



Created On :07/02/2025

Activity Proposal

Participation/Organization	:Organization
Event Id	:P2514280
Event Name	:health check-up for female staff on the occasion of women's day. (Celebrating Women's health: A spec
Academic Year	:2024-25
Activity Type	:Extension and Outreach Activities
Reach of the Event	:Local
Mode of the Event	Offline
Date of the Event	:2025-03-08 To2025-03-08
No of Day(s)	:one day
Objective of the Event	:1) To raise awareness about the importance of women's health. 2) To empower women to take control of their well-being, to maintain a healthy lifestyle. 3) To prioritize women's health and happiness in their busy schedule of life.

Outcome of the Event :

1) This initiative will act as a reminder for women to prioritize their physical and mental health while celebrating their strength and achievement. 2) It will help in early detection of potential health issues and maintaining overall well-being. 3) by knowing that their health is being monitored, can reduce anxiety and provide confidence.

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

The proposed health check-up will be organized on 8th march, 2025. on the occasion of women's day. the check-up is aimed to include all the teaching and Non-teaching female staff members of Vidya Prabodhini galaxy. including school, Higher secondary and college. the said check-up will be organised in collaboration with Red Cross Mapusa. it will be held in the stilt from 8:30 am to 10:00 am. the check-up will include Sugar and Hypertension on a major aspect. the doctors will be available to the teachers for any other consultation and guidance. The doctors for the same will be Dr. Nutan Bicholkar, Dr. Jayanti Aldonkar, Dr. shetgaonkar and Dr. Shreyas Bicholkar.



|| विद्या सर्वस्य भूषणम् ||

PRABODHAN EDUCATION SOCIETY'S
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)

ACCREDITED BY NAAC WITH 'A+' GRADE (3.42 CGPA, SECOND CYCLE, 2024) ON A SEVEN POINT SCALE UNDER NEW FRAMEWORK

Excellence Everywhere Everytime

Details of External Collaborating/Associating Agencies

Name of The Collaborating Agency :Indian Red Cross Society

Address :Mapusa, Bardez-go.

Nature of Collaboration :Collaboration

Details of Collaboration :All the expenses of the check-up will be managed by the Red cross society. As a co-host it is expected by the collaborator that the refreshments to be provided to the participating female staff members and the red cross team to be managed from the college funds.

Participants Details

Local	State	National	International	Total Delegates
40	0	0	0	40

Resource Person Details

Name of the Resource Person :Dr. Nutan Bicholkar

Institutional Affiliation : owns a clinic in Mapusa since 1992.

Expertise :Physician

Any Other Details : visits different hospitals for consultation but she has her own clinic.

Name of the Resource Person :Dr. Jayanti Aldonkar

Institutional Affiliation :owns Clinic at Madel, Thivim

Expertise :Physician

Any Other Details : Was practising with Dr Gaitonde at Mapusa clinic, then she joined Dr. Sydney Pinto and served there for more than 10 years and now she has her own Clinic at Madel, Thivim

Name of the Resource Person :Dr. Shetgaonkar

Institutional Affiliation : Seol Heart at Ansabhat Mapusa

Expertise :Physician

Any Other Details :Is working with Seol Heart at Ansabhat Mapusa and she does private consultations too

Name of the Resource Person :Dr. Shreyas Bicholkar

Institutional Affiliation :owns clinic

Expertise :Physician



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Excellence Everywhere Everytime

Any Other Details :Has his own clinic at Parra Bardez Goa

Name of the Resource Person :Dr. Digambar Naik

Institutional Affiliation :margao

Expertise :M.D. In Medicine

Any Other Details :Physician

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	500



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Sr. No	Particulars	Amt.
6	Travelling Expenses	0
7	Printing, Stationary, Seminar Kit, Stage decoration etc.	0
8	Miscellaneous	0
9	rupees 500 needed to be provided refreshments to the guests :	0
	Total Expenditure in Rupees	500

Co-ordinator Details

Name of the Event Co-ordinator :Ms. Aashita A Naik

Co-ordinator Department :Working Committee

Event Co-ordinator Mobile Number :7066565599

Working Committee :GENDER CHAMPION CLUB

Keywords :, Collaboration, Outreach Activity, Women empowerment

Date:07-02-2025

Remarks

HOD Remark : APPROVED

IQAC Remark : Approved

Principal Remark : Approved

Head Clerk's remark by the Principal :

Accountant's remark by the Principal :

Signatures

User Signature :



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HOD Signature :

IQAC Signature :

Principal Signature :




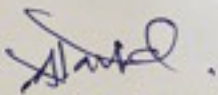
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VIDYA PRABODHINI COLLEGE
OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT,
VIDYANAGAR, ALTO-PARVARI-GOA.

NOTICE
(2024-25)
(FACULTY)

This is to inform all that, the Gender Champion Club of the college in collaboration with the Red Cross Society will be organizing a Health Check-up camp and a talk on menstrual hygiene and women's health on the occasion of Women's Day, for all the Teaching, Non-teaching and female students of Prabodhan Education Society, on 8th March, 2025 from 9:00 am to 11:30am in the Board room and t-17 class. All are requested to be present for the same.

Date: 6th March, 2025


(Aashita Naik)
Coordinator


(Prof. Bhushan V. Bhawe)
Principal



॥ विद्या सर्वस्य भूषणम् ॥

Prabodhan Education Society's
Vidya Prabodhini College
of Commerce, Education, Computer and Management,
Alto-Parvari, Goa

EXCELLENCE... EVERYWHERE... EVERYTIME...

Gender Champion Club

in collaboration with

Red Cross Society

Organises

Health Checkup Camp for Women

Celebrating the strength and beauty of women on the occasion of Women's day

Ms. Aashita Naik
Co-Ordinator

Dr. Ujvala Hanjunker
Vice-Principal/HoD, Commerce

Prof. Bhushan V. Bhav
Principal



📅 Saturday, 08th March, 2025

🕒 9:00am-11:30Am

📍 Board Room, VPC

VIDYA PRABODHINI COLLEGE OF COMMERCE,
EDUCATION, COMPUTER AND MANAGEMENT, ALTO PARVARI-GOA

ATTENDANCE RECORD

Name of the Event: _____

Department/ Committee: _____

Event Date: _____

Time: _____

Sr. No.	Roll No.	Name of the Participant	Class & Div.	Signature
28	2418144	Sarika Parashramkar	F.Y.B.A.B.E.A	
29	2418153	Lekshita Vengurdekar	"	
30	2418207	Anisha Namkar	F.Y.B.A.B.E.A	
31	2418232	Sneha Shaw	F.Y.B.A.B.E.A	
32	2418228	Sanchita Nagarkar	F.Y.B.A.B.E.A	
33	2418209	Ashu Chavhan	"	
34	2418222	Payal Pranjap	"	
35	2418223	Pragati Singh	F.Y.B.A.B.E.A	
36	2314114	Payal Naik	S.Y.B.A.B.E.A	
37	2314112	Nikita R. Mandavkar	S.Y.B.A.B.E.A	
38	2314135	Ratisha G. Madgaonkar	"	
39	2314104	Bhargavi Bagkar	S.Y.B.A.B.E.A	
40	2314127	Swamy Rebelo	S.Y.B.A.B.E.A	
41	2418122	Tubina Kujur	F.Y.B.A.B.E.A	
42	2418109	Kausthub Naik	"	
43	2418146	Shradha Gade	F.Y.B.A.B.E.A	
44	2418145	Renuka Nagarkar	F.Y.B.A.B.E.A	
45	2314105	Ekata Pednekar	S.Y.B.A.B.E.A	
46	2418220	Pranjali Pradeep Bawade	F.Y.B.A.B.E.A	
47	2314108	Manasi Puthale	F.Y.B.A.B.E.A	
48	2314141	Sarika Sawant	S.Y.B.A.B.E.A	
49	2314136	Riddhi Parashramkar	S.Y.B.A.B.E.A	
50	2314124	Shreshtha Naik	S.Y.B.A.B.E.A	
51	2314129	Aditi Mandolkar	S.Y.B.A.B.E.A	
52	2314145	Shreya Chavhan	"	
53	2314146	Siddhi Naik	"	
54	2314130	Anisha Pawar	S.Y.B.A.B.E.A	

Name & Sign of Coordinator: _____

Principal's Signature: _____

01/04/2023

**VIDYA PRABODHINI COLLEGE OF COMMERCE,
EDUCATION, COMPUTER AND MANAGEMENT, ALTO PARVARI-GOA**

ATTENDANCE RECORD

Name of the Event: Health checkup camp

Department/ Committee: _____

Event Date: 08/03/2025

Time: 9:00 am - 12:00 pm

Sr. No.	Roll No.	Name of the Participant	Class & Div.	Signature
1	2314219	Sanjana M Naik	SYBABED (A)	<i>[Signature]</i>
2	2314203	Ashwini Velip	"	<i>[Signature]</i>
3	2314149	Tanisha Gadekar	SYBABED (A)	<i>[Signature]</i>
4	2314135	Ratisha Madgaonkar	"	"
5	2314144	Saundarya Dessai	"	"
6	2314143	Sanjana Velip	"	"
7	2314134	Nirmiti Arlikar	"	"
8	2314150	Tanisha Pralokar	"	"
9	2314244	Sunakshi J Velip	SYBABED (A)	<i>[Signature]</i>
10	2418137	Niya Velip	SYBABED (A)	<i>[Signature]</i>
11	2418129	Diksha Salam	"	<i>[Signature]</i>
12	2418110	Kimaya Pawar	"	<i>[Signature]</i>
13	2418114	Richa Sawant	"	<i>[Signature]</i>
14	2314218	Sanam A. Gaonkar	SYBABED (A)	<i>[Signature]</i>
15	2314208	Kajal R. Gahani	"	<i>[Signature]</i>
16	2314236	Rajlaxmi Arondekar	"	<i>[Signature]</i>
17	2314231	Harshada Harmalkar	"	<i>[Signature]</i>
18	2314214	Sampada Kunkaliker	"	<i>[Signature]</i>
19	2314245	Sunita Zoro	"	<i>[Signature]</i>
20	2418124	Yashmeen Khan	F.Y.BABED (A)	<i>[Signature]</i>
21	2418117	Sidra Farooqui	F.Y.BABED (A)	<i>[Signature]</i>
22	2418105	Darva Salgaonkar	"	<i>[Signature]</i>
23	2418116	Sanika Mainkar	"	<i>[Signature]</i>
24	2418119	Indiya Desai	"	<i>[Signature]</i>
25	2418148	Shreishtha Naik	"	<i>[Signature]</i>
26	2418138	Poochi D. Chowkar	F.Y.BABED (A)	<i>[Signature]</i>
27	2418149	Shruti Velipkar	"	<i>[Signature]</i>

Name & Sign of Coordinator: Aashita Naik *[Signature]*

Principal's Signature: *[Signature]*
01/04/2025



Posts

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vpc_goa_ Empowering Women's Health

The Gender Champion Club of Vidya Prabodhini College, in collaboration with the Red Cross Society, Mapusa, successfully organized a Health Checkup Camp & Awareness Talk for all female students and teachers of Prabodhan Society. 🌸✨

A heartfelt thanks to our esteemed doctors Dr. Nutan Bicholkar, Dr. Jayanti Aldonkar, and Dr. Shreyash Bicholkar for their invaluable guidance and care. 🙏💙

Together, we promote women's health, awareness, and well-being! 💪🐼

[#WomensHealth](#) [#HealthCheckup](#) [#Empowerment](#)
[#GenderEquality](#) [#VidyaPrabodhiniCollege](#) [#RedCrossSociety](#)





Created On :12/07/2025

Activity Report

Event Id : A2514177

Event Name : health check-up for female staff on the occasion of women's day. (Celebrating Women's health: A spec

Academic Year : 2024-25

Activity Type : Extension and Outreach Activities

Reach of the Event : Local

Mode of the Event : Offline

Date of the Event : 2025-03-08 To 2025-03-08

No of Day(s) : one day

Venue : college campus (Board room and T-17)

Objective of the Event : 1) To raise awareness about the importance of women's health. 2) To empower women to take control of their well-being, to maintain a healthy lifestyle. 3) To prioritize women's health and happiness in their busy schedule of life.

Outcome of the Event : 1) This initiative will act as a reminder for women to prioritize their physical and mental health while celebrating their strength and achievement. 2) It will help in early detection of potential health issues and maintaining overall well-being. 3) by knowing that their health is being monitored, can reduce anxiety and provide confidence.

A brief write-up about your Event (in about 300 words) : The proposed health check-up was organized on 8th march, 2025. on the occasion of women's day. the check-up aimed to include all the teaching and Non-teaching female staff members of Vidya Prabodhini galaxy. including school, Higher secondary and college. the said check-up was organised in collaboration with Red Cross Mapusa. The talk on menstrual hygiene was held in the board room from 8:30 am to 9:30 am and the checkup was done in T-17 room. the check-up included Sugar and Hypertension on a major aspect. the doctors were available to the teachers for any other consultation and guidance. The doctors for the same were Dr. Nutan Bicholkar, Dr. Jayanti Aldonkar, Dr. shetgaonkar and Dr. Shreyas Bicholkar.



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Details of External Collaborating/Associating Agencies

Name of The Collaborating Agency : Indian Red Cross Society

Address : Mapusa, Bardez-go.

Nature of Collaboration :

Details of Collaboration : All the expenses of the check-up will be managed by the Red cross society. As a co-host it is expected by the collaborator that the refreshments to be provided to the participating female staff members and the red cross team to be managed from the college funds.

Participants Details

Local	State	National	International	Total Delegates
80	0	0	0	80

Resource Person Details

Name of the Resource Person : Dr. Nutan Bicholkar

Institutional Affiliation : owns a clinic in Mapusa since 1992.

Expertise : Physician

Any Other Details : visits different hospitals for consultation but she has her own clinic.

Name of the Resource Person : Dr. Jayanti Aldonkar

Institutional Affiliation : owns Clinic at Madel, Thivim

Expertise : Physician

Any Other Details : Was practising with Dr Gaitonde at Mapusa clinic, then she joined Dr. Sydney Pinto and served there for more than 10 years and now she has her own Clinic at Madel, Thivim

Name of the Resource Person : Dr. Shetgaonkar



Institutional Affiliation : Seol Heart at Ansabhat Mapusa

Expertise : Physician

Any Other Details : Is working with Seol Heart at Ansabhat Mapusa and she does private consultations too

Name of the Resource Person : Dr. Shreyas Bicholkar

Institutional Affiliation : owns clinic

Expertise : Physician

Any Other Details : Has his own clinic at Parra Bardez Goa

Name of the Resource Person : Dr. Digambar Naik

Institutional Affiliation : margao

Expertise : M.D. In Medicine

Any Other Details : Physician

Co-ordinator Details

Name of the Event Co-ordinator : Ms. Aashita A Naik

Co-ordinator Department : Working Committee

Event Co-ordinator Mobile Number : 7066565599

Working Committee : GENDER CHAMPION CLUB

Keywords : , Collaboration, Outreach Activity, Women empowerment

Date: 12-07-2025

Remarks

HOD Remark: APPROVED

IQAC Remark: Approved

Principal Remark: Approved



Signatures

User Signature :

HOD Signature :

IQAC Signature :



Principal Signature :