



Goa University

GOA BUSINESS SCHOOL

Report on LEARN MORE AND BEYOND

(Capacity Building And Skill Enhancement Series)

1. Title of the Activity	"Equality Has No Gender" (Sensitizing on Social Issues)
2. Date and Time	5 th March 2024 11.30 am to 12.30 pm
3. Mode of conduct (Physical/Online)	Physical
4. School/ Directorate/ Section	Goa Business School
5. Collaborating Agency/School/Directorate	Nil
6. Detail of the Resource Person (Brief biodata)	Ms. Anwesha Singbal - The winner of the prestigious Sahitya Akademi-Yuva Sahitya Puraskar 2016. - First women president of 60-year old Konkani Bhasha Mandal. - Socially active and continues to conduct various sessions with children, youth and women especially on topics like menstrual exclusion, laws for women, gender equality, storytelling, and creative writing.
7. Number of Faculty attended/participated	2
8. Number of Student attended / participated	21
9. No. of external students/faculty/other participants	Nil

10. The objectives of the Program/activity/event	To sensitize the students towards a gender-neutral society and transform gender bias norms prevailing in the society.
11. Description of the Program/activity/event	Topics covered - Gender Biases prevailing in the society - Prominent women and men achievers in different sectors who have broken the gender biases - Uniform Civil Code in Goa - Building Gender Neutral Society
12. Benefit/Key outcomes of the Program/activity/event	- Awareness of gender biases prevailing in the society - Steps to be taken at an individual level to fight gender biases.
13. Enclosures with report	1) Flyer 2) Geo tag photos 3) Attendance

Signature:

Name of coordinator:

Designation:

K. Kachi P. Kolankar

*Assistant Professor,
Goa Business School,
Goa University*

Signature

Dean/Director/Head

Seal of the School/Directorate/University

[Signature] 20/3/2024





GOA BUSINESS SCHOOL

Goa University

Presents

Learn More And Beyond

(Capacity Building And Skill Enhancement Series)

Sensitizing On Social Issues

"Equality Has No Gender"



Anwasha Singbal

Writer and
Social Activist



5th March 2024
11:30 am to 12:30 pm



Goa Business School



Mba-Financial_Services

Session Coordinator:
Dr.Prachi Kolamker
Assistant Professor, Goa Business School

TIME: 11.30 AM TO 12.30 P.M

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Ch. Kachi. P. Kolamke)



Goa University

GOA BUSINESS SCHOOL

Discipline of Financial Services

Report on Learn More and Beyond (Capacity Building and Skill Enhancement Series) – A session on “Holistic approach to Mental health through the lens of Psychological, Emotional and Social well-being”

1. Title of the Event/Activity/program	Holistic approach to Mental health through the lens of Psychological, Emotional and Social well-being
2. Date and Time	12 th March 2024, 10.30am to 11.30am
3. Mode of conduct (Physical/Online)	Online mode via Google meet platform
4. School/ Directorate/ Section	Goa Business School
5. Collaborating Agency/School/Directorate	Nil
6. Detail of the Resource Person (Brief biodata)	<p>Ms. Tanya Keni</p> <p>Ms. Tanya Keni, a Ph.D. candidate at the University of Bremen, Germany, specializing in cross-cultural psychology. She holds a Master's in Counseling Psychology from the University of Mumbai and has served as a college counselor at Don Bosco College of Agriculture, Sulcorna and an Assistant Professor at Parvatibai Chowgule College of Arts and Science, Margao. With a license in intercultural training, Ms. Keni offers valuable insights into cross-cultural psychology.</p>

7. Number of Faculty attended/participated	4 Faculty
8. Number of Student attended / participated	22
9. No. of external students/faculty/other participants	1
10. The objectives of the Program/activity/event	The main aim of the session was to create awareness about being mental healthy and to attain the state of psychological, social and emotional well-being.
11. Description of the Program/activity/event	The speaker of the session was successful in briefing the audience on myths about mental health and different dimensions of well-being. Subsequently, she informed the participants on the 10 Core skills provided by W.H.O. on the ways to take care of the mental health. The speaker highlighted on each of the skills incorporating emotional, cognitive and social skills to be developed by everyone.
12. Benefit/Key outcomes of the Program/activity/event	The key outcome of the program were as follows: 1. Being mentally healthy does not mean the absence of mental illness. It is a state of well-being in different domains of life (Emotional, Social, Occupational, and Spiritual). 2. Well-being is a state of contentment/satisfaction as well as the experience of happiness. 3. To enhance all the dimensions of well-being and eventually mental health, W.H.O. has recommended a set of 10 skills that encompass emotional, cognitive, and social development.
13. Enclosures with report	Brochure, Notice, Geo-tag photos, Attendance of students/faculty/external participants, Bio Data of resource person (if applicable), Any other information.

Signature: *P. Dhume*
12/3/2024

Name of coordinator: Dr. Pournima Dhume

Designation: Assistant Professor

N. S. B.
22/3/2024
Vice-Dean (Academic), GBS Signature

Dean/Director/Head

Seal of the School/Directorate/University

[Signature]
22/3/2024





Goa Business School
Goa University
presents

LEARN MORE AND BEYOND

[Capacity Building and Skill Enhancement Series]

A Holistic approach to mental health through
the lens of

> **PSYCHOLOGICAL,
EMOTIONAL &
SOCIAL WELL-BEING**



March 12, 2024
10.30am – 11.30am



Google meet link:

[HTTPS://MEET.GOOGLE.COM/TRA-DDWU-MWB](https://meet.google.com/TRA-DDWU-MWB)



TANYA KENI

About the speaker

Ms. Tanya Keni, a Ph.D. candidate at the University of Bremen, Germany, specializing in cross-cultural psychology.

She holds a Master's in Counseling Psychology from the University of Mumbai and has served as a college counselor at Don Bosco College of Agriculture, Sulcorna and an Assistant Professor at Parvatibai Chowgule College of Arts and Science, Margao. With a license in intercultural training, Ms. Keni offers valuable insights into cross-cultural psychology.

Convener - Dr. Harip Khanapuri
Programme Director, Financial Services

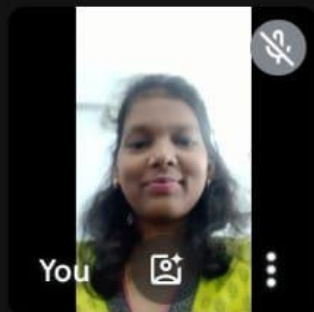
Session Coordinator - Dr. Pournima Dhume

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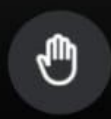
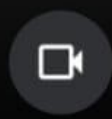
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17 others



LMB

		Date of lectures	12/3/24
		Time of lectures	
		No. of lectures	1
Seat No.	Name of the Student		
23P0300001	Aarya Rajendra Naik	Aaiks	
23P0300002	Ahren Clementius Braganca	Braganca	
23P0300003	Akshata Ashok Kalgutkar	Akshata	
23P0300004	Arya P	Arya	
23P0300005	Ashish Kumar	Ashish	
23P0300006	Lotliker Dattaraj Sachin	DL	
23P0300007	Girish Rajendra Pawshe		
23P0300008	Hemangi Mahadev Gawas	Hemangi	
23P0300009	Jotiba Biro Pavane	Jotiba	
23P0300010	Shreya Kamble		
23P0300011	Lakhani Yash Sunil	Yash	
23P0300012	Mansi Hanumantraya Biradar	Mansi	
23P0300013	Pradnya Pawan Natekar	Pradnya	
23P0300014	Renuka Gurram	Renuka	
23P0300015	Riddhi Khandeparkar	Riddhi	
23P0300016	Saivinayak Sagun Parker	Saivinayak	
23P0300017	Gauri Kishor Sangodkar	Gauri	
23P0300018	Sidhi Kamalakant Keluskar	Sidhi	
23P0300019	Sneha Anand Naik	Sneha	
23P0300020	Ujwala Mahato	Ujwala	
23P0300021	Yasmin Saved	Yasmin	



Goa University

GOA BUSINESS SCHOOL

Report on LEARN MORE AND BEYOND

(Capacity Building And Skill Enhancement Series)

1. Title of the Activity	"You a presenter for better communication." Language and Communication Skills
2. Date and Time	13 th March 2024 10.45 am to 11.45 am
3. Mode of conduct (Physical/Online)	Physical
4. School/ Directorate/ Section	Goa Business School
5. Collaborating Agency/School/Directorate	Nil
6. Detail of the Resource Person (Brief biodata)	<p>Dr. CidaliaBodade</p> <ul style="list-style-type: none">- Ph.D Thesis on "Sashi Deshpande's Women Characters: Are they Empowered Women? Or do they decline a mask of 'Tranquil Femininity? Or Creative Femininity?'"- M.Phil, M.A., Diploma in Communication & Journalism- Completed a Major Research Project on The Impact of Tourism on Women A case study of Goa funded by University Grants Commission, Delhi- Published two books- Work experience of 43 years of teaching communication and English Language- Conducted various courses in Social and Business Etiquette for Corporate Houses and at the University Level.

7. Number of Faculty attended/participated	1
8. Number of Student attended / participated	20
9. No. of external students/faculty/other participants	Nil
10. The objectives of the Program/activity/event	1) Develop effective public speaking skills, including tone, volume, and pacing. 2) Raise awareness of body language cues and their impact on communication. 3) Educate students on formal dress codes.
11. Description of the Program/activity/event	Topics covered: 1) Verbal and Non-Verbal Communication 2) Public speaking skills, including voice modulation and pacing. 3) Using body language and facial expressions to convey confidence and enthusiasm. 4) Dress codes – Formal attire
12. Benefit/Key outcomes of the Program/activity/event	1) Understanding effective communication techniques, including verbal and nonverbal communication, active listening, and clarity in expression. 2) Improvement in vocabulary, grammar, pronunciation 3) Understanding of formal attires
13. Enclosures with report	1) Flyer 2) Geo tag Photo 3) Attendance

Signature:

Name of coordinator:

Designation:

P. Prachi P. Kolamker
Assistant Professor
Goa Business School,
Goa University

Signature

Dean/Director/Head

Seal of the School/Directorate/University



[Signature]
20/3/2024



GOA BUSINESS SCHOOL

Goa University
Presents

Learn More And Beyond

{Capacity Building And Skill Enhancement Series}

“You a presenter for better communication”
Language and communication skill



13th March 2024

10:45 am – 11:45am



Goa Business School



Dr. Cidalia Bodade



Mba-Financial_Services

Session Coordinator :

Dr. Prachi Kolamker
Assistant Professor, Goa Business School

Language and Communication Skills

DATE: 13TH MARCH 2024

TIME: 10.30 AM TO 11.30 AM

[illegible]

Kolamker
(K. Kachi. P. Kolamker)