


3.3.4 - Outreach activities in the community in terms of influencing and sensitizing students to social issues and contribute to community development. Describe the way in which outreach activities conducted sensitized students to social issues and community development in not more than 100-200 words.

Road Safety Talk

Nirmala Institute of Education, Altinho Panaji Goa under the aegis of IQAC conducted an online webinar on 'Road Safety' for the First year and Second year B.Ed. students on 10th January 2022 from 3.00 pm to 4.30 pm. The resource person for the webinar was Assistant Sub Inspector Mr. Tukaram Shet Mandrekar from the Traffic Cell, Altinho Panaji. He discussed various issues related to the obedience of traffic rules and suggested various measures related to 'Road Safety' in his online interaction with the students. It was an informative and enriching session for the students.

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IQAC Coordinator
Mrs. Suvama Gauns


Dr. (Miss) Delia Antao
Offg. Principal
Nirmala Institute of Education
Altinho, Panaji, Goa



Nirmala Institute of Education
Altinho, Panjim, Goa
under the aegis of IOAC



PRESENTS A WEBINAR ON

ROAD SAFETY



GO



CAUTION



STOP



"Faster is fatal, slower is safe."

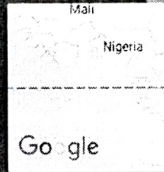
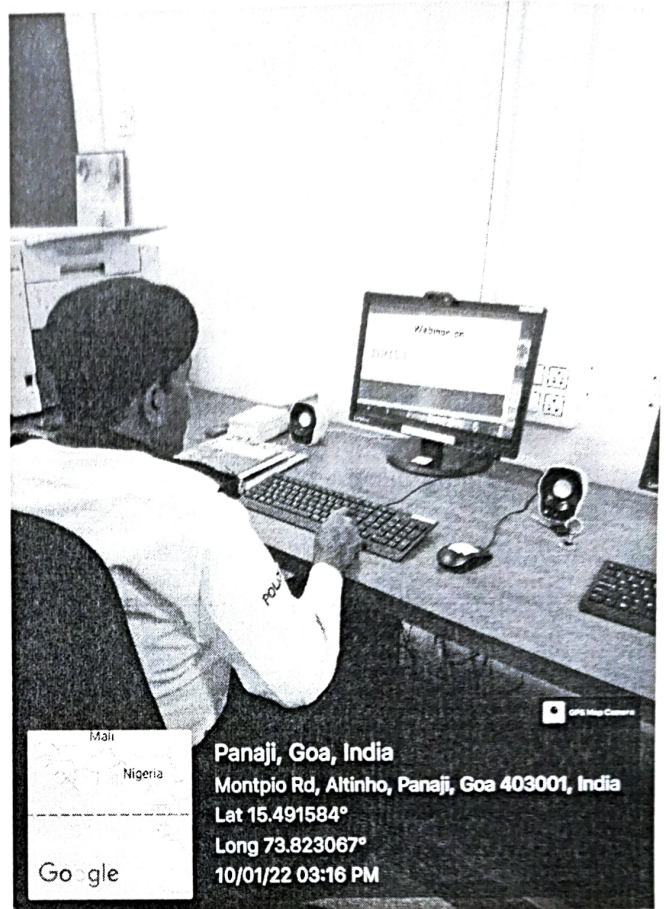
<https://meet.google.com/swf-pfwf-nzd>

10-01-2022
3.00 P.M TO 4.00 P.M.



RESOURCE PERSON

Mr. Tukaram R. Shet Mandrekar
Asst. Sub - Inspector
Traffic Cell Office, Panjim - Goa.




Panaji, Goa, India
Montpio Rd, Altinho, Panaji, Goa 403001, India
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Long 73.823067°
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NIE-SAC Vruskha Raksha Bandhan celebration held on 23rd August 2021

The Nirmala Institute of Education, Panjim Goa -Swachhata Abhiyan Cell celebrated the Vruskha Raksha Bandhan as a gesture of protecting and safeguarding our green siblings for a better tomorrow.

On this occasion the Officiating Principal Dr. Delia Antao along with the Faculty tied a handcrafted Rakhi around a Copper Pod tree in the campus. The NIE-Director Dr. Rita Paes unveiled the NIE-SAC activity planner for the academic year 2021-22.

As part of the curriculum the NIE-Swachhata Abhiyan Cell which was set up in 2019 has been initiating several programs for the teacher trainees partly in accordance with the MGNCRE and the Swachh Bharat Mission (SBM) guidelines. The Institute recently won the MGNCRE 'One District One Green Champion 2021' award for North Goa District.


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Herald

Nirmala Institute of Education celebrate Vruksha Raksha Bandhan

The Nirmala Institute of Education, Pimpri, Pune, Maharashtra celebrated the Vruksha Raksha Bandhan as a gesture of protecting, nurturing and safeguarding our green wealth. The activities were held on 21/10/2021. The activities were held with the faculty and students. The activities were held in the campus. The activities were held in the campus. The activities were held in the campus.



for the academic year 2021-22. In part of the celebration the NIE, Pimpri, Maharashtra was selected as the best institution for the year 2021-22. The activities were held in the campus. The activities were held in the campus. The activities were held in the campus.

National Geographic Film on 'Swachh Bharat Revolution' in India

A national geographic film on 'Swachh Bharat Revolution' in India was screened on the 21/10/2021 at 10:00 am.

The film was introduced by the NIE-SAC Team member Ms. Shyalaja Sherief

'Wash your hands with soap and water frequently, clean frequently touched surfaces and objects' are public health measures advised by experts to fight COVID-19. In short, a step towards cleanliness and personal hygiene are significant ways to win this pandemic. The Government of India's Swachh Bharat Mission has started working on these lines years before, even at grass root levels, for the welfare of citizens across the country.

Swachh Bharat Mission (SBM) was launched country-wide in 2014 with the target to eliminate open defecation and achieve better solid waste management in urban and rural India. What seemed impossible for the outer world was made easy by active participation of the people of India and their initiative in achieving this big feat.

SBM has become very crucial at this moment of the pandemic, reminding us all how sanitation and hygiene are crucial to prevent diseases. At the same time the passion with which every village and citizen has adorned this mission making it a people's revolution is also a reminder that nothing is impossible if we the people fight together for a common cause.

After the launch of Swachh Bharat Mission, India's face has transformed from a country with the highest number of people practising open defecation, to more than six lakh villages becoming Open Defecation Free (ODF). The pillars behind the success of this mission are its 6,50,000 volunteers, or *Swachhagrahis*, mostly the youth and women who promoted this at the village level, making it a people's movement.

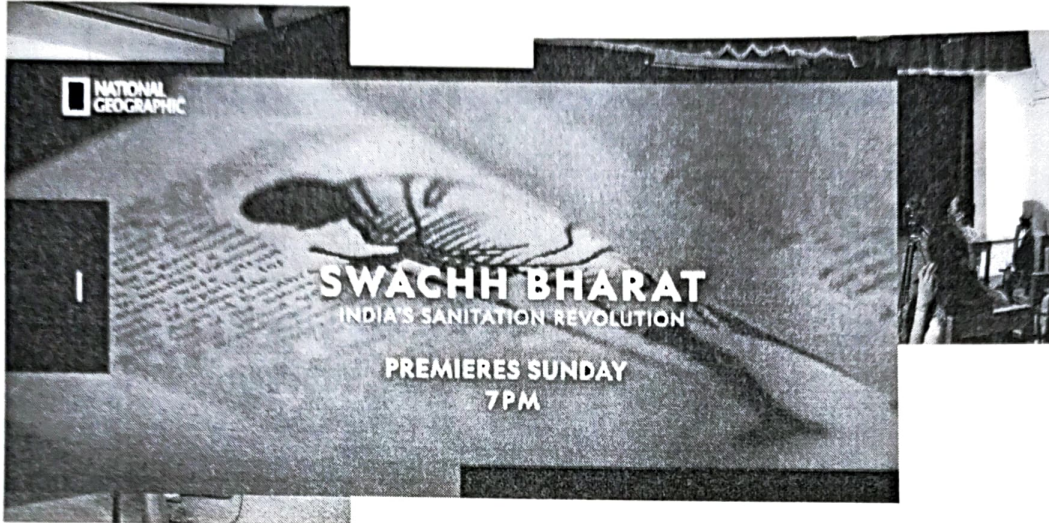
In order to document such a mass movement, National Geographic channel in collaboration with Ministry of Drinking Water & Sanitation had come together to make a film titled 'Swachh Bharat: India's Sanitary Revolution'. The film was premiered at a special screening for the President of


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O.P., Principal
Nirmala Institute of Education
Pimpri, Pune, Goa

India at Rashtrapati Bhawan in March, 2020. It has also been screened on the NatGeo channel and is now available on YouTube channel of Swachh Bharat Mission Grameen, where it was virtually premiered in May 2020.

At the end of the film Mrs. Suwarna Gauns, gave the vote of thanks.

The event was planned and executed by Mr. Raymond Pereira, NIE-SAC Coordinator.



Street plays on the theme 'Aatmanirbhar Bharat Ani Swayampurna Goenchi Aajchi Naarishakti'

The First Year B.Ed. students of Konkani Methodology, Nirmala Institute of Education performed two street plays on the theme 'Aatmanirbhar Bharat Ani Swayampurna Goenchi Aajchi Naarishakti' to celebrate 'Bharat ki Azadi ka Amrut Mahotsav and Goa @60' with a special focus on 'Women Empowerment', on 19th November 2021 from 12:30 pm to 1: 15 pm.

The North Goa group performed on the topic 'Aatmanirbhar Bharatachi Aajchi Naarishakti'. The main focus was on the changing roles of women in contemporary India. The issues that were highlighted were changing roles of women in male dominant employment fields, women's achievements in sports, empowerment of women through various organizations like Self Help Groups and entrepreneurship. The play also focused on gender equity by showing the role of some men assisting in household chores. Songs were also sung highlighting the issues and how women have come forward to show their strengths at various levels.

The participants: Yogita Sangodkar, Uchita Shetye, Ruffila Sanadi, Ankita Zambaulikar, Sheena Rodrigues, Kavita Gunaji, Babitha Bahuleyan, Marlena Fernandes, Premlata Medha.

The South Goa students' group performed the street play on 'Swayampurna Goenchi Aajchi Naarishakti' in order to spread awareness about the problems faced by women in society. The entire idea of the street play was to enlighten the minds of people about the importance of every woman

Antao

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in society. Domestic violence which is deeply entrenched and widely prevalent in our society, was highlighted under the 'Protection of Women from Domestic Violence Act 2005'. Equal rights for women was highlighted based on 'Equal Remuneration Act 1976' and safety of women was also taken into consideration under 'Section 354 A of the Indian Penal Code'. The songs that were sung were also related to women empowerment.

The message that was conveyed through the street play was that women should no longer be treated as inferior to men. If a woman raises her voice, she can bring about a big change in society.

The participants: Alvita Noronha, Shweta Souza, Carmen Vaz, Staffina Rodrigues, Nefilia D'Mello, Sanjana Gawas, Reeva Rodrigues, Namrata Parwar and Zen Rodrigues.

Coordinator and Mentor of the Street play:

Mrs. Suvarna P. Gauns

Associate Professor, Nirmala Institute of Education.

Report on Blood Donation Camp

Nirmala Institute of Education –IQAC, Red Ribbon Club and Goa State Aids Control Society in collaboration with Goa Medical College Bambolim –Goa organised the Blood Donation Camp on 26th of November, 2021 at Nirmala Institute of Education.


Blood Donation Camp was organised to commemorate 'Goa @ 60' (Sixty Years of Goa's Liberation) and it was kept open for B.Ed. Students, D.El.Ed. students, management members, faculty and non-teaching staff.

GMC Blood Donation Camp Team consist of :

1. Dr. Pascol (Doctor)
2. Mrs Medini Naik (Nurse)
3. Pieadade Fernandes (Technician)
4. Sadashiv Mangeshkar (social worker)
5. Dasharath Gaonkar (Multi tasking Staff)
6. Anil Surllakar (Driver)

Other members present at the inauguration were :

- Dr. Delia Antao (Officiating Principal)
- Mrs Suvarna Gaus (Co-ordinator of the IQAC)
- Mrs Sharmila V. Kerkar (Nodal Officer for Red Ribbon Club)
- Student Volunteers (7 students)


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Student volunteers welcomed the team of GMC team , Principal, IQAC co-ordinator, RRC – Nodal officer by offering a rose flower to them .

Principal - Dr. Delia Antao informally welcomed the GMC team members and brief everybody present on the occasion about the importance of Blood donation.

Blood donation camp began at 9: 45 am and got over at 2:00pm .

14 students ,01 teaching staff,03 non –teaching staff & 02 management members have donated blood on this great occasion.

Given below are the names of the Blood Donors:

STUDENTS

1. Gizelle Rodrigues
2. Fleta Costa
3. Benit Boben
4. Shweta Colaco
5. Nerina Fernandes
6. Maribelle Viana
7. Govinda Fadte
8. Janice Norgueira
9. Joynus Noronha
10. Limora D'Souza
11. Hycinth Gomes
12. . Durva Naik
13. Saeesh Korgaonkar
14. Miss (sister) Melly

STAFF

15. Mr. Clifton Fernandes

NON-TEACHING STAFF

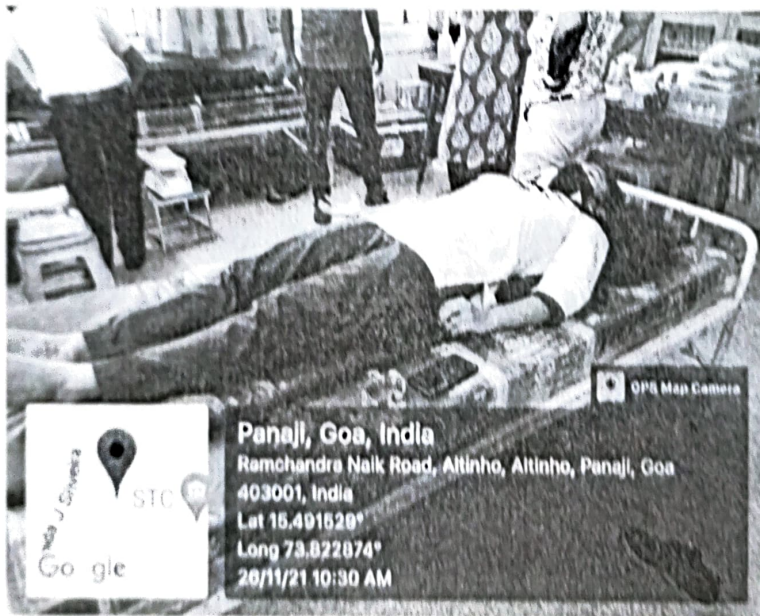
16. Mr . Xavier
17. Mrs Myra
18. Miss Paula

MANAGEMENT MEMBERS

19. Miss Manju
20. Miss Priya



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Report on World Aids Day

Nirmala Institute of Education, Altinho in Association with IQAC and Red Ribbon Club Celebrated the 'World Aids Day' on 1st of December 2021 at the institution.

Anilao
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Due to the pandemic protocol a batch of 100 students was divided into two groups: Group A (56 students & Group B (44 students).

Group A students attended the 'Oath Taking Ceremony' - where the students were to be given the oath by His Excellency - Governor of Goa. But due to some technical problem at the Raj Bhavan all the participants from Goa could attend the programme for the first 5 minutes only. We waited 2 hours but were not connected.

As the oath was shared to us by the programme co-ordinator from the Raj -Bhavan, I (Mrs Sharmila V. Kerkar being the Nodal Officer of the RRC) requested our respected Principal - Dr. Delia Antao to give the oath to the students. In the group B the student member of the RRC Miss Stacy Fernandes gave the oath to the students.

After the oath taking ceremony, group B students were shown the short film on awareness about the AIDS. As a follow up of the short film, the students were asked to work in a pair and write a slogan on any one of the 12 areas mentioned in the short film on AIDS.

The same pair of the students also raised that slogan as a part of the 'Slogan Saying Completion. Group B two group of the students were given as the first and the second place.

In the same way the completion was held for the group A also. Here too students worked in a pair and wrote the slogans and raised it to compete with each other. Two pairs were declared as the winners securing first and the second place.



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Altinho, Panaji, Goa



Panaji, Goa, India

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Lat 15.491669°

Long 73.822802°

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Delia Antao

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Offg. Principal
Mirmala Institute of Education
Altinho, Panaji, Goa



Conservation of Water Campaign

Water is an essential component for survival. Though water comprises 71% of the earth most of it is unfit for domestic purposes. Out of the fresh water available, in recent times it has been seen that a lot of water is polluted and is not fit for human consumption. A lot of water is also being wasted.

As an initiative to save water on the 11th of January 2022, the Eco Club of Nirmala Institute inserted nozzles to the water taps. These nozzles were inserted in taps where water is used often like, the ladies washroom, gents washroom, principals washroom, staff washroom, dining hall etc. It was tested and seen that these nozzles save water by approximately 40%

This campaign was done in the presence of the college principal Dr. Delia Antao, Eco Club Faculty in charge, Ms. Daniella and a MTS Mr. Vikram Gurkha.

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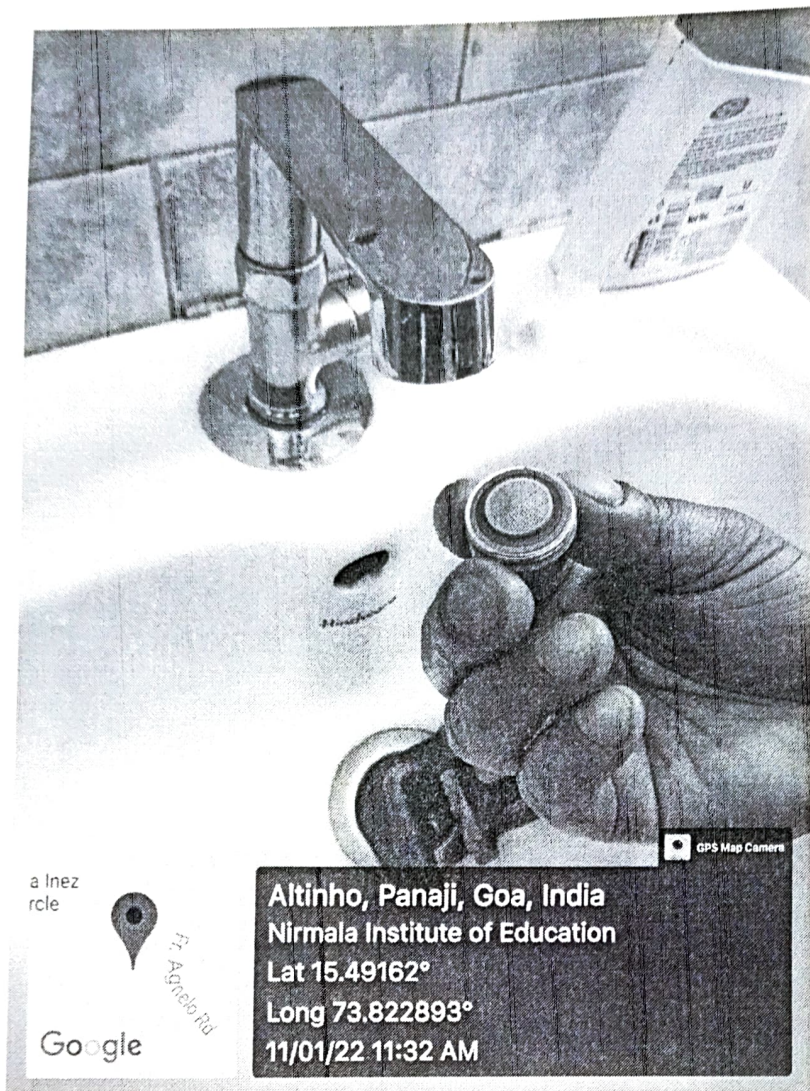


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Lat 15.49162°



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Chaitanya






My Vote My Right

A talk on my Vote my Right- A talk on 'MY VOTE MY RIGHT' was conducted on 24th January 2022 by the Electoral Literacy Club, Nirmala Institute of Education, Altinho, Panaji for its staff and students. The talk aimed at increasing voter participation among students and staff and making them aware about the ethical voting practices.

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NIRMALA INSTITUTE OF EDUCATION
Altinho, Panjim, Goa

ELECTORAL LITERACY CLUB
Systematic Voters' Education and Electoral Participation
(SVEEP) Program

A talk on
'My Vote My Right'
Date :24/01/2022 Time: 3.00 to 4.00 p.m.

RESOURCE PERSON - MR. SIDDESH TARI
(ASST. PROF. POLITICAL SCIENCE, V.M. SALGAOCAR COLLEGE OF LAW)
MIRAMAR - PANJIM, GOA

Platform - Google Meet  YouTube Live 

Link will be shared on 24/01/2022 on WhatsApp Group

Dr. Delia Antao
(Officiating Principal)

Mr. Clifton Fernandes
(Nodal Officer ELC)

Report of the session on Waste Segregation and Management held on 1/2/2022

Session on: "Waste Segregation and Management "

Date: 1/2/2022 TIME: 3:00 p.m.-4:00 p.m.

Mode: Virtual - Google Meet

Resource Person: Ms.Deeksha Mahale (Mission Coordinator, Consultant and Trainer)

Participants: 70 - SY B.Ed students of NIE

The NIE-Swachhata Abhiyan Cell under the aegis of the NIE-IQAC organized an awareness session for the SY B.Ed. students on "Waste Segregation and Management" in collaboration with the Goa State Urban Development Agency, Panjin-Goa.

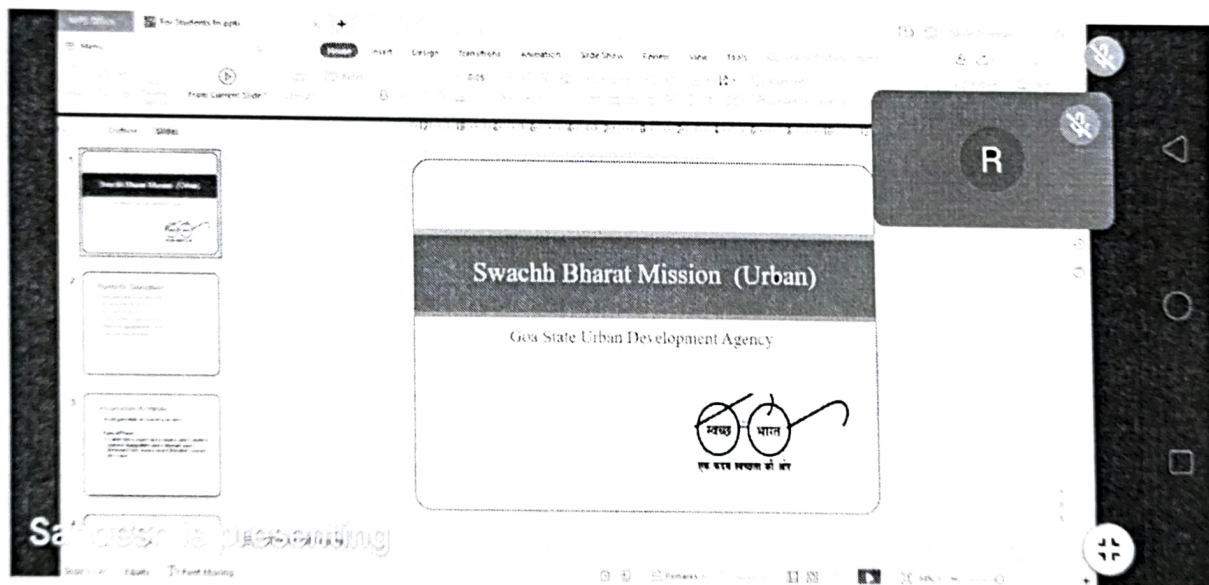
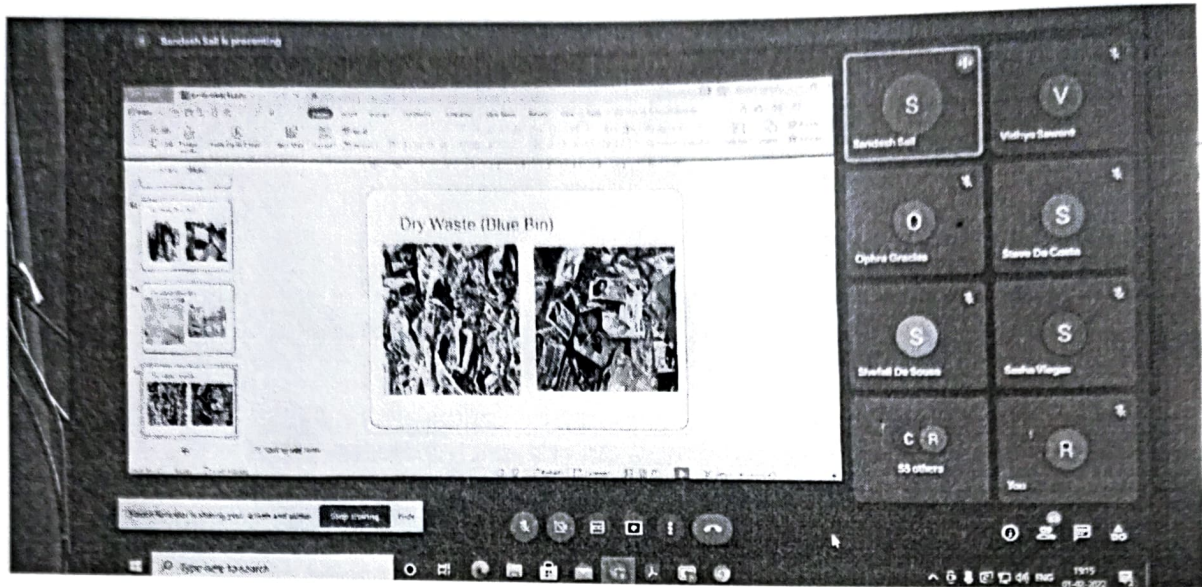
The resource person Ms. Deeksha Mahale, briefed the participants on the various types of waste / garbage that is generated in the society. The highlight of the session was about proper segregation of the waste into dry and wet. The resource person pointed out many ways of managing the waste by recycling, reusing or repurposing the items and also through composting the wet waste for manure. The resource person also gave a brief on the various schemes of the government in urban development and the Apps for monitoring, reporting, connecting waste collection and management.

Mr,Steve Da Costa, SY B.Ed Students Representative, gave the vote of thanks.



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Altinho, Panaji, Goa

The program was managed by Mr. Raymond Pereira (NIE-SAC Coordinator) and the NIE-SAC TEAM.



Gender Sensitisation Day Report

The Gender Sensitisation Day Celebration was held on 22nd March 2022 at Nirmala Institute of Education. The officiating principal Dr Delia Antao, Teaching Faculty, no teaching staff and all the teacher trainees were present. This day was celebrated to bring awareness about various types of Gender discrimination, inequality and lot of social issues associated with this topic. Also the

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concepts of pink tax and other were an important detail that people should know which was highlighted in the event very gracefully.

Before the event there was a Competition organised by the Gender Sensitisation Group for all other Celebration groups. This competition was in the form of a treasure hunt. Group members were given task and they had to send two members from their group to perform a task.

The task was as follows

1. Solve a mathematics questions and get it corrected from ma'am Ximena for the next task.
2. Find a book in the library on gender equality and click a selfie with Ma'am Maya holding the book.
3. Sing a song on gender equality in front of ma'am sangeeta and click a selfie with her.
4. State 5 stereotypes on gender discrimination in front of sister Millie and click a selfie with her.
5. Say the given tough twister 5 times very fast in front of ma'am shylaja and take her sign.
6. Pitch a business idea to sir Xavier and click a selfie with him.
7. Draw a symbol on gender equality and explain it to sir Raymond.
8. Talk for 30 sec in front of ma'am Anagha on gender sensitisation day.

The winners of the competition were as follows

1. First place- Consumer Rights Group
2. Second place- Diwali Group
3. Third place- Women Day Group

After this competition there was a quiz competition to check how much people really know about genders and other issues which people face based on gender.

The winners of quiz Competition were

1. Kalpita Velip
2. Benit Boben


The main celebration started at 3 pm with symbolic cutting of chains of discrimination in the hands of our principal Dr Delia Antao.

The compere for the day was Shivam Bhende and Venancia. Shivam read his Konkani poem which he wrote in the MEAR event of Goa university.

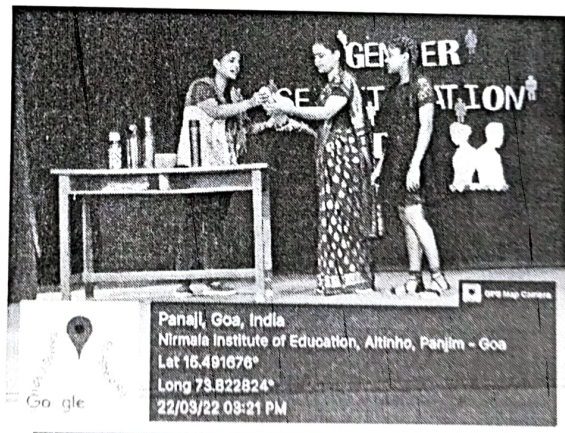
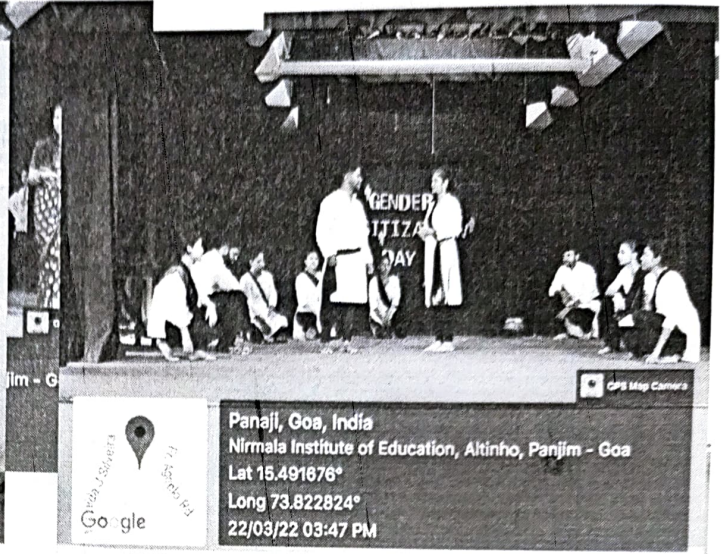
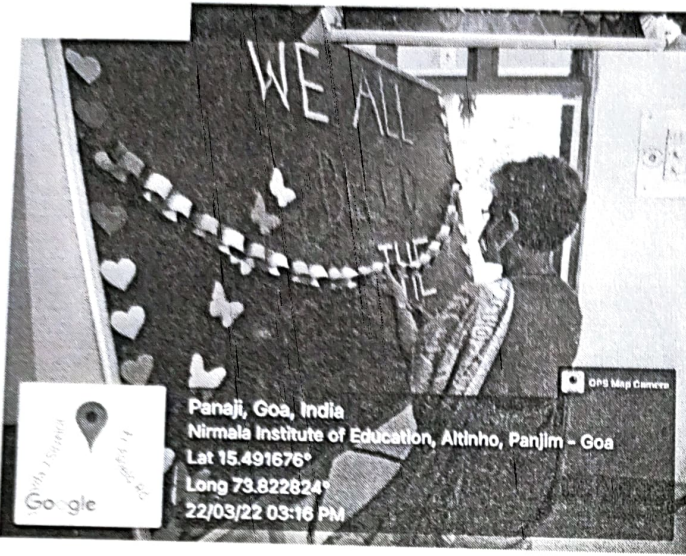
After that there was a skit on gender discrimination. The skit included concept of pink tax, how crying is not only for girl's but it's an emotion and boys can cry too. And in the last scene it was on discrimination on transgender.

Then there was a small presentation and video done by Shanaya. Followed by a dance performance on the song 'we all bleed all the same'

Then there was a street by the team participated in the MEAR event of Goa University.


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There was a special prize given to guess the name of the Competition correctly which was given to Ankita Zambaulikar



Antao

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World Consumer Rights Day Celebration Report 2022

World Consumer Day is celebrated every year on the 15th of March. Nirmala Institute of Education observed the same and organized a Celebration Day on the 27th of March 2022 to create awareness about the rights one enjoys as a Consumer and the exploitation faced in the market and ways to deal with them. The Programme was planned and organized by the Consumer Rights Day group. Preparations and Planning for the program began well in advance with the brainstorming of ideas and allotment of duties to the various group members. The brochure for the various competitions was sent to all the groups in advance without mentioning the surprise element. The first Competition was the Slogan Writing and Recitation Competition, along with an Insta Photo booth competition was held which began on 27th March from 3 pm and then thereby continued with the Cultural Program. All the teacher trainees from different celebration groups actively participated in all the competitions despite the busy schedule.

The program began at 3:45 pm. The comperes for the program were Ninoshka, Elaine, and Benit. The presence of officiating principal of NIE, Dr. Delia Antao, the teaching and the non-teaching staff, and the teacher trainees graced the occasion. This was followed by a skit that was compiled, scripted, and creatively designed by Benit was the highlight of the program. The main characters were Benaz, and Afreen with supporting characters such as Benit, Elaine, Heena, Premlata, Pooja, Ninoshka, and Kavita. The play focused on conveying how even educated people are exploited and fooled in a market by shrewd shopkeepers and online scammers. This was followed by a short presentation that explained how to file a Consumer report in the Consumer rights court was done by Afreen. Thereafter, there was the Slogan Recitation Competition where all the members had to come forward with their poster and Recite it over the stage.

The backdrop Title of the Event bearing "World Consumer rights day" Was Prepared and neatly cut out by Ninoshka Menezes. A Photo booth was designed using an "Instagram post " as an inspiration was planned and executed by Benit Boben and Elaine Coelho along with the help of Premlata Medha, Afreen Shaikh, and Pooja Borcar. The Instagram-inspired photo booth bore the heading "World consumer right day 2022" With a variety of hashtags below it. The idea was to encourage the other celebration groups to come to click pictures with the photo booth and upload the same on social media platforms which would create more awareness about the day. The celebration group that won more acceptance in the social gram was declared the winner.

The officiating principal of NIE, Dr. Delia Antao, shared her thoughts on this occasion and highlighted the small steps that every individual should take to be self-aware of the scams that were shown in the skit and also around us. This was followed by a token of appreciation to all the judges for lending their valuable time to judge the various competitions. A flower was given to all the judges by the World Consumer Rights Day Celebration members. The judges for the various competitions were Mrs. Suvarna Gauns, Mrs. Shyleja Sherief, and Mr. Raymond Perriera. This


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Principal
Nirmala Institute of Education
Anand, Goa

was followed by the announcement of the winners of the various competitions that were held. Followed by the vote of thanks was proposed by Ms. Benit Sera Boben.

Display board and rangoli

The content and cutouts for the Notice Board (next to the Principal office) were prepared by Ninoshka Menezes and Heena and assembled the day before the celebration. The Notice Board in the main hall was designed by Benit Sera Boben and the cutouts for the same were prepared and assembled by Elaine, Benz, and Kavitha. Heena and Premlatha. The Chalkboard that lies next to the stage bore the words "Fair Trade gives you a choice and a voice" And was decorated by Afreen. The invites and Brochures were designed by Ms. Benit and Ms. Gizelle.

For the activities part, two competition was devised for the students of the other celebration groups. Firstly Benit created an Instagram account named NIE_consumerday_2022. The celebration groups were required to click a selfie in the morning, with all its members included inside the photo booth, and forward the same to Benit who then uploaded the picture on the Consumer Rights Day Instagram account. The group with the highest number of likes up to 3 pm was declared the winners.

The second event had a surprise element. Each Celebration group was prior instructed to carry art materials with them. They were then asked on the spot to think of a Slogan related to Consumer rights and write and decorate the same on a chart paper. The judgment criteria included how creative and attractive the Slogan was. But at the same time, each Celebration group had to come up on stage and present their slogan by voicing it loudly or even with special actions. Therefore the winners of this competition were based on both criteria. The competitions were scrutinized under the guidance of all members from Consumer Rights Group and Mentor Ms. Anagha Deshpande.

The winners of the various competitions are as follows:

Slogan Recitation Competition

1st place: Earth Day Group

2nd place: Christmas day Group

3rd place: Diwali Celebration Group

Insta Social Photo Booth Competition

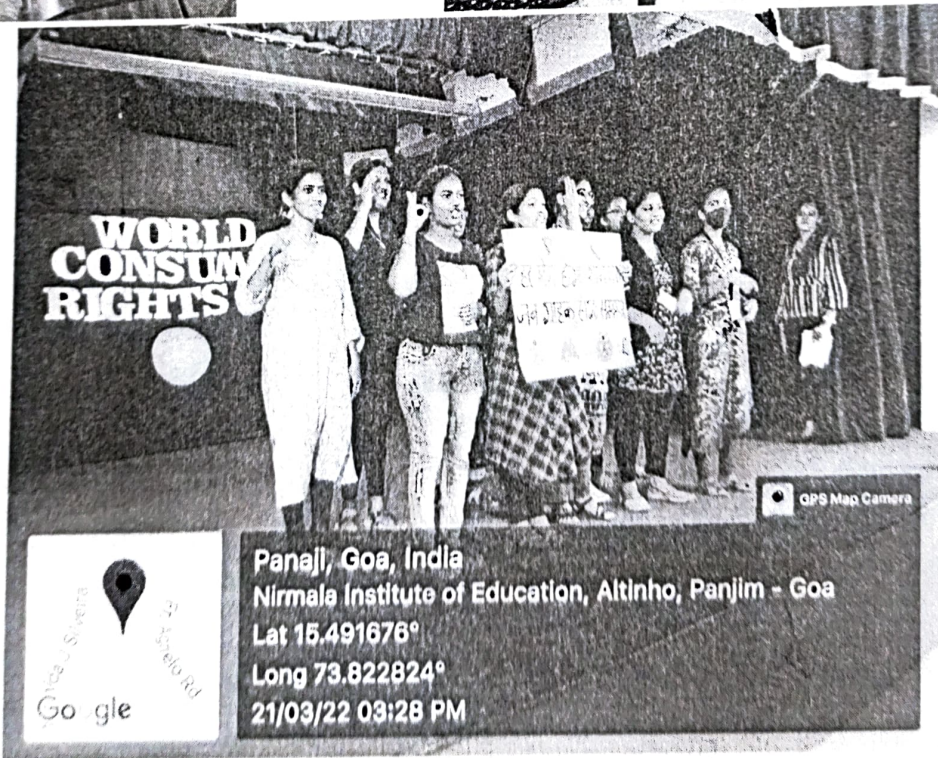
1st place: World Earth Day Celebration



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HIV awareness and sensitization:

On 27th April 2022, Mr. Pranab Barui, an alumni of the M.A. Wellness Batch of 2019-2021, conducted an HIV awareness and sensitization session for the students of the M.A. Wellness Course. Pranab currently works as a Lead, Psychosocial and Wellbeing Counselor at Human Touch Foundation.

During the course of the session, Pranab went on to bust myths and clarify commonly held misconceptions. The students were given a glimpse of the differences between the mental health impact and experiences of individuals living with HIV and those living with HIV-AIDS. Current initiatives and measures undertaken for these individuals by concerned authorities and health care services were also explained to the students.

Essay Competition Women in a Democratic World

The Students' Council of NIE, Altinho, Goa, along with faculty members, Ms. Ximena Fonseca and Mr. Subodh Haldankar, organised an Essay writing Competition for the teacher trainees of the Institute on 22nd September 2021 to celebrate the International Day of Democracy that was observed on September 15. The theme being 'Women in a Democratic World'.



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3.4.3.1 Extension and outreach Programs conducted in collaboration with industry, community, and Non- Government Organizations through NSS/ NCC

2018-2019

1) Talk on Women's Issues at NIE

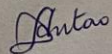
A talk on Women's Issues was held at the Nirmala Institute of Education on 15th June, 2018 from 9:00am to 10:30am. The speaker was Dr. Shaila de Souza, the HOD for Centre for Women's Studies at the Goa University. The F.Y. B.Ed teacher trainees and faculty members attended the talk. With the help of a PowerPoint presentation, the speaker explained the meaning of patriarchy and its different manifestations in the Indian Society. The difference between patriarchy and matriarchy, the various reasons attached in support of patriarchy even by women and the concept of feminism were areas covered during the course of the talk. The speaker also discussed the Malom Massacre of 2000 and the Manorama Case-2004, thus creating an awareness regarding these acts of impunity carried out under the Armed Forces Special Powers Act (AFSPA), 1958. The Gulabi Gang, a group of Indian women activists in pink sarees and their widespread response to domestic violence against women was discussed.

2) Be a Conscious Consumer - Garbage Management

On the 20th of June 2018, a talk on garbage management was conducted by Mr. Clinton Vaz. He emphasised on eco friendly ideas like buying only what is necessary, not wasting any food, composting waste and recycling whenever one can. He motivated the teacher trainees by citing several examples of people abroad who have taken to living an eco friendly lifestyle. Some of the examples include Colin Beavan who uses a bicycle to traverse long distances and lives in an eco friendly house. Chris Jordan, a renowned photographer, depicts garbage affected areas in his pictures. Lastly, Lauren Singer who managed to reduce her garbage rate so drastically that the garbage she generated in an entire year could fit in just one small glass. To understand more of these eco friendly ideas he requested the teacher trainees to visit his webpage: www.vrecycle.in.

3) Session on Road Safety

Session on Road Safety On the 24th of July 2018 Mr. Tukaram Shet Mandrekar, the Head Constable of Traffic Cell, Panaji, addressed the teacher trainees of FY.B .Ed and S.Y.D.EL.Ed at Nirmala Institute of Education about road safety. Mr. Mandrekar spoke about traffic vigilance


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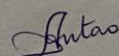
and explained the safest way of crossing roads. He also enlightened the trainees about 'cyclist permits' about which most were unaware of. Further, he spoke about the validity of motor vehicle licences and the various circumstances under which these may be suspended. Following this session, Mr. Dharmesh Pai Angle Deputy Superintendent of Police addressed the audience with the most accurate statistics update. He drew the attention of the audience to the rising number of fatalities on the state roads and expressed his plea to abide by the traffic rules to avoid accidents. Mr. Angle moved the audience by relating a few tragic cases of road accidents and the impact these had on their families.

4) Session on Thalassemia

A talk titled 'Thalassemia: Awareness is the Key' was conducted in Nirmala Institute of Education on 2nd August, 2018. The guest speaker, Mr. A.K. Shrivastava gave a brief introduction about the risks and dangers involved with the disorder of Thalassemia..He explained in detail what the disorder was about and how it can affect new born babies. Dr. L'orraine D'Sa, Lecturer in the Pediatric Department of GMC further emphasised that every youngster must get himself/ herself tested for Thalassemia by doing a blood test named He'moglobin Electrophoresis at any hospital or laboratory before choosing a life partner to ensure a healthy future for every child. She concluded the session by enlightening the audience about preventive measures to combat this disorder.

5) Nature Protection and Social Health

A talk on Nature Protection and Social Health by a team from Prakriti Suraksha was held on the 30th of August, 2018 from 11.30 to 1.30 pm. at Nirmala Institute of Education, Altinho, Panaji. The session was conducted by Mr. Jeyaram, the secretary of Prakriti Suraksha Organisation. Speaking about Prakriti Suraksha, he said it was established 30 years ago in a small village in Kanyakumari district. This organisation deals with natural farming, natural food and natural medicines. These jobs are taken care of by the widows and the differently abled persons based on their capabilities, thus helping them. A nature drive began on 8th of August from Kanyakumari, thereafter visiting different states of India, conducting seminars at various professional colleges. He encouraged the audience to read the articles on their website, to give feedback in order to achieve greater success. He emphasized on the fact that good food means food without adulteration. He advised to inculcate the habit of having organic food items and to avoid having certain foodstuff sold in the market which could be harmful. The natural food which does not contain poisonous material helps to increase the immunity of the body, which automatically helps us to maintain our health. He stated that we should balance ourselves according to the Indian climatic conditions, adopting our lifestyles and not getting influenced by the west.


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A video was shown highlighting nature awareness and the need to protect the environment. It put forth the idea that real development is when we live in a place without disease, a peaceful place to live an intelligent and healthy life in harmony with nature. It also depicted the importance of Ayurvedic medicines, of avoiding the use of plastic which is our greatest concern for pollution, of avoiding cutting trees in the name of development and encouraging the use of biodegradable materials. The earlier generations were quite healthy even in the absence of technology, so he focussed on the point that technology is causing more harm than good. Though the damage has already begun, it is never too late to accept the reality and to be true to ourselves and to live in harmony with nature. The main aim of Prakriti Suraksha organisation is to safeguard nature and promote human life and wellbeing. The session was concluded by the vote of thanks



Antao

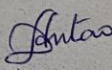
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c) Session on Plants

On the 27th of September, 2018 a session on plants was conducted by Mr. Miguel Braganza, Secretary of the Botanical Society of Goa and a prominent public figure always striving to save the green cover of Goa. He conducted a hands-on session for the F.Y. B.Ed students on various methods of gardening..

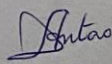
He enlightened everyone present with practical tips on enriching our soil and getting a blooming garden. The session was followed by the students of Nirmala Institute of Education planting different types of plants (medicinal, fruits, vegetables and ornamental plants) in the garden of the Institute.


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7) Prevention of Child Sexual Abuse

A talk on the prevention of child sexual abuse was conducted on 11th January 2019 at NIE Lecture hall, from 2.10 to 4.45 by the Muktha foundation which is an organisation committed to prevent interpersonal abuse and promote mental health. This session was conducted at the Nirmala Institute of Education and the speaker for the session was the founder-director of the Muktha foundation, Ashwini N. V. The staff of this foundation is specialised in various fields and the motto of the group is to make child safety a national priority.


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The talk began with the importance of being aware about mistreatment of child and a few cases of child abuse were shared by Ashwini M. V. In this regard, some concepts like voyeurism and exhibitionism were explained briefly by the speaker. The speaker spoke in detail about the grooming process used by the abusers to prepare the child for a contact form of abuse. The session also included explanation of the types of child maltreatment like physical and emotional abuse and the speaker spoke at length about contact based sexual abuse and non-contact sexual abuse. Perpetrator behaviour which included verbal abuse and threats of violence were highlighted.

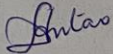
The informative session by the speaker concluded with some effective tips of preventing child abuse like observing the child and asking neutrally about the changed behaviour. Stress was also laid on how important it is for a teacher to understand how warning signs of child maltreatment can be detected. The session ended successfully followed by a few questions.

8) Constitution Day

22nd January 2019: The Nirmala Institute of Education, Altinho Panaji had the immense privilege to host an interactive session with students of the Salgaonkar College of Law, in celebration of the 2nd State Constitution Week.

The three students Ms. Sanjana, Ms. Aishwarya and Mr. Sitaram were introduced by Dr. Russell D'Souza. The presenters spoke to the B. Ed. students about the Constitution of India, as they tried to raise awareness of this important document among the students as prospective teachers. The Constitution Week is an initiative started by the Honourable Governor of Goa, Smt. Mridula Sinha to revitalise the feeling of patriotism in each and every citizen of the state.

The presentation touched upon three basic topics; the salient features of the Constitution, the Fundamental Rights of the citizens and the Fundamental Duties and Directive Principles of State Policy. The students were informed about how the constitution came about, and how it was the amalgamation of parts of many constitutions of other countries, as well as the inputs of Indian


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lawmakers. It is the longest constitution in the world as it has many provisions to ensure smooth governance.

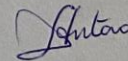
Many of the terms used in the Constitution, such as “Sovereign”, “Socialist”, “Secular” were explained to the students as well as the importance of those terms to how our country is governed today. The 6 Fundamental Rights of every citizen as well as the Duties were also explained. It was stressed that along with knowing our rights, it is imperative that we know our duties to our country as well. Our constitution does not enforce the duties on its citizens and thus citizens need to consciously make an effort to comply with the duties prescribed by the constitution to make a better country. The session ended with a small activity to show how we all must work together to reach our goal.

The speakers of the day were very enthusiastic with their presentation and one could see their passion for the constitution shine through. All the speakers were very engaging, interactive, illustrative, relatable, informative and abreast with the current affairs of the country as well as the world. The B. Ed. Students were also engrossed in knowing so many facts about the constitution and actively participated in the discussions. The vote of thanks was proposed by Ms. Christine Mendonza of F. Y. B. Ed.

q) Session on Zero Waste Management

A session on Zero Waste Management was held at the Nirmala Institute of Education on 23rd January 2019 from 11:00am to 12:00pm. The speaker, Shradda Ramita, was introduced by the Principal of NIE, Sr. Delia Antao. The speaker introduced herself as one of the volunteers for Goa Waste Management Corporation (GWMC). She began the session by briefly explaining the Seventeen Sustainable Development Goals (SDGs) given by the UN which include No Poverty, Zero Hunger, Responsible Consumption and Production to name a few

A trailer of the documentary ‘*Midway*’ by Chris Jordan was screened. The video showed the saddening story of the deaths of thousands of albatrosses due to accumulation of plastic in their bodies. An animated video of the process of plastic waste formation was also shown. Speaking specifically about Goa, the speaker gave the current facts of the garbage menace in Goa. The speaker stated that Goa generates 800 tons of waste per day and that 90% Goans burn their waste



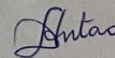
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thus releasing carcinogens into the atmosphere. Images of garbage dumps in Porvorim, Panaji, Margao and Vasco were displayed to show the gravity of improper waste management.

As a solution to the problem, the speaker explained a four way segregation method of dividing waste into categories of Paper and Cardboard; Plastic; Glass and Metal; and Non-Recyclables. She also explained the steps involved in Zero Waste Management namely Reduce, Reuse, Recycle, Recovery, and Landfill. The work going on at the Saligao Waste Treatment Plant was also discussed. Lastly, a video of people's resolution to use metal straws and make it their last straw instead of using plastic ones was screened.

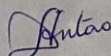
10) **Abolianchem Fest**

The Nirmala Institute of Education, Altinho – Panaji celebrated its second edition of the Abolianchem Fest on 9th February 2019. The celebration commenced with a short play introducing the fest where the abolim flower mascot invited the people to the maand to celebrate the fest. The traditional brass band performance along with a parade set the festive ambience to celebrate Goa in its uniqueness, at its best. The inaugural ceremony began with the Konkani hymn 'Novo Dis Udetana' to invoke God's blessings. The teacher trainees tuned in their melodious voices to sing the official theme song together with Mr. Carlos Gonsalves which was composed by the teacher trainees of last year's batch with the help of Dr. Glenis Mendonca, Professor at Carmel College, Nuvem and Ms. Eutemia Fernandes, Assistant Professor at Nirmala Institute of Education. The objective of the festival was to document and generate knowledge about the Goan environmental and socio-cultural resources, as well as to share them with the public for sustainable living for the present and future generation. This year the focus of the Fest was on the 'Coconut Tree', its socio-cultural and economic significance. In her address, Dr. Delia Antao, the Officiating Principal of Nirmala Institute of Education, thanked the members of the brass band and the Directorate of Art and Culture for their constant support. She expressed her gratitude to the press fraternity and media for connecting the event to the world. She thanked Mr. Marius Fernandes for his constant support as well as the teacher trainees, their families and friends. Dr. Rita Paes, Director of Nirmala Institute of Education appealed to the public to protect and preserve the land of Goa and to take a stand to make Goa beautiful by taking responsibility for the land. The Director and the Principal of the Nirmala Institute of Education planted a coconut sapling and declared the Abolianchem Fest 2019 open. The set up was

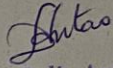


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skillfully designed with the maand at the center surrounded by a web of well-spaced stalls such as that of the Art and Decoration stall, the Clay stall, the Games stall, a Medicinal Plant stall and Food stalls. There was also a stall depicting the socio-cultural and economic significance of the coconut tree. The art of Molla making and Abolim hair garlands were depicted at the Fest. A fancy-dress presentation named 'Niz Goemkar' was organized for the primary students to celebrate and preserve the various traditional occupations of Goa. A total of five schools participated namely Bal Bharti Primary School - Ribandar, Immaculate Heart of Mary High School - Goa Velha, Our Lady of Merces School - Panjim, St. Michael's Primary School - Taleigao and People's High School - Panjim. The winners of the fancy dress presentation were People's High School - Panjim (3rd place), Our Lady of Merces School - Panjim (2nd place) and Bal Bharti Primary School - Ribandar (1st place). A delightful performance of music reverberating with the beautiful sounds of Goa's ghumot was presented by the teacher trainees under the guidance of Mr. Carlos Gonsalves, a renowned percussionist. The teacher trainees performed various Goan traditional dances such as Cotti Fugdi, Dhalo, Kunbi, Goff and Dekni. The Cantaram group blended their euphonious voices to entertain the crowd with Goan music. Beautiful poems were recited by teacher trainees on the different features of the coconut tree and its importance to mankind. The age old traditional games such as logorio (seven tiles), kombia zuz and breaking the coconut (nalani) were demonstrated to the public by the teacher trainees. A talk, highlighting the importance of medicinal plants like Aloe Vera and Tulsi was given. The audience shared in their views on the 'Abolianchem Fest' and appreciated the hard work and efforts put up by the faculty and students to revive the true essence of Goan - ness in the hearts of the Goan people. One act plays 'Asa Hanv Toyar' and ' Amchem Osmitai, Amchem Diaz' was performed by students with the message of preserving the Goan culture, traditions and language. A session by an eminent personality Mrs. Talluha D'Silva, a practicing architect in Goa and an adjunct Professor at the Goa College of Architecture was held where she highlighted the ways to find true wealth in the traditional methods of construction. Mr. Rajendra Kerkar held a small session on biodiversity in the Western Ghats regions and its protection of Goa. He further highlighted the need to protect the flora and fauna of Goa. 'Uzvadd' a group from Mapusa performed a street play named ' goenchem diaz rakuia' . A mando was also performed by the teacher trainees. The Fest was also graced by the presence of eminent personalities like Mr. Minguel Braganza, Mr. Prajal Sakardande, Mr. Rajendra Kerkar, Mrs.


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Talluha D'Silva, Mr. Carlos Gonsalves, Mr. Elvis Goes and O'Luv. The vote of thanks was proposed and the Abolianchem Fest came to an end with a musical finale performed by Mr. Elvis Goes, O'luv, Mr. Carlos Gonsalves and the ex students of the Institute.

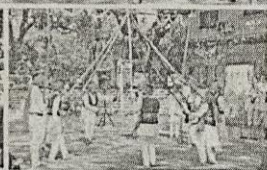

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Abolianchem Fest – A cultural fiesta



Team Cafe

In collaboration with the Department of Art and Culture, Government of Goa, Nirmala Institute of Education, Altinho, Panaji organized Abolianchem Fest at the Institute's premises. The programme included traditional folk songs, traditional games, folk dances, art and craft. Traditional sports were on display at the venue. Besides music and food available at different stalls set up by the students.



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nie_goa Abolianchem Fest 2019 covered by O'Heraldo, published on 15 February 2019

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Abolianchem Fest celebrated at Nirmala Institute of Education



Goan performance by students



Carlos Conçalves and the music group entertaining the audience with a ghumest performance

WHY FIZZ

The Nirmala Institute of Education, Altinho celebrated Abolianchem Fest. The celebrations began with a short skit on the fest. Director of Nirmala Institute of Education, Rita Feres and officiating principal of Nirmala Institute of Education, Delia Antao, presided a coconut sapling and declared the Abolianchem Fest 2019 open. A parade accompanied by the traditional brass band created a festive ambience to celebrate Goa's unique culture.

The objective of the festival is to document knowledge generated about the Goan environment and socio-cultural resources and traditions, and share them with the public. This year the focus was on the coconut and its socio-cultural and economic significance. Speaking on the occasion, Antao thanked the brass band and the Directorate of Art and Culture for their constant support. She also thanked Festival Man of Goa, Marcus Fernandes for his support as well as the teacher trainees, their families and friends.

Fests appealed to the public to protect the land of Goa and to take a stand on the various issues affecting Goa in order to preserve its beauty and character. The set-up was skillfully designed with the mascot at the centre surrounded by stalls with art and sketch, games, medicinal plants, food, pottery, eco-friendly products and a stall depicting the socio-cultural and economic significance of the coconut tree. The art of making molasses and waving boom for the hair were demonstrated.

A fancy-dress presentation titled 'Niz Goenkar' was organised for primary school students to celebrate and preserve the various traditional occupations of Goa. The music group captivated the audience with their performance that reverberated with the delightful beats of the ghumest under the guidance of percussionist, Carlos Conçalves. The teacher trainees also performed various Goan traditional dances such as otili, fandi, chalo, kumbi, gull and deira. The Gattaram group entertained those, lovers with popular old Goan songs as well as a 'Mandol'. The fests were interspersed with recitations composed by teacher trainees on the different features of the coconut tree and its importance to mankind. Age-old traditional games such as logorio (seven tiles), lompous and breaking the coconut (italiano) were demonstrated.

The importance of medicinal plants like aloé vera and basil were also shared with the audience. One act plays 'Asa Haru Toyar' and 'Amchem Gomat' Amchem Diac' was performed by students with the message of preserving the Goan culture, traditions and language. Architect and adjunct professor at the Goa College of Architecture, Tânia D'Silva highlighted the preserved value of traditional methods of construction in the past in Goa. Valéria Kerkar spoke on the importance and the role played by the biodiversity in the Western Ghats regions in protecting Goa. Lucinda a group from Macusa performed a street play named 'Goenchem Diaz Bakuntal'. The fest was also graced by the presence of personalities like Minigui Bragança, Praval Sakantadas, Carlos Conçalves, Socorro Pereira, Sarah Deshpande, Elvis D'Sez and DLUV.



Fancy dress presentation on 'Niz Goenkar' by students



A traditional Goan game - Tablam being played



Making garland with abolium flowers



Stalls with art, games, plants and more



Traditional performance to the original inhabitants of Goa - Kumbis



Products made from coconut on display

Liked by armando.gomes17 and 71 others

 nie_goa Abolianchem Fest 2019 covered by Navind Times and an article published on 21 February 2019

<http://www.nirmalainstitute.org/abolianchem-fest>

ii) Work with Community - Visit to Old Aged Home

As a part of the B.Ed. curriculum, a community service visit was undertaken by the B.Ed. teacher trainees on 18th March 2019 where they visited old aged homes. The trainees greeted the elderly women with beautiful red roses and gave the Sister in charge a huge bag of biscuits, toast

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and soaps. The elderly women were excited to interact with the trainees. They interacted with the teacher trainees and shared stories of their younger days with them. This made many trainees very emotional. The teacher trainees helped in cutting the nails of the elderly women, folding washed clothes, spending time with them and so on. The teacher trainees also sang songs along with the elderly women and put up a few dances to entertain them. Gifts were given to the elderly women. The Sisters and the elderly women were extremely grateful for the visit.



Antao

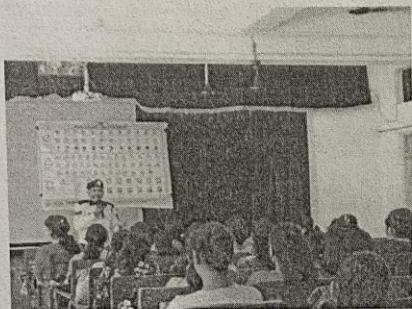
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3.4.3.1 Extension and outreach Programs conducted in collaboration with industry, community, and Non- Government Organizations through NSS/ NCC

2019-2020

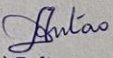
1) Session on Road Safety

Mr. Tukaram Mandrekar (Head Constable, Traffic Police, Panjim) and Ms. Suvarna Naik (Traffic Police) were invited to give a talk on road safety to the students to make them aware of the traffic rules and persuade them to follow the same. Mr. Mandrekar spoke on the importance of traffic rules that if followed could avoid many accidents and deaths. He also showed some video showcasing the importance of being cautious while following traffic rules right from zebra crossing till driving. It was a very informative talk and motivated the students to follow traffic rules.



2) ISSUES RELATED TO WOMEN (POCSO)

Mrs Shaila de Souza gave a session on the topic 'Issues related to women' on 17th June 2019 for the students of F.Y.B.Ed . Mrs. Shaila spoke about the issues faced by every woman in general and how this information would be of help for the trainees as future teachers. She described the recent gender related law – 'Protection of child from sexual offences act, 2012' (POCSO). She also provided the features of this act and stated that this law ensures child friendly measures. The special features covered exclusively by this law were discussed. A

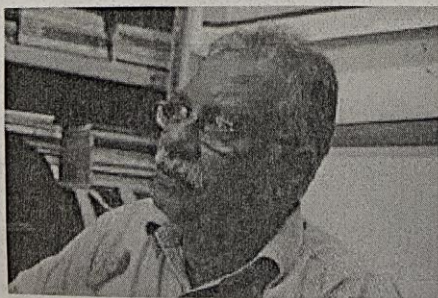

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limitation of this law is that it has no preventive measures. Another law spoken about was the India and U.N. convention on the rights of the child, 1989 which was ratified by India on 11/12/92. The Goa children's act was created in 2003. She also reflected on the nation's response to child issues. Further we were informed about 'The juvenile justice act' under which a few cases were discussed. The procedures for reporting cases, consequences of failure in reporting cases and the weaknesses of this act were discussed. In her final words she stated that, 'As teachers we need to know to protect ourselves and our near and dear ones to build a better society.'



3) Consumer Rights

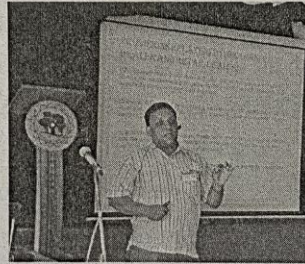
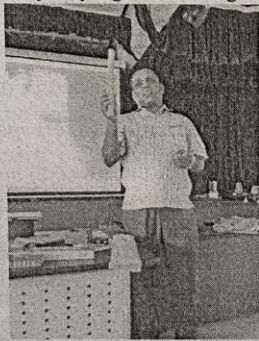
Mr. Roland Martins, an activist and Goa CAN coordinator gave a talk about consumer rights on 21st June, 2019. He made the trainees aware of the different rights available to the consumer. He gave various examples such as the Siolim accident, and the toilets at the KTC premises. He highlighted the prevalent Consumer Protection Act of 1986, wherein he discussed the key concepts in the act. He also had an active question answer session with the F. Y. B.Ed. trainees.



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4) LEGAL METEROLOGY

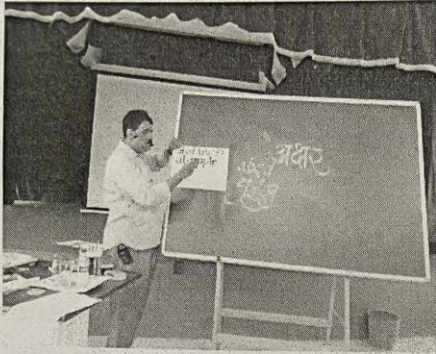
Legal metrology is the application of legal requirements to measurements and measuring instruments. Measurements are so much a part of our daily lives that we often take them for granted and possibly don't even notice them. A session was delivered by Mr Nitin Purushan, the Inspector from Legal metrology, Bicholim, Goa. He gave a very informative session. The entire informative talk was about the goods people buy from markets. Their motto is "no less no more ". The trainees were shown many videos where people were cheated. After attending this session, the trainees came to know how they get cheated and how they neglect things because they are in a hurry. From this session the trainees got to know that rules are violated. The MRP is hidden by pasting illegal MRP tag and that people are indulging in crime by buying those things.



5) Puppetry Session

Mr Deepak Gaad, a Visual Art Faculty at DIET, Porvorim gave a very interesting session on 28 June, 2019 and showed the importance of puppetry and how it could be used for teaching. He started the session with simple mathematical lines and curves. Thereafter, he gave a brief explanation of different types of puppetry such as finger puppet, paper puppet, mask puppet, string puppet, rod puppet and shadow puppet caricatures. The speaker kept the students engrossed with his skilful artwork. He advised the trainees to use the right combination of colours to create an impact on the minds of the children and also to use flash cards in their teaching. A short three minutes film on puppetry was shown to create social awareness on AIDS. This session was organized for the F. Y. B.Ed. trainees.

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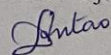


6) Session By Alcoholics Anonymous

A talk was organized on alcoholism in collaboration with Alcoholic Anonymous to highlight the evils of drinking in our society on July 10, 2019. The session started with sharing of true-life experiences by the survivors who had encounters with alcoholism. It was really heart breaking to hear how they fell for this evil vice and the trauma they underwent before they could overcome this menace with the help of Alcoholic Anonymous. Various speakers spoke about how it all started and how it adversely affected their family life. All the speakers were of the view that Alcoholism is a family disease. It tears the family apart. It brings shame, violence and destroys peaceful existence in the family. Alcoholic Anonymous reaches out to these families to build a new home. Alcoholism Hurts, Al-Anon Heals. Al-Anon is self-supporting through its own voluntary contributions. Their only purpose is to help the families of alcoholics. They do this by practising twelve steps, by welcoming and giving comfort to families of alcoholics and by giving understanding and encouragement to the alcoholic.

7) LGBTQ Awareness

Goa Rainbow Trust organized a session to enlighten the community about the nomenclature of the LGBTQ community and the struggles they face in the society due to criticism from the people at large. Veda Bhatt and Ivan Cordo gave the history of GRT. They want to establish themselves in Goa as there is no such recognition here. The law does not allow such groups to move freely. They made the trainees aware that such type of people ought to be accepted and need recognition. The society needs to understand such people and help them to adjust to


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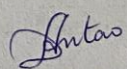
life and living. One of the members gave his personal experience when he felt and discovered he was gay after going through a lot of references on the Internet. His friends and peers in college did not accept him and he felt ignored in the society. He felt that on the whole the society does not accept them and looks down on them.



8) GENDER SENSITIZATION DAY

Gender Sensitization Day was celebrated on 19th September, 2019. The day started off with an assembly which was based on the theme LOVE. The group members through the medium of prayer, dance and song, conveyed the message that love is a supreme and divine emotion and we need not do great things, but small things with great love towards our neighbours. A cultural programme was held with the theme BREAKING GENDER STEREOTYPES. The programme commenced with the screening of the video which conveyed the message that God created all human beings in His own image and likeness and it is humans who have created differences among themselves. The students then enacted various scenes depicting how society holds stereotypes towards males, females and transgenders. The scenes were then rewound and showed how society would function without stereotypes. The message of gender equality was loud and clear as the group members sang a song focusing on respect for all genders. The audience was then requested to take a pledge that they will promote gender equality. A video was also shown as a tribute to all those Indians who have been successful in their respective fields regardless of barriers of gender.

OCTOBER


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a)

Swatchta Pakhwada 2020

Report on Cleanliness Drive in Campus at Nirmala Institute of Education, Altinho, Panaji, Goa

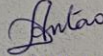
Date: 21/01/2020

The Faculty, Staff and B.Ed. students of Nirmala Institute of Education organized a cleanliness drive at the campus of the Institute in accordance with the requirements of the Swatchhta Pakhwada programme for the year 2020. The students were divided into groups and were allotted various places in the campus in this regard. Since the campus is well maintained, some dry leaves were collected and segregated at given place. The students also weeded the campus to make the campus and surroundings look neat and clean. The work was completed in the assigned time with active participation from all students and the staff. A lot of positive feedback received from the students stated that they had a very good experience and engaged in activities that they wouldn't normally do.

b) **Report on Swachhta Pakhwada 2020**

Date: 15 January 2020

The Nirmala Institute of Education, Altinho, Panaji began the first activity of Swatchta Pakhwada 2020 on 15/01/2020 as 16/01/2020 was declared a holiday for the college in view of the feast of St. Joseph Vaz . The First year and Second year B.Ed. students along with the members of the Faculty and staff took part in the Swatchta Pledge taking ceremony held at 4.00 p.m. The pledge was read by Ms.Anisha Pednekar a S.Y.B.Ed . student.


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14)

Four Day workshop on Upgrading of Teaching Methodology using Elements of Theatre at NIE

4th March 2020 - Day One

The day began with the formal Inaugural function where the theatre experts who were the speakers for the sessions to be conducted were welcomed. Mementos were given to the guest speakers. The Officiating Principal Dr. Sr. Delia Antao and the director Dr. Sr. Rita Paes were also welcomed. The formal Inaugural ended at around 10:00 am soon after which the first session began. The first activity conducted by Mr. Vidyanidhee Vanarase called “**Stop, Walk, Jump**”, aimed at improving concentration as well as breaking childhood clichéd associations of certain actions with certain words. The second activity included **shaking hands with anyone** at the venue. This activity brought out the essence of enjoying rather than competing in whatever you do in life.

The other speaker who was Mr. K. G. Krishnamurthy explained how theatre is a democratic process which teaches oneness and equality. The idea of the circle formation to enhance the exchange of knowledge was emphasized. Theatre in Education involves learning and doing which should become an experience for children. Thus, theatre then becomes magical and not a subject.

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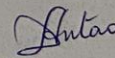
The Theatre Faculty then divided the group using the random number method to form six distinct groups which were then instructed to discuss their ideas of theatre, education and theatre in education which was to be presented later through any means like a speech, drama, digital method, mime, etc. There were no restrictions on the method of presentation.

This was a very fruitful activity as the students were able to interact and come up with brilliant ideas. The feedback given mainly included eradicating the use of explaining a scene either before or after the act is performed. An inclusive performance where the audience is an active part of the play was appreciated.

The post lunch session began with a stretching exercise which helped refresh the mind and body. The group was again divided into six distinct groups which were then instructed to create a role play from any **Panchatantra or fantasy literature**. This role play however could not include any human characters at all. After half an hour of preparation time, each group presented their play for not more than ten minutes. Stories like The Hare and the Tortoise, The Lion and the Rat, The Rabbit and the sky falling, Beauty of the Rose, The Elephant and the Ants were adapted and presented using simple props. The feedback received was positive and the performances were better than the presentations during the first session in the morning. There were lesser words and more expressions that were natural that made the plays very interesting and captivating. The element of human nature and feelings in inanimate objects was highly appreciated. It was an enjoyable day working with new people, making friends, exchanging ideas along with lots of learning through fun and meaningful activities conducted by the resource persons.

5th March 2020 - Day Two

The second day of the workshop began with an activity which depicted '**Passion v/s Profession**'. A few students were randomly selected to portray why their subject was important and were asked to defend the same. The subjects chosen were Commerce, Biology, Performing Arts, Hindi and History. The resource persons further enlightened the crowd about the importance of passion in our career without which teachers would not do justice to the vocation. The session was extremely interactive and most of the individual presentations of the various subjects listed above led to a debate and discussion which included interesting questions and arguments by the audience. Due to these arguments the Faculty emphasized on the importance of conflict in drama.



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For the second session, the participants were paired with individuals they did not know anything about and were given thirty minutes to get to **know their partner** soon after which they were asked to introduce themselves as their partners in front of the audience. Through this we learnt that unnecessary body movements, repeated hand gestures or looking at the ceiling or floor can lead to major distractions. Hence, we must always be aware of our every moment when addressing an audience.

Post lunch, the students were divided into six groups. Each group was given a topic and asked to improvise and then perform on stage. The topics were **Arrival, Journey and Destination**. Since there were six groups, two groups had the same topic. However, their interpretation of the allotted topic differed. The resource persons then gave a detailed feedback to each group, making suggestions as required after which the workshop concluded for the day.

6th March 2020 - Day Three

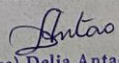
The first session of the day, conducted by Mr. K. G. Krishnamurthy, dealt with **personification**. The participants were split into groups and a member of each group was given a character/object to impersonate. The other members were then free to cross question the character's back-story. Mr. Krishnamurthy emphasized that this technique could be used to impart knowledge and create interest in the subject.

In the next session, the participants paired up to perform an improvisation based on a **dialogue** specified by Mr. Vidyandhee Vanarase. While the dialogue was common to all the pairs, the context and situation could be manipulated by the participants.

After lunch, the last session for the day was conducted, the participants were divided into six groups based on their subjects and then were instructed to perform a **subject based improvisation**. The objective of this exercise was to allow the participants to infuse theatrical creativity into their teaching content.

7th March 2020 – Day four

The first session of the day dealt with **creation of a scene** according to a given topic. The participants must go one at a time and perform an individual action continuously and the next participant must create their own individual action related to the given topic and it followed in this way. The next session was similar but this time the action was static. This activity is called '**photo frame**'. Random students were selected and they had to create a tableau according to any lesson from their respective subjects. Then a short session on the


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interpretation of nursery rhymes or poems and the history/ truth behind it were presented by a few students.

After lunch we gathered together for a few voice exercises by Mr. Vidyanidhee Vanarase, which included simple deep breathing, phonetics- the sounds in the Hindi and Konkani script, mouth exercises and voice manipulation with a few lines in Sanskrit that were repeated after him. Then Mr. K.G Krishnamurthy asked us to lie down on the floor and breathe and release making loud sounds from the phonetic script we used before.

After the tea break, the valedictory function began at 5:00 pm. The guests were welcomed. A video compiled by Ms. Celesta Saldanha show cased the happenings of the workshop through a lovely collection of pictures put together. Feedback was taken. Reviews of the workshop were given. Mr. Vidyanidhee Vanarase was asked to share his experiences from the past few days at the workshop. The Chief Guest Mrs. Josalkar addressed the audience of theatre enthusiasts soon after which certificates were given to every college. The vote of thanks was given by the Officiating Principal of Nirmala Institute of Education, Dr. Delia Antao. The College Anthem was sung and the function ended.



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12) **ABOLIANCHEM FEST 2020**

The much awaited Abolianchem Fest dawned with excitement at its peak. The teacher trainees eagerly celebrated the ethos of Goa through food, music, dance, art and much more on 1st February 2020 at the Nirmala Institute of Education

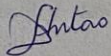
The traditional brass band performed to the distinct musical configuration of instruments to provide a popular and evocative prelude in order to celebrate our Goan identity in tune with the festive parade dressed in their ethnic best.

The inaugural commenced with a prayer dance to invoke God's blessings. The teacher trainees performed in their mellifluous voices to the accompaniment of musical instruments such as the ghumot, violin, organ and the guitar; to sing the official theme song which was composed by the teacher trainees of the B. Ed. batch of 2016-18 with the help of Dr. Glenis Mendonca, Assistant Professor at Carmel College of Arts, Science and Commerce, Nuvem and Ms. Eutemia Fernandes, Assistant Professor at the Nirmala Institute of Education.

This was followed by the D. El.Ed. Students singing the lyrics of the original composition – 'Goenchi Mati' by Ms. Alisha D'Cunha, lecturer, D.El.Ed. Section at Nirmala Institute of Education and Mr. Noel Barreto.

The objective of the festival is to document, generate knowledge about our environment and socio-cultural resources, as well as share knowledge for sustainable living for the present and the future generations. This year the focus being 'Goenchi Mati', the entire fest was woven around the theme, 'Soil of Goa', which was accentuated through the delicate detailing of the set-up at the venue namely – *the Ro'in* (the anthill) at the entrance, *the maand* with the world's largest *Mhadalem* and *Ghumot*; both lent by cultural activist Mr. Marius Fernandes. The *Fest* featured the art and decoration stall, food stall, medicinal and ornamental plants stall, traditional games stall, and the photo-booth which reminisces the mud houses with the authentic *chooul*.

A beautiful poem was composed and recited by the teacher trainee Ms. Vibha Manerikar depicting the richness of Goan soil.


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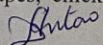
In her address, Dr. Delia Antao, Officiating Principal of Nirmala Institute of Education introduced the special guests for the day Ms. Patsy Khan and Dr. Marie Fringes, Assistants to the Superior General in Paris and also welcomed the Provincial from the South Indian Province, Ms. Philomena D'Sa. Dr. Antao urged the visitors to take this fest as an opportunity to celebrate and appreciate the Goenchi Mati, by exploring the various stalls to understand the Goan culture and in turn to grow in responsibility to save the land for the future generations. She thanked the Directorate of Art and Culture and the press fraternity for their constant support and giving wide coverage to the event. She also thanked the parents, friends and well-wishers of the institute as well as the faculty, staff and students for their tireless efforts to make the fest a success.

Speaking on the occasion, Dr. Rita Paes, Director of Nirmala Institute of Education briefly spoke on the origin and purpose of the Abolianchem Fest as it evolved from the project 'Goa Day'. She stressed on the adversities of the Goan soil caused in the name of 'Development' and appealed to the public to have their own kitchen garden as an initiative to stand up for nature and to preserve our culture.

The Cantaram group comprising of the F.Y and S.Y B.Ed. trainees blended their euphonious voices to the lyrics of Roque Lazarus' 'Goenkarponn' and the mando, that captivated the audience. An enthralling performance of music reverberating with the beautiful sounds of Goa's *ghumot* was presented by the teacher trainees under the guidance of the renowned percussionist Mr. Carlos Gonsalves. The D. El.Ed. trainees and the MA Wellness students put up a graceful and solemn performance singing the traditional Goan songs, celebrating the uniqueness of Goa and rekindled the true Goan spirit among the listeners.

The teacher trainees clad in elegant traditional attires danced to the beat of the '*cotti fugdi*' and '*kalshi fugdi*'. A harvest dance was also performed enacting the harvest scene giving a true picture of peace and harmony in an otherwise restless world. The age old Goan traditional games such as *Fatrani* and *Mitani* were demonstrated to the public by the teacher trainees. Various games such as *Tiktem*, *Virani*, *Tablam* and fun games delighted the audience.

The food group arrayed a wide variety of delicious and mouth-watering and traditional Goan snacks, meals and sweets. While the programme was going on, the participants, as well as the guests helped themselves to the lip smacking items such as fish cones, canapes, chicken


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croquettes and sausage bread to name a few. The live counter served chicken steak, ross omelette and alle belle besides others. The lunch counter served fish and vegetarian thali, chicken vindaloo and chicken xacuti with sannas. The fruit salad with ice cream was an instant hit although there were other sweets like caramel pudding, rum balls, chocolates and truffles. To quench the thirst of the guests there were a wide variety of homemade drinks, shakes and mocktails. They also had a Goan Kunbbi food counter, where the food was served by a couple with their traditional costume, which included ambil, satva, tizan, pez and toracho. The group also made paper bags as an eco-friendly initiative to pack the eats bought by the guests to take home. They made a sizeable profit.

A one act play '*Matiechi Girestkai*' emphasized the various facets of the Goan soil and its importance to mankind. Artistic poetic compositions were enacted through the expressions of musical tunes and movements that effectively brought out the different characteristics of the soil and its relevance to the circle of life.

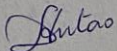
The Additional Director of Organic Farming Association of India (OFAI), Mr. Miguel Braganza enlightened the public on the various aspects of soil, organic farming and the khazan lands. Mrs. Tallulah D'Silva, a well-known architect and environmental activist gave an insight into the sustainable development and provided measures to adopt a sustainable way of living. She invited people to render help in her upcoming projects and contribute towards community building. Mr. Felly Gomes, Founder of the Live Happy NGO entertained the audience through an informative yet amusing musical piece emphasizing on the various issues of waste management. Mr. Jose Fernandes (Bondo), a well-known percussionist regaled the audience with an energetic performance involving the teacher trainees.

A street play '*Amchi Jin Matiyechem Rinn*' was staged by the teacher trainees with a message to create awareness about the distress caused by mankind to the soil of Goa.

The star attraction of the day was the renowned Goan Artist and cartoonist, Mr. Alexyz's caricature counter which was lively and fun filled. The audience flocked towards the counter in large numbers.

The fest had an interactive Pottery counter by Mr. Vishwanath Shetkar, where one could get a hands-on experience on the potter's wheel to gracefully mould clay into a unique creation.

An audio-visual black box was designed to project glimpses of the celebrations of Goa Day and the Abolianchem Fest of the bygone years. Video clips on the importance of Goenchi


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Mati in agriculture, pottery, its mineral content, *Manngem Thapnni* and *Chikal Kalo* were also presented.

Goan folk stories were enacted using props, puppets and role plays by the pre-primary teacher trainees. The main purpose was to nurture in the young minds a sense of value and well-being.

Impressive science exhibits on Goenchi Mati were showcased by the students from the various schools in North Goa. The winners of the Science Project Exhibition were Chubby Cheeks Spring Valley High School, Porvorim. The second place went to Our Lady of Merces High School, Merces and Holy Family High School, Porvorim bagged the third place.

The fest was graced by the presence of eminent personalities like Ms. Menaka, I.A. S, Collector, North Goa, Mr. Ajay Gaude, the Deputy Collector of Sangem, Mr. Carlos Gonsalves, Mr. Miguel Braganza, Mrs. Tallulah D'Silva, Mr. Alexyz, Mr. Jose Fernandes (Bondo), Mr. Felly Gomes and O'Luv.

After the vote of thanks was proposed, the Abolianchem Fest came to an end with a soul stirring musical performance.



13) Street Play

Antao
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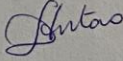
The Goa State Biodiversity Board in association with Abhivyaktee - Panaji and IMB hall, Panaji organised an event called "Yuva Jagruti" on 7th February 2020 at the Menezes Braganza hall and Azad Maidan, Panaji. The main aim of the event was to develop awareness in the society regarding various environmental issues through different competitions. One such competition enlisted in the event was 'Street play'. The topics for the competition were as follows:

1. Threats to biodiversity and solution measures
2. Ecotourism: A boon or bane
3. Sustainable agriculture and biodiversity conservation
4. Reduce, reuse, recycle, reuse and recreate a better surrounding.

The students of Nirmala Institute of education focused on the 4th topic.

With a team consisting of 10 students and Mrs. Anagha Deshpande as mentor, a street play was directed focusing on issues like reducing food waste, reusing plastic, recycling glass, use of menstrual cups, recreation using coconut shells and the like. The final performance was of 7 minutes consisting of dialogues and songs in the vernacular language, Konkani. The dialogues and songs were composed by the participants under the guidance of their mentor. The students also used the Goan state instrument, "Ghumat" to give an increased vibrancy to the performance.

Overall, the performance was very fulfilling and it bagged the second place. The students were rewarded with certificates and a cash prize of ₹4000


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In this same event Andrea Dias second year B.Ed. teacher trainee got the first prize for extempore competition based on bio diversity



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3.4.3.1 Extension and outreach Programs conducted in collaboration with industry , community , and Non - Government Organizations through NSS/ NCC

2020-2021

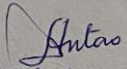
1) Abolianchem Fest

The third edition of Abolianchem Fest took place on 1st February 2020 at the Nirmala Institute of Education. The traditional brass band performed to the distinct musical configuration of instruments to provide a popular and evocative prelude in order to celebrate our Goan identity in tune with the festive parade dressed in their ethnic best.

The inaugural commenced with a prayer dance to invoke God's blessings. The teacher trainees performed in their mellifluous voices to the accompaniment of musical instruments such as the ghumot, violin, organ and the guitar; to sing the official theme song which was composed by the teacher trainees of the B. Ed. batch of 2016-18 with the help of Dr. Glenis Mendonca, Assistant Professor at Carmel College of Arts, Science and Commerce, Nuvem and Ms. Eutemia Fernandes, Assistant Professor at the Nirmala Institute of Education. This was followed by the D. El.Ed. Students singing the lyrics of the original composition – 'Goenchi Mati' by Ms. Alisha D'Cunha, lecturer, D.El.Ed. Section at Nirmala Institute of Education and Mr. Noel Barreto.

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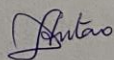

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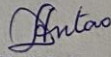
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Nirmala Institute of Education
Altinho, Panaji, Goa

Celebrating Goan soil at Abolianchem Fest

PHOTOS: NARAYAN PISSURETTI/MAT

ATGLUE

try in the colorful campus of Nirmala Institute of Education at Altinho to experience the Fest of Goa - at the small mouth and the beats of the state. The music instrument ghumat make you tap your feet. Wearing little less than your football of students, parents, faculty and even neighbours, all of who are engaged in some or the other task, the decorated campus with a red carpet welcome to visitors and onlookers, serving hot meals. Five girls, neatly dressed in local Pan-Goan attire, wearing Abolianchem head, go on

stage of them playing ghumat and singing songs in Konkani. A lot of attention amidst a host of other programmes, such as plays, performances, exhibitions, posters, project displays and plant saplings. "We are celebrating Goa Day, our annual get-together, naming it Abolianchem Fest and this year's theme is 'Goanchi Maati: The soil of Goa,'" informs the officiating principal, Nirmala Institute of Education, Sister Delia Antao, who has been witnessing the festival since 2005. Abolianchem Fest was started 19 years ago as Goa Day, in 2000 by an enthusiastic





English Methodology teacher, Sharmila Velho. Antao adds, "Sharmila wanted to introduce the culture and ethos of Goa to her students in the English department and hence asked them to work on a project on everything about Goa. The concept even so much appreciated that from the following year, it did not remain restricted to English department and the entire college and faculty were incorporated in the celebration. We now celebrate this day with different themes each year. Last year it was the cocchi tree, and this year it's the soil." The students begin to work around




the theme from June onwards and make arrangements for their projects. 'Goanchi Maati' being an interesting theme they wrote stories, songs, poems and plays around it. Some documented the soil from different places and put it in gift bottles for people to carry with them while leaving Goa. "This is no longer a cultural programme, but is an educational and academic exercise too, that brings even the families of the students to the campus. There's no entry fee and all are welcome to come and watch this celebration of music, dance, food, culture, language and soil of the land," insists Sister Antao.



Sn 17

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CAPTIVATING PERFORMANCE

SAGUN GAWADE



Students of Nirmala Institute of Education perform a Goan traditional dance during the Abolianchem Fest at the college premise on Saturday.



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Abolianchem Fest

Team Cafe
Abolianchem Fest, organised by Nirmala Institute of Education, Altinho, Panaji, Goa, was an event marked by Goan traditions and culture, and together by the trainee teachers and staff of the Institute. The colourful festival highlighted the culture, dance, music and food of Goa, as in the case with every festival supported by cultural artists Marika Fernandes.



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NEED TO ADDRESS EXISTING ISSUES IN EDUCATION: PROF VARUN SAHANI

BY A STAFF REPORTER

Panaji: Goa University vice chancellor Prof Varun Sahani inaugurated the two-day national conference on 'Strategies for success in higher education: An interdisciplinary perspective' sponsored by the Indian Council of Social Science Research (ICSSR) at the Nirmala Institute of Education on Friday.

"We must understand the importance of the education system in order to aim for success in higher education considering the input and output indicators," Prof Sahani said.

Discussing about the current education scenario in different sectors at various levels and its success rate, Prof Sahani said, "There is a need to address the existing issues in education such as competitive pressures and employment concerns."

"One should see education more as a value rather than just an instrument," Prof Sahani said.



Goa University vice chancellor Prof Varun Sahani (3rd R) releases souvenir after inaugurating national conference on 'Strategies for success in higher education: An interdisciplinary perspective' sponsored by the Indian Council of Social Science Research (ICSSR) at the Nirmala Institute of Education, Panaji on Friday.

Nirmala Institute of Education officiating principal Dr Delia Antao briefed the audience about the contributions made in the field of education by the Nirmala Institute of Education. She wished the participants an enriching experience through the sharing and exchange of ideas to move towards developing new paradigms for success

in higher education. Teaching strategies alone cannot produce great and successful learners but the passion for knowledge, its interpretation and application is what mastered as well to produce successful learners," director of Nirmala Institute of Education Dr Rita Pass said. She appealed to the teachers to be

real role models to their students and hoped that through this endeavour many would find that passion, zeal and determination to make learning a challenging enterprise for the students.

Keynote speaker Dr Sushila Sarwant Mendes highlighted the need to cultivate the habit of reading in students.

She said, "We need to cultivate a research culture among students as well the teachers."





Dr Mendes shared some of the strategies which are today the essence of her college in Goa. She concluded by quoting Swami Vivekananda that education is not just instruction, but rather true upbringing.

Several papers were presented in the category of education, life skills and value education, library science, trust and credibility in work culture.

A panel discussion was held on 'Employability through Better Higher Education in India'. The panelists for the session were Dr Manoj Kamat, Dr Manoj Kamat, Dr Harip Rameshwar, Rajeev Narayankar and Ihsan U'Allah. The interaction between the panelists and the audience was rich and engaging.

Nirmala Education Society vice president Maria Fernandes, conference convener Dr Maya Rodrigues and Nirmala Institute of Education associate professor Ximenes Fonseca.

STOCK MARKET

Liked by carissa_rodrigues208 and 55 others

nie_goa National Conference on 'Strategies for success in higher education : An interdisciplinary perspective' organised by Nirmala Institute of Education, Altinho - Panjim covered by Gomantak Times Newspaper on 2nd March 2019.

Webinars

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- 2) • A National Webinar entitled 'Effective Use of Google Apps' to enhance the teaching learning process was held on 07th - 9th July 2020, in which about 250 teachers from various schools/higher secondaries participated.

- 3) • A webinar jointly on NEP titled, "NEP 2020: Transforming School Education" on 12th August 2020, organised by Nirmala Institute of Education, Altinho Panaji Goa under IQAC (NIE)

Topics covered by Ms. Sangeeta Kadam were,

New pedagogical structure 5+3.

1. Early Childhood Care and Education: The Foundation of Learning
2. Foundational Literacy and Numeracy: An Urgent & Necessary Prerequisite to Learning
3. Curtailing Dropout Rates and Ensuring Universal Access to Education at All Levels.
4. Curriculum and Pedagogy in Schools: Learning Should be Holistic, Integrated, Enjoyable, and Engaging.

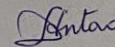
Restructuring school curriculum and pedagogy in a new 5+3+3+4 design

1. Holistic development of learners
2. Empower students through flexibility in course choices
3. Multilingualism and the power of language
4. Curricular Integration of Essential Subjects, Skills, and Capacities
5. National Curriculum Framework for School Education (NCFSE)
6. National Textbooks with Local Content and Flavour
7. Transforming Assessment for Student Development
8. The Grade 3 examination.
9. Support for Gifted Students/Students with Special Talents

Resource persons were

- Ms. Sangeeta R. Kadam
- Ms. Eutemia Fernandes
- Ms. Sharmila Kerkar
- Ms. Shylaja Sharief

- 4) • National Webinar on Google Apps for School Education

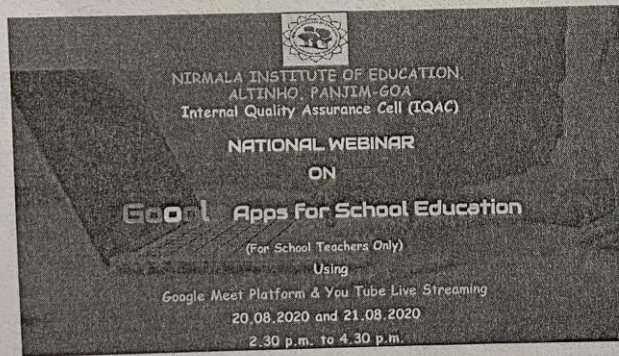


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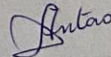
IQAC of Nirmala Institute of Education , Altinho, Panaji-Goa conducted a National Webinar on Google Apps for School Education was conducted using Google Meet platform and You tube live streaming from 08.09.2020 and 09.09.2020 during 2.30 p.m.- 4.30 p.m. Resource Person for the webinar was Ms. Pratiksha C. Shirodkar, Assistant Professor, Nirmala Institute of Education, Altinho, Panaji-Goa.

Webinar received an overwhelming response from the target audience.

Session began with a magnificent welcome address by the Officiating Principal, Dr. Delia Antao. Welcome address was followed by the introduction of the Resource Person by Mrs. Suvarna Gauns, IQAC Coordinator, Nirmala Institute of Education, Altinho, Panaji-Goa. On Day 1 i.e. 08.09.2020 around 390 participants attended the webinar on you tube and 170 on Google Meet. Google Classroom application, Google Forms and Google Sites were discussed on both the days, wherein several aspects of the applications were demonstrated. Several queries were asked after the session by the participants after the demonstration, which reassured the active participation by each one of them. At the end of the session ,the resource person made an attempt to answer the questions asked by the participants.



- 5) • Nirmala Institute of Education and GVM's Dr. Dada Vaidya College of Education, Ponda in association with PACE (Principals' Association of College of Education) Goa and Maharashtra launched a counselling helpline for students of Colleges of Education on 28th May 2021. Two of the three Counsellors that have been put in charge are:-
Brian Pacheco - Faculty of M.A. Wellness Counselling
Mrs. Sulaxa Gawas – Resource person of the PGDGC- NIE and NIE (B.Ed.) Counsellor
- 6) • A webinar was conducted by the Institute on 22nd and 23rd July 2021 on the topic "The World is evolving fast... Discover New Age Careers" for students of class 10 and 11.


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7) **Online workshop for students on “Swachhata Action Plan”**

Date: 23rd March 2021 Resource person: Ms. Tuti Sandhya -MGNCRE

Nirmala Institute of Education, collaborated with MGNCRE for a Institution Level workshop for Students on Swachhata Action Plan, on the 23rd of March 2021 from 3 p.m.– 4 p.m. The session was conducted by Ms. Tuti Sandhya (resource person from MGNCRE). She briefed the students on the importance of the campaign action plan, and highlighted some case studies on Social Entrepreneurship which were very unique, relevant, informative and enriching to the participants.

The session also consisted of a competition wherein the students were requested to come up with implementable ideas and solution to daily social problems which would be then competed with various other colleges.

8) • **Performing Art Activity NIE: Street Plays (for MGNCRE)**

On 16th March 2021, Orientation was given to all the students of S.Y. B. Ed. by Asst. Prof. of Performing Arts, Ms Anagha Deshpande on “Utilisation and Components of Street Plays”. On the very same day Eight Groups were made as per the Roll numbers of the students. The Group members had a discussion and everyone was instructed to get ideas for the Topic allotted as per the components of MGNCRE. The topics were 1) Single use Plastic 2) Save Water 3) Waste Management 4) Sanitation and Hygiene 5) Energy Management 6) Go Green 7) Post Covid Sanitization 8) Save water; Every drop counts.

Once the structure was finalised, all the groups started practicing. Last two practices were observed in P.A. class and the final performances were recorded on 24th and 25th March 2021. The recordings were shared on NIE website via You Tube.

You Tube link of all the eight street plays performed by students of S.Y. B.Ed.

<https://www.youtube.com/watch?v=raZ0tK0oerk&list=PLLB1jjoZIYNA6irfPPhQmlwJ86kHCqxbY&index=1>

Each video is with the Title of the street paly consisting the components of MGNCRE. Names of the participants and details of the activity has given in the description of the video.

Guidance: Asst. Prof. Ms. Anagha Deshpande

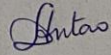
Recording: Mr. Sachitanand M C H.

Details of The Street Plays

1. Street Play: Single use Plastic

This street play depicts the destruction caused by single-use plastics and suggests some solutions. All three scenes use a few recreated Hindi and Konkani songs. The scenes are supported by slogans too.

Group I: - Student Roll no's: 1- 13


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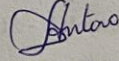


Participant: Joelin Venora Afonso, Avril Maryanne Lessel Antao, Cybil Antao, Vishita Bagkar, Anthea Kirsteen Baracho, Nazima Casey Barreto, Precia Barreto, Renu Bastwadkar, Lancia Cardozo, Tania Bianca Cardozo, Wilda Emisha Cardozo.

2. Street Play: Save Water

In this street play, the students portray the futuristic situation of water scarcity in 2050. The script showcases five different scenes underlined with very catchy Konkani songs with the tune of Popular Konkani songs/folk songs/kantaram. The message conveyed through this street play is to save water for future generations

Group II: - Student Roll no's: 14-25


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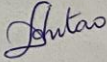


. Participants: Nelya Clemente, Frederica Coelho, Princey Colaco, Aalisha Costa, Swizelle Cruz, Daneca Da Cruz, Prajyoti Dessai, Shidhi Dessai, Anushka Dias, Dale Dias and Flozil Dias.

3. Street Play: Waste Management

This street play is multilingual and is divided into three scenes each focusing on a problem related to waste management: 1) Waste Collection 2) Waste Segregation and 3) Refusal of Single-use Plastic. The street play is full of attractive songs embedded with messages to practice waste management. The songs are accompanied by the rhythm of the ghumot, which brings in the local flavor. Props are effectively utilized which include handmade dustbin cutouts and a few plastic wastes.

Group III: - Student Roll no's: 26-37


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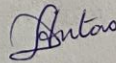


Participants: Maria Dias, Samuel Dias, Debbie D'Sa, Elroy D'Sa, Ashford D'Souza, Lois D'Souza, Millan D'Souza, Talita D'Souza, Wesley D'Souza, Elizabeth Rajan, Roshell Faleiro, Achielia Fernandes.

4. Street Play: Sanitation and Hygiene

This street play depicts the behaviour of irresponsible citizens who do not take personal responsibility for their actions and accuse the government of not keeping their surroundings clean. The play also gives a message about how one should maintain one's personal hygiene as well as cleanliness in one's surroundings. The use of formations, songs and local traditional instrument Ghumat makes the content effective

Group IV: - Student Roll no's: 38-50


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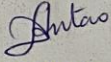


Participants: Arlene Fernandes, Anna Fernandes, Carlton Fernandes, Cherlyn Fernandes, Dwayne Fernandes, Andrina Fernandes, Enida Fernandes, Felina Fernandes, Jecina Fernandes, Kimberly P. Fernandes, Kimberly.G.Fernandes and Nikita Fernandes.

5. Street Play: Energy Management

This multilingual street play focuses on forms of Energy Management. The first scene depicts the management of electricity at home and in school. It focuses on the installation of solar panels as an alternative source of energy. The second scene highlights issues related to rising fuel prices and their alternatives. The third scene shows the improper consumption of LPG and then managing its use. The street play ends with a message speaking about the judicious use of energy and its preservation for future generations

Group V: - Student Roll no's: 51- 62


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Participants: Paloma Fernandes, Richa Fernandes, Shubert Fernandes, Senida Fernandes, Tanya J. Fernandes, Verushka Fernandes, Veda Gaus, Neena Gawade, Pallavi Golatkar, Anushka Gomes, Yogita Karmalkar and Vaibhavi Kavlekar

6. Street Play: Go Green

This play was enacted to create social awareness among the general public about the consequences that we will be facing if trees are cut. As we know that trees take in carbon dioxide and release oxygen which supports life. Without oxygen, life cannot exist. Therefore, plant a tree and get oxygen-free. The play winds up with a clarion call, "Wake up from your slumber and do your part to protect and save our mother earth. Let's take a pledge to plant trees to make our surrounding green".

Group VI: - Student Roll no's: 63-74

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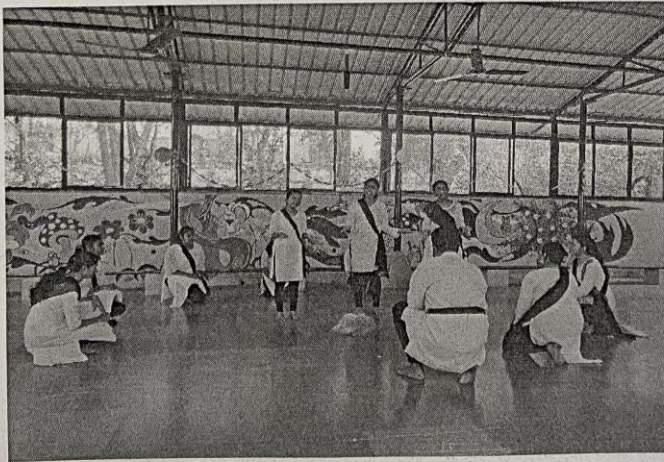


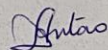
Participants: Supriya Kurtikar, Kuntal Murgaonkar, Vrunda Kunkalkar, Ashweta Manjrekar, Vibha Manerikar, Suraj Mandekar, Anora Menezes, Rakhi Kudnekar, Vanita Kunkalkar , Anet Mascarenhas and Sulaksha Kotkar

7. Street Play: Post Covid Sanitization.

Through this street play, students tried to convey messages regarding the necessity for and the scientific ways of disposing of masks, appropriate use of sanitizers and proper disposal of used PPE kits. In this multilingual street play elements of Goan folk songs are used effectively.

Group VII: - Student Roll no's: 75-87




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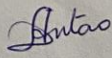
Participants: Bhagyashri Naik, Pratiksha Naik, Priyanka Naik, Pranita Nasnodkar, Melissa Novias e Barca, Roan Padloskar, Shweta Parab, Vibha Parsekar, Shahida Patel, Venesa Pinto

8. Street Play: Save water; Every drop counts.
Humankind and its endless greed is causing harm to the environment. Natural water sources are being polluted. It's our duty to protect them. This is the message of this street play. Elements of Goan folk dances, Dhalo and Fugdi are used for movements and the Local language Konkani along with the traditional instrument, the Ghumat have been used beautifully.

Group VIII: - Student Roll no's: 88-100



Participants: Alyce Rodrigues, Chelsea Rodrigues, Roma Rodrigues, Chaitali Sadekar, Celesta Saldanha, Darshani Sankhalkar, Hiba Sayed, Abigail Tavares, Puja Usapkar, Neslyn Vas, Profila Vaz, Shivani Verenker, and Tracy Viegas.


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3.4.3.1 Extension and outreach Programs conducted in collaboration with industry, community, and Non - Government Organization through NSS/NCC

2022-2023

1) Talk on Women's Rights

A talk on Women's Rights was organised by the SAKSHAM Cell of NIE on the 28th of July at 3:30 p.m. in the NIE hall. The resource person was Mrs. Ketki Parob. She was introduced by Assistant Professor Ms. Sangeeta Kadam.

Mrs. Parob informed the audience about the various telephone numbers that can be contacted in times of emergency. They are as follows: 181, 191, 122, 100, and 1098. Pink Force that can be contacted Since the subject matter was based on Women's rights, she provided details and examples to create awareness about the rights of women. She further moved on to domestic violence, which wasn't spoken about much back in the day, but, with the various changes taking place in society and with our laws, women now have the courage to voice out their struggles. The Women's Commission does its best to counsel the couple and bring about a change in the aggressive behaviour of men. However, the Women's Commission does not have the power to punish the respondent. If the issue is serious, it should be taken to court for further intervention. If women are being sexually, emotionally, or physically harassed at their workplace, they have the right to file a complaint at the police station or reach out to the Women's Commission.

Various forms of harassment are also seen among the youth. She mentioned various instances where teenagers are trapped in abusive relationships. In these situations, counsellors play a vital role in helping students understand the situation in a better manner. She moved on to explain how to understand oneself better. We need to be aware of our emotions; it is only then that we will be able to deal with the people around us in a much more civilised manner. She also mentioned that cybercrimes are on the rise and that one needs to be vigilant.

Mrs. Ketki concluded the session by advising the audience to spend more time with their mothers. We must enjoy the little moments of joy around us. The session ended at about 4:30 p.m.



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2) Session on Road Safety

A session on Road safety was conducted by Mr. Tukaram S. Mandrekar (RTO Officer) on August 1, 2022, at 11:30 a.m. in the Conference Room. He was introduced by Sir Russell D'Souza (faculty).

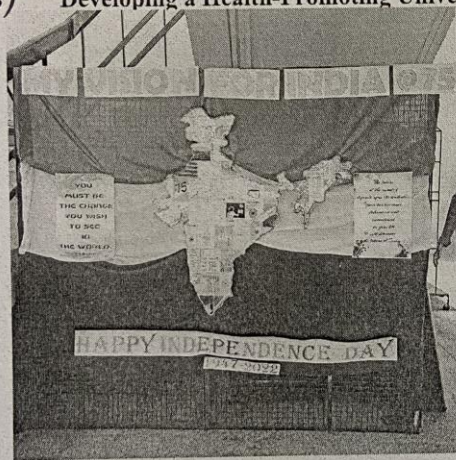
Sir Tukaram began the session by questioning us on the basics of traffic and what different terms mean. He then moved on to inform us about the various accidents that have taken place over the past decade. He focused on the fatal accidents that have occurred over a period of time. A table was displayed to us that had information about the number of deaths that have taken place due to accidents. There are various categories of different age groups, and the highest numbers of deaths were among people roughly between the ages of 20 and 40.. It is at this age that careers and lives settle, and yet our minds at times fail to be responsible riders or drivers. He spoke about how underage people who are not eligible to hold a licence often get into trouble. They avoid wearing helmets. He says that wearing a helmet must be for one's safety. He further mentioned to us the Motor Vehicles (Amendment) Act, 2019. This act has been implemented in 2022. It takes a while to implement these amendments, as they need to conduct studies and research to find out about the various situations. Hence, this year we have noticed a rise in the amount of the fines. He also differentiated between challan and e-challan. The e-challan provides the details of the person who owns the bike with a click of a button. He showed us the mandatory, cautionary, and informative signs. These sign boards are seen at various points along the road. It is necessary to follow these, as it maintains some form of discipline on the road. He provided us with details about the various signs. He told us how to cross the road and that pedestrians must walk in the opposite direction of the oncoming traffic. He explained the various consequences that one would have to face if they violated any of the rules.

He concluded with a question round and distributed an informative book. The session ended at 1:20 p.m.



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3) Developing a Health-Promoting University: Models Action Framework for -



omoting University and: Models Practises Framework for
a Online Lecture Series on Best August in Higher

1.
hall before the lecture began. Dr. Russell de Souza
ow of the programme.

The programme began with a brief introduction by Dr.
Rajiv Yeravde, the Dean of the Faculty of Health and
Science at Symbiosis International (a deemed
university).

Dr. Yeravde started the lecture by highlighting the ways
the higher education system in India works and what
university education provides. He emphasised the
different health conditions such as mental health,
physical inactivity, sleep disorders, and the various problems of availability, accessibility, and
affordability. Dr. Yeravde explained the different factors influencing learning outcomes and how
universities should develop into model health-promoting units. The motto of the Ottawa Charter
for Health Promotion 1986 was stated, and the 8 Standards of Practise for Health Promotion
were dealt with in brief. Dr. Yeravde spoke about the importance of enabling health, wellbeing,
and sustainable development and focused on the three main areas. Integrating health and
sustainability into the core business

The settings-based approach (SBA) given by the WHO and its objectives, such as improving
primary care, the social environment, a healthy physical environment, developing links with the
community, a supportive campus environment, and youth-centric activities, were brought to our

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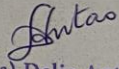
attention. Reasons for investing in health-promoting universities, policy formulation, The various challenges and problems were briefly explained and ended at 10:45.

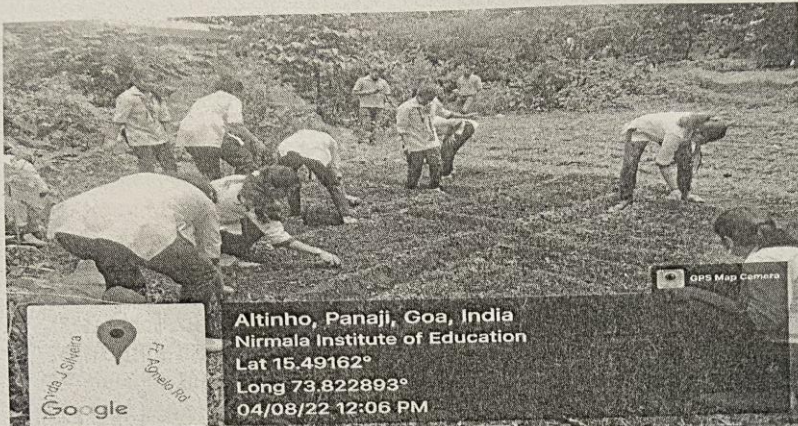
The lecture was followed by a question-and-answer session and a brief discussion on the above topic.

The Lecture was informative and well explained. It led the students to think about how health, be it physical or mental, can have an impact on our learning process and how we can help create health-promoting universities.

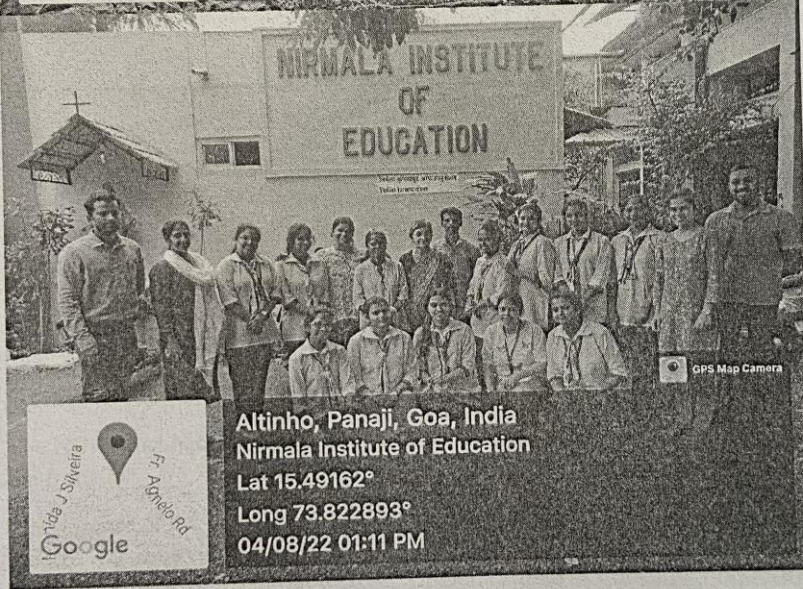
4) Vegetable Seed Sowing

The Eco Club of Nirmala Institute of Education organised a Vegetable Seed Sowing activity on the 4th of August, 2022 in the college campus. The activity was organised with the initiative of Sr. Olga Vaz, Vice President of DHM, in collaboration with ICAR, Ela Farm, Old Goa. This activity was guided by Mr Amay Naik, (Field Assistant Manager, ICAR) and Mr Sidhant Vangarmak, (Assistant Technology Manager, ICAR) in the presence of the Eco club mentors, Ms Daniella Colaco and Mrs Shylaja Sherief, Ms Myra Ribeiro, (Admin staff, NIE) and gardener Mr Dilip Kankonkar. The main purpose of this activity was to teach the members the techniques in sowing and nurturing different types of crops. The various ways of raking the soil to prepare the beds for sowing and the technique to treat the seeds using fungicides before sowing was demonstrated. They were also briefed on tips to nurture a plant post sowing. Seeds of bitter gourd, palak, maize, radish, ladyfinger, ash gourd and pumpkin were sown by the members of the Eco club during this activity.


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Nirmala Institute of Education
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5) Save Soil Program

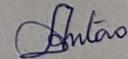
23/08/2022

Dr. Shyama Prasad Mukherjee Stadium, Bambolim.

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The following F.Y B.Ed Trainees attended the Save Soil Movement program.

- 1) Anagha Raut Desai
- 2) Punam Gaonkar
- 3) Moresca Gomes
- 4) Mercy Costa
- 5) Kalidi Velip
- 6) Melisa Fernandes
- 7) Lizen Mascarenhas
- 8) Aquila Godinho
- 9) Anabelle D'Cunha
- 10) Virginia de Mela
- 11) Perisa Fernandes
- 12) Akarsha Khorjuvekar



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- 13) Aniksha Barde
- 14) Shreya Kauthankar
- 15) Ciana Fernandes
- 16) Cera Goes
- 17) Sheriane Coutinho
- 18) Rachel Pereira
- 19) Joyce Mascarenhas
- 20) Carmen Miranda
- 21) Neysha Fernandes
- 22) Priyanka Birajdar
- 23) Bernice Augustine
- 24) Magline Parichha
- 25) Cerenha Julia Vaz
- 26) Jude Fernandes
- 27) Sonali Tanawade

The Faculty Representatives - Mr. Raymond Pereira and Ms. Daniella Colaco co-ordinated the program participation with Mrs. Shylaja Sherief.

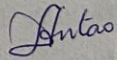
The program was about the Government of Goa signing an MOU with ISHA Foundation. The Chief Minister spoke about the governments initiative in various sectors for sustainable development. The Founder of Isha Foundation Jaggi Vasudev-Sandguru called upon the young generation to stand up for the cause of safeguarding the environment and contribute to its sustainability.

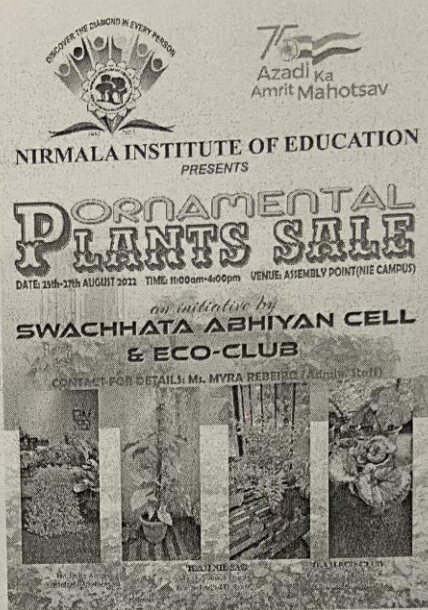
6) Ornamental Plants Sale

The NIE Swachhata Abhiyan Cell and Eco-Club initiated an 'Ornamental Plants Sale' in campus the from 25th -27th August 2022.

The purpose of the program was to create awareness among the trainees and general public about the love for nature and care for plants. The sale was opened in the presence of Sr.Olga Vaz-Vice President Nirmala Education Society, Dr.Delia Antao - Officiating Principal, the NIE-SAC Team - Mr.Subodh Haldankar, Mr.Raymond Pereira and ECO-CLUB Team-Ms. Shylaja Sherief, Ms.Daniella Colaco.

The trainees and the general public were briefed about the various plants, their care, maintenance and propagation by Ms. Myra Rebeiro (Admin Staff) and Mr. Dilip Kankonkar (Gardener).


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The event was conceptualised by Mr. Raymond Pereira (NIE-SAC Coordinator) together with the team.

7) Talk on 'Environmental Destruction'

The Eco club of Nirmala Institute of Education organised a talk on 'Environmental Destruction' for the teacher trainees of F.Y B.Ed and the faculty members at 3:15 p.m in Hall 1, on 29th September 2022. The resource person for the talk was Dr. (Fr.) Bolmax Pereira, Assistant Professor in Botany at St. Joseph Vaz College, Cortalim. He is an eco- activist and an eminent

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personality who has contributed immensely on the issues concerning environmental destruction in Goa. His formal introduction was given by one of the teacher trainees, Ms. Andria Antao.

He mainly focused on the projects which are causing harmful effects to our surrounding. The main aim was to spread awareness among people about saving our environment from various destructive activities.

He briefly spoke about the historical overview of land management. In pre-colonial times it was based on the Gaunkari system followed by the Comunidade in Colonial set up. Furthermore, he informed us about the seven rivers that are going to be nationalised. In his address, he gave special emphasis on the three linear projects; the Highway project, Transmission line and the Railway project which will lead to deforestation of over 170 hectares of cover at the Mollem National Park and the Bhagwan Mahavir Wildlife Sanctuary, the lungs and the biodiversity of the State. Dr. Bolmax Pereira has been strongly raising voice against these projects. These projects will kill the 'lungs of Goa'. However, in April 2021 Supreme Courts Central Empowered Committee (CEC) red -flagged the double tracking project.

He emphasised about the coal issue which is one of the major concerns as about 34,200 tonnes of coal is transported each day. He highlighted that the coal dust can directly affect our lungs leading to disease like pneumoconiosis. He concluded by recommending some solutions in order to preserve forest and save Goa from environmental destruction.

In conclusion, he enlightened us about the important theme and also made us aware about the current happenings where in the so-called developmental projects are soon changing the beautiful face of our Goa. He also shared alarming facts about the changes that might happen in the future due to degradation of the environment. He spoke from his own experiences and stated, "Get Involved Or Get Lost", which meant it's high time that we should work towards saving Our Mother Earth and our beautiful Goa or else our future generations will be at stake. The session ended by a brief vote of thanks which was proposed by teacher trainee, Sr. Cerena Vaz.



3) The Swatch Bharat Abhiyan week

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The Swachhata Bharat Abhiyan week began on the 30th of September 2022. The teacher trainees along with our mentor Ms Shylaja Sherief conducted a cleanliness drive where different celebration groups were allocated different locations in the campus. All the teacher trainees participated actively in cleaning the campus and seeing that everything was in order. Teamwork and dedication were truly seen on this day.

On the 3rd of October, the Nirmala Institute of Education organised the Swachhata Mitra Divas. The programme began at 3:15 sharp. It included 2 short films and a lovely presentation by the students. The Swachhata Abhiyan Cell of NIE organised the entire programme with a lot of innovation and creativity. The logo of the Swachhata Abhiyan cell was launched by Dr. Rita Paes. The students under the guidance of Mr. Raymond Pereira added a lovely touch of the Ghanaian ideas for a clean India. The day ended beautifully by felicitating the NIE MTS staff for their dedicated service and providing a clean and healthy environment for the staff and students of NIE.

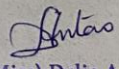
A session was also organised by the Eco club to highlight the importance of segregation of E waste. This session was held on the 7th of October, 2022, ending the week on a good note. Mr. Sushant Figueiredo, the guest speaker enlightened the students on the processes involved in e waste segregation. He also spoke on the effects when waste is not segregated appropriately. The talk was informative and interactive, making the students aware on the latest technologies used in waste management.



9)

NIE- SWACHHATA ABHIYAN CELL

“SAFAI MITRA DIWAS”


Dr. (Miss) Delia Antao
Offg. Principal
Nirmala Institute of Education
Altinho, Panaji, Goa

3rd October 2022

“We must keep ourselves clean and bright, we are windows through which a lot of people are going to see this world.”

The programme started with a short eye opening film titled ***GENTLEMAN***

Teacher Trainees Ciana and AnaKarina gave a presentation to create awareness and inspire us with the **'GANDHIAN THOUGHTS ABOUT CLEANLINESS'**

The NIE-SWACHHATA ABHIYAN CELL logo was unveiled by Dr Rita Paes which will be used in all future communications and activities of NIE-SAC. The logo was designed by Mr. Raymond Pereira – Coordinator of NIE- SAC.

Another short film titled **TRASH COLLECTION'** was screened highlighting the issues faced by the Safai Karnacharis.

The NIE **'SAFAI KARMACHARIS'** MTS were felicitated by the director Dr. Rita Paes for keeping the campus and surrounding clean. In here brief adress Dr.Paes stressed on the need that each of us should be responsible for our surrounding to be clean.

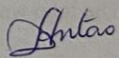
“Living Sustainably in Harmony with Nature” keeping this thought in mind a whole list of activity plan for the academic year was disclosed.

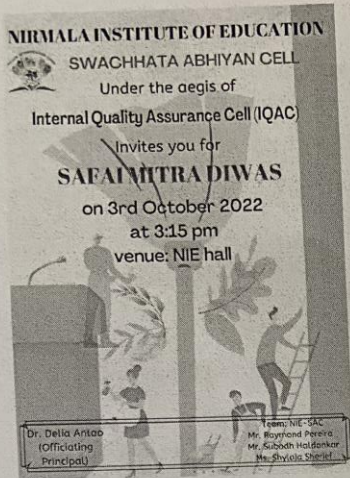
Teacher Trainee Jubby proposed the vote of thanks.

All present took the **SWACHHTA PLEDGE** and the 'Swachhata Anthem' was played.

The programme was hosted by trainee Virginia De Mello and corordinated by trainee Rachel Pereira, Anitadevi and Chelsea. The poster and invite were designed by trainee Joena and Sherainne.

The trainees were mentored by team NIE-SAC. Mr.Raymond Pereira, Mr. Subodh Haldankar and Ms. Shylaja Sherief.


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The LOGO

The logo is based on the concept of *Mobius* loop, consisting of three chasing arrows in the shape of a triangle having round vertices. The symbol is a consummate representation of recycling, cleanliness goals, duty and obligation towards safeguarding nature. It represents how the circle of life works in helping everything come back around and in turn benefit the environment. The arrows stands for the three 'R's initiative to '**REDUCE-REUSE-RECYCLE**'. The broom signifies cleanliness and the seedling / sprout denotes hope for a greener environment. The three hues of green symbolizes -regeneration (*bright green*), hope (*olive green*) and tranquility (*dark green*). The brown of the sprout means – *earthliness*, the blue of the SAC represents *reliability* and the two lines denote *stability*. The NIE logo incorporated with the theme '*Total Growth of the Human Person*' mentions -the banyan tree as a symbol of continual growth and development. It keeps spreading its shoots and prop roots in order to support the branches and does not stop growing until it dies. The Lotus symbolizes purity.

The logo was conceptualized and designed by Mr. Raymond Pereira – Coordinator of NIE- SAC.



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10) **E-Waste Collection Drive**

A session was also organised by the Eco club to highlight the importance of segregation of E waste. This session was held on the 7th of October,2022, ending the week on a good note. Mr. Sushant Figueiredo, the guest speaker enlightened the students on the processes involved in e waste segregation. He also spoke on the effects when waste is not segregated appropriately. The talk was informative and interactive, making the students aware on the latest technologies used in waste management.



**NIRMALA INSTITUTE OF
EDUCATION**

E-WASTE COLLECTION DRIVE

An initiative by the Eco-Club of Nirmala
Institute of Education

DROP OFF YOUR E-WASTE



WHAT:

1. CPU
2. Laptops
3. Mobile phones
4. Printers
5. Mix components of it equipment-
hard disk, motherboard, etc
6. Cables and adaptors
7. DVD players, speakers, amplifiers
8. Keyboard and mouse
9. Others

HOW:

Collect all the E-Waste in your
home/office and bring it to us
DO YOUR BIT TO REDUCE
THE HIT

WHEN:

30 MARCH 2022
FROM 9:30AM TO 4PM

WHERE:

Basement of the college

**BE RESPONSIBLE TODAY FOR A BETTER FUTURE
TOMORROW**

For further queries please contact

Mrs. Shylaja Sherief
Faculty Incharge
Eco-club

Ms. Daniella Colaco
Faculty Incharge
Eco-Club

Dr. (Miss) Delia Antao
Offg. Principal
Nirmala Institute of Education
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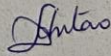
ii) Talk on Cyber Wellness

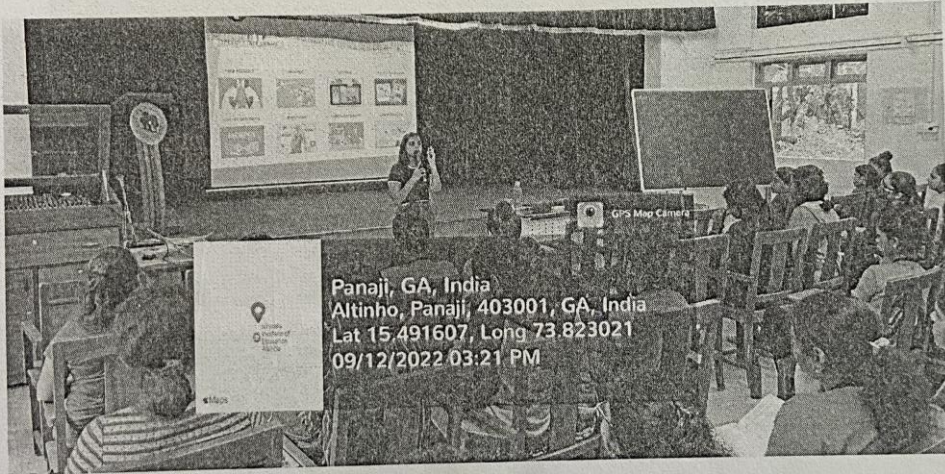
The Nirmala Institute of Education organised a talk on "CYBER SAFETY PROGRAM" on the 12th of September 2022, at 3:15 pm in the college hall. The resource person, Ms. Sonal Naik (from Cyber Wellness Centre-St.Inez,Panjim, Goa.) presented the different crimes caused on the internet. Ms Sonal spoke on the effects of cyber crimes. She even highlighted the consequences of cyber crimes, the years of imprisonment and bail. She helped us understand that these crimes happen to a lot of youngsters and there are various ways to get out of the trouble caused by such crimes. Ms sonal highlighted the various ways by which we can overcome such cyber crimes.

The talk was informative and well presented. We could relate to the examples used and overall it was an interesting talk.

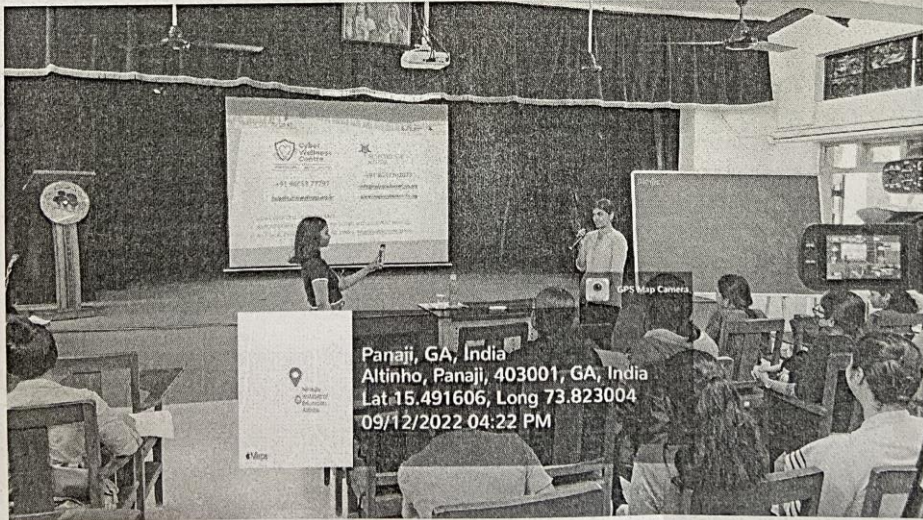
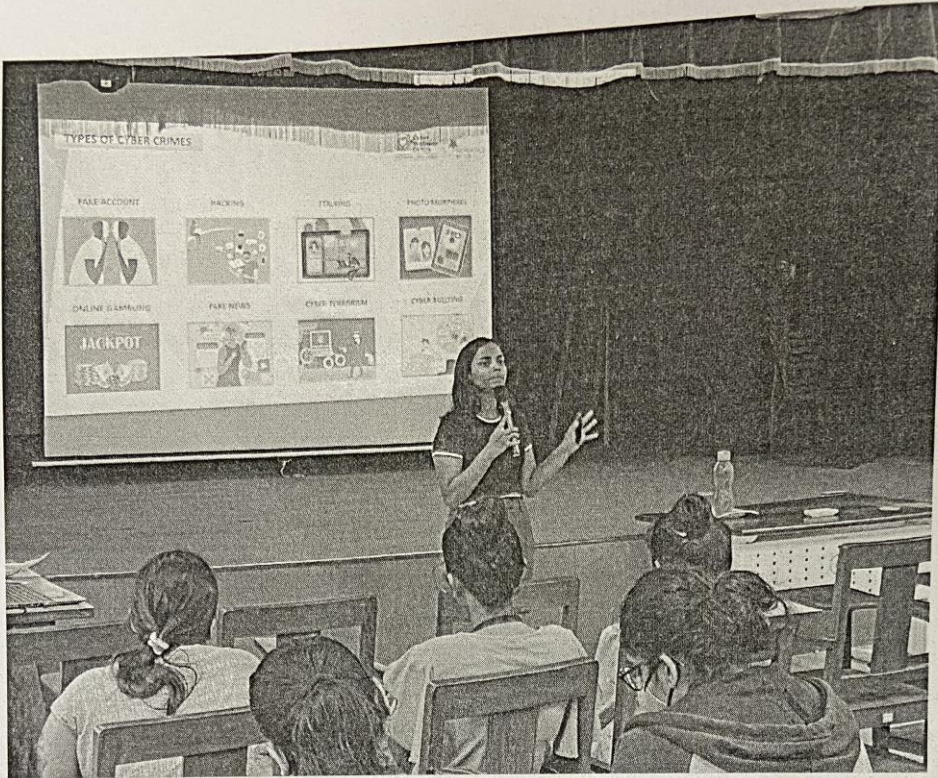
The vote of thanks was proposed by trainee Virginia de Melo.

The programme was coordinated by Dr. Russel D'Souza and Mr. Raymond Pereira.


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12) **Awareness Session On
'Ban On Single Use Plastic' & Paper / Cloth Bag Campaign**

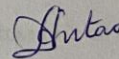
The NIE Swachhata Abhiyan Cell and Eco-Club initiated an AWARENESS SESSION ON 'BAN ON SINGLE USE PLASTIC' & PAPER / CLOTH BAG CAMPAIGN on campus on 11/11/ 2022.

Keeping in sync with the importance of Gandhian thoughts about cleanliness. The purpose of the campaign is to instil in each of us a sense of duty and obligation towards safeguarding nature, as teacher trainees, it is our moral responsibility to inculcate in our students habits that will sustain the well being of self and one's surrounding.

The program created an awareness among the trainees about the BAN ON SINGLE USE PLASTIC. A brief presentation by the NIE-SAC coordinator Mr.Raymond Pereira, highlighted the ill effects of single use plastics on human beings and nature. The session also mentioned the laws and penalties issued by the government of India. The core essence of Re-use, Upcycling and Alternatives were also discussed. The trainees were asked to create awareness in their surroundings and promote use of eco-friendly alternatives.

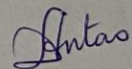
From July 1, 2022, the government of India banned single-use plastic items that have low utility but are frequently littered around, such as plastic straws. The aim of the ban is to curb plastic pollution, since single-use plastic harms terrestrial and aquatic ecosystems. India's ban on single-use plastic items includes straws, cutlery, ear buds, packaging films, plastic sticks for balloons, candy and ice-cream, and cigarette packets, among other products.

The trainees were given a demo on how to make a paper bag and a cloth bag upcycling an old t-shirt. Trainees Eden and Sera facilitated the demonstrations, wherein the students did their own stitch-less cloth bag.



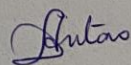
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The program was coordinated by NIE-SAC Team - Mr.Subodh Haldankar, Mr.Raymond Pereira



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and ECO-CLUB Team-Ms. Shylaja Sherief, Ms.Daniella Colaco.

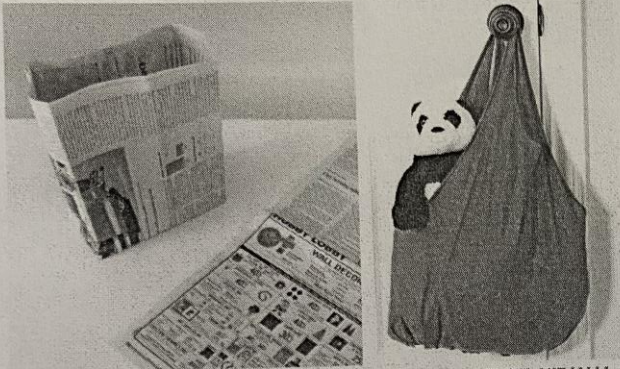


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NIRMALA INSTITUTE OF EDUCATION
Under the aegis of NIE-IQAC
Presents

**An AWARENESS SESSION
on 'THE BAN OF SINGLE USE PLASTIC'
&
PAPER / CLOTH BAG MAKING CAMPAIGN**



DATE: 11th NOVEMBER 2022 TIME: 12:00pm-12:45pm VENUE: NIE HALL-I

an initiative by
SWACHHATA ABHIYAN CELL & ECO-CLUB

Dr. Delia Antao
(Officiating Principal)

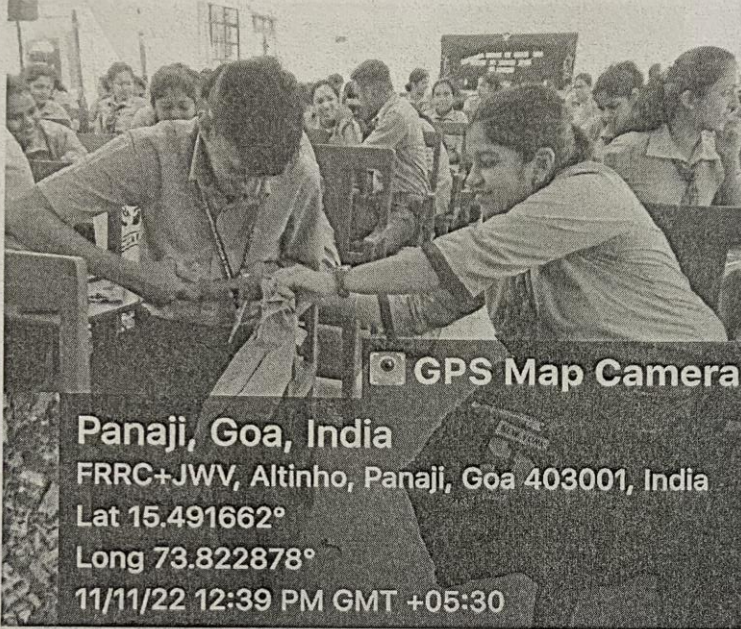


TEAM NIE-SAC
Mr. Raymond Pereira
Mr. Subodh Haldankar
Mrs. Shylaja Sherief



TEAM ECO-CLUB
Mrs. Shylaja Sherief
Ms. Daniella Colaco

Dr. (Miss) Delia Antao
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📷 GPS Map Camera

Panaji, Goa, India

FRRC+JWV, Altinho, Panaji, Goa 403001, India

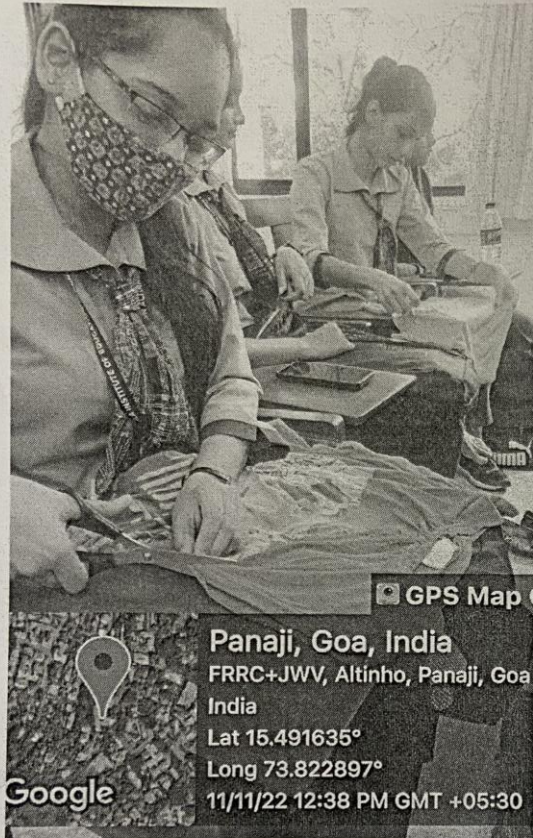
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Panaji, Goa, India

FRRF+CFP Meteorological Department Staff

Panaji, Goa 403001, India

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13) **Report on the 'Environment Day Celebrations'.**

Theme: "Walking In Harmony With The Environment"

The Environment Day
The Hosts for the day
environment. The n
by Anagha and Son
performed by the e
by the one act play
recited by Ritam. C
Ritam, 'Deer'-Rash
Karina, 'Worshippe



m commenced at 3:15pm.
with a brief introduction on the
'Biodiversity of Goa' steered
g yet enlightening musical
n Anthem was sung, followed
ulminated with a Hindi poem
'Rock'-Pratiksha, 'Flower'-
/alanca, 'The Stream'-Ana
-Sonia, 'Human'-Chinmay.

Delia Antao

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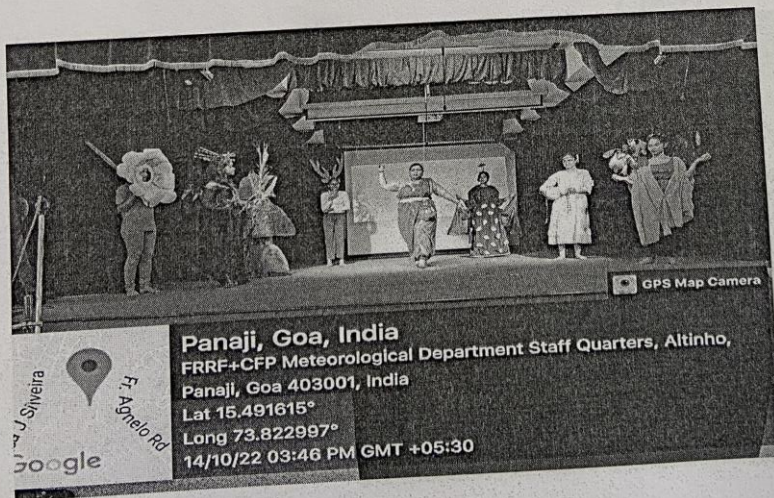
Then, NIE topper in B. Ed for the year 2020-2022 Ms. Derina Lobo was introduced and felicitated by Dr. Rita Paes who said that Derina has secured 80% making each of us proud. Later, Derina spoke a few words conveying her gratitude towards our principal, director and all those who encouraged her throughout the course of two years.

Dr. Rita Paes was requested to address the gathering. She spoke on the importance of our environment and the immediate need to protect it from being wrecked. She appreciated the eco-decorations for the day and said that the message depicted through the act was felicitous. The next part of the itinerary was prize distribution. There were three competitions organized by the Environment Day group I. E Poster Making, Treasure out of Waste and Photography. The winner for the poster competition was the Eid Day celebration group. The winner for the treasure out of waste competition was the Republic Day celebration group. The photography competition had two winners the first being Jude and the second being Jubi. Miss Daniella was requested to give away the prizes.

Next, winners for the Independence Day were also announced. For the poster competition the 3rd place was won by Gender Sensitization group, the 2nd place was won by Peace and Human Rights group and the 1st place was won by the Republic Day group. Miss Shylaja was requested to give away the prizes.

For the Rangoli competition, the 3rd place was won by the Environment Day group, the 2nd place was won by the Ganesh Chaturthi group and the 1st place was won by the Women's Day group. Miss Sangeeta was requested to give away the prizes. All good things come to an end similarly the program was concluded with the vote of thanks proposed by Pratiksha.

Sincere gratitude to the Principal Dr. Delia Antao and the Director Dr. Rita Paes for providing this great opportunity for this event and Sir. Raymond Pereira for mentoring the Environment Day celebration group.



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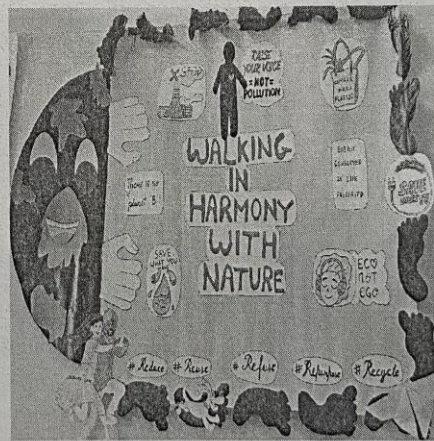
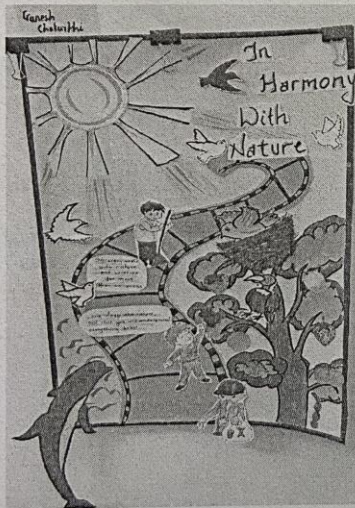
Following are the pictures of the competitions held by the Environment Day celebration group.

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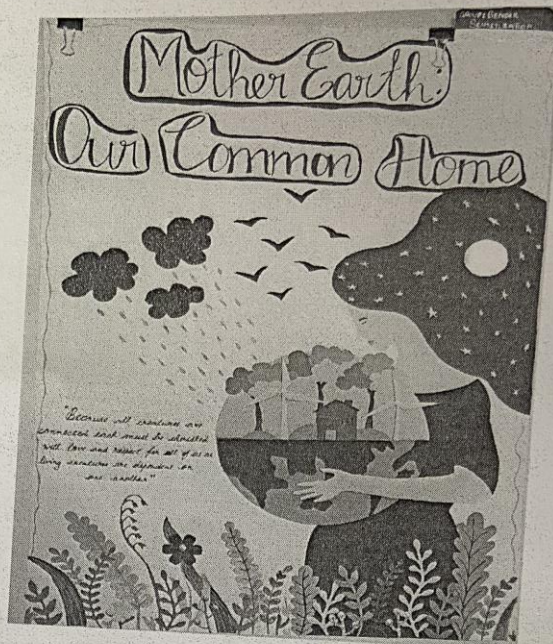


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1. Poster competition.

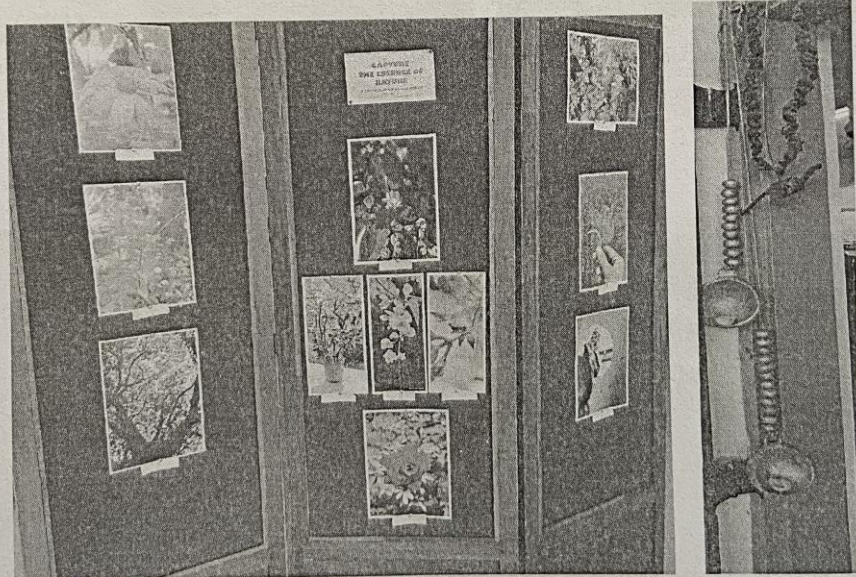
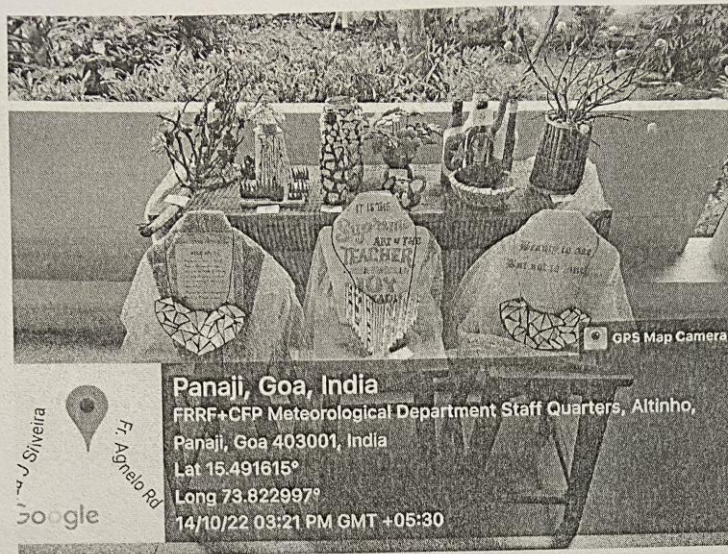


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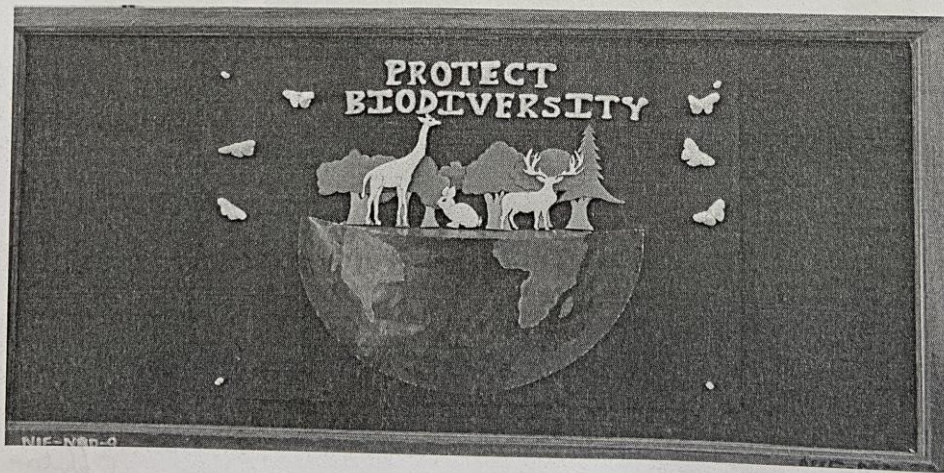
2. Treasure out of waste.

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Environment friendly decorations by the Environment Day group:-

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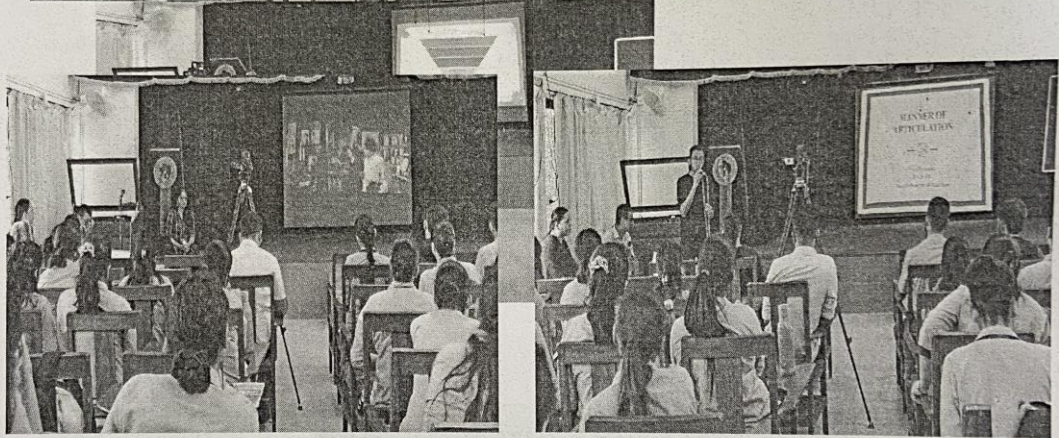
14) L.I.F.E. Workshop held at Nirmala Institute of Education – Altinho (DAY-1)

To commemorate the Diamond Jubilee celebration of Nirmala Institute of Education, the F.Y. B.Ed. English Methodology Group and the Alumni Association under the aegis of the IQAC of Nirmala Institute organised a two-day workshop titled 'Language Is For Everyone: A Survivor's English Toolkit' on 30th and 31st January 2023 in the NIE Hall. The objective of this workshop was to help participants with speech and articulation in English, along with reading comprehension and critical thinking abilities.

The workshop commenced with a prayer and introduction by Sr. Millie Pereira, followed by an enactment by the comperes, Jude Fernandes and Charlotte Pereira. The morning sessions on Day 1 included 'An Introduction to Phonetics' by Saba Sayed, 'Manner of Articulation' by Jude, and 'English Transcription' by Mrunal Keny and Vaibhavi Salkar. This was followed by a lunch break. The afternoon session which commenced at 1.30 p.m. included 'Rules of Phonetics' by Jovan and Juwella, 'Syllable Structure' by Andria Antão and 'Indianisms of English Language' by Frina Fernandes, Janice Fernandes and Joyce Pinto.

The main sessions were interspersed with filler activities such as video clippings from 'My Fair Lady' and 'Mind Your Language', along with a Treasure Hunt game based on phonetic transcriptions. The event was conceptualised and guided by Ms. Millie Adeline Pereira. It was indeed a fruitful learning experience for all those who were present for the aforementioned workshop. The sessions for the day ended at 4:30p.m.


Dr. (Miss) Delia Antao
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Altinho, Panaji, Goa

Day 2

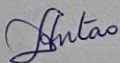
To honour the Diamond Jubilee Celebration of Nirmala Institute of Education, the F. Y. B. Ed. English Methodology group and the Alumni Association under the aegis of the IQAC of Nirmala Institute of Education organised a two day workshop titled 'Language is for Everyone' on the 30th and the 31st of January 2023 in the NIE Hall. The Reading Workshop was held on day two and the objectives for the same were to help participants with reading comprehension and critical thinking abilities.

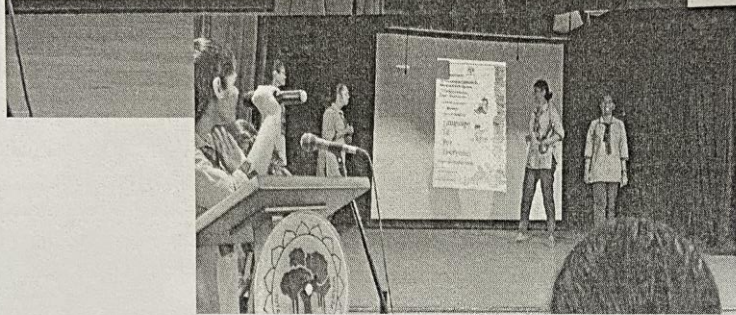
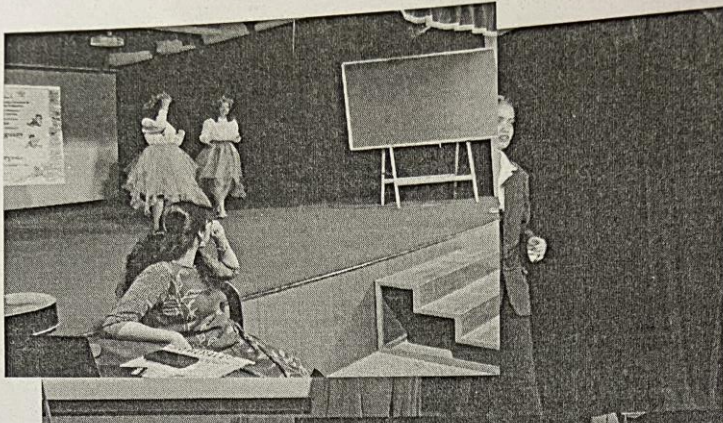
The Workshop commenced at 9:30 am with a short introduction by the comperes for the day, Annabelle D'Cunha and Loraine Rodrigues followed by a prayer by Annabelle. The morning sessions included, 'Introduction to the Mechanics of Reading' by Saba Sayed; 'Understanding Punctuations' by Swizel Pereira. This was followed by a lunch break. The afternoon sessions included, 'Tone, Pitch and Mode' by Juwella and 'Critical Reading and Analysis' by Jovan Dias and Saba Sayed.

The main sessions were interspersed with didactic enactments on 'Mispronounced Words', and 'Idioms', a dazzling Fashion Show on 'Punctuation Marks' and a euphonious Medley on 'Vowels' added to the delight of the audience. Other filler activities included Reading correctly in a minute, Story-Time Create and Narrate, Tongue twisters, and Video clippings from the series titled, 'Mind Your Language'. The workshop was conceptualised and guided by Ms. Millie Adeline Pereira.

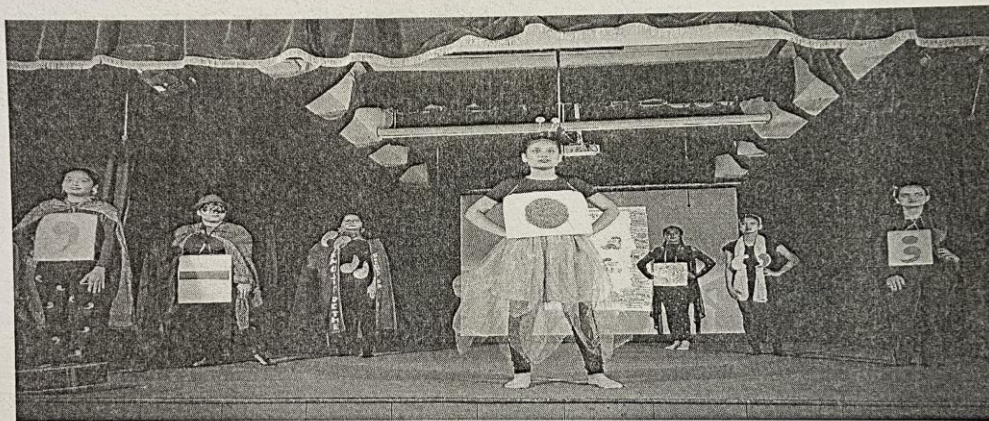
Post Tea break, there was a prize distribution for the activities held on both the days of the workshop followed by the felicitation of the Alumni members with tokens of appreciation and certificates.

The Principal Dr. Delia Antao then addressed the gathering followed by the Vote of Thanks by Ms. Vaibhavi Salkar. The Workshop concluded with the Nirmala Anthem at 5.00 p.m.


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15) Gender Sensitization

The Gender Sensitization Day was celebrated at Nirmala Institute of Education, Panjim Goa, on 17th February 2023. The entire celebration was organized by the F.Y B.Ed. Gender Sensitization group under the guidance of Mr. Clifton M. Fernandes. The preparation for the programme began a month before and a total of five teasers were posted every week.

The hosts for the celebration were Miss Rhea Elaine Rodrigues and Miss Joyce Mascarenhas.

The programme began with a prayer invoking the blessings of our Creator, with the help of Sr. Cerena Vaz. A survey was conducted on campus a month ago, asking people what they thought Gender Sensitization meant and a video was shown of the various responses that were received. A mime was presented by the group on the theme of 'Gender Sensitization: Time to change the

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mindset', followed by an action song titled 'We are the world'. Before the programme, face painting competition was organized with the theme 'My Face, My Canvas'. The judges for face painting competition were Ms. Anagha Deshpande and Mr. Raymond Pereira. A Digital poster design competition was also organized titled 'Design your thought' where all the celebration groups submitted their digital posters on 13th February 2023. The judges for the Digital poster design competition were Mr. Subodh Haldankar and Ms. Daniella Colaço.

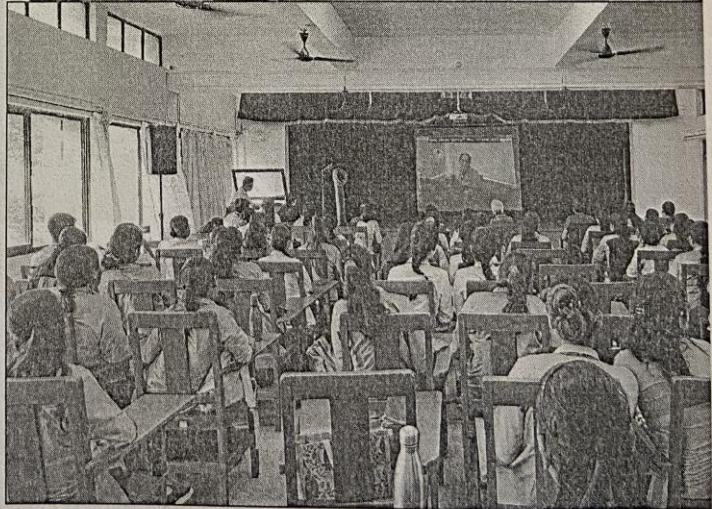
For digital poster design competition, the second prize was taken by the Christmas Celebration group and first prize was won by Ganesh Chaturthi group. Ms. Ximena Fonseca awarded the prizes to respective groups. For face painting competition the second prize was bagged by Ganesh Chaturthi group and first prize was won by Diwali Day (S.Y.B.Ed.) group. Dr. Rita Paes awarded the prizes to respective groups.

There were three spot prizes given away. The first spot prize was for a gender-neutral word for "batsman". The second spot prize was for the person who could correctly tell exactly how many respondents were shown in the survey video. The third spot prize was for the person who could identify the gender represented by the symbol displayed on the screen. The Director of Nirmala Institute Dr. Rita Paes addressed the gathering giving insightful thoughts on how different genders are treated in society and we should treat all genders equally. The celebration came to an end by vote of thanks given by Miss. Mercy Costa.



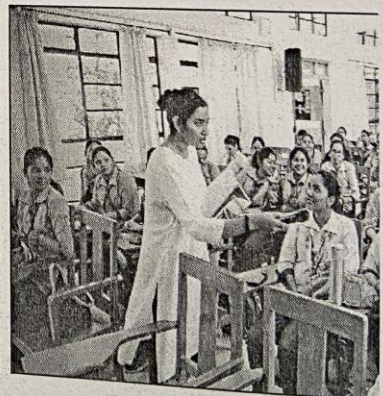
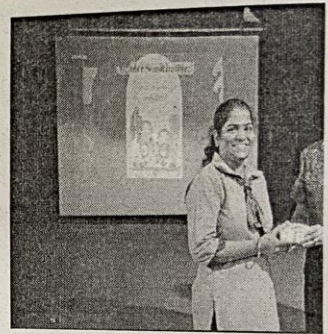
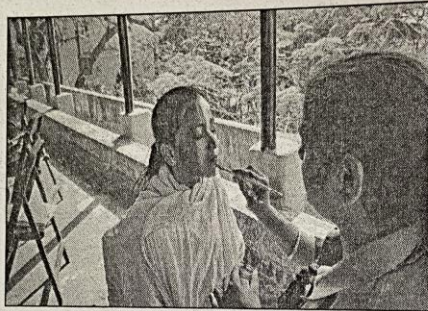
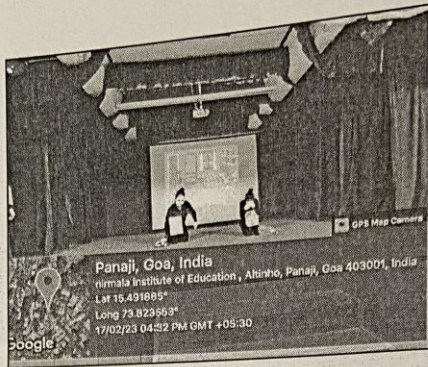
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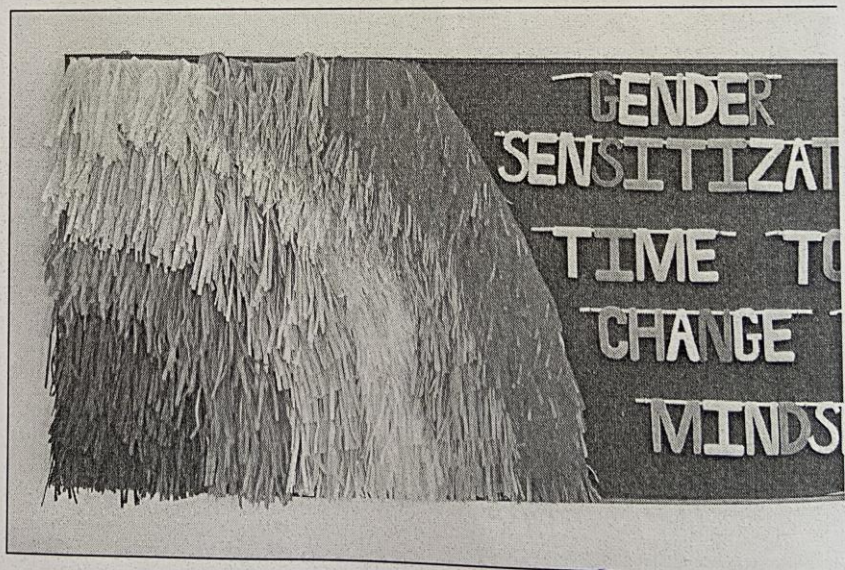


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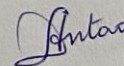


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16) **Abolianchem Fest held at Nirmala Institute of Education**

Nirmala Institute of Education – Panjim, in collaboration with the Directorate of Art and Culture – Government of Goa, celebrated Abolianchem Fest on 4th March 2023 at its campus ground. Abolianchem Fest is aimed at reviving the age-old Goan sociocultural ethos by celebrating its food, music, dance, games, crafts and theatre. This year, the theme was ‘Water: The Elixir of Life, Culture and Society’. The program included interviews, theatre acts, folk dance performances, competitions for schools and colleges, a brass band performance and a ghumot music ensemble by over a hundred women teacher trainees, among others. There were stalls selling ghumots, plants, food items and artworks prepared by the teacher trainees.

Attendees were welcomed on a grand note with a traditional brass band from Chandor, led by Maestro Minguel Felipe Peixoto. At 10 am, the registration for schools and colleges commenced, while the stalls were opened. The audiovisual setup was also tested at this time. This was followed by the inaugural ceremony that highlighted the Diamond Jubilee Year of the Institute



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and the theme, 'Water: the Elixir of Life, Culture and Society'. A prayer dance was performed, and the theme songs for the Fest, 'Udok' and 'Abolim' were screened.

In her welcome address, the Director Dr. Rita Paes emphasized the need to preserve our resources for the common good of all. A tribute video was played and a minute's silence was observed in honour of Sr. Pushpica Coutinho, SCC, who had passed away the previous day.

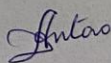
The teacher trainees performed in their mellifluous voices to the accompaniment of musical instruments such as the ghumot, violin, organ and the guitar; to sing 'Abolim' and the official theme song 'Udok' which was composed by Ms Joylita Silveira under the guidance of Sr. Millie Pereira and Mrs. Ximena Fonseca, Assistant Professor at the Nirmala Institute of Education. Sr. Millie then urged the audience to join in to the chorus of the song as she sang along with the group.

The junior section from the preschool performed the pirate drill under the guidance of Ms. Ann Barreto, Ms. Namrata and Ms. Hafiza.

The photography competition H2O Clicks began with the photographs being displayed at the competitions stall. The judge for the contest was Mr. Saul Sanches founder of Art Box Global and Dr. Suphala Pujari Assistant Professor at Government College of Arts, Science and Commerce, Sanquelim.

It is said that in the olden days, a lot of women would travel a far off distance for water, and would dance with the *Kalsi* for fun. That is where the name '*Kalsi Fugdi*' came from. The students from the D.El.Ed. section performed this dance.

The Kindergarten senior section performed the fan drill guided by their teachers, Ms.Nasrin, Ms. Cynthia and Ms. Ann Barreto.


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The *Ghumot* ensemble was a record-breaking success. Under the guidance of the eminent percussionist Mr. Carlos Gonsalves, more than a hundred novice teachers presented a mesmerizing performance. Ms. Amogha Kulkarni and group added a charm to the ensemble with their melodious voices. The powerful rhythm of the *ghumot* accompanied by the *dhalo geetam* created a vibrant ambience. Mr. Carlos Gonsalves, who has been training the B. Ed novice teachers for every Abolianchem fest was given a certificate of appreciation by Dr. Rita Paes.

Concurrently, the face painting competition (Colour Splash) was organised by the competition group. The judge for the same was Ms. Talullah D'Silva, a well-known architect and an educationist of Goa. A total of six schools participated in the competition.

The first place was secured by Bal Bharati Vidyamandir.

The second place was secured by Sarvodaya Educational Society

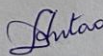
The third place was secured by Progress High School

Mr. Michael Kujur and Ms. Shefali Sequeira, students of the Post-graduation diploma in Guidance and Counselling recited a beautiful poem as a tribute to late sister Pushpica.

Mr. Varad Samant is a B.Com. graduate who decided to take up farming to be the boss of his own business. He says that he had 8 to 10 acres of empty land and so when he saw people farming vegetables in Kolhapur during a trip, he got inspired. He kept trying despite of people saying that it was impossible to grow vegetables in Goa and made profits.

He emphasised that practical knowledge would help a person more in agriculture rather than apps. He also urged people to be mindful of the water they use for their plants to avoid unnecessary wastage and said that drip irrigation has been very helpful in watering his fields. To encourage the youth, he said that there's a lot of scope in Goa for growing crops and there's a lot of demand for them and if anybody was interested in joining him, he would fully support them.

The D.El.Ed students sang a deeply moving religious song, 'Wade in the Water'. African slaves would sing this song to communicate a message to the slaves running away from their captors.


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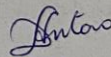
The song warned them to abandon the trail and wade in the waters in order to make sure the slavecatcher's dogs do not pick up their scent. This song celebrates the cultural significance of water.

Goan pop songs hold a special place when it comes to Goan weddings, parties and other gatherings. Oluv and Troup captivated the audience with their energetic performance. Oluv sang original compositions like 'Abolim' and 'Zuarichea noeva poolar'. Mr. Felly Gomes, Mr. Saesh Deshpande and Mr. Carlos Gonsalves joined the impromptu jam session. Students of F.Y.B.Ed (Adriel Antao, Karen Coelho) and S.Y.B.Ed (Joynus Noronha, Govinda Fadte, Jewel Pereira) also jammed with their musical instruments. The visitors grooved to the beats of the peppy compositions.

The participants of the 'Wat-a-fit' competition exhibited their costumes. The costumes were made from different waste materials and aimed at creating awareness about water pollution. Andrea Dias and Mitzi Mukherjee were the judges of this competition. Rosary College of Commerce and Arts, M.E.S College of Arts and Science and Don Bosco College, Panjim participated in this competition. Rosary College of Commerce and Arts secured the second place. Don Bosco College, Panjim secured the first place.

Water is vital for the existence of humans, flora, and fauna. It satisfies one of our basic needs-thirst. Our sources of water are getting contaminated by our reckless actions. We need to protect and conserve this precious resource. Keeping in mind the theme of the fest, the B. Ed novice teachers presented a thought-provoking street play directed by Mrs Anagha Deshpande. They urged the visitors to save water.

Ankita Zambaulikar and Yogita Sangodkar entertained the audience with their humorous enactment. The enactment staged a banter between a mother-in-law and a daughter-in-law over a bottle of packaged mineral water.


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People High School, the winners of the treasure hunt were given their trophy. This was followed by the prize distribution of the Colour splash competition. Ms. Talullah D'Silva was given a certificate and a token of appreciation.

Dr. Cheryl Noronha e De Mello is working as a Project Scientist at the National Centre for Polar and Ocean Research, Vasco Da Gama. She has a Doctorate in Marine Sciences. She shared her journey from being a teacher to a scientist. She expressed that her sheer curiosity and her love for adventure inspired her to pursue her field of research. She shared her experience about her Antarctic research project and spoke about the importance of mangroves and the factors that affect the same. She also emphasised on the fact that teachers must be aware about the current affairs and the constantly changing trends. They must go beyond the textbooks and give real life examples to students.

Thereafter, the results for the competitions were declared and the prizes were distributed by Dr. Delia Antao.

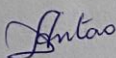
The first place was secured by Rosary College of Arts and Commerce.

The second place was secured by Don Bosco College, Panjim

The third place was secured by Goa College of Music

To revive childhood memories of yesteryears, a few B.Ed. teacher trainees organized a demo of two traditional games, namely 'Kombeachem Zhuz' and 'Ringani'. The rules were explained and a few rounds of the game were played, much to the delight of the audience. After this, there was a 'Mussal' (folk dance) performance by the B.Ed. teacher trainees and a group song 'Sobit Amchem Goem' by the D.El.Ed trainees. The audience were in for a nostalgic treat, with a musical instrument ensemble featuring ghumots, violins, a mandolin, guitar and keyboard, by Xavier Sir and 7 trainees.

The visitors witnessed the magical folk-dance form- *Chapay*, a dance form unique to the Dhangar community of Goa. The students captured the attention of the visitors with their energetic performance. This was followed by the demonstration of age-old games like *bodeanim*'


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and *khambeanim* which brought back cherished childhood memories. The visitors were enthused to learn about these games.

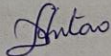
With a message on the importance of water, the D.El.Ed. section performed a play titled, '*Hanv Saiba Modern.*' It focused on how modernism has destroyed the environment. People mindlessly waste water, forgetting how vital every drop is. If we look after our water today, tomorrow it will look after us.

Dr. Manoj Ibrampurkar, Associate Professor in Geology at Dhempe College, Miramar was interviewed. He spoke about his primary research interest, the hydrogeological set up along the west coast of India. As someone who has been studying about water for the last 16 years, he talked about how around 2 billion people don't have access to fresh water and have to resort to drinking contaminated water every day. He further said that domestic sewage is a major contributor to the water pollution along with fertilizers and pesticides used for agriculture. Everyone should be aware of where our sewage is going and how we might be unknowingly contributing to water pollution. In his message to the students he said that water should be high on our agenda and we should not take it for granted just because we have an unlimited supply of it for now as it might not last forever.

The pre-primary teacher trainees performed a puppet show with Ollie the octopus on a mission to collect seaweed searching for helping hands. After searching for a while he meets a crab who tells him that it is not necessary to find a hand to pick seaweed as long as you're doing what you can and encourage each other.

The D.El. Ed. section performed a comedy song titled 'Income Tax'. Juwel Pereira and Delilah Dias entertained the audience with a song. The students of the D.El.Ed section presented a beautiful quartet titled, '*Anvde Tuje Sopo!*'

Mr. Elvis Goes, a well-known singer and the recipient of the Yuva Srujan Puroskar spoke about his love for Konkani songs. He also conducted an impromptu music session for the visitors.


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Representatives from each group were asked to receive their group's prizes. Following this, the officiating principal of NIE Dr. Delia Antao addressed the gathering and shared a few words of wisdom relating to the theme for the day.

The programme concluded with the delivering of the vote of thanks, followed by the Nirmala Anthem.

18) Field Trip to Dr. Salim Ali Bird Sanctuary, Chorao-Goa.

Nirmala Institute of Education, Altinho-Panjim in association with the Goa Forest Department and Arranya Environment Research Organization (an NGO) organised a field trip to Dr. Salim Ali Bird Sanctuary, Chorao-Goa as part of activities to creating awareness about the Importance of Mangrove and Coastal Ecosystem in mitigation of climate change & providing livelihood opportunities to local communities.

A total of 20 students from Nirmala Institute of Education were chosen to attend this field trip. The field trip began at the Sanctuary with a briefing by a group of resource persons who guided the group throughout the session. They emphasised the significance and how mangroves are an integral part of the coastal ecosystem, how mangroves provide shelter and breeding grounds and how local communities integrated fauna and flora wealth obtained from mangroves into their livelihoods.

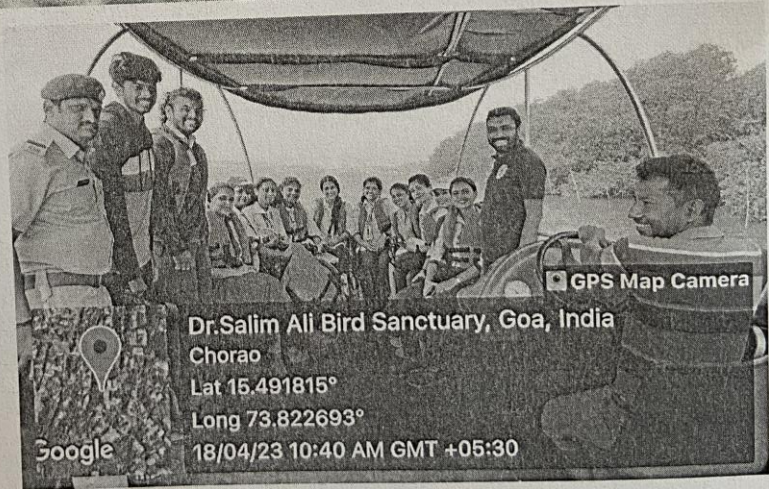
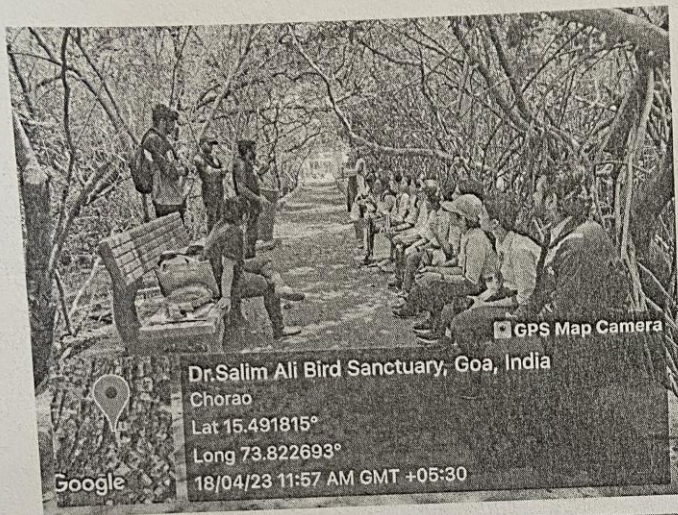
The trip continued with a Boat ride in two batches of students around the mangroves during which the teacher novices were taught how to observe and identify the different types of fishes, birds and insects that are indigenous to Goa's mangrove ecosystem.

The different species identified during the boat trail included Eel, Hermit crab, Mud crab, Great Egret, Collared kingfisher, Flying fox(bat), Common Red Shanks (bird), Green Pigeon, Indian Cormorants, Meck Sparrows, Sand pipers and many more. The session was accompanied by facts about these species and cues on how to identify them.

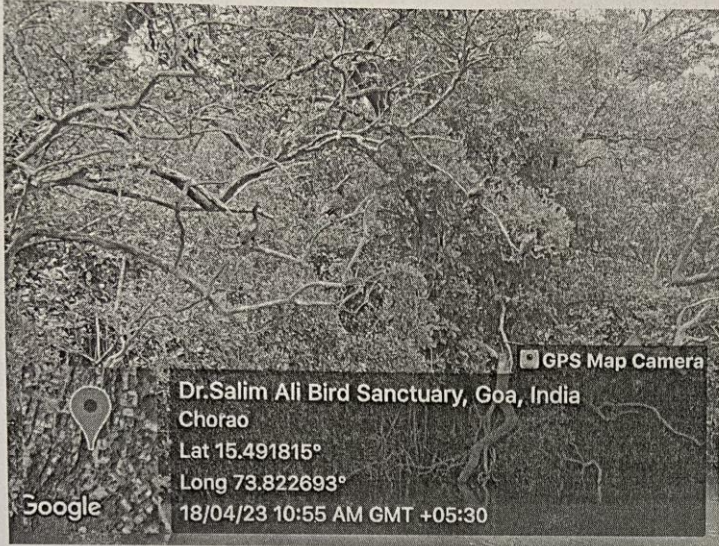
The trip ended with the members of Arranya Environment Research Organization encouraging the Nirmala Teacher novices to join in the movement for Conservation and awareness and to influence many more such likeminded people to do the same.



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