

Goa University

Career Counselling Cell (CCC) Under

Directorate of Student Placement & Alumni Relations in Collaboration with

Microbiology, School of Biological Sciences & Biotechnology (SBSB)

Report on "Prepared to Protect: First Aid Training"

1. Title of the Event/Activity/program	Prepared to Protect: First Aid Training	
2. Date and Time	12-08-2025	
3. Mode of conduct (Physical/Online)	Physical (Offline)	
4. School/ Directorate/ Section	Career Counselling Cell (CCC) under the Directorate of Student Placement & Alumni Relations, in Collaboration with Microbiology Discipline, School of Biological Sciences & Biotechnology (SBSB)	
5. Collaborating Agency/School/Director ate/Research Institutes/Industries	 Emergency Management & Research Institute (EMRI), Green Health Services, ECC, Urban Health Centre, Panaji Govt. of Goa Microbiology Discipline, School of Biological Sciences & Biotechnology (SBSB) 	
6. Detail of the Resource Persons (Brief biodata)	Ms. Rashika Arondekar, Advanced Paramedic Emergency Management & Research Institute (EMRI), Green Health Services, ECC, Urban Health Centre, Panaji Govt. of Goa.	
7. Number of Faculty attended/participated	12 faculty	
8. Number of Student attended / participated	136 [50 Microbiology, 19 Biotechnology, and 53 SCS]	
9. No. of external students/faculty/other participants	Two	

10. The objectives of the Program/ activity/ event

- 1. To connect students with alumni who share real-world career experiences, enabling informed and confident decision-making regarding their career paths.
- 2. To provide students with clear insights into career opportunities and skill requirements in government and private sectors, with a special focus on paramedic field.
- 3. To bridge the gap between academic learning and industry demands by offering practical advice, motivation, and guidance through alumni-led counselling sessions.
- 4. To inspire students by showcasing professional achievements of distinguished alumni in forensic science, encouraging them to pursue meaningful careers in scientific research, law enforcement, and public service.
- 5. To equip students with networking skills, competitive exam strategies, and industry-relevant skill development, fostering holistic career preparation.

11. Description of the Program/activity/event

- ➤ A lecture titled "Prepared to Protect: First Aid Training" was successfully organized on 12th August 2025 by the Career Counselling Cell (CCC) under the Directorate of Student Placement & Alumni Relations (DSPAR), in collaboration with the Microbiology Discipline, School of Biological Sciences & Biotechnology (SBSB), Goa University.
- The session began at 10:30 AM, with an enthusiastic gathering of students and faculty. The speaker for the session, Ms. Rashika Arondekar, Advanced Paramedic at the Emergency Management & Research Institute (EMRI), Green Health Services, ECC Urban Health Centre, Panaji, Government of Goa, was warmly introduced by Dr. Bhakti Salgaonkar, Assistant Professor of Microbiology, SBSB, and an active member of CCC, DSPAR.
- A total of 136 participants attended the event, including 12 faculty members and 124 students. The student participants represented a range of disciplines, with 50 from Microbiology, 19 from Biotechnology, 53 from the School of Chemical Sciences (SCS) and 1 member of EMRI.
- Ms. Rashika began her talk by expressing her gratitude to Goa University for inviting her to speak on this special occasion.
 - She started by introducing the *Advanced Postgraduate Diploma in Emergency Medical Care*, explaining its eligibility criteria, course duration, and the circumstances that led her to pursue it.
- Ms. Rashika then shared insights into her professional journey with EMRI Green Health Services (Emergency Management and Research Institute), based in Hyderabad, Telangana. She highlighted that EMRI is a not-for-profit organization and the world's largest provider of pre-hospital emergency care services.

- ➤ Delving deeper into the course, she outlined the various subjects covered throughout the program and elaborated on the diverse career opportunities available to graduates in the field of emergency medical care.
- Ms. Rashika provided the audience with valuable insights into the different types of ambulances available in Goa, including the Advanced Life Support (ALS) ambulance, Cardiac Care ambulance, and Neonatal ambulance. She explained their unique features, key advantages, and the specific medical needs they cater to. Additionally, she took the opportunity to clarify some common misconceptions surrounding the 108 ambulance services, offering a clearer understanding of their role and efficiency in emergency care.
- ➤ While reflecting on her journey with **EMRI 108**, Ms. Rashika also shared a few challenging and impactful cases she has managed over the past few years, offering a glimpse into the realities and demands of emergency medical response.
- ➤ While speaking on the topic of first aid, Ms. Rashika provided essential information on how to assist individuals in emergency situations before professional medical help arrives.
 - She discussed the **objectives and fundamental principles of first aid**, emphasizing the importance of timely and appropriate response in critical moments. Ms. Rashika clearly explained **the** do's and don'ts in common emergencies **such as** bleeding, burns, fractures, fainting, choking, seizures, snake bites, electric shock, and heart attacks **equipping** the audience with practical knowledge they could apply in real-life situations.
- ➤ One of the highlights of the session was a **live demonstration** of CPR (Cardiopulmonary Resuscitation), which gave participants a hands-on understanding of this life-saving technique.
- ➤ Drawing from her previous experiences in the field, Ms. Rashika shared real-life scenarios that reinforced the importance of first aid. Her talk was not only informative but deeply impactful. The participants showed great enthusiasm, actively engaging with questions and seeking clarity on how to respond in specific emergencies. Ms. Rashika patiently addressed all queries and stressed the **critical role of first aid in saving lives.**
- ➤ The program concluded with a heartfelt vote of thanks delivered by Dr. Lakshangy Charya, Programme Director of the Microbiology discipline at the School of Biological Sciences and Biotechnology. She expressed her gratitude to the speaker, participants, and organizers for making the event a success.

12. Benefit/Key outcomes of the Program/activity/event	 Informed Career Decision-Making: Students will gain clarity about various career options and make informed choices aligned with their interests, strengths, and long-term goals. Enhanced Awareness of Career Pathways: Exposure to diverse opportunities in both government and private sectors, especially within the paramedic field. Bridging the Academia-Industry Gap: Practical insights from alumni will help students understand current industry expectations, enabling them to align their academic pursuits with real-world demands. Inspiration and Motivation: Alumni success stories will motivate students to aim higher and pursue careers in research, public service, law enforcement, and other scientific domains with greater confidence and purpose. Skill Development and Exam Readiness: Students will benefit from actionable guidance on competitive exam preparation, resume building, interview techniques, and key technical and soft skills required for career success. Improved Networking and Professional Engagement: Through direct interaction with alumni, students will develop early networking skills and begin to establish professional connections that can support their future growth. Increased Employability and Career Readiness: Holistic exposure to real-world scenarios, industry practices, and personal growth strategies will enhance students' employability and readiness for future challenges.
13. Enclosures with report	 Brochure Geo-tag photos Attendance of the participants Letter of Invitation Letter of Appreciation

GOA UNIVERSITY

Career Counselling Cell (CCC)



Directorate of Student Placement & Alumni Relations

Microbiology, School of Biological Sciences & Biotechnology (SBSB)

Talk by a Distinguished Alumnus

12th August, 2025

Auditorium, School of Chemical Sciences (SCS), Faculty Block E, Goa University

<u>Title</u>: "Prepared to Protect: First Aid Training"

Ms. Rashika Arondekar

Advanced Paramedic

Emergency Management & Research Institute (EMRI), Green Health Services, ECC, Urban Health Centre, Panaji Govt. of Goa

<u>Time</u>: 10:30 am – 11:30 am



Faculty Coordinators

Dr. Bhakti B. Salgaonkar (Coordinator)

Dr. Prajesh S. Volvoikar (Co- Coordinator) Members of CCC-DSPAR Goa University

Organizing Committee Members

Dr. Rupesh Patre (Director, DSPAR) Dr. Arvind Haldankar (Chairperson, CCC) Sr. Prof. S. Krishnan (Dean, SBSB)

Dr. Lakshangy Charya (Programme Director, Microbiology, SBSB) Mr. Shashikant Morajkar (AR-PR)

Brochure



Introduction to the Resource Person by Dr. Bhakti Salgaonkar



Group Picture of the Event



Welcoming the resource person



Resource Person Ms. Rashika Arondekar Delivering the lecture







Resource Person demonstrating the first aid measures to be taken during emergency



Resource Person demonstrating the first aid measures to be taken during emergency situations



Interactive session with the participants



Interactive session with the participants



Vote of thanks by Dr. Lakshangy Charya (Programme Director, Microbiology discipline, SBSB)



Dr. Lakshangy Charya presenting Token of Appreciation to the Resource Person Ms. Rashika Arondekar



Faculty Interaction with the Resource Person



Group Picture of the Event

Attendance Sheet Talk by a Distinguished Alumnus Prepared to Protect: First Aid Training

Resource Person: Ms. Rashika Arondekar, Advanced Paramedic, Emergency Management & Research Institute (EMRI), Green Health Services, ECC, Urban Health

Centre, Panaji Govt. of Goa

Organizers: Career Counselling Cell (CCC) Under Directorate of Student Placement & Alumni Relations In Collaboration with Microbiology Programme, School of Biological Sciences & Biotechnology (SBSB), Goa University

Venue: Auditorium, School of Chemical Sciences, Faculty Block E, Goa University

Date: 12-08-2025

Time: 10:30 a.m to 12:00 p.m

Mode of Conduct: Offline

Sr. No.	Name	Discipline/ Programme	School	Signature
1	Dr. Lakehangy Chay	Miao bislow	SBSB	Charge
2	Rashika Arondekar		Eccurban Headin	Ponlesson
3	Loyethwaan. G.	Annual Control of Control	ECC-UHC	A south
4				And our
5	Dr. Bhakti Salyaonka MARLON S. CARDOZO	Microliday	SBSB	(A)
6	Gandisha M. Pawar	Michielyy	38.38	Called
7			SBSK	OR IL
8	Pryja D'Costa	Microbidop	SEDAS	010
9.	Rupest Pade	54	SCS	89.
10	Prajeth s. Vonoik	st) chemil	1000000	fank
11	Askind N. Haldankar	souder	DAKSSSBS	ULL
12	Prashila Handrehan	Hierobiologe	SBSB	Plan
13	Anita Gaonkar	Microbiologe		Reenton
14	Tejasvi Sangodkar	Microbiology	SBSB	Constan
15	Janisa Fornande	Mirrobiology		Horn
16	Pradnya Borkar	Microbiology	SBSB	Dock up

1 | Page

<u>Document</u>: Attendance Sheet <u>Alumnus Talk</u>: Prepared to Protect: First Aid Training

Sr. No.	Name	Discipline/ Programme	School	Signature
17	Saloni S. Tani	Microbiology	SBSB	Jani
18	Valshnari A Gaerikan	Microbiology	68sB	Quenkar
19	Yukti E Jalmi	Microbiology	5858	ideo
20	Shueta C Novle	Microbiology	2 B 2 B	mails
21	Sajat Mardolkar	Murobiology	8888	Mudelleas
22	Sana Polji	mucrobiology	565B	Selfi
23	Shraddha Phadle	Microbiology	SBSB	Sphelter
24	Wedart Worker	Michalogy	6858	Sheeken
25	Srushti Dessai	Hicrobidage	SRSB	No rea
26	Frasela Fernandu	Murebwlogy	SBSB	garandel
27	Anya Ohumaskan	Microbiology	3858	Divington
28	Manushri Natekar	Microbiology	\$8\$B	Antohais
29	Donatila Njunwa	Microbiolay	SBSB	D.V. Nivolie
30	Shruti Madgaonk	1000	SBSB	Sm
31	Dipali Chari	Mirobiology	SBSB	Bani
32	Dipti Monje	Microbiology	8888	Drift.
33	Mable Feynandes	minobiology	SBSB	Memandu
34	Ethiku Caunkas	Hicrobiology	3 85 B	-gus
35	Siyanda Rodrigues	Microbiologyd	SBSB	\$
36	Nufur Bardehar	Murobiology	6858	B
37	Jennessa Fernandes	Microbiology	SBSB	tap
38	Shanaika Pues	Muchology	SBSB	gues
39	Om Naik	Microbiology	8888	(gred
40	Varda Pednekar	Biotechnology	SBSB	Ped -
H	Shista Katerin	11	1)	Alex

2 | Page

Sr.	Name	Discipline/ Programme	School	Signature
No.	04 1 + 611 1		Shoot of Biological Sciences and Biologhology	Pariet
42		Microbiology	School of Golden as	Bunulby
44		Microbiology	achool of Biologica	V Gaine
45	Sumaiyah Khan	Mirobida	20.0	Han
46	Tanaya Bhasat	Mirobiolog	0 - 0	Thomas
47		Microbiology	SBSB	Chilcon
		Microbiology	-000	Marrisa
49	Walusha Silveira	Microbiolog	6 - 6	wsilvens
50	Kews Qlas	Lua robiology	A CONTRACTOR OF THE PARTY OF TH	Palas
51	Santrout: Mahosh Naik	(1)	The state of the s	PNA!
52	Aanya Shahapunkan	Missobielogy		Mr. A
53	Sharvari Aril Nais			Spair
54	Chiara Podriques	MICEOBIOLOGY		aly
55.	Diven Madkakor	núwohology	SBSB	Frank
56	Gouras R Marbiker	mrino biology	SBBB	Ch
5.7	Sanskruti Dhangalkan	nucrobiolog	y SRSB	Langalta
58	Astrida Pinto	Microbiolo	SBSB	Arlink
59	Riddhi Naik	Chemistry	n	9
60	Pranjal 19- Gawda	chemistry "	Scs	Buch
61	Suisha D. Maik	Chemistry	SCS	(With
62	Brajo kta P Chari		scs	Juni
63	Tanishka kerekan	A CONTRACTOR OF THE PARTY OF TH	Ses	Fine
64	Atya Narvenkan	chemistry	ses	(Paper)
65	Sushmita Kumbhar	Chemistry	SCS	15 lber
66	a	cheming	300	trup

3 | Page

<u>Document</u>: Attendance Sheet <u>Alumnus Talk</u>: Prepared to Protect: First Aid Training

Sr. No.	Name	Discipline/ Programme	School	Signature
64.	Sneha Marrjan	aem	505	ties-
64.	Mayuri Gosani	1.1	.,	(B)
61.	Soumya Harchinamani	17	*1	Machinama
+0"	Adity Dias		17	80:00
71	Dviti L. Volvoikau	Biotechnology	SBSB	inged
72	Keshar J. Naile	ARA	SCE	Mil
73	Akansha shettar	physical .	scs	Ritur
74	salahi N. Naik	Physical	scs	Mark
75	Kanak waik	Analytical	202	Xve/
76	Purvii Palkar	P 10 11 11	Ses	P
77	Anikel s. Maik	Physical	Sc S	1012
48	Gopal Sawart	,	SCS	ghanous
79	Sidolhesh Nimbalker	Analytical	a	(Fin
Xo.	Odjantar Mugoonkar	Analytical	50 5	Epolo-
81	Roches Lowenso	Analytical	203	plenner
82	HARI K. KADAM	Faculty	seg	Hos
	Kashwith Dumok	Faculty	Scs	P:
	Komal Salkar	Faculty	SBSB	Saltay
	Rakhiter Kaskar	faculty	SBSB	0
86		Student'	Mac Giotechnology	Showing

4|Page

Document: Attendance Sheet
<u>Alumnus Talk</u>: Prepared to Protect: First Aid Training

Sr. No.	Name	Discipline/ Programme	School	Signature
87	Musaffa Sherikh	Bolish	\$ 656	-69
88	Gradys Mendenza	Biotech	888B	Jundans
89	FIRDOUSE KHAHAM	BLOTECH	8282	Akher
90	Amaan Shaikh	n	- 11	man
91	Shubba Manukar	Blotch.	5858	grani site
92	Tanusha Paraz	"	**	7-10002
93	Kimberly D'Losta	Biolech	SBSD	Burg
94	Savi Raut Dessar	Biotech	SESB	Canson
95	Nidhi Govekar	Biotech	385B	Beter
96	shubhangishet	Biorech	SBSB	Lugari
97	And Vanekas	Bustach	SBSB	Augusta
98	Purush Desai	Brotech	SBSB	REPUSA!
99	Gaurar Araunttigi	Biotech	SBSB	Courage
100	Suridnya Kamas	Biotech	SBSB	Qui
101	Aamn Ashiaj	Brotech	SESB	Daines .
102	Blakei Borker	Chemistry	SCS	(B)
103	Puzvi Naik	chemistry	803	Prolaite.
104	Samruddhi Borker	chemistry	800	of zone
105	Sneha Desai	u 0,,	× "	Buch
106	Misba BenKipur	u ,,	· · · · ·	When
107	Saloni Parwar	11 11	r _t n	Bur
108	smurti Dessa	Chemishy	Sis	10
109	Mangita Gaorkar	chemistry	5 C S	B.
110	Marita Rebello		SC5	Medicale
ou	tranti Medha	denistry	515	Struk:

51 Page

<u>Document</u>: Attendance Sheet <u>Alumnus Talk</u>: Prepared to Protect: First Aid Training

Sr. No.	Name	Discipline/ Programme	School	Signature
112	Richa D. Kashallan	Chimitry	SCS	Herbotta.
113	Siya Shirodkas	Chemistry	5CS	Bala
114	Vanshita P. Jalmi	Chemistry	505	Logalmy
115	Anushka Faldesoi	chemistry	Scs	Devut
116	Ranifo Bougos	Chemistrey	803	Of Roja
117	Trima Fernandes	Chemistry	scs	glis
118	Sonom S Ghadi	chemismy	SCS	Bud
119	Sarvesh S. Gooder	Chemisty	Ses	Granker
120	Shubhani Kharwad	chemistry	202	čR:
121	Mayur M. Jalmi	chemistry	Ses	I Fried
122	Aniket S Mandrekar	Chemistry	scs	1800
123	Bibi Hagira lalpapariore	0	scs	Brazing
124	schall padvekar	chemistry	Sc5	40
125	Anjita Gaonkav	chemistry	ses	10
126	chaitali Haik	chemishy	905	ona
127	Pryanka Pednekar	Chemistry	Scs	Roll
128	Mahima Gaonkar	Chemistry	Ses	Georges
29	Vidhi M Pandya	Biatech	SBSB	Aista
30	Shriya Raikar	Biotechnology	SBSB	Paikar.
31	Anisha Pilankar	Biotechnology	SBSB	tilankal
32	Shreya Jadhav	Biotechnology	SBSB	John
33	Sanjeer Revodkon	Chemistry	SCS	18
	Laxman Paryekar	Chemitey	SCS	b
35	Kinshu Tha	Chamishy	503	1 de
36	Baijesh Vajganter	chemistry	SCS	(Suigarl)

6|Page



गोंच विद्यापीठ



Gos University

LETTER OF INVITATION

What is reasons of the Con-University.

What partingly from Con-University and Advanced Paramoglic" at the Energy
We are present to invite your "not requested almosts and Advanced Paramoglic" at the Energy
We are present in the Con-University of the Con-University and the Con-University of Con-University of Con-University and the Con-University of Con-

Aid Training" for our number students. This season will highlight your imposing professional portion, and experiences in the field of emergency explical services. Your samples will be revaliable to students reporting to both careers to buildings, consepancy expenses, and public

The self- is school-field for 12th August 2023, given 1970; AM entwards at Give University, and we model he wish homeout as well-some you as one gener speaker. We halve you as experience and experience will miller removingful guidance on cases pathonys in parametal albest finites, consented with the first preferrient, and practical solvier for students, naturity of the consensation of the patholicus.

and startaling resistive for our straffests.

Letter of Invitation



गोव विद्यापीड



Gos University

Dec (DRECK)

THE SHORT STREET, SALES AND ADDRESS OF THE PARTY OF THE P

to: Raceke familities Alexand Permissie Emography Management & Repairet Stells Green Health Service; UCC, Linus Health Center, Panigli, Gyri, of Gre

LETTER OF APPRECIATION

Wave precision from Line University.

Wave greatings from Line University.

In to half of the Sportly, and?, and students, we extend one beautiful approximate for taking the contact content or post often motive and deliver the contact contacting talk trials. The properties of the Contact Conta

Personalis on the Conception Measurement & Research Institute (SMRI), Course Health Services, ECC. Unless Health Course, People, Concentrated of Clee, Your engaging sentine provided our reactions with one only a disapper individuality of the fact of concepting sentines are keep larger and the course of the

es, very both informative and nerticating for stations registring com-

on maly possible for your replacible contribution marries with face University. We look forward to fin two as your professional professions.

Letter of Appreciation

Signature:

Name of Coordinator:

Designation:

Discipline/ School

Dr. Bhakti Salgaonkar

2/08/2025

Assistant Professor Microbiology, SBSB

Counselling Cell, DSPAR

Signature:

Name:

Date:

Designation:

Discipline/ School

Member of Career

12th August, 2025

Dr. Lakshangy Charya Programme Director

Microbiology, SBSB

Co-Coordinator

Designation:

Discipline/ School

Dr. Prajesh Volvoikar Assistant Professor

Analytical Chemistry, SC

01 09 2025 Prof. S. Krishnan Name:

Senior Professor & Dean Designation: Discipline/ School

SBSB Dean of School of Biologica

& Biotechnology

GOA HANDER FOR

Dr. Rupesh Patre Director, DSPAR DIRECTOR

Directorate of Student Placem and Alumni Relations

Signature:

Name: Designation: Dr. Arvind Haldankar

Chairperson, Career

Counselling Cell, DSPAR

NIV TALETGAO PLATEAU GOA

Signature:

Designation:

Name:

14