



# YOGA CLASSES



Everyday

Marriott Classroom

5:15 pm to 6:30 pm

To register contact Ms  
Gauri-9404925333



## **Faculty/ Professional Development Program**

### **Report on Yoga Classes between 24<sup>th</sup> February 2020 to 23<sup>rd</sup> March 2020 by Dr. Kaushik Jadhav**

Venue: Marriott Classroom

Time: 5.15pm to 6.15pm

Teacher: Dr. Kaushik Jadhav

Participants:

1. Ms. Sujatha Madhavan
2. Ms. Sushma Lotlikar
3. Ms. Pratibha Alvares
4. Ms. Manisha Borkar
5. Ms. Sherlaine Viegas
6. Ms. Chaitra Phaldesai
7. Ms. Sharada Prabhu
8. Mr. Vikraman Pillai
9. Mr. Ashwin Sawant
10. Ms. Tanvi Nayar - Student
11. Ms. Breanna Moraes- Student

Dr. Kaushik Jadhav is a Homeopathic doctor by profession. He completed his BHMS from Shri Kamaxidevi Homeopathic Medical College- Shiroda Goa and also completed a course in Yoga from S-VYASA –Bengaluru. He owns a clinic in the name of 'Synergy Yoga Therapy Studio' at Dicarpale Margao Goa. In addition to his profession, he also conducts Yoga classes for resolving various health issues.

#### **The Course Content:**

This course was a combination of yoga, powerful breathing exercises and meditation. The session started with introduction about attaining mind, body development, weight loss, stress management and avoiding lifestyle related diseases through Surya Namaskar and Pranayama.

*Prabhu*





**Following are the benefits of the Yoga Classes**

- Stress reduction, relief from anxiety & depression to a clear and positive state of mind.
- This enables one to stay calm from issues created by frustration, impatience, worry and more.
- With guided yoga & meditation it gave a glimpse of the beauty within.
- It increases the blood flow
- Yoga practice improves coordination, reaction time, memory, and even IQ scores
- It helps you sleep deeper
- Boosts one's immune system functionality
- Prevents IBS (Irritable Bowel Syndrome) and other digestive problems
- Gives you peace of mind and inner strength

We all have benefitted a lot from this course.





Chaitra Phaldessai &lt;chaitra.phaldessai@vmsiihe.edu.in&gt;

## Yoga Classes

1 message

Sharada Prabhu &lt;Sharada.prabhu@vmsiihe.edu.in&gt;

Thu, Feb 20, 2020 at 9:47 AM

To: Sujatha Madhavan <Sujatha.Madhavan@vmsiihe.edu.in>, vmsiihe GW <girlswarden@vmsiihe.edu.in>, Ashwin Sawant <Ashwin.Sawant@vmsiihe.edu.in>, Sushma Lotliker <Sushma.Lotliker@vmsiihe.edu.in>, Vikraman Pillai <Vikraman.Pillai@vmsiihe.edu.in>, Sherlaine Viegas <sherlaine.viegas@vmsiihe.edu.in>, Manisha Borkar <Manisha.Borkar@vmsiihe.edu.in>, Chaitra Phaldessai <Chaitra.Phaldessai@vmsiihe.edu.in>, Tanvi Nayar <Tanvi.Nayar@vmsiihe.edu.in>, Karthikram Samavedi <Karthikram.Samavedi@vmsiihe.edu.in>, Breanna Moraes <Breanna.Moraes@vmsiihe.edu.in>

Cc: Irfan Mirza <irfan.mirza@vmsiihe.edu.in>, Marie Raj <Marie.Raj@vmsiihe.edu.in>

Dear All,

This is to inform you that Yoga Classes by Dr. Kaushik Jadhav will commence from **24/2/2020** and will end on **23/03/2020**.

Kindly note the following points:

1. Class will commence at exactly at 5.15pm for one hour on Monday, Wednesday and Friday.
2. All the participants should be present at the Multipurpose hall by 5.10pm
3. Carry Yoga Mat
4. Wear comfortable and stretchable outfit (No jeans allowed)
5. Carry a water bottle

Those members who have not paid the fees of Rs.1,400/-, kindly pay the same on 24/2/2020 without fail.

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Kind regards

**Sharada Prabhu****Sr. Officer - HR**

V. M. Salgaocar Institute of International Hospitality Education



V. M. SALGAOCAR INSTITUTE  
of  
INTERNATIONAL HOSPITALITY EDUCATION

# Certificate

This is to certify that

Mr./Ms. .... *Sujatha Madhavan* ..... has

participated in the add on course on

'Yoga Workshop'

conducted by VMSIHE

from 24th February till 23rd March 2020.

  
Ms. Sharada Prabhu  
Sr. Officer - HR

  
Prof. Irfan Mirza, CHE  
Director & Principal



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# Certificate

This is to certify that

Mr./Ms. Vikraman Pillai..... has

participated in the add on course on


'Yoga Workshop'

conducted by VMSIHE

from 24th February till 23rd March 2020.

  
Ms. Sherada Prabhu  
Sr. Officer - HR



  
Prof. Irfan Mirza, CHE  
Director & Principal



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INTERNATIONAL HOSPITALITY EDUCATION

# Certificate

This is to certify that

Mr./Ms. Sherlaine Viegas..... has

participated in the add on course on

'Yoga Workshop'

conducted by VMSIHE

from 24th February till 23rd March 2020.

  
Ms. Sharada Prabhu  
Sr. Officer - HR



  
Prof. Irfan Mirza, CHE  
Director & Principal



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# Certificate

This is to certify that

Mr./Ms. Sharada Prabhu..... has

participated in the add on course on

'Yoga Workshop'

conducted by VMSIHE

from 24th February till 23rd March 2020.

  
Ms. Sharada Prabhu  
Sr. Officer - HR



  
Prof. Irfan Mirza, CHE  
Director & Principal





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# Certificate

This is to certify that

Mr./Ms. Chaitra Phaldesai..... has

participated in the add on course on


'Yoga Workshop'

conducted by VMSIHE

from 24th February till 23rd March 2020.

  
Ms. Sharada Prabhu  
Sr. Officer - HR



  
Prof. Irfan Mirza, CHE  
Director & Principal



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# Certificate

This is to certify that

Mr./Ms. Pratibha Alvares..... has

participated in the add on course on


'Yoga Workshop'

conducted by VMSIHE

from 24th February till 23rd March 2020.

  
Ms. Sharada Prabhu  
Sr. Officer - HR



  
Prof. Irfan Mirza, CHE  
Director & Principal



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# Certificate

This is to certify that


Mr./Ms. Manisha Borkar..... has

participated in the add on course on

'Yoga Workshop'

conducted by VMSIHE

from 24th February till 23rd March 2020.

  
Ms. Sharada Prabhu  
Sr. Officer - HR



  
Prof. Irfan Mirza, CHE  
Director & Principal



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# Certificate

This is to certify that

Mr./Ms. Sushma Lotlikar..... has

participated in the add on course on

'Yoga Workshop'

conducted by VMSIHE

from 24th February till 23rd March 2020.

  
Ms. Sharada Prabhu  
Sr. Officer - HR



  
Prof. Irfan Mirza, CHE  
Director & Principal



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

**WORKSHOP ON INTELLECTUAL  
PROPERTY RIGHTS**

**VENUE: DUBAI, VMSIIE**

**DATE: 29TH NOVEMBER 2019**

**TIME: 3.15 PM TO 5.00PM**



*[Handwritten signature]*

## REPORT

### TALK ON INTELLECTUAL PROPERTY RIGHTS (IPR)



A talk on "Intellectual Property Rights" (IPR) was organised at our institute on 29<sup>th</sup> November 2019 at 3:15pm. The session began with the introduction of the resource person given by the faculty Ms. Supriyanka Govekar. The resource person invited for this talk was Ms. Gautami Raikar, who is the Founder of 'The Legal Capsule' and 'Lawmate.in'. She is a highly motivated legal professional with over 7 years of experience in corporate law and intellectual property. She has been the recipient of "The Young Entrepreneur Award 2019" given by Business Goa and also awarded "Best Start-up Of The Year 2018 (Lawmate.in)" by the Goa Management Association. She has also been a finalist at various global events such as Justice Innovation Challenge organized by the Hague Institute for Innovation & Law-The Netherlands, Global Business Idea in the field of Law Competition organized by Gujarat National Law University, Beryl Nasse Young Woman Entrepreneur Award organized by the British Business Group, Innovation in Law Awards organized by the Law School Global League,-Mexico City, Asian Technology and Innovative Initiative of the year Award 2018 at Hong Kong.

All our faculty and non-teaching staff attended the talk. Ms. Gautami Raikar explained what is Intellectual property Rights (IPR) and how it plays an important role in hospitality industry. She explained about Trademark, Patent Registration, Copyrights, Design Registration, IPR schemes and best practices for academic projects to transform into useful IPR's. It was a very informative and interactive session. The faculty and non-teaching staff raised various queries and doubts which were conspicuously handled by Ms. Gautami Raikar. It was a fruitful and a value added session. The talk ended with vote of thanks given by our Administrator, Dr. Marieraj.



By Supriyanka Govekar

A handwritten signature in black ink, appearing to be 'Supriyanka Govekar'.



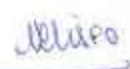
# WORKSHOP ON INTELLECTUAL PROPERTY RIGHTS (IPR)

BY MS. GAUTAMI RAIKAR

Date: 29<sup>th</sup> November 2019

Session Timing:

Venue: Dubai classroom

Sr. No.	Name of the staff	Signature
1.	Suryanka Gouckar	
2.	Dr Mani Ray	
3.	Shelaine Viegas	
4.	Gauri Patil	
5.	Foazer Rodrigues	
6.	Valerie Jacques	
7.	NELISSA ALCARAZAS	
8.	Alethea Baredo	
9.	Martha Rebelo	
10.	S. Breidinge	
11.	Shivanand Madhwal	
12.	Lijatha Madhavan	
13.	Rodwin Rodrigues	





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OF  
INTERNATIONAL HOSPITALITY EDUCATION**

**CERTIFICATE  
OF PARTICIPATION**

This certificate is presented to

**Ms. Valerie Jacques**

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For participating in Intellectual Property Rights Workshop  
held on 29th November 2019.

  
**DR. MARIE RAJ**  
ADMINISTRATOR



  
**PROF. IRFAN MIRZA**  
DIRECTOR/PRINCIPAL



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OF  
INTERNATIONAL HOSPITALITY EDUCATION**

**CERTIFICATE  
OF PARTICIPATION**

This certificate is presented to

**Ms. Alethea Baracho**

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For participating in Intellectual Property Rights Workshop  
held on 29th November 2019.

**DR. MARIE RAJ**  
ADMINISTRATOR



**PROF. IRFAN MIRZA**  
DIRECTOR/PRINCIPAL



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INTERNATIONAL HOSPITALITY EDUCATION**

**CERTIFICATE  
OF PARTICIPATION**

This certificate is presented to

**Mr. Shivanand Madiwal**

For participating in Intellectual Property Rights Workshop  
held on 29th November 2019.

**DR. MARIE RAJ**  
ADMINISTRATOR



**PROF. IRFAN MIRZA**  
DIRECTOR/PRINCIPAL



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**CERTIFICATE  
OF PARTICIPATION**

This certificate is presented to

**Ms. Amelia Edna Castro Cota Cruz**

For participating in Intellectual Property Rights Workshop  
held on 29th November 2019.

**DR. MARIE RAJ**  
ADMINISTRATOR



**PROF. IRFAN MIRZA**  
DIRECTOR/PRINCIPAL



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**CERTIFICATE  
OF PARTICIPATION**

This certificate is presented to

**Mr. Sunil Deshpande**

For participating in Intellectual Property Rights Workshop  
held on 29th November 2019.

**DR. MARIE RAJ**  
ADMINISTRATOR



**PROF. IRFAN MIRZA**  
DIRECTOR/PRINCIPAL



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OF PARTICIPATION**

This certificate is presented to

**Ms. Supriyanka Govekar**

For participating in Intellectual Property Rights Workshop  
held on 29th November 2019.

**DR. MARIE RAJ**  
ADMINISTRATOR



**PROF. IRFAN MIRZA**  
DIRECTOR/PRINCIPAL



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**CERTIFICATE  
OF PARTICIPATION**

This certificate is presented to

**Ms. Gauri Patil**

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For participating in Intellectual Property Rights Workshop  
held on 29th November 2019.

**DR. MARIE RAJ**  
ADMINISTRATOR



**PROF. IRFAN MIRZA**  
DIRECTOR/PRINCIPAL



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**CERTIFICATE  
OF PARTICIPATION**

This certificate is presented to

**Mr. Frazer Rodrigues**

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For participating in Intellectual Property Rights Workshop  
held on 29th November 2019.

**DR. MARIE RAJ**  
ADMINISTRATOR



**PROF. IRFAN MIRZA**  
DIRECTOR/PRINCIPAL





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INTERNATIONAL HOSPITALITY EDUCATION**

**CERTIFICATE  
OF PARTICIPATION**

This certificate is presented to

**Ms. Nelissa Alcasoas**

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For participating in Intellectual Property Rights Workshop  
held on 29th November 2019.

**DR. MARIE RAJ**  
ADMINISTRATOR



**PROF. IRFAN MIRZA**  
DIRECTOR/PRINCIPAL



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**CERTIFICATE  
OF PARTICIPATION**

This certificate is presented to

**Mr. Sebastian Breitingner**

For participating in Intellectual Property Rights Workshop  
held on 29th November 2019.

**DR. MARIE RAJ**  
ADMINISTRATOR



**PROF. IRFAN MIRZA**  
DIRECTOR/PRINCIPAL



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OF  
INTERNATIONAL HOSPITALITY EDUCATION**

**CERTIFICATE  
OF PARTICIPATION**

This certificate is presented to

**Mr. Rodwin Rodrigues**

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For participating in Intellectual Property Rights Workshop  
held on 29th November 2019.

**DR. MARIE RAJ**  
ADMINISTRATOR



**PROF. IRFAN MIRZA**  
DIRECTOR/PRINCIPAL



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INTERNATIONAL HOSPITALITY EDUCATION**

**CERTIFICATE  
OF PARTICIPATION**

This certificate is presented to

**Dr. Marie Raj**

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For participating in Intellectual Property Rights Workshop  
held on 29th November 2019.

**DR. MARIE RAJ**  
ADMINISTRATOR



**PROF. IRFAN MIRZA**  
DIRECTOR/PRINCIPAL



Confederation of Indian Industry

## Certificate Of Participation

*This is to certify that*

*Ms. Amelia Edna Noronha*

*Of V M Salgaocar Corporation Pvt. Ltd. has participated in the*

*"Workshop on Creative Marketing and Simplified Selling"*

*conducted by*

*Confederation of Indian Industry – Goa State Office on Tuesday, 15<sup>th</sup> October 2019.*



A handwritten signature in black ink, appearing to be 'Lalit'.

*Mr Lalit Saraswat*

*Chairman, CII Goa State Council*

Ms. Sharada Prabhu also attended the Workshop on “Mastering the Art of Training” on 26<sup>th</sup> July 2019. The facilitator for the Workshop was Mr. Prasad Kamat, Motivational Speaker & Leadership Coach.

### **Chefs Conclave**

Chef Rodwin Rodrigues of the Bakery Section attended the “Goan Chefs Conclave” on 25<sup>th</sup> July 2019, hosted by the Goa Culinary Club at Novotel, Goa. Ms. Odette Mascarenhas briefed the participants about the Goan Culinary Culture while Chef Sharma of Cidade de Goa highlighted the forgotten Goa Cuisine of using drumstick leaves as an important ingredient of cooking. Other sessions were held on Saraswat and Kolhapuri Cuisine. The Conclave was an exciting platform for chefs to network and share knowledge.



### **Conference on Water Management – Replenishing the Planet**

Mr. Sunil Deshpande, Chief Engineer of VMSIHE, attended the Conference on “Water Management” on 26<sup>th</sup> July 2019 organized by Confederation of Indian Industry (CII).

Taking into account water scarcity, restoration of lakes, ponds, and other such measures were discussed in the Conference by well-known speakers. Some of the initiatives taken were discussed by Mr. Naguesh Pai, Mr. S. T. Nadkarni, Mr. Jamshedji on water treatment for a greener Goa. Various solutions to tackle these issues were taken into consideration for conservation and rejuvenation of water bodies in Goa.

### **PAST EVENTS**

#### **Chocolate workshop**

Chef Yann Muriset, pastry instructor from Switzerland, was invited by our institute to share his expertise and skill and conduct a Chocolate and Sugar Art Workshop from 25<sup>th</sup> to 30<sup>th</sup> March 2019. Chef Muriset who teaches at the Bouveret campus.

**This Certificate is Issued to**

**Mrs. *Martha Rebello*** .....

*Has attended the full day Awareness Training work shop  
held at M/s. Carmel College, Nuvem , Goa on 23-11-2019  
dated ISO 21001: 2018 Educational Organisation  
Management System.*

  
Benjamin. A.

*Certified Lead Auditor - QEHSMS*  
**ISO 21001 : 2018 EOMS GOA COORDINATOR**  
*For AchieveGOA*

