

Saraswat Education Society's  
**SRIDORA CACULO COLLEGE OF COMMERCE  
AND MANAGEMENT STUDIES**  
Khorlim, Mapusa, GOA - 403 507.  
(Accredited by NAAC with 'B' Grade)  
ISO 9001-2005 Certified



# SARASWAT

MONTHLY e-Newsletter  
(MULTILINGUAL)

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## Saraswat Education Society's Sridora Caculo college of Commerce and Management Studies

### INTERNATIONAL YOGA DAY

June 21, 2024, our college, in collaboration with TJSB Bank and the Samraat Club of Mapusa, enthusiastically celebrated International Yoga Day in the college sports gymkhana to promote physical and mental well-being among staff. Department of Physical Education and Sports organised the event, which featured a variety of activities geared at showcasing the benefits of yoga.



## SES's Purushottam Walawalkar Higher Secondary School

### NCC Cadets Observe Punit Sagar Abhiyan Yoga Training Programme

As a part of *Punit Sagar Abhiyan*, on the occasion of the World Ocean Day NCC Cadets of the School participated in Awareness Rally at Calangute Beach. The rally was organised by 1 Goa Naval Unit.



A Three days Yoga Training Programme was organised to celebrate International Yoga Day for the students across streams by The NSS Unit in collaboration with the Physical Education Dept.



### **International Day Against Drug Abuse and Illicit Trafficking.**

On the occasion of International Day Against Drug Abuse and Illicit Trafficking a team of Mapusa police conducted a session for the students on Drug Awareness.



### **Career Guidance and Scholarship under *Swayampurna Goa***

CMO Goa in Association with the Directorate of Education, Goa had organised a Live interaction session through Zoom Meeting on the topic 'Career Guidance and Scholarship under *Swayampurna Goa*' for the students of XI and XII.



### **Installation of the NSS UNIT**

The installation ceremony of the NSS Unit of the school was organized on June 28, 2024. The Chief Guest for the function was Mr. Sharan Madgaonkar, the former Chief PO of the NSS Unit.



## **SES's Saraswat Vidyalaya High School**

On occasion of World Environment Day sapling planting activity was conducted by the students of std X along with Eco Club members in the school premises.

10<sup>th</sup> June – Students of std VII A/B/C conducted an activity of seedball planting in the school garden. Students understood the importance of plants.

17<sup>TH</sup> June – students were taught to prepare potting soil. They were asked to care for at least 1 plant e.g: tomato, chilli, aloe vera, money plant etc.



## **Congratulations!**

### **Results of S.S.C Examination 2023-24**

Saraswat Vidyalaya High School, Mapusa achieved 97.73% results in the SSC Examination for the year 2023-24. Overall, 129 students cleared the examination with flying colours obtaining 52 Distinctions, 39 First Class, 29 Second Class, and 9 pass class.

Mast Shreyash Shashidhar Halarnkar stood first with an aggregate of 94.33%, Ms Yadnya Sanjay Mahalkar stood second with 92.83%, Ms Alisha Mahesh Sawant stood third with 91.33% and Ms Aditi Uaddhav Pol stood fourth with 90.33%.



Mast Shreyash  
Shashidhar Halarnkar



Ms Yadnya Sanjay  
Mahalkar



Ms Alisha Mahesh  
Sawant



Ms Aditi Uaddhav Pol

## SES's Saraswat Vidyalya School

सारस्वत विद्यालय प्राथमिक विभागात क्रांतीदिन

साजरा करण्यात आला

मंगळवार दिनांक १८ जून २०२४ रोजी सारस्वत विद्यालय प्राथमिक विभागात क्रांतीदिन साजरा करण्यात आला. क्रांतीदिना निमित्त इयत्ता चौथी अ/ ब ची मुले डॉ. राम मनोहर लोहिया आणि इतर क्रांतिकारकांच्या वेशभूषेत आली होती. क्रांतीदिना वर आधारित मुलांनी एक नाटिका ही सादर केली. त्यानंतर शाळेच्या आवारात मिरवणूक काढण्यात आली. मुलांनी दिलेल्या घोषणांनी शाळेचा परिसर अगदी दुमदुमून गेला.



## जागतिक योग दिवस



२१ जून २०२४ रोजी सारस्वत विद्यालय प्राथमिक विभागात जागतिक योग दिवस मोठ्या उत्साहात साजरा करण्यात आला. ' पतंजली योग समिती भारत स्वाभिमान ' या संस्थेतील महिलांनी मुलांना योग आसनांचे प्रात्यक्षिक दाखवून त्यांच्याकडून योगासने करून घेतली. सर्व मुलांनी ह्यात भाग घेऊन योगासनांचा आनंद लुटला.



राज्य शैक्षणिक संशोधन प्रशिक्षण, आल्ट पर्वरी तर्फे इयत्ता चौथीसाठी घेण्यात आलेल्या प्रोत्साहन शिष्यवृत्ती परीक्षेत (प्रज्ञाशोध) सारस्वत विद्यालयाच्या प्राथमिक विभागातून खालील विद्यार्थ्यांनी सुयश प्राप्त केले .कुमारी अर्चा समीर नाईक हिने ७७% गुण मिळवून शिष्यवृत्ती मिळवली .कुमार शौर्य गणपत प्रभू कापडी याने ८२% गुण मिळवून प्रशस्तीपत्रक मिळवले.

Saraswat Vidyalaya's U-14 Boys yoga team won the 3rd place in group championship at the Taluka level Yoga Competition organised by DSYA on 27th June 2024 at Peddem.



### जागतिक योग दिवस



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## EDITORIAL

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This issue of **SARASWAT** is a humble attempt at filling the void that has been created by the absence of student-run newsletters in most colleges.

While this issue has largely been born out of the Library, we are open to submissions from all students, Teachers and well wishers.

We hope that subsequent issues will strike up numerous discussions and bring students of various departments closer.

Please email your articles, stories, poems, events, creative ideas, and advertisements to **newsletter@caculocollege.ac.in**. We request you to restrict longer articles to 350-400 words. In case you have any comments or queries related to this issue, please email them to us. Hope to hear from you!

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