

## St. Joseph Vaz College

(Affiliated to Goa University and recognized by the Government of Goa)

### ADMISSIONS OPEN for BACHELOR OF SCIENCE (B.Sc.) ACADEMIC YEAR 2023-24

Courses **B.Sc. Honours in Microbiology** (Affiliation sought)  
Offered: **B.Sc. Honours in Botany**  
**B.Sc. Honours in Chemistry**

ELIGIBILITY CRITERIA: Candidate must have passed Std. XII Science or Vocational stream in the courses as notified in the Goa University Ordinance. To download the prospectus, you may visit the College website: [www.stjosephvazcollege.in](http://www.stjosephvazcollege.in) Registration through online, Directorate of Higher Education, Goa (DHE)

Portal: <https://dhe.goa.gov.in/>

For further details contact:

Phone: 0832-2550812

Email: [principal@stjosephvazcollege.in](mailto:principal@stjosephvazcollege.in)

Address: Church Street, Cortalim, Goa - 403802

HERALD

MAY 28, 2023

SUNDAY

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Address: Church Street, Cortalim, Goa - 403802

THE NAUHING TIMES

MAY 28, 2023

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SUNDAY.



HERALD

MAY 26, 2023

FRIDAY

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## Intramural Sports Competition tests the athletic calibre of the students

The departments of Physical Education and Sports of St Joseph Vaz College, Cortalim organised various intramural sports competitions for the students of the college during the academic year 2022-23. The objectives of organising the competitions were to promote mass participation, provide fun, enjoyment and recreation to students and to help identify the talent among the students. The competitions were held for both men and women in chess, table tennis, badminton, futsal, tie breaker, cricket and carrom. It was encouraging to see that 100 percent boys and 72 percent girls from the college participated in the intramural competitions. Shivam Saroj won the chess competition, Rishikesh Fadte and Shreya Mulik excelled in men and women



badminton respectively, Sharif Ansari and Enid Dias triumphed in table tennis, Britto Pereira and Neha Panday were victorious in men and women carrom. In futsal, it was team Pythagoras that was dominant and won all their matches. In tie breaker competition too, team Pythagoras showed their dominance and won the competition. In cricket men and women, team Fission and team Hyperlink secured first position.





## For a healthy life

### NT KURIOCITY

The Department of Physical Education and Sports of St. Joseph Vaz College and St. Joseph Vaz Institute of Education recently organised 'Healthily', a lecture series on health, exercise, and wellness, for the students and staff of B.Sc and D.El.Ed.

The first lecture was on 'Pranayama and meditation' and the resource person was assistant professor in physical education at Don Bosco College, Panaji, Sachin Parsekar. He explained the different types of pranayama and demonstrated the same. He also spoke about meditation.

In the second lecture, homeopathic doctor Diksha Arlekar spoke about 'Common Yoga Protocol' stressing on the importance of eating right, satwik diet, pranayama, different types of asanas, the importance of yoga to relieve stress, and meditation.

The third lecture was delivered by college director of physical education and sports at Damodar College, Margao, Dr Ajinkya Kudtarkar, who highlighted the importance of nutrition and balanced diet.

Assistant professor in physical education at Don Bosco College, Panaji Ajith Gopi in his lecture 'Sweat the stress away:

A surprising link between exercise and stress' gave insights on how India is struggling with many illnesses, with stress being one of the main causes. He highlighted the importance of good sleep and following healthy habits.

The final lecture was delivered by former medical officer at PHC Curtorim and GMC Bambolim, Dr Noela Correia on 'First Aid in Road Accidents'. She spoke about DRS ABC (Danger, Response, Send for help, Airway, Breathing, CPR) and highlighted that many lives can be saved if first aid reaches them in time and in a correct manner.

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THE NAVHIND TIMES

MAY 19, 2023

FRIDAY

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## St. Joseph Vaz College organised its annual day

### NT KURIOCITY

St. Joseph Vaz College, Cortalim, celebrated its annual day and prize distribution ceremony recently. In his address, Fr. Simao Diniz highlighted the importance of participating in various events to develop a student's overall personality.

Principal of the college Dr. Maria Fonseca read out the annual report of the academic year 2022-23. This was followed by a traditional Goan dance performance by the students. Various prizes for intra-mural events, inter-collegiate

events and annual honours were awarded to the students and alumni of the college.

Medals and certificates were presented to the students for the intra-mural events which were painting, lower arrangement, quiz, PowerPoint presentation, bookmark, e-quiz, rangoli, water conservation, kheer making, mehndi, badminton men and women, table tennis men and women, badminton doubles, chess men and women, futsal men, tie breaker women, cricket men and women, carom men and women competitions.





# mind & muscle

MORE

## Explaining the importance of health to the younger generation

The Department of Physical Education and Sports of St. Joseph Vaz College and St. Joseph Vaz Institute of Education organised 'Healthily-A Wellness' for the students and staff of BSc and DEED during the academic year 2022-23. The objective of this lecture series is to promote a healthy lifestyle among the students and staff. In total, five lectures on various health related topics were organised. The first lecture was on the topic 'Pranayama and meditation' and the resource person was Sachin Parsekar, assistant professor in Physical Education at Don Bosco College, Panjim. In his lecture, Sachin spoke about different types of pranayama and also demonstrated the

same. He also spoke about meditation and emphasized on the techniques of meditation.

In the second lecture, Dr. Diksha Arlekar, a homeopathic doctor by profession spoke about 'Common Yoga Protocol'. In her lecture, Dr. Diksha emphasized on yoga as a whole, eating right, satvik diet, pranayama, different types of asanas, importance of yoga to relieve stress and meditation. The third lecture was delivered by Dr. Ajinkya Kudtarkar, College Director of Physical Education and Sports at Damodar College, Margao. Dr. Ajinkya Kudtarkar highlighted the importance of nutrition and balanced diet and the emphasized on the two similar yet

different topics. Dr. Ajith Gopi, assistant professor in Physical Education at Don Bosco College, Panjim in his lecture on 'Sweat the stress away: A surprising link between exercise and stress' gave insights on how India is struggling with so many illnesses and diseases and one of the main cause is stress. Dr. Ajith broke down the complexity of stress and informed that good sleep and following healthy habits is essential.

The final lecture was delivered by Dr. Noela Correia, former Medical Officer at PHC Curtorim and GMC Bambolim on the topic 'First Aid in Road Accidents'.

Dr. Noela spoke about DRS ABC in first aid which is Danger, Response, Send for help, Airway, Breathing, CPR. Dr. Noela concluded the session by answering all the questions that the students and the staff had. She highlighted that many lives can be saved if first aid reaches them in time and in correct manner.



HERALD

MAY 6, 2023

SATURDAY

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## World Heritage Day Quiz Competition held

### NT KURIO CITY

The St. Joseph Vaz College Library, Cortalim, in collaboration with the NDLI Club organised a quiz for the B.Sc students where they were asked them to identify pictures of world heritage sites in India.

The winning three teams in the competition that were awarded first, second, and third place respectively, were S.Y.B.Sc (Prajwal Sawant, Chhavi Singh, and Flossy Lucas), TY.B.Sc (Lavina Fernandes, Vandana Lamani), and FY.B.Sc (Ashish Gupta, Neha Panday, and Muskan Kumari).

THE NAVHIND TIMES

MAY 5, 2023

FRIDAY

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**Herald**  
**Café**  
Panjim Friday May 5, 2023

NOT JUST LIFE IN THE CLASSROOM

## St Joseph Vaz College undertakes mangrove plantation

Mangroves, the guardians of the shore, act as the first defence line against the rising sea in the coastal areas. They are a vital components of coastal ecosystems of the world providing ecological, economic and social benefits. The total mangrove cover in Goa is reported to be 27 sq. km. Recently, it has been observed that mangroves are under threat due to rampant coastal development and other anthropogenic activities. Conservation and restoration of Mangrove ecosystems therefore is a critical priority for the coastal protection.

St Joseph Vaz College of Cortalim- Goa in association with Nisarga Nature Club, Chicalim Youth Farmers Club and Goencho Ekvott organised a mangrove plantation drive, as a second restoration cycle of Mangrove Conservation Initiative at Sancoale. The locals from Sancoale joined the initiative titled 'Come, let's Man-groove' along with Paulina Azavedo, a member of the VP Sancoale. A total of 25 volunteers participated in the initiative. Dr Fr Bolmax Pereira, the co-ordinator of the initiative, welcomed the volunteers for the second Phase of mangrove plantation.

Sandeep Azrenkar of Nisarga Nature Club appreciated the young brigade of volunteers who took time out for the initiative. Alisha Pereira of CYFC stressed on the need to have more of mangrove



plantation drives for shoreline protection amidst rampant coastal concretization that's going on in our Goa state.

Mangrove volunteer, Tallulah Dsilva, an architect by profession, expressed her happiness in being a part of this initiative along with the local people participating enthusiastically and appreciated the organisers for such an initiative.

Angela Serrao, faculty at St Joseph Vaz College, reminded the volunteers that this is the second phase of this initiative and called for more dedication from the local people. Miguelina Azavedo, a local, proposed the vote of thanks and expressed her gratitude to St Joseph Vaz College and the co-organisers for considering restoration of mangroves at their local shoreline which was damaged recently

when Cyclone Tauktae hit the Goan coast.

This activity was supported by Department of Forest, Government of Goa, Goa State Biodiversity Board, ICAR-CCARI, Old Goa and Diocesan Commission for Ecology. The first phase of this initiative was held on the Goa Statehood Day on May 30, 2022, the survival rate of which was found to be minimal due to strong wave action at the plantation site that washed away the most of the propagules before they could establish themselves.

Around 500 mangrove propagules of Rhizophora mucronata species (the Red mangrove) were planted along the Zuari river bank at Bondebhat, Sancoale. Collection of the mangrove propagules and year old plantlets was done at Cortalim by the students and staff of St Joseph Vaz College, Cortalim. Under this initiative, 'Come let's Man-Groove', it is proposed to complete 5000 propagule planting before the monsoon sets in.



ST JOSEPH VAZ COLLEGE  
CORTALIM



HERALD CAFE  
MAY 5, 2023  
FRIDAY  
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Pangim Friday May 5, 2023

NOT JUST LIFE IN THE CLASSROOM

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### St Joseph Vaz College lecture series on health

**PANAJI:** The Department of Physical Education and Sports of St Joseph Vaz College and St Joseph Vaz Institute of Education organised Healthily - a lecture series on health, exercise and wellness for the students and staff of B.Sc and D.El.Ed during the academic year 2022-23. The objective of the series is to promote a healthy lifestyle among the students and staff. Five lectures on various health-related topics were conducted. The first lecture 'Pranayama and meditation' was given by Sachin Parsekar, Assistant Professor in Physical Education at Don Bosco College, Panaji. In the second lecture, Dr Diksha Arlekar, a homeopathic doctor, talked about Common Yoga Protocol. The third lecture was delivered by Dr Ajinkya Kudtarkar, College Director of Physical Education and Sports at Damodar College, Margao. Dr Ajith Gopi, Assistant Professor in Physical Education at Don Bosco College, Panaji gave a lecture on 'Sweat the stress away: A surprising link between exercise and stress'. The final lecture was delivered by Dr Noela Correia, former Medical Officer at PHC Curtorim and GMC Bambolim on the topic 'First aid in road accidents'.

THE GOAN  
May 1, 2023  
MONDAY

Pg 5.



## Diocesan Committee for Ecology airs double-tracking concerns with Goa govt

Team Herald

**MARGAO:** The Diocesan Commission for Ecology (DCE) has reiterated its strong stand against the double-tracking of the railway line from Tinaighat in Karnataka to Vasco in Goa. In a meeting with Environment Secretary Arun Kumar Mishra at the Secretariat, the DCE expressed their concerns about the ecological degradation and suffering of the people in Goa.

The meeting was held after the DCE had sent a letter to all the 40 legislators including Chief Minister Pramod Sawant on April 10, highlighting its stance on the project.

The four-member delegation led by Convenor Fr Bolmax Pereira and comprising Miguel Braganza, Joshua D'mello and Yannah Marchon, discussed the issues raised in the letter and articulated the concerns of the people of Goa.

The Environment Secretary responded positively and assured the DCE that his office

### South Western Railway pushes ahead with project despite protests



**MARGAO:** The South Western Railway (SWR) recently held a freight customer meeting, where it emphasised its intent to complete the double tracking project and related infrastructure upgradation as soon as possible. Representatives of various steel industries, including from Goa, had attended the meeting where

had taken note of the contents of the letter and that the environment minister himself had directed his office to have a follow-up with the DCE. The DCE

the expansion plans of the industries were also discussed. SWR officials stated that the rapid development of infrastructure such as the commissioning of new lines, double tracking, electrification is imparting confidence to freight customers by reducing bottlenecks, improving transit time, which would help to increase the modal share of all rain transport in the region. SWR officials added that the infra upgradation has resulted in improvement of mobility of goods trains by 53% from 2021-22 to 2022-2023, which was the highest among all railway zones of the country.

will now prepare a comprehensive eco-demand to be submitted to the government through the environment department.

HERALD  
MAY 5, 2023  
FRIDAY  
Pg 4.





# St Joseph Vaz college undertakes mangrove plantation in Sancoale

THE GOAN NETWORK

## PANAJI

On the occasion of 'World Earth Day', St Joseph Vaz College at Cortalim in association with Nisarga Nature Club, Chicalim Youth Farmers Club and Goencho Ekvott organised a mangrove plantation drive, as a second restoration cycle of the Mangrove Conservation Initiative at Sancoale between April 22 and April 24.

Locals from Sancoale joined the initiative titled 'Come, let's Man-groove' along with Paulina Azavedo, a member of the Sancoale panchayat. A total of 25 volunteers participated in the initiative.

Dr Fr Bolmax Pereira, coordinator of the initiative, welcomed the volunteers for the second phase of mangrove



plantation.

Sandeep Azrenkar of Nisarga Nature Club appreciated the young brigade of volunteers who took time out for the initiative.

Alisha Pereira of CYFC stressed on the need to have

more of mangrove plantation drives for shoreline protection amid rampant coastal concretisation in the State.

Mangrove volunteer, Tallulah D'Silva, an architect by profession, expressed happiness in being a part of this initiative.

THE GOAN

SATURDAY

APRIL, 29 - 2023

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TIMES OF INDIA  
APRIL 30, 2023

SUNDAY Pg 2.

## College students undertake mangrove plantation drive

TIMES NEWS NETWORK

**Panaji:** Around 500 mangrove propagules of *Rhizophora mucronata* species (the red mangrove) were planted along the Zuari river bank at Bondebhat, Sancoale, under the initiative 'Come let's Man-Groove'.

The initiative proposed to complete planting of 5,000 propagules before the monsoon sets in. The collection of the mangrove propagules and year-old plantlets was done at Cortalim by the students and staff of St Joseph Vaz College, Cortalim, as part of Earth Day observation.

Restoration of the mangroves was taken up at the shoreline which was damaged when Cyclone Tauktae hit the Goan coast.



Restoration of the mangroves was taken up at the shoreline at Sancoale, which was damaged when Cyclone Tauktae hit the Goan coast

"Mangroves act as the first defence line against the rising sea in the coastal areas. They are a vital component of coastal ecosystems providing ecological, economic and social benefits," said Pratiksha Marathe, a student.

A total of 25 volunteers participated in the initiative comprising students of the college, members of the Nisarga Nature Club, Chicalim Youth Farmers Club (CYFC) and Goencho Ekvott. The drive is a second restoration cycle of the Mangrove Conservation Initiative at Sancoale.

Bolmax Pereira, the co-ordinator of the initiative, said that the outcomes of the first phase have taught them many things about the conservation drive which helped in the second phase. "The dos and

don'ts will be implemented during the next phase for a successful drive this year for securing the vulnerable river bank at Bondebhat," he said.

Sandeep Azrenkar of Nisarga Nature Club appreciated the young brigade of volunteers who took time out for the initiative.

The activity is supported by the forest department, Goa State Biodiversity Board, ICAR-CCARI and Diocesan Commission for Ecology.

"The first phase of this initiative was held on the Goan statehood day on May 30, 2022, the survival rate of which was found to be minimal due to strong wave action at the plantation site that washed away most of the propagules before they could establish themselves," the students said.



# सॅट जोसेफ वाझ म्हाविद्यालयांत भलायके विशीं 5 व्याख्यानां



सॅट जोसेफ वाझ म्हाविद्यालयांत आयोजीत व्याख्यानांत वांटेकार जाल्ले विद्यार्थी आनी मानेस्त.

## ■ भांगरभूंय । खबरां मेज

**पणजी:** सॅट जोसेफ वाझ म्हाविद्यालयाच्या शारिरीक शिक्षण आनी खेळां खात्यान आनी सॅट जोसेफ वाझ इन्स्टिट्यूट ऑफ एज्युकेशन वतीन शिक्षणीक वर्स 2022-23 च्या विद्यार्थ्यां आनी कर्मचाऱ्यां खातीर 'भलायकेन भरिल्ली जिणे पद्दत चालीक लावप' ह्या विशयाचेर व्याख्यान दवरिल्लें.

ह्या वेळार भलायके संबंदीत वेगवेगळ्या विशयांचेर वट्ट 5 व्याख्यानां घडोवन हाडलीं. पयलें व्याख्यान 'प्राणायाम आनी ध्यान' ह्या विशयाचेर आशिल्लें. हाचेर डॉन बॉस्को कॉलेज पणजेचे शारिरीक शिक्षणाचे सहाय्यक

प्राध्यापक सचीन पार्सेकार हांणी मार्गदर्शन केलें. आपल्या व्याख्यानांत सचीन हांणी विविध तरेचें प्राणायाम करून दाखयलें. तशेंच तांणी ध्यान करप कितलें म्हत्वाचें हाचें म्हत्व सांगलें.

दुसऱ्या व्याख्यानांत डॉ. दिक्षा अलंकार हे 'वेवसायांत होमियोपॅथीक दोतोर आनी कॉमन योग प्रोटोकॉलाचेर' उलयले. डॉ. दिक्षान आपल्या व्याख्यानांत 'एकंदरीत योग, योग्य जेवण, सात्वीक आहार, प्राणायाम, विविध तरेचें आसन, ताण सोंपपाक योगाचें म्हत्व आनी ध्यान हांचेर भर दिली. तिसरें व्याख्यान दामोदर महाविद्यालय मडगांवचे शारिरीक शिक्षण आनी खेळां

म्हाविद्यालय संचालक डॉ. अजिंक्य कुडतारकार हांणी दिलें. पोशण आनी समतोल आहाराचें म्हत्व आनी दोनूय सारकेच पूण वेगवेगळ्या विशयांचेर भर दिवपाचेर कुडतारकार हांणी दिली.

डॉन बॉस्को कॉलेज पणजेचे शारिरीक शिक्षणाचे सहाय्यक प्राध्यापक डॉ. अजीत गोपी हांणी 'ताण घाम काडून उडोवप: व्यायाम आनी ताण हांचे मदलो एक आश्चर्यकारक दुवो' ह्या विशयाचेर दिल्ल्या व्याख्यानांत भारत इतल्या दुयेंसां कडेन कसो झगडटा आनी ताचें मुखेल कारण म्हळ्यार ताण आसा. ताण पयस करून बरी न्हीद आनी भलायकेक बरी संवय पाळप

गरजेचें अशी म्हायती तांणी दिली.

रस्त्याच्या अपघातांत पयली मदत ह्या विशयाचेर पीएचसी कुट्टाळे आनी जीएमसी बांबोळेची आदली वैजकी अधिकारी डॉ. नोएला कोरेया हांणी निमाणें व्याख्यान दिलें. डॉ. नोएलान पयल्या उपचारांत डीआरएस एबीसी विशीं उलयलें जें म्हणल्यार धोको, प्रतिसाद, मदती खातीर धाडप, वायुमार्ग, स्वास, सीपीआर हाचेर आशिल्लें. विद्यार्थ्यांक आनी कर्मचाऱ्यांक कडेन आशिल्ल्या सगळ्या प्रस्नांक जाप दिवन डॉ. नोएला हांणी सत्र सोंपयलें. पयली मदत वेळार आनी योग्य रितीन केल्यार जायत्या जाणांचो जीव वाटावंक मेळटा अशें तिणें म्हणलें.

Bhagarbue  
April 29, 2023  
Saturday  
Pg 5.





HERALD

FRIDAY

APRIL, 28 - 2023

Pg 10.

## St Joseph Vaz College organises medical checkup for Cortalim villagers

The Department of Chemistry, Department of Physical Education and Sports and IQAC of St Joseph Vaz College, Cortalim collaborated with PHC Cortalim to organise a free general medical check-up (allopathic, ayurvedic and homeopathic) for the people of Cortalim and nearby villages at the premises of St Joseph Vaz College, Cortalim. A team of 12 staff of PHC Cortalim including Dr Tejan Lotlikar (Medical Officer, PHC Cortalim) conducted the checkup. The medical team also consisted of Dr Noela Correia (Medical Officer, PHC Curtorim) and Dr Tanvi Acharya (Physician MBBS).

Free physical examination along with free blood sugar, blood pressure, RBC count, and hemoglobin was



provided by PHC Cortalim. Cervical Cancer screening was also provided to the women. Approximately 99 citizens from Cortalim and nearby villages availed the benefits of the medical checkup. Doctors advised and prescribed them various medicines

during consultation at the camp.

The camp was successfully organised under the guidance of Dr Melwin D'Souza (Coordinator), Dr Elroy Pinto (College Director of Physical Education and Sports) and Angela Serrao (IQAC Coordinator). The other

members of the organizing committee were Dr Maria Fonseca (principal), Dr Fr Bolmax Pereira, Seliston Gama, Komal Gawde, Viona Correia, Aroma Diniz, Manali Acharya, Infancio Correia, Richa Dias, Pratiksha Marathe, Dr Maria Cineola Fernandes and Karen Cabral.





### Annual Day held at St Joseph Vaz College



**PANAJI:** St Joseph Vaz College, Cortalim celebrated its Annual Day and prize distribution ceremony recently. The programme started with a prayer service followed by the Administrators address. Dr Maria Fonseca the Principal of the college then read out the annual report of the academic year 2022-23. This was followed by a traditional Goan dance performance by the students.

Subsequently the most awaited time of the evening the prize distribution ceremony arrived.

Various prizes for intra mural events, inter collegiate events and annual honors were awarded to the students and alumni of the college.

Medals and certificates were presented to the students for the intra mural events which were plate painting, lower arrangement, quiz, power point presentation, bookmark, e-quiz, rangoli, water conservation, kheer making, mehndi, badminton men and women, table tennis men and women, badminton doubles, chess men and women, futsal men, tie breaker women, cricket men and women, carom men and women competitions.

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## Medical camp at St Joseph Vaz College

**PANAJI:** The Department of Chemistry, Department of Physical Education and Sports and IQAC of St Joseph Vaz College, Cortalim collaborated with PHC Cortalim to organise a free general medical check-up (Allopathic, Ayurvedic and Homeopathic) for the people of Cortalim and nearby villages at the premises of the college, Cortalim recently.

A team of 12 staff of PHC Cortalim conducted the check up. Free physical examination along with free blood sugar, blood pressure, RBC count, and hemoglobin was provided by PHC Cortalim. Cervical cancer screening was also provided to the women. Approximately 99 citizens from Cortalim and nearby villages availed the benefits of the medical check-up. Doctors advised and prescribed them various medicines during consultation at the camp.

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TUESDAY

APRIL 25, 2023

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## कुठ्ठाळेच्या सेंट जोसेफ वाझ म्हाविद्यालयांत भेटयलीं इनामां



कुठ्ठाळेच्या सेंट जोसेफ वाझ म्हाविद्यालयांतल्या विद्यार्थ्यां वांगडा शिक्षिका.

### ■ भांगरभूंय । खबरां मेज

**पणजी:** कुठ्ठाळेचे सेंट जोसेफ वाझ म्हाविद्यालयांत हालींच वर्सुकी इनामां भेटवण दीस आनी स्नेहसंमेलन उमेदीन मनयलें. हे कार्यावळीची सुरवात प्रार्थना सेवेन जाली.

ह्या वेळार प्राध्यापक सिमाओ डिनीज हांणी विद्यार्थ्यांक पुराय शिक्षणीक वर्साचे कामगिरी खातीर परबीं भेटयलीं. तशेंच विद्यार्थ्यांचें व्यक्तिमत्व वाडोवपा खातीर विविध कार्यावळींनी वांटो घेवपाचें म्हत्व तांणी उक्तायलें. उपरांत म्हाविद्यालयाची प्राचार्य डॉ. मारिया फोन्सेका हांणी 2022-23 वर्साच्या शिक्षणीक वर्साचो

वर्सुकी अहवाल वाचलो. ताचे उपरांत विद्यार्थ्यांनी परंपरीक गोंयच्या नाचाचें सादरीकरण केलें.

ह्या वेळार पुराय वर्सभर घेतिल्ल्या सर्तीचीं जैतिवंत विद्यार्थ्यांक इनामां भेटयलीं. तशेंच आंतर कॉलेज आनी राष्ट्रीय पांवड्यार इनामां जिखपी विद्यार्थ्यांक यादस्तीक भेटोवन भोवमान केलो. हातूंत उमेश पदसालीमानी, श्रेया मुलीक, एनिड डायस, सामरुधी नायक, ऋषिकेश फडते, सनी राऊत, शरीफ अंसारी, दिशांत काणकोणकार, रुतिक परब, आशीष गुप्ता, अमित नायक, शुभम गांवस, शिवम सरोज, मेलवीन फर्नांडीस, आयन्सली आझावेडो

आनी ब्रिदो पॅरेरा हांचो आसपाव आसा.

ह्या वेळार शिवम सरोज हाका एफ. वाय. बी. एससीत सगळ्यांत चड गूण मेळयल्ले खातीर, सनी राऊत एस. वाय. बी. एससीत सगळ्यांत चड गूण, स्विझेल कारवाल्हो टी.वाय. बी.एससी रसायनशास्त्रांत सगळ्यांत चड गूण, मेघा गिराप टी.वाय. बी.एससी वनस्पत शास्त्रांत सगळ्यांत चड गूण, श्रेया मुलिक-बेस्ट स्पोर्ट्स वुमन, सनी राऊत-बेस्ट स्पोर्ट्स मन, लविना फर्नांडीस हांकां बेस्ट आउटगोइंग स्टुडेंट आनी मुस्कान कुमारी हाका वर्साचो ऑलराउंडर पुरस्कार फावो जालो.

BHAGARBUIE

TUESDAY

APRIL 25, 2023

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mail us at >> desk@thegoan.net

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Wednesday April 19, 2023

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**IN SHORT >>**

**Quiz on world heritage sites held**

**PANAJI:** The St Joseph Vaz College Library in collaboration with the NDLI Club organised a quiz for the BSc students on Tuesday, asking them to identify pictures of world heritage sites in India with the three options provided to them. Eight students in total took part in the activity. The winning three teams in the competition, that were awarded first, second, and third place respectively, were SYBSc (Prajwal Sawant, Chhavi Singh, and Flossy Lucas), TYBSc (Lavina Fernandes, Vandana Lamani), and FYBSc (Ashish Gupta, Neha Panday, and Muskan Kumari).

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**World heritage sites quiz**

St Joseph Vaz College Library in collaboration with the NDLI Club organised a quiz for the BSc students and asked them to identify pictures of World Heritage Sites in India with the three options provided to them. Eight students in total took part in the activity. After the students' enthusiastic attempts at the quiz, the winning three teams in the competition, that were awarded first, second, and third place respectively, were SYBSc (Prajwal Sawant, Chhavi Singh, and Flossy Lucas), TYBSc (Lavina Fernandes, Vandana Lamani), and FYBSc (Ashish Gupta, Neha Panday, and Muskan Kumari).

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FRIDAY  
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# Church body voices concern over double tracking works

## SAYS PROJECT RUTHLESSLY PUSHED THROUGH, FEARS SERIOUS ECOLOGICAL DAMAGE, DISRUPTION OF LIFE

### THE GOAN NETWORK

#### PANAJI

Voicing serious concern over the double tracking works, the Diocesan Commission for Ecology (DCE) has feared serious ecological damage and disruption of life by works ruthlessly pushed through in parts of the State.

This is the first time that the Archdiocese has taken an official stand on the double tracking project, in the form of concerns raised by its Diocesan Commission for Ecology.

In a letter to Chief Minister Pramod Sawant and 39 other legislators, DCE convenor Dr Fr Bolmax Pereira said it is distressing to witness the miseries and troubles of the affected populace being greatly compounded "by the unresponsiveness and arrogance of the officials concerned, that is only serving to inflame the atmosphere further."

"Through this letter, we intend to appeal to your moral conscience and responsibility



File photo of double tracking works by the Railways at Velsao.

as an elected representative of the people towards the holistic development of our Goa State," said the DCE.

"In the steady march of development, where do the human rights of the people stand? Is it morally right and permissible to run roughshod over the rights of citizens to a peaceful, harmonious, and healthy quality of life?"

"Through this letter, we intend to appeal to your moral conscience and responsibility

### IN LETTER TO CM & 39 OTHER LEGISLATORS...

- It is distressing to witness the miseries and troubles of the affected populace being greatly compounded by the unresponsiveness and arrogance of the officials concerned
- The effects on the health of traditional residents of the sound pollution, carbon emissions, and vibrations generated by trains thundering past the very doorsteps of village homes have apparently not received due consideration
- Every locale has its own unique human, cultural and ecological characteristics that must be given due respect in the steady progress of development

are summarily blocked, water bodies destroyed, fishermen's traditional livelihoods threatened and close-knit villages ripped apart by the physical bifurcation of the railway tracks."

Fr Pereira, who is also an assistant professor of botany at the St Joseph Vaz College in Cortalim, said the impact of changing climate and ecological conditions is undeniable in Goa.

"The main cause of noise and vibrations comes from freight and high-speed

trains, while emissions from diesel exhaust and dust from tracks pollute the air. Fuel combustion, track abrasion and freight leakages cause the most soil and plant contamination, because their emissions are neither chemically nor biologically degraded."

"Similarly, heavy metals found in the water bordering the tracks are often caused by leakages from petroleum products carried on the

Continued on P5

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SATURDAY  
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### FROM PAGE 1 >>

## Church body voices concern over double tracking works system."

The DCE put forth a number of questions for the legislators to introspect.

"Why are we destroying our traditional, ingeniously devised ecological systems built upon practically gained knowledge of slopes, water flow and soil absorption that has been perfected by generations of our ancestral villagers over centuries? Why are bulldozers destroying and changing gradients without scientific knowledge or emotional attachment to the land? The effects on quality of life and village character of Goa will be a tragedy for our community of Goans," the DCE added.

The DCE appealed to the legislators to stop, think, collect data, analyse it with impeccable honesty and have the will, courage and capability to change direction accordingly. "There needs to be a positive spirit that is the guiding force behind conceptualisation of sustainable developmental policies. Every locale has its own unique human, cultural and ecological characteristics that must be given due respect in the steady progress of development. Or else, we in Goa can look forward to a very bleak future - if indeed there will be a future at all," the DCE stated.





HERALD CAFE  
APRIL 14, 2023  
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## St Joseph Vaz College conducts Har Ghar Dhyam meditation programme



Under the aegis of Azadi Ka Amrit Mahotsav, Ministry of Culture has collaborated with the Art of Living foundation and launched a campaign- Har Ghar Dhyam. St Joseph Vaz College, Cortalim, conducted a one hour session on meditation and mental health for their staff and students.

The session began with compering by assistant professor Seliston Gama, followed by a prayer service led by students Leroy and Neha, and thereafter a speech by assistant professor Fr Bolmax Pereira, who told the audience how important yoga and meditation are for improving health and having a strong, flexible body. The librarian, Manali Acharya, welcomed everyone and introduced the resource persons, Shradha Parab and Vaishnavi Parab. They started out with some simple warm-up exercises and then showed how to perform Bhastrika pranayama.

Regular practice of Bhastrika pranayama helps to manage anxiety and

help to relax the body and mind. It also improves the lung and heart functions. It reduces blood pressure and improves heart health and blood circulation. Finally, everyone participated in a 20-minute meditation session during which they also emphasized the significance of daily meditation and how it can improve your work performance. According to research, meditation helps focus more, pay more attention, and multitask better. Meditation increases productivity by allowing us to focus on the here and now and by clearing our minds also reduces the chance of depression.

At the conclusion of the event, Principal Prof Maria Fonseca shared her insightful comments, emphasizing that yoga is a complementary medicine and urging the audience to occasionally do breathing exercises and meditate. She also expressed her gratitude to the resource people for giving up their time to lead the session. Ludiloy Pereira proposed the vote of thanks.





## Celebrating the wonders of millets

The year 2023 has been declared as the International Year of Millets by the United Nations at the behest of the Government of India. To commemorate the occasion, St Joseph Vaz College, Cortalim organised an intercollegiate interaction themed 'Through Millets we Grow' to raise awareness and encourage the production and consumption of millets. The IQAC of St Joseph Vaz College in collaboration with the Zonal Agricultural Office (ZAO), Margao organised the event, in the seminar hall of the institution.

The event began with a prayer service and later followed with an opening address by the administrator Prof Simao Diniz, who welcomed the participants and highlighted the importance of the event. The chief guest, Miguel Braganza, spoke to the participants and explained how millets can be served to people who don't like them by using delectable recipes. The resource persons for the event were Vismita Marathe from KVK, South and Jovita Rosada Siqueira from ZAO, Margao. Vismita Marathe gave a presentation on the various varieties of millets and their significance in daily life for

added health advantages. Jovita gave students and staffs a demonstration of how to make the well-known recipe Ambil. There were two competitions held for the participants, 'The Millet Dish' and 'The Millet Art Gallery', which were attended by participants from various colleges.

The first place for the Millet Dish competition was secured by Prajwal Sawant and Flossy Lucas from St Joseph Vaz College, Cortalim whereas the second place went to Ashlesha Mallya and Arwaaz Khan from Kamaxi College of Culinary Arts, Verna. Similarly the first prize for the Millet Art

Gallery competition was given to Shubham Kharwat and Yashasvie Gaunekar from Dhempe College, Miramar, and second place went to Vaishnavi Chodankar and Divyanka Borkar from St Xavier's College, Mapusa.

A memento with participation certificates was presented to each college for the participants. The event concluded with the principal, Dr Maria AAR Fonseca, offering the vote of Thanks. Overall, the event was successful in achieving its objective and provided a platform for the participants to learn and share their knowledge.



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भांगरभूंय

MARCH 27, 2023

MONDAY

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## कुठ्ठाळेच्या सेंट जोसेफ वाझ कॉलेजिंत बाजरेच्या उत्पादनाचेर जागृताय कार्यावळ



‘श्रु मिलेट वी ग्रो’ ह्या विशयाचेर आंतर कॉलेज संवाद कार्यावळींत वांटेकार जाल्ले विद्यार्थी. वांगडा हेर मानेस्त.

### ■ भांगरभूंय | खबरां मेज

**पणजी:** भारत सरकाराच्या सांगण्या प्रमाण जोड राश्ट्रांनी 2023 वर्स आंतरराष्ट्रीय बाजरेचें वर्स म्हूण जाहीर केलां. ह्या प्रसंगाच्या उगडासाक सेंट जोसेफ वाझ कॉलेज, कुठ्ठाळे हांणी बाजरेच्या उत्पादन आनी वापरा विशीं जागृताय आनी प्रोत्साहन दिवपा खातीर ‘श्रु मिलेट वी ग्रो’ ह्या विशयाचेर आंतर कॉलेज संवाद घडोवन हाडलो. सेंट जोसेफ वाझ कॉलेजीच्या आयक्यूएसी हांणी विभागीय शेतकी कार्यालय मडगांवच्या सहकार्यां ही कार्यावळ घडोवन हाडली. संस्थेच्या परिसंवाद हॉलांत ही कार्यावळ जाली.

हे कार्यावळीची सुरवात प्रार्थना सेवेन आनी प्रशासक फादर सिमाओ आर. डीनिज हांणी येवकाराचें उलोवप केल्या उपरांत जाली. ताणें कार्यावळींत

वांटेकार जाल्ल्या सगळ्यांक येवकार दिलो आनी हे कार्यावळीचें म्हत्व सांगलें.

मुखेल सोयरो मिगेल ब्रागांझा हांणी बाजरी उत्पादनाचेर आपले विचार मांडले. ह्या वेळार संसाधन व्यक्ती केव्हीके, दक्षिणांतल्यान सुश्री विस्मिता मराठे आनी विभागीय शेतकी कार्यालय, मडगांवची सुश्री जोविता रोसादा सिकेरा हाजीर आशिल्लीं. सुश्री विस्मिता मराठे हांणी बाजरेच्यो विंगड विंगड जाती आनी भलायकेक जोडिल्ल्या फायद्या खातीर दिसपट्टे जिणेंत तांचें म्हत्व सांगलें. सुश्री जोविता हांणी विद्यार्थ्यांक आनी कर्मचार्यांक आंबील कशें तयार करचें हें दाखयलें.

ह्या वेळार ‘द मिलेट डिश’ आनी ‘द मिलेट आर्ट गॅलरी’ अश्यो दोन सर्ती आयोजीत केल्ल्यो. हातूंत विविध कॉलेजींतल्या विद्यार्थ्यांनी वांटो घेतलो.

‘मिलेट डिश’ सर्तींत पयलें इनाम कुठ्ठाळेचे सेंट जोसेफ वाझ कॉलेजींतल्यान सुश्री प्रजवाल सावंत आनी सुश्री फ्लोसी लुकास हांकां मेळ्ळें जाल्यार दुसरें वेर्णाच्या कामाक्षी कॉलेज ऑफ वयुलिनरी आर्टसांतल्या विद्यार्थ्यांक सुश्री अश्लेशा मल्या आनी अरवाज खान हांकां मेळ्ळें. तेच प्रमाण ‘मिलेट आर्ट गॅलरी’ सर्तीचें पयलें इनाम मिरामारचे धेंपे कॉलेजींतल्या शुभम खरवत आनी सुश्री यशसवी गौनेकार हांकां आनी दुसरें इनाम सेंट झेवियर्स कॉलेज, म्हापुसाच्या वैष्णवी चोडणकार आनी सुश्री दिव्यांका बोरकार हांकां फावो जाले.

ह्या सर्तींनी वांटेकार जाल्ल्या दरेका म्हाविद्यालयाक प्रमाणपत्रां सयत यादस्तीक भेटयलें. प्राचार्य डॉ. मारिया ए.ए.आर.फोन्सेका हांणी उपकार मानून कार्यावळ सोंपयली.



## St Joseph Vaz College holds event on millets



**PANAJI:** The year 2023 has been declared as the International Year of Millets by the United Nations at the behest of the Government of India. To commemorate the occasion, St Joseph Vaz College, Cortalim organized an intercollegiate interaction themed 'Through Millets we Grow' to raise awareness of and encourage the production and consumption of millets. The IQAC of St Joseph Vaz College in collaboration with the Zonal Agricultural Office (ZAO), Margao organised the event, which took place on March 23 in the seminar hall of the institution. The Chief Guest, Miguel Braganza, spoke to the participants and explained how millets can be served to people who don't like them by using delectable recipes. The resource persons for the event were Vismata Marathe from KVK, South and Jovita Rosada Siqueira from ZAO, Margao.



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MARCH 27, 2023

MONDAY

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### Alarico wins table tennis title



The participants at 2nd All Goa Table Tennis Tournament for Staff of Archdiocese Board of Education.

**PANAJI:** Alarico Antao won the title at 2nd All Goa Table Tennis Tournament for Staff of Archdiocese Board of Education organised by the department of physical education and sports of St Joseph Vaz Institute of Education and St Joseph Vaz College, recently at Sts Philip and James Church Hall, Cortalim. In total, 28 participants from all over the State competed against each other for the title. In the final, Alarico Antao of Infant Jesus Higher Secondary, Colva beat Rowan Colaso of Our Lady of Rosary, Fatorda. Earlier in the semifinals, Alarico defeated Bony Vales of St Bartholomew's High School, Chorao and Rowan prevailed over Fr Americo Rodrigues St Bartholomew's High School, Chorao. The chief guest for the prize distribution ceremony was Rev Dr Simao Diniz, the administrator of St Joseph Vaz Educational Society.

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MARCH 18, 2023

SATURDAY

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O HERALD O

MARCH 16, 2023, THURSDAY

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## Fr Agnel emerge dead lift champs

Team Herald

**PANJIM:** Fr. Agnel's Technical Education Complex, Verna, emerged champions while Goa College of Home Science had to be content with the runners-up place in the All-Goa inter-college dead lift weight competition in association with Trishul Sports and Cultural Association at GVM auditorium, here.

Alton Almeida of Damodar College, Margao was declared the strongest man. Joviette Moniz of Goa College of Home Science was declared the strongest woman. In all, 19 colleges



HERALD PIC

participated.

Dr. Elroy Pinto of St. Joseph Vaz College, Cortalim gave away the prizes. SAG

coach Santosh Mhapsekar, Betty D'Silva of GVM'S College and Eshwar Naik of Trishul Club were the special guests.



### IN SHORT >>

#### Fr Agnel's-Verna win dead lift competition



**MARGAO:** Fr Agnel's Technical Education Complex, Verna emerged winners and Goa College of Home Science were runners-up in the All Goa Inter-collegiate dead lift competition organised by GVM's GGPR College of Commerce and Economics, Ponda in association with Trishul Sports and Cultural Association. Alton Almeida of Damodar College, Margao was declared as the strongest man of the competition held at the GVM'S College auditorium in the men's section while Joviette Moniz from Goa College of Home Science was declared as the strongest woman in the championship. Nineteen colleges participated in the event. The prizes were distributed by Dr Elroy Pinto, DPE, St Joseph Vaz College, Cortalim and SAG coach Santosh Mhapsekar, in the presence of Betty Dsilva, DPE of GVM'S College and Eshwar Naik of Trishul Club.

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THURSDAY

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## BOOK MARK COMPETITION

BHAGARBUE

1 MARCH 2023

WEDNESDAY

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### बुकमार्क सर्तीचें लिली नायक हाका पयलें इनाम

■ भांगरभूंय । खबरां मेज

**पणजी:** सेंट जोसेफ वाज कॉलेजीच्या ग्रंथालय विभागान हालींच विज्ञान दिसाची अपेक्षा दवरून विज्ञान स्नातक विद्यार्थ्यां खातीर बुकमार्क

सर्त घडोवन हाडली. जिणेचो एक भाग म्हूण 'विज्ञान' हो हे सर्तीचो विशय आशिल्लो.

हे सर्तीत पयलें इनाम लिली नायक, दुसरें इनाम नेहा पांडे आनी तिसरें स्वप्ना नायक हांकां फावो जालें.



## **St. Joseph Vaz College organises an activity 'Blind Date with a Book'**

**NT KURIO CITY**

**A**s part of Valentine's Day, the Department of Library in collaboration with NDLI Club organised a 'Blind Date with a Book' event for staff and students. The event's goal was to encourage reading among students and expose them to a variety of reading genres. The students were quite eager to see what kind of book they would receive. Upon reading the book, the readers gave their comments on the book by filling up a Google Form. They must suggest additional books they would want to read if they didn't find the book interesting. E-certificates will be given to readers who give their valuable time filling up the questionnaire. Thirty-five readers in total took part in the same. The library staff will benefit from this activity by better understanding reader preferences.

THE NAVHIND TIMES

FRIDAY

24 FEBRUARY 2023

Pg 8.



HERALD

17<sup>th</sup> FEBRUARY 2023

Pg 10 FRIDAY

## A blind date with a book

As part of Valentine's Day, the Department of Library in collaboration with NDLI Club organised a 'Blind Date with a Book' for the staff and students in the college library. The event's goal was to encourage reading among students and expose them to a variety of reading genres. The students were quite eager to see what kind of book they would receive. Upon reading the book, the readers have to give their



comments on the book by filling up a Google Form. They must suggest additional books they would want to read if they didn't find the book interesting. E-certificates were given to readers who give

their valuable time filling up the questionnaire. Thirty-five readers in total took part in the same. The library staff benefitted from this activity by better understanding reader preferences.





# St. Joseph Vaz College

Church Street, Cortalim, South Goa 403 710. INDIA

Managed by: **ST. JOSEPH VAZ EDUCATIONAL SOCIETY, PANJIM**  
Affiliated to Goa University and recognized by the Govt. of Goa



## Our Courses

B. Sc. in Botany

B. Sc. in Chemistry

B. Sc. in Microbiology  
(Applied)



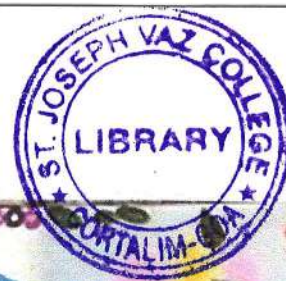
## Our Features

- ✓ Personalised Attention
- ✓ Industrial Visits/ Study Tours/ Field Trips
- ✓ Value Education
- ✓ Blended Teaching
- ✓ Guest Lectures
- ✓ Community Service
- ✓ Counselling
- ✓ Mentor-Mentee Programmes
- ✓ Well equipped Library and Laboratories
- ✓ Dedicated Faculty
- ✓ ICT enabled Classrooms
- ✓ Remedial Classes
- ✓ 100% results



Scan to Know More

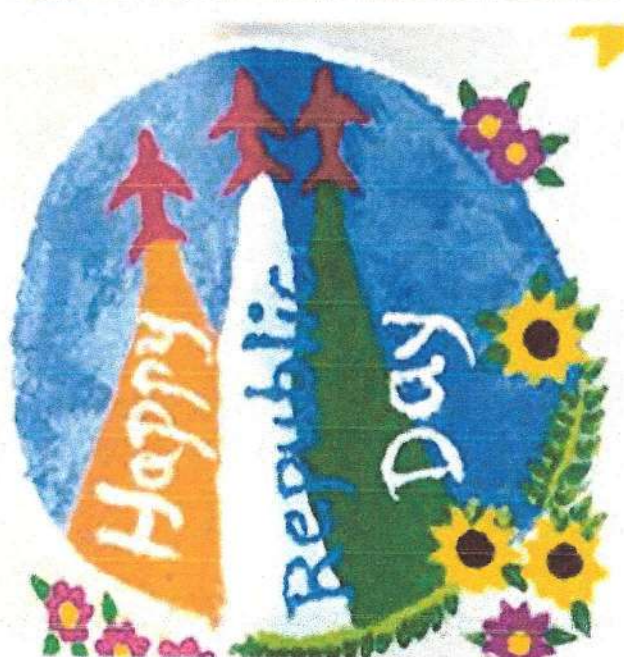




# The colours of India

NT KURIORITY

**O**n the occasion of Republic Day, an inter-class rangoli competition was organised by the counseling cell of St. Joseph Vaz College. A total of 15 students participated in the event which saw Jessica D'Silva (SY.B.Sc.) and Chavvi Singh (SY. B.Sc.) winning the first place. Shruti Sharma (TY. B.Sc.) and Lavina Fernandes (TY. B.Sc.) won second place and Shreya Mulik (FY. B.Sc.) and Ishwary Narvekar (FY. B.Sc.) won the third place.





THE NAVHIND TIMES

20<sup>th</sup> JANUARY 2023

Pg 8, FRIDAY

## St. Joseph College observes National Youth Day



### NT KURIOCITY

**T**he Red Ribbon Club of St. Joseph Vaz College, Cortalim, observed National Youth Day to motivate and inspire students to follow in the footsteps of Swami Vivekananda. His birth anniversary is celebrated as National Youth Day in India.

On the occasion, the convenor of the Red Ribbon Club Aroma Diniz quoted Swami Vivekanandas' quotes on ways of success and life, while the principal Dr. Maria Fonseca motivated the students to be good citizens and contribute to the development of the country. This was followed by the competition on 'My Icon,' where students participating impersonated their icon and spoke on how their icon inspires them.





# Rosary College triumph

**Staff Reporter**

Navelim

Rosary College of Commerce and Arts, Navelim won the inter-collegiate men's cycling championship organised by Goa University in collaboration with Rosary College of Commerce and Arts, Navelim, held on Saturday.

Government College of Arts, Science and Commerce, Quepem emerged as the runners-up. The third place was bagged by St. Joseph Vaz College, Cortalim.

Rohit Chodankar (35:45.00) of Rosary College, Navelim; Akash Yadav (36:08.00) of Rosary College, Navelim; and Parshuram



The winners along with the officials and dignitaries.

Ghadi of (35:28.00) of Govt. College, Quepem secured first, second and third places respectively in individual category.

The chief guest Dr. Averiano Barreto, former Director of Physical Education and Sports at Don Bosco College of Engineering

and guest of honour Professor Helic Barreto, Principal Rosary College, Rev. Dr. Jeromino D'silva, Vice Principal, Rosary College, Balachandra Jadar, Assistant Director of Physical Education and Sports, Goa University and other dignitaries were present.

THE NAVHIND TIMES

11 - JANUARY - 2023

WEDNESDAY

Pg 11











# Dangerous plants to watch out for

MARIA FONSECA

**L**ike animals, plants are constantly under threat and so they adopt strategies to optimise their chances of survival with internal and external defences.

A few boast armature such as thorns, spines, prickles, and stinging hairs. Others may be loaded with poisons to kill predators or to sicken them or emit compounds that warn them or accumulate crystals which irritate them.

There are two such dangerous plants which we should be aware of:

**Nerium oleander:** Commonly called rose bay or 'kaner' in Konkani, this is a commonly grown shrub cultivated as an ornamental plant in most gardens for beautiful flowers which grow in shades of pink, white, yellow, and red clusters. This plant grows to about 13- 15 feet tall, with long branches and leaves which are lanceolate in shape. The leaves are peculiar as they show multiple layers of epidermis, giving them a xerophytic character, i.e., they can avoid transpiration. This has now become an avenue shrub, planted in Goa under the new flyovers and bridges.

This plant is highly toxic, as per Plants of the World Online, a database published by the Royal Botanical Garden,



Nerium oleander

Kew, which mentions that in his military campaign, Alexander the Great lost men as a result of eating meat skewered on the twigs of this plant.

All parts of the plant contain a glycoside called oleandrin, which is harmful to men and animals if ingested. Inhalation of the smoke of the burning twigs can cause symptoms such as nausea, vomiting, hypotension, cardiac arrhythmia, coma, and even death. The sap of the plant can be used as a rat poison. However, the plant also has

medicinal properties too. The paper "Nerium oleander: A review" by Ranchi University, 2018, mentions the medicinal uses of *Nerium oleander* after extracting the bio- active compound, which is mainly useful for cancer treatment.

**Thevetia peruviana:** This is also grown as an avenue plant on Goan roads recently. This plant is found growing in the wild as well as an ornamental plant in gardens, commonly called the yellow oleander/ trumpet-flower. It is an evergreen shrub growing up to 10-15 feet tall with thin elongated linear leaves, spirally arranged, much branched with brightly yellow coloured trumpet-shaped flowers. The fruits are globose green and fleshy, turning black on ripening. The seeds are longitudinally and transversely divided. All parts contain milky latex. A close relative of *Nerium oleander*, it can self sow and can become a weed. The milky latex, and specially the fruit, contain a cardiac glycoside Thevetin A, Thevetin B, and Peruvoside. It is extremely poisonous and acts directly on the heart. If ingested it causes acute poisoning, headache, nausea, vomiting, abdominal discomfort, visual blurring, confusion, disorientation, distorted colour vision, occasional convulsions, cardiac arrhythmia, and coma.

*(The writer is the principal of St. Joseph Vaz College, Cortalim)*



Thevetia peruviana



06/01/2023

FRIDAY

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## Football fever at Nirmala

NT KURIOCITY

In a bid to provide a platform to engage in a physical activity and also to enjoy the beautiful sport, a football intramural was held for the D.El.Ed. students of Nirmala Institute of Education, Altinho at Don Bosco futsal ground, Panaji. The chief guest for the event was



college director of physical education and sports of St. Joseph Vaz, Cortalim, Dr. Elroy Pinto.



06/01/2023

FRIDAY

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## In Christmas mood

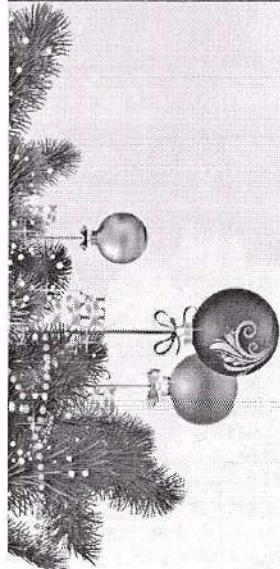
NT KURIOCITY

St. Joseph Vaz College, Cortalim celebrated Christmas family day programme along with the staff of St. Joseph Institute of Education, Cortalim, Our Lady of Perpetual Succour Primary and Pre-primary School,

Cortalim, Our Lady of Perpetual Succour High School, Cortalim, and Our Lady of Perpetual Succour Higher Secondary School, Cortalim. The programme began with a prayer service, followed by each institution putting up various items such as carol singing, skit, dance, and a fashion show.







# Green and clean Christmas

Reducing pollution, re-use and re-gifting can be new trends in Christmas

**Dr Fr Bolmax Pereira**

Convenor, Diocesan Commission for Ecology and Asst. Prof of Botany at St Joseph Vaz College, Cordalim

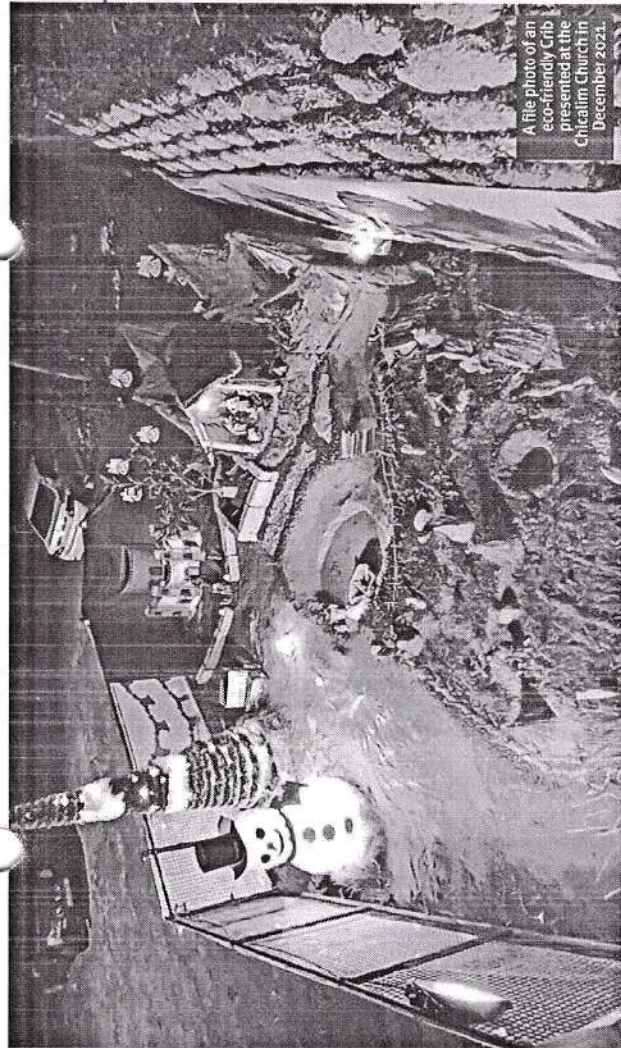
The festive season is back. It's time to celebrate the birth of our Saviour in the town of Bethlehem!

Yes, the town of Bethlehem celebrated the First Christmas, with hordes of Angels singing Glory to God in the highest and Peace to all men....! Shepherds running to witness the proclamation made by the Angels....we have come to worship Him. Magis who followed the star to worship the King of all the World born in a manger among the biodiversity of God's creation. Ain't the first Christmas so green and clean?

More than 2,000 years later, we still celebrate that birth which changed the course of history. In the present era, the Gen-Next is so immersed in the Christmas festivities, although we might be expressing it more commercially and globally rather than spiritually and religiously.

**Why not make our Christmas clean and green? A few thoughts:**

1. THE SINGING ANGELS MODEL: It was indeed



A file photo of an eco-friendly tree presented at the Chicalim Church in December 2021.

peaceful and soothing as the angels we heard on high were singing and playing the music. Let's make our parties sound green by simply following the decibel limit officially set by the Goa State Pollution Control Board (GSPCB). A Christmas without sound pollution.

**2. THE CURIOUS SHEPHERDS MODEL:** It was indeed blessed and fulfilling when the curious shepherds believed that the child born in a humble manger is indeed the messiah who created the whole universe and who sustains it. There are so many opportunities we curiously come across. Lot of money is being pumped in to buy land and develop properties. Let's make our Christmas celebration develop green by simply flushing out our greed and thus save the destruction of our land. A Christmas without land destruction.

**3. THE GIFTING MAGIS MODEL:** It was indeed joyous and meaningful when the Magis from the East, led by the star worshipped the Saviour of the world. And gifted him gold, myrrh and frankincense.

More than any other era, today's generation indulges in giving and receiving of gifts and presents during the Christmas season. It will do a world of green good if the family or friends group agreed on spending limit

expenditure.

## PERSONAL CONSIDERATIONS

This Christmas, I would personally inculcate "Buy smart" for ecology. The first point I would think while buying is, what would I do with it after the festival? How would I dispose it off after its use? Anything that will damage the environment after its use is out from my buy list. Fireworks that thrill but kill silently are no good buys for me any more. Hence, goodbye fireworks - I can celebrate better, cleaner and safer without it. To make it greener, I do not buy what is not needed. Like an extra pair of new shoes, extra trousers and apparels when my wardrobe currently needs deforestation.

**MY GREEN SANTA:** And as I think of Santa Claus, I cannot avoid imagining our elected representatives moving with that red bag on their shoulders. But instead of distributing goodies that would generate more waste around, I imagine them lifting and collecting the thrash that has been disposed unscientifically and unhygienically all over the place. Hope the gift loving children would not hate my Santa who wants to gift them with fresh environment and clean air. Till then, no more 'disposable gifts' this Christmas.

**GLOBAL CLIMATE CHANGE COMMITMENTS:** In this era of fast changing climate when the world is talking about mitigating the problem by reducing our carbon footprints, we cannot afford to keep our celebrations unchanged. Lot of unpopular conscious changes will need to be part of our celebrations to guarantee:

- \* No food wastage (RSVP invites, No unlimited service)
- \* Low waste generation (no use of disposable cups and plates)
- \* Law adherence to comply with environmental laws reg. noise pollution, air pollution, water and land pollution
- \* Eco-friendly decorations only
- \* Guests clean after party (now Japanese fans cleaned stadiums after football matches)
- \* Fine those caught littering around at the party venue.

Let's strive in simple ways to make this Christmas clean and green for everyone.\*





## Mandos hold centrestage

*A very positive vibe was felt at the 55th All Goa State Level Mando Festival as youngsters took the stage from across the state. The winners of the competition share their experience*

Doley D'Crus [dolcy@herald-go.com](mailto:dolcy@herald-go.com)

De Amor. Sirsainm



Crescendo Mapusa

The Goa Cultural and Social Centre has been encouraging young talent to come forward, presenting them with a grand stage at the All Goa State Level Mando Festival. This year, the Mando festival was held at Institute Menezes Braganza hall, Panjim over two days and though the number of participation was less, the enthusiasm and zest for great music made up for it. Talent was not in short supply at all as smiling faces of the children, gave hope to the audience that this form of traditional music will go on for more generations to come. With four major categories, the festival saw the participation of different schools and groups across Goa from the very young to groups that are making the effort to keep Mando alive.

**Children's category winner:**

Crescendo, Mapusa

In the Children's category, Crescendo, Mapusa, won the first prize while Sant Matevachim Noketram, Azossim won the second prize and Little Flower of Jesus

○ School, Calangute was awarded the third place.

Crescendo, Mapusa group was led by their teacher, Svetlana Rodrigues Fernandes, with students below the age of 12 years making up the group. The students were Zyran Fernandes, Chenoa Saldanha, Matt Rodrigues, Eleanor De Sa, Ashveel Dias, Evette D'Souza, Ryan Alvares, Rennabelle Fernandes, Avalon Fernandes and Frieda Lobo. The musicians were Velerio Mascarenhas on violin, Serilda Carvalho on guitar, Janice Parras on violin and Malcolm Rodrigues on ghumot. "This was the first time Crescendo participated in the Children's category and Svetlana Rodrigues did a wonderful job of leading the group. The members are all part of the music school and the children are also musicians who play different instruments. If children get the right experience of Mando, it is training the next generation of Mando singers and musicians. The Mando festival especially the organisers, Francisco Noronha and Milagres Fernandes, give the children a great platform by retaining the children's category," says Fr Ramiro Luis, Director of Crescendo and assistant professor, Psychology at St Xavier's College, Mapusa. Crescendo, Mapusa performed the Mando, 'Bosun Fulani' and Dulpod, 'Aitara Sonta Misako'.

Teenager's category winner:

Ruzaieche Fulte Kotle, Navelim

Ruzaieche Fulte Kolle, Navelim won the first prize in the Teenager's category, followed by Spring Valleyche



Ruzaieche Fulte Kotte, Navelim

Fulterm Bonge, Pilerne and Bhagevont Terezachim, Pormollit Fullam, Candolim. The group formed by the students of Rosary Higher Secondary School, Navelim and was led by their biology professor, Rolita Judy Pires, and the participants included Victoria Da Costa, Sherwin Dias, Ruella Gomes, Alroy Fernandes, Danielle Sales, Daiwik Dias. Massima Rodrigues, Joshua Vaz, Saphira Pires and Mashvik Vaz. The musicians for the Mando were Vozlar Pereira, Alric Antao and Marc Mascarenhas and Rodwin Dias. The participants are students of Class 11 and 12 from all the streams in the higher secondary school. Ruchita Gomes selected the Mando and Dulpod and Adrielle Antao did the music score. Rolita was assisted by Alico Fernandes, a communication skills professor in the vocation stream "This is the first time we participated in the festival and the students were excited to win the competition. I wanted to give the students exposure to the traditional form through Mando and now through them more children will be interested in the music," says Rolita, who was encouraged by the principal of the school, Margaret Dias.

Traditional category winner:

De Amor, Sirsaim

De Amor, Siraism bagged the first place in the Traditional category. Sant Matevachim Noketram, Azossim and Sant Juze Vazachim Pavlam, Cortalim were awarded second and third prizes, respectively. The group was led by Worrel D'Souza and the participants included Fr Peter Britto, Fr John Fernandes, Fr Joseph Dias, Walter Lobo, Jeffrey Viegas, Sweezel Carvalho, Emrenda Moniz

Nikita Machado, Rosanne Coutinho, Clarissa Camelo and Janice Parras. The musicians included Velerio Mascarenhas, Cleon D'Souza, Serilda Carvalho and Ashley D'Souza. The Mando, 'Soglench Mhojem Vidu Chintunum'. The group was initially formed by students from St Xavier's College who were earlier

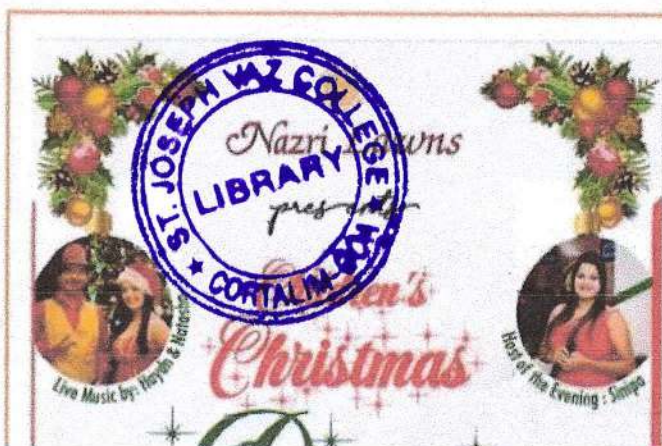
part of the Mando group. We have members from different parts of Goa and through the practises, we get to reunite with our friends. This year, we had just a few weeks of training, but we kept in touch by sharing notes online. Everyone practised their parts individually before meeting for the group rehearsals," says Worrel, an assistant professor at St Xavier's College, Mapusa.

Original category winner:

De Amor, Sirsaím

In the Original category, De Amor, Sirsaim bagged the first place, the second prize was won by Sant Matevachim Noketram, Azossim and third prize by Old Goachi Porzolit Fulam, Old Goa. "Fr Peter Britto started working on the song from last year itself but we waited to write the Dulpod a little later as it has to be on current topics. Jeffery Viegas, Velrio Mascarenhas, Serilda Carvalho and Fr Joephil Dias helped him in arranging the music."

Sant Matevachim Noketram, Azossim performed a special Mando for the dance category.





HERALD CAFE

16<sup>th</sup> DECEMBER 2022

Pg 10, FRIDAY.



NOT JUST LIFE IN THE CLASSROOM



## Football Fever hits Nirmala's

To showcase the FIFA World Cup football fever, a football intramural was held for the DEIED students of Nirmala Institute of Education, Altinho, Panjim, at Don Bosco Futsal Ground, Panjim. The purpose of the intramurals was to provide a platform to engage in a physical activity and also to enjoy the beautiful sport. Nirmala Institute encourages active participation in different sporting events, as they believe that being "fit is the way of life" and as teachers they will be able to pass on the positive attitude towards sports and physical activity to the upcoming generations. The chief guest for the event was Dr Elroy Pinto, College Director of Physical Education and Sports of St Joseph Vaz, Cortalim. In order to bring in the World Cup vibes, the students presented a dance on theme song of the FIFA World Cup 2022 and also showcased flags of different nations. The students also got their faces painted showcasing their support to their favourite teams.





HERALD CAFE

16<sup>th</sup> DECEMBER 2022

FRIDAY

Pg 10.



# Kampus

## Sc i-π organised by St Joseph Vaz College



**S**t Joseph Vaz College, Cortalim organized Sc i-π, an event for higher secondary schools. A total of eight higher secondary schools participated in the event which comprised of street play, salad decoration, fun with numbers, physics working model, chemical dance and fitness challenge. The event commenced with the inaugural function. The Administrator of St. Joseph Vaz College, Fr Simão Diniz welcomed the gathering and briefed about the event as well as the college. The chief guest, Akshat Tyagi, director of SUSBIO, Sustainable Biosolutions LLP in his speech, applauded

the efforts of the college for providing a platform for students to showcase their talents.

This was followed by a trophy march by the college students who walked to the stage with the event trophies. The inaugural concluded with the vote of thanks proposed by Prof Maria Fonseca, principal.

At the valedictory function, Jawaharlal Nehru Higher Secondary School triumphed as winners whereas Deepvihar Higher Secondary School emerged runners up. The competitions were well attended and the winners of the on-stage and off-stage events are as follows:

### STREET PLAY

First Prize: Santa Cruz Higher Secondary School  
Second Prize: Jawaharlal Nehru Higher Secondary School

### SALAD DECORATION

First Prize: Mount Mary's Higher Secondary School  
Second Prize: Deepvihar Higher Secondary School

### FUN WITH NUMBERS

First Prize: Jawaharlal Nehru Higher Secondary School  
Second Prize: Deepvihar Higher Secondary School

### PHYSICS WORKING MODEL

First Prize: Deepvihar Higher Secondary School  
Second Prize: Murgao Education Society's Higher Secondary School

### CHEMICAL DANCE

First Prize: Jawaharlal Nehru Higher Secondary School  
Second Prize: Rosary Higher Secondary School

### FITNESS CHALLENGE

First Prize: Murgao Education Society's Higher Secondary School  
Second Prize: Government Higher Secondary School, Baina



THE GOAN

FRIDAY 16<sup>th</sup> DECEMBER 2022 Pg. 5

### Sci-Pi held at St Joseph Vaz College



**PANAJI:** St Joseph Vaz College, Cortalim organised Sci-Pi, an event for higher secondary schools, on December 12. A total of eight higher secondary schools participated in the event which comprised of Street Play, Salad Decoration, Fun with Numbers, Physics Working Model, Chemical Dance and Fitness Challenge.

The event commenced with the inaugural function. The Administrator of St. Joseph Vaz College, Rev Dr Simão Diniz welcomed the gathering and briefed about the event as well as the college. The chief guest, Sustainable Biosolutions (SUSBIO) Director Akshat Tyagi, in his speech applauded the efforts of the college for providing a platform for students to showcase their talents.





THE NAVHIND TIMES

THURSDAY 15/DECEMBER/2022

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**APPOINTMENT**

**ST. JOSEPH VAZ EDUCATIONAL SOCIETY**  
**St. Joseph Vaz College**  
CORTALIM - GOA 403 710

**WALK-IN-INTERVIEW**  
**ASSISTANT PROFESSOR IN ENGLISH**

01 Post on Lecture basis for the Academic Year 2022-23  
Interested candidates should attend the walk-in-interview on  
**21.12.2022** at St. Joseph Vaz College from **10.30 a.m. to 12.00 p.m.**  
**Essential Qualification:** As per UGC, Goa University and DHE  
**Scale of pay, Terms & Service Conditions:** As per the  
provisions of Directorate of Higher Education, Goa University,  
Government of Goa, St. Joseph Vaz Educational Society and  
other competent authorities.  
Candidates appearing for the interview must bring the applications  
with full bio-data and certified copies of all examinations from SSC  
onwards.  
**Date: 15.12.2022** **ADMINISTRATOR**  
Camo Advtg.,



HERALD

THURSDAY 15/DECEMBER/2022

Pg. 5

**appointments**

**ST. JOSEPH VAZ EDUCATIONAL SOCIETY**  
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onwards.  
**Date: 15.12.2022** **ADMINISTRATOR**  
Camo Advtg.,





HERALD  
2/DEC/2022  
HERALD CAFE  
FRIDAY



NOT JUST LIFE IN THE CLASSROOM

*Herald*  
**Café**  
Panjim Friday December 2, 2022

## Carmel College signs MoU with Goa State Biodiversity Board



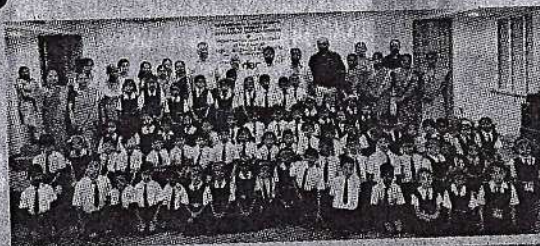
Member Secretary of GSBB with Zoology faculty of Carmel College, Nuvem

iversity Research Cell of Carmel for Arts, Science and Commerce en, recently signed Memorandum ing with the Goa State Biodiversity oratories Dr Sr Maria Lizanne AC

and Dr Pradip Sarmokadam agreed to share their resources towards addressing the gaps in understanding the state biodiversity and collaborate for the cause of conservation and sustainable utilization of Goa's biological resources. Member Secretary of the Goa State Biodiversity Board also released a sanction order of grants for supporting research project on 'Diversity, distribution and conservation concerns of Bats in Goa' to be

carried out by Dr Manoj Borkar and Pratiksha Sail, faculty members in the Department of Zoology. Dr Sarmokadam also spoke on 'Transparent and Participatory Management of Biodiversity in the state of Goa'. Sr Lizanne, principal, highlighted the role of Carmel College in promoting eco-feminist leadership and assured the State Biodiversity Board of proactive cooperation for the cause of state's biodiversity conservation.

## School Material Distribution Programme for students



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a,

rcel and Cumbharjua. The place at Swarnam Hall, Corlim. K. Desai, MLA of Cumbharjua as the chief guest for the was held in the presence of the head, Deccan Fine Arts, Yogesh Arora, Head HR, Admin, Ashokkar - Sarpanch, Corlim, Chadkar, Manager CSR, students. Desai acknowledged the education in shaping the e and country. He assured we no stone unturned and educational institutes in his e not deprived of any basic



infrastructure needs. He further lauded the various initiatives taken by Deccan under CSR towards development of Corlim village. Kiran Desai also stressed on importance of education and how Deccan through its CSR programme intends to support the villagers in various aspects. Yogesh Arora proposed the vote of thanks. More than 1000 students benefit from this exercise annually.

## Breast Cancer Screening Programme organised at St Joseph Vaz College

St Joseph Vaz College, Cortalim in collaboration with Don Bosco College, Panjim and Nirmala Institute of Education, Altinho organised a Breast Cancer Screening Program for the people of Cortalim and nearby villages at St Joseph Vaz College, Cortalim as part of the Memorandum of Understanding signed between St Joseph Vaz College and Don Bosco College. The screening was conducted by Dr Dandelie Rodrigues and Stefny Cardozo of YouWeCan NGO. The objective of

organising the program was to give access to the people of the villages to avail of the screening facilities provided as it is difficult for people in rural areas to have access to such screening programs and have the diagnosis at an early stage. There were 101 participants who participated in the screening program. The participants were also informed about the risk factors associated with breast cancer, importance of early diagnosis, symptoms of breast cancer and facts and myths about breast cancer.

## Celebrating the life of José Saramago

Camões-Centro de Língua Portuguesa, in collaboration with Portuguese and Lusophone Studies of Sheno Goembab School of Languages and Literature, Goa University, is organising the exhibition 'José Saramago: retracing the steps that were taken'. The novels of the 1998 laureate Nobel José Saramago

towards reading and re-reading Saramago, as suggested by a passage in 'Journey to Portugal'. It is necessary to retrace the steps that were taken, to repeat them and to plot new paths alongside them. There will be Conversas Saramaguianas, online interactions with some of the winners of the José Saramago

## Art exhibition

per Art  
Dona

exhibition which will be held on December 2 at

Patil, and Sandhya Gad will be showcasing their



HERALD CAFE

FRIDAY

25 / NOVEMBER / 2022

NOT JUST LIFE IN THE CLASSROOM

*Herald*  
**Café**  
Panjim Friday November 25, 2022

## National Unity Day celebrated at St Joseph Vaz College

As part of the National Unity Day celebration, the department of physical education and sports of St Joseph Vaz College, Cortalim, organised a 'Unity Run' for the staff and students of the college. The day started with the staff and students taking the 'Rashtriya Ekta Diwas Pledge'. The pledge was administered by sports secretary, Sharif Ansari. The participants took the pledge to preserve the unity, integrity and security of the nation. They also pledged to make their contribution to ensure internal security of the country. In total, there were 50 participants present for taking the pledge.



This was followed by the 'Unity Run' in which the students and some staff members enthusiastically took part. A total of 32 students and 11 staff members participating in the run. The students ran a total of 3 kilometres covering a large part of Cortalim village. The participants spread the message of unity

among the people and highlighted the importance of the day. The students and staff also participated in a special exhibition on the life of Sardar Vallabhbhai Patel in the college hall. The exhibition highlighted the vision and actions taken by Sardar Vallabhbhai Patel for the unification of the country.





THE NAVHIND TIMES

19/OCTOBER/2022

WEDNESDAY

Pg 13.

## Chowgule College, CES College secure big wins



Players of Parvatibai Chowgule College and St. Joseph Vaz, Cortalim in action at Goa University Ground on Tuesday.

**Staff Reporter**  
Panaji

Parvatibai Chowgule College, Gogol-Margao and CES College, Cuncolim registered big wins in their respective matches of the Inter Collegiate Football Championship on Tuesday.

Chowgule College defeated St. Joseph Vaz, Cortalim 4-1 with Smactton Pereira scoring a brace for the winners and Hayston

Pereira chipping in with a goal. Their fourth goal was an own-goal. Rishikesh Fadte scored the lone goal for St Joseph Vaz.

Meanwhile, Rahul Gaonkar's four-goal blitz powered CES College, Cuncolim to a thumping 8-0 win over P.C.C.E Verna. Alent Colaco, Akshay Vilip, Manjunath Kanuajiya and Swehan Gaonkar scored one goal each.

In other matches of the tournament, S. Caculo Col-

### Today's Matches

> **GU ground:** Goa Medical College, Bambolim V. Fr. Agnel College, Pilar, 10 a.m.; S.S. Dempo College, Cujira V. VMS College of Law, Miramar, 2 p.m.; St. Xavier's College, Mapusa V. Ganpat Parsekar College of Education, Harmal, 3.15 p.m.

> **Rosary College ground, Navelim:** Narayan Zantye College, Bicholim V. Goa College of Music, Althino, 10 a.m.; Goa College of Engineering, Farmagudi V. Govt. College, Sanquelim, 2 p.m.; Don Bosco College of Engineering, Fatorda V. Vidya Prabodhini College, Porvorim, 3.15 p.m.

lege edged past Goa Multi-Faculty 2-1; Assagao beat Agnel Institute 3-0; VMS Institute of Hospitality blanked PES Pharmacy 4-0 and Govt. College, Quepem registered a solitary-goal win over Don Bosco College, Panaji.





THE GOAN

19/OCTOBER/2022 - WEDNESDAY

Pg 12



## INTER-COLLEGIATE FOOTBALL C'SHIP MEN

# CES College blast 8 past PCCE

THE GOAN NETWORK

### PANAJI

S Caculo College defeated Goa Multi-Faculty 2-1 on Tuesday at the Goa University Ground.

S Caculo College scored twice in the first half through Omkar Shetgaonkar and Saideep Pomburphekar in the 24th and 30th minute respectively. Multi-faculty pulled one back in the second half with a goal from Darshan Pujari in the 56th minute.

Meanwhile, Parvatibai Chowgule College defeated St Joseph Vaz, Cortalim 4-1. A Smactkton Pereira brace in the first half gave Chowgule College a 2-0 lead. Chowgule added 2 more goals in the second half when Hayston Pereira found the net in the 51st minute which was followed by an own goal in the 57th. St Joseph Vaz bagged a consolation goal through Rishikesh Fadte in the 63rd minute.

DM's College, Assagao defeated Agnel Institute 3-0. Goals from Aman Kambli,



A penalty being taken in the CES College Cuncolim vs PCCE Verna game.

Krish Naroji in the first half gave DMC a comfortable lead before adding another in the 65th minute to seal the victory.

VMS Institute of Hospitality defeated PES Pharmacy 4-0 at Rosary College Ground, Navelim.

Dellion D'Silva struck twice before the break for VMS Institute while Credon Pinto and Aden Dias doubled the scoreline in the second half to make it 4-0.

Government College Que-

pem defeated Don Bosco College, Panjim 1-0 in what was a clash of heavyweights.

A solitary goal from Savlon Fernandes in the 70th minute was just enough to see Govt College Quepem pip Don Bosco.

CES College Cuncolim hammered PCCE Verna 8-0. Rahul Gaonkar emerged as the star of the match with four goals to his name while Alent Colaco, Akshay Vilip, Manjunath Kanuajiya and Swehan Gaonkar scored one goal each.



# Rosary College wins Inter-College Taekwondo Men's Championship

THE GOAN NETWORK

## PANAJI

Rosary College of Commerce and Arts, Navelim won the Inter-Collegiate Taekwondo Men's Championship 2022-23 held from October 11 to 12. The Championship was organised by Goa University at Jubilee hall, Taleigao Plateau. Goa College of Engineering, Farmagudi claimed the Runners-up position and Don Bosco College of Engineering, Fatorda finished third.

Chief Guest for the presentation ceremony Avertano Barreto, College Director of Physical Education and Sports, Don Bosco College of Engineering, Fatorda graced the occasion and presented Medals and trophies to the winners.

Results of the Championship are as follows: Upto & Including 54kgs - Rushad Naik, Gold (Chowgule College, Margao), Omkar Vernekar, Silver (Shree Damodar College, Margao), Manjunath Madar, Bronze (DBC, Panjim) and Vicky Chawan, Bronze (DMCR, Assagao).

Upto & Including 58kgs - Sachin Kumar, Gold (GCE,



Rosary College, Navelim team along with dignitaries Avertano Barreto, College Director of Physical Education and Sports, Don Bosco College of Engineering, Fatorda and others.

Farmagudi), Akash Gouder, Silver (MES College), Mason Niasso, Bronze (Rosary College, Navelim) and Geetesh Kawalekar, Bronze (GVM's GGPR College, Ponda).

Upto & Including 63kgs - Ajay Raj M, Gold (Rosary College, Navelim) and Umesh Pada Salimani, Silver (St Joseph Vaz College, Cortalim).

Upto & Including 68kgs - Toshith Arolkar, Gold (GCE, Farmagudi) and Bhavesh Gawde, Silver (GCE, Farmagudi).

Upto & Including 74kgs - Harsh Panghal, Gold (GVM's GGPR College, Ponda) and

Clive Rodrigues, Silver (DBCE, Fatorda).

Upto & Including 80kgs - Carson Rodrigues, Gold (DBCE, Fatorda) and Aliester Fernandes, Silver (DBCE, Fatorda), Ainan Shaikh, Bronze (DBC, Panjim).

Upto & Including 87kgs - Tanyan Joshva Da Costa, Gold (Rosary College, Navelim) and Shashi Sahani, Silver (DBC, Panjim).

Above 87kgs - Clayton Barbosa, Gold (Rosary College, Navelim) and Muheet Bhat, Silver (Shree Damodar College, Margao).

THE GOAN

FRIDAY

14/OCTOBER/2022

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2022-23





14<sup>TH</sup> OCTOBER 2022

FRIDAY

HERALD CAFE

2022-23

# Kampus

## Carmel College celebrates World Animal Day with mangroves walk

The Environment Protection Club (EPC) and the Department of Economics of Carmel College of Arts, Science and Commerce for Women collaborated with the Department of Botany of St Joseph Vaz College to organize a unique event on the occasion of World Animal Day. A 'Mangroves Walk' was organised under the expert guidance of resource person, Dr Bolmax Pereira, faculty of Botany at St Joseph Vaz College who is an erudite researcher and ardent nature advocate. He took the enthusiastic group of over 80 students on a nature trail along the path bordering the thick mangroves forest across the course of the Zuari River flowing through Sancoale, at Cortalim. Using a microphone and portable sound system, Dr Pereira meticulously explained to the large group about the types of mangroves and their ecological and economic significance. The walk provided the students with a hands-on experience on mangroves enabling them to identify the species of mangroves,



the flora, fruits and the unique characteristics and growth patterns of mangroves. Dr Pereira stressed on the role of mangrove ecosystem as a fish nursery and as a carbon sink, thus playing a vital ecological role in mitigating climate change and aiding in sustainable economic development.

The interesting viviparous process of mangroves seed germination when still attached to the mother plant, prospects of honey from avicennia mangroves, mangrove apples and the mangroves root system particularly caught the attention of students, who also tried climbing the sturdy and winding mangrove branches.

A batch of students of TYBA Economics of Carmel College working on a project on economic significance of the mangrove ecosystem got valuable first-hand information for their project study and interacted with Dr Pereira on the topic.

The plastic waste thrown by the sea onto the mangrove marshy land was quite an unsavory sight to behold. EPC volunteers and others collected plastic waste caught in the roots and handed over to the local panchayat. World Animal Day is celebrated annually on the feast day of St. Francis of Assisi, who is honoured as the Patron Saint of Animals and Ecology.





# Rosary clinch varsity taekwondo championship

TIMES NEWS NETWORK

**Margao:** Rosary College of Commerce and Arts, Navelim, won the Inter-Collegiate taekwondo men's championship 2022-23, organised by Goa University at Jubilee hall, Taleigao, on Wednesday.

Goa College of Engineering, Farmagudi, claimed the runnersup position and Don Bosco College of Engineering, Fatorda, finished third.

## LOCAL BEAT

**Results: 54kgs:** 1 Rushad Naik (Chowgule College, Margao), 2 Omkar Vernekar (Damodar College, Margao), 3 Manjunath Madar (DBC, Panaji) and Vicky Chawan (DMCR, Assagao). **58kgs:** 1 Sachin Kumar (GCE), 2 Akash Goudar (MES), 3 Mason Niasso (Rosary College, Navelim) and Geetesh Kawarekar (GVM's, Ponda). **63kgs:** 1 Ajay Raj M (Rosary College, Navelim), 2 Umesh Salimani (St Joseph Vaz College, Cortalim), 3 Nash Gomes (DBCE) and Uddav Talkatkar (St Xavier's, Mapusa). **68kgs:** Tos-



Rosary College of Commerce and Arts, Navelim, won the Inter-Collegiate taekwondo men's championship 2022-23, organised by Goa University at Jubilee hall, Taleigao, on Wednesday

hithi Arolkar (GCE), 2 Bhavesh Gawde (GCE), 3 Vishal Lamani (MES) and Balshiva Lamani (MES). **74kgs:** 1 Harsh Panghal (GVM's), 2 Clive Rodrigues (DBCE), 3 Tanmay Deshpande (Chowgule) and Shashiraj Rathod (DBC). **80kgs:** 1 Carson Rodrigues (DBCE), 2 Aliester Fernandes (DBCE), 3 Ainan Shaikh (DBC) and Dhruv Kumar (VM Salgaocar College of Law, Miramar). **87kgs:** 1 Tanyan Joshua Da Costa

## Augustias enter semis

Augustias Sporting Club de-

feated Goan Warriors FC 1-0 to enter the semifinals of the FC Tuem Champions Trophy Inter-Village football tournament at Tuem ground, on Thursday.

Anford Fernandes scored the winner.

## Verna move ahead

Verna defeated Candolim 3-0 to move ahead in the veterans football tournament at Singuetim ground, Navelim, on Thursday. Jerose Oliveira, Remedios Barreto and Vincent Barbosa netted a goal each for Verna.

## Vivekanand HSS triumph

Vivekanand HSS, Balli, defeated Balram HSS, Canacona, 49-14 to emerge champions in the boys U-19 zone IV kabaddi tournament at Borimol sports complex, Quepem, recently.

In the first match, Vivekanand defeated Atal Bihari Vajpayee HSS, Mollem, while in the semifinals they got the

better of Cumcolim United HSS.

## COMING EVENT

### All-India chess tourney

The Tiswadi Taluka Chess Association, under the auspices of Goa Chess Ad-hoc Committee and All India Chess Federation, in collaboration with Institute Meneses Braganza, Panaji, will organise the third TTCA All-India Open FIDE rating chess tournament from October 30 to November 3 at Institute Meneses Braganza hall, Panaji. A total of 57 players will take part. There will be prizes in different age group categories, best veteran and best women.

The tournament is open for boys, girls, men and women as well as foreigners. Players can submit their entries on or before October 26 to Dattaram Pingre (9822157208) or Arvind Mhamal (9422386547), by 5pm.

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THE TIMES OF INDIA

FRIDAY 14/OCTOBER/2022

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2022-23





**SOUNDARYA EDUCATIONAL TRUST(R)**  
**SOUNDARYA INSTITUTE OF MANAGEMENT AND SCIENCE**  
 Soundaryanagar, Bangalore - 560 073  
 Website: [www.soundaryainstitutions.in/sims](http://www.soundaryainstitutions.in/sims)  
 Ph: 080-29510260/29510261



Applications are invited from the Indian Nationals for MBA programme.

Sl. No.	Name of the post	Qualification required	Nature	Category	No. of post
1.	DIRECTOR for MBA programme	MBA/ Ph.D. with 15 years of experience	Regular	General	01
2.	PROFESSOR	MBA/ Ph.D. with 12 years of experience	Regular	General	01
3.	ASSOCIATE PROFESSORS	MBA/ Ph.D. with 10 years of experience	Regular	General SC/ST	01 01
4.	ASSISTANT PROFESSORS	MBA/ Ph.D. with 5 years of experience	Regular	General OBC	01 01

**Salary as per AICTE norms**

Interested candidates may send their applications along with a recent passport size photograph and copies of testimonials to [hr@soundaryainstitutions.in](mailto:hr@soundaryainstitutions.in) on or before 30<sup>th</sup> August 2022.

**Sri Keerthan Kumar. M**  
**CEO**  
 Soundarya Educational Trust®  
 Ph: 9964514873

**ST. JOSEPH VAZ EDUCATIONAL SOCIETY**  
**St. Joseph Vaz College**  
 Cortalim, Goa - 403 710

Applications are invited in **online mode** from Indian Nationals for the following Teaching Posts:-

**I. Regular/Full-time post:**

1. College Librarian

- 01 Post

**II. Contract basis posts:**

1. Assistant Professor in Physics

- 01 Post

2. Assistant Professor in Chemistry

- 01 Post

3. Assistant Professor in Botany

- 02 Posts

**III. Lecture basis posts:**

1. Assistant Professor in Chemistry

- 01 Post

2. Assistant Professor in Botany

- 01 Post

3. Assistant Professor in Environmental Studies

- 01 Post

**Essential Qualification:** As per UGC, Goa University and DHE.

**Other Requirements:** Knowledge of Konkani and valid 15 years of Residence Certificate in Goa is essential. Knowledge of Marathi is desirable.

The link to apply for the Teaching posts: <https://stjosephvazcollege.in/vacancies/>

Candidates already employed shall upload their applications through proper channel. The right to fill up the above mentioned post is reserved.

Detailed information can be viewed on the college website: [www.stjosephvazcollege.in](http://www.stjosephvazcollege.in).

Applications for all the above posts are to be submitted **within 15 days** from the date of publication of this advertisement. It is to be noted that the applications are to be submitted in **online mode only**. Late submission or incomplete applications in any manner will not be accepted.

Date: 13.08.2022

**ADMINISTRATOR**



**ST. JOSEPH VAZ EDUCATIONAL SOCIETY**  
**St. Joseph Vaz College**  
CORTALIM - GOA 403 710

Applications are invited in online mode from Indian Nationals for the following Teaching and Non-Teaching Posts:

**A) TEACHING POSTS:**

**I. Regular/Full-time post:**

1. College Librarian - 01 Post

**II. Contract basis posts:**

1. Assistant Professor in Physics - 01 Post  
2. Assistant Professor in Chemistry - 01 Post  
3. Assistant Professor in Botany - 02 Posts

**III. Lecture basis posts:**

1. Assistant Professor in Chemistry - 01 Post  
2. Assistant Professor in Botany - 01 Post  
3. Assistant Professor in Environmental Studies - 01 Post

**Essential Qualification:** As per UGC, Goa University and DHE

**B) NON-TEACHING POST:**

1. College Counsellor - 01 Post (Contract)

**Essential Qualification:** Master in Psychology/Human Development from a recognised University/Institution with minimum 55% marks in aggregate.

**Other Requirements:** Knowledge of Konkani and valid 15 years of Residence Certificate in Goa is essential. Knowledge of Marathi is desirable. The link to apply for the Teaching and Non-Teaching posts: <https://stjosephvazcollege.in/vacancies/>

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**Date: 13.08.2022**

**ADMINISTRATOR**

Camo Advtg.

13/AUG/2022

The Navhind Times

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**ST. JOSEPH VAZ EDUCATIONAL SOCIETY**  
**St. Joseph Vaz College**  
CORTALIM - GOA 403 710

Applications are invited in online mode from Indian Nationals for the following Teaching and Non-Teaching Posts:

**A) TEACHING POSTS:**

**I. Regular/Full-time post:**

1. College Librarian - 01 Post

**II. Contract basis posts:**

1. Assistant Professor in Physics - 01 Post  
2. Assistant Professor in Chemistry - 01 Post  
3. Assistant Professor in Botany - 02 Posts

**III. Lecture basis posts:**

1. Assistant Professor in Chemistry - 01 Post  
2. Assistant Professor in Botany - 01 Post  
3. Assistant Professor in Environmental Studies - 01 Post

**Essential Qualification:** As per UGC, Goa University and DHE

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**Date: 13.08.2022**

**ADMINISTRATOR**

Camo Advtg.

13/AUG/2022

Herald

7 Pg.





3 JULY, 2022  
 SUNDAY, Pg 13  
 Herald

## CONDOLENCE

*God Bless And Grant Eternal Rest  
 To Our Beloved "Good Shepherd"  
 Archbishop - Patriarch Emeritus*



### **Most Rt. Rev. Raul Nicolau Gonsalves**

*"Well done, thou good and faithful servant...  
 Enter thou into the joy of thy Lord" Mt. 25:21*

With deep heartfelt sympathies:

**The Management, Administrator/Manager, Principal,  
 Co-ordinator, Headmaster, Staff and Students of  
 St. Joseph Vaz College,**

**St. Joseph Vaz Institute of Education,**

**Our Lady of Perpetual Succour Higher Secondary,  
 High School, Primary and Pre-primary School, Cortalim-Goa.**

*We pray that the Lord grant eternal peace  
 to our Archbishop and convey our deepest condolences and  
 prayers to his bereaved family.*





THE NAVHIND TIMES 22/06/2022 WEDNESDAY

Pg 5

**ST. JOSEPH VAZ EDUCATIONAL SOCIETY**  
**St. Joseph Vaz College**  
 Cortalim, Goa - 403 710

**VACANCY**

Applications are invited via online mode for the post of  
**MULTI-TASKING STAFF** on Regular basis (01 post):

**Requirements:**

- 1) Passed S.S.C. from a recognised Board/ Institution or Passed Course conducted by Industrial Training Institute or equivalent qualification in relevant trade from recognized Institution.
- 2) Knowledge of Konkani is essential and Knowledge of Marathi is desirable.
- 3) Valid 15 years Residence Certificate in Goa.
- 4) Valid Employment Exchange Registration Card.

**Scale of Pay, Terms and Service conditions:** As per the provisions of Directorate of Higher Education, Government of Goa, St. Joseph Vaz Educational Society and other competent authorities.

Candidates already employed shall upload their applications through proper channel. The right to fill up the above mentioned post is reserved. Other requirements may be viewed on the College website:

[www.stjosephvazcollege.in](http://www.stjosephvazcollege.in)

Applications are to be submitted within 15 days from the date of publication of this advertisement. In order to apply online, you may use the link:

<https://forms.gle/ixAvsQEz8QooVFh47>

Candidates who had applied earlier need to re-apply for the above mentioned post. Late submission or incomplete applications in any manner will not be accepted.

Date: 22.06.2022

ADMINISTRATOR

Camo Advig.



HERALD 22/06/2022 WEDNESDAY Pg 5

**ST. JOSEPH VAZ EDUCATIONAL SOCIETY**  
**St. Joseph Vaz College**  
 Cortalim, Goa - 403 710

**VACANCY**

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**MULTI-TASKING STAFF** on Regular basis (01 post):

**Requirements:**

- 1) Passed S.S.C. from a recognised Board/ Institution or Passed Course conducted by Industrial Training Institute or equivalent qualification in relevant trade from recognized Institution.
- 2) Knowledge of Konkani is essential and Knowledge of Marathi is desirable.
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Date: 22.06.2022

ADMINISTRATOR

Camo Advig.





21/JUNE/2022 - TIMES OF INDIA - Pg 2.

## Cortalim college to study rare palm species to give it new lease of life

Nida.Sayed@timesgroup.com

**Panaji:** The population of *Hyphaene dichotoma* — a species of palm tree in the family *Aceraceae* — is slowly dwindling in Goa due to habitat loss. Studies of its population status and conservation measures are therefore being taken up in collaboration with Kerala Forest Research Institute (KFRI), Peechi.

"We are concerned about the dwindling population of this threatened species due to which we are planning to do a collaborative study with KFRI on various aspects. The reproduction of this species is also being considered at the earli-

est, Cortalim-based St Joseph Vaz College's assistant professor Fr Bolmax Pereira said.

It was during the BSc botany class field trip to Kerala in April that Pereira met KFRI experts and learnt about the palm species.

Found in India and Sri Lanka, the palm has an IUCN threatened status due to its depletion in population by habitat loss. "This palm is a very slow growing variety which takes about 50 years to split into two or more heads. Its germination rate is also very low. Genome mapping, propagation and reproductive biology studies are to be taken up immediately to conserve this rare variety,"

KFRI botanist V B Sreekumar.

Often seen along the roadside in Goa until ten years ago, the palm is no longer seen anywhere according to experts. "Its population has drastically declined due to development and habitat loss," KFRI senior scientist Raghu AV said.

"We currently do not have the population data but its decline due to development is evident. We are therefore attempting its large-scale planting and propagation not only in Goa but also other parts of the country," Raghu said.

Also called the gingerbread palm because its red-orange fruit tastes like gingerbread, the species is also used

in providing nutritious fruit to its edible to avian fauna like birds and bats.

"We will also be studying the impact of the depletion of the palm species on the avian fauna," Raghu said.

KFRI has a long research history in palms having conducted studies on various palms of India. The institute was established in Peechi in 2000. The campus contains 145 species of palms under 52 genera.

Of these, 80 are indigenous palms and 65 are exotic species with 8 species are critically endangered, 9 endangered, eight vulnerable and 23 near threatened categories as per IUCN standards.



Experts said that the palm can no longer be seen along the state's roads



2022-21



RENEWAL  
NOVSORNINI  
RENOVAÇÃO

## FROM 1533-2022

After the Portuguese arrival in Goa in 1510, King Manuel I built a chapel there in honour of St. Catherine in 1518. King John III of Portugal commissioned the construction of a cathedral in Goa and Pope Clement VII founded the Diocese of Goa on 31<sup>st</sup> January 1533, with the papal bull titled *Romani Pontificis Circumspectio*. The first bishop was Francisco de Melo (1533-1536). The jurisdiction of the new diocese at the time stretched from the Cape of Good Hope to China and Japan. The diocese was originally a suffragan of the diocese of Funchal.

At the request of King Sebastian, on 4<sup>th</sup> February 1557, Pope Paul IV raised it to a Metropolitan Archdiocese, with the suffragan dioceses of Cochin and Malacca. In the course of time other dioceses were included in the metropolitan area of Goa: Macau, Funai in Japan, Cranganore, Daman and Meliapor in India, Nanjing and Beijing in China, and Mozambique in Africa. The first Archbishop being Gaspar Jorge de Leão Pereira (1558-1567). On 1<sup>st</sup> May 1928, it was renamed Metropolitan Archdiocese of Goa and Daman. On 1<sup>st</sup> January 1976, it was demoted to Archdiocese of Goa and Daman. On 25<sup>th</sup> November 2006, it was again promoted to Metropolitan Archdiocese of Goa and Daman by Pope Benedict XVI with *Cum Christi Evangelii* and made the Diocese of Sindhudurg as suffragan.

With the brief of 13<sup>th</sup> December 1572, Pope Gregory XIII granted the Archbishop of Goa the title of *Primate of the East*. This is because the diocese of Goa was the first diocese of the *Padroado* in Asia. By 1857, Goa had

gained several suffragan dioceses in the Indian subcontinent but retained only Macau and Mozambique outside that geographical area. The first *Primate of the East* was Gaspar Jorge de Leão Pereira (reappointed 1571-1576).

On 23<sup>rd</sup> January 1886, Pope Leo XIII, through the bull *Humanae Salutis Auctor*, invested the Archbishop of Goa with the honorary title of *Patriarch of the East Indies*. The first Patriarch was António Sebastião Valente (1882-1908).

The honorary title of *Patriarch* recognized the *primacy of honour* of the Archbishop of Goa among all the bishops of the East and the historical vastness of his jurisdiction. He also enjoyed the privilege of presiding over all the Synods of the East Indies. When the Diocese of Daman was dissolved on 1<sup>st</sup> May 1928 with *Inter Apostolicam*, the title of Cranganore was attached to the Goa Archdiocese. Thus, the Archbishop of Goa came to be the Titular Archbishop of Cranganore.

Most Rev. Filipe Neri António Sebastião do Rosário Ferrão was consecrated a *Bishop* on 10<sup>th</sup> April 1994 and was the *Auxiliary Bishop* of Archbishop Raul Nicolau Gonsalves from 1993 to 2004. On 21<sup>st</sup> March, 2004, Bishop Ferrao was installed as the 34<sup>th</sup> *Archbishop of Goa* (and Daman), 32<sup>nd</sup> *Primate of the East*, 7<sup>th</sup> *Patriarch of the East Indies* (second of Goan origin). And now, the 1<sup>st</sup> *Cardinal-Patriarch of Archdiocese of Goa and Daman*: Pope Francis made the announcement on 29<sup>th</sup> May, 2022 and the Consistory will take place on 27<sup>th</sup> August, 2022.

## CATHOLIC COLLEGE TO CONSERVE GOA'S MANGROVES

St. Joseph Vaz College in Cortalim, Goa, launched the conservation project under the guidance of Fr. Dr. Bolmax Fidelis Pereira, a botanist and noted environmentalist in Goa. The College was joined by Nisarga Nature Club, Chicalim Youth Farmers Club and Goencho Ekvott (Goan Unity). Some 70 volunteers, mostly students, collected around 1,100 mangrove saplings from the bunds near the old Sancoale Church and planted them along the riverbank at Bondeabhatt Sancoale in the Zuari Bay. The yearlong conservation project will be carried out across Goa to

prevent soil erosion, increase mangrove cover and protect coastal ecology. Fr. Pereira said that mangroves also serve as breeding nurseries for various fish and shell species and other marine species. He explained the importance of the mangroves and highlighted the threats faced by mangroves because of unsustainable and haphazard development and road widening in Goa. The students urged the public to join the yearlong program to protect their coasts from various natural disasters propelled by climate change.



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## St Joseph Vaz college staff holds clean-up drive at Sancoale

THE GOAN | NETWORK

### VASCO

The teaching and non-teaching staff of St Joseph Vaz College, Cortalim undertook a pre-monsoon garbage clean-up drive from Sancoale Health Centre to Sancoale Lake, as part of community service.

"It is ridiculous that the roadside area just opposite the health centre has been turned into a garbage dump by irresponsible and insensitive citizens and the panchayat body turning blind eye to the health hazard," said one of the participating teachers Fr Bolmax Pereira from the Department of Botany.

Added another teacher Dr



The teaching and non-teaching staff of St Joseph Vaz College with several garbage bags from the clean-up drive.

Elroy Pinto, Sports director: "If left unattended, it will clog the drains as well as the water body thus creating more mess and affecting our health badly."

The teachers were joined by Sancoale ward member Tushidas Datta Naik in this initiative

and assured to dispose of the garbage collected by college staff through the panchayat.

A JCB was also engaged by the panch member to help clean up the difficult patch opposite the Primary Health Centre which was converting into a hazardous garbage dump.



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### STATE DIGEST



The teaching and non-teaching staff of St Joseph Vaz College, Cortalim, undertook a pre-monsoon garbage clean-up drive from Sancoale Health Centre to Sancoale lake as a part of community service



SUNDAY TIMES

5<sup>TH</sup> JUNE 2022

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## College youths replant over 1,000 saplings of mangroves

Nida.Sayed@timesgroup.com

**Panaji:** A thousand saplings of the *Rhizophora Mucronata* mangrove variant were recently replanted by 70 students and volunteers in the marshy lands of a dying mangrove forest at Sancoale.

St Joseph Vaz College, Cortalim, initiated the Mangrove Conservation Project in association with the Nisarga Nature Club, Chicalim Youth Farmers Club and Goencho Ekvott.

"The mangroves serve as breeding nurseries for various fish and shell species and other marine species. This year-long project will be carried out across Goa to prevent soil erosion, increase mangrove cover and protect our coastal ecology," Bolmax Pereira, who heads the department of botany at the institute, said.

Joined by the locals of Bonddebbhat, Sancoale, a total of 1,100 propagules of '*Rhizophora mucronata*' were collected from the bunds near the frontpiece of the old Sancoale Church by the students and were planted along the riverbank at Bondeabbhatt Sancoale in the Zuari Bay.

Later, the students explained the importance of the mangroves and highlighted the threats faced by the mangroves due to unsustainable and haphazard development and road widening in Goa. They urged the public to join in during this year-long initiative to protect their coasts from natural disasters propelled by climate change.

"Mangroves take care of themselves provided there is no human interference via destructive development projects," Pereira said.





~~The GOAN~~

### Planting mangroves, a good initiative

It is learnt that plans are afoot to plant 1100 mangroves in the State. The mangrove conservation initiative was reportedly taken on Goa Statehood Day by St Joseph Vaz College, Cortalim in association with Nisarga Nature's Club, Chicalim Youth Farmers Club and Goencho Ekvott. This is a step in the right direction as it is vital to replace the depleting number of mangroves. Mangroves protect sea border areas during storms and minimise damage.

It is understood that mangroves are home for several species of plants. They provide essential habitat for thousands of species.

Mangroves help to trap debris, silt and stabilise the coastline. It is learnt that Goa houses 16 mangrove species and it has one of the best mangrove forests in the country. Chora Island in Mandovi River is one of the best mangrove forests and houses most of the species found in Goa.

Mangroves further improve water quality by absorbing nutrients that might otherwise cause harmful algal blooms offshore. Both coral reefs and sea-grass beds rely on the water purifying ability of nearby mangrove forests to keep the water clear and healthy.

Adelmo Fernandes, Vasco

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### Planting mangroves is a superb initiative

It is learnt that plans are afoot to plant 1,100 mangroves in the State. The mangrove conservation initiative was reportedly taken on Goa Statehood Day by St Joseph Vaz College, Cortalim in association with Nisarga Nature's Club, Chicalim Youth Farmers Club and Goencho Ekvott. This is a step in the right direction as it is vital to replace the depleting number of mangroves. Mangroves protect shorelines from damaging storm and hurricane winds, waves, and floods. Mangroves help to trap debris, silt and stabilize the coastline. It is learnt that Goa houses 16 mangrove species and it has one of the best mangrove forests in the country. Chora island in Mandovi river is one of the best mangrove forests and houses most of the species found in Goa. Mangroves improve water quality by absorbing nutrients that might cause harmful algal blooms offshore. Mangroves also help prevent erosion. This initiative to grow mangroves needs to be appreciated.

ADELMO FERNANDES, Vasco

### Planting mangroves is a superb initiative

It is learnt that plans are afoot to plant 1,100 mangroves in the State. The mangrove conservation initiative was reportedly taken on Goa Statehood Day by St Joseph Vaz College, Cortalim in association with Nisarga Nature's Club, Chicalim Youth Farmers Club and Goencho Ekvott. This is a step in the right direction as it is vital to replace the depleting number of mangroves. Mangroves protect shorelines from damaging storm and hurricane winds, waves, and floods. Mangroves help to trap debris, silt and stabilize the coastline. It is learnt that Goa houses 16 mangrove species and it has one of the best mangrove forests in the country. Chora island in Mandovi river is one of the best mangrove forests and houses most of the species found in Goa. Mangroves improve water quality by absorbing nutrients that might cause harmful algal blooms offshore. Mangroves also help prevent erosion. This initiative to grow mangroves needs to be appreciated.

ADELMO FERNANDES, Vasco





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## Plans to plant around 1100 mangroves: Fr Bolmax

THE GOAN | NETWORK

### VASCO

Environmentalist and social activist, Fr Bolmax Pereira on Monday said that there were plans to plant around 1100 mangroves and get Kandelia candel species declared as the state Mangrove tree.

Fr Bolmax Pereira was speaking to reporters during the Mangrove conservation initiative programme where mangroves were planted near Zhorint, Sancoale along the Cortalim-Vasco Highway.

Fr Bolmax Pereira said that the Mangrove conservation initiative was taken on Goa statehood day by St Joseph Vaz College, Cortalim in association with Nisarga Na-



Students and other members while planting Mangroves at the Bonde Bhat area.

ture's club, Chicalim youth farmers club and Goencho Ekvott.

"We have also been supported by Forest department, Goa Biodiversity board, ICAR and biodiversity management committees of Sancoale and Chicalim. This is a small attempt to collect portions

of mangroves from the area near Sancoale's old church frontpiece and plant it at Bonde Bhat to increase the number of mangrove plants in Goa. We will also attempt to bring more species of Mangroves and start growing them by September-October months to other loca-

tions. We want to attempt to plant Mangroves throughout the year to increase their presence. We plan to plant around 1100 mangroves that we have collected," said Fr Pereira.

"We are also trying to get Kandelia candel species declared as the state Mangrove tree. Maharashtra also has its own state mangrove tree and we should also get Goa to have its own state mangrove tree. We have students and local residents participating in this event besides 75 volunteers who registered for the entire year for the Mangrove conservation initiative. Heritage Village has come ahead to fund our project," said Fr Pereira.





TIMES OF INDIA.  
(GOA TIMES)

3<sup>RD</sup> JUNE 2022

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# Students replant mangroves, bat for biodiversity

Kimberly Colaco

**M**angroves across Goa are dying due to unsustainable and haphazard development and climate change.

To raise awareness and do something about this, Fr Bolmax Pereira, from the department of botany at St Joseph Vaz College, Cortalim, organised a Mangrove Conservation Project on May 30, which was also the 35th Goa Statehood Day.

Around 1,100 saplings of the mangrove species *Rhizophora mucronata* were collected from the bunds near the old Sancoale Church by students and then replanted along the riverbank at Bondeabhatt Sancoale in the Zuari Bay. "It's a year-long initiative



Over 70 volunteers helped in planting 1,100 mangroves in the Zuari Bay (also inset)

that we have begun to contribute towards coastal protection. Mangroves naturally take care of themselves provided there is no human interference via destructive development projects and these

plants require no special care like other terrestrial plants. All they need is being positioned in the shallow or swampy areas," says Bolmax.

He adds, "It's not illegal to plant mangroves or any other tree. River beds and marshes normally don't belong to private parties. Wherever there is presence of private institutions or persons we make sure that concerned parties are taken into confidence." This initiative was held in association with a number of local clubs and social organisations.





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Text: Paul Fernandes, design: Rakesh Mundy

# Of Mangoes & Memories

From crunch in land resources to rival varieties outside the state, Goan mangoes are slowly fading away

Paul Fernandes

Not too long ago, Goa, Govapuri or Gomantak could also have been also known as Ambevan. With 100 varieties of mangoes—of different sizes, shapes and taste—growing abundantly, every season laid out an assortment of luscious varieties.

Naturally, for many old-timers, some of the sweetest memories are associated in summer with mangoes and other fruits. But post-Liberation, the tree population and mango varieties have shown a decline, mainly due to urbanization and lack of commercial potential of many varieties.

"Seventy-seven varieties were documented by the Indian Council of Agricultural Research scientists Rego and Kaze under the all-India coordinated research project in 1979. We have included a few but are keen to add more if somebody can report to us new ones. Of these varieties, we have conserved as many as 42 in the field germplasm bank," A R Desai, former ICAR-CCARI scientist, said.

The Old Goa institution is keen to lay its hands on the germplasm of the remaining ones. From its germplasm bank, ICAR-CCARI provides the grafts of any conserved variety to farmers for planting.

The crunch in land resources due to construction and development activity is a major threat to mango or-

chards and future recruitment. Existing trees have become senile, and their production impacted by parasite attacks.

"One of the main reasons is people want space in their compounds and don't want a tall mango tree. Secondly, these varieties take a longer time to grow," Maria Fonseca, a senior botanist said.

Goan mangoes also face stiff competition from a few varieties from other states due to their better commercial potential—regular bearing and longer shelf life.

Cardozo Mancurado, however, holds promise for its commercial

traits, its size, colour and other attributes. Deservingly, it has been registered with the National Bureau of Plant Genetic Resources, (ICAR-NBPGR), New Delhi, for its commercial traits. It is also considered a suitable candidate among the Mancurado group for Geographical Indication (GI) status.

"Hilario is another commercially important variety, the season of which starts after the Mancurado season," Desai said.

The only way Goa can get ahead of its varietal crisis is to "plant more trees on orchard scale to preserve the economically important varieties", Desai said.



An Italian traveller, **NICCOLAO MANUCCI**, is said to have eulogised Goan mangoes in the 17th century as the best ones

## WHAT'S IN A NAME

- **Malcorado**, which means **poor colour**, changed to Mancurado over the years
- The uniquely shaped Bishop variety got its name from its shape – **the Bishop's belly**. It's considered an excellent table variety – for eating
- Most mangoes were **named after families and priests** who promoted their propagation
- **Papel variety** is unique as its stone is **thin and looks like paper**



■ Many mangoes have fantastic names and are also popular for their good table quality, almost on par with Mancurado but lose out on other counts – alternate bearing habit, lack of attractive colour and poor shelf life

■ The biggest mango variety of Goa is Bishop, while the Amrapali (each fruit is 4-5kg) and Hathijhula are other Indian mango varieties with big sized fruits

## SWEET TALK

Goa has an estimated **5,000** hectares under mango crop and a production of **11,000** tonne



Mancurado is the most popular variety for its excellent eating quality and aroma in Goa, while Hilario, also called 'Mang Hilario', and Malgues, Xavier, Fernandin are also very popular

Non-planting of new trees is likely to reduce mango production in the state, either as an orchard crop or home

The Portuguese and priests introduced the mango varieties in Goa during the 16th century and even grafting technique early, boosting vegetative proliferation of many varieties



**Hapus or Alphonso** from Ratnagiri and other areas – **originally from Goa** – is more prized today outside the state for its taste and longer shelf life



Scores of small unnamed varieties of mangoes, called **ghonttam**, **donkam** (sour ones) were abundantly available, but are now disappearing

## TALES AS OLD AS TIME

■ An age-old unwritten rule says that a mango tree may belong to anybody, but **once the fruit falls to the ground by itself, it belongs to nobody** or anyone can claim it. **Hurling stones or a stick to bring it down is objectionable**

■ Passers, even from their vehicles, **stopping to pick a fallen mango is a familiar sight** in Goa



## PRESERVATION

■ A germplasm bank at the ICAR-CCARI, Old Goa, has preserved many mango varieties for posterity. Several such as Japao, Khapri, Panque, Aruda, Bastarda, Bombio, Temuda, Rosario, Remedios, Dom Bernardo, Dom Fernando and Dom Philippe, Severina, Timoz may have been lost

■ Others include, Sant Anton, Jeronimo, Fernando, Ferrao, Frias, Mateus, Papagi, Rebello and Reynold

Cardozo Mancurada besides the popular Mancurado variety spells hope for commercial utilisation. The variety from a tree in Cardozo family compound at Ma has longer shelf high yield (3,000 in 1994-95), and boasts of bigger fruit among Mancurada varieties, weight range from 278g





## Awarding the best students

St Joseph Vaz College, Cortalim celebrated its annual day and prize distribution ceremony. The programme started with a prayer service followed by the Administrator's address. Prof Simao Diniç congratulated the students for their achievements throughout the academic year. He also highlighted the importance of participating in various events to develop a student's overall personality. Dr Maria Fonseca, principal of the college, then read out the annual report of the academic year 2022-23. This was followed by a traditional Goan dance performance by the students.

Various prizes for intra mural events, inter collegiate events and annual honors were awarded to the students and alumni of the college. Medals and certificates were presented to the students for the intra mural events which were plate painting, lower arrangement, quiz, power point presentation, bookmark, e-quiz, rangoli, water conservation, kheer making, mehndi, badminton men and women, table tennis men and women, badminton doubles, chess men and women, futsal men, tie breaker women, cricket men and women, carom men and women competitions.

A memento was also handed to the



students who won prizes at inter collegiate and national level. The students who received these mementos were Umesh Padasalimani (Taekwondo silver medalist and Cycling bronze medalist), Shreya Mulik (Deadlift gold medalist), Enid Dias (Deadlift silver medalist), Samruddhi Naik (Deadlift bronze medalist), Rishikesh Fadte (Cycling bronze medalist), Sunny Raut (Cycling bronze medalist), Sharif Ansari (Cycling bronze medalist), Dishant Kankonkar (Cycling bronze medalist), Rutik Parab (Cycling bronze medalist), Ashish Gupta (Cycling bronze medalist), Amit Naik (Cycling bronze medalist), Shubham Gauns (Cycling bronze medalist), Shivam Saroj (Poster competition on evolution of mathematics silver medalist), Mervin Fernandes (Poster

competition on evolution of mathematics silver medalist), Ainsley Azavedo (Poster competition on evolution of mathematics silver medalist) and Britto Pereira (gold medalist and Best Striker at West Zone Inter University Football Championship, Captain of Goa University Football team).

The following annual honors were bestowed to the students. Shivam Saroj for highest marks in FYBSc, Sunny Raut for highest marks in SYBSc, Swizel Carvalho for highest marks in TYBSc Chemistry, Megha Girap for highest marks in TYBSc Botany, Shreya Mulik for Best Sportswoman, Sunny Raut for Best Sportsman, Lavina Fernandes for Best Outgoing Student and Muskan Kumari for All-rounder of the year.

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# Goa University win West Zone Inter-University Men's Football Championship

HERALD PIC



## Team Herald

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**PANJIM:** Goa University won the West Zone Inter-University Men's Football Championship 2022-23, organised by Rani Durgavati Vishwavidyalaya, Jabalpur. Goa University finished top of the table with six points, followed by University of Kota, Kota and LNIPE, Gwalior with four points each and host Rani Durgavati Vishwavidyalaya, Ja-

balpur with three points.

In the first match, Goa University defeated hosts Rani Durgavati Vishwavidyalaya, Jabalpur, 1-0. In a well contested match a lone goal was scored by Atmaram Jadhav in the 74th minute. In the second and third match, Goa University lost to University of Kota, Kota 2-0 and defeated LNIPE, Gwalior 3-0 in the final match, with two goal by Pushkar Prabhu and another by Atmaram Jadhav.

The team comprised, Arnold Oliveira, Jeniton D'Silva, Anuj Kuttikar, Ruhel Chawan, Yeshwant Gawade, Sainath Kankonkar, Pratik Naik, Pushkar Prabhu, Atmaram Jadhav, Alent Colaco, Edson V Souza, Kenny Rodrigues, Eknath Rathod, Stalen Lucas, Alino Colaco, Britto Pereira, Gaurish Naik, Aliston Fernandes, Siddhant Kalagutkar, Diptesh Naik. Team Coach: Dr Savio Fernandes and Dr Ajith Gopi. Team Manager: Dr Elroy Pinto.



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# Goa University emerge west zone champs

They finish top of the table with six points to win the championship

Staff Reporter  
Panaji

Goa University won the west zone inter-university football championship for men, organised by Rani Durgavati Vishwavidyalaya, Jabalpur. They finished top of the table with six points, followed by University of Kota, Kota and LNIPE, Gwalior with four points each and host Rani Durgavati Vishwavidyalaya, Jabalpur with three points.

In the first match of the league, Goa University defeated Rani Durgavati Vishwavidyalaya, Jabalpur 1-0. Atmaram Jadhav scored the lone goal of the game in the 74th minute.

In the second match they however lost to University of Kota, Kota 0-2.



Goa University team celebrates after winning the west zone championship.

They made a good comeback in the final league match by getting the better of L.N.I.P.E, Gwalior 3-0. Pushkar Prabhu scored a brace while Atmaram Jadhav added the third for the winners.

## GOA UNIVERSITY SQUAD

> Arnold Oliveria, Jeniton D'Silva, Anuj Kuttikar, Ruhel Chawan, Yeshwant Gawade, Sainath Kankonkar, Pratik Naik, Pushkar Prabhu, Atmaram Jadhav, Alent Colaco, Edson V. Souza, Kenny Rodrigues, Eknath Rathod, Stalen Lucas, Alino Colaco, Britto Pereira, Gaurish Naik, Aliston Fernandes, Siddhant Kalagutkar, Diptesh Naik.  
Team Coach: Dr.Savio Fernandes and Dr. Ajith Gopi





# Goa University win West Zone Inter University football title

THE GOAN NETWORK

## PANAJI

Goa University won the West Zone Inter University Football Men's Championship 2022-23, which was organised by Rani Durgavati Vishwavidyalaya, Jabalpur. Goa University finished top of the table with six points, followed by University of Kota, Kota and LNIPE, Gwalior with four points each and host Rani Durgavati Vishwavidyalaya, Jabalpur on three points.

In the first match of the league, Goa University defeated hosts Rani Durgavati Vishwavidyalaya, Jabalpur 1-0. In a well-contested match the lone goal was scored by Atmaram Jadhav in the 74th minute. In the second match, Goa University lost to University of Kota, Kota 2-0 before defeating LNIPE, Gwalior 3-0



Goa University topped the championship with six points.

in the last league match. Atmaram Jadhav scored one and Pushkar Prabhu slammed a brace for the Goan team.

The Goa University squad: Arnold Oliveria, Jeniton D'Silva, Anuj Kuttikar, Ruhel Chawan, Yeshwant Gawade, Sainath Kankonkar, Pratik Naik, Pushkar Prabhu, Atmaram

Jadhav, Alent Colaco, Edson V. Souza, Kenny Rodrigues, Eknath Rathod, Stalen Lucas, Alino Colaco, Britto Pereira, Gaurish Naik, Aliston Fernandes, Siddhant Kalagutkar, Diptesh Naik; team coach: Dr Savio Fernandes and Dr Ajith Gopi; team manager: Dr Elroy Pinto.

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# Goa live up to billing, win west zone varsity football

TIMES NEWS NETWORK

Panaji: Favourites Goa University won the West Zone Inter-University football men's championship 2022-23, organised by Rani Durgavati Vishwavidyalaya, Jabalpur, recently.

Goa topped the table with six points, followed by University of Kota and LNIPE, Gwalior, with four points each and host Rani Durgavati Vishwavidyalaya, Jabalpur, with three points.

## LOCAL BEAT

In the first match of the league, Goa defeated hosts Rani Durgavati Vishwavidyalaya 1-0 with Atmaram Jadhav scoring the winner. In the second, Goa lost 2-0 to University of Kota but then defeated LNIPE 3-0 with a brace from Pushkar Prabhu and a goal from Atma-



Goa University won the West Zone Inter-University football men's championship 2022-23 at Jabalpur, recently

ram.

**Team:** Arnold Oliveira, Jeniton D'Silva, Anuj Kuttikar, Ruhel Chawan, Yeshwant Gawade, Sainath Kankonkar, Pratik Naik, Pushkar Prabhu, Atmaram Jadhav, Alent Colaco, Edson Souza, Kenny Rodrigues, Eknath Rathod, Stalen Lucas, Alino Colaco, Britto Pereira, Gaurish Naik, Aliston Fernandes, Siddhant Kalagutkar, Diptesh Naik. Coach: Savio Fernandes,

Ajith Gopi. Manager: Elroy Pinto.

## Francis stars for Fatorda

Fatorda defeated Loutolim 5-2 to enter the semifinal of the Loutolim Veterans football tournament at Loutolim ground, on Monday. Francis Andrade scored all five for Fatorda. Eaju Cardozo and Melwyn were the scorers for Loutolim.

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## Goa University qualify for Inter University nat football championship



A Goa University player takes a free-kick during a West Zone Inter University Football Championship match in Jabalpur.

### THE GOAN NETWORK

#### PANAJI

Goa University qualified for the league stage of the ongoing West Zone Inter University Football Men's Championship 2022-23 in Jabalpur. The team has qualified for the All India Inter University Football Championship 2022-23 to be held at University of Kota, Kota.

In the qualifying matches held at Rani Durgavati Vishwavidyalaya, Jabalpur, Goa University won five consecutive knockout matches. In the first match, they defeated Gondwana University 9-0. Arnold Oliveria, Sainath Kankonkar and Britto Pereira scored a goal each while Aliston Fernandes, Atmaram Jadhav and Pratik Naik netted two goals each.

In the second match, Goa University defeated HSNC University Mumbai 2-0. Pratik Naik and Arnold Oliveria were the scorers. In the third match, they defeated MCB University, Chatrapur 6-0.

Pratik Naik, Alent Colaco, Edson Souza, Jenniton D'Silva, Aliston Fernandes and Stalen Lucas scored.

In the fourth match, Goa University beat MLS University, Udaipur 5-1. Pushkar Prabhu, Pratik Naik and Britto Pereira scored a goal each and Stalen Lucas netted a brace. In the playoff match, Goa University defeated defending champions SP University, Pune 2-0 riding on a brace from Anuj Kuttikar.

In the first match of the league played on Saturday, Goa University defeated hosts Rani Durgavati Vishwavidyalaya, Jabalpur 1-0. In a well-contested match, the lone goal was scored by Atmaram Jadhav in the 74th minute.

Goa University will play another two matches in the league against University of Kota, Kota and LNIPE, Gwalior. Accordingly, the winner of the league will be the champions of West Zone Inter University Football Championship for men.

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