

Report on "Seeds of Strength: Youth, Mind & Meaning"

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| Title of the Event | Seeds of Strength: Youth, Mind & Meaning |
| Date and Time | 18 th December 2025 9.30am to 5.30 pm |
| Mode of conduct | Offline |
| School/ Directorate/ Section | Social Work Programme D. D. Kosambi School of Social Sciences and Behavioural Studies (DDKSSSBS) Goa University |
| Collaborating Agency | State Tele Manas Cell Goa |
| Detail of the Resource Person | <p>The workshop was facilitated by a multidisciplinary team of mental health professionals from the State Tele-MANAS Cell, Goa.</p> <ol style="list-style-type: none"> Dr. Sneha Pokle holds an MBBS and MD in Psychiatry and is presently working as a Senior Consultant Psychiatrist at the State Tele-MANAS, Goa. She has previously served as a Senior Resident at the Institute of Psychiatry and Human Behaviour (IPHB), Goa, where she gained extensive clinical exposure. Dr. Pokle has received specialized training in technology and mental health, reflecting her engagement with emerging digital mental health interventions. She has also presented an international research paper in the area of consultation-liaison psychiatry and conflict management. Ms. Meghana Jadhav is a qualified mental health professional currently working as a Clinical Psychologist at the State Tele-MANAS Cell. She has completed her Master's degree in Clinical Psychology from St. Xavier's College, where she developed a strong academic foundation in psychological assessment, intervention, and mental health care. Through her professional role, she has been actively involved in |

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| | <p>providing psychological support and counselling services, particularly through technology-enabled mental health platforms. She is known for her empathetic approach, clinical competence, and effective communication skills.</p> <p>3. Ms. Rechal Fernandes is a committed mental health professional currently working as a Psychiatric Nurse at the State Tele-MANAS Cell, Goa. In her professional role, she is actively involved in providing mental health support services, contributing to early identification, guidance, and referral of individuals seeking psychological assistance. She is recognized for her compassionate approach, professional discipline, and ability to work effectively within multidisciplinary mental health teams.</p> <p>4. Mr. Rama Gaonkar is a qualified mental health professional with an MPhil in Psychiatric Social Work and is currently working as a Psychiatric Social Worker at the State Tele-MANAS Cell, Goa. In his professional role, he is actively engaged in providing psychosocial assessment, counselling, and support to individuals experiencing mental health concerns, with an emphasis on holistic and person-centred care. He is known for his empathetic approach, strong professional ethics, and effective coordination within multidisciplinary mental health teams.</p> |
| Number of Faculty attended | 12 Faculties from different colleges, 05 faculties from Social Work Programme from Goa University and 01 University Counsellor |
| Number of Student attended | 140 |
| No. of external participants | 147 |
| The objective | The primary objectives of the workshop were to enhance mental health awareness among |

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| | <p>college students, equip youth with practical coping and resilience-building skills, promote peer support mechanisms, and reduce stigma related to mental health concerns. The programme also aimed to familiarize participants with the Tele-MANAS mental health helpline and to create awareness about career pathways in social work, counselling, and mental health services.</p> |
| <p>Description of the activity</p> | <p>The one-day workshop titled "<i>Seeds of Strength: Youth, Mind & Meaning</i>" was organised to mark World Mental Health Day and to address the growing mental health needs of college youth. The programme included an interactive workshop session titled "<i>From Stuck to Strong</i>", conducted in the Auditorium hall, Chemistry Block E, Goa University. Resource persons from the State Tele-MANAS Cell led discussions on stress, emotional resilience, and peer support, supported by quiz, reflective exercises, and student participation.</p> <p>In parallel, interactive stalls titled "<i>Mind Checkpoint</i>" were set up at foyer at chemistry Block , focusing on themes such as stress and anxiety, social stigma, Tele-MANAS services, Social Work (MSW course) and career pathways, and Mandala Art competition a creative expression . A Mandala Art Competition was organised to encourage reflective creativity and emotional expression. The programme concluded with reflections, a pledge tree activity, prize distribution, and certificate distribution.</p> |
| <p>Benefit/Key outcome of the event</p> | <p>The workshop enhanced students' understanding of mental health, emotional well-being, and practical coping strategies relevant to academic and personal life. Participants gained skills in stress management, resilience building, and peer support, enabling early identification of mental health concerns and reducing associated stigma. Interactive sessions and creative activities encouraged open dialogue, reflection among students and reduced stigma. The programme brought together mental health professionals on a single platform,</p> |

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| | <p>including counsellors and psychology teachers accompanying students from various colleges. The programme also increased awareness about the Social Work Programme at Goa University and highlighted various government as well as Non Government career pathways in the field of social work and mental health, including counselling, medical social worker, psychiatric social work, and community-based interventions. Additionally, the workshop effectively promoted the state Tele-MANAS Goa helpline as an accessible mental health support service. Overall, the event contributed to improved mental health literacy, career awareness, and student well-being.</p> |
| <p>Enclosure</p> | <ol style="list-style-type: none"> 1. <u>Bio Data of resource person</u> 2. Geotagged photographs 3. Attendance sheet |


 Ms. Vidhita Naik
 Assistant Professor
 Faculty coordinator


 Prof. Nagendra Rao
 Dean,
 DDKSSBS

DEAN
D. D. Kosambi School of Social Sciences
 & Behavioural Studies
 Goa University

Seal of the School/Directorate/University

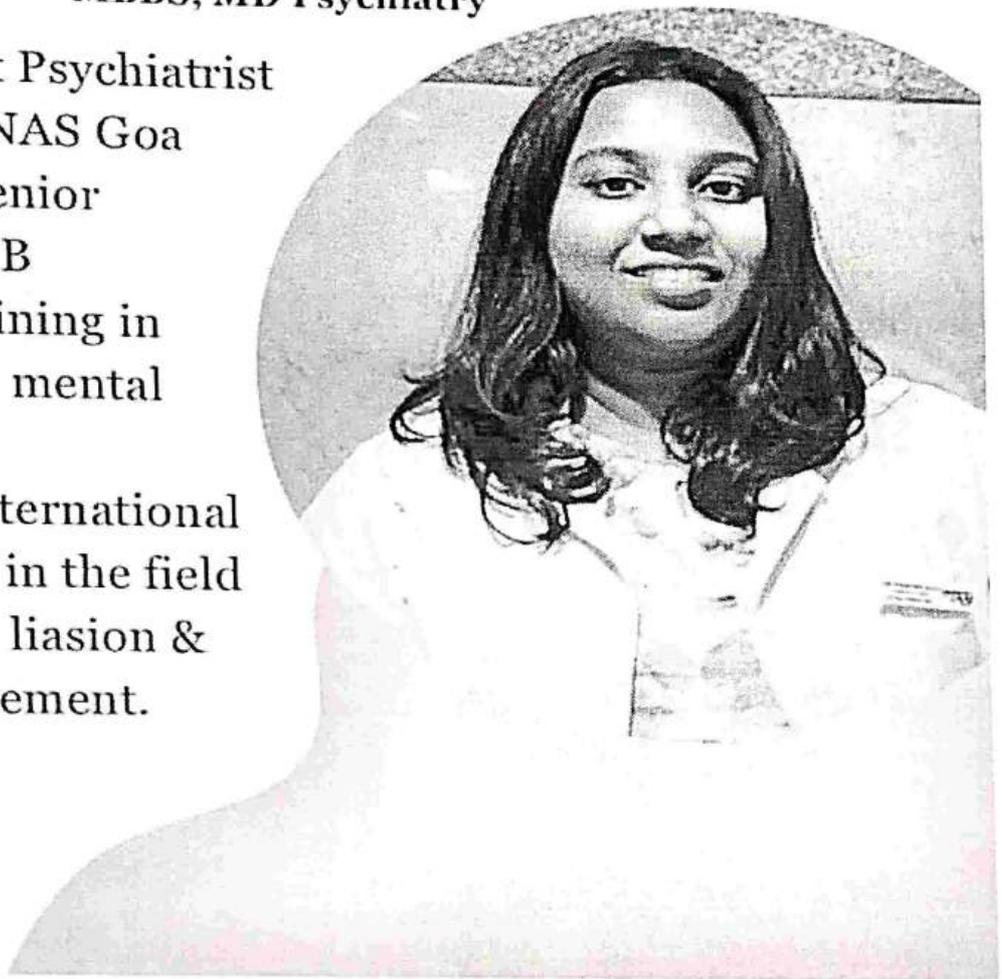
Date: 18/12/2025

1. **Bio Data of resource person**

DR. SNEHA POKLE

MBBS, MD Psychiatry

1. Sr consultant Psychiatrist
state Tele- MANAS Goa
2. Worked as senior
resident at IPHB
3. Received training in
technology and mental
health
4. Presented international
research paper in the field
of consultation liasion &
conflict Management.



PSYCHIATRIC SOCIAL WORKER STATE TELE- MANAS SGDh

1. PREVIOUSLY WORKED AT DISTRICT MENTAL HEALTH PROGRAMME, HOSPICIO MARGAO GOA AS PSYCHIATRIC SOCIAL WORKER- 2 YEARS.
2. CURRENTLY WORKING AT TELE-MANAS CELL SOUTH GOA DISTRICT HOSPITAL AS A PSYCHIATRIC SOCIAL WORKER
3. THREE YEARS EXPERIENCE IN WORKING WITH THE NGO'S OF GOA
4. AWARDED -BEST SOCIAL WORKER OF THE STATE 2021 BY DIRECTORATE OF SOCIAL WELFARE



**RAMA GAONKAR
(MPhil)**

CLINICAL PSYCHOLOGIST STATE TELE-MANAS SGDH

1. PREVIOUSLY WORKED AT
AAROGYA BHARTI HELPLINE
DURING PANDEMIC 2020-2021,

2. ALSO WORKED AS A
CLINICAL PSYCHOLOGIST/
THERAPIST AT PEDIATRIC
NEURO REHAB THERAPY
CLINIC PANJIM, FOR 2 YEARS
2021- 2023

3. CURRENTLY WORKING AT
TELE-MANAS CELL SOUTH GOA
DISTRICT HOSPITAL AS A
CLINICAL PSYCHOLOGIST.



MEGHNA M. JADHAV

PSYCHIATRIC NURSE STATE TELE-MANAS SGDh

1. PREVIOUSLY WORKED AS A
CLINICAL NURSE AT V. M.
SALGAOCAR HOSPITAL 2021-2022

2. WORKED AS CLINICAL NURSE IN
GRACIAS MATERNITY HOSPITAL [6
MONTHS (2022)]

3. WORKED AS A CLINICAL NURSE
AT MANIPAL HOSPITAL GOA [6
MONTHS (2022- 2023)]

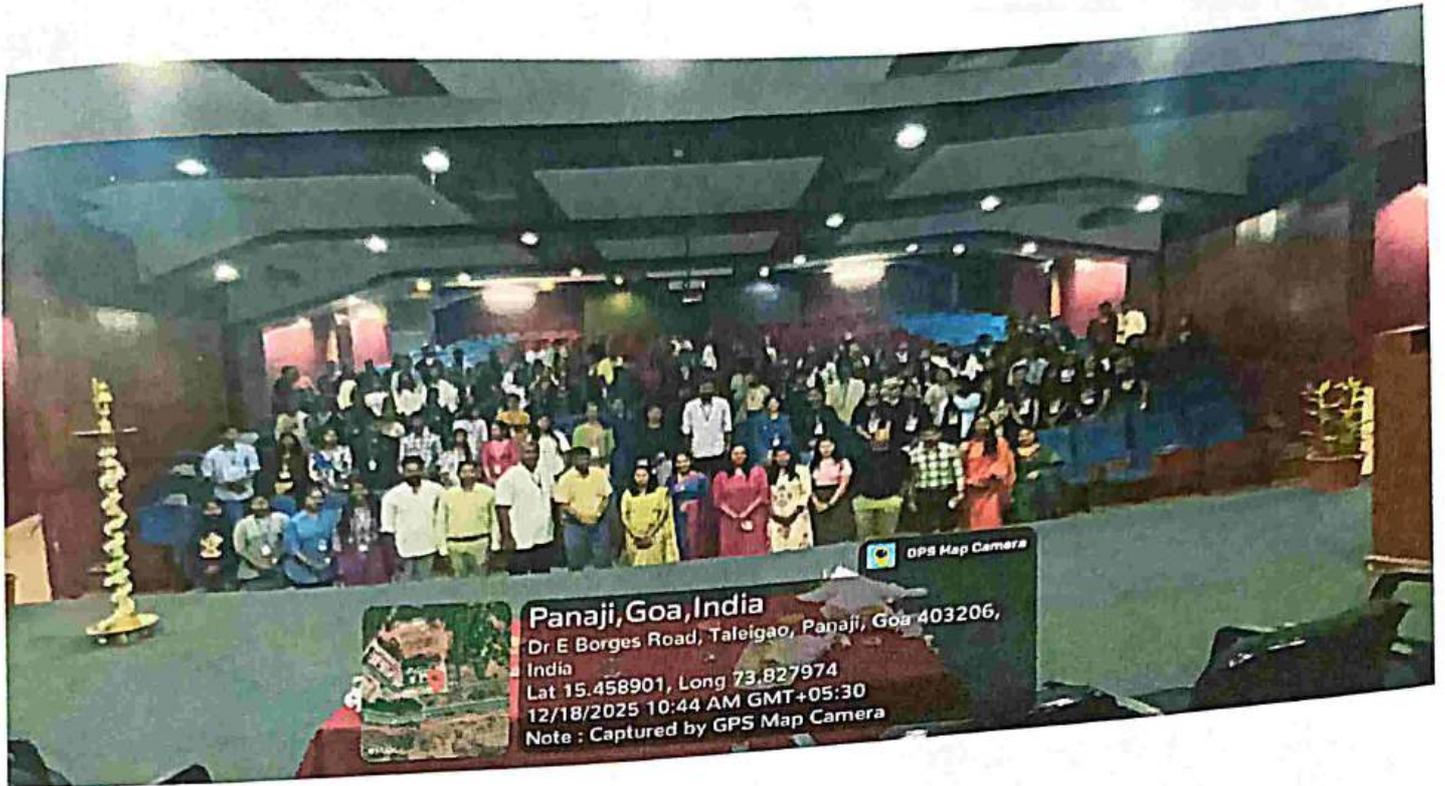
4. WORKED AS PSYCHIATRIC
NURSE FOR A US BASED COMPANY
(ONLINE) 2023-2024

5. CURRENTLY WORKING AT TELE-
MANAS CELL SOUTH GOA DISTRICT
HOSPITAL AS A PSYCHIATRIC
NURSE



RICHAL FERNANDES

2. Geotagged photographs





Panaji, Goa, India
Dr E Borges Road, Taleigao, Panaji, Goa 403206,
India
Lat 15.458871, Long 73.827823
12/18/2025 02:52 PM GMT+05:30
Note : Captured by GPS Map Camera



Panaji, Goa, India
Dr E Borges Road, Taleigao, Panaji, Goa 403206,
India
Lat 15.458889, Long 73.828048
12/18/2025 10:30 AM GMT+05:30
Note : Captured by GPS Map Camera



GOA UNIVERSITY

D. D. KOSAMBI SCHOOL OF SOCIAL SCIENCES AND BEHAVIOURAL STUDIES,
THE SOCIAL WORK PROGRAMME

IN COLLABORATION WITH

THE TELE MANAS CELL, GOA

INVITES YOU TO PARTICIPATE IN A ONE-DAY YOUTH MENTAL HEALTH INITIATIVE

SEEDS OF STRENGTH: YOUTH, MIND & MEANING

Join us to foster emotional resilience and supportive connections for youth mental health through workshops and interactive activities.



Each college may send 8–10 students, including 1 student designated for the Mandala Art Competition, along with 1 faculty member.

18 DECEMBER 2025

WORKSHOP : CONFERENCE HALL, GOA UNIVERSITY

INTERACTIVE STALLS: JUBILEE HALL, GOA UNIVERSITY

LAST DATE TO
REGISTER:
10 DECEMBER
2025

FOR REGISTRATION
SCAN THE QR CODE 



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SOCIAL WORK PROGRAMME

SEEDS OF STRENGTH YOUTH, MIND & MEANING
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Date: 18/12/2025

Venue: Conference Hall

REGISTRATION FORM

Name of the College: ST. XAVIER'S COLLEGE

Name of the Student Coordinator & Contact No.: Sandhya Sahani, 9359129905

Name of the Accompanying Faculty: FR. RAMIRO

| Sr. No. | Student Name | Contact No. | Signature |
|---------|----------------------|-------------|------------------------|
| 1 | Sandhya Sahani | 9359129905 | <i>Sandhya Sahani</i> |
| 2 | Tousha Tiwari | 9552481485 | <i>Tousha</i> |
| 3 | Wonchan Hoo Shinwung | 9863587878 | <i>Wonchan</i> |
| 4 | Anice Afonso | 8554903180 | <i>Anice</i> |
| 5 | Steve Rodrigues | 7620384115 | <i>Steve Rodrigues</i> |
| 6 | Diya Gaonkar | 8766687601 | <i>Diya</i> |
| 7 | Tanishka Parab | 9823809838 | <i>Parab</i> |
| 8 | Vaishnavi Naik | 8767581958 | <i>Vaishnavi</i> |
| 9 | Salvina D'souza | 7507805710 | <i>D'souza</i> |
| 10 | Vanessa Fernandes | 9370900767 | <i>Vanessa</i> |

11. ~~Father Ramiro~~ FR. DR. RAMIRO LOIS 9850626272

12. Anshika Thakur 7769043841

Mandala Art Participant

Name of the Student: _____

Contact no.: _____

Signature of Faculty (optional)

Signature of student coordinator

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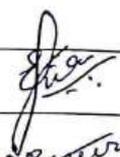
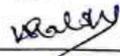
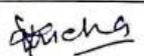
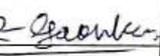
Venue: Conference Hall

REGISTRATION FORM

Name of the College: V M Salgaonkar College Miramar

Name of the Student Coordinator & Contact No.: Erin Pereira, 8888788023
~~Akila S. Kalsur, 8007079098~~

Name of the Accompanying Faculty: Akila S Kalsur, 8007079098

| Sr. No. | Student Name | Contact No. | Signature |
|---------|-----------------------|-------------|---|
| 1 | Erin Pereira | 8888788023 |  |
| 2 | Annvia Pereira | 7774068425 |  |
| 3 | Sakshi Mandekar | 8766649508 |  |
| 4 | Tanya Chopdekar | 8149321829 |  |
| 5 | Neha Lamani | 7028336549 |  |
| 6 | Aditi Gawde | 9175854124 |  |
| 7 | Sanjalp R. Gaonkar | 8975234752 |  |
| 8 | Shivam S. S. Hegdekar | 9404501419 |  |
| | | | |
| | | | |

Mandala Art Participant

Name of the Student: Tanya Chopdekar

Contact no.: 8149321829

Signature of Faculty (optional)

Signature of student coordinator

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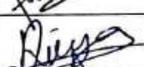
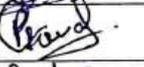
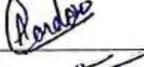
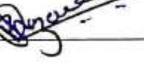
Venue: Conference Hall

REGISTRATION FORM

Name of the College: Pantitibai Chowgule Collage of Arts and Science

Name of the Student Coordinator & Contact No.: Areta Cardoso 8380818207

Name of the Accompanying Faculty: -

| Sr. No. | Student Name | Contact No. | Signature |
|---------|---------------------|-----------------------|---|
| 1. | Nishant Heggannavar | 9373796322 |  |
| 2. | Sewilen Serrao | 9307698054 |  |
| 3. | Raghuvir Sawant | 9168291964 |  |
| 4. | Rakshita Satardekar | 8830524694 |  |
| 5. | Farshiya Banu | 9209521284 |  |
| 6. | Divya Dewashi | 9324712823 |  |
| 7. | Reema Keval | 9766762772 |  |
| 8. | Areta Cardoso | 8380818207 |  |
| 9. | Rachit Hazare | 7249066028 |  |
| | | | |

Mandala Art Participant

Name of the Student: Nishant Heggannavar

Contact no.: 9373796322

Signature of Faculty (optional)


Signature of student coordinator

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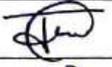
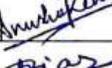
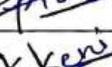
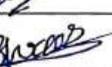
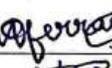
Venue: Conference Hall

REGISTRATION FORM

Name of the College: Parvati Bai Chaugade College of Arts and Science

Name of the Student Coordinator & Contact No.: Jiya Nirad Varadkar 9867343334

Name of the Accompanying Faculty: _____

| Sr. No. | Student Name | Contact No. | Signature |
|---------|--|-------------|---|
| 1 | Jiya Nirad Varadkar | 9867343334 |  |
| 2 | Arcuz Nasir Ali | 8188043947 |  |
| 3 | Anushree Anushree Sameer Keny | 7517305162 |  |
| 4 | Reisa Rosealike Aida Dias | 7276357708 |  |
| 5 | Komal Keni | 9172365272 |  |
| 6 | Seloni Kudchadkar | 9764563894 |  |
| 7 | Shreeshha Shiradkar | 9322638171 |  |
| 8 | Ananya Pundalik Raihar | 7276346608 |  |
| 9 | Adloncia Neza Ferraro | 7558760785 |  |
| 10 | Krishika Midha | 9810795081 |  |

Mandala Art Participant

Name of the Student: _____

Contact no.: _____

Signature of Faculty (optional)

Signature of student coordinator

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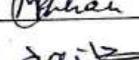
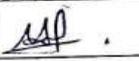
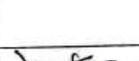
Venue: Conference Hall

REGISTRATION FORM

Name of the College: FR. AGNEL COLLEGE OF ARTS & COMMERCE

Name of the Student Coordinator & Contact No.: NISHITA (8767228920)

Name of the Accompanying Faculty: _____

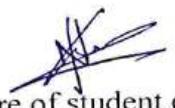
| Sr. No. | Student Name | Contact No. | Signature |
|---------|-------------------------------|-------------|---|
| 1. | MANJARI MADKAIKAR | 7058210237 |  |
| 2. | NEELAM PRAJAPAT | 7822992405 |  |
| 3. | VIKKI BAIK SINGH | 8087419395 |  |
| 4. | RAJ MOHAMMAD RAFIQ | 9403402586 |  |
| 5. | SNEHAL | 9028595670 |  |
| 6. | NISHITA KALANGUTKAR | 8767228920 |  |
| 7. | PRACHI PALKAR | 7058413898 |  |
| 8. | DIVYETA | 7083422758 | |
| 9. | KHUSHI VELIP | 9049620498 |  |
| | | | |

Mandala Art Participant

Name of the Student: DIVYETA

Contact no.: 7083422758

Signature of Faculty (optional)


Signature of student coordinator

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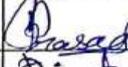
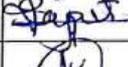
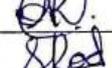
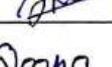
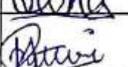
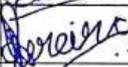
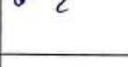
Venue: Conference Hall

REGISTRATION FORM

Name of the College: GOA COLLEGE OF HOME SCIENCE

Name of the Student Coordinator & Contact No.: Clara Lopes • 7972505653

Name of the Accompanying Faculty: Dr. Nadisha Coelho

| Sr. No. | Student Name | Contact No. | Signature |
|---------|-----------------------|-------------|---|
| 1. | Clara Lopes | 7972505653 |  |
| 2. | Babli Prasad | 8767864346 |  |
| 3. | SHEETAL RAJPUT | 7262952339 |  |
| 4. | AROUSH KHAN | 9152261823 |  |
| 5. | SYBIL RODRIGUES | 8767203463 |  |
| 6. | VEENA HUGAR | 8767346157 |  |
| 7. | PRIYADARSHINI PATTURI | 7720983287 |  |
| 8. | ANUSHKA PEREIRA | 8830162157 |  |
| | | | |
| | | | |

Mandala Art Participant

Name of the Student: SYBIL RODRIGUES

Contact no.: 8767203463


Signature of Faculty (optional)


Signature of student coordinator

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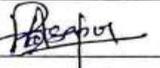
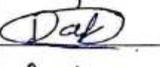
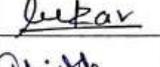
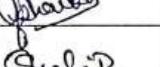
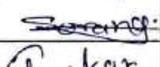
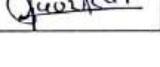
Venue: Conference Hall

REGISTRATION FORM

Name of the College: Shree Mallikarjun & Shri Chetan Manju Desai College, Candolim

Name of the Student Coordinator & Contact No.: Afeefa Basapur 7517954669

Name of the Accompanying Faculty: Ms. Sandhya Khavat

| Sr. No. | Student Name | Contact No. | Signature |
|---------|--------------------|-------------|---|
| 1 | Afeefa Basapur | 7517954669 |  |
| 2 | Deeya A. komarpant | 9022052662 |  |
| 3 | Santoshi Angadikar | 9420557849 |  |
| 4 | Falakh Shaikh | 9890730223 |  |
| 5 | Siddhi Velip | 9284861194 |  |
| 6 | Atharv Dessai | 8767723453 |  |
| 7 | Pritesh Gaonkar | 7721878714 |  |
| 8 | Alisha Velip | 8080961083 |  |
| 9 | Sharmila Saurang | 8390940318 |  |
| 10 | Shaina Gaonkar | 8999588093 |  |

Mandala Art Participant

Name of the Student: Falakh Shaikh

Contact no.: 9890730223



Signature of Faculty (optional)



Signature of student coordinator

GOA UNIVERSITY
D. D. KOSAMBI SCHOOL OF SOCIAL SCIENCES AND BEHAVIOURAL STUDIES
SOCIAL WORK PROGRAMME

SEEDS OF STRENGTH YOUTH, MIND & MEANING
In Collaboration with
TELEMANAS CELL, GOA

Date: 18/12/2025

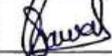
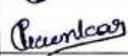
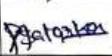
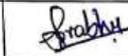
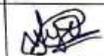
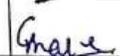
Venue: Conference Hall

REGISTRATION FORM

Name of the College: SPEB's Goa Multi-Faculty College, Dharbandora-Goa

Name of the Student Coordinator & Contact No.: Sejal Misal / 9764893698

Name of the Accompanying Faculty: Suchita Gaonkar

| Sr. No. | Student Name | Contact No. | Signature |
|---------|-----------------------|-------------|---|
| 1 | Sejal .S. Misal | 9764893698 |  |
| 2 | Revina .R. Naik | 9307686549 |  |
| 3 | Sanjana .S. Gawas | 9699846406 |  |
| 4 | Preethi .P. Gaonkar | 7391896780 |  |
| 5 | Aniksha .P. Sutarakar | 7378823879 |  |
| 6 | Sakshi .S. Craude | 8978485189 |  |
| 7 | Shivangi .S. Prabhu | 7020364417 |  |
| 8 | Siya .L. Naik | 9373579414 |  |
| 9 | Isitika .S. Mishra | 9803710973 |  |
| 10 | Gaishma .P. Mose | 7337656702 |  |

Mandala Art Participant

Name of the Student: Siya .L. Naik

Contact no.: 9373679414



Signature of Faculty (optional)



Signature of student coordinator

GOA UNIVERSITY
D. D. KOSAMBI SCHOOL OF SOCIAL SCIENCES AND BEHAVIOURAL STUDIES
SOCIAL WORK PROGRAMME

SEEDS OF STRENGTH YOUTH, MIND & MEANING
In Collaboration with
TELEMANAS CELL, GOA

Date: 18/12/2025

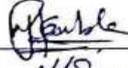
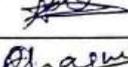
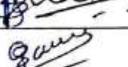
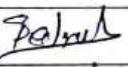
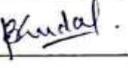
Venue: Conference Hall

REGISTRATION FORM

Name of the College: PES's Rajaram of Tarabai Bandekar College of pharma

Name of the Student Coordinator & Contact No.: Tapasvi Karekar 7709105772

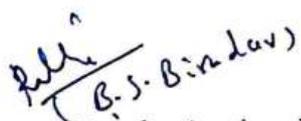
Name of the Accompanying Faculty: Mr. B.S. Biradar

| Sr. No. | Student Name | Contact No. | Signature |
|---------|---------------------------------------|-------------|---|
| 1 | Mahadev Kamble | |  |
| 2 | AKASH Chauhan | |  |
| 3 | Sapna sharma | |  |
| 4 | Sanita Gawas | |  |
| 5 | Sentida vaz | |  |
| 6 | Sangharsh Pednekar | |  |
| 7 | Bhargani Kudalkar | |  |
| 8 | Tapasvi Karekar | |  |
| 9 | Shreya Kalekar | |  |
| 10 | Shamit Salgaonkar Vaishnavi Sejwal | |  |

Mandala Art Participant

Name of the Student: Shreya Kalekar

Contact no.: 7972894237


(B.S. Biradar)

Signature of Faculty (optional)



Signature of student coordinator

GOA UNIVERSITY
D. D. KOSAMBI SCHOOL OF SOCIAL SCIENCES AND BEHAVIOURAL STUDIES
SOCIAL WORK PROGRAMME

SEEDS OF STRENGTH YOUTH, MIND & MEANING
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TELEMANAS CELL, GOA

Date: 18/12/2025

Venue: Conference Hall

REGISTRATION FORM

Name of the College: Goa College of Agriculture Ela Old Goa

Name of the Student Coordinator & Contact No.: SANDRA S. DESSAI

Name of the Accompanying Faculty: Mrs. Nikita Rao

| Sr. No. | Student Name | Contact No. | Signature |
|---------|-------------------------------|-------------|-----------|
| 1 | Slingal Dsouza | 9765995885 | |
| 2 | Saloni Vinod Gaude | 7028995433 | |
| 3 | Amarva Vikas Aggaontar | 9579321483 | |
| 4 | Preet Pratap Satardekar | 7276170739 | |
| 5 | Kashinath Shivram Gaontkar | 9699677392 | |
| 6 | Prathamesh Pradip Shigaontkar | 8805965322 | |
| 7 | Sanora Denai | 8010416907 | |
| 8 | Ritika Ashok Chauri | 8275001419 | |
| 9 | Neeli Krishnamurari Goswami | 8007451872 | |

Mandala Art Participant

Name of the Student: NEELI GOSWAMI

Contact no.: 8007451872

Signature of Faculty (optional)

Signature of student coordinator

GOA UNIVERSITY
D. D. KOSAMBI SCHOOL OF SOCIAL SCIENCES AND BEHAVIOURAL STUDIES
SOCIAL WORK PROGRAMME

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TELEMANAS CELL, GOA

Date: 18/12/2025

Venue: Conference Hall

REGISTRATION FORM

Name of the College: Rosary College of Commerce & Arts

Name of the Student Coordinator & Contact No.: Maisie Gracias, 7219376710

Name of the Accompanying Faculty: KAREN FERNANDES

| Sr. No. | Student Name | Contact No. | Signature |
|---------|------------------|-------------|-----------------|
| 1. | Ayushka Peiscoto | | <u>Peiscoto</u> |
| 2. | Lynn Rebello | | <u>Lynn</u> |
| 3. | Iza Fernandes | | <u>Iza</u> |
| 4. | Neha Kolhapur | | <u>Neha</u> |
| 5. | Maisie Gracias | 7219376710 | <u>Maisie</u> |
| 6. | Sara Hudali | 7387469174 | <u>Hudali</u> |
| 7. | Shalom Miranda | 9923185391 | <u>Shalom</u> |
| 8. | Nawaz Khan | 9762652524 | <u>Nawaz</u> |
| 9. | | | |
| | | | |

Mandala Art Participant

Name of the Student: Iza Fernandes

Contact no.: 8999147049

Fernandes

Signature of Faculty (optional)

Maisie

Signature of student coordinator

GOA UNIVERSITY
D. D. KOSAMBI SCHOOL OF SOCIAL SCIENCES AND BEHAVIOURAL STUDIES
SOCIAL WORK PROGRAMME

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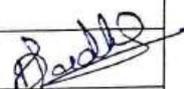
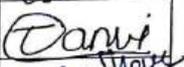
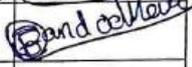
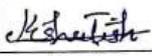
Venue: Conference Hall

REGISTRATION FORM

Name of the College: GVM'S GGPR COLLEGE OF COMMERCE & ECONOMICS, PONDIA.

Name of the Student Coordinator & Contact No.: ~~DIKSHA~~ ABDUL MULLA / 7028388464

Name of the Accompanying Faculty: SAIKSHA NAIK / 9545339536

| Sr. No. | Student Name | Contact No. | Signature |
|---------|------------------------|-------------|---|
| 01 | Diksha Adhar | 8788581254 |  |
| 02 | Tamvi Jadhav | 7972584818 |  |
| 03 | Eshita Bandadkar | 9673696809 |  |
| 04 | Ksheetish Naik | 9021861304 |  |
| 05 | Abdul Mulla | 7028388464 |  |
| 06 | Saiksha Naik (Faculty) | 9545339536 |  |
| | | | |
| | | | |
| | | | |

Mandala Art Participant

Name of the Student: Diksha Adhar

Contact no.: 8788581254



Signature of Faculty (optional)



Signature of student coordinator

GOA UNIVERSITY
D. D. KOSAMBI SCHOOL OF SOCIAL SCIENCES AND BEHAVIOURAL STUDIES
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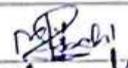
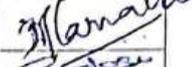
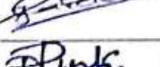
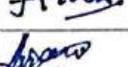
Venue: Conference Hall

REGISTRATION FORM

Name of the College: CARMEL COLLEGE

Name of the Student Coordinator & Contact No.: MISBAH SHAIKH

Name of the Accompanying Faculty: FAYE PINTO

| Sr. No. | Student Name | Contact No. | Signature |
|---------|------------------------|-------------|---|
| 1. | Misbah Shaikh | 8177880785 |  |
| 2. | Maizel Richea Carvalho | 9764404906 |  |
| 3. | Faivel Cardoso | |  |
| 4. | FAYE PINTO | 9921687918 |  |
| 5. | Lavira Paul Xavier | 7276743732 |  |
| | | | |
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| | | | |

Mandala Art Participant

Name of the Student: Misbah Shaikh

Contact no.: 8177880785


Signature of Faculty (optional)


Signature of student coordinator

GOA UNIVERSITY
D. D. KOSAMBI SCHOOL OF SOCIAL SCIENCES AND BEHAVIOURAL STUDIES
SOCIAL WORK PROGRAMME

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Date: 18/12/2025

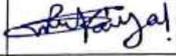
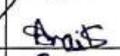
Venue: Conference Hall

REGISTRATION FORM

Name of the College: SWAMI VIVEKANAND VM'S COLLEGE OF COMMERCE, BORIM.

Name of the Student Coordinator & Contact No.: ROKIYA WAJAD ALI, 7620600381

Name of the Accompanying Faculty: FLORENCIA SAUZA

| Sr. No. | Student Name | Contact No. | Signature |
|---------|----------------|--------------|---|
| ✓ 1 | ROKIYA ALI | 7620600381 |  |
| ✓ 2 | SHIVANI NAIK | 747261945605 |  |
| ✓ 3 | ADITI NAIK | 8329731721 |  |
| ✓ 4 | RACHANA BHAGAT | 7385162587 |  |
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Mandala Art Participant

Name of the Student: ADITI NAIK

Contact no.: 8329731721

Signature of Faculty (optional)


Signature of student coordinator

GOA UNIVERSITY
D. D. KOSAMBI SCHOOL OF SOCIAL SCIENCES AND BEHAVIOURAL STUDIES
SOCIAL WORK PROGRAMME

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TELEMANAS CELL, GOA

Date: 18/12/2025

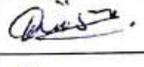
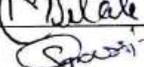
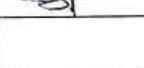
Venue: Conference Hall

REGISTRATION FORM

Name of the College: MES VASANT JOSHI COLLEGE

Name of the Student Coordinator & Contact No.: Laxmi Mishra (9307452973)

Name of the Accompanying Faculty: Dr. Brian Pacheco

| Sr. No. | Student Name | Contact No. | Signature |
|---------|---------------|-------------|---|
| 1 | Najma Shaikh | 8767700863 |  |
| 2 | Laxmi Mishra | 9307452973 |  |
| 3 | Riya Gawardi | 9699149604 |  |
| 4 | Kemal Nabapur | 8956007688 |  |
| 5 | Mitali Kumari | 7875665258 |  |
| 6 | Shivam Passi | 8262882486 |  |
| | | | |
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| | | | |

Mandala Art Participant

Name of the Student: Laxmi Mishra

Contact no.: 9307452973


Signature of Faculty (optional)


Signature of student coordinator

GOA UNIVERSITY
D. D. KOSAMBI SCHOOL OF SOCIAL SCIENCES AND BEHAVIOURAL STUDIES
SOCIAL WORK PROGRAMME

SEEDS OF STRENGTH YOUTH, MIND & MEANING
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TELEMANAS CELL, GOA

Date: 18/12/2025

Venue: Conference Hall ✓

REGISTRATION FORM

Name of the College: GOA DENTAL COLLEGE & HOSPITAL

Name of the Student Coordinator & Contact No.: AKSHAY PARULEKAR 9511853652

Name of the Accompanying Faculty: _____

| Sr. No. | Student Name | Contact No. | Signature |
|---------|------------------|-------------|---|
| 1. | AKSHAY PARULEKAR | 9511853652 |  |
| | | | |
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Mandala Art Participant

Name of the Student: _____

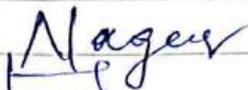
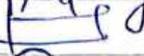
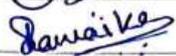
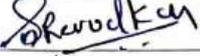
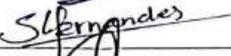
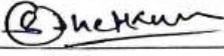
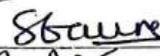
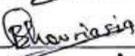
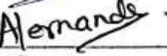
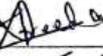
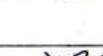
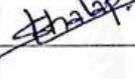
Contact no.: _____

Signature of Faculty (optional)


Signature of student coordinator

SEEDS OF STRENGTH MENTAL HEALTH WORKSHOP

ATTENDANCE

| Name | Signature |
|--------------------------|--|
| Dr. Poochi Prabhya |  |
| Ms. Vidhika Naik |  |
| Dean Nagendra Rao |  |
| Mr. Keval Naik |  |
| Dr. Kajal Rivankar |  |
| Dr. Vasudha Sawarkar |  |
| Aishwarya Gad |  |
| Vaidehi Zariapkar |  |
| Sakshi Revodkar |  |
| Shara Dias |  |
| Syden Fernandes |  |
| Mawya Chari |  |
| Sujit Shetkar |  |
| Diya Sawant |  |
| Shanu Gauns |  |
| Babaji Gawade |  |
| Bhirendrakumar Chourasia |  |
| Filomena Fernandes |  |
| Freeda Vaz |  |
| Sanvi Shirodkar |  |
| Vishal Kumar Singh |  |
| Simran Sudesh Khalap |  |