



Created On :21/02/2026

Activity Proposal

Participation/Organization	:Organization
Event Id	:P2601509
Event Name	:Workshop on Health Matters – Awareness for Every Stage of Womanhood
Academic Year	:2025-26
Activity Type	:Workshops / Training Programmes
Reach of the Event	:Local
Mode of the Event	Offline
Date of the Event	:2026-02-25 To2026-02-25
No of Day(s)	:one day
Objective of the Event	:The session aims to create awareness about women's health and well-being through various stages of life, focusing on preventive healthcare, nutrition, hygiene and emotional wellness.

Outcome of the Event :

The women from the community can directly benefit from this initiative by getting first hand information from an experienced gynaecologist. They will understand their health, body better and know how to cope up with issues regarding menstrual problems, pregnancies, contraceptions, etc.

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

Health Matters – Awareness for Every Stage of Womanhood empowers women with essential knowledge about their physical, emotional, and hormonal health across different life stages. The workshop promotes early awareness, preventive care, informed decision-making, and healthy lifestyle practices. It creates a safe space for open discussion, reduces stigma around women's health issues, and encourages women to prioritise their well-being with confidence and clarity.

Details of External Collaborating/Associating Agencies



VIDYA PRABODHINI COLLEGE

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

|| विद्या सर्वस्य भूषणम् ||

(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

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Name of The Collaborating Agency :Jevan Srushti Village Organisation, Penha de França

Address :Penha de França Village Panchayat, Brittona Bardez Goa

Nature of Collaboration :Collaboration

Details of Collaboration :As an initiative of the college to conduct a community outreach program, it is a pro bono initiative hence no monetary funds are involved from the external agency. The resource person is also keen on voluntary service to the society after her retirement and wishes to impart her knowledge/ expertise and spread awareness in the society about women's' health. It is also a compulsion for the self help group to organise such events for the betterment of their community.

Participants Details

Local	State	National	International	Total Delegates
50	0	0	0	50

Resource Person Details

Name of the Resource Person :Dr. Mrinalini Sahasrabhojane

Institutional Affiliation :Former Associate Professor, Goa Medical College, Bambolim

Expertise :Obstetrics and Gynecology

Any Other Details :Women's Reproductive Health and Well-being

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	1500
6	Travelling Expenses	0
7	Printing, Stationary, Seminar Kit, Stage decoration etc.	0
8	Miscellaneous	0
	Total Expenditure in Rupees	1500

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, Collaboration, Outreach Activity, Human Values, Women empowerment

Date:21-02-2026

Co-Coordinator Details

Co-ordinator Name :Ms. Yogita M. Gauns

Co-ordinator Department :Working Committee

Mobile :08975685519

Working Committee :GUIDANCE AND COUNSELING CELL



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 :

HOD Signature :

IQAC Signature :



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OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT,
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Principal Signature :



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VIDYA PRABODHINI COLLEGE

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

NOTICE
(2025-2026)
(FACULTY)

This is to inform the staff that, as part of the college's community outreach initiative, the Guidance and Counselling Cell and the Women's Cell in collaboration with the Jevan Srushti Village Organisation, Penha De Frana are organising a workshop on '**Health Matters-Awareness for Every Stage of Womanhood**' which is scheduled **on the 25th February, 2026 at 3:30 PM at the Penha de Frana Panchayat, Brittona.**

Dr. Mrinalini Sahasrabhojane, Former Associate Professor in Obstetrics and Gynecology, Goa Medical College shall be the resource person for the same.

All the interested faculty members are requested to attend the program.

Date: 20th February, 2026
Place: Parvari- Goa

(Ms. Shrishti S. Tamankar)
Co-ordinator, College Counsellor

(Prof. Bhushan V. Bhawe)
Principal



॥ विद्या सर्वस्य भूषणम् ॥

Prabodhan Education Society's
**VIDYA PRABODHINI COLLEGE OF COMMERCE, EDUCATION, COMPUTER
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*Guidance and Counselling Cell and the Womens' Cell in collaboration with Jeevan Srushti
Village Organisation, Penha de França
as a Community Outreach initiative organises a 1- Day Workshop on*

Health Matters- Awareness for Every Stage of Womenhood



Resource Person:

DR. MRINALINI SAHASRABHOJANE

EX-ASSOCIATE PROFESSOR
OBSTETRICS AND GYNAECOLOGY,
GOA MEDICAL COLLEGE

Venue: Penha de França Panchayat Brittona,
Bardez Goa

Date: 25th February, 2026 **Time:** 3:30 PM - 5:00 PM

Ms. Shrishti S. Tamankar
Coordinator, College Counsellor

Ms. Yogita Gauns
Convenor, Womens' Cell

Dr. Ujvala M. Hanjunker
Incharge Principal/Vice Principal

Prof. Bhushan V. Bhave
Principal

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

ATTENDANCE RECORD

Name of the Event: HEALTH MATTERS-AWARENESS FOR EVERY STAGE OF WOMANHOOD
 Department/ Committee: COUNSELLING & GUIDANCE CELL & WOMEN'S CELL
 Event Date: 25th FEBRUARY, 2020 Time: 3:30 PM - 5:15 PM

Sr. No.	Roll No.	Name of the Participant	Class & Div.	Signature
1		Dipali Kubal		
2		Shivani Gaung		
3		Nikita Halazankar		
4		Devata Chopdekar		
5		Kalindi Santosh Mardolkar		
6		Shobha Kishan Volvoikar		
7		Swati Potekar		
8		Sushma Raikar		
9		Neha Raikar		
10		Rupali Govekar		
11		Ra Namita Narvekar		
12		Yashasvi Lolaiakar		
13		Vinisha Mandrekar		
14		Swarupa Naik		
15		Deepa Naik		
16		Megha Shiradkar		
17		Ritika Madaye		
18		Reshma Chopdekar		
19		Marda Mandrekar		
20		Tiretha Naik		
21		Navita Naik		
22		Shubhangi Mangeshkar		
23		Sarita Gosavi		
24		Manisha Halazankar		
25		Smita Naik		
26		Swati Tamboskar		
27		Mithali Dhargalkar		

Name & Sign of Coordinator: MS. SHRISHTI S. TAMANKAR

Principal's Signature:
26/2/20



Workshop on Health Matters- Awareness for Every stage of Womanhood.
Date: 25th February, 2026

विद्या प्रबोधिनी कॉलेजमध्ये 'हेल्थ मॅटर्स'वर कार्यशाळा

पर्वरी (पत्रक)

विद्या प्रबोधिनी वाणिज्य, शिक्षण, संगणक आणि व्यवस्थापन महाविद्यालयाचा 'मार्गदर्शन व समुपदेशन विभाग' आणि 'महिला विभाग' यांच्या संयुक्त विद्यमाने, तसेच 'जीवन सृष्टी ग्रामविकास' संस्थेच्या सहकार्याने 'हेल्थ मॅटर्स' या विषयावर एक दिवसीय कार्यशाळा पेन्ह द फ्रान्स ग्रामपंचायत सभागृहात पार पडली.

या कार्यक्रमाचे उद्घाटन प्रमुख अतिथी डॉ. मृणालिनी सहस्त्रभोजनी, महाविद्यालयाच्या प्रभारी प्राचार्या डॉ. उज्वला हणजूणकर, बी. ए. बी. एड. विभागप्रमुख डॉ. अनिल ठोसरे, जीवन सृष्टी ग्रामविकास संस्थेच्या अध्यक्षा श्रीमती राधिका सावंत, कार्यक्रम समन्वयक व महाविद्यालयीन समुपदेशक सृष्टी ताम्हणकर आणि सह-समन्वयक साहायक प्राध्यापक योगिता गावस यांच्या उपस्थितीत झाले.

याप्रसंगी मुख्य मार्गदर्शक डॉ. सहस्त्रभोजनी यांनी महिलांच्या शारीरिक आणि मानसिक आरोग्याशी संबंधित महत्त्वाच्या पैलूवर प्रकाश टाकला. या कार्यशाळेत एकूण ३५ प्रशिक्षणाधीनी सक्रिय सहभाग नोंदवला. द्वितीय वर्ष बी.ए.बी.एड. ची विद्यार्थिनी कु. पलक शिरोडकर हिने कार्यक्रमाचे सूत्रसंचालन केले व सृष्टी ताहणकर यांनी आभार मानले आणि कार्यशाळेची सांगता झाली.

Source: Navvaprabha

पुढारी

विद्या प्रबोधिनीत हेल्थ मॅटर्सवर कार्यशाळा

डॉ. मृणालिनी सहस्त्रभोजनी यांचे मानसिक आरोग्यविषयी मार्गदर्शन

पणजी : पुढारी वृत्तसेवा

विद्या प्रबोधिनी वाणिज्य, शिक्षण, संगणक आणि व्यवस्थापन महाविद्यालयाचा मार्गदर्शन व समुपदेशन विभाग आणि महिला विभाग यांच्या संयुक्त विद्यमाने, तसेच जीवन सृष्टी ग्रामविकास संस्थेच्या सहकार्याने हेल्थ मॅटर्स या विषयावर एक दिवसीय कार्यशाळा आयोजित करण्यात आली. ही कार्यशाळा नुकलीच पेन्हा-द-फ्रान्स ग्रामपंचायत सभागृहात पार पडली.

कार्यक्रमाचे उद्घाटन प्रमुख अतिथी डॉ. मृणालिनी सहस्त्रभोजनी, प्रभारी प्राचार्या डॉ. उज्वला



पेन्ह-द-फ्रान्स : कार्यशाळेत सहभागी मान्यवर आणि प्रशिक्षणाधी.

हणजूणकर, बी. ए. बी. एड. विभागप्रमुख डॉ. अनिल ठोसरे, जीवन सृष्टी ग्रामविकास संस्थेच्या अध्यक्षा राधिका सावंत, कार्यक्रम समन्वयक व महाविद्यालयीन समुपदेशक सृष्टी ताहणकर आणि सह-समन्वयक

सहायक प्राध्यापक योगिता गावस यांच्या उपस्थितीत झाले.

याप्रसंगी मुख्य मार्गदर्शक डॉ. सहस्त्रभोजनी यांनी महिलांच्या शारीरिक आणि मानसिक आरोग्याशी संबंधित पैलूवर प्रकाश टाकला.

Goa Edition

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Created On :09/03/2026

Activity Report

Event Id : A2601273

Event Name : Workshop on Health Matters – Awareness for Every Stage of Womanhood

Academic Year : 2025-26

Activity Type : Workshops / Training Programmes

Reach of the Event : Local

Mode of the Event : Offline

Date of the Event : 2026-02-25 To 2026-02-25

No of Day(s) : one day

Venue : Penha de França Panchayat, Brittona Brdez Goa

Objective of the Event : The session aims to create awareness about women's health and well-being through various stages of life, focusing on preventive healthcare, nutrition, hygiene and emotional wellness.

Outcome of the Event : The women from the community can directly benefit from this initiative by getting first hand information from an experienced gynaecologist. They will understand their health, body better and know how to cope up with issues regarding menstrual problems, pregnancies, contraceptions, etc.

A brief write-up about your Event (in about 300 words) : Health Matters – Awareness for Every Stage of Womanhood empowers women with essential knowledge about their physical, emotional, and hormonal health across different life stages. The workshop promotes early awareness, preventive care, informed decision-making, and healthy lifestyle practices. It creates a safe space for open discussion, reduces stigma around women's health issues, and encourages women to prioritise their well-being with confidence and clarity.



Details of External Collaborating/Associating Agencies

Name of The Collaborating Agency : Jevan Shruti Village Organisation, Penha de França

Address : Penha de França Village Panchayat, Brittona Bardez Goa

Nature of Collaboration : Collaboration

Details of Collaboration : As an initiative of the college to conduct a community outreach program, it is a pro bono initiative hence no monetary funds are involved from the external agency. The resource person is also keen on voluntary service to the society after her retirement and wishes to impart her knowledge/ expertise and spread awareness in the society about women's' health. It is also a compulsion for the self help group to organise such events for the betterment of their community.

Participants Details

Local	State	National	International	Total Delegates
36	0	0	0	36

Resource Person Details

Name of the Resource Person : Dr. Mrinalini Sahasrabhojane

Institutional Affiliation : Former Associate Professor, Goa Medical College, Bambolim

Expertise : Obstetrics and Gynecology

Any Other Details : Women's Reproductive Health and Well-being



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, Collaboration, Outreach Activity, Human Values, Women empowerment

Date: 09-03-2026

Co-Coordinator Details

Co-ordinator Name : Ms. Yogita M. Gauns

Co-ordinator Department : Working Committee

Mobile : 08975685519

Working Committee : GUIDANCE AND COUNSELING CELL

Remarks

HOD Remark: APPROVED

IQAC Remark: Approved

Principal Remark: APPROVED

Signatures



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

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User Signature :

HOD Signature :

IQAC Signature :

Principal Signature :

