



Sr. No.	Description of Content	Page no.
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2.	PERSONALITY DEVELOPMENT TRAINING	3-5

## CORDON BLEU WORKSHOP

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**Date:** Tuesday, 06 FEB 2018  
**Time:** 13:00 – 15:00  
**Venue:** MULTIPURPOSE HALL



Abhishek Sharma Hub Manager, Indian Subcontinent from Cordon Bleu had a work shop to make a **Raspberry and Chocolate Chouquette**.

The event started by introduction, he displayed the recipes on the projector screen, step by step through the instructions of the recipe.

All the steps were well explained and everybody enjoyed this experience. The results were nice

This was a very good training program for all the TYIHM Students and well appreciated.



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**CORDON BLEU**

**06-2-2018**

**Mr. Abhishek Sharma**

**Following TY-IHM students attended the workshop**

Sr. No	Roll Number	Name
1.	411501001	Abreo Bob James
2.	411501002	Arjun Ajit Menon
3.	411501003	Da Costa Kayne Edward
4.	411501004	D'Costa John Zenon
5.	411501005	De Noronha Lionel Minguel
6.	411501006	De Souza Abner Cranston
7.	411501007	Dourado Ashbel
8.	411501008	Duhetha Naomi Philip
9.	411501030	Erika Dsouza
10.	411501009	Fernandes Aaron
11.	411501010	Fernandes Clifffa Andrecia
12.	411501011	Fernandes Esteve
13.	411501012	Fernandes Myron
14.	411501013	Godinho Danielle
15.	411501014	Gomes Francisco Clarence
16.	411501015	Harshidh Gulati
17.	411501016	Kevin Stanley
18.	411501017	Nunes Dilmon
19.	411501018	Pacheco Krenzley Anthony
20.	411501019	Pereira Aaron Angelo
21.	411501020	Pereira Allan Savio
22.	411501021	Pereira Cleona Martha
23.	411501022	Prabhudessai Rushikesh
24.	411501023	Quadros Regan
25.	411501024	Rodrigues Valmiky
26.	411501025	Ryan Stephen D'souza
27.	411501026	Sawnto Desai Srutesh
28.	411501027	Sequeira Dillon Diogo Xavier
29.	411501028	Totad Manjunath
30.	411501031	Ujjwal Tripathi
31.	411501029	Yadav Shivraj Rajendra

  
Ms. Jinnie Rodrigues




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PERSONALITY DEVELOPMENT TRAINING

**PERSONALITY DEVELOPMENT**  
**27-JULY-2018**  
**10.15 A.M TO 12.15 P.M**  
**ZURICH CLASSROOM**



Personality Development workshop was held on 27/07/2018 in Zurich class room for the FYIHM students by the D.C Crackers, Senior Trainer Aftab Azim familiarized participants with the emerging ideas and trends on how to develop personality. It also focused on emotional intelligence, memory power, interview skills and group discussions, building confidence, motivation for life and on enhancing their communication skills and interpersonal skills in order to function in the professional and social setting effectively. The resource person also emphasizes on how to communicate and display ourselves as having caring skills. It also emphasizes personal management, grooming, health, and nutrition, as well as soft skills. This course educates students on the numerous aspects of self-development.





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DATE- 27/7/2018

PERSONALITY DEVELOPMENT PROGRAMME

FVIHM- STUDENTS

Sr. No	Roll Number	Name	
1.	411801035	Acharya Uttara Ramchandra	P
2.	411801001	Aradhana Judith Maria Lopes Pereira	A
3.	411801036	Ashley Valentino Rodrigues	P
4.	411801070	Bosco Savio Fernandes	P
5.	411801037	Clery Dias	P
6.	411801038	Clevan Fernandes	P
7.	411801002	Colaco Ricky	P
8.	411801003	Covin Bevan Colaco	P
9.	411801004	Da Silva Jesus Lourencinho	P
10.	411801005	Darshan Radeshyam Pande	P
11.	411801006	Das Sachin Ramadin	P
12.	411801007	Dev Thakkar	P
13.	411801039	Dwayne Sidney	P
14.	411801040	Esther Thankam Jacob	A
15.	411801041	Fagun Manoj Barrot	P
16.	411801042	Fernandes Shellon Annie	A
17.	411801072	Fortes Steven Joe Clifford	A
18.	411801008	Gabriel Brandon Savio	P
19.	411801071	Ghadge Harish Arvind	P
20.	411801043	Gomes Cyrus Jos	P
21.	411801009	Gomes Princy Conceicao	P
22.	411801044	Gomes Shane Savio Abel	P
23.	411801010	Govind Sreekumar	P
24.	411801011	Herschell M. Fernandes	P
25.	411801045	Jacky Jha	P
26.	411801012	Jaspreet Kaur Dhillon	P
27.	411801046	Joel Joe Fernandes	P
28.	411801013	Joshua Varghese Oommen	P
29.	411801014	Juzelle Megan	P
30.	411801047	Kamat Dharmaja Dilip	P





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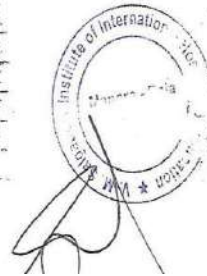
31.	411801015	Kimberly Yowana Mendes	P
32.	411801073	Krishang Agarwal	P
33.	411801048	Maunkel Egan	P
34.	411801049	Maurya Aditya	P
35.	411801050	Mavish Fernandes	P
36.	411801051	Moodbidri Soumya Raj	P
37.	411801052	Myron Jesus Peixoto	A
38.	411801016	Naik Rutik Dinesh	A
39.	411801017	Neston Fernandes	P
40.	411801053	Noronha Chantelle Linette	P
41.	411801018	Pereira Aidan Valentine	P
42.	411801019	Pereira Inacio Grendon Vernon	A
43.	411801054	Pleven Vaz	P
44.	411801020	Preeti jain	P
45.	411801055	Raveen Venkatesh	P
46.	411801056	Reez Francisco Cabral	P
47.	411801057	Rego Raeanne Maria	P
48.	411801021	Rhea Desai	P
49.	411801058	Rithik Michael Dutt	P
50.	411801059	Rodrigues Asher Lincoln	P
51.	411801022	Rodrigues Jose Allan Samson	P
52.	411801060	Roel Anthony Andrade	P
53.	411801069	Ronak Niraj Beru	P
54.	411801023	Saloni Bhandurga	P
55.	411801024	Sanket Keegan Rodrigues	P
56.	411801025	Sarah Shania Miranda	A
57.	411801026	Shaikh Abdul Rehman	P
58.	411801027	Shaikh Rahid	P
59.	411801061	Shane Jonas Fortes	P
60.	411801062	Sharlene Colaco	P
61.	411801063	Shivesh Suresh Shet Revodkar	P

*Valerie Jacques*

**Valerie Jacques**

Counsellor

V. M. Salgaocar Institute of International Hospitality Education  
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Sr. No.	Description of Content	Page no.
1.	Gavels Club	1-5

## GAVEL CLUBS



Gavel Clubs began from 02-July 2018 till 21-Sep -2018 for the FYBSC-IHM (Montreux) total 21 students participated and FYBSC-IHM (Lisbon) total 17 students participated during the course. Gavel clubs are a way of providing the Toastmasters experience to groups who may be ineligible for regular membership due to age, or other circumstances. Following similar Toastmasters club meeting protocols, Gavel clubs use club officer titles and education manuals. However, gavel club members are referred to as “gaveliers”. Gavel clubs also provide Toastmasters members and clubs with an excellent opportunity for community service.









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Lecturer Name: Nelissa Alcasoas  
Subject: Gavel's Club - 17 students

**F.Y . B.SC (Lisbon) Batch 2019-22 Class Session Attendance Register**

	No. of sessions	2-7-18	3-7-18	4-7-18	5-7-18	6-7-18	10-7-18	11-7-18	12-7-18	13-7-18	16-7-18
	Date	1	2	3	4	5	6	7	8	9	10
PRN. No.	Student Name (19)										
411901002	Althandra Brian Felix	P	P	P	P	P	A	P	P	P	P
411901005	Cleopatra Alvares	P	P	P	P	P	P	P	P	P	P
411901007	David Jason Baptista Cardoso	P	P	P	P	P	P	P	P	P	P
411901009	Dionne Francesca Gouveia	P	P	P	P	P	P	P	P	P	P
411901010	Erwin John Colaco	P	P	P	P	P	P	P	P	P	P
411901014	Joel Romano Vaz	P	P	P	P	P	P	P	P	P	P
411901019	Keefe Ambrosio Pereira	P	P	P	P	P	P	P	P	P	P
411901020	Keith Carlton Rodrigues	P	P	P	P	P	P	P	A	P	P
411901023	Lizel Fernandes	P	P	P	P	P	P	P	P	P	P
411901024	Maldino Criflee Rodrigues	P	P	A	P	P	A	P	P	P	P
411901026	Moin Delon Shah	P	P	A	A	A	P	P	A	P	P

411901028	Muzammil Khan	P	P	P	P	P	P	P	P	P	P
411901031	Rodrigues Kayne Francis	P	P	P	P	P	P	P	P	P	P
411901034	Schlesser Ceinwen Fernandes	P	P	A	P	P	A	P	P	P	P
411901038	Tanvi V Nayar	P	P	P	P	P	P	P	A	P	P
411901039	Taran Joseph Nunes	P	P	P	P	P	P	P	P	P	P
411901041	Velan Menino Savio	P	P	P	A	P	A	P	P	P	P

*Nelissa*  
Lecturer's Signature and Date





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Lecturer Name: Nelissa Alcasoas  
Subject: Gavel's Club - 17 students

F.Y . B.SC (Lisbon) Batch 2019-22 Class Session Attendance Register											
	No. of sessions	9/8/18 21	16/8/18 22	18/8/18 23	21/8/18 24	24/8/18 25	28/8/18 26	5/9/18 27	6/9/18 28	7/9/18 29	20/9/18 30
	Date										
PRN. No.	Student Name (19)										
411901002	Althandra Brian Felix	P	P	P	P	P	P	P	P	A	P
411901005	Cleopatra Alvares	P	P	P	P	P	P	P	P	P	P
411901007	David Jason Baptista Cardoso	P	P	P	P	P	P	P	P	P	P
411901009	Dionne Francesca Gouveia	P	P	P	P	P	P	P	P	P	P
411901010	Erwin John Colaco	P	P	P	P	P	P	P	P	P	P
411901014	Joel Romano Vaz	P	P	P	P	P	P	P	P	P	P
411901019	Keefe Ambrosio Pereira	P	P	P	P	P	P	P	P	P	P
411901020	Keith Carlton Rodrigues	P	P	P	P	P	P	P	P	P	P
411901023	Lizel Fernandes	P	P	P	P	P	P	P	P	P	P
411901024	Maldino Criflee Rodrigues	P	P	P	P	P	P	P	A	P	P
411901026	Moin Delon Shah	P	P	P	P	P	P	P	P	P	P
411901028	Muzammil Khan	P	P	P	P	P	P	P	P	P	P

411901031	Rodrigues Kayne Francis	P	P	P	P	P	P	P	P	P	P
411901034	Schlesser Ceinwen Fernandes	P	P		P	P	P	P	P	P	P
411901038	Tanvi V Nayar	P	P		P	P	P	P	P	P	P
411901039	Taran Joseph Nunes	P	P	P	P	P	P	P	P	P	P
411901041	Velan Menino Savio	P	P		P	P	P	P	P	P	P

\_\_\_\_\_  
Lecturer's Signature and Date



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411901031	Rodrigues Kayne Francis	P	P	P	P	P	P	P	P		
411901034	Schlesser Ceinwen Fernandés	P	P	P	P	P	P	P	P		
411901038	Tanvi V Nayar	P	P	P	P	P	P	P	P		
411901039	Taran Joseph Nunes	P	P	P	P	P	P	P	P		
411901041	Velan Menino Savio	P	P	P	P	P	P	P	P		

*M. L. S.*

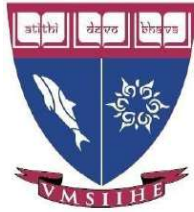
Lecturer's Signature and Date



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<b>Sr. No.</b>	<b>Description of Content</b>	<b>Page no.</b>
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## **ART OF LIVING**



Venue: Multipurpose Hall

Time: 3.30pm to 6pm

Teacher: Mr. Rajeshwar Naidu & Mrs. Tanuja Sardessai

### **The Course was about the happiness program.**

Happiness course is a combination of yoga, powerful breathing exercises, meditation and practical wisdom, The Art of Living Happiness Program will help you live life the way you've always wanted to: Calmly, confidently, and armed with the tools you need to deal with whatever life throws at you. Its central breathing technique, Sudarshan Kriya, effectively reduces stress and takes people effortlessly into a state of deep meditation.

The Happiness Program gives you expert training in a series of yogic breathing techniques which can reduce your stress, relieve anxiety & depression, and bring you back to a clear and positive state of mind.

### **Following are the benefits of the Happiness program**

**Quickly & effectively reduce stress**





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With the power of your breath

### **Build resilience**

Understanding the nature of the mind gives you a more comprehensive perspective on life. This enables you to stay calm by issues that used to create frustration, impatience, worry and more.

### **Make meditation easier**

Tried meditation, but frustrated with your mind wandering? The central technique of the Happiness Program, Sudarshan Kriya, is a simple yet powerful breathing technique that effortlessly draws you into a deep state of meditation.





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Session on Art of Living Teachers

06/8/2018 to 10/8/2018

3.30 p.m. to 06.00 p.m.

SR	NAME	SIGNATURE
1	Ms. Rahana Mirza	
2	Dr. Jacqueline Fernandes Breitinger	
3	Ms. Sujatha Madhavan	
4	Ms. Edna Noronha	
5	Ms. Sushma Lotlikar	
6	Ms. Manisha Borkar	
7	Ms. Chaitra Phaladesai	
8	Ms. Tanvi Prabhu Malkarnekar	
9	Ms. Gauri Patil	
10	Ms. Charmayne D'Souza	
11	Mr. Sunil Deshpande	
12	Mr. Savio D'Souza	





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## **BLOOD DONATION DRIVE**



Through voluntary blood donation drive, we ensure that people have access to a safe and sufficient blood supply when they need it. It aims to encourage social responsibility among youths through the simple life-saving act of blood donations.

On Wednesday, 14th November 2018, the VMSIHE – NSS Unit, conducted a blood donation camp on campus as part of one's social responsibility.

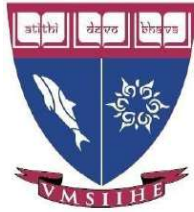
The team of 8 from Hospicio hospital, Margao- Goa, arrived on campus by 9:15 am and started the camp by 9:30 am. The interested donors had to register themselves by filling out a form, followed by the testing of the Haemoglobin level, blood pressure and a consultation by the head doctor to ensure that the donor was healthy enough to donate blood.

The team was very professional and carried out the procedures without a hitch. Most of the students felt at ease when donating and said that they enjoyed the overall experience.

In order to keep the energy of the blood donors up, they were provided with refreshments by the institute. The counter was kept open from 9:30 am to 12:30 pm. This was followed by lunch in the cafeteria for the students, staff and the team from Hospicio hospital.

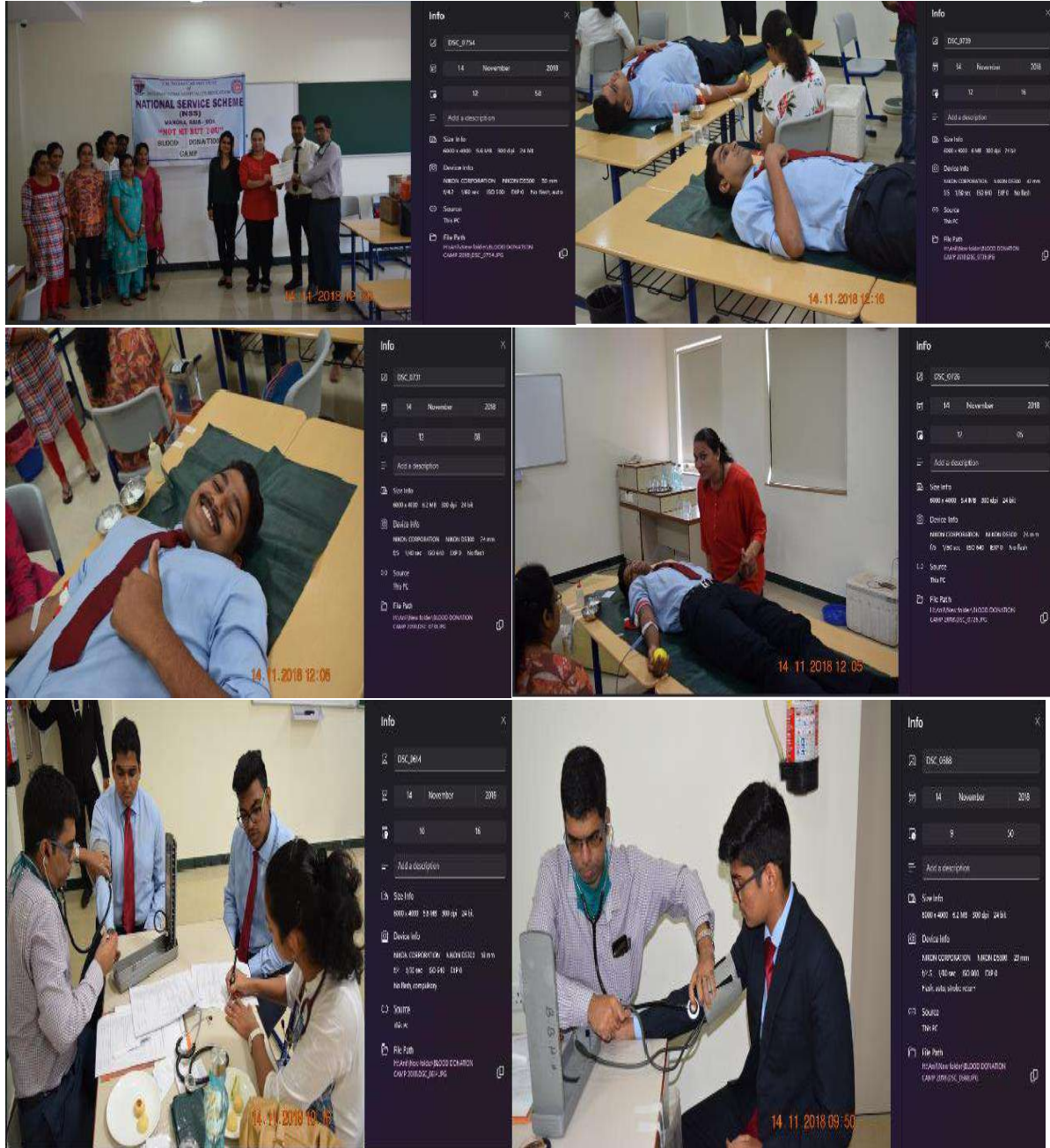
In total we had over 50 people who turned up to donate blood, but after the tests were run, only 35 people were eligible to donate.

It was due to the hard work of the NSS Team and volunteers that this camp was a great success. We are glad that we could play a part in this selfless act of blood donation for a greater cause.



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## **NEGATIVE EFFECTS OF DRUGS**



On Friday, 17<sup>th</sup> of August, 2018 the Counselling department of VMSIIE organized a talk for the 1<sup>st</sup> year students, on “**Negative effects of Drugs.**” @ 3:30 in Zurich.

Keeping in mind the growing need for awareness among youth of today to make better choices. A resource person from Narcotics Control Bureau was invited to address the students on the harmful effects of drugs on the individual, families and the society emotional, psychological, financial, and social. The use of drugs can lead to financial hardship, poverty, or bankruptcy. Teens can become overwhelmed by addictive substances and strained relationships at home and may want to run away from home.

### **The Effects of Addiction on a Family**

Just like addiction causes a variety of effects on the person using substances, it leads to another set of the impact on the family. The exact outcomes depend on things like which family member struggles with addiction, the age of the children, or whether children live with their parents. Not all families experience the same effects, but oftentimes they are at least somewhat similar.

#### Financial Hardship

It isn't cheap to support an active drug habit. Many addicts funnel all their money toward getting the substances they need. They may have a hard time keeping a job, so they ask for money, food, shelter, or other forms of support. Some might ask for help paying for a treatment facility or other program. As addiction progresses, people become unpredictable and difficult to deal with. They are erratic, frustrated, and angry, lashing out at those closest to them. Drugs and alcohol affect an individual's inhibitions. People are more likely to act out while under the influence.





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Negative effects of Drugs.  
DATE: 17/08/2018  
3.30 P.M

Zurich classroom

Sr. No	Roll Number	Name	
1.	411801035	Acharya Uttara Ramchandra	P
2.	411801001	Aradhana Judith Maria Lopes Pereira	P
3.	411801036	Ashley Valentino Rodrigues	P
4.	411801070	Bosco Savio Fernandes	P
5.	411801037	Cleny Dias	P
6.	411801038	Clevan Fernandes	P
7.	411801002	Colaco Ricky	P
8.	411801003	Covin Bevan Colaco	P
9.	411801004	Da Silva Jesus Lourencinho	P
10.	411801005	Darshan Radeshyam Panda	P
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12.	411801007	Dev Thakur	P
13.	411801039	Dwayne Sidney	P
14.	411801040	Esther Thankam Jacob	P
15.	411801041	Fagun Manoj Barrot	P
16.	411801042	Fernandes Shellon Annie	P
17.	411801072	Fortes Steven Joe Clifford	P
18.	411801008	Gabriel Brandon Savio	P
19.	411801071	Ghadge Harish Arvind	P
20.	411801043	Gomes Cyrus Jos	P
21.	411801009	Gomes Princy Concelcao	P
22.	411801044	Gomes Shane Savio Abel	P
23.	411801010	Govind Sreekumar	P
24.	411801011	Herschell M. Fernandes	P
25.	411801045	Jacky Jha	P
26.	411801012	Jaspreet Kaur Dhillon	P
27.	411801046	Joel Joe Fernandes	P
28.	411801013	Joshua Varghese Commen	P
29.	411801014	Juelia Megan	P
30.	411801047	Kamat Dharmaja Dilip	P

31.	411801015	Kimberly Yowana Mendes	P
32.	411801073	Krishang Agarwal	P
33.	411801048	Maunkel Egan	P
34.	411801049	Maurya Aditya	P
35.	411801050	Mavish Fernandes	P
36.	411801051	Moodbidri Soumya Raj	P
37.	411801052	Myron Jesus Peixoto	P
38.	411801016	Naik Rutik Dinesh	P
39.	411801017	Neston Fernandes	P
40.	411801053	Noronha Chantelle Linette	P
41.	411801018	Pereira Aidan Valentine	P
42.	411801019	Pereira Inacio Grendon Vernon	P
43.	411801054	Pleven Vaz	P
44.	411801020	Preeti Jain	P
45.	411801055	Raveen Venkatesh	P
46.	411801056	Reez Francisco Cabral	P
47.	411801057	Rego Raecanne Maria	P
48.	411801021	Rhea Desai	P
49.	411801058	Rithik Michael Dutt	P
50.	411801059	Rodrigues Asher Lincoln	P
51.	411801022	Rodrigues Jose Allan Samson	P
52.	411801060	Roel Anthony Andrade	P
53.	411801069	Ronak Niraj Beru	P
54.	411801023	Saloni Bhandurga	P
55.	411801024	Sanket Keegan Rodrigues	P
56.	411801025	Sarah Shania Miranda	P
57.	411801026	Shaikh Abdul Rehman	P
58.	411801027	Shaikh Rahid	P
59.	411801061	Shane Jonas Fortes	P
60.	411801062	Sharlene Colaco	P
61.	411801063	Shivesh Suresh Shet Revodkar	P
62.	411801028	Simonelle Eliana Fernandes	P
63.	411801029	Simran Dsilva	P
64.	411801030	Sinal Shirgaonkar Aakash Sunil	P
65.	411801031	Singh Gaurav Gajraj	P
66.	411801032	Snowden Silva	P
67.	411801064	Srikant Pal	P

**Valerie Jacques**  
Counsellor

V. M. Salgaocar Institute of International Hospitality Education  
Manora-Raia, Salcette, Goa - 403720 India





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## POWER YOGA

### POWER YOGA

by Tanya Sardesai



Multipurpose hall  
14.00 Hrs  
21 June 2018

Power Yoga was held in multipurpose hall on 21/06/2018 from 02.00 p.m. to 03.30 p.m. Student and staff performed the Power yoga demonstrated by Ms. Tanya Sardesai from Art of Living, Goa unit. Power yoga, for example, is designed specifically to improve muscle strength and cardiovascular endurance. The poses are challenging, and you move from one pose to the next quickly.

It provides a good physical workout and, unlike some other styles of yoga that follow the same series of poses each time, power yoga classes are seldom alike. The Resource person emphasizes on its benefits, possible drawbacks, and how to get started.







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POWER-YOGA DAY

21/06/2018

MULTIPURPOSE HALL

SR	NAME
1	
2	Ms. Valerie Jacques
3	Mr. Nagraj Naik
4	Mr. Savio D'souza
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	Mr. Issac Mathew
12	Ms. Sherlaine Flory Gomes
13	Ms. Barreto Mariah
14	Mr. Cardozo Morgan
15	Mr. Essani Sahil Shabudin
16	Mr. Fernandes Lyle Mafilo
17	Mr. Ferrao Josiah
18	Ms. Kritika Anne Magima
19	Mr. Goawala Naeem Malik
20	Mr. Vaz Lester
21	Mr. Shah Rohan Haresh

*Prabhu*  
**Sharada Prabhu**

Sr. Officer - HR

V. M. Salgaocar Institute of International Hospitality Education





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**FOOD SAFETY AND HYGIENE WORKSHOP**

**Refer to Criteria 3.2.2**



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**FOOD SAFETY AND HYGIENE WORKSHOP**

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<b>Date:</b>	16 <sup>th</sup> & 17 <sup>th</sup> November 2018
<b>Time:</b>	10.00 a.m. to 15.00 p.m.
<b>Venue:</b>	VMSIIE CUISINE CLUB, ZURICH CLASSROOM
<b>Number of Participants:</b>	60
<b>Lecturer:</b>	Mr. Sanjay Dave

---

The Cuisine Club of V.M. Salgaocar Institute of International Hospitality Education was organizing a two day Food Safety and Hygiene Workshop with Certificate by CII FACE (Confederation of Indian Industry and Food and Agriculture Centre of Excellence).

The guest lecturer Sanjay Dave has professional experience of more than 42 years, of which about 32 years has been in agriculture trade and food safety. He is the former Advisor to Food Safety and Standards Authority of India (FSSAI), Ministry of Health and Family Welfare, Govt. of India. He was also the global Chairman of Codex Alimentarius Commission (a UN-FAO/WHO- body) from July 2011 - July 2014. He has also served as Adviser (Agriculture) in the Mission of India to the European Union in Brussels for building bilateral agri.-business relations. Currently, he is Chairman of Codex-Asia and Chairman of Surakshit Khadya Abhiyan (National Mission for Safe Food). He is also a member of the Scientific Committee of FSSAI.

This course was directed to all Food Handlers, Chefs, Street vendors, Shop-keepers, Hospitality staff. The aim was to strengthen the understanding and equip the Food Industry professional for field responsibilities.

Mr. Dave arrived on 16<sup>th</sup> early morning and was picked up by Chef Sebastian and brought to our Institute, where we had prepared a hotel room for him.

Day 1 (Friday 16, November 2018)

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CUISINE CLUB 2018



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## SENIOR CITIZEN DAY



*Senior citizens are our pillars of strength and joy.  
Join us as we show our appreciation for them on this memorable day.*

Date: 21<sup>st</sup> August 2018

Time: 10:00 am

Venue: Zakuro (Cafeteria)

Guest of Honor:

Mrs. Joan Rebello

Ex: NSS officer

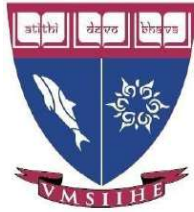
Ex: English Prof. at Shree Damodar College of commerce and economics



On 21<sup>st</sup> August 2018 our college celebrated Senior Citizen Day. A day in which senior citizens, the pillars of strength and joy are celebrated. This event took place in Zakuro (cafeteria) at 10:15 am. The guest for that day was Mrs Joan Rebello, an ex-English professor at Shree Damodar College of commerce and economics and an ex-NSS officer. The event started with a brief introduction of the event and a little about Mrs Joan Rebello. After the introduction Mrs Rebello was felicitated by our director/principal professor Irfan Mirza.

Later on Mrs Joan Rebello addressed the gathering about her thoughts and interest about senior citizens in today's society, and further went on to enlighten us about all the social work she has done over the years and still continues to do today. She informed us about how we too can give back to society and come together to make a difference. The event came to an end with the vote of thanks and address by professor Mirza.





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**TALK ON SUICIDE PREVENTION**



On the 10<sup>th</sup> of September, 2018, which is observed as world suicide prevention day, the Counselling Department of V.M. Salgaocar Institute of International Hospitality Education, organized a talk for the students on how suicide is preventable.

Dr. Belinda Viegas Mueller, a practicing Psychiatrist, was invited as the resource person. She spoke at length about how suicide prevention doesn't start at a point when you realise someone is suicidal but way before that. Preventing suicide is about teaching people to make choices in life that lead them to be happy this reducing the number of people who fall under depression which in turn lowers the risk of suicide.

Overall the talk was very informative and the students also asked a lot of questions to the speaker. To provide further information the counselling department also displayed a notice board with, knowing signs, prevention and protection from suicide.

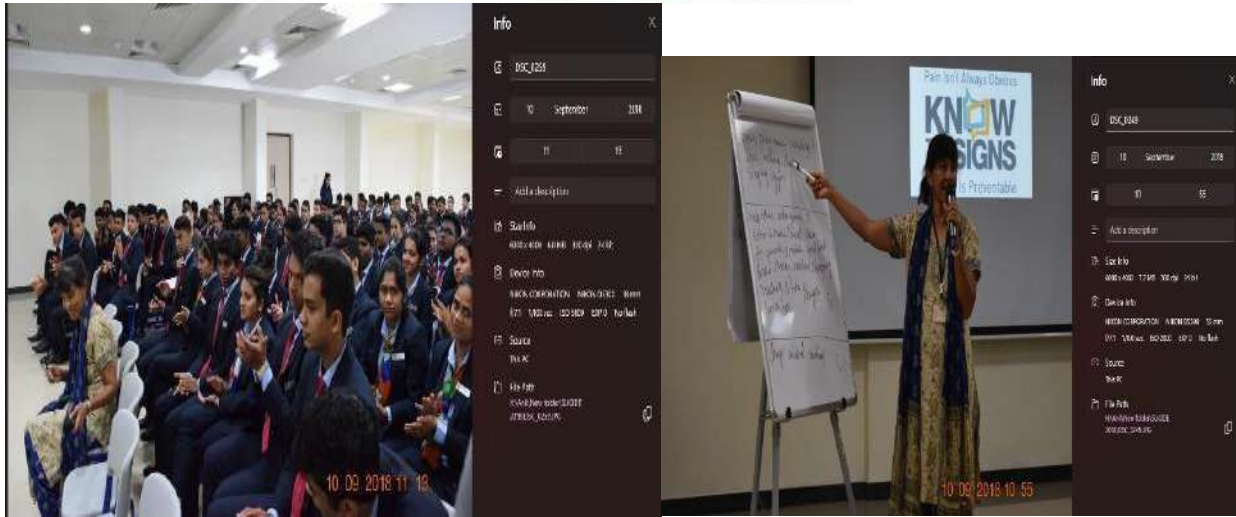






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TALK ON SUICIDE PREVENTION

By Dr. Belinda Viegas Mueller  
10<sup>th</sup> of September, 2018  
10.15 A.M to 12.00 noon  
Multipurpose hall

Sr. No	Roll Number	Name	
1.	411601027	Shah Rohan Haresh	D
2.	411601033	Vaz Lester	D
3.	411601002	Aguiar Nadia Marie Do Rosario	D
4.	411601037	Almeida Cavell Ashtair Anthony	D
5.	411601001	Alvares Ronaldo Andre	D
6.	411601003	Atul Harikumar	D
7.	411601038	Barreto Mariah Christabel	D
8.	411601039	Braganza Joshua Hilary	D
9.	411601040	Camillo Raul Rafael Da Costa	D
10.	411601004	Cardozo Morgan	D
11.	411601029	Carvalho Amelia Stefanie	D
12.	411601008	D'silva Nestor Anthony	D
13.	411601005	Da Silva Enosh Franxier	D
14.	411601041	Da Silva Joehan	D
15.	411601042	Dias Jason Francis	D
16.	411601006	Dias Saville Godwin	D
17.	411601009	D'souza Mark Troy	D
18.	411601043	Essani Sahil Shabudin	D
19.	411601010	Fernandes Bryce Vicanto	D
20.	411601011	Fernandes Clinton Daylon	D
21.	411601044	Fernandes Elroy Samuel	D
22.	411601045	Fernandes Jason Lawrence Savio	D
23.	411601046	Fernandes Jordan Daryl	D
24.	411601012	Fernandes Joyston Valentine	D
25.	411601013	Fernandes Leighan Blanc	D
26.	411601047	Fernandes Lyle Mafilo	D
27.	411601048	Fernandes Myron Raymond	D
28.	411601014	Fernandes Ransley	D
29.	411601015	Fernandes Sam Emmanuel	D
30.	411601049	Fernandes Sanzil Joshua Fortes	D
31.	411601050	Fernandes Shannon	D



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32.	411601051	Fernandes Velroy Jesus Diogo	P
33.	411601052	Ferrao Eric Lionel	P
34.	411601016	Ferrao Josiah	P
35.	411601053	Goawala Nacem Malik	P
36.	411601054	Godinho Joshly Artemus	P
37.	411601017	Goes Jason Joaquim	P
38.	411601055	Hosea Amos Jorge	A
39.	411601056	Kritika Anne Magima	P
40.	411601018	Kumar Antonio Xavier	P
41.	411601019	Lamani Venkatesh Subhash	P
42.	411601057	Luis Donvo Ralvo	P
43.	411601020	Madetira Kruthika Suresh	P
44.	411601021	Manerker Rohan Naresh	P
45.	411601058	Maurya Dharmendra Kumar	P
46.	411601022	Naddimulla Saddamhussain M	P
47.	411601059	Naik Manish Ganesh	P
48.	411601060	Naik Sehali Madhu	P
49.	411601061	Nogar Sanzla Gina Lola	P
50.	411601023	Pandey Sweta Umalal	A
51.	411601062	Patel Jay Bharat	P
52.	411601024	Pereira Kroydon Ankit	P
53.	411601063	Pereira Neil Macarius	A
54.	411601064	Prabhu Tendulkar Eshani Abhay	P
55.	411601065	Rebello Keith Nikhil Ponciano	P
56.	411601066	Rodrigues Jobern Piedade	P
57.	411601026	Sairaj Sitaram Naik Tari	P
58.	411601067	Saldanha Cressida Immaculate	P
59.	411601070	Shet Gajendra Ramdas	A
60.	411601028	Shinde Satyajeet Anil	P
61.	411601030	Teles Denis Christopher Minguel Rosario	P
62.	411601031	Thidarat Phalao	P
63.	411601032	Tristen Dylan Nazareth	P
64.	411601071	Viegas Miyuki Pearlina	P
65.	411601034	Virani Zahur Altaf	P
66.	411601035	Yadav Ramlal Chanardev	P
67.	411801035	Acharya Uttara Ramchandra	P
68.	411801001	Aradhana Judith Maria Lopes Pereira	P
69.	411801036	Ashley Valentino Rodrigues	P
70.	411801070	Bosco Savio Fernandes	P





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71	411801037	Cleny Dias	D
72	411801038	Clevan Fernandes	P
73	411801002	Colaco Ricky	A
74	411801003	Covin Bevan Colaco	A
75	411801004	Da Silva Jesus Lourencinho	A
76	411801005	Darshan Radeshyam Pande	A
77	411801006	Das Sachin Ramadin	P
78	411801007	Dev Thakkar	P
79	411801039	Dwayne Sidney	P
80	411801040	Esther Thankam Jacob	P
81	411801041	Fagun Manoj Barrot	P
82	411801042	Fernandes Shellon Annie	P
83	411801072	Fortes Steven Joe Clifford	P
84	411801008	Gabriel Brandon Savio	P
85	411801071	Ghadge Harish Arvind	P
86	411801043	Gomes Cyrus Jos	P
87	411801009	Gomes Princy Concelcao	P
88	411801044	Gomes Shane Savio Abel	P
89	411801010	Govind Sreekumar	P
90	411801011	Herschell M. Fernandes	P
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93	411801046	Joel Joe Fernandes	P
94	411801013	Joshua Varghese Oommen	P
95	411801014	Juzelle Megan	P
96	411801047	Kamat Dharmaja Dilip	P
97	411801015	Kimberly Yowana Mendes	P
98	411801073	Krishang Agarwal	P
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100	411801049	Maurya Aditya	P
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102	411801051	Moodbidri Soumya Raj	P
103	411801052	Myron Jesus Peixoto	P
104	411801016	Naik Rutik Dinesh	P
105	411801017	Neston Fernandes	A
106	411801053	Noronha Chantelle Linette	P
107	411801018	Pereira Aidan Valentine	P
108	411801019	Pereira Inacio Grendon Vernon	P
109	411801054	Pleven Vaz	P



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110	411801020	Preeti Jain	A
111	411801055	Raveen Venkatesh	P
112	411801056	Reez Francisco Cabral	P
113	411801057	Rego Rocioanne Maria	P
114	411801021	Rhea Desai	P
115	411801058	Rithik Michael Dutt	P
116	411801059	Rodrigues Asher Lincoln	P
117	411801022	Rodrigues Jose Allan Samson	P
118	411801060	Roel Anthony Andrade	P
119	411801065	Ronak Niraj Beru	P
120	411801023	Seloni Bhandurga	P
121	411801024	Sanket Keegan Rodrigues	P
122	411801025	Sarah Shama Girando	P
123	411801026	Shaikh Abdul Rehman	P
124	411801027	Shaikh Rahid	P
125	411801061	Shane Jones Fortes	P
126	411801062	Sharlene Colaco	P

Alethea Baracho  
Counsellor & Event Manager



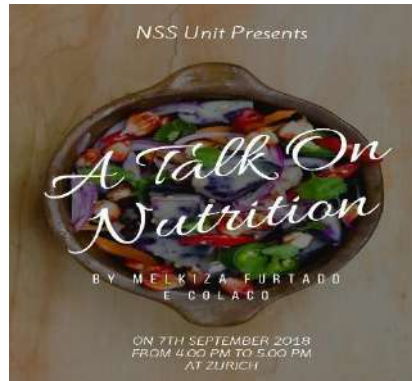




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## NUTRITION TALK BY MELKIZA FURTADO E COLACO



On 7 September 2018 from 16:00 to 17:00, the NSS unit conducted a talk on the benefits of nutrition. Miss Melkiza Furtado e Colaco spoke to us on the importance of maintaining a healthy lifestyle. She is a nutritional officer at the Directorate of Health Services in South Goa enlightened us on the benefits of a healthy diet and proper exercise. She is a registered dietician with Indian Dietetics Association and has a Master's degree in Food Nutrition Dietetics from Mumbai University. She has worked for Wockhardt Hospital as a consulting dietician.

Dr. Marie Raj, our administrator briefed us on the change in lifestyle from the olden days that has occurred since the boon in technology that has not only made everyday life and tasks such as cooking, cleaning and washing easier but also has drastically changed our habits for the worse, from eating habits such as preferred “White foods” instead of the healthier alternatives of rice, bread and sugar. Our generation and future youth are constantly glued to screens like mobiles, televisions etc.

Miss Melkiza stressed upon the importance of a proper diet involving a balanced intake of food that has the required amounts of carbohydrates (starch), proteins, fats, vitamins and minerals in adequate proportions due to the differences in gender, age, height and metabolic rates. Physical exercise for a minimum of three hours a week is essential for a healthy body. Drinking eight glasses or around two litres of water is a daily requirement. Eating food which is fresh and not processed, as well as avoiding junk foods and carbonated drinks that is food high in salt and sugar. Having a high immunity against sickness is useful and benefits us to fight off diseases.

Miss Melkiza then had a question and answer session where the benefits of green tea was discussed along with the uses of a keto diet. She was very informative and helped us understand the benefits of eating right and staying healthy. She educated us on different amounts of sugar present Oreos, peanut butter and coca cola. We are very thankful that she took the time to come to talk to us about this very important subject for not only the application in our industry but also in our daily life



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**NUTRITION TALK**

07<sup>th</sup> Sep 2018  
16.00 Hrs  
Zurich

Sr.	Name	
1.	Shah Rohan Hareesh	A
2.	Vaz Lester	A
3.	Aguiar Nadia Marie Do Rosario	A
4.	Almeida Cavell Ashtair Anthony	A
5.	Alvares Ronaldo Andre	A
6.	Atul Harikumar	A
7.	Barreto Mariah Christabel	A
8.	Braganza Joshua Hilary	A
9.	Camillo Raul Rafael Da Costa	A
10.	Cardozo Morgan	A
11.	Carvalho Amelia Stefanie	A
12.	D'silva Nestor Anthony	A
13.	Da Silva Enosh Franxier	A
14.	Da Silva Joehan	A
15.	Dias Jason Francis	A
16.	Dias Saville Godwin	A
17.	D'souza Mark Troy	A
18.	Essani Sahil Shabudin	A
19.	Fernandes Bryce Vicanto	A
20.	Fernandes Clinton Daylon	A
21.	Fernandes Elroy Samuel	A
22.	Fernandes Jason Lawrence Savio	A
23.	Fernandes Jordan Daryl	A
24.	Fernandes Joyston Valentine	A
25.	Fernandes Leighan Blanc	A
26.	Fernandes Lyle Mafilo	A
27.	Fernandes Myron Raymond	A
28.	Fernandes Ransley	A
29.	Fernandes Sam Emmanuel	A
30.	Fernandes Sanzil Joshua Fortes	A
31.	Fernandes Shannon	A
32.	Fernandes Velroy Jesus Diogo	A



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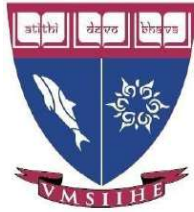
33.	Ferrao Eric Lionel	
34.	Ferrao Josiah	
35.	Goawala Naem Malik	
36.	Godinho Joshly Artemus	
37.	Goes Jason Joaquim	
38.	Hosea Amos Jorge	
39.	Kritika Anne Magima	
40.	Kumar Antonio Xavier	
41.	Lamani Venkatesh Subhash	
42.	Luis Donvo Ralvo	
43.	Madetira Kruthika Suresh	
44.	Manerkar Rohan Naresh	
45.	Maurya Dharmendra Kumar	
46.	Naddimulla Saddamhussain M	
47.	Naik Manish Ganesh	
48.	Naik Sehali Madhu	
49.	Nogar Sanzia Gina Lola	
50.	Pandey Sweta Umalal	
51.	Patel Jay Bharat	
52.	Pereira Kroydon Ankit	
53.	Pereira Neil Macarius	
54.	Prabhu Tendulkar Eshani Abhay	
55.	Rebello Keith Nikhil Ponciano	
56.	Rodrigues Jobern Piedade	
57.	Sairaj Sitaram Naik Tari	
58.	Saldanha Cressida Immaculate	
59.	Shet Gajendra Ramdas	
60.	Shinde Satyajeet Anil	
61.	Teles Denis Christopher Minguel	
62.	Thidarat Phalao	
63.	Tristen Dylan Nazareth	
64.	Viegas Miyuki Pearlina	
65.	Virani Zahur Altaf	
66.	Yadav Ramlal Chanardev	
67.	Chaitra Phalidesai	
68.	Ezequiel Diniz	
69.	Manisha Borkar	
70.	Sharada Prabhu	



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71.	Shreya Keni	
72.	Issac Mathew	
73.	Edna Noronha	
74.	Sherlaine Flory Gomes	
75.	Sudhir Desai	
76.	Sebastian Breitingner	
77.	Sujatha Madhavan	
78.	Dr. Marie Raj	
79.	Jinnie Rodrigues	
80.	Alethea Baracho	
81.	Valerie Jacques	

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



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**YOUTH EMPOWERMENT**

**Report on Talk by Mr. Saleel Pulekar 23rd August 2018**

**Refer to Creteria 3.2.2**



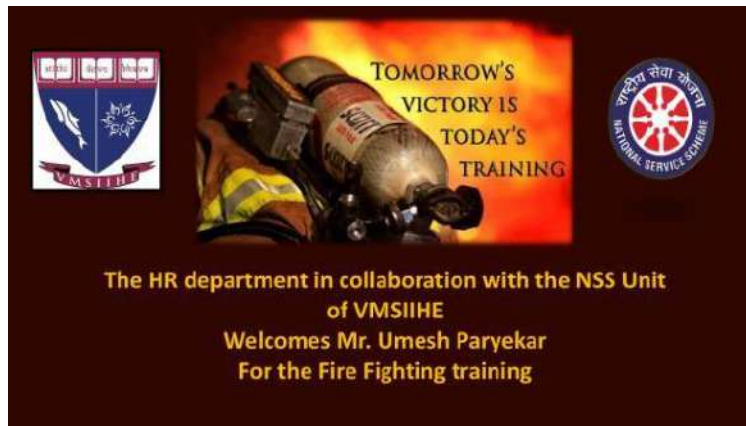




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## FIRE FIGHTING TRAINING



The HR department in collaboration with the NSS committee of VMSIHE organized a firefighting session on Friday, 18<sup>th</sup> January 2019, from 3:15 am to 5:00 pm. A total of 176 members attended the session which included NSS volunteers (FY and SY students), faculty, admin staff, kitchen team, engineering team, housekeeping and security. The firefighting session was led by Mr. Umesh Paryekar who has been a firefighting engineer for the past 25 years and is the founder of AGNIRAKSHA.

The orientation commenced at 3:15pm in Zurich. The chief guest and the audience were welcomed by one of our NSS volunteers and compere for the day Miss Sarah Miranda . Mr. Umesh Paryekar enlightened us about the steps that need to be taken if one is ever faced with such a situation. He told us that whenever there is a fire the people trapped should always shout fire 3 times and that the people shouldn't panic but should act and think smartly. He also spoke about the various types of fire extinguishers. He told us about the ABC type fire extinguishers. These extinguishers can be used to treat fires caused due to wood, petroleum, and electricity. He also spoke about MAP (mono ammonium phosphate powder).

This was followed by a demonstrated outdoors in the Amphitheatre by Mr. Umesh Paryekar on how to use these fire extinguishers as well as how to use the water hose. He showed us the correct technique of holding it and the position to stand in while holding it. He also informed us that three people are required to control the water hose pipe due to the force of the water pressure. He provided us with valuable knowledge and training that will help us throughout our lives.

The vote of thanks was proposed by Roel Andrade followed by a group photograph of all those who attended the firefighting training session. It was truly an enriching experience for us all.



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## FIRE-FIGHTING TRAINING

18/01/2019

3.15 P.M TO 05.00 P.M

Following staff and student participated for the firefighting training.

Sr. No	Name
1.	Acharya Uttara Ramchandra
2.	Aradhana Judith Maria Lopes Pereira
3.	Ashley Valentino Rodrigues
4.	Bosco Savio Fernandes
5.	Cleny Dias
6.	Clevan Fernandes
7.	Colaco Ricky
8.	Covin Bevan Colaco
9.	Da Silva Jesus Lourencinho
10.	Darshan Radeshyam Pande
11.	Dev Thakkar
12.	Dwayne Sidney
13.	Esther Thankam Jacob
14.	Fagun Manoj Barrot
15.	Fernandes Shellon Annie
16.	Fortes Steven Joe Clifford
17.	Gabriel Brandon Savio
18.	Ghadge Harish Arvind
19.	Gomes Cyrus Jos
20.	Gomes Princy Conceicao
21.	Gomes Shane Savio Abel
22.	Govind Sreekumar
23.	Joel Joe Fernandes
24.	Joshua Varghese Oommen
25.	Juzelle Megan
26.	Kamat Dharmaja Dilip
27.	Kimberly Yowana Mendes
28.	Krishang Agarwal
29.	Maunkel Egan
30.	Maurya Aditya
31.	Mavish Fernandes
32.	



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33.	Moodbidri Soumya Raj
34.	Myron Jesus Peixoto
35.	Naik Rutik Dinesh
36.	Neston Fernandes
37.	Noronha Chantelle Linette
38.	Pereira Aidan Valentine
39.	Pereira Inacio Grendon Vernon
40.	Pleven Vaz
41.	Preeti Jain
42.	Raveen Venkatesh
43.	Reez Francisco Cabral
44.	Rego Raeanne Maria
45.	Rhea Desai
46.	Rithik Michael Dutt
47.	Rodrigues Asher Lincoln
48.	Rodrigues Jose Allan Samson
49.	Roel Anthony Andrade
50.	Ronak Niraj Beru
51.	Saloni Bhandurga
52.	Sanket Keegan Rodrigues
53.	Sarah Shania Miranda
54.	Shaikh Abdul Rehman
55.	Shaikh Rahid
56.	Shane Jonas Fortes
57.	Sharlene Colaco
58.	Sinai Shirgaonkar Aakash Sunil
59.	Singh Gaurav Gajraj
60.	Snowden Silva
61.	Srikant Pai
62.	Tari Neil Anil
63.	Tejas Kharangate
64.	Ved Shailendra Madkalkar
65.	Viegas Meurel Beverly
66.	Vincent Vynden Francisco
67.	Aaron Lee Rodrigues
68.	Abhijeet Chaudhary
69.	Abhijit Datta Prabhu
70.	Acquin Carmo Fernandes





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71	Adrich Praveen Coelho
72	Afrin Khan
73.	Aishwarya J
74.	Aisling Roseanne Pereira
75	Althandra Brian Felix
76.	Aryan Siddesh Amonkar
77.	Berwyn Jeremiah Da Silva
78.	Bhujbal Kritish Raju
79.	Breanna Linarose Moraes
80.	Cassandra Maria Menezes
81.	Cleopatra Alvares
82.	Cullen Jesus Pio Fernandes
83.	Darren Fernandes
84.	David Jason Baptista Cardoso
85.	D'Costa Pronnoy
86.	Dionne Francesca Gouveia
87.	Eesha Nilesh Newalkar
88.	Ershville Dias
89.	Erwin John Colaco
90.	Felicio Marcal Sanches Fernandes
91.	Fernandes Bevan Menwil
92.	Filton DCosta
93.	Hershelle Ved Pegado
94.	Jai Sandeep Chopda
95.	Jared Sanier Faleiro E Coutinho
96.	Jensen Arnold Fernandes
97.	Joel Romano Vaz
98.	Joshua D'Souza
99.	Juneidh Karan Vaz
100.	Juventius Jude Rodrigues
101.	Kalindi Rajeev Sunthankar
102.	Kane Dias
103	Karthikram Samavedi
104.	Kaushik Nilesh Painginkar
105.	Keanne Wendell D'Souza
106.	Keefe Ambrosio Pereira
107	Keith Carlton Rodrigues
108	Kote Ritikesh Virendra



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109	Kumar Magavi
110	Kumar Nishant
111	Lester Barreto
112	Lizel Fernandes
113	Maldino Criflee Rodrigues
114	Maria Elaine Furtado
115	Mitchell Mascarenhas
116	Moin Delon Shah
117	Muriel Luiza Dias
118	Muzammil Khan
119.	Myrex Jonas Fernandes
120.	Nannuri Harshavardhan
121	Nash Jason Afonso
122	Nayak Sanyam Damodar
123	Neevan Newton Fernandes
124	Neil Darren D'Souza
125	Pierson Joseph Diniz
126	Prathamesh Damodar Naik
127	Pravin Kumar M
128	Rathod Krishna Ramesh
129	Remzie Mergulhao
130	Rodrigues Kayne Francis
131	Rohan Antonio De Barros
132	Rollett Jesus Fernandes
133	Rowan Aselm Fabianus Gonsalves
134	Rozann Cardozo
135	Sairaj Sudhir Desai
136	Sathe Rejas Sanjivkumar
137	Schiesser Ceinwas Fernandes
138	Shanaya Lilla Dias
139	Shane Rahul Fernandes
140	Shrushti A.Jadhev
141	Stalin Tony Breganca
142	Tanisha Murell Rebello
143.	Waylon Sabino Gomes
144.	Zuzarte Gabriel Kevin
145	Beverly Steffie Fernandes
146	Jinnie Rodrigues





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147	Alethea Baracho
148	Valerie Jacques
149	Alyce Clita Rodrigues
150	Frazer Rodrigues
151	Gauri Patil
152	Sebastian Breitinge
153	Sujatha Madhavan
154	Dr. Marie Raj
155	Aditi Sawant
156	Sharada Prabhu
157	Martha Rebello
158	Manisha Borkar
159	Chaitra Phalidesai
160	Johnkutty George
161	Issac Mathew
162	Edna Noronha
163	Sherlaine Flory Gomes
164	Anant Naik
165	Anil Gaonkar
166	Chandrax Gunagi
167	Dylan Miranda
168	Manjunath Halabar
169	Ramappa Navalolli
170	Sandeep Bandodkar
171	Vikraman Pillai
172	Vinayak Chari
173	Candita Quadros
174	Ghansham
175	Sushma Kalangutkar
176	Hom Bahadur

*Valerie Jacques*  
**Valerie Jacques**

Counsellor

V. M. Salgaocar Institute of International Hospitality Education

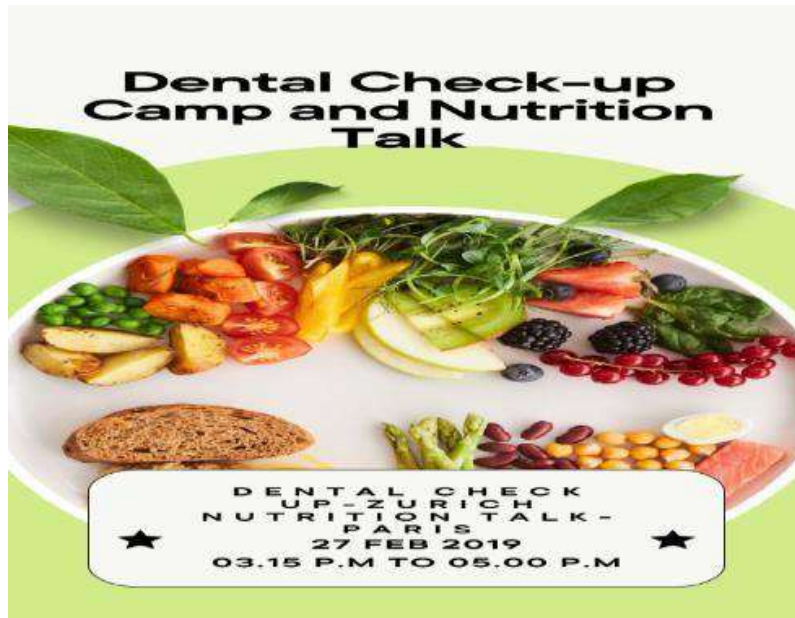




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**DENTAL CHECK-UP CAMP AND NUTRITION TALK**



On Wednesday, 27th February 2019, the VMSIHE - NSS unit organized a 'Nutrition Talk' for the First year NSS volunteers from 3:00 pm to 5:00 pm. A free dental check-up camp was simultaneously organized for the students and staff of VMSIHE as well as the local residents of Raia from 3:00 pm to 5:00 pm in the training lobby.

The nutrition talk was conducted by Dr. Joline Fernandes, who is a Homeopathy Diet Naturopathy Treatment Specialist. She made the students aware about how valuable their body is and why the immune system is the most important organ in the body. The students were told the causes of dysfunctional immune system and how the weakening of the immune system can lead to multiple diseases. Students were made aware that obesity, diabetes, PCOD/infertility, cancer, allergy and hyperacidity are the lifestyle problem the people are facing all over the world.

The students were made aware about obesity prevention methods which included not skipping breakfast, sleeping sufficient amount, drinking enough water, doing the right amount of physical exercise, and a sustainable diet. She also busted nutrition myths that were commonly believed by many, like skipping meals leads to weight loss, diet food/ low calorie food is healthy, alcohol in limited amounts is good for health. She also made the students aware that the best diet a person can follow is the diet which uses much of the locally grown product.

Dr. Joline also talked about polycystic ovary syndrome (PCOD) in detail. She told us that this condition cannot be cured by medication but can only change with our lifestyle choices. She also made us aware of the symptoms of PCOD.



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The talk ended with the respective class representatives giving a vote of thanks.

The Dental Check-up was done by renowned dentists from Smile Studio 52 which has its clinics based in Fatorda, Colva and many other places. The dentists that conducted the camp were Dr. Paresh Lotlekar (MDS), Dr. Aarti Gadkari (BDS) and Dr. Smita Palkar (BDS).

All the students of the institute and the staff members were able to avail themselves of this opportunity. This checkup was also open to the Raia locals who made time and freed themselves in order to get their check-up done.

The registration for the same was done at the campus itself after which each patient was handed a form with their respective names and a list of the various categories that would be covered during the dental check-up.

The dentists attended each patient personally and gave them advice as per their dental requirements. The dentists looked into various aspects like Teeth Cleaning, Tooth Extraction, Filling, Cavity Reduction, Root Canal Treatment, Bridge/Denture/Implant, Requirement of Braces and The Development of Teeth.

The 'Free Dental Check-Up' ended with the distribution of mementos to the dentists on behalf of the institute.

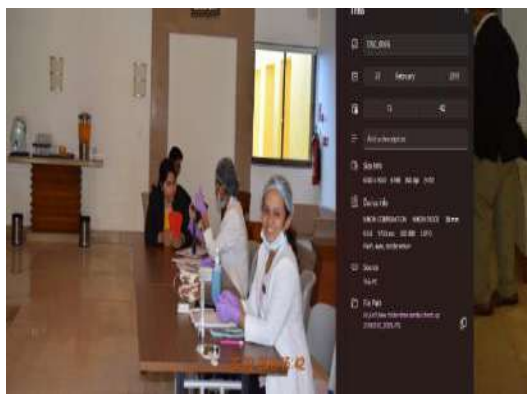
The Free dental checkup camp and nutrition talk was a success as it helped spread important knowledge and smiles all round.





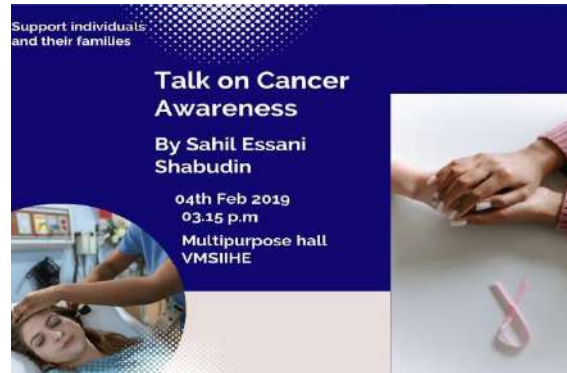
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## TALK ON CANCER AWARENESS



By Sahil Essani Shabudin

Each year on 4 February, World Cancer Day empowers all of us across the world to show support and raise our collective voice. World Cancer Day is the only day on the global health calendar where we can all unite and rally under the one banner of cancer in a positive and inspiring way. More than one third of cancer cases can be prevented. Another third can be cured if detected early and treated properly. By implementing resource-appropriate strategies on prevention, early detection and treatment, we can save up to 3.7 million lives every year.

The students of VMSIHE as part of their NSS initiative took opportunity of this crucial occasion to speak a bit about cancer, to raise the students' literacy and understanding around cancer, to reduce fear, increase understanding, dispel myths and misconceptions, and change behaviours and attitudes in regards to this disease.

The talk was held in the institute premises and the following topics were presented:

- Importance of Cancer Awareness
- Medically understanding cancer
- Famous Personalities who battled cancer
- Causes of Cancer
- Prevention Methods

This talk has been an enlightening experience which will help spread awareness and help those in need.





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29.	411601015	Fernandes Sam Emmanuel	P
30.	411601049	Fernandes Sampi Joshua Fortes	P
31.	411601050	Fernandes Shannon	A
32.	411601051	Fernandes Velroy Jesus Diogo	P
33.	411601052	Ferrao Eric Lionel	P
34.	411601036	Ferreao Josiah	P
35.	411601053	Goawala Naeem Malik	P
36.	411601054	Godinho Joshy Artemus	P
37.	411601047	Goes Jason Joaquim	P
38.	411601055	Hosea Amos Jerge	A
39.	411601056	Kritika Anne Magima	P
40.	411601018	Kumar Antonio Xavier	P
41.	411601019	Lamoni Venkatesh Subhash	A
42.	411601057	Luis Donvo Ralvo	P
43.	411601020	Madetiia Kruthika Suresh	P
44.	411601021	Manserker Rohan Naresh	P
45.	411601058	Maurya Dharmendra Kumar	P
46.	411601022	Naddimulla Saddamhussain M	P
47.	411601059	Naik Manish Ganesh	P
48.	411601060	Naik Sachin Madhu	P
49.	411601061	Nogar Sanzia Gina Lola	P
50.	411601023	Pandey Sweta Umatai	P
51.	411601062	Patel Jay Bharat	P
52.	411601024	Pereira Kroyden Ankit	P
53.	411601063	Pereira Neil Macarius	P
54.	411601064	Prabhu Tendulkar Ishani Abhay	P
55.	411601065	Robelo Keith Nikhil Ponciano	A
56.	411601066	Rodrigues Jobern Piedade	P
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60.	411601028	Shinde Satyajeet Anil	P
61.	411601030	Teles Denis Christopher Minguel	P
62.	411601031	Thidarat Phaiao	P
63.	411601032	Tristen Dylan Nazareth	P

Valerio Jacques  
Counsellor



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### Talk on Cancer Awareness

By Sahil Ezzad Shabudin

04-FEB-2019  
3:15 P.M TO 06:00 P.M  
MULTIFUNCTION HALL

ATTENDED BY TYHM STUDENTS

Sl.	Roll Number	Name	P
1.	411601027	Shah Rohan Haseem	P
2.	411601033	Vaz Kevor	P
3.	411601000	Agarwal Nisha Marie Do Roberto	P
4.	411601037	Almeida Cavall Ashlar Anthony	P
5.	411601001	Alvares Moratador Andre	P
6.	411601003	Abul Harikumar	A
7.	411601036	Barrato Mariah Christabel	P
8.	411601039	Braganca Joshua Hilary	P
9.	411601040	Correia Raul Rafael De Costa	P
10.	411601004	Caroneo Morgan	P
11.	411601029	Cavallero Anabela Stefanie	A
12.	411601008	D'Silva Nestor Anthony	P
13.	411601005	Da Silva Crossi Freirezi	P
14.	411601041	Da Silva Jeanhan	A
15.	411601043	Dias Jason Francis	P
16.	411601066	Dias Saville Leifwen	P
17.	411601000	D'Souza Mark Troy	P
18.	411601043	Ezzad Sahil Shabudin	P
19.	411601010	Fernandes Bryce Vicente	P
20.	411601011	Fernandes Clinton Darwin	P
21.	411601044	Fernandes Elroy Samuel	P
22.	411601045	Fernandes Jason Lawrence Navio	P
23.	411601046	Fernandes Jordan Davy	P
24.	411601012	Fernandes Royston Valentinne	P
25.	411601013	Fernandes Edgman Brian	P
26.	411601047	Fernandes Lyle Maffio	P
27.	411601048	Fernandes Myron Raymond	P
28.	411601014	Fernandes Randy	P



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