



V. M. SALGAOCAR INSTITUTE  
*of*  
INTERNATIONAL HOSPITALITY EDUCATION

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## INDUCTION PROGRAMS





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## INTERNATIONAL WOMEN'S DAY



Lunch for female staff members (2020)



Women's day program at the Institute (2020)





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**INTERNATIONAL MEN'S DAY**





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Female Gender Champion of VMSIHE organised programme for International Men's Day. The main objective of the programme was to celebrate the positive influence and contributions of men in our society. The programme aimed at promoting positive aspects of masculinity, raising awareness about men's health, highlighting important issues that affect men and boys, foster important conversations surrounding men's health, emotional support, and personal growth.







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## WOMEN'S EQUALITY DAY

Gender Champions of VMSIHE organised programme to commemorate Women Equality Day . The main objective of the programme was to promote and depict positive and influential female role models from the history and the present and highlight their achievements and the change they brought in the society in various fields especially gender equality issues. The programme aimed at Raising consciousness and awareness about gender inequality issues, helping educate the audience about achievements, inspire confidence amongst youth, fostering discussion about gender equality and women's contribution to society, also to encourage awareness of historical struggles and achievements as well as empower individuals to challenge stereotypes and pursue their own aspiration.

The Gender Champions chose 4 students from the institute who dressed up and depicted as influential women of the history and spoke about their achievements and contribution to the society.

1. Caiesha Ferrao from FYBSC IHM as the genius Hollywood star and mother of Wi-Fi Hedy Lamarr.
2. Sanika Naik from SYBSC Culinary Arts as the Princess in her Nation's Service Rajkumari Amrit Kaur.
3. Ishani Khalap from Msc Part II as the Noble peace prize laureate Malala Yousafzai.
4. Chloe Antao from TYBSC IHM as Frida Kahlo a renowned queer and feminist icon/Mexican Artist.

The programme was attended by students, faculty and the staff and coordinated by Gender Champion coordinators Mr. Frazer Rodrigues and Ms. Gauri Patil. The vote of thanks was given by Gender Champion Mr. Hermenio Anthony Caldeira thanking everyone for their presence. Additionally, he, encouraged both the youth and staff to actively contribute to effecting change and promoting gender equality.









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## UNITY DAY

The Gender Champions of V. M. Salgaocar Institute of International Hospitality Education conducted a short program on “Unity Day” on 31<sup>st</sup> of October to spread the beautiful message of being United for Kindness, Acceptance and Inclusion. The Students wore bright orange “Kindness Squad and Be Kind” badges throughout the college hours, sending the supportive and universal message of being united and kind by using the theme colour “ORANGE” that provides a powerful, visually compelling expression of solidarity. All VMSIHE students and staff were encourage to write quotes on Unity and Kindness on the Globe like structure depicting the united world picture. Many students and staff member participated in this activity. The Gender champions interacted with the students to explain them the importance of being United and being Kind. Unity Day was celebrated to promote kindness and togetherness in our institute for which everyone was encourage to wear the bright orange badges to stand together and do their part in supporting the idea of kindness and unity.



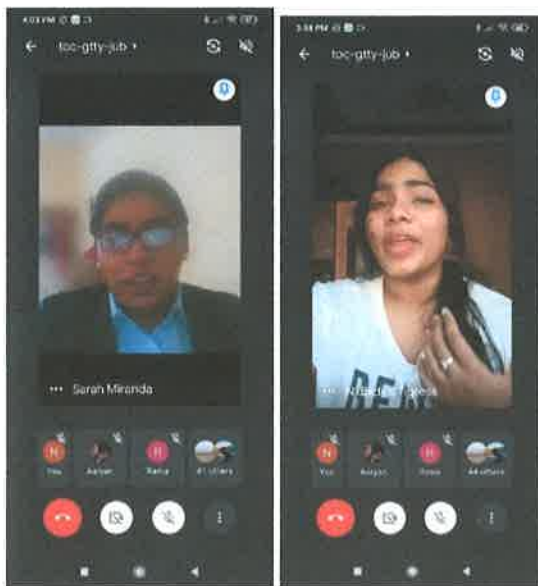


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## INTERNATIONAL DAY OF THE GIRL CHILD

The Gender Champions of V.M. Salgaocar Institute of International Hospitality Education organised an online elocution competition. The theme for the event was 'Not only Beti Bachao, but Beto Ko Sikhao'. For the speech competition, there were a total of 11 participants. The Speech was based on the theme 'Not only Beti Bachao, but Beto Ko Sikhao'. The third prize was bagged by Brandon Gabriel, the second place was bagged by Kumar Magavi and the winner was Meural Viegas. The virtual event had 60 attendees.





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## SELF-DEFENCE WORKSHOPS

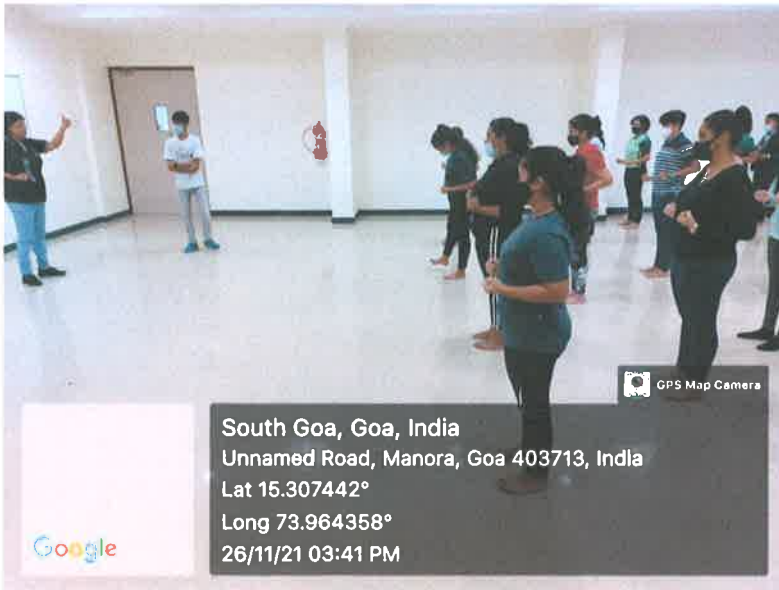






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## ACTIVITIES BY THE COUNSELING DEPARTMENT

- Suicide prevention talk





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## ➤ Team building



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Long 73.964078°  
15/09/22 03:47 PM GMT +05:30

## ➤ Session on Body Language



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Lat N 15° 18' 24.9948"  
Long E 73° 57' 51.354"  
23/09/22 10:42 AM GMT +05:30







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## ➤ Session on building Appropriate Boundaries



## ➤ Drug Abuse and it's remittances





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## ➤ World Mental Health day



## ➤ Time Management

