



Carmel College of Arts, Science and Commerce for Women

Nuvem, Salcete – Goa 403713

Minority Institution under Article 30(i) of the Indian Constitution

Affiliated to Goa University

Goa Govt. Reg. No. AC - 05

Recognized by U.G.C under section 2f & 12b

Re-Accredited by NAAC with CGPA - 3.25 'A' Grade (4th cycle)

EQUAL OPPORTUNITY CELL

The Equal Opportunity Cell (EOC) is a statutory body established within Higher Education Institutions (HEIs) to ensure equitable access to opportunities and resources for all students, regardless of their backgrounds. A key focus of the EOC is to promote the mental, emotional, and physical well-being of students by fostering an inclusive, safe, and supportive campus environment.

Objectives of the Equal Opportunity Cell (EOC):

1. Encourage student participation in physical exercise, games, and sports as a means to enhance overall well-being, reduce stress, and build resilience.
2. Develop and implement systems to identify and address challenges such as academic pressure, peer pressure, behavioural issues, stress, anxiety, depression, and career-related concerns that can adversely affect students' mental health.
3. Organize workshops, seminars, and counselling sessions aimed at cultivating optimism, emotional intelligence, self-awareness, and mental resilience among students.
4. Create a campus culture that encourages peer support, mentorship, inclusivity, and open dialogue—ensuring that students feel connected, understood, and supported by their peers and the institution.

Contact Details of the Equal Opportunity Cell

Equal Opportunity Cell

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Date: 02.07.2025

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Officiating Principal
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