

HARMAL PANCHAKROSHI SHIKSHAN MANDAL'S

GANPAT PARSEKAR COLLEGE OF EDUCATION

Vidya Sankul, Bhom Plateau, Harmal Pernem Goa 403524

(Affiliated to Goa University, Recognised by NCTE)

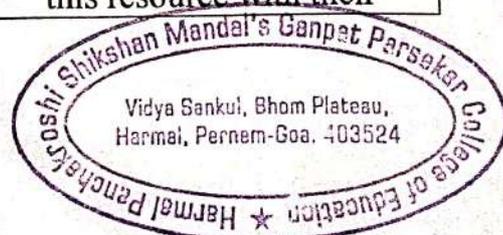
Activities for the Academic Year 2024-2025

Sr. No.	Activity/Initiative	Outcomes
1	Orientation for F.Y.B.A B.Ed and F.Y,B.Sc B.Ed Students about Counselling, the role of a counsellor and the benefits and importance of attending counselling session	The students learned about the counselling process and the importance of seeking help rather than bottling up emotions. The stigma surrounding mental health was addressed, and students received the message that it is okay to seek help
2	Activity for the students on SMART GOALS- the students were asked to set specific, measurable, achievable, relevant, and time-bound goal for this academic year which will help them to be focused, motivated and have a clear framework for tracking their progress.	A SMART goal activity was conducted with students to help them manage time, track their progress, and carry out regular self-check-ins. They applied this technique while preparing for exams, ISAs, and other important goals.
3	Rangoli Competition for students in recognition of World Suicide Prevention Day on the topic "Changing Narratives"-	A competition was organised to shift the narrative around suicide prevention from stigma to openness and non-judgement. Students expressed the theme through creative forms of art.
4	Talk in recognition of World Mental Health Day by Directorate of Health Services on the topic Tele Manas- Suicide Prevention & Common mental health disorders	Both students and staff were introduced to a 24x7 helpline. Experts explained the functioning of the helpline and assured that all information shared is kept confidential. Pamphlets were distributed to encourage students and staff to share this resource with their



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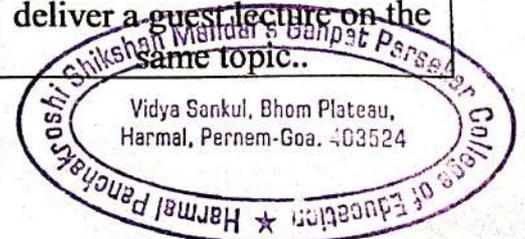
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		families and friends, so that maximum benefit could be taken from the initiative.
5	Display and Distribution of Posters about Tele-Manas helpline	Posters were displayed in the college to raise awareness and highlight the importance of mental health initiatives.
6	Participation by Students in an Intercollege Elocution Competition organised by Institute of Nursing, Bambolim Goa on the topic "Voice your vote for mental health"	Two students participated in the competition and shared their views on why mental health is important and how one can take care of it.
7	Counsellor attended online session organised by Rosary College of Arts & Science for counsellors on the topic "Balancing a client centered perspective with Cognitive Behaviour Therapy"	The workshop enhanced understanding of clients' difficulties and techniques to help them change negative thinking patterns and unhelpful behaviours.
8	Short-term certificate course MEPSC- Career and Education Counsellor for students	A value-added course by the Management and Entrepreneurship and Professional Skills Council was conducted for teacher trainees. It focused on developing skills such as identifying students' difficulties, maintaining confidentiality, asking open-ended questions, and being non-judgmental.
9	Talk for Harmal Panchakroshi Shikshan Mandal's High School Students on "Pariksha Pe Charcha: A Guide to Stress- Free Exams"	The students learnt about various study techniques like using mnemonics, chunking, the 3R's technique etc
10	Talk for F.Y.B.A B.Ed students as a part of Self Development paper on the topic "Understanding Personality Development"	To aid personality development, students identified their personality traits and characteristics through a bingo activity and learned techniques to strengthen their personal growth.
11	Visit by Faculty Members to All India Institute of Ayurveda, AYUSH, Dhargalim Goa, to discuss with Experts in Ayurveda regarding "Sustainable Menstruation"	Faculty members visited AYUSH and interviewed experts on the topic of "Sustainable Menstruation." Later, these experts were invited to the college to deliver a guest lecture on the same topic..



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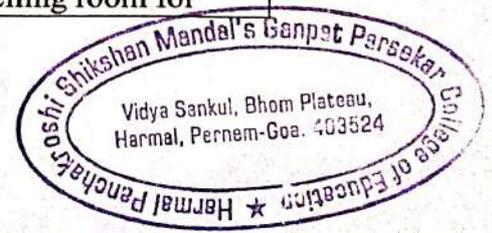


12	Counsellor participated in Two Days National Conference on Breaking Barriers: Exploring Inclusive Education organised by Harmal Panchakroshi Shikshan Mandal in collaboration with Directorate of Social Welfare, Govt of Goa	The college counsellor participated in a conference on inclusive education to gain deeper insights into practices, techniques, and methods used by experts in this field.
13	Activity Planning as an Initiative of team teaching for the paper on Learner and Learning on Unit 5 (Learning through information procession) and Unit 6 (Development of an integrated personality)	An initiative was also undertaken to provide students with hands-on experience in conducting experiments to develop a practical understanding of how short-term memory works.

Activities proposed for the Academic Year 2025-2026

Sr. No.	Activity/Initiative	Outcomes
1	Activity on Short term Memory for F.O.Y students as a part of their internship activity	The students conducted the activities while they were doing their internship in various schools on short term memory. The students understood how information is stored in the short-term memory for a brief period and how distractions can fade the information quickly.
2	Short-term certificate course MEPSC- Career and Education Counsellor for students	A value-added course by the Management and Entrepreneurship and Professional Skills Council was conducted for teacher trainees. It focused on developing skills such as identifying students' difficulties, maintaining confidentiality, asking open-ended questions, and being non-judgmental.
3	Posters in Counselling Room related to Mental Health and Wellbeing	The Counsellor displayed posters related to mental health and wellbeing in the counselling room for

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		students to reflect on and know that help is available.
4	Short film Making Competition in recognition of World Suicide Prevention Day on the theme "Creating Hope through Action"	To be organised in September 2025
5	Participation in Essay Competition organised by Heartfulness Education Trust and Commonwealth	Students to participate in September 2025
6	Participation in All-Goa Inter College Street Play Competition- World Suicide Prevention Day organised by State Tele Manas South Goa District Hospital Margao Goa	Students to participate in September 2025
7	Competition on Game of Joy-Board Game/Activity Design Competition and distribution of Happiness Bingo Sheets for Staff in recognition of Internation Day of Happiness	To be organised in March 2026



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