



Harmal Panchakroshi Shikshan Mandal's  
**GANPAT PARSEKAR COLLEGE OF EDUCATION**  
Vidya Sankul, Bhom Plateau, Harmal-Goa  
(Affiliated to Goa University, Recognised by NCTE)

**College Counsellor in Collaboration with  
Students' Council and Department of Botany**

**Celebrates**  
**World Mental Health Day**  
**And**  
**International Year of Millets**  
**(Department of Botany)**





# Schedule

Date: 16/10/2023

Time: 12:00am- 01:00pm

Aerobic Session for Teaching and Non- Teaching Staff

Venue: Dnyanada Auditorium

Date: 18/10/2023

Time: 2:30pm- 3:45pm

Cricket Match for students

Venue: College Ground

Time: 2:30pm- 3:30pm

Talk for Teaching and Non-teaching Staff by College Counsellor

Venue: Smart room

Time: 03:45pm- 05:30pm

Cricket Match for Teaching and Non-teaching Staff

Venue: College Ground

Date: 19/10/2023

Time: 01:00pm- 02:00pm

Competitions for Students: Skit, Poem Reading and Painting

Venue: Skit- Classroom 15

Poem reading - Smart room

Painting - Botany Lab





## I. Skit

Theme: "Effect of social media on Mental Health"

Rules and Regulations:

1. The competition will be held class wise.
2. A team should comprise of 7-8 members from each class.
3. Language - English/ Hindi/ Marathi/ Konkani.
4. Each group will be given 10 mins to perform.
5. Decision of the judges will be final.

Judging criteria:

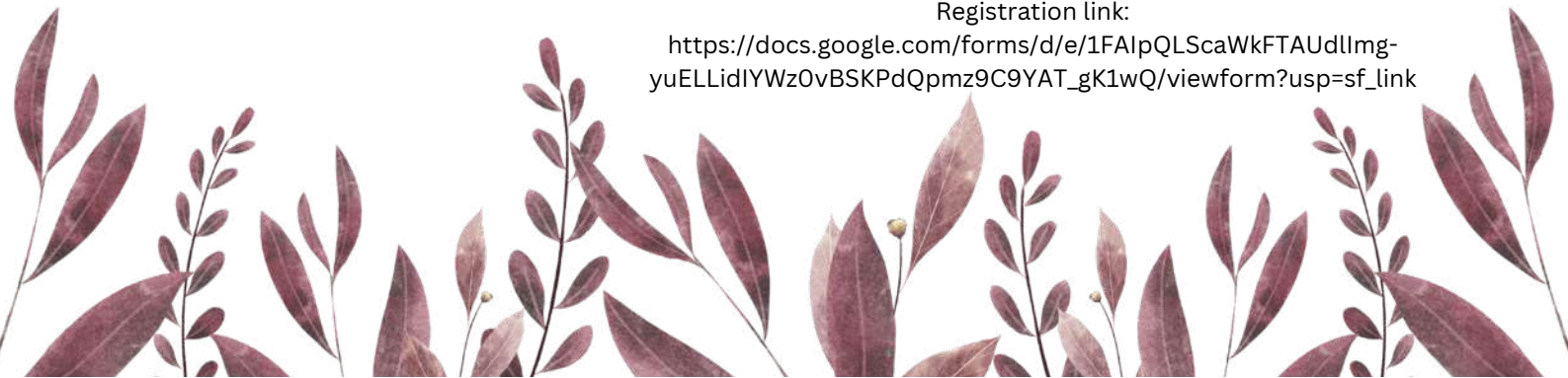
1. Relevance to the theme.
2. Dialogues
3. Stage performance.
4. Overall effect.

Event incharge:

1. Rajkamal Pednekar - 7414967635
2. Sakshi Thakur - 9370782404

Registration link:

[https://docs.google.com/forms/d/e/1FAIpQLScaWkFTAUdIImg-yuELLidIYWz0vBSKPdQpmz9C9YAT\\_gK1wQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScaWkFTAUdIImg-yuELLidIYWz0vBSKPdQpmz9C9YAT_gK1wQ/viewform?usp=sf_link)







## II. Poetry Reading

Theme: "Mental Health is a Universal Human Right."

### Rules and Regulations:

1. Minimum 1 and maximum 2 students can participate from each class.
2. Poem should be written by participant and not copied from google.
3. Language - English/ Hindi/ Marathi/ Konkani.
4. Each participant will be given 5-7 minutes of read the poem.
5. Decision of the judges will be final.

### Judging criteria:


1. Use of theme.
2. Physical Appearance.
3. Voice and articulation.
4. Overall performance.


### Event incharge:

1. Disha Mardolkar - 7058452206
2. Rahi Padloskar- 7972457709

Students kindly note poems to be submitted 1 day prior to the competition to the respective incharge members from the students' council.

\*Register for the Act and Poetry competition using the link provided in the brochure. The last day for Registration is on Monday 16/10/2023  
<https://forms.gle/pVTRxgJSR9Rx3jg26>





### III. Painting Competition (Department of Botany)

Theme: "Healthy diet, Healthy brain".

#### Rules and Regulations:

1. The competition is open for all students.
2. The painting should be done on A4 size paper.
3. Students have to bring their own material.
4. The students will be given 2 hours time to complete the painting.

#### Judging criteria:


1. Relevance to theme.
2. Highlight usage of Millets.
3. Creativity.
4. Details and clarity in the painting.
5. Overall impact.

#### Event incharge:

1. Ruchita Rao- 7507112482
2. Vandana Naik - 7066625384

For further details regarding the Painting competition Students kindly contact Ms. Akshatra Fernandes (Botany Department)  
Contact no. : 7350521451





#### IV. Cricket Match for Teaching/Non-teaching Staff and Students

Event incharge:

1. Umesh Padloskar- 8007945596
2. Gunesh Bhat- 9421787908
3. Tanvi Korkhankar- 9356823913
4. Shreya Morajkar- 7038333918

#### V. Aerobics for Staff (Teaching and Non-teaching)

Event incharge:

1. Minosha Rodrigues- 7038139803
2. Sweta Morajkar- 7262081853

Ms. Namrata Khorje  
Convener  
Students' Council

Ms. Ankita Naik  
College Counsellor

Ms. Akshatra Fernandes  
Department of Botany

Mr. Ved Parab  
General Secretary

Mr. Udesb Natekar  
Principal

