



2023 - 2026

HARMAL PANCHAKROSHI SHIKSHAN MANDAL'S

COLLEGE OF NURSING'S

Triennium *Chronicle*

COLLEGE MAGAZINE

“

THREE YEARS.
COUNTLESS STORIES.
ONE PURPOSE.
SHAPING NURSES.
TRANSFORMING
LIVES.

“



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INTRODUCTION

Harmal Panchakroshi Shikshan Mandal was established in Harmal village of Pedne taluka in the year 1967 by the stalwarts from Harmal village under the able leadership as a Chairman Late Shri Ganpat Shankar Parsekar. His successor Shri Laxmikant Y. Parsekar, the present chairman and EX- Chief Minister of Goa has added many feathers in the cap by continuously monitoring the performance of the different institutions. By his untiring efforts, the institutions have excelled and established very high standards in the field of education in the state of Goa. At present Shikshan Mandal runs the following institutions.

- Harmal Panchakroshi Pre Primary and Primary School
- Harmal Panchakroshi High School
- Harmal Panchakroshi higher Secondary School and institute of Vocational Studies
- Ganpat Parsekar College of Education offering B.Sc.B.Ed. and B.A.B.Ed. Programmes
- 'Aastha'- "Life skill Resource room" for the children with special needs (Diwyang)

We have an immense pleasure to declare that from the academic year 2023- 2024, we are entering a new venture by commencing a College of Nursing with different nursing courses of study

- GNM (General Nursing and Midwifery) affiliated to State Nursing Council, Bambolim-Goa.
- B.Sc. in Nursing affiliated to Goa University
- Post Basic B.Sc. in Nursing affiliated to Goa University

with the aim to have Knowledgeable and competent nurses who will be capable to provide promotive, preventive, curative and rehabilitative healthcare services to the society.

VISION

To emerge as an institution that is recognized for its excellence in nursing education, health care, leadership and research across the country with adherence to moral, legal and ethical values of the nursing profession.

MISSION

The stated mission of Harmal Panchakroshi Shikshan Mandal's College of Nursing is to

- Strive hard to achieve the institutional vision
- Impart highest standard of academic excellence in Nursing Education among our nursing students.
- Inculcate compassionate thoughts and action among our budding young nurses in order to achieve moral values and ethics.
- Build an all - round development of the nursing students by providing the best curricular, co-curricular and extra-curricular activities.

CORE VALUES

The core values give us direction and purpose. The following are our core values

- Integrity: Honesty in making decisions and performing duties.
- Altruism: Being considerate of the well-being of students, patients, staff and society.
- Excellence: Strive to impart the best of all knowledge, skill and desirable attitude in order to provide patients and community with excellent quality of nursing care.
- Fairness: Treating people equally or according to the law, rules and ethics.
- Innovativeness: Providing education with skill of innovativeness to combat current nursing challenges and demands of the society.

PHILOSOPHY

As an institution, we believe in promoting holistic health and healing. Nurses form a major component of the health care delivery system. They have an important role in promoting health and preventing diseases in the hospitals and in the community settings. So we believe that by providing a good standard of education and training to young generation we can prepare them to become responsible nurses and citizens contributing to the betterment of the society and health care system within the country and overseas.

Message from Our Chairman



Harmal Panchakroshi Shikshan Mandal's College of Nursing is entering fourth year of its inception. Situated in an educational complex "Vidya Sankul" in Harmal (Arambol) village of Pernem Taluka, it is the first Nursing college in the Taluka providing the facilities of B.Sc.(nursing), GNM and Post Basic B.Sc.(Nursing).

Our independent three storied building with Laboratories as prescribed by Indian Nursing Council-New Delhi and is expected to be completed Soon. For clinicals, we avail the facilities from Goa Medical College-Bambolim, North Goa District Hospital-Mapusa, Government PHCS, CHCS, UHCS and private hospitals like Redkar Hospital-Dhargal, Galaxy Hospital- Mapusa, Gauns Paediatric Hospital-Mapusa.

For to and fro transportation of students, we have hired desired number of private buses as well.

Sharing some of our information on this page, I look upon seeing you enrolled here to carve yourself into knowledgeable, competent and confident nurses to serve the society.

Regards,

Laxmikant Parsekar
Chairman

Principal's Message



It gives me immense pride and joy to present this edition of ***Triennium Chronicle***, a milestone publication that captures the spirit, resilience, and remarkable journey of our College of Nursing since its inception.

When our institution first opened its doors, it was built on a singular, noble vision: to nurture compassionate, highly skilled, and grounded nursing professionals who serve as the true backbone of healthcare. Looking back at our journey, that vision has transformed into a vibrant reality through the everyday dedication of our staff, students, and clinical community.

Milestones & Achievements Since Inception

- **Academic Excellence & University Honors:** From our founding batch to the present day, our students have consistently secured good pass rates in state board and university examinations.
- **State-of-the-Art Learning Spaces:** What began with foundational classrooms has expanded into advanced skill laboratories, simulation wards, maternal and child health suites, and modern learning spaces designed to build hands-on clinical confidence.

- **Clinical Partnerships & Real-World Exposure:** We have established strong affiliations with leading tertiary care hospitals, rural health centers, and community health posts, ensuring our students gain diverse, hands-on experience across specialized units.
- **Community Outreach & Social Impact:** NSS activities such as Institutional health camps, public awareness rallies and health day Observations—such as World Health Day, World Mental Day, World Breast Feeding week, International Nurses Week etc—our community engagement directly benefits thousands of underserved families annually.
- **Student Leadership & Co-Curricular Excellence:** Under the Student Nurses' Association (SNA), our students consistently excel in state and national sports meets, cultural festivals, inter-collegiate events, and leadership conventions.
- **Institutional Growth & Mentorship:** Our faculty and clinical mentors continue to pursue advanced clinical certifications and professional development, building an encouraging environment where holistic growth and patient-centered care thrive.
- **Research & Scientific Inquiry:** Our faculty and postgraduate scholars have actively published evidence-based clinical research in International journals, and brought innovations in patient-centered care.

The pages of ***Triennium Chronicle*** bear testament to every student, educator, and staff member who has poured their heart into making this institution a beacon of nursing excellence. As we celebrate these landmark achievements, we look forward with renewed passion—ready to embrace modern healthcare innovations and deliver compassionate care to society.

I extend my heartfelt congratulations to the editorial team, contributors, and the entire institutional family for bringing this publication to life.

May we continue to serve with compassion, honour our noble calling, and shine brightly in all our endeavours.

Dr. Kiruba Gnana Chitra J.

Officiating Principal cum Associate Professor

Harmal Panchakroshi Shikshan Mandal's College of Nursing

Magazine Editorial Team



Dr. Kiruba Gnana Chitra J.
OFFICIATING PRINCIPAL



SAILI SHETGAONKAR
SYSTEM ADMINISTRATOR



PRADNYA DHURI
ASSISTANT PROFESSOR



ANKITA METHAR
NURSING TUTOR



SHAMIKA NARSE
NURSING TUTOR



AKSHATA MARATHE
NURSING TUTOR



PRIYANKA TALKAR
JUNIOR STENOGRAPHER



BHADU THAKUR
LDC



SAIESHA KORGAONKAR
NURSING TUTOR



S. REMO MANOJ
ASSISTANT PROFESSOR

College Functions

Inaugural Ceremony (9th October 2023)

On 9th October 2023, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized its Inaugural Ceremony at Dnyananda Auditorium, marking the beginning of its academic journey. The programme was graced by the Chief Guest, Mr. Bhaskar Nayak, along with the Chairman, Shri Laxmikant Y. Parsekar, members of the management committee, faculty, students, and invited dignitaries. The event commenced with a ribbon-cutting ceremony at the college entrance, followed by a tour of the college campus, including its laboratories and classrooms. The dignitaries were formally welcomed at the auditorium with a welcome song by the Higher Secondary School students and a floral welcome. The Chief Guest and other invitees addressed the gathering, sharing their insights and words of encouragement with the budding nursing professionals. Student representatives from the GNM and B.Sc. Nursing programmes also shared their experiences and aspirations. The programme concluded with a vote of thanks delivered by Mrs. Shamla Naik Redkar, followed by refreshments for all attendees.



Bhoomi Poojan ceremony (19th August 2024)

On 19th August 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized the Bhoomi Poojan ceremony for its new Nursing College building at the Harmal Panchakroshi Shikshan Mandal Vidya Sankul Plateau. The auspicious ceremony was graced by Shri Laxmikant Y. Parsekar, Chairman of HPSM, and Smt.

Smita Parsekar, Headmistress of Harmal Panchakroshi High School, who performed the pooja rituals. Other distinguished dignitaries present included Dr. Kiruba Gnana Chitra, Principal of HPSM College of Nursing, Shri Pandit Padurang, Principal of Ganpat Parsekar College of Education, and Smt. Shambhavi Naik, Principal of Harmal Panchakroshi Higher Secondary School. Nursing faculty members, administrative staff, and GNM and B.Sc. Nursing students actively participated in the ceremony, marking another significant milestone in the institution's journey of growth and excellence in nursing education. The programme concluded with the distribution of prasadam to all staff members and students.



Foundation Stone Laying Ceremony of New Building (4th July 2024)

On 4th July 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized the Foundation Stone Laying Ceremony of its new building at the Courtyard of Harmal Panchakroshi Higher Secondary School, Arambol, Goa. The programme was graced by Hon'ble Chief Minister of Goa, Dr. Pramod Sawant, as the Chief Guest and Shri Shripad Naik, Union Minister, as the Guest of Honour. Other distinguished dignitaries included Shri Laxmikant Y. Parsekar, Chairman of HPSM; Smt. Smita Parsekar, Management Secretary and Headmistress of HPSM High School; Shri Dayanand Sopte, Ex-MLA; Smt. Shambhavi Naik, Principal of Harmal Panchakroshi Higher Secondary School; Dr. Kiruba Gnana Chitra, Principal of HPSM College of Nursing; Shri Pandurang Pandit, Principal of GPCOE; Shri Udesb Natekar, Administrator of HPSM; Shri Govindraj Desai; Shri Sudhir Naik, HPSM Secretary; Shri Suryakant Naik, HPSM Vice Chairman; Shri Sudan Barve, HPSM Advisor; Shri Gangaram Gadekar, HPSM Treasurer; and Shri Rangnath Kalsavkar, Member of Zilla Panchayat. The dignitaries unveiled the foundation stone, symbolizing a significant milestone in the institution's growth and commitment to excellence in nursing education. The programme also featured a traditional lamp-lighting ceremony, a welcome song by the First Year GNM students, and an orientation to the nursing laboratories and classrooms by the faculty of HPSM College of Nursing. The inspiring

addresses by the dignitaries highlighted the importance of skilled nursing professionals and the institution's vision of providing quality healthcare education for future generations.



Oath Taking Ceremony for the first batch of B.Sc. Nursing & GNM students (28th October 2023)

On 28th October 2023, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized the Lamp Lighting and Oath Taking Ceremony for the first batch of B.Sc. Nursing and GNM students at Dnyanada Auditorium, Vidya Sankul, Bhoom Plateau, Harmal, Goa. The ceremony was graced by Chief Guest Dr. Wilson Nicolao Fernandes, Professor and Principal, Institute of Nursing Education, Bambolim, and Guest of Honour Dr. Ana Maria Vas De Braganza, Professor, Institute of Nursing Education, Bambolim. Other distinguished dignitaries included Dr. Kiruba Gana Chitra, Principal, HPSM College of Nursing, Shri Laxmikant Y. Parsekar, Chairman, HPSM, Mrs. Smita Parsekar, Executive Member and Headmistress of Harmal Panchakroshi High School, Mr. Govindraaj Desai, Principal, Harmal Panchakroshi Higher Secondary School, and Mrs. Shambhavi Naik, Vice Principal, Harmal Panchakroshi Higher Secondary School. The programme featured the traditional

lamp-lighting ceremony, Florence Nightingale Oath taking, Fresher's Royal March, motivational addresses by the dignitaries, and the felicitation and swearing-in of the elected SNA office bearers. The ceremony concluded with a vote of thanks, the National Anthem, and refreshments, marking the beginning of the students' noble journey in the nursing profession.



Lamp Lighting and Oath Taking Ceremony of Second Batch of B.Sc. (N) & GNM students (22nd November 2024)

On 22nd November 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized the Lamp Lighting and Oath Taking Ceremony for the Second Batch of First-Year B.Sc. Nursing and GNM students at Dnyanada Auditorium, Arambol. The ceremony was graced by Chief Guest Mrs. Nilima Rane, President of the Trained Nurses Association of India (Goa State Branch), and Guest of Honour Mrs. Leonny Walker, Matron, North Goa District Hospital. The programme included the traditional lamp-lighting ceremony, passing of the light, administration of the Nightingale Pledge, dedication songs by the budding nurses, inspiring addresses by the dignitaries, and prize distribution for the academic toppers of the 2023–2024 academic year. The ceremony concluded with a vote of thanks, the National Anthem, and refreshments. The event benefited First-Year B.Sc. Nursing and GNM students by formally inducting them into the nursing profession and reinforcing the values of compassion, dedication, and professional ethics.



Lamp Lighting and Oath Taking Ceremony of Third Batch of B.Sc. (N) & GNM students (6th December 2025)

The Lamp Lighting and Prize Distribution Ceremony was held on 6th December 2025 at the auditorium, Arambol, marking a significant occasion for the B.Sc. Nursing and GNM students. The programme was graced by Chairman Shri Laxmikant Parsekar, Chief Guest Dr. Vaibhav Parsekar, Senior Paediatrician at North Goa District Hospital, and Guests of Honour Dr. Seema De Souza and Mrs. Varsha Redkar. The dignitaries inspired the students with their words of encouragement and appreciated their dedication, while the ceremonial lamp lighting and distribution of prizes and awards made the event a memorable celebration of academic excellence and nursing values.

F.Yr. GNM 2025-2026 BATCH(III) LAMP LIGHTING & OATH TAKING CEREMONY



F.Yr.B.Sc(N) 2025-2026 BATCH (III) LAMP LIGHTING & OATH TAKING CEREMONY



International Nurses Day Celebration 2024 (15th May 2024)

On 15th May 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing celebrated International Nurses Day at Dnyanada Auditorium with the theme "Our Nurses. Our Future. The Economic Power of Care." The programme was graced by Shri Laxmikant Parsekar, Chairman of HPSM, Dr. Sagar Redkar as the Chief Guest, and other distinguished dignitaries including Dr. Sangam Sawant and Mrs. Maya Prabhudesai. The celebration commemorated the birth anniversary of Florence Nightingale and recognized the invaluable contributions of nurses to healthcare. The event featured a ceremonial lamp lighting, cultural performances by B.Sc. Nursing and GNM students, insightful addresses by the dignitaries on the significance of nursing education and the nursing profession, and the felicitation of award recipients.

The programme concluded with a mime and group dance depicting the life journey of Florence Nightingale, followed by the vote of thanks and the National Anthem.



International Nurses Day (12th May 2025)

On 12th May 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing, through the Students Nurses Association (SNA), celebrated International Nurses Day 2025 at the GPCOE Auditorium under the theme "Our Nurses. Our Future. Caring for Nurses Strengthens Economies." The programme included inspiring addresses by the dignitaries, recognition of outstanding faculty and students, and a variety of literary and cultural competitions. The event benefited B.Sc. Nursing and GNM students, along with the teaching and non-teaching staff, and concluded with prize distribution and a vote of thanks, making the celebration a memorable success.



INTERNATIONAL NURSES DAY CELEBRATION 12-5-25



International Nurses Day (12th May 2026)

On 12th May 2026, the Student Nurses Association of Harmal Panchakroshi Shikshan Mandal's College of Nursing celebrated International Nurses Day at the GPCOE Auditorium under the theme "Our Nurses. Our Future. Empowered Nurses Save Lives." The programme was graced by the Principal, Madam Clevy D'Souza, Madam Anitha Thomas, and Chairman Sir, who shared inspiring messages on the vital role of nurses in healthcare. The celebration included the SNA Batching Ceremony, felicitation of guests and faculty members, presentation of the Best Student Nurse Award to Mr. Gary Fernandes of S.Y. GNM (Batch II), cultural performances, and an interclass quiz competition. The event concluded with a vote of thanks by Ms. Ankita Methar and the National Anthem.



Founder's Day (4th July 2026)

Harmal Panchkroshi Shikshan Mandal's College of Nursing celebrated Founder's Day on 04 July 2026 with great enthusiasm and a spirit of social responsibility. Under the esteemed guidance of our Chairman, Shri. Laxmikant Y. Parsekar, a meaningful stationery distribution programme was organized for preschool children. The initiative provided essential educational materials and aimed to encourage young learners in their educational journey. The celebration reflected the institution's strong commitment to education, community welfare, social service, and nurturing the future generation.



Academic Achievers' Galaxy

OUR MERITORIOUS STUDENTS OF B.Sc. (N) & GNM EXAMINATION:

B.Sc. Nursing Batch I :

B.Sc. Nursing Semester I & II :



**Overall Topper:- 1
Ms. Tanisha B. Pednekar**



**Overall Topper:- 2
Ms. Namrata Salgaonkar**

B.Sc. Nursing Semester III :



**Overall Topper:- 1
Ms. Namrata Salgaonkar**



**Overall Topper:- 2
Ms. Tanisha B. Pednekar**

B.Sc. Nursing Semester IV :



**Overall Topper:- 1
Ms. Tanisha B. Pednekar**

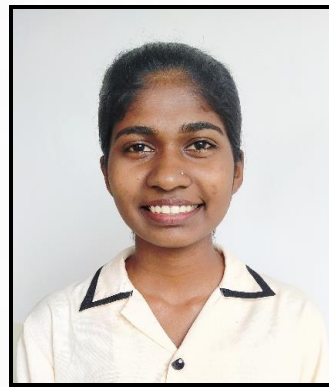


**Overall Topper:- 2
Ms. Namrata Salgaonkar**

B.Sc. Nursing Semester V :



**Overall Topper:- 1
Ms. Tanisha B. Pednekar**



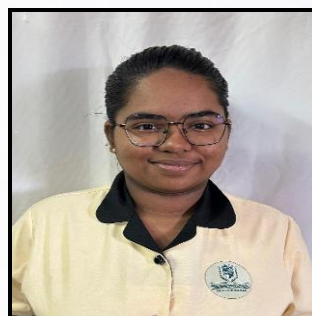
**Overall Topper:- 2
Ms. Rhutika R. Madawalkar**

B.Sc. Nursing Batch II :

B.Sc. Nursing Semester I :



**Overall Topper:- 1
Ms. Senova T. Barreto**



**Overall Topper:- 2
Ms. Leeann E. De Souza**

B.Sc. Nursing Semester II :



**Overall Topper:- 1
Ms. Sachi S. Redkar**



**Overall Topper: - 2
Ms. Senova T. Barreto**

B.Sc. Nursing Semester III :



**Overall Topper:- 1
Ms. Sachi S. Redkar**



**Overall Topper:- 2
Ms. Umadevi R. Pal**

GNM Examination : - Batch I

First Year & Second Year GNC Board Examination



**Overall Topper:- 1
Ms. Pranita P. Raul**



**Overall Topper:- : 2
Ms. Bharti D. Gouda**

Batch II

First Year GNC Board Examination



**Overall Topper:- 1
Ms. Shewta Mhamal**



**Overall Topper:- 2
Ms. Sharon D'souza**

CURRICULAR ACTIVITIES

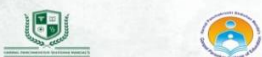
(Workshops, Seminars & Conferences)

Cardiopulmonary Resuscitation Awareness Programme (6th December 2023)

On 6th December 2023, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized a Cardiopulmonary Resuscitation (CPR) Awareness Programme conducted by the National Board of Examinations in Medical Sciences (NBEMS). The programme provided participants with knowledge of the benefits and methodology of CPR through an informative video demonstration, followed by return demonstrations by the students. A total of 37 GNM students and 33 B.Sc. Nursing students participated in the programme along with the Principal and teaching faculty members of HPSM College of Nursing. The session concluded with feedback from the participants, and participation certificates were awarded to all attendees.

Workshop on Effective Teaching Strategies (16th March 2024)

On 16th March 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, in collaboration with Ganpat Parsekar College of Education, organized a Workshop on Effective Teaching Strategies at the Smart Room, Ganpat Parsekar College of Education. The workshop aimed to enhance the teaching competencies of nurse educators through sessions on the use of ICT tools in the teaching-learning process, preparation of PowerPoint presentations, educational wallpapers, 2D and 3D models, designing blueprints and question papers, teaching skills, and innovative pedagogies. Resource persons including Mr. Vishwesh Fatrekar, Mr. Pritesh Naik, Dr. Asawari Ashtekar, Dr. Pandurang Pandit, and Mrs. Renuka Pardeshi from Ganpat Parsekar College of Education shared valuable insights and practical approaches to effective teaching and student assessment. The workshop provided participants with hands-on knowledge of modern teaching methodologies, fostering creativity, critical thinking, and the effective integration of technology in nursing education.



**HARMAL PANCHAKROSHI SHIKSHAN MANDAL'S
COLLEGE OF NURSING**
Vidya Sankul, Bhom Plateau, Harmal, Pernem, Goa 403524

in collaboration with
Ganpat Parsekar College of Education
Conducts

**WORKSHOP ON EFFECTIVE
TEACHING STRATEGIES**





🕒 10.00 am onwards
📍 Smart Room, GPCOE
👥 College of Nursing Staff

Mrs. Kiruba Gnana Chitra J.
Principal

Shri. Laxmikant Parsekar
Chairman

16/03/2024 A talk on Use of ICT Tools in Teaching Learning Process	Resource Person  Mr. Vishwesh Fatrekar Assistant Professor at Ganpat Parsekar College of Education.	Resource person  Dr. Pandurang Pandit Officiating Principal Ganpat Parsekar College of Education	13/04/2024 A talk on Teaching Skills
23/03/2024 A talk on Preparation of PPT, Wallpaper, 2D and 3D Models	Resource Person  Mr. Pritesh Naik Assistant Professor at Ganpat Parsekar College of Education.	Resource person  Mrs. Renuka Pardeshi Assistant Professor at Ganpat Parsekar College of Education.	20/04/2024 A talk on Innovative Pedagogies
06/04/2024 A talk on Designing of Blue Print and Question Paper	Resource person  Dr. Asawari Ashtekar Assistant Professor at Ganpat Parsekar College of Education.		

Organ Donation Seminar (20th September 2024)

On 20th September 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized an Organ Donation Seminar at Dnyanada Auditorium, Harmal, in collaboration with the Rotary Club of Mapusa Elegance and Ganpat Parsekar College of Education. The seminar was conducted by Rtn. Rajesh Mittal, who explained the importance of organ donation, eligibility criteria, and the role of NOTTO in promoting organ donation. Around 110 students participated in the programme. QR code pamphlets for organ donor registration were distributed, encouraging students to pledge for organ donation. The session concluded with a vote of thanks and appreciation to the resource person and organizers.



Workshop on Basic Life Support (13th January 2025)

On 13th January 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, Goa, under the National Service Scheme (NSS), organized a Workshop on Basic Life Support at Dnyanada Auditorium in collaboration with Manipal Hospital. The programme was coordinated by Mr. Sagar Prabhu Desai, Managing Executive Officer, Manipal Hospital. The workshop was conducted by Dr. Vyas Viswanathan and EMT Anuja Rane for 155 students and 20 teaching and non-teaching staff members. The programme included a PowerPoint presentation on Basic Life Support, followed by a live demonstration and hands-on CPR practice on manikins, providing participants with practical knowledge and skills in emergency life-saving techniques.





Workshop on Menstrual Hygiene and Sustainable Management (11th March 2025)

On 11th March 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing participated in a Workshop on Menstrual Hygiene and Its Sustainable Management held from 9:00 a.m. to 1:00 p.m. at Dnyanada Auditorium. The workshop was organized by Ganpat Parsekar College of Education in collaboration with HPSM College of Nursing, the All India Institute of Ayurveda, YuWaah, and UNICEF. A total of 66 students from HPSM College of Nursing and 85 students from Ganpat Parsekar College of Education attended the programme. The workshop featured orientation sessions on menstrual hygiene, dietary guidance, a formal inaugural function, and an expert panel discussion led by Ms. Yaduprabha Yadav, Dr. Ankita M., Dr. Kiruba Gnana Chitra J., and Ms. Vaibhavi V. Naik. Informative pamphlets were distributed at the end of the programme, which successfully enhanced awareness about menstrual health, hygiene, and sustainable menstrual management among the participants.



Workshop on Health Assessment Module (6th and 7th August 2025)

On 6th and 7th August 2025, the Department of Fundamental of Nursing, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Goa, organized a Two-Day Workshop on Health Assessment Module for 65 B.Sc. Nursing students by Resource person from Eberkmed at the Dnyanada auditorium and College Nursing Laboratories. The workshop commenced with an inaugural session, followed by interactive learning activities and hands-on training in various clinical assessment techniques, including head-to-toe, respiratory, cardiovascular, abdominal, breast, musculoskeletal, and neurological assessments, along with vital signs monitoring and nursing history collection. The practical sessions were conducted by expert resource persons, providing students with valuable clinical knowledge and skill-based learning. The programme concluded with a valedictory session, certificate distribution, participant feedback, a vote of thanks, and the National Anthem.



Organ Donation Seminar

Harmal Panchakroshi Shikshan Mandal's College of Nursing, in association with SOTTO Goa and Ganpat Parsekar College of Education, organized an Organ Donation Awareness Seminar on 14th October 2025 at the GPCOE Auditorium, Harmal, Goa. The seminar was attended by 200 nursing students and focused on creating awareness about organ donation, eligibility for living donation, and the importance of pledging to donate organs. The resource persons also highlighted the THOTA guidelines, the NOTTO helpline, and the online organ donation pledge process through a QR code. The programme concluded with a vote of thanks proposed by Mr. Remo Manoj.



Child Health Nursing Module Workshop (13th January 2026)

The Department of Child Health Nursing, Harmal Panchakroshi Shikshan Mandal's College of Nursing, organized a three-day Child Health Nursing Module Workshop on 6th, 9th, and 13th January 2026 for 107 B.Sc. Nursing (V Semester) and GNM (II & III Year) students. The workshop focused on Essential Newborn Care and Breastfeeding (ENBC), Pediatric Life Support (PLS), Integrated Management of Neonatal and Childhood Illness (IMNCI), and Family-Centered Newborn Care (FBNC). The sessions aimed to strengthen students' clinical competencies through expert-led lectures and hands-on skill training.

The workshop was conducted by Dr. Chetna Khemani, Senior Pediatrician, North Goa District Hospital, Goa, who delivered comprehensive sessions on newborn assessment, neonatal and childhood illness management, pediatric life support, and newborn care practices. Participants also underwent practical training on mannequins in the Nursing Laboratory, enhancing their skills in neonatal resuscitation and emergency care. The programme concluded with a valedictory session, certificate distribution, and appreciation of the students' active participation, making the workshop both educational and clinically enriching.



Educational Visit to New Delhi (25th March–2nd April 2026)

On 25th March–2nd April 2026, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized an Educational Visit to New Delhi for 49 nursing students, accompanied by the Principal and faculty members. The visit provided students with valuable exposure to premier nursing and healthcare institutions, including the Trained Nurses' Association of India (TNAI), Family Planning Association of India (FPAI), Indian Nursing Council (INC), Rajkumari Amrit Kaur College of Nursing, **and** Fortis Escorts Heart Institute. Through interactive sessions and institutional visits, students gained practical insights into nursing education, professional standards, family welfare services, and advanced healthcare practices, making the tour a highly enriching academic and professional learning experience.





Empowering Midwives: Through Evidence Based Practices and Skill Based Training (21st April 2026)

On 21st April 2026, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, in collaboration with the SOMI Goa Chapter, organized a State Level Conference titled "Empowering Midwives: Through Evidence-Based Practices and Skill-Based Training" at Dnyanada Auditorium. The conference brought together 242 registered nurses from across Goa and focused on advancing evidence-based midwifery practices, respectful maternity care, and contemporary approaches to maternal and newborn health. Expert sessions highlighted the integration of digital innovations in midwifery, informed contraceptive choices, and current trends in labour and birthing practices. The programme also featured an engaging panel discussion on birthing positions and labour practices, along with simulation-based skill training on physiological childbirth and post-placental intrauterine contraceptive device (PPIUCD) insertion. The conference concluded with post-test assessments, certificate distribution, and positive participant feedback, reflecting significant improvements in knowledge and clinical competencies among the delegates.



Staff Research Accomplishments





Journal of
Applied Bioanalysis

openaccess



CERTIFICATE OF PUBLICATION

IS HERE BY AWARDING THIS CERTIFICATE TO

Prof. Dr. Kiruba Gnana Chitra.J

In recognition of the publication of the paper entitled

A Study To Assess The Effectiveness Of Simulation Training Program On Skill And
Self-Confidence In Conduction Of Normal Vaginal Delivery Among Midwifery Students
At Selected Institute Of Nursing At Belagavi, Karnataka, India

has been published in Journal of Applied Bioanalysis (ISSN 2405-710X)



Ali S. Saad

Ali S. Saad
Editor-in-Chief

CO-Curricular NSS Activities-Health Day Programmes & Awareness Activities

First Aid Week (4th September to 9th September 2023)

From 4th September to 9th September 2023, Harmal Panchakroshi Shikshan Mandal's College of Nursing celebrated First Aid Week at the Nursing Foundation Lab in collaboration with Harmal Panchakroshi Higher Secondary School. The programme was attended by students of Classes XI and XII Science and was conducted under the guidance of Principal Mrs. Kiruba Paul, with sessions facilitated by Miss Shamika Narse, Miss Shahnaaz Siddiki, and Mr. Rishab. The workshop included presentations and demonstrations on Basic Cardiac Life Support (CPR), followed by return demonstrations by the students. A first aid booklet prepared by Mrs. Kiruba Paul was distributed to the participants. The programme concluded with a vote of thanks by Mrs. Kiruba Paul and received positive feedback from the students and staff.

World First Aid Day (6th September 2023)

On 6th September 2023, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized a World First Aid Day programme for the students of GNM and Higher Secondary School. The session was conducted by Dr. Kiruba Gnana Chitra, Principal, along with Ms. Shanaz Siddiqui and Ms. Shamika Narse, who provided demonstrations on Cardiopulmonary Resuscitation (CPR) using adult and infant manikins. Students actively participated in the return demonstrations and gained practical knowledge of basic first aid techniques, including wound care, bleeding, fractures, burns, choking, electric shocks, and fainting. The programme successfully enhanced students' awareness and skills in first aid and emergency care.

Mental Health Awareness Week Celebration (9th-14th October 2023)

On 9th-14th October 2023, Harmal Panchakroshi Shikshan Mandal's College of Nursing observed Mental Health Awareness Week to promote mental well-being among higher secondary and nursing students. The programme was inaugurated in the presence of Chairman Shri Laxmikant Y. Parsekar, Executive Member Mrs. Smita L. Parsekar, Principal of Ganpat Parsekar College of Education Shri Udesb Natekar, Principal of Harmal Panchakroshi Higher Secondary School Shri Govindraj Desai, and Vice Principal Mrs. Shambhavi Naik. The week-long celebration included awareness campaigns through social media, counselling sessions conducted by Principal Mrs. Kiruba Paul, flyer distribution, mime performances, poster-making and elocution competitions, and a mime presentation on suicide prevention and drug abuse by

first-year GNM students. The programme concluded with prize distribution, a vote of thanks by Mrs. Siddhi Tilve, and refreshments.

World Suicide Prevention Day (10th October 2023)

On 10th October 2023, Harmal Panchakroshi Shikshan Mandal's College of Nursing observed World Suicide Prevention Day as part of Mental Health Awareness Week by conducting a social media awareness campaign to promote mental well-being and suicide prevention. Informative digital posters and a global suicide prevention pledge were shared to encourage individuals to seek help, support one another, and value life. The campaign aimed to raise awareness among students and the public about the importance of mental health, early intervention, and creating a supportive community.

World Mental Health Week (14th October 2023)

On 14th October 2023, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized the valedictory programme of World Mental Health Week at HPSM Higher Secondary School. The programme was graced by Chairman Shri Laxmikant Y. Parsekar, Executive Member Mrs. Smita L. Parsekar, Principal of Ganpat Parsekar College of Education Shri Udeshe Natekar, Principal of Harmal Panchakroshi Higher Secondary School Shri Govindraj Desai, Vice Principal Mrs. Shambhavi Naik, and Principal Mrs. Kiruba Paul. The event featured a mime performance on suicide prevention and drug abuse, followed by speech and poster-making competitions for nursing students. The competitions were evaluated by Mrs. Anita Pereira and Mrs. Vinisha Carvalho, and the programme concluded with prize distribution and refreshments.



Reel Making Competition to commemorate Global Handwashing Day (30th October 2023)

On 30th October 2023, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized a Reel Making Competition to commemorate Global Handwashing Day. Students participated in groups by creating and posting Instagram reels demonstrating the correct handwashing steps to promote hygiene awareness through social media. The winners were decided based on the number of likes received on their reels, with Group 1 securing the first place and Group 4 finishing as the runner-up. The competition encouraged creativity while reinforcing the importance of proper hand hygiene and public health awareness.



World Diabetes Day - Diabetes Awareness and Screening Programme Organized by the Student Nurses Association (29th November 2023)

On 29th November 2023, Harmal Panchakroshi Shikshan Mandal's College of Nursing, under the Student Nurses Association, organized a World Diabetes Day – Diabetes Awareness and Screening Programme at Dnyanada Auditorium, Vidya Sankul, Bhom Plateau, Harmal, Goa. The programme was conducted under the guidance of Overall In-charge Dr. Kiruba Gnana Chitra J., with Ms. Arya and Ms. Shanti serving as Programme Coordinators.



Blood Group Testing Programme (19th and 20th January 2024)

On 19th and 20th January 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized a two-day Blood Group Testing Programme for students of Harmal Panchakroshi Pre-Primary and Primary School, High School, and Higher Secondary School & Institute of Vocational Studies. A total of 105 participants underwent blood group testing, and individual blood group records were provided for future reference. The programme enhanced awareness of blood group identification and its importance in healthcare and emergency situations.



Cardiopulmonary Resuscitation Awareness Programme (24th January 2024)

On 24th January 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, in collaboration with the First Aid Cell of Ganpat Parsekar College of Education, organized a Cardiopulmonary Resuscitation (CPR) Awareness Programme at the Nursing Foundation Laboratory. The programme was conducted by Dr. Kiruba Gnana Chitra, Principal, along with Ms. Shamika Narse and Ms. Shahnaz Siddiqui, Clinical Instructors, for 24 First Year B.Sc. B.Ed. students of Ganpat Parsekar College

of Education, Arambol. The session included a PowerPoint presentation, demonstration of CPR techniques, and hands-on practice using advanced simulators. The programme received positive feedback from the participants, and the faculty members were honoured with appreciation letters and certificates by Ganpat Parsekar College of Education for their valuable contribution.



Awareness on Menstrual Hygiene, Cervical Cancer, and Breast Cancer (25th January 2024)

On 25th January 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, in collaboration with the First Aid Cell of Ganpat Parsekar College of Education, organized an awareness programme on Menstrual Hygiene, Breast Cancer, and Cervical Cancer at the Smart Classroom, Ganpat Parsekar College of Education, Arambol. The programme was coordinated by Ms. Siddhi Tilve and attended by 60 First Year B.A. B.Ed. students. Dr. Kiruba Gnana Chitra, Principal, Ms. Siddhi Tilve, Tutor, and Ms. Arya Gaonkar, Tutor, served as the resource persons. The session included presentations on menstrual hygiene, breast and cervical cancer awareness, and a demonstration of Breast Self-Examination techniques using a breast model. Informative pamphlets were distributed to the participants. The programme received positive feedback, and the faculty members were honoured with appreciation letters and certificates from Ganpat Parsekar College of Education, Arambol.

Awareness Programme on Diet and Nutrition for Adolescents (23rd February 2024)

On 23rd February 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, in collaboration with the Vishakha Committee of Harmal Panchakroshi Higher Secondary School, Arambol, organized an awareness programme on Diet and Nutrition for Adolescence at Dnyanada Auditorium. The programme was coordinated by Ms. Saiesha T. Korgaonkar, Tutor, and attended by 200 students of

Class XI from the Arts, Commerce, Science, and Hotel Management streams. The session covered the importance of balanced nutrition during adolescence, health benefits of nutritious food, and daily dietary requirements as per the Recommended Dietary Allowances (RDA). Students also participated in a BMI calculation activity and compared their results with the BMI chart. The interactive session concluded with rewards for students who answered questions correctly. The programme received positive feedback, and the organizing staff were presented with appreciation letters and a cash award of ₹500 from Harmal Panchakroshi Higher Secondary School, Arambol.



World Environment Day (5th June 2024)

On 5th June 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing observed World Environment Day at the college campus. The programme was conducted in line with the global theme, "Our Land, Our Future," which focused on land restoration, combating desertification, and building drought resilience. As part of the observance, GNM Third Year students actively participated in a tree plantation drive and a campus cleanliness campaign, during which they collected and disposed of non-biodegradable waste from the college premises and surrounding areas. The activity created awareness about environmental conservation, encouraged sustainable practices, and reinforced the responsibility of protecting and restoring the environment for future generations.



World Breastfeeding Week Celebration (6th August 2024)

On 6th August 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, Goa, under the National Service Scheme (NSS), celebrated World Breastfeeding Week at North Goa District Hospital, Asilo, Mapusa, Goa, on the theme "Closing the Gap: Breastfeeding Support for All." The programme was coordinated by Mrs. Kiruba Gnana Chitra, Ms. Arya Gaunker, and Ms. Pratiksha Vast, and organized by the second-year GNM students in the presence of Dr. Chetana Khemani, the Matron, Ward In-charge, staff nurses, patient attendants, and postnatal mothers. The programme included an introduction to the theme, a special song, a role play with breastfeeding technique demonstration, a health talk, and poster display, benefiting 30 postnatal mothers and their family members. It concluded with the distribution of nutritious multi-cereal laddus prepared by the students and refreshments for the mothers' families, doctors, staff, and students.

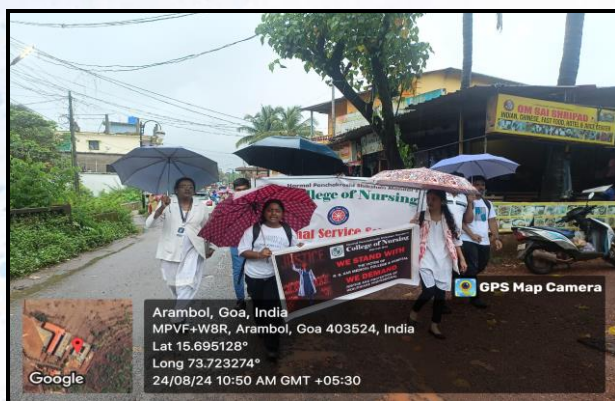




Rally on Safety for Women (24th August 2024)

On 24th August 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, Goa, under the National Service Scheme (NSS), organized a Rally on Safety for Women from the college campus to Titto Junction. The programme was coordinated by Miss Simran Naik and Miss Ankita Methar and was attended by 110 students from 2nd Year B.Sc. Nursing, 2nd Year GNM, and 1st Year GNM. The rally was inaugurated in the presence of Mrs. Smita Parsekar, Mrs. Shambhavi Naik, and Mr. Udesch Natekar, while Ms. Shahnaz Siddiqui welcomed the guests, including Police Constables Mr. Sarvesh Mandrekar, Mr. Kushal Mandrekar, Lady Head Guard Mrs. Trupti Naik, and Lady Head Guard Mrs. Reshmi Naik. Principal Mrs. Kiruba Paul addressed the gathering, emphasizing the need to protest against violence towards women and healthcare personnel and to spread awareness about the Women Helpline (1091). The rally, accompanied by faculty members and physical education staff, spread awareness through slogans, media interaction, and social media platforms, reaching the wider community with the message of women's safety and justice.





Cardiopulmonary Resuscitation (CPR) Awareness Programme (28th August 2024)

On 28th August 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, Goa, under the National Service Scheme (NSS), in collaboration with the First Aid Cell of Ganpat Parsekar College of Education, organized a Cardiopulmonary Resuscitation (CPR) Awareness Programme at the Nursing Foundation Lab. The programme was coordinated by Mrs. Kiruba Gnana Chitra, Principal, and conducted by Mrs. Kiruba Paul, Miss Shahnaz Siddiqui, and Miss Pranali Shetkar for 57 first-year B.Sc. B.Ed. and B.A. B.Ed. students. The session included a PowerPoint presentation on CPR, followed by a live demonstration and hands-on practice on manikins, enhancing participants' knowledge and practical skills in emergency life-saving techniques. Staff members involved in the programme were also felicitated with appreciation letters and certificates by Ganpat Parsekar College of Education for their valuable contribution.



First Aid Program (29th August 2024)

On 29th August 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, Goa, under the National Service Scheme (NSS), in collaboration with the

First Aid Cell of Ganpat Parsekar College of Education, organized a First Aid Program at the Nursing Foundation Lab. The programme was coordinated by Mrs. Kiruba Gnana Chitra, Principal, and conducted by Mrs. Kiruba Paul, Miss Shahnaz Siddiqui, and Miss Pranali Shetkar for 57 first-year B.Sc. B.Ed. and B.A. B.Ed. students. The session included a PowerPoint presentation followed by practical demonstrations and hands-on training on first aid and basic emergency care, enabling participants to develop essential life-saving skills. The programme concluded with the distribution of appreciation letters and certificates to the resource persons by Ganpat Parsekar College of Education in recognition of their contribution.



Blood Group Testing Program (30th August 2024)

On 30th August 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, Goa, under the National Service Scheme (NSS), in collaboration with the First Aid Cell of Ganpat Parsekar College of Education, organized a Blood Group Testing Program at the Nursing Foundation Lab. The programme was coordinated by Miss Shahnaz Siddiqui and conducted by Mrs. Kiruba Paul, Miss Shahnaz Siddiqui,

and Miss Pranali Shetkar for 61 first-year B.Sc. B.Ed., B.A. B.Ed. students, and teachers of Ganpat Parsekar College of Education. The programme included participant registration, blood group testing, and documentation of results, followed by a resting area for participants. Each participant received a data sheet containing their blood group information for future reference.



Blood Donation Camp (9th October 2024)

On 9th October 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, Goa, under the National Service Scheme (NSS), participated in a Blood Donation Camp organized by Harmal Panchakroshi Higher Secondary School in collaboration with Harmal Panchakroshi Shikshan Mandal's College of Nursing and in association with District Hospital, Mapusa. The programme was held at Harmal Panchakroshi Higher Secondary School, Vidya Sankul, Bhom Plateau, Harmal, Goa, and was inaugurated by the Chief Guest, Mrs. Smita Parsekar. A total of 38 donors donated blood, while student volunteers actively assisted in registration,

haemoglobin testing, blood donation procedures, and post-donation care, contributing to the successful conduct of the camp.



World Mental Health Day (14th October 2024)

On 14th October 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, through the Department of Mental Health Nursing and Student Nurses Association (SNA), organized a programme to observe World Mental Health Day 2024 at Dnyanada Auditorium under the theme, "It's Time to Prioritise Mental Health in the Workplace." The programme was graced by Dr. Janet Fernandes e De Souza, Professor of Psychology, St. Xavier's College, Mapusa, as the Chief Guest. The event featured a prayer song, welcome address, mime show based on the theme, an expert talk on promoting mental well-being and workplace productivity, and a poster presentation by First-Year B.Sc. Nursing and GNM students. The programme concluded with a vote of thanks. The event benefited First-Year B.Sc. Nursing and GNM students, along with faculty members of Harmal Panchakroshi Shikshan Mandal's College of Nursing and Harmal Panchakroshi Shikshan Mandal's Higher Secondary School, by creating awareness about the importance of mental health and emotional well-being.





World Trauma Day - Road Safety Awareness Campaign (15th October 2024)

On 15th October 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, Goa, under the National Service Scheme (NSS), organized a Road Safety Awareness Campaign at Dnyanada Auditorium on the occasion of Road Safety Week 2024. The awareness session was conducted by ASI Tukaram Mandrekar from the Department of Traffic, along with PSI Paresh Kale, PI Harshal Savaiverekar, and PSI Yogesh Bhandari from Mandrem Police Station. The resource person highlighted the importance of road safety, traffic rules and regulations, amendments to traffic laws, punishable offences, and various categories of road signs, while emphasizing the mandatory use of helmets. The programme benefited students from various streams, nursing staff, and first-year B.Sc. Nursing and GNM Students.



Programme on Personal Hygiene and Handwashing Steps (WHO) (17th October 2024)

On 17th October 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, Goa, under the National Service Scheme (NSS), organized an awareness programme on Personal Hygiene and Handwashing Steps (WHO) at Harmal Panchakroshi Shikshan Mandal's Higher Secondary School. The session was conducted by Ms. Shahnaz Siddiqui and Ms. Simran for students of the Arts, Commerce, Science, Vocational, and Catering streams. The resource persons emphasized the importance of maintaining personal hygiene and demonstrated the WHO-recommended handwashing steps with the help of student volunteers. The programme concluded with an active return demonstration by the students and staff, reinforcing the importance of proper hand hygiene in preventing infections.



World AIDS Day 2024 (30th November and 2nd December 2024)

On 30th November and 2nd December 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, through the Students Nurses Association (SNA), organized a series of events to observe World AIDS Day 2024 under the theme, "Take the Right Path: My Health, My Right." The programme commenced with a Poster Making Competition on HIV/AIDS awareness, encouraging students to express their knowledge and creativity on the importance of HIV prevention. On 2nd December 2024, an awareness programme was conducted at the OPD Block of Goa Medical College, Bambolim, featuring a special awareness song, role play, health talk, poster display, and an expert address by Dr. U. J. Wanda Viegas. The programme benefited OPD patients, Second-Year GNM students, and Second-Year GNM Nursing students by enhancing awareness about HIV/AIDS prevention, early detection, and the importance of eliminating stigma associated with the disease.



  HARMAL PANCHAKORSHI SHIKSHAN MANDAL'S COLLEGE OF NURSING ARAMBOL GOA RECOGNISED BY INC,GNC AND AFFILIATED TO GOA UNIVERSITY NSS COMMITTEE OBSERVES WORLD AIDS DAY On the theme "TAKE THE RIGHTS PATH :MY HEALTH, MY RIGHT"		
Date/ Time	ACTIVITY	VENUE
30/11/2024 10:00 am To 12:00 noon	POSTERS PRESENTATION	HPSMCON
02/12/2024 10:00am to 10:05 am	AIDS AWARENESS SPECIAL SONG	GMC - OPD BLOCK REGISTRATION AREA
02/12/2024 10:05 am To 10:25 am	ROLE PLAY	GMC - OPD BLOCK REGISTRATION AREA
02/12/2024 10:25am to 10:45am	SPECIAL ADDRESS: DR.UJ WANDA VIEGES	GMC - OPD BLOCK REGISTRATION AREA
02/12/2024 10:45 am To 11:00am	POSTERS DISPLAY AND PRESENTATION	GMC - OPD BLOCK REGISTRATION AREA

University Sports Meet (9th December 2024)

On 9th December 2024, students of Harmal Panchakroshi Shikshan Mandal's College of Nursing participated in the University Sports Meet held at Bambolim Stadium, organized by Goa University for its affiliated colleges. The students enthusiastically competed in various athletic events, including the 100 m and 200 m races, high jump, long jump, javelin throw, shot put, discus throw, and the 4 × 100 m relay, demonstrating their sporting spirit, teamwork, and commitment to physical fitness.

TB Awareness Programme (30th January 2025)

On 30th January 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized a TB Awareness Programme under the National Service Scheme at Community Health Centre, Tuem, Pernem. A total of 42 GNM Nursing students and 4 faculty members participated in the programme. Students conducted poster presentations, role plays, and awareness activities on tuberculosis, its prevention, treatment, and government schemes. Dr. Vikesh Kankunkar, Health Officer, and Mr. Ranjil Morskar, IEC Officer, addressed the OPD patients and their relatives, creating awareness about TB prevention and early treatment. The programme benefited around 35 participants and successfully promoted community awareness on tuberculosis.



Sensitization Program on the POSH Act (1st February 2025)

On 1st February 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, through its Staff Welfare Committee and National Service Scheme (NSS), in collaboration with the Women Police Station, Panaji, Goa, organized a Sensitization Programme on the Prevention of Sexual Harassment (POSH) Act at Dnyanada Auditorium. The programme aimed to create awareness about workplace safety, legal protections against sexual harassment, and the importance of fostering a respectful and inclusive professional environment. The session provided valuable insights into the provisions of the POSH Act, redressal mechanisms, workplace policies, and the role of Internal Committees in ensuring a safe workplace. Participants also gained practical knowledge on addressing workplace harassment, filing complaints, and understanding legal safeguards. A total of 260 participants, including students and faculty members, actively took part in the interactive session, which encouraged open dialogue and highlighted the significance of legal awareness as students prepare to enter professional spaces.



Awareness Programme on Lymphatic Filariasis (8th February 2025)

On 8th February 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, Goa, under the National Service Scheme (NSS), organized an Awareness Programme on Lymphatic Filariasis at Dnyanada Auditorium, Harmal Panchakroshi High School. The session was conducted by Ms. Pranali Shetkar for 360 participants, including students of 5th, 6th, and 7th standards, along with 1st and 2nd Year B.Sc. Nursing students. Using a PowerPoint presentation and an interactive demonstration, the resource person explained the causes, symptoms, mode of transmission, prevention, and treatment of lymphatic filariasis. The programme concluded with a quiz and an interactive question-and-answer session, which encouraged active participation and enhanced the students' understanding of the disease and its prevention.



Deworming Day (10th February 2025)

On 10th February 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, Goa, under the National Service Scheme (NSS) and the Health Day Committee, in collaboration with Community Health Centre, Tuem–Pernem, organized the National Deworming Day Programme at the Village Panchayat Office Hall, Parcem. The programme was attended by students from Government Primary School, Chaudewada Mandrem, Shree Bhagwati High School, Pernem, and Parcem High School, and was graced by Dr. Prashant Suryavanshi, Dr. Pandhari Korgaonkar, Dr. Anil Umraskar, Mr. Ajay Kalangutkar, Mr. Raghoba Kambli, Mrs. Swapnali Shirodkar, and Mrs. Vandana Gotlekar. The resource persons highlighted the importance of deworming and creating awareness about Soil-Transmitted Helminths (STH), while first-year GNM Nursing students presented an informative skit on the causes, prevention, treatment, and health benefits of deworming. The programme successfully created awareness among around 150 students, teachers, and faculty members and concluded with the National Anthem.



World Tuberculosis Day (5th March 2026)

On 5th March 2026, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized an Inter-Class Poster Making Competition in observance of World Tuberculosis Day at the college library under the theme "Yes! We Can End TB." Students from various classes participated enthusiastically by creating informative posters highlighting tuberculosis prevention, early diagnosis, treatment adherence, and community awareness. The competition successfully promoted health education and creativity among students, with Ms. Sachi Redkar and Mr. Sahil Kepkar securing first and second place respectively, earning the opportunity to represent the college at the Inter-College Poster Making Competition held at Sai Nursing Institute, Sankhali, Goa.



International Women's Day Programme - Yoga Session and Poster Competition (8th March 2025)

On 8th March 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing celebrated International Women's Day under the National Service Scheme (NSS) by organizing a Yoga Session and Poster Competition for B.Sc. Nursing students. The programme was conducted in alignment with the UN theme "Accelerate Action," aiming to promote women's empowerment, gender equality, physical fitness, and mental well-being. The Yoga Session was conducted by Mr. Nehal Sawal Desai, Physical Education Teacher, who guided the students through various yoga asanas and breathing exercises to encourage stress management and a healthy lifestyle. The Poster Competition provided students with an opportunity to creatively express their perspectives on women's rights, empowerment, and social awareness. The posters were evaluated by Dr. Kiruba Gnana Chitra J. and Ms. Smital Daniel Wardhe. The programme witnessed enthusiastic participation from the students and successfully fostered awareness of holistic health, gender equality, and the importance of empowering women in society.



World TB Day (24th March 2025)

On 24th March 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing observed World Tuberculosis Day by conducting awareness programmes at CHC Pernem and the Institute of Psychiatry and Human Behaviour (IPHB), Bambolim, for OPD patients. The programme was organized under the guidance of Principal Dr. Kiruba Gnana Chitra J. and faculty members, with Dr. Pandurang Koragaonkar and Dr. Vigesh Kankonkar as the resource persons. Through health talks and role plays, the students created awareness about the symptoms, prevention, early diagnosis, and treatment of tuberculosis, promoting community awareness and encouraging timely healthcare.

Poshan Pakhwada 2025 (17th and 22nd April 2025)

On 17th and 22nd April 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing observed Poshan Pakhwada 2025 through two nutrition awareness programmes conducted by First and Second Year B.Sc. Nursing students. The first programme, held at the Gynaecology OPD of Goa Medical College, benefited 80 antenatal mothers through health education, role plays, poster presentations, and awareness sessions on maternal nutrition, breastfeeding, and the first 1,000 days of life. The second programme was organized at Dnyanada Auditorium, Harmal Panchakroshi High School, for 200 school students under the guidance of Principal Dr. Kiruba Gnana Chitra J. Activities included role plays, a mime on obesity, a health talk by Mrs. Ankita Dhawalikar, and a nutritious food exhibition, promoting healthy eating habits and balanced nutrition.



Malaria Awareness Activities (25th April 2025)

On 25th April 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing conducted Malaria Awareness Activities at the OPD Block of North Goa District Hospital, Asilo, Mapusa, and Ward 144 of Goa Medical College, Bambolim. First Year GNM and Second Year B.Sc. Nursing students organized role plays, health education sessions, and poster presentations to create awareness about the causes, symptoms, prevention, and treatment of malaria among patients and caregivers. The activities were conducted under the guidance of Ms. Pratiksha Vast, Mrs. Smital Wardhe, and Ms. Ankita Methar, Nursing Tutors, and successfully promoted community awareness on the prevention and control of mosquito-borne diseases.



Nationwide Civil Defence Mock Drill - Operation Abhyaas (7th May 2025)

On 7th May 2025, 60 NSS volunteers from the First and Second Year B.Sc. Nursing programme of Harmal Panchakroshi Shikshan Mandal's College of Nursing participated in the Nationwide Civil Defence Mock Drill, Operation Abhyaas, held at Panjim Ferry Wharf and Miramar Water Sports Centre. The drill aimed to strengthen emergency preparedness by training students in evacuation procedures, civil defence protocols, blackout measures, disaster response, and coordination during emergencies. Through practical demonstrations and simulated emergency scenarios, the programme enhanced the participants' awareness, preparedness, and response skills for handling large-scale disasters and civil emergencies.



World Schizophrenia Day Awareness Programme (29th May 2025)

On 29th May 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing participated in the World Schizophrenia Day Awareness Programme organized by

the Director of Health Services at the State Institute of Health and Family Welfare, Mapusa. A total of 35 Third Year GNM Nursing students attended the programme under the coordination of Ms. Pranali Shetkar and Mrs. Ankita Dhawalikar. The event included a quiz competition, a short film screening, an expert panel discussion, and an interactive question-and-answer session, creating awareness about schizophrenia, its early detection, treatment, and the importance of reducing stigma associated with mental illness.



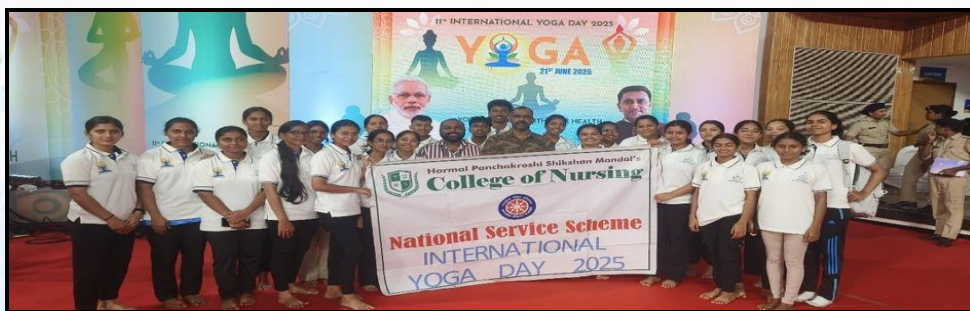
World Environment Day (6th June 2025)

On 6th June 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized a World Environment Day programme at Arambol Beach under the global theme "Beat Plastic Pollution." First and Second Year GNM Nursing NSS volunteers participated in a beach clean-up drive, collected plastic waste, created awareness among local vendors about eco-friendly practices, and distributed paper bags as an alternative to plastic. The programme was conducted under the leadership of Principal Dr. Kiruba Gnana Chitra J. and coordinated by NSS Programme Officer Mr. Remo Manoj, with the support of class coordinators Ms. Pranali, Mrs. Rameshwari, and Mr. Sourabh. The initiative promoted environmental conservation, sustainability, and community responsibility.



International Yoga Day. (21st June 2025)

Harmal Panchakroshi Shikshan Mandal's College of Nursing actively participated in the International Yoga Day celebration held on 21st June 2025 at Dr. Shyama Prasad Mukherjee Stadium, Goa University, organized by the All India Institute of Ayurveda. The programme highlighted the importance of yoga in promoting physical and mental well-being. Students enthusiastically participated in the mass yoga session along with dignitaries, NSS volunteers, and participants from various institutions. The event encouraged the adoption of yoga as a healthy lifestyle practice and reinforced its significance in overall wellness.



International Day Against Drug Abuse and Illicit Trafficking (26th June 2025)

On 26th June 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing observed the International Day against Drug Abuse and Illicit Trafficking at CHC Pernem as part of the national initiative of the Ministry of Social Justice and Empowerment, Government of India. First and Second Year B.Sc. Nursing NSS volunteers conducted poster presentations and role plays in the OPD to create

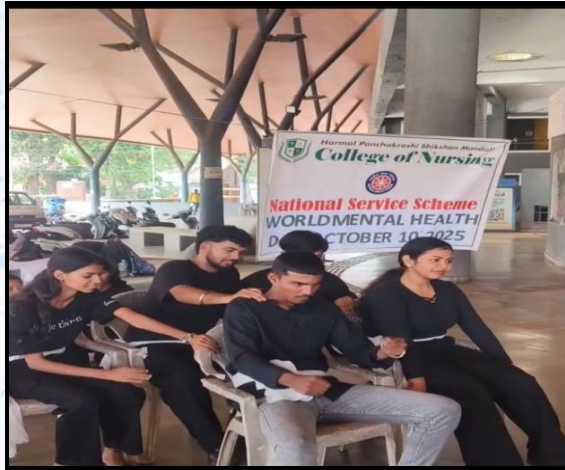
awareness among the public about the harmful effects of drug abuse, the dangers of illicit trafficking, and the importance of prevention through healthy lifestyles and informed decision-making. The programme successfully promoted community awareness and encouraged a drug-free society.



World Breastfeeding Week Celebration 2025 (1st and 4th August 2025)

On 1st and 4th August 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing celebrated World Breastfeeding Week under the theme "Prioritise Breastfeeding: Create Sustainable Support Systems." The programme was coordinated by Mrs. Ankita Dhawalikar and included awareness activities at North Goa District Hospital and a formal celebration at the GPCOE Auditorium. GNM Nursing students organized role plays, poster presentations, and a nutritious food exhibition to promote the importance of breastfeeding and maternal nutrition. The inaugural programme was attended by Principal Dr. Kiruba Gnana Chitra J., Chief Guest Dr. Chetna Khemani, and Chairman Shri Laxmikant Y. Parsekar, who addressed the gathering on the significance of breastfeeding. Around 180 students and faculty members participated in the celebration, making it a successful awareness initiative.





Tele-MANAS Awareness Programme (4th November 2025)

On 4th November 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, organized a Tele-MANAS Awareness Programme at Dayananda Auditorium, attended by 188 students and 24 faculty members. The programme was inaugurated by Principal Dr. Kiruba Gnana Chitra J. and featured Dr. Shrutika Sudhir Kandolkar, Consultant Psychiatrist, as the Chief Guest, along with Ms. Griselda Nobbay, Psychiatric Social Worker, as the resource person. The session, coordinated by Mrs. P. Saranya, focused on mental health awareness, stress management, suicide prevention, and the free 24x7 Tele-MANAS mental health services. The programme concluded with an interactive feedback session, a vote of thanks, and the National Anthem.



World Tuberculosis Day (5th March 2026)

On 5th March 2026, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized an Inter-Class Poster Making Competition in observance of World

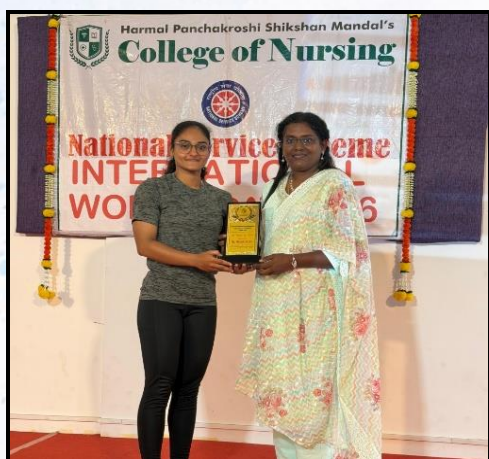
Tuberculosis Day at the college library under the theme "Yes! We Can End TB." Students from various classes participated enthusiastically by creating informative posters highlighting tuberculosis prevention, early diagnosis, treatment adherence, and community awareness. The competition successfully promoted health education and creativity among students, with Ms. Sachi Redkar and Mr. Sahil Kepkar securing first and second place respectively, earning the opportunity to represent the college at the Inter-College Poster Making Competition held at Sai Nursing Institute, Sankhali, Goa.



International Women's Day Programme (7th March 2026)

The International Women's Day Programme was held on 7th March 2026 under the theme "Rights. Justice. Action. For All Women and Girls." The programme aimed to promote women's safety, empowerment, and legal awareness among students and faculty members. Ms. Mehak Sayed conducted an interactive self-defence session, demonstrating practical techniques for emergency situations. Adv. Emidio Pinho delivered an informative session on the POSH Act, highlighting workplace safety, legal rights, and mechanisms for preventing and addressing sexual harassment. The programme reinforced the importance of creating a safe, respectful, and inclusive environment for women in educational and professional settings.





World Health Day Celebration (7th April 2026)

On 7th April 2026, Harmal Panchakroshi Shikshan Mandal's College of Nursing celebrated World Health Day on the theme "Together for Health: Stand with Science." The event was graced by Shri Laxmikant Y. Parsekar, Chairman of HPSM, as the Chief Guest, and Prof. J. M. Silja, In-charge Principal of Shri Bhumika Nursing College, as the Guest of Honour. The celebration included an inspiring inaugural session followed by elocution, debate, poster-making, and reel-making competitions, encouraging students to promote evidence-based healthcare through creativity and critical thinking. The program concluded with prize distribution and a vote of thanks, successfully raising awareness about healthy living, scientific temper, and the importance of community health while fostering active student participation.



World Environment Day (5th June 2026)

On 5th June 2026, Harmal Panchakroshi Shikshan Mandal's College of Nursing celebrated World Environment Day at the college campus under the theme "Inspired

by Nature. For Climate. For Our Future." The programme was coordinated by Mrs. Sheral Fernandes and Mrs. Pradnya Parab, with the participation of 160 students under the guidance of Principal Dr. Kiruba Gnana Chitra J. Following an inaugural address emphasizing environmental sustainability and public health, students carried out a campus-wide cleanliness drive, collecting, segregating, and disposing of waste responsibly. The programme successfully promoted environmental awareness, teamwork, waste management, and the importance of maintaining a clean and healthy environment as an essential aspect of nursing practice.



International Day Against Drug Abuse and Illicit Trafficking (26th June 2026)

On 26th June 2026, Harmal Panchakroshi Shikshan Mandal's College of Nursing concluded the observance of Nasha Mukh Saptah under the Nasha Mukh Bharat Abhiyaan, an initiative of the Ministry of Social Justice and Empowerment, Government of India, with the theme "Nasha Mukh Bharat Abhiyaan – Viksit Bharat Ki Pehchaan." Throughout the week, the NSS unit organized five awareness activities, including the Nasha Mukh Pledge, essay writing, poster making, International Yoga Day celebration, and the creation of an anti-drug awareness reel. Around 100 NSS volunteers participated, reaching nearly 180 beneficiaries. The campaign successfully promoted awareness about the harmful effects of substance abuse while encouraging healthy lifestyles, social responsibility, and community participation in building a drug-free society.



Malaria and Dengue Awareness Programme (13th July 2026)

A Malaria and Dengue Awareness Programme was conducted on 13 July 2026 at Harmal Panchkroshi High School, Arambol, Goa, by the nursing students of Harmal Panchkroshi Shikshan Mandal's College of Nursing. The interactive session educated school students about the causes, symptoms, prevention, and control of malaria and dengue, with special emphasis on eliminating mosquito breeding sites, maintaining

environmental cleanliness, and adopting personal protective measures. The programme encouraged active participation and promoted individual and community responsibility in preventing mosquito-borne diseases.



Van Mahotsav (17th July 2026)

Harmal Panchkroshi Shikshan Mandal's College of Nursing celebrated Van Mahotsav on 17 July 2026 with great enthusiasm and active participation from the Principal, teaching and non-teaching staff, and B.Sc. Nursing students. A total of 23 plants were planted across the college campus, promoting environmental awareness, sustainability, and the importance of creating a greener and healthier environment.



Student Welfare Activities

Fire and Safety Mock Drill (10th February 2024)

On 10th February 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, in collaboration with Harmal Panchakroshi Higher Secondary School, the Institute of Vocational Studies, and the Goa State Fire & Emergency Services, organized a Fire and Safety Mock Drill. Around 650 students and 55 staff members participated in the programme, which included demonstrations on the proper use of fire extinguishers, emergency evacuation procedures, and disaster management. The session provided hands-on training and enhanced participants' preparedness to respond effectively during fire and other emergency situations.

Students Scholarship Programme (12th February 2024)

On 12th February 2024, the Library Committee of Harmal Panchakroshi Shikshan Mandal's College of Nursing organized a Student Scholarship Programme titled "Unlocking Opportunities: Empowering Students with Goa & Central Government Scholarship Schemes." The session was conducted by Mrs. Sushama Pradeep Salgaonkar, who guided students on various Central and State Government scholarship schemes, eligibility criteria, online application procedures, and required documentation. The programme enhanced students' awareness of educational financial assistance and encouraged them to utilize scholarship opportunities for their higher education.

Donation of an Incinerator by Rotary Club of Mapusa Elegance (18th March 2024)

On 18th March 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing received a sanitary incinerator sponsored by Rotary Club Mapusa Elegance as part of its Staff Welfare Programme. The initiative aims to promote safe and environmentally responsible disposal of sanitary waste while supporting sustainable waste management practices within the institution. The sanitary incinerator is equipped with pollution control measures to ensure the secure disposal of hazardous materials with minimal environmental impact. The incinerator was formally handed over to Principal Dr. Kiruba Paul in the presence of Rtn. Siddesh, Rtn. Raaj (Coordinator), Rtn. Amey, and Rtn. Shreyash. The programme highlighted the institution's commitment to hygiene, environmental responsibility, and the well-being of its students and staff.



TNAI Orientation Programme (13th April 2024)

On 13th April 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized the TNAI Orientation Programme at Dnyanada Auditorium. The programme was graced by Chairman Shri Laxmikant Y. Parsekar, Principal Dr. Kiruba Gnana Chitra J., Mrs. Nilima P. Rane, President of the TNAI Goa State Branch, and Mrs. Patsy Joseph, Treasurer of the TNAI Goa State Branch. Around 70 GNM and B.Sc. Nursing students attended the orientation, which introduced them to the objectives, activities, membership benefits, scholarships, welfare programmes, and professional opportunities offered by the Trained Nurses' Association of India (TNAI). The session also highlighted the achievements of the Student Nurses' Association and encouraged students to actively participate in professional nursing organizations for their academic and career development.

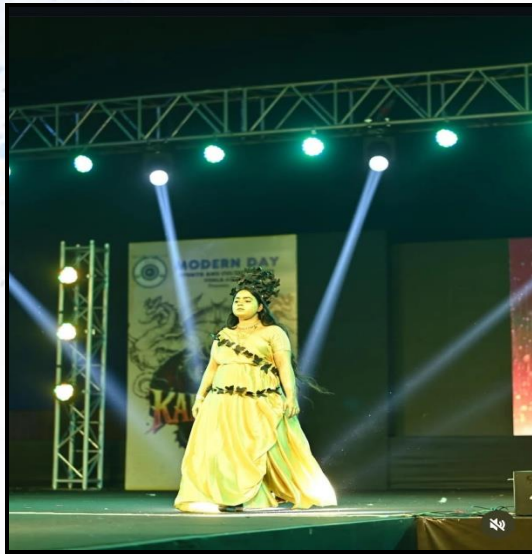
Inter Nursing College Competition. (28th January 2025)

On 28th January 2025, students of Harmal Panchakroshi Shikshan Mandal's College of Nursing participated in the Inter Nursing College Competition organized by the District Tobacco Control Cell, North Goa at the State Institute of Health and Family Welfare, Mapusa. The students took part in the Quiz Competition, represented by Ms. Namrata Salgaonkar, Ms. Tanisha Pednekar, and Ms. Bharti Gouda. The college also secured First Place in the Poster Making Competition, with Ms. Uma Devi Pal and Ms. Olfee D'Costa bringing laurels to the institution through their outstanding performance.

Kalopsia Event (27th February 2025)

On 27th February 2025, students of Harmal Panchakroshi Shikshan Mandal's College of Nursing participated in the Kalopsia Event organized by the Modern Day Sports and Cultural Club at Dr. Shyama Prasad Mukherjee Stadium, Taleigao, Goa. Competing against teams from eight colleges, the college team "MIRAGE" showcased their talent in various cultural competitions, including fashion show, reel making, street play, dance, and music. The team secured first place in the Ice Breakers Video competition, second place in the Fashion Show, and third place in Reel Making,

bringing laurels to the institution through their outstanding creativity, teamwork, and performance.



Poster Competition Participation- World Heart Day (29th September 2025)

On 29th September 2025, students of Harmal Panchakroshi Shikshan Mandal's College of Nursing participated in the World Heart Day Poster Competition organized by Sai Nursing Institute. Six students represented the college, and the institute secured all three top prizes. Certificates and prizes were distributed during the event. The Student Welfare Committee congratulated the winners and appreciated all participants for their enthusiastic involvement.





Intercollegiate Elocution Competition (10th October 2025)

On 10th October 2025, three students from Harmal Panchakroshi Shikshan Mandal's College of Nursing participated in the Intercollegiate Elocution Competition held at the Institute of Nursing Education, Bambolim. The event, themed "Mind Matters: Mental Health in the Social Media Era," provided students with an opportunity to enhance their public speaking skills, express their views on mental health, and interact with peers from various colleges.



Inter-Collegiate Quiz Competition on the theme "Goa Vidhan Sabha @ 60" (20th February 2026)

On 20th February 2026, students of Harmal Panchakroshi Shikshan Mandal's College of Nursing participated in the Inter-Collegiate Quiz Competition on the theme "Goa

Vidhan Sabha @ 60" at the Goa Legislative Assembly Complex, Porvorim. The competition tested participants' knowledge of the history, structure, and functioning of the Goa Legislative Assembly through multiple rounds. It provided students with valuable academic exposure, enhanced their understanding of legislative processes, and encouraged critical thinking and teamwork.

Workshop on NEET Preparation

Harmal Panchakroshi Shikshan Mandal's College of Nursing organized a "Workshop on NEET Preparation – NEET 2026: Ace It with Brilliance" on 19 January 2026 at GPCOE Hall. The workshop provided students with valuable NEET preparation strategies, career guidance and insights into medical and paramedical courses. A Pre-NEET Quiz Competition was also conducted, making the session informative and engaging for NEET aspirants.



HARMAL PANCHAKROSHI SHIKSHAN MANDAL
COLLEGE OF NURSING
(Recognised by INC, GNC and affiliated to Goa University)

WORKSHOP ON NEET PREPARATION
NEET 2026- ACE IT WITH BRILLIANCE

NEET preparation session
Insights, strategies & study techniques from expert faculty

Career Guidance Talk
Learn about Medical/ Nursing college admissions, career options in health sciences, and alternative medicine pathways.

PCR NEET Quiz Competition
Test your knowledge in Physics, Chemistry & Biology. Exciting prizes for winners!

Resource Person

Monday
19 January 2026
9AM -12:30PM
GPCOE Hall

Y. Anil Gangadharan
Retired Flight Engineer (Indian Navy)
36 Years Experience in entrance Coaching

Riya Parshik Mac(Botany), MBA, B.Ed
19+ Year experience as PGT Biology and NEET Faculty

Who Can Participate

- Higher secondary students (Science stream)
- NEET aspirants
- Students interested in medical and paramedical careers



Inter-Collegiate Competitions

Inter-Higher Secondary School Competition on the theme "Health for All: Awareness, Art and Action." (14th January 2025)

On 14th January 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, Goa, under the National Service Scheme (NSS), organized the Inter-Higher Secondary School Competition on the theme "Health for All: Awareness, Art and Action." Students from St. Xavier Higher Secondary School, Mapusa, D.M.S. P.V.S. S.M. Kushe Higher Secondary School, Harmal Panchakroshi Shikshan Mandal Higher Secondary School, Pernem, and St. Francis Xavier Higher Secondary School, Siolim participated enthusiastically in the event. The programme included sessions on health promotion, the scope of nursing, a college orientation, and competitions such as elocution, poster making, reel making, and model exhibition. The event concluded with a valedictory ceremony and prize distribution by Administrator Mr. Udesb Natekar, where Harmal Panchakroshi Shikshan Mandal College of Nursing was declared the overall champion.



State Level Sports Competition “Adrenalix” By Goa Medical College

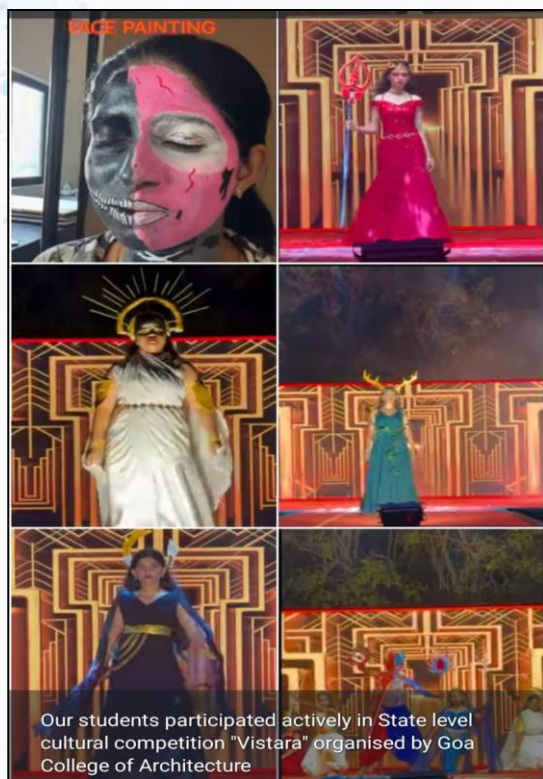
The students of Harmal Panchakroshi Shikshan Mandal's College of Nursing showcased exceptional talent and sportsmanship at Goa Medical College's Adrenalix 2.0, bringing pride to the institution through their remarkable achievements. Saish Yeshwant Salgaonkar (S.Y. B.Sc. Nursing) secured 1st Place (Gold) in Chess (Boys) against GMC, while Venkatesh Anil Velip (T.Y. B.Sc. Nursing) secured 2nd Place (Silver) in Men's Badminton against GDC. The college team also secured 2nd Place (Silver) in Tug of War against GMC, with team members Hardeek Sandeep Holkar, Aalekh Dnyaneshwar Gawas, Prajeet Kalidas Gawas, Devkant Chandrakant Kambli, Disha Dattatray Gawas, and Aditi Udava Vernekar. In Men's Carrom, Hardeek Sandeep Holkar and Adarsh Avinash Raul (T.Y. GNM) secured 3rd Place (Bronze) against SAI. The students were guided and supported by S. Remo Manoj, Assistant Professor, and Rameshwari Masurkar, Nursing Tutor. These achievements reflect the students' dedication, teamwork, discipline, and commitment to excellence in sports.



VISTARA 2026 - A Celebration of Talent

Students of Harmal Panchakroshi Shikshan Mandal's College of Nursing actively participated in VISTARA 2026, an inter-collegiate fest organized by Goa College of Architecture on 25th February 2026. They showcased their talent, creativity, and team spirit through events like Fashion Show, BGMI, Cricket, Tug of War, Mr. and

Miss Vistara, and Face Painting. The experience was enriching, memorable, and a proud moment for the college.



Highlights On Student Nurse Association Events

Fresher's Day (11th August 2023)

On 11th August 2023, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized the Freshers' Day for the first batch of ANM and GNM students at Dnyananda Auditorium from 2:30 PM to 4:30 PM. The programme began with the traditional lighting of the lamp in the presence of Chairman Shri Laxmikant Y. Parsekar, Principal of GPCEO Shri Udesb Natekar, Executive Member Mrs. Smita L. Parsekar, Principal of HPHSS Shri Govindraj Desai, Vice Principal Mrs. Shambhavi Naik, and Principal of the College of Nursing Mrs. Kirupa Paul. The event featured a prayer song, a welcome address by the Principal, an introduction to the nursing profession by Mrs. Siddhi Tilve, introductions of the faculty and students, the Chairman's address, cultural performances by the GNM students, and a vote of thanks by Ms. Arya Gaunkar. The programme concluded with the National Anthem followed by refreshments.

Annual Sports Meet 2023 (21st-22nd December 2023)

On 21st-22nd December 2023, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized its Annual Sports Meet at the Harmal Panchakroshi Shikshan Mandal's High School Ground. The event was graced by Chief Guest Shri Umesh Ganesh Phadte, Zonal Sports Organizer, Directorate of Sports and Youth Affairs, Chairman Shri Laxmikant Y. Parsekar, Vice President Shri Suryakant Naik, Treasurer Shri Gangaram Gadekar, Headmistress Mrs. Smita L. Parsekar, and Principal Dr. Kiruba Gnana Chitra J. Around 70 B.Sc. Nursing and GNM students participated in various sporting events, including cricket, volleyball, badminton, shot put, discus throw, sepak takraw, and fun games. The inaugural ceremony featured the unfurling of the sports flag, torch relay, sports oath, and cultural performances, while the valedictory programme concluded with prize distribution, where the first-year GNM students received the Best Performing Batch Rolling Trophy.



Youth Festival (14th November 2024)

On 14th November 2024, students of Harmal Panchakroshi Shikshan Mandal's College of Nursing participated in the Youth Festival 2024 organized by the Directorate of Sports and Youth Affairs at Kala Academy, Panaji. The students showcased their talents in poster making, solo dance, and poetry writing competitions, with Ms. Senova Barretto securing Second Place in the Poster Making Competition, bringing recognition to the institution.



University Sports Meet (9th December 2024)

On 9th December 2024, students of Harmal Panchakroshi Shikshan Mandal's College of Nursing participated in the University Sports Meet held at Bambolim Stadium, organized by Goa University for its affiliated colleges. The students enthusiastically competed in various athletic events, including the 100 m and 200 m races, high jump, long jump, javelin throw, shot put, discus throw, and the 4 × 100 m relay, demonstrating their sporting spirit, teamwork, and commitment to physical fitness.



INE Marathon (15th December 2024)

On 15th December 2024, students of Harmal Panchakroshi Shikshan Mandal's College of Nursing participated in the INE Marathon held at the Institute of Nursing Education (INE), Bambolim, as part of its Diamond Jubilee celebrations. The students enthusiastically took part in the marathon, and Ms. Vellene Da Costa secured Second Place in the Women's 6 km Marathon, bringing pride to the institution through her outstanding achievement.



Student Induction Programme and Freshers' Day (23rd December 2024)

On 23rd December 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, through the Students Nurses Association (SNA), organized the Student Induction Programme and Freshers' Day for the First-Year GNM and B.Sc. Nursing students at Dnyanada Auditorium, Arambol. The programme aimed to familiarize the newly admitted students with the college environment, curriculum, and core values while helping them begin their academic and professional journey with confidence. The event featured a welcome dance, grand march of freshers, lamp-lighting ceremony, an inspiring address by the Chief Guest, Prof. Vithoba Laxminarayan Mhalkar, and interactive games and activities that encouraged bonding between seniors and juniors. The celebration concluded with the crowning of Mr. Fresher and Ms. Fresher, a lively jamboree, and a vote of thanks. The programme benefited First-Year GNM and First-Year B.Sc. Nursing students by helping them integrate into the college community and build lasting friendships.



Induction Programme (15th December 2025)

On 15th December, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized an Induction Programme at Dnyanada Auditorium to welcome the newly admitted First Year B.Sc. Nursing and GNM students along with their parents. The programme began with a prayer song and lamp-lighting ceremony, followed by a welcome address by the Principal, Dr. Kiruba Gnana Chitra. Informative sessions on the nursing curriculum, college rules and regulations, and anti-ragging and anti-eve-teasing awareness were conducted to help students understand the academic environment and institutional values. Chairman Shri Laxmikant Parsekar motivated the students with an inspiring address, while faculty members introduced themselves to build a welcoming atmosphere. The programme concluded with a vote of thanks and the National Anthem, marking a meaningful beginning to the students' nursing education.



State SNAI Biennial Conference 2025 (15th to 17th August 2025)

From 15th to 17th August 2025, students of Harmal Panchakroshi Shikshan Mandal's College of Nursing actively participated in the State SNAI Biennial Conference 2025 held at Sankhalim and Mapusa, Goa. The conference provided an excellent platform for nursing students across the state to showcase their talents in sports, cultural, and academic events. Under the guidance of SNA Advisor Ms. Ankita Methar and Assistant Professor Mr. Remo Manoj, the students secured several prizes in various competitions. Notably, Ms. Disha Gawas, Mr. Prajeet Gawas, Mr. Alekh Gawas, Mr. Sahil Kepkar, and Mr. Adarsh Raut with Mr. Devendra Gawandi won first place in their respective events and were selected to represent Goa at the National SNAI Conference in Pune, Maharashtra. The conference concluded with a prize distribution ceremony, highlighting the students' achievements and reflecting the institution's commitment to excellence and holistic development in nursing education.



31st SNAI Biennial Conference 2025 (20th to 22nd November 2025)

From 20th to 22nd November 2025, students of Harmal Panchakroshi Shikshan Mandal's College of Nursing participated in the 31st Biennial Student Nurses' Association of India (SNAI) Conference organized by the Trained Nurses' Association of India (TNAI) at the World Peace Dome, MIT-ADT University Campus, Pune, Maharashtra. The conference brought together nursing students from across the nation, providing a platform to showcase their talents, enhance professional competencies, and foster academic and cultural exchange. Representing the college at the national level were Ms. Disha Gawas (100 metres Running), Mr. Prajeet Gawas (Long Jump), Mr. Alekh Gawas (Discus Throw), Mr. Devendra Gawandi and Mr. Adharsh Raul (Poster Competition), and Mr. Sahil Kepkar (On-the-Spot Pencil Sketch). The students participated enthusiastically under the guidance of SNA Coordinator Ms. Ankita Methar, Ms. Sheena Arolkar, and Mr. Remo Manoj. Their active involvement in the conference reflected the institution's commitment to

nurturing leadership, creativity, and excellence in nursing education while promoting holistic student development at the national level.



Freshers Day 2025 (15th December 2025)

On 15th December 2025, the Student Nurses' Association of Harmal Panchakroshi Shikshan Mandal's College of Nursing organized a Fresher's Day programme at Dnyanada Auditorium to warmly welcome the newly admitted First Year GNM and B.Sc. Nursing students. The programme aimed to help the freshers feel comfortable in their new academic environment while encouraging confidence, interaction, and teamwork. The event featured a warm welcome, cultural performances, ramp walk, Miss and Mr. Fresher competition, fun games, and prize distribution, creating a lively and enjoyable atmosphere. Organized by the Second Year GNM and B.Sc. Nursing students under the guidance of the faculty coordinators, the programme concluded with a closing ceremony, leaving the freshers with memorable experiences and a sense of belonging to the college community.



College Picnic (9th March 2025)

A college picnic was organized on 9th March 2025 for the students and faculty of Harmal Panchakroshi Shikshan Mandal's College of Nursing at Shivaaz Farm, Dodamarg, Maharashtra. The picnic provided an opportunity for participants to relax, interact, and strengthen their bonds outside the academic environment. Students enjoyed various recreational activities, including interaction with farm animals and the swimming pool facilities. The outing was enjoyable and successful, promoting teamwork, recreation, and overall well-being among students and staff.



Annual Sports Meet 2025 (22nd, 23rd, and 26th April 2025)

On 22nd, 23rd, and 26th April 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing, through the Students Nurses Association (SNA), successfully organized the Annual Sports Meet 2025 and Prize Distribution Ceremony. The sports meet featured a wide range of events, including cricket, football, badminton, 100-metre race, relay race, discus throw, shot put, and javelin throw, providing students with an opportunity to showcase their athletic abilities, teamwork, discipline, and sportsmanship. The Prize Distribution Ceremony, held on 26th April 2025 at

Dayananda Auditorium, was graced by Chief Guest Lt. Dr. Aniket Kerkar, Director of Physical Education, GPCOE, Arambol, and Shri Laxmikant Y. Parsekar, Chairman of Harmal Panchakroshi Shikshan Mandal and Former Chief Minister of Goa. Winners of the various competitions were felicitated with prizes, followed by a cultural performance and a vote of thanks. The event benefited First- and Second-Year B.Sc. Nursing and GNM students and encouraged physical fitness, healthy competition, and team spirit.



College Picnic 2026 (20th March 2026)

On 20th March 2026, the Student Welfare Committee of Harmal Panchakroshi Shikshan Mandal's College of Nursing organized a One-Day College Picnic for First and Second Year B.Sc. Nursing and GNM students at Parsuvan Farm, Advpal, Dicholi. The picnic provided students with an opportunity to relax, participate in recreational activities, strengthen teamwork, and build lasting friendships. The event successfully promoted student well-being, social interaction, and a positive campus spirit.



Extra Curricular Activities-festival Celebrations

Ganesh Chaturthi Celebration (16th September 2023)

On 16th September 2023, Harmal Panchakroshi Shikshan Mandal's College of Nursing celebrated Ganesh Chaturthi at the college campus from 11:00 AM to 1:00 PM. The programme commenced with the installation of the Ganesh idol, followed by an aarti led by Chairman Shri Laxmikant Y. Parsekar. Students presented devotional bhajans and aartis, creating a festive and spiritual atmosphere. A Rangoli Competition on the theme of Ganesh Chaturthi was also organized for the students and was evaluated by Mrs. Rasika Naik and Miss Kavita Chalwadi. Group 3 secured the first place, while Group 2 was declared the runner-up. The celebration concluded with prayers seeking the blessings of Lord Ganesha and the distribution of prasad to all present.

Satyanarayan and Saraswati Poojan (21st October 2023)

On 21st October 2023, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized Satyanarayan Poojan and Saraswati Poojan at Dnyanada Auditorium. The programme commenced with the Satyanarayan Pooja at the college entrance temple, followed by the distribution of aarti and prasad to the students. After the Saraswati Poojan, an inter-college dance competition organized by Ganapat Parsekar College of Education was held for institutions under Harmal Panchakroshi Shikshan Mandal, in which first-year GNM students from the College of Nursing performed a Fugdi dance. The celebration concluded with Uttar Pooja, Saraswati Visarjan, and the serving of Mahaprasad to the teaching and non-teaching staff.



Christmas Day Celebration (23rd December 2023)

On 23rd December 2023, Harmal Panchakroshi Shikshan Mandal's College of Nursing celebrated Christmas Day at the Harmal Panchakroshi Shikshan Mandal's Ground in the presence of Chairman Shri Laxmikant Y. Parsekar, Headmistress Mrs. Smita L. Parsekar, Principal of Harmal Panchakroshi Higher Secondary School Mrs. Shambhavi Naik, Principal Dr. Kiruba Gnana Chitra J., and Principal of Ganpat Parsekar College of Education Shri Udesb Natekar. The celebration featured Christmas carols, cultural performances, a crib prepared by the students, and a Christmas greeting card-making competition evaluated by Miss Dipali Dayanand Satoskar. Tanisha (B.Sc. Nursing) secured the first prize, Zenilda (GNM) won the second prize, and Aachal N. (GNM) secured the third prize. The programme concluded with a Santa Claus parade and the distribution of sweets to all the children.



Ganesh Chaturthi Celebration (4th and 5th September 2024)

On 4th and 5th September 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, through the Students Nurses Association (SNA), organized the Ganesh Chaturthi Celebration at the college campus. The celebration featured a variety of traditional competitions, including Rangoli, Mehendi, and Matoli, in which First-Year and Second-Year GNM students and B.Sc. Nursing students enthusiastically participated. Students also presented traditional Fugadi and Ghumat Aarti performances, adding cultural significance to the celebration. The competitions were judged by faculty members, and winners were felicitated for their creativity and teamwork. The event benefited First-Year and Second-Year GNM students and B.Sc. Nursing students by promoting cultural heritage, creativity, teamwork, and active student participation.



Shree Satyanarayan Puja (11th October 2024)

On 11th October 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized the Shree Satyanarayan Puja at Shree Dev Bramhan Temple, Vidya Sankul Entrance, Harmal, Goa. The auspicious ceremony was graced by Shri Laxmikant Y. Parsekar, Chairman of HPSM, Smt. Smita L. Parsekar, and Smt. Shambhavi Naik, along with other members of the management. The rituals commenced at 6:30 a.m. with the Puran recital and Aarti performed by the priest, invoking divine blessings for the institution and its members. Students from Harmal Panchakroshi Higher Secondary School, Primary and Pre-Primary sections, Ganpat Parsekar College of Education, and HPSM College of Nursing participated in the celebration and received blessings and prasadam. In the evening, students of HPSM College of Nursing performed Aarti and Bhajans, followed by the Uttar Puja. The ceremony fostered spiritual harmony and reflected the institution's commitment to preserving cultural values while nurturing holistic development among its students and staff.

Diwali Celebration (26th October 2024)

On 26th October 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, through the Students Nurses Association (SNA), organized a vibrant Diwali Celebration for First- and Second-Year GNM and B.Sc. Nursing students. As part of

the celebration, various competitions, including sky lantern making, diya painting, and sweet making, were conducted to encourage creativity, teamwork, and appreciation of Indian culture and traditions. The competitions were judged by invited faculty members, and the event was graced by the presence of Shri Laxmikant Y. Parsekar, who encouraged the participants. The programme provided students with an opportunity to showcase their artistic and culinary skills while celebrating the festival of lights in a joyful and festive atmosphere. The event benefited First- and Second-Year GNM and B.Sc. Nursing students by promoting cultural values, creativity, and active student participation.

Trishul (17th December 2024)

On 17th December 2024, students of Harmal Panchakroshi Shikshan Mandal's College of Nursing participated in TRISHUL, a full-day intercollegiate youth festival organized by Ganpat Parsekar College of Education, Arambol. The students enthusiastically took part in various cultural and literary competitions held throughout the day. The college achieved notable success with Ms. Disha Gawas winning Iron Woman, Ms. Senova Barreto and Mr. Gary Fernandes securing prizes in the Debate competition, and Ms. Larisa Miranda and Ms. Uma Devi Pal winning in Cloth Painting, bringing laurels to the institution.



Christmas Celebration (21st December 2024)

On 21st December 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, through the Students Nurses Association (SNA), organized a joyful Christmas Celebration for First-, Second-, and Third-Year GNM and B.Sc. Nursing students. As part of the celebration, a variety of competitions, including star making, card making, reel making, sweet making, and class decoration, were conducted to encourage creativity and festive spirit among the students. The celebration featured Christmas carol singing, cultural performances, interactive games, a surprise visit by Santa Claus, and prize distribution for the competition winners. The event concluded with a vote of thanks, fostering unity, enthusiasm, and the true spirit of Christmas among all participants.



Ganesh Chaturthi Celebration (23rd August 2025)

On 23rd August 2025, the Student Nurses Association of Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, organized the Ganesh Chaturthi Celebration at the college campus. The programme was conducted to celebrate the festival in a traditional manner while promoting cultural values, creativity, and active participation among students. Students from GNM First, Second and Third Year and B.Sc. Nursing Second and Third Year enthusiastically participated in various competitions held during the celebration. The events included Mehendi, Rangoli, Modak Making, Garland Making, and Matoli Decoration, providing students with an opportunity to showcase their artistic talents and teamwork.

The competitions were judged by invited faculty members, and the winners were selected based on creativity, presentation, and overall performance. The celebration was conducted in a cheerful and festive atmosphere, encouraging healthy competition and strengthening unity among the students. The programme was successfully organized with the support and guidance of the faculty members, and the

prizes were announced to be distributed on a special occasion. The event concluded on a joyful note, making the celebration memorable for all the participants.



Diwali Celebration 2025 (18th October 2025)

On 18th October 2025, the Student Nurses Association of Harmal Panchakroshi Shikshan Mandal's College of Nursing organized the Diwali Celebration at GPCOE Hall to promote cultural values, creativity, and unity among students and faculty. The programme commenced with the traditional lamp-lighting ceremony, followed by cultural performances and a talk on the significance of Diwali. Students enthusiastically participated in various competitions, including Sky Lantern Making, Diya Decoration, Sweet Making, and fun games, showcasing their creativity and festive spirit. The winners were felicitated during the prize distribution ceremony, and the event concluded successfully with active participation from students, teaching and non-teaching staff, making the celebration vibrant, memorable, and reflective of the true spirit of Diwali.



Christmas Celebration (23rd December 2025)

On 23rd December 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing organized Christmas celebrations to spread the spirit of love, joy, and togetherness among students and the community. Students enthusiastically participated in activities such as Christmas card making, star making, carol singing, solo and group performances, dance, and elocution, showcasing their creativity and festive spirit. The celebrations also included games, prize distribution, and a surprise visit from Santa Claus, bringing joy to everyone present. On the same day, the college celebrated Christmas with the children at Valentina's Little Heaven Children's Home, Colva, where students performed carols, organized games, distributed sweets and essential provisions, and shared the festive spirit with the children. The programme concluded with a vote of thanks, making the celebration a memorable occasion filled with compassion, happiness, and community service.



Staff Welfare Activities

Teachers' Day Celebration 2023 (5th September 2023)

On 5th September 2023, the Student Nurses Association of Harmal Panchakroshi Shikshan Mandal's College of Nursing celebrated Teachers' Day at the college campus to honour and appreciate the invaluable contributions of teachers in shaping the future of students. The programme commenced with the felicitation of the Principal and faculty members, followed by a cake-cutting ceremony to mark the occasion. Various fun-filled games, including basket aiming and musical chairs, were organized for the teachers, fostering a spirit of joy, interaction, and camaraderie among the students and faculty. The celebration provided an opportunity to strengthen interpersonal relationships and express gratitude towards the teaching fraternity. The programme concluded with a vote of thanks proposed by Ms. Shamika Narse, followed by refreshments for the students.



Annual Staff Picnic (6th April 2024)

On 6th April 2024, HPSM's College of Nursing organized its Annual Staff Picnic at Splashdown Waterpark, Anjuna, Goa, providing the staff with a refreshing day of recreation and team bonding. The staff enjoyed various water rides, games, rain dance, delicious meals, and other entertainment activities in a cheerful atmosphere. The picnic concluded on a joyful note, leaving everyone with memorable experiences and strengthening the spirit of camaraderie among the staff.



Staff Picnic to Vengurla Bandar, Maharashtra-Goa (25th January 2026)

The staff of Harmal Panchakroshi Shikshan Mandal's College of Nursing enjoyed a refreshing and memorable picnic to Vengurla Bandar on 25th January 2026. The outing provided an opportunity for faculty members to relax, strengthen bonds, and appreciate the scenic beauty of the coastal destination.

The day featured a picturesque boat ride covering historic forts, caves, and breathtaking viewpoints, followed by a visit to the Vengurla Fort and its lighthouse offering panoramic views of the surrounding landscape. The staff also enjoyed a delicious lunch, seaside shopping, and leisure activities that fostered camaraderie and team spirit. The picnic concluded with cherished memories, making it a delightful and enriching experience for all participants.



National Days & Commemorative Celebrations

Gandhi Jayanti (1st October 2023)

On 1st October 2023, Harmal Panchakroshi Shikshan Mandal's College of Nursing observed Gandhi Jayanti by organizing the Swachhata Hi Seva campaign on the college campus from 10:00 AM to 11:00 AM. B.Sc. Nursing and GNM students, along with the teaching and non-teaching staff, actively participated in cleaning the classrooms, laboratories, corridors, and surrounding campus premises. The programme promoted the values of cleanliness, teamwork, and social responsibility inspired by Mahatma Gandhi, while encouraging students to contribute towards maintaining a clean and healthy environment.

Indian Constitution Day (26th November 2024)

On 26th November 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, Goa, under the National Service Scheme (NSS), observed Indian Constitution Day at the college. The programme was attended by first and second year B.Sc. Nursing and GNM students, along with teaching and non-teaching staff. Mr. Remo Manoj, Assistant Professor, gave an introduction to the Indian Constitution, followed by an address by Principal Mrs. Kiruba Gnana Chitra on the Constitution and the roles and responsibilities of Indian citizens. The Preamble to the Constitution was read aloud by the Principal and repeated by the participants, and the programme concluded with the National Anthem.



63rd Goa Liberation Day (19th December 2024)

On 19th December 2024, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, Goa, under the National Service Scheme (NSS), celebrated the 63rd Goa Liberation Day at the HPHSS Playground. The programme commenced with the flag hoisting by Shri Laxmikant Y. Parsekar, Chairman, Harmal Panchakroshi

Shikshan Mandal, followed by the National Anthem, patriotic songs, and cultural performances. Shri Laxmikant Y. Parsekar addressed the gathering on the significance of Goa Liberation Day and the sacrifices made for Goa's freedom. The celebration was attended by principals, administrative staff, teaching and non-teaching staff, parents, and students from Harmal Panchakroshi High School, Higher Secondary School, Ganpat Parsekar College of Education, and HPSM College of Nursing.



76th Republic Day (26th January 2025)

On 26th January 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing, Arambol, Goa, under the National Service Scheme (NSS), in collaboration with Ganpat Parsekar College of Education and Harmal Panchakroshi Higher Secondary School, celebrated the 76th Republic Day at the HPSMHS Ground. The programme commenced with the flag hoisting ceremony by Chairman Shri Laxmikant Parsekar, followed by the National Anthem and patriotic cultural performances by students. Dr. Pandurang Pandit, Principal of Ganpat Parsekar College of Education, addressed the gathering on the significance of Republic Day and the values of democracy, equality, and justice, encouraging students to become responsible citizens. The celebration concluded with a vote of thanks and the National Anthem.



Dr. B. R. Ambedkar Jayanti Celebration (14th April 2025)

On 14th April 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing observed the 134th Birth Anniversary of Dr. B.R. Ambedkar at the Harmal Panchakroshi Higher Secondary School Courtyard. The programme was conducted under the guidance of Principal Dr. Kiruba Gnana Chitra J., who led the reading of the Preamble to the Constitution of India. A quiz competition on the life and contributions of Dr. B.R. Ambedkar was organized for B.Sc. Nursing and GNM students, with First Year B.Sc. Nursing students securing first place. The celebration concluded with a padyatra from the college to Arambol Junction, involving students, teaching, and non-teaching staff to promote the values of equality, justice, and social awareness.



79th Independence Day (15th August 2025)

On 15th August 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing participated in the 79th Independence Day celebration held at the HPHSS Playground. The programme began with the national flag hoisting by Shri Laxmikant Y. Parsekar, Chairman, Harmal Panchakroshi Shikshan Mandal, followed by the National Anthem. Students from HPSM institutions presented patriotic songs, dances, and skits celebrating India's freedom struggle and national unity. Shri Laxmikant Y. Parsekar addressed the gathering, highlighting the values of freedom, equality, and justice. Prizes were also distributed to winners of various competitions, and the celebration concluded with a vote of thanks, fostering patriotism and national pride among all participants.



Liberation Day Celebration (19th December 2025)

On 19th December 2025, Harmal Panchakroshi Shikshan Mandal's College of Nursing celebrated the 64th Goa Liberation Day with great patriotism and enthusiasm at the High School Ground. The programme began with the welcoming of the gathering, followed by flag hoisting by Chairman Shri Laxmikant Parsekar and the singing of the National Anthem. Students presented Zenda Geet, a skit depicting the sacrifices made during Goa's liberation movement, a patriotic song, and a cultural dance performance that highlighted the significance of the day. In his address, the Chairman encouraged everyone to remember the contributions of Goa's freedom fighters and uphold the values of unity, responsibility, and national pride. The programme concluded with a vote of thanks, leaving students and staff inspired by the rich history and legacy of Goa's liberation.



From Scratch to Something Beautiful

We started with a little dream,
A ray of hope, a simple beginning,
With faith in our hearts and dreams in our eyes,
We took our first steps, reaching for the skies.

From just a few, we grew with pride,
With every new student by our side.
Through every challenge, every new day,
We found our strength along the way.

What once was small now stands so tall,
A growing college, welcoming all.
As teachers, our hearts are filled with pride,
To see our little dream grow far and wide.

To our Management, our heartfelt thanks,
For standing beside us in all our ranks.
For every support, every guiding hand,
You helped our little dream firmly stand.

From scratch we began, with dreams so true,
We grew with faith, hard work and you.
And as we look ahead with hope and cheer,
We know our brightest days are still to appear.

Harmal Panchakroshi Shikshan Mandal's College of Nursing
Small beginnings, growing dreams,
A journey of faith, a future that gleams.

We began with a dream,
We grew with dedication,
And together, we are building a legacy.



Penned by Ms. Saiesha Korgaonkar
Nursing Tutor



Thank You for Reading!



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Stay inspired, keep growing,
and continue making a difference.



*Together, we care.
Together, we heal.*

