CARMEL COLLEGE OF ARTS, SCIENCE AND COMMERCE FOR WOMEN · NUVEM, GOA

BEST PRACTICES

2025–2026









BEST PRACTICE 1

Carers for the Soil

Turning environmental awareness into action on waste, trees, coastlines and local ecology.

16 ACTIVITIES · E-WASTE · TREES · BEACHES

BEST PRACTICE 2

Service Learning

Taking students out of the classroom to support caregivers, elders, young people and survivors of trafficking.

14 ACTIVITIES · CARE · AWARENESS · UPCYCLING

FROM THE EDITOR'S DESK

Overview

In 2025–26, Carmel College of Arts, Science and Commerce for Women, Nuvem, Goa, carried out **30 community-linked activities** under two best practices: **Carers for the Soil**, on the environment, and **Service Learning**, on well-being and social responsibility.

Each practice is repeated or sustained over time, involves partners outside the college, has measurable results, and gives students hands-on experience. For every initiative, these pages state its objective, how it was carried out, and the evidence of success.

> ***"Learn, create, collect, hand over."***
>
> — ON E-WASTE, AND THE SPIRIT OF BOTH PRACTICES

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BEST PRACTICE 1

Carers for the Soil

Sixteen activities between July 2025 and March 2026 turned environmental awareness into action on waste, trees, coastlines and local ecology.

16	78.1 kg	+42%	190+
activities, July 2025 to March 2026	of e-waste collected in two drives	rise in collection between drives	people planting trees at three events

Activities at a Glance

DATE	ACTIVITY	ORGANISED BY	PARTICIPATION / OUTPUT
4 July 2025	Vanamahotsav, tree planting and sapling distribution	Botany	48 students
9 July 2025	Vanmahotsav: Planting Hope for a Greener Tomorrow (Tree of Hope)	Psychology and Economics, with Rotary Club of Margao Midtown	Fruit saplings donated by Rotary, planted on campus and distributed
24 July 2025	Van Mahotsav celebrations	Zoology, with Goa State Forest Department	102 (87 students, 15 staff)
25–31 July 2025	Ek Ped Maa Ke Naam 2.0, Plant a Tree Week	NSS	44 volunteers
Mid-August to 13 October 2025	Plastic waste collection drive (milk packets, PET bottles)	NSS	86 volunteer entries (51 + 35, with overlap)
25 August 2025	The Plants of Matoli exhibition	Carmel Greens Club, Botany	56 plants shown; 122 visitors
16 September 2025	World Ozone Day, Guardians of Green	PG Psychology	28
16 September 2025	Awareness session on circular economy and e-waste	NSS, Economics, History	About 80 students and 6 faculty
22–27 September 2025	E-waste collection drive (odd semester)	NSS, Ecovista	32.3 kg collected
2–8 October 2025	Daan Week: Betalbatim beach clean-up, Shramdaan, orphanage donation drive	NSS, History, Commerce	38 beach volunteers; 23 volunteers and 2 faculty in the donation drive
4 December 2025	Talk and documentary on whale shark conservation	Zoology, with Wildlife Trust of India	71 (62 students, 9 staff)
7 January 2026	Bridging the Digital Divide for Seniors	Commerce, NSS, Living Happily with Diabetes Club	37 (15 students, 22 senior citizens)
15 January 2026	Beach cleaning drive and outdoor fitness session, Majorda	Economics, with Nuvem Panchayat and Parish Youth	33 (30 students, 3 staff)
9 February 2026	Talk on care of soil and soil conservation	Zoology, SDG Committee	74 (68 students, 6 staff)
28 February–4 March 2026	E-waste awareness video-making competition	NSS, Economics	3 student groups
23–28 March 2026	E-waste collection drive (even semester)	NSS, Ecovista	45.8 kg collected

CARERS FOR THE SOIL · STORY 1

1.1 From Awareness to Bin

Circular-economy e-waste management, from awareness to collection

The college ran a full cycle in one year: learn, create, collect, hand over. Two collection drives gathered **78.1 kg** of e-waste, 45.8 kg of it in the even semester against 32.3 kg in the odd semester.

OBJECTIVE

To promote responsible disposal of electronic waste and build habits of recycling among students, staff and the people of Nuvem.

HOW IT WAS DONE

- **16 September 2025:** an awareness session, "Circular Economy Approaches to Sustainable E-waste Management", by Mr. Soham Prabhu of CAM Industrial Services and Global E-Waste Management Systems. About 80 students and 6 faculty attended, including both NSS Programme Officers.
- **22–27 September 2025:** first collection drive, with two bins on campus and one at the entrance gate for the public. Laptops, CPUs, printers, mobile phones and batteries were collected.
- **28 February–4 March 2026:** a video-making competition on "E-waste: Toxic Legacy of Tech!". Three student groups took part and all received prizes. The videos also told viewers that the college is an e-waste collection centre for Nuvem.
- **23–28 March 2026:** second drive, with televisions, induction stoves and telephones added to the items collected. The Global E-Waste Management System team collected the waste from campus on 30 March 2026.

SAFE DISPOSAL OF E-WASTE TO PREVENT SOIL CONTAMINATION





Dept. of Economics conducts annual e-waste collection drives (2023, 2024, 2025), with a designated e-waste collection bin on campus.

78.1 kg
of e-waste collected in two drives

+42%
rise from the first drive to the second

3
student groups made e-waste videos

EVIDENCE OF SUCCESS

The total collected rose by **42%** between drives (32.3 kg to 45.8 kg) and the range of items widened. The practice rests on an active MoU with Global E-Waste Management Systems, and the NSS Unit worked with Economics, History and Ecovista, the Economics Club.

CARERS FOR THE SOIL · STORY 2

1.2 Planting Hope, Rooting Habits

Greening the campus and community through Vanmahotsav and tree planting

Four tree-planting programmes ran in July 2025 across Botany, Zoology, Psychology with Economics, and the NSS Unit. Each brought in a different partner or audience.

SUSTAINABLE GARDENING PRACTICES FOR SOIL HEALTH AND STABILITY





Environment Protection Club (EPC) initiates 'Green Thumb', the College Vegetable Garden, focused on sustainable gardening practices, and harvests its first produce (2025).

OBJECTIVE

To raise awareness of the role of forests and plants, and to turn awareness into planting that students continue at home.

HOW IT WAS DONE

- **4 July:** Botany held a talk by Dr. Divakar Mesta, planted a tree in the Botanical Garden, and distributed saplings under the Ek Ped Maa Ke Naam campaign to 48 students.

- **9 July:** Psychology and Economics, with the Rotary Club of Margao Midtown, held "Planting Hope for a Greener Tomorrow" as a Jubilee Year 2025 initiative. The Rotary Club donated mango, coconut, arecanut, cashew, chickoo and lemon saplings, which were planted on campus and given to students, faculty and a community member. The programme opened with an environmental pledge.

The Tree of Hope: a living legacy on campus.

- **24 July:** Zoology, with the Goa State Forest Department (Marine Range, South Goa), held a plantation drive on campus and gave flowering and fruiting plants to staff, students and local stakeholders. 102 people took part. The aim was to support bird and butterfly feeding on campus.

- **25–31 July:** Ek Ped Maa Ke Naam 2.0, Plant a Tree Week. 44 NSS volunteers planted Tulsi, Neem, Mint, Curry Leaves, Mango, Jackfruit, Papaya, Chikoo and flowering plants at home and in their neighbourhoods.

VAN MAHOTSAV: PLANTING FOR TOMORROW





Dept. of Zoology, Dept. of Botany and the Environment Protection Club (EPC) celebrated Van Mahotsav through the promotion of home/backyard plantation of medicinal plants by 250 students (2024).

190+	4	102
people at three tree-planting events	planting programmes in July 2025	at the Zoology plantation drive

EVIDENCE OF SUCCESS

More than **190 participants** were recorded at three of the four events. The Tree of Hope plantation leaves a living legacy on campus, and planting at home extended its impact beyond campus.

CARERS FOR THE SOIL · STORY 3

1.3 Clean Coasts, Clear Targets

Waste reduction through volunteer-led collection and clean-up drives

The NSS Unit used volunteers' homes, beaches and the campus itself as sites for waste work, with clear per-volunteer targets and local bodies as partners.

OBJECTIVE

To build segregation and recycling habits and to protect the coast through collective action.

HOW IT WAS DONE

- **Plastic waste collection drive, mid-August to 13 October 2025.** Each volunteer aimed to collect 50 or 100 milk packets or PET bottles, which were then sent to local solid-waste systems or recycling centres. 51 volunteers collected milk packets and 35 collected bottles.

- **Daan Week, 2–8 October 2025.** 38 NSS volunteers cleaned Betalbatim Beach on 4 October with the Village Panchayat of Betalbatim, marking Gandhi Jayanti. Other volunteers took part in Shramdaan on the campus, Sunset Beach and Majorda Beach.

Plastic, glass and other waste cleared from three beaches.

SUSTAINABLE PRACTICES TO REDUCE SOIL CONTAMINATION





Dept. of Hindi encouraged students to create newspaper bags and distributed them to shopkeepers and customers at the Nuvem Monday Bazaar to promote plastic-free environment conservation practices (2024).





Dept. of Commerce, in collaboration with the Rotary Club of Margao Midtown, organised an informative session on Solid Waste Management and the role of Goa Waste Management Corporation (GWMC).







15 January 2026: the Department of Economics, with the Village Panchayat of Nuvem and the parish youth, cleaned Majorda Beach. The Panchayat supplied gloves, bags and water. 33 people took part.

86	38	3
volunteer entries in the plastic drive	NSS volunteers at Betalbatim Beach	beaches cleaned

EVIDENCE OF SUCCESS

Plastic, glass bottles and other non-biodegradable waste were collected at **three beaches**, and the Sarpanch of Betalbatim assured proper segregation and disposal. Partnerships with the Village Panchayats of Betalbatim and Nuvem were strengthened.

CARERS FOR THE SOIL · STORY 4

1.4 Learning from the Experts

Expert talks and cultural-ecological awareness events

Departments invited practitioners from government and conservation bodies, and used creative formats, so that students met the people working on environmental problems.

COMPOST EDUCATION AND CREATION





The Environment Protection Club (EPC), the Dept. of Mathematics, and the PG Dept. of Food Technology collaboratively organised a hands-on workshop on composting food and garden waste (2025).

OBJECTIVE

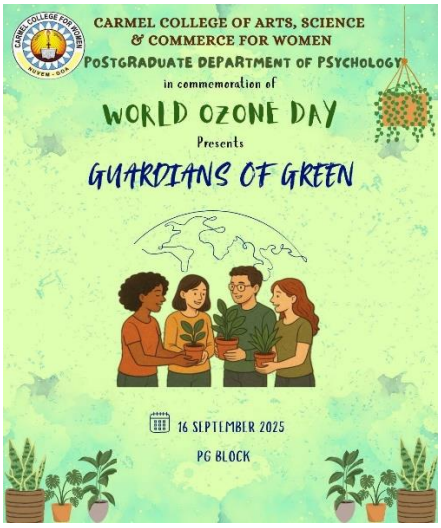
To educate students on ozone protection, soil, wildlife and local plant heritage, and to show what each person can do.

HOW IT WAS DONE

- **25 August 2025, The Plants of Matoli:** the Carmel Greens Club exhibited 56 wild fruits, vegetables and medicinal plants used in Goa's Ganesh Chaturthi Matoli decoration, with common and botanical names, descriptions, traditional uses and photographs. 122 visitors attended.

- **16 September 2025, World Ozone Day, "Guardians of Green":** PG Psychology ran Give and Gain (a swap of usable items), a reel on saving energy, short sessions on fast fashion and the ozone layer, and a Plant Adopt and Swap. 28 people took part.



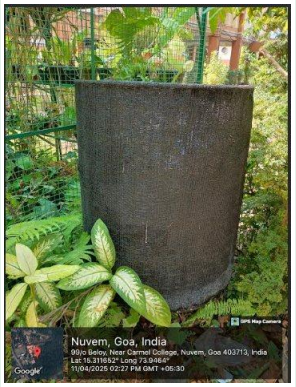


- **4 December 2025, World Wildlife Conservation Day:** Zoology and the Wildlife Trust of India held a talk and a screening of the documentary “Shores of Silence” on whale shark conservation. 71 people attended.

- **9 February 2026, soil conservation talks:** the Zoology department hosted Mr. Swapnil G. Sukhtankar of the Soil Testing Laboratory, Old Goa, on soil types in Goa, erosion and the community’s role. 74 people attended.







Dept. of Botany and PG Dept. of Food Technology exhibit stages of composting in an effort to educate students on compost creation. Dept. of Botany installs a leaf composter for degradation of shed leaves.

295	4	122
recorded participants	expert talks and awareness events	visitors to The Plants of Matoli

EVIDENCE OF SUCCESS

The four events reached **295 recorded participants** (122 + 28 + 71 + 74). Each links a global observance or local tradition to a concrete action, and the reuse, swapping and adoption in the Ozone Day programme make the lesson practical.

THE GLOBAL GOALS

Carers for the Soil and the SDGs

SDG **4** Quality education

SDG **11** Sustainable cities and communities

SDG **12** Responsible consumption and production

SDG **13** Climate action

SDG **14** Life below water

SDG **15** Life on land

INITIATIVE	SDGs	KEY PARTNERS
1.1 E-waste management	SDG 12 Responsible consumption and production; SDG 13 Climate action	Global E-Waste Management Systems, CAM Industrial Services
1.2 Vanmahotsav and tree planting	SDG 13 Climate action; SDG 15 Life on land	Rotary Club of Margao Midtown, Goa State Forest Department
1.3 Collection and clean-up drives	SDG 11 Sustainable cities and communities; SDG 12; SDG 14 Life below water	Village Panchayats of Betalbatim and Nuvem, parish youth
1.4 Expert talks and heritage events	SDG 4; SDG 14; SDG 15	Wildlife Trust of India, Soil Testing Laboratory (Old Goa)

BEST PRACTICE 2

Service Learning

Fourteen activities between July 2025 and March 2026 took students out of the classroom to support caregivers, older people, young people and women survivors of trafficking.

14	83 + 2	115	74
activities, July 2025 to March 2026	jumbo bags and suitcases of clothes donated	students at one digital wellness session	caregivers reached by six self-care sessions

Activities at a Glance

DATE	ACTIVITY	ORGANISED BY	PARTICIPATION / OUTPUT
14–26 July 2025	Clothes collection drive for the POTI Project	Psychology	83 jumbo bags and 2 suitcases of clothes
8 August 2025	Street play “Shush Desh Nidhila” on anti-human trafficking, Verna Market	Psychology	Open to market-goers
25 August 2025	Self-care session: Gratitude	PG Psychology	Staff of Serena Palliative Care
17 September 2025	Visit to Cluny Home for the Aged, Nagoa, Verna	Political Science	Visit by SYBA mentees
7 October 2025	Service learning with senior citizens (Ameya club event)	English	100% participation in the finale
23 October 2025	Self-care session: Mindful Meditation	PG Psychology	10
27 November 2025	Self-care session: Mindful Eating	PG Psychology	8
16 December 2025	The Gift of Time, Shalom Retirement Home, Verna	PG Psychology	29 (25 students, 4 staff)
18 December 2025	Self-care session: Art Therapy	PG Psychology	11
25 January 2026	Short film screening on alcohol addiction, “Aiz Mhazo Birthday”, Davorlim	PG Psychology	16 youth
29 January 2026	Self-care session: Setting Boundaries	PG Psychology	16
30 January 2026	Digital wellness session for high school students	PG Psychology	115 (114 students, 1 staff)
26 February 2026	Self-care session: Work-Life Balance	PG Psychology	17
26 March 2026	Self-care session: Optimism	PG Psychology	12

2.1

SERVICE LEARNING · STORY 1

Caring for the Carers

A monthly self-care series for caregivers, delivered by postgraduate students

PG Psychology students ran a recurring programme of well-being sessions for the staff of Serena Palliative Care, Margao, who work in a demanding caregiving setting.

OBJECTIVE

To support emotional regulation, resilience and burnout prevention among healthcare workers, and to give students applied practice in facilitation.

HOW IT WAS DONE

Seven sessions, each with a single theme and experiential methods:

- **Gratitude (August):** a mindfulness opener, writing and sharing three things they were grateful for, and a discussion of gratitude and team spirit.
- **Mindful Meditation (October):** mindful breathing and body awareness.
- **Mindful Eating (November):** guided practice on eating patterns and triggers.
- **Art Therapy (December):** emotion-based drawing and mandala creation, with simple exercises staff could use with patients.
- **Setting Boundaries (January):** rigid, porous and healthy boundaries, compassion fatigue, role-play of workplace scenarios, and a reflective exercise.
- **Work-Life Balance (February):** the "50/50" myth, the cost of switching between work and personal tasks, and finding "boundary leaks" in daily routines.
- **Optimism (March):** an ice-breaker, group discussion, reflection on overcoming difficulties, and affirmations.





PG Psychology routinely conducts activities for the staff of the SERENA Palliative Care unit at SGDH (Hospicio) to support their physical and emotional well-being (2025–2026).

7	8	74
themed self-care sessions	months of sessions	participants across six recorded sessions

EVIDENCE OF SUCCESS

The series ran for **eight months** with one partner, and the six sessions with recorded attendance reached **74 participants**. Staff took away concrete skills such as boundary-setting strategies and art exercises for patient care.

SERVICE LEARNING · STORY 2

2.2 Students Take the Stage

Student-created media for community awareness on social issues

Psychology students wrote, performed or produced their own material and took it to audiences outside the college, turning classroom learning into public education.

ANTI-ADDICTION AND DIGITAL WELLNESS CAMPAIGNS



PG Psychology students created an original short film on alcohol addiction and screened it for St. Joseph Chapel, Davorlim, Goa (2026).



PG Psychology conducts a digital wellness session for the students of Our Lady of Piety High School, Collem, Goa (2026).

OBJECTIVE

To raise awareness of human trafficking, alcohol addiction and excessive internet use, and to build students' communication and teamwork skills.

HOW IT WAS DONE

- **8 August 2025:** "Shush Desh Nidhila", a street play on anti-human trafficking, was performed by Psychology students in the local language at Verna Market. It covered the signs of trafficking and the importance of reporting suspicious activity, and was undertaken as a service-learning initiative.
- **25 January 2026:** four PG students conceptualised, scripted and produced the short film "Aiz Mhazo Birthday" on alcohol addiction. It was screened at St. Joseph Chapel, Davorlim, to 16 local youth, followed by an activity-based demonstration.
- **30 January 2026:** three PG students delivered "Use the Internet, Don't Let It Use You" at Our Lady of Piety High School, Collem. A skit and short presentation reached 114 students, with practical tips to cut screen time.

114	16	3
school students reached	local youth at the film screening	events: a play, a film, a school session

EVIDENCE OF SUCCESS

The three events reached school pupils, local youth and market-goers. High school students described the session as informative and interactive and said it made them reflect on their own internet use, and the youth at the screening gained knowledge of risk factors and ways to resist peer pressure.

2.3

SERVICE LEARNING · STORY 3

The Gift of Time

Cross-department service learning with older people

Three departments took students to meet older people in three settings between September and December 2025. Each visit was framed as service learning rather than charity.

OBJECTIVE

To build empathy and social sensitivity in students and to reduce loneliness among the elderly.

HOW IT WAS DONE

- **17 September 2025:** Political Science took its SYBA mentees to Cluny Home for the Aged, Nagoa, Verna, as a mentoring-linked community engagement programme.
- **7 October 2025:** the Department of English joined an Ameya club event for senior citizens hosted by the V. M. Salgaocar Institute of International Hospitality Education. Students and faculty helped seniors dress up and make hats and props for a fancy dress showcase, which saw 100% participation. The programme also included a talk on eye health by an ophthalmologist and a singing session.
- **16 December 2025:** first-year PG Psychology students ran "The Gift of Time" at Shalom Retirement Home, Verna, with simple games, memory and music activities, and one-to-one conversations. 25 students and 4 staff took part.

COMMUNITY OUTREACH





PG Psychology organised a community outreach programme titled "Blooming Beyond Years: Wisdom Shared, Wellness Cared" in local villages for senior citizens through cognitive and memory games, recreational activities, interactive sessions, conversations, and simple movement-based activities (2026).

3	29	100%
departments, 3 settings	at The Gift of Time (25 students, 4 staff)	participation in the fancy dress finale

EVIDENCE OF SUCCESS

Residents expressed happiness at the time spent with them. Students became better at recognising and responding to the feelings of elderly people and learned about loneliness and loss in later life. The activities were planned around residents' physical comfort and abilities.

2.4

SERVICE LEARNING · STORY 4

Old Clothes, New Livelihoods

Upcycling clothes to support women survivors of trafficking

The Psychology department linked a collection drive to a livelihood programme, so that donations became raw material for work rather than relief goods.



Clothes Collection Drive for the POTI (Protection of Ocean, Trees & Inhabitants) Project by Anyay Rahit Zindagi (ARZ).

OBJECTIVE

To supply the upcycling unit of Anyay Rahit Zindagi (ARZ), where women survivors of trafficking turn old clothes into marketable products, under the POTI (Protection of Ocean, Trees & Inhabitants) Project.

HOW IT WAS DONE

Students, faculty and staff donated clothes over two weeks, 14–26 July 2025. Student volunteers sorted and packed sarees, kurtas, jeans, T-shirts and other reusable garments and handed them to ARZ. The drive was coordinated by the Psychology department, with Ms. Faye Pinto as faculty-in-charge.

83	2	2 weeks
jumbo bags of clothes	large suitcases of clothes	of collection, 14–26 July 2025

EVIDENCE OF SUCCESS

The community gave **83 jumbo bags and 2 large suitcases** of clothes. The drive reuses textiles and supports women's employment, and it connects to the anti-trafficking street play staged two weeks later by the same department.

THE GLOBAL GOALS

Service Learning and the SDGs

These initiatives show students applying what they have learnt in the classroom to real needs, with outside partners in every case.

SDG **3** Good health and well-being

SDG **4** Quality education

SDG **5** Gender equality

SDG **8** Decent work and economic growth

SDG **10** Reduced inequalities

SDG **11** Sustainable cities and communities

SDG **12** Responsible consumption and production

SDG **16** Peace, justice and strong institutions

INITIATIVE	SDGs	KEY PARTNERS
2.1 Self-care series for caregivers	SDG 3 Good health and well-being; SDG 8 Decent work and economic growth	Serena Palliative Care, Hospicio Margao
2.2 Student-created awareness media	SDG 3; SDG 4 Quality education; SDG 16 Peace, justice and strong institutions	Our Lady of Piety High School, St. Joseph Chapel Davorlim, Verna Market community
2.3 Service learning with older people	SDG 3; SDG 10 Reduced inequalities; SDG 11 Sustainable cities and communities	Cluny Home, Shalom Retirement Home, Ameya club
2.4 Clothes upcycling for survivors	SDG 5 Gender equality; SDG 8; SDG 12 Responsible consumption and production	Anyay Rahit Zindagi (ARZ)

PHOTO FEATURE

Health, outreach, animals, birds and butterflies: more ways Carmel students and departments served the community.

Improving Health Outcomes

PG Food Technology, in collaboration with the Institute of Nursing Education (SGDH, Hospicio), jointly organised a Nutrition Day Exhibition for healthcare professionals and patients/visitors at SGDH, with informative charts, display of therapeutic diets and healthier versions of food products.

PG Food Technology celebrated Grandparents' Day 2026 by addressing the unique dietary requirements of elderly attendees through a free nutritional counselling camp and display of brochures detailing disease-specific symptoms and advice.











HEALTH DRIVES OVER THE YEARS

- **Rashtriya Poshan Maah 2022 (2022):** commemoration through a Medicinal and Fruiting Tree Plantation Drive at two Aanganwadis in Nuvem, Kirbhat and Pavso.
- **Nutrition Kits (2022):** creation of kits and distribution of 236 kg of grains to 447 needy households across Goa.
- **Bone density detection health camp (2022, 2025):** a 2-day camp organised by the Depts. of Economics and Political Science.
- **Eye Check-up Camp (2024):** Dept. of Commerce, with Rotary Club of Margao Sunrise and ASG Eye Hospital, for students of Mae dos Pobres High School, Nuvem.
- **Cancer Screening Camps (2025):** Dept. of Commerce, with DHS-Goa, Goa Medical College and Goa Dental College, for community members.

Community Outreach: Remedial Teaching

UG Commerce conducts remedial teaching for 18 students at Baida, Nuvem, whose foundational education suffered due to the COVID pandemic (2022).







Special Friends, Special School

PG Psychology students interacted with students of Lokvishwas Pratishthan's Special School, Quepem, and conducted sensory activities, dance and movement activities, and craft activities (2026).

Discovering Strengths and Aptitudes

PG Psychology initiated the Ability & Career Assessment Programme to help 10th standard students of Don Bosco Farm High School, Sulcorna-Quepem, Goa, explore their strengths, aptitudes, and interests (2026).





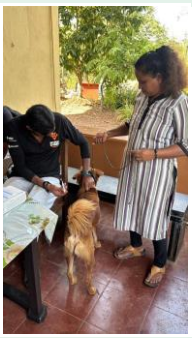
PHOTO FEATURE

Creatures Great and Small

Caring for Animals

Dept. of Zoology organised Pet Clinics and Pet Adoption drives open to community members. They also conduct sessions on Rabies Awareness (2023, 2024, 2026).













Caring for Birds and Butterflies

Dept. of Zoology installed birdhouses with feeders to assist the growth and survival of birds across campus and created spaces for butterfly conservation.

Carers for the Soil · Service Learning

CARMEL COLLEGE OF ARTS, SCIENCE AND COMMERCE FOR WOMEN · NUVEM, GOA