

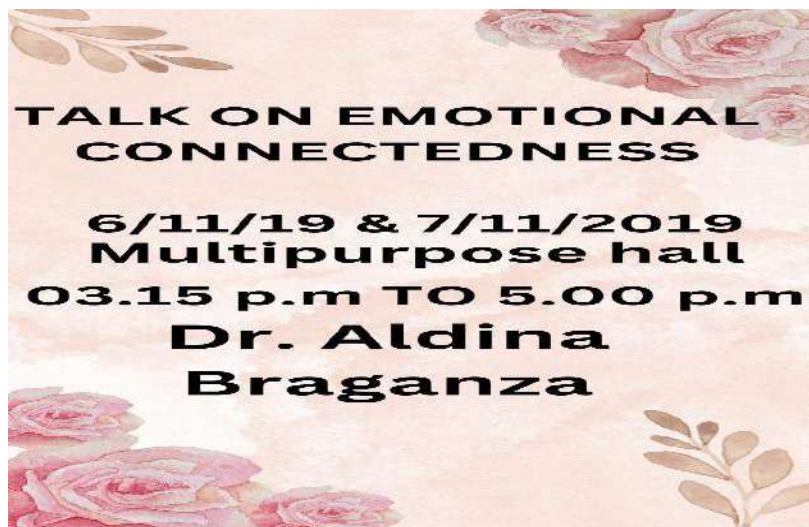


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of
INTERNATIONAL HOSPITALITY EDUCATION

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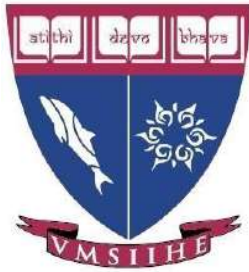
Sr. No.	Description of Content	Page no.
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2.	Stress Management	5-8

TALK ON EMOTIONAL CONNECTEDNESS



On the 6th & 7th of November, 2019, the Counselling Department of V.M. Salgaocar Institute of International Hospitality Education, organized a talk for the students on “ Emotional Connectedness”

Dr. Aldina Braganza, a lecturer of Psychology at Carmel College, Nuvem was invited as the resource person. She had a very interactive session with the students. After a brief introduction about herself she inquired about their feelings at the moment. And also discussed about emotional intelligence. Followed by some of the commonly faced problems of the teenager’s which she discussed at length.



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Self-esteem and what are the common causes for low self-esteem and what are some of the things that they can do in order to build self-esteem. Why unhealthy competition should be avoided. What is peer pressure and how it can be harmful to us.

She laid great emphasis on social media addictions and substance abuse and addiction. What are the negative effects of both on a teenage brain which is not yet fully developed, and also what effects these things can have on their future, their relationships and career choices etc.

And lastly she spoke about how and why it is important to build better relationships with your parents and how it will help them to grow up as better human beings with higher emotional intelligence.





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TALK ON EMOTIONAL CONNECTEDNESS

DATE- 6/11/2019 & 7/11/2019

DR. ALDINA BRAGANZA

ATTENDED BY FYIHM

Sr. No	Roll Number	Name	
1.	411901089	Aaron Lee Rodrigues	P
2.	411901043	Abhijeet Chaudhary	P
3.	411901044	Abhijit Datta Prabhu	P
4.	411901001	Acqvin Carmo Fernandes	P
5.	411901045	Adrich Praveen Coelho	P
6.	411901046	Afrin Khan	P
7.	411901047	Aishwarya J	P
8.	411901050	Aisling Roseanne Pereira	P
9.	411901002	Althandra Brian Felix	P
10.	411901049	Aryan Siddesh Amonkar	P
11.	411901051	Berwyn Jeremiah Da Silva	A
12.	411901003	Bhujbal Kritish Raju	P
13.	411901052	Breanna Linarose Moraes	P
14.	411901004	Cassandra Maria Menezes	A
15.	411901053	Chetan K. Nayak	P
16.	411901054	Christopher Savio Sebastian Paulino Rodrigues	P
17.	411901055	Cidel Iris Ferrao	A
18.	411901005	Cleopatra Alvares	P
19.	411901006	Cullen Jesus Pio Fernandes	P
20.	411901056	Darren Fernandes	P
21.	411901007	David Jason Baptista Cardoso	P
22.	411901008	D'Costa Pronnoy	P
23.	411901009	Dionne Francesca Gouveia	P
24.	411901057	Eesha Nilesh Newalkar	P
25.	411901058	Ershville Dias	P
26.	411901010	Erwin John Colaco	P
27.	411901011	Felicio Marcal Sanches Fernandes	P
28.	411901059	Fernandes Bevan Menwil	P
29.	411901060	Filton DCosta	P
30.	411901061	Hershelle Ved Pegado	P
31.	411901012	Jai Sandeep Chopda	A
32.	411901013	Jared Sanier Faleiro E Coutinho	P
33.	411901062	Jensen Arnold Fernandes	P
34.	411901014	Joel Romano Vaz	P
35.	411901063	Joshua D'Souza	P



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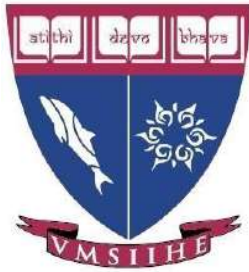
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 <small>V. M. SALGAOCAR INSTITUTE of INTERNATIONAL HOSPITALITY EDUCATION</small>			
36.	411901064	Juneidh Karan Vaz	
37.	411901015	Juventius Jude Rodrigues	
38.	411901016	Kalindi Rajeev Sunthanekar	
39.	411901065	Kane Dias	
40.	411901017	Karthikram Samavedi	
41.	411901018	Kaushik Nilesh Painginkar	
42.	411901066	Kearne Wendell D'Souza	
43.	411901019	Keefe Ambrosio Pereira	
44.	411901020	Keith Carlton Rodrigues	
45.	411901021	Kote Ritikesh Virendra	
46.	411901085	Kumar Magavi	
47.	411901067	Kumar Nishant	
48.	411901022	Lester Barreto	
49.	411901023	Lizel Fernandes	
50.	411901024	Maldino Criffee Rodrigues	
51.	411901068	Maria Elaine Furtado	
52.	411901025	Mitchell Mascarenhas	
53.	411901026	Moin Delon Shah	
54.	411901027	Muriel Luiza Dias	
55.	411901028	Muzammil Khan	
56.	411901029	Myrex Jonas Fernandes	
57.	411901069	Nannuri Harshavardhan	
58.	411901070	Nash Jason Afonso	
59.	411901071	Nayak Sanyam Damodar	
60.	411901072	Neevan Newton Fernandes	
61.	411901073	Nell Darren D'Souza	
62.	411901030	Pierson Joseph Diniz	
63.	411901088	Pranav Heblikar	
64.	411901087	Prathamesh Damodar Naik	
65.	411901074	Pravin Kumar M.	
66.	411901086	Rathod Krishna Ramesh	
67.	411901075	Remzie Mergulhao	
68.	411901031	Rodrigues Kayne Francis	
69.	411901076	Rohan Antonio De Barros	
70.	411901078	Rollett Jesus Fernandes	
71.	411901079	Rowan Aselm Fabianus Gonsalves	
72.	411901080	Rozann Cardozo	
73.	411901032	Sairaj Sudhir Desai	
74.	411901033	Saish Lopes	
75.	411901081	Sathe Rajas Sanjivkumar	
76.	411901034	Schlessor Ceinwen Fernandes	

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77.	411901035	Shanaya Lilia Dias	
78.	411901082	Shane Rahul Fernandes	
79.	411901036	Shrushti A Jadhav	
80.	411901037	Stalin Tony Braganca	
81.	411901083	Tonisha Murell Rebello	
82.	411901038	Tanvi V Nayar	
83.	411901039	Taran Joseph Nunes	
84.	411901040	Thulasi Raju	
85.	411901041	Velan Menino Savio Floriano Da Silva	
86.	411901042	Waylon Sabino Gomes	
87.	411901084	Zuzarte Gabriel Kevin	

Valerie Jacques
Valerie Jacques
Counsellor
V. M. Salgaocar Institute of International Hospitality Education
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STRESS MANAGEMENT





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Talk on “Stress Management”

On the 6th of August 2019, the Counselling Department of V.M. Salgaocar Institute of International Hospitality Education, organized a talk for the F.Y. students on ‘Stress Management’.

Ms. Aditi Tendulkar (a mental health counsellor and healer) along with her team mate Noella Fernandes (Postgraduate in Psychology and a postgraduate diploma in Guidance and Counselling from Goa University) from Soul Healing were invited as resource person.

The workshop was conducted in 2 batches, each session consisted of 90minutes. Total 90 students had attended the workshop along with staff members who were interested. The session started off with a small game where the students were put into situations which were a little stressful and their reactions were recorded and discussed.

The session then proceeded with Ms. Aditi and Ms. Noella speaking about various topics under Stress management, such as Positive / Negative Stress, Causes of Stress (Internal and External), Impact of the Stress on Human Body and Mind, Consequences, how to deal with stress effectively , Ways to life happily etc.

Towards the end of the session the students were given activities to perform that would help them reduce their stress levels and also told how they can cope up or divert their mind by engaging in recreational activities to reduce stress levels.

Overall the session was interactive and informative.





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Stress Management

06/Aug/2019

FY Students participated the work shop

Sr. No	Roll Number	Name	
1.	411901089	Aaron Lee Rodrigues	A
2.	411901043	Abhijeet Chaudhary	P
3.	411901044	Abhijit Datta Prabhu	P
4.	411901001	Acqvin Carmo Fernandes	P
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78.	411901082	Shane Rahul Fernandes	P

(Althea Lamb)



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79.	411901036	Shrushti A Jadhav	P
80.	411901037	Stalin Tony Braganca	P
81.	411901083	Tanisha Mureli Rebello	P
82.	411901038	Tanvi V Nayar	P
83.	411901039	Taran Joseph Nunes	P
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85.	411901041	Velan Menino Savio Floriano Da Silva	P
86.	411901042	Waylon Sabino Gomes	P
87.	411901084	Zuzarte Gabriel Kevin	P

Alethea Baracho
Counsellor

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Sr. No.	Description of Content	Page no.
1.	Laughter Yoga Day	02-03
2.	Yoga Day	04-07
3.	Blood Donation Camp	08-10



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LAUGHTER YOGA DAY



VMSIHE organized a workshop for its staff on 8th Nov 2019 in Multipurpose hall @ 3.15 pm which saw a combination of laughter yoga, movement therapy, meditation and yoga stretches which is beneficial to remain poised and calm in one's being and is essential to have balance and productivity in life. The resource person was Ms. Sachika Almedia Sharma, a certified laughter yoga teacher. The workshop had 16 attendees who enjoyed the session thoroughly. The session commenced with the laughter exercise followed by meditation and ended with a session of sharing. Ms. Sachika shared her experience on living a healthy life in the moment and also gave tips on what we can do to attain a life of fulfillment. The general feedback was that everyone felt more positive and happy at the end.

Laughter Yoga was held in the multipurpose hall on 08/11/2019 from 03.15 p.m to 05.00 p.m. Staff performed the Laughter yoga which was organized by the counselling department. Yoga combines laughter exercises with yoga breathing techniques (Pranayama) which brings more oxygen to our body and brain, making us feel more energetic and healthy. Ten to 15 minutes of LY exercises can reduce stress, make your immune system stronger and keep your mind positive during challenging times.





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LAUGHTER YOGA

08/NOV/2019

MULTIPURPOSE HALL

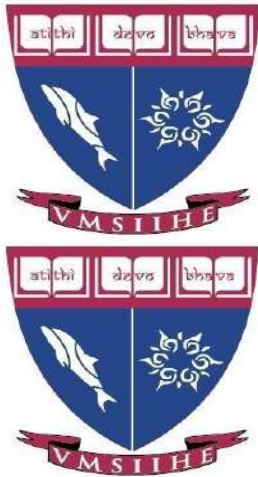
SR	NAME	SIGNATURE
1	Ms. Alethea Baracho	
2	Ms. Valerie Jacques	
4	Ms. Suiatha Madhavan	
5	Ms. Sushma Shirodkar	
6	Ms. Jinnie Rodrigues	
7	Ms. Sharada Prabhu	
8	Ms. Martha Rebello	
9	Ms. Manisha Borkar	
10	Mr. Anup Bhat	
11	Ms. Nelissa Andrea	
12	Mr. Issac Mathew	
13	Ms. Edna Noronha	
14	Ms. Yoshika D'silva	

Valerie Jacques

Counsellor

V. M. Salgaocar Institute of International Hospitality Education





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REPORT ON YOGA DAY



Yoga was held in multipurpose hall on 21/06/2019 from 02.00 p.m to 03.30 p.m. in the multipurpose hall. Student and staff performed the yoga demonstrated by Ms. Tanya Sardesai from Art of Living, Goa unit. She explained Hatha means 'force' and is more traditionally defined as 'the yoga of force', or 'the means of attaining a state of yoga through force'. So Hatha yoga can be considered as anything you might do with the body, including: asana, pranayama, mantra, shatkriyas and shatkarmas These extreme bodily challenges and breathing techniques gradually became more accepted by society. Subsequently, the yoga postures and pranayama practices that developed in the years following are thought to originate from this. 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.





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YOGA DAY

21/06/2019

Multipurpose hall

Following students and staff participated for the Yoga Day.

SR	NAME
1	Ms. Alethea Baracho
2	Ms. Valerie Jacques
3	Mr. Sebastian Breitingner
4	Ms. Sherlaine Flory
5	Ms. Sushma Shirodkar
7	Ms. Sharada Prabhu
8	Ms. Martha Rebello
9	Ms. Manisha Borkar
11	Ms. Nelissa Andrea
12	Mr. Issac Mathew
13	Mr. Sudhir Desai
14	Cleny Dias
15	Covin Bevan Colaco
16	Esther Thankam
17	Govind Sreekumar
18	Maunkel Egan
19	Neston Fernandes
20	Simran Dsilva
21	Braganza Joshua Hilary
22	Kritika Anne Magima
23	Thidarat Phalao
24	Pereira Kroydon Ankit
25	Shinde Satvaieet
26	Thidarat Phalao
27	Virani Zahur Altaf
28	Anes Colaco
29	Ashter Jeff Borges



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30	Joana Richa Luis
31	Presley Mark
32	Rahil Raiesh Haldankar
33	Tanya Natasha Dsouza
34	Zaosh Namerian
35	Milvince Valentino
36	Cidel Iris Ferrao
37	Darren Fernandes
38	Jensen Arnold
39	Kane Dias
40	Mitchell Mascarenhas
41	Nash Jason Afonso
42	Rozann Cardozo

6 8 7 8 1

Valerie
Valerie Jacques

Counsellor

V. M. Salgaocar Institute of International Hospitality Education





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BLOOD DONATION DRIVE REPORT



Blood Donation Drive– 11th March 2020

On 11th March 2020, some of the S.Y. students from V. M. Salgaocar Institute of International Hospitality Education organised a Blood Donation Camp in connection with the NSS Unit of the Institute. A team of doctors from Hospicio Hospital conducted the camp from 10:00am to 12:30pm. A total of twenty-five donors participated in the camp.

Refreshments were served and donor cards were distributed.

We the students of second year organised a blood donation camp as part of our Corporate Social Responsibility project.

We got in touch with the doctors by personally meeting them after and requesting them to visit our college for a blood donation camp. The Doctors were from Hospicio Hospital Margao. It was held on 11th March 2020. Timings were from 10:15am to 12:30pm in Zurich classroom. A sign up list was placed in the cafeteria one week prior to the camp so as to know the rough estimate of participants. A total of 35 teachers and students appeared for the camp. All those who passed the test of the doctors were eligible to donate blood. Donors were provided with snacks (Grilled cheese sandwiches and bananas) and orange juice after donation.



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BLOOD DONATION CAMP

List of donors – 11th March 2020

1. Kalindi Sunthankar
2. Rozann Cardozo
3. Aiden Pereira
4. Rithik Dutt
5. Jacky Jha
6. Hershelle Pegado
7. Slydon Fernandes
8. Aryan Amonkar
9. Abhijeet Chaudary
10. Harshavardhan Nannuri
11. Sarfraz
12. Savio D'souza
13. Roliett Fernandes
14. Rajas Sathe
15. Velan Dasilva
16. Utkarsh Naik
17. Adrich Coelho
18. Bevan Fernandes
19. Jensen Fernandes
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