



V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION
VMSIHE NEWSLETTER



PROFESSIONAL DEVELOPMENT PROGRAMMES FOR NON-TEACHING STAFF

Interpersonal relationship at workplace and at home – 3rd October 2025

A Professional Development Programme titled “Interpersonal Relationships at the Workplace and at Home” for all non-teaching staff was held on October 3, 2025, from 3:30 PM to 4:30 PM at VMSIHE. The Session was conducted by Dr. Aldina Braganza, a qualified Clinical Psychologist and Psychotherapist, who is currently serving as the Officiating Principal and Associate Professor of



Psychology at Carmel College of Arts, Science, and Commerce, Nuvem.

The session, which covered the following aspects, was informative and enriching and was well received by all participants.

- **Building meaningful connections** is essential for reducing stress, boosting productivity, and enhancing overall happiness.
- **Healthy interpersonal relationships**—both at home and in the workplace—play a significant role in personal well-being and professional performance. A positive home environment supports workplace success, and vice versa.
- **Everyone experiences stress**, so it's important to maintain a healthy balance between family life and professional responsibilities. It's crucial to recognize the difference between personal and professional relationships by setting clear boundaries and communicating appropriately in each context.
- **Maintaining physical and mental health** requires simple yet effective habits: staying hydrated, engaging in regular physical activity, and getting sufficient sleep, dropping your ego. These practices support a calm mind and better stress management.

Financial Literacy – 8th October 2025

Dr. Celso Fernandes, popularly known as Goa's pioneering "Financial Doctor," Founder and Director of Nave Marg Financial Services Pvt. Ltd, in his interesting and enriching presentation, highlighted the need for financial planning and strategies for investing as well as retirement planning.



Healthy gut, Happy Life – 9th October 2025

A talk on Healthy Gut, Happy Life was conducted on 9th October 2026 as a part of the professional development programme. The session was facilitated by Ms. Alyce Clita Rodrigues, Assistant Professor – Microbiology (Food Science), who provided valuable insights into the importance of gut health and its impact on overall well-being.

During the session, Ms. Rodrigues explained that the gut microbiome is unique to every individual. It is shaped from birth and continues to evolve over time, influenced by factors such as diet, medications, stress, sleep patterns, and lifestyle. She highlighted that a diverse gut microbiome, enriched through the intake of different types of foods, plays a crucial role in maintaining good health. She also emphasized that gut health directly affects immunity, digestion, skin health, mental well-being, and sleep. Participants were encouraged to take proactive steps to care for their gut by consuming probiotics and fermented foods, managing stress effectively, avoiding excessive use of antibiotics and artificial sweeteners, drinking filtered water, and maintaining an active lifestyle by sweating it out through physical activity.

The session successfully raised awareness about the significance of gut health and motivated participants to adopt simple, sustainable habits for a healthier and happier life.



FOUNDER CHAIRMAN'S DEATH ANNIVERSARY – 13TH OCTOBER 2025

On the occasion of the death anniversary of our Founder Chairman, the Director/Principal, faculty and staff came together to pay homage to his enduring vision and invaluable contributions. The remembrance was marked by the lighting of the traditional lamp, in remembrance and gratitude, of his commitment and vision, which continue to inspire and shape the values and mission of the Institute.




MENTAL HEALTH AND SUICIDE PREVENTION AWARENESS – 28TH OCTOBER, 2025

The Counselling Cell of VMSIIHE in collaboration with COOJ Mental Health Foundation organized a Talk on Mental Health and Suicide Prevention on 28th October 2025. The Resource Person was Ms. Sanya Pereira. Eight Faculty/staff and 168 Students attended the same.

The objective of the talk was to increase understanding about suicide, its warning signs, and the factors that contribute to emotional distress among students and staff.

The session explored multiple factors that can lead to suicidal behavior, including individual struggles, relationship issues, community and societal pressures, and challenges within the health system. Warning signs such as expressing hopelessness, self-deprecating remarks like “I’m good for nothing,” sudden changes in mood or behavior, and withdrawal from activities were discussed in detail. Participants were guided through the do’s and don’ts of interacting with someone suicidal and were introduced to the concept of a safety plan—identifying trusted contacts, helplines, and coping strategies during moments of distress.

The talk concluded with the importance of self-care practices such as regular exercise, maintaining social connections, mindfulness, and seeking professional help as vital tools to build resilience and prevent suicidal thoughts.



**MENTAL HEALTH
AND
SUICIDE PREVENTION
Awareness**

When : Tuesday, 28th October 2025

Where: Multipurpose Hall

Time: 10.30 AM - 12.00 PM


Ms. Sanya Pereira
Psychologist

COOJ Mental Health Foundation

Ms. Sanya Pereira has conceptualized and developed two pioneering initiatives – the Intervention for Suicide Attempt Survivors (I-SAS) project, launched for the first time in Goa in collaboration with the Directorate of Health Services, and the C.A.R.E (Compassionate Aid for Resilience and Empathy) Package, the first initiative of its kind in Goa to provide immediate support and resources for families bereaved by suicide.

At COOJ, she works extensively in counseling and therapy for both students and adults, addressing concerns such as suicidal ideation, anxiety, mood disorders, and personality-related difficulties. She also contributes to the psychosocial rehabilitation program for individuals with psychological disabilities, focusing on therapy, counseling, and cognitive remediation.

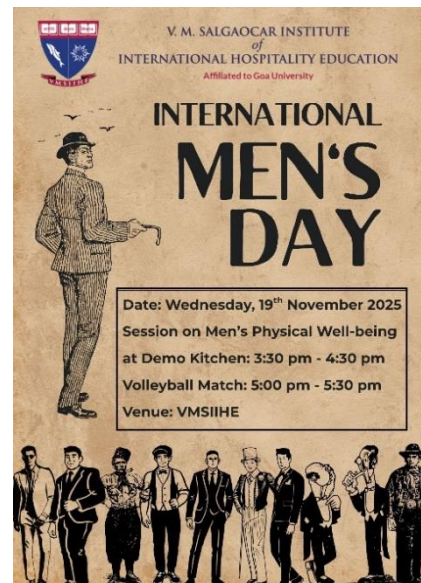
Sanya is an active resource person for talks and workshops on suicide prevention and mental health, engaging with students, educators, doctors, and community members to build



INTERNATIONAL MEN'S DAY – 19TH NOVEMBER, 2025

The Gender Champions celebrated International Men's Day on 19th November 2025 to honor the male staff and faculty members of the institution, acknowledging their hard work and dedication. The day began with the Gender Champions greeting all male staff personally, wishing them a meaningful and healthy International Men's Day.

In the afternoon, an informative session was delivered by Dr. Suvarna Fonseca e Antao on prostate cancer, focusing on prevention, early detection, and available treatment options. The session served as an eye-opener, and it highlighted the importance of discussing men's health concerns that are often overlooked. The programme concluded with a friendly volleyball match, in which the male staff and faculty enthusiastically participated.



TALK ON POSH – 11TH DECEMBER, 2025

The Internal Complaints Committee (ICC) organized an informative talk on the Prevention of Sexual Harassment (PoSH) for the staff of VMSIIHE. The session was facilitated by Adv. Krishnakant Hegde Desai, who provided valuable insights into the PoSH Act, its provisions, and the responsibilities of employees and the institution. The initiative was aimed at raising awareness and reinforcing the institution's commitment towards creating a safe, respectful, and secure working environment for all.

**SPORTS DAY – 12TH DECEMBER, 2025**

The Sports Day at V. M. Salgaocar Institute of International Hospitality Education was held on Friday, 12th December 2025. The event began with a welcome address by Mr. Shubham Lokre, Director of Physical Education and Sports, followed by Prof. Irfan S. Mirza, the Director/Principal, and Mr. Donald Rodrigues, the Administrator being invited on stage.

The March Past was led by the four house captains, with the Red House declared the winner. The torch was lit by Mr. Obeid Pereira, Sports Secretary, and Ms. Samantha Pinto, Assistant Sports Secretary, followed by the oath-taking ceremony and the formal declaration of the Sports Day open by Prof. Mirza.

The day featured various events including track and field races, team games, and other competitions, creating an atmosphere of enthusiasm and sportsmanship among students and staff. The event concluded with the award ceremony, hosted by Mr. Shubham Lokre. Medals and certificates were presented by Prof. Irfan S. Mirza and Mr. Donald Rodrigues.



The Best Sportsperson (Male) award was given to Mr. Yadnyadatta Pagi, and the Best Sportsperson (Female) award was given to Ms. Samantha Pinto. The Best Sportsperson Staff (Male) award was presented to Mr. Anil Anandache, while the Best Sportsperson Staff (Female) award was jointly awarded to Ms. Martha Rebello and Ms. Edna Noronha. The Winning Trophy was awarded to the Yellow House. The event ended with a vote of thanks, appreciating the collective effort and sporting spirit of all participants.

RESEARCH PAPERS/ INTERNATIONAL CONFERENCE/AWARDS

Dr. Semele Jatin Sardesai, Assistant Professor - General Management:



- Published a Research Paper titled "Exploring the role of Authenticity and Quality in building Memorable Dining Experiences around Ethnic Food Trucks at Tourist Destinations" in SCOPUS Q1 Journal - Journal of Global Marketing' on 8th December 2025.
- Paper titled "Avian Adventures: Bird watching as a catalyst for Economic growth in Goa's Wetlands" was published in the Peer Reviewed Research Journal Quest - 2024, Volume No. IX, Issue No. 1 in December 2025.
- Paper titled "Conceptualising the influence of Event Quality on the Quality of Life of Residents and the Mediating role of Event Experiences - A case study of the Goa River Marathon" was published in the Peer Reviewed Research Journal Quest - 2024, Volume No. IX, Issue No. 1 in December 2025.

Ms. Shameem Memon, Assistant Professor in Financial Accounting,



- Was awarded with the best research paper award in an International Conference organized by Gogate Jogalekar College, Ratnagiri on 29th November 2025. The title of her research paper was – "An Analysis of Financial Planning among Senior College Teachers in Goa." She presented the research paper online.
- Presented a Research Paper titled "Effectiveness of workplace financial education evidence from India" at the 14th India Finance Conference 2025, on 18th December 2025, held at the Indian Institute of Management—Visakhapatnam (IIM – Visakhapatnam), Andhra Pradesh, India.
- Research paper titled "Exploring the Impact of Financial Attitude on Financial Well-Being: A Structural Model Analysis" was published in the Peer Reviewed Research Journal Quest - 2024, Volume No. IX, Issue No. 1 in December 2025.

Dr. Lysette D'Souza, Associate Professor – General Management,



- Was presented with the best paper presentation award at the CIC-EPPM Joint Conference 2025 along with the Construction Research Institute of Malaysia (CREAM) for her paper titled "Why projects stall at the finish line? An empirical investigation of closeout delays."
- She presented two papers titled: "Why projects stall at the finish line? An empirical investigation of closeout delays" and "Speed Breakers on the Road to Lean: Insights from Practitioners of Lean." Both the papers have been accepted for publication in Scopus journals.

FACULTY PERFORMANCE

Ms. Yoshika Brooks Dsilva, Assistant Professor, Rooms Division attended a Faculty Development Program / Training Program on the Topic “A Systematic Way of Research Paper Writing” from 13th to 17th October 2025

Chef Syam Raj, Executive Chef, attended a Faculty Development Programme on Integrating Indian Knowledge systems in Academia in November 2025.

**GOA LIBERATION DAY CELEBRATION – 19TH DECEMBER 2025**

Goa Liberation Day was commemorated at VMSIIHE with great enthusiasm, as students highlighted the significance of the day through a thoughtfully presented skit and patriotic songs and dance, bringing alive the spirit of liberation and the culture of Goa. Prof. Irfan Mirza, in his address, underscored the value of freedom and reflected on the immense sacrifices made by our elders in the struggle for Goa's liberation, inspiring everyone to cherish and uphold these hard-earned freedoms.



Life is like riding a bicycle. To keep your balance, you must keep moving.

ALBERT EINSTEIN

CHRISTMAS CELEBRATION ON 23RD DECEMBER 2025

The spirit of Christmas was celebrated in a spirit of joy and togetherness with each class presenting skits, dances, and songs based on the theme of Christmas. Students also rendered melodious Christmas carols, while the faculty and staff joined in the celebrations by singing carols and Christmas songs in multiple languages, reflecting the values of togetherness and goodwill associated with the season. The supporting staff were presented with gifts as a token of appreciation for their dedication and hard work. Professor Irfan Mirza, in his address emphasized the importance of mutual respect and wished everyone a happy and joyous festive season.



Prof. Irfan Mirza
Director/Principal

Mr. Donald AE Rodrigues
Editor in Chief

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