



(ESTD.: June 1986)

Goa Vidyaprasarak Mandal's
Gopal Govind Poy Raiturcar College of Commerce and Economics

Accredited by NAAC at B++ Grade with CGPA of 2.99 (3rd cycle)

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STAFF NOTICE

Make a Healthy Salad Competition

The Internal Quality Assurance Cell (IQAC) and Counselling and Wellness Cell of the college is organizing a **"Make a Healthy Salad" Competition** for Teaching & Non- Teaching Staff to mark **Nutrition Week** with the aim of promoting healthy eating habits and encouraging creative culinary skills among faculty. The competition will be held on Saturday, 6th September 2025 at 12 noon in Block No. 10.

Rules & Guidelines:

- Participants may compete individually or in pairs.
- Salads must be prepared on the spot.
- Judging will be based on nutritional value, creativity, presentation, and taste.
- Participants are required to bring their own ingredients and necessary utensils.

Staff members who wish to participate should submit their names to Ms. Saiksha Naik, College Counsellor, on or before 4th September 2025.

We warmly invite all staff to participate and showcase their innovative healthy salad recipes.


Prof Teotone Vaz
Principal


Mrs. Ana Falleiro
IQAC Coordinator


Ms. Saiksha Naik
Counsellor

