



V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION

Manora Raia, Salcete, Goa – 403720 India
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Email: info@vmsihe.edu.in Web: www.vmsihe.edu.in

2019- 2020

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YOGA CLASS

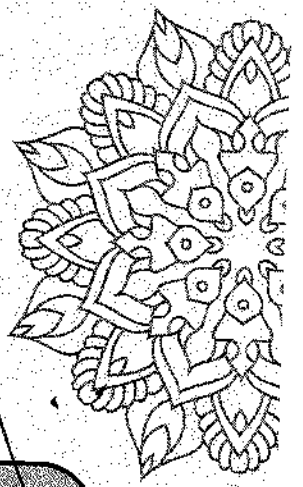
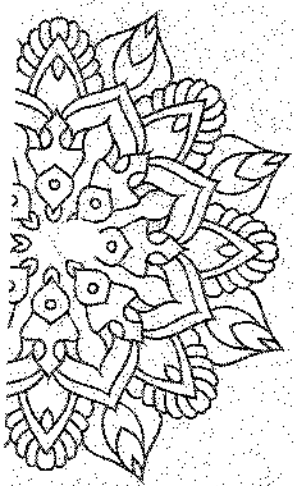
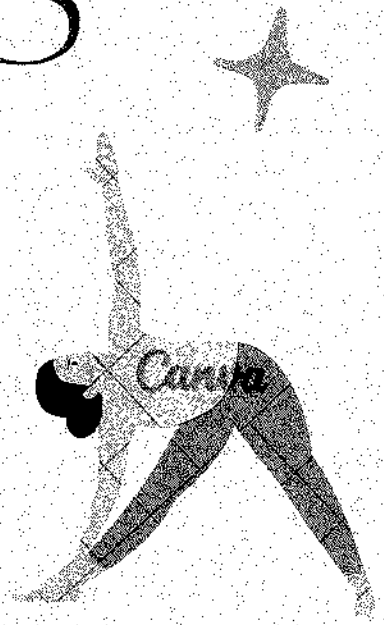
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of
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YOGA CLASSES

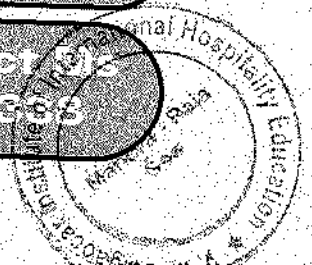


Everyday

Marriott Classroom

5:15 pm to 6:30 pm

To register contact
Gauri - 9404925365





Proposal of Add on Course: 2020

Title of the Course	Yoga foundation: A beginners journey
01. About the Course	<p>The primary goal of this beginner yoga class is to introduce participants to the fundamentals of yoga, providing a supportive and inclusive environment for individuals with varying levels of experience. By the end of the course, participants should be able to:</p> <p>Course Objectives:</p> <ul style="list-style-type: none">• Develop a Basic Understanding of Yoga Philosophy• Explore Breath Awareness (Pranayama)• Enhance Body Awareness• Build a Regular Yoga Practice• Experience the Holistic Benefits of Yoga <p>Learning outcomes of the course: After completing the course students will be able to:</p> <ul style="list-style-type: none">• Define and understand the basic principles of yoga, including breath awareness, mindfulness, and the connection between mind and body.• Learn and practice basic yogic breathing techniques (pranayama) to enhance overall well-being and promote relaxation.• Develop a heightened awareness of body sensations, alignment, and movement through the practice of yoga poses.• Explore and practice relaxation techniques, including Savasana (corpse pose), to release tension and promote a sense of calm.• Foster a positive attitude toward the learning process, emphasizing the importance of patience and persistence in yoga practice.
02. Target Participants	F. Y. B. sc. IHM students
03. Mode of Delivery	offline
04. Duration of the Course	1 months

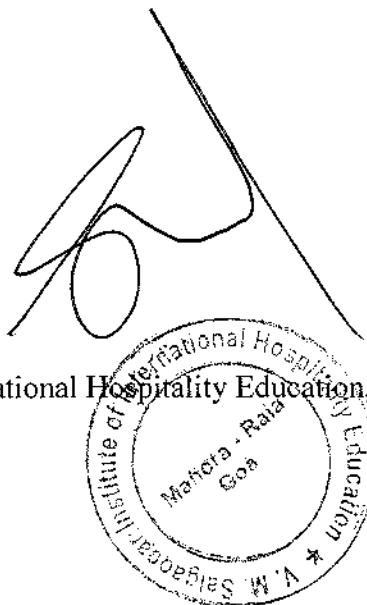
05. Commencement of the Course	24 th February 2020 to 23 rd March 2020
06. Method of Evaluation	Nil
07. Certificate	After completion of the course students will be awarded with certificate of course completion
08. Course Fee	Nil
09. Remuneration the Resource Person-	Nil
10. Cost for the Institute	Nil
11. Resource Person/ Faculty	01 resource person from the industry
12. Feedback	-
13. Details of the Course Coordinator	Dr. Kaushik Jadhav 'Synergy Yoga Therapy Studio' Margao Goa Mr.sharda Prabhu Sr.Officer – HR

Add on Course Approved by

Prof. I. S. Mirza

Director/Principal:

V.M. Salgaocar Institute of International Hospitality Education,
Manora, Raia, Margao, Goa.





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Tel +91 (832) 6623000 Fax +91 (832) 6623111 info@vmsihe.edu.in www.vmsihe.edu.in
Established by Vishwa Saraswati Society (Reg. No. 10/Goa/2007)

24th March 2020

To,

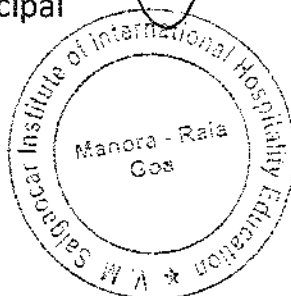
Dr. Kaushik Jadhav

On behalf of V.M. Salgaocar institute of International Hospitality Education, I would like to thank you for conducting the add on course on Yoga for the B.Sc. IHM Students from 24 February 2020 to 23 March 2020.

We are grateful for your time and efforts for sharing your knowledge and experience with our students. Once again, thank you for your exceptional dedication and commitment to helping us discover the profound benefits of yoga.

With warm regards,

Irfan S. Mirza
Director & Principal



Dr. Kaushik Jadhav

Brief profile

Dr. Kaushik Jadhav is a Homeopathic doctor by profession. He completed his BHMS from Shri Kamaxidevi Homeopathic Medical College- Shiroda Goa and also completed a course in Yoga from S-VYASA –Bengaluru. He owns a clinic in the name of 'Synergy Yoga Therapy Studio' at Dicapale Margao Goa. In addition to his profession, he also conducts Yoga classes for resolving various health issues.

He has conducted yoga sessions for youth as well as adults and guides students to "connect to breath" while conducting a series of physical and mental exercises.


Dr. Kaushik Jadhav





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Report on Yoga Classes between 24th February 2020 to 23rd March 2020 by Dr. Kaushik Jadhav

Venue: Marriott Classroom

Time: 5.15pm to 6.15pm

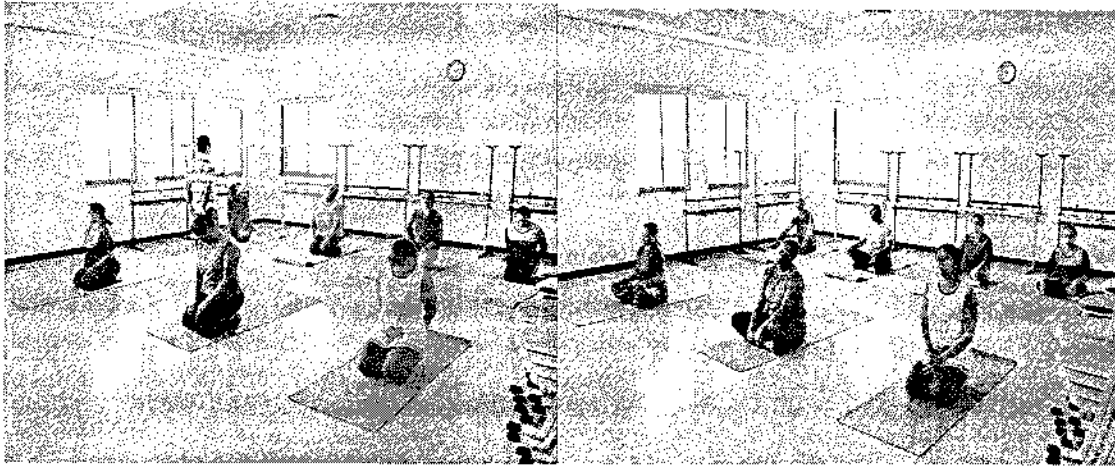
Teacher: Dr. Kaushik Jadhav

Participants: staff and students

Dr. Kaushik Jadhav is a Homeopathic doctor by profession. He completed his BHMS from Shri Kamaxidevi Homeopathic Medical College- Shiroda Goa and also completed a course in Yoga from S-VYASA –Bengaluru. He owns a clinic in the name of 'Synergy Yoga Therapy Studio' at Dicapale Margao Goa. In addition to his profession, he also conducts Yoga classes for resolving various health issues.

The Course Content:

This course was a combination of yoga, powerful breathing exercises and meditation. The session started with introduction about attaining mind, body development, weight loss, stress management and avoiding lifestyle related diseases through Surya Namaskar and Pranayama.



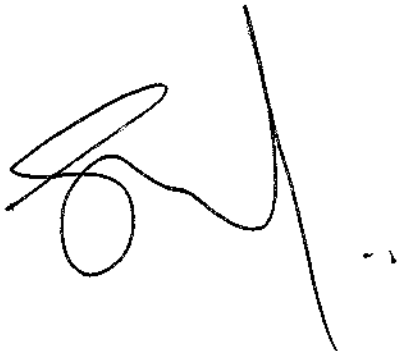
Following are the benefits of the Yoga Classes

- Stress reduction, relief from anxiety & depression to a clear and positive state of mind.
- This enables one to stay calm from issues created by frustration, impatience, worry and more.
- With guided yoga & meditation it gave a glimpse of the beauty within.
- It Increases the blood flow
- Yoga practice improves coordination, reaction time, memory, and even IQ scores
- It helps you sleep deeper
- Boosts one's immune system functionality
- Prevents IBS (Irritable Bowel Syndrome) and other digestive problems
- Gives you peace of mind and inner strength

We all have benefitted a lot from this course.


Course Incharge

Ms.Sharda Prabhu







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Lecturer Name: Mr. Dr. Kaushik Jadhav											
Subject: Yoga class											
No. of sessions		1	2	3	4	5	6	7	8	9	10
Date		24/02/20	25/02/20	26/02/20	27/02/20	28/02/20	2/03/20	3/03/20	4/03/20	5/03/20	6/03/20
Session time (1 hours slot)		1	1	1	1	1	1	1	1	1	1
Sr.No	Student Name	P	P	P	P	P	P	P	P	P	P
1	Aaron Lee Rodrigues	P	P	P	P	P	P	P	P	P	P
2	Thulasi Raju	P	P	P	P	P	P	P	P	P	P
3	Abhijit Datta Prabhu	P	P	P	P	P	P	P	P	P	P
4	Acqvin Carmo Fernandes	P	P	P	P	P	P	P	P	P	P
5	Adrich Praveen Coelho	P	P	P	P	P	P	P	P	P	P
6	Afrin Khan	P	P	P	P	P	A	P	P	P	P
7	Aishwarya J	P	P	A	P	P	P	P	P	P	P
8	Aisling Roseanne Pereira	P	P	P	P	P	P	P	P	P	P
9	Althandra Brian Felix	P	P	P	P	P	P	P	P	P	P
10	Berwyn Jeremiah Da Silva	P	P	P	P	P	P	P	P	P	P
11	Bhujbal Kritish Raju	P	P	P	P	P	P	P	P	P	P
12	Breanna LinaRose Moraes	A	P	P	P	P	P	P	P	A	P
13	Chetan K. Nayak	P	P	P	P	P	P	P	P	P	P
14	Christopher Savio Sebastian Paulino Rodrigues	P	P	P	P	P	P	P	P	P	P
15	Cidel Iris Ferrao	P	P	P	P	P	P	P	P	P	P



16	Cleopatra Alvares	P	P	P	P	P	P	P	P	P	P
17	David Jason Baptista Cardoso	P	P	P	P	P	P	P	P	P	P
18	D'Costa Pronnoy	P	P	P	P	P	P	P	P	P	P
19	Dionne Francesca Gouveia	P	P	P	P	P	P	P	P	P	P
20	Eesha Nilesh Newalkar	P	P	P	P	P	P	P	P	P	P
21	Ershville Dias	P	P	P	P	P	P	P	P	P	P
22	Kaushik Nilesh Painginkar	P	P	P	P	P	P	P	P	P	P
23	Kumar Magavi	P	P	P	P	P	P	P	P	P	P
24	Kumar Nishant	P	P	P	P	P	P	P	P	P	P
25	Lester Barreto	P	P	A	P	P	P	P	P	P	P
26	Lizel Fernandes	P	P	P	P	P	P	P	P	P	P
27	Maldino Criflee Rodrigues	P	P	P	P	P	P	P	P	P	P
28	Maria Elaine Furtado	P	P	P	P	P	P	P	P	P	P
29	Mitchell Mascarenhas	P	P	P	P	P	P	P	P	P	P
30	Tanvi Nayak	P	P	P	P	P	P	P	P	P	P

Prabhu

Ms.Sharda Prabhu
 session Incharge
 Signature with date



[Handwritten Signature]

16	Cleopatra Alvares	P	P	P	P	P	P	P	P	P	P
17	David Jason Baptista Cardoso	P	P	P	P	P	P	P	P	P	P
18	D'Costa Pronnoy	P	P	P	P	P	P	P	P	P	P
19	Dionne Francesca Gouveia	P	P	P	P	P	P	P	P	P	P
20	Eesha Nilesh Newalkar	P	P	P	A	P	P	P	P	P	P
21	Ershville Dias	P	P	P	P	P	P	P	P	P	P
22	Kaushik Nilesh Painginkar	P	P	P	P	P	P	P	P	P	P
23	Kumar Magavi	P	P	P	P	P	P	P	P	P	P
24	Kumar Nishant	P	P	P	P	P	P	P	P	P	P
25	Lester Barreto	P	P	P	P	P	P	P	P	P	P
26	Lizel Fernandes	P	P	P	P	P	P	P	P	P	P
27	Maldino Criflee Rodrigues	P	P	P	P	P	P	P	P	P	P
28	Maria Elaine Furtado	P	P	P	P	P	P	P	P	P	P
29	Mitchell Mascarenhas	P	P	P	P	P	P	P	P	P	P
30	Tanvi Nayak	P	P	P	P	P	P	P	P	P	P

Prabhu
 Ms. Sharda Prabhu
 session Incharge
 Signature with date



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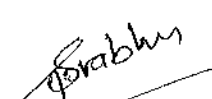
Certificate

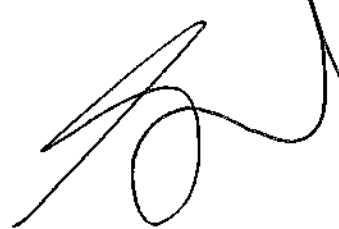
This is to certify that

Mr./Ms. Tanvi Nair.

has

participated in the add on course on
'Yoga workshop'
conducted by VMSIHE
from 24th February till 23rd of March, 2020


Ms. Sharda Prabhu
Sr. Officer - HR

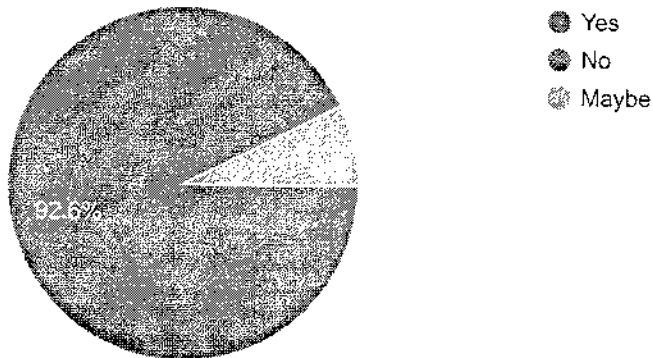

Prof. Irfan Mirza, CHE
Director & Principal

Publish analytics


Did you enjoy the yoga sessions

 Copy

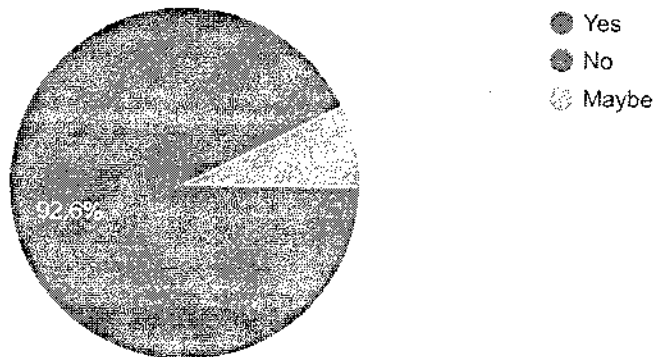
27 responses




Did you feel comfortable and supported during the class?

 Copy

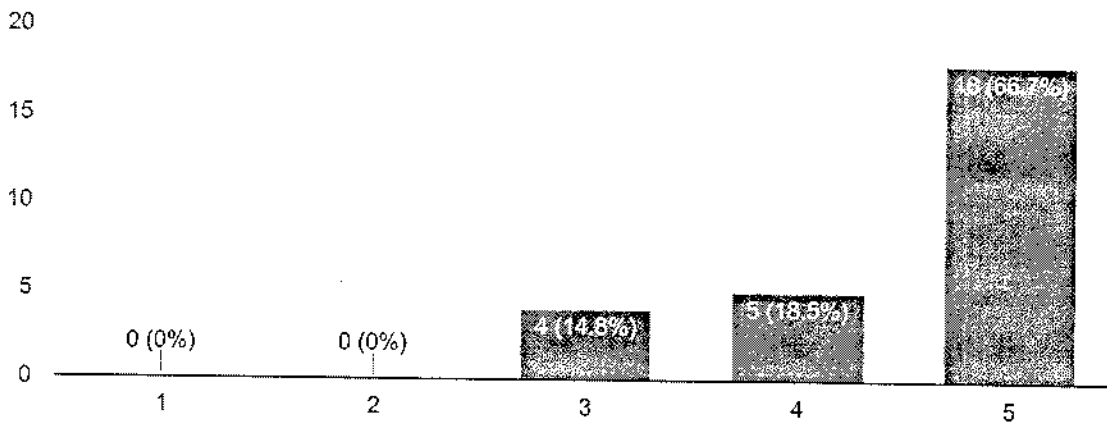
27 responses



How would you rate your overall experience in the yoga class?

 Copy

27 responses



what aspects of the class did you enjoy the most?

26 responses

OK

good

stretching

It was relaxing

It was tiring

Got more flexibility

Shav asana

instructor was helpful

relaxation part

Instructor was good.

Asanas

the way the body and mind feels relaxed

Practical session

IT WAS OK

ASANA

GOOD

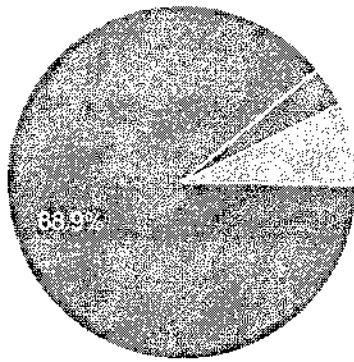
very good session for relaxing

Good

asanas

Enjoyed

ok



- Yes
- No
- Maybe

Do you have any additional comments or feedback you would like to share?

7 responses

Should conduct more of such sessions

Nice

Need more practice

overall good

Overall Good experience

Please have more sessions

good

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Google Forms

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PORTUGUESE SUMMER SCHOOL ON CULTURE & WINES

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PORTUGAL



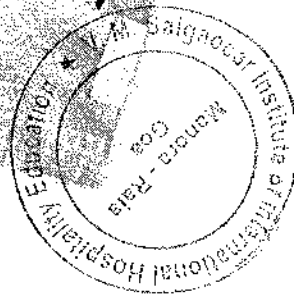
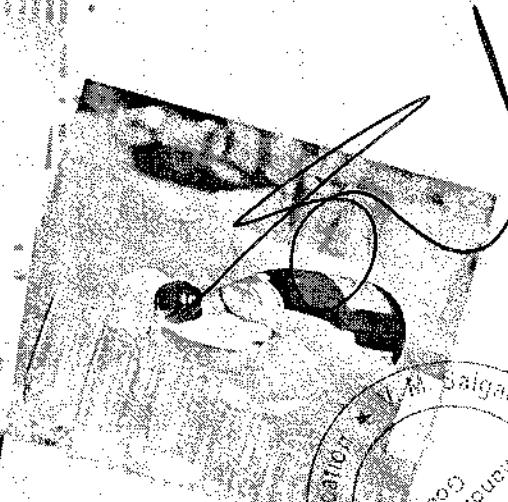
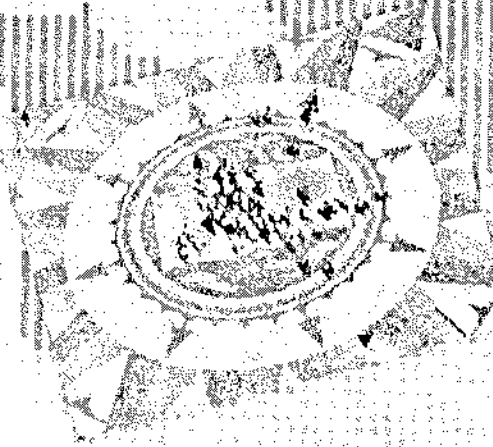
escolas

ONLINE

SUMMER SCHOOL

2020

From June 29 to July 10



Add on Course: 2020

Title of the Course	Summer school on Portuguese culture and wines
<p>01. About the Course</p>	<p>The course aims to provide participants with a comprehensive understanding of Portuguese wines, from their historical roots to modern production techniques, enabling them to appreciate and enjoy these wines more fully.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Understanding the History and Terroir: Explore the rich history of winemaking in Portugal and the unique terroir that contributes to the diversity of Portuguese wines • Wine Regions: Explore Portugal's diverse wine regions, such as Douro, Vinho Verde, Alentejo, and Dão, understanding their geographical differences and how they influence wine styles. • Grape Varieties: Learn about the indigenous grape varieties of Portugal, including Touriga Nacional, Touriga Franca, Tinta Roriz (Tempranillo), and others, and understand their characteristics and roles in winemaking. • Appreciation and Enjoyment: Cultivate a deeper appreciation for Portuguese wines and their cultural significance, fostering a lifelong enjoyment and curiosity for exploring the world of wine. <p>Learning outcomes of the course: After completing the course students will be able to:</p> <ul style="list-style-type: none"> • Understanding the unique characteristics and regional diversity of Portuguese wine regions, including Douro, Vinho Verde, Alentejo, and others. • Familiarity with the grape varieties native to Portugal, such as Touriga Nacional, Alvarinho, and Touriga Franca. • Knowledge of the winemaking techniques specific to Portuguese wines, including aging processes such as oak barrel aging and bottle aging.

	<ul style="list-style-type: none"> • Ability to identify and appreciate the different styles of Portuguese wines, including still wines, fortified wines like Port and Madeira, and sparkling wines. • Ability to communicate effectively about Portuguese wines, including discussing their characteristics, origins, and quality factors with confidence. • Appreciation for the rich heritage and diversity of Portuguese wine culture, fostering a lifelong interest in exploring and enjoying these wines.
02. Target Participants	25 students
03. Mode of Delivery	offline
04. Duration of the Course	1 months
05. Commencement of the Course	29 th June 2020 to 26 th July 2020
06. Method of Evaluation	Nil
07. Certificate	After completion of the course students will be awarded with certificate of course completion by the tourism de Portugal escolas
08. Course Fee	Nil
09. Remuneration the Resource Person-	Nil
10. Cost for the Institute	Nil
11. Resource Person/ Faculty	Faculty from the Portuguese schools
12. Feedback	-
13. Details of the Course Coordinator	Ms.Gauri Patil Assistant professor in food & beverage service VMSIHE

Add on Course Approved by

Prof. I. S. Mirza

Director/Principal:

V.M. Salgaocar Institute of International Hospitality Education,

Manora, Raia, Margao, Goa.



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Tourism De Portugal had organised online summer school

The programme was organised by tourism department of Portugal government. The first few session for same was organised in school by Ms.Gauri Patil, who is the subject in charge. Students made aware about the basic details like area, population, viticulture, Vinification etc.

Followed by online master class by the faculty in charge from Portugal. The following topics in detailed were explained to the participants.

Douro: Unveiling the Majesty of Port Wine

- Participants will be transported to the terraced vineyards of Douro, a UNESCO World Heritage site. Explore the unique microclimates that give birth to the world-renowned Port wine.
- Learn about the traditional grape varieties, winemaking techniques, and the intricate process of aging that makes Douro wines exceptional.

Lamego: A Journey into Sparkling Wines

- Dive into the charming city of Lamego, known for its sparkling wines. Discover the secrets behind the production of Portuguese sparkling wines and explore the historic cellars where these effervescent delights come to life.

Coimbra: The Heart of Central Portugal's Wine Culture

- Immerse yourself in the wine culture of Coimbra, a city steeped in history and academia. Explore the vineyards and wineries that contribute to the distinctive wines of this region.
- Gain insights into the harmonious marriage of tradition and innovation that characterizes Coimbra's winemaking practices.

Lisbon: A Tapestry of Aromas and Flavours

- Experience the vibrant wine scene of Lisbon, where ancient traditions meet modern sophistication. Delight your palate with a diverse range of wines, from crisp whites to bold reds, reflecting the unique characteristics of the Lisbon region.

Setubal: Savouring the Nectar of Muscat

- Setubal beckons with its sweet nectar of Muscat wines. Delve into the art of producing these luscious dessert wines and explore the terroir that imparts the distinctive aromas and flavours to Setubal's treasures.

Algarve: Sunshine in a Glass


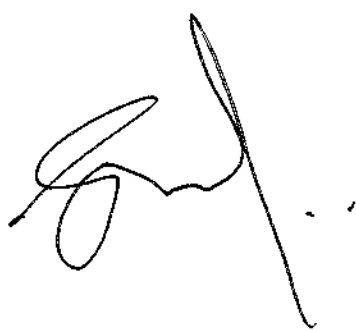
- Conclude the journey in the sunny Algarve region, renowned for its bright and aromatic wines. Explore the coastal vineyards and learn about the

influence of the Mediterranean climate on the production of Algarve's unique wine varieties.

Conclusion: Turismo de Portugal's course on Douro, Lamego, Coimbra, and Lisbon, Setubal, and Algarve wines promises an unforgettable exploration of Portugal's viticulture diversity. Participants got the chance to deepen their knowledge of winemaking but also forge a lasting connection with the cultural and historical tapestry that shapes each glass of Portuguese wine. All the participants enjoyed the sessions.

Report submitted by Ms.Gauri Patil

Signature



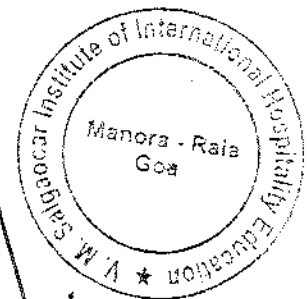
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Lecturer Name: online mode						
Subject: Turismo de portugal online class						
No. of sessions		1	2	3	4	5
Date		22/7/20	23/7/20	24/7/20	25/7/20	26/7/20
Session time		2	2	2	2	2
Sr.No	Student Name					
1	Roel Andrade	P	P	P	P	P
2	Steven Fortes	P	P	P	P	Absent
3	Muriel Viegas	P	P	P	P	P
4	Jared Coutinho	P	P	P	P	P
5	Roliett Fernandes	P	P	P	P	P
6	David Cardoso	P	P	P	P	P
7	Rajas Sathe	P	P	P	P	P
8	Krishna Rathod	P	P	P	P	P
9	Pravin Kumar	P	P	P	P	P
10	Clarissa Pereira	P	P	P	P	P
11	Shane Fernandes	P	P	P	P	P
12	Breanna Moraes	P	P	P	P	P
13	Aishwarya J	P	P	P	P	P
14	Jose Rodrigues	P	P	P	P	P
15	Rozann Cardozo	P	P	P	P	P
16	Simonelle Fernandes	P	P	P	P	P
17	Abhijit Prabhu	P	P	P	P	P
18	Sanyam Nayak	P	P	P	P	P
19	Kumar Magavi	P	P	P	P	P
20	Cidel Ferrao	P	P	P	P	P
21	Lizel Fernandes	P	P	P	P	P
22	Myron Peixoto	P	P	P	P	P
23	Rishika Vernekar	P	P	P	P	P
24	Eshaan Colaco	P	P	P	P	P
25	Aaryan Naik	P	P	P	P	P

Lecturer Name: Ms.Gauri Patil

Signature with date

G. Patil
26/7/20



TURISMO DE
PORTUGAL



escolas

ONLINE

SUMMER SCHOOL

2020

Training Certificate

We hereby certify that,

Meurel Beverly Viegas

Participated, from the June 29 to July 10, in the Turismo de Portugal ONLINE SUMMER SCHOOL organized by Turismo de Portugal Hotel and Tourism Schools from Douro-Lamego, Coimbra, Lisboa, Setúbal e Algarve, with the total duration of 20 hours.

Headmaster from,
Douro-Lamego Hotel
and Tourism School

Headmaster from,
Coimbra Hotel and
Tourism School

Headmaster from,
Lisbon Hotel and
Tourism School

Headmaster from,
Setúbal Hotel and
Tourism School

Headmaster from,
Algarve Hotel and
Tourism School

ONLINE

SUMMER
SCHOOL

2020

June 29 | 2h
Douro Lamego

Port Wine
Tasting

July 1 | 2h
Coimbra

Coimbra Region Cultural
Heritage, Gastronomy &
Wine Tasting

July 3 | 2h
Lisbon

Port Wine Tasting
Lisbon Region Cultural
Heritage, Gastronomy &
Wine Tasting

June 30 | 2h
Douro-Lamego

Douro Region Cultural
Heritage, Gastronomy &
Wine Tasting

July 2 | 2h
Coimbra

Coimbra Region Cultural
Heritage, Gastronomy &
Wine Tasting

July 6 | 2h
Lisbon

Port Wine Tasting
Lisbon Region Cultural
Heritage, Gastronomy &
Wine Tasting

July 7 | 2h
Setúbal

Setúbal Region Cultural
Heritage, Gastronomy &
Wine Tasting

July 9 | 2h
Algarve

Algarve Region Cultural
Heritage, Gastronomy &
Wine Tasting

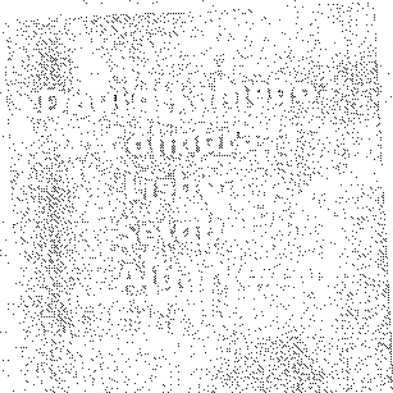
July 8 | 2h
Setúbal

Setúbal Region Cultural
Heritage, Gastronomy &
Wine Tasting

July 10 | 2h
Algarve

Algarve Region Cultural
Heritage, Gastronomy &
Wine Tasting

From June 29 to July 10 | 20h



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ATTENTION! Turismo de Portugal' Summer School 2020 is almost here!

2 messages

International Students <internationalstudents@escolas.turismodeportugal.pt>

Fri, Jun 26, 2020 at 5:27 PM

Dear student,

It is with great pleasure that we now send you the Link to Turismo de Portugal online Summer School 2020. We kindly remind you that, as you already know, our classes will start next Monday, the 29th of June, at 13h30m (GMT (summer time + 1h) – Lisbon/London time) and last until the 10th of July. All our lessons will take place on Microsoft TEAMS and we strongly suggest you download the application to your computer and check your sound and video systems to make sure it all works perfectly from 29th onwards. This will allow you to use all the functionalities TEAMS has to offer, such as the calendar, so you never forget our classes!

Here's the link you must use for ALL your classes.

Use this link to join us on Microsoft Teams

We're waiting for you on the 29th of June at 13h30 (GMT (Summer time +1h) Lisbon/London) ! See you soon!

Best regards,

Departamento de Dinamização Escolar e Cooperação
Internacional

Direção de Formação

t: +351 211 140 459

TURISMO DE
PORTUGAL



CantSkipHope
World's Leading Destination

Click here to watch #CantSkipHope on Youtube

Gauri Patil <gauri.patil@vmsiihe.edu.in>
To: "ramapatil630@gmail.com" <ramapatil630@gmail.com>


Mon, Jun 29, 2020 at 9:26 AM

Summer school on Portuguese culture and wines

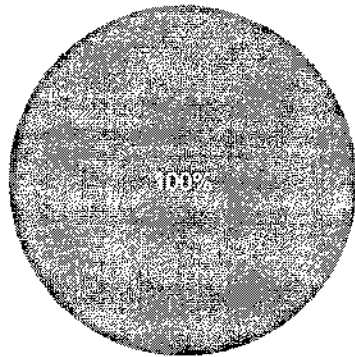
21 responses

Publish analytics

Do you feel that after attending this course you have gain some insight on Portuguese culture & wines


 Copy

21 responses

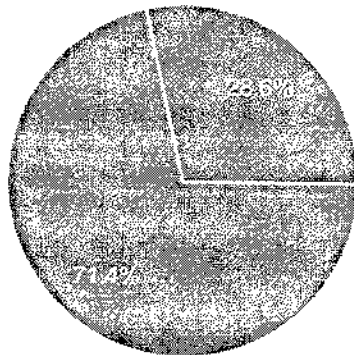


- Yes
- No
- Maybe

The resource faculties of the course were well prepared for the sessions

 Copy

21 responses

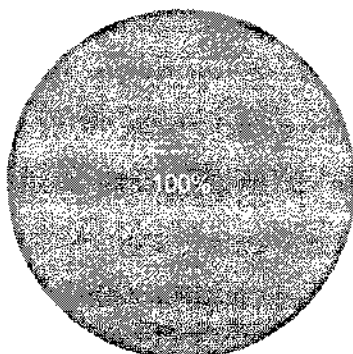


- Always
- Sometimes
- Never

I would highly recommend this course to other students

 Copy


21 responses



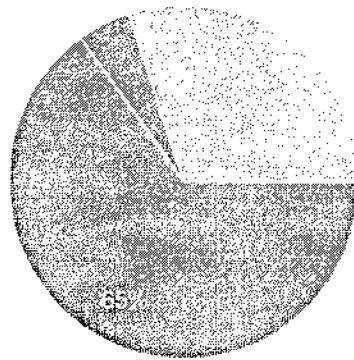
- Yes
- No



In future I would like to attend more courses related to the same topic

 Copy

20 responses

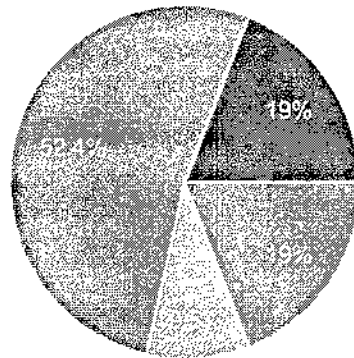


- Yes
- No
- Maybe

Overall the course met my expectations

 Copy

21 responses



- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

Comments/ Feedback if any

9 responses

very helpful

Since it was online so I had internet issues sometimes

the follow up session conducted by the internal faculty at the school helped us to connect with the topics better

It was a good experience

Network issues

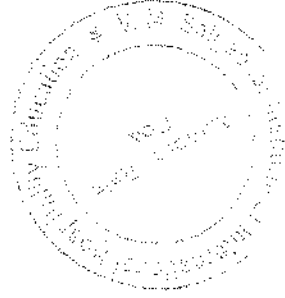
The instructors were nice

Very good

Beneficial and important

it was ok

Google Forms



A handwritten signature in black ink, consisting of several loops and a long horizontal stroke extending to the right.

