

# CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE FOR WOMEN

NUVEM, SALCETE, GOA.

Re-Accredited by NAAC with 'A' Grade CGPA Score 3.25 (4<sup>th</sup> cycle)

Vol. I

No. 1

June - October 2023

## Youth Creativity and Leadership in Environmental Conservation

The Indian economy is in the race to become the fastest growing economy in the world. However, persisting inflation, declining agriculture and rampant environmental degradation are some of the major stumbling blocks in its path. It is imperative that India harnesses the potential of its young dynamic population who can be the major agents of positive change and action for the environment. Educational institutions have the responsibility of providing impetus to the skills and energy of the young within its campuses and spur them to be green ambassadors and ecowarriors.

The Department of Economics at Carmel College endeavors to enthuse students to think critically about the economic issues they confront in their daily lives. Students are encouraged to stay abreast of local, national and global economic policies and issues, to analyze their effects and to think of innovative ideas and suggestions related to these issues. Emphasis is placed on the awareness of economy-environment inter-linkages, in the curricular aspects such as assignments and projects and extra-curricular activities of the department including nature trips, thematic competitions and extension services, with the aim of motivating students and igniting passion to be leaders and ambassadors for a positive change.

The Department of Economics is pleased to present to you its Bi-Annual Newsletter, 'ECOWATCH' featuring all such activities at the Department with our TYBA students of Economics shouldering the major responsibility of its design, layout and content. We hope this will give a voice and a vent for creative ideas, expressions and achievements of our students.

**Dr. Anna Rovina Fernandes**

Associate Professor & Head,  
Department of Economics, Carmel College

## Millet Mania

As proposed by India, the United Nations declared 2023 as the International Year of Millets. The 18<sup>th</sup> G20 summit hosted by India under the theme, "One earth-One family-One future" promoted millets as a sustainable and healthy option.

Among the vegetarian delicacies served at G20's sumptuous spread were Pearl Millet Peas Soup, amaranth jalebi, oxtail millet leaf crisps topped with yogurt and spiced chutney and cardamom scented barnyard millet pudding with fig and peach compote. This sumptuous servings to international leaders was one grand celebration of the country's agricultural systems and the nutritional value it holds. Millets also have climatic advantage on account of its sustainable production and consumption qualities. Millets grow with 60-70 per cent less water usage than rice and take half the time as other paddy crops. Additionally, millet crops consume 40 per cent less energy for processing and is less vulnerable to insect attacks leading to lesser usage of pesticides.

## *Noah, the Economist*

Which biblical character would have made a great economist?  
Noah! After all, while everyone's stocks were in liquidation, his were afloat.

It shows that even in difficult times, there's always room for a bit of humor. Just ask the biblical Noah, or your friendly economist at Carmel College!

# ECOWATCH

A Newsletter from the Department of Economics

# Eco-Diary

## NATURE HUES - THE CLOTH PAINTING COMPETITION ON MANGROVES FLORA AND FAUNA



Pose with Paint  
Team of Ryesen and Swancy of Class TYBA-Economics

The International Day of Conservation of the Mangrove Ecosystem is observed on July 26<sup>th</sup> every year. The Department of Economics commemorated this day by organizing 'Nature Hues'- a cloth painting competition on the theme, "Mangroves Flora and Fauna." The objective was to create awareness on the mangrove biodiversity and to integrate the artistic skills of the students with the colours of nature. The competition was open to students of all streams. As many as 33 entries were registered and participants displayed their creative talent using brush strokes to highlight the diversity and significance of the mangrove ecosystem. The competition was judged by Mrs. Sumathi Satardekar, Associate Professor of the Department of Commerce and Ms. Janice Rodrigues, Assistant Professor, Department of Botany.



Janice and Reanna painting nature in its varied hues

Aliva and Kajal say it with brush strokes

Sheron Padti of Class FYBA won the first prize, team of Rhea Martins and Velika Desa of class TYBSc, Zoology bagged the second prize while team of Kazal Jadhav and Aliva Cruz of TYBA, Economics won the third prize.

## Lecture Series on 'Idea to Innovation -What does it take to Startup?'

### Lecture 01- Prospects and Challenges of Agricultural Startups

The Startup and Incubation Committee in association with the Department of Economics, Carmel College of Arts, Science and Commerce for Women organised a lecture series on the theme "Idea to Innovation-What does it take to Startup?". Lecture 01 on "Prospects and Challenges of Agricultural Startups" was held on 5<sup>th</sup> August 2023 at 11:30 a.m. in the college auditorium.

The speaker was Miss Liza Pinheiro, founder of 'Fruits of Hard Work' a business which provides kitchen gardening, landscaping and plant consultancy. It was attended by over 80 students across disciplines.



Students and faculty of the department with Ms. Liza

### Lecture Series 02 - Entrepreneurial Journey of Mr. Harish Usgaonkar, Co-Founder and CTO, Letcetra Agritech Pvt. Ltd.

The Startup and Incubation Committee in association with the Department of Post Graduate Studies and Department of Economics, Carmel College, Nuvem, organized a Lecture titled "From Idea to Business: My Entrepreneurial Experience" as part of its Lecture Series which was delivered by Mr. Harish Usgaonkar. Co-Founder and CTO, LetcetraAgritech Pvt Ltd. The session was held in the college auditorium from 2:30 pm to 3:30 pm on 11th October, 2023.

62 students and 11 faculty members attended the informative session.





# ENVIRONMENTAL STUDY TOUR

Report by: **Janis Fernandes** - T.Y. B.A. Economics

The Department of Economics organized an educational tour to Rasraj Farm in Mollem -Goa on 14<sup>th</sup> of October 2023 .The journey began by reporting at the respective railway stations and boarding trains headed to Kulem. From Kulem, we took a bus to reach Rasraj farms in Mollem. On the way, we had the opportunity to visit the Mollem Biodiversity Park, where we explored various spice



At the Biodiversity Park

plants and enjoyed a butterfly garden. Upon arrival at the farm, we were warmly welcomed by the owner. After being directed to the breakfast area, we were treated with a delicious meal and refreshing coolers. Following that, we embarked on a captivating tour of the arecanut plantation and the owner gave an insight about the arecanut production Our second stop was the bee hives, where we had the incredible opportunity to witness the production of honey and learn about honey



About Bees and Honey

bees. It was truly fascinating to see the intricate process up close.

After our enlightening experience with the bees, we made our way to a beautiful water stream. The serene surroundings provided the perfect backdrop for relaxation and rejuvenation. We took some time to unwind and enjoy the soothing sounds of nature.

Next on our itinerary was a delicious lunch that satisfied our taste buds. We indulged in a variety of mouthwatering dishes, making sure to savor every



Modern Farming Lessons by Mr. Vandit Naik

bite. The meal was a delightful break from our adventurous day.

Continuing our exploration, we ventured into a fruit plantation. The vibrant colors and sweet aromas of the fruits were a feast for the senses. We learned about different types of fruits and their cultivation process. It was a refreshing experience to be surrounded by nature's bounty. As the day drew to a close, we bid farewell to the place and boarded the train. The train ride back was filled with laughter and reminiscing about the wonderful moments we had shared throughout the day. Each of us got off at our respective stations, carrying with us the memories of this fun and educational excursion. Overall, it was a captivating experience that combined learning and enjoyment. It was a day well-spent, leaving us with lasting memories and a desire for more adventures in the future.



A dip in the cool waters of the Dudhsagar Stream



## Beach Cleaning and Beach Fitness

On the 3<sup>rd</sup> of October 2023, the Department of Economics and Environment Protection Club of Carmel College collaborated with the Majorda Village Panchayat to organize a beach cleaning drive of Majorda beach in commemoration of Gandhi Jayanti. The event witnessed the active participation of 30 students and 4 faculty members, all of whom played a vital role in the successful completion of the drive. Their efforts received commendation from the Sarpanch and Panch members of the Majorda Panchayat, who recognized their commitment to the cause.

Additionally, as part of the "Healthy India, Fit India" campaign, a beach fitness session was



conducted on the same day. This session was led by Ms. Mansi Naik, ex-student and the Head Coach associated with 'That life style coach', Goa's pioneering fitness startup company. Ms. Naik shared her expertise by demonstrating a range of basic exercises and games making the event an enriching experience for all those who were present. The enthusiasm and positive reception of the event underscored its success in promoting both community engagement and physical well-being.



Fitness Game

## Inauguration of the ECOCLUB

The ECOCLUB 2023-24 was inaugurated on 29th September, 2023. Dr. Anna Rovina stated the aims and objectives of the club. She then provided an insightful overview of the student-centric activities of the department. She also stressed on the need for active participation of students in various departmental events and initiatives.



The faculty emphasized the department's dedication to aligning its course offerings with the interests and needs of the students. A discussion followed regarding the department's fundraising activities, including canteen proposal by students. Upcoming activities were discussed.

Nominations were invited for the positions of Secretary and Assistant Secretary of the EcoClub. Ms. Janis Fernandes, TYBA was elected as Secretary, and Ms. Mazella Fernandes, SYBA was appointed as Assistant Secretary.

A total of 57 students of TYBA and SYBA have enrolled as Members for 2023-24.



## Participation in Elocution Competition

Ms. Aparna V. of the Department of Economics participated in inter-collegiate elocution competition organized by Government college, Borda on 14th October, 2023



## CAPACITY BUILDING AND PERSONALITY DEVELOPMENT

### FILM MAKING WORKSHOP

Students of the department, participated in a social impact filmmaking workshop 'Green Frames' held on September 5-6, 2023 at Institute Menezes Braganza Conference Hall, Panaji Goa. The workshop was organized by CMS Vatavaran and US Consulate General, Mumbai. The participants are eligible to submit a short film on environment at the short film competition and festival 2023.



### Connecting with the Almighty: My Retreat Experience

Janis Fernandes - Class-TYBA Economics

The students of Carmel College of Arts, Science and Commerce For Women, Nuvem - Goa had an overnight retreat session at Pedro Arrupe Institute Raia, Goa from 25<sup>th</sup> September, 2023 to 26<sup>th</sup> September, 2023. The batch comprised of students from Economics, English, Political Science and Hindi Department and were accompanied by Ma'am Rivya Dias and Ma'am Larissa Pinho.

The retreat began with a warm welcome from Father Menoy SJ, followed by an introduction that included fun games and a dance session. Father Peter Rodrigues led a session on discovering self, which was thought-provoking. We then settled into our rooms and later took a peaceful walk around the building while saying the Rosary. Afterwards, we enjoyed a delicious dinner and watched the movie "The Shack," which focused on faith and forgiveness. The lovely day ended with an examen - a devotional exercise involving reflection on and moral evaluation of one's thoughts and conduct, coordinated by Fr. Menoy.

On the next day of the retreat, we had an early wake-up call at 6:30 am. Although the rains

disrupted some of our plans, we had a morning prayer session by Fr. Menoy, followed by a delicious breakfast. Then, we gathered in the hall for another enlightening session by Fr. Menoy on "Knowing God and how we are called to respond." We took a tea break before Fr. Felix led a session on "Relationships with Parents and Peers." Lunch was served, and after some rest, we attended adoration, confession, and mass in the chapel. As the rain subsided, we embarked on a hike up the hill to witness the breathtaking view. We ended the day with an evening tea break and expressed our gratitude to Fr. Menoy for his hospitality before bidding farewell to the place. It was a memorable day filled with spiritual growth and beautiful moments.



## A Training Workshop on Financial Education for Young Citizens

The Department of Economics and Department of Commerce jointly organized a training workshop in association with National Institute of Securities Market, an educational initiative of SEBI. The workshop on 'Financial Education for Young Citizens' was held from 3<sup>rd</sup> October to 7<sup>th</sup> October from 2:00 pm to 4:00 pm. 25 students from TYBA Economics attended and successfully completed the training.



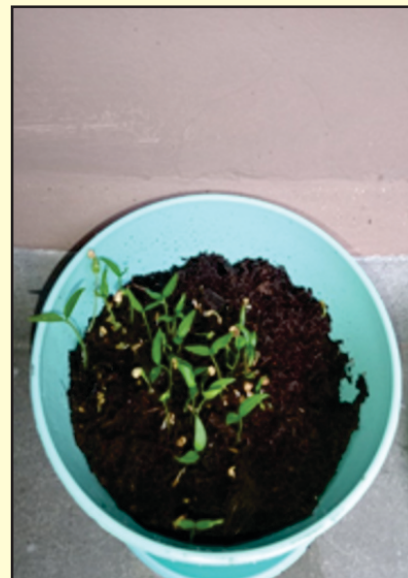
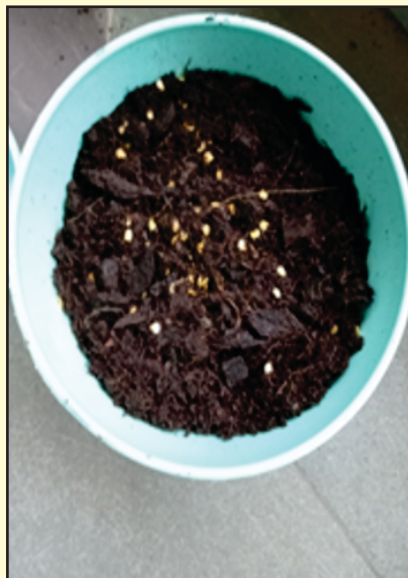
## Youth Power and Creativity in Environmental Conservation A Report on Actions by Students of Economics

### Spices in Bloom

Blency Silva

I grow spice plants at home and I research about the steps in cultivation and their health benefits. Here I document just a few of my home grown spice plants.

#### Growing Chillies at home



#### Steps in growing Chillies

1. Chilli plants need plenty of sunlight, at least 6-8 hours per day.
2. Prepare the soil: Ensure the soil is well-draining and rich in organic matter.
3. Sow the seeds in a seed-starting mix in small pots, it is to be kept in a warm and moist place until they germinate.
4. Once the seedlings have grown to a height of around 3-4 inches, transplant them into larger pots or into your outdoor garden. Space the plants about 18-24 inches apart to allow for proper airflow and growth.
5. Provide water. Chilli plants require regular watering to keep the soil consistently moist, but avoid over watering as it can lead to root rot.



## Garlic

### Steps in Growing Garlic

- Prepare the soil: Garlic grows best in loose and well-draining soil and enrich the soil with organic matter, such as compost or well-rotted manure.
- Soak the garlic partially in water for about 2-3 days
- Dig individual holes in the soil, Place a garlic clove in each hole, with the pointed end facing upwards..
- Water regularly: Garlic needs consistent moisture, especially during the growing season.



**Garlic**



**Mustard Seeds (Sasvam)**

### Mustard Seeds (Sasvam)

- Mustard plants prefer moist, well-draining soil with a pH level between 6.0 and 7.5.
- Planting the seeds: Sow mustard seeds directly in the container.
- Space the seeds about 1 inch apart and 1/4 inch deep. Cover the seeds lightly with soil and water
- Mustard plants thrive in sunlight so ensure they receive at least 6-8 hours of direct sunlight per day. Water the plants regularly to keep the soil slightly moist but not waterlogged.



## Medicinal Plants in Home Garden

**Rysen Fernandes of Class TYBA Economics** grows medicinal plants at home and shares her knowledge on their benefits.

### **Artemisia vulgaris**

Artemisia vulgaris, commonly known as mugwort or manpatri .

### **Medicinal uses**

The leaves are used to treat many diseases like Asthma, inflammatory joint disease, inflammatory skin diseases, sciatic pain, coughs and colds, and infections



**Artemisia vulgaris**  
(mugwort or manpatri)



## Costusigneus

Costusigneus, commonly known as **insulin** plant grown in her home.

Consumption of the leaves are believed to lower blood glucose levels, and diabetics who consumed the leaves of this plant report a fall in their blood glucose levels.

## Zingiber

Zingiber is also called Masluti in konkani. It is a member of ginger family and has been traditionally used in Thai and Ayurvedic medicine for its therapeutic properties. Its rhizomes are harvested and made into a rub for muscles soreness and other ailments. Its essential oil is known for its therapeutic properties and it has several benefits and uses. Zingiber medicine is prepared as an analgesic medicine to reduce fevers, heal the body after childbirth, and relieve pain.



“Incorporating these plants into our garden not only adds beauty but also promotes overall well being through their therapeutic effects.” Says Ryesen.



**Julisha Carvalho**, another student shares pictures of her collection of different types of mint in her home garden. She explores the power of herbal healing in her research.

Maxican and Pinapple Mints have uses in digestion and skin health.

Julisha also shares a picture of veld grape/cissus quadrangularis which is an perennial herb belonging to the grape family vitaceae.

It is known to be beneficial for the treatment of hemorrhoids.

Peppermint is promoted for solving migraine and body aches.



**MEXICAN MINT**



**PINEAPPLE MINT**



**VELD GRAPE/  
CISSUS QUADRANGULARISIT**



**PEPPERMINT**



## SANCIA GOMES PROMOTES UTILIZATION OF HOUSEHOLD KITCHEN WASTE.

Sancia Gomes states that the process of turning kitchen waste to compost reduces the amount of waste sent to landfills, enriches soil with nutrients for better plant growth and helps in reducing greenhouse gas emission

Using discarded kitchen items such as broken handle mugs, broken pots, she has grown an impressive Teacup Garden. She also uses discarded tyres and coconut shells as planters, besides plastic containers and glass bottles.



Garden of Sancia Gomes





# ECOBUZZ

## A ROUND TABLE DISCUSSION FORUM

In a significant stride towards promoting research and intellectual curiosity, the Department of Economics initiated its Round Table Discussion Forum on October 18, 2023. This event brought together students and faculty to delve into the realms of exploration, investigation, and creative thinking, thereby cultivating a heightened awareness of prevailing economic trends. Dr.

Anna Rovina Fernandes, the Head of the Department, inaugurated the forum by extending a warm welcome to the attendees, elucidating the essence of this initiative.



Ms. Rivya Dias speaking of her Research Journeyl

Ms. Renuka Sagvekar, another faculty from the Department of Economics, delved into the achievements of the 2023 Nobel Prize winner in Economics through her presentation. She not only highlighted the laureate's groundbreaking contributions but also underscored the enduring relevance of her work in contemporary times.

The culmination of the event featured an engaging discussion where students actively contributed their thoughts and ideas on the current economic trends prevalent on the global stage based on their readings of the Economic Times.

The Department of Economics' Research Forum stands not only as a testament to the commitment to academic excellence but also as a beacon inspiring the pursuit of knowledge, research, and critical thinking among its students and faculty.



A discussion on current Economic issues

The open forum began with a quiz, exclusively based on news reports from the Economic Times. Emerging triumphant in this intellectual challenge were TY students Ms. Reanna Pereira, claiming the first position, and Ms. Jenica Pereira, securing the second place.

Following the quiz, Ms. Rivya Dias, faculty member from the Department of Economics, shared her enriching journey of her Ph.D. She expounded on the intricacies of her research, its expansive scope, the methodology employed, and passionately urged students to embark on their own research endeavors.



ET Quiz Winner Ms. Reanna Pereira receiving her award



## Take this Quiz based on News on the Economic Times

1. Which Indian actress has inked a strategic partnership with Sugar Cosmetics' parent company, Velvette Lifestyle, to form a joint venture company called 'Quench Botanicals' to sell premium Korean beauty products?  
a. Kareena Kapoor                      b. Priyanka Chopra                      c. Raveena Tandon
2. Name the Indian fresh produce supply chain agritech company headed by Thirukumaran Nagarajan and backed by Flipkart and Walmart.  
a. Ekart                                      b. Ninja Cart                                      c. Dcart
3. India is placed in \_\_\_\_\_ position in the Global Gender Gap index 2023 among countries in South Asia.  
a. 4                                              b. 5                                              c. 6
4. COP28 summit of global leaders on climate change from 30<sup>th</sup> November 2023 -12<sup>th</sup> December 2023 is held at \_\_\_\_\_.  
a. Egypt                                      b. Dubai                                      c. Brazil
5. Gaming giant Activision Blizzard has been acquired by  
a. Apple                                      b. Google                                      c. Microsoft
6. Identify the woman in this picture.



- a. Kristalina Georgieva  
b. Claudia Goldin  
c. Esther Duflo
7. Indri Diwali Collector's Edition 2023 was recognised as the finest brand at a global tasting competition. It refers to  
a. Scottish Rum                      b. French Wine                      c. Scotch Whiskey
8. TYAANI specializing in traditional art form-Polki Jewellery has partnered with which Indian Film Maker?  
a. Mani Ratnam                      b. Karan Johar                      c. Mira Nair
9. Name the largest bank in USA.  
a. Goldman Sachs                      b. Citigroup                      c. J.P. Morgan Chase
10. Name the Serial Entrepreneur, founder of Florian Foundation, Florian Spa and Salon, Brainy Beauty and author of books, *She's Unlimited* and *Unboxing Beauty*.  
a. Archana Jain                      b. Susanne Khan                      c. Dr. Grace Pinto

(Send your answers to [ecowatchcarmel@gmail.com](mailto:ecowatchcarmel@gmail.com). The first all correct entry received on email will be awarded. For Carmel College students and staff only.)



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



**Department of Economics**  
In Association with  
**Ministry of Micro, Small and  
Medium Enterprises (MSME)**



*Presents*  
**30-Days Certificate Course**  
*Professional Graphic Designing*





**JTEC Educational Institute**  
"way towards your career"  
**Associate Training Partner**



**EXPLORE LIMITLESS  
CREATIVITY**

**PROGRAM DETAILS**

- ✓ COREL DRAW
- ✓ LOGO DESIGNING
- ✓ VISITING CARD DESIGNING
- ✓ LEAFLET DESIGNING
- ✓ BANNERS DESIGNING
- ✓ AD BROCHURES
- ✓ EFFECT TOOLS
- ✓ ILLUSTRATOR

*Graphic*

**DESIGN**

Course begins: 25th November 2023

**Coordinator:**  
Glancy Borges &  
Pooja Yadav