

# **CARMELEX ASSOCIATION**

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

## **REPORT ON PERSONAL BEAUTY AND PERSONAL HYGIENE TALK**

Carmelex in collaboration with the Women's cell organised an interactive session on "Personal Beauty and Personal Hygiene" on 7<sup>th</sup> September 2017. The resource person for the same was Dr. Ana Sharlen Teles, Cosmetic Dermatologist and Director, Derma clinic Margao.

Major teenage friendly issues like Acne, Dandruff, Hair loss, Hirsutism, hyperpigmentation, polycystic ovarian syndrome etc. and care to be taken for various skin types. She also highlighted the possible causes and impact on health and the treatment for the same. Various queries concerning the students were addressed. The session was appreciated by the students.



# ATTENDANCE SHEET

Session on : "Personal Beauty and Personal Hygiene"

Date: 7<sup>th</sup> September 2017

Resource person: Dr. Ana Sharlen Teles

| Sr. No | NAME                 | CLASS    |
|--------|----------------------|----------|
| 1      | Ronisha Monteiro     | SYBA     |
| 2      | Tanvi Parskar        | SYBA     |
| 3      | Laxvi chari          | SYBA     |
| 4.     | Ballika Gaonkar      | SYBA     |
| 5.     | Frenzila Baretto     | SYBA     |
| 6.     | Vanita Naik          | SYBA     |
| 7.     | Myra Gama            | SYBA     |
| 8      | Elaine Furtado       | SYBA     |
| 9      | Sweta Pereira        | SYBA     |
| 10     | Franzila Coelho      | SYBA     |
| 11     | Ankita Mitbavkar     | SYBA     |
| 12     | Scarlet Vaz          | SYBA     |
| 13     | Samali Sawant        | SYBA     |
| 14     | Venesa Pinto         | SYBA (A) |
| 15     | Tahira Baretto       | SYBA A   |
| 16.    | Shravani Navkar      | SYBA (A) |
| 17.    | Shania Fernandes     | SYBA (A) |
| 18     | Jofra Goncalves      | SYBA (A) |
| 19.    | Grina Lobo           | SYBA (A) |
| 20.    | Jenny Fernandes      | FYBA (B) |
| 21.    | Priincy Fernandes    | FYBA (B) |
| 22.    | Dynela Monteiro      | FYBA (B) |
| 23.    | Denzila Gomes        | "        |
| 24.    | Cripa Estilveiro     | "        |
| 25     | Malan. N Mulla       | "        |
| 26     | Tabeen. M.H. Muzawar | "        |
| 27.    | Afsara. B. Sayyed    | "        |

P

fernandes  
cibini  
Monteiro  
Gomes  
Estilveiro  
Mulla  
Pabon  
Muzawar

Carle Rose Baretto  
Michelle Fernandes  
Helena sareng  
K. peepattu

F R  
F "  
FYBA (B)  
FYBA (A)

Baretto  
Pabon  
Muzawar



# ATTENDANCE SHEET

Session on : "Personal Beauty and Personal Hygiene"

Date: 7<sup>th</sup> September 2017

Resource person: Dr. Ana Sharlen Teles

| Sr. No | NAME               | CLASS                     |
|--------|--------------------|---------------------------|
| 01.    | Prieksha Sisodiya  | Eco <del>Si</del> T.Y.B.A |
| 02.    | Rathica Katde      | T.Y.BA Eco                |
| 03.    | Eren Pereira       | T.Y.BA Eco                |
| 04.    | Seeta Arsingeri    | T.Y.BA Eco                |
| 05.    | Shruti Ekawade     | T.Y.BA Eco                |
| 06.    | Valencia Fernandes | T.Y.BA Eco                |
| 07.    | Heena Sayed        | TYBA Eco                  |
| 08.    | Apoorva Borkar     | TYBA Eco                  |
| 09.    | Riyana Kanyal      | TYBA Eco                  |
| 10.    | Sabeena Shaikh     | TYBA Eco                  |
| 11.    | Lydia Pereira      | TYBA Eco                  |
| 12.    | Elaine Da Cruz     | TYBA Eco                  |
| 13.    | Sonam Madhivani    | TYBA Eco                  |
| 14.    | Principa Rebello   | TYBA Eco                  |
| 15.    | Mohira Turanova    | TYBA Eco                  |
| 16.    | Raziya             | FYBA - B                  |
| 17.    | Ayeshwarya         | FYBA - B                  |
| 18.    | Pinky Bharti       | FYBA (A)                  |
| 19.    | Steffy Castanha    | SYB COM                   |
| 20.    | Linda Calado       | SYB COM                   |
| 21.    | Rubina Rebello     | SYB COM                   |
| 22.    | Tolita Braganca    | SYB COM                   |
| 23.    | Indika Pahal       | FYBA                      |
| 24.    | Sweatlana Coutinho | FYBA B                    |
| 25.    | Daria Fernandes    | FYBA A                    |
| 26.    | Melanie Fernandes  | FYBA A                    |
| 27.    | Reguel Vaz         | FYBA A                    |

Singh.  
Katole  
Pereira  
Arsingeri  
Ekawade  
Valencia  
Heena.  
Borkar  
Kanyal  
Shaikh  
Pereira  
Cruz  
Sonam  
Rebello  
Turanova  
Raziya  
Ayeshwarya  
Bharti  
Castanha  
Calado  
Rebello  
Braganca  
Pahal  
Coutinho  
Fernando  
Vaz

# ATTENDANCE SHEET

Session on : "Personal Beauty and Personal Hygiene"

Date: 7<sup>th</sup> September 2017

Resource person: Dr. Ana Sharlen Teles

| Sr. No | NAME               | CLASS        |           |
|--------|--------------------|--------------|-----------|
|        | Nevesa Barbosa     | SYBA         | Nevesa    |
|        | Rouella Fernandes  | SVBA         | Rouella   |
|        | Mariiska Da Cruz   | SXBA         | Mariiska  |
|        | Herminia da Graça  | FYBA         | Herminia  |
|        | Sunita Chawan      | FYBA         | Sunita    |
|        | Kennia Rego        | FYBA (A)     | Kennia    |
|        | Ruksar Sheikh      | FYBA (CB)    | Ruksar    |
|        | Ncha Aenkar        | FYBA (A)     | Ncha      |
|        | Viviana Pereira    | "            | Viviana   |
|        | Verice Coelho      | "            | Verice    |
|        | Femka Rodrigues    | "            | Femka     |
|        | Corys Rodrigues    | "            | Corys     |
|        | Agema Borges       | "            | Agema     |
|        | Rufina Colaco      | "            | Rufina    |
|        | Asima Cardozo      | FYBA(B)      | Asima     |
|        | Swizel Oliveria    | "            | Swizel    |
|        | Enola Pereira      | "            | Enola     |
|        | Elda Andrade       | FYBA(A)      | Elda      |
|        | Aniia Corte        | FYBA (A)     | Aniia     |
|        | Selima Gomes       | FYBA (A)     | Selima    |
|        | Reena Topno        | FYBA B       | Reena     |
|        | Macqueen Fernandes | FYBA B       | Macqueen  |
|        | Neychelle Vaz      | FYBA(A)      | Neychelle |
|        | Saisha Sharke      | FYBA(A)      | Saisha    |
|        | INOSHKA MORAES     | FYBA (A)     | INOSHKA   |
|        | Renisha Mendes     | FYBA (A)     | Renisha   |
|        | Andria Fernandes   | F.Y.B.A.(B)  | Andria    |
|        | Tanya D'souza      | F.Y.B.A (A)  | Tanya     |
|        | Amanda Quadras     | F.Y.B.A.(B)  | Amanda    |
|        | Jesney Carvalho    | F.Y.B.A. (B) | Jesney    |



I/CC/Carmelex/Women Cell /2017-18/OFF/SII

7<sup>th</sup> September, 2017

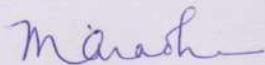
To,  
Dr. Ana Sharlen Teles,  
Cosmetic Dermatologist and Director,  
Derma Clinic,  
Margao,  
Goa.

Dear Dr. Ms. Teles,

On behalf of Carmelex and Women Cell, I would like to extend my sincerest gratitude to you as a Resource Person, towards delivering a lecture on "**Personal Beauty and Personal Hygiene** for our students on 7<sup>th</sup> September, 2017.

I once again thank you for such a wonderful interactive session and hope to hear from you again in the future.

Yours sincerely,



Dr. Sr. M. Aradhana A.C.

PRINCIPAL  
Carmel College of Arts, Science  
& Commerce for Women  
NUVEM - GOA



Dr. Ana Sharlene Teles delivering a talk on personal beauty and hygiene on 7<sup>th</sup> September 2017 in College Auditorium

# **CARMELEX ASSOCIATION**

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

## **REPORT ON EXHIBITION CUM SALE**

### **ALUMNI ACTIVITY**

#### Exhibition - Cum Sale

The Department of Economics in collaboration with the Women's cell organized an exhibition cum sale of articles designed by our ex-students Ms. Vanessa D'costa and Ms. Fiona Fernandes on 7<sup>th</sup> September 2017.

The main objective of this programme was to strengthen and build our relations with our alumni and also to provide a platform to showcase their creations, besides motivating our students to venture into entrepreneurial activities.

"Sakura crafts" a venture owned by Ms. Vanessa D'costa, ex-student department of economics exhibited a wide variety of unique jewellery items created and designed by her

Ms. Fiona Fernandes, proprietor, "Wedding Bliss" specialized in exclusive wedding deco had an array of crafts such as handmade flowers, jewellery, tiaras etc. that were exhibited. These exhibits were patronized and well appreciated by the staff and students.







Alumnae Ms.  
Vanessa D'Costa  
and Ms. Fiona  
Fernandes  
displaying their  
merchandise on  
7<sup>th</sup> September  
2020



# **CARMELEX ASSOCIATION**

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

## **REPORT ON CARMELEX CANTEEN**

The Carmelex Association of Carmel College organized a canteen on the 31<sup>st</sup> of January 2017 to raise funds for the different activities of the association.

The canteen was held outside the cooperative stores. There were several items on sale such as:

- Sev Puri
- Canapes
- Fish cones
- Kheer
- Sausage Bread

The above items were prepared by the Carmel College faculty members who are part of the Carmelex Association.

A profit of ₹ 6,993 was generated from the canteen and will be used to fund the Voice of Carmel Competition expenses.



# CARMELEX CANTEEN

31<sup>ST</sup> JANUARY 2017

## MENU

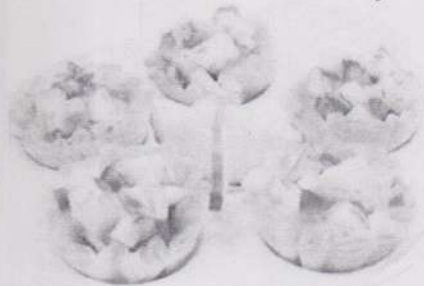
Sev Puri (4 pcs.)

Rs. 30



Canapes (3 pcs.)

Rs. 20



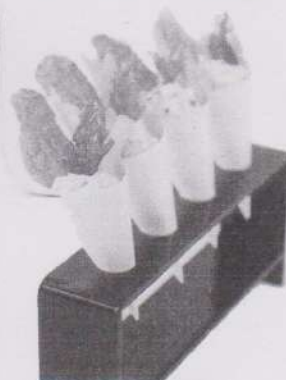
Chole Bread

Rs. 30



Fish cones (3 pcs.)

Rs. 20



Kheer

Rs. 20



Sausage Bread

Rs. 30



Kindly Patronize.....



# **CARMELEX ASSOCIATION**

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## **TWO DAY WORKSHOP ON TRADITIONAL HANDMADE CHRISTMAS DECORATIONS**

In keeping with the Christmas spirit and tradition, Carmelex organized a two-day workshop on traditional handmade Christmas decorations on December 12<sup>th</sup> and 13<sup>th</sup>, 2017. The resource person for the workshop was Ms. Rochelle Vaz, a woman entrepreneur from Vasco. Ms. Vaz taught both staff and student participant the art of making Poinsettia flowers, lanterns, stars and snowflakes.





Ms. Rochelle Vaz, entrepreneur, seen with the participants of the Two-Day Christmas Decoration Workshop on 12<sup>th</sup>-13<sup>th</sup> December 2017



## 2 DAY WORKSHOP ON 'CHRISTMAS DECORATIONS'

| SR. No. | NAMES OF PARTICIPANTS                               | CLASS     | PHONE NUMBER | SIGNATURE          |
|---------|---|-----------|--------------|--------------------|
| 1.      | Valancia Rebello <i>not paid</i>                    | SY BA     | 8975522371   | <i>[Signature]</i> |
| -2.     | Rouella Fernandes                                   | S.Y. BA   | 9075720180   | <i>[Signature]</i> |
| -3.     | Nathalie Monteiro                                   | MA-I      | 8390822425   | <i>Monteiro</i>    |
| -4.     | Priyanka Rodrigues                                  | MA-I      | 7720947400   | <i>[Signature]</i> |
| -5.     | Sibyl Fernandes                                     | MA-I      | 9764920274   | <i>[Signature]</i> |
| -6.     | Paloma Fernandes                                    | TY BSc    | 7038381959   | <i>[Signature]</i> |
| -7.     | Nazima Barreto                                      | TY BSc    | 7507393006   | <i>[Signature]</i> |
| 8.      | Shrutika Naik                                       | FY BSc    | 7218503227   | <i>[Signature]</i> |
| 9.      | Ninosa Almeida <i>not paid abs. 13<sup>th</sup></i> | Sy. Biom. | 7798855311   | <i>Almeida</i>     |
| -10.    | Melissa Clark                                       | Sy. Biom. | 9763263316   | <i>[Signature]</i> |
| -11.    | Ciana Fernandes                                     | SY bsc    | 9168404220   | <i>[Signature]</i> |
| -12.    | Judy Faria  | SY bsc    | 7066130908   | <i>[Signature]</i> |
| -13.    | Limora Desouza <i>abs. 13<sup>th</sup></i>          | SY bsc    | 9922068567   | <i>[Signature]</i> |
| -14.    | Paicilia Fernandes                                  | SY bsc    | 9657176133   | <i>[Signature]</i> |
| 15.     | Hansie Desouza <i>not pd.</i>                       | SY BA     | 9011399128   | <i>[Signature]</i> |
| -16.    | Mabel Alves   | SY BSc    | 9623957838   | <i>[Signature]</i> |
| -17.    | Agnes Pereira                                       | SY BSc    | 9168749125   | <i>[Signature]</i> |
| -18.    | Vinita D'Sa   | staff     | 9823640471   | <i>[Signature]</i> |
| -19.    | Chris Antao   | staff     | 9552352198   | <i>[Signature]</i> |
| -20.    | Rivya Dias  | staff     | 9657896965   | <i>Ria</i>         |
| 21.     |   |           |              |                    |
| 22.     |   |           |              |                    |

# **CARMELEX ASSOCIATION**

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

## **REPORT ON VOICE OF CARMEL- Annual singing competition**

The Carmelex association organised its annual singing competition on 14<sup>th</sup> February 2018. 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 Mrs. Manjusha Talwadkar, Faculty of Carmel Higher Secondary School, Ms. Evola Couto, and our very own ex-student Ms. Merle Henriques, a trained singer.

A total of 26 students made it to the finale of Voice of Carmel. The participants were accompanied by musicians Neumann and Aaron. The winners in the different categories are as follows:

### **Hindi Category**

1<sup>st</sup> Place : Reena Palaskar

2<sup>nd</sup> Place : Ambika Srikrishnan

### **Konkani Category**

1<sup>st</sup> Place : Nerissa Cardozo

2<sup>nd</sup> Place: Swizel Cardozo

3<sup>rd</sup> Place : Emma Colaco

### **English category**

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

2<sup>nd</sup> Place: Muriel Coutinho

3<sup>rd</sup> Place: Heloise Coutinho







Judges along with the winners of the Voice of Carmel Competition held on 14<sup>th</sup> February 2018  
in the College Auditorium