



V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION

Manora-Raia, Salcete, Goa - 403720. India
Tel +91 (832) 6623000 Fax +91 (832) 6623111 info@vmsiie.edu.in www.vmsiie.edu.in
Established by Vishwa Saraswati Society (Reg. No. 10/Goa/2007)

CRITERION – 6 GOVERNANCE, LEADERSHIP AND MANAGEMENT	
Key Indicator	6.3 Faculty Empowerment Strategies
Metric No.	6.3.1

- The institution has performance appraisal system, effective welfare measures for teaching and non-teaching staff and avenues for career development/progression

❖ Avenues for Career Development/Progression

Teaching Staff and Non – Teaching Staff

Sr.No.	Particulars	Date	Pg. No.
1.	Session on Laughter Yoga	08.11.2019	2 – 5
2.	Post Covid Hygiene & Safety Training	02.06.2020	6 – 8
3.	Session on Health Insurance	19.11.2021	9 – 11
4.	Session on Intellectual Property Rights	04.10.2022	12 - 13



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Report on Laughter Yoga Day



Venue: Multipurpose hall

08th Nov 2019

Time: 3.15pm to 5.00pm

VMSIHE organized a workshop for its staff on 8th Nov 2019 which saw a combination of laughter yoga, movement therapy, meditation and yoga stretches which is beneficial to remain poised and calm in oneself 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.

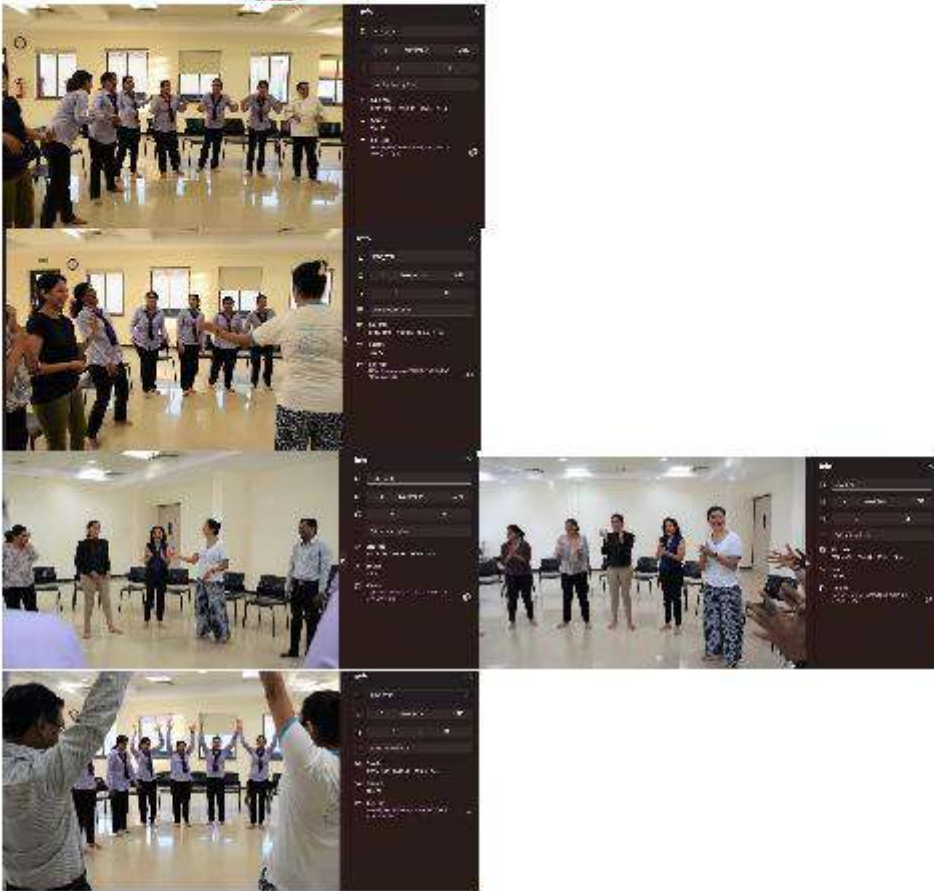


- Laughing yoga may provide stress relief
- Laughing yoga could boost your immune system
- Laughing yoga may enhance respiratory function
- Laughing yoga may improve cardiovascular health
- Laughing yoga could strengthen relationships
- Laughing yoga may increase joy and positivity





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LAUGHTER YOGA

09/06/2024

ALL PURPOSE HALL

SR	NAME	SIGNATURE
1	Ms. Althea Barreto	
2	Ms. Valerie Jacques	
3	Ms. Sushma Shirdekar	
4	Ms. Sujatha Madhavan	
5	Ms. Sushma Shirdekar	
6	Ms. Jinali Rodrigues	
7	Ms. Sharada Prabhu	
8	Ms. Marika Balalio	
9	Ms. Marika Balalio	
10	Mr. Anurajhet	
11	Ms. Melissa Andrew	
12	Mr. Isaac Mathew	
13	Ms. Lorna Neronha	
14	Ms. Yoshika O'siva	

Valerio Jacques
Coordinator
V. M. Salgaocar Institute of International Hospitality Education





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TRAINING REPORT FOOD PRODUCTION DEPARTMENT 2020

SESSION TITLE:	Post Covid Hygiene and Safety training
NAME OF TEACHER:	Sebastian breitinger
DATE:	02-June 2020
VENUE:	Demo Kitchen
STAFF ATTENDED:	<p>Kitchen staff:</p> <ul style="list-style-type: none"> • Sujatha, Safraz, Ramesh, Ali, Rajib, Preetham <p>KST staff:</p> <ul style="list-style-type: none"> • Sharayu, Jasmina, Jesus, Princely, Piedade, Niki, Kapil, Jose, Casildo <p>Cafeteria staff:</p> <ul style="list-style-type: none"> • Migel, Vijay
TOPIC:	Post Covid
LEARNING OUTCOME:	<p>How to behave after the lockdown</p> <p>What precautions to be taken</p> <p>Consequences of errors</p>
COURSE REPORT:	<p>On 2 June 2020 from 15:30 – 16:30 Sebastian Breitinger conducted a training program for Post-Covid 19.</p> <p>The training covered the following information:</p> <ul style="list-style-type: none"> • What is Covid 19 • How does Covid 19 spread and what do we have to do to avoid this. • Hygiene and safety rules • Awareness to report incidents • Disinfection and cleaning material and use of it.



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ATTENDANCE LIST




DATE

01-06-2020

EVENT:

POST COVID HYGIENE AND SAFETY TRAINING

NO	NAME	SIGNATURE
1	SHARAYU NAGVESHKAR	
2	JASMINA PINTO ALVARES	
3	JESUS QUADROS	
4	PRINCELY GAUNCAR	P. Gauncar
5	PIE DADE FERNANDES	
6	MORRIS PERREIRA	
7	NIKI LOYAL D'SILVA	
8	KAPIL KC	
9	JOSE	
10	CASILDO	
11	FRANCISCO	
12	NELSON	
13	JOEL	
14	RAMESH SINGH	
15	MAKSUD ALI KHAN	
16	SAFRAZ KHAN	
17	RAJIB DARJEE	
18	PREETHAM	
19	DINESH MUKHIA	

20	SEBASTIAN BREITINGER	
21	SUJATHA MADHAVAN	
22	SANDIP MADKAIKAR	
23	RODWIN RODRIGUES	
24	Miguel Pereira	
25	Vijay Pereira	

Report on Health Insurance Talk 19.11.2021

HR department had organized the 'A talk on Health Insurance' for all staff on 19/11/2021 at VMSIHE at 4.30pm to 5.15pm by Mr. Rajesh Gaonkar.

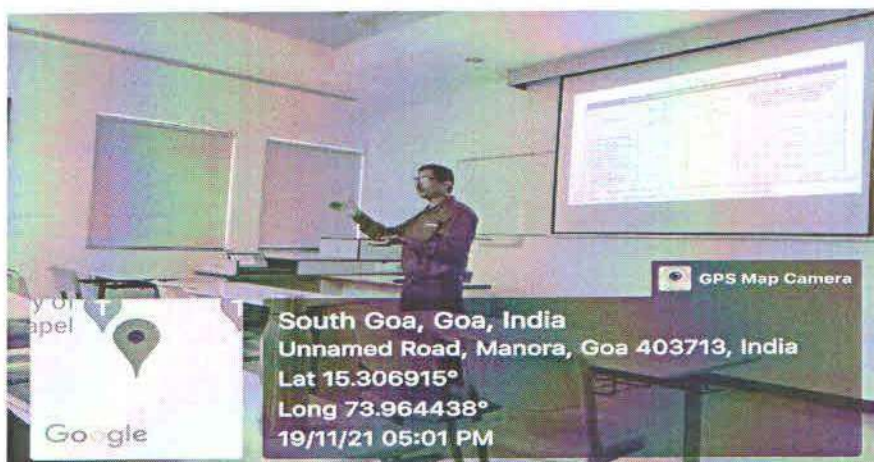
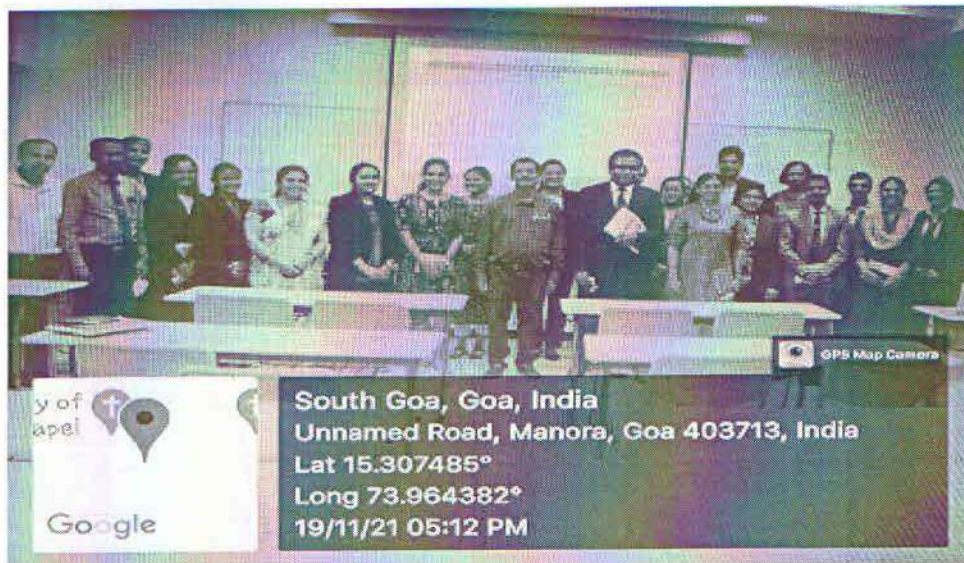
Mr. Rajesh Gaonkar is the CEO of FINEanswers Services, which is into Portfolio Management (Life & Health Insurance, Mutual Funds, Loans, etc.), Career Counselling and Online courses of various Universities. Presently he is the Vice-President of NIPM Goa Chapter and an active member of GCCI-Health & Wellness Committee.

Total 28 staff actively participated in the seminar.

Some of the topics he covered are about claim bonus, Pre/post hospitalization, domiciliary hospitalization, co-payment, family floater, waiting & cooling off period, tax benefits. He covered valuable information in a short span of time which was very appreciating.

Ms. Sharada Prabhu gave the introduction to the seminar and Prof. Irfan Irfan Mirza gave the Vote of Thanks.

The talk was very informative and many staff asked queries to Mr. Rajesh Gaonkar and he gave very detailed reply to all their queries. Overall it was a very useful seminar.





Talk on health insurance- Mr. Rajesh Gaonkar

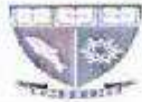
19th November 2021

Sr.No	Name	Dept	Signature
1	Sharada Prabhu	HR	
2	Sushama Lotiker	Adm	
3	Chaitra Phaldeo	Purchase	
4	Manisha Borkar	Accounts	
5	Suphal Naik	Library	
6	Ashvi Sawant	D.T	
7	Ezequiel Doury	Accounts	
8	Anup Bhoir	Accounts	
9	Crigan	Admin	
10	Sudesh V.	Accounts	
11	Sharlaine G	Marketing	
12	Sebastião Brito	Kitchen	
13	Sudhik Desai	Marketing	
14	Valerie Jacques	Counselor	
15	Althea Baracho	"	
16	Nelisa Acares	Faculty	
17	Edna Noronha	Marketing	
18	Dr Marie Ray	Admin.	
19	Isser Mathis	IT Dept	
20	Frazer Rodrigues	Faculty	
21	Pepti Jg	Faculty	
22	Samantha	Faculty	
23	Megha Bagde	Faculty	
24	Martha Rebelo	Compliance	
25	Shameem Memm	Faculty	
26	Beverly Fernandes	Trainings & Placements	

Talk on health insurance- Mr. Rajesh Gaonkar

19th November 2021

Sr.No	Name	Dept	Signature
27	Maria J Gonzalez	Admin	
28	Pamela Rodriguez	Admin	
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Workshop on Intellectual Property Rights

The Research, Innovations and Extension Cell conducted a workshop on Intellectual Property Rights (IPR) on October 04, 2022 at the Marriott classroom. The resource person was Mrs Shalini Sitaraman Menezes, who is a Qualified Lawyer, Patent & Trademark Attorney, who is also associated with training with particular emphasis on Corporate & IPR/IP Management.

The following faculty and staff members were present:

1. Dr. Marie Raj
2. Ms. Martha Rebello
3. Ms. Supriyanka Govekar
4. Ms. Alyce Rodrigues
5. Ms. Gauri Patil
6. Ms. Deepika Malaviya
7. Ms. Shameem Memon
8. Ms. Alisha Carvalho
9. Ms. Jinnie Rodrigues
10. Ms. Valerie Jacques
11. Ms. Melissa Alcasoas
12. Ms. Alba De Sa
13. Ms. Megha Bagde
14. Mr. Sandeep Bandveikar
15. Mr. Frazer Rodrigues
16. Mr. Anup Bhat
17. Mr. Edgar Dsouza

The following areas were covered

- What is Intellectual Property (Rights)
- Difference between patents, copyright and trademarks
- Industrial designs
- Geographical indications & AOC
- Trade Secrets
- Certificate mark
- Implications to Hospitality Industry & Educational Institutions

The presentation was followed by a discussion and queries pertaining to patents, copyright and trademarks were answered by the resource person. It was a very informative session well represented by all departments (except food production). A feedback form will be collected from the participants and submitted to Dr. Marie Raj.

WORKSHOP ON INTELLECTUAL PROPERTY RIGHTS (IPR)

BY MS. SHALINI S. MENEZES

Date: 04th October 2022

Session Timing: 10:15am – 12:15pm

Venue: Marriott classroom

Sr. No.	Name of the staff	Signature
1.	Supriyanka Gaurkar	
2.	Martha Rebello	
3.	Dr Marie Roy	
4.	Anup Bhat	
5.	Alyce Rodrigues	
6.	Gauri Patil	
7.	Deepika Malaviya	
8.	^{CPA} Shameem Memm	
9.	Akshita Nicole Canallo	
10.	Edgar Douze	
11.	Jinnie Rodrigues	
12.	Valerie Jacques	
13.	NELISSA ALCARAZ	
14.	Alba De Ss	
15.	Megha .k. Bagde	
16.	Frazier Rodrigues	