



Goa University
Sanitation and Hygiene Sub-Committee of SES-REC
Directorate of UBA
Report on Health Wellness Camp for Women
Swasth Nari Sashakt Parivar Abhiyaan

1. Title of the Event/Activity/program	Health Wellness Camp for Women
2. Date and Time	1 st October 2025 from 9.30 a.m. 2.00 pm
3. Mode of conduct (Physical/Online)	Physical Mode
4. School/ Directorate/ Section	Sanitation and Hygiene Sub-Committee of Social Entrepreneurship, Swachhata and Rural Engagement Cell (SES-REC) ,Directorate of UBA ,Goa University and Goa University Health Centre
5. Collaborating Agency/School/Directorate	Primary Health Centre, Chimbel
6. Detail of the Resource Person (Brief biodata)	Medical Professionals from PHC, Chimbel 1) Dr.Vijaya Naik –Medical officer, 2) Dr. Jude E. V. D'Souza -Medical Officer, 3) Yugandha Kunkalika- S/N, 4) Navnita Harwalkar-ANM, 5) Dilip Satoskar,-MPHW-M, 6) Sneha Bhamaikar –ANM, 7) Sharmila Majik-MPHW-F, 8) Harish Naik-FW, 9) Uma Bhandari-MTS, 10) Akash Talwar-MTS , 11) Sejal Mayekar –ANM, 12) Riya Shirodkar –CHO Staff Nurse, 13) Dr. Shruti Ladu Gaonkar (Private Organization) and 14) Rohan Govind Parwar –X-ray technician from NTEP, DHS

7. Number of Faculty attended/participated	
8. Number of Student attended / participated	20(Attendance attached)
9. No. of external students/faculty/other participants	9 Faculty members and 100 Non-teaching staff
10. The objectives of the Program/activity/event	Health Wellness camp for Women was organized as a part of "Swasth Nari Sashakt Parivar Abhiyaan" (Healthy Woman, Empowered Family Campaign). This national campaign emphasizes women's health, nutrition, and early disease detection to strengthen the family unit. The activities to be organized from 17 September to 2nd October 2025. This camp was organized as a part of Swasth Nari Sashakt Parivar Abhiyaan with a Primary Objective: To deliver comprehensive preventive, promotive, and curative health services to female students, faculty and staff of Goa University Specific Objectives were : 1. To screen women for common non-communicable diseases (NCDs) like hypertension and diabetes. 2. To conduct anaemia and nutritional screening for women and adolescent girls. 3. To provide awareness and clinical screening for common cancers (breast and cervical) to eligible women.
11. Description of the Program/activity/event	Medical Professionals arrived at Primary Health Centre at 9.30 am and set up their space as per their requirement assisted by Goa University Health centre team – Dr. Amavel Pereira and Sister Suraya. Ms. Poorwa Naik, Rajavi Naik, Dr. Steffi Quintal and Vaibhavi Rane handled the registration counter, Shri Rohan Parab made necessary arrangements of the refreshments and other logistics. At 11.00 a.m – felicitation of Medical team of PHC Chimbél and Other assisting team from Private organization was held to thank them for their services and acceptance to conduct the camp for Goa University students and employees. Prof. Shaila Desouza , Director, DUBA was the Chief guest for the function, Prof. Shaila Desouza and Dr. Sulochana Pednekar

	Chairperson of Sanitation and Hygiene Committee presented the flower plant as a welcome to the team on behalf of Goa University and Presented a token of appreciation individually to all the professionals for rendering their services. Dr. Vijaya Naik addressed the gathering by advising all women to take preventive measures by taking benefit of camps to diagnose the health problems early. Dr. Sulochana Pednekar, thanked all the Staff of Primary Health Centre, Chimbhel and Sanitation and Hygiene Committee members for their support and cooperation from planning till the completion of the camp. Dr. Sulochana Pednekar delivered Vote of thanks, by thanking Hon. VC, Prof. H.B. Menon and Registrar, Prof. Sunder Dhuri , Director ,DUBA, Convenor SES-REC-UBA-Dr. Bidhan Shinkre for providing approvals and administrative support in conducting the event. She also thanked the Health Centre team – Dr. Amavel, Sister Suraya, MTS Shubham and Prashant, MTS Pallavi from Section 4 and DUBA- Office Assistant Ms. Sapna Bhivshet for her support and coordination for this event. Also express thank to volunteers who assisted for the smooth conduct of the camp. Dr. Sulochana Pednekar, expressed her gratitude to all the participants for their participation in the camp.
12. Benefit/Key outcomes of the Program/activity/event	Due to the organization of this health camp total 129 Goa university employees and students who were not able to take preventive measures were able to access the routine chekup facility in-terms of BP, Diabetes , HB testing through which anemia cases were detected. We found almost 53% of the women were found anemic and they were provided with iron supplements and nutritional counselling during the camp was provided to all the women. Besides Breast cancer screening was conducted for all women and Cervical screening was conducted only to married women. Height and Weight was also checked to find Obesity among women. Medicines were provided free of cost to women for their other health complaints after routine check up. Health Wellness camp created awareness among women on seeking timely help by

	identifying early signs and symptoms to protect themselves from NCD'S .
13. Enclosures with report	Poster , Photographs and Attendance of students/faculty/external participants



Signature:

Dr. Sulochana Pednekar

Chairperson

Sanitation and Hygiene Committee

SES-REC – D-UBA



Signature :

Professor Shaila Desouza

Director –UBA

16/10/25

DIRECTOR
DIRECTORATE OF UNNAT
BHARAT ABHIYAN (DUBA)
GOA UNIVERSITY

Date: 16/10/2025



Dr. Vijaya addressing the health camp beneficiaries



Beneficiaries during the checkup



Director, UBA Presenting Token of Appreciation



Blood checkup during Health camp



NAAC GRADE A+

Sanitation and Hygiene Sub-Committee of SES-REC,
Directorate of Unnat Bharat Abhiyan & Health Centre
Goa University in Collaboration with
Primary Health Centre, Chimbel



Health Wellness Camp for Women

YOUR HEALTH, YOUR POWER

Under the "Swasth Nari Sashakt Parivar Abhiyaan"



Wednesday,
1st October 2025



10:00 AM to 2:00
PM



Goa University
Health Centre



Coordinated by
Sanitation and
Hygiene
Committee (SES-
REC)

Proposed Camp Activities & Services:

- 1. Comprehensive Health Check-ups:** General physical examination, BP, Blood Sugar (Random/Fasting).
- 2. Specialized Women's Health Services: -**
 - **Anaemia & Nutrition:** Haemoglobin checks, Iron Folic Acid (IFA) supplementation, nutrition counselling (aligned with Poshan Maah).
 - **Cancer Screening:** Clinical Breast Examination (CBE), Breast Self-Examination (BSE) demonstration, basic cervical screening.

REGISTER NOW



or contact – 8669609323

Last date to register is 30th September 12.00 pm

Don't miss this opportunity to prioritize your health! We look forward to seeing you there.

Goa University

Sanitation and Hygiene Committee (SES-REC), D-UBA,Goa University

SWASTH NARI, SASHAKT PARIVAR ABHIYAAN, GOVERNMENT OF INDIA

Health Wellness Camp for Women, 1st October 2025 at Health Centre, Goa University

Sr. No	Name	Age	Gender	Designation	Section/ School	Contact No.	Signature
1.	Beetha T.A-D'Nele	51	F	Asst. Reg. DTT	Directorates	8669204955	Beetha T.A-D'Nele
2.	Maya. I.S.	51	F	SDE	BSNL	9449852381	Maya
3.	Preeti Khajurkar	34	F	Asst. Prof	GBS, GU	9764828199	Preeti Khajurkar
4.	Vandana R. Desai	46	F	Staff	EcoClean	9922976629	Vandana
5.	Usha Rosario	51	F	staff	EcoClean	8552909676	Usha
6.	Garima Yatrekar	36	F	"	Administration	7083901017	Garima
7.	Vandana Naik	49	F	"	"	9307049866	Vandana
8.	Sumana Joshi	45	F	"	"	9823071996	Sumana
9.	Deepa Naik	32	F	"	"	7875090707	Deepa
10.	Rajashree Sawant	43	F	Sweeper	Health Centre	9765886853	Rajashree
11.	Akshaya Potnis	37	F	staff	Exam Section	9762888774	Akshaya
12.	Sheetal yadkar	37	F	staff	Exam Section	9923826643	Sheetal
13.	Poornima Kundlikar	27	F.	Staff upc	"	7030494638	Poornima
14.	Anisha Dhumaskar	26	F	staff	"	9403488308	Anisha

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Sr. No	Name	Age	Gender	Designation	Section/ School	Contact No.	Signature
15	Divya Sawane	34	F	Office Assisr	Exam (Prof.)	7263906213	
16	Ashweta Zuvarkar	27	F	L.D.C	Exam Prof M&A	7719856068	
17	Espy R. Sacrafiniha	52	F	V.D.C	— "	9850184143	
18	Anjali Chaudhary	40	F	Asst. Prof	English	7720032375	
19	Rina Menezes	48	F	Asst. Prof	English	7447484408	
20	Nirmala Velip	27	F	LLM (Student)	english	9168901579	
21	Varsha Bhobe	52	F	GBS UDC	Library	9763128488	
22	Dr. Priyanka Palkar	29	F	Dentist		8698861096	
23	Vivig Wighesha	38	F	Staff	EcoClean	7350897935	
24	Mruna Cardoso	29	F	Staff	SEOAS	8888536642	
25	Gayatri Bhandari	35	F	Staff	SEOAS	9923904764	
26	Mahima Nail	40	F	Staff	SEOAS	7046282541	
27	Nandini Stale	53	F	Staff	Registrar	9921372646	
28	Shubhangi Nagvekar	55	F	Staff	Registrar	8330587748	

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Sr. No	Name	Age	Gender	Designation	Section/ School	Contact No.	Signature
29	Yashasni Naik	34	F	staff	Academic General	7507189171	
30	Ramita Kuttikar	49	F	Staff	Eco clean	8308892295	
31	Chandrakala Hadlonta	49	F	staff	Eco clean	7798840443	
32	Sheila Parvatkar	40	F	Staff	Eco clean	9699578332	
33	Kunda Narvekar	50	F	MTS	Admin Sec	9579358354	
34	Aarti Chetani	28	F	staff	Eco clean	8668767832	Axaricheta
35	Kirti Shirodkar	25	F	Staff	Eco clean	7249277004	Rohimolten
36	Roshni Oli	38	F	Staff	Eco clean	7058146503	Staff
37	Avina Kavthankar	32	F	Teaching staff	Goa Business School	9637446262	
38	Ankita Chon	26	F	Teaching staff	Goa Business School	8080022490	
39	Asni Surhikar	55	F	staff	Goa Business School	8788724245	AM
40	Lalita Kulkar	50	F	staff	Goa Business School	9765192195	
41	Hamini Bandedkar	54	F	Staff	Eco clean	8167790285	
42	Utkarsha Shirodkar	31	F	staff	Goa Business School	9637370404	

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Sr. No	Name	Age	Gender	Designation	Section/ School	Contact No.	Signature
43	Devata Sawat Sawal	32	F	Office Asst	GIBS	8390734213	
44	Asha Barde	29	F	Offic Asst	GIBS	8378037136	
45	VH Kasha Gaonkar	55	F	Staff	Academic (T)	9764451408	
46	Narda Bhohe	25	F	Offic Asst	Academic (PG)	9763851698	
47	Aditi Chodankar	30	F	"	"	9545151509	
48	Razia Kollapurkar	40	F	Staff	Eco clean	9657604696	R.K
49	Pooja Parvatkar	50	F	Staff	Eco clean	9657604696	
50	Calpana Walke	59	F	Staff	Finance Division	9822988601	
51	Reshma Galke	51	F	VDC, Staff	Finance	9923353376	
52	Lata Shirodhe	53	F	Staff	Eco clean	7866891343	
53	Gee Nikita Gawas	37	F	"	"	9011333110	
54	Madhuri Vernekar	31	F	"	"	9527617405	
55	Nutan Kustikan	46	"	"	"	9881799847	
56	Deepa Kulcolka	46	"	"	"	9545536389	

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Sr. No	Name	Age	Gender	Designation	Section/ School	Contact No.	Signature
57	Rupakala Ramen	27	F	Staff	Eco clean	937007748	Rupakala
58	Tulsi Mastine	46	F	"	"	937007748	Tulsi
59	Arni Naik		F	Jr. Programmer	Exam Professional Jr. Programmer	9421243667	Arni
60	Reeni R. Rangda		F	Office Assistant	Exam Section	7875503016	Reeni
61	Tanvi S. Sawant	29	F	Staff	Exam-Prof	9763662139	Tanvi
62	Telja Naik	51	F	Staff	Eco clean	8806429748	Telja
63	Pooja Dasmika Priolkar	24	F	Staff	Eco clean	9021611425	Pooja
64	Tulsi Mayekar	34	F	Sr. Lib arr.	SEAS	8698459978	Tulsi
65	Tanuja Toraskar	49	F	UDC	SEAS	7038974405	Tanuja
66	Anisha T. Naik	46	F	UDC, staff	Exam Section (UG)	9011834622	Anisha
67	Deepaksha Velip	24	F	Research Assistant	School	9373158310	Deepaksha
68	Resha R. Kunkalekar	30	F	Jr. Programmer	Academic Admissions	7507370545	Resha
69	Reema P. Lohikar	26	F	Office Assistant	Acad. Admissions	9146339806	Reema
70	Shanta Baganwar	88	F	Staff	Acad - Admission	8888672340	Shanta

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Sr. No	Name	Age	Gender	Designation	Section/ School	Contact No.	Signature
71	Saisiddhi S. Naik.	23	F	Student -	M.A. Public Administration	8411888712	Naik.
72	Mitali B. Gad	21	F	Student -	M.A Public Administration	9168254341	Gad
73	Neha Shet	22	F	Student -	" "	7038675594	Neha
74	Maria Aletia D'silva	22	F	Student -	" "	9373576563	Maria
75	Santoshi S. Naik	24	F	Student -	" "	7350574639	SNaik
76	Swara Thorwadkar	20	F	Student	" "	7058422409	Swara
77	Sonal Sawant	21	F	Student -	" "	8767281285	sonal
78	Anita Khatri	22	F	Staff	Euclean	8956683752	Anita
79	Seema Bhargavi	36	F	Staff	Euclean	9307198928	seema
80	Uddhara Madar	38	F	Staff	Euclean		Uddhara
81	Parvati Kari	37	F	Staff	Euclean	7387914340	Parvati
82	Basanti Thapa	40	F	Staff	Euclean	7083504277	Basanti
83	Kamla Mahatare	42	F	Staff	Euclean	8459017841	Kamla
84	Anita Shirodhan	38	F	Staff	Euclean	703852159	Anita

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Sr. No	Name	Age	Gender	Designation	Section/ School	Contact No.	Signature
85	Roshana Mangeshkar	51	F	Staff	Euclean	7798401912	Rm
86	Rebika Kamri	21	F	Staff	uclean	7047540094	ky
87	Ria Vaz	27	F	Student	MPSL GPP	9405468690	Ria
88	Sanjana Pednekar	22	F	Student	MPSL GPP	9763274674	Sanjana
89	Swati Dhathar	22	F	Student-	MPSL GPP	9022850447	Swati
90	Ana A.M. Araujo	52	F	Staff	Finance - I	8805250912	Ana
91	Nancy Mendonca	54	F	Staff	Finance - I	7057119568	Nancy
92	KumKum .D	21	F	Student	M.A. Sociology	9067515292	KumKum
93	Reva Kankonkar	41	F	Staff	Euclean	9923826985	Reva
94	Geeta Karabari	38	F	Staff	Euclean	9823628388	Geeta
95	Chandrila Adkonkar	58	F	Staff	Euclean	7768098382	Chandrila
96	Pritam Coelho	38	F	Staff	"	7066835305	Pritam
97	Priya Kunholkar	29	F	Staff	"	8806158628	Priya
98	Deepika Shirraikan	34	F	Staff	"	7350159863	Deepika

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Sr. No	Name	Age	Gender	Designation	Section/ School	Contact No.	Signature
99	Laxmibal Sonnatti	50+	F	Staff	Cuclean	9860893837	Lg
100	Nutan Kinkolkar	52	F	"	"	9049813267	ms
101	Binalla Khattari	46	F	"	"	9028552349	Toto
102	Vidya Naik	38	F	Staff	Examination Div.	9850987995	Shaili
103	Priya Murgawke	28	F	Staff	Examination Div.	9049870036	Pu
104	Manisha Kalanythun	29	F	"	"	9307770557	MS
105	Dhanu Naik	23	F	Student	Goa Business School	982379428	Dr
106	Shruti Gaurav	21	F	Student	Goa Business School	8378815291	Gaurav
107	Sangeeta Tilve	56	F	UPC	Exam section (PG)	9673742011	S
108	Yogini Bendodkar	28	F	Office Assistant	Exam section (PG)	9049495047	YB
109	Pratima K. Ballika		F	Superintendent	Exam section (PG)	9158567244	Pratima
110	Veena Gaurav	32	F	Staff	Exam - PG	9049941634	Veena
111	Bheekhi Sulyaoutan.	38	F	Faculty	SBSB	8408064984	Bheekhi
112	Lakshangy Changa	47	F	Faculty	SBSB	9850242826	Phangy

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Sr. No	Name	Age	Gender	Designation	Section/ School	Contact No.	Signature
113	Shweta Bhole	25	F	MTS	Goa Business School	8080948027	
114	Vishwadhara R. Dhauliker	32	F	UDC	Academic (Colleges)	9309165475	
115	Deslita Dias	24	F	MTS	Academic (Colleges)	8767396379	
116	Mamta Kankonke	27	F	MTS	Exam PG	8806137655	
117	Kiran S Patil	40	F	staff		9850474221	
118	Eva Boplosla	45	F	Sr Lab Asst	SPAS physio	9850299557	
119	Muskan Nadaf	23	F	student	DDKSSS	7709427266	
120	Tasleem Bhavikatti	22	F	student	DDKSSS	7448331828	
121	Swizel Prucila Fernandes	22	F	Student -	DDKSSS	9822008950	
122	Navelly Vohra	4	F	Assistant Professor	GBS	9822169447	
123	Tanavi Gaddi	28	F	student	Goa University	9607412813	
124	Vaishnavi Shet	22	F	Student	GBS	7666773128	
125	Shubhade Raut Desai	28	F	Student -	GBS	9545690258	
126	Vedika Rathod		F	Student -	GBS	8999862761	

