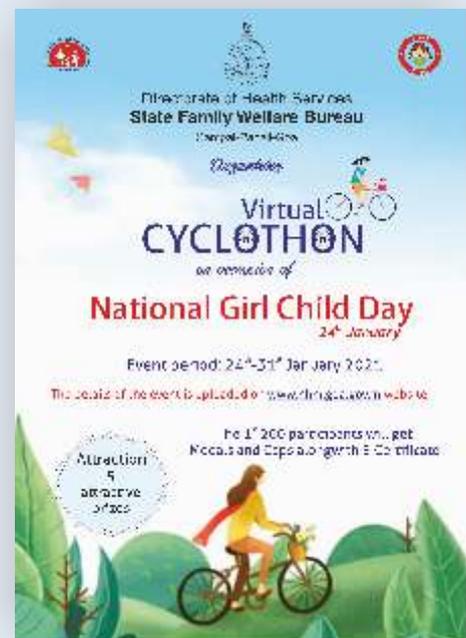




Virtual CYCLOTHON

held on the occasion of
National Girl Child Day
24th January
from 24-31 January 2021

The activity of the virtual Cyclothon on National Girl Child Day was started after the approval from Dy. Director(PH)/ Director of Health Services.



These two digital images were shared on social media for wide publicity along with terms and conditions and JotForm link to register for the event

TERMS AND CONDITION FOR VIRTUAL RIDE

A virtual ride to celebrate the National Girl Child Day to create awareness about the need of the girl in the family is organised from 24th -31st January 2021. #NationalGirlChildDayRide

Cycling Category: 10 Km | 25 KM | 50 KM | 75 KM | 100 KM

Guidelines:

1. Ride as per your convenience and government guidelines on any one day from 24 January -31 January 2021 to get qualified for National Girl child day Ride- 2021
2. Ride with App / Watch to track your run and submit data with proof on WhatsApp Number: 9923485706.
3. Data i.e. screenshot of the App, selfie of the participant during ride and small slogan/tagline for the girl child can be submitted on a given whatsapp number till 1st February 2021 by 11.55 pm.
4. Data submission is MANDATORY (Strictly No Exception allowed)
5. Once you finish your ride, you have to click a screenshot of the app you are using to calculate your distance. You need to submit this screenshot as a proof of distance you covered on the WhatsApp number provided.
6. You can use any App Garmin, Strava, RunKeeper, Nike running, Runtastic or whichever app you are using for riding on your mobile.
7. Participant has to register themselves on the following link :<https://form.jotform.com/203551633575052>
8. There will be best 10 prizes which will be selected through lucky draw out of this 2 especially for women participant. E- Certificate, Caps and medals for all (for 1st 200 participants)

Nearly 200 participants have registered themselves for the event through Jotform registration link

sr no	Name	Address	City	phone	kms	Gender
1	Aayush Pagui	Canacona	Goa		10 kms	Male
2	Abhay Tell	Near Hindustan Foods Ltd			50 kms	Male
3	Abhijit Salgaonkar	Bardez			50 kms	Male
4	Aditya panjikar	Poddvi			35 kms	Male
5	Akshay Chopdekar	F 3 SAN			10 kms	Male
6	Amev Shetgaonkar	House no			25 kms	Male
7	Anika Pagi	Welwada			10 kms	Female
8	Anika and Anvi Pagi	Canacona			10 kms	female
9	Aniket Shenai	Mapusa			25 kms	Male
10	Ansgar Fernandes	H.No.288/3, F			25 kms	Male
11	Ansha Naik	Canacona			10 kms	Male
12	Anup Poll	Sim wado arpora			35 kms	Male
13	Anushri Naik	Chimuwado			25 kms	Female
14	Anusuya Neupane	Merces Wadem			10 kms	Female
15	Anvi Salgaonkar	F3, Jasmine Plaza			10 kms	Female
16	Arati Rathod				10 kms	Female
17	Arshiva Halamekar	SFX Residency Ella Old			10 kms	Female

The youth n girl child day ride

Name: Hemraj Mathkar
 Street Address: 12 Near New Highway
 Street Address Line 2: Velang Mandol Gas
 City: Ponda
 State / Province: Goa
 Postal / Zip Code: 403404

Gender: Male
 Phone Number: (962) 888-2721
 Email: hemraj.mathkar@gmail.com

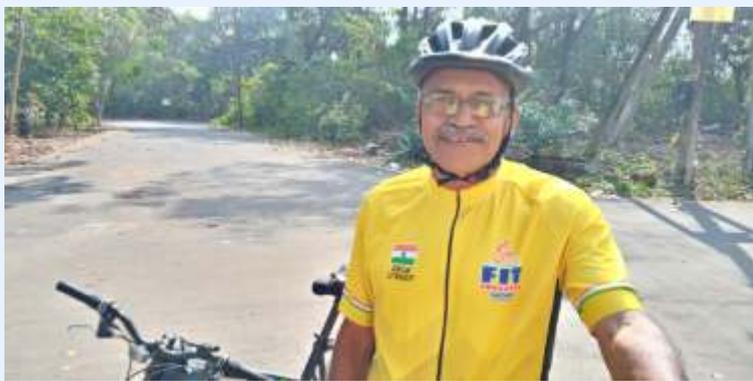
Age: 32
 Please select target: 10 kms, 25 kms, 35 kms, 50 kms, 75 kms

Whether staff of Directorate of Health Services: No

Your message on National Girl child day (please type your message either slogan/ tagline/ sayings etc on importance of girl child):
 What's better than one girl child? Two girls

Around 150 participants have submitted their data through WhatsApp i.e. Screenshot of App and selfie.



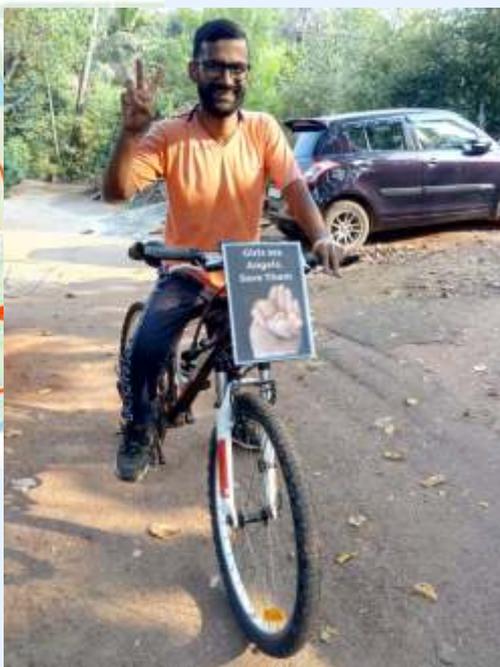
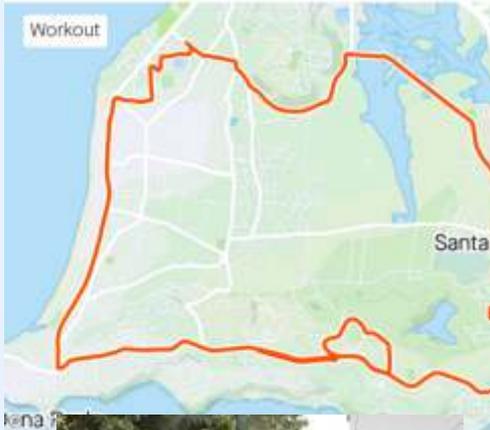




 **Utkarsh Betodkar**
 🚲 Today at 7:36 AM

National Girl Child day Ride 26th Jan'21

Distance	Elev Gain	Time
25.19 km	174 m	1h 39m





The event saw participation from 120 people. The participant data was compiled in an excel sheet and used for lucky draw. A Virtual Lucky Draw was done to decide the winners. **Talk on girl child, CAB and covid vaccine was given by Dr. Vandana Dhume, CMO, SFWB.** Also Dr. Jose D, Sa, Director of Health Services addressed function on the occasion.



CONGRATULATIONS



Directorate of Health Services
State Family Welfare Bureau
Campal-Panaji-Goa

Winners of the lucky draw
National Girl Child Day

Virtual
CYCLOTHON



A Girl child
brings joy.
She is no less
than a boy.

- | | |
|-----------------------|----------------------|
| 1. Leann Lobo | Female category |
| 2. Risha Haldankar | |
| 3. Sunny Dhavle | Overall participants |
| 4. Sanvi Ghale | |
| 5. Sandip Bharne | |
| 6. Supriya Patil | Consolation |
| 7. Saloni Kalangutkar | |
| 8. Aryan Kankonkar | |
| 9. Anusuya Neupane | |
| 10. Sejal Govekar | |

Prize distribution function was held on 18th February 2021 at the conference hall of Directorate of Health Services, Panaji Goa. It was also attended virtually by all peripheral IEC officials

Agenda

for the Prize distribution function of Virtual Cyclothon
held on the occasion of National Girl Child Day 2021
18th February 2021 at Conference Hall, DHS-Panaji-Goa

3.30-4.00pm	Registration
4.00pm-4.10pm	Welcome address by Dr. Vandana Dhume, CMO
4.10pm-4.20pm	Keynote address on the topic by Adv. Pallavi Mulgaonkar
4.20pm-4.30pm	Short speech on CAB and covid-19 vaccination
4.30PM-4.40PM	Address by Dy. Director, Dr Geeta Kakodkar
4.40pm-4.50pm	Distribution of e-certificate & prizes
4.50pm-5.00pm	Vote of thanks by Mr. Umesh Kholkar, Extension Eductor, SFWB, DHS
Compering by Mr. Rauji Palni, Health Educator, Health Educator	

Directorate of Health Services
State Family Welfare Bureau
Campal-Panaji-Goa

Cordially inviting you for
Prize distribution function of
Virtual
CYCLOTHON
held on the occasion of
National Girl Child Day 2021

Date: 18th February 2021 at 3.30pm
Venue: Conference Hall,
Directorate of Health Services,
Campal-Panaji-Goa

Let's pedal to save & educate Girls

Celebrating
National Girl Child Day
24th January 2021
by organizing
Virtual
CYCLOTHON

GOA@60

Directorate of Health Services
State Family Welfare Bureau
Campal-Panaji-Goa

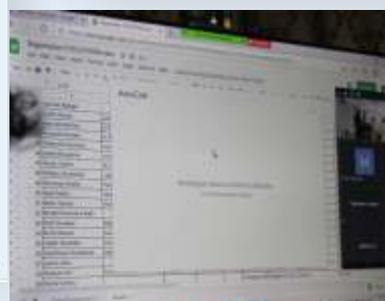
CERTIFICATE OF PARTICIPATION

This is to certify that
Abhijit Salgaonkar
has participated and completed **50 kms** kms in the
Virtual CYCLOTHON held on the occasion of
National Girl Child Day 2021

Dr. Vandana Dhume
Chief Medical Officer
State Family Welfare Bureau

Dr. Geeta Kakodkar
Dy. Director (PH)/ Nodal Officer (NMM)
Directorate of Health Services

Dr. Jose D'Sa
Director
Directorate of Health Services





Dr. Vandana Dhume, CMO, SFWB addressing the participants



the programme was attended by 50 participants physically and around 150 though virtually



Smt. Pallavi Mulgaonkar, legal asst. spoke on the importance of girl child



Dy. Director addressing the function





Dy. Director, Dr Geeta Kakodkar alongwith Dr. Vandana Dhume, CMO, SFWB; Dr. Sunita Perni, MO, SFWB; Smt. Pallavi Mulgaonkar, Legal Assistant, PCPNDT Act awarding prizes to all the winners in the lucky draw and also medals and caps distributed to the participants.

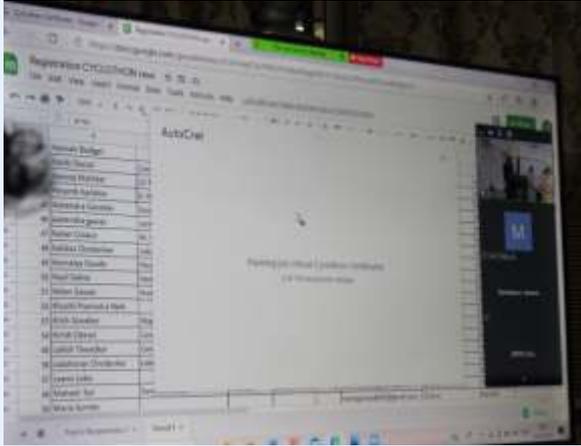


Medals and Caps distributed at peripheral level after prize distribution function

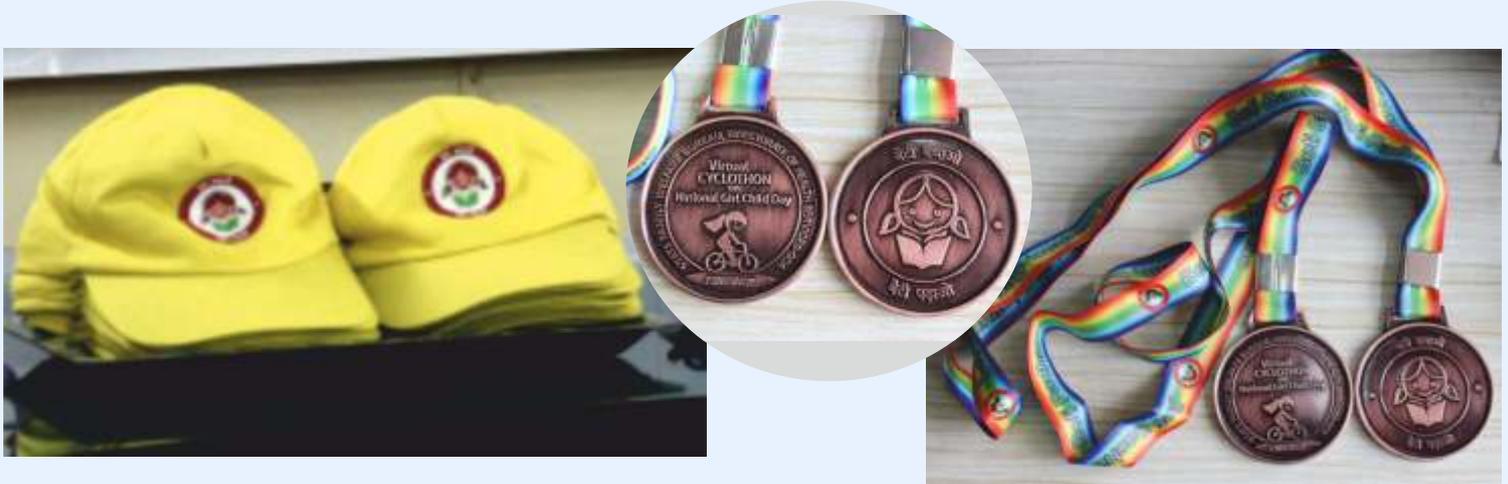


Goodies for participants

e-certificates to all the participants which is generated through google drive. it is also distributed virtually at the hands of Dy. Director, Dr. Geeta Kakodkar



Medals and cotton caps to all the participants



Sports water bottles, Cycling jersey, Sports bag to the ten winners selected through lucky draw



Upload on DHS facebook page

Directorate of Health Services - Goa
Published by Umesh Kholar · January 28 at 3:36 PM · 🌐

A virtual ride to celebrate National Girl Child Day with the objective to address the challenges that girls face in Indian society due to gender biases.
Participants can register on the following link:
<https://form.jotform.com/210278925466463> See More



Your Video Wasn't Boosted
You could reach up to 2,657 people daily when you finish boosting your video for \$10.

186 People Reached 8 Engagements **Boost Post**

RMNCH + A Goa
2 February at 17:16 · 🌐

lucky draw to decide winners of virtual cyclothon will be held on 4th February 2021 at 4.00pm...plz visit www.nhm.goa.gov.in website or for more details



Reach more people with this post
You could reach up to 1,420 people per day by boosting your post for ₹400.

77 People Reached 3 Engagements **Boost Post**

Lucky draw live on FB page

RMNCH + A Goa was live.
4 February at 16:19 · 🌐

lucky draw orgd by State Family Welfare Bureau, Directorate of Health Services, Campal-Panaji-Goa



Reach more people with this video
You could reach up to 1,452 people daily by boosting your video for ₹400.

391 People Reached 110 Engagements **Boost Post**

16 1 share

RMNCH + A Goa added an event.
25 January at 15:25 · 🌐



Virtual Cyclothon on National Girl Child Day
0 went · 2 interested

67 People Reached 1 Engagement **Boost Unavailable**



Directorate of Health Services
State Family Welfare Bureau

Campal-Panaji-Goa

