM (A) 
T.Y. B.COM (B) 



॥ विद्या सर्वस्य भूषणम् ॥

Prabodhan Education Society's
**VIDYA PRABODHINI COLLEGE OF COMMERCE, EDUCATION, COMPUTER AND
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workshop on

'Simple things to simplify life'

UNDERSTANDING CONTROL

Resource Person:

Ms. Shrishti S. Tamankar

College Counsellor

VIDYA PRABODHINI COLLEGE
OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT, PARYARI GOA

Ms. Shrishti S. Tamankar
Coordinator, College Counsellor

Dr. Bhushan V. Bhawe
Principal



21/08/2024- 26/08/2024

Sr No	Name	Roll No	Sign
1.	Riya D. Nanvekar	2403122	Riya
2.	Juhi Raval	2403154	Raval
3)	Bhawni Kaskar	2403153	Bhawni
4)	Shradha Karangutkar	2403131	Karangutkar
5)	Renuka Ganorkar	2403121	Ganorkar
6)	Kiran Amnekar	2403113	Kiran
7)	BHAVIKA GADEKAR	2403104	Bhavika
8)	Shradha Shirodkar	2403130	Shirodkar
9)	Shruti Fondekar	2403133	Fondekar
10)	Tanisha Govekar	2403137	Tanisha
11)	Jagruti Chopdekar	2403111	Chopdekar
12)	Vaibhavi R. Karangutkar	2403140	Vaibhavi
13)	Irfan Pathan	2403110	Irfan
14)	Abdul. Rehman. Gangoli	2403146	Abdullah
15)	Bhumika Chabai	2403154	Bhumika
16)	Nikita Navik	2403114	Nikita
17)	Sania Shaikh	2403127	Sania
18)	Sania Nawar	2403128	Sania
19)	Sahishta Jamadar	2403124	Sahishta
20)	Saniya Khan	2403129	Saniya
21)	Tanisha Adgal	2403138	Tanisha
22)	Nisha Pawad	2403115	Nisha
23)	Ruchi Kabar	2403123	Ruchi
24)	Rakshita Borat	2403119	Rakshita
25)	Sojal Swar	2403134	Sojal
26)	Aparna Tilve	2403150	Aparna
27.	Divya Gadekar	2403106	Divya
28.	Hiksha Gacode	2403109	Hiksha
29.	ANUSHKA RAT	2403149	Anushka
30.	Pranjal Shirodkar	2403117	Pranjal

SRN	Name	Roll No	Sign
31	Tanisha D. Naik	2403136	<u>Naik</u>
32	Tushali Agarwadekar	2403139	<u>Agarwadekar</u>
33	Saima Anil Mlodkai Kan	2403125	<u>Mlodkai Kan</u>
34	Vaishnavi Badigawad	2403142	<u>Vaishnavi</u>
35	Dhanashri Kunkalkar	2403156	<u>Kunkalkar</u>
36	Aaryan Kulabkar	2403151	<u>Kulabkar</u>
37	Anish Alsekar	2403148	<u>Alsekar</u>
38	Karmraj Vishwakarma	2403160	<u>Karmraj</u>
39	Anuj Malik	2403103	<u>Malik</u>
40	Divesh Jain	2403105	<u>Divesh</u>
41	Hetanishu Meher	2403108	<u>Meher</u>
42	Sujal Jadhav	2403158	<u>Jadhav</u>
43	Abhishek S. Arlekar	2403102	<u>Arlekar</u>
44	Aayush Karekar	2403101	<u>Karekar</u>
45	Ratik Kundalikar	2403120	<u>Kundalikar</u>
46	Vikas Jadhav	2403144	<u>Jadhav</u>
47	Dhruv Yachau	2403157	<u>Yachau</u>
48	Mayur Bhangude	2403161	<u>Bhangude</u>

Total students: 48

Name and sign of coordinator:
 Ms. Shrushti S. Tamankar

03/02/2025



<div> <div>Class</div> <div>Activity</div> <div>Date</div> </div> <div> <div>PYBAB: Ed (B)</div> <div>Simplify things to simplify life (understanding cannot)</div> <div>21/08/2024</div> </div> <div> <div>2:00-2:45</div> <div>✓</div> <div>11</div> </div>			
Sl. No.	Name	Roll No.	Sign.
1	Pooja Gaons	2418241	Poon
2	Tejaswi Naik	2418249	Tejas
3	Bhakti Marshetkar	2418211 846782041	Bhakti
4	Palak Shirodkar	2418240	Palak
5	Vaibhavi Naik	2418203	Vaib
6	Astha Parab	2418210	Parab
7	Aanya Dhargalkar	2418236	Aanya
8	Siya N. Halarnkar	2418230	Halarnkar
9	Maya R. Gaonkar	2418219	Gaonkar
10	Smaysha Madhalkar	2418248	Smaysha
11	Sakshi S. P. Kholkar	2418247	Sakshi
12	Teena B. Parabhu	2418201	Parabhu
13	Swara Raut Dessai	2418202	Dessai
14	Reeti Komarpant	2418244	Reeti
15	Neelhi Rao	2418220	Neelhi
16	Sneha Shaw	2418232	Sneha
17	Reshma M. Shateriya	2418226	Rashma
18	Sanchita C. Nagrekar	2418228	Nagrekar
19	Sneha Velip	2418231	Velip
20	Disha G. Gaonkar	2418213	Gaonkar
21	Ritika K. Pilyekar	2418227	Pilyekar
22	Anisha Nazulkar	2418207	Anisha
23	Divya Kubal	2418239	Kubal
24	Renuka Nagrekar	2418245	Renuka
25	Pragati Singh	2418223	Pragati
26	Payal Prajapat	2418222	Payal
27	Sachi Dabhale	2418246	Dabhale
28	Vaibhavi Fadte	2418250	Fadte
29	Vrusha Bhawe	2418205	Bhawe
30	Muzyna Shaikh	2418229	Muzyna
31	Umi Pednekar	2418235	Pednekar

S.N	Name	Roll No	Sign
32	Vaidahi V. Madgankar	2418204	Vaidahi
33	Goushima G. Gawnkar	2418217	Goushima
34	Ashw Chauhan	2418209	Ashw
35	Anchal Sahani	2418206	Anchal
36	Bephia Bhaikh	2418233	Bephia
37	Fatima Bi	2418215	Fatima
38	Dhruva Pagul	2418214	Dhruva
39	Joycella Fernandes	2418218	Joycella
40	Adisila Colaco	2418237	Adisila
41	Andrea Cruz	2418238	Andrea
42	Ravisha Madkar	2418225	Ravisha
43	Apurva Mandrekar	2418208	Apurva

Total students = 43

Name and sign of coordinator: *Santhi*
 Ms. Shrushti S. Tamankar

Santhi
 03/02/2023



Class FYBA.B.54(A)

Date: 23/09/2024.

Activity: Understanding Control. Workshop



11

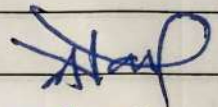
SrNo	Name	Roll No	Sign
1.	Sidra Farooqui	2418117	Sh
2.	Prarthana Chavli	2418141	Prarthana
3.	Anyali Chauhan	2418127	Anyali
4.	Shrushti Naik	2418148	Shrushti
5.	Shraddha Gaude	2418146	Shraddha
6.	Smeuti Velingkar	2418149	Smeuti
7.	Ruthvi Usapkar	2418143	Ruthvi
8.	Harshada Langot	2418131	Harshada
9.	Beyonce Rony Fernandes	241	Beyonce
10.	Vidhula Vijay Dhuri	2418123	Vidhula
11.	Sanjana Morajkar	2418145	Sanjana
12.	Durva Dhiraj Naik	2418104	Durva
13.	Divya Mono velip	2418130	Divya
14.	Nihira Naik	2418136	Nihira
15.	Pragati Gaonkar	2418106	Pragati
16.	Niki De Souza	2418112	Niki
17.	Yashmeen Khan	2418124	Yashmeen
18.	Lavisha B. Kalangutkar	2418134	Lavisha
19.	Kasthuri R. Naikar	2418109	Kasthuri
20.	Tuhina Kujar	2418122	Tuhina
21.	Pratyot P. Shirodkar	2418139	Pratyot
22.	Neetesh R. Mhalalkar	2418135	Neetesh
23.	Chelsy Fernandes	2418103	Chelsy
24.	Karuna Sonu Maulingkar	2418132	Karuna
25.	Prachi R. Gaude	2418140	Prachi
26.	Diksha Salam	2418129	Diksha
27.	Niya velip	2418137	Niya
28.	Harshada Pawara	2418107	Harshada
29.	Maryann Gracious	2418111	Maryann
30.	Anista Dias	2418101	Anista

Class:	74B COM (A) (mix)	✓	
Date:	08/01/2025 (8:10:05 - 11:05)		
Activity:	Simple Things to Simplify Life (Understanding Control)	11	
Sr No	Name	Roll No	Sign
1	Zubiya Jawali	2203134	Z. Jawali
2	Asmita Gawde	2203105	Asmita
3	Anisha . N . USkar	2203102	Anisha
4	Kajal Singh	2203144	Kajal
5	Aliya Athi	2203101	Athi
6	Bhuvaneshwari Barigidad	2203106	Bhuvaneshwari
7	Snehal Malhare	2203129	Snehal
8	Hema Borat	2203109	Hema
9	Sambhavi Pednekar	2203125	Sambhavi
10	Diti Naik	2203108	Diti
11	Dashmi . Pednekar	2203107	Dashmi
12	Radhika chettri	2203116	Radhika
13	Priyanka Shiradkar	2203114	Priyanka
14	Pooja Naik	2203112	Pooja
15	Panchami Emburum	2203111	Panchami
16	Asmi Pathan	2203104	Asmi
17	Riya S. Verlekar	2203121	Riya
18	Saisha A. Pednekar	2203124	Saisha
19)	Vinay Kumar Kushwaha	22030203	Vinay
20)	Rhugved Halankar	2203119	Rhugved
21)	Deepest Andurlekar	2203207	Deepest
22)	Saidar Vengulekar	2203260	Saidar
23)	Shreya Chiplkar	2203127	Shreya
24)	Apurva Shiradkar	2203103	Apurva
25)	Shrum Naik	2203128	Shrum
26)	Prasad Khambale	2203118	Prasad
27)	Rahul Gadkar	2203117	Rahul
28)	Tanish Gaud	2203152	Tanish
29)	Sankalp Toraskar	2203126	Sankalp
30)	Bhuresh Gaburgutkar	2203-0202	Bhuresh
31)	Sunay Solgaonkar	2203130	Sunay

Lr No	Name	Roll No	Sign
32	Ritrick Kaskar	2203120	Ritrick
33	Raksha Naik	2203118	Raak
34	Rucha C. Shet	2203122	Rucha
35	Khushi Kumari Kushwaha	2203147	Khushi

Name and sign of Coordinator: ~~Shruti~~

Ms. Shrushti S. Tamankar



03/02/2024



Social Media Coverage

Activity name: Simple things to Simplify life. (Understanding Control)

Link: <https://www.instagram.com/p/DFceN4Yop1A/?igsh=djVvb211OTBxamdx>





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VIDYA PRABODHINI COLLEGE

OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT,
VIDYANAGAR, ALTO-PARVARI, GOA. (INDIA) 403521

(APPROVED BY GOVT. OF GOA, AFFILIATED TO GOA UNIVERSITY AND RECOGNIZED BY NCTE)
(RECOGNIZED BY U.G.C. UNDER SECTION 2(F) AND 12 (B) OF THE UGC ACT 1956)

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Created On :06/02/2025

Activity Report

Event Id : A2501066

Event Name : Simple things that simplify life (Understanding Control)

Academic Year : 2024-25

Activity Type : Workshops / Training Programmes

Reach of the Event : Local

Mode of the Event : Offline

Date of the Event : 2024-08-21 To 2024-08-26

No of Day(s) : one day

Venue : FY B.A.B. Ed (A& B), FY. B.Com. (A&B), TY B.Com (A&B) Vidya Prabodhini College of Commerce, Educa

Objective of the Event : To help students understand their control using the circle of control to help them make better decisions. Also understanding how the personal, social and environmental factors could affect their decisions.

Outcome of the Event : The students will obtain self-awareness with the help of the circle of control by introspection to make sound decisions.

A brief write-up about your Event (in about 300 words) : Understanding control helps students manage their academic and personal lives more effectively. By recognizing what aspects they can control: such as their study habits, time management, and responses to challenges: students can make proactive choices that enhance their performance and reduce stress. This awareness also empowers students to develop problem-solving skills and resilience, fostering a sense of agency and confidence. Ultimately, understanding control enables students to navigate their responsibilities more efficiently, leading to improved well-being and academic success.



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Participants Details

Local	State	National	International	Total Delegates
154	0	0	0	154

Resource Person Details

Name of the Resource Person : Ms. Shrishti S. Tamankar

Institutional Affiliation : Vidya Prabodhini College of Commerce, Education, Computer and Management, Parvuri Goa

Expertise : Counselling Psychology, Positive Psychology

Any Other Details :

Co-ordinator Details

Name of the Event Co-ordinator : Ms. Shrishti Tamankar

Co-ordinator Department : Working Committee

Event Co-ordinator Mobile Number : 9028500121

Working Committee : GUIDANCE AND COUNSELING CELL

Keywords : , Human Values

Date: 06-02-2025

Remarks

HOD Remark: APPROVED



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IQAC Remark: Approved

Signatures

User Signature :

HOD Signature :

IQAC Signature :



Principal Signature :