



# V. M. SALGAOCAR INSTITUTE of INTERNATIONAL HOSPITALITY EDUCATION

Manora Raia, Salcete, Goa – 403720 India  
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## Academic Year - 2023

- 1) Glimpses of our [#BeachCleaning](#) Collab to make our Beaches Cleaner & Greener for the future generation.

<https://www.instagram.com/p/Cx5Ut6zNy2w/>



- 2) Saving lives, one drop at a time! VMSIHE recently organized a Blood Donation Camp to make a difference and ensure a healthier, brighter future for all. Students and Faculty of the institute rolled up their sleeves to this lifesaving initiative.

<https://www.instagram.com/p/Cxwz2hNIF5c/>



- 3) At VMSIHE, our Gender Champions organized a special event to commemorate World Suicide Prevention Day, focusing on the theme 'Creating Hope through Action.' On this day, we took the opportunity to bring communities, organizations, and individuals together to engage in activities that combat negative thoughts and provide support to those facing inner struggles. It's also a day that encourages us to welcome the transformative strength of a 'Positive Mental Mindset.'



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



- 4) The Rotary Club of Porvorim organized its 9th Rotary Rain Run Goa 2023. This exhilarating event wasn't just about embracing fitness and fostering sportsmanship; it held a higher purpose of championing critical social causes, including education and women's health. Among the spirited participants was the VMSIHE Rotaract Club, wholeheartedly joining the run. Led by Rotaract President Rudraj Pai Panandiker, alongside the guidance of faculty coordinator Ms. Alethea Baracho, the club triumphantly completed the 5-kilometer course in support of the noble causes.

<https://www.instagram.com/p/CvzGoPfte9H/>



- 5) The Rotary Club of Margao Midtown, during the Rotary Club - District 3170 PETS SETS Grants Seminar held at VMSIHE, demonstrated their commitment to serving their community by donating a much-needed Mobile Medical Unit to Cotigao Village



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in Canacona Taluka. This generous donation is an excellent example of how the Rotary Club is making a positive impact on the lives of people in their community.

<https://www.instagram.com/reel/CrF9ItxAWQZ/>



- 6) The M.Sc. students along with the staff members of VMSIHE visited the Love, Joy, Hope Foundation Nuvem, that nurtures and cares for orphaned children of varying ages. The proceeds from the "Bakeflix" event was also donated for the good cause of the foundation.

[https://www.instagram.com/p/CnECcmID\\_ha/](https://www.instagram.com/p/CnECcmID_ha/)







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## Academic Year - 2022

- 1) The month of September is a time to bring awareness to suicide prevention. Having thoughts of suicide can feel overwhelming. You may find it really hard to know what to do, or be in so much emotional pain you don't think you can cope. Always remember there is always help and always someone who cares.

<https://www.instagram.com/p/CiUyphjBY96/>



- 2) As a part of the CSR program our S. Y. students organised A Free Dental Checkup. There were a total of 54 participants who attended the dental checkup by Dr. Pritha Chowfin and Dr. Gaurav. The objective of the program was to create awareness about oral hygiene and dental health.

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



- 3) Blood Donation is a small Act of Kindness that does Great and Big Wonders.”  
S.Y. students in collaboration with Victor hospital organized a Blood Donation Camp for the staff and students of VMSIHE. The Blood





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Donation Camp was a huge success with a total of 44 donors who participated in the camp.

[https://www.instagram.com/p/Cb9Rg5NK9yD/?img\\_index=1](https://www.instagram.com/p/Cb9Rg5NK9yD/?img_index=1)

- 4) The Red Ribbon Club of the Institute paid a visit to Nitya Seva Niketan at Rivona, Goa recently. The intention behind the visit was to induce in the youth a spirit of help and support to the needy. The Third Year students of VMSIHE spent some quality time with the children of the Center. Our students organized a few spot prizes and danced and sang carols with them. The snacks distributed were prepared by the T.Y. students. Goodie bags containing stationery, biscuits, noodles, pulses, rice, flour, etc. was also distributed. The day was a very eventful and memorable one for both the children at the Center and the institute students too. The activity was organized under the able guidance of Ms. Nelissa Alcasoas, Asst. Prof. Management and Club Coordinator of the Institute.



[https://www.instagram.com/p/CYS\\_h-HridJ/](https://www.instagram.com/p/CYS_h-HridJ/)

- 5) To commemorate National Integration Day, the NSS unit of VMSIHE organised Rangoli Competition with the theme 'National Integration'. The competition brought out the creativity and talent of the students. The Judges for the event were Ms. Sharadha Prabhu, the HR Officer of the institute and Ms. Sushma Lotliker, Executive Administration of our institute.

<https://www.instagram.com/p/CI-TqKloXHj/>







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- 6) On the occasion of the World Coastal Clean-up day celebrated on 17th September, the Ministry of Earth Sciences of India, organized a coastal clean-up drive “Fighting for trash-free seas” between 7-9am. The NSS contingent of VMSIIHE were assigned Majorda Beach, Goa. In total 52 beaches across Goa were cleaned with 5327 volunteers collecting 26161 KG of waste.

<https://www.instagram.com/p/CjR3IHtLJYc/>



- 7) VMSIIHE had its official inaugural and orientation function of the NSS unit on the campus. Mr. Frazer Rodrigues, NSS Coordinator, oriented the students and Ms. Megha Bagde, Programme Officer, briefed the students on the purpose and activities organized by the NSS Club emphasizing the importance of social service and developing an empathetic attitude.

<https://www.instagram.com/p/Ci9KvLPosVW/>



- 8) An energetic group of S.Y. B.Sc. students got together as a part of their CSR program to rid one stretch of Varca beach of garbage that they found littered. Equipped with garbage bags and gloves, the students worked hard for 3 hours picking up litter strewn at the beach and collected a total of 35 bags. The efforts of the students were appreciated by all the people at the beach.

<https://www.instagram.com/p/CcP5EADvnJq/>





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## Academic Year - 2021

- 1) “There is no better feeling than knowing that you have made a difference in someone’s life.” The S.Y. students of VMSIIE along with their teacher Ms. Nelissa Alcasoas walked through the streets of Margao city (SPDA market, Holy Spirit Church, Municipal market and Railway Station) distributing food packets and clothes to the homeless on 3rd November 2021 as a part of their CSR Program for the subject Management Process 2. Prior to the drive, the students collected clothes from the staff and students in the college campus. The food packets were prepared by the students. The donation drive was a success as the students got to interact with many people and were able to empathize with them as it was an enriching experience to see the smiles and gratitude that they exhibited.



<https://www.instagram.com/p/CWpPsCOK1QI/>

- 2) The S.Y. M.Sc. students organised a ‘Diwali Sale’ which consisted of traditional handcrafted artefacts and sweets made by the students as a part of their Event Management ISA with the intention that all proceeds from the sale will be donated to the less fortunate in the society.



<https://www.instagram.com/p/CV0CEqSPoUv/>

- 3) “Your little effort can give others a second chance to live life”. As a part of Corporate Social Responsibility VMSIIE organised a blood donation camp in association with Doctors from Hospicio, Margao. Ms. Nelissa Alcasoas, Asst. Prof. General Management along with the students coordinated the blood donation drive. A total of thirty volunteers donated blood on this occasion.



<https://www.instagram.com/p/CVcvofrm5h/>





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- 4) Today we celebrate World Food Day and on this occasion, VMSIHE has invited Mr. Donald Fernandes to be the Guest Speaker for the 5th edition of "Culinary Conversations".

<https://www.instagram.com/p/CVExE5eq3-A/>



- 5) It was a day sparked with creativity, enthusiasm and talent as the NSS volunteers from the institute took part in the Swachhta Pakhwada: Tourism Day poster and slogan making competitions. With fierce competition, the winners of the Poster Making competition were Krishnakant Naswariya and Shakambhari Patil. While Simran Parulekar bagged first place in the Slogan Creation competition, Arjun Tepan won the second place and Anslem Menezes secured the third place.



<https://www.instagram.com/p/CU4wMrSK3y5/>

- 6) Today mental health is more than just the absence of mental disorders or disabilities. Day to day negative emotions and stress have an overwhelming impact on our lives which may cause us to be discontent with ourselves. Students at VMSIHE initiated an inspiring activity where they wrote reasons to be grateful for. It not only boosted positivity amongst the students but also encouraged them to speak up to their near and dear ones on encountering difficult situations.



<https://www.instagram.com/p/CU1UQigqhYx/>





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- 7) Our very own Alumni, Jose Allan Rodrigues and Asher Rodrigues were recognised for their selfless contribution during this Pandemic as Covid Care Volunteers. It was a moment of immense pride and joy when Director/Principal of VMSIHE Prof. Irfan Mirza felicitated them on campus, for their exemplary service during these trying times.



<https://www.instagram.com/p/CUMgYG0FuEf/>

- 8) The current situation has made everyone feel a bit on edge when it comes to the topic of Covid-19 and everything that accompanies it. [@goan.edit](https://www.instagram.com/goan.edit/) brings to you an Instagram live session with our Counsellor, Alethea Baracho, on the topic; Fear and Anxiety: Anxiousness among students about COVID in their families and how to manage it. Tune in to [@goan.edit](https://www.instagram.com/goan.edit/) on Thursday, 10th June 2021 at 5:00pm IST, to gain useful tips and suggestions from Alethea to guide you through these trying times.



<https://www.instagram.com/p/CP5jNxrU2/>

- 9) "Caring has the gift of making the ordinary special" -George R. Bach. The VMSIHE team set out to provide healthy meal packages for free to the citizens of the village of Raia. Each of these meals were cooked following all SOPs, if you or anyone in the village are in need of these services, call/Whatsapp 9822807814



[https://www.instagram.com/p/COwjL\\_AK6Vm/?img\\_index=1](https://www.instagram.com/p/COwjL_AK6Vm/?img_index=1)



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10) As a part of VMSIHE CSR Program, soccer shoes were given to the football team members of St. Anthony's High School Cuncolim. A few staff from St. Anthony's High School visited the Institute and collected the shoes on behalf of their students. The money for the CSR program was raised by the S.Y students of VMSIHE through the sale of baked goods.



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

11) As a part of the Corporate Social Responsibility Program, a group of S.Y B.Sc. students accompanied by their subject Faculty, Ms. Nelissa Alcasoas Asst. Prof. - General Management set out to the Benaulim beach on a beach cleaning drive. They worked for 3 hours equipped with garbage bags, gloves, masks and caps and managed to get rid of the garbage littered all over and restore a stretch of the beach of its natural beauty. A total of 12 full garbage bags were collected and later segregated it into plastic, glass, wet waste and paper. The students then shared their experiences with their classmates and developed awareness on the importance of properly disposing of waste.



<https://www.instagram.com/p/CV45FxINfd8/>



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## Academic year -2020

- 1) We at VMSIHE are proud of the effort you'll have put in to reach out to those in need. The NSS Unit of VMSIHE took up the initiative to distribute masks to the residents of Manora-Raia. We at VMSIHE are proud of the effort you'll have put in to reach out to those in need.

<https://www.instagram.com/p/CAPEkocjm24/>



- 2) The NSS unit of VMSIHE in association with a team of doctors from Hospicio organised a Blood Donation Camp at the Institute.

<https://www.instagram.com/p/B9oh0dcDWO0/>







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## Academic Year - 2019

- 1) Chef Sujatha Madhavan, Asst. Prof Food Production, [#VMSIHE](https://www.instagram.com/p/B36_Pw6jMLp/) and Chefs of leading hotels of Goa spend some quality time with children of different orphanages, as a part of the International Chefs Day celebration. The children enjoyed mouth-watering food prepared and served by the Chefs. The chefs also had an interesting interaction with the children where they spoke about the benefits of healthy eating habits. Music and entertainment formed a part of the celebration. The event was organized by the Culinary Forum of Goa and was held on 14th October 2019 at Fr. Agnel Institute of Food Craft and Culinary Sciences. “Being a part of this event was a very blissful experience as we all are so used to cooking food and serving guests for monetary gains, but here we were rewarded by the sheer happiness and innocent smiles of the children” says Chef Sujatha.



[https://www.instagram.com/p/B36\\_Pw6jMLp/](https://www.instagram.com/p/B36_Pw6jMLp/)

- 2) A group of S.Y. B.Sc. students of [#VMSIHE](https://www.instagram.com/p/B0yBuiQjQLN/) organised two workshops one on “Fundamentals of Baking” for 4 students and 3 staff members of Aathma Vishwas Society, a vocational training centre for the differently abled at the Institute’s bakery. The desserts demonstrated for the workshop were Serradura, Chocolate muffin and Organic banana muffin. The second workshop was on ‘Table Etiquettes’ and a demonstration of a ‘Tiramisu’ dessert for the 9th standard students at the Holy Family High School. These workshops were a part of the assignments of Management Process 2 subject that covers Corporate Social Responsibility .



<https://www.instagram.com/p/B0yBuiQjQLN/>



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- 3) Visit to St. Anthony's Girls Home, Verna. On 28th March 2019, a group of S.Y. students along with a teacher from V. M. Salgaocar Institute of International Hospitality Education visited St. Anthony's Girls Home, Verna. The day was a very eventful and memorable one for both the children at the home and the college students. The S.Y. students organized games, a solo song, spot prizes and a jam session for the children. There were a total of 18 children and the students bought snacks that were distributed by them to the children. The S.Y. students donated Rs 1500 towards repairs for their water filter. The students later spent time talking and playing with the children; the caretakers at the home created a lot of awareness about the challenges that the children face. The students shared their experiences with the College the following day and it created a lot of awareness about the home. Many of the students wished to visit the home again in future.



- 4) The S.Y.B.Sc. Students of [#VMSIIE](https://www.instagram.com/p/B0h847iDMh4/?img_index=1) under the guidance of faculty in charge of Accommodation Operations Ms. Lorna Fernandes organised a lecture on First Aid.

[https://www.instagram.com/p/B0h847iDMh4/?img\\_index=1](https://www.instagram.com/p/B0h847iDMh4/?img_index=1)





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## Academic Year - 2018

- 1) Saturday, 8th Dec, 2018: The NSS Unit of VMSIHE in collaboration with the Raia Panchayat took up a cleanliness drive from 8.30am to 10.30am in Bacbat, Raia.

<https://www.instagram.com/p/BrIDGtjBd5t/>



- 2) Donate Blood and Save lives.

[https://www.instagram.com/p/BqZdhgQhf\\_7/](https://www.instagram.com/p/BqZdhgQhf_7/)







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- 3) On the 10th of September, world suicide prevention day, the Counselling Department of VMSIHE organized a talk for the students on how suicide is preventable. Dr. Belinda Viegas Mueller, a practicing Psychiatrist, was invited as the resource person.



<https://www.instagram.com/p/Bn58E-PBKB1/>

Prof. Irfan Mirza  
Director & Principal

