

**GVM's Dr Dada Vaidya College of Education,**  
**Ponda Goa**

**Table Tennis Tournament Report**

Date: 5<sup>th</sup> August 2022

Name of the Event: Inter-Collegiate Table Tennis Tournament

Organiser: Department of Physical Education

Venue: College Auditorium

The number of participants: 64 students + 8 College Directors of PE

The main content in paragraphs:

On 5<sup>th</sup> August 2022, an intercollegiate Men and women's Table Tennis Tournament was organized by the Physical Education Department of GVM's Dr Dada Vaidya College of Education under the program 'Azadi Ka Amrit Mohotsav' and 'Fit India Movement'. The Tournament took place in the Auditorium of the college. Students of various colleges participated in the tournament: Nirmala Institute of Education, Kala Academy College, PES College of Education, Goa College of Music, St. Joseph Vaz College, Vidya Prabodhini College and Ganpat Parsekar College of Education and GVM's Dr Dada Vaidya College of Education. The Chief Guest of the Tournament was Mrs Betty Dsilva, College Director of Physical Education. Mr Shaunak Pagi, Director of Physical Education of College, Associate Professor Mr Ganesh Naik and the Chief Guest Betty Dsilva Lightened the Lamp. The tournament started at 10:30 am with an exhibition match between Chief Guest Betty Dsilva and Associate Professor Mr Ganesh Naik. Refreshments arrangements were made



  
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Ponda - 403 401 - Goa

for both students and respective teachers. The Tournament came to an end with the Director of Physical Education Mr Shaunak Pagi declaring the winners.

Among the Men category, the **Gold medal** was bagged by **Vidya Prabodhini College**



Silver Medal was bagged by the **Nirmala Institute of Education**





and **Bronze Medal** was bagged by **Goa College of Music**



Among the Women category, **Gold Medal** was bagged by **Vidya Prabodhini College**



The silver medal was bagged by GVM's Dr Dada Vaidya College of Education



and the Bronze medal was bagged by Ganpat Parsekar College Of Education





A vote of thanks was given by Mr Shaunak Pagi, Director of Physical Education at GVM's Dr Dada Vaidya College of Education.

Thank You

Mr. Shaunak Pagi  
College Director of Phy. Edu.

Dr Joy Mathew

Principal





## International Day of Yoga 2022 Report

Date: 21<sup>st</sup> June 2022

Name of the Event: International Day of Yoga 2022:  
Yoga for Humanity

Resource Person: Mr Shaunak M Pagi

Organiser: Department of Physical Education

Venue: College Auditorium

The number of students present: 45 students + 38 staff members

The main content in paragraphs:

To mark the occasion of the 8<sup>th</sup> International Day of Yoga 2022, theme: Yoga for Humanity, the Department of Physical Education organised various competitions and seminars for the students and staff in the college.

On 11<sup>th</sup> April, the students were given the International Day of Yoga program instructions by Mr Shaunak Pagi, College Director of Physical Education, the month-wise activity program was designed.

In the Month of April, Yoga Practical sessions were taken by Mr Shaunak Pagi, and the meditation techniques, kriyas, Surya namaskar and asanas were practised.

On 25<sup>th</sup> April, a Yoga Article Writing competition was organised and prizes were awarded to the top 3 teams, the program was initiated by Ms Antara Bhide.

On 16<sup>th</sup> May, a Common Yoga Protocol seminar was conducted by the Resource person Mr Gautam Gaude for the students and staff.

Link to the Seminar: <https://www.youtube.com/watch?v=txNM5YgUyCs>

On 20<sup>th</sup> June, a Yoga quiz competition was conducted by the Department of Physical Education for the students.

Link for the Quiz: <https://forms.gle/3U2hzGR6UstCKJRy5>

On 21<sup>st</sup> June, 8<sup>th</sup> Yoga International Day of Yoga #IDY2022 was celebrated, the program started with lamp enlightenment by the Principal Dr Jojen Mathew, followed by the Principal address and Yoga prayer. Staff and Students performed the Asanas, Pranayama, Kriyas and Surya Namaskar. All the asanas were performed on the Yoga mats.



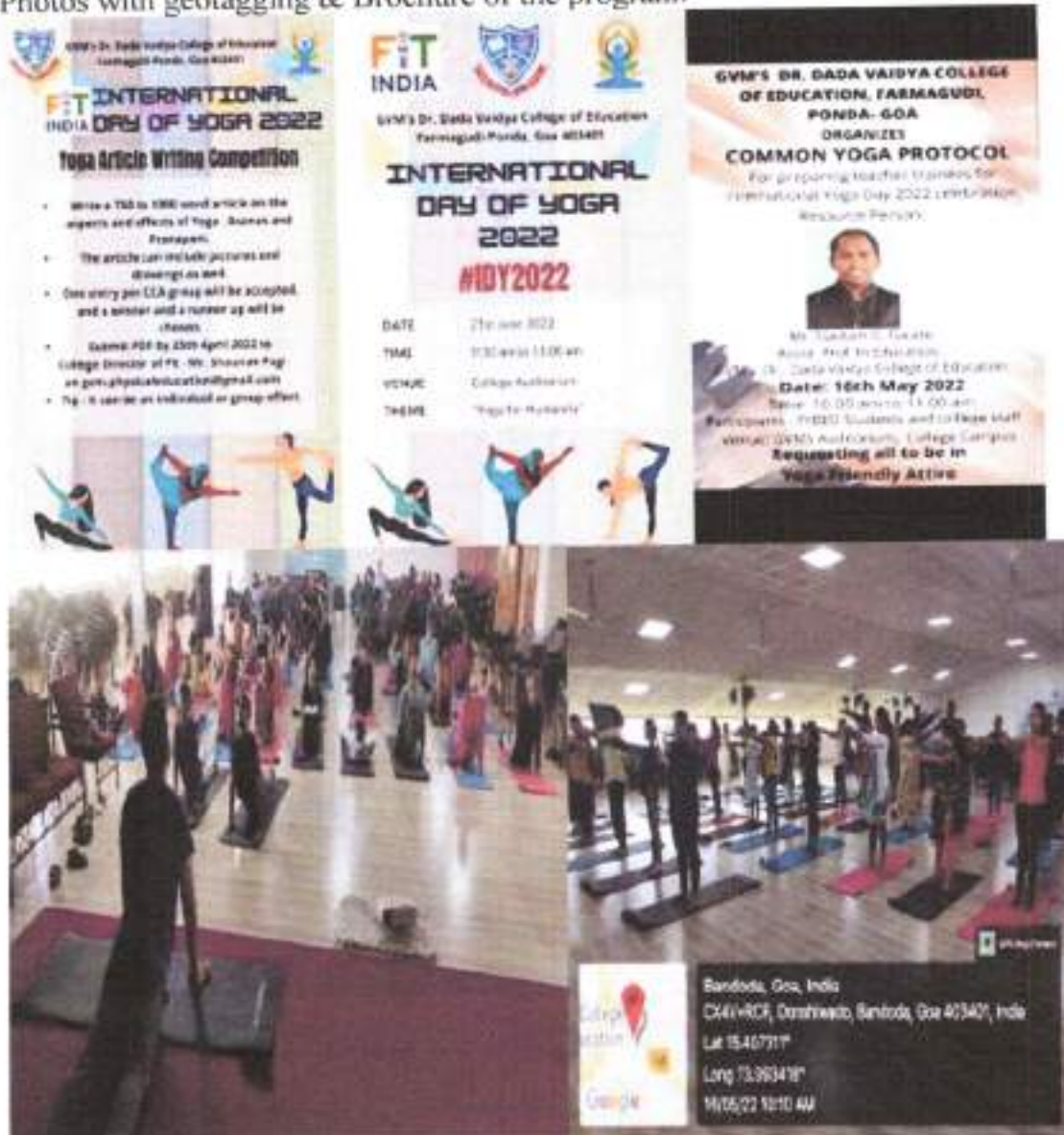
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OFFG, Principal  
G.V.M. Dr. Datta Varney College of Education,  
Ponda - 403 401 - Goa

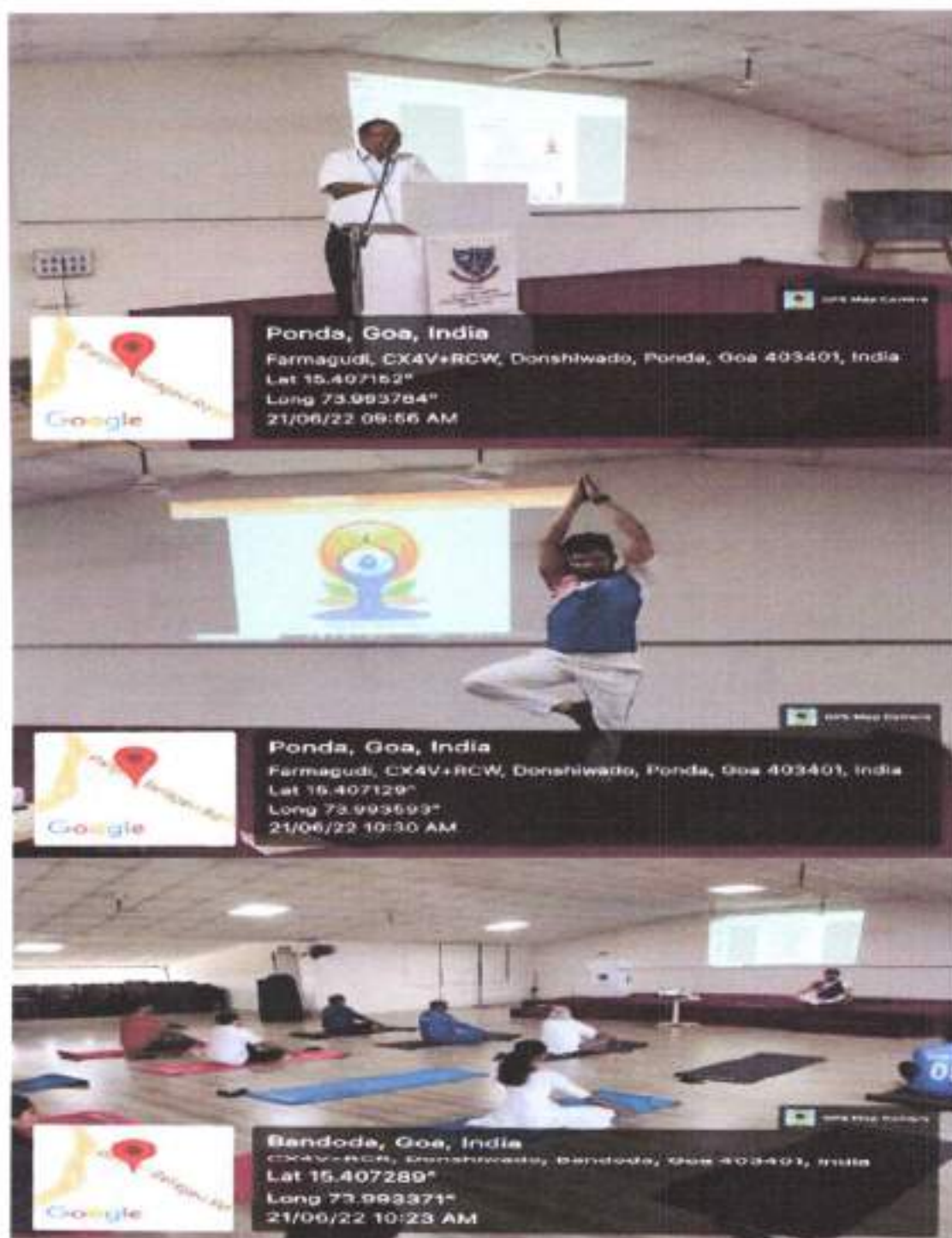
The Yoga session was taken by the College Director of Physical Education Mr Shaunak M Pagi.

A vote of thanks was given by Assistant Professor Mr Vinayak More.

The common Yoga protocol was followed successfully which was asked by the Ministry of Ayush.

Photos with geotagging & Brochure of the program:











Thank You

Mr. Shaunak Pagi  
College Director of Phy. Edu.

Dr. Joseph Mathew  
Principal

O.P.S. PRINCIPAL

SUPD. CHAIRMAN CAMP MEDICAL  
10/06/2021



## Annual Sports Day Report

After a long Pandemic lockdown and online educational classes, Goa Vidyaprasarak Mandal's Dr. Dada Vaidya College of Education celebrated its annual sports meet on 31<sup>st</sup> March 2022 and 1<sup>st</sup> April 2022 with great zeal, excitement and frolicsome atmosphere. The celebration was done with the elegant presence of our Principal Dr. Jojen Mathew along with all our professors and all the non-teaching staff. The whole event was planned and organized by our Physical Education Professor Mr. Shaunak Pagi with the amiable help of the groups Sahyadri and Griffin of first-year students.

The groups of both first and second-year students were given colour codes to participate in games accordingly.

Teams	Groups		Colour
Team 1	Prerna	Prakriti	Grey
Team 2	Staff	Phoenix	Blue
Team 3	Tribhuvan	Asmitai	White
Team 4	Sahyadri	Griffin	Black
Team 5	Abhyuday	Constellation	Yellow

Day 1 was started with presentation from Each Team. The presenters per team were 5. The topic for the presentation was any specific health condition/illness/disease/deficiencies etc. The judges



  
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for the presentation were our Principal Dr. Jojen Mathew, Sir Vallabh Verekar and Sir Ganesh Naik. The students presented on various health conditions like abdominal pain, PCOD, Mental Health etc. The Day 1 event was ended with a beautiful experience shared by our Principal Dr. Jojen Mathew, Sir Vallabh Verekar and Sir Ganesh Naik and a vote of thanks was given by our College Director of Physical Education Mr Shaunak Pagi.



The Day 2 started with great passion and warmth from the teachers and students. The students entered into the spirit of the occasion in a grand way with the oath being administered by the Sports Secretary Mr. Deepraj Borker from SY.B.Ed.. The programme started with



energetic and enthusiastic welcome Zumba performance by the first-year students.



An official beginning of the event started with our first competition March Past. The Judges for March Past were Dr. Jojen Mathew and Sir Sunil Kumar.



Moving on there were several other competitions, including Footcri, Pass Pass Basket, Dodge ball, Obstacle race and skipping. The rules and regulations of each game were distributed among the judges of the respective games. The judges for the competitions were Dr. Jojen Mathew and Sir Sunil Kumar.







Thereafter names of the winners were announced and finally the annual sports day came to an end.

Thank You

Mr. Shaunak Pagi

Director of Physical Education

  
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 Porvair - 403 401 - Goa





To Principal,  
GVMS Dr Dada Vaidya College of Education

### Report of the "First Aid Workshop"

Physical Education Department in collaboration with the Internal Quality Assurance Cell organized a "FIRST AID WORKSHOP", on 17th November 2021 from 9.30am to 1.00pm in College Auditorium (following all COVID related SOP's)

The resource person for the workshop was Dr Natan Dev, retired Health Officer, Directorate of Health Services, Government of Goa.

The program started with a welcome address by the principal Dr Jojen Mathews.

The second part of the Workshop was the demonstration of First Aid given by Mr Shaunak Pagi, College Director of Physical Education, where students got the opportunity to have practical knowledge.

The program was concluded with refreshments and a vote of thanks by IQAC Coordinator Mr Ganesh Naik.


The Program was efficiently coordinated/Organised by Mrs Karuna Satardekar, Associate Professor, Mr Shaunak Pagi, College Director of Physical Education and Mr Ganesh Naik, IQAC Coordinator.

The Duties and Responsibilities of the program were as follows.

List of Duties	Faculty Incharge
Following up with the Resource Person	Mrs Karuna Satardekar & Mr. Shaunak Pagi
Welcome Address	Dr. Jojen Mathew
Introduction of the Resource Person	Mr. Shaunak Pagi
Compering for the Workshop	Mrs. Karuna Satardekar
Question and Answers	Mrs. Akshata Samant
Technical Support	Mr. Abhijit Rege Mr. Diptej Vernekar
Photography & Videography	Mr. Vinayak More & Ms. Prajakta
Certificates	Mrs. Karuna Satardekar Mr. Shaunak Pagi
Vote of thanks	Mr. Ganesh Naik





s/d   
 Shaunak Pagi  
 College Director of Physical Education

  
 Dr. Datta  
 Director of Physical Education  
 College of Education, Gwalior



## **Report of the “FIT INDIA MOVEMENT”**

### **13th August 2021 to 2nd October 2021.**

To celebrate the Fit India Movement, GVM's Dr. Dada Vaidya College of Education, Farmagudi, Goa, organized a Month-long program, from 13th August to 2nd October 2021.

Our college registered on the fit India portal and also received the certificate for organising the event.

The Program was initiated by College Director of Physical Education Mr. Shaunak Pagi by explaining the instruction to be followed during the program.

The Fit India Movement Brochure was made ready and circulated among the students and staff with the instructions mentioned on it.

The program activities were for all the students as well as the Teaching staff members, office staff and multitasking staff.

The Activities were as followed:

1. Freedom Run
2. Sun Salutation
3. Physical Fitness
4. Meditation
5. Walking Challenge

An official notice regarding the detailed schedule of the Month-long Fit India Movement program and the list of various activities that students had to participate in was issued.

The Activities for the staff were held at the College Auditorium (following all COVID related SOP's), wherein the B.Ed students were asked to do activities online and asked to send the pictures. The formal speech by the Principal of the College Dr. Jojen Mathew was given to





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the staff and students highlighting the importance and benefits of the Fit India Movement Program.


The Program was efficiently coordinated by the College Director of Physical Education Mr. Shaunak Pagi, under the guidance of Principal Dr. Jojen Mathew.

Pictures are attached in the Email.



**Azadi Ka Amrit Mahotsav**  
**Fit India Freedom Run 2.0**  
13<sup>th</sup> Aug- 2<sup>nd</sup> Oct

**GVM's**  
**Dr. Dada Vaidya College of Education**  
**Farmagudi Ponda Goa**



**Organizes**

- Freedom Run**
- Sun Salutation**
- Physical Fitness**
- Meditation**
- Walking Challenge**

**"Fitness ki Dose Aadha Ghanta Roz"**

**Mr. Shaunak Pagi**  
Director of Phy. Edu.

**Dr. Jojen Mathew**  
Officiating Principal





Thank You

s/d   
Mr Shaunak Pagi

Director of Physical Education



  
OFFICE OF THE DIRECTOR  
GOVT. DEPT. OF PHYSICAL EDUCATION  
BANGALORE - 560 075



Regards,

Mr Shaunak Pagi  
College Director of Physical Education & Sports



OFFICE OF THE COLLEGE DIRECTOR  
GOVT. COLLEGE OF PHYSICAL EDUCATION & SPORTS  
PUNE - 411 001 - CUB



## **GVM's Dr Dada Vaidya College of Education, Farmagudi, Ponda Goa**

**Name of the Event:** "GRANT-IN-AID SCHEME, INDOOR ACTIVITY"

**Title of the lecture:** One-day Workshop on "Skill Development"

**Organizer:** GVM's Dr Dada Vaidya College of Education, Ponda, Goa.

**Date:** 30th March 2022, 10:00 am to 4.30 pm

**Venue:** GVM's Dr Dada Vaidya College of Education Farmagudi, Ponda Goa

**Resource Person:**

Sr No	Name of the Resource Person	Topic	Time
1	Mr Ramdas Kelkar	Career Guidance	10.00am to 11.00am
2	Mr Ramchandra Rao	Science Over Superstition	11.00 to 12.00 pm
3	Ms Sonam Godlekar	Leadership & Personality Development	2.30pm to 3.30pm
4	Mr Pravin Sabnis	Soft Skills Motivation	3.30pm to 4.30pm

Number of Attendees: 160 students and 20 Faculty Members. (Attendance sheet of the participants is attached)

The Programme was organized under the scheme of Implementation of Goa State Youth Policy – 2015 under the aegis of the Directorate of Sports and Youth Affairs, Goa.

On the **30<sup>th</sup> March 2022**, GVM's Dr Dada Vaidya College of Education & Department of Physical Education organized the **One-Day Workshop on "Skill Development"** by the resource person mentioned above.

The talk was held in the college auditorium hall from 10:00 am to 4:30 pm. The target audience was the B.Ed. students and faculty members of the college.

The talk series began with the principal welcome address and by the lighting of the Lamp.



  
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The entire program was supervised under the guidance of Mrs Neelam, APEO Ponda Taluka.

The One-day Workshop on "Skill Development" was planned and executed by Mr Shaunak Mangesh Pagi, College Director of Physical Education and Sports.

Mr Ramdas Kelkar, Ex-Principal of Sapteshwar Higher Secondary, delivered a thorough and perfectly formulated talk on "Career Guidance". He illustrated the scope of jobs in various areas and guided the students on their teaching roles.

Mr Ramchandra Rao, aka Somu Rao, President of The Science Forum, delivered a "Science Over Superstition" talk from 11.00 am to 12.00 pm. He demonstrated various experiments and magical tricks. Many myths were busted through this talk.

Lunch was arranged for the students after the two talks, between 12.30 pm to 1.30 pm

The second half started with the talk by Mrs Sonam Godlekar, Asst. Prof in Psychology at SPES's Goa Multi-Faculty College, Dharbandora, delivered a "Leadership & Personality Development" talk from 2.30 pm to 3.30 pm. She explained the concept with various teaching aids which students really enjoyed.

The last talk of the day was given by Mr Pravin Sabnis, the Corporate Coach perfectly formulated the talk with his soft skills techniques such as voice modulation and stimulus variation.

All the speakers and APEO appreciated the hospitality service of the college, the refreshments, bouquets and mementoes were provided to the speakers.

All the participants were provided with certificates and a stationery kit.

The whole program is recorded and saved on OBS recording software. The photographs and videos were sent to the Speakers.

The Programme was advertised in the newspaper. (Attached to this report)

The Photographs of the entire programme are attached to this report.

All the attendees benefited from the speaker's immense knowledge and experience.



The duties and schedule assigned were as follows

Sr No	Duties	Members
1	Compering	Ms. Antara Bhide
2	Refreshment Arrangements	Mrs Neha Deshpande Mrs Shweta Marathe
3	Introduction of Mr. Ramdas Kelkar	Mrs. Honey Babu
4	Introduction of Mr Ramchandra Rao	Mr Samir Naik
5	Introduction of Mr. Pravin Sabnis	Mr. Vinayak More
6	Introduction of Mrs Sonam Godlekar	Mr. Gautam Gawade
7	Arrangement of Lamp	Mrs Meena Bhandare MTS
8	Photography & Videography	Mr Diptej Vernekar
9	Sound System & Projector	Mr Abhijit Rege
10	Auditorium Arrangements	MTS
11	Invitation & Thank You Letter	Ms Rukma Narvekar
12	Honorarium	Mrs Shweta Marathe
13	Vote of Thanks	Mr Shaunak Pagi



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**Date: 21<sup>st</sup> June 2021**  
**International Yoga Day**

Name of the Event: International Day of Yoga 2021:  
Resource Person: Mr Shaunak M Pagi  
Organiser: Department of Physical Education  
Venue: College Auditorium

Gvms Dr Dada Vaidya College of Education celebrated 7th International Day of Yoga on 21st June 2021 to commemorate the Indian tradition of Yoga.

The function was well planned and executed in the college auditorium. The function began at 10.30am with the welcome address by Director of Physical Education and Sports, highlighted on importance of yoga in achieving inner peace and uplifting of the spirit.

The Officiating Principal Dr. Jojen Mathew enlightened the occasion and lighten the lamp. The Yoga session was taken for the staff through offline mode and for students online mode by Director of Physical Education and Sports. The function ended with a vote of thanks by Associate Prof. Mr. Sunil Kumar.

The whole function was organised under the guidance of Director of Physical Education and Sports Mr. Shaunak Pagi.


Photographs are attached to this application.



  
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Ponda - 403 401 - Goa





Thank you  
s/d 

s/d 

Mr. Shaunak Pagi

Director of Physical Education

*[Signature]*

Symptoms

## GVM's CROSS COUNTRY 2019 "Fit India Movement"

PONDA: GVM's Dr.Dada Vaidya College Of Education held 3<sup>rd</sup> edition of GVM's Cross Country 2019 under "Fit India Movement" On 13<sup>th</sup> October 2019. The event had 3 race categories: 2 KM, 5 KM and 10 KM ,for which 10KM was the main event .The GVM's Cross Country started at 6 am with Zumba session led by Arafath Ahamed and was followed by the flag-off of GVM's Cross Country 2019 from the GVM's Ground at 6:30 am .

The chief guest for the function was Mr. Rajan Satardekar, Directorate of Transport, Goa .The event was managed by 100 plus student-volunteers from the college ,under the guidance of the Principal Dr.Allan Abreo and Director of Physical Education , Mr.Shaunak Pagi .

There was a massive crowd of participant to uplift the "Fit India Movement", around 770 participated for the Fit India movement run. Under the men's category, the First to Finish the line of 10 KM was Ajay Kumar Bind , who was awarded the first prize followed by the second prize awarded to Pradyumn Naik and the third prize was awarded to Vikram Pasvan .Under women category first prize was awarded to Sapna Patel ,second prize to Chetali Bhandri and the third prize was awarded to Rohini Gaokar .There were special prize for spot entries ,first entry prize was rewarded to Ratnakar Vishwanath Naik , the youngest entry prize was rewarded to 4 yrs old twin girls ,Sanika and Sania sarvesh surikar and for the eldest entry prize was rewarded to 82 yrs old, Shiv Narain Sehrawat.

The event was sponsored by Vaishnava Construction , Ranjit Damodaran ; Readers World ,Dinesh Jain,Nixon Fernandes ,(Dev.Officer) LIC of India; Darshan Naik Gaonkar ,PWD Civil Contractor; Metfurn , House of Furnitures ;Ramakant Naik Gaonka (Ex.Chairperson,Cancona Municipality); Vallabh Verneker ; Rajlaxmi Furnitures; Lifestyle World ; Syscon; Central Bank of India ;Korde Electrical, event partner :The Art Factory ;Medical partner : Government of Goa Sub District Hospital-Ponda ,Goa.



  
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Thank You

S/d 

Mr. Shyamak Pagi

College Director of Phy. Edu





# Annual Sports Day Report



G.V.M's Dr. Dada Vaidya College of Education celebrated its annual Sports day on a sunny winter day of 7th February 2020. The celebration was done with the graceful presence of our Principal Dr. Allan Abreo along with all of our respected Professors and helpful non teaching staff. The whole event was planned and organised by our physical education Professor Sir, Shaunak Pagi with the obliging help of the group Agni of first year students and group Dhruva of second year students.



Rest of the group's of both first and second year students were formed in particular combinations to participate in games accordingly.

First year (group)	Second year (group)	Sports team
Agni	Dhruva	Team Yellow
Morpankh	Drona	Team Red
Sanskriti	Kshitij	Team Blue
Tandav	Urba	Team Green



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 Ponda - 403 401 - Goa

Urja	Prayas	Team White

Beside these groups, the students of Primary education class participated as Team Grey.

For the beginning of the event, the organising groups had performed two energetic and enthusiastic individual welcome performances. Next to that as an official beginning of the event we started with our first competition of the day which was March past. The judges for this particular competitions were Sir. Allan Abreo, Dr. Anna Neena George, Mr. Kantak, and Mrs. Nirmala Parab.

Moving on, to encourage the enthusiasm of everyone and as warm up activity we arranged a friendly cricket match of students Vs teachers.



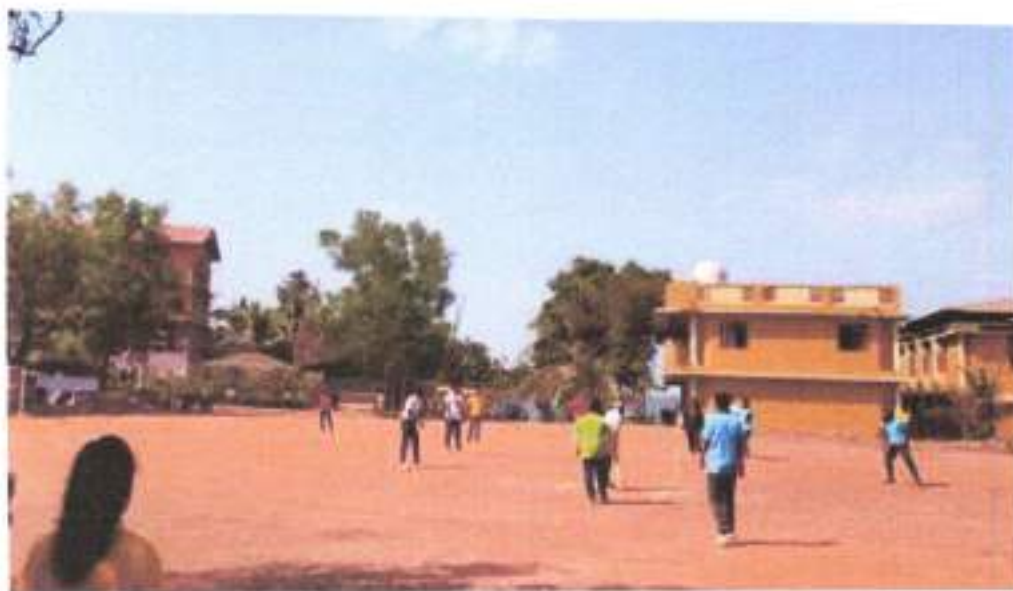
The game was not the part of official competitions. The official competitions included Cricket, Volleyball, Treasure Hunt and Obstacle race as outdoor games & Chess and Carom as indoor



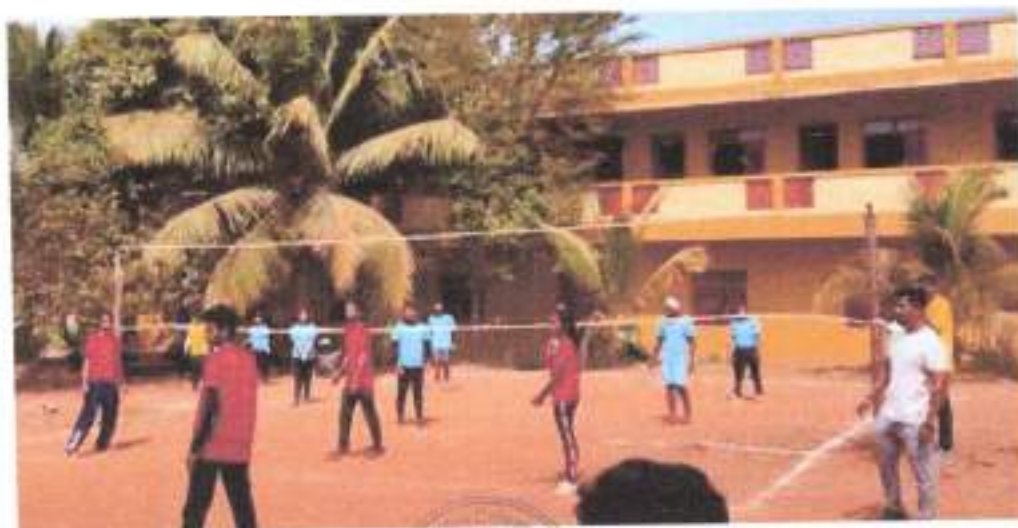


games. The rules and regulations of each game were distributed among the judges of every particular game. To sum up with score, winners of each game would score 5 points and runners up would score 3 points.

To be convenient with time the Chess and Carom games were played before the sports day. Other games like Treasure Hunt, Cricket and Volleyball were played simultaneously on the play ground. Cricket and Volleyball were played alternatively with different teams leading up to higher levels.



Cricket game.



Volleyball game.

The finals of these games led us to the Obstacle race, which had varied obstacles placed in between the path of participants.



The beginning part of obstacle race, which had skipping and knocking ball with a bat in single



hand.

The second part of obstacle race, crossing through agility ladder.





The third part of obstacle race, jumping through the obstacle stands.





The last part of obstacle race, participants would have to move in crisscross way around poles and dab the ball on every corner in single hand.

At the end of all these competitions we had calculated and displayed the total score on the score-board.

Teams	Cricket	Volleyball	Treasure Hunt	Obstacle race	March past
T. Red	-	-	3	5	5
T. Blue	-	5	-	3	-
T. Green	5	-	-	-	3
T. Yellow	-	-	-	-	-
T. White	3	3	5	-	-
T. Grey	-	-	-	-	-

According to the score and earlier wins, we announced all the winners who were awarded with medals by our principal sir, Dr. Allan Abreo.

In Carom for Men:

1<sup>st</sup> place was acquired by Rahul



2<sup>nd</sup> place was acquired by Ajit Gawas



In Carom for women:

1<sup>st</sup> place was acquired by Homini Dessai.



2nd place was acquired by Achita Naik



In Chess for Men

1<sup>st</sup> place was acquired by Rahul Kudtarkar

2<sup>nd</sup> place was acquired by Ajit Gawas





Results of March Past

1<sup>st</sup> place was won by Team Red



2<sup>nd</sup> place was won by Team Green.





#### Results of Volleyball

1<sup>st</sup> place was won by Team Blue



2<sup>nd</sup> place was won by Team White



#### Results of Cricket

1<sup>st</sup> place was won by Team Green





2<sup>nd</sup> place was won by Team White



Results of Treasure Hunt

1<sup>st</sup> place was won by Team White



2<sup>nd</sup> place was won by Team Red



Results of Obstacle race

1<sup>st</sup> place was won by Team Red



2<sup>nd</sup> place was won by Team Blue



Overall results of Sports Day

The overall winner of the day was Team Red with 13 points.





The runners up of the day was Team White with 11 points.



Thank You

S/d

Mr. Shaunak Pagi

College Director of phy. Edu

  
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Pune - 411 001, Goa



Name of the Event: National Webinar on "WEIGHT MANAGEMENT"

Sub-Title: We Believe in Health

Organiser\Coordinator: Department of Physical Education and Internal Quality Assurance Cell

Date: 11th September 2020

Venue: Farmagudi, Ponda Goa (Platform Google Meet)

On the 11th September 2020, Department of Physical Education and Internal Quality Assurance Cell organized a National Webinar on "WEIGHT MANAGEMENT" Resource person: Dr Shilpa Shirole Khandelwal, Time: 11.00 am to 12.30 pm. The Venue was the GVM's Dr Dada Vaidya College of Education and conducted online through Google meet.

There were 151 participants from various states, the aim of the National webinar was to encourage and motivate people to take care of the body.

The registration process was online, done swiftly and efficiently.

All the participants received the certificate.

Duties and schedule were assigned to the Staff members were as follows

Organising Committee :

Dr Jojen Mathew ( Coordinator IQAC)

Shri. Shaunak Pagi (Director of Physical Education)

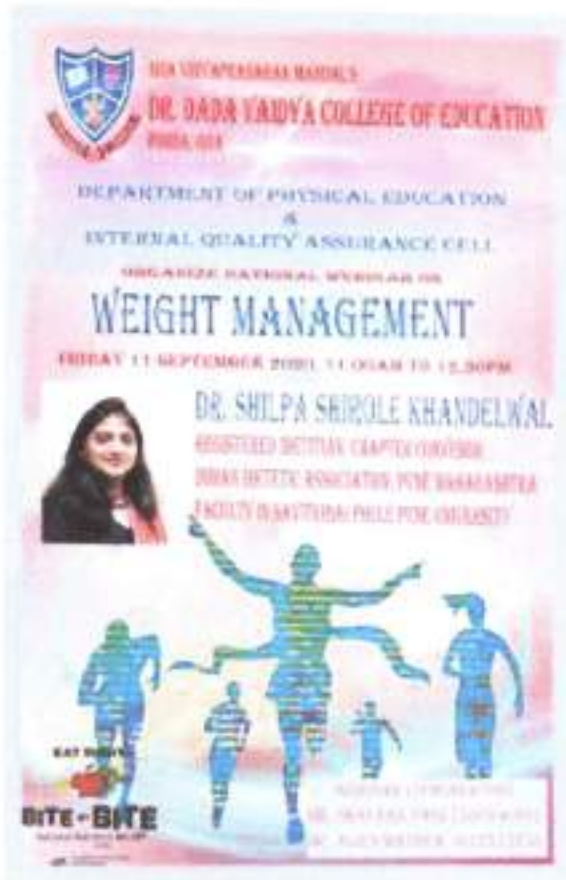
- Welcome and Introduction of Webinar (Mrs Karuna) ( 5min)
- Welcome speech by Off Principal (Dr Anna Neena George) ( 4min)
- Lighting of Lamp( Off Principal, PED, Coordinator IQAC) (3min)
- Introduction of Resource Person (Shri. Shaunak Pagi) ( 4min)
- Webinar by Dr.Shilpa Shirole Khandelwal ( 50 min )
- Question & Answer session (Mrs Honey) ( 15min)
- Vote of Thanks (Dr Jojen Mathew) ( 5min)



: Google meet Link for the Webinar: <https://meet.google.com/jxs-szve-ekn>

- A host of the Meeting: Ms Prajakta Kavlekar
- Technical Support: Shri. Diptaj Vernekar & Shri. Shaunak Pagi
- Certificates: Dr Jojen Mathew & Shri. Shaunak Pagi

The National Webinar was a success as all the participants have given positive feedback.



Thank You

Regards

Mr Shaunak M. Pagi

*[Handwritten signature]*  
OFFICE OF THE PRINCIPAL  
DR. DADA VAIDYA COLLEGE OF EDUCATION  
WILSON ROAD, PUNE - 411 001



## GVMs Dr Dada Vaidya College of Education, Ponda Goa

### Attendance of Weight Management Webinar

Date	Emails	Participants	Institutions	Phone
9/11/2020 12:19:26	yashgaonkar10@gmail.com	Yeshwant Narayan Gaonkar	Our Lady of Lourdes Higher Secondary School	9421542874
9/11/2020 12:19:30	majiii25@gmail.com	Dr.A.Manoj Kumar	AMET University, Chennai	9600689998
9/11/2020 12:19:33	rahulchavan045@gmail.com	Rahul Mohan Chavan	Kholeswar Mahavidyalaya Ambajogai Dist Beed	+918657547575
9/11/2020 12:19:41	zmuthaher@yahoo.co.in	Zakhi Muthaher	The Quaide Milleth College for Men	9655034483
9/11/2020 12:19:47	jamshukc@gmail.com	MUHAMMED JAMSHAD KC	Goverenment College Mananathavady	9847716852
9/11/2020 12:19:55	sahilgosavi0@gmail.com	Sahil Santosh Gosavi	Dr. Dada Vaidya College of Education Ponda	8390492212
9/11/2020 12:20:02	sahadevmandrekar@gmail.com	Dr. Sahadev Arjun Mandrekar	V. M salgaocar college of law	8390327395
9/11/2020 12:20:17	alagupti@iitdm.ac.in	Dr. P. Alaguraj	IIITDM Kancheepuram, Chennai 127	9176182021
9/11/2020 12:20:19	namratanyk04@gmail.com	Naik Namrata Santosh	GVM's Dr. Dada Vaidya College of Education, Ponda Goa	7875776344
9/11/2020 12:20:25	sivamanispy14@gmail.com	Dr.S.SIVAMANI	Puducherry Technological University	9943022237
9/11/2020 12:20:26	kartiklokupure67642@gmail.com	KARTIK LOKAPURE	OUR LADY OF HEALTH HIGH SCHOOL CUNCOLIM	9689159008
9/11/2020 12:20:28	Salgaonkar675@gmail.com	Salgaonkar Sanjana Gokuldas	Gvms	8552947613
9/11/2020 12:20:29	honeyandjees@gmail.com	Mrs.HONEY BABU	GVM's Dr Dada Vaidya College of Education,Ponda,Goa	8281313953
9/11/2020 12:20:29	santoshivaingankar12345@gmail.com	Santoshi Shrawan Vaingankar	GVM's DR. Dada Vaidya college of education	9527502614
9/11/2020 12:20:31	gawadeankita1999@gmail.com	Ankita Madhu Gawade	GVM's Dr. Dada Vaidya College of Education Farmagudi Ponda Goa	9405357378
9/11/2020 12:20:32	kanikshasawant456@gmail.com	Kaniksha K. Sawant	Gvm's Dr.Dada Vaidya College Of Education Farmagudi Goa.	9765720038
9/11/2020 12:20:37	nevgi_smita@rediffmail.com	Smita Naik	Gvms Dr.Dada Vaidya College of Education	9270914603
9/11/2020 12:20:40	siamthas11@gmail.com	Simon Siamthas fernandes	Savitribai Phule Pune University	8766519202
9/11/2020 12:20:41	appudhumwad@gmail.com	Dhumavad Apoorva Ravindra	Gvm's Dr. Dadavaidya College of Education	8698516076
9/11/2020 12:20:44	notansaha8045@gmail.com	Notan Saha	Icfai University of Tripura	8837231388
9/11/2020 12:20:45	tarishubham4@gmail.com	Shubham Arun Tari	None	9075106319
9/11/2020 12:20:46	agnesrosefernandes@gmail.com	Agnes Rose Fernandes	Nirmala Institute of Education, Panjim	8007317357
9/11/2020	reenadabholkar567@gmail.com	REENA R. DABHOLKAR	Gvm's Dr Dada Vaidya College of Education	8550912585



12:20:49	mail.com		Ponda Goa.	
9/11/2020 12:20:58	saurabhraikar123@gmail.com	Saurabh Raikar	Shree damodar college of commerce and economics Margao goa	9623962455
9/11/2020 12:20:59	ikalangutkar666@gmail.com	Jasmine Kalangutkar	GVM's Dada Vaidya College of Education	9765646018
9/11/2020 12:21:04	swapnilbhaip@gmail.com	SWAPNIL SANTOSH BHAIP	P.E.S.s RAJARAM AND TARABAI BANDEKAR COLLEGE OF PHARMACY FARMAGUDI PONDA GOA	8805078835
9/11/2020 12:21:07	yuvaradneegaonkar@gmail.com	YUVARADNEE GAONKAR	GVMs Dr. Dada Vaidya College of Education Farmagudi Ponda - Goa-	9637966455
9/11/2020 12:21:09	desai.rutesh@gmail.com	RUTESH R DESAI	svpatel college of c.s&b.m surat	7405231313
9/11/2020 12:21:12	prachidguri53@yahoo.in	PRACHI PRABHAKAR DHURI	GVM's Dr.Dada Vaidya college of education	9823176326
9/11/2020 12:21:17	samikshadhungat21@gmail.com	Samiksha Pai Dhungat	GVM'S DR. DADA VAIDYA COLLEGE OF EDUCATION	9730627389
9/11/2020 12:21:18	valancyrod04@gmail.com	Valancy Presy Rodrigues	GVM's Dr Dada Vaidya College of Education	09545932994
9/11/2020 12:21:25	jagtapabhay09@gmail.com	Abhay Mahadeo Jagtap	Pawar Public School, Pune	9975493025
9/11/2020 12:21:29	krutikaknaik@gmail.com	Krutika Krishnanath Naik	GVM's Dr. Dada Vaidya College of Education	9158235651
9/11/2020 12:21:39	naikshruti0408@gmail.com	Shruti Vitthal Naik	G.V.Ms Dr. Dada Vaidya College of Education	8552882027
9/11/2020 12:21:44	shubhamgoal10@gmail.com	Shubham .T. Shetgaonkar	Savitribai Phule Pune University	7875232519
9/11/2020 12:21:45	blanchenaz1512@gmail.com	BLANCHE FERNANDES	GVM's Dr. Dada Vaidya COE	9932189363
9/11/2020 12:21:47	16me38@aitdgoa.edu.in	Omkar.Sahadev.Mandrekar	Agnel Institute of technology and design	8329808608
9/11/2020 12:21:55	rupalianap01@gmail.com	Rupali Shinde Anap	Pune University (Maharashtra)	7420937502
9/11/2020 12:22:02	abhipolem30@gmail.com	Abhishek Naik	GVM's Dr Dada Vaidya College of Education Ponda Goa	9011021304
9/11/2020 12:22:03	jagtapshradha0909@gmail.com	Shradha Abhay Jagtap	Pawar Public School	7709760799
9/11/2020 12:22:15	laxikajalmi09@gmail.com	Laxika Gokuldas Jalmi Khandeparker	GVM's college of education ponda goa	7796337213
9/11/2020 12:22:20	ramazore50@gmail.com	RAMA DEU ZORE	Vidya Prabodhini College Parvari	8999529061
9/11/2020 12:22:23	shrutigawas39@gmail.com	Srutika Laximan Gawas	GVM'S Dr. Dada Vaidya College Of Education Ponda-Goa	8975193273
9/11/2020 12:22:32	suravases@gmail.com	Dr. Santosh Suravase	St. Mary's School and Junior College, Pune	9623031091
9/11/2020 12:22:42	mandrekarnehal888@gmail.com	Nehal N. Mandrekar	Savitribai Phule Pune University	8805871888
9/11/2020 12:22:49	bharatiprasad.123@gmail.com	BHARATI INDRAJEET PRASAD	Shree Damodar college of Commerce and Economics	9158496636
9/11/2020 12:22:49	lobomaria1994@gmail.com	Maria Vailankanni Lobo	St. Thomas Girls' High school Aldona Bardez Goa	8805244095
9/11/2020 12:22:49	rashmidhengale04@gmail.com	Rashmi Dadasaheb Dhengale	Department of physicals education pune university	8806312301
9/11/2020	shreyavadiye@gmail.com	Shreya Santosh Vadiye	GVM's Dr. Dada Vaidya College of Education	9765360636





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9/11/2020 12:23:03	ryanpereira05@gmail.com	Ryan Pereira	Don Bosco College Panjim	9823847031
9/11/2020 12:23:09	naikharshada805@gmail.com	Harshada Dnyaneshwar Naik	Dr. Dada Vaidya B. Ed college of Education, Ponda- Goa	7768992624
9/11/2020 12:23:15	miradesvd@gmail.com	Clemente Miranda	Dr. Dada Vaidya College of Education, Ponda Goa	9436897953
9/11/2020 12:23:22	rautpranav94@gmail.com	Pranav Mohandas Raut	Teacher	9421547131
9/11/2020 12:23:32	mascarenhasjess31@gmail.com	Jessa Marely Valanka Mascarenhas	GVM's Dr.Dada Vaidya College of education	9075452793
9/11/2020 12:23:37	rachitrangada@gmail.com	Chitrangada Ranjitsing Ranesardessai	GVM'S Dr. Dada Vaidya College of Education, Ponda, Goa	9404147015
9/11/2020 12:23:52	mshreya989@gmail.com	Shreya Bipin Mangeshkar	GVM's Dr. Dada Vaidya College Of Education Ponda Goa	7507645989
9/11/2020 12:23:54	bhartisomannavr14@gmail.com	Somannavr Bharti Basappa	GVM's Dr. Dada Vaidya College of Education	7218932441
9/11/2020 12:24:16	prachidhuri53@yahoo.in	Prachi Prabhakar Dhuri	GVM's Dr.Dada vaidya college of education	9823176326
9/11/2020 12:24:20	sangeetakumbhar92@gmail.com	Sangeeta Kumbhar	GVMs Dr Dada Vaidya College of Education	7038502187
9/11/2020 12:24:23	bvidiksha13@gmail.com	VIDIKSHA V. BHAGAT	G.V.M's Dada Vaidya College of Education, Ponda, Goa	7666712964
9/11/2020 12:24:29	shubhamgoal10@gmail.com	Shubham .T. Shetgaonkar	Savitribai Phule Pune University	7875232519
9/11/2020 12:24:33	samarth.s.mandrekar@gmail.com	Samarth.sahadev.mandrekar	Goa college of architecture	8329809183
9/11/2020 12:24:47	sayilibk@gmail.com	Sayili Khandolker	Gvm's Dr. Dada Vaidya College of Education, Ponda Goa	8177915307
9/11/2020 12:25:09	vikeytawad24@gmail.com	Vikesh ulhas gaonkar	Dr.Dada vaidya college of education ponda goa	9423648437
9/11/2020 12:25:16	aniketshet4@gmail.com	ANIKET ANIL SHET	GVM Dada vaidya college of Education Ponda- Goa	8806421685
9/11/2020 12:25:34	bvidiksha13@gmail.com	VIDIKSHA V. BHAGAT	G.V.M's Dada Vaidya College of Education, Ponda, Goa	7666712964
9/11/2020 12:25:52	pujask8024@gmail.com	Puja S. Khandeparkar	GVM's Dr. Dada Vaidya college of education Farnagudi ponda Goa	9405378024
9/11/2020 12:25:55	sam_braganza@rediffmail.com	LI. Sam Joseph Braganza	S.S.A. Govt. College of Arts & Commerce, Vrnoda, Pernem-Goa.	9823438447
9/11/2020 12:26:20	rautpranav94@gmail.com	Pranav Mohandas Raut	Teacher	9421547131
9/11/2020 12:26:36	yogeshbodke1@gmail.com	Dr. Yogesh Bodke	Chandrashekhar Agashe College of Physical Education, Pune	9158009695
9/11/2020 12:26:37	rupalianap01@gmail.com	Rupali Shinde Anap	Pune University	7420937502
9/11/2020 12:27:16	gaonkarevo06@gmail.com	Evita E Gaonkar	GVM'S DR.DADA VAIDYA COLLEGE	9673497880
9/11/2020 12:27:44	archanaxetkar@gmail.com	Archana Xetkar	GVM's Dr. Dada Vaidya College Of Education	7769927805
9/11/2020 12:27:45	simonimahambre9991@gmail.com	Simoni Sukhesh Prabhu Mahambre	Gvm's Dr. Dada Vaidya College of Education, Ponda Goa	8551979475
9/11/2020 12:27:59	dhurisandip.22@gmail.com	Sandip Rangnath Dhuri	Karthika high school & Jr dg	8898743468





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9/11/2020 12:21:07	yuvardneegaonkar@gmail.com	YUVARADNEE GAONKAR	GVMs Dr. Dada Vaidya College of Education Farmagudi Ponda - Goa-	9637966455
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9/11/2020 12:22:20	ramazore50@gmail.com	RAMA DEU ZORE	Vidya Prabodhini College Parvari	8999529061
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9/11/2020 12:22:32	suravases@gmail.com	Dr. Santosh Suravase	St. Mary's School and Junior College, Pune	9623031091
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9/11/2020 12:22:49	lobomaria1994@gmail.com	Maria Vailankanni Lobo	St. Thomas Girls' High school Aldona Bardez Goa	8805244095
9/11/2020 12:22:49	rashmidhengale04@gmail.com	Rashmi Dadasaheb Dhengale	Department of physicals education pune university	8806312301
9/11/2020	shreyavadiye@gmail.com	Shreya Santosh Vadiye	GVM's Dr. Dada Vaidya College of Education	9765360636



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9/11/2020 12:23:03	ryanpereira05@gmail.com	Ryan Pereira	Don Bosco College Panjim	9823847031
9/11/2020 12:23:09	naikharshada805@gmail.com	Harshada Dnyaneshwar Naik	Dr. Dada Vaidya B. Ed college of Education, Ponda- Goa	7768992624
9/11/2020 12:23:15	miradesvd@gmail.com	Clemente Miranda	Dr. Dada Vaidya College of Education, Ponda Goa	9436897953
9/11/2020 12:23:22	rautpranav94@gmail.com	Pranav Mohandas Raut	Teacher	9421547131
9/11/2020 12:23:32	mascarenhasjess31@gmail.com	Jessa Marely Valanka Mascarenhas	GVM's Dr.Dada Vaidya College of education	9075452793
9/11/2020 12:23:37	rachitrangada@gmail.com	Chitrangada Ranjitsing Ranesardessai	GVM'S Dr. Dada Vaidya College of Education, Ponda, Goa	9404147015
9/11/2020 12:23:52	mshreya989@gmail.com	Shreya Bipin Mangeshkar	GVM's Dr. Dada Vaidya College Of Education Ponda Goa	7507645989
9/11/2020 12:23:54	bhartisomannavr14@gmail.com	Somannavr Bharti Basappa	GVM's Dr. Dada Vaidya College of Education	7218932441
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9/11/2020 12:24:33	samarth.s.mandrekar@gmail.com	Samarth.sahadev.mandrekar	Goa college of architecture	8329809183
9/11/2020 12:24:47	sayilibk@gmail.com	Sayili Khandolker	Gvm's Dr. Dada Vaidya College of Education, Ponda Goa	8177915307
9/11/2020 12:25:09	vikeytawad24@gmail.com	Vikesh ulhas gaonkar	Dr.Dada vaidya college of education ponda goa	9423648437
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9/11/2020 12:25:55	sam_braganza@rediffmail.com	Lt. Sam Joseph Braganza	S.S.A. Govt. College of Arts & Commerce, Virnoda, Pernem-Goa.	9823438447
9/11/2020 12:26:20	rautpranav94@gmail.com	Pranav Mohandas Raut	Teacher	9421547131
9/11/2020 12:26:36	yogeshbodke1@gmail.com	Dr. Yogesh Bodke	Chandrashekhar Agashe College of Physical Education, Pune	9158009695
9/11/2020 12:26:37	rupalianap01@gmail.com	Rupali Shinde Anap	Pune University	7420937502
9/11/2020 12:27:16	gaonkarevo06@gmail.com	Evita E Gaonkar	GVM'S DR.DADA VAIDYA COLLEGE	9673497880
9/11/2020 12:27:44	archanaxetkar@gmail.com	Archana Xetkar	GVM's Dr. Dada Vaidya College Of Education	7769927805
9/11/2020 12:27:45	simonimahambre9991@gmail.com	Simoni Sukhesh Prabhu Mahambre	Gvm's Dr. Dada Vaidya College of Education, Ponda Goa	8551979475
9/11/2020 12:27:59	dhurisandip.22@gmail.com	Sandip Rangnath Dhuri	Karthika high school & Jr clg	8898743468





9/11/2020 12:28:16	manishanil143@gmail.com	Manisha Sunil Joshi	Pawar Public School	7499804186
9/11/2020 12:28:35	bhimaparab@gmail.com	PARAB BHIMA ALIAS BHAVANA DILIP	GVM'S DR. DADA VAIDYA COLLEGE OF EDUCATION, PONDA-GOA	9325899360
9/11/2020 12:28:50	pallavideykar@gmail.com	Pallavi Bhamtu Deykar	GVM's Dr. Dada Vaidya College of education, Ponda Goa	7875218615
9/11/2020 12:29:32	ekta.jadhav@stmirascollegepune.edu.in	Ekta Ashok Jadhav	St. Mira's College for Girl's, Pune	8275697069
9/11/2020 12:29:54	manishanil143@gmail.com	Manisha Sunil Joshi	Pawar Public School	7499804186
9/11/2020 12:30:43	parabkavitak@gmail.com	Kavita Keshav Parab	GVMs Dr. Dada Vaidya college of education	9325498385
9/11/2020 12:30:57	santaldessai2017@gmail.com	Sandeela fal dessai	Collage	9881570604
9/11/2020 12:31:06	jazeerahammed@gmail.com	Ahammed Jaseer	Pondicheri university	971526720047
9/11/2020 12:31:09	Nivida.Priolkar16@gmail.com	Nivida N. S. Priolkar	Goa College of Home Science	8390376516
9/11/2020 12:31:11	smitadessai7@gmail.com	Smita Narendra Gauns Dessai	GVM's Dr. Dada Vaidya College of Education, Ponda-Goa	7875218281
9/11/2020 12:31:15	pranalimahale06@gmail.com	Pranali Mahale	Dr. Dada Vaidya college of education Ponda, Goa	7066805266
9/11/2020 12:31:33	kudtarkar.ajinkya@gmail.com	Ajinkya Kudtarkar	Shree Damodar College of Commerce and Economics	9764205705
9/11/2020 12:31:52	blanchenaz1512@gmail.com	BLANCHE FERNANDES	GVM's Dr. Dada Vaidya COE	9932189363
9/11/2020 12:32:00	nachitavelip25@gmail.com	Velip Nachita Narayan	Gvm's Dr. Dada Vaidya College of Education Farmagudi, Ponda-Goa	7798749802
9/11/2020 12:32:01	Veenitakamble1997@gmail.com	VEENITA .M. KAMBLE	GVM'S DR. DADA VAIDYA COLLEGE OF EDUCATION PONDA GOA	7264007338
9/11/2020 12:32:02	asmitayadvash@gmail.com	Asmita H. Yadav	G. V. M. s Dr. Dada Vaidya College of Education	9158774781
9/11/2020 12:32:08	snehalghadi1512@gmail.com	SNEHAL SATYAWAN GHADI	Vidya Prabodhini College - Parvari Goa	7522981698
9/11/2020 12:32:09	snehalghadi1512@gmail.com	SNEHAL SATYAWAN GHADI	Vidya Prabodhini College - Parvari Goa	7522981698
9/11/2020 12:32:27	pritisnaik2711@gmail.com	PRITI SHANTARAM NAIK	GVM's Dr. Dada Vaidya College of Education, Farmagudi Ponda Goa	8551958719
9/12/2020 12:40:11	raxandhkanekar@gmail.com	KANEKAR RAXANDHA HANUMANT	GVM's Dada Vaidya College of Education Farmagudi, Ponda - Goa	7798896534
9/12/2020 12:43:31	naikshubhlaxmi07@gmail.com	Shubhlaxmi K. Naik	GVM's Dr. Dada Vaidya College of Education, Farmagudi, Ponda-Goa	7666097256
9/12/2020 12:48:01	rathodmahendrasingh@gmail.com	Dr.Mahendrasingh Chhotusingh Rathod	Late Rajendrasingh Alias Baba Vyas Arts and Commerce College, Kondhali	9860458483
9/12/2020 12:48:33	ameenno@gmail.com	MUHAMED AMEEN V	Pondicherry University	9946061817
9/12/2020 12:50:15	ameenno@gmail.com	MUHAMED AMEEN V	Pondicherry University	9946061817
9/12/2020 12:51:53	muammilvava@gmail.com	Muammil.K	CHMKM Govt Arts and Science College Koduvally	8086276857
9/12/2020 12:52:15	prajyoti21pk@gmail.com	Prajyoti Pradeep Khandeparkar	GVMs Dr. Dada Vaidya College of Education	7588673640
9/12/2020	Sunilhalawar2@gmail.com	Sunil Halawar	-	08411857771





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9/12/2020 12:53:42	josmathew3373@gmail.com	Dr. Jose Mathew	College of Dairy Science and Technology KVASU Mannuthy Thrissur Kerala	9448743373
9/12/2020 12:56:23	aratichawan28@gmail.com	Arati Ratnakar Chawan	Gvm's Dr. Vaidya College of education Ponda Goa	8806581243
9/12/2020 12:56:38	samsheer312@gmail.com	SAMSHEER. K	KOTTKKAL FAROOK ARTS AND SCIENCE COLLEGE KOTTAKKAL, MALAPPURAM(dt), KERALA	9847588401
9/12/2020 13:04:11	ankitabayekar05@gmail.com	Ankita Govind Bayekar	GVMS Dr. Dada vaidya college of education ponda Goa	9923391587
9/12/2020 13:09:32	SONALITILVE28@GM AIL.COM	SONALI	Pope john	7030417559
9/12/2020 13:09:37	gaonkarkarishma123@gmail.com	Karishma Narayan Gaonkar	GVM's Dr. Dada Vaidya College of Education Farmagudi , Ponda Goa	7887559726
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9/12/2020 13:15:15	naikashish299@gmail.com	Ashish D. Naik	Savitribai Phule Pune University	9527017704
9/12/2020 13:15:54	kirtikundaikar24@gmail.com	Kirti Kundaikar	Savitribai Phule Pune University	7798138787
9/12/2020 13:17:17	msanvordekar97@gmail.com	Manuja Babi Sanvordekar	GVM's Dr. Dada Vaidya College Of Education	9404502086
9/12/2020 13:18:29	valenzacardozo11@gmail.com	Velenza Cardozo	GVM's Dr. Dada Vaidya College of Education	9764203343
9/12/2020 13:18:33	afeefoorakam@gmail.com	AFEF PANGAT RAYIL	Dream Sports Academy , Abu Dhabi,UAE	9946499775
9/12/2020 13:18:41	bhavanipilgaonkar@gmail.com	BHAVANI SURYAKANT PILGAONKAR.	Gvm's Dr. Dada vaidya college of education ponda Goa	8407934236
9/12/2020 13:23:29	tateraoesknath@gmail.com	Dr.Taterao Eaknath Kendre	Sambhajirao kendre mahavidhyalaya jalkot	+44942137916 4
9/12/2020 13:24:54	rsatarkar29@gmail.com	Ravita Narayan Satarkar	G.V.M's Dada Vaidya College Of Education	9145618806
9/12/2020 13:25:39	umidagavthankar@gmail.com	Umida Ulhas Gavathankar	Gvm's Dr. Dada Vaidya College	7768046174
9/12/2020 13:26:56	franciscafemandes1997@gmail.com	Francisca Anroyalla Fernandes	GVM'S Dr.Dada Vaidya College of Education	9604867873
9/12/2020 13:35:24	aniyanaik80@gmail.com	ANIYA ANAND NAIK	GVM Dr Dada vaidya college of education ponda goa	7507105631
9/12/2020 13:42:47	alagupti@iitdm.ac.in	Dr. P. Alaguraj	IIITDM Kancheepuram, Chennai 127	9176182021
9/12/2020 13:43:35	naikpritam11@gmail.com	Pratam Premanand Naik	Ganpat Parsekar College Of Education	7218226373
9/12/2020 13:45:04	amarbandre09@gmail.com	Mr. Amar Sitaram Bandre	Dr. D. Y. Patil College of Agriculture Talsande	9764459269
9/12/2020 14:16:26	farookkanimbil@gmail.com	Dr. Ummer Farook. KK	St. Mary's college Manarkadu, Kottayam	8940187430
9/12/2020 14:26:02	aditya.ghule999@gmail.com	ADITYA B. GHULE	CACPE	7798889757
9/12/2020	aneesafarsana3@gmail.com	Abdusamed M	Christ College Irinjalakuda	7306655031



14:37:41	.com			
9/12/2020 14:52:17	abdusamed3224@gmail.com	Aneesa Farsana K	Darul Uloom College	7510583482
9/12/2020 15:04:02	drshivajisuryawanshi@gmail.com	Dr. Shivaji Suryawanshi Tulshiram	P.E.S. College of Physical Education., Nagsenvana Campus Aurangabad Maharashtra	+919823124988
9/12/2020 15:16:25	abhikunju@gmail.com	Prasanth p	Christ college irinjalakuda(calicut university)	7561848861
9/12/2020 15:17:01	abhikunju@gmail.com	Prasanth p	Christ college irinjalakuda(calicut university)	7561848861
9/12/2020 15:34:11	laxminarayan.bhat@vvm.edu.in	Laxminarayan M. Bhat	R. M. Salgaocar Higher Secondary School	9422638563
9/12/2020 16:12:31	prasanthp123p@gmail.com	Prasanth p	Christ college irinjalakuda	7561848861
9/12/2020 16:24:00	nehanaik.nn30@gmail.com	NEHA D NAIK	GVM's Dr. Dada Vaidya College of Education Farmagudi,Ponda-Goa.	8551071385
9/12/2020 16:25:59	bavashabi987@gmail.com	SHABEER NP	Pondicherry	00919847482804
9/12/2020 16:27:49	dg53sontakkey@gmail.com	DR. D. G. SONTAKKEY	VASANTRAO NAIK GOVERNMENT INSTITUTE OF ARTS AND SOCIAL SCIENCES, NAGPUR	7972368910
9/12/2020 16:28:12	nishanthprabhakar27@gmail.com	Nisanth. P	M. A college kothamangalam	8714349197
9/12/2020 16:33:36	nishanthprabhakar27@gmail.com	Nisanth. P	M A college kothamangalam	8714349197
9/12/2020 16:46:55	lina.sadekar@vvm.edu.in	Dr Lina Ranjit Sadekar	Shree Damodar college of Commerce &Economics	8407988477
9/12/2020 17:07:26	sandhyameshram78@gmail.com	Sandhya Ashwatthama Meshram	Shishu Vikas Mandir Madhyamik Shala	8275938061
9/12/2020 17:15:25	gracejacob1.gj@gmail.com	Grace Jacob	Fr. Agnel College of Arts and Commerce	8296115934
9/12/2020 17:16:52	jacobjoyce710@gmail.com	Joyce Jacob	Goa University	7262949685
9/12/2020 18:03:34	satyavanharmalkar06@gmail.com	Mr Satyavan Harmalkar	Goa University	9923484955
9/12/2020 19:10:05	draradhna@gmail.com	DR. ARADHANA SAXENA	MAHARISHI MAHESH YOGI VEDIC VISHWAVIDYALYA, JABALPUR	9424913087
9/12/2020 20:04:16	amritanaik67@gmail.com	Amrita Naik	GVM's Dr. Dada Vaidya College of Education	7350708599
9/12/2020 20:21:06	siten99@gmail.com	Sitendra Sawant	Gvm's Dr Dada vaidya college of education Ponda Goa	9822773012
9/12/2020 20:29:12	krutikadessai79@gmail.com	Krutika Darshan Naik Gaonkar	Gvm's Dr. Dada Vaidya college of education	7066283783
9/12/2020 20:36:44	rutunjapagui23@gmail.com	Rutunja Gajanan Pagui	GVM' Dr.Dada Vaidya College Of Education, Ponda , Goa	7030424490
9/12/2020 20:59:02	shirodkarvithoba04@gmail.com	Vithoba Fati Shirodkar	GVM'S Dr Dada Vaidya College of Education Farmagudi Ponda Goa	9765023157
9/12/2020 20:59:15	shirodkarvithoba04@gmail.com	Vithoba Fati Shirodkar	GVM'S Dr Dada Vaidya College of Education Farmagudi Ponda Goa	9765023157
9/12/2020 21:15:27	sangram.manjrekar@gmail.com	Sangram Manjrekar	Mumbai	9167377236
9/12/2020 21:18:28	nikitanaikrollno@gmail.com	NAIK NIKITA SHIVAJI	Gvm's Dr Dada vaidya college of Education ponda Goa	9049864975





9/12/2020 21:31:17	sangram.manjrekar@gmail.com	Sangram Manjrekar	Mumbai	9167377236
9/12/2020 21:48:06	jasnakpafeef@gmail.com	JASNA KP	Calicut	9072900858
9/12/2020 22:13:37	sangram.manjrekar@gmail.com	Sangram Manjrekar	Mumbai	9167377236
9/12/2020 22:21:18	sonu.mayank602@gmail.com	Mayank Pandey	DCPE	7299941007
9/12/2020 22:21:23	nisharekdo31@gmail.com	Nisha Narendra Rekdo	Gvm's Dr. Dada Vaidya College of Education	7378928581
9/12/2020 22:57:08	tohidpathan31634@gmail.com	TOHID PATHAN	Sinhgad College	8322242630
9/12/2020 22:58:02	life4sports786@gmail.com	Nilofar Ansar Shaikh	ANJUMAN-I-ISLAM ALLANA GIRLS HIGH SCHOOL	9822682074
9/13/2020 8:14:31	mohite.bapu4@gmail.com	Dr Mohite Bapu Chandrahar	Baburao Patil college of arts and science angar	9881321104
9/13/2020 9:08:43	asmitayadavash@gmail.com	Asmita H. Yadav	G. V. Ms Dr. Dada Vaidya College of Education	9158774781
9/13/2020 10:13:10	aditya.ghule999@gmail.com	ADITYA B. GHULE	CACPE, PUNE	7798889757
9/13/2020 11:55:27	karthikap405@gmail.com	P. Karthika	Ramil Nadu Physical Education and Sports University	9445666405
9/13/2020 11:56:25	rajinipkp88@gmail.com	Dr. P. Rajinikumar	Tamil Nadu Physical Education and Sports University	9445666405
9/13/2020 12:42:55	iamsagardhikale@gmail.com	sagar pandharinath dhikale	Christ College pune	8329888648
9/13/2020 13:14:02	vinay4881@gmail.com	VINAYAK SOPAN MORE	GVM's Dr Dada Vaidya College of Education, Ponda, Goa	9422648323
9/13/2020 13:21:01	alok7832@gmail.com	Aalok Pradip Shirodkar	College	8408084315
9/13/2020 13:26:58	sportslife1122@gmail.com	Rupali Shinde Anap	Pune University	7420937502
9/13/2020 14:53:05	nileshmapari05@gmail.com	Nilesh Mapari	GVM's Dr. Dada Vaidya College of Education, Ponda Goa.	8407902278
9/13/2020 16:12:55	naikrohit296@gmail.com	ROHIT SURESH NAIK	NAVDEEP VIDYALAYA TARVALE SHIRODA	8390234306
9/13/2020 17:03:05	josemathew3373@gmail.com	Dr. Jose	College of Dairy Science and Technology KVASU Mannuthy Thrissur Kerala	9448743373
9/13/2020 18:07:15	luckyganeshgn@gmail.com	Ganesh Sahadev Naik.	Shivaji University	9309980347
9/13/2020 18:12:07	luckyganeshgn@gmail.com	Ganesh Sahadev Naik.	Union High School Channel Goa.	9309980347
9/13/2020 18:58:19	dg63sontakkey@gmail.com	DR. D. G. SONTAKKEY	VASANTRAO NAIK GOVERNMENT INSTITUTE OF ARTS AND SOCIAL SCIENCES, NAGPUR	7972368910
9/13/2020 19:12:00	abhishekunni455@gmail.com	K A ABHISHEK	LNPIE GWALIOR	9446334029
9/13/2020 19:15:11	valenzacardozo11@gmail.com	Velenza Cardozo	GVM's Dr. Dada Vaidya College of Education	9637844304
9/13/2020 20:43:03	luckyganeshgn@gmail.com	Ganesh Sahadev Naik.	Union High School Chimbhel Goa.	9309980347
9/13/2020 20:47:28	mashelkarsarita25@gmail.com	Santa Sagun Mashelkar	G.P.S. Madapoi Marcel Ponda Goa.	09881810205






9/13/2020 22:08:03	satyavanharmalkar06@gmail.com	Mr Satyavan Harmalkar	Narayan Zantye college of commerce	9923484956
9/14/2020 13:32:18	naikanusuya24@gmail.com	Anusuya Naik	GVM'S DR. Dada Vaidya College of Education	8698185253
9/14/2020 14:20:16	tejavelip1491@gmail.com	TEJA BISSO VELIP	Dr. Dada valdya college of Education	9168383274
9/14/2020 15:09:54	omkargaonkar1585@gmail.com	Omkar Gaonkar	Pope John school quepem	8329050528
9/14/2020 15:13:02	sivamanispy14@gmail.com	Dr.S.SIVAMANI	Puducherry Technological University	9943022237
9/14/2020 15:13:53	majji25@gmail.com	Dr.A.Manoj Kumar	AMET UNIVERSITY	9600689998
9/14/2020 20:25:46	chandruilanji@gmail.com	Dr.T.CHANDRA KUMAR	PSR ARTS & SCIENCE COLLEGE	7402052174
9/14/2020 20:27:18	poongodiv2608@gmail.com	V.POONGODI	JP COLLEGE OF EDUCATION	7402052173
9/14/2020 20:28:34	edwinmaryselshiya@gmail.com	P.EDWIN MARY	Shri Krishnaswamy College For Women	9790701193
9/14/2020 20:59:34	sharmiladv.m@gmail.com	Mrs.M.Sharmila devi	PSR Arts and Science College Sivakasi	8148518788
9/15/2020 7:07:06	ragini31121999@gmail.com	S.RAGINI	Meera College Of Education	9345219817



Shaunak Pagi  
College Director of Physical Education

  
GVM'S DR. Dada Vaidya College of Education  
Ponda - 403 401 - Goa



## FIT INDIA FREEDOM RUN 2.0

### OBJECTIVES OF FIT INDIA MOVEMENT:

- To promote fitness as easy, fun and free
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns
- To encourage indigenous sports
- To make fitness reach every school, college/university, panchayat/village, etc.
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories

The nationwide virtual launch of Fit India Freedom Run 2.0 by Hon'ble Minister of Youth Affairs & Sports, Shri Anurag Singh Thakur and Hon'ble Minister of State, Youth Affairs & Sports.

The aim to make a call by all citizens to include physical activity of at least 30 minutes daily in their lives i.e. **FITNESS KI DOSE AADHA GHANTA ROZ.**

Fit India Freedom Run was conceived last year when the entire nation started following social distancing in a "new normal lifestyle, so as to keep the imperative need of fitness active even while following the social distancing norms. Fit India Freedom Run was launched on the concept of virtual run i.e; *'it can be run anywhere, anytime! You run a route of your choice, at a time that suits you. Basically, you run your own race and time at your own pace'*.

Our citizens will be given a call to make a resolve to include physical activity of at least 30 min daily in their lives i.e. **FITNESS KI DOSE AADHA GHANTA ROZ.**



Minister of Youth Affairs & Sports  
Minister of State, Youth Affairs & Sports



Dear Faculty members, you are requested to complete all fitness activities as per the instruction given below.

### **GENERAL INSTRUCTIONS FOR THE STAFF**

- Promote Freedom Run on their social media channels with **#AzadikaAmrit Mahotsav and #Run4India.**
- Adequate publicity for the program through Social Media, Regional TV/Newspaper, etc.
- Ensure the momentum of the campaign from 13th August 2021 to 2nd October 2021.
- Include 30mins Physical fitness activity daily and maintain proof by clicking pictures.
- Events are Walking Challenge, Sun Salutation, Freedom Run, Meditation and Physical Fitness.
- You have to send the Pictures on the [gvm.physicaleducation@gmail.com](mailto:gvm.physicaleducation@gmail.com) on weekly basis.(please avoid whatsapp for sharing Pictures)
- Requesting to co-operate with the Director of Physical Education.
- Data will be updated on Fit India Portal by Director of Physical Education, once received from the Staff Members.
- Participants will receive the Certificates.
- Contact Director of Physical Education for any help.
- Weekly Activities as follows:
  1. Week one: Walking
  2. Week Two: Walking & Meditation
  3. Week Three: Sun Salutation (Surya Namaskar)
  4. Week Four: Freedom Run (Jogging)
  5. Week Five: Freedom Run (Jogging) & Meditation
  6. Week Six: Physical Fitness
  7. Week Seven: Physical Fitness

**"FITNESS KI DOSE AADHA GHANTA ROZ"**



Shaunak Pagi  
Director of Physical Education



Dr. Jojo Mathew  
Officiating Principal

OFFG. PRINCIPAL  
GVM's Dr. Datta Vaidya College of Education  
Ponda - 403 401 - Goa



## Intra-Mural Competitions 2021/22

Date: 24<sup>th</sup> March 2022 & 25<sup>th</sup> March 2022

Name of the Event: Intra-mural Competitions (Carrom, Chess, Table Tennis, Cricket)

Resource Person: Mr. Shaunak M Pagi

Organiser: Department of Physical Education

Venue: College Auditorium & Playground

The number of students present: 200 Students

The main content in paragraphs:

SUBJECT: INTER-CLASS TOURNAMENT FOR INDOOR GAMES i.e.

CHESS, CARROM, CRICKET, TABLE TENNIS.

Name of the Event  
Carrom (men & women single)  
Chess (men & women)  
Table Tennis (men & women single)  
Cricket (Mix)

1. The tournament was played on 24<sup>th</sup> March and 25<sup>th</sup> March.
2. Fixtures was displayed on the notice board on 23<sup>rd</sup> March 2022.
3. Rules and Regulations was explained before the start of the competitions.
4. Only participants and the sports council were allowed for the competition and the rest will attend the lectures as per time table.



*Signature*  
Dr. Sushanta Kumar  
Page No. 101/101 Date







### WINNER LIST

#### INTERGROUP MEN & WOMEN TABLE TENNIS, CHESS & CARROM COMPETITIONS

DATE: 24<sup>TH</sup> March 2022

VENUE: COLLEGE AUDITORIUM AND SPORTS ROOM

#### WOMEN TABLE TENNIS

SR NO	WINNERS NAMES	PRIZE
1	POOJA NAIK	GOLD
2	LAKSHATA MATONKAR	SILVER
3	TANVI PHADTE	BRONZE

#### WOMEN CHESS

SR NO	WINNERS NAMES	PRIZE
1	AISHA SHAIKH	GOLD
2	SHIVANI PHADTE	SILVER
3	REENA DABOLKAR	BRONZE

#### WOMEN CARROM

SR NO	WINNERS NAMES	PRIZE
1	SAYILI KHANDOLKAR	GOLD
2	SHRUTI PARAB	SILVER
3	HARSHA	BRONZE

#### MEN TABLE TENNIS

SR NO	WINNERS NAMES	PRIZE
1	ALLAUDDIN	GOLD
2	KAUSHIK MARATHE	SILVER
3	AMIT THAKUR	BRONZE

#### MEN CHESS

SR NO	WINNERS NAMES	PRIZE
1	ANIKET SHET	GOLD
2	TEJAS NAGVEKAR	SILVER
3	RUPESH VARAK	BRONZE

#### MEN CARROM

SR NO	WINNERS NAMES	PRIZE
1	AKASH PARSEKAR	GOLD
2	SUSHANT VAGAONKAR	SILVER
3	VIRAJ GAWAS	BRONZE

Cricket match was played between first year vs second year, FY emerged as the winner.

Thank You

Mr. Shaunak Pagi

OFFICE OF THE  
Principal  
Dr. Datta Vaidya College of Engineering  
Pondal - 403 401 - Goa



## **GVM'S CROSS COUNTRY 2018: Run for Peace**

Sunday became a funday as GVM's Dr. Dada Vaidya College of Education, Farmagudi organized 'GVM's Cross Country 2018: A run for peace', as a part of Silver Jubilee Celebrations of the college and also the 150<sup>th</sup> Birth Anniversary of Mahatma Gandhi, on Sunday, 14<sup>th</sup> October, 2018.

The Chief Guest for the function was Mr. Bhaskar Khandeparkar, President of GVM's General Body.

GVM'S Cross Country 2018 had three categories of races, 10 kms Cross Country for long distance runners, 5 kms for short distance runners and 2 km dream run. A total 1050 participants took part in the 'run for peace'. The event started at 5.45AM with a Zumba session led Ms. Richa Kalangutkar and was followed by the flag- off of the GVM's Cross Country 2018 from the GVM's Ground, at 6.00 a.m.

GVM's Cross Country 2018: A run for Peace was organized keeping in mind Gandhiji's value of Peace and Non- violence. The event was managed by 100 plus student-volunteers from the college, under the guidance of the Principal Dr. Allan Abreo and Director of Physical Education, Mr. Shaunak Pagi.

All the students of the college and staff attended the event.

After successfully organizing 'GVM's Marathon 2017 the preceding year, GVM's Dr. Dada Vaidya COE took another step forward with GVM's Cross Country 2018, at Farmagudi. Being the second edition of this fitness and peace-oriented saga, the event accomplished its goal. While people ran together, huffing and puffing, joy, peace and unity reverberated in the air.



  
OFFICE PRINCIPAL  
GVM's Dr. Dada Vaidya College of Education  
Farmagudi - 423 401 - Goa



S/d  
Mr. Shaunak Pagi  
College Director of Phy. Edu

*[Handwritten signature]*





## Hike Report 2018 "NV Eco Farm"

Trekking is a part of educational and recreation outdoor activity, walking in a rich bio-diversity to experience different types of flora and fauna. GVM'S Dr Dada Vaidya College of Education organized a trekking trip to the NV eco-farm on 27<sup>th</sup> October 2018 in the Darbandoda taluka of Goa. The journey begins at 9.30 am from college campus along with the students and teachers.

The management staff of NV eco-farm welcomes all the students and teachers and taken to the café where hot tea and breakfast was served. In the morning hours, the students walk the whole eco farm covering the distance of 8 Km. The eco farm is along the Western Ghats densely covered with natural environment. The students got a chance to spot wide varieties of plantation and cultivation like black pepper, turmeric, nutmeg, chillies, cashews, mangoes, coconut, areca nut, banana orchard, flowers and medicine plants. The students also observed the mountain spring, Butterfly Park, natural swimming pond and the cashew refining unit. After the morning sensory trails, the students were engaged in adventures activities of wall climbing and zip lines.

The management of eco-farm served the lunch at 1.30 pm. After the lunch break, the students were engaged in playing football, cricket, badminton and volleyball. The whole schedule was organized under the guidance of physical education director Mr. Shaunak Pagi.



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Ponda - 403 401 - Goa



Thank You

S/d



Mr. Shaunak Pagi

College Director of Physical Education



OFFG. PRINCIPAL  
G.V. Kulkarni College of Education  
Baramulla - 191 001 - India





## Sports Report 2018/19

### 1) Yoga Day

GVM'S Dr. Dada Vaidya College of Education celebrated International Day of Yoga on 21st June 2018 to commemorate the Indian tradition of Yoga. The function began at 9.00 am where in Rupesh Kharat spoke about the importance of yoga in achieving inner peace and uplifting of the spirit. The chief guest of function was Mrs. Anita Kavlekar who is a professional yoga teacher and an active participant in a wide variety of social enhancement activities. The students were guided through the steps of Suryanamaskar and various other asanas. The students of the F.Y.B.Ed displayed posters in anticipation of the event.

The staff of the college was present at the program and the Vice Principal Dr. Anna Nina George enlightened the students with her practical experience of Yoga. The function was well planned and executed in the college hall. It finally ended with a vote of thanks by Miss. Siddhi Khandeparker and the program was anchored by Miss. Pradnya Tari. Photography was handled by Saish Dalal from SY B. Ed and Digambar Naik from F Y B. Ed. The whole function was organised under the guidance of physical education director Mr. Shaunak Pagi. Refreshments were given to the students and the function thus concluded.



*Signature*  
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G.V.M.'s Dr. Dada Vaidya College of Education  
Ponda - 403 401 - Goa





## 2) Chess tournament

The most popular indoor sport Chess was organized in GVM'S Dr. Dada Vaidya College of Education on 26<sup>th</sup> of July 2018. The intra mural chess tournament went for 2 days, Altogether 30 students (8 men and 22 womens) participated in this tournament. It is no wonder that chess is recommended to fight against each other using mentality. The entire student gave their effective moves to solve complex problems and work through ideas.

In men category, Mr. Abhilash Sinari won the 1<sup>st</sup> place from F Y B.Ed and Sarvesh from F Y B.Ed won the 2<sup>nd</sup> place. It was the amazing final to judge how short or long a game can be. On the other hand side, Miss Sali Dessai won the 1st place from S Y B.Ed and Lakshaita Prabhu won the 2<sup>nd</sup> place from F Y B.Ed. Both the Girls try to finish the final with very strong points. Special thanks to Physical Education Director Mr. Shaunak Pagi who remained with the student throughout the day for Judging and organizing this event successfully.



  
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G.V.M.'s Dr. Dada Vaidya College of Education  
Pune - 412 401 - G-32



### 3) Carrom event

Carrom is one of the most popular indoor games. It requires technique based on Physics and Geometry. GVM'S Dr. Dada Vaidya College of Education organized an intra-college carrom tournament on 26<sup>th</sup> of July 2018 under the control of Physical Education Director Mr. Shaunak Pagi and Lab Assistant Mr. Nikhil Dicholkar. The competition was held in the college sports room for all the B.Ed students. Altogether 70 women and 14 men participated in this tournament. The tournament was divided into single and double categories for boys and girls. The excitement and enthusiasm from the players was exceptional. The knowledge of angles, deftness of touch, keen sight, mental and physical skill separated the skilled from the amateurs. Excellent sportsmanship and team spirit were highlights of the event.



### 4. Annual Sports Meet 2018/19

Goa Vidyaprasarak Mandal's Dr. Dada Vaidya College of Education celebrated its annual sports meet on 8<sup>th</sup> February 2019 with great zeal, excitement and frolicsome atmosphere. The celebration was done with the elegant presence of our Principal Dr. Jojen Mathew along with all our professors and all the non-teaching staff. The whole event was planned and organized by our Physical Education Professor Mr. Shaunak Pagi with the amiable help of the groups organizing teams.



  
**DR. JOJEN MATHW**  
GOV. DR. DADA VAIDYA COLLEGE OF EDUCATION  
Pondicherry - 605 006



##### 5. Excursion 2018/19

Goa Vidyaprasarak Mandal's Dr. Dada Vaidya College of Education conducted a excursion on 1<sup>st</sup> March 2019 at Bondla wildlife sanctuary. The students and the staff attended the excursion with great motivation. Students enjoyed there and played few games and explored the sanctuary. The entire program was planned by Mr. Shaunak Pagi.



S/d

Shaunak Pagi

College Director of Phy. Edu.



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 Ponda - 403 401 - Goa





#### 5. Excursion 2018/19

Goa Vidyaprasarak Mandal's Dr. Dada Vaidya College of Education conducted a excursion on 1<sup>st</sup> March 2019 at Bondla wildlife sanctuary. The students and the staff attended the excursion with great motivation. Students enjoyed there and played few games and explored the sanctuary. The entire program was planned by Mr. Shaunak Pagi.



S/d

Shaunak Pagi

College Director of Phy. Edu.



  
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 G.V.P.M.'s Dr. Dada Vaidya College of Education  
 Porim - 403 401 - Goa



# Intra-Mural Competitions 2019/20

Date: 26<sup>th</sup> July 2019

Name of the Event: Intra-mural Competitions (Carrom, Chess)

Resource Person: Mr. Shaunak M Pagi

Organiser: Department of Physical Education

Venue: College Auditorium & Playground

The number of students present: 200 Students

The main content in paragraphs:

SUBJECT: INTER-CLASS TOURNAMENT FOR INDOOR GAMES i.e.  
CHESS, CARROM.



*Shaunak M Pagi*  
Mr. Shaunak M Pagi  
G.V.J.'s Dr. Dada Vaidya College of Education  
Ponda - 403 401 - Goa



Thank You

S/d

Mr. Shaunak Pagi

College Director of Phy. Edu.



*Shaunak Pagi*  
OFFG. PRINCIPAL



Thank You

S/d 

Mr. Shaunak Pagi

College Director of Physical Education



  
 OFFG. PRINCIPAL  
 G.V.M.'s D. Dada Vaidya College of Education  
 Ponda - 403 401 - Goa



In Chess for Women

1<sup>st</sup> place was acquired by Sweta Chari



2<sup>nd</sup> place was acquired by Krutika Naik Gaonkar

