

# **CARMELEX ASSOCIATION**

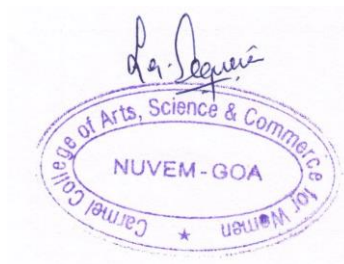
Carmel College of Arts, Science and Commerce for Women-Nuvem Goa

## **TALK ON MENTAL AND PHYSICAL HEALTH**

The Carmelex Association in collaboration with Rotary Club of Margao Sunrise organized a Talk on 'Mental & Physical Health' on 4<sup>th</sup> July 2019. The Resource Person for the talk was Dr. Sneha Bhagwat of Oorja Wellness Center, Margao. Ms. Flory Gracias introduced the Resource person to the audience that comprised of the faculty members from department of Botany, Commerce, Economics and Zoology; B.Sc students of Sem V and B.A students of Sem III.

Dr. Sr. Maria Lizanne, Vice Principal, welcomed Dr. Bhagwat, members of Rotary Club Margao Sunrise and the participants of the talk.

Dr. Bhagwat spoke about the importance of Mental & Physical Health and the role of different foods in maintaining health. She also stressed on the importance of locally available food in our diet. She taught the participants meditation exercises, which if practiced on a regular basis would increase concentration thereby helping the students in their studies. The talk was appreciated by all and was an enriching experience for the students. The talk ended with vote of thanks delivered by Ms. Janaya Picardo.



TALK ON "YOGA FOR STRESS HANDLING AND CONCENTRATION" ORGANIZED BY CARMELEX  
ASSOCIATION ON 4<sup>TH</sup> JULY 2019

S.NO	NAMES OF PARTICIPANTS	SIGNATURE
1.	Isisfita Borges	Borges
2.	St. Natchathuriam A	St. N
3.	Swirel Brigida Fernandes	Fernandes
4.	Riddhi Gohil	Gohil
5.	Shruti H. Panchal	Panchal
6.	Anita Yadav	Yadav
7.	Blusha Fernandes	Fernandes
8.	Gilennis Da Costa	Costa
9.	Viola Mesquita	Mesquita
10.	Flossy Abranches	Abranches
11.	JENICE DINIZ	Diniz
12.	ANDREA COSTA	Costa
13.	Sonali D Masurkar	Masurkar
14.	Anahita Z. Fernandes	Fernandes
15.	Ashita Calao	Calao
16.	C. Lamy G. Falcão	Falcão
17.	Aluina Fernandes	Fernandes
18.	Denzila Pereira	Pereira
19.	Lisna Umbelina Fernandes	Fernandes
20.	Darisha Sowerel Fernandes	Fernandes
21.	Manu Shirodkar	Shirodkar
22.	Lizel Rebello	Rebello
23.	Vinny Da Grama	Grama
24.	Rosalin Fernandes	Fernandes

TALK ON "YOGA FOR STRESS HANDLING AND CONCENTRATION" ORGANIZED BY CARMEX ASSOCIATION ON 4<sup>TH</sup> JULY 2019

[illegible]



A Talk on Mental Health and Fitness held in the IQAC Room, Library Annex, Carmel College



# **CARMELEX ASSOCIATION**

Carmel College of Arts, Science and Commerce for Women-Nuvem Goa

## **REPORT OF THE CARMELEX GET TOGETHER**

To commemorate 150 years of Apostolic Carmel Education in India, the Management of Carmel College of Arts, Science and Commerce and the Carmelex Association organized a get-together for the ex-students on the 20<sup>th</sup> July 2019 from 5.00 pm to 9.00 pm. The programme began with a short prayer by Ms. Renisha Fernandes, an ex-student and faculty of the Department of Mathematics. After the prayer, the Principal Dr. Sr. Maria Aradhana addressed the gathering and welcomed the alumni and ex-faculty of the college. Manager, Dr. Sr. Matilda A.C. also expressed her gratitude to the Alumni, who could make it on that day. Ms. Elaine Dias an ex-student was the compere for the evening and kept the crowd enthused with music, games and dance.

A PowerPoint presentation on early beginnings of Carmel College was presented by Mrs. Louise Ann Sequeira. Sr. Roseanne and Sr. Florence Mary spoke about their days at Carmel College, sharing memories, when they served as principals of the college. Ms. Cialini Fernandes, alumnus of the Konkani department along with Newton on the keyboard, kept the crowd on their toes with their melodies. Ex-Students Corrine, Patricia, Elaine and Larissa enthralled the audience with their voices, reminiscing their days at Carmel College. C.V. Caterers from Curtorim catered the food for the event. Ms. Rochelle from S.Y.B.A and her team decorated the venue. Mrs. Tina Fernandes, alumni and Director of Myles High Bakehouse sponsored a cake for the event.

The event with a vote of thanks delivered Ms. Nicole Marie Coutinho, President of the Carmelex Association.





Reunion of Ex-Students and Faculty members held on 20<sup>th</sup> July 2019 in the College Auditorium



# Herald Café 3

PANJIM FRIDAY

AUGUST 02, 2019

## Carmel-Ex reunites



**To commemorate 150 years of Apostolic Carmel Education in India,** the management and the Carmel-Ex Association of Carmel College of Arts, Science and Commerce for Women, organized a get-together. The programme began with a short prayer by Renisha Fernandes, followed by Principal, Dr Sr Maria Aradhana welcoming the alumni and ex-faculty of the college and Manager Dr Sr Matilda AC also expressed her gratitude to the alumni. Elaine Dias, an ex-student from the post-graduate department of MA was the compere for the evening and kept the crowd engaged in music, games and dance.

A PowerPoint presentation on 150 years of Apostolic Carmel Education in India was presented by Louise-Ann Sequeira. The ex- principals of the college, Sr Roseanne and Sr Florence Mary shared their memories. Cialini and Newton kept the crowd on their toes with their entertaining sweet melodies. Ex-students Corine, Patricia, Elaine and Larissa enthralled the audience with their voices, reminiscing about their days at Carmel College. Ex-students Nishita and Cecile got the crowd into the groove of dancing. The event ended with dinner followed by a vote of thanks by Nicole Coutinho, President of Carmel-Ex Association.



# Alumni Meet 20th July 2019

Sr.No.	Name of the Student	Class	Signature
1.	Patricia Dnello		
2.	Winnie Noronha		
3.	Nishita Tendulkar		
4.	Pravilla Fernandes		
5.	Rupali Pandit		
6.	Wanealy Dias		
7.	Ziraida Furtado		
8.	Larisa Fernandes		
9.	Monica Fernandes		
10.	Flavie Da Cruz		
11.	Elizabeth Da Cruz		
12.	Ellen Heft		
13.	Reant Dos Santos		
14.	Chriselba Rodrigues		
15.	Amarda Deina		
16.	Sabina Baretto		
17.	Treenie Gracias		
18.	Sasha Keyais		
19.	Prigoti		
20.	Sonika Nait		
21.	Maria Delphure		
22.	Maria Veronica		
23.	Gracy		
24.	Alisha Rodrigues		
25.	Greisha Bhandalkar		
26.	Munib Sayed		
27.	Galeno Da Costa +2		
28.	Ana Maria +2		



29.	Sandra		
30.	Stephen		
31.	Sarah Fides		
32.	Sonia Da Costa		
33.	Shrotri		
34.	Hegel D Costa		
35.	Auril Antao		
36.	Nordini Vaz.		
37.	Sulbha Phatak		
38.	Anthouette Noronha		
39.	Berninde Colaco		
40.	Mayalynn Noronha		
41.	Ucomisa Antao		
42.	Infinila Miranda.		
43.	Naudini Vaz.		
44.	Luvonera		
45.	Corine		
46.	Cecille		
47.	Lily		
48.	Poonva		
49.	Maria Gracías		
50.	Celma Gracías		
51.	Vanessa Silveira		
52.	Tina Miles High		
53.	Ann Marie Pomme		
54.	Lelia Maxarenhas	2786173	Curator
55.	Mizba Shaikh [B.Com]		
56.	Riya Dias [B.A]		
57.	Swizzle Antado [B.Sc Zoology]		
58.	<del>Lessa</del> Nicole Coutinho [B.Com]		
59.	Shweta Sattarkar		
60.	Pooja Yadav		
61.	Queenie Viegas		
62.	Vinita D'sa		

5 Sisters

63.	José da Pereira		
64.	Faye Pinto		
65.	Bernisha		
66.			
67.			
68.			
69.			
70.			
71.			
72.			
73.			
74.			
75.			
76.			
77.			
78.			
79.			
80.			
81.			
82.			
83.			
84.			
85.			
86.			
87.			
88.			
89.			
90.			
91.			
92.			
93.			
94.			
95.			

# **CARMELEX ASSOCIATION**

Carmel College of Arts, Science and Commerce for Women-Nuvem Goa

## **CARMELEX WINTER FIESTA 2019**

The Carmelex Association of Carmel College of Arts, Science and Commerce for Women, hosted Winter Fiesta 2K19, a reunion event for all ex-students and their families on the 21<sup>st</sup> December 2019 on the Basketball Court on the college premises. The event was also open to the present batch of students.

DJ Zander and upcoming band "False Alarm" as well as the "Music Touch" band set the crowd grooving to their tunes. The compere for the evening was Ms. Asha D'Cunha, ex-student of Carmel College.

Various food, games and other stalls catered to the immense gathering. Ex-students of the college showcased their entrepreneurial skills by putting up stalls selling various items that included food stalls and jewellery, Christmas decorations among others. Acapella performances by Cleon and team, dance by Laxmi and group added gaiety and made the evening lively and enjoyable. Cecille Rodrigues, runner up at DID Moms and Ex-student of the B.Com batch of 2002, led the crowd to dance to some catchy songs belted out by the band.

The event was organized by Mrs. Lily D'Sa, an ex-student of the B.Com Batch of 2003 to reconnect with former students and to raise funds for the solar panels to be installed on the college premises. Ex-students were glad to relive memories of their days in college and create new ones during the event.

Principal, Dr. Sr. Aradhana A.C. appreciated Lily and her team in organizing the event and expressed deep gratitude to the ex-students who donated towards the solar panels, especially the B.Com Batch of 2003.







Carmelex Winter  
Fiesta held on  
the basketball  
court on 21<sup>st</sup>  
December 2019

## Winter Fiesta 2K19 at Carmel College



The Acapella group

**CARMELEX**, the ex-students association of Carmel College for Women, Nuvem hosted Winter Fiesta 2K19, an evening of reunion with fun and merriment at the college. The event was open to all, students, ex-students their families and friends. The serene Carmel campus was seen filled with excited ex-students from different batches, who had eagerly come to their Alma Mater along with their families and friends. DJ Zander and

upcoming band False Alarm as well as Music Touch set the crowd grooving to their tunes. Ex-student Asha D'Cunha hosted the evening.

Various food, games and other stalls of creative items catered to the impressive gathering. Ex-students of the college showcased their entrepreneurial skills by putting up stalls selling various items that included food stalls, jewellery, Christmas deco, etc. Performances by Laxmi and group, the Acapella and other dance performances added to the gaiety and kept the evening lively, while ace dancer Cecille Rodrigues of 2002 BCom batch led the crowd to dance to some catchy songs by the bands.

The event was an initiative by Lily D'Sa, ex-student 2003 BCom batch, to reconnect with the former students and to raise funds for the solar panels to be installed in the college.

Principal Dr Sr Aradhana AC appreciated Lily and her teammates Deidre Dourado and other Carmelex members for organising the event in the year which also marks the 150th anniversary of Apostolic Carmel Institutional foundation and expressed deep gratitude to the ex-students, particularly the 2003 BCom batch.



Lily Dsa, Dr Sr. Aradhana AC, Deidre Dourado



Band False Alarm and Cecille Rodrigues



# **CARMELEX ASSOCIATION**

Carmel College of Arts, Science and Commerce for Women-Nuvem Goa

## **VOICE OF CARMEL-**

### **Annual singing competition organised by CARMELEX association.**

The Carmelex association organised its annual singing competition on 14<sup>th</sup> February 2020. The competition which was held in three categories Hindi, Konkani and English saw an enthusiastic participation from the students. The judges for the competition were Fr. Savio Costa from Pilar Music Academy, Mr. Alison Gonsalves, an acclaimed singer and composer and our very own ex-student Ms. Krisann Fernandes, a trained Indian classical musician and a member of the band "Estonia".

A total of 28 students made it to the finale of Voice of Carmel. The participants were accompanied by musicians Neumann and Aaron. The event was sponsored by Rotary Club Margao Sunrise and Soni Furnishing. The winners in the different categories are as follows:

#### **Hindi Category**

1<sup>st</sup> Place : Nargis Shaikh

2<sup>nd</sup> Place : Ritusha Topno

#### **Konkani Category**

1<sup>st</sup> Place : Dorris Fernandes

2<sup>nd</sup> Place: Claster Cardoso

3<sup>rd</sup> Place : Steedra Fernandes

#### **English category**

1<sup>st</sup> Place: Daniella Fernandes

2<sup>nd</sup> Place: Cecilia Pereira

3<sup>rd</sup> Place: Rochelle Fernandes





Voice of Carmel  
Competition held on the  
14<sup>th</sup> of February 2020 in  
the College Auditorium

