



Created On :16/09/2025

## Activity Proposal

<b>Participation/Organization</b>	:Organization
<b>Event Id</b>	:P2501395
<b>Event Name</b>	:Workshop on Adolescent Health and Personality Development
<b>Academic Year</b>	:2025-26
<b>Activity Type</b>	:Workshops / Training Programmes
<b>Reach of the Event</b>	:Local
<b>Mode of the Event</b>	Offline
<b>Date of the Event</b>	:2025-09-24 To2025-09-25
<b>No of Day(s)</b>	:two days
<b>Objective of the Event</b>	:To create awareness among students about the physical, emotional, and social changes during adolescence. To promote healthy lifestyle habits, personal hygiene, and self-care practices. To equip students with knowledge and strategies like meditation for managing stress and emotions using meditation and journaling techniques. To encourage responsible decision-making and holistic well-being.

### Outcome of the Event :

Students will demonstrate self-awareness, adopt better hygiene practices, recognize the importance of balanced nutrition, exercise, and rest, develop improved self-esteem and confidence, enhance communication and interpersonal skills and make informed and responsible choices. This information will help the participating students who will later spread awareness to other students in their classrooms, other institutions as well as their localities.

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

Adolescence is a crucial stage of growth and transformation where young people face unique challenges related to health, hygiene, and identity. This interactive workshop aims to guide students in understanding their bodies, practicing good hygiene, and cultivating healthy habits that contribute to physical and mental well-



being. Alongside health education, the session will focus on personality development enhancing self-awareness, emotional intelligence, communication, and social skills.

## Participants Details

Local	State	National	International	Total Delegates
90	0	0	0	90

## Resource Person Details

**Name of the Resource Person :**Dr. Mrinali Sahastrabhojane

**Institutional Affiliation :**Goa Medical College, Bambolim Goa

**Expertise :**Obstetrics and Gynaecology

**Any Other Details :**Ex Associate Professor in Obstetrics and Gynaecology

## 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



# VIDYA PRABODHINI COLLEGE

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

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(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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Sr. No	Particulars	Amt.
1	Hall/Venue Booking :	0
2	Remuneration/Honorarium :	0
3	Accommodation	0
4	Local Conveyance	0
5	Food and Refreshments	4520
6	Travelling Expenses	0
7	Printing, Stationary, Seminar Kit, Stage decoration etc.	0
8	Miscellaneous	0
	Total Expenditure in Rupees	4520

## 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 :** Quality initiative, Human Values, Women empowerment, Best Distinctive practice

**Date:**16-09-2025

## Remarks

**HOD Remark :** APPROVED

**IQAC Remark :** Approved

**Principal Remark :** APPROVED

**Head Clerk's remark by the Principal :** approved

**Accountant's remark by the Principal :** approved

## Signatures



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User Signature :

HOD Signature :

IQAC Signature :

Principal Signature :





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Prabodhan Education Society's  
VIDYA PRABODHINI COLLEGE OF COMMERCE, EDUCATION, COMPUTER AND  
MANAGEMENT, VIDYANAGAR, ALTO-PORVORIM, GOA  
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Guidance & Counselling Cell

2- days workshop on

# ***Adolescent Health and Personality Development***

*Resource Person:*

**Dr. Mrinalini Shasrabhojane**

EX-ASSOCIATE PROFESSOR  
OBSTETRICS AND GYNAECOLOGY,  
GOA MEDICAL COLLEGE



24/09/2025-25/09/2025

2:30 PM- 4:00 PM



**Board room**

**Ms. Shrishti S. Tamankar**  
Coordinator, College Counsellor

**Dr. Ujvala M. Hanjunker**  
Vice Principal & HOD Commerce

**Prof. Bhushan V. Bhave**  
Principal

Activity Name: Workshop on Adolescent Health and Personality Development.

Link: <https://www.instagram.com/p/DPEESriEQmH/?igsh=MTE4aWMwbmt6MndxdA==>





Created On :22/01/2026

## Activity Report

**Event Id :** A2601254

**Event Name :** Workshop on Adolescent Health and Personality Development

**Academic Year :** 2025-26

**Activity Type :** Workshops / Training Programmes

**Reach of the Event :** Local

**Mode of the Event :** Offline

**Date of the Event :** 2025-09-24 To 2025-09-25

**No of Day(s) :** two days

**Venue :** College Counsellor

**Objective of the Event :** To create awareness among students about the physical, emotional, and social changes during adolescence. To promote healthy lifestyle habits, personal hygiene, and self-care practices. To equip students with knowledge and strategies like meditation for managing stress and emotions using meditation and journaling techniques. To encourage responsible decision-making and holistic well-being.

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**A brief write-up about your Event (in about 300 words) :** Adolescence is a crucial stage of growth and transformation where young people face unique challenges related to health, hygiene, and identity. This interactive workshop aims to guide students in understanding their bodies, practicing good hygiene, and cultivating healthy habits that contribute to physical and mental well-being. Alongside health education, the session will focus on personality development enhancing self-awareness, emotional intelligence, communication, and social skills.



## Participants Details

Local	State	National	International	Total Delegates
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## Resource Person Details

**Name of the Resource Person :** Dr. Mrinali Sahastrabhojane

**Institutional Affiliation :** Goa Medical College, Bambolim Goa

**Expertise :** Obstetrics and Gynaecology

**Any Other Details :** Ex Associate Professor in Obstetrics and Gynaecology

## 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 :** , Quality initiative, Human Values, Women empowerment, Best Distinctive practice

**Date:** 22-01-2026

## Remarks

**HOD Remark:** APPROVED



**IQAC Remark:** Approved

**Principal Remark:** APPROVED

## Signatures

**User Signature :**

**HOD Signature :**

**IQAC Signature :**



**Principal Signature :**



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