



# CARMEL COLLEGE OF ARTS, SCIENCE AND COMMERCE

Re-accredited by NAAC 4<sup>th</sup> Cycle with A Grade (CGPA 3.25)

POST GRADUATE SELF - FINANCED CO-ED COURSES

M.Sc. (FOOD TECHNOLOGY)

M.A. (PSYCHOLOGY)

M. Com.



## PROSPECTUS 2022-23





## THE BEGINNINGS

Nestled at the foothills of serene Nuvem, and established in 1964, Carmel College of Arts, Science, and Commerce is professionally managed by the Sisters of the Apostolic Carmel Congregation. The first, and only, Higher Education Institute for Women in the State of Goa, Carmel College is nationally acknowledged as a centre of learning par excellence.



**Mother Veronica of The Passion**  
Our Foundress of the  
Apostolic Carmel Congregation



Founding Sisters of Carmel College: Sr. Valeria A.C., Sr. Mariette A.C., Sr. Vincenza A.C., Sr. Marie de Sales A.C., Sr. Letitia Mary A.C., Sr. Freda A.C. and Sr. Marilia A.C.





## HISTORY IS AN ILLUMINATION OF THE SOUL

Mother M. Theodosia A.C, the then Superior General of the Congregation, was instrumental in initiating the process of starting Carmel College of Arts, Science, and Commerce for Women, Nuvem, Goa, spread over 35 acres of land nobly donated by Dona Thelma Da Costa Lourenco. Ably assisting Mother Theodosia, Superior General of the Congregation, in the herculean task of setting up an institution of such caliber almost six decades ago were Sr. Amabel A.C., Superior of Fatima Convent, Margao, and Monsignor Ronald Knox, Internuncio.



Laying of the foundation stone on 5th October 1965 in presence of German Consul General G.H. Kung, Bishop Rev. Francisco de Piedade Rebello, Governor of Goa Nakul Sen, Superior General of the Apostolic Carmel Congregation Mother Theodosia, Principal Sister Valeria A.C., Donor of the Land Dona Maria Thelma da Costa Lourenco and Architect Mr. Santo Almeida.



**Ms. Dona Maria Thelma  
da Costa Lourenco**  
Donor of the Land

# CARMEL COLLEGE CREST AND MOTTO



## "CREST"

The *lotus petals* symbolize Indian womanhood.

The *hill of Carmel* surmounted by a cross stands for prayer, sacrifice and love.

The *open book* is a symbol of knowledge.

The *torch* stands for the liberating light of truth.

## MOTTO

*"Satyameva Mukti Danam"*

*"Truth is the gift and the giver of freedom".*

We uphold truth in our thoughts, words and actions under all circumstances.

With the advance of science and technology and progress in every field, our motto is an incentive to choose the right, the noble and the true.

## VISION

HOLISTIC DEVELOPMENT OF YOUTH THROUGH EDUCATION AMIDST  
A CHANGING, CHALLENGING AND DEVELOPING SOCIETY

## MISSION

TO EDUCATE YOUTH FOR ALTRUISTIC LEADERSHIP BY INTEGRATING  
ACADEMIC EXCELLENCE AND HUMAN ETHICS



# CORE VALUES AND OBJECTIVES



## OUR CORE VALUES

Values that will guide us in fulfilling our vision are:

- ♦ Faith, hope and trust in God
- ♦ Love of fellow beings and concern for other living creatures
- ♦ Moral and ethical uprightness and social consciousness
- ♦ Conservation of environment and natural resources
- ♦ Pursuit of knowledge and excellence

## OUR OBJECTIVES

- ♦ To provide value-based and quality-oriented education with a secular, democratic and syncretic spirit
- ♦ To inculcate in students the value of generous service and pursuit of integrity
- ♦ To work for the deepening of faith specially of Catholic students
- ♦ To provide a higher education platform specially to the first generation learners
- ♦ To prepare youth for a dynamic role in a multi-cultural and global society, through use of modern technology and effective learning.
- ♦ To impart knowledge and skills in order to make students gainfully employable and face bravely the challenges of the future.



# PEARLS FROM OUR PRINCIPAL



I am privileged to extend to you a cordial and loving welcome into the portals of Carmel College of Arts, Science and Commerce for the Academic Year 2022-2023.

Carmel College provides a conducive and safe learning environment in Higher Education, especially for young women who seek education away from home. The institute enjoys an unparalleled reputation and our beneficiaries choose to send their daughters here for balanced education which also emphasizes faith and character building.

Conveniently located along the Margao-Panjim National Highway and easily accessible, Carmel College is an unmistakable landmark in Salcete taluka of South Goa. The College is managed by the Sisters of The Apostolic Carmel Congregation, founded by Venerable Mother Mary Veronica of the Passion in 1868 in Bayonne, France, and established in India in 1870. It functions under the divine patronage of Mary, Queen Beauty of Carmel. The College will complete six decades of existence in 2024, and in this span of time has incrementally striven to provide innovative academic courses blending knowledge with employability and infrastructure supplemented with cyber pedagogy. Grooming feminist leaders as well as instilling environmentally friendly ethos in its students is what Carmel College prides itself on.

As one enters the gates of Carmel College, one is greeted by a verdant ambience that makes for receptive learning. The spacious campus instantly relaxes and rejuvenates a visitor as well as a learner and the faculty. The College boasts of a state-of-the-art sports complex resplendent with an indoor stadium, a Natural History Museum, Wi-Fi, and a Women's Hostel, with area available for expansion.

Our teaching faculty are highly qualified and distinguished in their domain expertise. They are our intellectual assets and walk the extra mile beyond the four walls of the classroom, ensuring student mentoring to meet academic interests, maintain emotional balance, physical fitness, and even extend financial assistance in deserving cases. The Management, faculty, students, administrative and support staff and our esteemed parents function as one united Carmel Family with a common mandate of academic excellence along with integrated and inclusive development of the students.

Our Vision emphasizes the holistic development of youth through education amidst a challenging, changing, and developing society and our Mission is to educate youth for an altruistic leadership by integrating academic excellence and human ethics. We look forward to your contribution as students of the College along with continued support and guidance of all our stakeholders to take this institution to heights of relevance and glory in building character and careers. Together we move ahead for the enhancement of the institution and for the greater glory of the Almighty.

Once again a loving welcome and God bless you!

**Dr. Sr. Maria Lizanne A.C. M.Sc., Ph.D.**



# CODE OF CONDUCT

- ◆ Carmel College always expects its students to conduct themselves with dignity, decency and decorum. They are expected to keep up to high morals even outside the college campus so as to keep up the name of the college.
- ◆ All the students are responsible to the college for their conduct on the College premises. Students of this college shall abide by the rules that may be made by the Principal / Vice- Principal or by the persons authorized by her from time to time. Disobedience, misconduct, misbehavior, sexual harassment or failure to comply with any of the rules will entail punishment including expulsion from the college. .
- ◆ Every student must wear the College Identity Card during college hours, college and University examination. Failure to do so will entail a fine of Rs.100/- per violation. The Identity Card shall be returned to the College Office without fail for cancellation when the student leaves the college.
- ◆ No student should invite any outsider to attend classes, functions or for any other purpose without the prior permission of the Principal/ Vice-Principal.
- ◆ Students applying for certificates, testimonials, and letters of reference or any other document requiring the Principal's signature should apply for the same in writing and claim them from the office after three days. No papers should be brought by the students directly to the Principal or Vice-Principal for signature.
- ◆ Students should take particular care to be punctual at all lectures and practicals. Absence from a single lecture must be justified in writing and if prolonged illness is the cause, a medical certificate must be submitted on the day of resuming class. On duty record for absence due to participation in activities to be submitted on the following day of the activity.
- ◆ A minimum of 75% attendance in lectures and practicals is required for students to answer their Semester End Examination. The attendance shall be taken for each lecture/practical separately. In case of science students, attendance for both theory and practicals shall be separately tabulated. Students will have to satisfy 75% criteria separately for theory and practicals. As per OA.17.3, students having less than 75% attendance will be debarred from answering the Semester End Examination.
- ◆ Any student having grievance about her attendance should notify the college Principal/Vice-Principal in writing within three days from the date of declaration of attendance on the College Notice Board.
- ◆ Students should read the notices displayed on the College notice board from time to time. However, some urgent notices may be read out in the class-rooms.
- ◆ Ragging is a cognizable offence and is banned in the institution. Anyone found indulging in 'ragging' is likely to be punished appropriately, which may include expulsion from the college by the Principal (as per directives received from Directorate of Higher Education, Government of Goa No. 9/2/2001/HE/415 dated 07/03/2005).
- ◆ Students will form no association and will arrange no meetings in the College, without prior permission of the Principal / Vice-Principal.
- ◆ Students should not loiter in the college corridor or cause disturbance on the College premises while the classes are in progress or at any other time.
- ◆ Use of any narcotics or illegal substances on the college premises is strictly prohibited.
- ◆ Students are expected to take proper care of the college property and to help in keeping the premises neat and tidy; damage done to the college property is a breach of discipline and will be dealt with severely.
- ◆ Students will refrain from selling tickets or coupons of outside organizations in the college without the prior permission of the Principal / Vice-Principal.
- ◆ Students are requested not to give the college address for their personal mail.
- ◆ Students will be allowed to use cell phones in the classrooms strictly for academic purposes only, with the permission of the concerned teacher.

**THE DECISION OF THE PRINCIPAL / MANAGER IN ALL MATTERS SHALL BE FINAL AND BINDING ON ALL STUDENTS.**



# CRITERIA FOR ADMISSIONS

## MASTERS IN PSYCHOLOGY (M.A.)

A candidate must have passed the examination for a Degree of Bachelor of Arts (B.A.) – three year integrated course – of Goa University or an examination of any other recognized University with a minimum of 50% marks.

## MASTERS IN COMMERCE (M.Com.)

A candidate must have passed the examination for a Degree of Bachelor of Commerce (B.Com.) – three year integrated course – of Goa University or an examination of any other recognized University with a minimum of 50% marks.

## MASTERS IN SCIENCE (M.Sc. FOOD TECHNOLOGY)

A candidate must have passed the examination for a Degree of Bachelor of Science (B.Sc.) – three year integrated course – of Goa University or an examination of any other recognized University with a minimum of 50% marks and with any one of the following specializations: B.Sc. in Food Technology/ Food, Nutrition, and Dietetics/ Microbiology/ Biotechnology/ Chemistry/Zoology/ Botany/ Home Science/ Life Sciences/ Bio-sciences or Allied Subjects.

## ADMISSION CRITERIA

- ♦ Admission to the M.A/M.Com /M.Sc programme is based entirely on the Goa University Ranking Test (GU-ART), as stipulated by the Goa University.GU-ART is conducted at the beginning of the calendar year. Details of the same will be advertised on the local newspaper and will be available on the College and the Goa University website.
- ♦ Following the conduct of the GU-ART a Merit List will be drawn up by the Goa University, and admissions will be done on the basis of merit only. Multiple rounds of GU-ART will be conducted dependent upon the availability of seats at the College.
- ♦ The intake capacity M.A/M.Sc. is 30 and M.Com. is 40. Both male and female students can apply for the Course.
- ♦ Admission of a student will be finalized only upon payment of the fees. In case the same is not done by the 'last date' as indicated by the College/University, the student will forfeit his/her seat, and the next student on the merit
- ♦ Student loans can be availed of, and details of the same can be obtained from the Government of Goa website.
- ♦ While applying for admission to the M.A. /M.Com./M.Sc., Part I students should submit the following:
  - ♦ Copy of T.Y. mark sheets of Semester V & VI.
  - ♦ Leaving Certificate from the last institute attended other than Carmel College.
  - ♦ Three recent Identity Card size photographs.
  - ♦ Students of other Universities passing B.A./B.Com./B.Sc. examination, admitted on the basis of Provisional Statement of Eligibility, have to submit a migration certificate in addition to the above.



## DEPARTMENT OF FOOD TECHNOLOGY

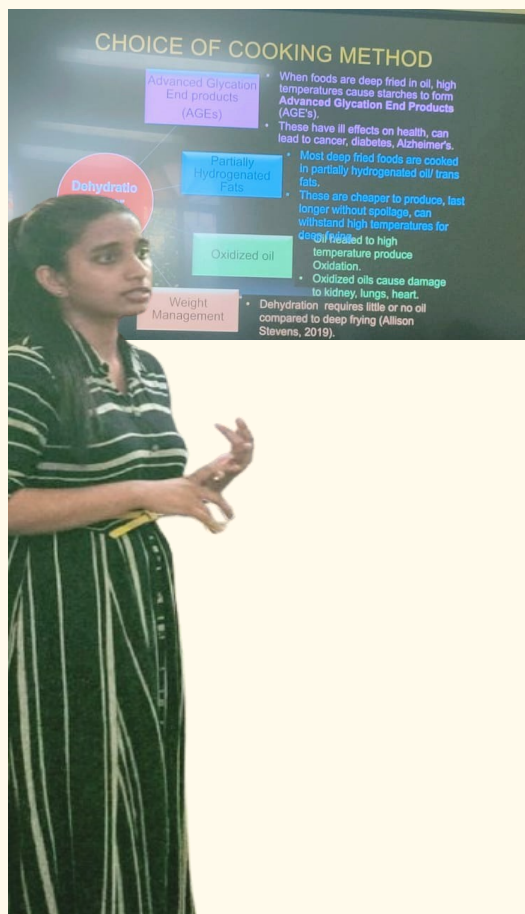
*“WHEN UNDERSTANDINGS ABOUT THE SCIENCE OF FOOD MAKE POSSIBLE  
THE ARTISTIC DELIVERY OF PRODUCE, YOU KNOW THAT A  
FOOD TECHNOLOGIST IS AT WORK”*

The year 2017 provided the Sisters of the Apostolic Carmel Congregation a reason to rejoice as their efforts to provide unique avenues in higher education bore fruit as this youngest Department of the College became operational. The only Department of its kind in the State of Goa, M.Sc. Food Technology has found favour with students from varied undergraduate backgrounds. The diversity of commercial food operations, both locally and globally, has underlined the professional need for Food Technologists in a world ruled by the plate.





# THE LEARNING PROCESS



## FOOD IS MUSIC TO THE BODY AND WILL NEVER GO OUT OF STYLE!

The increasing global dependence on the food industry by all strata of society has ensured that there will be no dearth of opportunities for a qualified Food Technologist.

At the Post Graduate Department of Food Technology, learners from diverse undergraduate science majors are provided a platform for analytical thinking while being adeptly introduced to basic and advanced concepts of food chemistry, processing, and safety, waste management, microbiology, biotechnology, nutrition, and health.



We believe that the window of opportunity that a Post Graduate Degree in Food Technology provides is immeasurable, and that the Intellectual atmosphere that the Department offers is exceptional.

Our Teaching Model is Project- and Research-based, Interactive, Experiential, and designed to enable students apply their classroom learning to industry.

**“IN TEACHING, IT IS THE METHOD AND NOT  
THE CONTENT THAT IS THE MESSAGE”**



## A TEACHER CHANGES LIVES WITH CHALK & CHALLENGES



MS. SHERYL AFONSO e D'SOUZA



MS. NEZLYN CRESSIDA D'SOUZA



DR. SAMANTHA FERNANDES e  
D'MELLO

The Department has research- and industry-oriented qualified teaching faculty, all of who meet the University requirements for Post-Graduate Studies.

The versatile Teaching Staff of the Department contribute to the public dissemination of subject knowledge by way of print media articles and being Guest Speakers at Workshops, Seminars, Conferences, and Interactive Sessions organized by other Colleges, Industry, and Organizations.

Young and dynamic, the Staff is able to relate to the needs of the students while showing them direction by virtue of their experience in the teaching profession.

Ms. Sheryl Afonso e D'Souza, (M.Sc. Food, Nutrition, and Dietetics, UGC-NET) heads the Department of Food Technology and is ably assisted by Ms. Nezlyn D'Souza (M.Sc. Biochemistry, MH-SET) and Dr. Samantha Fernandes e D'Mello (M.Sc. Biotechnology, Ph.D. Biotechnology).

The Faculty promote the development of essential communication and analytical skills, deeper learning, and self-dependence in a bid to improve student performance while fostering aspects of skills for innovation.

**“EDUCATION IS NOT THE FILLING OF A PAIL,  
BUT THE LIGHTING OF FIRE”**



# DEPARTMENT FACILITIES









# MAXIMIZING LEARNING: INDUSTRIAL VISITS



NESTLE INDIA PVT. LTD. - USGAO FACTORY, 2019



MANDOVI DISTILLERIES PVT. LTD., MADKAI, GOA, 2019



INDIAN COUNCIL OF AGRICULTURAL RESEARCH (ICAR), OLD GOA, GOA, 2019



# FIELD TRIPS



STUDY TOUR TO NASHIK (MAHARASHTRA), APRIL 2022



GO VEDA FARMS, 2022

SAVI'S YOGURT



# LEARNING BEYOND ACADEMICS



PG SPORTS DAY ORGNISED BY M.SC. I STUDENTS



SECOND RUNNER UP AT ITCFSCAN NATIONAL CONTEST



WORKSHOP: THE ART AND SCIENCE OF COCKTAILS , 2021



PARTICIPATION AT THE DFDA-WALKATHON, 2021



ONE-DAY BASIC LIFE SUPPORT CERTIFICATE COURSE WITH GAYO FITNESS, 2022





## CELEBRATE THEIR ACHIEVEMENTS



81 %

POLINA G. D'COSTA | 2018-2020



78.69 %

CONCHITA MASCARENHAS | 2019-2021

A Post Graduate Degree in Food Technology has helped our students find a foothold in the following sectors:

- Food and Beverage Industries in Goa & Maharashtra
- Educational Institutions in Goa and Gujarat
- Higher Learning (internationally)
- Entrepreneurial Ventures

Possession of this degree allows our students to venture into the working-world as a nutritional therapist, Product Development Scientists, Research Scientists, Toxicologists, Regulatory Affairs officers (FDA, FSSAI), Lab Technicians, Quality control and Quality Assurance Officers.



# COURSE CONTENT

## SEMESTER I – CORE PAPERS

CODE	TITLE OF PAPER	MODE	NO. OF CREDITS
FTC 101	Food Biochemistry and Nutrition	Theory	3
FTC 102	Food Microbiology and Food Safety Standards	Theory	3
FTC 103	Fundamentals of Food Preservation and Processing	Theory	3
FTC 104	Food Packaging and Food Laws	Theory	3
FTC 105	Lab in Food Analysis and Food Microbiology	Practical	2
FTC 106	Lab in Food Processing and Quality Management	Practical	2

## SEMESTER II – CORE PAPERS

CODE	TITLE OF PAPER	MODE	NO. OF CREDITS
FTC 201	Food Biotechnology and Industrial Food Waste Management	Theory	3
FTC 202	Normal and Clinical Nutrition	Theory	3
FTC 203	Food Engineering	Theory	3
FTC 204	Research Methodology and Statistics	Theory	3
FTC 205	Lab in Food Biotechnology and Industrial Food Waste Management	Practical	2
FTC 206	Lab in Clinical Nutrition and Dietetics	Practical	2

# COURSE CONTENT

## SEMESTER III and IV – OPTIONAL PAPERS

CODE	TITLE OF PAPER	MODE	NO. OF CREDITS
*FTO 101	Cereal, Legume, and Oilseed Processing Technology	Theory	3
*FTO 102	Lab in Cereal, Legume, and Oilseed Processing Technology	Practical	1
*FTO 103	Meat, Poultry, Freshwater, and Marine Food Technology	Theory	3
*FTO 104	Lab in Meat, Poultry, Freshwater, and Marine Food Technology	Practical	1
FTO 105	Bakery, Confectionery, and Convenience Food Technology	Theory	3
FTO 106	Lab in Bakery, Confectionery, and Convenience Food Technology	Practical	1
FTO 107	Spice and Plantation Crop Technology	Theory	3
FTO 108	Lab in Spice and Plantation Crop Technology	Practical	1
FTO 109	Dairy Technology	Theory	3
FTO 110	Lab in Dairy Technology	Practical	1
FTO 111	Beverage Technology	Theory	3
FTO 112	Lab in Beverage Technology	Practical	1
FTO 113	Nutraceuticals and Health Foods	Theory	3
FTO 114	Lab in Nutraceuticals and Health Foods	Practical	1
FTO 115	Pre- and Post-Harvest Technology of Horticulture Produce	Theory	3
FTO 116	Lab in Pre- and Post-Harvest Technology of Horticulture Produce	Practical	1



# COURSE CONTENT

## SEMESTER III and IV – OPTIONAL PAPERS


CODE	TITLE OF PAPER	MODE	NO. OF CREDITS
FTO 117	Snack Food Technology	Theory	3
FTO 118	Lab in Snack Food Technology	Practical	1
FTO 119	Food Additives, Adulteration and Toxicology	Theory	3
FTO 120	Lab in Food Additives, Adulteration and Toxicology	Practical	1
FTO 121	Entrepreneurship and Business Management	Theory	3
FTO 122	Lab in Entrepreneurship and Business Management	Practical	1
FTO 123	Food Product Development and International Trade	Theory	3
FTO 124	Lab in Food Product Development and International Trade	Practical	1
FTO 125	Field Trips/ Study Tour	Practical	2
@FTO 126	Internship	Practical	8
#FTD	Dissertation	Dissertation	8

- ⇒ The optional theory course is a prerequisite for any optional practical course
- ⇒ Students of M.Sc. Food Technology Programme shall be required to take both theory and practical courses under a given course title
- ⇒ \*FTO 101, FTO 102, FTO 103, and FTO 104 are mandatory papers
- ⇒ # FTD will be running through Semesters III and IV. The assessment of these courses will be done in Semester IV.
- ⇒ @FTO 126 is a mandatory paper and will be running during Semester IV.






## VOX POPULI



"I love the positive atmosphere and discipline at Carmel College. Participating in events and interacting with people has helped me grow in confidence and improve my communication skills. It has shaped me into a better person. The teachers are very friendly, interactive and supportive; their style of teaching is astonishing.

I wish I could go back to the Department and relive those memories where we were all together, leaning about the big, new adventure ahead of us."

**DIGVIJAY D. SHETGAONKAR | 2018-2020**




"My experience in the Department of Food Technology at Carmel College has been academically enriching. I am fortunate to be a part of this Course. I am grateful to the faculty who guided me well at every step of my journey. We were provided a platform to interact and learn at different levels through field trips and internships. I thank the department for providing me with numerous opportunities related to a career. The Food Technology Course at Carmel College is one that I would definitely recommend to a Science undergraduate."

**PRAJAKTA THAKUR | 2018-2020**






## VOX POPULI



“The exhaustive Course content of the Master’s Programme in Food Technology at Carmel College is exceptional. The faculty are very supportive and take great initiative to inculcate knowledge and skills in students. Along with academics, a lot of different activities on campus allowed me to polish my talents and groom me.”

**POORVA CHODANKAR | 2018-2020**



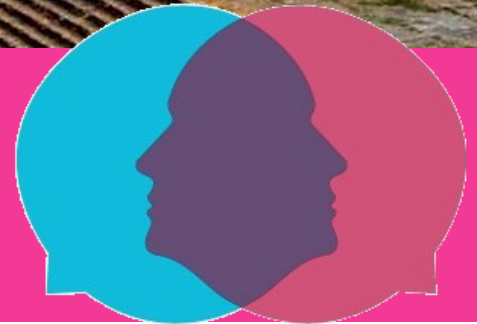
“My Post Graduate student days at Carmel College have been truly memorable. The faculty, who doubled up as mentors, of the Food Technology department helped me enhance my academic and interpersonal skills. I have established my leadership, time management and team skills thanks to the Department. I will be forever grateful to the Department and the College.”

**LYN MARIE FERNANDES | 2018-2020**





# DEPARTMENT OF PSYCHOLOGY



*“The brain is wider than the sky”*

*-Emily Dickinson*

The Post Graduate Department of Psychology was established in the year 2007 with a vision to cultivate ethical individuals who are strong critical thinkers and communicators, and who respect diverse people, cultures and perspectives. The Department strives for the holistic development of students and passionately promotes the exploration, discovery, and dissemination of new knowledge in psychological science. The M.A. Programme offered at Carmel College of Arts, Science and Commerce provides the students with two specialization options - Clinical Psychology and Counselling Psychology.







## A TEACHER ELEVATES THE MIND



**MS. SOCORRINA RODRIGUES**



**MS. ANETTE JOSEPH**



**MS. SIBYL FERNANDES**

Upon completion of the Post Graduate Course and earning their degree, the students find employment as Counsellors, Clinical Psychologists, and Educators.

The Department is run by teachers experienced in different fields of psychology, proving an all-rounded education to the students.

An M.A in Psychology & NET-Qualified, Ms. Socorrina Rodrigues has been in the teaching profession for eight years. Her areas of interest include Counselling Psychology, Experimental Psychology, and Cognitive Psychology.

Clinical Psychology, Positive Psychology, and Cognitive Psychology are Ms. Anette Joseph's passions fuelled by her Post Graduate Degree (M.A.) in Clinical Psychology. Her six years of teaching experience have been strengthened by a SET Certification.

Being the ex-General Secretary of Carmel College, Ms. Sibyl Fernandes in good stead during her two years of being in the teaching profession. Her areas of interest include Cognitive Psychology, Guidance and Counselling in Schools, Counselling across the Lifespan, and Palliative Care.

# AN ACTIVE MIND IS A DOING MIND



## WHAT WE LEARN WITH PLEASURE WE NEVER FORGET

- ⇒ Field trips to NGOs e.g. Kripa Foundation, Atmavishwas, and Arz
- ⇒ Guest speakers
- ⇒ Interactive Visits to homes for the underprivileged, e.g. orphanages, old age homes
- ⇒ Short-term courses



# ADAPATATION TO THE NEW NORMAL

**POSTGRADUATE DEPARTMENT OF PSYCHOLOGY,  
CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE,  
NUVEM- GOA**  
IN ASSOCIATION WITH  
**ANTARMAN, CENTRE FOR PSYCHOSOCIAL  
WELL-BEING, GOA**

*Hosts a webinar on*  
**UNDERSTANDING ADDICTION  
AND DEADDICTION  
COUNSELLING**  
To Commemorate World Health Day

Date: 15th April 2021  
Time: 10 a.m.  
Platform: Google Meet  
Resource Person  
Dr Ravindra Agrawal  
MBBS, DPM, MPM, MRCPsych

To join the Webinar:  
**Click Here**  
• E-Certificates will be provided

Students of MA (Psychology), Carmel College, Nuvem

**Present**

**COVID -19  
PANDEMIC:  
RESILIENCE  
&  
IT'S  
RELEVANCE**

A webinar that focuses on ;

- Impact on Mental health & Social life
- Issues Faced by the General Public
- Role of Resilience
- Resilience Building Strategies

Friday  
23rd October 2020  
<https://meet.google.com/qbd-hbbx-rhw>

**Defeating Depression during the COVID-19 Pandemic**

A webinar by the students of M.A(Psychology), Carmel College.

Thursday  
5th November  
10:00 AM  
Platform: Google Meet

- What is Clinical Depression?
- Symptoms of Depression
- Pandemic and Depression
- Strategies

Join in by clicking on the link provided below

**WEBINAR ON  
Covid-19 Pandemic:  
Resilience and it's Relevance**

For some people during the COVID-19 outbreak, the resilience scale may look like this:

Yamini Prasad

**DOMESTIC VIOLENCE-CONCLUSION**

Shreematha W. Nair

**SEXUAL HARRASMENT at WORK  
PLACE- Concerns, Implications & Laws**

Presentation By: Yamini Jivba Dalvi  
Assistant Professor  
G.R.Kare College of Law

Yamini Prasad

**Understanding  
ADDICTION --DEADDICTION**

Dr Ravindra Agrawal  
PSYCHIATRIST

Ravindra Agrawal

Students are exposed to a variety of experiential activities such as attending and organizing workshops, seminars and webinars. Students are also involved in social initiatives such as enacting street plays, conducting psychological assessments, creating awareness of cross-cutting issues, and strengthening community relations.

## STILLS OF WEBINARS CONDUCTED IN 2020-2021

# COURSE CONTENT

## SEMESTER I – CORE PAPERS

CODE	TITLE OF PAPER	NO. OF CREDITS
PLC 101	Historical Overview and Current Trends in Psychology	4
PLC 102	Cognitive Processes	4
PLC 103	Applied Psychometrics	4
PLC 104	Advanced Statistics for Psychology	4
TOTAL		16

## SEMESTER II – CORE PAPERS

CODE	TITLE OF PAPER	NO. OF CREDITS
PLC 201	Personality Systems and Theoretical Framework	4
PLC 202	Fundamentals of Psychological Research	4
PLC 203	Neuropsychology	4
PLC 204	Practicum: Experiments and Tests	4
TOTAL		16

Students will do voluntary work with any community/industry or corporate organization/mental health agency/non-governmental organization at the end of the second semester during the summer holidays for a minimum period of 30 days amounting to a minimum of 120 hours



# COURSE CONTENT

## SEMESTER III – OPTIONAL PAPERS

CODE	TITLE OF PAPER	NO. OF CREDITS
PLP 316	Specialization Practicum	4
	Optional Courses (Any two of the optional courses to be opted for by the student)	4× 2 = 8
	<b>TOTAL</b>	<b>12</b>

## SPECIALIZATION COURSE: CLINICAL PSYCHOLOGY

CODE	TITLE OF PAPER	NO. OF CREDITS
PLO 301	Psychopathology	4
PLO 302	Psychodiagnostics	4
PLO 303	Ethics in Clinical Practice	4
PLO 304	Palliative Care	4
PLO 305	Clinical Psychopharmacology	4

## SPECIALIZATION COURSE: COUNSELLING PSYCHOLOGY

CODE	TITLE OF PAPER	NO. OF CREDITS
PLO 306	Counselling Process, Ethics and Interventions	4
PLO 307	Guidance and Counselling in Schools	4
PLO 308	Counselling Across the Lifespan	4
PLO 309	Psychology of Addiction	4
PLO 310	Career Counselling and the World of Work	4



# COURSE CONTENT

## SEMESTER IV – OPTIONAL PAPERS

CODE	TITLE OF PAPER	NO. OF CREDITS
PLP 416	Specialization Practicum	4
PLP 417	Dissertation	8
	Optional Courses (Any two of the optional courses to be opted for by the student)	4× 2 = 8
	<b>TOTAL</b>	<b>20</b>

## SPECIALIZATION COURSE: CLINICAL PSYCHOLOGY

CODE	TITLE OF PAPER	NO. OF CREDITS
PLO 401	Psychotherapy	4
PLO 402	Psychosocial Rehabilitation	4
PLO 403	Clinical Mental Health Counselling	4
PLO 404	Clinical Neuropsychology	4
PLO 405	Clinical Geropsychology	4

## SPECIALIZATION COURSE: COUNSELLING PSYCHOLOGY

CODE	TITLE OF PAPER	NO. OF CREDITS
PLO 406	Counselling Specific Populations	4
PLO 407	Marital Counselling and Family Therapy	4
PLO 408	Counselling Individuals with Life-Threatening Illness	4
PLO 409	Crisis and Trauma Counselling	4
PLO 410	Interventions in Positive Psychology	4



# VOX POPULI

'New girl in the city' - a line I often use to describe my journey in Goa. Being from a different city, it was rather difficult to find my comfort initially, but what remained my anchor was Carmel College and the MA Psychology Department. My teachers made those 2 significant years of my life a remarkable journey where learning also happened beyond our classrooms.

The curriculum is so well designed and lessons are so beautifully imparted that one truly feels equipped to step into the real world after 2 years of completing the course. The teachers led by example in every way and held a personal connection with all the students and that made everything worthwhile. From theories of learning to theories of life, the teachers helped us unravel it all I truly feel grateful

**AMBIKA SRIKRISHNAN | 2017-2019**



I feel privileged in completing my MA in Psychology from Carmel College, Nuvem in the year 2017. I can summarize my experience in the words of Benjamin Franklin - "Tell me and I forget. Teach me and I remember. Involve me and I learn." Carmel College provided us with a homely environment where the teachers and students blossomed together. Their support and motivation helped us realize the best in us. The relationship with our classmates provided us a secure space to express our thoughts. The academics were not only theory but it was spiced with projects and first-hand experiences. The various extra-curriculum activities helped us to grow and polish our talents. I am honored to be an ex-student of Carmel College and cherish my two years in the esteemed college.

**MELITO D'COSTA | 2015-2017**





## VOX POPULI



It has been a fascinating two years of MA Psychology course in Carmel College with such skilled teachers who guided and supported me throughout the journey. They have always inspired me to do better in my work. Not just theoretical knowledge but providing us with practical experience of how to handle cases, visits to schools, doing street plays, watching & giving critical analysis of psychological movies, inviting various resource people to speak on different topics has all contributed towards my growth personally and professionally.

I'm currently working as a Psycho-social support officer at Children Rights in Goa (CRG) NGO and it wouldn't be a false thing to say that all the things that I have learnt is coming into play. Working in communities and with children, and helping those in need with respect to their mental health and other issues has been so useful. I'm content with my M.A Psychology course and will cherish it forever.

**RAJAL B. CHODANKAR | 2018-2020**

"Be the person your younger self needed" is a phrase that never left my mind. Growing up I dealt with a lot of issues alone and in silence and when the question of choosing a career path was in front of me I knew exactly what I wanted. I completed my masters in counseling psychology in Carmel College. There's so much that I've learnt there and it's not just limited to theory and practical. I joined when I was personally going through a tough time and Ma'am Anthea was really there for me and I can't thank her enough for it. Every little thing I've learnt has helped me to be a better professional. Now I'm working as a counselor and I'm really grateful for the training I've received in my master's degree which helps me handle my clients more effectively and promote better mental health. I can now proudly say that I've achieved my goal of becoming someone that my younger self needed.

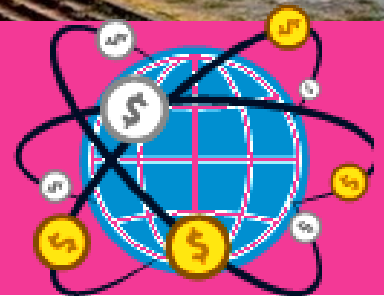
**LURIDA PARADO | 2018-2020**







# DEPARTMENT OF COMMERCE



*“Commerce is the great civilizer”*

The Post Graduate Department of Commerce was established in 2007 with the aim to equip Commerce Graduates with knowledge regarding the fundamental and advanced disciplines of business and commerce. The Course provides students with theoretical frameworks and analytical tools necessary to successfully manage the accounting and management system of the modern corporate world and ensures that each of them are equipped to act professionally and ethically in their chosen field while adding value to their organizations. The Course is also designed to develop human potential so as to serve the requirements of educational institutes and social science research, thereby aiding industry at the micro and the macro levels.







## VISION WITH ACTION MAKES A POWERFUL REALITY

### DEPARTMENT VISION

To educate students towards all-round development by imparting effective, supportive and accessible knowledge and skills in Commerce and Management, and provide opportunities for students to realize their full potential.

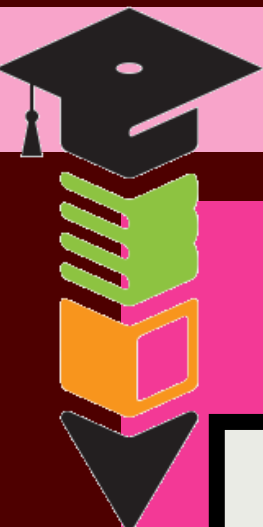
### DEPARTMENT MISSION

- ◇ To empower students to lead productive lives and become contributing members of the community by applying their acquired knowledge and skills.
- ◇ To provide a stimulating environment for teaching and learning.
- ◇ To foster students to respond to the challenges of the corporate world in an academic environment.

**The outcome-based M.Com. Programme follows the below-mentioned tenets:**

- ⇒ Enhancing the horizon of knowledge so as to enable learners to carry out qualitative research and pursue academic or professional careers
- ⇒ Developing problem analysis skills and applying the same to real life situations
- ⇒ Using research knowledge and aptitude acquired in the course of study for solving socially relevant problems
- ⇒ Understanding the role and applicability of knowledge acquired to society, environment, and sustainable development while adhering to ethics and values
- ⇒ Developing effective communication skills and ability to work in teams by strengthening group dynamics
- ⇒ Fostering ability to engage in lifelong learning, demonstrating empathetic social concern, contributing to the development of nation, by making sure of awareness gained on diverse issues.





## A TEACHER AFFECTS ETERNITY



MS. SAILEE TENDOLKAR



MS. RIANCY MASCARENHAS

The programme offers specialized education through case studies, field visits, project work, experiential learning, group discussions, seminars and workshops. The programme includes summer training of 4 weeks which is mandatory for all students. The purpose of the training is to provide students with on-the-job experience.

The M. Com. library has comprehensive collection of valuable reference books and consistently acquires, update, maintain and provide a qualitative and quantitative collection of books, periodicals and other instructional material of electronic resources to support the academic programme and educational objectives of the college. The department has an exclusive, computer laboratory and Wi-Fi facility to enhance the learning process.

The department staff are exceptionally skilled, and possess the ability to guide the students by simulating real-life situations.

In the teaching field for five years, Ms. Sailee Tendolkar has a Master's Degree in Commerce and also possessed a UGC-NET Qualification. Her areas of interest include Capital and Derivative Markets, Cost Accounting and Marketing.

A Post Graduate Degree in Commerce along with a UGC-NET Qualification has strengthened Ms. Riancy Mascarenhas's two years of expertise as a College Educator. Her areas of interest include Costing, Accounting and Finance.



# SPATIAL MEMORIES FOR LIFE



ANNUAL COLLEGE TOUR



ENTREPRENEUR'S DAY



WINNERS OF PG SPORTS DAY, 2021



FAREWELL 2022



PG EVENT: GEN Z – BREAKING GENDER BARRIERS

VISIT TO CIBA, VERNA

FOR MORE INFORMATION, CHECK OUR INSTAGRAM PAGE: [Carmel\\_postgraduate\\_goa](https://www.instagram.com/Carmel_postgraduate_goa)



# COMBINING EDUCATION WITH FUN



BOMBAY STOCK EXCHANGE



INDIAN CUSTOMS & CENTRAL EXCISE MUSEUM



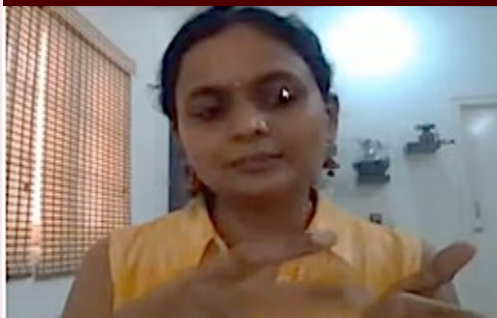
NEW MILLENNIUM BAKERS (MONGINIS)



SESSION ON 'DENTAL HEALTH' BY DR. SCHUYLER PEREIRA, FOUNDER, SMILE CRAFT



INTERACTIVE SESSION BY VERMA DE MELLO, ACE FASHION DESIGNER, ON 'OVERCOMING THE OBSTACLES OF ENTREPRENEURSHIP'



2-DAY INTERNATIONAL WEBINAR "COVID DECODED: TAKEAWAYS FOR THE EMERGING ADULT" JULY 2021



ENTREPRENEURSHIP WORKSHOP WITH MR. CYRIL DESOUSA

# COURSE CONTENT

## SEMESTER I – CORE PAPERS

CODE	TITLE OF PAPER	NO. OF CREDITS
COC120	Cost and Management Accounting	4
COC121	Advanced Financial Management	4
COC122	Business Statistics and Research Methodology	4
COC123	Business Environment & International Business	4
TOTAL		16

## SEMESTER II – CORE PAPERS

CODE	TITLE OF PAPER	NO. OF CREDITS
COC220	Advanced Corporate Accounting	4
COC221	Human Resource Management	4
COC222	Marketing Management	4
COC223	Banking and Financial Institutions	4
TOTAL		16

By the end of the first year, the students are required to opt for 4 papers each at the Third and Fourth Semesters from any of the 2 specializations offered by the Department: Accounting & Finance and Business Management.



# COURSE CONTENT

## SPECIALIZATION: ACCOUNTING & FINANCE

### SEMESTER III OPTIONAL PAPERS

CODE	TITLE OF PAPER	NO. OF CREDITS
C00330	Financial Derivatives Market	4
C00331	International Financial Management	4
C00332	Corporate Mergers and Acquisitions	4
C00333	Financial Services	4
C00334	Capital Markets and Stock Exchange Operations	4
C00335	Corporate Valuations	4
C00336	Cost Management and Control	4
C00337	Accounting Standards and Financial Reporting	4
C00338	Basic Financial Econometrics	4
C00339	Direct Taxes	4

### SEMESTER IV OPTIONAL PAPERS

CODE	TITLE OF PAPER	NO. OF CREDITS
C00430	Security Analysis and Portfolio Management	4
C00431	Treasury and Foreign Exchange Management	4
C00432	Corporate Governance and Social Responsibility	4
C00433	Commodity Derivatives	4
C00434	Management of Mutual Funds	4
C00435	Venture Capital and Private Equity	4
C00436	Insurance Management	4
C00437	Goods and Service Tax	4
C00438	Advanced Econometrics	4
C00439	Financial Research Analytics	4

# COURSE CONTENT

## SPECIALIZATION: BUSINESS MANAGEMENT

### SEMESTER III OPTIONAL PAPERS

CODE	TITLE OF PAPER	NO. OF CREDITS
C00340	Advertising and Sales Management	4
C00341	Consumer Behavior and Marketing Research	4
C00342	Training and Development	4
C00343	Performance and Compensation Management	4
C00344	Human Resource Development	4
C00345	Basic Econometrics	4
C00346	Customer Relationship Management	4
C00347	Entrepreneurship Management	4
C00348	Tourism and Travel Management	4
C00349	Marketing Research Analytics	4

### SEMESTER IV OPTIONAL PAPERS

CODE	TITLE OF PAPER	NO. OF CREDITS
C00440	Retail Marketing	4
C00441	Services Marketing	4
C00442	Industrial and Rural Marketing	4
C00443	International Marketing	4
C00444	Enterprises Resource Planning	4
C00445	Industrial Relations and Labour Laws	4
C00446	International Trade and Environment	4
C00447	Advanced Statistical Analytical Models	4
C00448	Digital Marketing and Social Media Management	4
C00449	Organizational Behavior	4



# COURSE CONTENT

## FIELD—BASED OPTIONAL COURSE

CODE	TITLE OF PAPER	NO. OF CREDITS
COO450	Dissertation	8

### Note

Field-based Optional Course will be offered subject to enrollment of the required number of students for the respective optional paper.



*'There's First Love, and There's Commerce Love'*

### SHORT TERM CERTIFICATE COURSES OFFERED:

1. Certificate Course on GST - 30 days - 30 hours - Practical Aspects of GST filing, Concepts.
2. Certificate Course on Income Tax- 30 days -30 hours- Income Tax filing and other practical aspects.
3. Certificate Course on Practical Aspects of Audit, Income Tax and Accounts- 40 days.



# VOX POPULI

"The highlight of the M. Com programme are the faculty members. They have subject knowledge, and it has also inspired me to pursue teaching as a career."

**CLIFFORD D'COSTA | 2013-2015**

Asst. Professor, St. Aloysius College, Mangaluru



"Pursuing M.Com from Carmel College has been the best decision and a great experience of my academic life. The kind of learning and guidance I received during my course is invaluable and certainly acted as stepping stone in my career. I thank my teachers for helping me find my strength and motivating me."

**MUMTAZ SAYED | 2017-2019**

Educator, Entrepreneur



"I feel fortunate to be a part of Carmelite family. My two years of Post-Graduation in Commerce at Carmel College have been a wonderful experience. The years spent here were a full of learning opportunities with the right blend of academics and fun. I feel great respect, love and gratitude for all the faculty members and the support staff for their efforts which helped me transform into a better professional. Thank you for guiding me through these two years."

**SHIFRA MASCARENHAS | 2015-2017**

Asst. Professor, Fr. Agnel College of Arts & Commerce, Pilar-Goa







**MAY OUR LADY OF MOUNT CARMEL GUIDE YOU IN  
YOUR FUTURE ENDEAVORS**

**CONTACT DETAILS:**



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**0832-2790959/2790714**



**carmelcollegegoa.org**



**carmel\_postgraduate\_goa**



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