

CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE FOR WOMEN, NUVEM - GOA.

7.2 BEST PRACTICES

CLASS: T.Y.B.A. (HISTORY)

MENTOR: Ms. LEILA RIBEIRO

TOTAL NO. OF STUDENTS: 25

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Viola Valin Colaco	Adv. Avdhut Arsekar & Associates, Margao - Goa.	92 days
2	Ms. Danila Serena Braganza	Feel Goa Tours & Travels, Colva, Gandaulim, Salcete - Goa.	22 days
3	Ms. Amanda Clara Quadros	Office of the Executive Engineer, Electricity Department, Division IV, Aquem - Margao-Goa.	18 days
4	Ms. Dynela Monteiro	The Shiroda Progressive Urban CO-OP. Credit Society Ltd., Batim, Shiroda - Goa.	30 days
5	Ms. Princy Fernandes	Margao Municipal Council, Margao - Goa.	70 days

CLASS: T.Y.B.A. (POLITICAL SCIENCE)

MENTOR: Ms. LOUISE ANN SEQUEIRA

TOTAL NO. OF STUDENTS: 09

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Rheya Fernandes	Agnel Institute of Food Crafts and Culinary Sciences, Verna - Goa.	30 days
2	Ms. Samitri Fernandes	Agnel Institute of Food Crafts and Culinary Sciences, Verna - Goa.	30 days
3	Ms. Ashwetha De Souza	Directorate of Art & Culture, Sanskruti Bhavan, Patto, Panaji - Goa.	16 days

CLASS: T.Y.B.A. (PSYCHOLOGY)

MENTOR: Dr. MICHELLE FERNANDES

TOTAL NO. OF STUDENTS: 32

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Florencia Souza	Bailancho Ekvott, Margao - Goa.	30 days
2	Ms. Shalvi Singh	Silver Linings, Guidance & Counselling centre, Borda, Margao - Goa.	30 days
3	Ms. Earle Rose Barreto	Enrich Service Solutions	43 days
4	Ms. Cecilia MaryAnn Pereira	Bailancho Ekvott, Margao - Goa.	30 days
5	Ms. Ashwariya Sawant	Bailancho Ekvott, Margao - Goa.	15 days
6	Ms. Helena Soreng	Bailancho Ekvott, Margao - Goa.	15 days
7	Ms. Saisha Shanke	Noor Sarees, New Market, Margao - Goa.	18 days
8	Ms. Earle Rose Barreto	Holy Rosary Convent High School, Nuvem, Salcete - Goa.	7 days

CLASS: T.Y.B.A. (HINDI)**MENTOR:** Ms. VISHAKHA HARMALKAR**TOTAL NO. OF STUDENTS:** 19

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Malan Noorahmed Mulla	Azim Creation Designing & Printing, Rumdamol, Housing Board, Margao - Goa.	1108 Hrs/256 days
2	Ms. Jabeen Maktum Hussain Muzawar	Azim Creation Designing & Printing, Rumdamol, Housing Board, Margao - Goa.	1108 Hrs/256 days
3	Ms. Ayesha Bandukra	Kiswa's Beauty Salon, Vasco-Da-Gama, Goa.	67 days
4	Ms. Perisa Melifa Fernandes	St. Anthony's Coaching Classes, Cansaulim - Goa.	5.5 Hrs/day (660 days)
5	Ms. Vanisha Vaz	Krishnadas Shama Goa State Central Library, Sanskruti Bhavan, Patto, Panaji - Goa.	15 days
6(i)	Ms. Eden Angel Barreto	Enrich Service Solutions	11 days
6(ii)	Ms. Eden Angel Barreto	Holy Rosary Convent High School, Nuvem, Salcete - Goa.	40 Hrs/8 days
7	Ms. Pooja Vital Nagvekar	Peter Loyol Antao, Civil Engineer, Dongorim, Nuvem - Goa.	30 days
8	Ms. Shafila Presley Fernandes	Royal Orchid Beach Resort & Spa, Utorda - Goa.	30 days
9	Ms. Nefillia Staffy D'Mello	Govind Poy Oxygen Ltd., Nuvem - Goa.	16 days
10	Ms. Roseanna Teixeira	Krishnadas Shama Goa State Central Library, Sanskruti Bhavan, Patto, Panaji - Goa.	15 days
11	Ms. Alexina Ashlin Rodrigues	Agnel Institute of Food Crafts and Culinary Sciences, Verna - Goa.	30 days
12	Ms. Ranisha Colaco	Super Creations, Engineers & Contractors, Gounlloy Nuvem - Goa.	15 days
13	Ms. Alrika Perpetua Gomes	Jadrusha Beauty Parlour, Cansaulim - Goa.	30 days

CLASS: T.Y.B.A. (ECONOMICS)**MENTOR:** Ms. POOJA YADAV**TOTAL NO. OF STUDENTS:** 14

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Jessa Mascarenhas	Directorate of Art & Culture, Sanskruti Bhavan, Patto, Panaji - Goa.	16 days
2	Ms. Andria Fernandes	Directorate of Art & Culture, Sanskruti Bhavan, Patto, Panaji - Goa.	16 days
3	Ms. Simran Khan	Carmel College of Arts, Science & Commerce for Women, Nuvem - Goa.	4 Hrs/day (16 days)
4	Ms. Inoshka Moraes	Carmel College of Arts, Science & Commerce for Women, Nuvem - Goa.	4 Hrs/day (16 days)
5	Ms. Ihuda Iqbal	Sangath, Succour, Porvorim, Bardez - Goa.	30 days

CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE FOR WOMEN, NUVEM - GOA.

7.2 BEST PRACTICES

CLASS: T.Y.B.Sc. (ZOOLOGY)

MENTOR: Dr. Sr. Maria Lizanne A.C.

TOTAL NO. OF STUDENTS: 17

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Joefila Borges	Department of Microbiology, Goa Medical College, Bambolim - Goa.	15 days
2	Sr. Natchathiram. A.	Raikar Medical Stores, New Market, Margao - Goa.	15 days

CLASS: T.Y.B.Sc. (CHEMISTRY)

MENTOR: Ms. Cheryl Alvares

TOTAL NO. OF STUDENTS: 25

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Cynola Fernandes	Lupin Limited, Verna Industrial Area, Verna - Goa.	135 Hours/ 15 days
2	Ms. Santoshi Santosh Naik	Arjun Medical Stores, Chemist and Druggist, Arlem, Margao - Goa.	15 days
3	Ms. Venicia Fernandes	Lupin Limited, Verna Industrial Area, Verna - Goa.	135 Hours/ 15 days
4	Ms. Miloska Rodrigues	Lupin Limited, Verna Industrial Area, Verna - Goa.	135 Hours/ 15 days
5	Ms. Sarika Niranjana Kalel	Zuari Agro Chemicals Limited, Zuarinagar - Goa.	15 days
6	Ms. Sharel Batista	Indoco Remedies Limited, Verna Industrial Area, Verna - Goa.	14 days
7	Ms. Aveena Fernandes	Indoco Remedies Limited, Verna Industrial Area, Verna - Goa.	14 days
8	Ms. Alvita Fernandes	Indoco Remedies Limited, Verna Industrial Area, Verna - Goa.	14 days
9	Ms. Swilana Fernandes	Lupin Limited, Verna Industrial Area, Verna - Goa.	135 Hours/ 15 days
10	Ms. Valanka Carvalho	Lupin Limited, Verna Industrial Area, Verna - Goa.	135 Hours/ 15 days
11	Ms. Pranali Dalvi	Sanofi India Ltd., Verna Industrial Area, Verna - Goa.	15 days
12	Ms. Princia Costa	Sanofi India Ltd., Verna Industrial Area, Verna - Goa.	15 days
13	Ms. Rachel Fernandes	Lupin Limited, Verna Industrial Area, Verna - Goa.	135 Hours/ 15 days
14	Ms. Sinnetra Rebelo	Lupin Limited, Verna Industrial Area, Verna - Goa.	135 Hours/ 15 days
15	Ms. Akshata Arun Gawade	Chinna Medical Store, Vidyanagar, Zuarinagar - Goa.	15 days
16	Ms. Reshma Raichur	Shubham Clinic, Baina - Vasco-da-Gama, Goa.	15 days
17	Ms. Bhibijan Ustaj	Lupin Limited, Verna Industrial Area, Verna - Goa.	135 Hours/ 15 days
18	Ms. Larissa Andrea Pereira	Tooth Craft, Multi Speciality Dental Clinic and X-Ray Centre	15 days
19	Ms. Sanchita Naik	Lupin Limited, Verna Industrial Area, Verna - Goa.	135 Hours/ 15 days
20	Ms. Arman Azmi Arra	Mukhtar Automobiles Pvt. Ltd., Verna Industrial Area, Verna - Goa.	21 days
21	Ms. Nyla Rego	2 R Health Labs, Margao - Goa.	14 days
22	Ms. Divya D. Dessai	Dr. Mahesh M. Raikar Lab, Margao - Goa.	15 days
23	Ms. Mahima T. Maencar	Dr. Mahesh M. Raikar Lab, Margao - Goa.	15 days
24	Ms. Richel Costa	Dr. Mahesh M. Raikar Lab, Margao - Goa.	15 days
25	Ms. Chelsea Fernandes	Dr. Mahesh M. Raikar Lab, Margao - Goa.	15 days

CLASS: T.Y.B.Sc. (CHEMISTRY)**MENTOR:** Dr. Madhavi Z. Naik**TOTAL NO. OF STUDENTS:** 23

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Merlyn Rodrigues	Dr. Mahesh M. Raikar Pathology Lab, Margao - Goa.	15 days
2	Ms. Saychelles Angela Fernandes	Diksha Computer Education, Margao - Goa.	15 days
3	Ms. Dipti Dattaram Naik	Amu Chemist & Druggist, Margao - Goa.	15 days
4	Ms. Vanshika M. Chodankar	Farmacia Vassanta, Vasco-da-Gama, Goa.	15 days
5	Ms. Akshata Muchandi	Trinity Mahalasa Durga Sales & Services, Baina - Goa.	15 days
6	Ms. Reizel Ashie Costa	St. Roque Medical Stores, Majorda - Goa.	15 days
7	Ms. Srushti Manjrekar	Goa Shipyard Limited, Vasco-da-Gama, Goa.	18 days
8	Ms. Sheryl Swizel Dias	Department of Microbiology, Goa Medical College, Bambolim - Goa.	15 days
9	Ms. Nisha Yadav	Lupin Limited, Verna Industrial Area, Verna - Goa.	15 days
10	Ms. Avrel V. Fernandes	Laminex, Zuarinagar - Goa.	15 days
11	Ms. Reeza Barreto	Amar Chemist & Druggist, Fatorda - Goa.	15 days
12	Ms. Fatima Rodrigues	Department of Microbiology, Goa Medical College, Bambolim - Goa.	15 days
13	Ms. Blency Miranda	Laminex, Zuarinagar - Goa.	15 days
14	Ms. Afreen Shaikh	Lupin Limited, Verna Industrial Area, Verna - Goa.	15 days
15	Ms. Meenakshi gaurang Dass	Mudita Express Cargo Pvt. Ltd, Goa.	20 days
16	Ms. Jahoor Shaikh	Shree Medical, Borda - Goa.	15 days
17	Ms. Smita Shinde	Shree Medical, Borda - Goa.	15 days
18	Ms. Sonal Mahesh Varale	Jasdish Medical Stores, Vasco-da-Gama, Goa.	15 days
19	Ms. Manisha Gaonkar	Amu Chemist & Druggist, Margao - Goa.	15 days
20	Ms. Rafiya Karajgi	Seema General Stores, Seraulim - Goa.	15 days
21	Ms. Sanjana Sanjay Shetkar	Satpurush Pharmacy, Gogol, Margao - Goa.	15 days
22	Ms. Senila D'Costa	Dr. Mahesh M. Raikar Pathology Lab, Margao - Goa.	15 days

CLASS: T.Y.B.Sc. (BOTANY)**MENTOR:** Ms. Meena Miranda Verdes**TOTAL NO. OF STUDENTS:** 07

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Flossy Abranches	Friends Medical Store, Chemist & Druggist, Verna - Goa.	15 days
2	Ms. Kanyal Roshan Begum	M/s Safura Medical Stores, Dispensing Chemist & Druggists, Davorlim - Goa.	15 days
3	Ms. Swizel Brigida Fernandes	M/s Amu Chemist & Druggist, Margao - Goa.	15 days
4	Ms. Lizel Rebello	Manora Auto Works, Nuvem - Goa.	15 days
5	Ms. Samanta Mavis Dias	Curtorim Biodiversity Management Committee, Curtorim, Salcete - Goa.	15 days
6	Ms. Mansi Shirodkar	Floral Expressionz, Carmona, Salcete - Goa.	17 days

CLASS: T.Y.B.Sc. (MATHS)**MENTOR:** Ms. Ranisha Fernandes**TOTAL NO. OF STUDENTS:** 07

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Minal Purshottam Prabhu Velguenkar	D.P. Kudchadkar Medical Store, Curchorem - Goa.	17 days
2	Ms. Merlyn Lourdes Dias	Laminex, Vasco-da-Gama, Goa.	16 days
3	Ms. Alvina Almeida	Danlaw Electronics Assembly Limited, Verna Industrial Area, Verna - Goa.	30 days
4	Ms. Shruti Bhaskar Naik Dessai	Fr. Savio Pay Phone, Near Hospicio Hospital, Margao- goa	15 days
5	Ms. Neysha Fernandes	Top Tutorials, Navelim - Goa.	15 days
6	Ms. Mashael Moneira	Care It! Chemist & Druggist, Raia, Salcete - Goa.	15 days
7	Ms. Kavya	Zuari Agro Chemicals Limited, Zuarinagar - Goa.	15 days

CLASS: T.Y.B.Sc. (PHYSICS)**MENTOR:** Ms. Pearl D'Souza E D'Silva**TOTAL NO. OF STUDENTS:** 07

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Ruchita Parab	School of Symbiosis, Shivahail, Shiroda - Goa.	17 days
2 (i)	Ms. Myra Pereira	Finolex Cables Limited, Verna Industrial Area, Verna - Goa.	06 days
2 (ii)	Ms. Myra Pereira	Dr. Mahesh M. Raikar's Pathology Laboratory, Margao - Goa.	18 days
3	Ms. Sonali Singh	Coastal Honda, Caculo Cars (P) Ltd., Verna Plateau, Salcete - Goa	31 days
4	Ms. Anuksha Honavarkar	S P Consultancy, Tax Consultants, Vasco-da-Gama, Goa.	14 days
5	Ms. Catherine Theresa	Jivantica Druggist & Chemist, New Vaddem, Vasco-da-Gama, Goa.	15 days
6	Ms. Reshmi Gaonkar	Vadem Nagar English High School, Vasco-da-Gama, Goa.	17 days

CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE FOR WOMEN, NUVEM-GOA

7.2 BEST PRACTICES

CLASS: T.Y.B.Com. (COMMERCE)

MENTOR: Ms. Sumathi K. Satardekar

TOTAL NO. OF STUDENTS: 33

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Priyanka Doddamani	Hotel Supreme, Vasco-Da-Gama Goa.	15 days
2	Ms. Alpa Tank	Appliance World	15 days
3	Ms. Telvina Threeza Sequeira	Office of Mamlatdar, Margao - Goa.	15 days
4	Ms. Ashwadhi Rajesh	Vikas Nursery Farms & Research Centre, Porvorim - Goa.	15 days
5	Ms. Judith Maria Rodrigues	VerGo Pharma Research Laboratories Pvt. Ltd, Verna - Goa.	15 days
6	Ms. Kiran Gangavne	Office of Mamlatdar, Margao - Goa.	15 days
7	Ms. Aloysia De Souza	Office of Mamlatdar, Margao - Goa.	15 days
8	Ms. Nerissa Cardozo	Office of Mamlatdar, Margao - Goa.	15 days

CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE FOR WOMEN, NUVEM-GOA

7.2 BEST PRACTICES

CLASS: S.Y.B.A.

MENTOR: Ms. Louise Ann Sequeira

TOTAL NO. OF STUDENTS: 12

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Ashita Radhika Colaco	Usha contructions, Margao - Goa.	20 days
2	Ms. Selifa Fernandes	Enrich Service Solutions	20 days
3	Ms. Tulin Assuntina Juliet Fernandes	Office of the Collector of South Goa, Margao - Goa.	15 days
4	Ms. Jelisa Riva Da Costa	Antonio Ciriaco Services, Majorda - Goa.	15 days
5	Ms. Lourdita Valerie Martins	Antonio Ciriaco Services, Majorda - Goa.	15 days

CLASS: S.Y.B.A.

MENTOR: Dr. Anna Rovina Fernandes

TOTAL NO. OF STUDENTS: 13

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1 (i)	Ms. Meghan Valanka Noronha	Enrich Service Solutions and Icon International	13 days
1 (ii)	Ms. Meghan Valanka Noronha	Enrich Service Solutions	10 days
1 (iii)	Ms. Meghan Valanka Noronha	Carmel College of Arts, Science and Commerce for Women, Nuvem - Goa.	16 days (4 hours per day)
2	Ms. Chetali Achari	St. Anthony's High School, Majorda - Goa.	15 days
3	Ms. Prajakta P. Polle	Pride Sun Village Resort & Spa, Goa.	18 days
4	Ms. Edrischa Pinheiro	Margao Municipal Council, Margao - Goa.	60 days (2 hours per day)
5	Ms. Crizela Immaculate Soares	Enrich Service Solutions	10 days
6	Ms. Navisha Vinod Naik	M/S. Quadros Motocorp. Co., Agalli, Fatorda, Margao - Goa.	30 days
7	Ms. Divina Chrisen Rodrigues	Office of the Mamlatdar, Margao - Goa.	60 days (3hours per day)

CLASS: S.Y.B.A.

MENTOR: Ms. Lynette Fortes

TOTAL NO. OF STUDENTS: 15

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Lianne D'costa	St. Joseph Convent High School, Nagoa - Verna, Goa.	16 days
2	Ms. Stacey Rebello	Crocs and Cops, Verna Police Station, Goa.	100 hours
3	Ms. Salria Mascarenhas	Enrich Service Solutions	20 days
4	Ms. Alria Da Costa	Enrich Service Solutions	20 days
5	Ms. Steedra Shannon Fernandes	Light House Gallery, Margao - Goa.	30 days

CLASS: S.Y.B.A.

MENTOR: Ms. Pooja Sangodkar

TOTAL NO. OF STUDENTS: 16

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Carmen Flavia vaz	St. Joseph Convent High School, Verna - Goa.	16 days
2	Ms. Fresma Riancy Fernandes	Enrich Service Solutions	20 days
3	Ms. Julrina Vaz	Pretty Face Beauty Hair & Skin Care Diploma, Margao - Goa.	30 days
4	Ms. Afrina Fernandes	Holy Family School, Seraulim - Goa.	17 days
5	Ms. Alvita Noronha	office of the Margao Municipal Council, Margao - Goa.	65 days

CLASS: S.Y.B.A.

MENTOR: Ms. Sweta R. Sattarkar

TOTAL NO. OF STUDENTS: 18

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Alonza Abisha Souza	Goa Tourism Development Corporation Ltd.	15 days
2	Ms. Rashmika Nayakwadi	Balika Kalyan Ashram, Gogol, Margao - Goa.	30 days
3	Ms. Punam Pratima Topno	Enrich Services Solutions	26 days

CLASS: S.Y.B.A.

MENTOR: Ms. Faye Pinto

TOTAL NO. OF STUDENTS: 20

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Preity Azelia Fernandes	HDFC Bank, Margao Branch, Goa.	09 days
2	Ms. Xenia Delilah Fernandes	Comtech Computer Academy, Majorda, Salcete - Goa.	15 days
3	Ms. Danisha Fernandes	Crocs and Cops, Verna Police Station, Verna, Salcete - Goa.	100 hours
4	Ms. Danisha Juwenel Fernandes	Office of the Collector of South Goa, Margao - Goa.	15 days
5	Ms. Denzila Pereira	Crocs and Cops, Verna Police Station, Goa.	100 hours
6	Ms. Tricia Fernandes	St. Anthony's High School, Marjorda - Goa.	15 days
7	Ms. Danzia R. Mae de Deus	Goa Vidyaprasarak Mandal's Primary & K. G. School, Ponda - Goa.	15 days

CLASS: S.Y.B.A.

MENTOR: Ms. Jolainne De Souza

TOTAL NO. OF STUDENTS: 15

SR. NO.	NAME OF THE STUDENT	INTERNSHIP OR WORKPLACE	NO OF HOURS/DAYS
1	Ms. Jocelyn Rodrigues	Carol Fernandes Hair and Makeup Studio	60 days
2 (i)	Ms. Edrie Dale Barreto	Enrich Service Solutions	44 days
2 (ii)	Ms. Edrie Barreto	Holy Rosary Convent High School, Nuvem - Goa.	7 days
3	Ms. Delcy D'Souza	Enrich Service Solutions	61 days
4	Ms. Sylvia Antao	Holy Rosary Convent High School, Nuvem - Goa.	7 days
5 (i)	Ms. Lincy Fernandes	St. Thomas High School, Cansaulim - Goa.	15 days
5 (ii)	Ms. Lincy Fernandes	Crocs and Cops, Verna Police Station, Verna, Salcete - Goa.	100 hours
6	Ms. Fedora Cardozo	Café Cafeeiro, Margao - Goa.	15 days
7	Ms. Franca Felicidade Pinto	Enrich Service Solutions	20 days

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7.2 BEST PRACTICES

CLASS: S.Y.B.Sc. (A)

MENTOR: Dr. Celia F. Braganza

TOTAL NO. OF STUDENTS: 11

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms.Shraddha Bhosle	Office of the Deputy Collector & SDO, Salcete, Margao - Goa.	15 days
2	Ms. Andria Souza	Office of the Deputy Collector & SDO, Salcete, Margao - Goa.	15 days
3	Ms. Alyssa V. Fernandes	2R Health Labs, Margao - Goa.	25 days
4	Ms. Alivia F. Gomes	2R Health Labs, Margao - Goa.	25 days

CLASS: S.Y.B.Sc. (A)

MENTOR: Ms. Swizzle R. Furtado

TOTAL NO. OF STUDENTS: 15

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Valanni Costa	2R Health Labs, Margao - Goa.	25 days
2	Ms. Jewella B. Coutinho	2R Health Labs, Margao - Goa.	25 days
3	Ms. Fancira Dias	Amu Chemist & Druggist, Margao - Goa.	25 days

CLASS: S.Y.B.Sc. (A)

MENTOR: Ms. Pearl D'Souza e D'Silva

TOTAL NO. OF STUDENTS: 18

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Amisha D. Haldankar	M/S. Navdurga Chemist & Druggist, Goa Velha - Goa.	30 days
2	Ms. Chayanne R. Dias	Krishi Vigyan Kendra, South Goa, Directorate of Agriculture, Govt of Goa, Margao - Goa.	25 days
3	Ms. Asifa Allabakash Chikodi	Office of the Mamlatdar, Margao - Goa.	30 days
4	Ms. Vaz Milosha	ABS Electroplaters (India) Pvt. Ltd, Verna - Goa.	22 days
5	Ms. Amanda Lourdes Costa	Acme Print Media, Margao - Goa.	30 days
6	Ms. Chrisha Maria DaSilva	Office of the Mamlatdar, Margao - Goa.	30 days
7	Ms. Merle Antao	Office of the Collector of South Goa, Margao - Goa.	25 days
8	Ms. Silvia Pinto	Office of the Collector of South Goa, Margao - Goa.	25 days
9	Ms. Riya Rajesh Singh	Office of the Collector of South Goa, Margao - Goa.	25 days
10	Ms. Najmusehra Nasir Hullati	Office of the Collector of South Goa, Margao - Goa.	25 days
11	Ms. Ankita Pundalik Patil	Office of the Collector of South Goa, Margao - Goa.	25 days
12	Ms. Simran Gajanan Amonkar	Office of the Collector of South Goa, Margao - Goa.	25 days
13	Ms. Sweeny Royella Pereira	Schiffer and Menezes India Private Limited, Verna Industrial Area, Verna - Goa.	13 days

CLASS: S.Y.B.Sc. (B)**MENTOR:** Ms. Fatima Fernandes**TOTAL NO. OF STUDENTS:** 14

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Quenie Mascarenhas	Krishi Vigyan Kendra, South Goa, Directorate of Agriculture, Govt of Goa, Margao - Goa.	25 days
2	Ms. Pearl Shenely Rebello	Shrusti Envirocare India Pvt. Ltd., Quepem - Goa.	30 days
3	Ms. Renita Martha Godinho	Our Lady of Candelari High School, Biana, Vasco-da-Gama Goa.	25 days
4	Ms. Andrea D. Pereira	Krishi Vigyan Kendra, South Goa, Directorate of Agriculture, Govt of Goa, Margao - Goa.	25 days
5	Ms. Esra D. Shaikh	Krishi Vigyan Kendra, South Goa, Directorate of Agriculture, Govt of Goa, Margao - Goa.	25 days
6	Ms. Britney Rodrigues	Amu Chemist & Druggist, Margao - Goa.	24 days
7	Ms. Meenakshi Mahesh Sawant	Jeevanlakshmi Packaging Solutions Pvt.Ltd, Zuarinagar - Goa.	30 days

CLASS: S.Y.B.Sc. (B)**MENTOR:** Dr. Kim M. Rodrigues**TOTAL NO. OF STUDENTS:** 14

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Anna Grace Oliveira	Office of the Collector of South Goa, Margao - Goa.	25 days
2	Ms. Orcey Pereira	Shrusti Envirocare India Pvt. Ltd., Quepem - Goa.	30 days
3	Ms. Mayuri Goankar	Amu Chemist & Druggist, Margao - Goa.	25 days
4	Ms. Kayal Jamuni	Govt of Goa, Directorate of Accounts, South Goa, Margao - Goa.	25 days
5	Ms. Sejal S. Shinde	J.M. Baxi & Co., Vasco-da-Gama, Goa.	33 days
6	Ms. Pranali P. Naik	Krishi Vigyan Kendra, South Goa, Directorate of Agriculture, Govt of Goa, Margao - Goa.	25 days
7	Ms. Zareena Shaikh	Krishi Vigyan Kendra, South Goa, Directorate of Agriculture, Govt of Goa, Margao - Goa.	25 days

CLASS: S.Y.B.Sc. (B)**MENTOR:** Ms. Andrea D'Souza**TOTAL NO. OF STUDENTS:** 12

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Karishma Gurudas Naik	KAPS liveware, Margao-Goa.	30 days
2	Ms. Carol Rodrigues	Shrusti Envirocare India Pvt. Ltd., Quepem - Goa.	30 days
3	Ms. Swella Falina Travasso	Shrusti Envirocare India Pvt. Ltd., Quepem - Goa.	30 days
4	Ms. Shrushti Govind Patgar	KAPS liveware, Margao - Goa.	30 days
5	Ms. Shrutika Naik	Lupin Limited, Verna - Goa.	15 days
6	Ms. Maria J. Rodrigues	Krishi Vigyan Kendra, South Goa, Directorate of Agriculture, Govt of Goa, Margao - Goa.	25 days
7	Ms. Ruhina Nasipudi	Amu Chemist & Druggist, Margao - Goa.	25 days

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

7.2 BEST PRACTICES

CLASS: S.Y.B.Com.

MENTOR: Ms. Jacqueline do Rosario

TOTAL NO. OF STUDENTS: 28

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORKPLACE	NO. OF HOURS/DAYS
1	Ms. Lizendra De Souza	Directorate of Accounts, Government of Goa, South Goa.	20 days
2	Ms. Macolette Fernandes	Lorenz imaging, Municipal Square, Margao - Goa.	30 days
3	Ms. Vanisha Pearl Fernandes	KHR Hospitality India, Utorda, Salcete - Goa.	15 days
4	Ms. Varsha Gawade	South Goa District Collectorate, Margao - Goa.	15 days
5	Ms. Vaishali Naik	Matruchhaya, Kalapur - Goa.	30 days
6	Ms. Sible Abranches	Friends Medical Stores, Verna, Slacete - Goa.	15 days
7	Ms. Chelsea Mediena D'Sa	Rhea Distilleries, Nuvem, Salcete - Goa.	15 days
8	Ms. Antrushya Felicia Da Silva	Margao Municipal Council, Margao - Goa.	60 days
9	Ms. Muriel Fernandes Golias	Action Group Holdings Co, Kuwait.	15 days
10	Ms. Priya Sharma	Allahbad Bank, Margao - Goa.	15 days
11	Ms. Varda Santosh Varma	Marine Electrical Agencies, Sancoale Industrial Estate, Sancoale - Goa.	25 days
12	Ms. Akina Gadan	Roy's Auto Boutique, Vasco-da-Gama, Goa.	15 days
13	Ms. Sara Souza	South Goa District Collectorate, Margao - Goa.	15 days
14	Ms. Ankita Salgaonkar	South Goa District Collectorate, Margao - Goa.	15 days
15	Ms. Fatima Dyamankopp	Survey and Land Records, Margao - Goa.	15 days

CLASS: S.Y.B.Com.

MENTOR: Ms. Nicole Marie Coutinho

TOTAL NO. OF STUDENTS: 22

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORKPLACE	NO. OF HOURS/DAYS
1	Ms. Flossy Borges	Directorate of Accounts, South Goa, Margao - Goa.	15 days
2	Ms. Chrystal Judy Fernandes	South Goa District Collectorate, Margao - Goa.	15 days
3	Ms. Minoshka Paes	Cheers Wines and Liquours, Velim, Salcete - Goa.	15 days
4	Ms. Lenicia Rodrigues	Cipla Pharmaceuticals, Verna, Salcete - Goa.	19 days
5	Ms. Sayeeda Shaikh	HDFC Bank, Margao - Goa.	15 days
6	Ms. Chetana Achari	Directorate of Accounts, South Goa, Margao - Goa.	15 days
7	Ms. Alvira Andrade	Cipla Pharmaceuticals, Verna, Salcete - Goa.	19 days
8	Ms. Frenita Demelo	Friends Medical Store, Verna, Salcete - Goa.	15 days
9	Ms. Anisha Lopes	Directorate of Accounts, South Goa, Margao - Goa.	15 days
10	Ms. Shahnaaz Velho	Bandekar Digital Imaging, Margao - Goa.	60 days
11	Ms. Athika Ahmed	South Goa District Collectorate, Margao - Goa.	15 days
12	Ms. Rashida Can	Allahbad Bank, Margao - Goa.	15 days
13	Ms. Hosilia Mercy Costa	M/s K.P. Angle & Co. Chartered Accountants, Margao - Goa.	30 days
14	Ms. Juvellin Richa Fernandes	HDFC Bank, Margao - Goa.	15 days
15	Ms. Velakini Fernandes	Margao Municipal Council, Margao - Goa.	30 days
16	Ms. Priyanka Kumari	S.S. Shanbhag & Co. Chartered Accountants, Karwar - Karnataka.	30 days
17	Ms. Dancia Rodrigues	Charlene's Super Store & Cold Storage, Colva, Salcete - Goa.	30 days

CLASS: S.Y.B.Com.**MENTOR:** Ms. Sharwari Prabhudessai**TOTAL NO. OF STUDENTS:** 20

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORKPLACE	NO. OF HOURS/DAYS
1	Ms. Shivani Shakya	Taj STATS Air Catering, Dabolim - Goa.	15 days
2	Ms. Murasika Soares	Oscars Junction Supermarket, Calata, Majorda, Salcete - Goa.	30 days
3	Ms. Sulaksha Ugevekar	Allahbad Bank, Margao - Goa.	15 days
4	Ms. Maria Vaz	Margao Municipal Council, Margao - Goa.	30 days
5 (i)	Ms. Janice Fernandes	Verna Police Station Crocs and Cops, Verna, Salcete - Goa.	60 days
5(ii)	Ms. Janice Sanerly Fernandes	Oscars Junction Supermarket, Calata, Majorda, Salcete - Goa.	30 days
6	Ms. Rifa Rosita Fernandes	Mayfair Hotels and Resorts, Betul, Salcete - Goa.	15 days
7	Ms. Sonali Alvares	Directorate of Accounts, South Goa, Margao - Goa.	15 days
8	Ms. Irecia Dias	Charlenes Super Store and Cold Storage, Colva, Salcete - Goa.	30 days
9	Ms. Celia Fernandes	South Goa District Collectorate, Margao - Goa.	15 days
10	Ms. Jasmine Fernandes	Directorate of Accounts, South Goa, Margao - Goa.	15 days
11	Ms. Raisa Fernandes	South Goa District Collectorate, Margao - Goa.	15 days
12	Ms. Jyoti Pal	Directorate of Accounts, South Goa, Margao - Goa.	15 days
13	Ms. Denzira Quadros	Directorate of Accounts, South Goa, Margao - Goa.	15 days
14	Ms. Rodrigues Ambria Magdalena	Goa Shipyard Ltd., Vasco-da-Gama, Goa.	15 days
15	Ms. Afrin Shaikh	HDFC Bank, Margao - Goa.	15 days
16	Ms. Masuda Bi Shaikh	Survey and Land Records, Margao - Goa.	15 days
17	Ms. Finosha Silva	Directorate of Accounts, South Goa, Margao - Goa.	15 days
18	Ms. Simona Vaz	South Goa District Collectorate, Margao - Goa.	15 days
19	Ms. Shalini Vaz	South Goa District Collectorate, Margao - Goa.	15 days

CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE FOR WOMEN, NUVEM - GOA.

7.2 BEST PRACTICES

CLASS: F.Y.B.A. MENTOR: Dr. Aldina Braganza TOTAL NO. OF STUDENTS: 29

SR. NO.	NAME OF STUDENTS	STUDENT INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
NIL	NIL	NIL	NIL

CLASS: F.Y.B.A. MENTOR: Dr. Lata Shirodkar TOTAL NO. OF STUDENTS: 19

SR. NO.	NAME OF STUDENTS	STUDENT INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
NIL	NIL	NIL	NIL

CLASS: F.Y.B.A. MENTOR: Ms. Nazrana Shaikh TOTAL NO. OF STUDENTS: 21

SR. NO.	NAME OF STUDENTS	STUDENT INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
NIL	NIL	NIL	NIL

CLASS: F.Y.B.A. MENTOR: Ms. Priyanka Rodrigues TOTAL NO. OF STUDENTS: 24

SR. NO.	NAME OF STUDENTS	STUDENT INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
NIL	NIL	NIL	NIL

CLASS: F.Y.B.A. MENTOR: Ms. Ashwini Kumar TOTAL NO. OF STUDENTS: 17

SR. NO.	NAME OF STUDENTS	STUDENT INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
NIL	NIL	NIL	NIL

CLASS: F.Y.B.A MENTOR: Ms. Queenie Viegas TOTAL NO. OF STUDENTS: 22

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Jevera Rodrigues	Office of the Collector of South Goa, Margao - Goa.	15 days

CLASS: F.Y.B.A MENTOR: Ms. Roxana Singh TOTAL NO. OF STUDENTS: 28

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Lauren Divya Fernandes	Sangath, Goa.	15 days; 120 hours

CLASS: F.Y.B.A.

MENTOR: Ms. Rivya Dias

TOTAL NO. OF STUDENTS: 18

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Cezel Fernandes	Office of the Collector of South Goa, Margao - Goa.	15 days
2	Ms. Lotina Souza	Office of the Collector of South Goa, Margao - Goa.	15 days
3	Ms. Eslyma Fernandes	Office of the Collector of South Goa, Margao - Goa.	15 days

CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE FOR WOMEN, NUVEM - GOA.

7.2 BEST PRACTICES

CLASS: F.Y.B.Sc.

MENTOR: Ms. Sneha Naik

TOTAL NO. OF STUDENTS: 16

SR. NO.	NAME OF STUDENTS	STUDENT INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
NIL	NIL	NIL	NIL

CLASS: F.Y.B.Sc.

MENTOR: Dr. Puja Sakhalkar

TOTAL NO. OF STUDENTS: 14

SR. NO.	NAME OF STUDENTS	STUDENT INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
NIL	NIL	NIL	NIL

CLASS: F.Y.B.Sc.

MENTOR: Ms. Ranisha Fernandes

TOTAL NO. OF STUDENTS: 15

SR. NO.	NAME OF STUDENTS	STUDENT INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
NIL	NIL	NIL	NIL

CLASS: F.Y.B.Sc.

MENTOR: Ms. Karen M. Braganza

TOTAL NO. OF STUDENTS: 17

SR. NO.	NAME OF STUDENTS	STUDENT INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
NIL	NIL	NIL	NIL

CLASS: F.Y.B.Sc.

MENTOR: Ms. Pearl Dos Santos

TOTAL NO. OF STUDENTS: 17

SR. NO.	NAME OF STUDENTS	STUDENT INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
NIL	NIL	NIL	NIL

CLASS: F.Y.B.Sc.

MENTOR: Ms. Freda L. A. Pereira

TOTAL NO. OF STUDENTS: 13

SR. NO.	NAME OF STUDENTS	STUDENT INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
NIL	NIL	NIL	NIL

CLASS: F.Y.B.Sc.

MENTOR: Ms. Sushma Jaiswal

TOTAL NO. OF STUDENTS: 17

SR. NO.	NAME OF STUDENTS	STUDENT INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
NIL	NIL	NIL	NIL

CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE FOR WOMEN, NUVEM-GOA

7.2 BEST PRACTICES

CLASS: F.Y.B.Com.

MENTOR: Ms. Gladys D'Souza

TOTAL NO. OF STUDENTS: 30

SR. NO.	NAME OF STUDENT	INTERNSHIP/WORK PLACE	NO. OF HOURS/DAYS
1	Ms. Aneza M. Fernandes	Vastraved Fine dressing for Women, Margao - Goa.	90 days
2	Ms. Vanisha Pearl Fernandes	KHR Hospitality India Ltd., Utorda - Goa.	15 days
3	Ms. Anisha Lopes	Govt. of Goa, Directorate of Accounts, South Goa, Margao - Goa.	21 days
4	Ms. Chetana Achari	Govt. of Goa, Directorate of Accounts, South Goa, Margao - Goa.	21 days
5	Ms. Lizendra De Souza	Govt. of Goa, Directorate of Accounts, South Goa, Margao - Goa.	21 days
6	Ms. Ambria M. Rodrigues	Sparsh- A beauty touch parlour, Nuvem - Goa.	16 days
7	Ms. Chelsea Mediena D'Sa	Rhea Distilleries, Nuvem - Goa.	22 days

Subject Specific Internship - Auditing Intership with Chartered Accountant or Consultancy Firm

Mentor: Sr. Maria Janet A.C.

Total No. of Students: 53 Intership Details for: 2019 - 2020

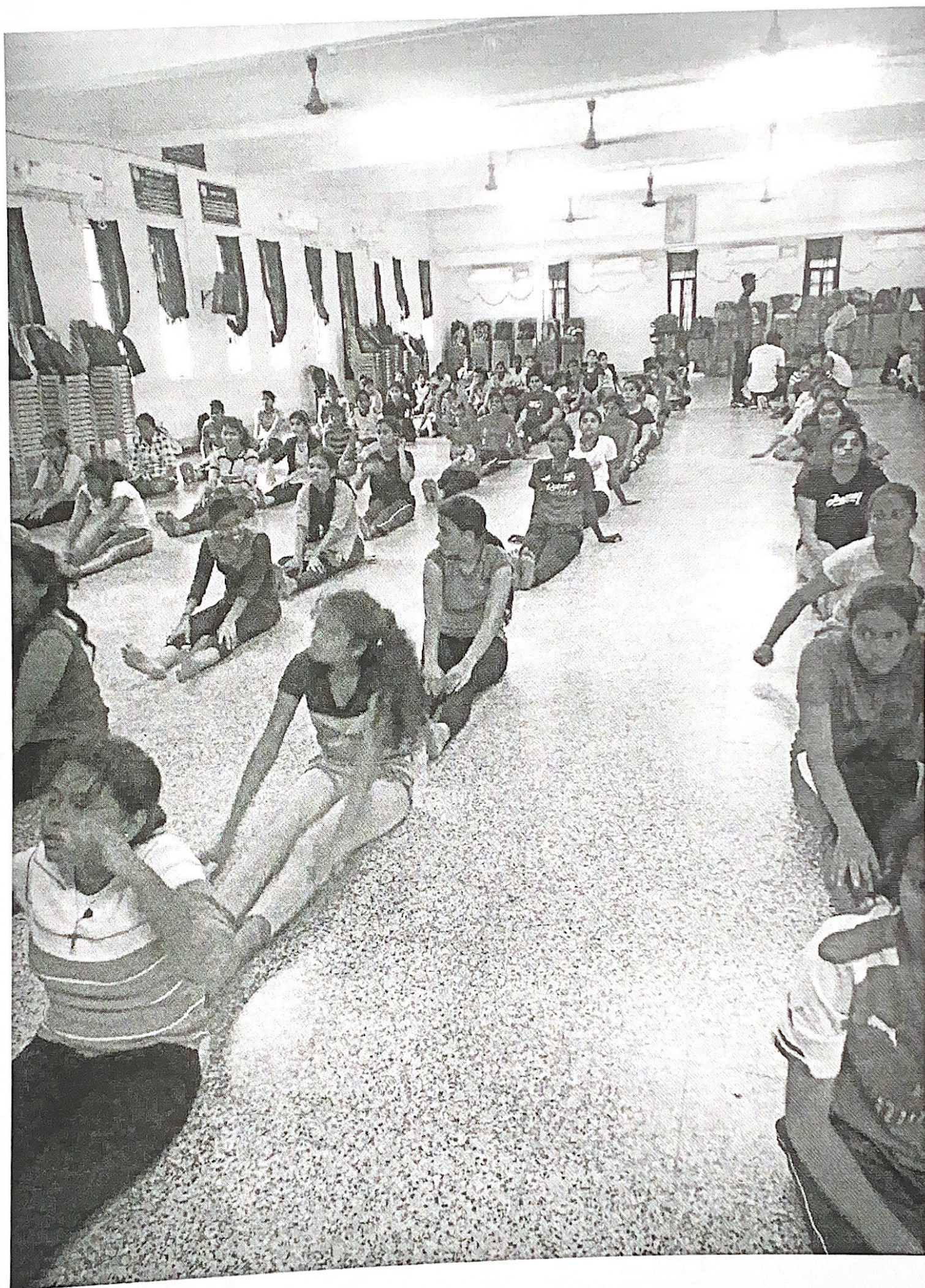
Class	Name of the Student	Internship/ Workplace	No. of hours/ Days
TYBCOM	Adaki Bibi Sakina	Audi & Co.	1 Month
TYBCOM	Raut Dessai Shrehal	Audi & Co.	1 Month
TYBCOM	Fernandes Keziah Tereza	CA.U.A.Chamaldar & Co.	1 Month
TYBCOM	Melo Mable Lily	CA.U.A.Chamaldar & Co.	1 Month
TYBCOM	Fernandes Seema Joao	Abhijeet R. Virginkar	1 Month
TYBCOM	Fernandes Velancia	Abhijeet R. Virginkar	1 Month
TYBCOM	Vaz Felcy	R.L.B. & Co.	1 Month
TYBCOM	Marathi Komala	R.L.B. & Co.	1 Month
TYBCOM	Gama Rolina	CA.U.A.Chamaldar & Co.	1 Month
TYBCOM	Severes Ashwiny Mary	Kulkarni & Bhat	1 Month
TYBCOM	Braganca Swezel	CA.U.A.Chamaldar & Co.	1 Month
TYBCOM	Kolapte Risha Bhago	CA.U.A.Chamaldar & Co.	1 Month
TYBCOM	D'silva Irency Mable	Abhijeet R. Virginkar	1 Month
TYBCOM	Mascarehnas Beverly Agnelia	Bhagawathi & Bhat C.A	1 Month
TYBCOM	Carvalho Jolanda Avila	Bhagawathi & Bhat C.A	1 Month
TYBCOM	Menezes Stafee	V.F.Chimaldar & Co.	1 Month
TYBCOM	Satardekar Kirti Krishna	Mitali Talwadkar & Association C.A	1 Month
TYBCOM	Fernandes Chrisell Veana	Bhagawathi & Bhat C.A	1 Month
TYBCOM	Colaco Cerel	Sudha Suresh Pai & Assocites C.A.	1 Month
TYBCOM	Costa Clifa	Sudhan & Co. C.A.	1 Month
TYBCOM	Vaz Elizabeth	Abhijeet R. Virginkar	1 Month
TYBCOM	Fernandes Nemesia Swella	Abhijeet R. Virginkar	1 Month
TYBCOM	Leitao Cassandra	Bhasker Vasta	1 Month
TYBCOM	Barretto Flossy Princy	Sudhan & Co. C.A.	1 Month
TYBCOM	Fernandes Caron Ana	Bhasker Vasta	1 Month
TYBCOM	Costa Karen	R.L.B. & Co.	1 Month
TYBCOM	Costa Daphina	R.L.B. & Co.	1 Month
TYBCOM	Gomes Diana	Bhagawathi & Bhat C.A	1 Month
TYBCOM	Fernandes Benfia Fiona	S.J.Pai & Co	1 Month
TYBCOM	Ratto Nikita	Bhagawathi & Bhat C.A	1 Month
TYBCOM	Quadros Silda Simona	Abhijeet R. Virginkar	1 Month
TYBCOM	Mesquita Viola Rina	Abhijeet R. Virginkar	1 Month
TYBCOM	Miranda Dellifa	CA Vishal Patel	1 Month
TYBCOM	Fernandes Swizel	CA Vishal Patel	1 Month
TYBCOM	D'costa Samenca Livra	R.K.Pikale & Associates	1 Month
TYBCOM	Jatagoni Renuka	R.L.B. & Co.	1 Month
TYBCOM	Nouhad Shaikh	Kulkarni & Bhat	1 Month
TYBCOM	Keshri Hema Rameshankar	Kulkarni & Bhat	1 Month
TYBCOM	Mascarenhas Jency Valenky	Kulkarni & Bhat	1 Month
TYBCOM	C Priyanka	Nasek Consultancy	1 Month
TYBCOM	Barreto Sweta	R.K.Pikale & Associates	1 Month
TYBCOM	Naik Snevita Surendra	U.K. Anvekar	1 Month
TYBCOM	Shaikh Farheen Mohammed	Shilpesh Laxman Tirodkar & Co	1 Month
TYBCOM	D'souza Flevin Jacky	U.K. Anvekar	1 Month
TYBCOM	Tak Priyanka	Rege Kunkilienkar & Angle	1 Month
TYBCOM	Fernandes Jesma Amelia	CA.U.A.Chamaldar & Co.	1 Month
TYBCOM	Da Costa Anoshka Vallency	CA.U.A.Chamaldar & Co.	1 Month
TYBCOM	Borkar Nidhi Madhav	Y.V. Patel & CO.	1 Month
TYBCOM	D'mello Nafisa Delvia	CA.U.A.Chamaldar & Co.	1 Month
TYBCOM	Faria Merlyn	R.L.B. & Co.	1 Month
TYBCOM	Naik Sneha Baban	Rajan D. Naik & Co.	1 Month
TYBCOM	Sequeira Aniefa Francesca	Rajan D. Naik & Co.	1 Month
TYBCOM	Parmar Poonam S	Nasek Consultancy	1 Month

MENTOR: _____ TOTAL NO. OF STUDENTS: _____ INTERNSHIP DETAILS FOR: 2019-2020

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Officiating Principal
Carmel College of Arts, Science &
Commerce for Women
Nuvem - Goa.



J. Lin
+ Officiating Principal
Carmel College of Arts, Science &
Commerce for Women
Nuvem - Goa.

7.2.1

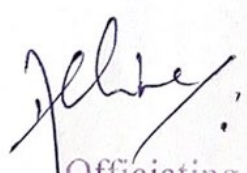
23rd July 2018 onwards Self defence classes

Self- defense classes for all the First year Students commenced from 23rd July 2018. This is an initiative of the management and the IQAC and is mandatory for all the first years to attend the same. It will also continue as a good practice of our institute. The YWCA, Goa is collaborating with us to organize the classes. The Martial Art Academy of Goa led by Mr Suraj Paradkar and his team of 8 instructors will be conducting the classes

The course is of 14 hours duration and the classes will be held from Monday to Thursday between 3p.m. and 5p.m. This year around 352 students benefitted from the course. Certificates were given after completion.

Another initiative by the IQAC is mandatory work experience/internship for at least 15 days by each student in any of the three years that she is in college. The student will have to get a letter from the employer authenticating the same and write a report and submit it to their respective mentors.

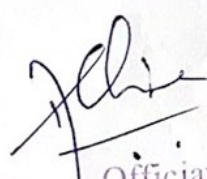



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Nuvem - Goa.

7.2 Best Practices

1. **Title of the Practice:** Self-defence training
2. **Objectives of the Practice:** The objective of the self-defence training program is to empower young women with realistic street defence skills. Our aim is not only to equip young women with the ability to defend themselves during a threatening situation but also to train them in techniques of how to avoid injury or hurt if accosted or attacked. We believe this form of training helps our students acquire a sense of control and increases their level of confidence. This in turn gives them opportunities to be independent and importantly not to lose out on opportunities because of unrealistic fears of perceived threats by family elders, partners and well – meaning mentors.
3. **The Context:** The college hires specially trained defence Karate Masters to teach the first year students. Since the class was compulsory special timings were incorporated into the timetable so that students would not miss regular lectures. Permission from parents was obtained. Trainers were from the following organisation: Combat Martial Arts Karate-Do Association, Goa.
4. **The Practice:** Self-defence is not considered 'ladylike' or a mandatory physical skill for young women. By incorporating this practice our aim was to offer an opportunity for our students to gain a sense of empowerment, understand the importance of physical fitness and gain the confidence to venture out to gain employment and further education in environments and communities out of their comfort zone. This is vital to the milieu and socio-cultural background of our home state which has limited scope and where the general perception is that the rest of the country, the big city is a very dangerous place for women, leading to even the very accomplished and talented among our students missing out on opportunities for career advancement which needs them to travel beyond state borders. Once confidence to defend themselves is gained, a world of limitless possibilities opens up for those of our young women who are motivated, aspirational and adventurous.
4. **Evidence of Success:** Students reported feeling good about their bodies. There was a perceptible positive change seen in attitude and mind frame even in the other everyday tasks and activities. The feedback obtained at the end of the course was very positive.
6. **Problems Encountered and Resources required:** The fee charged by the trainers was borne by the college management and the workshop was free for students.

II


Officiating Principal
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Commerce for Women
Nuvem - Goa.



COMBAT MARTIAL ARTS KARATE-DO

ASSOCIATION GOA (REGD.)

MARTIAL ARTS ACADEMY

Registered No: 105/GOA/2019

Affiliated by

COMBAT MARTIAL ARTS ASSOCIATION -INDIA

WADU-RYU KARATE DO WORLD SPORTS YOUTH ASSOCIATION- INDIA



Correspondence address: H.NO:449 Housing Board Colony New Vaddem Vasco Goa- 403802

Contact No: 9552925449 / 9511735982

To,

Carmel College

Date: 23-june-2020

Respected Sir/Madam

A huge thank you from our association for giving us opportunity to conduct a self-defense training. I am sending you the details of our trainers, the details are as follow:

- | | |
|---------------------|---|
| 1. Chief Instructor | 4DAN black belt in Karate Association of India (KAI), International Gold Medalist |
| Sensei Suraj | |
| Paradkar | |
| 2. Madhukar Ghogale | 1DAN black belt in Karate Association of India (KAI), International Player |
| (Instructor) | |
| 3. Mohammed Shabbir | 1DAN Black belt in karate Association of India (KAI), International Player |
| Khan (Instructor) | |
| 4. Prasad Korgaokar | 1DAN black belt in Karate Association of India (KAI), International Player |
| (Instructor) | |

Thanking you

Sensei Suraj Paradkar

(Chief Instructor)

Bio Data

Suraj Suhas Paradkar
H.NO:449 Near Santoshi Mata Temple
Housing Board Colony
New Vaddem
Vasco
+919552925449

4DAN black belt in Karate Association of India (KAI)
13 years of experience in karate field.
Founder and chief instructor at Combat Martial Arts Karate-Do Association Goa.

Achievement

1. 8 times State level medalist.
2. 8 times National level medalist.
3. 2 times International level medalist.
4. 2 times best referee awarded.
5. 2 times best instructor awarded.

Experience:

1. Training girls from Mother of Mercy High school and Al Madina High School.
2. Conducted self-defense training at Carmel College for girls for the year 2017-18.
3. Conducted workshop for Noorani sport and cultural club for girls.
4. Through Rashtriya Madhyamik Shiksha Abhiyan scheme by Central Government we are appointed to train girls in various government schools in Mormugao Taluka.