



Created On :18/12/2025

Activity Proposal

Participation/Organization	:Organization
Event Id	:P2514459
Event Name	:Talk on Suicide Prevention
Academic Year	:2025-26
Activity Type	:Workshops / Training Programmes
Reach of the Event	:Local
Mode of the Event	Offline
Date of the Event	:2026-01-20 To2026-01-20
No of Day(s)	:one day
Objective of the Event	:To create awareness about suicide as a preventable public health and mental health issue and how to seek psychological help

Outcome of the Event :

Students will be aware about various sources of seeking psychological help in order to prevent suicidal inclination

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

The said workshop shall orient the students on handling various psychological issues

Participants Details

Local	State	National	International	Total Delegates
50	0	0	0	50

Resource Person Details

Name of the Resource Person :Dr Prof. Vithoba Mhalkar

Institutional Affiliation :Institute of Psychiatry and Human Behaviour

Expertise :Certified Emotional Intelligence Coach



Any Other Details : Assistant Professor DPN

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 :	1500
3	Accommodation	0
4	Local Conveyance	0
5	Food and Refreshments	200
6	Travelling Expenses	0
7	Printing, Stationary, Seminar Kit, Stage decoration etc.	0
8	Miscellaneous	0
	Total Expenditure in Rupees	1700



Co-ordinator Details

Name of the Event Co-ordinator :Dr. Sonali K. Shankhwalker

Co-ordinator Department :Education

Event Co-ordinator Mobile Number :9420818963

Working Committee :No Working Committee

Keywords :Quality initiative

Date:18-12-2025

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 :

HOD Signature :



VIDYA PRABODHINI COLLEGE

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

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IQAC Signature :

Principal Signature :



NOTICE
(Students)
2025-26

This is to inform all the students of Fo. Y. B.A.B.Ed. Division (A) that the Department of Education is organising a workshop on "Emotional First Aid" on 20th January, 2026 at 11 a.m. in the College Board Room. The said workshop will be conducted by Dr. Vithoba Laxminarayan Mhalkar, Assistant Professor, DPN, Institute of IPHB, Bambolim.



(Dr. Sonali Shankhwalker)
Co-ordinator

Ahosass
16/1/2026
(Prof. Bhushan V. Bhawe)
for PRINCIPAL

Date: 16th January, 2026

4th Year B.A.B.Ed (A) + (B)

fernandes



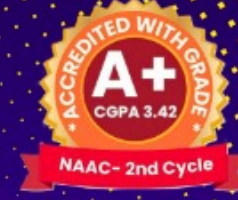


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OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT,
PARVARI-GOA.



DEPARTMENT OF EDUCATION

ORGANISES

A WORKSHOP ON

“Emotional First Aid”



Guest Speaker:

DR. Vithoba Laxminarayan Mhalkar,

Assistant Professor, DPN, Institute of IPHB



ON 20TH JANUARY, 2026 AT 11:00 A.M.

AT COLLEGE BOARDROOM, PARVARI - GOA

(Dr. Sonali Shankwalker)

Co-ordinator

(Dr. Ujvala M. Hanjunker)

Vice-Principal,

(Prof. Bhushan V. Bhave)

Principal - VPC

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

ATTENDANCE RECORD

Name of the Event:- Workshop on "Emotional First Aid"

Department/ Committee:- Education

Event Date: 20th January 2026 Time: 11:00 to 1:00 pm

Sr. No.	Roll No.	Name of the Participant	Class & Div.	Signature
1	2214115	Pooja Prabhu	FOY.B.A.B.ED(B)	<i>Pooja</i>
2	2214114	Nandini Naik	" B	<i>Naik</i>
3	2214101	Ashreen Fernandes	FOY.B.A.B.ED(A)	<i>Ashreen</i>
4	2214111	Knuti Chavan	FOY.B.A.B.ED(A)	<i>Chavan</i>
5	2214148	Tarvi Avkhale	FOY.B.A.B.ED(B)	<i>Avkhale</i>
6	2214150	Dewshree Chavan	" (B)	<i>Chavan</i>
7	2214142	Riya Gawas	FOY.B.A.B.ED(A)	<i>Gawas</i>
8	2214127	Anuya Jalmi	" "	<i>Jalmi</i>
9	2214222	Harshada Kuttiker	" "	<i>Kuttiker</i>
10	2214226	Nishita K. Navvekar	FOY.B.A.B.ED(A)	<i>Navvekar</i>
11	2214129	Bablo L. Ghadi	FOY B.A.B.ED(A)	<i>Ghadi</i>
12	2214140	Pallavi D. Mandhakar	FOY.B.A.B.ED(B)	<i>Mandhakar</i>
13	2214135	Mahadev A. Geras	FOY.B.A.B.ED(A)	<i>Geras</i>
14	2214110	Khushi S. Karekar	FOY.B.A.B.ED(A)	<i>Karekar</i>
15	2214125	Yogita Maldankar	FOY.B.A.B.ED(B)	<i>Yogita</i>
16	2214122	Shreya Kalangitkar	FOY.B.A.B.ED(B)	<i>Kalangitkar</i>
17	2214141	Sampada Shiradkar	FOY.B.A.B.ED(A)	<i>Sampada</i>
18	2214120	Sanjita Navvekar	FOY.B.A.B.ED(B)	<i>Navvekar</i>
19	2214109	Khushi P. Parab	FOY.B.A.B.ED(A)	<i>Parab</i>
20	2214227	Pinaki P. Pednekar	FOY.B.A.B.ED(A)	<i>Pednekar</i>
21	2214245	Tisha M. Chopdekar	FOY.B.A.B.ED(A)	<i>Chopdekar</i>
22	2214205	Prarthi S. Kandolkar	FOY.B.A.B.ED(A)	<i>Kandolkar</i>
23	2214236	Shravani A. Tamhankar	FOY.B.A.B.ED(A)	<i>Tamhankar</i>
24	2214214	Smriti Savant Desai	FOY.B.A.B.ED(B)	<i>Desai</i>
25	221428	Pradnya Shiradkar	FOY.B.A.B.ED(A)	<i>Shiradkar</i>
26	2214223	Namrata Raut	FOY.B.A.B.ED(A)	<i>Raut</i>
27	2214215	Sweety Dsouza	" "	<i>Dsouza</i>

Name & Sign of Coordinator:- Dr. Sonali Shankhwalkar

Principal's Signature:- *[Signature]*



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

ATTENDANCE RECORD

Name of the Event:- Workshop on Emotional Intelligence

Department/ Committee:- Education

Event Date: 30th January 2026 Time: 10:00 am to 1:00 pm

Sr. No.	Roll No.	Name of the Participant	Class & Div.	Signature
28	2214206	Richa Haldankar	FOY.BA.BED(A)	<i>Richa</i>
29	2214234	Saloni Phadte	FOY.B.A.BED(A)	<i>Phadte</i>
30	2214247	Tousha Nevchker	FOY.B.A.BED(A)	<i>Nevchker</i>
31	2214105	Devesh Fatarpelkar	FOY.B.A.BED(B)	<i>Fatarpelkar</i>
32	2214133	Kunal Ghadi	FOY.B.A.BED(B)	<i>Ghadi</i>
33	2214201	Aishwarya Shetye	FOY.B.A.BED(A)	<i>Shetye</i>
34	2214209	Sachi Pednekar	FOY.B.A.BED(A)	<i>Pednekar</i>
35	2214218	Vanshika Naik	FOY.B.A.BED	<i>Naik</i>
36	2214238	Dhanika Bharat Jengulekar	FOY.B.A.BED	<i>Jengulekar</i>
37	2214217	Tousha Pednekar	FOY.B.A.BED(A)	<i>Pednekar</i>
38	2214211	Siddhi Dalhale	FOY.B.A.BED(A)	<i>Dalhale</i>
39	2214210	Sanjana Y. Naik	FOY.B.A.BED(A)	<i>Naik</i>
40	2214248	Sanath Nitin Pokle	FOY.B.A.BED(B)	<i>Pokle</i>
41	2214229	Pranay R. Ganekar	FOY.B.A.BED(A)	<i>Ganekar</i>
42	2214238	Siddhi S. Sawant	FOY.B.A.BED(A)	<i>Sawant</i>
43	2214219	Dhanashri Patil	FOY.B.A.BED(A)	<i>Patil</i>
44	2214243	Supriya V. Sawant	FOY.B.A.BED(A)	<i>Sawant</i>
45	2214246	Trisha Gaude	FOY.B.A.BED(A)	<i>Gaude</i>
46	2214123	Shruti S. Bagli	FOY.B.A.BED(A)	<i>Bagli</i>
47	2214117	Rupali G. Dairfode	FOY.B.A.BED(A)	<i>Dairfode</i>
48	2214116	Rakshanda Pawab	FOY.B.A.BED(A)	<i>Pawab</i>
49	2214103	Ayushi Gavande	FOY.B.A.BED(A)	<i>Gavande</i>
50	2214232	Saheli Mandrekar	" (B)	<i>Mandrekar</i>
51	2214225	Nidhi Desai	" (A)	<i>Desai</i>
52	2214146	Savita Shetkar	" (B)	<i>Shetkar</i>
53	2214147	Tanaya Tari	" (B)	<i>Tari</i>
54	2214138	Mousmi Karapurkar	" (B)	<i>Karapurkar</i>

Name & Sign of Coordinator:-

D. Pardi Shambhukhar

Principal's Signature:-

[Signature]



विद्या प्रबोधिनी महाविद्यालयात 'इमोशनल फर्स्ट एड' कार्यशाळा

पर्वरी : आजच्या धावपळीच्या आणि तणावपूर्ण जीवनशैलीत शारीरिक स्वास्थ्याइतकेच मानसिक आरोग्य जपण्याचे मोठे आव्हान सर्वासमोर उभे आहे. हीच गरज ओळखून, विद्या प्रबोधिनी वाणिज्य, शिक्षण, संगणक आणि व्यवस्थापन महाविद्यालयाने चतुर्थ वर्ष बी.ए. बी.एड.च्या विद्यार्थ्यांसाठी 'इमोशनल फर्स्ट एड' (भावनिक प्रथमोपचार) या विषयावर अत्यंत उपयुक्त अशा कार्यशाळेचे आयोजन केले होते. एकूण ६२ विद्यार्थ्यांनी या सत्राचा लाभ घेतला.

भावी शिक्षकांना भावनिक आरोग्याप्रती अधिक संवेदनशील बनवणे आणि त्यांना त्यांच्या

वैयक्तिक तसेच व्यावसायिक जीवनात येणाऱ्या भावनिक आव्हानांवर मात करण्यासाठी व्यावहारिक कौशल्ये शिकवणे, हा या उपक्रमाचा मुख्य हेतू होता.

शिक्षक हा समाजाचा कणा असतो, त्यामुळे त्यांचे स्वतःचे भावनिक स्वास्थ्य उत्तम असणे काळाची गरज आहे, हा विचार या कार्यशाळेमागे होता.

उपप्राचार्या डॉ. उज्ज्वला हणजूनकर यांच्या स्वागतपर भाषणाने झाली. बांबोळी येथील इन्स्टिट्यूट ऑफ सायकियाट्री अँड ह्युमन बिहेविअर मधील साहाय्यक प्राध्यापक डॉ. विठोबा म्हाळकर यांनी मार्गदर्शन केले.



Created On :04/04/2026

Activity Report

Event Id : A2614284

Event Name : Talk on Suicide Prevention

Academic Year : 2025-26

Activity Type : Workshops / Training Programmes

Reach of the Event : Local

Mode of the Event : Offline

Date of the Event : 2026-01-20 To 2026-01-20

No of Day(s) : one day

Venue : Board Room

Objective of the Event : To create awareness about recognising their inner self and how to seek immediate psychological help

Outcome of the Event : Students will be aware about their inner self and learn how to seek immediate psychological help in times of emotional turmoil

A brief write-up about your Event (in about 300 words) : The resource person for the workshop was Dr. Vithoba Laxminarayan Malkar ,Assistant professor , DNP .Institute of IPHB, Bambolim, who brought valuable expertise and practical insights into the subject. The session began with an introduction to the concept of emotional first aid, emphasizing the importance of recognizing emotional pain just as one would attend to physical injuries. The speaker highlighted common emotional challenges faced by students, such as stress, anxiety, self-doubt, and peer pressure. Through engaging discussions and real-life examples, Dr. Malkar guided students on how to identify early signs of emotional distress and adopt simple yet effective coping strategies. Techniques such as self-awareness, positive self-talk, relaxation exercises, and seeking timely help were discussed in detail. The workshop also emphasized the importance of empathy and active listening, encouraging students to support their peers in times of emotional need. An interactive segment allowed students to share their experiences and seek clarification on various concerns. The open and supportive environment helped participants feel comfortable discussing sensitive issues, making the session more impactful. Overall, the workshop proved to be highly beneficial in promoting mental health awareness and resilience among students. It reinforced the idea that emotional well-being is crucial for personal and academic success. The session concluded on a positive note, with participants expressing appreciation for the valuable insights gained



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and the relevance of the topic in their daily lives.



Participants Details

Local	State	National	International	Total Delegates
62	0	0	0	62

Resource Person Details

Name of the Resource Person : Dr Prof. Vithoba Mhalkar
Institutional Affiliation : Institute of Psychiatry and Human Behaviour
Expertise : Certified Emotional Intelligence Coach
Any Other Details : Assistant Professor DPN

Co-ordinator Details

Name of the Event Co-ordinator : Dr. Sonali K. Shankwalker
Co-ordinator Department : Education
Event Co-ordinator Mobile Number : 9420818963
Working Committee : No Working Committee
Keywords : , Quality initiative, Capacity building
Date: 04-04-2026

Remarks



HOD Remark: Approved

IQAC Remark: Approved

Principal Remark: APPROVED

Signatures

User Signature :

HOD Signature :

IQAC Signature :



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