

## Faculty/ Professional Development Program

### Report on Training conducted between 6<sup>th</sup> August 2018 to 10<sup>th</sup> August 2018 by Art Of Living Teachers

Venue: Multipurpose Hall

Time: 3.30pm to 6pm

Teacher: Mr. Rajeshwar Naidu & Mrs. Tanuja Sardesai

Participants:

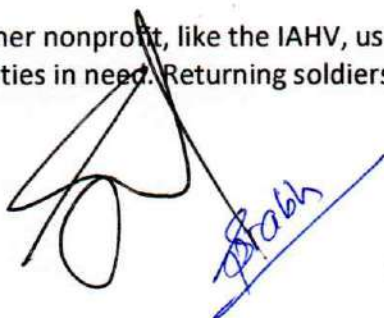
1. Ms. Rahana Mirza
2. Dr. Jacqueline Fernandes Breitinger
3. Ms. Sujatha Madhavan
4. Ms. Edna Noronha
5. Ms. Sushma Lotlikar
6. Ms. Manisha Borkar
7. Ms. Chaitra Phaldesai
8. Ms. Tanvi Prabhu Malkarnekar
9. Ms. Gauri Patil
10. Ms. Charmayne D'Souza
11. Mr. Sunil Deshpande
12. Mr. Savio D'Souza

Art of Living is operating in 155 countries, The Art of Living is a non-profit, educational and humanitarian organization founded in 1981 by the world-renowned humanitarian and spiritual teacher - Gurudev Sri Sri Ravi Shankar. All programs are guided by Gurudev's philosophy: "Unless we have a stress-free mind and a violence-free society, we cannot achieve world peace."

#### The Course was about the happiness program.

Happiness course is a combination of yoga, powerful breathing exercises, meditation and practical wisdom, The Art of Living Happiness Program will help you live life the way you've always wanted to: Calmly, confidently, and armed with the tools you need to deal with whatever life throws at you. Its central breathing technique, Sudarshan Kriya, effectively reduces stress and takes people effortlessly into a state of deep meditation.

AOL partner nonprofit, like the IAHV, use the same techniques in service projects to support communities in need. Returning soldiers, at-risk students, prisoners and disaster victims have



all experienced relief from trauma and stress.

**Following are the benefits of the Happiness program**



**Quickly & effectively reduce stress**

With the power of your breath

The Happiness Program gives you expert training in a series of yogic breathing techniques which can reduce your stress, relieve anxiety & depression, and bring you back to a clear and positive state of mind.



**Build resilience**

With mind mastery

Understanding the nature of the mind gives you a more comprehensive perspective on life. This enables you to stay calm by issues that used to create frustration, impatience, worry and more.



**Make meditation easier**

With Sudarshan Kriya

Tried meditation, but frustrated with your mind wandering? The central technique of the Happiness Program, Sudarshan Kriya, is a simple yet powerful breathing technique that effortlessly draws you into a deep state of meditation.



**Relax deeper**

With guided yoga & meditation

Enjoy our effortless approach ... Learn easy yoga poses you can incorporate into your day for greater health, focus, and relaxation. Unique guided meditations that give you a glimpse of the beauty within

*Prabhu*

Institute of International Hospitality Education  
Manora - Rale Dga



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**Firefighting training**



The HR department in collaboration with the NSS committee of VMSIHE organized a firefighting session on Friday, 18<sup>th</sup> January 2019, from 3:15 am to 5:00 pm. A total of 176 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.

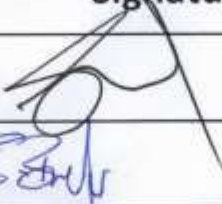
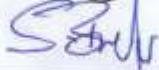
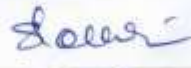

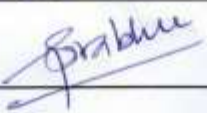

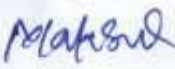




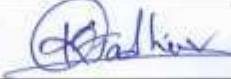
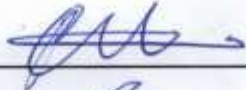

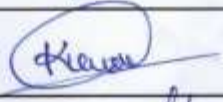





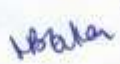
The vote of thanks was proposed by Roel Andrade followed by a group photograph of all those who attended the firefighting training session. It was truly an enriching experience for us all.


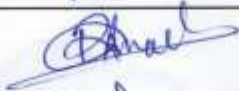


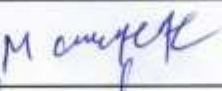

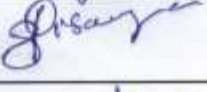

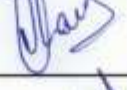

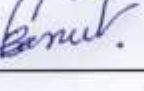
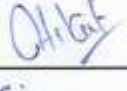
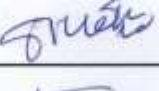
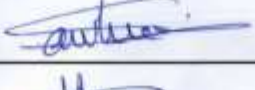
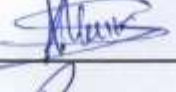
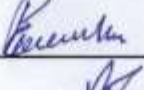
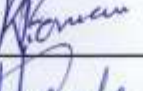
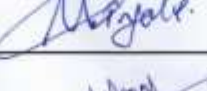




# V. M. SALGAOCAR INSTITUTE *of* INTERNATIONAL HOSPITALITY EDUCATION

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Sr.No	Name	Signature	Type
1	Prof. Irfan Mirza		Teaching
2	Sebastian Breitingger		Teaching
3	Sushma Lotlikar		Non Teaching
4	Sujatha Madhavan		Teaching
5	Sharada Prabhu		Non Teaching
6	Sushma Kalangutkar		Non Teaching
7	Maksud Ali Khan		Non Teaching
8	Arun Gadkar		Non Teaching
9	Candita Quadros		Non Teaching
10	Piedade Fernandes		Non Teaching
11	Jesmine Alvares		Non Teaching
12	Krishnakant Jadhav		Non Teaching
13	Preetamsingh Rajaput		Non Teaching
14	Ramesh Singh		Non Teaching
15	Kumar Goreng		Non Teaching
16	Sarfaraz Can		Non Teaching
17	Rajib Darjee		Non Teaching
18	Jhalak Sayee		Non Teaching
19	Issac mathew		Non Teaching
20	Savio D'Souza		Non Teaching
21	Manisha Borkar		Non Teaching

22	Chaitra Phaldesai		Non Teaching
23	Rachel Amaral		Teaching
24	Gauri Patil		Teaching
25	Mahesh Bandodkar		Non Teaching
26	Manjunath Halabar		Non Teaching
27	Rodwin Rodrigues		Teaching
28	Santan D'Souza		Non Teaching
29	Sarfraz Madiwale		Non Teaching
30	Vinayak Chari		Non Teaching
31	Anil Gaonkar		Non Teaching
32	Fagun Barot		Non Teaching
33	Vikraman Pillai		Non Teaching
34	Ramappa Navalolli		Non Teaching
35	Salvador Fernandes		Non Teaching
36	Sagar Naik		Non Teaching
37	Princely Gaunkar		Non Teaching
38	Fenson Rodrigues		Non Teaching
39	Mahadev Ingale		Non Teaching
40	Nagraj Naik		Non Teaching
41	Anup Bhat		Non Teaching



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Report on

One Day State Level Workshop on Writing Research Paper

On the 31<sup>st</sup> of August, 2018 the Research and Publications committee of V. M. Salgaocar Institute of International Hospitality Education organized a one day state level workshop on **Writing a Research Paper: with focus on Humanities and Social Sciences**. The response to the workshop was tremendous, a total of 47 participants



attended.

The core objective of the workshop was to equip faculty, research scholars, and students with skills and knowledge to do efficient research and to turn completed research into publishable material. The workshop consisted of both theory and practical aspects of research. The expertise delivering the lecture were: Dr. Nandakumar Mekoth, Professor, Dept. of Management Studies, Goa University. And Dr. S. Subrahmanyam, assistant professor in Marketing, at GITAM School of International Business, Visakhapatnam. The workshop commenced after registration and breakfast of all the participants. At the onset a small inaugural and introduction ceremony was held. The Director Prof. Irfan Mirza in his welcome note highlighted the importance of conducting the workshop. Followed by Ms. Nelissa Alcasoas, introducing the resource persons, and Prof. Mirza and Dr. Marie Raj handing over the mementos.



Following which the first session for the day commenced, which was conducted by Prof. Mekoth. Who spoke on identifying research topics, what are the gaps in research and on how to write a research proposal, also how to design your questionnaire. Prof. Mekoth also discussed some of his research papers, and answered any queries the participants had in regard to research.

In the session following the lunch break, Dr. A. Subrahmanyam spoke in detail about quantitative and qualitative research methods, identifying the tools, using the software SPSS, and also writing reports and papers. Both the sessions were informative.





The workshop provided the candidates a very good exposure. This workshop would certainly benefit the participants and we are sure that this workshop would enhance the quality of Social Sciences Research among the participants. The workshop was intended mainly to change the mind set of participants and provide them a greater exposure so that they are encouraged to do quality research. We hope we have succeeded in that endeavour.



## WHO CAN PARTICIPATE?

- Research Scholars
- Faculty members and other academicians
- Students pursuing/ completed masters

## REGISTRATION FEES:

- Early bird (Before 24th August): **Rs. 500/-**
- Spot registration: **Rs. 600/-**
- The fee includes: workshop certificate, kit breakfast and lunch.
- Kindly note that no TA/DA will be provided to participants.
- **Kindly carry your laptops**

## MODE OF PAYMENT

DD of registration fees should be drawn in favour of:

Vishwa Saraswati Society A/C VMSIHE  
SB A/C: 50100051500215  
IFSC No.HDFC0002832  
Bank Name: HDFC Bank Ltd, Nuvem

FOR OFFICIAL CORRESPONDENCE  
OR ANY FURTHER QUERIES KINDLY  
CONTACT:

- Dr. Rachel Pereira ( Workshop Co-Ordinator)  
Assistant Professor General Management  
Ph. No. 9003974821  
Email @- Rachel.Pereira@vmsiihe.edu.in
- Ms. Valerie Jacques  
Counselor  
Ph.no. 9923805055  
Email @ Valerie.Jacques@vmsiihe.edu.in

## ABOUT VMSIHE

Set up to high international standards, VMSIHE is the first hospitality institute in Goa that offers the best hospitality education with world class infrastructure that gives students an edge over others. Affiliated to the Goa University, backed with strong international exchange programs and internships and placements in starred hotels, VMSIHE uses a perfect combination of academic learning, practical sessions and professional internship to give one the best foundation and internationally acclaimed hospitality degree to get one set for a global career



V. M. SALGAOCAR INSTITUTE  
of  
INTERNATIONAL HOSPITALITY EDUCATION



One day State Level Workshop on:

## WRITING A RESEARCH PAPER

WITH FOCUS ON HUMANITIES  
AND SOCIAL SCIENCES

31st August 2018

Organised by  
The Research & Publications  
Committee of  
V.M Salgaocar Institute of  
International Hospitality  
Education  
Manora, Raia

# NEED FOR THE WORKSHOP

The core objective of the workshop is to equip the participants with set of skills and potentiality to undertake the research very effectively in the disciplines of social science and to turn completed research into publishable material of high quality in the form of articles, journals and books. This workshop is designed to offer the practical guidelines and direct the researchers through all the stages of research from identifying a research problem to the submission of a dissertation, report writing and research article. The course intends to deal with variety of quantitative and qualitative research methods used in social science researches. It also gives exposure to data analysis with the help of software packages. The workshop consists of both theory and practical. By the end programme they are expected to develop conceptual clarity and practical knowledge.



# PROFILE OF RESOURCE PEOPLE



## DR. A. SUBRAHMANYAM

MBA, M.Sc. (Psy.), Ph.D. in Management, Assistant Professor - Marketing

He is working as an assistant Professor in GITAM School of International Business, Visakhapatnam.

He has eleven years of experience in Academic, Research and Industry. He has been a resource person for several workshops and FDP programs held at many universities and B-Schools in India.

Published research papers in refereed journals. Including Scopus and ABDC indexed journals



## PROFESSOR NANDAKUMAR MEKOTH

Professor of Management Studies at Goa University. Doctorate of the University of Calicut, and has completed Faculty Development Program of Indian Institute of Management Ahmedabad.. He had held positions like Dean, Faculty of Management Studies, Head of the Department of Management Studies, Chairperson of the Board of Studies of Management Studies, Member of Academic Council, and Member of Court at Goa University.

Program Schedule	
8:15- 9.00 a.m.	Registration/ Breakfast
9.15- 11.00 a.m.	<b>1<sup>st</sup> session:</b> Identifications of the research topic, Gaps in research and Writing Research proposals
11.00 – 11.15 a.m.	Refreshment break
11.15- 1.15 p.m.	<b>2<sup>nd</sup> session:</b> Designing the Questionnaire
1.15- 1.45 p.m.	Lunch break
1.45- 3.30 p.m.	<b>3<sup>rd</sup> session:</b> Identifying the tools: Quantitative and Qualitative research methods in Social Science/ Hands on training on the Statistical Software.
3.30- 3.45 p.m.	Tea break
3.45- 4.45 p.m.	<b>4<sup>th</sup> session:</b> Writing Research papers and reports
4.45- 5.00 p.m.	Valedictory