

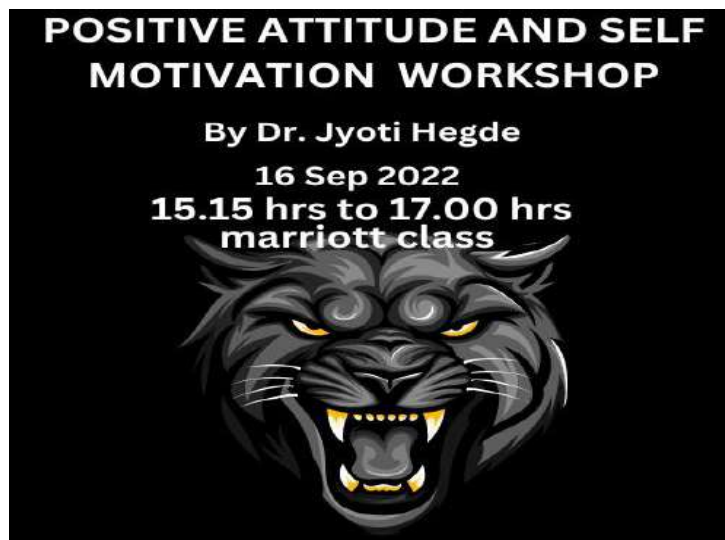


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of
INTERNATIONAL HOSPITALITY EDUCATION

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Sr. No.	Description of Content	Page no.
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POSITIVE ATTITUDE AND SELF MOTIVATION WORKSHOP



Dr. Jyoti Hegde -Corporate Trainer & Life Skills Trainer conducted a session on positive attitude and self-motivation for our final year students on 16/09/2022. She share some tips on how to stay motivated and positive when times get tough, based on her own experience as an entrepreneur and personal development enthusiast. By cultivating a positive mind-set, you can overcome obstacles, bounce back from setbacks, and achieve your goals with greater ease and joy. When you think positively, you're not only improving your mood and outlook, but also your health, relationships, and performance. Here are some of the benefits of positive thinking: By focusing on the good, reframing your thoughts, and surrounding yourself with positivity, you can cultivate a positive mind-set that supports your motivation, resilience, and success. Remember, your thoughts and emotions are your choice, so choose wisely and stay positive.



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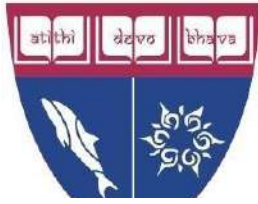
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16/Sep/2022

Session on positive attitude and self-motivation.

Dr. Jyoti Hegde

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	A
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	P
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	P
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



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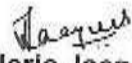
28.	411901059	Fernandes Bevan Menwil	P
29.	411901060	Filton DCosta	P
30.	411901061	Hershelle Ved Pegado	P
31.	411901012	Jai Sandeep Chopda	P
32.	411901013	Jared Sanier Faleiro E Coutinho	P
33.	411901062	Jensen Arnold Fernandes	P
34.	411901014	Joel Romano Vaz	P
35.	411901063	Joshua D'Souza	P
36.	411901064	Juneidh Karan Vaz	P
37.	411901015	Juventius Jude Rodrigues	P
38.	411901016	Kalindi Rajeev Sunthankar	P
39.	411901065	Kane Dias	P
40.	411901017	Karthikram Samavedi	P
41.	411901018	Kaushik Nilesch Painginkar	P
42.	411901066	Keanne Wendell D'Souza	A
43.	411901019	Keefe Ambrosio Pereira	A
44.	411901020	Keith Carlton Rodrigues	P
45.	411901021	Kote Ritikesh Virendra	P
46.	411901085	Kumar Magavi	P
47.	411901067	Kumar Nishant	A
48.	411901022	Lester Barreto	P
49.	411901023	Lizel Fernandes	P
50.	411901024	Maldino Criflee Rodrigues	P
51.	411901068	Maria Elaine Furtado	P
52.	411901025	Mitchell Mascarenhas	P
53.	411901026	Moin Delon Shah	P
54.	411901027	Muriel Luiza Dias	P
55.	411901028	Muzammil Khan	P
56.	411901029	Myrex Jonas Fernandes	P
57.	411901069	Nannuri Harshavardhan	P
58.	411901070	Nash Jason Afonso	P
59.	411901071	Nayak Sanyam Damodar	P
60.	411901072	Neevan Newton Fernandes	P
61.	411901073	Neil Darren D'Souza	P
62.	411901030	Pierson Joseph Diniz	P
64.	411901087	Prathamesh Damodar Naik	P
65.	411901074	Pravin Kumar M.	P
66.	411901086	Rathod Krishna Ramesh	A
67.	411901075	Remzie Mergulhao	P



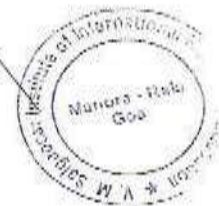
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68.	411901081	Rodrigues Kayne Francis	P
69.	411901076	Rohan Antonio De Barros	P
70.	411901078	Rollett Jesus Fernandes	A
71.	411901079	Rowan Aselm Fabianus Gonsalves	A
72.	411901080	Rozann Cardozo	A
73.	411901032	Sairaj Sudhir Desai	P
75.	411901081	Sathe Rajas Sanjivkumar	P
76.	411901034	Schlesser Geinwen Fernandes	P
77.	411901035	Shanaya Lilia Dias	P
78.	411901087	Shane Rahul Fernandes	P
79.	411901036	Shrushti A Jadhav	P
80.	411901037	Stalin Tony Braganca	P
81.	411901083	Tanisha Murell Rebello	P
82.	411901038	Tarvi V Nayar	P
83.	411901039	Taran Joseph Nunes	P
84.	411901040	Thulasi Raju	P
85.	411901041	Velan Menino Savio Floriano Da Silva	P
86.	411901042	Waylon Sabino Gomes	P
87.	411901084	Zuzarte Gabriel Kevin	P


Valerie Jacques
Counsellor

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TALK ON SOCIAL MEDIA AND BUILDING APPROPRIATE BOUNDARIES



The Counselling department organized a talk on ‘Social Media and Building Appropriate Boundaries’ on Thursday, 17th November 2022. The guest speaker was Dr. Aldina Braganza - Clinical psychologist and Psychotherapist and has immense experience dealing youth.

She spoke about how the adolescence period is a very critical time in everyone’s life as it unique stage of human development and also an important time for laying the foundations of good mental, physical and emotional health.

She also gave a brief reality check on the lives of influencers and how all they portray online or virtually isn’t always real. Being happy in the virtual world doesn’t not always mean being happy in reality. She also stressed upon the comparison culture on how one often tends to compare themselves with others in the virtual world and are living two lives – virtually and in reality and how it tends to bring in a mental and emotional breakdown at times. Comparison culture tends to make individuals determine their own social and personal worth based on how they measure up against others- which is unhealthy physically, emotionally and mentally. Dr. Aldina touched upon the need for boundaries in the virtual and real life. How ones boundaries in the adolescence phase can turn and shape who or what they become in the future. She used a lot of real life situations/stories and had a practical session on the types of boundaries that could have been set so as to avoid such unpleasant turn of events. Lastly, she concluded by speaking about self- care and its importance in our day to day life.



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 <p>8X57+7F6, Manora, Margao, Goa 403720, India</p>	 <p>Margao Goa India</p> <p>32°C 90°F</p> <p>2022-11-17(Thu) 01:25(pm)</p>	 <p>8W5W+326, Nuvem, Goa 403708, India</p>	 <p>Nuvem Goa India</p> <p>32°C 90°F</p> <p>2022-11-17(Thu) 01:25(pm)</p>
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 <p>8X57+7F6, Manora, Margao, Goa 403720, India</p>	 <p>Margao Goa India</p> <p>32°C 90°F</p> <p>2022-11-17(Thu) 01:26(pm)</p>
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Talk on Social Media and Building Appropriate Boundaries

By Dr. Aldina Braganza

17/11/2022

Multipurpose hall

Sr. No	Roll Number	Name
1.	412001039	Aaryan Naik
2.	412001047	Aditya Desai
3.	412001027	Adwait Kelkar
4.	412001016	Agnel Pallippatt
5.	412001051	Akamsha Chandran
6.	412001038	Anirudha Sardesai
7.	411901048	Arvin Rodrigues
8.	412001050	Avinash Ajay
9.	412001053	Ayyan Khan
10.	412001064	Azriel Gracias
11.	412001008	Blandon Moraes
12.	412001032	Carlton Fernandes
13.	412001015	Chiara Pereira
14.	412001031	Dawson Vaz
15.	412001042	Declan Dias
16.	412001026	Emerald Monteiro
17.	412001011	Eshaan Collaco
18.	412001030	Figo Martins
19.	412001029	Gavin Pereira
20.	412001022	Gavin Nunes
21.	412001035	Gretson Furtado
22.	412001055	Harsh Bhuie
23.	412001052	Jairus Fernandes
24.	412001046	Jason Fernandes
25.	412001009	Jaydevsinh Mahara
26.	412001024	Joana Souza Lobo
27.	412001041	Johan Cardozo
28.	412001002	Jolan Pereira
29.	412001006	Kaushik Kesarkar



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30.	412001025	Kelly Albuquerque
31.	412001061	Kevin Raj Silas
32.	412001060	Kritik Nagpal
33.	412001020	Leander DSouza
34.	412001021	Luke DSouza
35.	412001034	Lysandra Costa
36.	412001056	Macwin Correia
37.	412001028	Nikhil Godinho
38.	412001062	Omkar Parab
39.	412001043	Parin Haldankar
40.	412001044	Pearl DSouza
41.	412001040	Pooja Muley
42.	412001037	Prajval Tople
43.	412001010	Pruthvish Pednekar
44.	412001005	Purva Sharma
45.	412001017	Rashid Noronha
46.	412001023	Reagan Rodrigues
47.	412001003	Reece Estrochio
48.	412001033	Renwick Goes
49.	412001007	Rishika Verenkar
50.	412001057	Rohit Thekkanant
51.	412001004	Ryan Correia
52.	412001054	Ryema Oliveira
53.	412001049	Shijin S
54.	412001001	Shrivatsa Kulkarni
55.	412001018	Simran Chhutani
56.	412001058	Tacy Tavares
57.	412001045	Tahira Rodrigues
58.	412001048	Veebhav Walli
59.	412001012	Vidheyesh Prabhu
60.	412001014	Vilsmo Fernandes
61.	412001059	Zoe Rodrigues
62.	412201018	Aarya Manoj Kamat
63.	412201015	Abeni Willia Fernandes
64.	412201040	Abigail Ruth Luis
65.	412201011	Aden Dias
66.	412201005	Anurag N. Pai
67.	412201028	Arman Rayhan Syed
68.	412201029	Aryan Nitin Prabhu Tendulkar

69.	412201012	Ayush Govind Kamat
70.	412201037	Cesroy Alphonso
71.	412201035	Credon Pieson Pinto
72.	412201017	Dillon Joy D'silva
73.	412201032	Emmanuel Damaso Dias
74.	412201013	Ewan Ignatius Clemente
75.	412201041	Fernandes Endrea Zina
76.	412201001	Fernandes Stella Maxi
77.	412201038	H. Vikas Narayan Nayak
78.	412201025	Harry Zach Mathew
79.	412201027	Hayey Marc Noronha
80.	412201039	Iberica Curie Rebello
81.	412201030	Joshua Alex De Souza
82.	412201023	Joshua Faria
83.	412201034	Karsten John Stephen Pereira
84.	412201004	Key Candide D'souza
85.	412201016	Keegan Luis Bosco Costa
86.	412201042	Khade Dhenraj Prashant
87.	412201021	Melron Sedine Fernandes
88.	412201033	Mevan Vaughan Rosario Barreto
89.	412201007	Michelle Shania Mendonca
90.	412201026	Navneesh Sajeav
91.	412201020	Nina Micaelo Filho Gonsalves
92.	412201014	Prabhudesai Sahil Sachin
93.	412201019	Ryan Floyd Pinto
94.	412201003	Saloni Rajesh Rao
95.	412201009	Sam Agneta Rodrigues
96.	412201002	Samantha Sardinha
97.	412201008	Samuel San Sequeira
98.	412201006	Shawn Elizoe Rodrigues
99.	412201031	Siddhi Shrikant Morajker

Alethea Baracho
Counsellor & Event Manager
V. M. Salgaocar Institute of International Hospitality Education
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TEAM BUILDING

COMING SOON



TEAM BUILDING

**15th & 16th Sep- 2022
10.15 A.M TO 12.00 NOON
MULTIPURPOSE HALL**

The Counseling department planned an activity session for the F.Y. IHM & F.Y.CA students on the 15th and 16th September 2022 respectively for 2 hours each. The main focus of this session being “Team Building”

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, trust, collaboration/ team work and accountability.

The session started with an icebreaker “find your pair”, where students had to communicate and find their pair e.g. cup saucer, salt pepper etc. Some of the activities that focused on team building were Follow the leader, broken telephone (focusing on communication – nonverbal and verbal); blind snake (trust) and obstacle race (team work/collaboration)



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16th September 2022

“Team Building”- Activity Session

S.Y. B.Sc. IHM attended the session

Sr. No	Roll Number	Name	
1.	412201018	Aarya Manoj Kamat	P
2.	412201015	Abeni Willia Fernandes	P
3.	412201040	Abigail Ruth Luis	P
4.	412201011	Aden Dias	P
5.	412201005	Anurag N. Pai	P
6.	412201028	Arman Rayhan Syed	P
7.	412201029	Aryan Nitin Prabhu Tendulkar	P
8.	412201012	Ayush Govind Kamat	P
9.	412201037	Casroy Alphonso	P
10.	412201035	Credon Pieson Pinto	P
11.	412201017	Dillon Joy D'silva	P
12.	412201032	Emmanuel Damaso Dias	P
13.	412201013	Ewan Ignatius Clemente	P
14.	412201041	Fernandes Endrea Zina	P
15.	412201001	Fernandes Stella Maxi	P
16.	412201038	H. Vikas Narayan Nayak	P
17.	412201025	Harry Zach Mathew	P
18.	412201027	Havey Marc Noronha	P
19.	412201039	Iberica Curie Rebello	P
20.	412201030	Joshua Alex De Souza	P
21.	412201023	Joshua Faria	P
22.	412201034	Karsten John Stephen Pereira	A
23.	412201004	Kay Candida D'souza	P
24.	412201016	Keegan Luis Bosco Costa	P
25.	412201042	Khade Dhanraj Prashant	P
26.	412201021	Melron Sedine Fernandes	P
27.	412201033	Mevan Vaughan Rosario Barreto	P
28.	412201007	Michelle Shania Mendonca	P
29.	412201026	Navneesh Sajeev	P
30.	412201020	Nina Micaela Fialho Gonsalves	P
31.	412201014	Prabhudesai Sahil Sachin	P
32.	412201019	Ryan Floyd Pinto	P
33.	412201003	Saloni Rajesh Rao	P
34.	412201009	Sam Agnelo Rodrigues	P
35.	412201002	Samantha Sardinha	P



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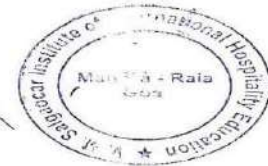


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36.	412201008	Samuel San Sequeira	P
37.	412201006	Shawn Elizoe Rodrigues	P
38.	412201031	Siddhi Shrikant Morajker	P
39.	412001010	Pruthvish Pednekar	A

Alethea Baracho
Counsellor

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Sr. No.	Description of Content	Page no.
1.	APPROPRIATE BODY LANGUAGE	1-3

APPROPRIATE BODY LANGUAGE



The counseling department of VMSIIE, organised a session on **Appropriate Body Language** for the F.Y.BSc. CA students on the 23rd of September, 2022.

The resource person for the Workshop was Ms. Caroline Stewart Silva, who has years of experience in corporate training.

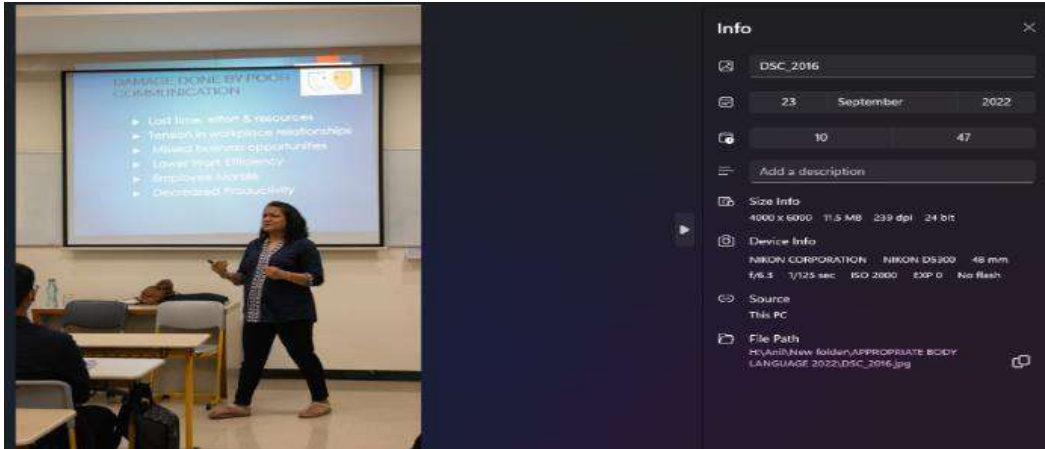
Ms. Caroline had a fun and activity filled learning session for the students. She covered topics like kinesics, Proxemics and Haptics. Along with speaking about the expected body language, Ms. Caroline also had a lot of activities to help students understand better. These sessions are a part of ongoing grooming of students for interviews and the industry. Along with having a lot of fun the students also learned what is expected of them by the corporate and appropriate body language.





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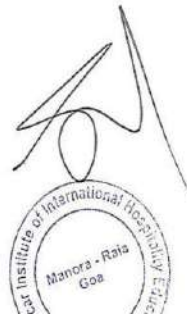
23-Sep-2022

Appropriate Body Language (Ms. Caroline Stewart Silva)

F.Y.B.Sc. CULINARY ARTS

Sr.	Roll Number	Name	
1.	412203001	MANTHINEEDI SRI RANGA	P
2.	412203002	SAWAI SAHIL ANIL	P
3.	412203003	MEAVEN FERNANDES	P
4.	412203004	JAY PADOLE	P
5.	412203005	RHIAN EDEN BARRETTO	P
6.	412203007	MANOAH PANKAJ SHINDE	P
7.	412203008	FALGUN PRASAD MOPKAR	P
8.	412203009	ASHITHA RIYA MISQUITH	P
9.	412203010	RAASHI JAYESH SHETTY	P
10.	412203011	MUKADAM AYESHA KHALID	P
11.	412203012	ARKITA VARADKAR	P
12.	412203013	THAKUR KRISH PRADEEP	P
13.	412203014	MOHAMED BILAL	P
14.	412203015	PRATIK PRAMOD SHET	P
15.	412203016	VARUN JAIKUMAR NAIK	P
16.	412203017	FLENIO RONAN RODRIGUES	P
17.	412203018	ALEENA CIBI DANIEL	P
18.	412203019	UDAY RALLI	A
19.	412203020	ROSETH SILVEIRA	A
20.	412203021	MYRUN JOSEPH COUTINHO	P
21.	412203022	ATHARV MANOJ HEDE	P
22.	412203023	DARRIAN BRUCE XAVIER BATISTA	P
23.	412203025	KIRTI K.C	P
24.	412203026	JAZLAAN SHAIKH	A
25.	412203027	SUHANI KATKAR	P
26.	412203028	LEVO VAZ	P
27.	412203029	GADHA SEEMA GIREESH	P
28.	412203030	KRISHNA GOYAL	P
29.	412203031	SABLE JANHAVI NITIN	P
30.	412203032	DECLAN RALPH GOES	P

MS. Arthea Baracho





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Manora Raia, Salcete, Goa – 403720 India
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BASIC EMERGENCY



A hands-on training programme focussing on basic emergency aid was organised by the IQAC Cell for the staff and F.Y. students of V. M. Salgaocar Institute of International Hospitality Education on 28th & 29th September 2022 from 9-12:30pm. Mr Jovito Lopes, Secretary of Saint John's Ambulance Society, Panjim and a versatile motivational speaker was the resource person.

Starting his sessions by listing the various diseases related to lifestyle, Mr. Lopes explained the fundamentals of first aid before elaborating on the treatment procedures to be followed for different types of injuries. While stressing on the Golden Hour Rule for respiratory and cardiac emergencies, he emphasized the fact that it is our sacred duty to do our utmost to save lives. Demonstrating how volunteers should act and respond to a casualty and apply corrective methods, he further explained the right way of administering the AVPU test and CPR (Cardio Pulmonary Resuscitation) to an unconscious person. Valuable information was also provided on the need for a fully-equipped first aid box to be made available in the Institute. The demonstrations were made enjoyable with participant involvement, witty anecdotes and interactive question and answer sessions. World Heart Day was observed on 29th September 2022; Mr. Lopes created awareness on the 2022 theme 'Use heart for every heart'.



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Basic Emergency Aid - 28th September 2022		
Sr.No	Student Name	Signature
1	Stella Maxi Fernandes	<i>[Signature]</i>
2	Samantha Sardinha	<i>[Signature]</i>
3	Saloni Rajesh Rao	<i>[Signature]</i>
4	Kay Candida Dsouza	<i>[Signature]</i>
5	Anurag Narasimha Pai	<i>[Signature]</i>
6	Shawn Elijoe Rodrigues	Absent
7	Michelle Shania Mendonca	<i>[Signature]</i>
8	Samuel San Sequeira	<i>[Signature]</i>
9	Sam Agnelo Rodrigues	<i>[Signature]</i>
10	Aden Dias	<i>[Signature]</i>
11	Ayush Govind Kamat	<i>[Signature]</i>
12	Ewan Ignatius Clement	<i>[Signature]</i>
13	Sahil Sachin Prabhudesai	<i>[Signature]</i>
14	Abeni Willia Fernandes	<i>[Signature]</i>
15	Keegan Luis Bosco Costa	<i>[Signature]</i>
16	Dillon Dsilva Joy Dsilva	<i>[Signature]</i>
17	Aarya Manoj Kamat	<i>[Signature]</i>
18	Ryan Floyd Pinto	<i>[Signature]</i>
19	Nina Micaela Fialho Gonsalves	<i>[Signature]</i>
20	Melron Sedine Fernandes	<i>[Signature]</i>
21	Joshua faria	<i>[Signature]</i>
22	Rohan Singh	Absent
23	Harry Zach Mathew	<i>[Signature]</i>
24	Navneesh Sajeev Sajeev	<i>[Signature]</i>
25	Havey Marc Noronha	<i>[Signature]</i>
26	Arman Syed	<i>[Signature]</i>
27	Aryan Nitin Prabhu Tendulkar	<i>[Signature]</i>
28	Joshua Alex desouza Desouza	<i>[Signature]</i>



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29	Siddhi Shrikant Morajker	
30	Emmanuel Damaso Dias	
31	Mevan Vaughan Rosario Barreto	
32	Karsten John Stephen Pereira	
33	Credon Pieson Pinto	
34	Nash Clanston Leitao	
35	Casroy Alphonso	
36	Vikas Narayan Nayak	
37	Iberica Curie Rebello	
38	Abigail Ruth Luis	
39	Dhanraj Khade	
40	Endrea Fernandes	





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Basic Emergency Aid - 29th September 2022			
Sr.No	PRN. No.	Student Name	Signature
1	412203001	MANTHINEEDI SRI RANGA SHASHANK	
2	412203002	SAHIL ANIL SAWAI	
3	412203003	MEAVEN FERNANDES	
4	412203004	JAY PRASHANT PADOLE	
5	412203005	RHIAN EDEN BARRETTO	
6	412203007	MANOAH PANKAJ SHINDE	
7	412203008	FALGUN PRASAD MOPKAR	
8	412203009	ASHITHA RIYA MISQUITH	
9	412203010	RAASHI JAYESH SHETTY	Absent
10	412203011	AYESHA KHALID MUKADAM	
11	412203012	ARKITA SUBROTO VARADKAR	
12	412203013	KRISH PRADEEP THAKUR	
13	412203014	MOHAMED BILAL	
14	412203015	PRATIK PRAMOD SHET	
15	412203016	VARUN JAIKUMAR NAIK	
16	412203017	FLENIO RONAN RODRIGUES	
17	412203018	ALEENA CIBI DANIEL	
18	412203019	UDAY RALLI	
19	412203020	ROSETH SILVEIRA	Absent
20	412203021	MYRUN JOSEPH COUTIHO	
21	412203022	ATHARV MANOJ HEDE	
22	412203023	DARRIAN BRUCE XAVIER BATISTA	



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23	412203024	BLAINE MACHADO	<i>[Signature]</i>
24	412203025	KIRTI KC	<i>[Signature]</i>
25	412203026	JAZLAAN GAUNS MOHIDEN SHAIKH	<i>[Signature]</i>
26	412203027	SUHANI JAGDISH KATKAR	<i>[Signature]</i>
27	412203028	LEVO VAZ	<i>[Signature]</i>
28	412203029	GADHA SEEMA GIREESH	<i>[Signature]</i>
29		KRISHNA GOYAL	<i>[Signature]</i>
30		JANHAVI SABLE	<i>[Signature]</i>

DECLAN GDES



[Signature]