



V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION

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Criteria 3

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Vanamotsav at VMSIIE

21/07/2018





Senior Citizen Day

On 21st August 2018 our college celebrated Senior Citizen Day. A day in which senior citizens, the pillars of strength and joy are celebrated. This event took place in Zakuro (cafeteria) at 10:15 am. The guest for that day was Mrs Joan Rebello, an ex-English professor at Shree Damodar College of commerce and economics and an ex-NSS officer. The event started with a brief introduction of the event and a little about Mrs Joan Rebello. After the introduction Mrs Rebello was felicitated by our director/principal professor Irfan Mirza.

Later on Mrs Joan Rebello addressed the gathering about her thoughts and interest about senior citizens in today's society, and further went on to enlighten us about all the social work she has done over the years and still continues to do today. She informed us about how we too can give back to society and come together to make a difference. The event came to an end with the vote of thanks and address by professor Mirza.





'Swachhta Hi Seva' 2018 Report

Orientation and door-to-door awareness campaign

On the 4th Anniversary of Swachh Bharat Mission, we the NSS Unit of V. M. Salgaocar's institute of International Hospitality Education, participated in the 'Swachhta Hi Seva' campaign.

Our NSS Unit with the full hearted cooperation of the Raia Panchayat, adopted the Raia village in order to try and better the lives of the locals in any way possible within means.

On 20th September 2018, at 5:15 pm, we had an orientation programme for our NSS volunteers, on campus, conducted by a recognised Ayurvedic medical expert Dr. Joy Pereira. He enlightened our students on the basic steps each one of us can take to prevent easily contractible diseases. He also informed them about the various ways in which we can keep our surroundings clean in order to benefit the society as a whole.

On the next day, 21st September 2018, we conduct a door to door campaign to spread awareness on health and sanitation in Manora - Raia. We divided our volunteers into 5 groups and covered as many houses as possible. The 30 NSS volunteers were accompanied by the NSS coordinators Tanvi Prabhe Malkarnekar, along with Programme officers Savio D'Souza and Rachel Amaral. The local staff of the institution and our principal - prof. I. S. Mirza. The Sarpanch, Madam Esmerelda Gomes, and Inacina Quadros, the Panch of Ward 3, assisted us as well with our campaign on health and sanitation. We left the campus at 4:30 pm and returned back by 6:00 pm, after which they were served refreshments in the cafeteria.

The 'Swachhta Hi Seva' campaign was covered by prudent media and was broadcast on 22nd September 2018 on the local channel.





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Campus Cleaning Drive

By: Juzelle Megan Silveira

On the occasion of Gandhi Jayanti, we the NSS Unit of V.M Salgaocar Institute of International Hospitality Education, took pledge in organizing a Campus Cleaning Drive on 1st October 2018, from 3 15 pm to 5 30pm. The students had to assemble outside the lobby for a small program and briefing on this auspicious occasion.

Mr. Brandon Gabriel, kick started the event with his magnificent comparing skills, followed by Mr. Hershell Fernandes who briefed the students and faculty on the importance of this occasion. In honor of the late Mahatma Gandhi, Miss. Meurel Veigas presented a garland of flowers to our director Professor Irfan Mirza which was then placed on his image showing our gratitude for the faithful years of his service for our country. Further Professor Mirza, addressed the students and staff about this auspicious day.

The Students then assembled in their assigned groups, were provided with gardening tools and escorted with the NSS coordinators to their allotted plots to carry out this drive. The students and faculty returned to the campus at 5:30pm, and further assembled in the cafeteria (Zukuro) for some snacks and refreshments.

Last but not the least, thanks to our NSS Coordinators, Mrs. Tanvi Prabhu, Ms. Rachel Amaral and Mr. Savio D'Souza along with our NSS Volunteers we were able to put up a Successful Cleanliness Drive to mark this occasion.





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World Food Day

Presented By: Juzelle Silveira

On 16th October 2018, we the NSS Unit of V.M.Salgaocar Institute of International Hospitality Education, had organized a talk on " World Food Day" held at Zukuro from 10:00 am to 10: 15 am. The program commenced by Mr. Brandon Gabriel who gave us all a warm welcome for this day. Followed by Ms. Meurel Veigas who educated us more on the importance of world food day in our society and the various Global steps initiated towards "Hunger Eradication".

Further, our director Professor Irfan Mirza briefed us on how we as young people of the society should stop wasting food in our daily lives and how to eradicate this problem. We as the NSS Volunteers along with the local staff of the Institute had to recite an oath on the occasion of this day. The talk came to an end with a vote of thanks which was given by Ms. Saloni Bhandurga and our Nss Co-ordinators Mrs. Tanvi Prabhu Malkarnekar and Savio D'Souza.





Blood donation Camp

Through voluntary blood donation camps, we ensure that people have access to a safe and sufficient blood supply when they need it. It aims to encourage social responsibility among youths through the simple life-saving act of blood donations.

On Wednesday, 14th November 2018, the VMSIHE – NSS Unit, conducted a blood donation camp on campus as part of one's social responsibility.

The team of 8 from Hospicio hospital, Margao- Goa, arrived on campus by 9:15 am and started the camp by 9:30 am. The interested donors had to register themselves by filling out a form, followed by the testing of the Haemoglobin level, blood pressure and a consultation by the head doctor to ensure that the donor was healthy enough to donate blood.

The team was very professional and carried out the procedures without a hitch. Most of the students felt at ease when donating and said that they enjoyed the overall experience.

In order to keep the energy of the blood donors up, they were provided with refreshments by the institute. The counter was kept open from 9:30 am to 12:30 pm. This was followed by lunch in the cafeteria for the students, staff and the team from Hospicio hospital.

In total we had over 50 people who turned up to donate blood, but after the tests were run, only 35 people were eligible to donate.

It was due to the hard work of the NSS Team and volunteers that this camp was a great success. We are glad that we could play a part in this selfless act of blood donation for a greater cause.





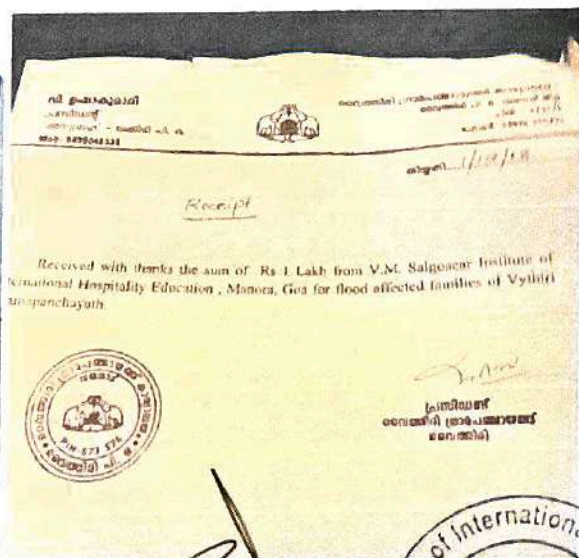
Kerala Relief Donation Drive

In August 2018, the unprecedented rains brought the state of Kerala to a standstill. Houses were destroyed, lives were lost and people's dreams were washed away with the floods.

We the VMSIIE NSS unit took the initiative to collect funds for the said cause. The staff and students donated generously. They placed their monetary donations in the Fund Box that was kept in the cafeteria from 20th August 2018 to 24th August 2018. A total of 1 lakh Rupees was collected.

Professor Mirza travelled to Kerala, on 1st December 2018, to personally hand over the amount collected to the flood affected families of Vythiri, Kerala.

We are glad we could do our bit in trying to rebuild the lives of the flood victims in Kerala.





NSS Cleanliness Drive

The NSS unit of VMSIIHE in collaboration with the Raia Panchayat conducted a cleanliness drive on Saturday 8th December 2018 from 8:00 am to 10:00 am in Bacbat –Raia (The road leading to the Bosch building from Raia).

The members of the Raia Panchayat included Ms Esmerelda (Sarpanch), Mr James (Panch of Bacbat) and Mr Santan (panchayat Peon). The Raia Panchayat provided us with Garbage bags, gloves, some cleaning tools and refreshments for all the volunteers. The remaining tools were taken from VMSIIHE.

In total 20 volunteers from VMSIIHE along with the NSS Coordinators, Tanvi Prabhu Malkarnekar, Rachel Amaral and Savio D'Souza, participated in the drive. Together we managed to clean an area of around 500 sq.m. and collected a total of 32 bags of garbage- Wet and dry.

Prudent media covered the cleanliness Drive which aired two days later on Television. They took the feedback of the volunteers with regards to the drive and the message they would like to give the public about proper segregation and disposal of garbage.

The drive was a success and we are glad that we could do our small bit in trying to clean up our surroundings.





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Firefighting training

By Roel Andrade

'Some people run from problems, others run to them. Fire fighters save more than homes. They save hearts, memories and dreams'. It is essential for every human being to have the basic firefighting knowledge in order to act appropriately when the need arises. This can help prevent catastrophes and save lives and property.

The HR department in collaboration with the NSS committee of VMSIIE organized a firefighting session on Friday, 18th January 2019, from 3:15 am to 5:00 pm. A total of 135 members attended the session which included NSS volunteers (FY and SY students), faculty, admin staff, kitchen team, engineering team, housekeeping and security. The firefighting session was led by Mr. Umesh Paryekar who has been a firefighting engineer for the past 25 years and is the founder of AGNIRAKSHA.

The orientation commenced at 3:15pm in Zurich. The chief guest and the audience were welcomed by one of our NSS volunteers and compere for the day Miss Sarah Miranda . Mr. Umesh Paryekar enlightened us about the steps that need to be taken if one is ever faced with such a situation. He told us that whenever there is a fire the people trapped should always shout fire 3 times and that the people shouldn't panic but should act and think smartly. He also spoke about the various types of fire extinguishers. He told us about the ABC type fire extinguishers. These extinguishers can be used to treat fires caused due to wood, petroleum, and electricity. He also spoke about MAP (mono ammonium phosphate powder).

This was followed by a demonstrated outdoors in the Amphitheatre by Mr. Umesh Paryekar on how to use these fire extinguishers as well as how to use the water hose. He showed us the correct technique of holding it and the position to stand in while holding it. He also informed us that three people are required to control the water hose pipe due to the force of the water pressure. He provided us with valuable knowledge and training that will help us throughout our lives.

The vote of thanks was proposed by Roel Andrade followed by a group photograph of all those who attended the firefighting training session. It was truly an enriching experience for us all.




V. M. Sanyal
Manora - Rala
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Institute of International Hospitality Education



Talk on Cancer Awareness

By Sahil Essani Shabudin

Each year on 4th February, World Cancer Day empowers all of us across the world to show support and raise our collective voice. World Cancer Day is the only day on the global health calendar where we can all unite and rally under the one banner of cancer in a positive and inspiring way.

9.6 million People die each year from cancer which is more than HIV/AIDS, malaria and tuberculosis combined. By 2030, experts project cancer deaths to rise to 13 million, that is unless we do something about it.

More than one third of cancer cases can be prevented. Another third can be cured if detected early and treated properly. By implementing resource-appropriate strategies on prevention, early detection and treatment, we can save up to 3.7 million lives every year.

The students of VMSIIE as part of their NSS initiative took opportunity of this crucial occasion to speak a bit about cancer, to raise the students' literacy and understanding around cancer, to reduce fear, increase understanding, dispel myths and misconceptions, and change behaviours and attitudes in regards to this disease.

The talk was held in the institute premises and the following topics were presented:

- Importance of Cancer Awareness
- Medically understanding cancer
- Famous Personalities who battled cancer
- Causes of Cancer
- Prevention Methods

This talk has been an enlightening experience which will help spread awareness and help those in need.





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Dental Check-up Camp and Nutrition Talk

By Dharmaja Kamat and Meurel Viegas

On Wednesday, 27th February 2019, the VMSIIE - NSS unit organized a 'Nutrition Talk' for the First year NSS volunteers from 3:00 pm to 5:00 pm. A free dental check-up camp was simultaneously organized for the students and staff of VMSIIE as well as the local residents of Raia from 3:00 pm to 5:00 pm in the training lobby.

The nutrition talk was conducted by Dr. Joline Fernandes, who is a Homeopathy Diet Naturopathy Treatment Specialist. She made the students aware about how valuable their body is and why the immune system is the most important organ in the body. The students were told the causes of dysfunctional immune system and how the weakening of the immune system can lead to multiple diseases. Students were made aware that obesity, diabetes, PCOD/infertility, cancer, allergy and hyperacidity are the lifestyle problem the people are facing all over the world.

The students were made aware about obesity prevention methods which included not skipping breakfast, sleeping sufficient amount, drinking enough water, doing the right amount of physical exercise, and a sustainable diet. She also busted nutrition myths that were commonly believed by many, like skipping meals leads to weight loss, diet food/low calorie food is healthy, alcohol in limited amounts is good for health. She also made the students aware that the best diet a person can follow is the diet which uses much of the locally grown product.

Dr. Joline also talked about polycystic ovary syndrome (PCOD) in detail. She told us that this condition cannot be cured by medication but can only change with our lifestyle choices. She also made us aware of the symptoms of PCOD.

The talk ended with the respective class representatives giving a vote of thanks.

The Dental Check-up was done by renowned dentists from Smile Studio 52 which has its clinics based in Fatorda, Colva and many other places. The dentists that conducted the camp were Dr. Paresh Lotlekar (MDS), Dr. Aarti Gadkari (BDS) and Dr. Smita Palkar (BDS).

All the students of the institute and the staff members were able to avail themselves of this opportunity. This checkup was also open to the Raia locals who made time and freed themselves in order to get their check-up done.

The registration for the same was done at the campus itself after which each patient was handed a form with their respective names and a list of the various categories that would be covered during the dental check-up.

The dentists attended each patient personally and gave them advice as per their dental requirements. The dentists looked into various aspects like Teeth Cleaning, Tooth Extraction, Filling, Cavity Reduction, Root Canal Treatment, Bridge/Denture/Implant, Requirement of Braces and The Development of Teeth. The 'Free Dental Check-Up' ended with the distribution of mementos to the dentists on behalf of the institute.

The Free dental checkup camp and nutrition talk was a success as it helped spread important knowledge and smiles all round.

Nutrition Talk



Free Dental Check-up Camp



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International Women's Day

8 March 2019

On Friday, 8 March 2019, the NSS volunteers of F.Y.B.Sc (Japan) organized a program for International Women's Day at Zakuro (cafeteria) during the morning tea break as a mark to celebrate women equality around the world. The chief Guest for the program was Ms. Maria Elsa Albuquerque e Fernandes, an inspiring woman who has seen the attitudinal and cultural shift in the way women's equality has changed throughout the years and around the world.

She gave us a dynamic speech, from which we all took away a message that will surely guide us throughout our life. The message was that we need to be kind, be humble, have a vision in life and work towards it, not forgetting to enjoy our journey getting there.

The theme for International Women's Day this year, "Think Equal, Build Smart, Innovate for Change", puts innovation by women and girls, for women and girls, at the heart of efforts to achieve gender equality.

Achieving a gender-equal world requires social innovations that work for both women and men and leave no one behind. It begins with making sure that women's and girls' needs and experiences are integrated at the very inception of technology and innovations. It means building smart solutions that go beyond acknowledging the gender gaps to addressing the needs of men and women equally. And ultimately, it needs innovations that disrupt business as usual, paying attention to how and by whom technology is used and accessed, and ensuring that women and girls play a decisive role in emerging industries.

The Programme included a quiz about Influential women and their achievements the twist however was that if a gentleman answered the question correctly he would have to give it to the nearest lady sitting next to him.

The event was an overall success with the ladies of V.M Salgaocar's Institute of International Hospitality Management walking out with grace, elegance and pride.



Poetry Writing Competition

In order to mark World Sparrow day (20th March 2019), World forestry day and World Poetry day (21st March 2019) as well as World day for water (22nd March 2019), the NSS unit will be organizing a poetry writing competition.

Theme: Environmental Awareness

Submission date: by Tuesday, 19th March 2019.

Guidelines:

- The poems can be composed at home.
- A final hard copy needs to be typed out and submitted to **Ms. Rachel Amaral** by the above mentioned date.
- The poem should be written in the English Language.
- Each participant can submit only one poem.
- The poem should have a proper title and consist of a minimum of four stanzas.
- The poems will be judged on the basis of **Creativity, Relevance to the theme, Coherence of form and structure, Clarity of imagery and language, overall impact.**
- The poem should be the original work of the student. Plagiarism of any sort will lead to disqualification.
- The poem should not have obscene language or any vulgar innuendos (implications). Usage of such language will lead to disqualification.
- The judges' decision is final, and no correspondence will be entered into concerning this decision.
- The winners of the competition will be announced on Friday, 22nd March 2019 during the 10:00 am tea break in Zakuro (Cafeteria).