



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	<p>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</p> <p>Specific Objectives were :</p> <ol style="list-style-type: none"> 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	<p>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</p>

	<p>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.</p>
<p>12. Benefit/Key outcomes of the Program/activity/event</p>	<p>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</p>

	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)
GCA 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'Nello	51	F	Asst. Reg. DTT	Directorates		Beetha 10/25
2.	Maya. I.S.	51	F	SDE	BSNL		Maya
3.	Preeti Khajurkar	34	F	Asst. Prof	GBS, GU		Khajurkar
4.	Vandana R. Desai	46	F	Staff	EcoClean		Vandana
5.	Usha Rosario	51	F	staff	EcoClean		3471
6.	Garima Yatrekar	36	F	"	Administration		Garima
7.	Vandana Naik	49	F	"	"		Vandana
8.	Sumana Joshi	45	F	"	"		Joshi
9.	Deepa Naik	32	F	"	"		Naik
10.	Rajashree Sawant	43	F	Sweeper	Health Centre		Sawant
11.	Akshaya Potnis	37	F	staff	Exam Section		Potnis
12.	Sheetal Yadekar	37	F	staff	Exam Section		Sheetal
13.	Poornima Kundlikar	27	F.	Staff upc	"		Kundlikar
14.	Anisha Dhumasakar	26	F	staff	"		Dhumasakar

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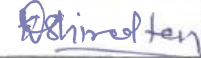
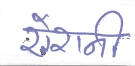
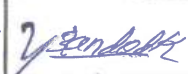
Sr. No	Name	Age	Gender	Designation	Section/ School	Contact No.	Signature
15	Divya Sawant	34	F	Office Assisr	Exam (Prof.)		
16	Ashweta Zuvarkar	27	F	L.D.C	Exam Prof M&A		
17	Espy R. Sacrafinha	52	F	V.D.C	— "		
18	Anjali Chaudhary	40	F	Asst. Prof	English		
19	Rina Menezes	48	F	Asst. Prof	English		
20	Nirmala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

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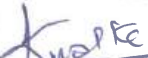
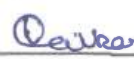
Sr. No	Name	Age	Gender	Designation	Section/ School	Contact No.	Signature
29	Yashasni Naik	34	F	staff	Academic General		
30	Ramita Kuttikar	49	F	Staff	Eco clean		
31	Chandrakala Hadlonta	49	F	staff	Eco clean		
32	Sheila Parvatkar	40	F	Staff	Eco clean		
33	Kunda Narvekar	50	F	MTS	Admin Sec		
34	Aarti Chetani	28	F	staff	Eco clean		
35	Kirti Shirodkar	25	F	Staff	Eco clean		
36	Roshni Oli	38	F	Staff	Eco clean		
37	Arvina Kavthankar	32	F	Teaching staff	Goa Business School		
38	Ankita Chon	26	F	Teaching staff	Goa Business School		
39	Asni Surh	55	F	staff	Goa Business School		
40	Lalita Kulkarni	50	F	staff	Goa Business School		
41	Manini Bandedkar	54	F	Staff	Eco clean		
42	Utkarsha Shirodkar	31	F	staff	Goa Business School		

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Sr. No	Name	Age	Gender	Designation	Section/ School	Contact No.	Signature
43	Devata Sawat Sawal	32	F	Office Asst	GIBS		
44	Asha Barde	29	F	Office Asst	GIBS		
45	Utkasha Gaonkar	55	F	Staff	Academic (T)		
46	Narda Bhoje	25	F	Office Asst	Academic (PG)		
47	Aditi Chodankar	30	F	"	"		
48	Razia Kollapurkar	40	F	Staff	Eco clean		
49	Pooja Parvatkar	50	F	Staff	Eco clean		
50	Kalpana Walke	59	F	Staff	Finance Division		
51	Reshma Galke	51	F	VDC, Staff	Finance		
52	Lata Shirodhe	53	F	Staff	Eco clean		
53	Geetika Nikita Gawas	37	F	"	"		
54	Madhuri Vernekar	31	F	"	"		
55	Nutan Kustikan	46	"	"	"		
56	Deepa Kulcolka	46	"	"	"		

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Sr. No	Name	Age	Gender	Designation	Section/ School	Contact No.	Signature
57	Rupakala Ramen	27	F	staff	Eco clean		Rupakala
58	Tulsi Mastine	46	F	"	"		Tulsi
59	Arni Naik		F	Jr. programmer	Exam Professional Jr. programmer		Arni
60	Reeni R. Rangda		F	Office Assistant	Exam Section		Reeni
61	Tanvi S. Sawant	29	F	Staff	Exam-Pool		Tanvi
62	Teja Naik	51	F	Staff	Eco clean		Teja
63	Deeptika Priolkar	24	F	Staff	Eco clean		Deeptika
64	Tulsi Mayekar	34	F	Sr. Lib arr.	SEAS		Tulsi
65	Tanuja Toraskar	49	F	UDC	SEAS		Tanuja
66	Anisha T. Naik	46	F	UDC, staff	Exam Section (UG)		Anisha
67	Deepaksha Velip	24	F	Research Assistant	School		Deepaksha
68	Resha R. Kankalekar	30	F	Jr. Programmer	Academic Admissions		Resha
69	Reema P. Lohikar	26	F	Office Assistant	Acad. Admissions		Reema
70	Shanta Baganwar	88	F	Staff	Acad - Admission		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		Naik.
72	Mitali B. Gad	21	F	Student -	M.A. Public Administration		Gad
73	Neha Shet	22	F	Student -	" "		Neha
74	Maria Aletia D'silva	22	F	Student -	" "		Ms. Maria
75	Santoshi S. Naik	24	F	Student -	" "		S. Naik
76	Swara Thorwadkar	20	F	Student -	" "		Swara
77	Sonal Sawant	21	F	Student -	" "		S. Sawant
78	Anita Khatri	22	F	Staff	Eroclean		Anita
79	Seema Bhargavi	36	F	Staff	Eroclean		Seema
80	Uddhara Madar	38	F	Staff	Eroclean		Uddhara
81	Parvati Kari	37	F	Staff	Eroclean		P. Kari
82	Basanti Thapa	40	F	Staff	Eroclean		B. Thapa
83	Kamla Mahatare	42	F	Staff	Eroclean		Kamla
84	Anita Shirodhan	38	F	Staff	Eroclean		A. Shirodhan

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

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99	Laxmibal Sonnatti	50+	F	Staff	Cuclean		Lg
100	Nutan Kulkolkar	52	F	"	"		me
101	Binalla Khattari	46	F	"	"		1010
102	Vidya Naik	38	F	Staff	Examination Div.		Shali
103	Priya Murgawke	28	F	Staff	Examination Div.		Pu
104	Manisha Kalayathur	29	F	"	"		MS
105	Dhanusha Naik	23	F	Student	Goa Business School		Dr
106	Shruti Gaurav	21	F	Student	Goa Business School		Gaurav
107	Sangeeta Tilve	56	F	UPC	Exam section (PG)		S
108	Yogini Bendodkar	28	F	Office Assistant	Exam section (PG)		YB
109	Pratima K. Ballika		F	Superintendent	Exam section (PG)		Pratima
110	Veena Gaurav	32	F	Staff	Exam - PG		Veena
111	Bheekhi Sulgaonkar	38	F	Faculty	SBSB		Sulgaonkar
112	Lakshangy Changa	47	F	Faculty	SBSB		Changy

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

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