

Carmel College of Arts, Science and Commerce

Department of Commerce (Post Graduation) Activity: _____

Guest lecture

Date: 19/07/2018 Time/Duration: 2.00 PM TO 3.00 PM / 1 HOUR

Name of the Facilitator/guest speaker: Sheryl Afonso

Designation of the Facilitator/Speaker: Assistant Professor, Carmel College

Topic : Healthy Body Healthy Mind

Attended by _____ (number) students

S.No	Class/ Designation	Name	Signature
1	M.Com I	Sangita Kattimani	<i>[Signature]</i>
2	M.Com I	Luis Da Costa	<i>[Signature]</i>
3	M.Com I	Nelben Floyd Fernandes	<i>[Signature]</i>
4	M.Com I	Anupam Ray	<i>[Signature]</i>
5	M.Com I	Osmin FERNANDES	<i>[Signature]</i>
6	M.Com I	NAZMEEN SHEIKH	<i>[Signature]</i>
7	M.Com I	Pausika Borkar	<i>[Signature]</i>
8	M.Com I	Yashvi Pegu	<i>[Signature]</i>
9	M.Com I	Janica Goshwa	<i>[Signature]</i>
10	M.Com I	Shreel Mendir	<i>[Signature]</i>
11	M.Com I	Alisha D'Souza	<i>[Signature]</i>
12	M.Com I	Aishw Borkar	<i>[Signature]</i>
13	M.Com I	Clarena Xego	<i>[Signature]</i>
14	M.Com I	Sai Parale	<i>[Signature]</i>

15	M. Com II	Manisha Shreekarnat	Handwritten
16	M. Com II	Rasika Negi	Rasika
17	M. Com II	Siddhi Salkar	Siddhi Salkar
18	M. Com II	Gresha Bandoikar.	Handwritten
19	M. Com II	S. Kavita	Handwritten
20	M. Com II	Diksha D. Bhosle	Bhosle
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'A Healthy Body, A Healthy Mind' a talk by Asst. Prof. Sheryl Afonso

On 19th July 2018 the M.Com department invited Mrs. Sheryl Afonso e D'souza, faculty member of M.sc food technology department of Carmel college, to enlighten the students on the importance of a healthy lifestyle. The talk was attended by the students of M.Com part I and part II.

The topic was 'A Healthy Body, A Healthy Mind'. The talk was focused on the following points:

- -Different stages of women required for nutrition
- -Right choice of foods
- -Hormonal changes due to lack of nutrition.



Sheryl

2017 - 2018

Pausotsav

8th August 2017

The annual Inter – collegiate Poetry Competition of the Konkani Department 'Pausotsav' or 'Monsoon Poetry' was organised on 8th August 2017. This competition is held from the year 2011 in the campus. The event draws a good response from various colleges in Goa. This year too as many as eight colleges participated in the event.

Fifteen participants vied for the first three prizes which were bagged by Ms. Damini Mane from MES College Zuarinagar, Mr. Govind Mopkar from ST. Xaviers Mapusa and Ms. Suveda Palkar from Fr. Agnel College, Pilar. The competition was judged by noted poetess and Associate Professor of Konkani, Ms. Rajashri Sail and Mr. Audhoot Satardekar, Associate Professor and Theatre Artist.

The programme was compered by students Shruti Naik and Shivani Phadte. The event concluded with a vote of thanks by Nazni Gomes.



Nazni



CARMEL COLLEGE OF ARTS, SCIENCE, COMMERCE FOR WOMEN.

DEPARTMENT OF KONKANI

Attendance of students on 08/08/2017.

Inter collegiate Poetry Recitation Competition

No.	Names Of Students	Class/ Semester	Signature
1.	Rufina Colaco	FYBA (A)	Colaco
2.	Femka Rodrigues	FYBA (A)	Rodrigues
3.	Agiema Borges	FYBA (A)	Borges
4.	Cerys Rodrigues	FYBA (A)	Rodrigues
5.	Joyce Vaz	FYBA (A)	Vaz
6.	Myra Suizel Miranda	FYBA (B)	Miranda
1.	Priety Barretto	FYBA (B)	Barretto
8.	Marissa Rosy Naik	FYBA (B)	Naik
9.	Renisha Mendes	F.Y.BA (A)	Mendes
10.	Venice - P. Coelho	F.Y.B.A (A)	Coelho
11.	Vienna - M. Pereira	F.Y.B.A (A)	Pereira
12.	Vinisha Vaz	F.Y.B.A (A)	Vaz
13.	Dynela Monteiro	F.Y.B.A (B)	Monteiro
14.	Jenny Fernandes	F.Y.B.A (B)	Fernandes
15.	Nevesa Barbosa	S.Y.B.A (B)	Barbosa
16.	Marishka Da Cruz	S.Y.B.A (B)	Da Cruz
17.	Rouella Fernandes	S.Y.B.A (B)	Fernandes
18.	Eden Barreto	F.Y.B.A (A)	Barreto
19.	Viola Colaco	F.Y.B.A (A)	Colaco
20.	Denzilla Gomes	F.Y.B.A (B)	Gomes
21.	Shyna Simoes	F.Y.B.A (B)	Simoes
22.	Sayanora Dias	FY BA (B)	Dias
23.	Ashika Alemao	FY BA (B)	Alemao
24.	Venesa Pinto	SY.BA (A)	Pinto
25.	Tracy Fernandes	SY BA (A)	Fernandes

CARMEL COLLEGE OF ARTS, SCIENCE, COMMERCE FOR WOMEN.

DEPARTMENT OF KONKANI

Attendance of students on 08/08/2017.

Inter collegiate Poetry Recitation Competition

No.	Names Of Students	Class/ Semester	Signature
26	Lezida Dias	FYBA B	L. Dias
27	Shilpa Naik	FYBA B	Naik
28	Celvia Fernandes	FYBA	Fernandes
29	Nefilia Dinello	FYBA	Dinello
30	Damini Mane	FYBA C	Mane
31	Krutika Halankar	FYBA A	Halankar
32	Ram Naik	FYBA D	Naik
33	Sanisha.S. Pal Dessai	FYBSc	Dessai
34	Bhavi Mapari	FYBA A	Mapari
35	Naishnavi Malvi	FYBA A	Malvi
36	Siddhi Naik	SYBA A	Naik
37	Meleni Fernandes	SYBA A	Fernandes
38	Shubana Barretto	SYBA A	Barretto
39	Jesida Fernandes	SYBA A	Fernandes
40	Vanita Naik	SYBA A	Naik
41	Myra Gama	SYBA A	Gama
42	Laxvi Chari	SYBA A	Chari
43	Urmisha Sawant	S.Y.B.A B	Sawant
44	Viena Fernandes	S.Y.B.A B	Fernandes
45	Francina Rebello	S.Y.B.A B	Rebello
46	Gitanjali G. Vast	S.Y.B.A B	Vast
47	Jesmina Goes	S.Y.B.A B	Goes
48	Hazel Rodrigues	S.Y.B.A B	Rodrigues
49	Joyce Abranches	S.Y.B.A B	Abranches

CARMEL COLLEGE OF ARTS, SCIENCE, COMMERCE FOR WOMEN.

DEPARTMENT OF KONKANI

Attendance of students on 08/08/2017.

Inter collegiate Poetry Recitation Competition

No.	Names Of Students	Class/ Semester	Signature
50	Lilly Mascarenhas	TYBA	<i>Mascarenhas</i>
51	Danika Diniz	TYBA	<i>Diniz</i>
52	Swetha Cardoso	TYBA	<i>Cardoso</i>
53	Pranjita Mahor	TYBA	<i>Prabhu</i>
54	Reanya Da Costa	TYBA	<i>R. Da Costa</i>
55	Ramya Mahale	T.Y.B.A.	<i>Ramya</i>
56	Anizel Rodrigues	T.Y.B.A.	<i>SR</i>
57	Prarabha Kerkar	T.Y.B.A.	<i>Kerkar</i>
58	Frengia Carvalho	TYBA	<i>Carvalho</i>
59	Siezel Fernandes	TYBA	<i>Siezel</i>
60	Nazni Gomes	TYBA	<i>Gomes</i>
61	Priya Fernandes	TYBA	<i>Priya</i>
62	Melani Carvalho	TYBA	<i>Carvalho</i>
63	Princey Colaco	TYBA	<i>Colaco</i>
64	Reema Montecari	TYBA	<i>Montecari</i>
65	Seny Barreto	F.Y.BA	<i>Barreto</i>
66	Juana Dias	F.Y.BA	<i>Dias</i>
67	Melvilá Quadros	F.Y.BA	<i>Quadros</i>
68	Ranisha Colaco	F.Y.BA	<i>Colaco</i>
69	Mishel Mendes	F.Y.BA	<i>Mendes</i>
70	Zinha Dcosta	F.Y.BA	<i>Dcosta</i>
71	Wilma Vaz	F.Y.BA	<i>Vaz</i>
72	Stiffa Pereira	F.Y.B.A	<i>Pereira</i>

CARMEL COLLEGE OF ARTS, SCIENCE, COMMERCE FOR WOMEN.

DEPARTMENT OF KONKANI

Attendance of students on 08/08/2017.

Inter collegiate Poetry Recitation Competition

No.	Names Of Students	Class/ Semester	Signature
73	Melisa Fernandes	SYBA	M Fernandes
74	Valancia Rebello	"	Rebello
75	Melicia	SYBA	Moares
76	Sensia Fernandes	SYBA	Sense
77	Shylan Rodrigues	SYBA	Rodrigues
78	Swezal Colaco	SYBA	Colaco
79	Shweta Pires	FYBA (A)	Pires
80	Mansi Nair	FYBA (A)	Nair
81	Renicia Gracey Cardozo	FYBA (B)	Cardozo
82	Sanjana Gawa	FYBA (B)	Gawa
83	SIBBIE VANANNY COELHO	FYBA (B)	Coelho
84	RHEYA FERNANDES	FYBA (A)	Fernandes
85	SAMITRI FERNANDES	FYBA (B)	Fernandes
86	ALEXINA RODRIGUES	FYBA (A)	Rodrigues
87	LUJAN COSTA	FYBA (A)	Costa
88	RAISSA COSTA	FYBA (A)	Costa
89	Nelisha D'Souza	T.Y.B.A	D'Souza
90	Paucila De Souza	"	De Souza
91	Millan D'souza	"	D'Souza

Dance Movement Therapy (DMT)

Cliszma Da Costa a certified Dance Movement therapy (DMT) Practitioner and Dr. Sujata Samant, a hypnotherapist from Mumbai, conducted a session in Dance/Movement therapy for the students of MA (Psychology) on 13th August, 2015, at the college hall.

50 students participated in a group session where dance and movement was used in different forms & stages. Movement first began with an opening ritual followed by a warm-up session. The students were then led into the 'Process', where each one lets go of any stress or tension that they feel in their physical body. The session ended with relaxation skills and a closing ritual. The students participated enthusiastically and looked relaxed at the end of the session.

Cliszma and Dr. Sujata, explained the importance of having a connection between the body, mind and spirit. With the flow of movement of the different parts of the body there is a release of inner potential, and one improves body-mind awareness to achieve emotional, cognitive, physical, and social integration.



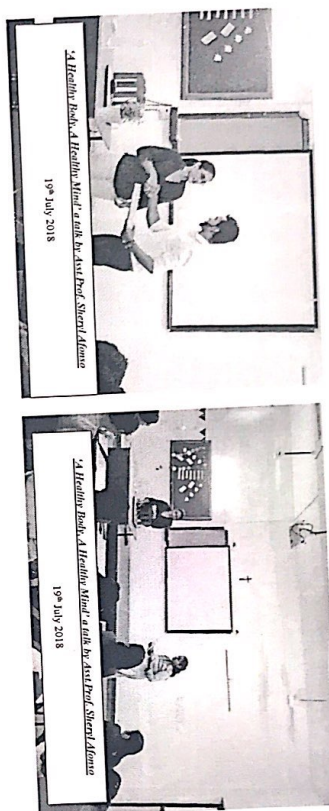
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'A Healthy Body, A Healthy Mind' a talk by Asst. Prof. Sheryl Afonso

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The topic was 'A Healthy Body, A Healthy Mind'. The talk was focused on the following points:

- -Different stages of women required for nutrition
- -Right choice of foods
- -Hormonal changes due to lack of nutrition.



Sheryl

Carmel College of Arts, Science and Commerce

Department of Commerce (Post Graduation) Activity: _____

Guest lecture

Date: 19/07/2018 Time/Duration: 2.00 PM TO 3.00 PM / 1 HOUR

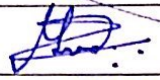


Name of the Facilitator/guest speaker: Sheryl Afonso

Designation of the Facilitator/Speaker: Assistant Professor, Carmel College

Topic : Healthy Body Healthy Mind

Attended by _____ (number) students

S.No	Class/ Designation	Name	Signature
1	M.Com I	Sangita Kattimani	<i>[Signature]</i>
2	M.Com I	Luis Da Costa	<i>[Signature]</i>
3	M.Com I	Nelben Floyd Fernandes	<i>[Signature]</i>
4	M.Com I	Anupam Roy	<i>[Signature]</i>
5	M.Com I	Oshin Fernandes	<i>[Signature]</i>
6	M.Com I	NAZMEEN SHEIKH	<i>[Signature]</i>
7	M.Com I	Pausika Borkar	<i>[Signature]</i>
8	M.Com I	Yashvi Pegu	<i>[Signature]</i>
9	M.Com I	Janica Goshwa	<i>[Signature]</i>
10	M.Com I	Shreel Mendir	<i>[Signature]</i>
11	M.Com I	Alisha D'Souza	<i>[Signature]</i>
12	M.Com I	Aishw Borkar	<i>[Signature]</i>
13	M.Com I	Clarena Kego	<i>[Signature]</i>
14	M.Com I	Sai Parale	<i>[Signature]</i>

15	M. Com II	Manisha Shreekarnat	
16	M. Com II	Rasika Negi	<u>Rasika</u>
17	M. Com II	Siddhi Salkar	<u>Siddhi Salkar</u>
18	M. Com II	Gresha Bandoikar.	
19	M. Com II	S. Kavita	
20	M. Com II	Diksha D. Bhosle	<u>Diksha</u>
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Topic:- Commercial Sexual Exploitation: Rehabilitation & Challenges

On 16th August, 2019 Ms. Juliana Lohar & Ms. Sibyl Fernandes from ARZ (Anyay Rahit Zindagi) conducted a workshop on victims of commercial sexual exploitation, rehabilitation and challenges encountered in counselling victims of CSE. A video titled 'Mandi' was screened to bring to awareness the plight of the victims.



Julia

11. ACTIVITY ATTENDANCE FORMAT

Carmel College of Arts, Science and Commerce

Department of Business (B.C.)

Activity: Guest lecture/ Expert lecture/ Career guidance and others

Date: 31st June, 2019

Time/Duration: 2 Hours







Name of the Facilitator/guest speaker: JULIANNE MONA / SRIYA FERNANDES

Designation of the Facilitator/Speaker:

Topic: Commerce in Sexes Exploitation: Realms & Challenges

Attended by 34 (number) students

CC/ADMIN/Annex-38
REV: 01
DATE: 16/08/2018
Page 01 of 01

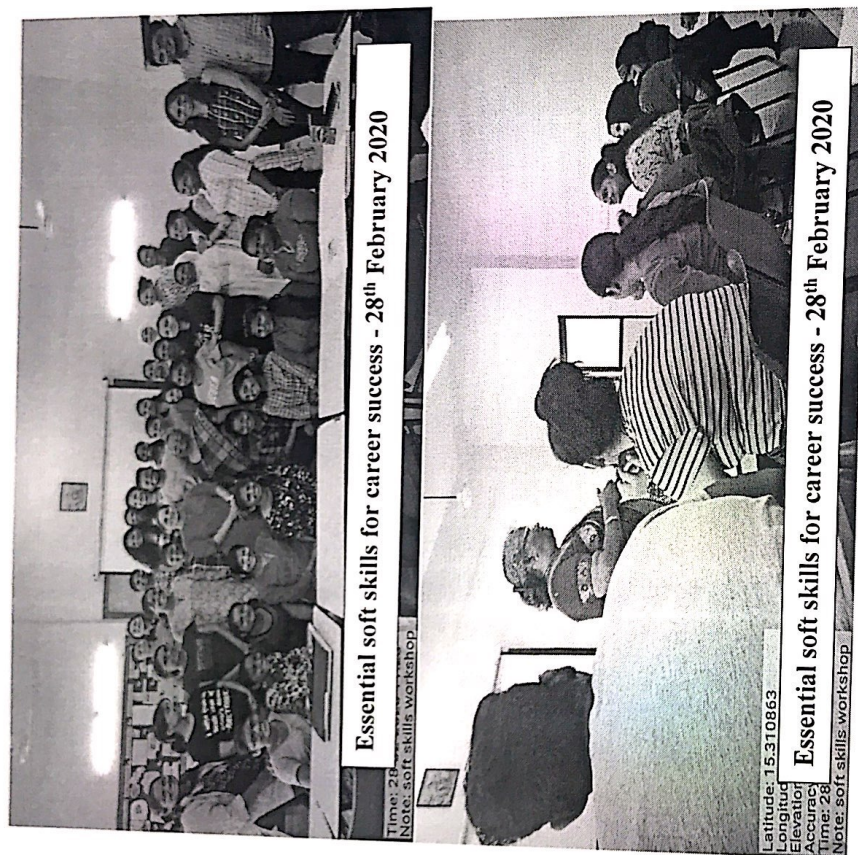
S.No	Class/ Designation	Name	Signature
1	11A - II	Saniya Perera	
2	11A - I	Jayvin Vaz	
3	"	Nelina Andrade	
4	"	Daniella Fernandes	
5	"	Pallavi Pachte	
6	"	Mevali Prabha	

7	MA II	Kareena D'Souza	Pravara
8	MA - II	Shwancia Costa	Costa
9	MA - II	Kenisha Barbosa	Barbosa
10	MA - II	Shameen Noorulla	Noorulla
11	MA - II	Brakti Deshpande	Deshpande
12	MA - II	Shivani Kery	Kery
13	MA - II	Pallavi Pais	Pallavi
14	MA - II	Valeria Medeira	Medeira
15	MA II	Reshma - Fernandes	Fernandes
16	MA - II	Jessica B. Almeida	Almeida
17	MA - II	Fahad Khanam	Khanam
18	MA II	Kruthika P. S.	P. S.
19	MA I	Monika Aher	Aher
20	MA I	Tahira Baneto	Baneto
21	MA - I	Shweta Sonawade Durlade	Durlade
22	MA I	Varsha Paduco	Paduco
23	MA - I	Simran Miranda	Miranda

24	MA I	Jesua Gonsalves					
25	MA I	Gina Robo					
26	MA-I	Alisbat Mulla					
27	MA I	Natua D. Letika					
28	MA-I	Madhi Gonsalves					
29	MA-I	Poeluy Pereira					
30	MA - II	Lurida Parado.					
31	MA - II	Zela Khan					
32	MA - II	Saeed Shaikh					
33	MA - II	Rajal B. Chedankar					
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Topic: Essential soft skills for career success

On 28th Feb 2020 a workshop was conducted by Mrs. Joan Rebello on Essential soft skills for career success. Ms. Rebello highlighted the importance of credibility, emotional intelligence and the 7 habits by Stephen Covey. The workshop was attended by M/A psychology students.



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11. ACTIVITY ATTENDANCE FORMAT

Carmel College of Arts, Science and Commerce

Department of Business (B.C.)

Activity: Guest lecture/ Expert lecture/ Career guidance and others

Date: 28th February 2020

Time/Duration: 2 Hours

Name of the Facilitator/guest speaker: JOAN REBELLO

Designation of the Facilitator/Speaker:

Topic: Essential Soft Skills for Career Success

Attended by 31 (number) students

S.No	Class/ Designation	Name	Signature
1	MA - II	Swika Pereira	Pereira
2	MA II	Jeyroin Var	Var
3	MA II	Daniella fernandes	fernandes
4	MA II	Nehina Andrade	Andrade
5	MA II	Pallavi Fadte	Fadte
6	MA - II	Safa Shaikh	Shaikh

CC/ADMIN/Annex-38
REV: 01
DATE: 16/08/2018
Page 01 of 01

7	MA - Part II	Manali Prabhu	
8	MA - II	Luizania Costa	<u>Costa</u>
9	MA - II	Kenisha Barbosa	<u>Barbosa</u>
10	MA - II	Raveena D'souza	<u>D'souza</u>
11	MA - II	Shameen Noronha	<u>Noronha</u>
12	MA II	Bhakti Deshpande	<u>Bhakti</u>
13	MA - II	Shivanikeny	<u>Shivan</u>
14	MA - II	Pallavi Bais	<u>Pallavi</u>
15	MA - II	Fariya B. Ali	<u>Fariya</u>
16	MA - II	Fahat Khomam	<u>Fahat</u>
17	MA - II	Kritika Pagi	<u>Pagi</u>
18	MA - I	Monita Dias	<u>Dias</u>
19	MA I	Tahira Baneto	<u>T. Baneto</u>
20	MA - II	Elaine Amanda Fuchada	<u>Fuchada</u>
21	MA I	Joana Gonsalves	<u>Joana</u>
22	MA I	Gina Lobo	<u>Gina</u>
23	MA I	Vanessa Pacheco	<u>Pacheco</u>

24	MA-I	Suman Niranda.	
25	MA-I	Nidhi Gaurkar	Shda.
26	MA-I	Neha D. Letika	(Nandkar)
27	MA-I	Nishat Naulara	Letika
28	MA-I	Reetj Pereira	(Sharda)
29	MA-II	Linda Parado	(M. J. J. J. J.)
30	MA-II	Zeba Khan	Parado
31	MA-II	Rajal G. Chodankar	Shay
32			Rajal
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SPSS in Marketing Research: Session by Asst.Prof. Amit Naik.

Mr. Amit Naik, Assistant Professor, at S.S. Dempo College conducted an informative session on 14th October, 2019 on how to use SPSS in marketing research techniques such as Univariate and Bivariate analysis, Regression analysis and Correlation were demonstrated with practical examples. The session was attended by seven students from M.Com part II, Business Management.



Amit Naik

VIEW STUDENT ATTENDANCE FOR

2019 - 2020 / P.G. / M.COM. / BIZ MGMT / SEM III / DIV A,

MARKETING MANAGEMENT taught by MS. CLEMMY FERNANDES on

MONDAY 14TH OCTOBER 2019,

LECTURE #01

ADD NEW LECTURE + (INDEX.PHP?PAGE=ATTENDANCESTAFFLECTURE_RECORD_LIST&ID=2543)

VIEW ALL MM1 LECTURES (INDEX.PHP?PAGE=ATTENDANCESTAFFLECTURE_RECORD_LIST&ID=2543)

Show 200 entries

Search:

#	Roll Number	Student Name	Attendance
1	2018-401	Aga Massom Bi Jabbar	PRESENT
2	2018-404	Braganza Renisha	PRESENT
3	2018-409	D'Silva Janicia Alifa	PRESENT
4	2018-410	D'Souza Alisha Nancy	PRESENT
5	2018-412	Fernandes Oshin Maryann	PRESENT
6	2018-415	Mendes Swezel Delilah Domenica	PRESENT
7	2018-418	Roy Anupam K.	PRESENT
#	Roll Number	Student Name	Attendance

Showing 1 to 7 of 7 entries

← Previous 1 Next →

DELETE THIS LECTURE

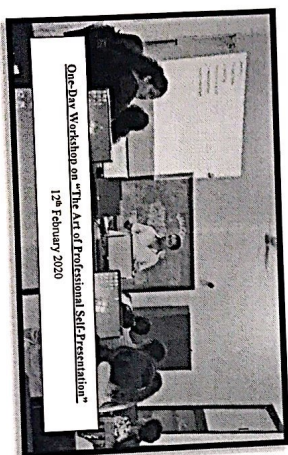
Go Back (index.php?page=attendancestafflecture_record_view&id=86573&stativ id=2543)

One-Day Workshop on "The Art of Professional Self-Presentation"

A One-day Workshop on "The Art of Professional Self-Presentation" was organised at the Department of M.Sc. Food Technology on Wednesday, 12th February 2020. Asst. Professor Sheryl Afonso e D'Souza welcomed the students and the Guest Speaker of the day Mr. Antonio Marques.

The main objective of the Workshop was to enhance the presentation skills of the students of the Department while emphasizing the importance of soft skills in both professional and personal life. The Workshop also aimed to direct students in working with professionals, people, and groups; it helped enhance their communication and interpersonal skills. The importance of a CV and a Covering Letter and the writing styles that can be adopted in formulating the same were also discussed; this provided the students a thorough understanding of effective writing in an attempt to increase chances of selection at an interview. Practical sessions on the same were held. Tips on improving social media sites to make them more eye-catching to companies were also provided at the Workshop. The Workshop also included a discussion on the key points to visually presenting oneself (body language, facial expression and appearance) for growth, both personal and professional.

The One-day Workshop organised for us students of M.Sc. Food Technology Parts I and II to enrich various aspects of our personality and to shape ourselves in order to achieve our goals was much-appreciated. The demonstration-cum-discussion, presentation-cum-discussion, group work, and individual work to disseminate information adopted during the Workshop helped drive home the point of grooming very well. The discussion on CV Writing emphasized the "Less is More" concept while explaining the font styles and sizes that are acceptable and those which need to be avoided. The session on dressing underlined hairstyles, acceptable clothes, walking styles, footwear, and more.



Sc./M.A./M.COM/ATTENDANCE SHEET FOR THE MONTH OF January - February - March 2020

(Candidate's Name)
 R-10
 DATE 18/12/2019
 PAGE 01 OF 01

Subject: Food Product Dev. AND INTERNATIONAL Trade		Lecturer:												Student	
														signature	
Names															
Jannat Aishiyah		26/1	23/1	29/1											
Pragat Tanvir		4	4	4											
Bhagat Vatsinavi		4	4	4											
Chandni Khera		4	4	4											
Gulaz Shweta		4	4	4											
Disha Polina		4	4	4											
Disha Tista		4	4	4											
Esthera Gauri		4	4	4											
Fernando Althea		4	4	4											
Fernando Jena		4	4	4											
Fernando Lyn Maw		4	4	4											
Fernando Melina		4	4	4											
Fernando Melina		4	4	4											
Fernando Ruelia		4	4	4											
Gama Janice		4	4	4											
Hafiz Samra		4	4	4											
Katarina Ramona		4	4	4											

Signature of Lecturer: 20/3/2020

M.SC ATTENDANCE SHEET FOR THE MONTH OF February - March - April 2020

Subject: FTC 202 Normal & Clinical Nutrition Lecturer: _____

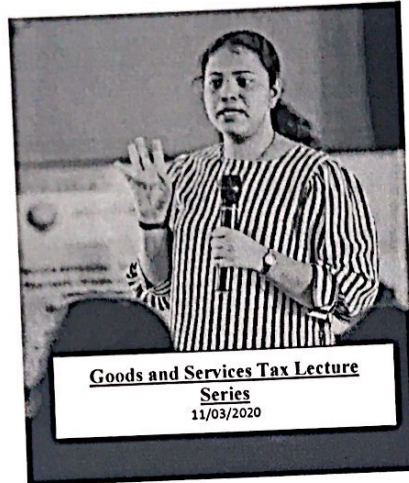
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SAILEE NAIK	P	P	P	A	P	P	P	P	P	P	P	
SAILEE KOLVEKAR	P	A	P	P	P	P	P	P	P	P	P	
FLAVIA DESOUZA	A	A	P	P	P	P	P	P	A	P	P	
LIZZEL DIAS	P	A	P	P	P	P	A	P	A	P	P	
MUSKAN SHAIKH	P	P	P	P	P	P	P	P	P	P	P	
LILA MAHALE	A	P	P	P	P	P	P	P	P	A	P	
MERLYN D'SOUZA	A	P	P	A	P	P	P	P	P	P	P	
SRIKA RAIKAR	A	P	P	P	P	P	P	P	P	P	P	
CONCHITA MASCARENHAS	P	A	P	P	P	P	P	P	P	P	P	
ARSHATA USGAONKAR	P	P	P	P	P	P	P	P	P	P	P	
SAILEE KORGADNAR	P	P	P	P	P	A	P	P	P	P	P	
RADHA NAIK	A	P	P	P	P	A	P	P	P	P	P	
SAKSHI MALVANKAR	P	P	P	A	P	P	P	P	P	P	P	
SUNIDHI DHAMASKER	P	P	P	P	A	A	P	P	P	P	A	
SIMRAN DESHPANDE	P	P	P	P	P	P	P	P	P	P	P	

Signature of Lecturer: _____

Jan 20/3/2020

Goods and Services Tax Lecture Series

CA Sonam Daivajna, from Accosphere Total Financial Solutions, Margao, was invited to conduct a six hours session from 11th March 2020 to 13th March 2020, on Goods and Services Tax for the M.Com part II, Accounting & Finance students. The session was conducted with an aim to enhance the students' knowledge of Goods and Services Tax laws, with specific focus on Exemptions from GST, Credit and Debit notes, Input Tax credit and GSTIN. The session was attended by 12 students.



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VIEW STUDENT ATTENDANCE FOR

2019 - 2020 / P.G. / M.COM. / ACCTNG & FINANCE / SEM IV / DIV A,

GST AND OTHER INDIRECT TAXES taught by MRS. RAKHI RAJ PAES on

WEDNESDAY 11TH MARCH 2020,

LECTURE #01

ADD NEW LECTURE + (INDEX.PHP?PAGE=ATTENDANCESTAFFLECTURE_RECORD_ADD&ID=3029) EDIT THIS LECTURE (INDEX.PHP?PAGE=ATTENDANCESTAFFLECTURE_RECORD_EDIT&ID=3029) DAILY ATTENDANCE_RECORD

VIEW ALL GST LECTURES (INDEX.PHP?PAGE=ATTENDANCESTAFFLECTURE_RECORD_LIST&ID=3029)

Show 200 entries

Search:

#	Roll Number	Student Name	Attendance
1	2018-402	Borkar Avisha Anil	PRESENT
2	2018-403	Borkar Drishika Damodar	PRESENT
3	2018-405	Cardoso Claster Floyd	PRESENT
4	2018-406	Da Costa Luis	PRESENT
5	2018-408	D'Sa Bethany	PRESENT
6	2018-411	Fernandes Melben Floyd	PRESENT
7	2018-413	Fernandes Vanoshka Freya	PRESENT
8	2018-416	Pagui Yashasvi Mangesh	PRESENT
9	2018-417	Rego Glenna	PRESENT
10	2018-419	Saifoddin Fatima Sayed	PRESENT
11	2018-420	Shaikh Nazmina	PRESENT
12	2018-421	Vaz Nadia Leena Heera	PRESENT
#	Roll Number	Student Name	Attendance

Showing 1 to 12 of 12 entries

← Previous 1 Next →

DELETE THIS LECTURE

EDIT STUDENT ATTENDANCE FOR

2019 - 2020 / P.G. / M.COM. / ACCTNG & FINANCE / SEM IV / DIV A,

WORKING CAPITAL AND DIVIDEND DECISIONS taught by MRS. RAKHI RAU PAES on

THURSDAY 12TH MARCH 2020,

LECTURE #01

ADD NEW LECTURE + (INDEX.PHP?PAGE=ATTENDANCESTAFFLECTURE_RECORD_LIST&ID=3030)

VIEW ALL WCDD LECTURES (INDEX.PHP?PAGE=ATTENDANCESTAFFLECTURE_RECORD_LIST&ID=3030)

VIEW LECTURES OF

Select a Stream / Course / Dept / Sem / Sub / Batch / Staff / Div

Show 200 entries

Search:

#	Roll Number	Student Name	Attendance
1	2018-402	Borkar Avisha Anil	ON <input checked="" type="checkbox"/>
2	2018-403	Borkar Drishika Damodar	ON <input checked="" type="checkbox"/>
3	2018-405	Cardoso Claster Floyd	ON <input checked="" type="checkbox"/>
4	2018-406	Da Costa Luis	ON <input checked="" type="checkbox"/>
5	2018-408	D'Sa Bethany	ON <input checked="" type="checkbox"/>
6	2018-411	Fernandes Melben Floyd	ON <input checked="" type="checkbox"/>
7	2018-413	Fernandes Vanosha Freya	ON <input checked="" type="checkbox"/>
8	2018-416	Pagui Yashasvi Mangesh	ON <input checked="" type="checkbox"/>
9	2018-417	Rego Glenna	ON <input checked="" type="checkbox"/>
10	2018-419	Salfoddin Fatima Sayed	ON <input checked="" type="checkbox"/>
#	Roll Number	Student Name	Attendance

VIEW STUDENT ATTENDANCE FOR

2019 - 2020 / P.G. / M.COM. / ACCOUNTING & FINANCE / SEM IV / DIV A,

COST MANAGEMENT & CONTROL taught by MRS. RAKHI RAJ PAES on

FRIDAY 13TH MARCH 2020,

LECTURE #01

ADD NEW LECTURE + (INDEX.PHP?INDEX.PHP?PAGE=ATTENDANCESTAFFLECTURE_RECORD_LIST&ID=3028)

VIEW ALL CMC LECTURES (INDEX.PHP?PAGE=ATTENDANCESTAFFLECTURE_RECORD_LIST&ID=3028)

Show 200 v entries

Search:

#	Roll Number	Student Name	Attendance
1	2018-402	Borkar Avisha Anil	PRESENT
2	2018-403	Borkar Drishika Damodar	PRESENT
3	2018-405	Cardoso Claster Floyd	PRESENT
4	2018-406	Da Costa Luis	PRESENT
5	2018-408	D'Sa Bethany	PRESENT
6	2018-411	Fernandes Melben Floyd	PRESENT
7	2018-413	Fernandes Vanoshka Freya	PRESENT
8	2018-416	Pagui Yashasvi Mangesh	PRESENT
9	2018-417	Rego Glenna	PRESENT
10	2018-419	Saifoddin Fatima Sayed	PRESENT
11	2018-420	Shaikh Nazmina	PRESENT
12	2018-421	Vaz Nadia Leena Heera	PRESENT
#	Roll Number	Student Name	Attendance

Showing 1 to 12 of 12 entries

← Previous

1

Next →

DELETE THIS LECTURE

Dance Movement Therapy (DMT)

Cliszma Da Costa a certified Dance Movement therapy (DMT) Practitioner and Dr. Sujata Samant, a hypnotherapist from Mumbai, conducted a session in Dance/Movement therapy for the students of MA (Psychology) on 13th August, 2015, at the college hall.

50 students participated in a group session where dance and movement was used in different forms & stages. Movement first began with an opening ritual followed by a warm-up session. The students were then led into the 'Process', where each one lets go of any stress or tension that they feel in their physical body. The session ended with relaxation skills and a closing ritual. The students participated enthusiastically and looked relaxed at the end of the session.

Cliszma and Dr. Sujata, explained the importance of having a connection between the body, mind and spirit. With the flow of movement of the different parts of the body there is a release of inner potential, and one improves body-mind awareness to achieve emotional, cognitive, physical, and social integration.



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2017-2018

File

Department of Chemistry
Carmel College for Women
2017-18

CERTIFICATE COURSE ON WESTERN DANCES

The Department of Chemistry in association with "3KT-Academy of Dances, Fitness and performing arts" organized a Certificate Course on western dances which commenced on Dec 5. A total of 14 students participated in the course. Mr. M. Kalaiselvan, Founder and President of 3KT Academy of Dance, Fitness and Performing Arts, was the course Instructor. Over a period of 15 days the students learnt various dancing styles Lyrical Hip-Hop, Old School Hip-Hop, Contemporary, Quick Hop, Bolly Swag, etc.



related Documents
are in the concern
file

- 1) Syllabus - curriculum
- 2) Certificate - "
- 3) Accounts
- 4) feedback
- 5) Flyers
- 6) Report - curriculum
- 7) Participant Detail
- 8) NOC from HOD
- 9) Attendance

John

Total Hours: 30 (2 Credits)

Department of Chemistry
Carmel College for Women
Certificate Course in Dance Variation

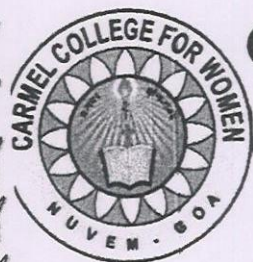
2017-18

Attendance

Name of the participant	Class	5/12/17 3.00-5.00pm	6/12/17 3.00-5.00pm	7/12/17 3.00-5.00pm	9/12/17 3.00-5.00pm	11/12/17 3.00-5.00pm	12/12/17 3.00-5.00pm	13/12/17 3.00-5.00pm	14/12/17 3.00-5.00pm	15/12/17 3.00-5.00pm	16/12/17 3.00-5.00pm	18/12/17 3.00-5.00pm	20/12/17 3.00-5.00pm	21/12/17 3.00-5.00pm	22/12/17 3.00-5.00pm	Signature
1. Akshata Muchandi	FYBSc	x	x	x	x	x	x	x	x	x	x	x	x	x	x	<i>Akshata</i>
2. Myra Pereira	FYBSc	x	x	x	x	x	x	x	x	x	x	x	x	x	x	<i>Pereira</i>
3. Jesvelly Serona	SYBSc	x	x	x	x	x	x	x	x	x	x	x	x	x	x	<i>Serona</i>
4. Simran Rebello	SYBSc	x	x	x	x	x	x	x	x	x	x	x	x	x	x	<i>Rebello</i>
5. Aviva	SYBSc	x	x	x	x	x	x	x	x	x	x	x	x	x	x	<i>Aviva</i>
6. Krispearl Braganza	SYBSc	x	x	x	x	x	x	x	x	x	x	x	x	x	x	<i>Braganza</i>
7. Briana Barbosa	SYBSc	x	x	x	x	x	x	x	x	x	x	x	x	x	x	<i>Barbosa</i>
8. Queency	SYBSc	x	x	x	x	x	x	x	x	x	x	x	x	x	x	<i>Queency</i>
9. Venessa Fernandes	SYBSc	x	x	x	x	x	x	x	x	x	x	x	x	x	x	<i>Fernandes</i>
10. Anushka Dias	SYBSc	x	x	x	x	x	x	x	x	x	x	x	x	x	x	<i>Dias</i>
11. Shivani Kolmekar	SYBSc	x	x	x	x	x	x	x	x	x	x	x	x	x	x	<i>Kolmekar</i>
12. Gargeyee Ashtekar	SYBSc	x	x	x	x	x	x	x	x	x	x	x	x	x	x	<i>Ashtekar</i>
13. Snehal	SYBSc	x	x	x	x	x	x	x	x	x	x	x	x	x	x	<i>Snehal</i>
14. Pratima Yadav	TYBSc	x	x	x	x	x	x	x	x	x	x	x	x	x	x	<i>Yadav</i>

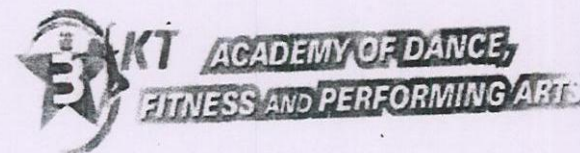
Sneha Nageshkar
Course Coordinator.

Pratima



Carmel College of Arts, Science & Commerce for Women
Department of Chemistry, Nuvem, Goa

Certificate



Presented to

Ms. Akshala Muchandi

For having
Successfully completed
2 Credit Course on Western Dances
December 5-22, 2017

M. Aradhana A.C.

Dr. Sr. Aradhana A.C.
Principal

Sneha Nageshkar

Ms. Sneha Nageshkar
Course Coordinator

M. Kalaiselvan

M. Kalaiselvan
Course Instructor

2018-19

Carmel College of Arts, Science & Commerce for Women
Department of Chemistry
Report on Certificate course Organised
2018-19

DANCE WORKSHOP 2018 (2-CREDIT CERTIFICATE COURSE)

The Chemspartx Club in association with "3KT-Academy of Dances, Fitness and performing arts" organized a Dance workshop (2-credit Certificate Course) which commenced on Dec 5. A total of 46 students actively participated in the course. Mr. M. Kalaiselvan, Founder and President of 3KT Academy of Dance, Fitness and Performing Arts, was the course Instructor. Over a period of 15 days the students learnt various dancing styles like Lyrical Hip-Hop, Old School Hip-Hop, Contemporary, Quick Hop, Bolly Swag, etc.



Jeline

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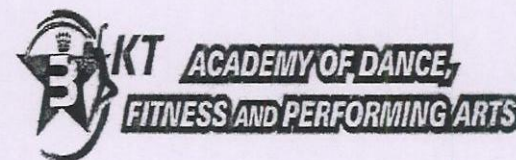
Carmel College of Arts, Science and Commerce

for Women Nuvem-Goa



CHEMSPARX
Chemistry Club

In association with
Awards



Certificate

To Miss AFREEN SHAIK of S.Y. Bsc for having successfully completed the *Dance Workshop* (2 Credit Course) held at Carmel College for Women Nuvem, from 4th to 21st December 2018.

Dr. Sr. Aradhana A.C.
Principal

Ms. Sneha Nageshkar
Course Coordinator

Mr. M. Kalaiselvan
Course Instructor

2019-20

Carmel College of Arts, Science & Commerce for Women
Department of Chemistry
Report on Certificate course Organised
2019-2020

DANCE WORKSHOP 2019 (2-CREDIT CERTIFICATE COURSE)

The Chemsparx Club in association with "3KT-Academy of Dances, Fitness and performing arts" organized a Dance workshop (2-credit Certificate Course) which commenced from Dec 4. A total of 40 students actively participated in the course. Mr. Tanvesh Gaude Surlakar, Secretary of 3KT Academy of Dance, Fitness and Performing Arts, and Ms Sailee Naik were the course Instructors. Over a period of 15 days the students learnt various dancing styles like Lyrical Hip-Hop, Old School Hip-Hop, Contemporary, Quick Hop, Bolly Swag, etc.



Helene

Department of Chemistry

CHEMSPARX

Carmel College For Womens, Nuvem.

Certificate Course in Dance Workshop

Sr. No	Name of the Participant	Class	2019 - 2020													SIGNATURE
			① 4/12/2019 2:00 - 4:30 pm	② 5/12/2019 2:00 - 4:30 pm	③ 6/12/2019 2:00 - 4:30 pm	④ 7/12/2019 2:00 - 4:30 pm	⑤ 8/12/2019 2:00 - 4:30 pm	⑥ 9/12/2019 2:00 - 4:30 pm	⑦ 10/12/2019 2:00 - 4:30 pm	⑧ 11/12/2019 2:00 - 4:30 pm	⑨ 12/12/2019 2:00 - 4:30 pm	⑩ 13/12/2019 2:00 - 4:30 pm	⑪ 14/12/2019 2:00 - 4:30 pm	⑫ 15/12/2019 2:00 - 4:30 pm	⑬ 16/12/2019 2:00 - 4:30 pm	
1.	SAKSHI RAD .P.	F.Y.BSc B	P	P	A	A	P		A	P		P	A	P	A	P
2.	LINSEY MENEZES	F.Y.BSc B	P	P	A	A	P		P	P		P	A	P	A	P
3.	SRUSHTI GADHAVE	XI.ABCA	P	A	P	P	P		P	P		P	A	P	A	P
4.	AKSHATA GAGWANE	T.Y.BSc	P	P	P	P	P		P	P		P	P	P	A	P
5.	VENICIA FERNANDES	T.Y.BSc	P	P	P	P	P		A	P		P	P	P	P	P
6.	MILOSKA RODRIGUES	T.Y.BSc	P	P	P	P	P		P	P		P	P	P	P	P
7.	SNIZEL D'CUNHA	F.Y.BA	P	P	P	P	P		P	P		P	P	P	P	P
8.	BLENCY MIRANDA	T.Y.BSc	P	P	P	P	P		P	P		P	P	A	A	A
9.	RAFIYA KARAJGI	T.Y.BSc	P	P	P	A	P		P	P		A	P	P	P	P
10.	JAHOORA SHAIKH	T.Y.BSc	P	P	P	P	P		P	P		P	P	P	P	P
11.	MEENAKSHI DASS	T.Y.BSc	P	P	P	P	P		P	P		P	P	P	P	P
12.	AVREL FERNANDES	T.Y.BSc	P	P	P	P	P		P	A		P	P	P	P	P
13.	SINNETRA REBELO	T.Y.BSc	P	P	P	P	P		P	P		A	P	P	A	P
14.	SANAJANA SHETKAR	T.Y.BSc	P	P	P	P	P		P	P		A	P	P	P	P
15.	VANSHIKA CHODANKAR	T.Y.BSc	P	P	P	P	P		P	P		P	P	P	P	P

Sr. No	Name of the Participant	Class	Date																	SIGNATURE
			2:00-4:30 pm 4/12/2019	2:00-4:30 pm 5/12/2019	2:00-4:30 pm 6/12/2019	2:00-4:30 pm 7/12/2019	2:00-4:30 pm 9/12/2019		2:00-4:30 pm 11/12/2019	2:00-4:30 pm 12/12/2019	13/12/2019	2:00-4:30 pm 14/12/2019	17/12/2019	18/12/2019	19/12/2019	20/12/2019	21/12/2019			
16.	PRANALI DALVI	T.Y.BSc	P	P	P	P	P		P	P		P	P	P	A	P	P	<i>Pranali</i>		
17.	RACHEL FERNANDES	T.Y.BSc	P	P	P	P	P		P	P		A	P	P	P	P	P	<i>Rachel Fernandes</i>		
18.	SANTOSHI NAIK	T.Y.BSc	P	P	P	P	P		P	P		P	A	P	P	P	P	<i>Santoshi Naik</i>		
19.	ALVITA FERNANDES	T.Y.BSc	P	P	P	A	A ^(S)		P	P		P	P	P	P	A ^(S)	P	<i>Alvita Fernandes</i>		
20.	AVEENA FERNANDES	T.Y.BSc	P	P	P	A	A ^(S)		P	P		P	P	P	P	P	P	<i>Aveena Fernandes</i>		
21.	SHAREL BATISTA	T.Y.BSc	P	P	P	P	P		P	P		P	P	P	A	P	P	<i>Sharel Batista</i>		
22.	SENILA D'COSTA	T.Y.BSc	P	P	P	P	P		P	P		P	P	P	A	P	P	<i>Senila D'Costa</i>		
23.	SAYCHELLES FERNANDES	T.Y.BSc	P	P	P	P	P	DAY	A	P		P	P	P	A	P	P	<i>Saychelles Fernandes</i>		
24.	ARMAN AZMI ARRA	T.Y.BSc	P	P	P	P	P	DAY	P	P		P	P	A	A	P	P	<i>Arman Azmi Arra</i>		
25.	LARISSA PEREIRA	T.Y.BSc	P	P	P	P	P	FUN	P	P		P	A	P	A	P	P	<i>Larissa Pereira</i>		
26.	MAHIMA MAENCAR	T.Y.BSc	P	P	P	P	P	FUN	P	A		P	P	P	P	P	P	<i>Mahima Maencar</i>		
27.	NYLA REGO	T.Y.BSc	P	P	P	P	A		P	P		P	A	A	P	P	P	<i>Nyla Rego</i>		
28.	DIVYA DESSAI	T.Y.BSc	P	P	P	P	P		P	P		A	P	P	P	P	P	<i>Divya Desai</i>		
29.	SWILANA FERNANDES	T.Y.BSc	P	P	P	P	P		P	P		A	P	P	P	A ^(D)	P	<i>Swilana Fernandes</i>		
30.	RICHEL COSTA	T.Y.BSc	P	P	P	P	P		A	A		P	P	D	P	P	P	<i>Richel Costa</i>		
31.	CHELSEA FERNANDES	T.Y.BSc	A	P	P	P	P		P	P		A	A ^(S)	A ^(S)	A	A ^(S)	P	<i>Chelsea Fernandes</i>		
32.	PRINCIA COSTA	T.Y.BSc	P	P	P	P	P		A	P		A	P	P	A	P	P	<i>Princia Costa</i>		
33.	VALANKA CARVALHO	T.Y.BSc	P	P	P	P	P		P	P		P	P	P	P	P	P	<i>Valanka Carvalho</i>		

Sr. No	Name of the Participant	Class	Date														SIGNATURE	
			2:00-4:30 PM 4/12/2019	2:00-4:30 PM 5/12/2019	2:00-4:30 PM 6/12/2019	2:00-4:30 PM 7/12/2019	2:00-4:30 PM 9/12/2019	2:00-4:30 PM 11/12/2019	2:00-4:30 PM 12/12/2019	13/12/2019	2:00-4:30 PM 14/12/2019	17/12/2019	18/12/2019	19/12/2019	20/12/2019	21/12/2019		
34.	REEZA BARRETTO	T.Y.BSC	P	P	P	P	P		P	P		A	P	P	P	P	P	<i>Reza</i>
35.	SHERYL DIAS	T.Y.BSC	P	P	P	P	P		P	P		A	P	P	P	P	P	<i>Dias</i>
36.	ASHREENA MENDES	F.Y.BA	P	P	A	P	P		A	P	meeting	A	P	P	A	A	P	
37.	ANUSHKA D'SA	T.Y.BSC	P	P	P	P	A		P	P		P	P	P	P	P	P	<i>Anushka</i>
38.	REIZEL COSTA	T.Y.BSC	P	P	P	P	A		P	P		A	P	P	A	P	P	<i>Reizel</i>
39.	SONAL VARALE	T.Y.BSC	P	P	P	A	A		A	P		P	P	P	P	A	P	<i>Varale</i>
40.	DIPTI NAIK	T.Y.BSC	P	P	P	P	P		P	P		P	P	P	P	P	P	<i>Naik</i>
41.	SARIKA KALEL	T.Y.BSC	-	-	-	-	-		P	P		A	P	P	P	A	P	<i>Kalel</i>
					X						X							

Report of the First Aid Certificate Course held on 4th and 5th February 2020.

The Department of commerce in association with the Rotary Club of Margao Sunrise organized the **Life Saver International First Aid Certificate Course** on 4th and 5th February 2020. The main objective of this course was to develop first aid skills among the students. The resource person for the course was Dr. Jorson Fernandes and his team from St John Ambulance Association of Goa. At the inaugural session the President of Rotary Club of Margao Sunrise briefed the students on the benefits of doing the course and their role as life savers in emergency situations.

The course consisted of both theoretical and practical sessions covering topics related to first aid and emergency services. Some of the topics covered during the course were incident management and reporting, casualty management, conduct of physical examination and observance of vital signs of casualties, airway emergencies, treatment of wounds, first aid in case of medical injuries like heart attack, fits, concussions and strokes, first aid in case of poisoning and tying of slings and bandages.

Mock drills were conducted, where the patient in need of medical attention were planted and were attended to by the students. The students had to answer a written and a practical exam. Certificates with 3 year validity in elementary first aid were awarded to them. 19 students and 2 non-teaching staff benefitted from the course.



Dr. Jorson Fernandes demonstrating First Aid Techniques as part of the International Life Saver First Aid Course on 4th February 2020 in the College Auditorium.



Students practicing CPR as part of the International Life Saver First Aid Course on 4th February 2020 in the College Auditorium.



Students participating in a mock drill as part of the International Life Saver First Aid Course on 5th February 2020 on the Tennikoit Court .



Ms. Renu Chopra, President of the Rotary Club of Margao, Sunrise, Dr. Jorson Fernandes and team, Ms. Manju T.K. and the participants of the International Life Saver First Aid Certificate Course on 5th February 2020 in the College Auditorium.

St. John's Ambulance Association

Life Saver International First Aid Course

- Acting in an emergency
- Preventing disease transmission
- Checking the victim
- CPR
- Recovery position
- Choking
- Heart attack and chest pain
- Bleeding and wound care
- Shock
- Burns
- Serious injuries
- Bone, joint injuries
- Sudden illness
- Allergic reactions
- Poisoning
- Rescuing and moving victims

Preparing for an emergency

It is of vital importance that students know the the appropriate action to take in case of an emergency at home or on campus.

This two day practical course helps develop lifesaving skills useful during a medical emergency.

Students will learn how to:

- Recognize an emergency
- Act appropriately and effectively in case of an emergency
- Preserve life until professional help arrives

Date: 4th and 5th of February 2020

Venue: Carmel College Auditorium, Carmel College, Nuvem-Goa



Carmel College of Arts, Science and Commerce for Women,

Nuvem, Salcete – Goa 403713.

Affiliated to Goa University

Goa Govt. Reg. No. AC-05

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

Re-Accredited by NAAC with 'A' Grade (3rd cycle)



I/CC/Commerce Dept.-First Aid Course/2020/OFF/115

4th February, 2020

To,
Dr. Jorson Fernandes,
St. John Ambulance Association,
Goa.

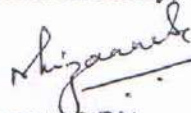
Dear Dr. Jorson,

We express our deep gratitude to you and your team for sharing your rich experience, expertise and skills to the participants of the Skill Development Course organised by the Department of Commerce in collaboration with the Rotary Club Sunshine, Margao- Goa, on “**Life Saver International First Aid Course**”.

We are grateful that you have skilled our staff and students on basic First Aid Skills and made them aware of their responsibility and commitment to saving lives in Society.

Thanking you,

Yours sincerely,


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



Carmel College of Arts, Science and Commerce for Women,

Nuvem, Salcete – Goa 403713.

Affiliated to Goa University

Goa Govt. Reg. No. AC-05

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

Re-Accredited by NAAC with 'A' Grade (3rd cycle)



I/CC/Commerce Dept.-First Aid Course/2020/OFF/114

4th February, 2020

To,
The President,
Rotary Club Sunshine,
Margao,
Goa.

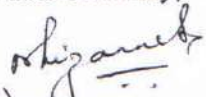
Dear Sir/Madam,

We are extremely grateful to Rotary Club Sunshine, Margao, to you and all the members of your esteemed organisation for collaborating with the Commerce Department of Carmel College of Arts, Science and Commerce for Women, Nuvem-Goa, for extending your support and your resources to the staff and students of Carmel College.

We express our deep gratitude to you and your team for sharing your rich experience, expertise and skills to the participants of the Skill Development Course organised by the Department of Commerce on **"Life Saver International First Aid Course"**.

Thanking you,

Yours sincerely,


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

St. John Ambulance Association – Goa

Life Saver International First Aid Course

Designed by Dr. Jorson Fernandes

Surgeon Examiner and Chairman – SJAA, Goa.

In collaboration with Rotary Club, Sunshine Margao & Commerce Department of Carmel
College for Women, Nuvem, Goa.

Sr. No	Name of the participant	Stream	Date: 04-02-2020 Signature	Date: 05-02-2020 Signature
✓1	MURASIKA SOARES	SYBCOM		
✓2	Juvellin Fernandes	SYBCOM		
✓3	Delina D'souza	FYBcom		
✓4	LEGREDA RODRIGUES	FYBCOM		
✓5	UJVALA P. PANASKA	SYBcom		
✓6	RIFA R. FERNANDES	SYB.Com		
✓7	SWIZEL CHRISTY PEREIRA	FYBCOM		
✓8	MERISSA MIRANDA	FYBCOM		
✓9	FREDEN REBELO	FYBCOM		
✓10	SHANIA COLACO	FY.B.com		
✓11	ANJALI SINGH	FYBcom		
✓12	MEVILIA BRAGANZA	FY.Bcom		
✓13	SENCTA PEREIRA	F.Y.Bcom		
✓14	ANIZA M. FERNANDES	FYBcom		
✓15	Kelly V. Goncalves	FY.Bcom		
✓16	BENFIA FERNANDES	FY.Bcom		
✓17	ANITA RATHOD (Chemistry dept)	LAB ASST.		
✓18	AGNELA PALHECO	CHEM DEPT		
✓19	ZENIA SILVA	FYBcom		
✓20	Veloshka Goncalves	"		
✓21	LEAH MARTINS	"		



St. John Ambulance Association - Goa

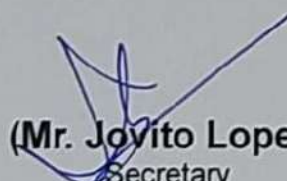
Elementary First Aid Certificate

Awarded to

AGNELA PACHECO

of CARMEL COLLEGE OF ARTS, SCIENCE &
COMMERCE FOR WOMEN

Cert No: SJAA/G/EFA/16/06/2020- Validity: 04 / 02 / 2023


(Mr. Jovito Lopes)

Secretary

St. John Ambulance Association - Goa.


(Dr. Jorson Fernandes)

Chairman & Surgeon Examiner

St. John Ambulance Association - Goa.

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.



St. John Ambulance Association - Goa

Elementary First Aid Certificate

Awarded to

ANITA RATHOD

of CARMEL COLLEGE OF ARTS, SCIENCE &
COMMERCE FOR WOMEN

Cert No: SJAA/G/EFA/16/05/2020 Validity: 04 / 02 / 2023


(Mr. Jovito Lopes)
Secretary

St. John Ambulance Association - Goa.


(Dr. Jorson Fernandes)
Chairman & Surgeon Examiner

St. John Ambulance Association - Goa.

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.



St. John Ambulance Association - Goa

Elementary First Aid Certificate

Awarded to

BENFIA FIONA FERNANDES

of CARMEL COLLEGE OF ARTS, SCIENCE &
COMMERCE FOR WOMEN

Cert No: SJAA/G/EFA/16/12/2020 Validity: 04/02/2023


(Mr. Jovito Lopes)
Secretary

St. John Ambulance Association - Goa.



(Dr. Jorson Fernandes)
Chairman & Surgeon Examiner
St. John Ambulance Association - Goa.

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.

St. John Ambulance Association - Goa

Elementary First Aid Certificate

awarded to

VELOSHKA GONSALVES

of CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE

FOR WOMEN

Cert No: SJAAA/G/EFA/16/22 / 2020 Validity: 04 / 02 / 2023

(Dr. Jorson Fernandes)

Burgoon Examiner

St. John Ambulance Association - Goa.

(Mr. Jovito Lopes)

Secretary

St. John Ambulance Association - Goa.

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.



St. John Ambulance Association - Goa

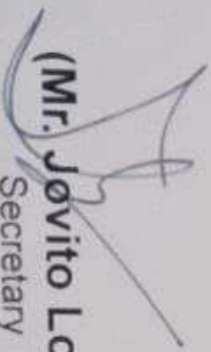
Elementary First Aid Certificate

Awarded to

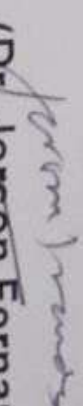
ANEZA . M. FERNANDES

of CARMEL COLLEGE Of ARTS, SCIENCE &
COMMERCE For WOMEN

Cert No: SJAA/G/EFA/16/04/2020 Validity: 04 / 02 / 2023


(Mr. Jovito Lopes)
Secretary

St. John Ambulance Association - Goa.


(Dr. Jorson Fernandes)
Chairman & Surgeon Examiner
St. John Ambulance Association - Goa

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.



St. John Ambulance Association - Goa

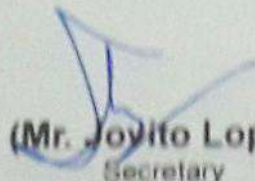
Elementary First Aid Certificate

Awarded to

DELINA D'SOUZA

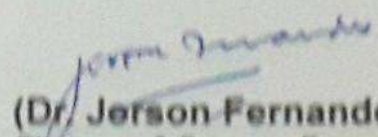
of CARMEL COLLEGE OF ARTS, SCIENCE &
COMMERCE FOR WOMEN

Cert No: SJAA/G/EFA/16/07/2020 Validity: 04 / 02 / 2023


(Mr. Joyito Lopes)

Secretary

St. John Ambulance Association - Goa


(Dr. Jerson Fernandes)

Chairman & Surgeon Examiner

St. John Ambulance Association - Goa

Off. 431, Rua Natal, Fontainhas, Panjim, Goa



St. John Ambulance Association - Goa

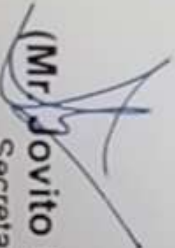
Elementary First Aid Certificate

Awarded to

LEGREDA . OLIVIA . RODRIGUES

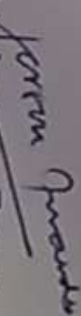
of CARMEL COLLEGE OF ARTS, SCIENCE &
COMMERCE FOR WOMEN

Cert No: SJAA/G/EFA/16/08/2020 Validity: 04 / 02 / 2023


(Mr. Jovito Lopes)

Secretary

St. John Ambulance Association - Goa


(Dr. Jorson Fernandes)

Chairman & Surgeon Examiner
St. John Ambulance Association - Goa

Off 431, Rua Natal, Fontainhas, Panjim, Goa



St. John Ambulance Association - Goa

Elementary First Aid Certificate

Awarded to

FREDEN REBELO

*of CARMEL COLLEGE OF ARTS, SCIENCE &
COMMERCE FOR WOMEN*

Cert No: SJAA/G/EFA/16/11/2020 Validity: 04 / 02 / 2023

(Mr. Jovito Lopes)

Secretary

St. John Ambulance Association - Goa.

(Dr. Jorson Fernandes)

Chairman & Surgeon Examiner

St. John Ambulance Association - Goa.

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.



St. John Ambulance Association - Goa

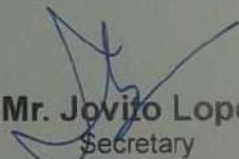
Elementary First Aid Certificate

Awarded to

SWIZEL CHRISTY PEREIRA

of CARMEL COLLEGE OF ARTS, SCIENCE &
COMMERCE FOR WOMEN

Cert No: SJAA/G/EFA/16/09/2020 Validity: 04 / 02 / 2023


(Mr. Jovito Lopes)

Secretary

St. John Ambulance Association - Goa.


(Dr. Jorson Fernandes)

Chairman & Surgeon Examiner

St. John Ambulance Association - Goa.

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.



St. John Ambulance Association - Goa

Elementary First Aid Certificate

Awarded to

SHANIA COLACO

of CARMEL COLLEGE OF ARTS, SCIENCE &
COMMERCE FOR WOMEN

Cert No: SJAA/G/EFA/16/13/2020 Validity: 04 / 02 / 2023


(Mr. Jovito Lopes)
Secretary

St. John Ambulance Association - Goa.


(Dr. Jorson Fernandes)
Chairman & Surgeon Examiner

St. John Ambulance Association - Goa.

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.



St. John Ambulance Association - Goa

Elementary First Aid Certificate

Awarded to

MERISSA MIRANDA

of CARMEL COLLEGE OF ARTS, SCIENCE &
COMMERCE FOR WOMEN

Cert No: SJAA/G/EFA/16/10/2020 Validity: 04 / 02 / 2023

(Mr. Jovito Lopes)

Secretary

St. John Ambulance Association - Goa.

(Dr. Jorson Fernandes)

Chairman & Surgeon Examiner

St. John Ambulance Association - Goa.

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.

St. John Ambulance Association - Goa

Elementary First Aid Certificate

awarded to

ZENIA SILVA

of CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE

FOR WOMEN

Cert No: SJAA/G/EFA/16/21/2020

Validity: 04 / 02 / 2023

Jorson Fernandes
(Dr. Jorson Fernandes)
Surgeon Examiner

St. John Ambulance Association - Goa.

Jovito Lopes
(Mr. Jovito Lopes)
Secretary

St. John Ambulance Association - Goa.

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.



St. John Ambulance Association - Goa

Elementary First Aid Certificate

Awarded to

LEAH MARTINS

of CARMEL COLLEGE OF ARTS, SCIENCE &
COMMERCE FOR WOMEN

Cert No: SJAA/G/EFA/16/18/2020 Validity: 04/02/2023

(Mr. Jovito Lopes)

Secretary

St. John Ambulance Association - Goa.

(Dr. Jorson Fernandes)

Chairman & Surgeon Examiner

St. John Ambulance Association - Goa.

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.



St. John Ambulance Association - Goa

Elementary First Aid Certificate

Awarded to

SENCIA PEREIRA

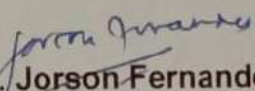
of CARMEL COLLEGE OF ARTS, SCIENCE &
COMMERCE FOR WOMEN

Cert No: SJAA/G/EFA/16/01/2020 Validity: 04 / 02 / 2023


(Mr. Jovito Lopes)

Secretary

St. John Ambulance Association - Goa


(Dr. Jorson Fernandes)

Chairman & Surgeon Examiner

St. John Ambulance Association - Goa

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.



St. John Ambulance Association - Goa

Elementary First Aid Certificate

Awarded to

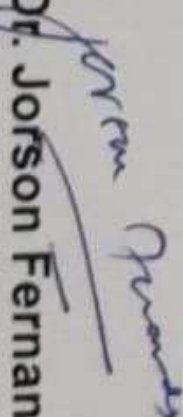
MURASIKA SOARES

of CARMEL COLLEGE OF ARTS, SCIENCE &
COMMERCE FOR WOMEN

Cert No: SJAA/G/EFA/16/18 /2020 Validity: 04 / 02 / 2023


(Mr. Jovito Lopes)
Secretary

St. John Ambulance Association - Goa.


(Dr. Jorson Fernandes)
Chairman & Surgeon Examiner

St. John Ambulance Association - Goa.

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.



St. John Ambulance Association - Goa

Elementary First Aid Certificate

Awarded to

RIFA ROSITA FERNANDES

of CARMEL COLLEGE OF ARTS, SCIENCE &
COMMERCE FOR WOMEN

Cert No.: SJAA/G/EFA/16/19/2020 Validity: 04/02/2023

(Mr. Jovito Lopes)

Secretary

St. John Ambulance Association - Goa.

(Dr. Jorson Fernandes)

Chairman & Surgeon Examiner

St. John Ambulance Association - Goa.

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.



St. John Ambulance Association - Goa



Elementary First Aid Certificate

awarded to

UJVALA RAMESH PAWASKAR

of CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE
FOR WOMEN

Cert No: SJAA/G/EFA/16/20/2020 Validity: 04 / 02 / 2023

Jorson Fernandes
(Dr. Jorson Fernandes)
Surgeon Examiner

St. John Ambulance Association - Goa.

Jovito Lopes
(Mr. Jovito Lopes)
Secretary

St. John Ambulance Association - Goa.

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.





St. John Ambulance Association - Goa


Elementary First Aid Certificate

Awarded to

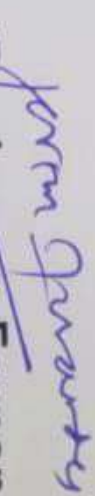
Kelly VAILANKA GONSALVES

of CARMELO COLLEGE OF ARTS, SCIENCE &
COMMERCE FOR WOMEN

Cert No: SJAA/G/EFA/16/03/2020 Validity: 04 / 02 / 2023


(Mr. Jovito Lopes)
Secretary

St. John Ambulance Association - Goa.


(Dr. Jorson Fernandes)
Chairman & Surgeon Examiner

St. John Ambulance Association - Goa.

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.



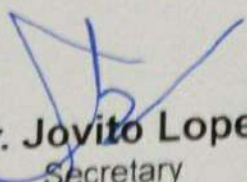
St. John Ambulance Association - Goa
Elementary First Aid Certificate

Awarded to

ANJALI SINGH

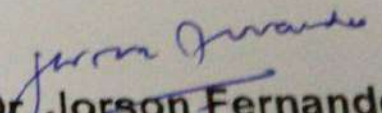
of CARMEL COLLEGE OF ARTS, SCIENCE &
COMMERCE FOR WOMEN

Cert No: SJAA/G/EFA/16/14 /2020 Validity: 04 / 02 / 2023


(Mr. Jovito Lopes)

Secretary

St. John Ambulance Association - Goa.


(Dr. Jorson Fernandes)

Chairman & Surgeon Examiner
St. John Ambulance Association - Goa.

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.



St. John Ambulance Association - Goa

Elementary First Aid Certificate

Awarded to

MEVILIA BRAGANZA

of CARMEL COLLEGE OF ARTS, SCIENCE &
COMMERCE FOR WOMEN

Cert No: SJAA/G/EFA/16/02 /2020 *Validity:* 04 / 02 / 2023

(Mr. Joyito Lopes)

Secretary

St. John Ambulance Association - Goa.

(Dr. Jorson Fernandes)

Chairman & Surgeon Examiner

St. John Ambulance Association - Goa

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.

St. John Ambulance Association - Goa

Elementary First Aid Certificate

awarded to

JUVELLIN RICHIA FERNANDES

of CARMELO COLLEGE OF ARTS, SCIENCE & COMMERCE

Cert No: SJAA/G/EFA/16/17/2020 ^{FOR WOMEN} Validity: 04 / 02 / 2023

(Dr. Jorson Fernandes)

Surgeon Examiner

St. John Ambulance Association - Goa.

(Mr. Jovito Lopes)

Secretary

St. John Ambulance Association - Goa.

Off.: 431, Rua Natal, Fontainhas, Panjim, Goa.

Health and Nutrition

The Department of Zoology, Carmel college for women in collaboration with Community Food and Nutrition Extension Unit, Ministry of Women and Child Development, Government of India organized a seven-day hands-on training programme from 7th to 14th January, 2019 in '**Health and Nutrition**' for the students. A total of 14 students participated in the Programme.

The Principal, Dr. (Sr.) Aradhana A.C welcomed the audience and the resource person , this was followed by a short prayer to invoke the blessings of the Almighty as always in keeping with the Carmel tradition. Ms. Nita Rane addressed the audience and gave a brief idea about the training programme.

Ginger Ale, Lemon and Orange Squash were prepared on the first day, the participants actively took part in the preparation of the squashes. Simultaneously, Mrs Nita Rane spoke on nutrition education and demonstrated three nutritious recipes, poha khaman, moong salad and mixed vegetable and dal salad. She advised the participants to combine cereal with protein in their diet to get maximum health benefits. On the second day, mixed fruit jam, Tomato ketchup, Guava Cheese and Jelly and a variety of healthy foods like carrot, beetroot, haldi and pea Idlis, along with coconut-curry leaves chutney, as well as some tasty parathas were prepared. The third day, some more preservation items like mixed vegetable pickle, chilly pickle, lemon pickle from the left over peels were demonstrated. Ms Nita Rane was assisted by Mr, Ankush Palyekar. The participants expressed their happiness and stated that they would want to attend more such courses in the future. They requested the Zoology department to inform them as and when they would organize such courses so that they could bring many more community members to avail of this training programme and build happy healthy families. The participants were also given a booklet containing many recipes besides what was demonstrated to them. Dr.Sr. Aradhana congratulated the department of Zoology for collaborating with the Community Food and Nutrition Extension Unit, Ministry of Women and Child Development, Government of India and organizing this wonderful training programme as an extension activity of the college.



The group with Nita Rane and Sr. Aradhana



Students preparing colourful sweets



The group with Nita Rane and Dr. Subhadra Gadi

HEALTH & NUTRITION

Organised by

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

in collaboration with

Community Food & Nutrition Extension Unit,
Ministry of Women & Child Development Govt. of India
From 7th to 14th January 2019



This Certificate is awarded to Ms/ Mrs. _____

for organising Seven day course equivalent to 1 credit as per Goa University Ordinances. The course build capacity on nutritious recipes for healthy living. This programme is a joint initiative of Department of Zoology, Carmel College in Technical Collaboration with Community Food & Nutrition Extension Unit, Ministry of Women & Child Development Govt. of India.

G. Subhadra Devi

G. Subhadra Devi

HOD, Department of Zoology
Carmel College of Arts & Science & Commerce

Mrs. Nita Rane

Mrs. Nita Rane

Officiating Demonstration Officer,
CFNEU-Goa

Rev. Dr. M. Aradhana A.C

Rev. Dr. M. Aradhana A.C

Head of the Institute,
Carmel College of Arts & Science & Commerce

Date: 7th Jan – 14th Jan 2019 (from 2.00 pm to 4.30 pm)

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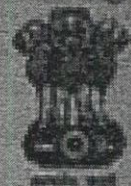
HEALTH & NUTRITION

Organised by

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

in collaboration with

Community Food & Nutrition Extension Unit,
Ministry of Women & Child Development Govt. of India
From 7th to 14th January 2019



This Certificate is awarded to Ms/ Mrs. Shetkar Sanjana Sanjay
for having successfully completed a Seven day course equivalent to 1 credit as per Goa University Ordinances.
The course build capacity on nutritious recipes for healthy living. This programme is a joint initiative of
Department of Zoology, Carmel College in Technical Collaboration with Community Food & Nutrition
Extension Unit, Ministry of Women & Child Development Govt. of India.

G. Subhadra Devi

G. Subhadra Devi

HOD, Department of Zoology
Carmel College of Arts & Science & Commerce

Mrs. Nita Rane

Officiating Demonstration Officer,
CFNEU-Goa

M. Aradhana A.C

Rev. Dr. M. Aradhana A.C

Head of the Institute,
Carmel College of Arts & Science & Commerce

Department of Zoology (2016-17)

20th-22nd March, 2017

Three day hands-on Training Programme on

'Nutritive Value of Traditional Foods of Goa'

The department of Zoology and Consumer Welfare Cell of Carmel College for Arts, Science and Commerce for women, in collaboration with Community Food and Nutrition Extension Unit, Government of India organized a 3-day hands-on training programme on **'Nutritive Value of Traditional Foods of Goa'**. The training programme was held from 20th-22nd March, 2017.

The Resource persons for the programme were Ms. Nita Rane, demonstrating Officer and her assistant Mr. Ankush Palekar. This community outreach programme was held as a part of Extramural activities of the college. The programme was attended by women of the local community of the village and 10 students.

The programme started at 1.00 pm on the first day with a brief inaugural session, anchored by Ms. Sushma Jaiswal. Dr. Subhadra Devi Gadi formally welcomed the participants and the resource persons. Our Principal Dr. (Sr.) Aradhana A.C also addressed the participants and wished them to acquire the knowledge of nutritive value and the importance of traditional foods of Goa. The inaugural session concluded with vote of thanks from Ms. Gladys D'Souza, the coordinator of Consumer welfare Cell.

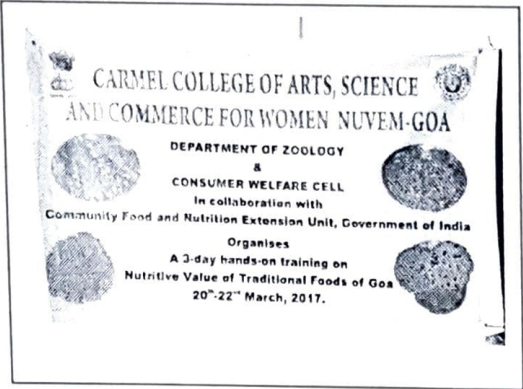
The inaugural session was followed by demonstration of the some nutritious and delicious dishes by Mrs Nita Rane and Mr. Ankush Palekar. The partakers also took active part in preparation of the dishes. On the first day, a very healthy and wholesome salad was prepared with sprouted moong as a major ingredient along with other colourful vegetables. Moong bhel and nourishing puffed rice infant mix was prepared followed by mouth-watering brinjal pickle and tasty pumpkin halwa. The day ended with enjoying the preparations.

The next day the session started at 1.00 pm. Ms. Rane demonstrated and explained the beneficial properties of Ragi infant mix and Ragi ladoos. The participants prepared varieties of healthy idlis like carrot Idlis, sprouted Moong Idlis and Jaggery Idlis. Also the star preparation of the day was three variants of Missi Roti, including palak missi roti, methi missi roti and carrot missi roti. The second day ended with relishing the preparations.

The last day of the training programme began at 1.00 on 22nd March 2017. The first preparation of the day was Beaten Rice Khaman followed by healthy and wholesome groundnut Chikki. These two preparations were followed by Lemon Ginger Mocktail and groundnut beetroot Salad. There was active participation by all and the participants truly enjoyed preparing all the dishes.

This was followed by the valedictory session, which was anchored by Ms. Swati Vernekar. Dr. Subhadra Devi Gadi formally welcomed the participants and all the dignitaries and thanked

everyone for their active participation. Dr. (Sr) Maria Aradhana A.C., Principal addressed the gathering and thanked the resource persons for conducting the training programme very successfully. The participants also shared their experience about the fruitful knowledge they gained in this nutritive programme. Certificates were awarded to the participants. Vote of thanks was proposed by Ms. Gladys D'Souza. It was an enriching experience for all, who contributed and participated in this programme.



Mrs. Nita Rane addressing the participants during the inaugural programme




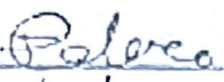





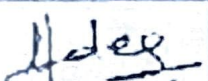


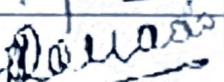




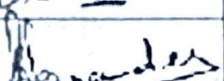

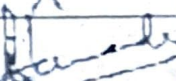
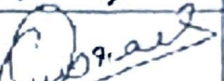
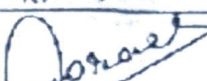
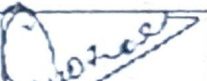
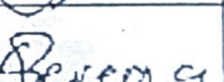

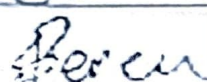


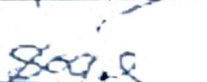




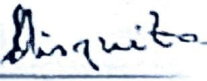
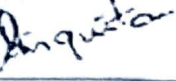

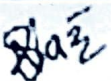



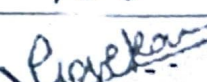
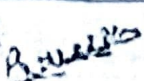







Mrs. Rane demonstrating preparation of infant mix

Jelive
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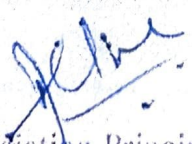
**Community Outreach Programme under Extramural activities
on the theme**

Nutritive value of Traditional Foods of Goa

Sr. No.	Name of the Participant	Signature		
		20/03/2017	21/03/2017	22/03/2017
1.	Swathi Veseekar			
2				
3	Fatima Colaco			
	Ciena Godinho			
4	Lourenco Fernandes			
5	Aida Dourado			
6	Lina D'Silva			
7	Nelia Fernandes			
8	Olivia Morass			
9	Sunita Pereira			
10	Sunita Chandra			
11	Paloma Luis			
12	Sonya C. Minquits			
13	Steffi Vaz			
14	Vriddhi Govekar			
15	Prashanti Navikar			
16	Nikita Fernandes			

SR. No.	NAME OF THE PARTICIP.	20/03/17	21/03/17	22/03/17
17	Joyna Fernandes	<u>Ades.</u>	<u>Ades.</u>	<u>Ades.</u>
18	Maria Deolita Fernandes	<u>Ades.</u>	<u>Ades.</u>	<u>Ades.</u>
19	Noela Fernandes	<u>Fernandes</u>	<u>Fernandes</u>	<u>Fernandes</u>
20	MOVINA PINTO	<u>Pinto</u>	<u>Pinto</u>	<u>Pinto</u>
21	Gracy D'silva	<u>D'silva</u>	<u>D'silva</u>	<u>D'silva</u>
22	Gracy Marlier	<u>Marlier</u>	<u>Marlier</u>	
23	Maziah Pereira	<u>Pereira</u>	<u>Pereira</u>	<u>Pereira</u>
24	Venesa Pinto	<u>Pinto</u>	<u>Pinto</u>	
25	Rakhi Raj	<u>Raj</u>	<u>Raj</u>	
26	Sunita Pereira		<u>Pereira</u>	
27	Priscilla Purlais	<u>Purlais</u>	<u>Purlais</u>	
28	Valency D Costa	<u>Costa</u>	<u>Costa</u>	
29	Dr. Subhadra Devi Gadi	<u>Gadi</u>	<u>Gadi</u>	<u>Gadi</u>
30	^{Mrs.} DR Manali Manoj Bhat	<u>Bhat</u>	<u>Bhat</u>	<u>Bhat</u>
31	Sr. Maria Hyanne A.C.	<u>A.C.</u>	<u>A.C.</u>	<u>A.C.</u>
32	Swizzle Rita Lutado	<u>Lutado</u>	<u>Lutado</u>	<u>Lutado</u>
33	Gushma Jainwal	<u>Jainwal</u>	<u>Jainwal</u>	<u>Jainwal</u>
34	^{Mrs.} Gladys D'souza	<u>D'souza</u>	<u>D'souza</u>	<u>D'souza</u>

SR. No.	NAME OF THE PARTICIP.	20/03/17	21/03/17	22/03/17
17	Joyna Fernandes	<u>Ades.</u>	<u>Ades.</u>	<u>Ades.</u>
18	Maria Deolita Fernandes	<u>Ades.</u>	<u>Ades.</u>	<u>Ades.</u>
19	Noela Fernandes	<u>Ades.</u>	<u>Ades.</u>	<u>Ades.</u>
20	MOUINA PINTO	<u>Ades.</u>	<u>Ades.</u>	<u>Ades.</u>
21	Gracy D'silva	<u>Ades.</u>	<u>Ades.</u>	<u>Ades.</u>
22	Gracy Martins	<u>Ades.</u>	<u>Ades.</u>	
23	Maziah Pereira	<u>Ades.</u>	<u>Ades.</u>	<u>Ades.</u>
24	Venesa Pinto	<u>Ades.</u>	<u>Ades.</u>	
25	Rakhi Raj	<u>Ades.</u>	<u>Ades.</u>	
26	Susila Pereira	<u>Ades.</u>	<u>Ades.</u>	
27	Priscilla Furtado	<u>Ades.</u>	<u>Ades.</u>	
28	Valency D'Costa	<u>Ades.</u>	<u>Ades.</u>	
29	Dr. Subhadra Devi Gadi	<u>Ades.</u>	<u>Ades.</u>	<u>Ades.</u>
30	Mrs. DRs Manali Manali Manoj Patil	<u>Ades.</u>	<u>Ades.</u>	<u>Ades.</u>
31	Dr. Sr. Maria Agamone A.C.	<u>Ades.</u>	<u>Ades.</u>	<u>Ades.</u>
32	Swizzle Rita Lutado	<u>Ades.</u>	<u>Ades.</u>	<u>Ades.</u>
33	Sushma Jainwal	<u>Ades.</u>	<u>Ades.</u>	<u>Ades.</u>
34	Mrs. Gladys D'souza.	<u>Ades.</u>	<u>Ades.</u>	<u>Ades.</u>


 Officiating Principal
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 Nuvem - Goa.

8 day hands-on Training Programme (Certificate course- 1 credit as per Goa University Ordinance) on

“Nutritious Food for Healthy Life”

The Department of Zoology, in collaboration with Community Food and Nutrition Extension Unit, Ministry of Women and Child Development, Government of India organized an 8-day hands-on training programme on **‘Nutritious Food for Healthy Life’**. The Resource person for the programme was Ms. Nita Rane, Officiating Demonstration officer, Community Food and Nutrition. The training programme was held from 04th- 13th January, 2018 and attended by 16 students of B.Sc from Semesters IV and VI.

The Inaugural for the programme began at 1.00 pm on 4th January 2018 with a short prayer to invoke the blessings of the Almighty, followed by lighting of the lamp by the dignitaries. Dr. Subhadra Devi Gadi, Head of the Department of Zoology, welcomed the audience and also the resource person Ms. Nita Rane. Principal, Dr. (Sr.) Aradhana A.C also spoke on the occasion and appreciated Ms. Nita Rane for her kind cooperation in all our endeavours. Ms. Nita Rane addressed the audience and gave a brief idea about the training programme. The inaugural ended with vote of thanks by Ms. Vinita D’Sa, the compere for the programme.

The inaugural session was followed by demonstration of the Squashes by Ms. Nita Rane. Ginger Ale, Lemon and Mango Squash were prepared on the first day, the participants actively participated in the preparation of the squashes and a Lemon peel pickle was also prepared. The second day began with an explanatory presentation on the various preservation preparations of the day i.e. mixed fruit jam, Tomato ketchup, Guava Cheese and Jelly. The

third day followed with some more preservation items: mixed vegetable pickle, chilly pickle, lemon pickle and Ms. Subhadra also demonstrated unique Orange peel pickle, which was liked by all. The first 3 days of the programme were dedicated to preservation preparations.

On 9th January, Ms. Nita Rane started the session with an informative talk on importance of carbohydrates. The talk was followed by preparation of two types of Beaten Rice Khaman recipes, healthy wholesome Ragi Ladoos, Rice and Ragi Dosa. The 5th day started with a powerpoint presentation on Proteins and essential amino acids. Ms. Nita Rane then demonstrated preparation of Infant mix, paushtik laddo and burfi with roasted til. The day ended with tastings of the preparations.

The next day the session started with a power point presentation on lipids, with Mrs. Rane explaining the beneficial properties of different classes of lipids. The groups of participants then steamed some varieties of healthy idlis like carrot, beetroot, haldi and pea Idlis, which were relished with curry leaves chutney. Some sweet Jaggery Idlis were also steamed. Ms. Nita Rane started the next day session with a power point on the importance of Vitamins. Ms. Rane explained the diseases caused by the deficiency of the different vitamins. Varied Missi Roti preparations followed next, along with curry leave chutney, rice dosa and potato bhaji.

The last day of the training programme began on 18th January 2018 at 1.30 pm.

Healthy and Nutritious salads like sprouted moong salad, carrot raita with channa flour, beetroot salad, tasty crunchy Thai salad with roasted groundnuts and soya bhajas were also prepared which were relished with curd chutney.

This was followed by the valedictory session, which was anchored by Ms. Vinita D'Sa, Dr. Subhadra Devi Gadi formally welcomed the participants, the resource person, Ms. Nita Rane, Our Manager Sr. Maria Christie, Principal Dr. (Sr) Maria Aradhana A.C. and Vice Principal Dr. (Sr) Maria Lizanne to the programme. Dr. Gadi thanked everyone for their active participation on the behalf of the organizing committee. Two participants also expressed their gratitude for the training sessions conducted by Ms. Rane. The function was followed by certificate distribution; the participants received a ready reckoner on "Fruit & Vegetable Preservation & Nutrition" and also a booklet of recipes which were prepared by them. Post Valedictory the group enjoyed a fellowship tea with sumptuous snacks prepared by the participants. It was a new and enriching experience for all, who contributed and participated in this programme.





NUTRITIOUS FOOD FOR HEALTHY LIFE

Organised by

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

in collaboration with

Community Food & Nutrition Extension Unit,
Ministry of Women & Child Development Govt. of India
From 4th to 13th January 2018



This Certificate is awarded to Ms/ Mrs. _____

for organizing a Eight day course equivalent to 1credit as per Goa University Ordinances. The course build capacity on nutritious recipes for healthy living. This programme is a joint initiative of Department of Zoology, Carmel College in Technical Collaboration with Community Food & Nutrition Extension Unit, Ministry of Women & Child Development Govt. of India.

G. Subhadra Devi

HOD, Department of Zoology
Carmel College of Arts & Science & Commerce

Mrs. Nita Rane

Officiating Demonstration Officer,
CFNEU-Goa

Rev. Dr. M. Aradhana A.C

Head of the Institute,
Carmel College of Arts & Science & Commerce

REPORT ON ECOLOGICAL TRIP TO DUDHSAGAR SPA & RESORT

The faculty of the Psychology Department organized an ecological trip for the TYBA Psychology students for the purpose of teaching them team work and the technique of *mindfulness* on the 16th and 17th of February, 2019. Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment, which one can develop through the practice of meditation and through other training.

A total of 19 students were accompanied by faculty members, Dr. Aldina Braganza and Ms. Faye Pinto. Students and faculty members arrived at 12:00 p.m. at the Resort. The first session began in the afternoon where students participated in several group – based activities. the second session was scheduled the next day in the morning. Students and faculty members were escorted by a guide into a forest for a short nature trail walk. Upon reaching a certain point, Dr. Aldina Braganza instructed the students on how the technique of Mindfulness needs to be employed and implemented. Students practiced the technique and benefited from it.

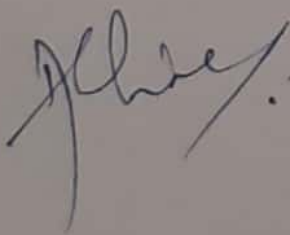
Students returned to the resort and arrived back 12:00



[Handwritten signature]

Attendance for Ecological Trip to Dudhsagar Spa & Resort

Name	
Ashwini S. Raju	Present
Donna Coutinho	Present
Clenie D'Souza	Present
Niana Piety Dias	Present
Joylen Dourado	Present
Julika Jesa Fernandes	Present
Juvenchel Sisera Fernandes	Present
Viena Ferreira	Present
Elaine Amanda Furtado	Present
Jofira Nikita Gonsalves	Present
Marize Chloe Heredia	Present
Niharika Hoogar	Present
Gina Anne Lobo	Present
Sangeeta Kallingroa Nagawat	Present
Shravani Laxman Narvekar	Present
Payal Bombhore	Present
Reachel Ulhas Pednekar	Present
Heena Salim Sayed	Present
Sana Rafat Gulam Shaikh	Present



SELF DEFENCE COURSE

3rd and 4th August 2017

The Department of Konkani and Women's Cell organised two sessions of one and a half hour each on Self Defence Techniques for the students On 3rd and 4th August . The sessions were conducted by the staff of Goa Police Sports department and coordinated by Ms. Ranjeeta Singh. The team comprised of five members - Ms.Ranjeeta Singh [Judo Expert] , Police Constable Mr . Paresh Naik [event incharge] , demonstrators Ms. Sonam Gaad, Ms.Nirupa Chari and Ms. Puja Priolkar .

Sixty three students got trained in various self defence techniques and they learnt how to ward off an attacker. The students were happy to have the training free of cost and expressed their desire to have more of such sessions .



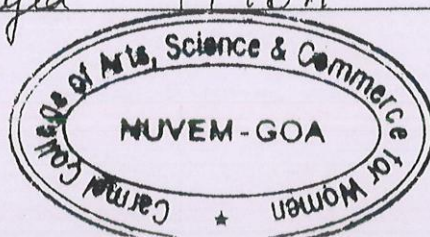
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CARMEL COLLEGE OF ARTS, SCIENCE, COMMERCE FOR WOMEN.

ATTENDANCE FOR SELF DEFENCE CLASS

2017-18

No.	Name Of The Student/Faculty	CLASS/ SEMESTER	Signature	4/8/17 5/8/17
1.	Berninda Miranda	T-Y B.A	<u>Berninda</u>	
2.	Vaibhavi Vernekar	T.Y.B.A.	<u>Vernekar</u>	
3.	Neha Pareek	S.Y B.S.C	<u>Pareek</u>	
4.	Rashida Bagawan	S.Y B.Sc	<u>Bagawan</u>	
5.	Farkhna Shaikh	S.Y B.Sc	<u>Shaikh</u>	
6.	Zainab Shaikh	S.Y B.Sc	<u>Shaikh</u>	
7.	Gargee Ashtekar	S.Y B.Sc	<u>Ashtekar</u>	
8.	Princey Colaco	T.Y.B.A	<u>Colaco</u>	
9.	Sherralite Vaz	T.Y.B.A	<u>Vaz</u>	
10.	Susheta Caridozo	T.Y.B.A	<u>Caridozo</u>	
11.	Zilly Mascarenhas	T.Y.B.A	<u>Mascarenhas</u>	
12.	Barabddha Kerkar	"	<u>Kerkar</u>	
13.	Priya Fernandez	"	<u>Fernandez</u>	
14.	Jenny Mascarenhas	F.Y B.com	<u>Mascarenhas</u>	
15.	Priyanka Daddamani	F.Y B.com	<u>Daddamani</u>	
16.	Priyanka Tale	F.Y B.com	<u>Tale</u>	
17.	Alpa Tank	F.Y B.com	<u>Tank</u>	
18.	Ashwiny Severes	F.Y B.com	<u>Severes</u>	
19.	Henna Keshari	F.Y B.com	<u>Keshari</u>	
20.	Kiran Gangane	F.Y B.com	<u>Gangane</u>	
21.	Apoorva Borkar	T.Y.B.A	<u>Borkar</u>	
22.	Prieksha Sisodiya	T.Y.B.A	<u>Sisodiya</u>	
23.	Heena Sayed	T.Y.B.A	<u>Sayed</u>	

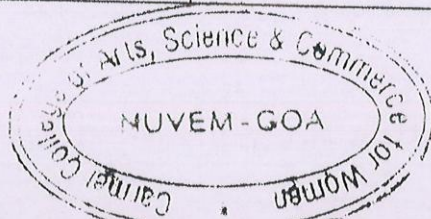


mianachan

CARMEL COLLEGE OF ARTS, SCIENCE, COMMERCE FOR WOMEN.

ATTENDANCE FOR SELF DEFENCE CLASS

No.	Name Of The Student	CLASS/ SEMESTER	Signature	4/8/17 5/8/17
24	Shruti Ekawade	TYBA Sem I	<i>Ekawade</i>	
25	Rathica Katde	TYBA Sem I	<i>R. Katde</i>	
26	Karen Moraes	F.Y. Bcom Sem I	<i>Moraes</i>	
27	Seema Fernandes	F.Y. Bcom Sem I	<i>Seema</i>	
28	Merlyn Faria	F.Y. Bcom Sem I	<i>Faria</i>	
29	Rolima Gama	F.Y. Bcom Sem I	<i>Gama</i>	
30	Jesma Fernandes	F.Y. Bcom Sem I	<i>Jesma</i>	
31	Mabel Melo	F.Y. Bcom Sem I	<i>Melo</i>	
32	Lorisha Sequeira	TYBA Sem V	<i>Sequeira</i>	
33	Seeto Arzingeri	TYBA Sem V	<i>Arzingeri</i>	
34	Jaerela Costa	TYBA Sem V	<i>Costa</i>	
35	Reshma Khaken	TYBsc Sem V	<i>Khaken</i>	
36	Sweto Naik	TYBSc Sem V	<i>Naik</i>	
37	Telvinha Sequeira	FY Bcom Sem I	<i>Sequeira</i>	
38	Nisha Coutinho	FY Bcom Sem I	<i>Coutinho</i>	
39	Beverly Masci	FY Bcom	<i>Masci</i>	
40	Swezel Branta	"	<i>Branta</i>	
41	Jelanda Cornwall	"	<i>Cornwall</i>	
42	Risha Ko'ob'e	"	<i>Ko'ob'e</i>	
43	Nafica Dimello	"	<i>Dimello</i>	
44	Nemesia Fernandez	"	<i>Nemesia</i>	
45	Swezel Pereira	"	<i>Pereira</i>	

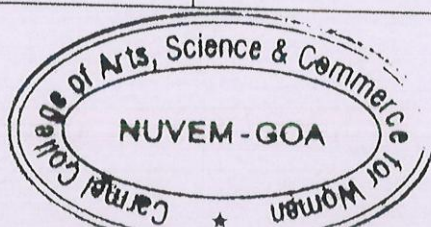


M. Arasham

CARMEL COLLEGE OF ARTS, SCIENCE, COMMERCE FOR WOMEN.

ATTENDANCE FOR SELF DEFENCE CLASS

No.	Name Of The Student/Faculty	CLASS/ SEMESTER	Signature	4/8/17 5/8/17
46	Johanna Fernandes	FYBA(B) I	<i>[Signature]</i>	
47	Pearl Gonsalves	FYBA(B) I	<i>[Signature]</i>	
48	Precila P Fernandes	FYBA(A) I	<i>[Signature]</i>	
49	Jessa Mascarenhas	F.Y.BA(B) I	<i>[Signature]</i>	
50	Solfrida Fernandes	SYBCom III	<i>[Signature]</i>	
51	Francesca fernandu	SYBCom III	<i>[Signature]</i>	
52	Waverly Dias	SYBCom III	<i>[Signature]</i>	
53	Iren Pereira	T.Y.B.A IV	<i>[Signature]</i>	
54	Spizel Fernandes	T.Y.B.A V	<i>[Signature]</i>	
55	Mimya fernandes	T.Y.BA V	<i>[Signature]</i>	
56	Lauissa fernandu	TYBA V	<i>[Signature]</i>	
57	Lancia Cardgo	"	<i>[Signature]</i>	
58	Hazel Dias	"	<i>[Signature]</i>	
59	Iyesila Silva	"	<i>[Signature]</i>	
60	Nadia Voz	"	<i>[Signature]</i>	
61	Corine F'des	TYBA V	<i>[Signature]</i>	
62	Melica Rodriguez	TYBA	<i>[Signature]</i>	
63	Elaine Dacuz	"	<i>[Signature]</i>	



marashane