



# V. M. SALGAOCAR INSTITUTE of INTERNATIONAL HOSPITALITY EDUCATION

Manora Raia, Salcete, Goa – 403720 India  
Tel: +91 (832) 6623000 Fax: +91 (832) 6623111  
Email: [info@vmsiie.edu.in](mailto:info@vmsiie.edu.in) Web: [www.vmsiie.edu.in](http://www.vmsiie.edu.in)

## Academic year 2023

- 1) World Mental Health Day 2023 centers around the theme “Mental health is a universal human right.” At VMSIHE, the Counselling Department celebrated this day by creating an affirmation board where staff and students penned positive notes and words of encouragement. A series of well-being challenges were also initiated. To further promote mental, emotional, and physical health, a 75-minute Zumba session was organized in the Multipurpose Hall, led by professional trainers Ms. Carroll Barretto and her team. Zumba, with its mood-lifting and energizing effects, left staff and students feeling invigorated and positive about themselves.

[https://www.instagram.com/p/cyfausyt0mw/?img\\_index=1](https://www.instagram.com/p/cyfausyt0mw/?img_index=1)



- 2) Let's Talk, Listen, and Heal Together: Prioritizing Mental Health on World Mental Health Day.

<https://www.instagram.com/p/cyndqypnbk6/>





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- 3) Report on Livewire 2023-On 21st March 2023, the Gender Champions conducted an event 'Livewire 2023' in the Multipurpose Hall from 3.15 p.m. To 5.00 p.m. The objective to bring about awareness of the tradition, culture and heritage of different countries and how men together with women can make a nation complete. Each class was given a country where they had to showcase its Culture, Heritage and Diversification.





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**Academic Year - 2022**

- 1) On World Tourism Day held on 27<sup>th</sup> September 2022, the Gender Champions gave a presentation on 'Gender Equality in the Hospitality Sector'. The theme was 'Rethinking Tourism'. The

objective of the presentation was to bring about awareness on how the world is rethinking tourism and encouraging diversity and people's choices to be unique and different. They spoke on the contribution of women in various fields and their role in the tourism and hospitality. A few examples of powerful women were shared such as Oprah Winfrey in the entertainment industry; Shirin Batliwala, vice president of the food and beverage department in Taj Group of hotels; and Madhur Jaffrey, the first lady of global Indian cuisine. They also shared information on some of the LGBTQ friendly hotels.



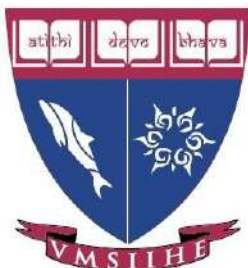
- 2) Report on session on Breaking Gender Barriers - On 1<sup>st</sup> December 2022, a session on 'Breaking Gender Barriers' was conducted for the students from 1.00 p.m. To

2.00 p.m in the Multipurpose Hall. The objective of the session was to break various gender barriers and to change people's perceptions and thinking. The session was conducted by the counsellors of the Institute. Students were divided into



groups of 15- 20 each and a few activities and games were conducted with the objective of breaking gender barriers. At the end, the counsellors spoke about society, men and women as a whole and focused on treating everyone equally and celebrating differences, since it is the differences put together to make everything complete.

- 3) Report on FIFA Day 2022- The Gender Champions organised FIFA Day on 6<sup>th</sup> December 2022 in order to spread awareness that 'Football' is a game for all and can be played by people of different genders, races and colours. All the students came



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dressed in different jersey colours. The classes had to pick up chits to know which country they were allotted. The main event started at 3:15 p.m. In the Multipurpose Hall. There were three competitions held namely FIFA Quiz, PS4 Tournament and Jersey Redesigning that took place simultaneously in the Multipurpose Hall and in Accor classroom. Later, a dance performance was put up by all the classes based on FIFA theme songs. There were also various spot prizes for the audience. The programme ended at 4.30 p.m. With a vote of thanks.

#### 4) Report on awareness session on Prevention of Sexual Harassment

An awareness session on 'Prevention of Sexual Harassment' was organised by the Gender Champions for all the staff and students of the Institute on Wednesday, 14th December 2022 from 10.00 a.m. To 12.00 p.m. in the Multipurpose Hall. The resource persons for the session were Dr M.R.K. Prasad and Dr. Sandhya Ram. The session was conducted to bring about awareness on the POSH Act, 2013 which includes the prevention and prohibition of sexual harassment at workplace. . The resource persons covered various topics on gender sensitivity, social construct, gender equality, equal employment opportunities and tackling gender discrimination and stereotyping. It was an informative session.



- 5) **Report on Teacher's Day** The Gender Champions organised two games for the staff members of VMSIIE on Teacher's Day 5<sup>th</sup> September 2022 in order to break a few stereotypes like 'women can't knot a tie' and 'men can't drape a saree'. The games tried to show that gender has got nothing to do with the ability of women to knot a tie and the ability of men to drape a saree. At the end, all the staff members received a memento along with a card as a token that comprised of boxes of different colours and designs





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that were placed at their seats by the Gender Champions without considering any colour preferences based on gender.

- 6) The NSS Volunteers of VMSIHE enthusiastically participated in a Card Making Competition on International Women's Day. The theme of the competition was "Gender Equality Today for a Sustainable Tomorrow." The students showcased their artful imagination and impeccable talents through creatively designed cards and messages.



<https://www.instagram.com/p/cbwor0mkvol/>



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## Academic Year 2021

- 1) VMSIHE organized a self defence workshop for all female staff and students on 26th November 2021. The Resource person for the session was Ms. Angela De Abreu Naik, 1st Woman in India to hold Class II – KYORUGI and POOMSAE. She was declared best International Referee at 1st India Open, 2010. She is also a 7th degree black belt and 1st woman Grandmaster in India. She was accompanied by her son Rushad Naik. The session started off with Ms. Angela showing the participants the correct punching and kicking techniques and thereafter proceeding to different types of self-defence techniques that could be used in different scenarios. The session was practical oriented, students and staff practiced different ways of blocking an attacker. The session was an eye opener for all the participants, making them aware of how vulnerable a person is and at the same time it also helped them learn some of the counter measures to defend themselves. The workshop was coordinated by Alethea Baracho and Valerie Jacques, Counsellors of the Institute.





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## Academic Year - 2019

- 1) Tybsc students of VMSIHE organised an Inter-Collegiate event “The Barazi Festival” at the Institute campus recently. The event theme was “Building a Gender Equal Society”. The Barazi Festival which literally translates to The festival of Equality is a platform where culture, creativity and social activism can meet and connect in a variety of combinations. The Gender Champions of the Institute Riya Chandra and Rahil Haldankar took the initiative of organising this event and were ably supported by the tybsc and fybsc students. Agnel Institute of Food Craft & Culinary Sciences, V.M. Salgaocar College of Law, DCT’S Dhempe College of Arts and Science, IMBA Goa University and Rosary College of Commerce and Arts were the participating colleges. Credence pitch, Paint with pride, Listen up or lose out, Stereography, Lords of the rhythm, Equicurttains unwrapped, Liberated minds, Mad marketing, Equality Reel, Beats of Equity, GPS This, Prism were the on and off- stage competitions conducted.



[https://www.instagram.com/p/B5\\_fgjdwqg/](https://www.instagram.com/p/B5_fgjdwqg/)

- 2) GENDER CHAMPIONS LEAGUE (GCL) of [#VMSIHE](https://www.instagram.com/p/B5_fgjdwqg/), organized a debate competition on 17th July 2019. Topics of debate - Should toys be gender neutral? - Does hook up culture demonize women? - Does an empowered woman create a sense of insecurity amongst men? All the classes put up a great show which brought in different opinions from the youth of today on these topics. At the end The First Years (Lisbon Batch) emerged as winners and are currently leading in the run to win the “GCL BATCH OF THE YEAR TITLE”



<https://www.instagram.com/p/b0h1cq-drko/>



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- 3) The Gender Champions of [#VMSIHE](https://www.instagram.com/p/bnaczbmhppr/?img_index=5) hosted a competition on the occasion of “International Youth Day”.

[https://www.instagram.com/p/bnaczbmhppr/?img\\_index=5](https://www.instagram.com/p/bnaczbmhppr/?img_index=5)



- 4) Students of [#VMSIHE](https://www.instagram.com/p/Bu3TIEndV5Q/) participated in a one-day intercollegiate event, “MEAR”-MAKING EQUALITY A REALITY, on 08th March 2019 at Goa University marking the occasion of “International Women’s Day”. In all 7 colleges participated in the events conducted by Department of Women’s Studies focusing on Technovation for Gender Equation. Chief Guest Was the Vice-chancellor of Goa University, Prof. Varun Sahni. 16 students from our institute participated in various events.



<https://www.instagram.com/p/Bu3TIEndV5Q/>

- 5) Award of Merit to Gender Champions of VMSIHE

Gender Champions Mr. Sairaj Naik and Ms. Marsha Moraes’s VIDEO PRESENTATION of all the activities conducted from January 2018 to February 2019 at VMSIHE was one of the “TOP 5 VIDEO PRESENTATIONS” & were awarded the 4th place amongst the Gender Champions of 23 other participating colleges affiliated to Goa University. The Award was given by the Vice-Chancellor of Goa



University at the ONE DAY WORKSHOP FOR GENDER CHAMPIONS Organised by College Development Council & Department of Women’s Studies, Goa University on 02nd March 2019.

<https://www.instagram.com/p/buvjnd2bbps/>





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- 6) As a part of their CSR programme, a group of S.Y. B.Sc. Students organised a session on awareness of sexual harassment and self-defence techniques on 26<sup>th</sup> July 2019.

They chose to do this particularly as it is something that is very close to many of them, due to personal experiences that they have had and also looking at the ill treatment of women in India in today's times. The session started off with an introduction into the concept of the types of harassment and how women have to overcome these to sustain in society. Many of the members of the group shared their personal experiences and also told the fellow students how they should conduct themselves as well as act publicly with strangers and people around them. The group also shared tips on how women can combat awkward situations and deal with situations whether they are alone in a rickshaw, elevator or cab. A video highlighting the rape culture in India was screened and the group educated the students on how our perception should change. The talk was followed by a session on self-defence techniques by 2 instructors from Krav Maga Global who demonstrated basic self-defence techniques. The students especially the girls benefitted immensely from the session.



- 7) The Gender Champions of our institute organised a fashion show based on gender stereotypes called Barazi runway on 09<sup>th</sup> of August 2019. The idea behind having this fashion show was to encourage the participants to break the gender stereotypes. The Barazi Runway was organised to mark the celebration of "International Youth Day" which is an awareness day designated by the United Nations. The purpose of the day is to draw attention to a given set of cultural and legal issues surrounding youth. The Gender champions decided to use this opportunity to spread awareness & break the Gender stereotypes in the most creative manner.



BEST COSTUME-ONLY WOMEN DO ALL THE SHOPPING





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**Academic Year - 2018**

The Gender Champions of our institute took an initiative to speak to the first years about discipline, basic hygiene procedures in the toilets and about the way they need to conduct themselves as hospitality professionals.

They also informed them about the resource people they can contact on campus for any kind of assistance/emergency. The students were also informed about the girls and boys common rooms that can be used by them. They also encouraged them to share their issues/difficulties with the Gender

Champions & assured them that they will help them with all their difficulties. They briefed the students about how important it is to break down gender barriers and make gender equality a working reality in their spheres of influence. They also ensured that the students understand that the main focus of Gender champions is to make the students of our institute gender sensitive and create positive social norms that value the girls, respect them and their rights.

**GENDER CHAMPIONS INTERACTIVE SESSION WITH THE FIRST YEARS**

RIYA CHANDRA-FEMALE GENDER CHAMP  
RAHIL HALDANKAR-MALE GENDER CHAMP



Prof. Irfan Mirza

Director & Principal

