



THE CHRONICLE

A monthly e-newsletter of VVM's Govind Ramnath Kare College of Law



International Day of Yoga

21st June 2026



The Department of Sports and Physical Education of G.R. Kare College of Law organised the International Day of Yoga (IYD) 2026 on Sunday, 21st June 2026, in accordance with the directives of the Director of Higher Education, Government of Goa. A large number of sports students and teaching staff participated in the programme and actively took part in the yoga session.

The resource person for the programme was Smt. Meeta Bandekar of Patanjali Yoga, who conducted an inspiring and interactive session. During her presentation, she explained the significance of yoga in maintaining physical, mental, and emotional well-being. She covered various aspects of yogic practices, including breathing techniques, stretching exercises, relaxation methods, and the benefits of incorporating yoga into daily life. Through her simple explanations and practical demonstrations, she kept the participants fully engaged throughout the session.

The students followed the yoga practices with keen interest, maintaining remarkable discipline, concentration, and enthusiasm during the programme. The programme commenced with a welcome address by Mr. Harshad Bandodkar, Assistant Professor, who also compered the function. Dr. Manoj Hede, Head of the Department of Sports and Physical Education, introduced the resource person and highlighted the importance of yoga in promoting a healthy lifestyle.

The programme was coordinated by Ms. Sonia Shirodkar, Assistant Professor & Head of the Dept of Law while Mr. Omkar Gaonkar, Instructor in Physical Education, proposed the vote of thanks.

The event concluded on a positive note, with participants appreciating the valuable insights and practical guidance provided during the session.



NSS Unit of VVM's G R Kare College of Law in association with District Level Coordination Committee for Tobacco Control & Office of Mamlatdar of Salcete Taluka, Margao-Goa commemorated 'World No Tobacco Month' by organizing an Awareness Session on Ill Effects of Tobacco on 26th June 2026.

The Guest for the program was Shri. Gourav Goankar, Mamletdar, Salecete Taluka, who gave opening remarks stressing on the importance of eradicating the menace of tobacco consumption and how students can bring about a positive change in this regards.

Ms. Carol Noronha, Psychologist/Counsellor, Tobacco Cessation Clinic, District hospital Margao-Goa engaged a session on the topic " Ill Effect of Tobacco". The session threw light on the various types of tobacco products and the harmful effects of these substances on health and well-being.

The session highlighted the adverse effect of direct smoking as well as indirect exposure. Awareness was also created about other products that cause addiction and harm health. The Resource Person urged students to adopt healthy practices and say No to the first puff. Nasha Mukta Bharat Pledge was administered to the students Mrs. Sonali Naik, Assistant Professor and she also provided the vote of thanks. The programme was coordinated by Mr. Harshad Bandodkar, Assistant Professor & NSS PO.

Dear Readers,

V.V.M'S Govind Ramnath Kare College of Law, Margao -Goa aims at achieving excellence always in legal education, with a plethora of activities aimed towards this. The college strives to achieve perfection in this field by exposing its students to a galaxy of novice competitions and creative actions.

The students as also the faculty who are the back bone of the institution have flourished and nurtured this dream of our founding fathers through an array of educational opportunities where we, at GRKCL believes that **EVERYONE HERE IS A WINNER IN HIMSELF**. Keeping the motto of the college alive, this e-newsletter seeks to project the hard work, dedication, performance, and sincerity in taking the institution scale greater heights.



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