



V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION

Manora Raia, Salcete, Goa – 403720 India
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Sr. No.	Description of Content	Page no.
1.	Self Defense Workshop	1-2
2.	Mindful Living	3-6

SELF DEFENSE WORKSHOP

Refer to Criteria 3.2.2





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MINDFUL LIVING



MINDFUL LIVING

7th January 2022
10.30 AM TO 12.30 P.M
Online session
TYIHM



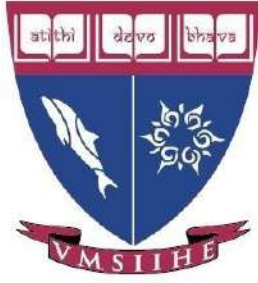
On 7th January 2022, Dr. Prathna Shah, owner of Inner Dimension Aura conducted an online session for T.Y. students as a part of Mindful living in Organisational Behaviour 1. She covered triggers of stress, how we can perceive stress and overall steps on how to deal with it effectively. The session was extremely interactive and the students asked their doubts regarding how to handle stressful situations. The session ended with a simple breathing exercise for relaxation. The students benefited greatly from the session and many of them felt mentally and physically relaxed after the session.



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Organisational Behaviour

Mindful Living

Talk by Mr. Dr. Prathna Shah
07/ 1/2022

TYIHM Students

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

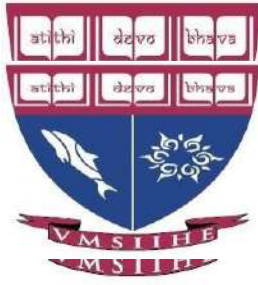


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31.	411901012	Jai Sandeep Chopda	
32.	411901013	Jared Sanier Faleiro E Coutinho	
33.	411901062	Jensen Arnold Fernandes	
34.	411901014	Joel Romano Vaz	
35.	411901063	Joshua D'Souza	
36.	411901064	Juneidh Karan Vaz	
37.	411901015	Juventius Jude Rodrigues	
38.	411901016	Kalindi Rajeev Sunthankar	
39.	411901065	Kane Dias	
40.	411901017	Karthikram Samavedi	
41.	411901018	Kaushik Nilesh Painginkar	
42.	411901066	Keanne Wendell D'Souza	
43.	411901019	Keefe Ambrosio Pereira	
44.	411901020	Keith Carlton Rodrigues	
45.	411901021	Kote Ritikesh Virendra	
46.	411901085	Kumar Magavi	


Nelissa Andrea Alcasoas
Asst. Professor General Management
V. M. Salgaocar Institute of International Hospitality Education



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Sr. No.	Description of Content	Page no.
1.	GYM	1-4
2	MENTAL HEALTH	5-7
3.	ORAL HYGIENE	8-9

GYM



Venue: GYM

Time: 5.00 pm to 7.00 pm

GYM has been introduced in the campus since Sep 2019. We have a gym instructor managing the gym. Students and staff use the facility on a daily basis in the evening between 5.00 pm to 7.00 pm. On a daily basis, an average of 30 students use the gym. We have different cardio and weight training equipment's. Where the students train themselves under the guidance of the gym instructor for power lifting, weight lifting and body building to participate in different events at university level.

Benefit of workout

- Exercise controls weight. Exercise can help prevent excess weight gain or help you keep off lost weight.
- Exercise combats health conditions and diseases.
- Exercise improves mood.
- Exercise boosts energy.
- Exercise promotes better sleep.
- Exercise can be fun.



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SIGN IN GYM

Sl. No.	Name	Time in	Time out	Signature
1	Arund			
2	Abe	5:30	6:30	
3	Raj	"	"	
4	Pavan	"	"	
5	Lejane	"	"	
6	Emardo	"	"	
7	Vasava	"	"	
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28	Iqbalra Kant	"	"	
29	Raj	"	"	
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Page No.
Date: / /

SIGN IN - GYM

Sl. No.	NAME	TIME IN	TIME Out	SIGN
1	Vipun	5:07	6:30	<i>[Signature]</i>
	Sahil S	5:10	6:30	<i>[Signature]</i>
3	Raj	5:10	6:30	<i>[Signature]</i>
1	Sahil	5:10	6:30	<i>[Signature]</i>
3	Kooco	5:10	6:30	<i>[Signature]</i>
	Jonathan	5:10	6:30	<i>[Signature]</i>
	Reece	5:15	6:30	<i>[Signature]</i>
	Keshav	5:15	6:30	<i>[Signature]</i>
	Ajjan	5:15	6:30	<i>[Signature]</i>
10	Ashw	5:15	6:30	<i>[Signature]</i>
11	Manusell Marcusell	5:30	6:30	<i>[Signature]</i>
2.	Pranav Joshi	5:30	6:30	<i>[Signature]</i>
3	Aditya Agnawal	5:30	6:30	<i>[Signature]</i>
12	Krishna	5:30	6:30	<i>[Signature]</i>
5.	Musshadhandi	5:32	6:30	<i>[Signature]</i>
4	Surshadhandi	5:32	6:30	<i>[Signature]</i>
11	Prison Patil	5:32	6:30	<i>[Signature]</i>
2	Olivier Pereira	5:32	6:30	<i>[Signature]</i>
18	Vaavun	5:37	6:30	<i>[Signature]</i>
23	Anan	5:37	6:30	<i>[Signature]</i>
38	Sahil S	5:37	6:30	<i>[Signature]</i>
1	Manusell	5:38	6:30	<i>[Signature]</i>
5	Olivier	5:30	6:30	<i>[Signature]</i>
6	Adkash	5:30	6:30	<i>[Signature]</i>
7	Feronia	5:30	6:30	<i>[Signature]</i>
8	Gloria	5:30	6:30	<i>[Signature]</i>
9	Caisha	5:30	6:30	<i>[Signature]</i>
10	George	5:30	6:30	<i>[Signature]</i>
11	Sangel	5:30	6:30	<i>[Signature]</i>
12	Geeya			<i>[Signature]</i>
13	Sall			<i>[Signature]</i>
14	Sanika			<i>[Signature]</i>

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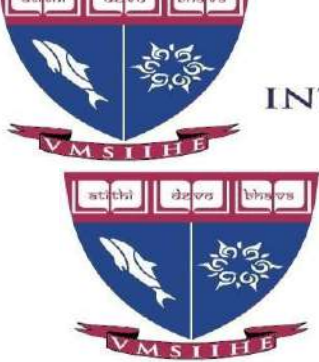
MENTAL HEALTH REPORT



The Counseling department along with Ms. Nelissa Alcasoas planned an activity session for the S.Y.Bsc students on 9th of October, 2021, on the occasion of World Mental Health day.

The theme for this year's mental health day was: "Mental Health in an unequal world" which is what we wanted students to understand, i.e. working together as a team, even though everyone around us is not similar in our strengths and weaknesses.

We took an activity based learning approach, which helped the students have fun along with understanding a few concepts of working in a team. The major ideas we highlighted were: Communication, leadership, time management

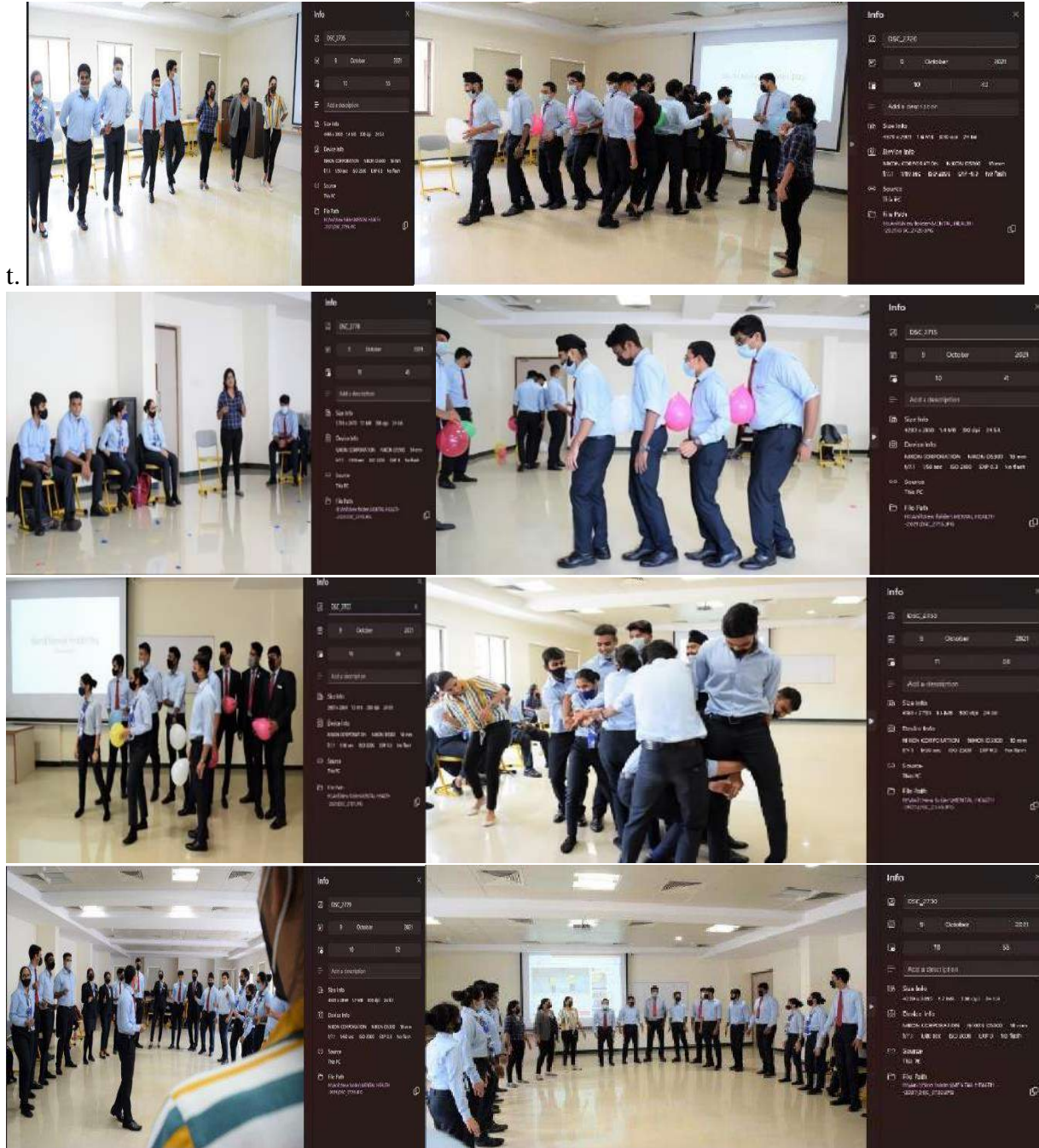


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V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION

Manora Raia, Salcete, Goa - 403720 India
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Date 09-10-2021				
Subject: Mental health in an unequal world				
SY Attendance Register Batch 2020-2023				
Sr.No	PRN. No.	Session time	Student Name	attended
1	412001001		Shrivatsa Shreesh Kulakarni	P
2	412001002		Jolan Pereira	P
3	412001005		Sharma Purva Satyen	P
4	412001007		Rishika Rajesh Verenkar	P
5	412001009		Jaydevsinh Mahara	P
6	412001010		Pruthvish Premanand Pednekar	P
7	412001017		Rashid Jorge Antonio Noronha	P
8	412001020		Leander John Anthony Dsouza	P
9	412001022		Gavin Jose Nunes	P
10	412001023		Reagan Aaron Rodrigues	P
11	412001024		Joana Maria Agnela Souza Lobo	P
12	412001025		Kelly Tracy Filomena Albuquerque	P
13	412001029		Gavin Napoleao Pereira	P
14	412001030		Figo Anthony Martins	P
15	412001032		Fernandes Carlton	A
16	412001034		Lysandra Monica Costa	P
17	412001039		Aaryan Nitin Naik	P
18	412001041		Johan Reeve Cardozo	P
19	412001042		Declan Roque Dias	P
20	412001043		Parin Prashant Haldankar	P
21	412001044		Dsouza Pearl Timothy	P
22	412001046		Jason Wynne Fernandes	P
23	412001048		Veebhav Wali	P
24	412001051		Jairus William Cruz Fernandes	P
25	412001051		Chandran Akamsha Satish	P
26	412001053		Ayyan Khan	P
27	412001054		Ryema Maira Oliveira	P
28	412001062		Parab Omkar Laxman	A

Signature and Date

Valerie Jacques
Valerie Jacques
09/10/21



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ORAL HYGIENE



The S.Y. students of V. M. Salgaocar Institute of International Hospitality Education organized an Oral Hygiene camp on 31st March 2022 at the Institute as a part of their CSR program for the subject Management Process 2. The Oral Hygiene was carried out by Dr. Pritha Chowfin and Dr. Gaurav. There were a total of 54 patients who participated in the checkup. It was a unique program and participants got a free toothpaste.





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