

GCQ TIMES

MONTHLY NEWSLETTER

Campus News

Creative Zone

Achievements

GCQ Catching Up with the Age Old Adage, “Health is Wealth”

Time flies, They say and indeed it does. Just a few moments ago we were knee deep in creating semester plans and here we are today almost about to wrap up the first half of the academic year. Our campus is abuzz with numerous activities and engaging classes. Students and faculty members are on campus from 9 am to 4 pm juggling work and extra curricular activities to the best of their abilities. It is at times like these that students and faculty members often put their individual health and well being on the back seat. Various faculty members have taken steps to address this issue this semester and driven home the point that one's health cannot and must not be ignored. Guest lectures, workshops and competitions on nutritious food, healthy dietary habits, exercising regularly, yoga and meditation practices have been conducted throughout the semester. The college has also inaugurated its gym this semester which can be used by students as well as the staff of the college.

The Tribal Welfare Committee enables women from neighboring areas to put up a 'Posro' every Friday that comprises of fresh vegetables and healthy home-made snacks. The college counsellor strives for the mental wellbeing of our students. A teamwork of sorts is taking shape on campus to promote indispensable focus on health and wellbeing. It is time we recognize and encourage such practices and move towards building a healthy space for the young minds that are shaped on campus.

GCQ Celebrates Teacher's Day!

The Student Welfare Committee of our college organised a teacher's day celebration for the faculty members of the college. Council members and students of the college put in their heart and soul to put up a warm and memorable celebration for the teachers.



Dr Tanvi Bambolkar & Gauravi Khaunte
(Teacher Coordinators)



WRITE FOR GCQ TIMES

To contribute to the next issue of GCQ Times send your work to Department of English GCQ on the following email id departmentofenglishgcq@gmail.com

Students of English Department Learn Social Graces

The Department of English organized a lecture on 'Social Graces' for the students of SYBA and TYBA. The resource person for the lecture was Ms. Clarinda Dias, Head, Department of English, Dhempe College, Miramar. She engaged the students in an interesting session on developing one's social graces. The art of small talk, networking, public etiquettes, and speaking skills were discussed during the course of the lecture. It was a fruitful session. Ms. Brenda Coutinho from English Department coordinated the session.



A Workshop to Empower Tribal Students



The Tribal Research Institute & GSSTFDCL organized a program to distribute 'Forest Rights Titles' to tribals in Rajiv Kala Kendra, Ponda. Our students and interested staff members attended this workshop on the Forest Protection Act 2006 & Entrepreneurship. Students were accompanied by our Librarian Akash Gaonkar. The Tribal Development Committee- Prof. Sushila Mendes, Prof. Mehtab Bukhari & Dr. Dhilon made student participation possible. Our tribal students are now empowered to fight for their land titles as per the law, instead of hiring lawyers to do the same for them.

Student Council Inaugural for the Academic Year 2023-24

The Student Council (2023-24) of Government College of Arts, Science and Commerce-Quepem, Goa was inducted on 27th September, 2023. The Inaugural Ceremony was held in the college auditorium with Dr. Sanjay Sawant Dessai, Principal of CES College of Arts and Commerce, Cuncolim, Goa as the chief guest of the function. The Principal of the college, Prof. Joydeep Bhattacharjee welcomed the gathering. The Convenor of the Student Welfare Committee, Dr. Annie Felicidade D'Souza e Gomes administered the oath to the council members which comprised of various class representatives and ladies' representatives across all three streams and the General Secretary as well as Sports Secretary for this academic year. The Chief Guest, Dr. Sanjay addressed the gathering on various pertinent issues of student life. Students of the college added to the beauty of the occasion by performing a wonderful dance and a song and by taking efforts to decorate the venue with a rangoli and lamps. A video of all the creative and talented work done by the council in the past was also screened during the ceremony. The General Secretary, Mr. Smriten Fal Dessai promised the students of the college a fruitful and eventful academic year and the Sports Secretary, Siya Naik stated that she will live up to the commitment that her post demands.



CELEBRATING CHATURTHI ON CAMPUS



A few days before Chaturti the college was rife with the spirit of the festive season. Various departments organized competitions to usher in the festive season with great pomp and joy. The Student Welfare Committee in collaboration with Botany Department organized a floral rangoli competition, *Matoli* making competition and traditional festive food competition.



The Department of Sociology also organized a one day Ganesh Festival for BA Sociology Arts students in the college Auditorium on September 16, 2023. The festival was celebrated with the following objectives in mind:

- To understand the cultural significance of Ganesh Chaturthi.
- To explore the social dimensions of the festival.
- To promote interfaith understanding and tolerance.

The Department also organized a sumptuous Chaturthi meal for the students and faculty members of the college. The festival was also a great way for students to bond with each other and to create lasting memories.



COVER STORY

Road Safety Matters!

Two young minds speak about road safety measures

The NSS unit of Government College Of Arts, Science and commerce Quepem recently organised a talk and rally for NSS students of the college on Road Safety. This compelled me to delve a little deeper into understanding road safety measures. Road safety is all about taking precautions and being responsible about preventing accidents and ensuring the well-being of oneself and others. This includes obeying speed limits, traffic signals and road signs. By adhering to these rules, one can reduce the risk of collision and create a safer environment for everyone. Other crucial aspect to address is the significance of wearing seatbelts. Seatbelts can save lives and can minimize the severity of injuries in the event of an accident. We can highlight the proper ways to wear seatbelts and emphasize that it's not just a legal requirement, but also a personal safety measure.

Distracted driving is a growing concern in today's digital age. We can talk about the dangers of using mobile phones, eating or engaging in other distractions while driving. Pedestrian safety is also an important aspect of road safety. How dangerous is distracted driving?

Miss Hawa Shaikh Muzawar, student of SYBA states, *"Distracted driving can increase the chance of road accidents. Sending a text message, talking on a cell phone, using navigation system etc. We must learn to keep devices away whilst driving to reduce the risk of an accident."*

The significance of proper maintenance and regular check of vehicle. Ensuring that breaks, tyres, lights and other essential components are in good working condition can prevent accidents caused by mechanical failures.

Mr. Kiran Prakash Naik (Assistant Professor of Geography) states, "I service my bike every six months. It is important for my safety and for the safety of people and animals on roads."

The importance of proper signaling and communication between drivers should not be ignored as well. Signaling your intentions, such as changing lanes or making a turn, allows other driver to anticipate your actions and helps to prevent accidents. Well maintained roads, clean signals and effective road marking contribute to safer driving conditions. It is important for authorities to prioritise road maintenance and address issues such as potholes and dangerous interaction.

The role of education and awareness campainings in promoting road safety. By education drivers pedestrian and even children about the road safety practice, we can inherit good habits and create a rule of responsible road user.



Bibisalma Chaudhari
(SYBA- NSS Volunteer)



Neha Gude
(TYBA-NSS Volunteer)

The NSS unit of Government college of Arts, Science and Commerce Quepem in association with RTO Quepem and Goa Police organised an informative talk on the theme :- "STOP ACCIDENTS BEFORE THEY STOP YOU" as an initiative under " The 12th State Road safety week Campaign from 6th to 12th October 2023" observed by the Directorate of transport, Government of Goa.

Shri Rajesh Shetye (Asst. Director, RTO Quepem), Shri Nilesh Rane (DYSP, Quepem), Shri Rajiv Tengse (Asst. Motor Inspector) and Adv. Shri. Sanjit Dessai were invited as the Resource Persons for the day. The talk was then followed by an awareness rally of NSS volunteers. Students of GCQ marched from the college campus to Tilamol junction. From Tilamol the students then marched back to the college.

Students carried different types of placards in their hands to convey their message. The placards were made by the students themselves. All of them had different kinds of messages like "**Speed thrills but kills**", "**Give way to pedestrians**".

Apart from holding the placards, the volunteers also implemented various other ideas to make the rally effectual. The first one being the slogans. The volunteers conducting the rally, altogether shouted slogans like " Safe drives save life" , "Drive carefully, live joyfully " which captured the attention of a lot of people on and alongside the road.

The students proved that audio is one of the prominent mediums of learning as people actually understood the purpose of the rally through the slogans. The second method used by the volunteers was a bit funny yet striking. The students started noticing the people travelling by bikes and cars, while they walked on the road. They motivated the people by saying "wear helmet", "wear helmet" loudly, to the people riding bikes without helmets on and also reminded the people to "wear seat belts" by shouting it out loud to the people travelling by cars without fastening their seat belts.

The people travelling without helmets and seat belts felt ashamed of their irresponsible behaviour and did the needful after getting startled by the polite reminders by the students. Some students of our college also stopped a few youngsters travelling triple seat on two wheelers and explained to them the ill effects of the same.

This method was seen as a remarkable achievement of the rally as it had instant effects and caused quick changes in the habits of people whilst the rally being in action.

The rally turned out to be very unique, impactful and memorable to the people as well the students and teachers of Government College Quepem.

Achievements and Activities of the Physical Education Department

HIGHLIGHTS:

1. Siya Narvekar bagged Silver Medal in 84kg Weight Category in Power Lifting Championship (Women) organised by Goa University.
2. Prachi Ghadi bagged Silver Medal in 63kg Weight category in Power Lifting Championship (Women) organised by Damodar College Margao.
3. Siya Narvekar bagged Silver Medal in 84kg Weight Category in Power Lifting Championship (Women) organised by Damodar College Margao.
4. Suhani Kanekar Bagged Bronze Medal in 84kg Weight Category in power Lifting Championship (Women) organised by Damodar College Margao.

EXTRAMURAL ACTIVITIES 2023-24

- 04th September 2023: Inter College Power Lifting Championship Women Organised by Damodar College Margao.
06th September 2023: Inter College Taekwondo Championship Women Organised by Goa University.
14th September 2023: Inter College Power Lifting Championship Women organised by Goa University.
15th September 2023: Inter College Body Building Championship Men organised by Goa University.
29th September 2023: Inter College Football Tournament Men organised by Goa University.

HEALTHY PRACTICES 2023-34

College Team played Practice matches before the Inter Collegiate Tournament with Colleges & Local Clubs.

09th September 2023: Team: GCQ v/s Damodar College Margao

Event: Football (Men)

Venue: Avedem Ground

18th September 2023: Team: GCQ v/s Kare Law College

Event: Football (Men)

Venue: Avedem Ground

27th September 2023: Team: GCQ v/s Cuncolim Union Club

Event: Football (Men)

Venue: Cuncolim Ground

Miss Chaitanya Dessai won gold medal in 71kg category at SAG Curchorem senior State level weightlifting championship 2023 organized by Weightlifting Association of Goa at Bambolim on 23rd July 2023.



Siya Narvekar



College Football Team

A Productive Month for the Department of Economics!

Enabling and Encouraging Research

An orientation session titled, 'An Introduction to the Third Year Project Work', was organized for the students of the third year (Honours and General) Economics of the college on 09th August 2023 in the conference hall of the college from 11:30 to 12:30 by Ms. K. Sangeeta, Assistant Professor of Economics (In house faculty).

During the session, various significant aspects related to project work were covered, including the significance of the research, selection of project titles, research methodology, review of literature, chapterization, statistical tools, preparation of questionnaires and referencing. Samples of previous projects were also presented to the students. An ex-student, Mr. Indrajeet Gadkar, shared his experiences gained during the project preparation. In total, 43 students attended the session, greatly enhancing their understanding of project preparation.



Steering Towards Sustainable Development

The Department of Economics organized a one-day program on "Awareness of Nutritious Food – A United Nations Goal on Sustainable Development" on 7th September in observance of National Nutrition Week, as a part of the Sustainable Development curriculum taught in First Year and Third Year. The programmes were coordinated by Ms. Karuna Sanjiv Ballikar, Ms. K. Sangeetha and Ms. Puja Gaonkar.

The day commenced with a session on the Importance of Nutrition in Food, delivered by Dr. Sushant B. Raikar. The guest speaker spoke about the need for vitamins, minerals, fats, and nutrients in our daily diet. The speaker also enlightened students about food should consume.



Nutritious food stalls were set up in the college lobby by the students of F.Y.BCom. Students offered various dishes such as *donne*, *patolli*, *channa masala*, *ragi satva*, *moong bean ladoos*, *peanut chikki*, *tavsali*, *fruit salad*, *idli*, etc. The items were priced very competitively, and all the teams could generate sufficient profits.



A book mark making competition and photography competition was organized as well. The topic for the Bookmark-making competition was "The Nutrition Knowledge" and The topic for the photography competition was, "Zero Hunger, Zero Food Wastage".



A Respite Amidst Nature for Marathi Department



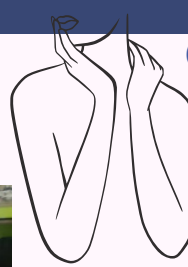
Department of Marathi organised field trip to Sattari Keri on 3rd sept. In this visit students visited harvalem caves and waterfall. They were guided by well known environmentalist Sri Rajendra Kerkar. Followed by interaction with Samruddhi Kerkar youth writer, artist, poet, and home school student. Mrs. Pournima Kerkar guided students on Goan folk culture.

Workshop on Social and Emotional Development



An experiential interactive workshop on Social-Emotional Development titled, "To Understand & To Be Understood", was organized by the Department of English on 23rd August, 2023 in the college conference room. The facilitator of the workshop was Ms. Clizma Da Costa, Psychologist & Certified Dance/ Movement & Expressive Arts Therapeutic Practitioner.

The facilitator covered a gamut of communication aspects. The session delved into the world of non-verbal communication, focusing on body language, eye contact, and posture. This newfound awareness has enhanced students' interpersonal interactions, fostering empathy and understanding. The Session was coordinated by Ms. Sneha Dessai



GCQ VERSE-The Poetry Corner

SHE

She lives with an open wound
Waiting for her body to grow a layer of skin.
She knows she's doomed,
When even with time, it isn't able to heal.

What a life! Where,
She lives with an open wound but a closed heart.
Where listening to everyone is her art,
But there's no one when she needs to pour her part.

Isn't it unfair?
When she always gives
But in return never receives,
She's the one who always understands,
But invariably alone she stands.

• Dale Louis (SYBA)

Guest lecture on Hindi Poet Muktibodh by Dr. Brijpal Singh Gehlot

Department of English invited Dr Brijpal Singh Gehlot, Associate Professor of Hindi to deliver a lecture on 'Life and Poetry of G.M. Muktibodh' for the TYBA students. Dr. Brijpal enlightened the audience about the poet's life and provided analysis of his poems.

By providing the background of the poet Muktibodh's life, Dr Brijpal also reiterated the significance of social movements such as Marxism on the life and poems of the poet. Such inter-departmental exchange activities definitely enrich the learning environment and help students receive a wider perspective about their subjects.



Sociology Students Visit Gurudwara and Zambauli Temple in an Attempt to Understand and Accept the Religious Diversity of the State.



The Sociology Department of our college planned visits to Zambauli temple and to a Gurudwara in Betim in an attempt to promote religious acceptance and tolerance amongst students. The students visited Zambauli temple on 13th September for the “Sneh Bhojan” or afternoon meal which is served for free in many such institutions across the state. The students were taken with the objective of observing the 'Anna Danna' (Giving food without a price) system at Zambauli temple so as to enable them to understand the importance of community living and coexistence that is practiced in the state of Goa for years together. The students visited the Gurudwara in Betim on 28th September. Students of sociology have a unit in their syllabus titled, “Communities Around Us”. The Gurudwara visit was planned so as to give the students an opportunity to learn more about Sikhism. Students prayed at the Gurudwara and also enjoyed the “Kada Prasad”

Faculty Members Learn the Art of Meditation

The Staff Welfare Committee of the college organized a session on "Simple Techniques of Meditation and Breathing for Stress Management" for the staff members of the college. The resource person was Dr. Sapna Sakhalkar, Urban Health Centre, Margao. Faculty members were introduced to various breathing and meditation techniques.



Commerce Students Oriented on TY Project



The Department of Commerce organised Project Orientation for T.Y.B.Com students on 15th September 2023 at 10.00 a.m. Dr. Ashish Joshi Vice Principal of M.E.S college, Zuarinagar was the resource person.

A Field Trip to Rivona



Department of History organised a Field Trip to Usgalimal, Rivona, Chandor and Benaulim (Goa Chitra Museum) on 16-09-2023, accompanied by Asst Prof Noel Goes and Asst Prof Jenika Dias.

Hindi Day Observed on Campus

Department of Hindi organized "Hindi Diwas" on 16th September 2023, 10.30am onwards in conference room. Guest for this program was Shri. Abhay Surana. Invited speakers were Dr. Joydeep Bhattacharjee, Dr. Rajendra Rao Kulkarni, Ms. K. Sangita, Ms. Sarita Usgaonkar, Ms Reeta Sharma, Dr. Tanvi Kamat Bambolkar, Ms Gauravi Khaunte.

Speakers expressed their memories of speaking and conversing in Hindi. The guest speaker explained the importance of Hindi language through his speech and expressed his experiences by reciting ghazals and guided the students. On the occasion of Hindi Diwas, a Ghazal and poetry writing workshop was organized in which Mr. Abhay Surana, was the subject expert.



Pradnya: A Battle of Words for the Students of Mcom

A Literary event titled *Pradnya* was organized by the Department of English for students of Mcom part I and part II on 29th September, 2023. The event comprised of task based spell bee, treasure hunt with literary tasks and a quiz that tested the speaking skills of the participants. The participants were students of the Presentation Skills class. The competition was a battle between Mcom Part I and Part II and Part II won the overall prize with two students from Part II, Harshvardhan and Akash emerging as the overall winners of the event. The event was coordinated by Ms. Gauravi Khaunte.

Archives Exhibition at GCQ

Department of History attended exhibition by Archives on Archival records and Screening of Documents on freedom struggle at Government college of Arts. Science and Commerce, Quepem on 11 September 2023, Co-ordinated by Assistant Professor Noel Goes and Assistant Professor Jenika Dias

Guest Lecture on Pre-Historic Sites of Goa

Department of History Organised Guest lecture on 'Pre- Historical sites of Goa' by Rajendra Kerkar on 9 September 2023. The programme was co-ordinated by Assistant Professor Noel Sevrto Goes along with Assistant Professor Evereth Fernandes under the guidance of Professor Dr. Remy Dias.



Coffee and Contemplation: RDC Continues to Inspire Discourse on Research

In the Research Coffee series of Research Development Cell Dr Ignatius Fernandes oriented the faculty members about 'Creating and Managing Google Scholar Account' on 9th September. Same day, Dr Rajendra Kulkarni presented his ideas on 'New Visions in Biological Science'. On the same day, in the Journal series, Ms Jasmine Kalangutkar presented information about Mathematics Journals.

In the same initiative, on 30th September Tanvi Bambolkar presented her paper on Siolim Zagor which was published in UGC CARE listed journal *Sanshodhak*. Dr Sohani Pai Vaidya presented in journal series about the experience and process of publishing in journals.

