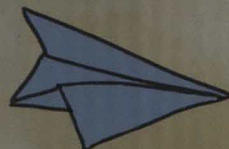




V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION

Le Voyage



Yearbook

2022-2023



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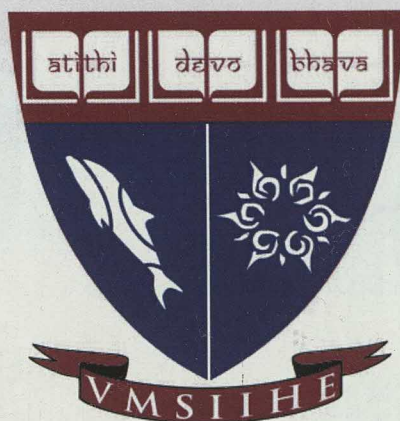
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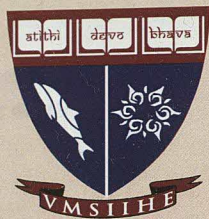
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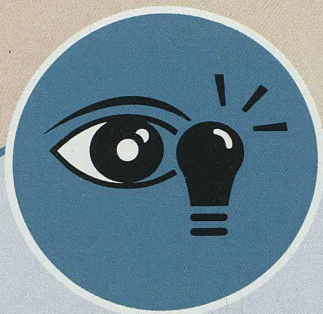
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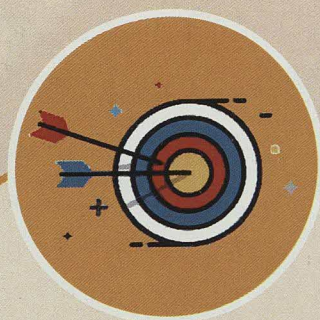


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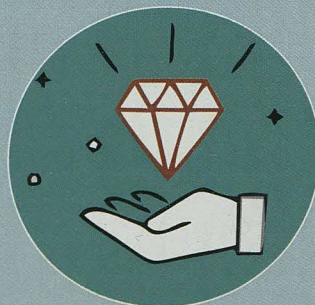
VISION

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



MISSION

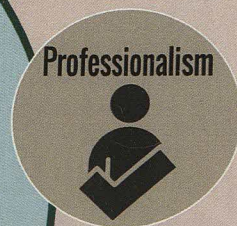
Our mission is the advancement of knowledge and leadership and to develop the full intellectual and human potential of students through a commitment to excellence in learning, teaching, and collaboration with industry.



CORE VALUES



Commitment



Professionalism



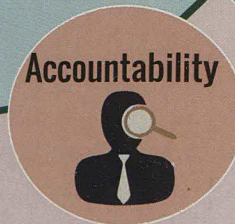
Integrity



Diversity



Excellence



Accountability

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)

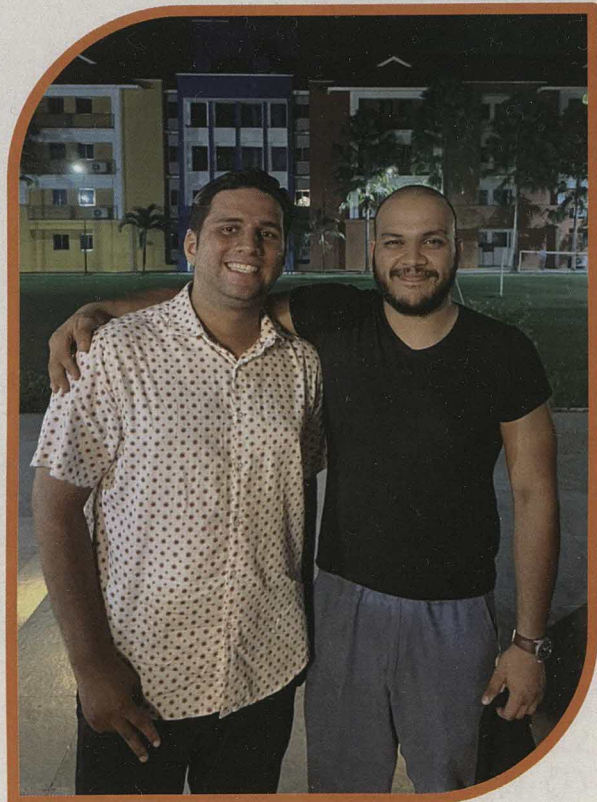
Verse 1:

We!
We shall create a batch of gold,
Unlock the powers of the soul;
Deliver to the planet's needs,
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)



**Compiled by
Bob Abreo & Ujjwal Tripathi
Batch 2015-2018**

Yearbook Committee



Editorial Board

MS. VALERIE JACQUES
Editor

MR. AARYAN NAIK
Student Editor

MS. JOANA SOUZA LOBO
Student Editor

MS. PEARL DSOUZA
Cover page design

We sincerely hope you enjoy reading and perusing the yearbook as much as we did putting it together for you. We hope you preserve it safely and will be able to look back on the experiences in the future and smile at your time at VMSIHE.

Special Thanks

Thank you Mr. Ved Micheal Rodrigues for the illustrated page dividers.

From the **EDITORS** *Desk*

'Le Voyage', is the editorial team's labor of love, and creativity. This year the Institute publishes its **seventh** edition. It brings me and my team great joy to share with you our hard work for the last year. This issue is filled with features that showcase the many different facets of student life on our campus, from academics and events to culture and student initiatives.

The academic year 2022 got off to a great start with a lot of enthusiasm for carrying out and accomplishing numerous goals in order to utilize and demonstrate the full potential of both students and staff.

Numerous activities that the students organized during the year were overseen by our knowledgeable professors. At VMSIHE, we think that students should have the opportunity to put what they have learned into practice as well. This is why we don't only let them sit in class and listen to lectures, but we create opportunities for them to be able to execute the knowledge they have learned. So they are prepared for the industry when they leave us after three years.

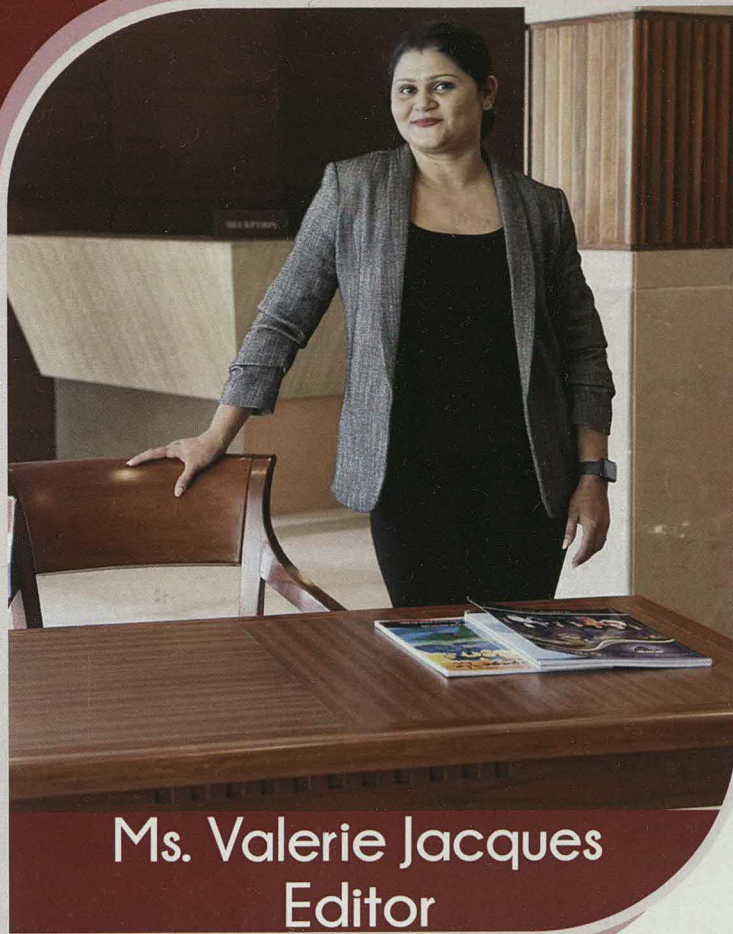
I would also take this opportunity to encourage all of our student readers to make use of the platforms provided and get themselves involved in the institute community, whether it be through clubs, community service initiatives, events, competitions, etc.

We would like to thank all our students, alumni, teachers, and our support staff who submitted their content for this year's edition. Without them, the magazine wouldn't be the same.

As I sign off, I would like to leave the passing out students with the advice to stay positive, and joyful, to work hard, and to never give up. Continue to learn, but more importantly, surround yourself with joyful, sincere people. At every chance, be sincere and spread happiness to others around you.

Thank you for your support, and happy reading

Here's a toast to the joyful past and hoping for a beautiful future for everyone, All the very best!



Ms. Valerie Jacques
Editor

Message from the Director

Welcome to the 7th edition of "Le Voyage"

I would like to extend my sincere congratulations to the editorial team for producing yet another outstanding edition.

We are pleased to announce that the first batch of B.Sc. Culinary Arts for the year 2022 has successfully begun.

For the 1st time, we celebrated Christmas through the atmosphere of the Christmas market, inviting former students, parents, and local villagers. It was a grand success.

The visit of the world's great chef, Anton Mosimann, on January 7, 2023, made this year even more memorable for all of us. To put on a demonstration for our students. I'm happy to let you know that Chef Mosimann has accepted to be an eminent visiting faculty of the Institute. All of us, but notably our Students, were greatly inspired by his presence.

As part of their assignment Third-year BSc. IHM students managed the Mega event along with the help of the F.Y. and S.Y. students which was held from the 9th to the 12th of February, 2023. All India Principal Forum, where principals of more than 300 colleges pan India attended the same.

For the last 2 years, due to covid, we were not able to resume the exchange program with Turismo de Portugal, happy to inform you 12 students and 2 faculty were with us for 4 weeks from the 13th of February, 2023. Our students will be going to Portugal along with a faculty member in May 2023

Like in previous years, students and faculty will be going to Switzerland for a study tour in the month of May.

We hosted our 3rd Alumni meet, in the month of December, which was a grand success, it was great to see the students back on campus.

This year has been fantastic, with a lot of activities, field trips, events, bake sales, sports events, cultural events, celebrations, and lots more.

I take this opportunity, to wish the graduating students all the very best.

Please keep this in mind hard work, commitment, dedication, and a positive attitude will determine your attitude in life. Always try to do slightly better than before and have an edge over your fellow classmates

I also take this opportunity to thank the editor Ms. Valerie Jacques and the entire editorial board for their effort, in inputting together the 7th edition of the Institute yearbook 'Le Voyage'.



Prof. I.S. Mirza
Director/ Principal

From the office of Administrator



Dr. Marie Raj
Administrator

FUTURES DON'T MAKE THEMSELVES: YOU HAVE TO CREATE THEM

Life isn't about finding yourself. Life is about creating yourself, says George Bernard Shaw, the dramatist.

A life plan provides clarity on our priorities and helps us to define the direction we want to take in our lives. It enables us to set specific, measurable, achievable, relevant, and time-bound (SMART) goals that align with our values and aspirations.

We can stay motivated and focused on our goals. We can break down our long-term goals into smaller, manageable steps and celebrate each milestone along the way.

A life plan is not set in stone and can be revised as needed. We may encounter unexpected challenges or opportunities that require us to adjust our plans or even change our goals altogether. Being flexible and adaptable to change can help us to stay resilient and navigate through life's ups and downs.

Plans can help us to identify areas where we want to grow and develop personally. This may involve acquiring new skills, pursuing further education, or seeking out new experiences. By setting goals related to personal growth, we can enhance our knowledge, expand our horizons, and become more well-rounded individuals and provide a framework for making decisions.

When faced with choices, we can refer back to our plan and evaluate whether a particular option aligns with our goals and values. This can help us to make more informed decisions that lead us closer to our desired outcomes.

In conclusion, creating a life plan is a valuable tool for achieving our goals and living a fulfilling life. It provides us with direction, motivation, and a sense of purpose, and helps us to navigate through life's challenges and uncertainties. By investing time and effort in creating a plan, we can take control of our lives and create the future we desire.

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OUTSTANDING STUDENT OF THE YEAR

2022-23



MS. LIZEL FERNANDES
BATCH 2019-2022

I was joyful at the time, thrilled that my family, especially my mother, would be proud, and laughing to myself because I thought she wouldn't allow this accomplishment become old, but she doesn't.

I also understood that there might be someone who disagrees with me today or always, but when you reach out and touch what you want and turn around to see your loved ones celebrating, everything that was holding you back dissolves.

You put forth a lot of effort, established your name and credibility, and gained acceptance. And deep down, I knew—as do we all—that someday we will be different, that we may not always be exceptional or praised, but that the five-year-old in us will never let us forget.

Gender Champions 2022-23

Rishika
&
Gavin

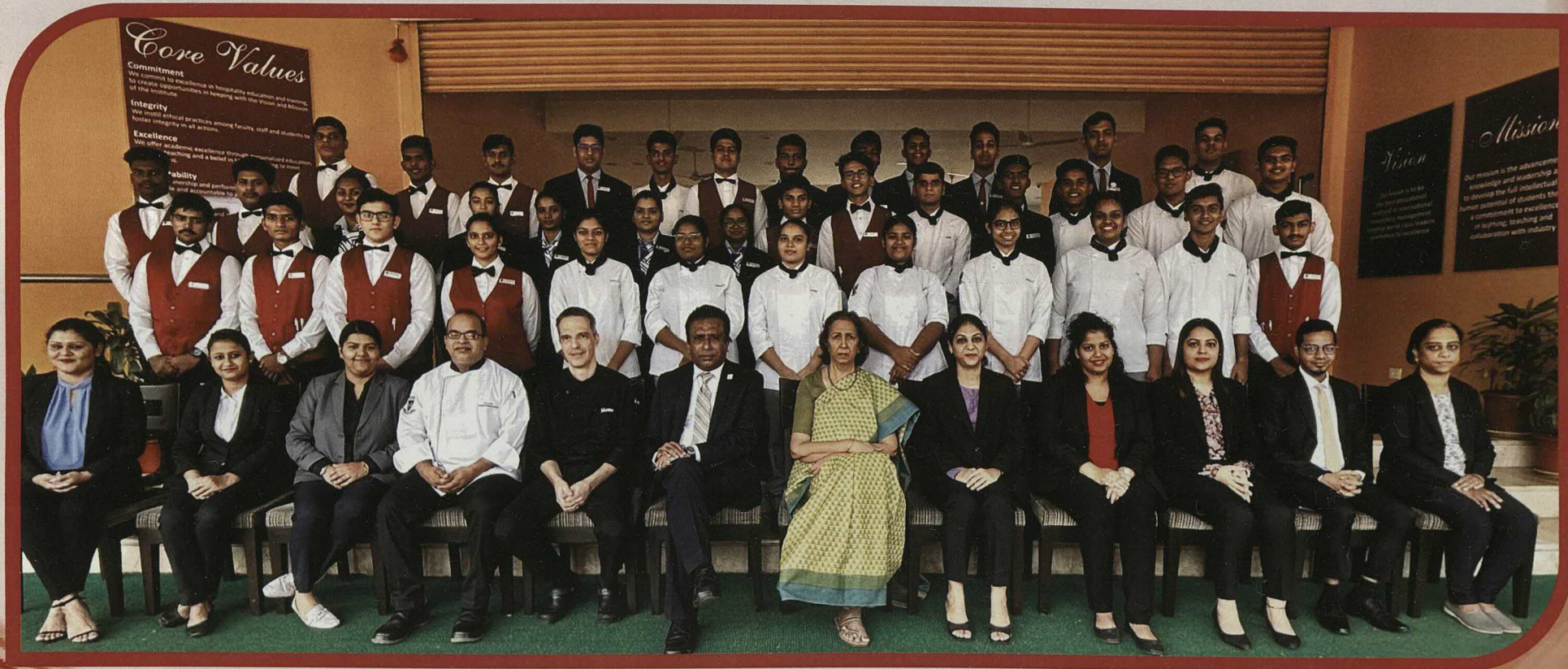


As gender champions for the year 2022-23, we would like to thank everyone for their cooperation, hard work and belief in us throughout the whole academic year. We would like to thank our coordinators Ma'am Alba and Cleona for encouraging us and backing us throughout the year.

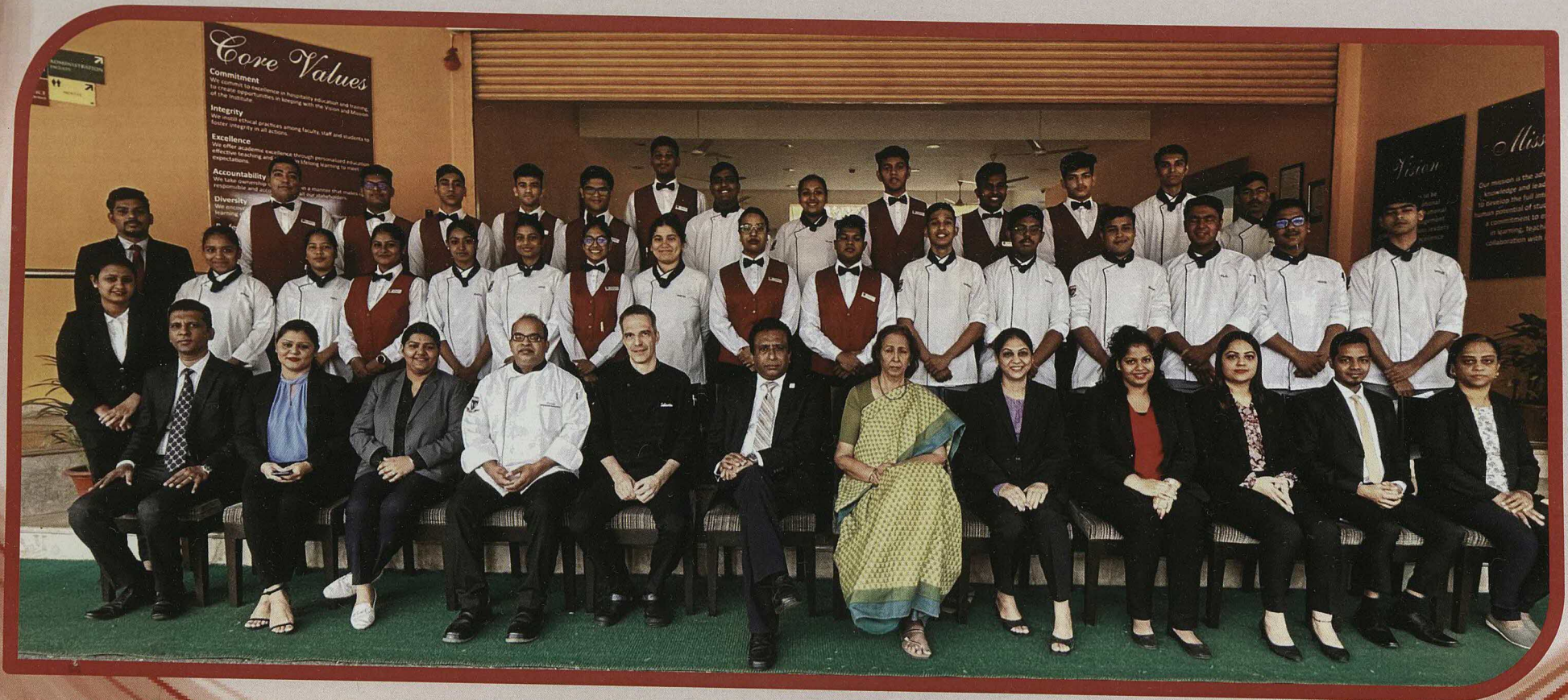
It wouldn't have been a great success without them. We would also like to thank Prof. Irfan Mirza for allowing us to host our events and making them a great success. As gender champions we hoped that we helped the spread of gender equality throughout the whole institute and made an impact in your lives.

Your Gender Champions
Rishika & Gavin,
Signing off
#DOWHATINSPIRES

F.Y.IHM



F.Y.CA



S.Y.IHM



T.Y.IHM



MSc. I & II



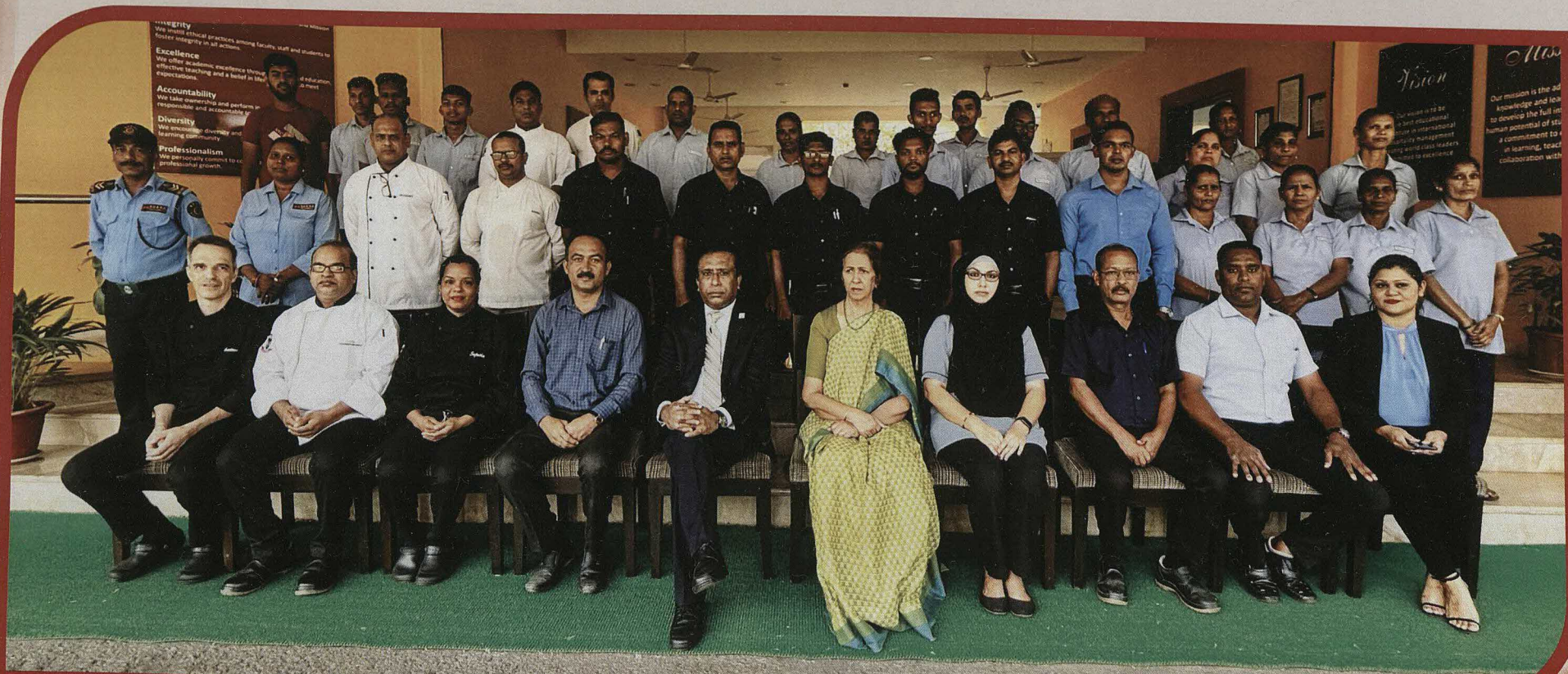
Faculty



Admin



Support Staff



Portugal exchange Students





Club Reports



CULTURAL CLUB ACTIVITIES

Fresher's 2022

The Fresher's party was organized by the Third year students for the FY students. The purpose of the event was to have fun and know each other at the same time. It was a very good platform for the first and third years to showcase their talents.

The theme chosen was Bollywood, and to give them a feel of an actual Bollywood event all the F.Y. students were given tickets to enter and welcomed with interviews and being snapped by the paparazzi before they walked the red carpet. Inside the hall, they were given popcorn to sit back and enjoy while the T.Y.s put on a great show for them.

Mr. & Ms. FRESHERS 2022 were selected by a series of events and competitions. Mr. Rohan Singh and Cadha Gireesh respectively won Mr. & Ms. FRESHERS 2022.

The program was concluded with refreshments served in the cafeteria, all prepared by the TY students.

Skills "n" Thrills 2022

Skills "N" Thrills was an event organized by the Cultural Club. The purpose of this event was to have fun and bring out the spirit of healthy competition among our students. Since this was an inter-class competition it was also a good opportunity for the students to get to know their classmates and to showcase their talents.

The Skills "N" Thrills comprised of 9 competitions namely

1. Mad Ads
2. Beat the Street
3. VMSIHE Warrior
4. The Great D-Baker
5. Stand-up Comedy
6. Walk The Talk
7. Singing
8. Street Play
9. Roller Coaster Ride

The runners up of this competition were the FY IHM. Batch and the winners were none other than T.Y. batch, The overall winners of Skills "N" Thrills were T.Y. batch who took pride in yet again being topmost in the hierarchy.

The event went on very smooth. All the students cheered for their class during the competitions. The atmosphere was filled with fun and cheer. All the students enjoyed the event and even suggested to have such type of events more often, even the faculty members who attended the event enjoyed the show.

Dussehra

The Cultural Club organized the Garbha Night on Tuesday, 04th October 2022. The evening started with a refreshing welcome drink, followed by a welcome note from the compere and a small prayer to invoke the blessing of the Almighty.

There were beautiful dance performances by the M.Sc. and the F.Y. students which got everyone pumped up and in the mood of dancing and fun. There was a round of spot prizes to test everyone's knowledge about Dussehra and Navratri.

The snacks and the dinner served were delectable to the taste buds giving each and every one present there a festive feel. The evening ended with everyone dancing to the Garba tunes and having a night of fun, dancing, and sharing a spirit of oneness and friendship.

Diwali

Diwali is a festival of lights and is one of the major festivals celebrated in India. This Diwali the cultural club attempted to bring students of different faiths together and celebrate the festival which represents the same symbolic victory of light over darkness, knowledge over ignorance, and good over evil.

The theme of the Inter-class competition was Wealth out of Waste/ Environmentally Friendly Diwali where the students along with their respective class coordinators had to participate in the following competitions:

1. Rangoli competition
2. Card-making competition
3. Lantern-making competition
4. Diya Decorating
5. Classroom decoration

The judging criteria was relevance to theme, creativity, originality, teamwork, and cleanliness. Our judges Prof. Irfan Mirza, Ms. Martha Rebello, Chef. Sebastian Breitingner, Ms. Shameem Memon and Ms. Valerie Jacques were very fair and amazed by the display of creativity and talent of our students.

The winners for Diwali 2022 were the F.Y. CA batch followed by the M.Sc. batch as runners-up.

Christmas Celebrations 2022

The cultural club started with Christmas season preparations from the 1st week of December. The T.Y. IHM students took the initiative of making the crib this year. The students put in a lot of hours of hard work, dedication, and sweat to accomplish the task. The final outcome depicted the creativity and enthusiasm of our T.Y. students.

Tree Decorating

The cultural Club Coordinator Ms. Alethea, along with the Sports Director/Boy's Warden Mr. Dewaraj and few hostel students put up the Christmas tree and deco. It was a morning full of fun and cheer and the spirit of Christmas spreading around the campus.

Caroling

The cultural club Coordinator Ms. Alethea, some faculties (Mr. Frazer, Mr. Dewaraj & Ms. Megha), and the hostel students serenaded in the neighborhood around the institute, spreading the warmth, cheer, and spreading joy of Christmas. The students and staff also took this opportunity to invite the villagers for the Christmas pop-up market on Thursday, 22nd December 2022 at the institute- an evening of fun, cheer, food, entertainment, and lots more.



Christmas Pop-up

The pop-up market was an initiative by the cuisine club, it was an evening of entertainment, cheer and food/beverages, and loads of fun.

Secret Santa

The Cultural Club organized the Secret Santa for the staff and students of VMSIHE during the morning tea/coffee break. The Management also appreciated all our support staff for their hard work and dedication.

Picnic

The V.M. Salgaocar Institute's cultural club organized a picnic. The venue for the picnic was Nandanvan Spice Farm, Ponda. We were warmly welcomed by the managers of the venue, and we were all showered with petals and smiles.

After having snacks, the staff and students were given a tour of the spice farm, we were explained about the various spices and their uses, medicinal plants, and their properties.

The spice farm provides a wide range of fun activities such as ATV rides, zip lining, kayaking, swimming pools, rain dance, etc.

For lunch, the staff and students were served chicken/veg biryani, egg roast, fry, papad, pickle, and raita. The lunch was surely appetizing.

Indeed it was a great day for all the students and teachers, everybody had a big smile on their face which indicated that they had a marvellous day

Essay And Painting Competition

The VMSIHE Cultural Club organized an Essay and Painting competition for staff and students.

ESSAY COMPETITION:

Topics

1. Learning from Obstacles
2. What captivates you?
3. Share your story
4. Chaos in my mind

The First place went to Mr. Hermenio Caldeira -SY IHM (What captivates you?), Second place Mr. Darrian Batista - FY CA (Chaos in my mind) and third place to Ms. Chiara Pereira - TY IHM (Chaos in my mind)

PAINTING COMPETITION:

Theme

Use your imagination and creativity to complete the following through your picture.

1. Love to me is _____
2. India of my imagination would be _____
3. Equal opportunity for women means _____
4. My dream destination is _____

The Second place was bagged by Ms. Arkita Varadkar (FY CA) -Equal opportunity for women means... and the First place went to Mr. Parin Haldankar (TY IHM) - My dream destination is...

Amizade 2023

"Amizade" means friendship in Portuguese, and this event was introduced as a platform the students of VMSIHE to bond with exchange students from Turismo de Portugal and also for the students of VMSIHE to strengthen their bond among themselves.

"Amizade 2023" was held at VMSIHE. The event was organized by the cultural club with the help of some staff members and F.Y.MSc students. It was an obstacle race that had tasks related to Food and Beverage/Food Production/Sports/General knowledge and some skill-based tasks. The teams had to complete each task in the fastest time possible. 10 teams participated, including 2 teams from Portugal.

There were total of 11 tasks and each team was given a map and route card that they needed to follow. Each base had a bonus question which earned the team 10 points if answered correctly.

The scores were given according to the quality of tasks performed, the least time taken, and bonus questions. The prize distribution was held on the following day. The runners-up were team BLUE (F.Y. CA- Ayesha, Jay, Manoah, Pratik, and Raashi). The winner of AMIZADE 2023 was team GREEN which was a combination of the Portuguese students and our T.Y. students (Alexandre, Diago R, Jaydev, Leander, and Figo)

Overall it was a good learning experience for all the students and staff members, the students especially had a lot of fun participating and cheering their classmates. A very good and friendly competitive spirit was seen among the participants.

INTER-COLLEGIATE

Magnify



The Bachelor's in Business Administration Travel & Tourism Department of Don Bosco College, organized an inter-collegiate event "Magnify 2022" to celebrate World Tourism day. The theme for this year's event was "RE- THINKING TOURISM".

Nine of our students along with one faculty (Ms. Supriyanka) attended and participated in the same.

The competitions for this event were:

1. Documentary on Local Food Joints and Cuisines of Goa (exclusively only on Authentic Goan Culinary Delights)
Students who participated for this were Ms. Endrea and Mas. Casroy
2. Fashion Show on Traditional Occupations
Mas. Sam (Breadman), Mas. Ewan (Toddy tapper), Mas. Aden (Fisherman), Mas. Melron (Farmer), Ms. Abigail (fisherwoman) and Ms. Iberica (housewife).

The winners of Magnify 2022 were Dempo college and the runners up Rosary college Navelim. Although our students did not win any place but it was a good learning experience and exposure for the students.

Exchange Program 2022-23



The cultural club organized some exciting and fun filled events for the Portuguese students during their exchange trip to Goa. These events helped to Portuguese to bond with the students of VMSIHE and also understand the culture and values we uphold as an institute.

Movie Night



The students were given the feel of a theatre with a big screen put up in the amphitheatre and served popcorn and snacks. Since the Portugal Exchange students wanted to watch a Bollywood film, the classic DDLJ (Dilwale Dulhania Le Jayenge) was played with English subtitles. They thoroughly enjoyed the film and had an amazing experience understanding and seeing Bollywood plot and twists throughout the movie.

Welcome Party

The welcome party took place in the evening in the amphitheater, we started off with an ice-breaker.

In the second game, the students were divided into groups and based on the questions asked they had to arrange themselves alphabetically, this helped everyone to get to know each other a little more.

Some of our students put up exceptionally beautiful dance performances for our guests; Rohit Thekkanath-TY (freestyle Bollywood), Crystella Menezes- SY (Bharatnatyam), Tacy Alvares-TY, Pearl Dsouza-TY, and Saloni Rao -FYIHM (Bollywood and Western fusion)

There was a large spread of mouth-watering food for the night. The night ended with students grooving to Bollywood and Portuguese songs.

Holi Celebration

The Hostel students along with the Portuguese students and faculty had an amazing time playing with organic colors and water. Some danced to Bollywood desi beats while others enjoyed a good game of volleyball.

The Portuguese were really excited about this festival as it was the first time they got to play Holi and understand the significance of the festival celebrated in almost all states of India.



Farewell Party

The farewell party for the Portuguese students was held in the amphitheater. There were dance performances by our students Rohit (Freestyle) and Joana, Kelly, Rishika, Pearl, and Simran Chhutani (Fusion). The Portuguese students along with their staff put up a very lovely performance for our students

One of our alumni also was present and he sang beautifully for the audience. The farewell party was full of mixed emotions, but everyone will be cherishing special memories to last a lifetime.

CUISINE CLUB ACTIVITIES

Hospitality Expo Visit

Hospitality Expo which was held in Bambolim this year. The expo was a new experience for the first years in international hospitality management as well as the culinary arts students from V.M. Salgaocar Institute. As we entered the building there were people from different places representing their states. Some of the places were Goa, Jharkhand, Manipal etc.

We were having a great time in the expo as we could try different dishes that were prepared by some chefs. Some of the dishes were sushi, pizza, cheese etc. We also got to see a live demonstration of a slider that was made by Chef Anika. It was an innovative burger prepared with combining an activated charcoal burger bun with a twist of the Goan dish called danger.

Visit Hospitality Show

We were a group of around 30 students (hostellers) & around 7 students (day scholars) joined a little later. We were accompanied by Chef Sujatha Madhavan & Chef Sebastian Breitingner.

The event was small, but wonderful, as we gained a lot of knowledge about many different types of equipment, spices, cheeses, wooden artifacts, bar equipment, crockery, cutlery & a variety of imported items, etc. We were greeted with live demonstrations by the chefs at their stalls, they also explained about the dishes that they were making and the equipment they used. They were also kind enough to let us sample some of the dishes they prepared.

Sushi Workshop

By Chef. Siddharth Shrestha

The Kaizen Cuisine club conducted a hands-on Sushi making workshop for its members, it was optional and limited. A total of 17 members and 1 guest participated & enjoyed it thoroughly.

Chef Siddharth Shrestha was the resource person for this session, he is trained in Japanese cuisine and is an experienced sushi chef. Firstly, the chef explained the basic ingredients and components, he mentioned the different styles of sushi and briefly stated the differences between them.

Further on he gave us a live demo of the different styles. He showed us the preparation of the Urumaki style – Seaweed nori sheet on the inside and vinegar-flavored rice on the outside of the roll, Nigiri style – fish or other garnishes topped over vinegar-flavored rice along with wasabi paste, and Maki style Sushi – made of toasted seaweed nori wrapped around vinegar-flavored rice and a variety of fillings such as raw seafood and vegetables.

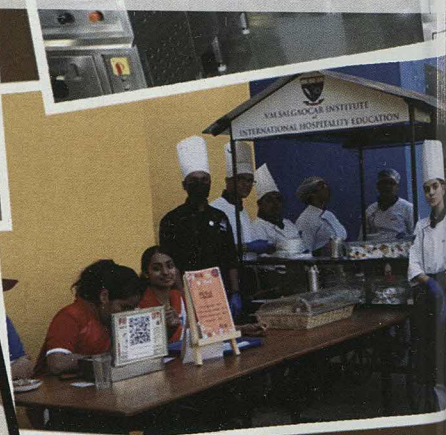


Cuisine Club Activities





Cuisine Club Activities



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Seaweed nori sheet on the inside and vinegar-flavored rice on the outside of the roll, Nigiri style – fish or other garnishes topped over vinegar-flavored rice along with wasabi paste, and other condiments like seven spice sauce and sriracha paste. Lastly, Maki style Sushi – made of toasted seaweed nori wrapped around vinegar-flavored rice and a variety of fillings such as raw seafood and vegetables.



Visit To Krishna Toddy Farm And Selaulim Dam

The members of the Kaizen Cuisine club visited the Krishna Toddy Farm we were accompanied by Chefs Sandeep, Sebastian, and Sujata, Tr. Cleona, along with 4 operators from Eco Trek, who organized the trip for us. The day started off with authentic Goan breakfast. After that, we headed to Krishna Toddy Farm, managed by Shweta Gaonkar who is Goa's first and only woman toddy tapper. Shweta greeted us and led us into a wide field having young coconut trees and took us to one such tree and explained the basics of toddy production.

Shweta had a lot of knowledge to share but in order to save time she then took us to a coconut tree plantation nearby and demonstrated how she climbs up the tree with the machine and encouraged us to try it out. We then spent some time with the cows, thanked Shweta and the staff for their hospitality, and then headed to our final destination – Selaulim Dam. We finally reached it after a rather bumpy drive and the sight of the dam was breathtakingly beautiful to see. It was the perfect ending to a wonderfully tiring day.

Cake Mixing Ceremony

The cake mixing ceremony was held on 8th October 2022 in VM Salgaocar's Institute Of Hospitality Management in the Zakuro (cafeteria) in the morning at 10 am. The event was organized by the Kaizen Cuisine Club Committee of the college.

The fruit mixing arrangements were done by the third and first year students of the institute. The different designs made were Santa Clause, Dry Fruits Strips, VMSIHE logo, Chef Hat, etc. The table was set with the table clothes and the trays of dry fruits were presented along with the different spirits and wines.

Mr. Godinho, the owner of the Godinho Bakery, and Chef Rodwin were invited as the chief guests for the event. A brief speech was given by Mr. Godinho about the ceremony and he also spoke about his years of experience. Also Chef Rodwin presented a speech explaining about the ancient cake-mixing ceremony and the history behind it, he also shared his experiences with the students.

International Chefs Day Celebration

On the occasion of International Chef's Day, we organized a chef competition for higher secondary students. The theme was "Wrap and Roll the Healthy Way". Students arrived at the and were welcomed with a welcome drink. Some of the students were accompanied by parents or teachers.

After a quick briefing by Chef Sebastian, students were guided to the Training kitchen by our Third-year students who were responsible to guide the students and help them get settled in. As the competition started and students were preparing their wraps from scratch, Chef Sandip and Chef Sebastian were judging their working skills, hygiene, and station setup during the preparation time.

We were later joined by Chef Avinash to judge the rolls and wraps. Once the results were declared we started the celebration of international chefs day with a short speech by Chef Sebastian who also felicitated the Institute chefs and gifted them a nice Diwali sweets box.

Then all the participating students received a certificate of participation together with a rose. Then it was time to announce the winners and hand over the exciting prizes which we got sponsored from different hotels.

Last but not least we felicitated Chef Avinash for his contribution to the Goan cuisine and his dedication to local products.

Christmas Pop-up & Carol Singing Competition

The members of the Kaizen Cuisine club along with the Management, staff, and students of VMSIHE in the spirit of Christmas, organized a Christmas Pop-up. The evening had fun games, carols, face painting, and some great food and drinks.

The cuisine club planned to put up a churro stall and sell some mulled wine, which is often found at Christmas markets in Germany – Glu or Gluehwein wine is a Christmas delicacy that is had hot, right out of the pot. The club also managed the Bar for the night, we had some exciting cocktails and mocktails on the list.

The students of FY CA had also put up a stall based on Goan delicacies like the Chicken Cafreal and cutlet poie, etc.

To end, Professor Irfan Mirza congratulated and appreciated the students and staff for pulling off the event so beautifully. That was the end to a fabulous and tiring Christmas Pop-Up 2022!

Christmas Cake Sale

The members of the Kaizen Cuisine club organized a Christmas cake sale. The cakes were meticulously made, surrounded by a lot of festive cheer and fun by the students of FY IHM under the supervision of Chef Ryan and Chef Sebastian in the Institute's well-equipped Bakery. The students also made a few Fondant decorations, which topped the cake along with some dry fruits from the soaked mix and Royal Icing. Overall, it was a successful sale and the members of the cuisine club were glad that a tiny cake carried the joy of Christmas to each home it went to!

Sports Day Food Stall

VMSIHE, Manora Raia, conducted the Sports Day event. This event started at around 8:00 AM with the commencement of the national anthem, followed by a wonderful encouragement speech presented by Dr. Marie Raj.

The Kaizen Cuisine Club of VMSIHE put up a stall, serving a variety of vegetarian & non-vegetarian hand-held snacks & desserts.

The class of FY.Bsc.CA took up the initiative to put up this stall with the guidance of Chef Sebastian Brietinger, Chef Sujatha Madhavan, Chef Prashant & Chef Sandip Madkaikar.

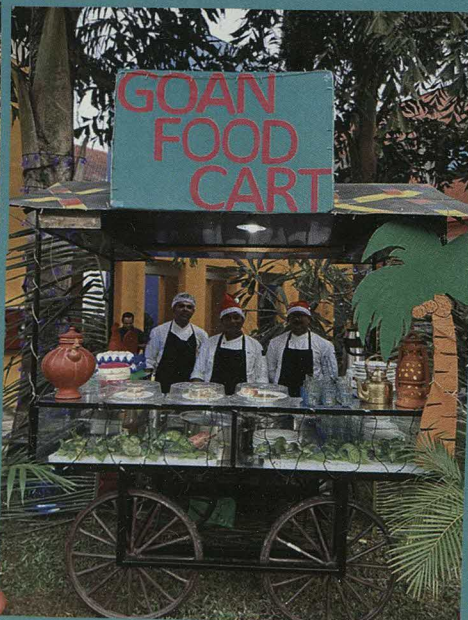
Rice Festival

On the 5th of February. Our team of students got this rare opportunity of attending the rice festival in Mumbai.

The seminar commenced and the Speaker heralded that the purpose of holding this exhibition was to a wider larger platform for the indigenous varieties of rice grown throughout our country. There were farmers whose rice varieties were nearing extinction, who were rendered assistance by helping them with the growing of rice, and marketing their produce too.

Chef Thomas dished out a three-course menu to us prepared by using these rice varieties. Chefs from the "Virushka" foundation also catered to our taste buds. An agriculturist spoke on how rice could be cultivated in saline water too. The farmers up a buffet based on rice which we thoroughly relished.

This festival changed my perspective about rice which was once considered a boring ingredient for cooking but turned out to have a further tremendous potential as cooking is concerned. What astonished me the most was the black rice which I saw for the very first time in my life.



COUNSELING DEPARTMENT

Body Language

The counseling department of VMSIHE organised a session on *Appropriate Body Language* for the F.Y.BSc. CA students.

The resource person for the Workshop was Ms. Caroline Stewart Silva, who has years of experience in corporate training.

Ms. Caroline had a fun and activity-filled learning session for the students. She covered topics like kinesics, Proxemics, and Haptics. Along with speaking about the expected body language, Ms. Caroline also had a lot of activities to help students understand better.



These sessions are a part of the ongoing grooming of students for interviews and the industry. Along with having a lot of fun the students also learned what is expected of them by the corporate and appropriate body language.

Team Building

The Counseling department planned an activity session for the F.Y. IHM & F.Y.CA students. The main focus of this session was "Team Building". We took an activity-based learning approach, which helped the students have fun along with understanding a few concepts of working in a team. The major ideas we highlighted were: Communication, trust, collaboration/teamwork, and accountability.

The session started with an icebreaker "find your pair", where students had to communicate and find their pair e.g. cup saucer, salt pepper, etc. Some of the activities that focused on team building were Follow the Leader, broken telephone (focusing on communication - nonverbal and verbal); a blind snake (trust), and obstacle race (teamwork/collaboration).

Building Boundaries

The Counselling department organized a talk on '*Social Media and Building Appropriate Boundaries*'. The guest speaker was Dr. Aldina Braganza - Clinical psychologist and Psychotherapist and has immense experience dealing youth.

She spoke about how the adolescence period is a very critical time in everyone's life as it unique stage of human development and also an important time for laying the foundations of good mental, physical and emotional health.

She also gave a brief reality check on the lives of influencers and how all they portray online or virtually isn't always real. Being happy in the virtual world doesn't not always mean being happy in reality.

She also stressed upon the comparison culture on how one often tends to compare themselves with others in the virtual world and are living two lives – virtually and in reality and how it tends to bring in a mental and emotional breakdown at times. Comparison culture tends to make individuals determine their own social and personal worth based on how they measure up against others- which is unhealthy physically, emotionally and mentally.

Dr. Aldina touched upon the need for boundaries in the virtual and real life. How ones boundaries in the adolescence phase can turn and shape who or what they become in the future. She used a lot of real life situations/stories and had a practical session on the types of boundaries that could have been set so as to avoid such unpleasant turn of events.

Lastly, she concluded by speaking about self-care and its importance in our day to day life.

Workshop

Both the counsellors, Ms. Alethea Baracho and Ms. Valerie Jacques attended a state level lecturer series on *"Community Resilience" #1 on 'Advanced Level of Healthcare Therapeutics and Strategies for the Differentially Abled Millennial: Inclusivity in Society* organized by M.E.S. College of Arts & Commerce on Tuesday, 28th September 2022.

The lecture was organized by the Psychology department of M.E.S. College headed by Dr. Frida Cota e Pereira and the event coordinator was Ms. Cedila Pereira e Gomes. The Resource person was Dr. Priyanka Raikar who is Pediatric Occupational Therapist, Sensor Integration Specialist and Handwriting Specialist.



SPORTS CLUB REPORT

The sports club of VMSIHE organized many activities for the students and staff of the institute. The students and the staff of the institute are divided equally into four different houses (Red, yellow, green, and blue) by electing each house representative called a captain and vice-captain and General sports secretary and all the houses compete with each other in various sports activities organized throughout the year.



The first sports activity of the year started with an Inter-House football tournament organized on 5th August 2022. The tournament had a healthy competition with all four houses fighting to give their best. The yellow house vs. Greenhouse played the finals and the yellow house proved to be on the winning side. The tournament was successful with all the students participating with great interest and zeal to excel in the game. The students were served refreshments after their matches.

The Inter-House swimming competition was organized on 17th August 2022 in which all four house students and staff participated and saw an extreme endurance of students giving their best shot in the sports the red house excelled in both men and women categories.

The Following intramural was throw-ball for women and volleyball for men which was organized on 12th November 2022. In the women's category the finals were played between Greenhouse vs. blue house the match was filled with extreme levels of energy and enthusiasm towards the game where both the team fought till the end to win it for their house. Blue House was declared the winner in the third set. In the men's category (Volleyball) the finals were played between Blue vs. Yellow House in which the score was settled with blue house winning two sets and yellow house one.

The next Intra-Mural was Handball for men and women which was organized on 25th November and 05th December 2022 respectively. In the women's category, the finals were played between red house and yellow. The enthusiasm and zeal to win the handball match was high among all the players and the house members. The final score settled with 1:0 yellow house on the leading side. The tournament was a great success with students learning new skills and rules of the game.



In the men's category, the finals were played between red and green houses both the houses were well geared with energy and enthusiasm towards the beautiful game. The final score was concluded with a tie and later greenhouse won the tiebreaker.

On 27th January 2023, the Annual Sports Day 2022-23 of VMSIHE was conducted. All 4 houses fought well and competed to their best to keep their house at the top of the table but only the blue house could succeed.

The Sports day Began at 8am on 27th January 2023 with the march past followed by the torch ceremony. The Chief Guest Dr. Marie Raj the Administrator of VMSIHE Unfurled the Institute flag and declared the sports meet open and the 100m men race was started followed by the events as planned which included track events and field events like 200m, 400m, 800m, mini triathlon, 4x100m relay and field events like discuss throw and shot put and the team games like Kabaddi, Tug of war and House Anthem.

The students and staff showed their composition and coordination skills in the house anthem prepared by them followed by the prize distribution ceremony.

The best sportsman was awarded to Mr. Anirudha Sardesai for taking part in most Inter-Collegiate events and winning a maximum number of individual medals and Best Sports woman was awarded to Ms Tahira Rodrigues for winning the most medals in individuals sports in the Intra-Murals. The Blue House was declared the winners with 835 Points and the runners-up were the red House with 785 points.

The institute also participated in various Inter-collegiate sports championships academic year 2022-23 complex Peddem,

organized by Goa -University for the like Table Tennis organized at DSYA sports complex Peddem, Badminton at DSYA Peddem, Swimming at SAI sports complex Ponda, Inter-collegiate football tournament at Rosary football ground and we won the first match against PES Pharmacy college, volleyball at Dr Syama Prasad Mukherjee Stadium And Kabaddi at Jubilee hall Goa University.

The students were trained in all the games before participating in Inter-Collegiate events and practiced for a minimum of 15 days before every competition so the students learn the skills, techniques, and rules of the game before playing the match. This helped students to gain confidence and overcome the fear of competition.



NSS ACTIVITIES REPORT

Booster Dose Camp

The NSS Unit of V. M. Salgaocar Institute of International Hospitality Education organized a Booster dose camp. A team of doctors & Nurses from Loutolim PHC conducted the camp. A total of twenty-six staff members & 2 students participated in the camp.



International Coastal Cleanup Day

World Coastal Clean-up Day was celebrated. It was the world's largest beach cleaning activity. The World Clean-up Day united millions of volunteers, governments, and organizations in 191 countries to tackle the global waste problem and build up a new and sustainable world under the theme "Fighting for trash-free seas".

14 NSS Volunteers along with Mr. Frazer Rodrigues, NSS Coordinator, Mr. Dewaraj Hirekurabar, Director-PE & Sports, and Mr. Rafi Mohammed, office assistant cum driver from V.M. Salgaocar Institute of International Hospitality Education, Manora-Raia participated in the campaign.

The program Coordinator of the campaign Mr. Abhijit Pai allotted Majorda Beach, Goa for the clean-up. All institutions, organizations, and volunteers cleaned 52 beaches across Goa with 5327 volunteers who collected 26161 KG of waste.

NSS Day 2022

V.M. Salgaocar Institute of International Hospitality Education, Manora-Raia, celebrated NSS day by organizing an open quiz in the cafeteria during the tea break & speaking about the importance of NSS.

NSS Leader Sam Rodrigues spoke about the objectives & motto of NSS and the importance of community service. NSS volunteer Ms. Ashitha Misquith conducted the quiz related to general awareness and various social issues. 'Education through Service' is the purpose of the NSS. Students & staff members actively participated in the quiz. Prizes were given for every right answer. The program was organized by NSS Coordinator Mr. Frazer Rodrigues & Programme Officer Ms. Megha Bagde.

Quiz Competition

Goa State AIDS Control Society organized state level Quiz Competition for Institutes and colleges that are members of Red Ribbon Clubs at Institute Menezes Braganza Hall, Panjim-Goa. The idea behind conducting this competition was to actively involve and engage members of the Red Ribbon Clubs in creating awareness about HIV/AIDS, Adolescent Health, Mental Health, Covid 19, Co-morbidities, and any other public health threat and questions related to National AIDS control program, etc. through a mode of Quiz. FYBSc IHM students Mr. Keegan Costa and Ms. Endrea Fernandes Goa participated in the competition accompanied by NSS Coordinator Mr. Frazer Rodrigues from V. M. Salgaocar Institute of International Hospitality Education Manora-Raia-Goa.

Celebration of Gandhi Jayanti

On occasion of Gandhi Jayanti, the NSS unit of V. M. Salgaocar Institute of International Hospitality Education Manora-Raia-Goa observed the birth anniversary of Mahatma Gandhi on 1st October 2022 at 10.00 am in the institute Cafeteria. October 2nd is also observed as International Day of Non-Violence. NSS Volunteer Mr. Keegan Costa from FYBSc IHM Programme started his speech with a quote by Mahatma Gandhi "The best way to find yourself is to lose yourself in the service of others".

The purpose of the speech was to create awareness of the International Day of Non-Violence and to reflect on the personality, teachings and principles of Mahatma Gandhi.

National Integration Day - Rangoli Competition

The NSS Unit of V.M. Salgaocar Institute of International Hospitality Education, Manora-Goa organized the Rangoli Competition for NSS volunteers on the occasion of National Integration Day which is also known as Quami Ekta Divas that commemorates the birthday of India's first-ever female Prime minister Indira Gandhi. Keeping up with this thought, the talent and creativity of the students were well brought out in an Inter-House Competition under the theme 'National Integration' and received an overwhelming response with 11 teams and 22 participants.

The students put their best foot forward and took part in the competition with zest. Innovation and creativity are the words that best describe their efforts.

Ms. Joana Souza Lobo & Rishika Verenkar bagged first place in the competition, followed by Ms. Zoe Rodrigues & Ms. Kelly Albuquerque won second place and Ms. Aarya Kamat & Ms. Abigail Luis secured third Place. Prof. Mirza, Principal/Director of the institute congratulated the participants & the winners and distributed the certificates to the winners.

World AIDS Day 2022

The NSS Unit of V.M. Salgaocar Institute of International Hospitality Education, Manora - Goa organized an awareness talk to show support for people living with and affected by HIV and to remember those who lost their lives to AIDS.

The awareness talk was held in the Cafeteria (Zakuro) of VMSIHE from 10.00 am to 10.15 am. Every year NACO (The National Aids Control Organization) focuses on a specific theme. The theme for this year was 'Equalize'. It means everyone should work to eliminate the injustices that are impeding the fight to end AIDS. This year's theme joins a growing list of challenges that World AIDS Day has alerted people too globally. The "Equalize" slogan is a call to action.

Talk about Dental Issues, Solutions & Maintaining Healthy Teeth

NSS Unit of VMSIHE in coordination with the HR department organized a session on Dental Issues, Solutions & Maintaining Healthy Teeth for all staff and students by Dr. Dhiraj Naik and his Team. Dr. Dhiraj Naik is a Dental Surgeon, Orthodontist & Implantologist, and a founder of Dr. Naik's Braces & Dental Studio at Arlem. The team explained the details about the advanced technology and gadgets in and ways to maintain oral hygiene.



IQAC REPORT

Designing E Portfolios

The IQAC of V. M. Salgaocar Institute of International Hospitality Education organized a workshop on 'Designing E Portfolios' for its faculty. The resource person for the workshop was Mr. Andrew Barreto. The objectives of the programme were to understand how to create an E Portfolio and how students could design one to visually track their progress in the 3 years at college. The application of e portfolios was also detailed; for example the kitchen department could use it to allow students to track their kitchen experiences and help them to develop their resume.

Writing An Assignment Guideline

The IQAC of V. M. Salgaocar Institute of International Hospitality Education organized a workshop on 'Writing an assignment guideline' for its faculty. The resource person for the workshop was Dr. Nandkumar Sawant. The objectives of the workshop were to understand how to design an assignment guideline for students with specific course outcomes. Dr. Sawant covered a brief about Bloom's Taxonomy, format of an assignment and the rubrics for assessment

From Complaints To Compliance, Teaching A Free Spirited Teenager

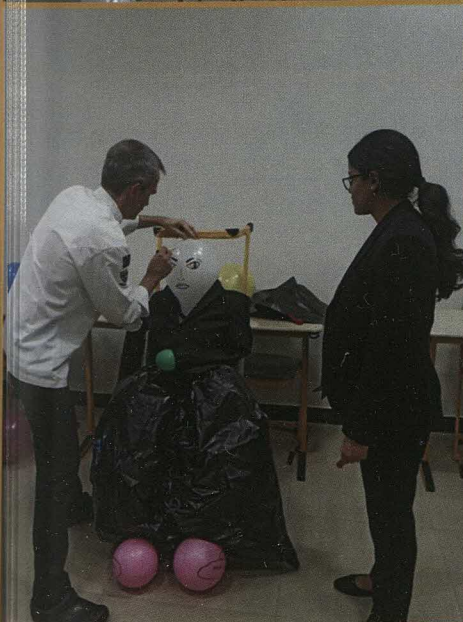
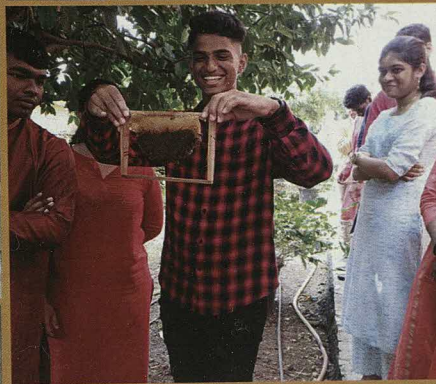
The IQAC of V. M. Salgaocar Institute of International Hospitality Education organized a workshop on 'From complaints to compliance, teaching a free spirited teenager' for its faculty. The resource person for the workshop was Dr. Aldina Braganza, psychotherapist and officiating principal at Carmel College. Ms. The objectives of the workshop were to bridge the gap of effective communication between teachers and students through mutual respect. Dr. Aldina spoke about the effects of the pandemic on the students' lives, tech overload and overcoming hurdles while dealing with students. She conducted an exercise on the wellness circle and spoke about self-care among teachers and students.

Basic Emergency Aid

A hands-on training programme focussing on basic emergency aid was organised by the IQAC for the staff and F.Y. students of V. M. Salgaocar Institute of International Hospitality Education. Mr Jovito Lopes, Secretary of Saint John's Ambulance Society, Panjim and a versatile motivational speaker was the resource person.

Starting his sessions by listing the various diseases related to lifestyle, Mr. Lopes explained the fundamentals of first aid before elaborating on the treatment procedures to be followed for different types of injuries. While stressing on the Golden Hour Rule for respiratory and cardiac emergencies, he emphasized the fact that it is our sacred duty to do our utmost to save lives.

Demonstrating how volunteers should act and respond to a casualty and apply corrective methods, he further explained the right way of administering the AVPU test and CPR (Cardio Pulmonary Resuscitation) to an unconscious person. Valuable information was also provided on the need for a fully-equipped first aid box to be made available in the Institute. The demonstrations were made enjoyable with participant involvement, witty anecdotes and interactive question and answer sessions.



IQAC Report



Beekeeping And Honey Production

The role of bees for boosting agricultural and horticultural production cannot be underestimated. Due to research being done in the recent years and the ensuing awareness, a sizeable number of people from the length and breadth of Goa, have become more conscious of the importance of beekeeping. The IQAC organised a session on beekeeping and honey production for F.Y. students and staff at the Institute. The resource person for the session was Fr. Michael D'Costa. He introduced the students to the basics of bee biology and management of the Apis Cerana Indica breed bee colony.

Goa is known for its multi floral arboreal vegetation which produces rare nectar. This is assimilated by the bees resulting in production of uniquely flavoured honey. He gave a practical demonstration to the students at the Institute garden, which has one live beehive colony.

Some of the students also handled the combs with live bees which changed their concepts of bee behaviour. Fr. Michael D'Costa informed the participants about the government scheme which provides subsidy for purchasing beehive colonies and also the procedure for applying for the same. Several students expressed keen interest in venturing into a piculture after the day's highly motivating session.

Reimagining Teaching Learning Pedagogy

The IQAC of V. M. Salgaocar Institute of International Hospitality Education organized a Faculty Development Program on 'Reimagining Teaching Learning Pedagogy' for its faculty. The resource person for the workshop was Rajendra Joshi, Centre for education and social sciences. Ms. Nelissa Alcasoas welcomed the speaker. He highlighted the NEP requirements for higher education, teaching learning pedagogy and how educators have to adapt themselves to their learners. The session was packed with fun activities and anecdotes.

E-waste Collection Drive

The IQAC of VMSIHE organized an e-waste collection drive on the college campus. Bins were installed in the IT lab, and staff and students could drop in any e-waste that they had lying at home such as electrical and electronic waste. The e-waste was dropped off for collection at the Rotary Club office in Margao. Chargers, charging cords, LCD projectors, old mobile phones, and laptops were all donated. A total of 5 boxes were collected.

Team Building Workshop

The IQAC of V. M. Salgaocar Institute of International Hospitality Education organized a workshop on 'Personality Development – Team Building' for its faculty. The resource person for the workshop was Colin Coelho, freelance trainer. The objectives of the workshop were to become better team players and improve team morale.

The session was packed with fun simulation games. Some of the learning outcomes was self-awareness, communication and interpersonal skills, developing trust and negotiation skills and delegation and collaboration among participants.

ALUMNI REPORT

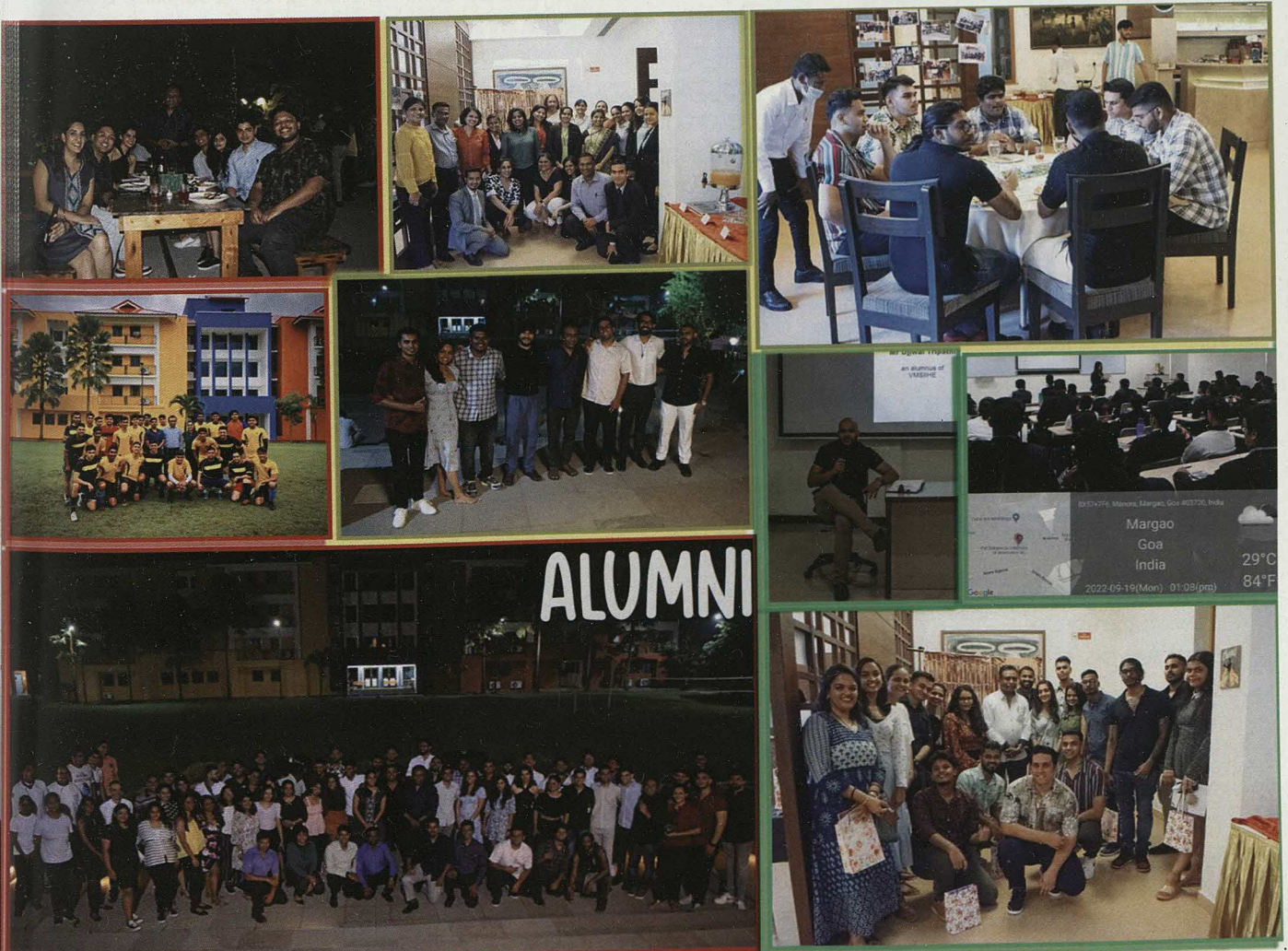
Alumni Series

Ms. Joana Luis (Entrepreneur- Bakescape) an alumna of VMSIHE, had an interactive session with the T.Y. students.

During the session, Ms. Joana spoke about her learning experience and fruitful times as a student at VMSIHE and how this journey has molded her into what she is today. She stressed how communication, knowledge, skill, attitude, and grooming are very important to crack interviews and also to survive in the competitive hospitality industry. She emphasized how it is important for the students to update themselves on the current trends and foods of the industry so as to keep their customers satisfied and happy.

She also spoke about always having choices in life and how it is up to oneself to use hard work and determination to achieve your dreams and education is never wasted but always handy. She gave our students tips and also shared her journey as an entrepreneur.

Toward the end of the session, the students had a lot of advice to take away and also were mentally prepared to face the challenges for the outside world.



Football Match

A football match was organized between the VMSIHE Alumni and the VMSIHE football team. There was a tough fight between both the teams, and the winners of the match were the Alumni, 1-0 full time (Scored by Myron Peixoto).

There was a spirit of sportsmanship and positive energy on the field. The current students got to meet and interact with the alumni. The alumni were happy to be back on campus and reminisce about the good times they've had on the field.

Nostalgia 2022- May

VM. Salgaocar Institute of International Hospitality Management (VMSIHE) organized its 2nd alumni meet "NOSTALGIA 2022" at Creams Restaurant. The Director/Principal Prof. Irfan Mirza and the alumni co-ordinator Ms. Alethea Baracho welcomed the former students once again on campus.

The staff members and alumni got a chance to relive some of the best memories that were created here on this very campus as a VMSIHE family.

One of our alumnus, Bob Abreu celebrated his birthday that day and he was given a surprise cake cutting ceremony by the staff members and the rest of the alumni.

Time flew by very quickly through informal catching up and reminiscing of old memories while treating our taste buds with the wonderful spread of the brunch organized by Chef. Sebastian and his kitchen team. The alumni were thanked by Prof. Irfan Mirza for attending the get-together despite their hectic schedules and were presented with a small souvenir to remember this memorable day.

The alumni get-together ended with the alumni requesting to have another meet-up soon and how they enjoyed their time together and feeling cherished and remembered.

Nostalgia 2022- December

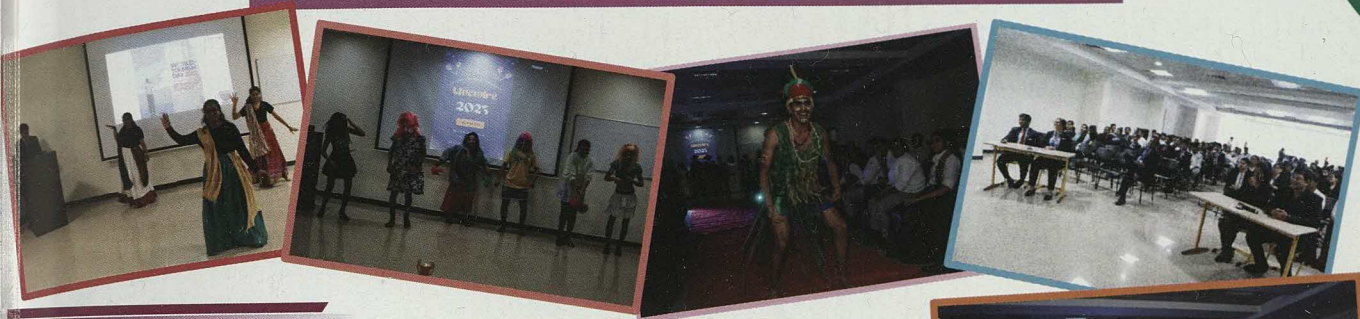
VM. Salgaocar Institute of International Hospitality Management (VMSIHE) organized its 3rd alumni meet "NOSTALGIA 2022". A total of 54 alumni attended the get together.

The Director/Principal Prof. Irfan Mirza and the alumni co-ordinator Ms. Alethea Baracho welcomed the former students once again on campus. Many alumni got a chance to interact and meet their batch mates, seniors/juniors after many years and were very happy and excited catching up with each other.

Time flew by very quickly through informal catching up and reminiscing of old memories while treating our taste buds with the wonderful spread of the brunch organized by Chef. Sebastian and his kitchen team.

The staff members and alumni got a chance to relive some of the best memories that were created here on this very campus as a VMSIHE family. The alumni left the campus feeling nostalgic about their college days and creating new memories as well.

GENDER CHAMPIONS



Teacher's Day

The Gender Champions organised two games for the staff members of VMSIHE on Teacher's Day in order to break a few stereotypes like 'women can't knot a tie' and 'men can't drape a saree'. The games tried to show that gender has got nothing to do with the ability of women to knot a tie and the ability of men to drape a saree.

At the end, all the staff members received a memento along with a card as a token that comprised of boxes of different colours and designs that were placed at their seats by the Gender Champions without considering any colour preferences based on gender.



Tourism Day

On World Tourism Day the Gender Champions gave a presentation on 'Gender Equality in the Hospitality Sector'. The theme was '*Rethinking Tourism*'. The objective of the presentation was to bring about awareness of how the world is rethinking tourism and encouraging diversity and people's choices to be unique and different. They spoke on the contribution of women in various fields and their role in tourism and hospitality. A few examples of powerful women were shared such as Oprah Winfrey in the entertainment industry; Shirin Batliwala, vice president of the food and beverage department in Taj Groups of hotels; and Madhur Jaffrey, the first lady of global Indian cuisine. They also shared information on some of the LGBTQ-friendly hotels.

Breaking Gender Barriers

A session on 'Breaking Gender Barriers' was conducted for the students in the Multipurpose Hall. The objective of the session was to break various gender barriers and to change people's perceptions and thinking. The session was conducted by Ms Valerie Jacques. Students were divided into groups of 15- 20 each and a few activities and games were conducted with the objective of breaking gender barriers. In the end, the counsellors spoke about society, men and women as a whole and focused on treating everyone equally and celebrating differences, since it is the differences put together to make everything complete.

Tourism Day

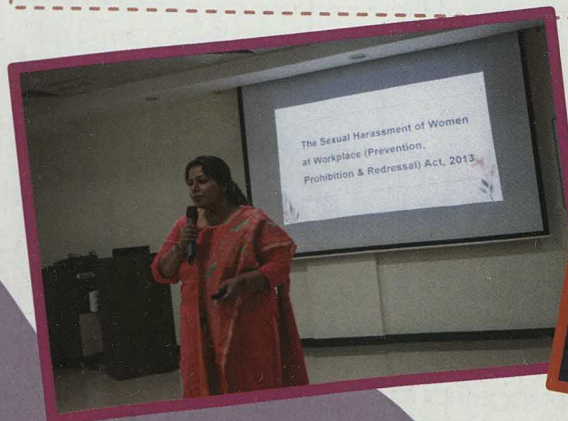
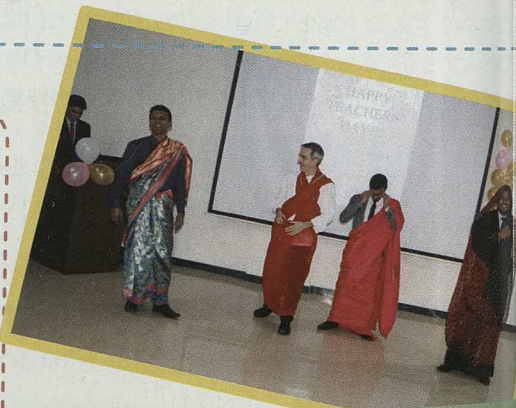
The Gender Champions organised FIFA Day in order to spread awareness that 'Football' is a game for all and can be played by people of different genders, races and colours. All the students came dressed in different jersey colours. The classes had to pick up chits to know which country they were allotted. There were three competitions held namely FIFA Quiz, PS4 Tournament and Jersey Redesigning that took place simultaneously in the Multipurpose Hall and in the Accor classroom. Later, a dance performance was put up by all the classes based on FIFA theme songs. There were also various spot prizes for the audience. The programme ended at 4.30 p.m. with a vote of thanks.

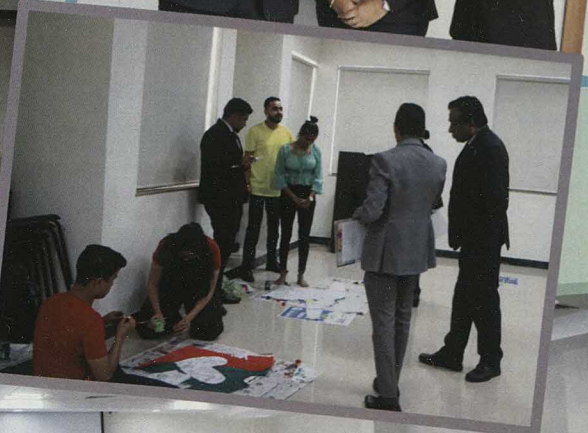
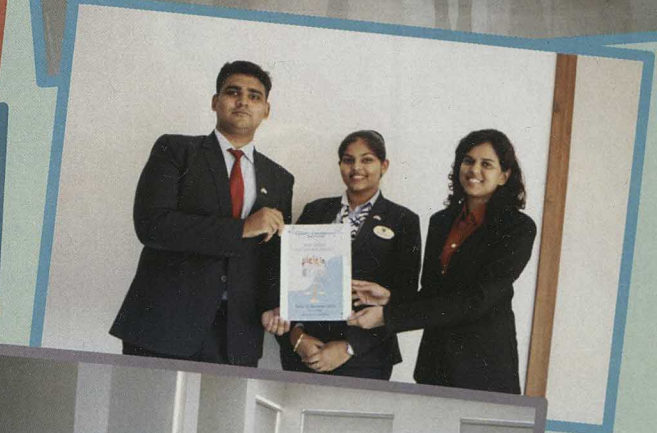
Prevention of Sexual Harassment

An awareness session on 'Prevention of Sexual Harassment' was organised by the Gender Champions for all the staff and students of the Institute. The resource persons for the session were Dr M.R.K. Prasad and Dr Sandhya Ram. The session was conducted to bring about awareness of the POSH Act, 2013 which includes the prevention and prohibition of sexual harassment at the workplace. They also covered areas on gender sensitivity, social construct, gender equality, equal employment opportunities and tackling gender discrimination and stereotyping.

Women's Day

On the occasion of Women's Day celebrated the Gender Champions presented all the female staff and students of the Institute with a gift comprising of a women's day wishing card and a women's inspired perfume as a token of appreciation to all women for all their hard work. The quote on the wishing card with the quote "She is a Dreamer, she is a believer, she is a doer, she is an achiever, and that she is "You". The Gender Champions personally distributed the gifts to each woman to show their appreciation to them.





YUVA TOURSIM REPORT

Photography Competition

The YUVA Tourism Club of VMSIIHE organized a photography competition for staff and students. All entries had to be submitted via email to the club coordinator.

The Theme for the competition was Goa through My Lens (Depicting the culture, rich heritage, and tourism platforms of Goa).

The Second place was bagged by Ms. Suhani Katkar (FY CA) – Fontainhas Panjim and the First place went to Mr. Dev Thakkar (FY MSc) – Sunrise in Goa

Cultural and Heritage Trail

The YUVA Tourism Club of VMSIIHE had its first cultural and heritage trail on Friday, 3rd March 2023. 10 TY students along with the Club coordinator Ms. Alethea went to visit two beautiful and culturally rich villages of Goa ; Rachol- Shiroda. The trail was organized through the Soul Travelling Group of Goa and four of their members Mr. Jagrut, Mr. Zahur, Mr. Eish and Mr. Pankaj were excellent hosts.

We visited the broken Arch of the fortress of Rachol earlier known as Raitur (village of Kings), during the Portuguese times Rachol was the defense fort of Goa. But due to continuous fights between the Portuguese and Mughals the fort was destroyed and only the arc remains today. Another interesting fact about the arc is that many villagers offer prayers and items to the protector for the village for their wellbeing and safety and this tradition is observed to this very day.

Next we visited the Seminary in Rachol which is one of the largest seminaries in the continent of Asia. There are a lot of wonderful hidden gems present in the architecture, paintings and statues of the seminary. Each painting, deity or object there has an intriguing story. We were also able to see the relics (fragments) of St. Constantius there.

We then took the ferry to go to Shiroda. There is an immense difference between the cultures and traditions of both the villages although they are just a river apart. One village being dominated by Christianity while the other by Hinduism.

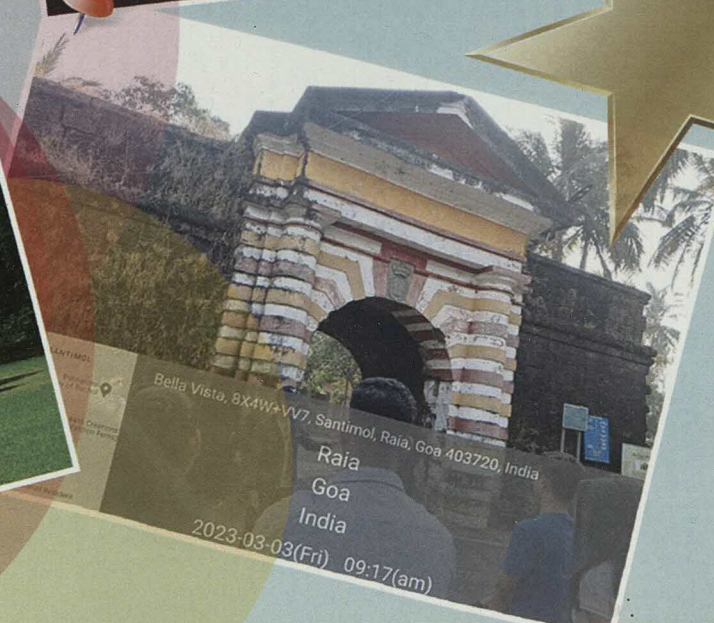
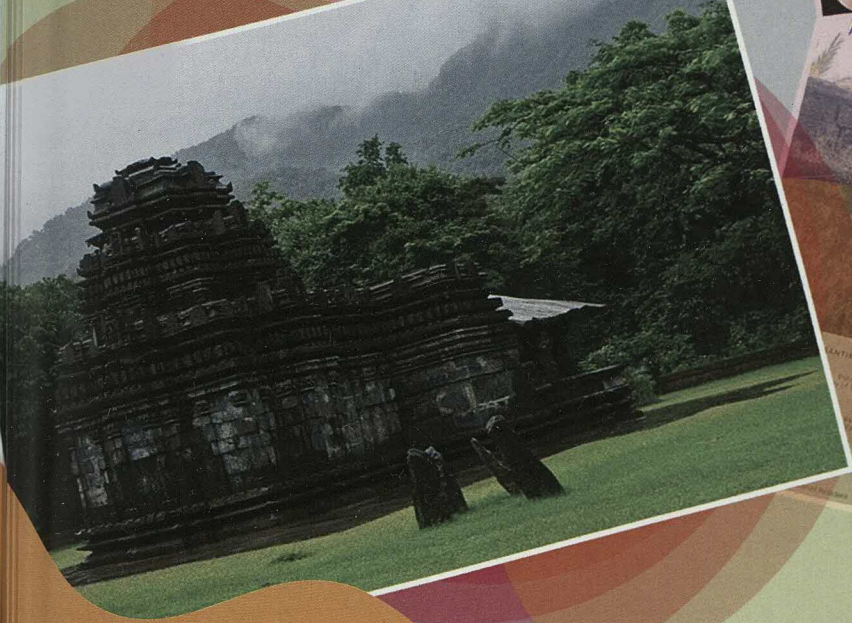
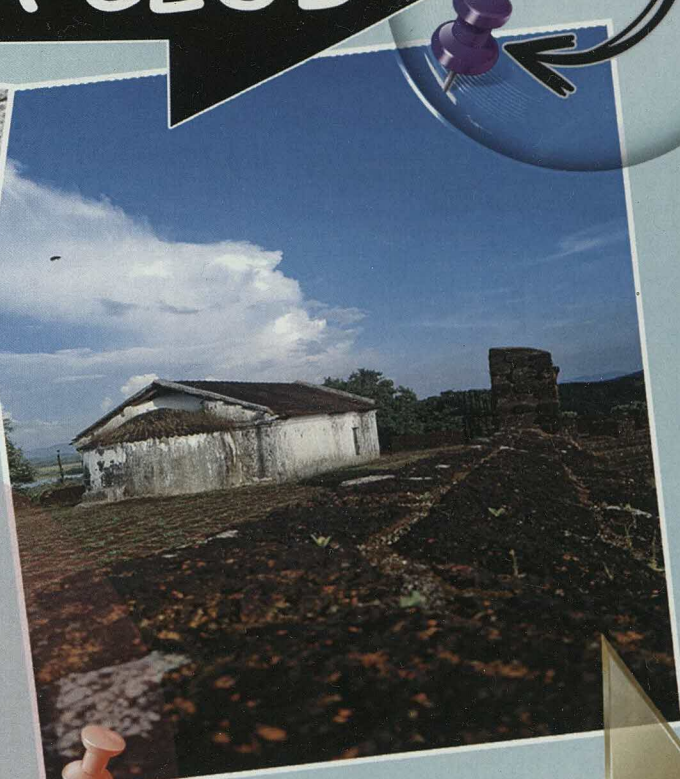
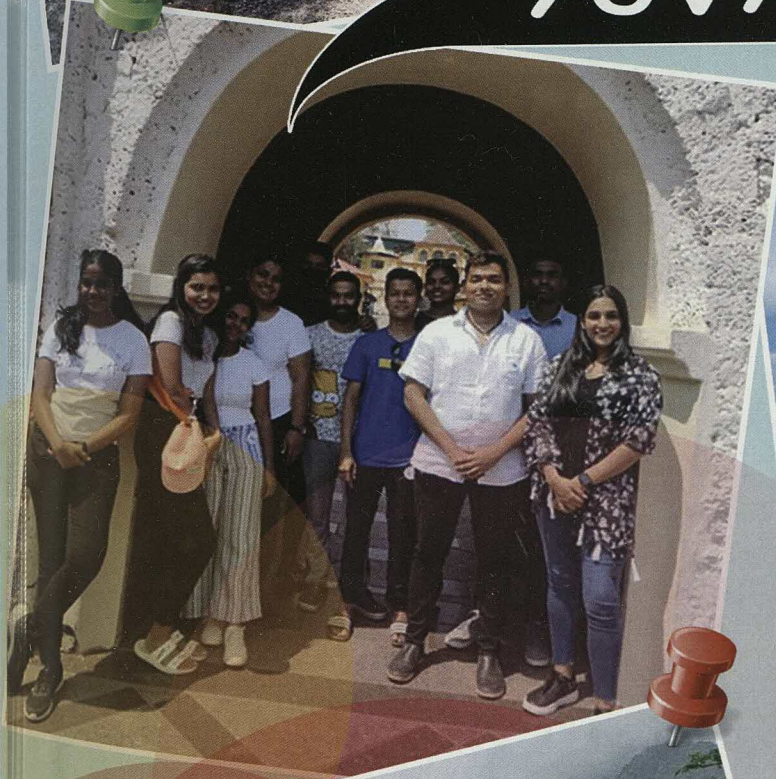
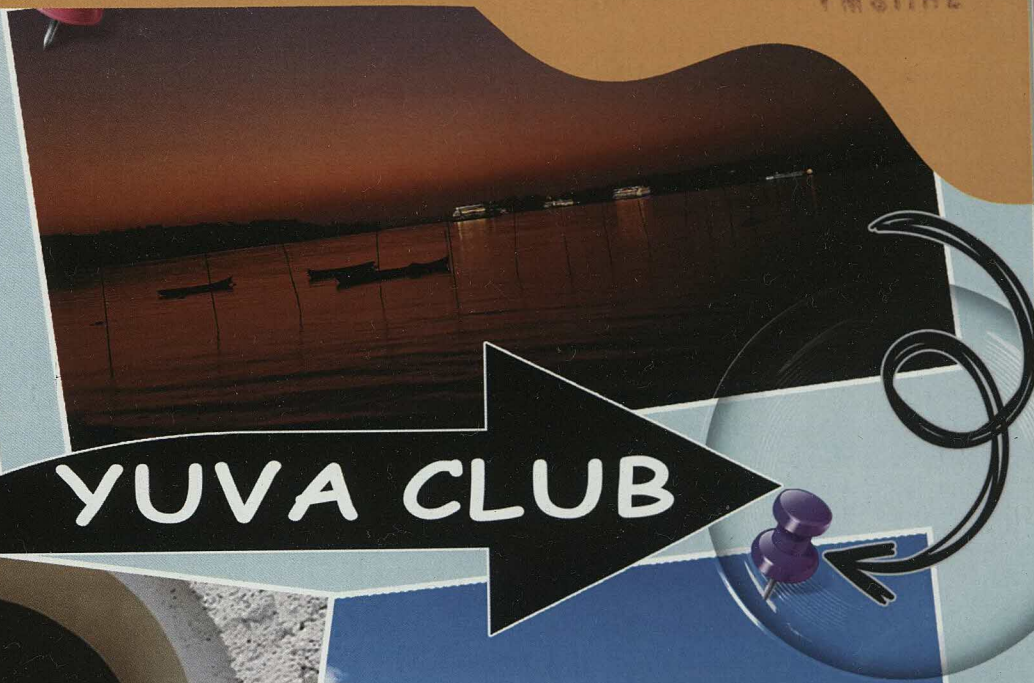
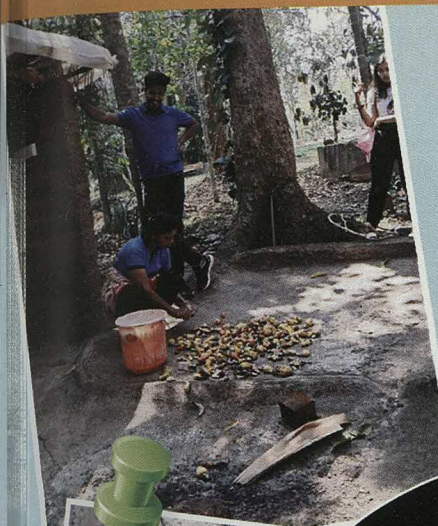
In Shiroda we visited the famous Kamakshi temple which is famous for various festivals and rituals celebrated here. The calmness and serenity of the temple can make one sit there for hours and meditate, the beautiful architecture is just pleasing to the eyes. This temple too has a lot of traditions and stories to tell.

From here we went to a beautiful eco farm called the NV Eco farm in Dabal. The manager of the farm Mr. Santosh, showed us around and explained to us how the farm operates using all natural means right from the manure used for plants to the water in the pool and taps is all eco-friendly and natural. We were taken for a round to the spice/botanical gardens, we also saw the process of cashew juice distillation and finally visited the ancestral home there.

We had a lavish spread of authentic Goan food for lunch which was very pleasing to the taste buds. Towards the end of our stay at the farm we had a cashew nut roasting session.

Overall, it was a very good experience and everyone gained a lot of new information about Goa and the rich heritage that it holds. We can gladly say that we are proud to be Goenkars!

YUVA CLUB



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Happenings @VMSIHE



Happenings @ VMSIHE

1. Awards Ceremony 2022

The Awards Ceremony was full of excitement and thrill with the students being celebrated for their academic performance and accomplishments. It was a joyous occasion with music and dance, celebrating the achievements of our students!

With gratitude, we honor the students whose hard work and dedication have set new examples for others to follow.



2. Alumni meet 2022 (May)

The essence of nostalgia is an awareness that what has been will never be again."
- Milton S. Eisenhower

VMSIHE organized its 2nd Alumni Meet 'Nostalgia 2022' on 6th May 2022. The alumni and the faculty got the opportunity to relive some of the best memories that were created as a VMSIHE family. Time flew by quickly through subtle conversations reminiscing the thoughts of old memories.



3. M.Sc. Field trip

The S.Y. M.Sc. students visited Dew Drops Jungle Resort, Dandeli-Karnataka for an experiential field trip.

The purpose of this experiential field trip was to inculcate a deeper understanding of the experiences learned in an environment outside of the classroom in order to understand the issues & challenges in managing a jungle/forest resort & analyzing the guest adventure activities, risk factors associated etc.



4. Switzerland Study Tour 2022



At VMSIHE, we strive to give our students the best possible hospitality education by teaching them through hands-on learning, global partnerships for internships, and overseas study tours. During the recent study tour, students of VMSIHE had an enriching experience visiting several hotspots and discovering varied cuisines in Switzerland and different cultures across Europe.

The study tour included a visit to Maison Cailler Chocolate Factory, cheese tasting at The Gruyere Cheese Factory, a visit to Domaine du Daley in the Montreux mountains, with wine tasting to name a few.

5. International Yoga Day 2022

Yoga is an amazing way to stay fit since it helps improve balance, body strength, and flexibility.

Besides this, yoga also keeps the body younger and in better shape. On the occasion of World Yoga Day, VMSIHE organized a session for its staff & students at the Campus.



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6. Van- Mahotsav

Van Mahotsav is a tree-planting festival that supports the conservation of forests. We celebrated this festival on our campus with the intention to encourage the staff to spread awareness about planting trees and emphasizing the importance of saving the planet.



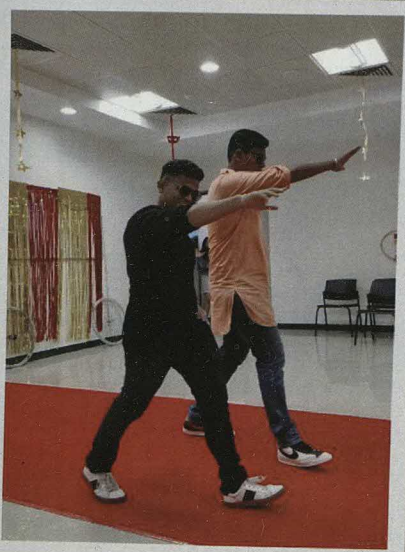
7. Induction 2022

The academic year 2022 has started with a bang! We welcomed the newly inducted batch of students for the academic year! We wish them a fruitful learning experience with us.



8. Fresher's Party 2022

The Annual Fresher's Party at VMSIHE is an event where the First Year students are given a warm welcome. The theme for this year is 'Bollywood'. The event was packed with a lot of fun games, icebreakers, snacks, and more. Making it a great platform for first and third-year students to showcase their talents.



9. Independence Day

VMSIHE celebrated 75 years of Independence with great pomp. The students and faculty members very enthusiastically participated in the day's celebration. They sang and pledged our patriotism as a part of the celebrations.



10. Ganesh Chaturthi 2022

At VMSIHE, we celebrated the auspicious occasion of Ganesh Chaturthi, in the presence of Dr. Antonio Crystello Tavares, Consulate General of Portugal along with Mr. Paulo Gomes, Director of Fundação Oriente and Ms. Ethel Bruto da Costa.

Kind words were exchanged complimenting Prof. Mirza's leadership. The celebration consisted of a traditional meal along with songs and dance.



GANESH CHATURTHI 2022



11. Teachers Day 2022

To honor and appreciate the teachers for their hard work and dedication, students of VMSIHE celebrated Teachers' Day with great splendour, saying words of kindness along with performances and games.



TEACHERS DAY



12. ONAM 2022

We celebrated Onam in the traditional way with great joy and enthusiasm. The students actively took part in the cultural program by putting up marvelous dance performances and singing songs. Which was later followed by the traditional Onam Sadya.

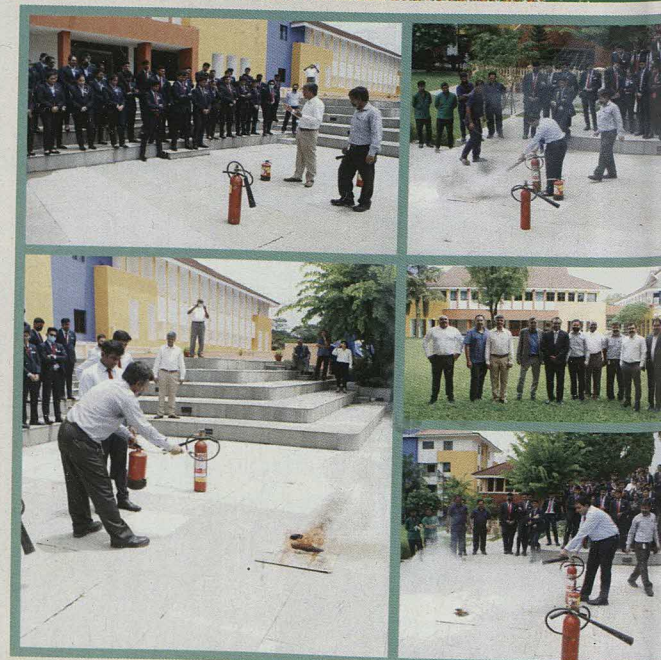




13.Fire Safety

Young Skal International Goa organized a session on Fire Safety at VMSIHE for the students. Mr. Anand Ramakrishnan, Director of Leistung Solutions facilitated the session.

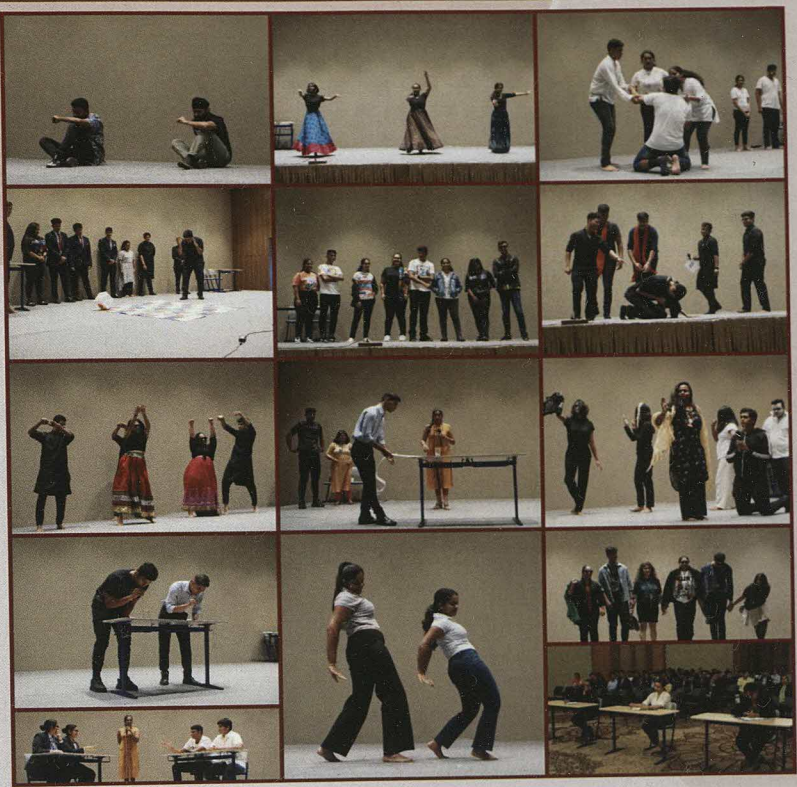
This was followed by a hands-on demonstration of the correct way of using a fire extinguisher.



14. Skills & Thrills 2022

Skills "N" Thrills 2022, which was a fun display of talent by the students in various activities.

The aim of the event was to bring out the spirit of healthy competition among our students while displaying their talents.



15. World Tourism Day 2022

To commemorate World Tourism Day, VMSIHE organized a cultural program as well as a quiz, and a poster competition themed 'Rethinking Tourism.'

The attendees were enthralled by the program.



16. Garba Night

Students and staff of VMSIHE had an exciting and vibrant Garba evening at the Institute. The festivity was accompanied by dance performances, food, and much more fun events.

Garba Night



Garba Night

17. Wrap & Roll 2022



Wrap & Roll 2022

17. Wrap & Roll 2022

Wrap & Roll - The Healthy Way, organized by VMSIIHE. The main goal of the event was to highlight the importance of healthy eating. On the occasion of International Chefs' Day, culinary enthusiasts from Higher Secondary Schools across the state came together to display their gastronomical finesse in a cooking competition.

18. International Bread Day

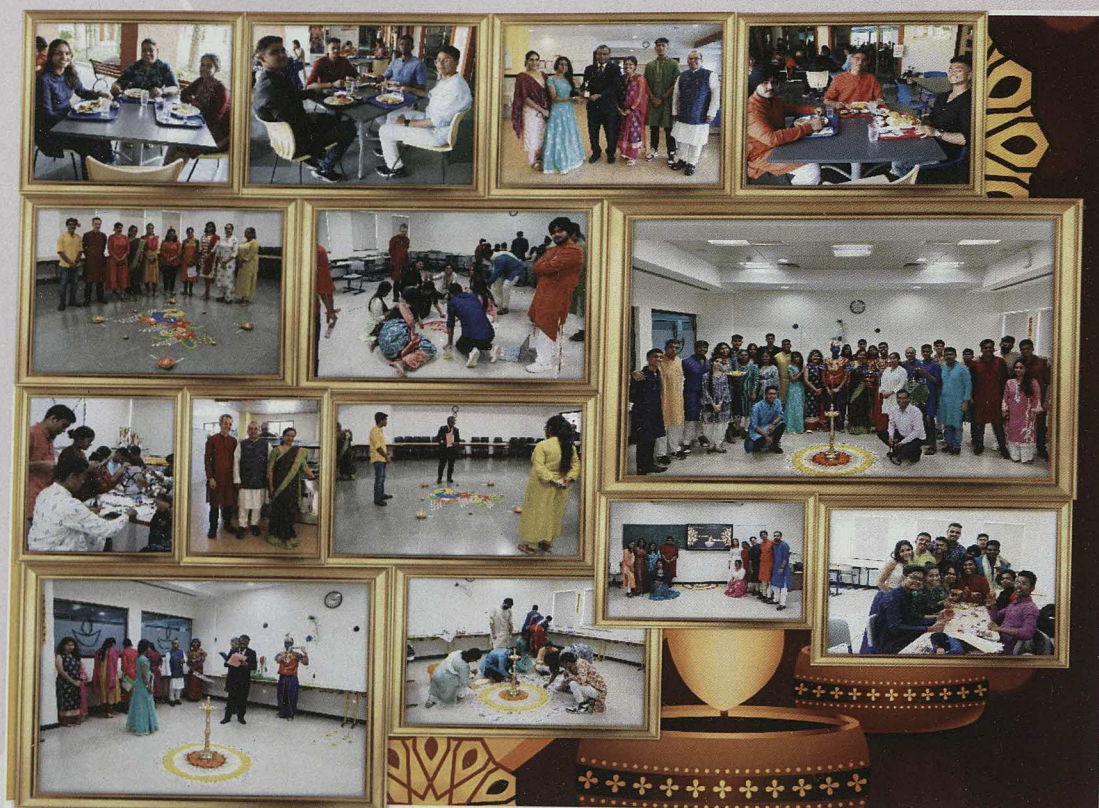
First Year B.Sc. Culinary Arts students from VMSIIHE prepared a variety of bread to commemorate International Bread Day. The students along with the Chefs did a great job in making the bread. Each student presented the bread highlighting a brief history. The faculty staff and students who attended the event were left mesmerized by the display of bread.



19. Diwali 2022

VMSIIHE celebrated Diwali, the Festival of Lights with much gusto. The celebration consisted of several competitions like Rangoli, Card & Lantern making, Diya decoration, and classroom decoration.

The judges for the event were Prof. Irfan Mirza, Director/Principal VMSIIHE, Ms. Martha Rebello, and Chef. Sebastian Bretinger, Ms. Shameem Memon, and Ms. Valerie Jacques.



20. Bakeflix 2022



The M.Sc. students organized an event Bakeflix as a part of their event management subject, which was a competition of different cupcakes.

They also visited the Love, Joy, and Hope Foundation Nuvem, which nurtures and cares for Orphaned children. The proceeds from the event were also donated to the orphanage.

21. Christmas Pop-up 2022

Kaizen Cuisine Club along with the Cultural Club of VMSIHE, took the initiative of organizing a Christmas Pop-up, an evening of entertainment & cheer, food and beverages, and loads of fun. The students put up several food and beverage stalls.



22. Goa Liberation Day 2022

Prof Irfan Mirza, Director/Principal, VMSIHE along with the staff and students paid homage to the freedom fighters during the Flag Hoisting ceremony held at the Institute commemorating the 61st Goa Liberation Day.

Students sang patriotic songs as a mark of respect.



23. Alumni Meet 2

VMSIHE organized the third Alumni meet "Nostalgia 2022" at its campus. The event was memorable as the alumni got an opportunity to catch up with their old friends and staff members and relive some of the best memories they had on campus.

It was a nostalgic evening with a delicious spread of pizzas, lip-smacking BBQ, and entertainment.



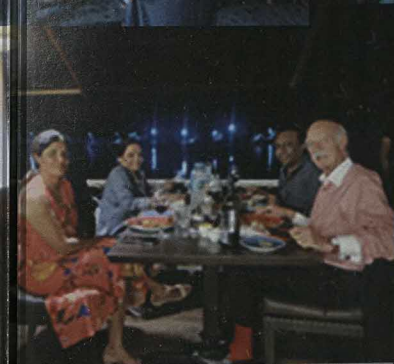
24. Picnic

VMSIHE had a fun-filled experience during the picnic which was organized by the Institute's Cultural Club at Nandanvan Spice Farm, Ponda. The students and staff were given a warm welcome followed by a tour of the spice farm. They enjoyed themselves by participating in various activities like zip lining, high rope, rifle shooting, rain dance, etc., creating an overall memorable experience of the day.









CHEF MOSIMANN VISIT



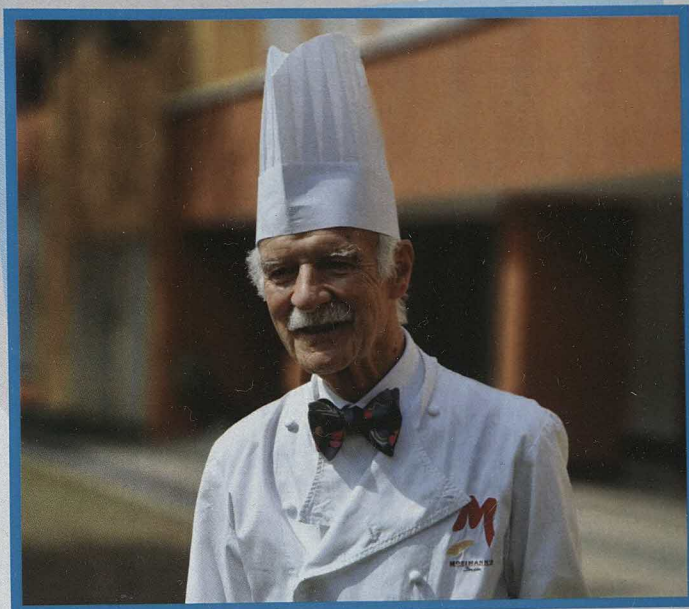




25. Chef Anton Mosimann

"An opportunity that comes once in a lifetime!"

Hospitality and Culinary Arts students of VMSIHE, Goa had an enriching learning experience at the Masterclass taken up by celebrity and award-winning chef Anton Mosimann during his recent visit to the Institute.



26. Republic Day 2023





Sports Day





Sports Day



27. Sports Day 2023

Hospitality students try out their sporting skills during the Annual Sports Day.

In addition to popular games, traditional games also helped teams to surge to victory.



28. Portuguese Exchange Program

With a warm traditional welcome, VMSIHE greeted the students from 12 Portuguese cities that arrived at the Campus. As part of the cultural exchange program between India and Portugal, the guests will familiarise themselves with Coan Hospitality & Culture and the diverse cuisines of India. And the same when our students visit Portugal, they will Witness the immersive Gastronomic journey from traditional Portuguese recipes to innovative Food & Beverage techniques, our students had the opportunity to hone their skills under the able guidance of renowned hospitality professionals.



Behind the scenes

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surge to victory.

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The Association of Indian College Principals' (AICP) silver jubilee

12 Portuguese cities that
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Behind the scenes



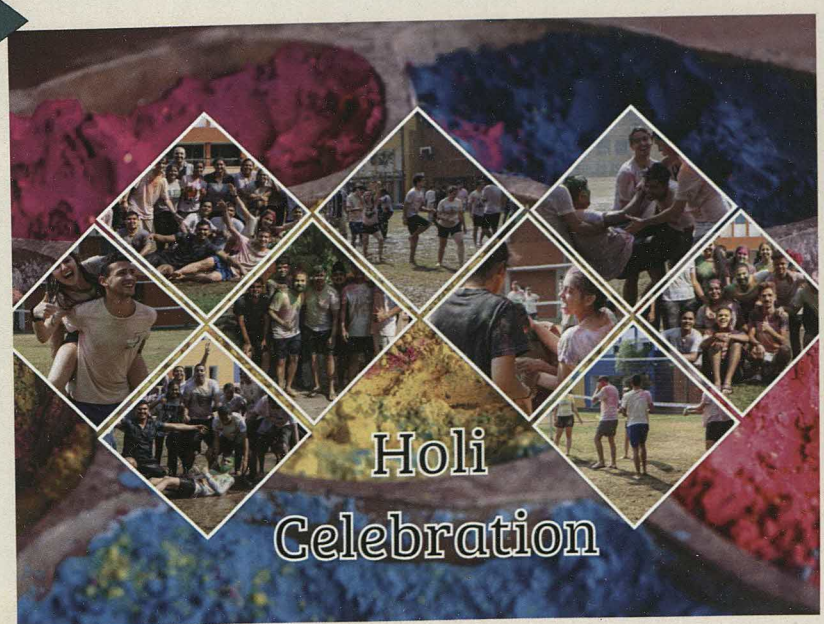




PORTUGUESE EXCHANGE PROGRAM

29. Holi Celebration 2023

It's Holi! Portuguese Students and faculty on an exchange Program at VMSIIHE, Coa had a wonderful and memorable time celebrating the festival of colors with the students and staff of the Institute. They enjoyed the water activities and games organized by the Cultural Club of VMSIIHE.



IMPORTANT VISITS

Ms. Siddhi Padture, Manager - Campus France, Pune, Institut Français en Inde, Embassy of France - India



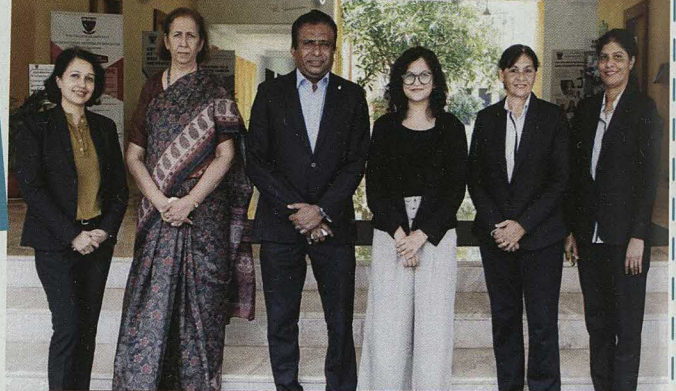
VMSIHE was happy to welcome Ms. Siddhi Padture, Manager - Campus France, Pune, Institut Français en Inde, Embassy of France - India; who visited the Institute for a detailed discussion with Professor Irfan Mirza, Director/Principal of VMSIHE and the team.

The discussion included collaboration for Professional Internship with Leading Hotels, Student and Faculty Exchange Programs and cooperation with Universities and Institutes in France.



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Paving the Path for a Brighter Future



THANK YOU MS. SIDDHI PADTURE, MANAGER - CAMPUS FRANCE, PUNE, INSTITUT FRANÇAIS EN INDE, EMBASSY OF FRANCE - INDIA FOR VISITING US

CONTACT US : 0832-6623000 | WHATSAPP : 9822807814



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Delighted to host members
OF PLANET HOLLYWOOD AT VMSIHE

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Planet Hollywood, Mumbai



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DISCUSSING INTERNSHIP & PLACEMENT OPPORTUNITIES
WITH THE PLANET HOLLYWOOD TEAM

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It was a pleasure to host the Planet Hollywood HR and Training & Development Team from Goa and Thane Mumbai. The team got an opportunity to see the world class facilities offered by VMSIHE to future Hospitality and Culinary leaders.

The meeting also included a discussion about the internship and placement opportunities for the students at Planet Hollywood Goa and their upcoming property in Thane, Mumbai.

Mr. Binoy Sebastian, Regional Manager at Airtec Total Gas Solutions Kuwait

Visited VMSIHE and addressed the students, and shared his success story. The session was truly inspiring and motivating.



Blooms International School, Nuvem

The students of Bloomz International School, Nuvem accompanied by their Principal Mrs. Anju Anand and staff members had a memorable day out at VMSIHE campus.

Chef Sebastian, Chef Sujatha, Chef Sandip and Chef Ryan taught the kids to make cookies and cake pops. They enjoyed preparing, decorating, and finally tasting the items made by them.



Mr. Sandeep Talaulicar, Managing Director of Jakson Hospitality

The students of VMSIHE were thrilled to meet the Managing Director of Jakson Hospitality, Mr. Sandeep Talaulicar.

During his visit, Mr Talaulicar shared his success story with the students, who were inspired by his words of wisdom.

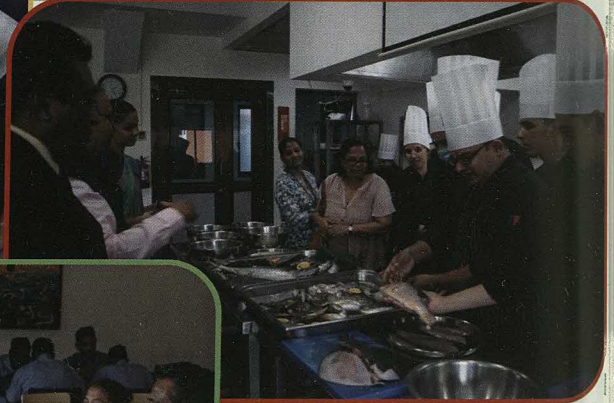
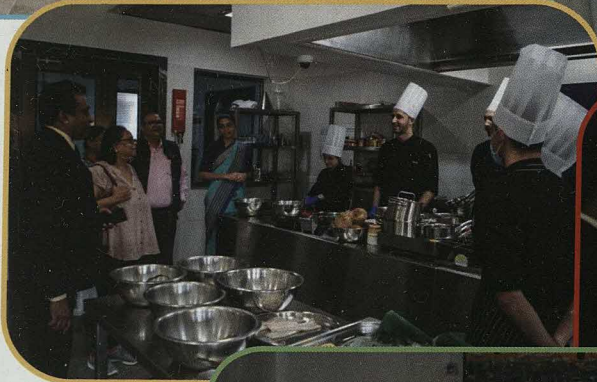


Her Excellency Rehana Bibi Mungly- Hon'ble Chief Justice of the Supreme Court of Mauritius

VMSIHE was honored to have Her Excellency Rehana Bibi Mungly- Gulbul, Hon'ble Chief Justice of the Supreme Court of Mauritius at our campus recently.

She is the first woman appointed to this position in the history of the country.





Consul General of Portugal in Goa Dra. Isabel Raimundo



VMSIHE was honored to have the Consul General of Portugal in Goa Dra. Isabel Raimundo, along with other esteemed dignitaries Dr. Luis Pereira Coutinho and Dr. Domingos Mateus. The Consul General interacted with the students and faculty members from various hospitality institutes in Portugal who are currently at the campus on an exchange program.

VMSIHE received the Envirocare Green Awards 2022 presented by Envirocare Labs.



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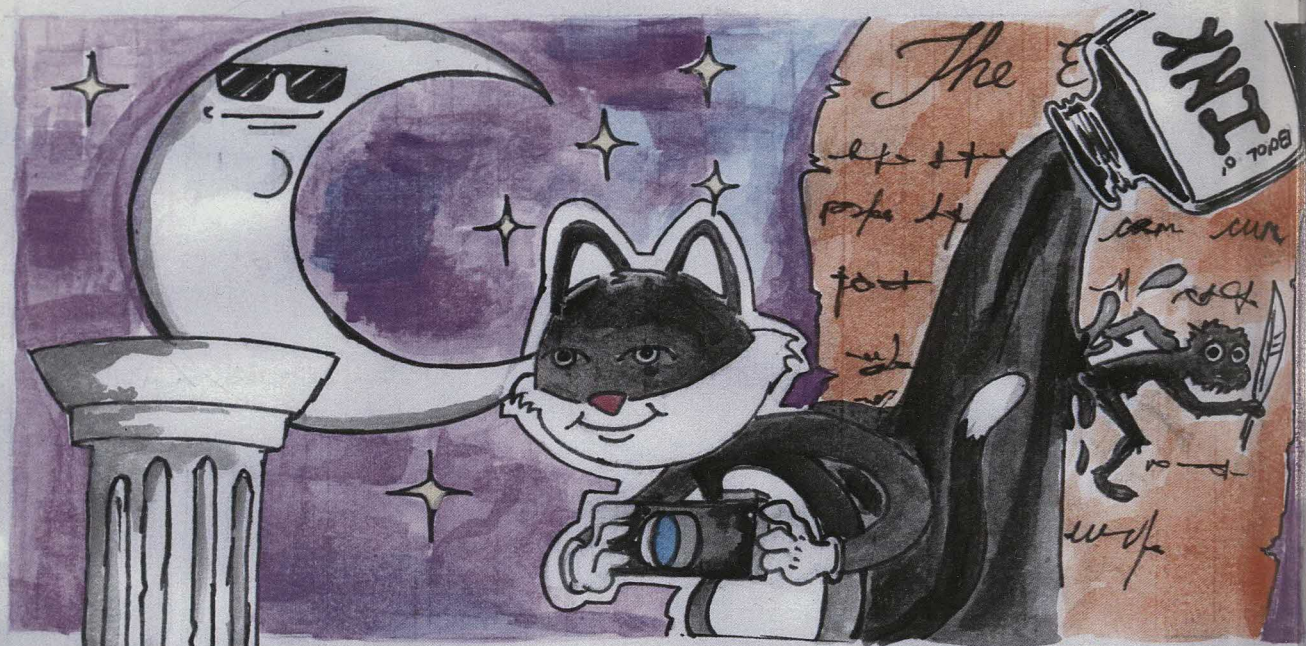


Green team is proud to win the

Envirocare Green Award 2022.

Presented by Envirocare Labs

This award was to commemorate all the environment friendly initiatives taken by us.



Creative Musings



WHAT CAPTIVATES YOU- THE BLACK HOLE THEORY

Ayesha Mukadam
FY.BSc. CA



Stephan Hawking, an English physicist once said *"The past, like the future, is indefinite and exists only as a spectrum of possibilities."* Science has always amused me in different ways. The possibility of possibilities is something that captivates me. The big bang, the black hole, hypotheses, Einstein's special relativity etc have always caught my attention. The existence of gravity, the discoveries of scientists, space, the possibilities of in numerous planets present in thousand or lakhs of milky ways, the probabilities are endless. The supermassive black hole inside the core of a supergiant elliptical galaxy which can consume anything that enters it no matter its mass. It's like a huge cosmic vacuum cleaner. Science in general is frequently thought of as being excessively complex and monotonous. Few people truly enjoy science, and even fewer are able to continue to do so.

Science is not that general, though. Kurt Vonnegut, an American author, has said that *"science is the magic that works out."* There are several scientific disciplines that focus on the investigation of diverse objects and phenomena, some of which are incredibly fascinating and captivating.

Out of all these amazing theories, the one that stuns me the most is the rare black hole theory. Where does everything disappear? Black holes form by absorbing a large portion of a star's energy in order to evolve. Black holes are extremely rare in space; they are so common that they are difficult to locate, and because space is extremely dark, black holes will be even more difficult to locate. Black holes form by beginning as stars and then absorbing all of the energy from other stars to begin evolving and growing larger. And the cycle is complicated because it will take days to collect enough energy from all the other stars, and it may take years for the black hole to mature.

Black holes Every day we look at the night sky, wonder and dream about what lies beyond our planet. Scientists have long predicted and visualized what black holes would look like using theories such as rotating black holes according to the Kerr solution, non-rotating black holes according to the Schwarzschild solution, radiation flow, and the temperature equation near a black hole.



The universe we live in is so diverse and unique that we are interested in learning about all our incomprehensible variations. In this wonder of wonders of our universe lies a mystery very difficult to understand because of the complications that arise in studying and studying the principles of the cosmos. Originally, the theoretical depiction of a black hole came from how black holes distort more massive light sources, such as stars, which are the end of a black hole.

According to the claims of Kerr's

solution, when a black hole is in the form of a light source, a shadow region is created and its angular view greater than that of the black hole itself. The shadow region changes its shape from circular to D-shaped due to the rotation of the black hole. The mysteries of black holes are not always known, where they come from, who discovered them, and why they are so mysterious. Black holes are a relatively interesting phenomenon in astronomy.

Black holes have been around for centuries. They have been in the galaxy for over millions of years. Black holes are known as one of the strangest mysteries. A black hole is a part of space that attracts so much gravity that even light cannot escape. Where have black holes formed in our life? Could a black hole destroy earth?

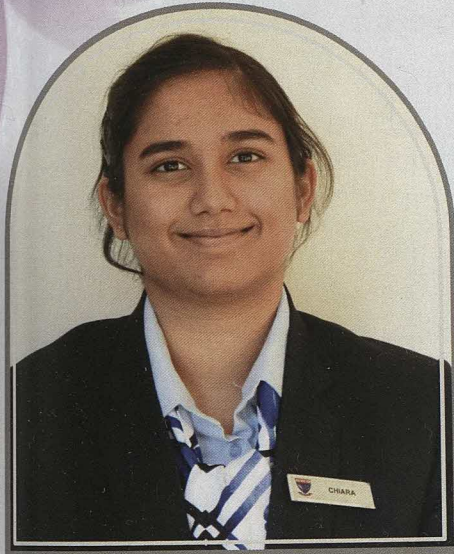
So many questions arrive in my head and their answers can give birth to so many discussions. Science has always blown my mind. It's an art, it's knowledge, it's extraordinary. The way it has impacted human life and how much we're all depended on it be it chemistry, astrology, botany, biology or pharmacology. This is something that captivates me.



CHAOS IN MY MIND

Chiara Pereira
T.Y.BSC

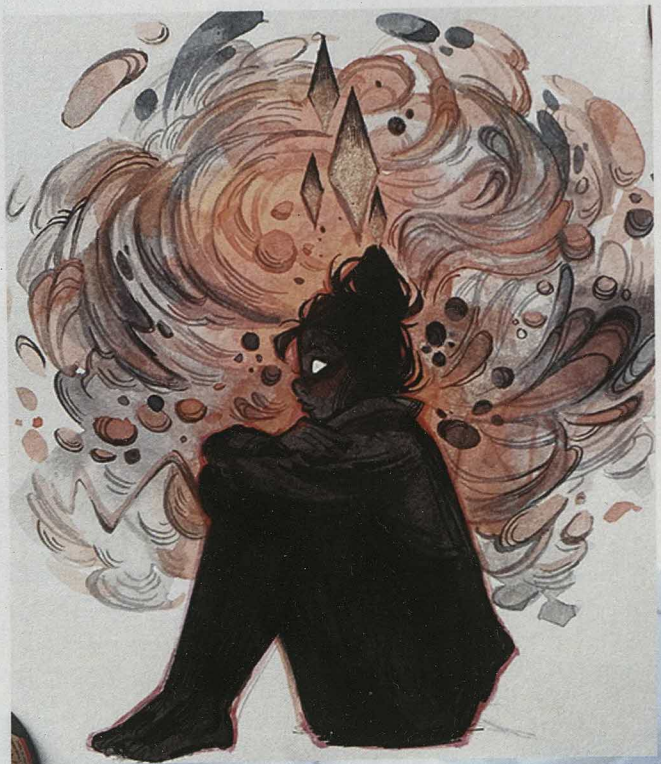
A human mind is known to be a super servant yet a terrible master but mine's quite an athlete that won't stop even after it's crossed the finish line. Every mind creates thousands of stories however, I'd like to say mine has a flair for the dramatics. My mind is like a defying teenager that takes every chance to create a fascinating.... oops 'not so fascinating' scenario, who am I kidding? People that say it's the heart that creates all the troubles, haven't had a chance to meet a mind like mine that takes matters into its own hands.



As life goes by, it is important to sit and give your mind a talk to keep silent and take a break for once. Refresh, meditate and restart with a better approach and positive attitude. This always works but recently my mind is in chaos over different things. I must say I struggle to have control over it. The topmost thought that runs through my mind is "who am I? what's the next step? Will it all work out?" my mind knows it's all going to work out but is it going to really work out? My mind is just longing for that security and assurance that even I can't guarantee. All these thoughts circulating within my mind would stop if I could just tell my mind what my identity is, and what my next step is but that's not something a single one of us knows.

If I'm being true to myself, I know what all the answers are, but this isn't an exam where there is an answer key to judge if your answer is really right. My answer to this stress is to go with the flow and accept the changes and deviations in the plan gracefully because everything will be fine. In the book "7 habits of highly effective people" a book my mother told me to read to help my situation, the author Stephen Covey says it's important, to begin with, the end in mind, but how am I supposed to know the end? I guess we'll put first things first and we'll see. Will manifesting help? I don't know, apparently manifesting the secret of life. When they say think of the end goal, I can think of myself happy with loved ones but how do I know I won't screw up on the way and never reach my end goal?

These thoughts I'm having are idiotic and irrational because my mind loves exaggerating. If I say them out loud, I might start questioning my sanity or intelligence. But are we just here to breathe and live life aimlessly? So, I just need a plan. Because my current plan ends in a few months and then what? Is my life training period over? But I'm not ready yet. I feel my biggest fear in going out *into* the world and I feel if I had a plan, I'd feel better but when I try planning, I don't know how to make a 'perfect plan'. My problem is so complex in my mind but when I try solving it, there isn't a real problem but still, the



chaos won't stop. Thinking out loud I know the chaos comes from fear of uncertainty but how does one cure this disease?

I'm unsure if people around me also question their life. Or are they too busy living in the moment, something that I'm incapable of doing? Is the ultimate plan a 'no plan' plan? I don't know but it seems that I cannot stop these questions of mine and it is creating total wreckage in my mind. A smile on my face and 1000 thoughts in my mind, is that how everyone lives life?

Although my mind is a mess, I am certain I will find the answer. This chaos comes with one good outcome, the opportunity to explore more about life and a little less about what is going to happen and what to expect. It teaches me to enjoy the present. I know I can handle everything but I need my mind to understand it, what I already know.



I googled "Steps to stop stressing about my future".

Step 1; Rest

Step 2; Find Hobbies

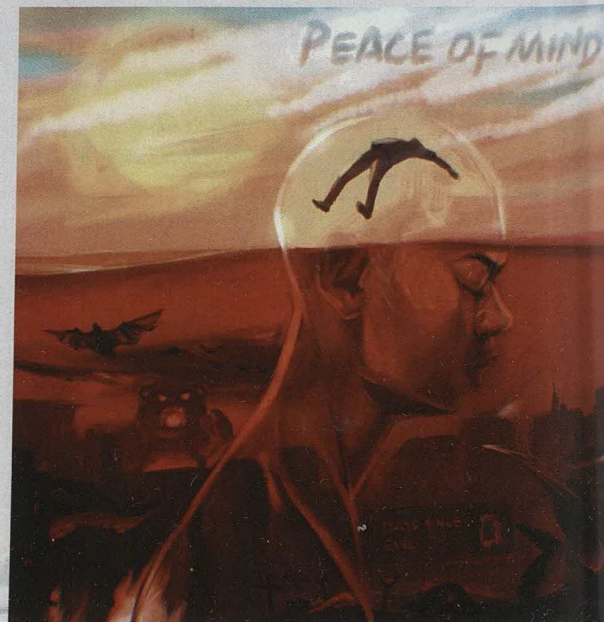
Step 3; Learn to switch off your mind and enjoy the moment

Step 4; Refresh & Restart

I start with step one, but how to rest if my mind won't shut up? My mind tells me "I think I have the answer start overworking yourself to the point you won't think about anything else". This technique worked for a week and worked way better than the google steps but now I've become this person I don't recognize.

A few weeks later, I feel better, the chaos has stopped and I think I know the answer to cure this chaos. A day out with my loved ones, fresh breezy air, cuddle time with my dog and a popcorn - Netflix night with myself. When our minds are in chaos there seems to be no way out but it is very important to understand yourself and your process to get over stress. Stop and take a moment to breathe and do things you enjoy while

surrounding yourself with your loved ones. Every person is different and they go through a different process to heal. The most important thing is to be easy on yourself during stressful situations and to know deep deep down that "it's all going to work"



CHAOS IN MY MIND

Darrian Batista
F.Y.Bsc. CA



Challenges are a part of life, and chaos follows challenges. Although it arises from a single person's imagination, it can occasionally have a universal impact. It upsets the balance of everything, especially your sanity. For me, the chaos serves as a kind of enlightenment and helps me understand that there is more to life than difficulties. It involves striking a balance between one's bodily, mental, and emotional selves. I try finding this balance but mind has a mind of its own.

Everyone finds a way to deal with their chaos, whether it is through meditation or recreational pursuits. My mind, however, works in a different way. It feels that the best way to handle the chaos is to procrastinate. It functions perfectly up until the chaos, which was once just a fuzziness, transforms into this roaring monster that just encapsulates all my thoughts in a void

that is endless. My mind goes numb and everything seems to be out of control, when it is just a matter of a few long breaths and positive affirmations that are actually needed to calm it down. But it isn't always as easy as it seems. Sometimes it's just more than just a few long breaths. Between all the school work and personal dilemmas, such as whether I should text my crush or just let it be a dream, my mind is always frantic. It never rests because if I'm not worried about something happening

currently, I'm worrying about what might happen next. I am a perfectionist and everything I put my mind to do I try to do it in the best possible way and with perfection. When I can't perfect something, the cloud of chaos seems to hover in my mind. This one time when I was trying to make the crib for Christmas and the lights I was supposed to use didn't work, I was really annoyed and I couldn't draw the fact that I would have to change the design because of the importance of those lights. I tried to procrastinate as usual, but it only made things worse as I was running out of time to get it ready before midnight mass.



However, it's not just my thoughts that are the source of the chaos and confusion; it's also my emotions. I have always been an anxious person who struggles with controlling emotions and worrying excessively about things that usually don't matter at all. Sometimes I need to remind myself that in some situations, chaos is just caused by misunderstanding. And certain misunderstandings evoke certain emotions, be it anger, confusion or even fear. Situations and people get misunderstood and this just creates unnecessary mayhem which leads to unnecessary chaos in my

mind. Some old memories that weren't as positive, try to make a surprise visit when I am dealing with the chaos. Warm hugs and venting to a person you trust helps a lot more to clear the storm. I like to sometimes blame the chaos on my astrological sign and that Aries are always fiery and moody and strive in imbalance and disorder. But I can't say there is any concrete evidence but it could likely be true. But in my case, I just need to avoid the fiery and moody and attract the cool and composed vibes.

We all deal with something, sometimes it may be good or it may be bad. And both the good and bad creates chaos which helps us to either grow as a person or breaks us down. I try to think that I could use all that chaotic energy which is implanted in my head and convert it into positive vibes but again my attempt at being a person with a chaos-free mind could be undermined by bottle up emotions and regrets. And I sometimes also wish that I could 'Marie Kondo' my mind so that I am not provoked by thoughts that could be counterproductive. As easy as that sounds, controlling the chaos in our minds is one of the most difficult tasks to achieve. I believe that attempting to manage chaos is counterproductive; instead, one should make an effort to accept it. Finding logical solutions to the illogical chaos aids in our ability to remain composed, to quiet the mind, and to work in a supportive atmosphere both physically and psychologically. However, as I previously stated, statements are simple to make while actions are more difficult. Because I occasionally have power over the turmoil, I also find it difficult to deal with it, but I keep trying. I make an effort to navigate whatever kind of turbulence that life decides to throw my way. One day, I'd like to think that my mind will be at peace and that my mental health will no longer be in any way controlled by chaos.

"Every moment is a
fresh beginning."
-T.S. Eliot



WHAT CAPTIVATES ME?

Hermenio Caldeira

S.Y.BSc

"We are not what other people say we are. We are who we know ourselves to be." These are the words of the famous trans actress and activist Laverne Cox. Human beings are meant to be different from one another, complex perhaps. But do we accept our differences and use this power to celebrate our uniqueness?

You may ask me what captivates me. Well, my answer is simple: To inspire people to be themselves and accept their truest form. It may sound very generic but I stay true to my advocacy. It is in times when I felt lost and weak is when I find the strength of every obstacle I face. Since I was young, I always felt that I was dissimilar from the rest. I questioned myself a lot and I was too young to understand what was going on. I did not fit in the general category that the society wants everyone to see and that left me disconnected. Since I was considered 'absurd' to some, there were moments that I was about to give up. All my life, I had these standards and rules I made for myself so that people cannot potentially harm me physically or mentally. But I realized why hide? Am I going to let fear take control of my life?



It is indeed a no brainer, I portray myself very flamboyantly, through my actions and the way I speak. I was bullied for that and I never told a single soul, not even my parents. Life was not simple, especially for a confused teenager like me back then. My emotions are all bottled up inside and I felt like I had no one by my side. Then I heard plenty of stories of people who are just like me. Stories of bravery, sadness, happiness and even death. But above all that, no matter how everyone has treated them, they stayed true to themselves; and that empowered me.

Yes, I'm not like other boys. Have you ever seen a boy wear a skirt? Or has the fondness to apply makeup? It's not very common, but they do exist. I exist. My mother always told me that God made us all different and our differences makes us special and with that we have a purpose here in this world. Today I embrace who I really am because I am born like this. No one can change me no matter how much you try to. And why bother about what other people think when you believe that you are perfect just the way you are. I am part of a community which still receives a lot of hate even in this ever so growing, modern world. We are always categorized and are supposedly the ones that bring shame to the society, our families and we cannot even love who we want to love. Everyone says that we all have feelings, but why these so-called feelings disappear when some people encounter us?

Just like a phoenix, from ashes, I come burning...soaring and flying high. And I will continue to do so not just for myself but for people who are going through hard times like I did. You may think that I'm not





scared. Yes, I was and I still am. I still have a lot of hate coming on my way and people going behind my back, but that won't affect me because enough is enough. What doesn't kill me makes me stronger. If I am not strong who will be strong for me and how will I help others? I am not perfect but at least I can inspire and see many soars high. Just like the colours of the rainbow and collectively, each colour together makes beautiful.

Seeing how captivating individuality is, why live in a dull grayscale lifestyle. I aspire to use my voice to the voiceless. To bring out those who are in hiding and allow them to be who they want to be. I will help even if my life depended on it, because I know how it feels, I have seen it and I don't want anyone to feel unheard. My journey of self-acceptance is what I say is a small victory for myself, now it is time for me to let those who haven't bloomed yet show their beauty. So, I invest my time and energy to help those who are in need, no matter how old or young, rich or poor. Even if you are the most magnificent, flawless person on the outside, if your inside is ugly and full of hate... you will never be beautiful. I will continue to advocate for my community and people continue to taunt me but that will not stop me; I instead try to educate them and make them understand. I use my social media platform to advocate for everyone's rights. No one is born bad, but they are made and I strive to eradicate that mindset. In the end, the smile I put in people's faces is something I will cherish forevermore. I would like to end with a quote by Elliot Page, "This world would be a whole lot better if we just made an effort to be less horrible to one another".

Thank you and remember we are born to be real not perfect.



WHAT CAPTIVATES YOU

Kelly Albuquerque
T.Y.BSc

My name is Kelly Albuquerque and the only thing that captivates me is my family. My family is the only reason I am standing here today. Right from when I was born I was a very sick baby, I had a very big incident which almost killed me, but my family stood by my side no matter what, taking me to the hospital on a regular basis and always standing by my side. I was born in a family that brought in me good values like responsibility, caring for others, and above all respecting them.

After the tragic incident, I was on steroids for a long time and due to this I had an increase in my weight. I was bullied a lot and when I cried everyday my family was there for me, I want to be my brother's laughter, my

mother's strength and my father's working

ability. My family is my strength and my weakness as well. The values of

my family that captivate me are hard work, always willing to help, positive attitude and above all discipline is like the key. I appreciate the way my father handles work and family life, how my mother does the house work even though she is a working woman. How my brother is always there to understand and give me what is necessary.

*Family
IS MY
Strength*

circ

particular respect because they are positive and disciplined people. If I get all their values that's the biggest achievement of my life. I want to grow up to be like them. I love playing and watching football and always went with my dad for every single match as he is the manager of a football team and his passion is football, and that is what keeps me motivated and captivates me about him. I would like to say that to me, my family is my motivator and captivator for life. I am literally nothing without them. They are my strength and support.



LEARNING FROM OBSTACLES

Mohamed Bilal

F.Y.BSc. CA

Whenever this topic surrounds me, there is a quote that keeps me up, *"Where there is a will, there is a way"*, it opened up my eyes and my way of thinking to hold or handle a situation. Obstacles are often faced by each one of us in our life since we human beings are more goal-oriented personalities, but the effort and the state of mind that we mould up ourselves to overcome those boundaries to reach the pinnacle of success are the warriors!

To overcome it easily, one must strive hard with great resolve, and there we learn how to be highly committed to facing various trials and challenges that are impediments to our goals. I always believe that failures are the lessons from which we can gain knowledge and correct our mistakes. As an example, consider a truck runner who comes across a ditch or a stone barrier on his way to the finish line. The barrier becomes an impediment, forcing him to change his approach or exert extra effort to finish the race and achieve his goal. He could run across, take a different route, or simply stop the race. The same hindrance on the other side could be a health or emotional issue. Yes, our thought patterns can be an obstacle to our progress. An optimist is more likely to succeed or achieve desired results rather than a person who sees the cup as half-empty instead of half-full and would frequently give up on his dreams.



Where there is a will there is a Way

'The best way to learn something is to do it wrong,' This means that the only way to improve at something is to first fail at it. Making mistakes in life does not make us bad, discouraged, or stupid; it simply means that we are human beings who are willing to try new things. Remember that it's not about how many times you fail; it's about getting back up and learning from the experience to improve for the next time! No man has ever achieved success without failure. Challenges are part of what makes life interesting. It brings out our true potential, talents, and the best in us. But the important part is not the number of failures or obstacles but how we tried to achieve our success. Challenges appear in many different forms pulling us from our goal, whether temporary or permanent depending upon our personality. But when time has passed it is

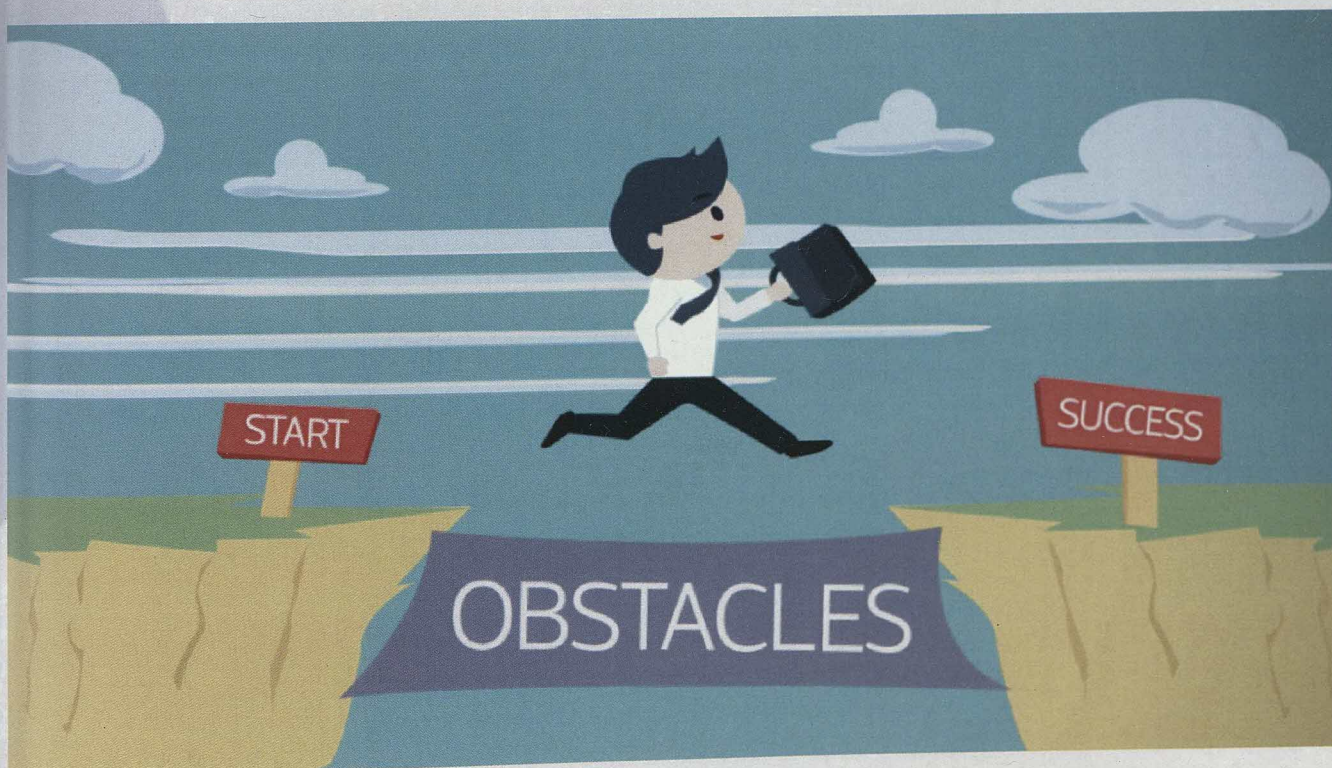
the attitude to see every challenge positively that will motivate us to keep going. Life is like a road. Though you may get stuck in a traffic jam, eventually the light will turn green and it will be time for your aptitude to shine

Hardships are similar in that we learn by persisting in the face of difficulty. We can grow significantly more by reframing how we approach difficult experiences after experiencing initial failure with endurance. This creates a better version of ourselves, opening doors to greatness and success. These can range from your educational achievement to the death of a loved one. Some overcome

them, while others are overcome by them. Indeed, these are a necessary impetus and driving force in our lives, keeping us motivated toward our ultimate goals.

When it comes to my life, the walls between my dreams were self-doubt! The only vision I could forecast before going forward was "what if I mess up?". This question haunted me throughout my life. "No, I won't", repeating myself. I tried a lot to learn from the failures and from the situations in that I sacrificed, and move through troublesome obstacles using my strengths which doesn't mean minimizing these challenges, instead they deserve much more attention. The steps included in this stage were to choose a desired goal I've struggled to complete and to filter up what I wish to accomplish and why? And to identify what stopped me in my tracks. It took time and effort to realize and accept the thrones in the way and examine how my character strengths helped to manage the obstacles and put them into action.

It is clear that my unyielding determination and spirit shaped me into an engaging speaker, writer, and listener. At the end of my trials and failures, the long journey of ups and downs taught me the important life lesson that obstacles are very common, but one must search and research for different ways to overcome the obstacle with ease and must empower as a successful man.



SHARE YOUR STORY

Uday Ralli
FY.BSc CA



Hello everybody, I would like to introduce myself and share my story with all of you. My name is Uday Ralli, I belong to Jaipur and my parents are settled in Jaipur (Rajasthan). I was born in the year 2000 and am the only child in my family. My father was a Banker and is now self-employed as a financial consultant, my mother is a homemaker and very caring to me and my father.

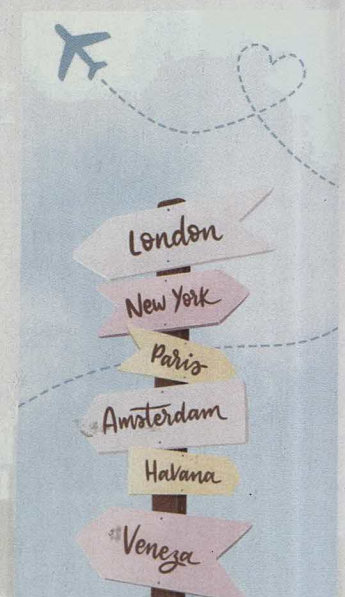
I have been to different parts of our country and finished my preliminary education at different schools. I got the opportunity to make friends from different types of backgrounds and geographies. I learned a lot under the tutelage of my teachers, who introduced me to life values, which I have adopted and resolved to follow. I got inspiration from different personalities like Gordon Ramsey

My passion for Culinary arts developed during my schooling days when I used to watch different types of travel and food shows like "Jayaka India Ka", "Highway on my Plate" etc. I am inspired to be a "Celebrity Chef" and would like to introduce my culinary skills by completing my ongoing graduation course in culinary arts. I understand the topics of my graduate program have been very relevant and will help me to understand the culinary world.

After completing my schooling with The Shreeram School, Gurugram, I got an opportunity to take admitted to a 2 years Advance Diploma in Culinary Arts from IICA, New Delhi. I have successfully finished the course, which is certified from City & Guilds, UK. I am a member of the World Association of Chefs Society and a certified Commis chef.

I love to travel to different parts of our country and the world. I have travelled abroad with my parents to different international destinations like New Zealand, Singapore, Bhutan etc. I got an opportunity to experience the delicious food, as well as fauna and flora of these countries. Similarly, I have been to different parts of our country like Kerala, North-east, Gujrat and different hill stations of north India. I love my country and visited these different locations as part of Gastronomic tourism also. I have tasted the amazing local food and tingled my taste buds.

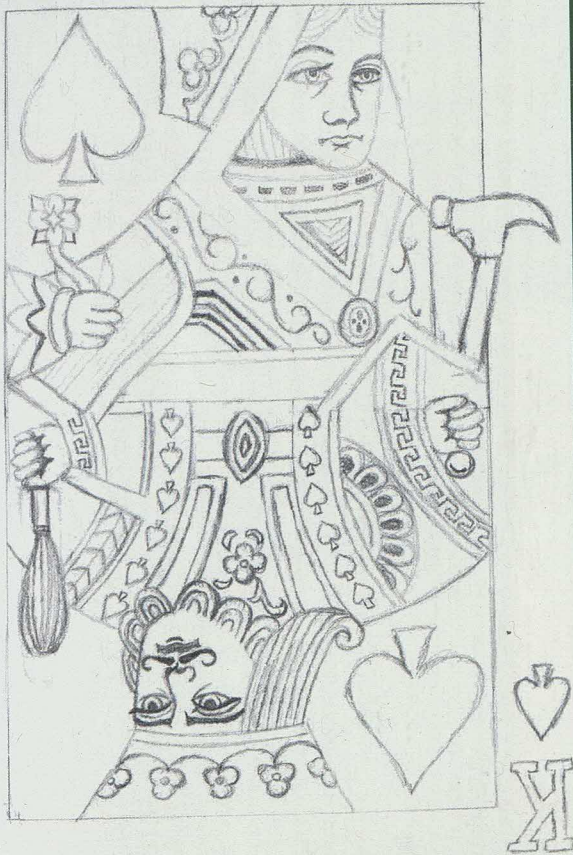
I will Here I would like to sum up my story, by saying that after completion of my Graduation from this prestigious institute (VMSIHE, Goa) under the tutelage of the caring and inspiring faculty to explore the world. My parents have been very supportive and caring. They have been guiding force behind my journey of life, they have always extended a helping hand and guided me to follow my dream.



PAINTINGS

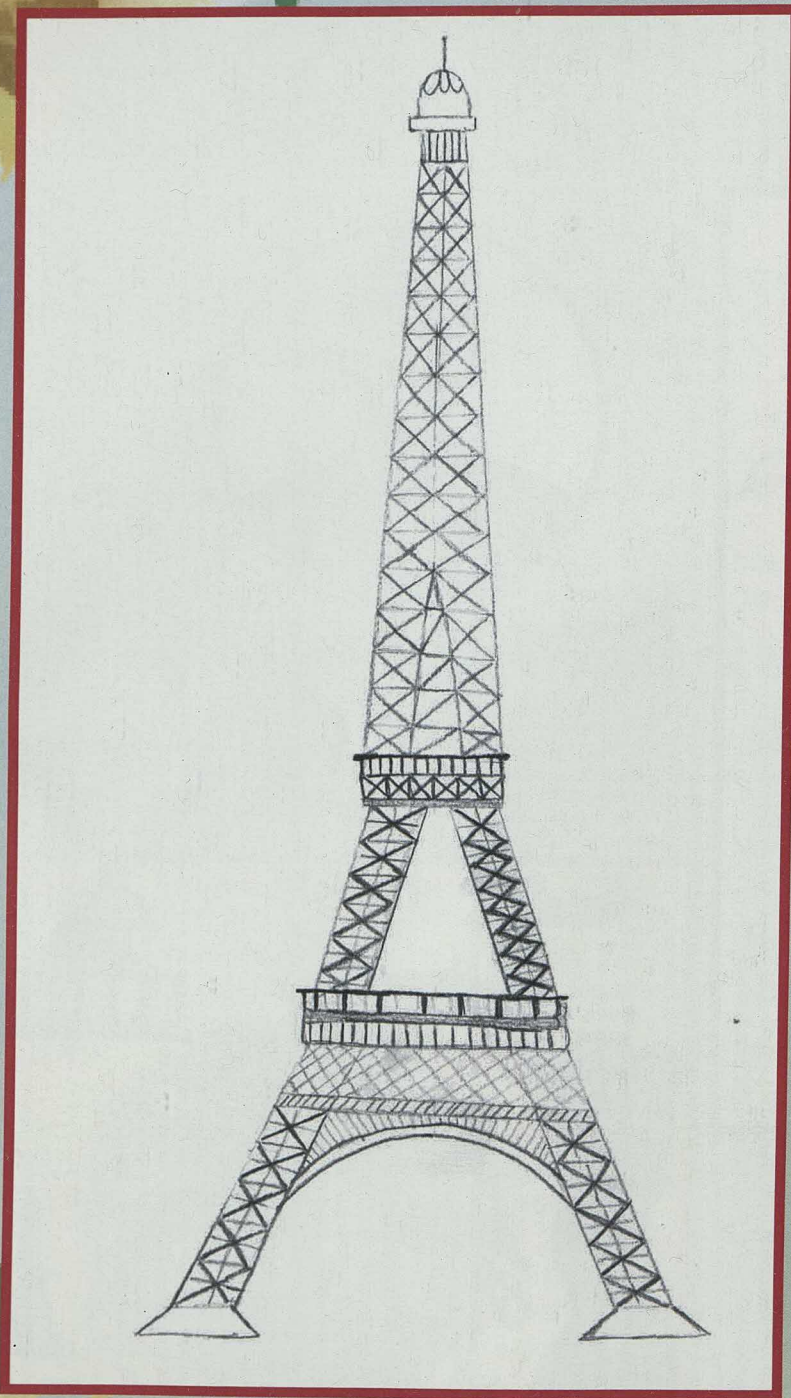


Arkita Varadkar
F.Y.BSc. CA

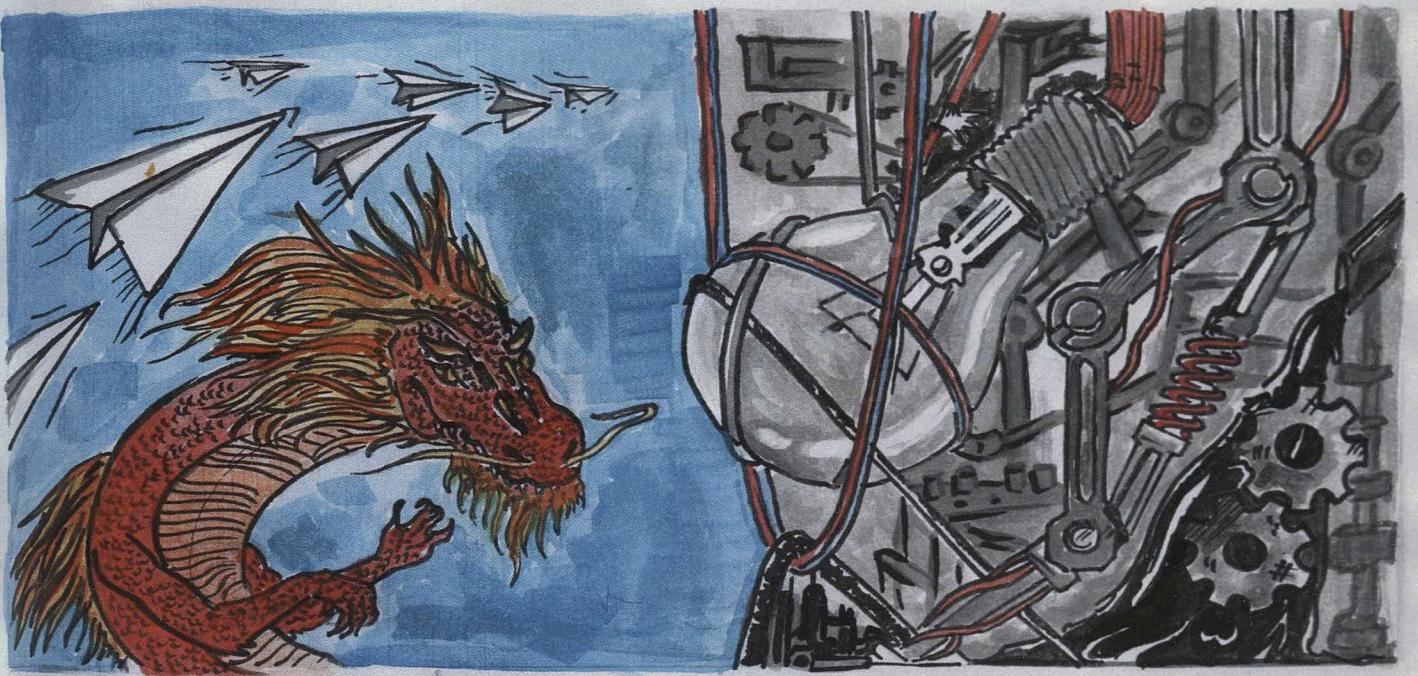


Parin Haldankar
T.Y.BSc



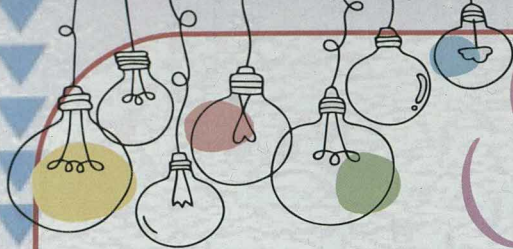


Rhian Baretto
F.Y.BSc CA



Inspirations





Inspiration

Life Underwater: Magical and almost unreal

Ms. Alethea Baracho
Counselor

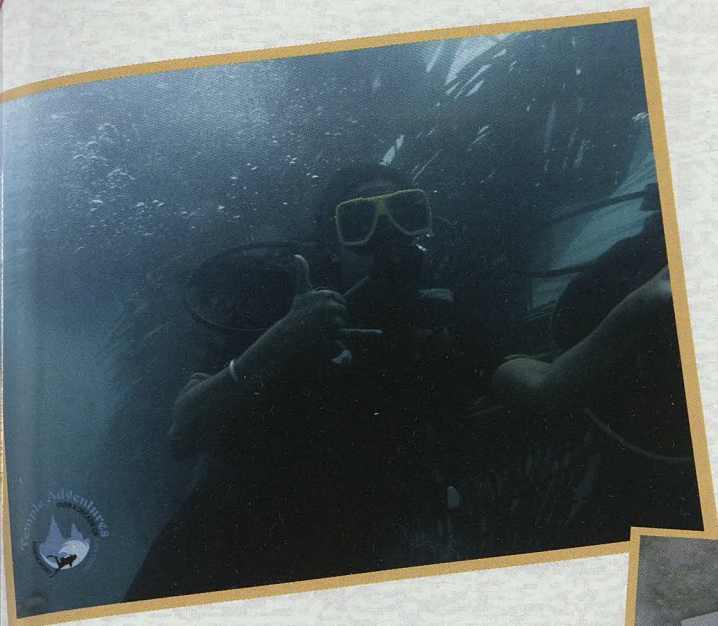
My scuba diving experience is one of my most cherished memories and all credit goes to 'Temple Adventures' located in Pondicherry. I completed a two day certified PADI Discover Scuba Diving (DSD) course. On the first day we were given a theory session along with a swimming pool training session and on the second day a sea dive in the Bay of Bengal. Each DSD gets a professional diver/instructor to accompany them on their dive, making the dive very safe and a wonderful experience.



We began our scuba diving adventure at 6.30 AM and the journey from the shore to the dive site- Temple reef which is around 45 minutes was simply amazing. From the mesmerizing sunrise to the dolphins dancing around, the excitement for the dive only created butterflies in my tummy.

The Temple reef (dive site) Spanning a massive 40 x 40 square meters, the dive site was built purely by hand by Temple adventures in 2013. Built with rocks, concrete, metal structures, cars, scooters, palm leaves, trees, and various ropes afloat, this reef is home to the widest variety of marine life in Pondicherry. Nearly 12 meters down in the depths of the Bay of Bengal, the life I saw was beyond magical and extraordinary. The world around me slowed down as I savored every moment and took in every detail. I saw uncountable fishes swimming around in their ever impressive formations. I was lucky enough to spot Jellyfish, Silverfish, Parrotfishes, Yellowtail Barracudas and Malabar Grouper.



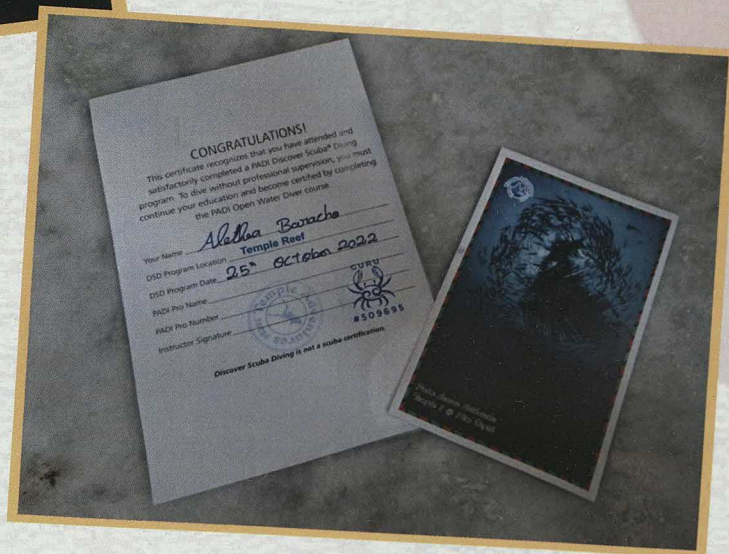


My scuba instructor, Guru was a very friendly and full of energy. We had loads of fun playing rock, paper, and scissor underwater and dancing to Punjabi Bhangra for videos and photographs. Guru had to literally drag me out of the reef and out of the water as I did not want this beautiful experience to end.

The dive was so peaceful, serene and magical. All I could hear underwater was my breath, breathing in and breathing out while enjoying the deep blue sea and its inhabitants around me.

After the dive, I was so famished I literally gobbled away the fruits and tapioca chips that were on board and has a hearty chit chat with the other scuba divers instructors and DSDs while sharing our experiences and taking away with us lovely memories.

I would like to conclude by mentioning the saying '**Adventures are forever**' is very close to my heart as it creates memories to last a lifetime. My overall diving experience was priceless and cannot be put into words.



The Art of making Homemade Wine

Dr. Edgar D'Souza
Assistant Professor, F&B Service



We were all a little more experimental under quarantine, and lucky for me, I discovered my biggest passion: creating my own homemade wine! Fruits, berries, and grapes easily support wine fermentation. These are the ideal sources to employ while creating homemade wines. Several people have taken up home winemaking as a hobby, especially those who have home orchards, fruit bearing trees, and berries growing on their property. Some of the fruits that I used for making wines were Grapes, Strawberries, Banana, Passion fruit, Kiwi, Pomegranate, Guava, Kokum, Pineapple, Apples and Ginger.

Winemaking is an art and science, thus it calls for meticulous attention to detail. When creating wine, you'll need to utilize a lot of sugar. Be at ease, though; it won't cause you to get diabetes. Why? Since all of it will be turned into alcohol.

The alcohol concentration would increase as more sugar is added, making the wine drier after fermentation.

Have you ever pondered the magic or science involved in producing alcohol? Yeast. All the juices are converted into wine by these little packets. There are two varieties to choose from. Instant dry yeast, or its best, to begin with, wine yeast or champagne yeast if you're a beginner. You have various options, including Montrachet and Red Star Premier Blanc. Water is the final element. You should only use filtered water while producing wine, as tap water can destroy your yeast.

Just these essentials are needed for winemaking; nothing fancy or pricey! Firstly you should use a large air-tight bucket or glass/ceramic gallon as your primary fermentation vessel to allow space for the wine mixture and subsequent bubbles. I advise that the vessel be at least 20% larger in volume than you want the finished batch of wine to be. Why? The yeast can become pretty enthusiastic during the first fermentation, so you'll need space for all the bubbles. Additionally, more space provides the yeast with more oxygen to work with. A large glass jug serves as the carboy for secondary fermentation. At home, I ferment almost exclusively in batches of 10 litres. Things are so much simpler with airlocks! Although it's not required, I strongly advise using one to let air escape during fermentation without letting insects and germs inside the fermentation vessel. You may also alternatively use the carboy for both primary and secondary fermentation. Separating the fruit pulp solids from the liquid requires the use of a pressing bag or straining cloth. To prevent the growth of wild yeast and vinegar bacteria in the fermenting juice or finished wine, sulphur dioxide is added through the use of campden tablets or potassium metabisulfite. Moreover, these substances safeguard the wine's taste and colour. Lastly, you will need glass bottles to store the wines after fermentation.

Fruit wines are a fantastic option for an alcoholic beverage to go with a nice feast of fish and chicken or just to relax with family and friends. The wonderful thing about it is that you may pick from various fruits as a base! You can use this recipe to create any homemade wine. Patience is going to be key. It could take you more than three months to complete the process. But I assure you, the wait is worthwhile!

*I'm thrilled to share my current favourite recipe for making **Pineapple wine**.*

1 kg fresh pineapple

2 litres water

750 grams sugar

10 grams of wine yeast/ instant dry yeast

2-inch Cinnamon stick

1 Campden tablet

**reduce the amount of yeast and sugar you use as you increase the amount of wine*

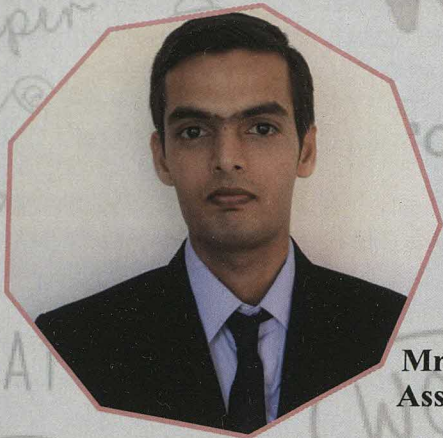
1. The pineapple should first be cleaned and cut into small pieces. Any overripe fruit should be removed since it will spoil the wine.
2. Add 750 grams of sugar and 2 litres of water in a sizable ceramic container/carboy with an airlock. Add the diced pineapple and cinnamon, and then stir in your yeast.

The yeast can be activated in a bowl with 50 ml of warm water with sugar for 10 minutes. After 10 minutes, the yeast begins to bubble, indicating that it is active. Instant dry yeast may also be added to the ingredients without activating it.

3. Close the fermenter and fit it with an airlock filled with water. In case you are using a ceramic jar, close the lid and tightly cover it with a cloth.
4. Stir the must (wine mixture) daily to release the carbon dioxide in case you use a jar or bucket. By stirring the wine, extra carbon dioxide that might be strangling the yeast is released. Also, it allows them to get some much-needed fresh oxygen and maintains the movement of the sugar.

5. When the bubbling in the airlock substantially decreases, primary fermentation is complete. After seven days of stirring, strain the wine into a large glass jar or steel vessel. To extract as much of the early wine as possible, press the fruit into the sieve. To make sure the wine is fine, taste it. You're okay to go if it's sweet and fruity. By adding 200 or 250 grams of sugar, you can back-sweeten the wine is too dry or if your pineapple unintentionally gave it part of its harshness.
6. Allow the wine to rest in a glass carboy with an airlock for another 15 days or till the wine is clear. On the bottom of the secondary fermentor, during fermentation, a whitish, fine sediment is left behind that is primarily made up of dead yeast cells. When fermentation has almost completely stopped, the wine is transferred from one container to another using a syphon to separate the wine from this sediment. For every ten litres of wine, dissolve one Campden tablet or one eighth of a teaspoon of potassium metabisulfite in the fermentor before syphoning the wine into bottles to avoid bacterial deterioration.
7. Use glass bottles to store the wine after syphoning the wine from the glass carboy. That's all, then! Your wine will be ready to sip. You can drink the wine immediately if you don't want to wait for it to clarify. It simply relies on your level of patience. Learning how to make the winemaking process work for you is crucial if you decide to get into it. Try new things and swallow your errors! Cheers





Mr. Gagan Biradar
Asst. Admin Officer

Memories

Our college life spanned a mere three years,
Yet together, we shared laughter and tears.
Memories of those times will stay forever,
As we pursue our dreams, now or never.

We're grateful to our teachers, whose guidance and support,
Helped us find our way and confidence to comport.
With determination and vigilance, we'll chart our course,
And face whatever challenges, with strength and resource.

Nostalgic memories of our campus life,
With magic, tragedy, panic, and strife.
College days were truly dynamic,
Making our lives more dramatic.

We'll never forget the times we had,
For each moment was special, and never bad.
Words fall short when we think of friends,
Whose presence in our lives, made all the difference in the end.

College life gave us more than we could ask,
New experiences and friendships that'll forever last.

Remember our walks across the campus green,
Sharing our classroom stories and our dreams.
Those moments were truly awesome,
As we found solutions to problems, no matter how burdensome.

Exams were a source of stress and strife,
Success was sweet, but failure cut like a knife.
Fear of it was always palpable,
But we braved it all, with spirits unbreakable.

Going back home for vacation, we felt elation,
Some with joy, others with hesitation.
But our time at college was worth every moment,
For we left as better people, with memories, forever potent.
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Reason for being

Ms. Nelissa Alcasoas
Asst. Prof. General Management



*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.*

To every graduate, I would like to wish you all the very best for your future endeavours. I hope you'll strive for a life of happiness and fulfilment. There is a lot of talk about finding happiness and many of us equate it to money and fame but I want to tell you that happiness is temporary. Fulfilment lasts longer; it is the basic difference between liking something and loving something. Happiness comes from what we do; fulfilment comes from *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 with it, 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. We need to nurture a 'stress immune mind-set' that comprises a healthy lifestyle and a positive mental attitude.



cycling, walking or running; but make sure you get that body moving! And lastly, sleep a minimum 7-8 hours at a stretch so your body gets its time to recharge.

Always remember - Your body is your most important asset! Make sure you are taking good care of it. Eat a healthy diet and hydrate well. Get a good amount of exercise to keep your body going; you can choose what you enjoy doing the most: going to the gym, yoga, playing football,

*The most important
thing is to
enjoy your life.
to be happy.
It's all that matters*



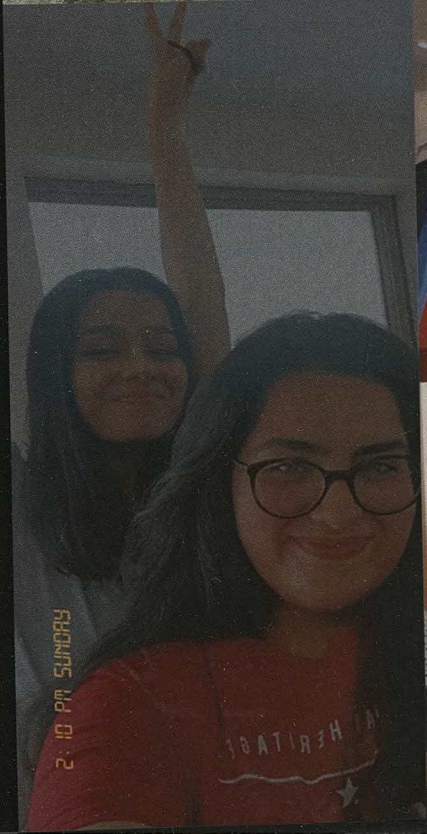
Establish work life boundaries; when at work, give your 100% to the task at hand. Make sure to clock out at 5pm sharp, and the moment you do, leave all the work worries and switch off mentally. Go home and embrace the people who are the closest to you. Always keep them (*your family and friends*) close 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.

The monotony of life wears us down. Hence, cultivate a hobby that you enjoy. It will give you the time-out that you need. When work stress is mounting, your hobby will allow you the time and the mental space to recharge and come back. I have personally adopted travelling; I make sure to visit a state/country annually during my summer vacation. It keeps me refreshed before the start of the next academic year.

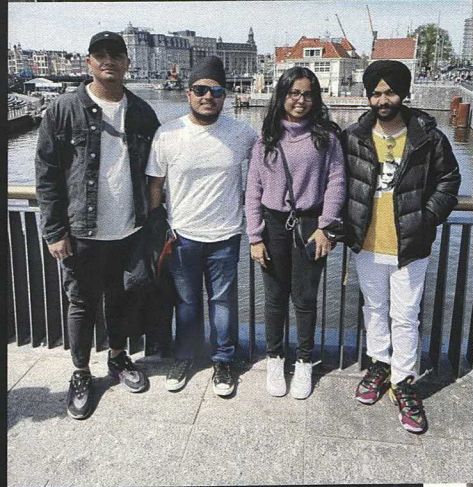
In stressful situations, we should not lose sight of the bigger picture. Focussing too much on the problem, robs us of the gratitude we should have of all the things we do infact have in our life. Many a time we are so caught up in asking ourselves 'Why me' and blame life for being unfair; until a year or two later, when we have accepted the reality and realised things worked out for the best. Then gratitude creeps in and we are thankful for the lessons learnt or the experiences we have had as we have grown as individuals. So practising gratitude daily will help bring out the bright side of life.

Lastly, surround yourself with positivity and positive people and make sure to use these challenges to learn and evolve into a wiser and a more responsible human being. Remember, some of the most successful people in the world have grown the most from their struggles.





Our Journey











Administration



Dr. Marie Raj

Administrator



Ms. Martha Rebello

Compliance Officer/
Academic Co-ordinator



Ms. Edna Noronha

Sr. Manager Marketing
& PR



Mr. Anup Bhat

Assistant Manager
Accounts



Mr. Sandeep Bandodkar

Chief Engineer



Ms. Jinnie Rodrigues

Sr. Office Executive/
Training & Placement
Co-ordinator



Ms. Sushma Lotlikar

Executive Admin



Mr. Issac Mathew

System Administrator



Ms. Valerie Jacques

Counselor



Ms. Alethea Baracho

Counselor



Mr. Sudhir Desai

Executive Corporate
Communications



Ms. Sherlaine Viegas

Accounts Officer



Ms. Manisha Borkar

Accounts Officer



Mr. E. Diniz

Sr. Officer- Accounts



Mr. Sudesh Verenkar

Sr. Officer Accounts



Ms. Chaitra Phaldesai

Purchase officer



Mr. Rajesh Gopal Naik

Jr. Officer- Stores



Mr. Ujal Nagvenkar

Purchase Executive



Ms. Sharada Prabhu

Sr. Officer HR



Ms. Deepika Malhotra

Research Cum
Resource Assistant



Mr. Anil Anandache

Security Supervisor



Ms. Aditi Sawant

Asst. Admin Officer



Mr. Gagan Biradar

Asst. Admin Officer



Ms. Beverly Fernandes

Asst. Training
& Placement officer



Ms. Belinda Baracho

Telephone Operator



Ms. Shreya Keni

Front Office Assistant



Mr. Sharayu Nagueskar

Cafeteria &
KST supervisor



Mr. Rovino Miranda

Gym Instructor



Mr. Johnkutty George

Stores Assistant



Mr. Godwin Chandanagiri

IT Assistant



Mr. Kevin Pereira

Cafeteria Assistant



Prof. Irfan Mirza

Director/ Principal



Chef. Sebastian Breitingger

Professor - Culinary Arts



Chef. Sujata Madhavan

Associate Prof. - Food
Production



Chef. Sandip Madkaikar

Asst. Prof. -
Food Production



Ms. Gauri Patil

Asst. Prof. - F&B Service



Ms. Nelissa Alcasoas

Asst. Prof. -General
Management



Mr. Frazer Rodrigues

Asst. Prof. -General
Management



Ms. Supriyanka Govekar

Asst. Prof. -General
Management



Ms. Shameem Memon

Asst. Prof. -
Financial Accounting



Dr. Edgar D'Souza

Asst. Prof. F&B Service

FACULTY



Ms. Alba Maria De Sa

Asst. Prof. - General
Management



Ms. Alyce Rodrigues

Asst. Prof. Microbiology



Mr. Dewraj Hirekurabar

Director - PE & Sports



Ms. Suphal Naik

Librarian



Chef. Prashat Lotlikar

Asst. Pastry Chef



Ms. Nisha Nair

Asst. Prof. - Computer
Applications



Ms. Vrinda Vaz

Asst. Prof. French



Mr. Krishnakant Desai

Asst. Prof. Hospitality
Law



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Asst. Prof. English



Dr. Semele Sardesai

Asst. Prof.
Dissertation



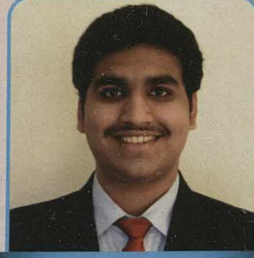
THE GRADUATING



Aaryan Naik



Aayan Khan



Aditya Desai



Adwait Kelkar



Agnel Francis



Akamsha Chandran



Anirudha Sardesai



Avinash Ajay



Azriel Gracias



Blandon Moraes



Carlton Fernandes



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Macwin Correia



Nikhil Godinho



Parin Haldankar



Pearl Dsouza



Pooja Muley



Prajval Tople



Purva Sharma



Rashid Noronha

Feedback

CHEF. AVINASH MARTINS

Great place and fun to be with students and faculty.

SIDDHI PADTURE

The campus offers world class facilities like never seen before in India and the staff is extremely welcoming.

SIDDHI PADTURE

The campus offers world class facilities like never seen before in India and the staff is extremely welcoming.

STEPHANIE WILLIAMS

Excellent facilities, world class! Well done!

ROSARY FACULTY

Wonderful experience, well organised, good food, amazing infrastructure and impressive staff and excellent hospitality

MAZIA CHONDHURY

An institute beyond excellence. Perfection is an understatement to the vision and seriousness. Happy to see.

DAREL KOUALTY

I never believed that I would see a better version of a Swiss school in Goa! What an outstanding institute, with wonderful students and the most welcoming staff and faculty, I have encountered so far!

PRASHANT AND SHVETA TRIVEDI

Absolutely fantastic setup, detail thought in how to make a hospitality an interesting subject. Loved the design and concept. Thank you, Edna, (Professor) and the team for a marvellous tour.

RIMAL D'SILVA

Wonderful campus and institute. The students are well engaged. Thank you for having me come and experience your hospitality.

MRINALINI MORAIS

It was a lovely experience, especially the table etiquettes.

D'SOUSA ROSWITHA AND BOHA

Thanks a million for a wonderful afternoon which we will never forget.

STANISLOS FERNANDES

A beautiful experience for the students and also very informative.
Thank you.

ST. ALEX HSS, CURTORIM

A very informative session for students, handled great details and creativity, something the students will always remember. Thank you.

VIVIENNE ESPERANCE VAZ

A wonderful experience.
All The Best!

LORRAINE DA COSTA

Excellent! As always!
Ms. Edna and Alethea,
so thorough and informative

SR.MARINITH A.C

We have captured and taking back impressions of every moment spent here.

MEF'S HSS OF SCIENCE, PONDA

Campus is very beautiful.
Appreciating the
practical learning

CHEF ANTON MOSIMANN

Fantastic Campus! It was great honour to have been invited. Very impressive!
Congratulation to Prof. Mirza and his team.

B.R MUNGLY GELBUL

I was most impressed by this institution. Students are very smart, welcoming, and polite. State of the art facilities which cater both the educational as well as the general well-being. Congratulations Mr. Mirza the director!

SHARMALA UMESH

You have taken hospitality to new heights! Your students are indeed fit to be a part of this institute.

JOSEPH GEORGE AND FAMILY

We are so proud of Mr. Mirza and what a wonderful team, campus, and facilities. I'm so pleased to meet him after so many years and it felt like so though we just met. We wish you all the very best in 2023. May you continue to prosper and succeed!

Feedback

It's a wrap







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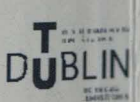
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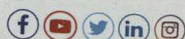


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