



V M Salgaocar Institute
of
International Hospitality Education
Manora Raia

VMSIHE in Collaboration with Vyakti Vikas Kendra is
Organizing Art of Living Happiness Programme for Teaching &
Non Teaching Staff

Happiness Programme

Venue: Multipurpose Hall VMSIHE

Date: 5th August 2018 to 10th August 2018

Time: 3.30 pm to 6.00 pm



Faculty/ Professional Development Program

Report on Training conducted between 6th August 2018 to 10th August 2018 by Art Of Living Teachers

Venue: Multipurpose Hall

Time: 3.30pm to 6pm

Teacher: Mr. Rajeshwar Naidu & Mrs. Tanuja Sardesai

Participants:

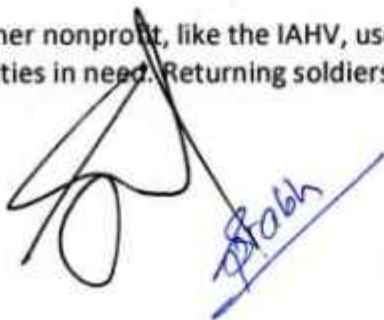
1. Ms. Rahana Mirza
2. Dr. Jacqueline Fernandes Breitinger
3. Ms. Sujatha Madhavan
4. Ms. Edna Noronha
5. Ms. Sushma Lotlikar
6. Ms. Manisha Borkar
7. Ms. Chaitra Phalidesai
8. Ms. Tanvi Prabhu Malkarnekar
9. Ms. Gauri Patil
10. Ms. Charmayne D'Souza
11. Mr. Sunil Deshpande
12. Mr. Savio D'Souza

Art of Living is operating in 155 countries, The Art of Living is a non-profit, educational and humanitarian organization founded in 1981 by the world-renowned humanitarian and spiritual teacher - Gurudev Sri Sri Ravi Shankar. All programs are guided by Gurudev's philosophy: "Unless we have a stress-free mind and a violence-free society, we cannot achieve world peace."

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.

AOL partner nonprofit, like the IAHV, use the same techniques in service projects to support communities in need. Returning soldiers, at-risk students, prisoners and disaster victims have



all experienced relief from trauma and stress.

Following are the benefits of the Happiness program



Quickly & effectively reduce stress

With the power of your breath

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.



Build resilience

With mind mastery

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

With Sudarshan Kriya

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.



Relax deeper

With guided yoga & meditation

Enjoy our effortless approach ... Learn easy yoga poses you can incorporate into your day for greater health, focus, and relaxation. Unique guided meditations that give you a glimpse of the beauty within

Dr. Arun

Institute of International Hospitality Education
Mysore - Raichur
Goa



Chaitra Phaldessai <chaitra.phaldessai@vmsiie.edu.in>

Art of Living Course from 6/8/18 to 10/8/2018

1 message

Sharada Prabhu <Sharada.prabhu@vmsiie.edu.in>
To: AOL Group <AOLG@vmsiie.edu.in>
Cc: Irfan Mirza <irfan.mirza@vmsiie.edu.in>

Thu, Aug 2, 2018 at 8:59 AM

Good Morning All,

Welcome to AOL Group!!

This is to inform you that the Art of Living Happiness Course will commence from 6th August 2018 to 10th August 2018 from 3.30pm to 6pm in the Multipurpose Hall.

Kindly wear loose comfortable clothes while attending the course (you must be able to sit comfortably on floor) and carry a water bottle along with you.

Kindly be present 5min before the course begins.

With Kind regards

Sharada Prabhu

HR – Officer

V. M. Salgaocar Institute of International Hospitality Education

Manora-Raia, Salcette, Goa - 403720 India

☎ Tel: +91 832 6623000 Fax: +91 832 6623111

sharada.prabhu@vmsiie.edu.in

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Skype ID: vmsiie.goa



3 attachments



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image003.png
2K



image005.jpg
2K



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CERTIFICATE
OF COMPLETION

THIS IS TO CERTIFY THAT

Ms. Charmayne D'Souza

HAS COMPLETED 6 DAYS HAPPINESS PROGRAMME
OF ART OF LIVING CONDUCTED BY VMSIIE IN
COLLABORATION WITH VYAKTI VIKAS KENDRA FROM
5TH AUGUST 2018 TO 10TH AUGUST 2018


Sharada Prabhu
Officer - HR




Prof. Irfan Mirza
Director/Principal



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THIS IS TO CERTIFY THAT

Ms. Gauri Patil

HAS COMPLETED 6 DAYS HAPPINESS PROGRAMME
OF ART OF LIVING CONDUCTED BY VMSIIE IN
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Ms. Sujatha Madhavan

HAS COMPLETED 6 DAYS HAPPINESS PROGRAMME
OF ART OF LIVING CONDUCTED BY VMSIIE IN
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Ms. Amelia Edna Castro Cota Cruz

HAS COMPLETED 6 DAYS HAPPINESS PROGRAMME
OF ART OF LIVING CONDUCTED BY VMSIIEH IN
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THIS IS TO CERTIFY THAT

Ms. Tanvi Prabhu Malkarnekar

HAS COMPLETED 6 DAYS HAPPINESS PROGRAMME
OF ART OF LIVING CONDUCTED BY VMSIIE IN
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THIS IS TO CERTIFY THAT

Mr. Sunil Deshpande

HAS COMPLETED 6 DAYS HAPPINESS PROGRAMME
OF ART OF LIVING CONDUCTED BY VMSIHE IN
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THIS IS TO CERTIFY THAT

Ms. Sushma Lotliker

HAS COMPLETED 6 DAYS HAPPINESS PROGRAMME
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THIS IS TO CERTIFY THAT

Ms. Manisha Borkar

HAS COMPLETED 6 DAYS HAPPINESS PROGRAMME
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Officer - HR




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THIS IS TO CERTIFY THAT

Ms. Chaitra Phaldesai

HAS COMPLETED 6 DAYS HAPPINESS PROGRAMME
OF ART OF LIVING CONDUCTED BY VMSIIE IN
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Director/Principal



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VMSIHE HR DEPARTMENT IN
COLLABORATION WITH NSS UNIT IS
ORGANIZING FIRE FIGHTING TRAINING
PROGRAMME



18TH JANUARY 2019



ZURICH ,VMSIHE

TIME : 3.15 PM TO 5.00 PM





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Firefighting training



The HR department in collaboration with the NSS committee of VMSIIE organized a firefighting session on Friday, 18th 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.


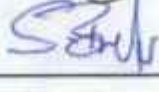
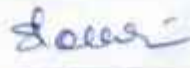

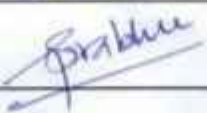

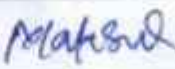

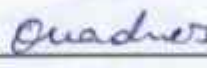



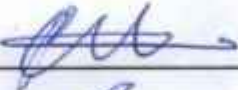

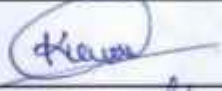


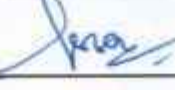
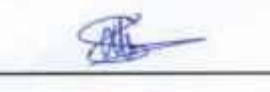

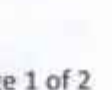
The vote of thanks was proposed by Roel Andrade followed by a group photograph of all those who attended the firefighting training session. It was truly an enriching experience for us all.


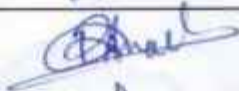


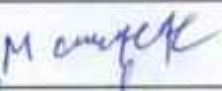

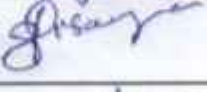



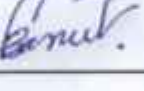
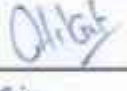
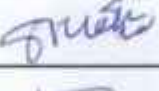
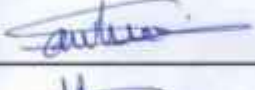

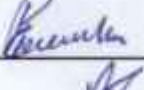
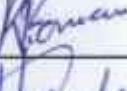
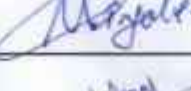




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Sr.No	Name	Signature	Type
1	Prof. Irfan Mirza		Teaching
2	Sebastian Breitingger		Teaching
3	Sushma Lotlikar		Non Teaching
4	Sujatha Madhavan		Teaching
5	Sharada Prabhu		Non Teaching
6	Sushma Kalangutkar		Non Teaching
7	Maksud Ali Khan		Non Teaching
8	Arun Gadkar		Non Teaching
9	Candita Quadros		Non Teaching
10	Piedade Fernandes		Non Teaching
11	Jesmine Alvares		Non Teaching
12	Krishnakant Jadhav		Non Teaching
13	Preetamsingh Rajaput		Non Teaching
14	Ramesh Singh		Non Teaching
15	Kumar Goreng		Non Teaching
16	Sarfaraz Can		Non Teaching
17	Rajib Darjee		Non Teaching
18	Jhalak Sayee		Non Teaching
19	Issac mathew		Non Teaching
20	Savio D'Souza		Non Teaching
21	Manisha Borkar		Non Teaching

22	Chaitra Phaldesai		Non Teaching
23	Rachel Amaral		Teaching
24	Gauri Patil		Teaching
25	Mahesh Bhandodkar		Non Teaching
26	Manjunath Halabar		Non Teaching
27	Rodwin Rodrigues		Teaching
28	Santan D'Souza		Non Teaching
29	Sarfaraz Madiwale		Non Teaching
30	Vinayak Chari		Non Teaching
31	Anil Gaonkar		Non Teaching
32	Fagun Barot		Non Teaching
33	Vikraman Pillai		Non Teaching
34	Ramappa Navalolli		Non Teaching
35	Salvador Fernandes		Non Teaching
36	Sagar Naik		Non Teaching
37	Princely Gaunkar		Non Teaching
38	Fenson Rodrigues		Non Teaching
39	Mahadev Ingale		Non Teaching
40	Nagraj Naik		Non Teaching
41	Anup Bhat		Non Teaching



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CERTIFICATE

OF PARTICIPATION

THIS CERTIFICATE IS PRESENTED TO

Mr. Sebastian Breitinge

For Participating in Fire Fighting Training held on 18.01.2019


SHARADA PRABHU
OFFICER HR




PROF .IRFAN MIRZA
DIRECTOR/PRINCIPAL



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Mr. Issac Mathew

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Mr. Manjunath Halabar

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Mr. Sarfaraz Madiwale

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Mr. Vinayak Chari

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Mr. Anil Gaonkar

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Mr. Vikraman Pillai

For Participating in Fire Fighting Training held on 18.01.2019


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THIS CERTIFICATE IS PRESENTED TO

Mr. Ramappa Navloli

For Participating in Fire Fighting Training held on 18.01.2019


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THIS CERTIFICATE IS PRESENTED TO

Mr. Salvador Fernandes

For Participating in Fire Fighting Training held on 18.01.2019

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THIS CERTIFICATE IS PRESENTED TO

Mr. Sagar Naik

For Participating in Fire Fighting Training held on 18.01.2019


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Mr. Nagraj Naik

For Participating in Fire Fighting Training held on 18.01.2019


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Mr. Anup Bhat

For Participating in Fire Fighting Training held on 18.01.2019

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Mr. Maksud Ali Khan

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THIS CERTIFICATE IS PRESENTED TO

Mr. Krishnakant Jadhav

For Participating in Fire Fighting Training held on 18.01.2019

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Mr. Preetamsingh Rajput

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Mr. Ramesh Singh

For Participating in Fire Fighting Training held on 18.01.2019


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Mr. Sarfaraz Can

For Participating in Fire Fighting Training held on 18.01.2019


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Mr. Rajeeb Darjee

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Mr. Rodwin Rodrigues

For Participating in Fire Fighting Training held on 18.01.2019


SHARADA PRABHU
OFFICER HR




PROF .IRFAN MIRZA
DIRECTOR/PRINCIPAL



V.M.SALGAOCAR INSTITUTE
OF
INTERNATIONAL HOSPITALITY EDUCATION
MANORA-RAIA

CERTIFICATE

OF PARTICIPATION

THIS CERTIFICATE IS PRESENTED TO

Ms. Rachel Amaral

For Participating in Fire Fighting Training held on 18.01.2019


SHARADA PRABHU
OFFICER HR




PROF. IRFAN MIRZA
DIRECTOR/PRINCIPAL

WHO CAN PARTICIPATE?

- Research Scholars
- Faculty members and other academicians
- Students pursuing/ completed masters

REGISTRATION FEES:

- Early bird (Before 24th August): **Rs. 500/-**
- Spot registration: **Rs. 600/-**
- The fee includes: workshop certificate, kit breakfast and lunch.
- Kindly note that no TA/DA will be provided to participants.
- **Kindly carry your laptops**

MODE OF PAYMENT

DD of registration fees should be drawn in favour of:

Vishwa Saraswati Society A/C VMSIHE
SB A/C: 50100051500215
IFSC No.HDFC0002832
Bank Name: HDFC Bank Ltd, Nuvem

FOR OFFICIAL CORRESPONDENCE
OR ANY FURTHER QUERIES KINDLY
CONTACT:

• Dr. Rachel Pereira (Workshop Co-Ordinator)
Assistant Professor General Management
Ph. No. 9003974821
Email @- Rachel.Pereira@vmsiihe.edu.in

• Ms. Valerie Jacques
Counselor
Ph.no. 9923805055
Email @ Valerie.Jacques@vmsiihe.edu.in

ABOUT VMSIHE

Set up to high international standards, VMSIHE is the first hospitality institute in Goa that offers the best hospitality education with world class infrastructure that gives students an edge over others. Affiliated to the Goa University, backed with strong international exchange programs and internships and placements in starred hotels, VMSIHE uses a perfect combination of academic learning, practical sessions and professional internship to give one the best foundation and internationally acclaimed hospitality degree to get one set for a global career



V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION



One day State Level Workshop on:

WRITING A RESEARCH PAPER

WITH FOCUS ON HUMANITIES
AND SOCIAL SCIENCES

31st August 2018

Organised by
The Research & Publications
Committee of
V.M Salgaocar Institute of
International Hospitality
Education
Manora, Raia

NEED FOR THE WORKSHOP

The core objective of the workshop is to equip the participants with set of skills and potentiality to undertake the research very effectively in the disciplines of social science and to turn completed research into publishable material of high quality in the form of articles, journals and books. This workshop is designed to offer the practical guidelines and direct the researchers through all the stages of research from identifying a research problem to the submission of a dissertation, report writing and research article. The course intends to deal with variety of quantitative and qualitative research methods used in social science researches. It also gives exposure to data analysis with the help of software packages. The workshop consists of both theory and practical. By the end programme they are expected to develop conceptual clarity and practical knowledge.



PROFILE OF RESOURCE PEOPLE



DR. A. SUBRAHMANYAM

MBA, M.Sc. (Psy.), Ph.D. in Management, Assistant Professor - Marketing

He is working as an assistant Professor in GITAM School of International Business, Visakhapatnam.

He has eleven years of experience in Academic, Research and Industry. He has been a resource person for several workshops and FDP programs held at many universities and B-Schools in India.

Published research papers in refereed journals. Including Scopus and ABDC indexed journals



PROFESSOR NANDAKUMAR MEKOTH

Professor of Management Studies at Goa University. Doctorate of the University of Calicut, and has completed Faculty Development Program of Indian Institute of Management Ahmedabad. He had held positions like Dean, Faculty of Management Studies, Head of the Department of Management Studies, Chairperson of the Board of Studies of Management Studies, Member of Academic Council, and Member of Court at Goa University.

Program Schedule	
8:15- 9.00 a.m.	Registration/ Breakfast
9.15- 11.00 a.m.	1st session: Identifications of the research topic, Gaps in research and Writing Research proposals
11.00 – 11.15 a.m.	Refreshment break
11.15- 1.15 p.m.	2nd session: Designing the Questionnaire
1.15- 1.45 p.m.	Lunch break
1.45- 3.30 p.m.	3rd session: Identifying the tools: Quantitative and Qualitative research methods in Social Science/ Hands on training on the Statistical Software.
3.30- 3.45 p.m.	Tea break
3.45- 4.45 p.m.	4th session: Writing Research papers and reports
4.45- 5.00 p.m.	Valedictory



V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION

Report on

One Day State Level Workshop on Writing Research Paper

On the 31st of August, 2018 the Research and Publications committee of V. M. Salgaocar Institute of International Hospitality Education organized a one day state level workshop on **Writing a Research Paper: with focus on Humanities and Social Sciences**. The response to the workshop was tremendous, a total of 47 participants



attended.

The core objective of the workshop was to equip faculty, research scholars, and students with skills and knowledge to do efficient research and to turn completed research into publishable material. The workshop consisted of both theory and practical aspects of research. The expertise delivering the lecture were: Dr. Nandakumar Mekoth, Professor, Dept. of Management Studies, Goa University. And Dr. S. Subrahmanyam, assistant professor in Marketing, at GITAM School of International Business, Visakhapatnam. The workshop commenced after registration and breakfast of all the participants. At the onset a small inaugural and introduction ceremony was held. The Director Prof. Irfan Mirza in his welcome note highlighted the importance of conducting the workshop. Followed by Ms. Nelissa Alcasoas, introducing the resource persons, and Prof. Mirza and Dr. Marie Raj handing over the mementos.



Following which the first session for the day commenced, which was conducted by Prof. Mekoth. Who spoke on identifying research topics, what are the gaps in research and on how to write a research proposal, also how to design your questionnaire. Prof. Mekoth also discussed some of his research papers, and answered any queries the participants had in regard to research.

In the session following the lunch break, Dr. A. Subrahmanyam spoke in detail about quantitative and qualitative research methods, identifying the tools, using the software SPSS, and also writing reports and papers. Both the sessions were informative.



The workshop provided the candidates a very good exposure. This workshop would certainly benefit the participants and we are sure that this workshop would enhance the quality of Social Sciences Research among the participants. The workshop was intended mainly to change the mind set of participants and provide them a greater exposure so that they are encouraged to do quality research. We hope we have succeeded in that endeavour.





V.M. SALGAOCAR INSTITUTE OF INTERNATIONAL HOSPITALITY
EDUCATION
MANORA RAIA

CERTIFICATE

- OF PARTICIPATION -

This Certificate is awarded to

Ms. Nelissa Alcasoas

For Participating in One day State Level Workshop on
writing research Paper held on 31st August 2018

Dr. Marie Raj
Administrator



Prof. Irfan Mirza
Director/Principal





V.M. SALGAOCAR INSTITUTE OF INTERNATIONAL HOSPITALITY
EDUCATION
MANORA RAIA

CERTIFICATE

- OF PARTICIPATION -

This Certificate is awarded to

Ms. Supriyanka Govekar

For Participating in One day State Level Workshop on
writing research Paper held on 31st August 2018

Dr. Marie Raj
Administrator



Prof. Irfan Mirza
Director/Principal





V.M. SALGAOCAR INSTITUTE OF INTERNATIONAL HOSPITALITY
EDUCATION
MANORA RAIA

CERTIFICATE

- OF PARTICIPATION -

This Certificate is awarded to

Ms. Alethea Baracho

For Participating in One day State Level Workshop on
writing research Paper held on 31st August 2018

Dr. Marie Raj
Administrator



Prof. Irfan Mirza
Director/Principal





V.M. SALGAOCAR INSTITUTE OF INTERNATIONAL HOSPITALITY
EDUCATION
MANORA RAIA

CERTIFICATE

- OF PARTICIPATION -

This Certificate is awarded to

Ms. Valerie Jacques

For Participating in One day State Level Workshop on
writing research Paper held on 31st August 2018

Dr. Marie Raj
Administrator



Prof. Irfan Mirza
Director/Principal





V.M. SALGAOCAR INSTITUTE OF INTERNATIONAL HOSPITALITY
EDUCATION
MANORA RAIA

CERTIFICATE

- OF PARTICIPATION -

This Certificate is awarded to

Ms. Shreya Kamat

For Participating in One day State Level Workshop on
writing research Paper held on 31st August 2018

Dr. Marie Raj
Administrator



Prof. Irfan Mirza
Director/Principal

