



Le Voyage

2019-2020



V.M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION





V. M. SALGAOCAR INSTITUTE
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INTERNATIONAL HOSPITALITY EDUCATION

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V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION

VISION

Our vision is to be the best educational institute in international hospitality management creating world class leaders committed to excellence.



MISSION

Our mission is the advancement of knowledge and leadership and to develop the full intellectual and human potential of students through a commitment to excellence in learning, teaching and collaboration with industry.



Institute Anthem

Chorus:

Come seek the light,
Our voices sound;
The Patron is God,
The Patron is God.
Come worship knowledge,
See the lord;
The Patron is God,
The Patron is God. (x2)

Verse 1:

We!
We shall create a batch of gold,
Unlock the powers of the soul;
Deliver to the Planet's need,
Forever then we shall repeat!

Verse 2:

Time!
It always runs, so keep it close,
Make sure we never let it go;
Keep on our toes the world is fast,
Make an impact for years to last!
Repeat Chorus (x2)



*By Bob and Ujjwal
T.Y.B.Sc.*

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From The Editors Desk



Ms. Valerie Jacques
(Editor)

Welcome to the 4th edition of "Le Voyage". The annual Yearbook of V. M. Salgaoncar Institute of International Hospitality Education.

"Le Voyage" means a journey or passage, which reflects the journey our students and staff have taken towards yet another successful academic year.

The main purpose of the magazine is to engage, inform, and entertain a diverse readership which includes students, parents, alumni, faculty, staff, and others associated with VMSIHE.

Le Voyage takes you on a tour through the academic year 2019-2020, the various events and, achievement at the institute of both the students and the staff. The contribution made by students, and faculty/ staff in terms of articles, poetry, photography, paintings, etc. The club reports of all the activities undertaken by the different clubs. Important visits we have had. Study tours organized by the Institute to Switzerland and Europe and the exchange program with Portugal.

This year has been tremendously fulfilling for the institute, as we organised the All India Hospitality career Expo on a grand scale over a period of 2 days.

I would like to thank the editorial team members for helping me pull through this. I express my appreciation to all who have contributed their work of art to the magazine.

I would also like to take this opportunity to wish our graduating students all the very best in their future endeavours, may you shine in all that you'll choose to do, and make the institute proud.

All the very best!
Thank you all!

Le Voyage 2019-2020.

Message from the Director



Prof. I.S. Mirza,
(Director/Principal)

My hearty congratulations to the editorial team of the yearbook 2019-2020. Another successful year passed by, to start with, as we are in the midst of an unprecedented crisis arising out of COVID -19 and subsequent lockdown.

I would like to sincerely thank and appreciate each one of you for extending your support in various manner. The path has been difficult but the experience and learning has been great. In spite of all odds, together we all have been able to largely achieve our respective goals.

The present uncertainty caused by the pandemic, demands us to stand by each other and support each other. These are difficult and testing times for all of us. We need to stay grounded, stay more focused, more empathetic, and finally stay connected with each other. These times will also pass.

As an institute, before the pandemic confined us to our homes, we were able to achieve a great deal this year we took a group of students to France/ Europe and trip to Maldives with some graduating students and staff.

For the first time we undertook a great event HCE, we plan to continue it the following year too.

We also had a group of students from Portugal school Cultural visit/ great time/ guest of honour Counsel General of Portugal.

I am also happy to inform to strengthen the relationship we have signed an addendum to the existing MOU with Portugal including internal/external/staff exchange we will be the first institute in India to sign an MOU

We also organized our first Alumni meet Nostalgia we were happy to meet them and happy to see them doing well.

Our students for internship have down us proud. Happy to hear that our students stand out from other trainees.

Looking beyond the current pandemic crisis, the opportunities that will emerge will be enormous and the learnings from this COVID situation will further strengthen our determination and capabilities.

I take this opportunity to wish the graduating students a great success in their career and life ahead. I am sure that you will traverse through there difficulties and will achieve your goal.

From the office of the Administrator



Dr. Marie Raj
(Administrator)

ANNUS MMXX

This Year 2020 began in a relatively humdrum manner with the regular fanfare that accompanies every New Year - parties, music, slinky outfits and resolutions. The only warning was to ensure that all digits of 2020 be written to avoid misuse. There was hardly any inkling of what the year had in store for the world.

Never in our wildest dreams did we expect to see everything and everyone brought down to their knees. Politicians, rich and poor, employers-employees, businesses and the economy, all affected and in shambles. Borders of countries, states, neighbourhood, and houses closed. Trains, boats and planes lying static. The world seemingly stopped. Places of spiritual comfort shut to its devotees and to those suddenly reminded of the Creator. "Social distancing" has become the new norm, so also facemasks.

A pandemic brought about closure to social spaces and has forced us to introspect in the isolation of our homes.

How will we react once the lockdown is revoked? Will we return to our old ways? Will we revert to destroying nature, continuing with our greed and corruption? Will we treat others with more compassion and empathy? These and many more questions will need answers and actions from you.

For everyone this has been an unprecedented year. But I pray that you will change it from Annus Horribilis to an Annus Mirabilis.

God Bless.

INDEX

◇ Best Outstanding Student-----	01
◇ Gender Champions-----	02
◇ Group Photos -----	03-06
◇ Club Report-----	07-26
◇ Our Achievements-----	27-30
◇ Events-----	31-42
◇ Visit -----	43-45
◇ Student Corner-----	46-58
◇ Inspiration-----	59-61
◇ Our Journey-----	62
◇ Fare Foreword-----	63
◇ In Memorium-----	64
◇ Teaching & Non teaching Photos-----	65-67
◇ T.Y.Student Gallery-----	68-70
◇ Visitors Feedback	

INDEX

◇ Best Outstanding Student-----	01
◇ Gender Champions-----	02
◇ Group Photos -----	03-06
◇ Club Report-----	07-26
◇ Our Achievements-----	27-30
◇ Events-----	31-42
◇ Visit -----	43-45
◇ Student Corner-----	46-58
◇ Inspiration-----	59-61
◇ Our Journey-----	62
◇ Fare Foreword-----	63
◇ In Memorium-----	64
◇ Teaching & Non teaching Photos-----	65-67
◇ T.Y.Student Gallery-----	68-70
◇ Visitors Feedback	

OUTSTANDING STUDENT OF THE YEAR 2018-19



Mr. SAHIL ESSANI (Batch 2016-19)

Mr. SAHIL ESSANI was awarded the **OUTSTANDING STUDENT OF THE YEAR AWARD** for the year **2018-19** for his hard work and dedication in becoming the excellent in academics, extracurricular, internship for 3 years consistently. And also displaying positive attitude towards, the institute, Faculty and staff, his seniors, classmates and for always being helpful towards his juniors. VMSIHE wishes Sahil all the very best for his future.



VMSIHE FACULTY 2019-2020





2. VMSIHE ADMIN DEPARTMENT 2019-2020



VMSIHE SUPPORT STAFF



Third Year 2017-2020



Second Year - batch 1



First Year- Lisbon



First Year - Montreux

Club Reports 2019 - 2020

Cuising Club Activities

CHOCOLATE WORKSHOP

The Cuisine club of V. M. Salgaocar Institute of International Hospitality Education, organised a chocolate workshop on the 27th July, 2019, conducted by Chef Rodwin Rodrigues.

The aim of this workshop was to introduce students to the art of preparing pralines and homemade chocolates and to create business opportunities with these hand-crafted chocolates.

The session started with a brief introduction to cocoa beans which were distributed among the students and discussed the process of making chocolate.

The students were not only excited and engaged in the lecture, but they had greater learning gains. The chocolate workshop was concluded with the distribution of certificates and receipt of feedback.

FOOD CART



The Cuisine Club of V.M. Salgaocar Institute of International Hospitality Education also introduced the food cart this academic year.

The idea was to enable students to practice their skills and create a get together for staff, teachers and students. The food cart was met with a good response by the staff and students.

FRIENDSHIP DAY SALE

The Cuisine Club of V.M. Salgaocar Institute of International Hospitality Education organized a Chocolate goody sale for Friendships day with the idea to create an opportunity for students to put the learned chocolate making from our last chocolate workshop into practice and to learn how to market and sell the same.

Students prepared chocolate boxes with a variety of chocolate, attractively packed and sold to staff and students.

KOMBUCHA WORKSHOP AT RADISSON BLU



On the 14th of July 2019, the Cuisine Club of VMSIHE organized a visit to a Kombucha Workshop at Radisson Blu hotel. 32 students, accompanied by Chef Sebastian, Chef Sujatha, Chef Rodwin and Assistant Prof. Gauri, attended the workshop entitled “Kombucha pairing - know your kombucha”.

The workshop was held at Radisson Blu hotels and resorts in Cavelossim Goa.



Ms. Pratyusha, an expert in Kombucha making and with years of experience, introduced the students to kombucha, a probiotic beverage, made by the fermentation of sweetened black tea or green tea using a special culture. She also further explained in detail the method of preparation, the different processes involved, storage and how kombucha can be beneficial to all.

Executive Chef Mahesh enlightened everybody about the benefits of fermented foods

The students and faculty had an amazing time with delicious food, lovely music and dance. At the end everyone received certificates.



GINGER BREAD HOUSE AUCTION

The cuisine club made a Ginger Bread house at the occasion of Christmas which was later auctioned in order to help a local child with her education and donate the amount of Rs. 12500 for one year school and tuition fees.



After consulting with the local Priest, who recommended a family that was struggling to pay the school and tuition fees, we invited her along with her mother to the flag hoisting ceremony, where we later gave her the cheque and a bouquet. Both were invited to have breakfast with us.

Our students enjoyed seeing how we can help others with hard work in the Cuisine Club and the girl left very happy with her mother.

SPORTS DAY FOOD STALL

The Cuisine Club organised a food stall for the sports day, where students and teachers could buy refreshments and small snacks.

The preparation of food items was organised by the students and also the selling part was conducted by them.

Like every year the response was good and it was a nice practice session for students to work on their skills.

ANNUAL FRUIT MIXING CEREMONY

On 5th November 2019, the Kaizen Cuisine Club organized again the annual Fruit Mixing Ceremony.

Cidel Ferrao of First Year, Montreux opened the ceremony with a speech explaining the tradition of this ceremony. After this Prof. Mirza initiated the ceremony by adding rum to the fruit mix. Chef Sebastian, Chef Rodwin, Chef Sujata and Chef Sandip had prepared and guided the students through the preparation and execution of this event. The event was attended by all students and staff.



KINGS SCHOOL FOOD STALL

On 06th December 2019, the Cuisine Club rented a food stall at the Kings School Dine and Dance Event. A group of students had organised the food and drinks for the food stall.



This included a planning, organising, preparation and logistic to handle the catering for this stall.

Equipment and food had to be transported to and

from the event, infrastructure had to be evaluated in advance and the stall had to be built up.



The aim was to present rare food items which cannot be found everywhere and the clients received this offer with lots of curiosity.

The event was successful and the students had a fantastic exposure to a real event scenario.

CHRISTMAS CAKE SALE

Like every year the Cuisine Club organises a plum cake sale for Christmas. On 22nd December we sold the plum cake made by our staff and students with the fruits soaked earlier this year.

It was a good experience for students and a realisation of the fact, that we can do good things with the profit we make with the cuisine club.

NESTLE FACTORY VISIT

On the 2nd of November 2019, students from VMSIHE visited the Nestle factory located at Ponda, Goa. The factory visit took place for about two hours during which students received a peek into the wonderful world of chocolate making.

At the start of the tour students were taken around the stock room where all the ingredients are stored down from the flour, cocoa powder and sugar used. Once the ingredients are bought they are first tested in their labs to check the quality of the ingredient, even if



there is a slight change in the ingredient quality, the chocolate bar will taste different.



At the end of this wonderful day, the students got to sample all the types of chocolate produced at their meeting room. Students were then free to ask any questions they wanted about the factory. The Nestle factory also offered every student a takeaway. It was amazing to see everyone's reaction towards the making of chocolate and was a very memorable and educational experience.

Cultural Club Activities

Essay Writing Competition

The District Legal Service Authority South Goa had requested the institute to organise an essay writing competition, which was organised on 26th July, 2019 at 3:30pm by the cultural club in Zurich Classroom.

The topics for the essay were:

1. Society and Senior Citizen... Interaction or Friction.
2. Old age homes today.

The students of Second year's 32 in numbers participated and the best 2 were chosen by the Judges Ms. Valerie Jacques and Ms. Alethea Baracho as requested by the above authority. Mr. Govind Sreekumar wrote on Society and Senior Citizen... Interaction or Friction and Mr. Brandon Gabriel wrote on Old age homes today.

Mr. Govind Sreekumar got the 3rd prize under the college section in the District Legal Service Authority South Goa. The prize distribution was on 1st October, 2019 at the Central Library, Panaji Goa at 4:30pm.

Fresher's day- Cartoonia

The fresher's party – Cartoonia at VMSIHE for the first year students' batch 2019 – 2022 was organised by the Second Year students' batch 2018-2021 along with the Cultural Club and the Kaizen Club on the 19th July, 2019 at the Multipurpose Hall from 2:00pm to 5:00pm. The theme chosen was CARTOONIA because it's deep nostalgia and unlimited flashbacks to eating cereals in front of the television watching cheesy cartoons.

The First Years were encouraged to come wearing their favourite cartoon character costumes which would be then judged and the best boy and girl would be crowned as King and Queen of Cartoonia. The party was hosted by Mr. Roel Andrade and Mr. Krishang Agarwal. The Second and Third year students gave an electric performance. The Cultural Club organised variety of games for the First Years so that they break the ice at VMSIHE.

As a tradition for fresher's party there was ramp walking, where the students of first years had to tell their names, hobbies and the costume character they are wearing. The judges were Dr. Marie Raj, Ms. Nelissa Alcasoas and Chef Sebastian Breitingner. The best moment – the crowning for King and queen of Cartoonia, when Mr. Pronnoy D' Costa as the King and Ms. Maria Elaine Furtado as the Queen. The Director/ Principal Prof. I.S. Mirza addressed the students. Ms. Kimberly Mendes gave the vote of thanks.

The Kaizen Club prepared delicious snacks. The students and staff were invited in the cafeteria for high tea. The cartoonia phase ended with good memories and happy faces with full bellies.

Talent Day

Talent Day was an event organised by the cultural club on the 16th August, 2019 with the theme 'FREEDOM' in the Multipurpose Hall from 1:00pm to 5:00pm. The Talent Day comprises of events which were categorized as:

1. On stage events
 - a. Group Dance
 - b. Elocution
 - c. Monologue
 - d. Duet Music
2. Off stage events
 - a. Essay Writing
 - b. Face Painting



The off stage events were in Marriott and Zurich Classroom. The host for the event was Mr. Ethan Almeida and Ms. Shaughna D'silva Third Year students. The welcome speech was addressed by Ms. Tanya De Souza. The Talent Day was organized because the students have to showcase their talents in various forms like public speaking, writing of essay, dancing, singing, painting, playing of various musical instruments etc.

The Elocution Competition the winner is Mr. Sanish Lopes and the runner up was Ms. Riya Chandra. The competition was judged by Dr. Marie Raj and Ms. Nelissa Alcasoas. The Group Dance the winner was the Third Years and the runner up was the Second Years. The competition was judged by Ms. Alethea Baracho and Ms. Jinnie Rodrigues. All the classes gave it their absolute best but in the end only two could win it. The Monologue Competition winner was Mr. Neevan Fernandes and the runner-up was Ms. Tanvi Nayak. The competition was judged by Ms. Caroline Steward Silva and Ms. Gauri Patil. The Duet Music Competition winner was Kerala Got Talent- Mr. Raveen Venkatesh and Ms. Esther Jacob and the runner –up was B2- Ms. Breanna Moraes and Mr. Bevan Fernandes. The competition was judged by Ms. Yoshika D'silva and Mr. Frazer Rodrigues.



The Off Stage Events the Essay Competition the winner was Ms. Eesha Newalkar and the runner up was Ms. Mitchell Mascarenhas. The topics for essay writing were Personal Freedom and Indian Independence. The competition was judged by Ms. Valerie Jacques and Ms. Rachel Amaral. The Face Painting Competition, the theme was freedom. The winners were Ms. Riya Sadekar and Mr. Ricky Mendes and the runners up were Mr. Jose Allan Rodrigues and Ms. Meurel Viegas. The judges for this competition were Mr. Sudhir Dessai and Ms. Candice Rebello e Cota.



Gardening Club had a competition - Wealth Out Of Waste on the same day. The winners were Mr. Aaron D'souza and Mr. Ashter Borges, the first runner up were Ms. Maria Fernandes and Mr. Astle Rodrigues and the second runners up were Ms. Aisling Pereira and Ms. Cidel Ferrao. The director/ Principal Prof. I. S. Mirza addressed the students and staff of VMSIHE.

The hostel students presented some songs. At the end the overall champions of talent day were a tie between First Year Montreux and The Third Years. The day was ended with the vote of thanks by Ms. Alethea Baracho. The event was a grand success where everything went as planned and was enjoyed by everyone.

Entrada' 19

The Entrada' 19 – AN event organised by the BBA (T&T) students of Rosary College of Commerce & Arts, Navelim Goa. The event was based on the theme of World Tourism Day 2019, “Tourism & Jobs: A Better Future for All”, held on the 14th September 2019 at Margao Criket Club Hall, Margoa Goa.

The students of VMSIHE participated in Entrada'19; it was a platform to showcase their leadership skills, teamwork, time management skills and ability to work under pressure. Our students took part in all the sub events.

They won the first place in the following sub-events.

1. Express it (Mime)
2. Ramp Work (Fashion Show)
3. Business Gen X (Presentation)
4. Still in Action (Videography)
5. Pro Natural (Wealth Out of Waste)
6. Brainteaser (Quiz)
7. Attention Artist (Umbrella Painting)
8. Off the Cuff (Extempore)

They won the second place in the following sub- events.

1. Creative Writing
2. Managerial Roadies (Best Manager)

Although the students gave in their best, they lost for the Trophy with few points. VMSIHE were titled as the First Runners - Up of Entrada'19.

Magnify 2019

Magnify 2019 an event organizes by the Don Bosco College, Panaji Goa. The event was based on the theme for this year – Tourism & Jobs; A Better Future for All, held on the 27th September 2019.

The students of VMSIHE participated in Magnify 2019; it was an excellent opportunity for

our students to apply their skills from the classroom to a real life situation. The Magnify 2019 event had four sub-events, all these events were compulsory. Each team were given a country as a theme. VMSIHE got France. The students took part and won the first place in Audience Event and Second place in Quiz, Masquerade and Shutter up. The proudest moment for VMSIHE was when we were titled as the Winner of Magnify 2019.

Technova 2019

Technova 2019 a state level technical, two days event was organised by the Department of Electronics and Telecommunication Engineering of Don Bosco College of Engineering, Fatorda Margao Goa on the 17th and 18th October 2019.

The students of VMSIHE participated in Technova 2019, the main objective to showcase students' skills and talent in various sub-events, exhibiting ingenuity and innovation, interacting with experts and students for various other colleges.

Our students won the second place for short film. The winners of every event were given a certificate by the HOD of the Electronic and Telecommunication Department. Overall the event was a great learning experience and fun for all the participants.

Spelling Bee 2019

The Navhind Times and DCT's S.S. Dempo College of Commerce & Economics, Cujira Goa; organised an all Goa inter-collegiate spelling competition, Spell Bee 2019. From our institute – VMSIHE four students participated:

1. Ms. Riya Chandra
2. Ms. Joana Luis
3. Mr. Slydon Fernandes
4. Mr. Zaosh Namerian

The objective of the competition was to enable college students to test and improve their spelling skills and cultivate a healthy competitive spirit. The competition was held in three rounds as follows:

1. Written round
2. Eliminated round
3. Final round

The first round which was a written test held on 28th September 2019 at the S.S. Dempo College, Cujira Goa. The written test included choosing the right spelling, meaning and crossword. 150 students from 28 colleges across the state participated, only 50 students were qualified for the Elimination round, 4 among the 50 were students of VMSIHE. The students gave in their level best but only Ms. Riya Chandra was selected in the final round.

The final round of Spell Bee 2019 Competition was on 18th December 2019 with a total of 20 students all across the colleges in Goa. It was a platform for students to learn spelling in different ways, enrich their vocabulary, learn concepts and develop the use of correct English. The final

round of the Spelling Bee 2019 showcased some really difficult words in categories like Pharmaceuticals, Food and Beverage, Hospitality, Medicines and so on.

All the rounds had negative makings on words spelt wrong. Ms. Riya Chandra was the First Runner - Up for the Spell Bee 2019 Competition. Overall the competition was well organised by the College students.

Christmas Party 2019

The Christmas celebration at VMSIHE for the staff and students was held on 23rd December 2019 at the lawn. The party has a dress code: colours like red, blue, green, silver, white and gold in specific.

The Christmas Party was organised by the Cultural and the Kaizen Club together with the Christmas spirit. The host for the event was Mr. Ethan Almeida and Ms. Cassandra Menezes. The chief guest for the day was Ms. Rianna Mirza and Ms. Reeba Kurian, they also had the privilege to judge the various competitions.

The party began with a drink at Zakuro, followed by the first game (name housie). The game did not have any winner but contributed to the energetic mood for the party. The second game was Guessing the carol, where the organisers took a word from a carol. The students or staff had to sing the carol which had that particular word in it. The last but never the least was the Christmas quiz, this game brushed up everyone's knowledge and doubts about Christmas.

The Christmas party had four competitions:

1. Card making with a message
2. Eco friendly star
3. Carol singing
4. Innovative Christmas father

The card making with a message winner was Ms. Cleopatra Alvares, the first runner up was Mr. Milvince Lopes and the second runner up was shared by Ms. Tanya De Souza and Ms. Dionne Gouveia. The eco friendly star competition was a tough mind game for the judges. The winner was Mr. Acqvin Fernandes, the first runner up was shared by Mr. Aaron D'souza and Mr. Ricky Mendes and the second runner up was Ms. Lizel Fernandes.

Carol singing was participated by the students as well as the staff of VMSIHE. The winners were the Faculty and the Runner up were the First Year – Lisbon. The innovative Christmas father, the Third Years stole the heart of everyone in the crowd and won the competition and the Runner up was the First Year – Lisbon.

The party had a lot of spot prizes for everyone. The third years and the first years did a dance. Christmas is all about sharing with love, with sharing in mind the institution gave a gift and a cake to all the support staff of VMSIHE as a token of appreciation. The students and staff got gifts from their Secret Santa. The Christmas Party 2019 ended with High Tea at Zakuro and the Christmas vacation began.

Feni Tales 2020

Feni Tales 2.0 was organised by Institute of Hotel Management, Catering Technology and Applied Nutrition, Alto- Porvorim Goa. The students of VMSIHE participate in the completion were:

1. Mr. Presley Mark Marcarenhas
2. Mr. Jesus D' silva



The Fine Tales 2.0 competition had two rounds:

1. Innovative Cocktail
2. Mystery Round

In the Innovative Cocktail the participants were given 7 minutes. Our students did “Goenchem Kormol”, the cocktail was made of starfruit puree, cashew feni, lime juice, orange kombucha and ginger. The time taken was just a minute to prepare the cocktail and were first to present it to the judges. The students of VMSIHE won the First Place in Innovative Cocktail.

The Mystery Round was an individual competition where Mr. Presley Mark Marcarenhas participate. He was given a mystery box, where compulsory to use Dukshiri Feni, Liquor and syrup to make the cocktail. Mr. Presley Mark Marcarenhas named his cocktail “Cocktail of Life”. The cocktail was made of Dukshiri Feni, Coconut syrup, Blue Curacao, sweet & sour Concoction and top up with sprite. He again kept his time and completed it within a minute and again presented it first to the judges.

VMSIHE won the first place in Feni Tales 2.0. The student got an individual trophy, certificate and a gift hamper. The participants were given delicious lunch and the event ended well organised.

Open Minds to Pen Down

The Cultural Club organised Open Minds to Pen Down a two day event for the students of VMSIHE on the 11th March, 2020 for the offstage events.

The off stage events were

- a. Essay writing competition
- b. Poetry writing competition
- c. Painting competition
- d. Photography



The off stage events were in Zurich classroom and the Multipurpose Hall from 3:30pm to 4:30pm were the students were given only 1hour. From each class there were 5 students participating.

The stage event was in Multipurpose Hall, the event started at 3:15pm. The host for Open Minds to Pen Down were Mr. Ethan Almeida and MR. Rajas Sathe. Since the event had literature in, Dr. Marie Raj the Administrator of VMSIHE was requested to address the students on the importance of literature in our life.

Words have power, words can break you and words can build you, Mr. Sachin Das a student second year presented a speech on Power of Words; the hall had a pin drop silence. All recalling on themselves, how they might have been broken or built and on what and how people spoke to them.



There were three stage events

- a. Stand-up Comedy
- b. Mad Ads
- c. Group Dance



The judges were Ms. Alethea Baracho, Chef Sebastian Breitingner and Ms. Caroline Steward Silva. All stage events there was participation from each class. The winner for Stand- up Comedy was Mr. Adrich Coelho and the runner up was Mr. Aidan Pereira. The winner for Mad Ads was the Third Years and the runner up was the Second Years. The winner for Goan Fusion Group Dance was the Third Years and the runner up was the First Year Montreux.

The off stage events were also very difficult to judge. In the literature side the Essay Writing Competition the winner was Ms. Eesha Newalkar, the first runner up was Ms. Saloni Bhandurga and the second runner up was shared by Ms. Mitchell Mascarenhas and Mr. Zaosh Namerian. The judges were Ms. Nelissa Alcasoas and Ms. Deepti Jog. The Poerty Writing Competition the winner was Ms. Joana Luis, the first runner up was Ms. Afrin Khan and the second runner up was shared by Ms. Cleny Dias and Ms. Cassandra Menezes. The judges were Dr. Marie Raj and Ms. Valerie Jacques.



You might think creativity and art is simple but it's not! Beauty lies in the eyes of the beholder. The Painting Competition winner was Mr. Muzammil Khan, first runner up was shared by Ms. Maria Elaine Furtado and Ms. Tanisha Rebello and the second runner up was Mr. Joshua D' souza. The judges were Ms. Jinnie Rodrigues and Ms. Gauri Patil. The Photography the winner was Mr. Naythan Afonso, the first runner up was shared by Mr. Jai Chopda and Mr. Jeson D' Silva and the second runner up was also shared by Mr. Nash Afonso and Mr. Juventius Rodrigues. The judges were Ms. Candice Rebello e Cota and Mr. Ashwin Sawant.



The event overall was very creative with all efforts. The overall champions were the First Year Montreux and the runners up were the Third Years. Ms. Alethea Baracho gave the Vote of thanks.

NSS Activities

Independence Day Report

The NSS unit at the VMSIHE celebrated the 73rd Independence Day on 15th August 2019 at the campus. The program begun with flag hoisting which was followed by the National Anthem. The Principal then addressed the gathering. A short program comprising of patriotic song and dance, slam poetry and skit were organised by the students. The program ended with a vote of thanks.

NSS Induction Program Report



The NSS Induction Program was held on Monday, 19th August 2019. The program was graced by Captain Dean Mendonca, a Naval Officer with over 31 years of experience. Professor Irfan Mirza, Administrator Dr. Marie Raj, NSS Coordinator Mrs. Nelissa Alcasoas and NSS Officers Ms. Rachel Amaral and Mr. Savio D' Souza, were also present for the program, along with the newly inducted NSS Volunteers. The program began with a brief introduction of the NSS, followed by the "Lakshya Geet", which was sung by Ms. Breanna and Mr. Neevan. This was followed by a brief speech by Professor Mirza, who spoke on the importance of the NSS and how important our community and society are. Capt. Mendonca was then presented with a memento by Ms. Breanna, on behalf of VMSIHE. Capt. Dean Mendonca graced the audience with a brief but insightful speech on time and how it is an important teacher in one's life. He also spoke about his perspective of the defence and the value and importance of the last man standing. His words of wisdom will help guide all those gathered for the rest of their lives.

NSS Officer Ms Rachel Amaral read out the previous year's action plan so that the newly inducted volunteers would have an idea of what the following year's activities would comprise of. The program ended with the vote of thanks which was delivered by Ms. Cidel.

Swachhta Hi Seva Campaign



As a part of the Swachhta Hi Seva, the NSS unit of VMSIHE donated 50 dustbins to the Raia Village Panchayat on 28th August 2019 for maintenance of the surrounding areas of the village.

The dustbins were delivered at the Panchayat and were presented to the Sarpanch in the presence of the administrator and the staff members. The staff and

students also conducted a deep cleaning drive of the entire campus on 27th and 28th August 2019. Students and staff were assigned different areas in the campus. It was a collective effort to ensure the overall campus was kept neat and clean.



Celebration of 50th NSS Day

The NSS unit celebrated the 50th NSS Day on 24th September 2019 at the Institute campus. The NSS officers commemorated the event by highlighting the core values and objectives of what the NSS stands for.

Report - Talk on HIV/AIDS

The NSS unit in collaboration with the Gender Champions of V.M. Salgaocar Institute of International Hospitality Education organised a talk on HIV/AIDS at the Institute on 28th November 2019. The program commenced with a formal welcome by the Gender Champion Ms. Riya Chandra. The resource persons for the program was Ms. Louella Sequeira Vaz, Sanitary Inspector, PHC Loutolim and Ms. Gabriella Menezes, Counsellor, PHC Loutolim.

They emphasized the importance of the awareness of the deadly disease and highlighted the causes, symptoms and preventive measures of the disease. They also covered how nutrition is an important aspect of one's life. The students were given an opportunity to clarify their doubts with the resource persons at the end. The program ended with the vote of thanks that was proposed by Gender Champion Rahil Haldankar.

Collection Drive for Homeless People of Vasco



The NSS unit of V.M. Salgaocar Institute of International Hospitality Education conducted a donation drive along with NGO "The Healers" for homeless people in Vasco on 4th December 2019. Prior to the drive, staff and students deposited blankets, bedsheets, towels, woollen caps, old clothes, socks, backpacks, cloth bags and mats in the collection box in the college campus. Students along with some staff walked through the streets of Vasco city distributing

biryani packets and clothes etc. to the homeless people. They got to interact with many people and it was an enriching experience to see the smiles and gratitude that they exhibited.



Goa Liberation Day

The NSS unit of VMSIIHE organised the Goa Liberation Day program which was held on Thursday, 19th December 2019, at the Institute campus. F.Y. student Keefe Pereira welcomed the staff and students. Principal Prof. Irfan Mirza unfurled the flag followed by the singing of the National Anthem. The F.Y. and T.Y. students sang a patriotic Konkani song “Goenkarponn”. The program ended with T.Y. student Ketan Narvekar's speech “Life of a liberated Goan”.

Visit to St. Joseph's Home for the Aged



The NSS unit of VMSIIHE organised a visit to St. Joseph's Home for the aged on Friday, 20th December 2019. The students accompanied by 3 NSS officers interacted with the elderly and organised a few games and spot prizes for them. The students also sang carols and encouraged



them to sing songs too. Donations in the form of used clothes, shoes, bags, bed sheets, towels etc. was collected prior to the visit in the college and donated to the Mother Teresa Missionaries for Charity



Foundation. It was a touching experience for the students as they learnt that many of the residents were destitute, differently abled or abandoned. They left with many memories and most of them promised to go back to visit them again.



GARDENING CLUB ACTIVITIES

Gardening workshop

On the evening of 29th November 2019, a workshop was organized by the gardening club at the institute garden. This workshop consisted of all the members of gardening club as well as Director Professor Irfan Mirza.

The workshop was conducted by Mr. Miguel Braganza who is the immediate past President & life member of Botanical Society of Goa and the life member of Agriculture Officers Association, Goa. He was the member of Board of Studies for Agri Based Courses Goa Board of Secondary & Higher Secondary Education 1997 – 2005. He also writes weekly columns such as “GREEN THUMB” and “KONKAN CURRY” FOR Sunday Herald and Gomantak Times respectively, which are based on plants gardening and environmental issues. This is in addition to a number of philanthropic projects he is involved in.

Mr. Braganza was heartily welcomed by Chef Sujatha and Professor Irfan Mirza and warmly greeted by all students. The workshop was very knowledgeable as Mr. Braganza demonstrated different methods which can be used to grow the plants easily.

He advised the present members to plant nitrogen fixing plants such as peas, gulmohars, and etc. Coco peat which is made from the waste of coconut waste absorbs water (which holds 7 times water) and plants in it can grow without fertilizers. Mr. Braganza also advised us the best time to transfer the seedling is evening and also watering the plant in the evening towards the sun is useful, since the climate is favourable at the time of day. Cactus plant should only be flooded once in 6 months. Compost should be added before the plant flowers, etc.

The workshop was followed by a short vote of thanks by Professor Irfan Mirza and Mr. Braganza encouraging us to use what we learnt and raise the plant as your friends. We all enjoyed the workshop and gained a lot of knowledge. Hoping that such workshops should be organized at least once in two months and again giving the students the opportunity to learn more and more.

Visit to the national agriculture and food processing expo:

As a part of Gardening Club the head of the Gardening Club organised a visit to the 2nd Edition National Agriculture And Food Processing Expo where various types of farming, organic products, vegetables, flowers and gardening/farming equipment stalls were present. Through these stalls we obtained information regarding different ways to grow the vegetables especially organic way. Some of the most important items purchased were natural cocopeat and organic fertilizer, in addition to seeds purchased for the college garden. After this visit each member gained knowledge of organic gardening and information of gardening/farming equipment's. On the basis of the knowledge gained from this expo Gardening Club members can easily grow a small organic garden in their houses.

Sports Club Report

Our college conducted Annual Sports Day on the occasion OF Children's Day at the institute ground. Present on the occasion were Prof. Irfan S. Mirza (Director), Dr. Marie Raj (Administrator) and other staff members graced the occasion.

The event started with the welcome speech from Prof. Irfan S. Mirza and declared the Sports meet open by accepting the march-past honour. Kaizan Sports Club had organised the event, coordinated by Sports Coordinators Mr. Savio De souza and Mr. Ricky Mendes Sports Secretary.

The much awaited Annual Sports Day for all the students and staffs was held on Friday, the 22nd of November 2019, with greater excitements at the institute ground from 07.55 a.m. onwards. All the students were grouped into four houses, Red, Blue, Green and Yellow with their respected Captains Millson, Rahil, Aravind and Jeson D.

It was a highly competitive event where all the four houses were gunning for the first place. We had the following events which were held for both the staff and students who participated enthusiastically.

1. 200, 400, 600, 800, 4x100 meters relay.
2. Shot-put, swimming, tug-of-war.
3. Doubles sack race.
4. Tri-Athlon.
5. Girls Handball Final
6. Boys Football final.



There were few games which had started 2-3 weeks before between each the 4 Houses like Foosball, 8 Ball Pool, Table-tennis, Volleyball, Basketball, Football and Handball. All the points were added on the final sports day accordingly to their respective houses.

GENDER CHAMPION ACTIVITY REPORT

GENDER CHAMPIONS LEAGUE - DEBATE COMPETITION

As the Gender Champions of V.M Salgaocar College of International Hospitality and Education, we have taken this opportunity and inaugurated a new concept. Ever since the post of gender champions has been given to us, we have strived to do something different and out of the box to bring about gender equality in the society whilst analysing different gender discrepancies. We have created GCL which is gender champions league as the platform where culture,



creativity and social activism can meet and connect in a variety of combination. We are aiming for a colourful celebration with one big goal to bring together the community as one and to promote equality between all genders and promote diversity. This event will showcase that we can all coexist with equality in the society. Each event and competition will directly be related to the gender abnormalities we have in our society and focus on breaking gender stereotypes.

Each competition is also judged and in turn

have a scoring system, which enables all classes to compete with each other to get the GCL BATCH OF THE YEAR TROPHY! We have noticed that usually awareness programs are taken not very seriously and people often regard these events as plain boring and a waste of time. But we as the Gender Champions want to instill an enthusiasm of change among the students of VMSIHE by making this awareness program interesting and fun.



Under the GCL, our first competition was the debate competition held on 17th July 2019. We had four teams competing against each other on the following topics:

- Should toys be gender neutral?
- Does hook up culture demonize women?
- And the final topic was - Does an empowered woman create a sense of insecurity amongst men?

All the classes put up a great show which brought in different opinions from the youth of today on these burning topics.



Barazi Runway





We noticed that the fashion industry has a sense of inequality in it and on World Youth Day we decided to connect our youth we this fashion inequality by challenging them for a fashion face of based on ender stereotypes.

We named this fashion show the Barazi runway because Barazi means equality in Albanian and also sounds great!

The fashion show gave each class to common gender stereotypes that our society uses every

day the participants were supposed to dress up as per the stereotype in an Avant guard and in a way that their costume would speak louder than their walk.

Each model had a designer who was the idea behind the outfit.



Instagram Challenge

#YOUFORME

To continue with our idea of bring about gender equality we the gender champions decided to use social media to promote this idea. We targeted Instagram because most of the youth today use Instagram to covey various ideas and messages. It also acts as a platform to empower these individuals and put forward their options for everyone to become aware of. The name of the event was #YOUFORME. The main purpose for this topic was to understand what feminism means to every individual and it influences the society around. It was also an attempt to encourage students to take an active part in promoting gender equality and convey the message via Instagram.

keith_rodrigues
Vin Salgocar Institute of International Hospitality Management



412 likes

keith_rodrigues "Go home, girl" they teased her
She looked down, fists balled.

A tear twinkled, in her shiry, sharp eyes.

"This is what you are meant for" they laughed.

That is when she saw a hand, stretched towards her.

"Wanna play?" He asked.

The game went on, and the boys watched.

In the beautiful sunset, appeared a beautiful winner.

They watched in awe, as the game ended

0-0.

None won the game

But both won the war.

Feminism is not only about women supporting each other

Its about time, that men take a stand for those strong ladies, who want to make a change.

Boys will laugh, when a woman falls

While men will smile and lend a hand.

So if you are a man, completely supportive of a woman, then feminism is just a word.

#GCL

#VMSIHE

#YOUFORME



Liked by [saudagar_23](#) and 351 others

[_naythan](#) It has always been believed that women take the back seat in all roles unless they relate to domestic chores or care taking...and it's high time we put an end to that kind of outdated thinking. Women on bikes have always been subjected to double takes from strangers and misconceptions regarding their ability to operate the vehicle. True feminism, according to me, means that all sexes have equal authority - not just on vehicles but in all aspects. That no one looks twice at a girl riding a bike. That people look and say "So what??"

@riya_regrets_ @rahilhaldankar

#YOUFORME #VMSIIE



[shaughna.dsilva](#) I've always believed that the manner in which a child is raised has lasting effects on them later in life.

The subtle nuances of gender stereotyping that we are subject to as children, whether they come in the form of girls being asked to help out more around the house than boys or boys being encouraged to study more in school than girls, lead to more serious effects on them as adults. This is why I believe that the disparity between males and females exists- one which needs to be bridged by feminism.

To me, feminism means educating young ones on how to perform essential domestic chores as young as possible, regardless of gender.

After all, change begins with the younger generation and the values we inculcate in them #youforme #vmsiie #gcl2019 @riya_regrets_ @rahilhaldankar

[shaughna.dsilva](#)



MEN'S DAY AT VMSIIE



To continue with our idea about Men's day, as Gender Champions we decided to Thank all the Men/Boys of our college by giving them a "Thank You" note, as it symbolises gratitude & the support, they have been to us. We understand the importance of a Man in each one of our lives & as well as their contribution towards our college.

INTERNATIONAL MENS DAY
November 19

BECAUSE

- 76% OF SUICIDES ARE MEN
- 85% OF HOMELESS ARE MEN
- 70% OF HOMICIDE VICTIMS ARE MEN
- 40% OF DOMESTIC ABUSE VICTIMS ARE MEN
- MEN ARE THE MAJORITY VICTIMS OF VIOLENT CRIME
- MEN ON AVERAGE SERVE 64% LONGER IN PRISON
- MEN ON AVERAGE ARE 3.4X MORE LIKELY TO BE IMPRISONED THAN WOMEN WHEN BOTH COMMITTED THE SAME CRIME

WORLD AIDS DAY

We the gender champions with our NSS team of the college held a talk on HIV Aids on Thursday, 28th November 2019 to create awareness among the youth and how they can avoid getting infected by this virus and to show their support for people living with HIV and AIDS by donning a red ribbon.



INTER COLLEGE EVENT

The aim of Barazi Festival is to build a gender-equal society where the word 'gender' does not exist: where everyone can be themselves.” “Equality is not a concept. It's not something we should be striving for. It's a necessity. Equality is like gravity. We need it to stand on this earth as men and women, and the misogyny that is in every culture is not a true part of the human condition. The Barazi Festival was an inter college event hosted by The Gender Champions of VMSIHE in collaboration with our assessment for event management. The theme for this inter college event was 'Building a Gender Equal Society' For this event we invited the participation of 5 colleges from Goa, 12 participants each.

The participating colleges were as followed:

1. Rosary College of Commerce and Arts
2. Agnel Institute of Food Craft and Sciences
3. IMBA, Goa University
4. V.M Salgaoncar College of Law
5. DCT's Dhempe College of Arts and Science



OUR ACHIEVEMENTS

INSTITUTE ACHIEVEMENT



◆ CLEANEST COLLEGE AWARD

The VMSIHE family is honoured to have received the prestigious 'Swachhatam Mahavidyalya Samman' for consecutive 3 years in recognition as the cleanest college affiliated to the Goa University.



◆ SOCIAL RESPONSIBILITY AWARD

Principal/Director Prof Irfan Mirza received the "Social Responsibility Award for Education Excellence" at the hands of Former Deputy Prime Minister of Thailand, Mr.



H. E. Korn Dabbaransi and Princess Isabelle Lafforgue of France on the occasion of 13th International Achievers. Summit on "Global Business Opportunities" held at Bangkok, Thailand.

◆ ADDENDUM:



With the aim of creating world class leaders committed to excellence, VMSIHE has strengthened its existing collaboration with Turismo de Portugal by signing an Addendum to the Protocol of Cooperation in the field of Tourism Training between Turismo de Portugal, I.P. and V.



M. Salgaocar Institute of International Hospitality Education.



This will provide students of VMSIIHE better opportunities to learn and grow such as internship and placement opportunities, enhanced learnings through international guest lectures, joint research projects and organizing international Symposiums and Seminars in the field of hospitality education and management.

The Addendum to the Protocol of Cooperation was signed by Prof. Irfan Mirza, Director/Principal V. M. Salgaocar Institute of International Hospitality Education and Mr. Louis Araujo, Head of Tursimo de Portugal (TBC) in the presence of Honourable President of Portugal, His

Excellency Marcelo Rebelo de Sousa and Honourable Chief Minister of Goa, Shri Pramod Sawant during a recently held function at Dona Paula, Goa.

Smt. Dipti D. Salgaocar, Vice President Corporate Communication VMSalgaocar Corporation and Shri Ajit M.Gude, Director, VMSalgaocar Corporation graced this important function.

STUDENTS ACHIEVEMENT :

※ INDIA HOSPITALITY + F & B PRO EXPO



Tejas Kharangate, S.Y. B.Sc. bagged the First place in the Students Culinary Challenge category at the 16th International Edition of India Hospitality + F & B Pro Expo held at the Dr. Shyama Prasad Mukherjee Stadium, Bambolim-Goa. Tejas captivated the judges taste buds by preparing a delicious infused chicken roulade stuffed with cheese, spinach and mushroom with a nice corn and pea puree and topped it with sweet and sour prawns.

The competition was judged by Chef Mahesh, Chef Faruk and Chef Sunil. The evaluation was based on criteria such as the taste, texture and consistency, presentation and authenticity, punctuality in

presentation, hygiene and cleanliness.



※ FENI TALES

Winners of the bartending competition "FENI TALES" organized by IHM Goa. Congratulations to our students Presley Mascarenhas and Jesus Da'Silva, who participated in the event and swept the event by winning first place in both the rounds and claiming the Overall Winners Spot.



※ INTERN OF THE MONTH

Ms. Fagun Barot



**SY BSc.
Taj Coral Reef, Resort & Spa, Maldives.**

Ms. Meurel Viegas



**SY BSc.
J W Marriott Marquis, Dubai**

Mr. Jacky Jha



**SY BSc.
Taj Coral Reef, Resort & Spa, Maldives**

Ms. Eliana Simonelle Fernandes



**SY BSc.
J W Marriott Marquis, Dubai**

STAFF ACHIEVEMENT

MS. NELISSA ALCASOAS

Ms. Nelissa Alcasoas, Asst. Prof. General Management at VMSIHE presented a paper on “The complexities to adopt and implement digital economy practice in small and medium enterprises in the tourism industry” at the 2019 APacCHRIE & EuroCHRIE Joint Conference (22-25 May, 2019) hosted by the School of Hotel & Tourism Management, The Hong Kong Polytechnic University in Hong Kong. Dr. Rachel Jessie Pereira and Mr. Manoj Kumar Neelamegan are the other authors of this paper.



CHEF SUJATA MADHAVAN

Chef Sujatha Madhavan, Asst. Prof. Food production VMSIHE was part of the culinarian brunch organised by Radisson Blu, Cavelossim.



Happenings @ VMSIIE

1. INDUCTION 2019 (BATCH 2019-2022)

As we welcomed our 6th batch of talented, vivacious, young students from all over the world eager to make a mark in the world of hospitality, an induction program was organized to familiarise the students and parents with the VMSIIE way of working and to speak about our expectations from both students and parents, and also to get to know the expectations they have from the institute.



2. PORTUGAL EXCHANGE PROGRAMME MAY 2019

(Part 1- Portugal)

11 students along with Ms. Sujatha Madhavan, Assistant Professor Food Production, were hosted in Portugal as part of the exchange programme to learn about the culture and cuisine of Portugal.



3. SUGAR ART WORKSHOP

VMSIHE organized a sugar art workshop as part of the weekend activity for the hostel students. The workshop was conducted by Chef Anthony Fernandes, Proprietor of my chocoholic. Chef Fernandes has expertise in pastry art, bakery, sugar art sculpture display, chocolate making, fondant gum paste deco, gastronomic preparation, etc.



9. MALDIVES 2019

Students, faculty and the Director of VMSIHE visit Maldives for an eco-friendly tourism experience.

The group stayed at the Adaaran Select Hudhuran Fushi at the North Male Atoll.

Had a well-informed interaction with the GM of the resort Mr Michael de Wildt.

The pristine blue waters, thrilling sea life, exquisite landscape, sumptuous food and courteous resort staff left a lasting impression.

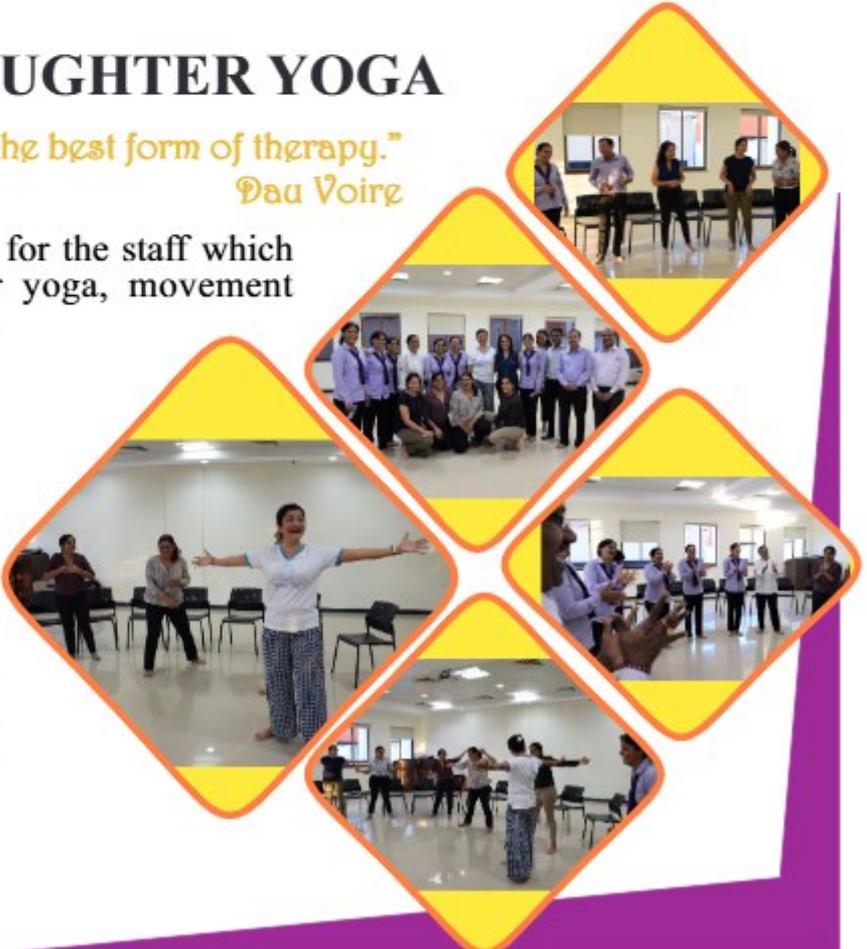


10. LAUGHTER YOGA

Laughing is, and will always be, the best form of therapy."

Dau Voire

VMSIHE organised a workshop for the staff which saw a combination of laughter yoga, movement therapy, meditation and yoga stretches which is beneficial to remain poised and calm in one's being and is essential to have balance and productivity in life. The resource person was Ms. Sachika Almeida Sharma, a certified laughter yoga teacher. The session commenced with laughter exercises followed by meditation and ended with a session of sharing. Mrs. Sachika shared her experiences on living a healthy life in the moment and also gave tips on what we can do to attain a life of fulfilment.



11. ANNUAL SPORTS DAY 2019



X
M
A
S
2019

13. REPUBLIC DAY 2020

Remembering the cultural heritage of our country



14 . BARAZI FESTIVAL 2019

VMSIHE hosted their 1st inter collegiate event **The Barazi Festival**. The theme selected was **'Building a Gender Equal Society'** the idea behind which was to make our current generation open to and rooting for a gender equal society. Around 5 colleges from around Goa participated.



15. Portuguese exchange programme March 2020 (part 2- Goa)

VMSIHE accorded a warm welcome to a group of 12 students from hospitality schools operated and managed by Turismo de Portugal.

They were accompanied by Nelson Carvalho, Technical Advisor at Setubal School.

The exchange program is initiated with a sole intention to learn and explore the vibrant culture and cuisine of both the countries. VMSIHE planned four eventful weeks for the students which will allow them to experience the best of culinary culture combined with educational field trips to give them a taste of Goan culture, history and hospitality.

➤ BBQNite

An evening of sweet memories for Portuguese Students on an exchange Program at VMSIHE in Goa as Consul General of Portugal in Goa, Mr. Antonio Chrystello Tavares along with Retd. Ambassador Mr. Luis De Cristina de Barros and Mrs. Maria de Castelo Barros visited the Institute to interact with the students. Students of VMSIHE organized an Indian Cultural Program with songs & dance performances and games which gave all, an opportunity to interact and bond with each other. A variety of Indian and Goan dishes and a mouth-watering Sea Food Barbeque was a treat to all.



➤ Farewell

An evening filled with mixed feelings of Happiness, Joy and Sadness expressed by the Portuguese Exchange Students as they danced to the tunes of Goan, Indian and Portuguese music at their Farewell Party before they left for the Airport to return back safe to Portugal.

The evening was made divine, with the beautiful recital of Fado, a music form that's characterized by mournful tunes & lyrics by Fadistas Ms. Fatima Figueiredo, Mr. Omar Loiolla Pereira, and Ms. Nadia Rebello.



16. Holi Celebration 2020

Holi is a special time of the year to remember those close to our hearts with splashing colors. The students had a wonderful time enjoying themselves:





The Generation Gap

By Eesha
F.Y.BSc

"A father used to walk for 20 minutes to save Rs.20, today his son spends Rs.20 to save 20 minutes" – the statement is a perfect example of a generation gap. A generation gap is an ideology gap. It is a conflict regarding different morals, beliefs, tastes, politics and ethics. Humans have inhabited on this planet over a long period of time, hence, as time passes by, humans evolve resulting in an increase in the generation gap. Humans are advancing and evolving at a great level which is a clear indication of the betterment of life. However, sometimes this generation gap imparts our lives wrongly.

Each generation considers themselves to be more intelligent than the previous one and wiser than the one after it. This is exactly the reason for ego clashes between different generations. The resulting gap leads to distanced relationship. The strongest and the purest bond, that of a parent and his child is strained. Parents refrain from accepting modern ideologies while children do not want to give in to their parents traditional demands.

The most recent trend of ripping jeans is not digested by the Indian grandparents because they consider it to be a torn piece of cloth which is against the Ethics of the family, whereas for a child it is the latest trend in the society which portrays them cool in the society. Older generations regards heavy metal and modern Music as misleading and culturally unacceptable, but the younger generation grooves to the tunes of such music.

There has been a lot of chaos in the workplace regarding the advent and implementation of new technologies. Old people do not want to shift to new modes of work and remained Adamant about the fact that traditional technologies are best suited for work. The best efforts of the youngsters fail to conceive the mind-sets that the 'own'.

Love marriage work a tab in India since a long time, and sadly still are coma due to the teachings of religion and morals. However, in the 21st century things have changed, love marriage A beginning to be accepted by the society much to the dislike of parents and grandparents generation. According to them, love marriages bring a shame to

the family, but modern parents have become understanding the mind-sets of their children, result of which India has seen in the recent years. The abolition of section 377 now permit same sex relationship increase in the number of inter caste marriages and reduction of on honour killing cases. Acceptance, understanding and compromise are the three keys to reduce the generation gap.

Each individual has the right to be happy as thought by their families from a very young age. As it turned older, the same family becomes the reason for the frustration refusing permission to party e, hang out with friends or go for a movie. At a certain point, the child starts rebelling. This rebellion occurs because 'right to be happy' had a different it meaning for the family and a different meaning for the child. Unfortunately, none of them can be blamed, because their perception of the meaning was due to the generation gap.

Frustrated grandparents, annoying parents and rebellious children need to understand one another. A person lives and average life of 60 to 70 years and spends the short time only fighting and arguing with your loved ones. The most important part of life is family, who

are from different generations, living under one roof. They need to learn to be happy by accepting Each Other as they are, cutting down misunderstandings that arises due to the rebellious nature of the child. Each one must understand the cause of the problem, rather than what the problem actually is. Misunderstandings lead to further complications like separation and isolation which must be destroyed.

When nails grow long, we cut the nails not our fingers, similarly when misunderstandings grow, cut the ego and not the relationship.

Take a movement Kama shut down for a cup of coffee with your whole family. Share your problems, your ideas and most importantly how you feel about them. Express what you don't like about them and find out what they don't like about you

and why. Why would a parent not want is child go for a late night party? The answer is one – they care, and they care because they love you, not because they find pleasure in stopping you from enjoying. They have been thought something different in an era different from yours sometimes, children must compromise, sometimes parents must understand, you cannot clap with one hand. The wind generation gap must be cut short and true love ok, understanding and compromise, it is definitely possible full stop after all you want to Bridge this gap and be happy, not widen it and bring you down.

All generations have a similar understanding, but it's generation expresses it differently.



and why. Why would a parent not want is child go for a late night party? The answer is one – they care, and they care because they love you, not because they find pleasure in

A voice can be a start...

*By Saloni
S.Y.BSc.*

What is crime? When you think about the word crying what comes in your mind? Theft, murder, rape? Take a minute think again can crime merely be described in few words? I don't think so. We feel we have been wronged and treated badly at school, workplace, or even at home at times . Though the scale of an justice is not much but it still brings wronged right! In the dictionary crime is described as anything that is harmful to the society or an individual or unacceptable in accordance to the relevant or applicable law. But an crime be described and measured in few pages? It is true we live in unforgiving times and we need something to bring peace to the chaos, that's why we created law a thin line of agreement to maintain order. Then why even today we see increase in crime rate than previous years? It is because our law is outdated and also is an extensively lengthy process. There are 43.55 lakhs cases pending in

high court out of which there are 26.76% of cases that have been pending for five years . 8.44% of cases which have been pending for more than five years and less than 10 years and around 8.76% of cases

which have been pending for more than 10 years. I am not telling that amendments are not taking place, they are, I am just sharing on the point of the time taken to make and implement these amendments. How many times have you heard about an innocent being wrongly accused and sentenced? Hundreds? Example of Syed



Haider Wasif an innocent who was wrongly charged for multiple reasons, murder, riots, plotting against the nation.

He spent 8 years in prison and later was dismissed for his false charges. There are many cases in which victims still be the price of crime committed. Take an example Lakshmi Agarwal 15 years old acid attack survivor who was not accepted in the society and was an outcast for no fault of her own full stop of course the criminal was punished for seven years of child and compensation of 300000 rupees. The criminal completed his sentence came back and was married and accepted in society as a nothing ever happened. Where as the victim still suffers from the crime. So what role does punishment clean? Can it get back what was done? No. Punishment please no other rule then creating fear

among us. This year that prevent us from Breaking The Law for the fear that prevent us from committing a crime. The day we stop the fear from driving us, will be the day we embrace chaos, where the 10 line of agreement on play its role and I am afraid that the day is not very far. Gone are the times with people fear the consequences and punishment. Money can buy everything silence of the victim, witness for the judge himself I know it is a very strong statement to state but it is also and undeniable truth. There a lacks of cases that are still pending there are more that have not even been registered in the court.

I heard in one of the interviews a victim says “ What difference will it make if I file a case in the court, can punishing the criminal return my face? Can punishing a criminal bring

back my friend who died while he was protecting me?” I want Suite Life is not fair not just stop good things happen to bad people and bad things happen to good people but it does not mean we stop doing what is right if the world it is turning towards the Chaos you turn towards the peace because even one voice is enough to remind others we do not require punishment and feel to keep us in order coma we do not require lot to maintain peace if you decide, if I decide I can make this country a better place to line in for every voice counts and a single voice can be a start towards difference.



Crime and Punishment

By Mitchell
F.Y. BSc.



Crime of WHO? Punishment for whom? It can be in a park or at home, may be here or there or close to the moon. Maybe in the afternoon or at night. The criminal can be a tycoon or a vigrant with a small home. But the important question is that why I do these and which will want to spend their valuable time in a present or a dark room?

Crimes can take place any weight at any time, no individual knows what is in stored for them. Within a minute, something big and bad

thing happened to the person close to us and we won't even know about it.

In the 20th century the crimes are on the Rise but so are the punishments for these crimes. Some of them old and well known for the policeman while some and you and still be known by them however modern ways of knowing makes it easier to catch the criminal.

The criminal could be a 2 year old child or 70 year old person, it could be a male or it could be

a female full stop in my opinion, no individual is born a criminal, every person living here can be influence in different ways but it is on today, the way they take it. And other factor could be the influence of family and friends.

In today's world, where we come across people from all walks of life and interact with them, it is easy to befriend them but one wrong move can affect us in minutes. The growing technological world is a major cause of the increase in the crime rate as people watch videos of such cases and get influence. Children may not always understand right and wrong and along with the influence of peer pressure can take such risky and wrong steps leading to complete destruction.

Number of crimes may increase but we need to find solutions or punishments for them as well. How? The punishments given to individuals who are caught for any kind of crime which is known since a long time should be up lifted and the criminal should be dealt with in a more stern manner with a stricker action. Only because nothing serious is being done to stop such crimes are people taking advantage and continuing with it.

Another way of getting away with the punishment is through bribery, but people do not understand no realised the wrong involved in all of this.

We the young minds of today should raise our voices to the

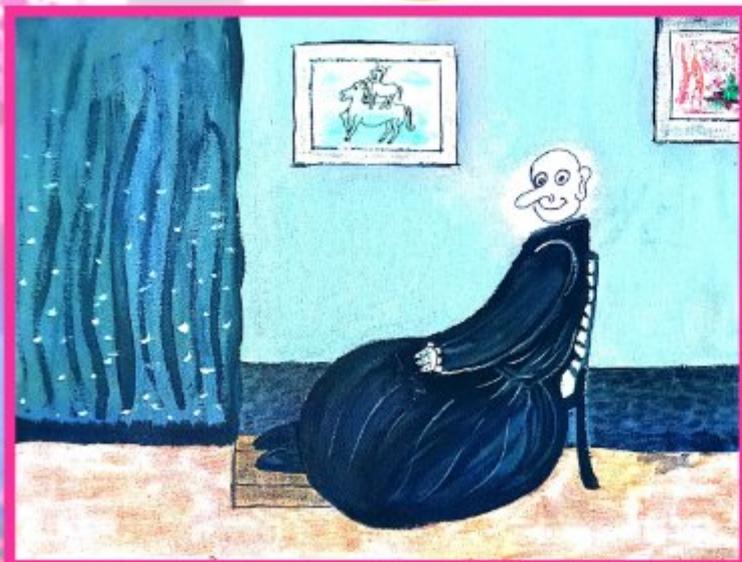
right and help reduce the number of crimes happening not only in our country but world wild. Starting off with something Asind to ASN campaign can bring about change in society and open the eyes of every citizen.



Paintings



Roliett Fernandes



Aaron



Breanna Moraes
F Y BSe



Cleopatra Alvares
F Y BSe



Ershville Dias
F Y BSe





Joshua D Souza
F Y BSe

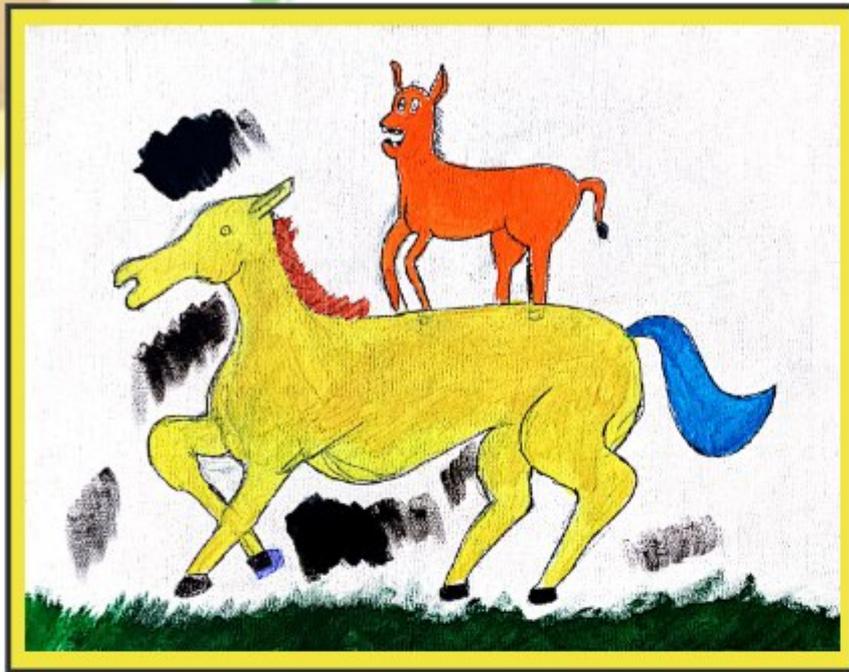


Maria Furtado
F Y BSe



Muzammil Khan
F Y BSe

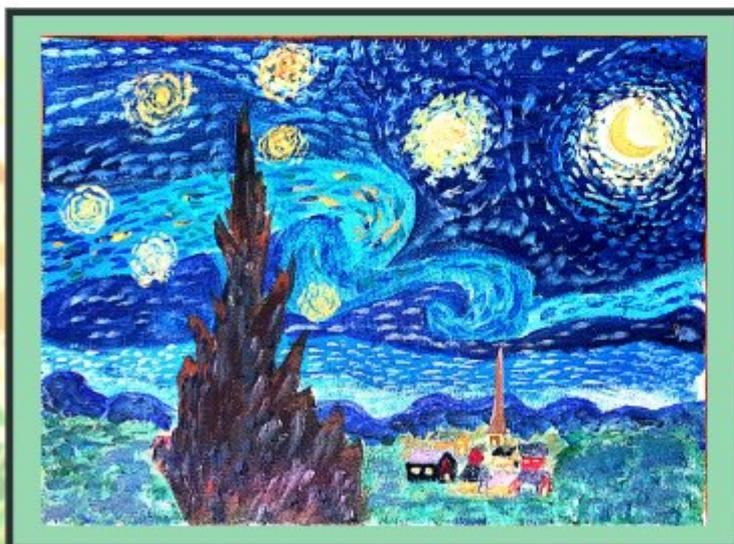




Ricky Mendes
T Y BSc



Shane Fortes
S Y BSc



Tanisha Rebello
F Y BSc



Photography



**NAYTHAN
AFONSO**



**RICKY
COLACO**



**ROLIETT
FERNANDES
F.Y.BSc.**



**JUVENTIUS
RODRIGUES
F.Y.BSc.**





**NASH
AFONSO
F.Y.BSc.**



**JESON
D'SILVA
T.Y.BSc**



**JAI
CHOPDA
F.Y.BSc**



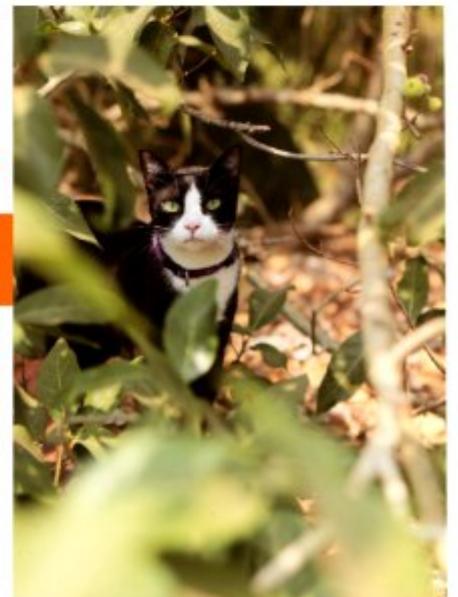
**REMZIE
MERGULHAO
F.Y.BSc.**



**RHEA
DESSAI
S.Y.BSc.**



**COVIN
COLACO
S.Y.BSc**



A Dream City



On a wintery, foggy night of December
The sky lit with stars all around
I stood in the middle of a road,
Starring at the moon, set up above
The beautiful mountain.

Oh,
How I believed that such a beautiful
Place existed...
A city,
An imaginary city of my own...

Where love was powerful
Then, hatred...
Where respect, courage, humility was
Given to the women around...
And not asked for....
Where every different human being
Be it from another caste, religion
Was treated equally...
And not fooled by the words of
Religious practitioners or any politics...

Where animal were loved truly and
Not beaten to death until they shed
A few drops of blood...
They were taken care of as their
Own loving children....

A hope which has died in reality
But, still alive in my Dream City...

There came a strong breeze,
And a hand came gush down my shoulder
It was my mother who told me,
To come back...

Suddenly I come into reality
From my dream city
A city...
An Imaginary City, that never existed.

I wish I could go back
To my Dream City
Not today....
But, Everyday....
For it's just the place I want to be.

Ms. Afrin Khan
– F.Y. B.Sc.
Montreux



Reality City

Though it may seem silly,
 Yet a fantasy,
 A city which could be reality,
 Is still Imaginary!
 To see the surroundings happy,
 Is still an agony!

A city where,
 Freedom sways in the air,
 Discrimination is rare,
 Legal, is every religious prayers,
 Happiness, in every gender affairs,
 A place where no one is in despair!

Where Morning breakfast,
 Are not met by headlines of disgust!
 Where a feminine trust,
 Is not ruined by a masculine's lust!
 Where Education is must, poverty dust!
 And Wars? Just stories of the past!

Where health is treasure,
 Happiness a pleasure,
 Of helping those under pressure!
 Where sickness never creates Thunder,
 To the people living together!
 And where animals are treated kinder!

Not dreaming of a fairy land!
 Nor a place with chocolaty sand!
 Neither a place where satisfied is every

demand!
 It's just a city I dreamed!
 REALITY CITY! Where happiness

knows no end!

Ms. Joana Luis
 T.Y. B.Sc.



Tumultuous seaside thoughts

I push my feet into
 the sand, they sink,
 I listen to the sound of the water and
 think what's my greatest fear, that
 pushes me to the brink?

What I once feared then, I do not fear
 now,
 Things like spiders, zombies and silly
 rows,
 My fear, well, they're bigger now.

I'm afraid of people's burning hate,
 That makes them judge and
 discriminate

I'm afraid of those who torture and
 rape vulnerable meek souls without
 debates

I'm afraid of those who lack kindness
 in their bones,
 The desperate and needy they
 blissfully ignore.

But what's my greatest fear I wonder?
 That floods my lights and steals my
 thunder,

What's my reason? What's my
 purpose?
 Simply being alive barely scratches the
 surface.

I intend on living an extraordinary life
 And nothing short of that
 To not be able to do that
 Sends shivers down my back.

I want to travel across land and sea
 And be the best version of me that I
 can be

Positively
 influence lives
 of those in
 need.

Ms. Cassandra Menezes
 F.Y. B.sc. Lisbon



**FROM: ME
TO: ME**

The time that waits for no
one;

She's passed and gone.

The sunset hues melted into the ocean,
And every shadow created was a silhouette of
proof that left no evidence.

Time and sunsets; they remind me of you.

The words once written on paper,
now turned to ash and dust.

The art unapologetically created now all torn
apart

The breeze on a lovely spring afternoon,
now replaced with the crying monsoons.

Seasons change the same way people do.
Sacred moments and friends that promised to
never leave, died with the cherry blooms.

Spring was the season,
and winter was the reason it fell apart.

But, it's 6'o'clock 365 times a year.
Sunsets create 365 hues a year.

Poetry and art move in an endless circle.
And the cherry blossoms bloom each spring.

Can't you see the process?

Everything dead slowly comes alive.

It's a classic lesson, an uncomplicated truth;
whispered into the air since we were in our
youth.

Feel the snow, the rain and the dew.
And I grantee one day you'll meet the real
you.

This journey is new and it's all about you.

Make it count and make it out.
Find the love you've been
saving for you.

**Sarah Miranda
S.Y.BSc**

*Girl without
an umbrella*



I started this journey
unprepared,

Like a girl walking in the
rains without an umbrella.

They promised clear skies,

How was I supposed to know they were
masters of disguise?

I'm on this journey unprepared,
And now I'm all soaked wet.

Do I take shelter under the strong oak
tree?

Or do I fight the wind and the rain?

Caught between two circumstances.

Should I be the one Mr. Frost took?

Or do I let the comfort win this time?

My body aches and my feet are sore
So, what's another mile more?

Walking with my head down,
The people call out to tell me to stop.
"The crazy girl walking without an
umbrella", is what I'll be called.

Greater things await for me,
So I'll let this little teasing with salt
words hurt,

But their wounds fuel my strength.

I tell my heart to be at ease.

This road is less travelled,

But travelled, it has been indeed.

People I have made it,

Their determination I can feel through
these trees,

Their courage echoes through these
winds.

I started this journey unprepared,
Like a girl walking in the rains without an
umbrella.

But I know I'll get there,

I've made my decision,

And there I see it,
Passes the horizon,

Hope and my
destination.

**Ms. Clary Dias
S.Y. B.Sc.**

INSPIRATIONS

HEALTH IS WEALTH!



We know that life is all about compromises. You may compromise on your exercise schedule to spend an evening with your friends eating your favourite food or you may spend an hour in the gym and later eat something you love, may be a greasy cheeseburger or pizza to make up for the fact that you worked out!

But in doing so the million dollar question is....are we eating healthy food?

Before we answer this question, it's important to understand what food is and why do we need food?

Ms. Candice Rebello

Asst. Prof. Microbiology

Food is a sum of various nutrients – Carbohydrates, Proteins, Fats, Vitamins & Minerals– that are needed to nourish our bodies.

Majority of our food choices are based on their enjoyment factor. In fact, eating is such an enjoyable experience that we often choose to eat foods that taste very good, but that don't make us feel very good later.

We usually end up consuming much more than what is required by our bodies. This in turn results in piling up excess calories as fat and finally leaves us with unpleasant feelings. Many people are in a habit of making bad food choices, sometimes, for years together and unfortunately they do not realise the benefit and pleasures of eating healthy food!

Yes, eating healthy food is not that simple, simply because we humans are very complex.

Why is eating healthy so very important?

Eating healthy is eating the right kind and the right amount of food in the right manner.

Being healthy is a matter of being physically and mentally fit!

For example, just like your car which needs petrol or diesel, the right fuel will keep the car running well. But if you put in water or cola, that's going to destroy your car!

Unhealthy foods like sodas, pastries, sweets, syrups, pizzas, burgers provide an overload of calories in the form of sugar, fat and very little to no dietary fibre, proteins, vitamins & minerals.

Eating healthy is not very easy to begin with. It requires discipline and a will power to keep going on. One must challenge themselves to bring about healthy changes in their diet. One cannot make huge changes in their diet at one go.

One cannot omit the unhealthy foods directly. One can begin with minor changes, like drinking more water, cutting down on sugar laden food or drinks to eating fresh fruits instead of processed foods, choosing the right kind of breakfast and not skipping breakfast due to time constraint or sheer laziness, adding more legumes, lentils, milk protein, nuts, etc to your diet. This way, you will slowly be replacing your unhealthy diet with a healthy diet. As you start consuming healthier foods, you'll have an easier time letting go of some of your favourite unhealthy foods.

In the end, the thing that is solely your responsibility and under your control is your health. Your body is the only place that you have to live in. The age old saying, Health Is Wealth....can best be applied here because, the healthier you are, the wealthier you can be in life, personally and professionally.



“

IF YOU WANT A RAINBOW, YOU GOT TO PUT UP WITH THE RAIN
NEVER LET THE FEAR OF STRIKING OUT KEEP YOU FROM PLAYING THE GAME
NOT HOW LONG, BUT HOW WELL YOU HAVE LIVED IS THE MAIN THING.

”

I would like to wish the
for your future
for a life of happiness and
talk about finding
equate it to money and
happiness is temporary.
basic difference between
something. Happiness
fulfilment comes from



Batch of 2017-20 all the best
endeavours. I hope you'll strive
fulfilment. There is a lot of
happiness and many of us
fame but I want to tell you that
Fulfilment lasts longer; it is the
liking something and loving
comes from what we do;
why we do it.

I am reminded of late actor Sushant Singh Rajput; he was a brilliant student who was only two semesters away from becoming an engineer but dropped out to pursue his passion for dance and the performing arts. In one of his speeches at IIT Bombay, he compared his passion for theatre to the time he was allowed to go out and play during 4pm-5:30pm in school. The excitement he felt every single day when he got up to go to work was the biggest fulfilment for him far beyond money and recognition.

And just like Sushant's, every career, every passion brings along its fair share of challenges and obstacles. You will be tried and tested to a breaking point and only the strongest will survive. During these trying times, always remember to be kind to yourself and accept what you cannot change. Surround yourself with positivity and positive people and always keep your family close



because they are the ones who will never give up on you. Difficult situations help us realize the true value of family, real friends and things that have actual importance in our lives. Make sure to use these challenges to learn and evolve into a wiser and a more responsible human being. And keep reminding yourself that some of the most successful people in the world have grown the most from their struggles.

Ms. Neha Anson
Asst. Prof. General Management



'Quarter-Life Dilemma': Transition of Millennials from college to the real world.

Whoah ... Hold on a second. I didn't mean to scare you off with a heavy statement. However let us perceive the intended meaning. After spending years, you graduate from college thinking you are an adult ready to start with your career. Whether you are about to enter the career field, going abroad, continuing your education or unsure of what you are going to do next, the real world is waiting. The first job after you have earned your degree might not be your dream job. But, that's Okay! Your career is something that will take time to craft, yet many struggle with finding the true meaning.

College or University is a bubble where you are surrounded by individuals of the same age calibre but the real world is crowded with people from all walks of life. Your success is determined by your hard work. You need to exert every ounce of strength and determination you possess to become successful. In the real world there are no meal breaks. You are responsible for feeding yourself. Your parents will no longer support your basic needs. I used to think it was senseless living with parents after college. But now, I see the true value of not paying rent and free laundry.

Gone are the days where you could go home over the weekends, party on Saturdays, Movies on Sundays. As you grow older, priorities change and you are more involved with your career, where watching a movie till 02:00am is not an option. There is no hitting the snooze button, if you don't go to work, you're fired. No excuses, No doctor's certificate. Your attendance is mandatory, not optional.

Universities or institutes does not prepare or teach you to be fiscally responsible for yourself. This unpredictable world can make you happy one day and lonely or depressed the next. It takes time, a lot of time adjusting, to be able to accuture the functioning of the real world.

It was basically a carefree ride in college, but it's time to buckle up and face it. You have worked hard or still working for your degree, but remember when the time is right the perfect opportunity will find you.

As Jay Shetty, an Indian British Internet personality, and motivational speaker said "I know people who graduated at 21 and didn't get a job until they were 27. I know people who graduated late at 25 and found work immediately. I know people who never went to university, but found what they love at 18. I know people who found a job straight out of college, making decent money, but hate what they do. I know people who took gap years and found their purpose. I know people who were so sure about what

they were going to do at 16 but changed their minds at 26. So my point is everything in life happens according to our time, our clock. You may look at some of your friends and think they are ahead of you, or maybe some of them you feel are behind but everything happens at their own pace. Be Patient. Getting your degree after 25 is still an achievement. Not being married at 30 but still happy is beautiful. Starting a family after 35 is still possible and buying a house after 40 is still great. Don't let anyone rush you with their timelines.

Because as Einstein said, 'Not everything that counts can be counted and not everything that's counted truly counts.



Ms. Yoshika D'Silva
Asst. Prof. Front Office



OUR JOURNEY



Fare Foreword

Every new beginning comes from some other beginnings end. Farewell!

Chef Rodwin Rodrigues,

After being part of the VMSIHE family for almost 5 years, Chef Rodwin, a dedicated, hardworking and an excellent pastry chef bids adieu to the Institute, in search of better prospects, we wish him all the very best in his life and career.



IN MEMORIAM

“

Death takes away the body,
God takes the soul,
Our mind treasures the memories
Our heart keeps the love
Our faith lets us know we will
meet again.

”

Besides being a year of life and lively activities the year 2019-2020 has seen great loss. We lost not one but two of our dedicated and loyal colleagues.

We are glad we could be a small part of their journey on earth. They will always remain an endearing part of our existence at VMSIHE. This page is a small attempt to preserve the memories forever.

Mr. Shivanand Madiwal- Manager accounts



Mr. Sunil Deshpande- Chief Engineer



Teaching Staff



Prof. Irfan Mirza

Director/ Principal



Chef Sebastian Breitingger

Professor
Culinary Arts



Chef. Sujatha Madhavan

Associate Prof.
Food Production



Gauri Patil

Asst. Prof.
F&B Service



Nelissa Alcasoas

Asst. Prof.
General Management



Chef Sandip Madkaikar

Asst. Prof.
Food Production



Frazer Rodrigues

Asst. Prof.
General Management



Deepti Jog

Asst. Prof.
General Management



Lorna Fernandes

Asst. Prof.
Accommodation Operations



Yoshika Brooks D'Silva

Asst. Prof.
Front Office



Candice Rebello e Cota

Asst. Prof.
Microbiology
(Food Science)



Prashila Gawas

Librarian



Chef. Rodwin Rodrigues

Assistant Chef



Supriyanka Govekar

Asst. Prof.
General Management

Non-Teaching Staff



Dr. Marie Raj

Administrator



Martha Rebello

Compliance Officer/
Academic Co-ordinator



Edna Noronha

Sr. Manager
Marketing & PR



Sandeep Bandothkar

Chief Engineer



Jinnie Rodrigues

Sr. Office Executive cum Training
& Placement Co-ordinator



Valerie Jacques

Counselor



Alethea Baracho

Counselor



Sudhir Desai

Executive Corporate
Communications



Sushma Lotiker

Executive Administration



Sherlaine Viegas

Officer Marketing



Sharada Prabhu

Sr. Officer- HR



Nagraj Naik

Stores Executive



Issac Mathew

System Administrator



Anup Bhat

Assistant
Manager Accounts



E. Diniz

Sr. Officer
Accounts



Ashwin Sawant

Sr. Officer Software Support

Non-Teaching Staff



Savio Cyril D'Souza

Security Supervisor



Manisha Borkar

Accounts Officer



Chaitra Phaldesai

Purchase Officer



Rajesh Gopal Naik

Jr. Officer
Stores



Belinda Baracho

Telephone Operator



Vikraman Pillai D

Senior Supervisor



Beverly Steffie Fernandes

Asst. Training &
Placement Co-ordinator



Sabeer Sayed

Gymnasium Instructor



Gagan Biradar

Asst. Administrative Officer



Maria Jeniffer Gonsalves

Asst. Administrative Officer



Joe Santano Gomes

Hostel Warden
(Boys Hostel)



Pratibha Alvares

Hostel Warden
(Girls Hostel)



Sindhiya Kerkar

Telephone Operator