



V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION

VMSIHE Newsletter

Founder's Day

The 105th birth anniversary of our beloved founder late Shri Vassudev M Salgaocar was celebrated at VMSIHE on 13th May 2021.

Frank Simoes' words from **Fare Forward, Voyager** sums up beautifully Shri V. M. Salgaocar's lifetime contribution: "He left an enduring legacy to the people and the land he loved so well. A legacy for all ages."



Knowledge Portal

Webinars

Goan Style Cuisine

VMSIHE hosted an online webinar on Goan Cuisine with two well known chefs of Goa on 9th April 2021. We were privileged to have Chef Edia Cotta and our very own Chef Sandip Madkaikar at the VMSIHE state of the art Demo Kitchen.



Chef Edia Cotta has a vast experience of 35 years in Goan Catholic cuisine, while Chef Sandip Madkaikar is proficient in traditional Goan Saraswat cuisine. She demonstrated the art of a perfect Bafado and a Fish Guisado. Sandip Madkaikar demonstrated delicacies like Moongachi gathi, Bharillyo Kullyo (stuffed crabs) and other Saraswat style dishes.

Opportunities and Entrepreneurship in HYDROPONICS

DON BOSCO COLLEGE OF AGRICULTURE
SULCORNÁ, QUEPEM, GOA, INDIA

INTERNATIONAL WEBINAR

OPPORTUNITIES AND ENTREPRENEURSHIP IN HYDROPONICS

Dr. M. B. Chetti
Hon'ble Vice Chancellor
University of Agricultural Sciences, Dharwad
Topic: Introductory Remarks

Mrs. Meera Kurulekar
Greenscapes
M. Sc. (Biotechnology)
Topic: Hydroponics: Next Gen Farming, system installation and Economics

Dr. Vivek Bhat
CPAg & FertCare accredited adviser
Ph. D (Horticulture)
Topic: Plant nutrition across the production systems

Mr. Shyam Bhadane
Head Grower
Hydrobaccus Initiative Private Limited
B. Tech (Agricultural Engineering)
Topic: Hydroponics cultivation of strawberry and hops

Date: 15th Apr, 2021, Time: 10.00 am (Duration – 3 hrs)
Free Registration
Webinar platform: Cisco Webex
Registration link: <https://forms.gle/7znxZsIUdvzQxgA47>
Organizers: Dr. Shrinivas Sabale, Dr. Prashant Patil, Dr. Suresh Kunkalikar

A webinar on “Opportunities and Entrepreneurship in HYDROPONICS” organized by Don Bosco College of Agriculture, Quepem, on 15th April 2021 was attended by Ms. Sujatha Madhavan, Mr. E. Diniz, Mr. Sandeep Bhandodkar, Ms. Chaitra Phaldessai and Mr. Ashwin Sawant, members of the VMSIHE Biodiversity Club.

The speakers were Dr. M. B. Chetti, Hon'ble Vice Chancellor University of Agricultural Sciences, Dharwad.

Other speakers were Mr. Shyam Bhadane, B. Tech (Agricultural Engineering) Head Grower Hydrobaccus Initiative Private Limited, Dr. Vivek Bhat, CP Ag & Fert Care accredited adviser, Ph. D (Horticulture) and Mrs. Meera Panakkal, M.Sc.(Biotechnology) Greenscapes.

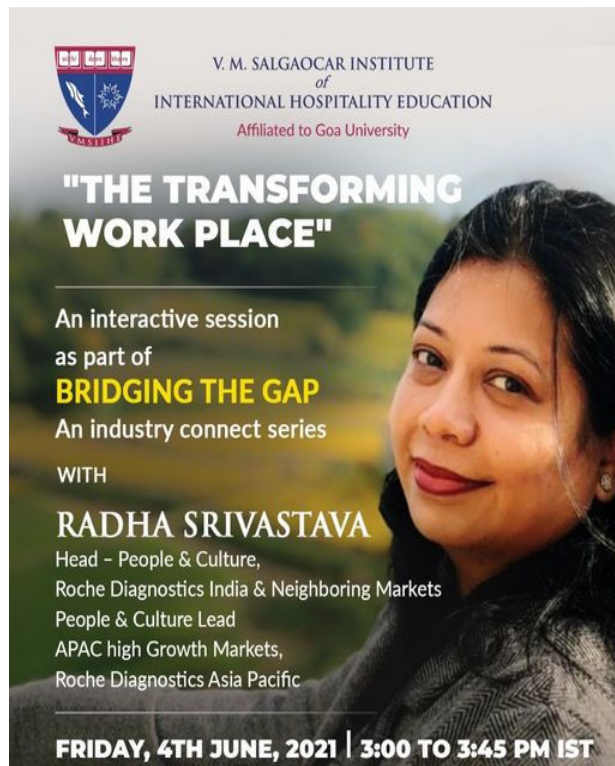
Dr. M. B. Chetti said that with increasing demand for food, hydroponics is a better option/technique of agriculture. The initial investment is high due to factors like electricity, training, in long run it would provide better returns.

Mr. Shyam Bhadane spoke about hydroponics for providing higher yield and economic returns compared to conventional agricultural practices.

Dr. Vivek discussed hydroponics as an opportunity for startup business for the production of nutrient-rich spices, herbal and high value crops.

Ms. Meera Panakkal's presentation dealt with Urban Farming such as courtyard garden, terrace garden, vertical garden and square foot gardening.

"The Transforming Workplace".



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**"THE TRANSFORMING
WORK PLACE"**

An interactive session
as part of
BRIDGING THE GAP
An industry connect series
WITH
RADHA SRIVASTAVA
Head - People & Culture,
Roche Diagnostics India & Neighboring Markets
People & Culture Lead
APAC high Growth Markets,
Roche Diagnostics Asia Pacific

FRIDAY, 4TH JUNE, 2021 | 3:00 TO 3:45 PM IST

Ms. Radha Srivastava is currently heading the People & Culture for the Swiss Multinational, Roche Diagnostics India and its Neighbouring Markets.

As the pandemic ravaged across the last 15 months, there has been a tremendous change in the way we work. There is a growing need for companies and individuals to be more dynamic. "The Transforming Workplace", is one of our Industry Connect Series, Bridging the Gap. The webinar was led by our guest Ms. Radha Srivastava.

She is a certified coach and leadership trainer in the area of agility & transformation, retention - based programmes, coaching and other areas relating to leadership development.

"A Successful Journey of a Founder"



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Join us for an interactive session on
A SUCCESSFUL JOURNEY OF A FOUNDER

byob
by your own boss

DR. SANGEETHA JANACHANDRAN,
Founder of Stories Social,
A leading Marketing &
Communication
Agency in Kochi

An online interactive session was held on 21st June 2021 with Dr. Sangeetha Janachandran, the Founder of Stories Social, a Marketing and Communications agency based out of Kochi, Kerala, has been in the communications industry for over 15 years with expertise in Marketing, Communications and PR with clients like IBM, BMW, American Express, Make my Trip.com, Kalyanjewellers, Aster, Sachin Tendulkar, Dr Azad Moopen and International talent like Aerosmith, Roger Waters, Beyonce and Black Eyed Peas during their India trips.

Events

World Earth Day

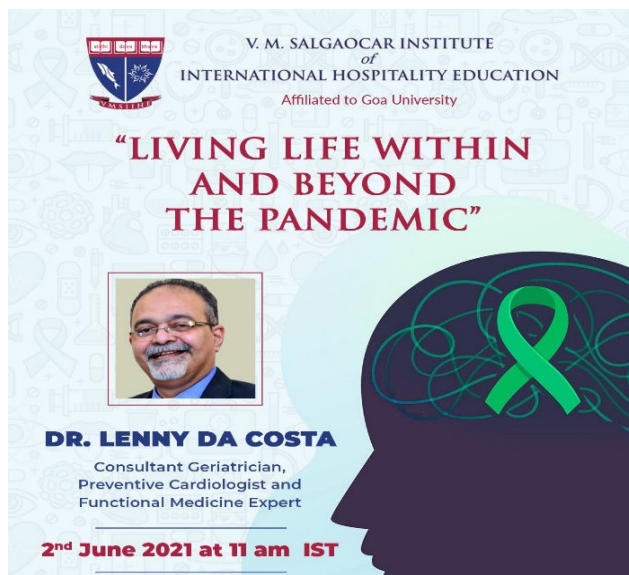
On the occasion of World Earth Day on 22nd April, 2021, the Engineering department of VMSIHE shut down the power supply of the institute from 7.00 pm to 7.30 pm to save energy.



All the staff members were requested to observe the same in their homes in order to save energy and save the environment.

Wellness Programmers'

"Living Life within and beyond the Pandemic"



An online session with Dr. Lenny da Costa on the topic "Living Life within and beyond the Pandemic" was held on 2nd June 2021.

The world around us has changed considerably over the last 15 months, the way forward is very uncertain. Helping us find our way ahead, was Dr. Lenny da Costa, Consultant Geriatrician, Preventive Cardiologist & Functional Medicine Expert, who spoke on "Living Life within and beyond the Pandemic", a wellness talk that gave us insights to live a "New Normal" life.

The lecture provided us with some wonderful insights to normality.

International Yoga Day



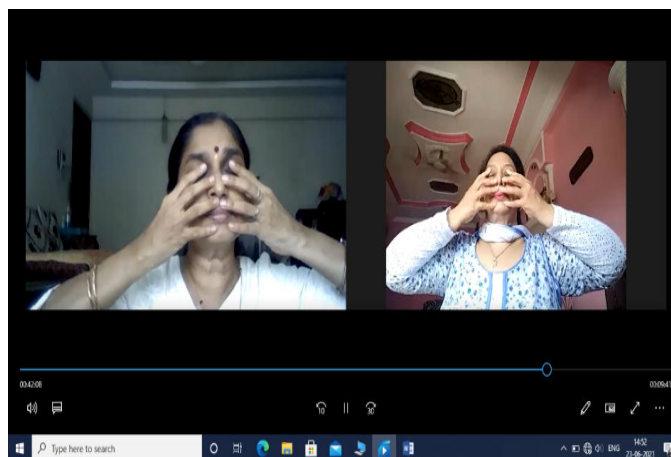
“Yoga for Well-Being” was organized by the HR Department on 21st June 2021 on the occasion of International Yoga Day.

The online session was conducted by Prof. Dr. Malini Desai of Mahalaxmi Homoeopathic Medical College Hospital & Research Center, Satara. She is also a Faculty for The Art of Living, Happiness Program. She was ably assisted by Ms. Feliciano Fernandes, Senior Art of Living Faculty.

The session started with introduction about attaining mind, body development, weight loss, stress management and avoiding lifestyle related diseases and also about Art of Living.

The session was a combination of powerful breathing exercises, rotation exercises, meditation and revolved around the benefits of incorporating Yoga into our daily routine.

Demonstration of a few pranayamas such as bhamari, nadishodhan and bhasrika were shown.



Bhramari Pranayam

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