

## **Faculty/ Professional Development Program**

### **Report on Yoga Classes between 24<sup>th</sup> February 2020 to 23<sup>rd</sup> March 2020 by Dr. Kaushik Jadhav**

Venue: Marriott Classroom

Time: 5.15pm to 6.15pm

Teacher: Dr. Kaushik Jadhav

Participants:

1. Ms. Sujatha Madhavan
2. Ms. Sushma Lotlikar
3. Ms. Pratibha Alvares
4. Ms. Manisha Borkar
5. Ms. Sherlaine Viegas
6. Ms. Chaitra Phaldesai
7. Ms. Sharada Prabhu
8. Mr. Vikraman Pillai
9. Mr. Ashwin Sawant
10. Ms. Tanvi Nayar - Student
11. Ms. Breanna Moraes- Student

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 Dicarpale 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.

*Prabhu*





**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.



## REPORT

### TALK ON INTELLECTUAL PROPERTY RIGHTS (IPR)



A talk on "Intellectual Property Rights" (IPR) was organised at our institute on 29<sup>th</sup> November 2019 at 3:15pm. The session began with the introduction of the resource person given by the faculty Ms. Supriyanka Govekar. The resource person invited for this talk was Ms. Gautami Raikar, who is the Founder of 'The Legal Capsule' and 'Lawmate.in'. She is a highly motivated legal professional with over 7 years of experience in corporate law and intellectual property. She has been the recipient of "The Young Entrepreneur Award 2019" given by Business Goa and also awarded "Best Start-up Of The Year 2018 (Lawmate.in)" by the Goa Management Association. She has also been a finalist at various global events such as Justice Innovation Challenge organized by the Hague Institute for Innovation & Law-The Netherlands, Global Business Idea in the field of Law Competition organized by Gujarat National Law University, Beryl Nasse Young Woman Entrepreneur Award organized by the British Business Group, Innovation in Law Awards organized by the Law School Global League,-Mexico City, Asian Technology and Innovative Initiative of the year Award 2018 at Hong Kong.

All our faculty and non-teaching staff attended the talk. Ms. Gautami Raikar explained what is Intellectual property Rights (IPR) and how it plays an important role in hospitality industry. She explained about Trademark, Patent Registration, Copyrights, Design Registration, IPR schemes and best practices for academic projects to transform into useful IPR's. It was a very informative and interactive session. The faculty and non-teaching staff raised various queries and doubts which were conspicuously handled by Ms. Gautami Raikar. It was a fruitful and a value added session. The talk ended with vote of thanks given by our Administrator, Dr. Marieraj.



By Supriyanka Govekar

A handwritten signature in black ink, appearing to be 'Supriyanka Govekar'.








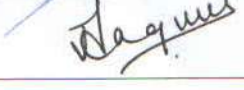
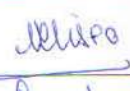






# WORKSHOP ON INTELLECTUAL PROPERTY RIGHTS (IPR)

BY MS. GAUTAMI RAIKAR

Date: 29<sup>th</sup> November 2019

Session Timing:

Venue: Dubai classroom

Sr. No.	Name of the staff	Signature
1.	Supriyanka Govetkar	
2.	Dr Mani Ray	
3.	Sherlaine Viegas	
4.	Gauri Patil	
5.	Foazer Rodrigues	
6.	Valeriu Jacques	
7.	NELISSA ALCARAZAS	
8.	Alethea Borecho	
9.	Martha Rebello	
10.	S. Breidinge	
11.	Shivanand Madhwal	
12.	Lijatha Madhavan	
13.	Rodwin Rodrigues	

## Workshops

### Workshop on Creative Marketing & Simplified Selling



“Selling is an artistic process to create long term, mutually beneficial relationship with customers”.

The secrets of selling were revealed to the participants from Marketing and Sales of different conglomerates. Mr. Suresh Mohan Semwal of PAN India was the resource person of the one-day workshop on “Creative Marketing & Simplified Selling” which was conducted by Confederation of Indian Industry (CII), Goa, on Tuesday, 15th October, 2019 at the Taj Vivanta in Panaji. Mr. Semwal is a Life Coach, Motivational Speaker, Corporate Trainer and a certified NLP Practitioner.

Ms. Edna Noronha, Coordinator-Marketing & PR represented VMSIHE.

### State Level Workshop

The History Department of Carmel College of Arts, Science and Commerce for women, Nuvem, Salcete, organized a State Level Workshop on Application of Bloom's Taxonomy in Teaching and Learning on 19<sup>th</sup> October 2019.

The resource person for the workshop was Prin. Dr. Nandakumar Sawant, Chowgule College. He was accompanied by Dr. Nandini Vaz Fernandes and Prof. Andrew Baretto.

Dr. Sawant said that education needs to be outcome based teaching. Without Bloom's Taxonomy it is difficult to write course content, objectives or evaluation. Our goals should focus on students. Students should be responsible for their own learning. He stressed on the 3-R's. He advised them to think outside the box and develop critical thinking skills where they validate, experiment and apply their knowledge.



We need to make the subjects more application-based than theory-based because employers seek people who have simple and direct communication skills as well as problem solving skills.

## Workshop on Impact of Wage Code 2019 & Amendments in Apprenticeship Rules 2019

Ms. Sharda Prabhu, HR, attended a Workshop on “Impact of Wage Code 2019 & Amendments in Apprenticeship Rules 2019” organised by National Institute of Personnel Management (NIPM) on 1<sup>st</sup> November 2019. The noted Dr. S.V. Bhave was the keynote speaker. At present he is a Director HR & IR in Bharat Forge Ltd Pune.

Some of the following issues discussed in the Workshop were:

- ✚ The Rajya Sabha, passing the Code on Wages Bill, 2019, which allows the Centre to set a minimum statutory wage, a move expected to benefit 500 million workers across the country. The bill has been passed in the Lok Sabha and has submitted for President's assent following which it will become an Act.
- ✚ Under the code on wages, the labour ministry plans to streamline the definition of wages by amalgamating four related statutes: the Minimum Wages Act, 1948, the Payment of Wages Act, 1936, the Payment of Bonus Act, 1965, and the Equal Remuneration Act, 1976.
- ✚ The code ensures minimum wages along with timely payment of wages to all employees and workers. Many unorganised sector workers like agricultural workers, painters, persons working in restaurants and dhabas and chowkidars, who were outside the ambit of minimum wages, will get legislative protection of minimum wages after the bill becomes an act.



Ms. Sharada Prabhu also attended the Workshop on “Mastering the Art of Training” on 26<sup>th</sup> July 2019. The facilitator for the Workshop was Mr. Prasad Kamat, Motivational Speaker & Leadership Coach.

## Chefs Conclave

Chef Rodwin Rodrigues of the Bakery Section attended the “Goan Chefs Conclave” on 25<sup>th</sup> July 2019, hosted by the Goa Culinary Club at Novotel, Goa. Ms. Odette Mascarenhas briefed the participants about the Goan Culinary Culture while Chef Sharma of Cidade de Goa highlighted the forgotten Goa Cuisine of using drumstick leaves as an important ingredient of cooking. Other sessions were held on Saraswat and Kolhapuri Cuisine. The Conclave was an exciting platform for chefs to network and share knowledge.



## Conference on Water Management – Replenishing the Planet

Mr. Sunil Deshpande, Chief Engineer of VMSIHE, attended the Conference on “Water Management” on 26<sup>th</sup> July 2019 organized by Confederation of Indian Industry (CII).

Taking into account water scarcity, restoration of lakes, ponds, and other such measures were discussed in the Conference by well-known speakers. Some of the initiatives taken were discussed by Mr. Naguesh Pai, Mr. S. T. Nadkarni, Mr. Jamshedji on water treatment for a greener Goa. Various solutions to tackle these issues were taken into consideration for conservation and rejuvenation of water bodies in Goa.

## PAST EVENTS

### Chocolate workshop

Chef Yann Muriset, pastry instructor from Switzerland, was invited by our institute to share his expertise and skill and conduct a Chocolate and Sugar Art Workshop from 25<sup>th</sup> to 30<sup>th</sup> March 2019. Chef Muriset who teaches at the Bouveret campus.



**This Certificate is Issued to**

**Mrs. *Martha Rebello*** .....

*Has attended the full day Awareness Training work shop  
held at M/s. Carmel College, Nuvem , Goa on 23-11-2019  
dated ISO 21001: 2018 Educational Organisation  
Management System.*

  
Benjamin. A.

*Certified Lead Auditor - QEHSMS*

**ISO 21001 : 2018 EOMS GOA COORDINATOR**

*For AchieveGOA*

