



V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION
Manora Raia, Salcete, Goa - 403720 India
Tel: +91 (832) 6623000 Fax: +91 (832) 6623111
Email: info@vmsihe.edu.in Web: www.vmsihe.edu.in

Soft Skills

a- **SELF DEFENSE WORKSHOP**

BROCHURE



Event Report - [View](#)



SELF DEFENSE WORKSHOP

26-11-2021



Info

DSC_3750

26 November 2021

15 51

Add a description

Size Info
4496 x 3000 1.6 MB 400 dpi 24 bit

Device Info
NIKON CORPORATION NIKON D5300 26 mm
f/7.1 1/80 sec ISO 1600 EXP 0 No flash

Source
This PC

File Path
H:\Anil\New folder\SELF DEFENCE-2021\DSC_3750.jpg



Info

DSC_3805

26 November 2021

17 07

Add a description

Size Info
4496 x 3000 1.5 MB 400 dpi 24 bit

Device Info
NIKON CORPORATION NIKON D5300 20 mm
f/7.1 1/100 sec ISO 2000 EXP 0 No flash

Source
This PC

File Path
H:\Anil\New folder\SELF DEFENCE-2021\DSC_3805.jpg



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b- MINDFUL LIVING

BROCHURE



MINDFUL LIVING



[Event Report - View](#)



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MINDFUL LIVING

07-01-2022

Meet - TY BSc- A & B Batch

meet.google.com/duo-qcai-qxh?pli=1&authuser=0

Kumar Megavi Erwin colabo prathna shah Abhijit Prabhu

Karthikram srksrinivasan Velian Da Silva Jensen Feds Aishwarya J

Abhijeet Chaudhary Kalindi Sunthankar Rowan Gonsalves stalin braganza

Eesha Newalkar Lizel Fernandes 65 others You

In-call messages

Let everyone send messages

Messages can only be seen by people in the call and are deleted when the call ends.

connection.

Karthikram srksrinivasan 10:32 AM
good morning ma'am

Nishant Kumar Singh 10:56 AM
mam krishna logged out of the class he is facing a poor connection. he will join back as soon he receives a stable connection

You 10:56 AM
Noted

Lauriana Fernandes 11:53 AM
Ma'am Rollett here I have joined through my mom's phone... as I had logged out through my phone due to less charge and no electricity at my place...

You 11:53 AM
Noted

Send a message to everyone

12:14 PM | TY BSc- A & B Batch Online Class

Type here to search

22°C

12:14
07-01-2022



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Life Skills

a- **GYM**

BROCHURE



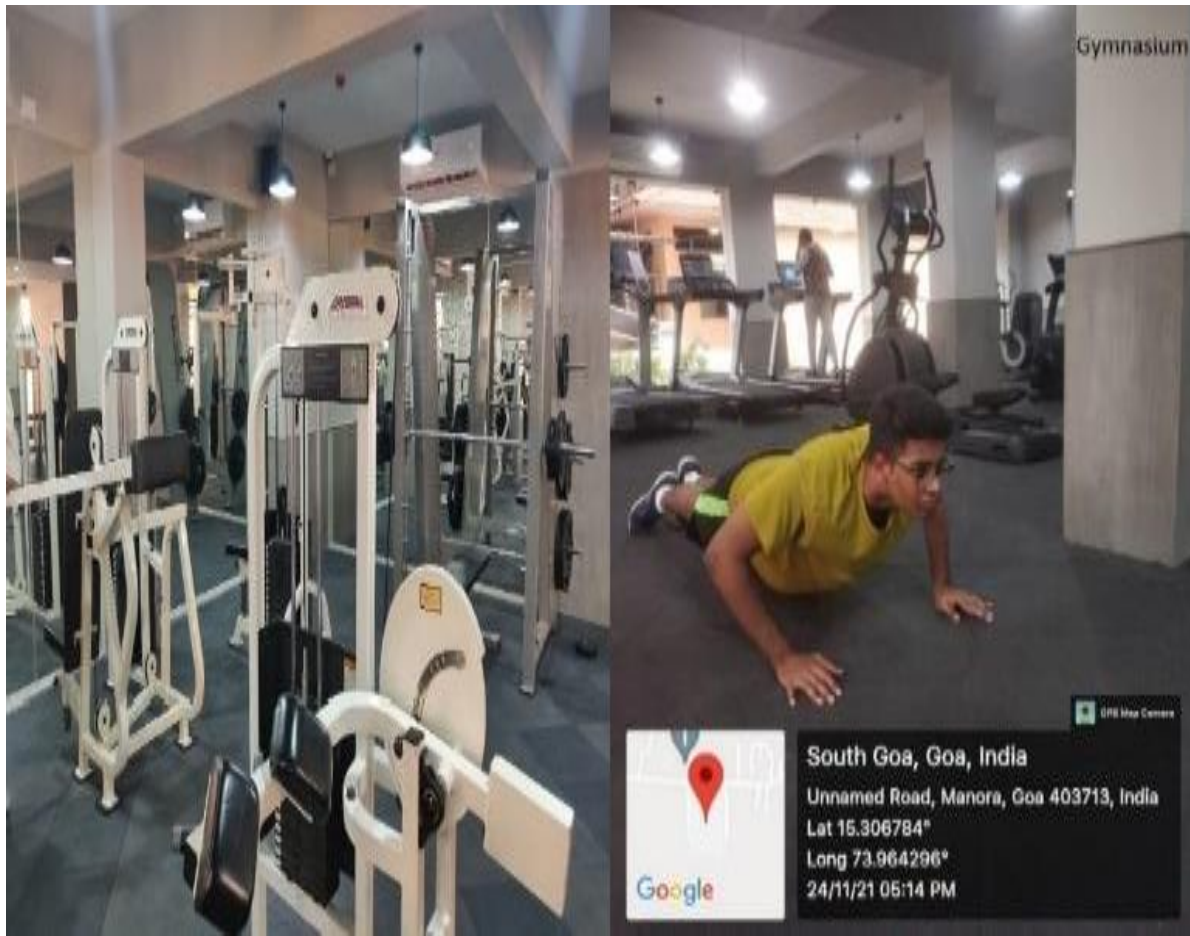
Event Report - [View](#)



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GYM

24-11-2021





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b- MENTAL HEALTH

BROCHURE

**World
Mental
Health
day**

**You
Are
Not
Alone**

9th of October, 2021
Multipurpose Hall VMSIHE
10.30 am -12.00

Event Report - [View](#)



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MENTAL HEALTH

9-10-2021



Info

DSC_2707

9 October 2021

10 36

Add a description

Size Info
3901 x 2604 1.3 MB 300 dpi 24 bit

Device Info
NIKON CORPORATION NIKON D5300 18 mm
f/7.1 1/60 sec ISO 2000 EXP 0.3 No flash

Source
This PC

File Path
H:\Anil\New folder\MENTAL HEALTH
-2021\DSC_2707.JPG



Info

DSC_2753

9 October 2021

11 08

Add a description

Size Info
4181 x 2790 1.4 MB 300 dpi 24 bit

Device Info
NIKON CORPORATION NIKON D5300 18 mm
f/7.1 1/50 sec ISO 2500 EXP 0.3 No flash

Source
This PC

File Path
H:\Anil\New folder\MENTAL HEALTH
-2021\DSC_2753.JPG



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C- ORAL HYGIENE

BROCHURE



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ORAL HYGIENE

31/03/2022

