

A La Carte

2017-18



Welcomgroup
Graduate School of
Hotel Administration

(A Constituent unit of MAHE, Manipal)

"The wealth of education is something
which you cannot exhaust by giving"



Dr. T. M. A. Pai

(1898 - 1979)

Founder and Architect of the University Town, Manipal

Message



It is most important on the part of students that they make the best use of their student life spent in educational institutions which afford the platform for the development of personality. Their education goes beyond their course work. Extra-curricular activities can form a vital part of their experience, creating unique opportunities for friendship and learning. I am sure this Annual Magazine of Welcomgroup Graduate School of Hotel Administration gives a good coverage to all the student activities showcasing their talents and skills. My best wishes to the students.

Dr Ramdas M Pai

President & Chancellor

Manipal Academy of Higher Education

Message



The Hospitality Industry is growing very rapidly expanding globally and promoting its growth in a changing multicultural environment. It is playing a vital role in the expansion of tourism. It is making major contributions towards economic growth at local, regional and global levels. Students WGSHA have a great future before them if they avail the opportunities provided to them in mastering the subjects taught to them. I have no doubt they will be well equipped to make a mark in the hospitality industry. I wish them success in the fulfilment of their aspirations.

Dr H S Ballal

Pro Chancellor

Manipal Academy of Higher Education

Message



I am extremely happy to write this message for the Annual College Magazine 'A la carte' for the year 2017-2018 of your institution.

Established in 1987, your institution has been unswervingly ranked as the No. 1 in the country for hotel management studies. Similar rankings through surveys and competitions in the array of top professional colleges in India revalidate the status. The hotel management and culinary programs are of international standards with comprehensive study materials and are in tune with present day advanced and structured skills development capability requirements.

Your institute's periodic revision of teaching modules fosters the students with reflective thinking indulgent in collaborative ideas and creative expressions with a value based framework that passes to the legion of students to gel with international forums.

With these standard modules your students could acclimatise into versatile hotel industry globally after leaving the institute portals. I refer Mr. Vikas Khanna, the Celebrity Chef, a WGSHA alumnus is proof of such assertive students.

With excellent team of faculty that has both Academic and business exposure, the students in your institute grows in an intellectually stimulating environment and innovative approaches, a pre-requisite for success in ever demanding hotel management arena.

I wish WGSHA success in their endeavours.

Dr G K Prabhu

Director Manipal Institute of Technology &
Pro Chancellor (Technology & Management), Manipal Academy of Higher Education

Message



“Wherever there is a human being, there is an opportunity for kindness.”

The Welcomgroup Graduate School of Hotel Administration (WGSHA) has always been successful in bringing together talents from across the globe and inspiring them to become better citizens of the world. It is an Institute for the young adults to be nurtured and not just become industry professionals but transform into people with compassion and integrity. The hospitality and tourism industry is the second largest employer in the world. We at WGSHA encourage our students to develop into value driven adults. We focus on holistic development of our students by encouraging them in all co-curricular activities including outbound learning techniques to ensure that they become great achievers and good citizens.

It has been very pleasing to see the enthusiasm of students and their whole-hearted participation in all the activities conducted by the Institute and University. Students take initiative and come up with innovative ideas for the various events throughout the year.

The college magazine, 'A La Carte' is a platform for the students to showcase their creativity as well as to present their achievements throughout the year. I would like to congratulate and appreciate the efforts of the editorial team in making the magazine a beautiful flashback of the year.

Prof. P. Gopalakrishnan
Principal, WGSHA

The Editorial team speaks...

Each year as the sun sets on yet another academic session, it is inevitable that all the jittering moments take concrete shapes as memories; some gloomy, some happy and few exciting; it could be tantalizing and intriguing, yet painful and unforgettable. While some memories are forever etched on our minds, there are few which steam its way into the very nooks of our hearts. This edition of A La Carte (2017-2018) is an attempt by the Editorial Team to capture such moments and present to you a print etched glimpse of the year gone in WGSHA.

The Editorial Team appreciates and thanks all those from the Management, staff and students for their continued help and support in their own special ways. Happy reading!!



Vineet Nedungadi



Ishvi Tandon



Siddhi Laad

FACULTY ADVISORS



Mr. Rajiv Mishra



Chef K. Thiru



Mr. P. Valsaraj



Mrs. Meenakshi Garg



Mr. Ratnadeep Bhattacharyya

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BHM 28th Course





BHM 29th Course





BHM 30th Course (Section A)



BHM 30th Course (Section B)



BHM 31st Course (Section A)



BHM 31st course (Section B)



BA (Culinary Arts) 4th Course



BA (Culinary Arts) 5th Course





BA (Culinary Arts) 6th Course





MSc DAN (Batch of 2015-2017)





MSc DAN (Batch of 2016-2018)



MSc HTM (Batch of 2015-2017)



MSc HTM (Batch of 2016-2018)



PGDCA 2nd Course





Student Council





Faculty Members





Non-Teaching Staff Members

Achievements

Unveiling of Utsav



The Hottest Chef of America, a Michelin starred chef, a restaurateur, a writer, a humanitarian, the list just goes on. Throughout the week, we've been looking forward to the unveiling of the infamous book by this great personality, Vikas Khanna. From a boy dreaming big in Amritsar, starting his own catering service at the age of 17 to Manipal to finally the US, Khanna's journey has been nothing short of a perfect example of the result of years of hard work and dedication. While his journey has always been a source of inspiration to everyone, the students of Manipal have always been able to identify him on a more personal scale and he has always retaliated the love they hold for him. Vikas Khanna has a special bond with the word 'Utsav', it being the name of his renowned and historic cookbook as well. Gracing both Utsav 2016 and 2017 and using both these occasions for unveiling some of his most awaited works, Vikas Khanna has showed us just how much Utsav and Manipal Academy of Higher Education mean to him. This year's Utsav, has yet another reason to celebrate. The cover of 'Buried Seeds', Vikas Khanna's Biography was unveiled here, strengthening the bond he shares with Utsav. The book's title refers to the courage a seed needs and the journey that it goes through, finally sprouting into a mighty tree. A tale of all the hardships that Vikas Khanna faced, this book is a worthy tribute to the award-winning chef. As Utsav comes to an end, it just shines brighter with his presence. A documentary based on buried seeds has been in the making and the epic conclusion to this masterpiece happens right here at KMC greens, with all of us sharing the limelight with Manipal's favourite chef. As a crowd of more than 3000 people welcomed him amongst huge cheers and joy, Chef Vikas Khanna still remains as humble as ever. Manipal Academy of Higher Education is proud to have an alumnus of such a stature.

Buried Seeds

Buried Seeds, a film by Andrei Severny, is a timeless and true story of human passion, willpower, and resolve in the face of adversity. The film follows Michelin Star Chef Vikas Khanna's on his journey as an immigrant.

Born with clubbed feet in Amritsar, Vikas was bullied by his classmates. Khanna takes refuge in his grandmother's kitchen and discovers his passion for the vivid traditions of Indian cuisine.

At the age of 29, Vikas moves to New York with nothing in his pocket and ends up in a homeless shelter. Through years of struggle and hard work Vikas opens his first Indian restaurant in Manhattan.

Over time Vikas Khanna grows to become one of the most influential chefs in the world and a cultural ambassador of his nation. While wealth and glory may be transient, what truly defines him is the will to create himself every single day.

Buried Seeds book is the biography of one of the most influential chefs of our time, and an ambassador of Indian culture to the World, Chef Vikas Khanna.

The book unravels the enigma that surrounds Chef's life through a weave of words, poems, and conversations about incidents spanning through his life. The spotlight in the book is shared by Chef's family, friends, colleagues, contemporaries, mentors, and, of course, the man himself, as the tale crisscrossed through the sands of time spread all over the globe.

The book is written by Karan Bellani. He is an award-winning biographer and culinary historian with expertise in the gastronomic and cultural evolution of the Indian civilization. He has worked with Ernst and Young, Penguin Random House, Bloomsbury, and Wisdom Tree. He lives in Mumbai, and loves a game of chess over coffee.

Vikas Khanna gifts Utsav Book



On the 27th of February, the Queen of the United Kingdom Queen Elizabeth 2 hosted a reception to celebrate the launch of the UK India Year of Culture, A program to promote and exchange the rich cultures of the United Kingdom and India. Chef Vikas Khanna a distinguished alumnus from the Welcomgroup Graduate School of Hotel Administration was part of the function. Chef Vikas Khanna presented his Limited Edition 16kg 'Utsav Book' to the Queen at the Buckingham Palace. The Queen showed great interest and was impressed on discovering India's rich cultures and Food trends. This was indeed a memorable experience for our alumnus and a proud moment for the Welcomgroup Graduate School of Hotel Administration.

Hockey Championship

On the 1st and the 2nd of April the Welcomgroup Graduate School of Hotel Administration organized its Manipal Academy of Higher Education Inter Collegiate Hockey Tournament 2017 at the End Point road. It was a fierce competition between various colleges in Manipal including the Welcomgroup Graduate School of Hotel Administration. The students put in a lot of effort and hard work and came out successful winning the Championship, thus proving hard work does pay.



GHRDC Ranking

Among the top ranking private Hotel Management Institutes in India, The Welcomgroup Graduate School of Hotel Administration was ranked as the only Supreme Hotel Management Institute of India by the Global Human Resource Development Centre (GHRDC) bagging the highest score of 1199.27 making it the best and the only college to get ranked in this category.

Cometz 2017



On the 16th and the 17th of February the Sri Krishna College of Arts and Science Coimbatore organized Cometz 2017 which was a national level competition consisting of various Culinary Arts and Hotel Management events posing extremely challenging tasks to students, pushing them to limits. The students of the Welcomgroup Graduate School of Hotel Administration along with the students of the Department of Culinary Arts together took on the challenge and put in immense effort and dedication hence securing 1st and 2nd position in various events enabling them to win the competition. It was indeed a proud and glorifying moment and one that cannot be forgotten.

Exodus 2017

Students of WGSMA and Department of Allied Hospitality Studies, Manipal Academy of Higher Education participated in EXODUS, the National Level Inter-Collegiate Tourism Fest of the students of MBA (Tourism and Travel Management) of the School of Business Studies and Social Sciences, Christ University, Bengaluru, on February 17-18.



There were several management and creative competitions like 'Brainstorm', an event focusing on elementary management principles; 'Travel Solutions', an event to learn and benchmark contemporary travel and tourism practices, where this year an itinerary was to be made on South Asia Tour, 'Master Mind' a quiz competition, aiming to test the participants' knowledge on the travel and tourism industry; 'Planning Spectrum' an event highlighting the ability of a team to create a Master Plan for a new tourism product; 'Mutus', a creative theme based mime competition; 'Docudrama,' testing student's creativity in the art of making documentary, this year's theme being 'explore the unexplored' along with a group dance competition among the participants.

The following prizes were won:

Travel Solutions	1st Prize: Helen Rhea Pius and Ayush Melwani
Brian Storm	1st Prize: Rachit Shah
Planning spectrum	1st Prize: Saumye Kapoor and Mohini Mohandas
Master Mind	2nd Prize: Sumant Dhanorkar and Rohan Jayachandran

Bhoomi Pooja

On the 9th of March 2017, the Welcomgroup Graduate School of Hotel Administration in efforts to sanctify the new Academic block, organized a 'Bhoomi Pooja'. The Principal Prof. G. Parvadhavardhini, Vice Principal Chef Thiru, Dr. Ranjan Pai, Dr. H.S Ballal & Dr. Narayana Sabhahit initialized and graced the auspicious ritual.



Events and Activities

Orientation 2016



'The entrepreneur always searches for change, responds to it and exploits it as an opportunity'

On the 30th of July 2016, a new batch of students of Bachelors in Hotel Management and Bachelors in Culinary Arts were welcomed by the Welcomgroup Graduate School of Hotel Administration at the Dr.TMA Pai Hall 2. With all the admission formalities

complete, both the parents and the students were invited to attend the 'Orientation 2016'- where the freshers' were officially welcomed to the Manipal Academy of Higher Education Family. The chief guest of the event was Dr. Ramjee B. Director, International Collaborations. The orientation was initiated by a Floral Tribute to Late Dr.TMA Pai, all the faculty and the guests paid their tributes. Dr. Ramjee B., welcoming all the freshers to the Industry, went onto explaining the difference between learning and education. He also shared various valuable tips on how to become successful.

The principal then addressed the crowd and went onto briefly describing the hotel Industry and how technologically advanced hotels will be in the future.

The very next day the students were taken to End Point for a Rain Walk. Students started their walk at dawn from the Hostel and would take a relaxing walk to End Point where the students were made to do a warm up exercise after which the students were faced with challenges and games with the faculty. This enabling the students bond with the faculty and helps them work together with more ease.





DAHS Orientation

On the 8th August 2016 the students of the MSc Dietetics and Nutrition (DAN), MSc Hospitality and Tourism Management (HTM) and PG Diploma in Culinary Arts (PGDCA) were welcomed by Welcomgroup Graduate School of Hotel Administration, Department of Allied Hospitality Studies and Department of Culinary Arts at Chaitya. The principal Prof. G. Parvadhavardhini welcomed the batch by inspiring them to become entrepreneurs and focussing on the road not taken. Dr Suma Nair, Director of Student Affairs, Manipal Academy of Higher Education made the students familiar with the rules and regulations of Manipal Academy of Higher Education. The new batch proved themselves by putting up a talent show in which MSC HTM students bagged the first place by presenting a skit on the need for change in the mindset of the people in the country. MSC Dietetics students put up a cultural show with a marathon of various dances as a part of their performance.





Paper to Epad

For the very first time the Welcomgroup Graduate School of Hotel Administration in its tedious effort to modernize its educational curriculum, introduced the E-pad. The E-Pad is a tablet which comes with a stylus which students use for writing their exams. Students of the first year were given an opportunity to write both the sessional & the semester exams on the E-Pad. The introduction of this piece of technology has reduced the use of paper and has thus helped in protecting the environment. This device has also drastically reduced any sort of unfair means used during the examination. Although there were a few problems faced by the students, there are many more updates that will be implemented to the E-Pad that will make giving examinations easier and much eco-friendlier.

The Annual Cake mixing ceremony was held in the Department of Culinary Arts centre which was dedicated to those who were diagnosed with cancer. This is the 16th consecutive cake mixing ceremony held and this time it was based on the theme of Christmas. The registrar of Manipal Academy of Higher Education, Dr. Narayan Sabhahit also took part in this ceremony supporting the cause. The ceremony involved sprinkling a huge variety of dried fruits dipped & soaked in liquor. This ceremony was organized by the Principal Prof Parvadhavardhini, the vice principal Chef Thiru and the Department of culinary arts.

Cake Mixing Ceremony



International Chef's Guild

Welcomgroup Graduate School of Hotel Administration & Department of Culinary Arts
in Association with
IFCA AND WACS welcome you to the launch of **INTERNATIONAL CHEFS DAY CONFERENCE 2016**



of how the Culinary industry works . Chef Thomas Gugler President of the WACS also shared his knowledge and experience in the Industry through a skype call. At the end of the conference our college was awarded a token of appreciation by the IFCA for the effort undertaken by our college in bringing out the culinary expertise within students and nurturing them in becoming chefs of tomorrow.

The International Chef's Guild was organized by the Welcomgroup Graduate School of Hotel Administration & the department of culinary arts along with the Indian Federation of Chefs Association (IFCA) & the World Associations of Chefs Societies (WACAS) on the 9th of November. The conference was initiated by our dear principal Prof. Parvadhavardhini Gopalakrishnan followed by an overview by Chef K. Thiru the vice principal. The Guild was inaugurated by Mr. Manjit Singh Gill Corporate Executive Chief ITC Hotels , Dr. Chef Soundararajan Corporate Chef Mahindra Holidays & Resort India Ltd. , Chef Vijaya Baaskaran Executive Chef Le Meridien Bangalore , Mr. Vikram Cotah CEO GRT Hotels Chennai , Celebrity Chef Dr. Damodaran , Chef Palvinder Singh Bali Corporate Chef Oberoi Hotels & Chef Debrat Bhowmik Mahindra Holidays Coorg who conducted several educational sessions that gave the students a deep understanding

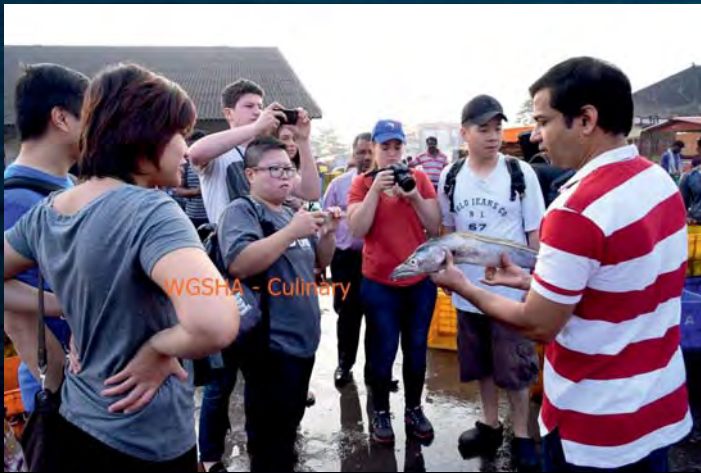


Culinary Boot Camp 2016

The year 2016 has been quite special for the Department of Culinary Arts. It is the initiation of a bond between two countries rich in cultural diversity 'India & Canada'. It is the initiation of the culinary boot camp 2016. The department of culinary arts in association with the George Brown College has set out to give its students a Culinary tour of a life time. The culinary students from the George Brown college were given an opportunity to take a tour into some of India's most rich & diverse food culture. This workshop was organized to expose Canadian culinary students to Indian food and its various flavourful cultures. It was a 4-day trip guided by our dear Principal Prof. Parvadhavardhini Gopalakrishnan, our Vice Principal Chef Thiru & the department of culinary arts faculty. The Canadian students were first welcomed by our Principal during an orientation at the Department of culinary arts after which they were briefed about their 4-day trip plan. On the first day, the students were taught about the various spices used in Indian cooking, after which an interactive cooking session was conducted on Rajasthani cuisine. On the second day, the students set out early morning to the famous Malpe wharf with Chef Thiru to observe and learn the different types of fishes used in different kinds of Indian Dishes along with their varieties. The same day an outdoor cooking session at the Kaup

beach was organized. This was guided by the faculty and students of the Department of Culinary Arts. The foreign students were made to prepare various local dishes like the delicious & mouth-watering Neer Dosa along with Chicken gassi, Pineapple Menskai and much more. On the third day of their expedition, the students were introduced to Dr. K.J Malagi who is the Head of Department Ayurveda at the Kasturba Medical College who briefed them about the Human body, its elements and the food one must consume to maintain a balanced diet. They were then taken to the Manipal College of Philosophy & Humanities where Dr. Meera Baidur Associate Professor expressed the term "You are what you eat" and gave the students an insight of the three stages of life. They were then given a chance to learn about the classical food of the West. On the last day of the tour the students were taught and given an opportunity to prepare various South Indian dishes under the guidance of the faculty. Some of the dishes that the students prepared were sambar, Pineapple Sheera, Mangalore Buns and many more. At the end of the tour the students were presented with a certificate thus, concluding the 4-day expedition. This was indeed a fascinating experience for both the Canadian students as well as for the students and faculty of the Department of Culinary Arts.





Annual Day



The Welcomgroup Graduate school of Hotel Administration Organized its 31st Annual Day on the 03rd of February 2017 at the Fortune Hill Valley View Lawns. On this grand occasion, we were honoured to have two incredible pioneers of the hospitality industry- Mr. Anil Sharma Executive Vice President, Human Resources & Learning Services Hotels Division, ITC Limited & Guest of Honour and Mr. Neil George Ex. Senior Vice President Acquisitions & Development, Africa & Middle East, Marriot Development. The combined efforts of students from all departments made this event grand, right from the Kitchen Stewarding Team, The Food and Beverage Production team, the Food and Beverage Service Team, Ushering, Guest Representative, Backstage, On-Stage crew and performers. All the students participated whole heartedly and made the event a grand success.

The event was invoked by Cutting a Cake which was made possible by Chef Kshama Vishwakarma and her team. The Principal then respectfully proceeded to pay a floral tribute to our beloved & missed Late Dr.TMA Pai.

After paying our respects, The Principal Professor G. Parvardhvardhini officially welcomed all the Parents, Teaching/Non-Teaching Faculty & the Students to this year's grand occasion. After this the principal proceeded to showing the Annual Report which took both the students and the faculty down memory lane. The Annual Report portrayed all the festivals celebrated in WGSHA, the Guest Lecturers who shared their knowledge and information with the students, Celebrity Chefs who blew our minds with their incredible cooking demonstrations, a short report on our Alumni's, proudly spotlighting the students who have excelled in their respective department of choice. There is a saying By

Jason Maraz, "You're not obligated to win. You're obligated to keep trying to the best you can do every day." Jason Mraz

To those who have made it to the best, who have made their college and their parents proud were presented with an honourable award for their constant and continuous efforts. Both the students and the Alumni's were presented with these Honourable awards. It was a glorious moment to see the heights students can achieve just through mere hard work & dedication. Mr. Anil Sharma Executive Vice President, Human Resources & Learning Services Hotels Division, ITC Limited the Chief Guest & Mr. Mr. Neil George Ex. Senior Vice President Acquisitions & Development, Africa & Middle East, Marriot Development addressed the crowd and gave us an insight on how the hotel industry is changing, the rate at which it is booming. He also shared his experience which gave us a clear picture of what it is to be in this department.



The Grand event was finally concluded with a Vote of Thanks given by the Vice Principal Chef K.Thira.

As the night graciously moved on it was time for the most awaited Program – The Cultural Show. Both the students and the faculty had played a major role in entertaining the audiences. This event included Dance performances once again by both the Students and faculty. The most memorable dance of the evening was by our Principal with the Student Council President, Daanyaal Lari. It was an incredible performance that got the audiences fired up. The music club played different tunes and set up an ethereal ambience at the lawns.

After the cultural program the Guests were invited to dine. The invitees dined at Chaitya – Fortune Inn Valley View. The menu was divided into the 4 parts and hence 4 sections -The Non-Veg Counter, The Vegetarian Counter, Soup Counter & the Dessert Counter

The non-vegetarian counter served varietal mouth-watering dishes like the grilled chilli sausage to a palat enhancing Indian dish Chicken Biryani and many more. The Vegetarian Counter served several dishes like the Makahanamakai salad, Sannahuaneembu, Aloo gobiki tehri and much more. Under the soup counter appetite enhancing soups were offered to its guests like the KesaBadamShorba.

To end the grand Dinner the students of the bakery team under the guidance of Chef Kshama prepared various mouth exploding desert dishes that ranged from Gulab Jamun, Jelabi, Rabdi to Nepolian Mousse, Cremme Brulee, Fruit Souverin, Tartatin and much more.

It was Indeed a memorable experience- A perfect combination of elegance & Excellence, we are the Welcomgroup Graduate School of Hotel Administration.



International Women's Day

The students of Welcomgroup Graduate School of Hotel Administration, School of Communication and Department of Commerce jointly celebrated the Women's day on March 8th, 2017 by honouring women achievers from Manipal. The Chief Guest was Mrs Indira Ballal, an art enthusiast. Successful women from different walks of life that included Dr Shubhageeta, Consultant Obstetrician Gynaecologist and Animal rights activist; Mrs Benita Sharma Area Manager Golden Quadrilateral ITC hotels, General Manager Sheraton New Delhi; and Mrs Pavana Acharya, a musician; were felicitated by Mrs Ballal. The guests spoke about the importance of being good human being, and thinking above mere genders. Mrs Pavana Acharya, along with her troop performed a veena recital for the audience.



Drishti 2017

An intra college music and dance competition was organised at the T.M.A. Pai Amphitheatre on 21st march. Judges were experts of music and various classical dance forms. The students participated whole heartedly adding to the serene atmosphere. The different competitions held were western and eastern solo singing, instrumental music and solo dances. Arnav won the first place in the western vocal solo while Sanjeevani stood first in the light vocal solo. Gavin Rodrigues won the western solo dance and Somtapa Chaterjee bagged the first place in the eastern dance solo category. Mr Prince won the instrumental solo competition. A house wise group dance competition was also held where Ranjit house were declared the winners. They delivered a Bollywood fusion performance with utmost energy and grace. The dance troop of Tipu house conveyed a message to show their respect towards women through their performance and stood second followed by Shivaji house.



World Bread Day

The students of the Welcomgroup Graduate School of Hotel Administration celebrated the World Bread Day with the making of several Ginger Bread Houses. All the students of the third-year prepared Gingerbread House of different sizes, shapes & design. This was organized and supervised by Ms. Kshama Vishwakarma Bakery in Charge.



BRANIAC 2017

On the 10th and the 11th of February students of the Welcomgroup Graduate School of Hotel Administration Manipal Academy of Higher Education took part in Brainiac 2017 – A national level management fest organized by the Department of Public health consisting of 12 colleges who participated in the same. On the 1st day of the competition, one student from each college was elected to represent their respective colleges for the qualifying round of Checkmate – Best Manager and likewise three students were elected from each college to qualify for Tic Tac Toe- Man Power Planning. By the end of the competition only 8 colleges Qualified, among them was the Welcomgroup Graduate School of Hotel Administration. The evening was filled with a lot of entertainment, the students from all the colleges got together and performed in the Rangji Tharanga – Variety Entertainment, among other performances our college was the only college who consistently entertained the audiences for a straight 20 minutes. At the end of the event our college was awarded second place for the outstanding performance choreographed by the students. The next day students were given dedicated venues where they had to report to for the final round. Various other events like the Treasure Hunt- Chakrayuha. The first competition was a race. Rakshit & Anirudh were the two students who represented our college in the race. They not only ran for 3 hours but also managed to secure First place which was an incredibly gratifying moment and an eye opener to the capabilities of our students. While away from the field Daanyaal Lari was preparing himself for what would be a very strenuous 30 minute – The Stress Interview. The interview thoroughly pressed the participants to limits never seen before in an interview. By the end of the competition WGSHA took the top spot by securing the highest points on the event scoreboard among other colleges by dominating in various events like the Treasure Hunt, Best Manager & variety entertainment



Student Council Elections

On the 20th of January, the Welcomgroup Graduate School of Hotel Administration Student Council Election was conducted for the 28th Course – 4th Year Students for the Posts of President, Vice President, Cultural Secretary, Culinary Service in Charge, Sports Secretary – For Boys and girls.

After the election, with immediate effect, a flying squad was created to ensure that students follow the necessary grooming standards. This has ensured that every student conforms to the guidelines of the industry. With the new leaders settled into their posts, we expect to see several rules being introduced that will create a positive impact on the institution.

WINNERS:

President – Daanyaal Lari

Vice President – Darshana Gopinath

Cultural Secretary – Pooja Anklekar

Culinary Service in Charge – Yuvraj Singh

Sports Secretary – For Boys – MD Adnan

Sports Secretary – For Girls – Danica D'Souza

HOSPITALITY CONCLAVE 2017



Welcomgroup Graduate School of Hotel Administration organised the Hospitality Conclave- Vision 2017 with the Department of Allied Hospitality Studies and the Department of Culinary Arts on the 25th of February 2017 at the T M A Pai Hall, KMC, Manipal. Principal Prof G Parvadhavardhini inaugurated the event by introducing the theme 'Re-thinking the hospitality arena for tomorrow' by speaking about the rising importance of safety in the hospitality and tourism sector. The event comprised of 5 speakers from the hospitality and tourism industry.



Ms Neha Garg

Founder director of Red Kite Consulting, Ms Neha Garg gave an insight about the hiring trends in the hospitality industry. She encouraged the students to think from a broader perspective and give preference to the brand over location. She advised the students to focus on aspects like growth, learning and innovation instead of focussing just on the monetary benefits that a job position offers. Being a successful entrepreneur and a role model to women herself, Ms Garg encouraged the girls to work in different sectors of the industry irrespective of their gender. She explained to the students the trends in hiring these days and expressed the importance of stability in one's career graph.

Mr Sahil Ranaut

Complex Director Revenue Management, Westin (Pune), Mr. Sahil Ranaut spoke about the growth of Meetings, Incentives, Conferences, Exhibitions (MICE) in the hotel industry. He explained how hoteliers today have come up with innovative strategies and have used MICE as a source of increasing their revenue by combining both business and pleasure tourism.

Mr Maverick Mukerji

Speaking about the hot topic of current times 'Emerging technological trends in hospitality', Mr Maverick Mukerji, General Manager Accor hotels Bangalore, explained the kinds of technologies used by hotels today and the trends that will soon be introduced in India. With concepts like trust you, robot waiters, 3D food printing, Quantum Levitation and app based training, he showcased the interdependence of the industry on technology. He introduced the audience to the various kinds of facilities that the Accor group provides to the guests in terms of services that can be availed or booked by those who are on the move. However, he concluded by highlighting the importance of human touch in the service industry by saying, "You'll be surprised by the power of a smile!"

Dr Balakrishna Jayasimha

Emotional Intelligence trainer, speaker and writer, Dr. Balakrishna Jayasimha (BK) conducted a session on Wellness and Well-being and its role in enhancing the quality of life. It was an interactive session where, by means of questions, he introduced to the audience various concepts like power stress, hurry sickness and ways to deal with the same. In addition to this, he also spoke about the importance of work-life-balance and the willingness to change. Talking about emotional quotient, he explained how IQ is important to get a job whereas EQ helps one sustain and grow in their chosen field of work. He then threw light upon the ingredients needed to build a stronger emotional quotient and the qualities one needs to enhance their well-being.

Mr Sunil Tarneja

General Manager Maharajas' Express, IRCTC (New Delhi) Mr Sunil Tarneja delivered a lecture on 'Service excellence – guest ratings and reviews'. Being in the service industry, he gave a few guidelines as to how important the knowledge of a local culture is while delivering customised service. He also spoke about quantifying the qualitative aspects to measure guest satisfaction and ratings. He introduced to the students the Anchor, Reveal and Encourage (ARE) approach to improve the quality of service delivered to the guest. Mr Tarneja too emphasised on adding a personal touch to service and responding to guest's needs on site. He concluded by stressing on the significance of creating a WOW factor and making a customer and not just a sale!

The Welcomgroup Graduate School of Hotel Administration Manipal Academy of Higher Education, organized its annual national-level inter collegiate hotel ability and culinary competition – WGSHA Quest 2017. This showcased the skills, aptitude, knowledge & talent of students for various other leading hotel management colleges. Students were put through and made to face real life experiences from the Hotel Management point of view.



WGSHA Quest 2017



The quest consisted of 10 different competitions-

Wow at every Moment of Truth

In this event students were made to roleplay as Front Office employees and were challenged with real life Front Office situations and were evaluated on the final decision taken. Christ University were winners and Hyderabad took the second place.

Food-O-Graphy

Students were evaluated on their Food photography skills. The International Institute of Hotel Management Bengaluru acquired first place while Culinary Academy of India were the runners up.

Restaurant Service

Students were made to showcase their service skills and based on it were evaluated. Christ University once again secured first place while Army Institute of Hotel Management & Catering Technology, Bengaluru stood second.

Globe Trotter

Students were made make a video promoting local tourism in and around Manipal. The students were evaluated based on their creativity, Innovation and Editing skills. The Culinary Academy of India Hyderabad secured first place followed by Christ University Bengaluru.

Entrée Gourmet Creation

It is a mystery box competition where students had to pick a chit with a random ingredient and had to make a full-fledged dish. Christ University took the first place and Trinity Institute Hyderabad came second.

Floral Flourish

It was a flower arrangement competition where students were judged on their Floral Designing skills. International Institute of Hotel Management Bengaluru declared winners and Christ University as runners up.

Mithaas

It is an Indian dessert based competition. Army Institute of Hotel Management and Catering technology Bengaluru came first and International Institute of Hotel Management Bengaluru came second.

Jeu-Concours

This competition is a based on various Hospitality Quiz. The winner of this event was the Pinnacle Institute of Hotel Management and Catering Technology Hyderabad.

Painted Platters

In this event students are evaluated based on their pre-plated Dessert and students evaluated on the creativity. Christ University secured the first place and Culinary Academy of India, Hyderabad stood second.

Hotelier's Got Talent

Students were made to enact on Parivartan-Transforming India, Amar Jawan-Tribute to Indian Soldiers and Incredible India. The Moti Mahal College of Hotel Management were the winners of this event.

Sherlock, It Out

It was a treasure hunt event where students had to reach the target by acquiring and solving various clues scattered around. The Army Institute of Hotel Management stood first while Christ University bagged second place.

Over all this competition was an immense success and has provided a platform for innovative learning and student development. It has also encouraged students in bringing out their creativity and their hidden talents.

Teachers Day

On the 6th of September, the students of the Welcomgroup Graduate School of Hotel Administration, Department of Culinary Arts and the Department of Allied Hospitality studies organized various events to pay respect and gratitude to the faculty for their painstaking effort of educating future hoteliers and inspiring them to become better individuals.

The music club organized a performance of melodies both Bollywood and contemporary to entertain the faculty. The drama club organised a small skit representing the role a teacher plays in the life of a student. A marathon of performances was put up by the dance club that added instant glamour to the joyous occasion. After the Entertainment session, the students of the Bachelors in Culinary Arts and the Bachelors of Hotel Management organized a lunch for the faculty. After which students were requested to reassemble at the auditorium for the Student Council Installation where the council students swore an oath to abide by their duties allocated to them. Students who have excelled in the field of Academics and sports were awarded with certificates for their excellence. The performances organized by the students were highly appreciated by the faculty and will always be cherished.

Formal Dinner BHM/BA (Culinary Arts)

Like they say “traditions don't fade away easily,” On the 7th of March 2017 the students of the third year from the Welcomgroup Graduate School of Hotel Administration organized a Formal Dinner for the final year students. The guest of honour was Mrs. Benita Sharma Area Manager, Golden Quadrilateral & General Manager WelcomHotel, Sheraton New Delhi. The third year and the second-year students have put in a lot of effort in ensuring timely and synchronized service to the fourth-year students. It was indeed a grand farewell for the 4th year BHM students and the 3rd year BACA.



Philately Exhibition



The Manipal Academy of Higher Education Philatelic and Numismatic club meeting was organised by the Centre for Hospitality and Tourism Research, Manipal Academy of Higher Education at the college campus on 18th February 2017. Dr Vinod Bhat, Vice Chancellor Manipal Academy of Higher Education and a philatelist spoke about his journey of stamp collection. Sir showed the students some of his collections and inspired them to continue this hobby no matter how busy they get. Dr George Joseph, HOD, Urology, KMC Manipal presented to the students the evolution and history of coins. He explained how different coins were introduced with the happening of historical events. The Philately Exhibition was displayed by Mr Vishwesh Karinka.

Alumni Visit

On the 24th April 2016, the Alumni's from the 8th Course revisited the Welcomgroup Graduate School of Hotel Administration. There was a sense of nostalgia in both the Alumni's and the faculty. After the reunion with the faculty was complete the Alumni's were offered a special lunch at the Chaya prepared by the students. Right after which there was a small interactive session at the WGSHA Basketball court at the hostels along with the Principal Prof G. Parvadhavardhini.



Interview with Chef Vikas

On 7th of April 2017, Ajay Sharma (3rd Year Bachelors of Hotel Management student) interviewed the Michelin Starred Chef. Despite his tight schedule Vikas Khanna was generous enough to allot his time to the students for the interview. During the interview Vikas Khanna spoke about his past and his journey from a student to a renowned chef. He also gave a glimpse about his experience with important world leaders.



Cancer Awareness Report



Cancer in the recent century has become a fatal virus that seems to be destroying not just the human body but homes, economy, relationships and so much more. Although the alarming number of cases has led to various discoveries and cures yet the number of lives lost is not at par.

One such awareness drive was organized by KMC, Centre of Community Oncology and MIT in collaboration with WGSHA. The event began with a cycle ride from End Point to KMC greens. At the KMC greens the programme was inaugurated by Dr GK Prabhu a cyclist's enthusiast and Director of MIT. The event was hosted in awareness of the current trends being introduced in the health sector. And if proper care is taken one can avoid falling victim to cancer at an early stage. This was followed by Dr N Udupas who had been invited as the Chief Guest of the event. He started by explaining that people in India tend to be casual when it comes to exercising, eating healthy and practicing regular check up with doctors. This casual approach has led to a lot of Indians suffering cancer. Today, if cancer is detected at the right stage, it can be cured. One can avoid financial instability which is one of the key threats of cancer.

WGSHA's contribution to the event was demonstrating a 3-course menu keeping in mind a cancer patients diet. "When I was enthralled with the duty of formulating a menu for cancer patients my first instinct was to do an Indian menu because that's something all people would be able to relate to. Firstly, it will be easy to source ingredients for us as well as all those who want to try the menu at home and secondly, it was economical. But what could the menu include that wasn't deep fried, lactose free and included coloured vegetables?" Hence the students prepared a green fix drink which was made from basil, mint and cucumber followed Barley Salad –Barley tossed in orange dressing with cucumber and Sai Bhaji with Multigrain Roti as Main course. The students were asked to make a group of 6 and demonstrate 1 dish each to the Audiences.

Cooking Demo for Study Abroad Program Students



On 11th April 2017, the Department of Culinary Arts, WGSHA hosted a cooking demo on South Indian cuisine specially designed for the students of the Study Abroad Program of Manipal Academy of Higher Education.

We had six American students and two co-ordinators who were present for the demo held that evening. It started at 5:30 pm with the students entering the details of their contact information and were then handed out guidelines, recipes, chef toque and an apron.

They were then guided to 'EKA', the department's kitchen lab. Each candidate was allotted a student volunteer who would assist them in cooking and learning for the duration of the demo.

The session was conducted by Chef Thiru, the Head of Department of Culinary Arts who involved the students of the exchange programme in an interactive demo. Going about the menu course by course, the students were truly amazed by the simplicity of South Indian cuisine.

The volunteers helped and educated the foreign exchange students with cooking and plating, after which the students enjoyed their meal. It was a wonderful experience for both the volunteers and the exchange students about food and culture. The event ended with a group photograph and the experience of learning a new cuisine.



Jugaadathon

Students of the MSc DAN, enthusiastically participated in the CAMTech-X Jugaadathon, a healthcare hackathon on the theme 'Improving healthcare for the Urban Poor' on 11th & 12th March 2017 hosted by Manipal Academy of Higher Education in partnership with CAMTech, Massachusetts General Hospital, Boston and Lattice Innovations. There were nearly 150 participants from 11 MU institutions, along with 20 mentors from various institutions. Mrs Meenakshi Garg, HOD, MSc DAN was one of the mentors. Our students pitched in some great ideas and the second place winning team had an MSc DAN student. The teams were interdisciplinary across Manipal Academy of Higher Education, which was an excellent way of portraying and sharing different ideas and putting into a single produce. There were simultaneous Hackathons in IIT Bombay, IIIT Delhi, IKP Bengaluru and KIIT Bhubaneshwar.



World Diabetes Day

On the 2nd of September 2016 in celebration of World Diabetes Day the students of the MSC DAN organized a Nutritional Food Exhibition along at the TMA Pai Hall 2. The students worked hard and put up an excellent effort to make that day special and informative.



Sports Day - 2016



The WGSHA Annual Sports Day is conducted every year to express students' sportsmanship quality. Several track and field events viz. 100 to 1500 meters, shot put, javelin throw, discus throw, high jump, long jump, triple jump and 4x100 relay were organized at MIT Stadium.

Annual Sports Day-2016 was a great success. Dr. B. Rajashekar (Dean, School of Allied Health Sciences, Manipal Academy of Higher Education) was the chief guest for the event.

Prof. Parvadhavardhini (Principal, WGSHA) encouraged the students and herself took part in various faculty events.



Mr Ishwar Ojha was awarded the best Sports person of the year 2016. He represented our college in various Sports events and has been declared as 'WGSHA Men Athlete Champion of 2016'. Janet D'Souza was declared as 'WGSHA Women Athlete Champion of 2016'. Among all the four houses (Pratap, Ranjit, Shivaji & Tipu), Tipu House bagged the overall championship by winning maximum points.



WGSHA bagged the Manipal Academy of Higher Education Inter Collegiate Hockey Tournament Championship 2016-2017



WGSHA Hockey Team: Ishwar Ojha, Janmejay Singh, Arcot Ravichander Abhiram, Dikshant Rai, Preet Padubidri, Edwin Lewis Sumant Tomar, Kkshitij Dixit, Suhit Pratap Singh, Hrishikesh Nambiar, Aditya Panicker, Yohann Tanishq Radhish, Shiv Chauhan, Sabal Gupta, Manvendra Singh & Arya Nahata

WGSHA bagged the runners-up in Manipal Academy of Higher Education Inter Collegiate Football Tournament 2016-2017



Anurag Aher, Hrishikesh Nambiar, Akash Shetty, Abhirath Shetty, Yohann Tanishq Radhish, Tanmay Kapoor, Manvendra Singh, Harshal Thakkar, Preet Padubidri, Ishwar Ojha, Craig D'silva, Arcot Abhiram Mohd. Adnan, Abhay Kumar Pandey, Shiv Chauhan & Nwang Dechen

WWSHA Girls team bagged the overall championship of Manipal Academy of Higher Education Inter Collegiate Athletic Meet, and WWSHA Athletic Team won Overall Runners-up 2016 - 2017



WWSHA Athletic Team - Overall Runners-up Danica D' Souza best female athlete MU

WWSHA students represented Manipal Academy of Higher Education in National Level Tournaments.

All India Inter University South Zone Squash-Racket Tournament.

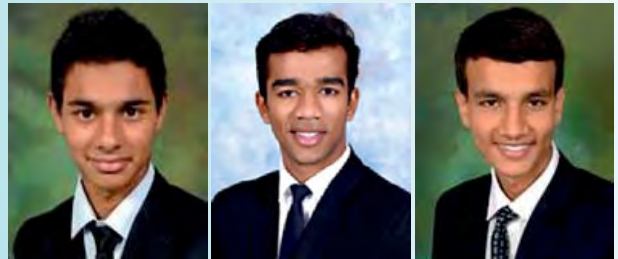


Taksh Bhowani



Mahadhriti Singh

All India Inter University South Zone Football



Shiv Chauhan

Yohann Tanish

Ishwar Ojha

All India Inter University South Zone Handball



Frener D'costa



Vishal S. Shetty

All India Inter University South Zone Athletic



Ishwar Ojha

WGSHA Inter House Sports Results 2016-17

Tug of war (Shivaji House), Badminton (Tipu House), Volley ball (Shivaji House)

Basketball (Ranjit House) Annual Athletic Meet (Tipu House)



WGSHA Team receiving runners-up trophy by Mr. Rajen Padukone



WGSHA Team receiving championship trophy by Mr. Rajen Padukone



Danica D' Souza receiving best female athlete trophy by Dr. H. S. Ballal



WGSHA Girls Athletic Team sharing the championship trophy with School of Allied Health Sciences, Manipal Academy of Higher Education

Hostel Festivals

Onam Celebrations

Every year on the 14th of September people in Southern India celebrate the harvest festival 'Onam'. On this auspicious day, the students of the Tipu House organized a Kerala Style Theme Lunch which involved a delicious course of Sadhya that included a variety of traditional Kerala dishes served on a banana leaf. To bring a feel to the Traditional festival of the Malayalee's, a Chendamelam was also organized. A group of Drummers play the traditional drum of Kerala 'Chenda', which was then followed by a dance by all the Malayalee's in the college. As short as it was, it was definitely one day to remember in our college book of experiences.



Navratri

The auspicious day of Navratri was celebrated on the 7th of October by the Pratap house. The event started with a small Devi Pooja after which the students had organized a traditional Gujarati dance called 'Dandiya'. Right after the dance a huge and delicious variety of Gujarati dishes like Thepla, Khandvi, Dhokla were served. As the lights went off a spark set on and all the students yet again started dancing along with the faculty. It was indeed one of the best Dandiya nights WGSMA has ever witnessed.



Diwali Celebrations

Diwali, a festival for lights home to India, is celebrated across the globe with equal vigour and happiness. As any Indian festival goes, the message of Diwali is to spread love and affection to everyone around us. In light of this auspicious festival, Welcomgroup Graduate School of Hotel Administration on 26th October saw a grand display of celebration for the same. To make this day even more eventful, the students from George Brown University were invited as our esteemed guests. The students wanted them to experience a hint of Indian culture. They were called upon the stage to light the diyas after the puja and Aarti was over. They also participated in lighting the flying lanterns which brought much excitement to all students. The preparation was

undertaken by the students of WGSMA and members of Shivaji house, keen and determined to put up a great hostel festival for all the faculty & students. Students were split into teams who would be responsible for Decorations, Service & food production. The stage was decorated with arrangement of Diyas along with a stunning backdrop made entirely by the students. The celebrations began with the traditional Lakshmi Pooja which was performed by the Principal Prof. Parvadhavardhini Gopalakrishnan. After the ceremony, the students set up an incredible dance performance followed by a Skit and a Singing performance. After the cultural show, the faculty and students proceeded to the hostel mess to relish a special dinner with true Indian flavour. As the night sailed gracefully, the faculty and students both lit up the sky with sky lanterns and celebrated the festival of lights in an environment friendly manner.



Ganesh Chaturthi

The students of the Welcomgroup Graduate School of Hotel Administration organized a theme lunch at the WGSMA Mess on the 4th of September on the auspicious day of Ganesh Chaturthi. The festive celebrations commenced with a small prayer ritual after which the students organized various dance and musical performances, followed by which all the faculty and students proceeded to the WGSMA Mess to enjoy a special lunch organized by the students.



Bakrid Celebrations

Eid al-Adha "Festival of the Sacrifice" also called the "Sacrifice Feast", is the second of two Muslim holidays celebrated worldwide each year, and considered the holier of the two. It honours the willingness of Ibrahim to sacrifice his son, as an act of submission to god's command, before God then intervened sending his angel jibra'il to inform him that his sacrifice had already been accepted. The meat from the sacrificed animal is divided into three parts. The family retains one third of the share; another third is given to relatives, friends and neighbours; and the remaining third is given to the poor and needy. On the 20th of September 2016, the students of the Shivaji House organized a Special Hostel Lunch on the auspicious day of Bakrid. Both the students and the faculty celebrated this festival with a lot of light, dance, and music. A rangoli was made outside the mess depicting the Eid moon made from rangoli colours. The event turned out to be successful and it started off with a small description of Bakrid. This was followed by a couple of sufi songs which were sung by Shivaji house members as well as help from the music club. After this, there was a small dance by the Shivaji house members in the dance club. The faculty were welcomed at the entrance of the hostel mess and requested to put attar as an old Muslim tradition before Eid. Following this, the students and the faculty proceeded to dine at the WGSMA Mess where the students had prepared a special lunch.

Krishna Janmashtami



On the occasion of Krishna Janmashtami the students of the Welcomgroup Graduate School of Hotel Administration organized a small hostel festival to celebrate the Birth of Krishna. The festive celebrations were initiated with the traditional Janmashtami Pooja. The students had also organized a special lunch for the students and the faculties.



Christmas

On 26th November, the students celebrated Christmas by organising a theme lunch at the hostel premises which was decorated beautifully. The students of the music club sang carols and brought in the vibe of Christmas. The students and faculty were treated to an elaborate menu consisting of a very special welcome drink- The KesariThandai. The highlight of the menu was the plum cake with a vanilla sauce. It truly was a great way to end the year.

Food Fests and Simulations

The Parsi Trial Jamva Chalo Ni Dikra

The Department of Culinary Arts, in association with ITC Fortune Inn Valley View organised a simulation on the 24th of September 2016 called 'The Parsi Trail'. As the name suggests, the simulation was based on Parsi Cuisine but with a contemporary twist. The students thought that there has always been something mystical about the old Irani Cafes and hence, wished to create the ambience of the same for their guests.

The simulation took place at the Department of Culinary Arts. The students were divided into various departments such as Kitchen, Bakery, Kitchen Stewarding Team, Arts, Service and Marketing. As the simulation took place at the Department of Culinary Arts, it was a challenge for the students to convert their classrooms into a restaurant and give the feel of an old Irani Café. The classrooms were adorned with fairy lights, posters and paintings to convert it into a Parsi Fine Dine.

The restaurant consisted of 110 covers with each ticket priced at Rs.650. The marketing team had the responsibility to advertise the simulation and sell as many as 110 covers. The preparations for the simulation started a week in advance. The college provided the students with funds for the fest and the rest of the proceeds went to ITC Fortune Inn Valley View. The preparations were in full flow and the students were quite happy with the results on the final day. To their surprise, the students managed to sell 104 covers and provided their guests with great service, food, and ambience.

The menu was designed to be a Table D'Hote menu consisting of a 5 Course meal along with an assorted bread basket with assorted butter and a refreshing raspberry soda. The Amuse Bouche was the student's take on bruschetta. They used rusks and topped it with either cherry tomatoes or roasted capsicum. Next came the veg/non-veg starter. The vegetarian starter was their take on the traditional Parsi Akuri. The students service a Paneer Akuri Meuille Feuille with cheese sauce, peas puree and pickled beetroot. The non-veg



starter was a sweet & sour dish which were mini parathas topped with sallli boti.

The next course on the menu consisted of the soup. The soup was called, 'Tari Ma Tarkari Nu Soup.' Vegetables such as potato, yam, sweet potato, corn, peas, etc. were cooked in a clear toddy based broth. The main course had two options. The Veg Main Course consisted of a Veg. Dhansak Risotto which was served with asparagus, pickled radish and fried lotus stem. The Non-Veg Main Course consisted of a Chicken Dhansak Risotto which was topped with crispy chicken skin.

The Parsi Special, Laganu Custard Tart with a cranberry compote and mint lime jelly followed in for dessert, along with a chocolate bomb. The second choice for dessert was a Wafer Ice-cream Sandwich coated with pistachio.

All in all, the simulation was a great success. According to the feedback given by the guests, they really enjoyed the ambience, the food and were also really impressed with the smooth service and functioning of the entire team. It was a great feeling for all the students to see so many guests eager to try the rich and authentic Parsi Food with a contemporary twist.

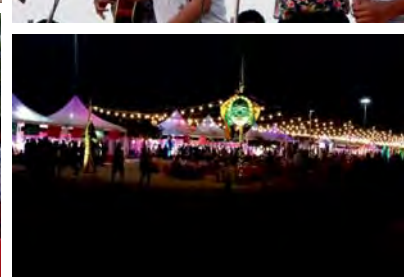
Theme Lunch: Janna Al Arabia

On the 19th of October, the students of Batch 2 of the 29th Course organized a special theme lunch, 'Janna Al Arabia' an Arabic cuisine theme lunch. The guests were welcomed with a cup of Qawah a traditional Arabic coffee served with dates. The 3 three course menus started with a Middle Eastern Sambousek, Falafel & Kibbeh served with some of the famous Arabic salads Tabbouleh & Fattoush. This was followed by serving Tamar Hindi, a tamarind based beverage flavoured with rose. The Main Course FulMadames, Baked Seerfish and Shish Tawooq was accompanied with traditional Hummus, aromatic Roz bil Shariya and Kuboos. The dessert served consisted of a semolina based cake Bassbousa and Halawet el Jibn with a rose petal jam. It was truly a culinary safari to re-discover the cuisines and aromas hidden in countries like Egypt, Lebanon and to sum it all the Emirati influence.



Malpe Sea Food Festival

On the 24th September, the students of the Welcomgroup Graduate School of Hotel Administration, Department of Allied Hospitality Studies and Department of Culinary Arts in association with Mantra Travel and Tourism Development Company organized a food fest on the sandy shores of Malpe beach. The main aim of this food fest was to make Malpe a major tourist destination & give the locals a very special culinary experience. The food fest basically revolved around the policy "Think Global, Act Local". The sea food fest gives its diners a typical local feel on the pallet with traditional dishes like Rava fry to modern fast food dishes like hot dogs to sea food delicacies like golden friend prawns and much more.



Seazzle

On the 11th of February the Mantra Travel and Tourism Development Company and the students of the Centre for Hospitality and Tourism Research, WGSHA organized fest on the beaches of Malpe, creating a fusion of well-defined cuisine, golden sands and harmonious music making it a perfect evening for the residents and visitors at the Malpe Beach. This event attracted over 2000 visitors thus helping promote tourism within the region. Visitors were given an option of Vegetarian, Non-Vegetarian and Sea Food, thus catering to the preference of different people. The music added a sense of serenity and joy within the visitors creating a perfect ambiance towards sun set. It is said that delicious food, good ambiance and good music make a feast perfect, It was an experience not to miss.

Central Perk

On the 17th & 18th of September, the students of the Welcomgroup Graduate School of Hotel Administration set forth in organizing a unique food fest based upon the famous Television show 'F.R.I.E.N.D.S'. The restaurant setup was done based of the Actual 'Central Perk Café' as shown in the Television series and of the actual Central Perk recently opened in New York. Each dish served was related to a character from the show and what he/she likes. This was a menu that brought its guests the absolute shivers to their taste buds with famous dishes like the Monica's Mockolate Milkshake to Ross's I'm Fine Margaritas, to a delightful Palm olive potato soup. The star dish for the night was the Chandlers & Rachel's messy cheesecake that was a classical blend of mango with a gooey chocolate base. The kitchen team brought out its finest creativity with food that nourishes & enhances the taste buds and literally sends down chills down the spine. The service team did a splendid job when it came to minimizing delays. The housekeeping team created a perfect replica of the Central Perk from the television show which gave its guests a unique experience. The food fest was an overall success & gave its guests a very pleasant and unforgettable experience.





Californian Retreat

The Welcomgroup Graduate School of Hotel Administration yet again brought to the citizens of Manipal another Food fest, first of the New Year, based on Californian TV Shows & Movies. Californian cuisine is a well-known cuisine worldwide and most preferred among teens. The students of the Shivaji house presented its guests with Authentic Californian Dining and Service culture. A 5 course menu was presented to its guests with dishes varying from an Amuse Bouche taco with Tomatillo relish to a Cream of Smoked tomato soup to an explicit combination of Batter fried fish &

chips served with some delicious tarter and mixed green salad or Italian Veggie Sliders served with Chips following a Guacamole & Mixed green salad to Bavarian spice rubbed Roast chicken served with Brown mustard gravy & herb rice or Spinach Pappardelle served with Mushroom cream sauce and grilled Vegetables and to top it all and end the meal a peanut butter chocolate brownie with Toasted marshmallow along with Caramel popcorn and fudge sauce was served . The service team was quick and efficient. To enhance the dining experience of the guests the students of the Housekeeping team ensured that the restaurant was appropriately themed and decorated to titillate the Californian senses which proved to be a profound success thereby adding another feather to our list of achievements and successes.



SABOR DE EUROPA

On the 14th of February 2017, the Department of Culinary Arts organized its food fest, this time the theme that the students opted for was Experiencing Europe. Sabor De Europa offered its guests an opportunity to experience various famous dishes of various countries within the continent of Europe through a 10-course meal. The guests were made to choose one dish from two dishes in each course. The students prepared various dishes like Socrates which are grilled watermelons with fets mousse, Rudyard Kipling which is an Avocado coconut wasabi mousse, Rasputin a slow roasted chicken skin with Quall egg and Van Gogh, Kabocha tempura with red and green apple, radish beetroot, roasted almonds and walnuts with smoked celery puree and much more. The students of the Bachelors of Culinary Arts ensured the success of the food fest through hard work and teamwork.



Wrecked on a Reef



On the 17th and the 18th of March, the students of the Tipu house organized this year's food fest under the guidance of Chef Kaliappan and Mr Paritosh Dabral. They decided to opt for a unique culinary experience and offered to their guests a taste of various island cuisines from around the globe. The guests were offered a 6-course meal consisting of various dishes like the mouth guzzling Cuban fish cake to a refreshing red cabbage chowder moving onto an Italian Fibo Gnocchi that enriched the taste buds making an appetite for the Main course. For the Main Course the guests were given an option of Vegetarian, Chicken & Pork- Pork being the star dish of the night. The kitchen team indeed put in a lot of efforts into the making of the food and thus contributing to its success. To perfectly end the savouring course, the students at the Bakery department under the guidance of Chef Rajmohan prepared a mouth-watering Tamarind Crème Pate along with Caramelized bananas with glazed blue curacao along with a perfect combination of homemade kiwi ice cream. The service team also played a vital role in ensuring the smooth flow of food and ensuring quick and efficient service. Overall the food fest was a flat-out success and the students of the Tipu house have once again shown what they are capable of, while working together in a team with unity.



KONKAN EXPRESS

As part of the Welcomgroup Graduate School of Hotel Administration the students of the Batch 1 from the 29th Course BHM organized a theme lunch on the Konkan Express. The students ensured that the guests experienced a Konkan culinary experience ranging from Mumbai to Goa which consists of 5 Major culinary destinations. The Culinary journey starts from Andheri which is home to some of India's finest Missal Pav and Kheema Pav. The next culinary destination was Chiplun where the guests were offered Chilli Pakodas which relished their taste buds. To enhance the guest experience the students of Batch 1 setup the restaurants Ambiance as to that of a train, All the servers were dressed up as road side vendors selling various dishes like the Kol Khadi and Masala Nachni Papad along with beverage refreshments like Coke and Fanta. As the train approached the last three stops the guests were offered Mango Barfi's which is a delicacy of Rathnagiri, as well as Banana steamed fish. To spice things up the students also offered Plantains from Thivim. As the guests approached their final culinary destination Madgaon, the guests were offered various Goan delights like Pork Vindaloo, Chick Xacuti, Sorak Khadi along with Pulao. It was one of a kind experience of travel with food. The hard work and dedication of the batch 1 students has led to the immense success of this lunch.



Tambulam

Taambulam-Satvik Oota-Faculty Lunch conducted by The Department of Culinary Arts

Sattvic diet is a diet based on foods in Ayurveda and Yoga literature that contain sattva quality. Sattvic diet is meant to include food and eating habit that is "pure, essential, natural, vital, energy-containing, clean, conscious, true, honest, wise" and gain abstinence from vegetables such as onions and garlic that are considered as aphrodisiacs. In a modern day kitchen it is almost impossible to function without ingredients such as the above. Many Indian chefs today are reinventing cuisines in order to highlight local seasonal produce and refrain from canned and processed foods to enhance flavour and promote healthier living. In ode to such chefs The Department of Culinary Arts hosted a Satvik lunch

buffet spread under the guidance of Chef. K. Thiru (Head of Department) for the faculty members of WGSMA and the Culinary Department on 9th of September. The menu included items such as Kosambri, Moode/ Kotige, Patrode, Satpura along with a range of various palyas made with local produce. The entire ambience was decorated in sync with the cuisine and even the students were dressed in traditional attire. The menu consisted nearly 20 items, each unique in taste and texture. The guests also included students part of the foreign exchange programme who got the chance to experience Indian cuisine at its finest. The event gained great appreciation from all present and added one more golden feather to the hat of the Department of Culinary Arts.

BESSEHA

On the 13th of April 2017, the students of the Department of Culinary Arts organized yet another lip smacking food fest. The students had opted for Moroccan cuisine which showcased the wealth of flavours and various famous delicacies of Morocco. The guests were lavishly presented with 6 delectable courses consisting of various piquant dishes which were personally handpicked by the students like the Asyakh Alddijaj which is a

skewered Moroccan chicken flavoured with spearmint to a crunchy Phyllo pastry stuffed with bulgar, red pepper, cucumber and cheese called Khobz Bishemar. The star dish of the night was a lamb stewed along with onion, garlic, coriander and various other sensational spices and further cooked called Lamb Besbas. The food fest was an immense success leaving all its guests relished and more than satisfied.

Dakshin Chemistry



They often say cooking is an amalgamation of art and science. Many prominent Chefs such as Manish Mehrotra(Indian Accent),Gaggan Anand(Gaggan-Bangkok) and Floyd Cardoz(The Bombay Canteen,Paowalla-NYC) have revolutionised the face of Indian cuisine on a global front by uniting the flavours our motherland with techniques of the west backed by some mindboggling scientific techniques. Keeping with the trend, The Department of Culinary Arts conducted a faculty theme lunch under the guidance of Chef K.Thiru by teaming up the essence of South India with western cooking techniques and quirky equipment. The event was named Dakshin Chemistry translated as Southern Chemistry. Each dish had contrasting elements that worked in great harmony. They were also given offbeat

names such as the petit petri which was a banana pancake served with tomato and orange compote, The CV Raman effect which was a Chettinad sous vide chicken dish, The Miracle of Photosynthesis which was a salad made with Banana flower and beetroot chutney and many more. Instead of using traditional cutlery and crockery, laboratory equipment was used for plating such as beakers, test tubes, petri dishes and flat bottomed flasks. The students serving were dressed as scientists and guests were kept entertained with brain twisting equations and science riddles while they waited for their food. The Department of Culinary Arts intends on creating a bench mark for culinary colleges across the globe by bringing the best of both worlds in the culinary arena.

Experts Visit

Commodore Jerome Castelino

For the very first time on this Independence Day we had an extremely special chief guest Commodore Jerome Castelino from Moodbelle – Udupi District. He was the first naval sailor in the Indian Navy to attain this senior rank and the only naval officer from -Udupi District to receive the Vishisht Seva Medal from the President. During his talk, he highlighted his experiences with the Indian Navy and all the hardships he had to face during his career. He gave us an insight about wars like the

Goa Liberation war which took place in the year 1961, the Kargil war against Pakistan and the various life threatening situations he had to face during his service. He also pin pointed the various opportunities and incentives a naval officer receives from the government for his/her heartily dedication to the country. He concluded his talk by giving us an inspirational speech which made us all proud of our country & he deeply emphasized as to why the youth of today should join the naval forces and serve his/her country.

Mixology Junoon

On the 4th of April 2016, Junoon's prominent Mixologist/ Bar Manager Mr. Hemant Pathak visited our esteemed college. Mr. Hemant was kind enough to show us an exciting demo on Mixology and creating various drinks served at their sumptuous restaurant. He spoke and gave us students various tips and tricks when it comes to Bartending / Mixology that has inspired many of us to

follow his path of work. Our beloved Principal Prof. G. Parvardhavadhani inaugurated the event & introduced Mr. Hemant after which the demo commenced. Before initiating the demo, Mr. Hemant Pathak introduced to us a variety of Bar Items which are used to make various alcoholic drinks & cocktails after which he also showed us a book titled, 'Vintage Spirits & Forgotten Cocktails'.

Narcotics Anonyms

Narcotics Anonymous, a non-profit fellowship sent three of its members to educate the students on the harmful effects of Drugs and its Addiction. It is an Anonyms society of both men and women who have shown real courage and have broken the addictions of harmful drugs which have ruined millions of lives. At the start of the lecture the three members acquainted themselves and gave us an idea of how their addictions started. They then moved on to telling how these drugs

started destroying their work life, their relationships & their health along with the problems they started facing in the society. By joining this group, they have not only shown immense courage but have also successfully broken their worst Drug nightmare – Addiction.

Towards the end of the seminar the students were given an opportunity to open up and seek advice from the three members without the presence of the faculty thus allowing the students to open up.

Thomas Zacharias & Girish Nayak

Thomas Zacharias the executive chef of 'The Bombay Canteen' & Girish Nayak Corporate Chef Pastry – Olive cafe and former 18th course students revisited our esteemed college in hopes of teaching new culinary skills to our future chefs and shared quiet a lot of interesting culinary experiences they went through after their college graduation. Both the men being best friends in college, joined the CIA Culinary Institute of America together & struggled through the harshness of life and today they have broken out successfully as an executive & a corporate chef. Thomas Zacharias was

kind enough to show a demo and taught the culinary students various cooking tips & techniques that the students could use in the kitchen. Both the renowned chefs described their All-India-travel to gain culinary knowledge & they also briefed the students on what it is like to work in such a field. Their presence not only influenced many students in pursuing this career, but also made many students realise what they want to do in the future. The students were amazed by their achievements and were thankful to them for shedding their knowledge and experience with us.

Revenue Management - An overview

On the 14th of October, a very special guest visited our college Mr. Anup Singh, Revenue manager, Four Points by Sheraton (Bengaluru). He shared his knowledge about being a revenue manager and various ways this department brings in profits to the organisation. He also gave us an idea of how the department operates,

briefed us on the various mathematical calculations that are undertaken by the manager to keep a tab on the revenue flow within the hotel. Mr Singh also threw light upon the working of the Property Management System in the hotels. This interactive session by Mr Anup proved to be extremely fruitful for the students.



Role of Hospitality in sustainable development- Focus on Human Health:

Dr Mahendra Shah, a Senior Scientist and Coordinator of United Nations Relations at the International Institute for Applied Systems Analysis, addressed the students regarding the importance of change that we as a generation need to bring in our lifestyle as it is our health that will help us succeed in life. Speaking of the challenges that the world faces today in terms of human

health, Dr Shah introduced the students to the concept of wellness tourism. He inspired the students and explained how it is not only a great career option, but a way to help preserve as well as spread our traditional values of Ayurveda and yoga and keep them alive in the coming years.

WRITING FOR CULINARY



On the 17th of January, the Welcomgroup Graduate School of Hotel Administration in liaison with the Department of Culinary Arts organized a Guest lecture under the guidance of our Principal Prof. G Parvadhavardhini & our Vice Principal Chef. K Thiru for the students of the Post Graduate Diploma in Culinary Arts and Interns of the MSC HTM on 'Writing for Culinary'. Ms. Kavitha Nagasampige Renowned

speaker and Assistant Professor-Senior Scale School of Communication Manipal Academy of Higher Education and Former Journalist -Deccan Herald & Vijaya times enlightened the students about the several various kinds of trends in Culinary Writing - Food Journalism, Food Blogging, Food Critiquing and Review. She then told us how the rise in consciousness about a healthy lifestyle has created a boom in this small industry called 'Writing for Culinary'. She then went onto telling how Food Writing has started evolving due to which various opportunities in this field have also come up. The Guidelines for Writing about Culinary was also briefly explained by Ms. Kavitha. She then told us about Ethical writing and different ways to attract the eyes using colours & small fancy items to enhance one's writing. Mrs. Kavitha was kind enough to give a full descriptive explanation of the different stages of writing and things to remember while writing. There has been a rise in the number of students taking interest in Food Writing since then.

Career in Cruise lines- Guest Talk



On the 20th of March 2017 Mr. Aman Kumar Food and Beverage Manager Seabourn Cruise Lines visited our college in hopes of educating the first years (31st Course) about the various opportunities and the extends to which one can achieve within this industry. Mr. Aman Kumar initiated the lecture with an introduction about the Cruise Industry. He then went on to explaining the various challenges, opportunities & learning experiences one can look forward to pertaining to this line of work. This was a major eye opener for the First-year students and it has also helped students



pursue and take interest in careers on a cruise. This was then followed by a Question and Answer round where Mr. Aman Kumar covered various aspects and opportunities one can tap within this industry. He also covered the differences between hospitality of Land and in Sea's and the perks involved in each of them. Moving on he also highlighted the various setbacks and problems faced within the Cruise Industry and How hygiene is a key aspect within this line of work and various mitigation strategies are implemented to prevent any kind of harmful outbreak.

Community Based Tourism- Workshop-Archana Pillai



The Welcomgroup Graduate School of Hotel Administration- Centre for Hospitality and Research Manipal Academy of Higher Education invited Dr. Archana Pillai Director India Practice, Virtue ventures LLC/GrassrootsU to conduct a workshop on 'Emerging trends and opportunities in Social and Community Based Tourism: Examples from around the world.'

A seminar was conducted to make students aware of the existing opportunities in this sector and the concept of voluntourism. They were then divided into groups and were asked to come up with a business plan of either rural or community based tourism. It was yet another means of learning through activities that helped students think outside the box.



Revolutionary Social Concepts to Protect Global Environment



On 25th October, 2016 a guest lecture was organised by Department of Allied Hospitality Studies under the guidance of the Head of Department- Chef P. Valsaraj.

The lecture was conducted by Dr. Lakshmi Kantha, Officer from Karnataka State Pollution

Control Board on the topic "Revolutionary Social Concepts to protect Global Environment"

The major issue regarding cleanliness and its importance, and its positive effects on the environment were the ushering topics discussed in the lecture. The subject upon which emphasis was laid was cleanliness.

Topics like how our food habits affects our personal living and human life span were covered and also the hazards of unhealthy and over eating were discussed.

Our guest lecture begun by a small presentation followed by the guest speaker of the seminar informing as to how good food leads to a good healthy life and also discussed about India and its current state of living of human life as compared to the world. He compared the hierarchy of the people with the vehicle system followed by the world. He also went ahead to mention as to how the plant and animal kingdom are coming to an extinction because of soil. The death of soil is an

important issue, he stated. The barrenness of soil is causing no productivity and this loss of the soil's nutrition capacity can cause the entire ecosystem to a standstill. To sum it all, water is the base of life is what he stated.

He went on to explain the harmful effects of food habits and on the depletion of the ozone layer along with the disposal of plastic bags and the harmful effects of careless disposal of plastic bags. He also explained how animal bodies play an important role in fertilizing the soil.

The lecture conducted by the speaker escalated with factual examples that were very easy to understand. The lecture by the end of it made the listeners contemplate on the hazards of their lavish lifestyles and how it can have adverse effects on themselves as well as the environment.



Guest Lecture Burns

On the 14th of February 2017 Dr. N. Sreekumar Head of Department of Plastic Surgery Kasturba Medical College was cordially invited to educate the Msc DAN students on Nutritional Management of Burns. The lecture covered various areas as to how burns can be managed in a clinical setting.





Guest Lecture on Microvascular Diabetic Complication

Talk on Microvascular Diabetic complications: Dr Sudha Vidyasagar, Prof. of Medicine (Diabetologist)

World Diabetes Day 2016- Eye on Diabetese

MSc Dietetics and Applied Nutrition organized awareness programs to commemorate "World Diabetes Day 2016: Eye on Diabetes" on 14th November 2016



Diabetic Foot Screening

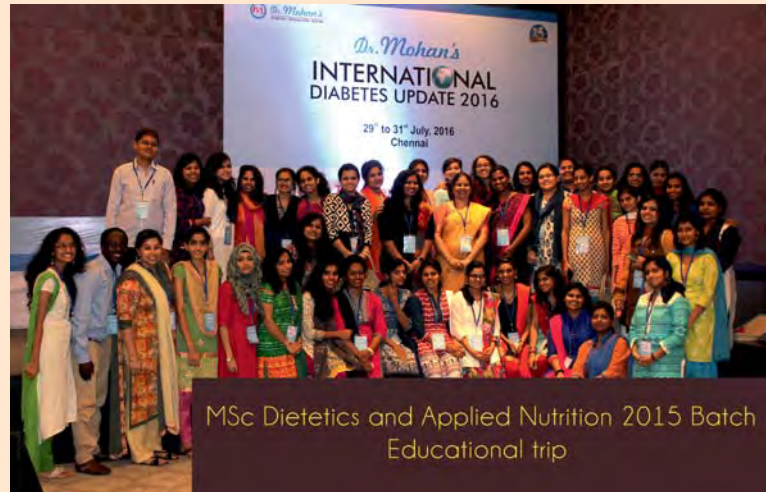
Guest lecture on the occasion of World diabetes on Physical Activity and Type 2 Diabetes; Diabetic Foot Screening; Dr. Arun G Maiya, Professor and Dr. TMA Chair of Physiotherapy.



Extension Activities

International Diabetes Update 2016

From the 29th of July to the 31st of July the third edition of Dr. Mohan's International Diabetes Update was hosted at the ITC Grand Chola Chennai. The students of M.Sc. Dietetics & Applied Nutrition were given a chance to attend this academic fest where the students were briefed on the harmful effects of Diabetes and how it effects the human body. The symposium also highlighted various technological breakthroughs in the field - Management of diabetes. On the 2nd Day they introduced & demonstrating various technical aspects regarding Diabetes and how it affects the body. On the 3rd day of the workshop students were taught the different ways to fight this & what kind of lifestyle one must adopt to reduce the risk of Diabetes. Overall the workshop was an immense success and gave the students an opportunity to learn from the professionals and the best.



Community Based Tourism- MSc Field Trip



As a part of the outbound learning initiative of the Department of Allied Hospitality Studies, the students went on a field trip to a small village near Manipal- Bellampalli. It was an attempt to make students familiar with the concept of community based tourism and rural tourism through means of reality. Students were hosted by a local family who also introduced them to local foods like 'korirotti' and 'pundikori'. They also took part in local games like 'kesarugaddeata' by the Suvarna River. The locals also showcased the famous cock fight or 'koridaatta'. Women artisans of the region taught the students skills like basket weaving and weaving snifters. It was a programme conducted by the department to encourage responsible tourism and help students understand the environmental impacts of mass tourism on a region and ways to overcome the same.



Student Empowerment for Environmental Development (SEED)

The students of MSc Hospitality and Tourism Management conducted Student Empowerment for Environmental Development projects as a part of their Personality Development & Event Management curriculum. The students divided themselves into groups and focused on remote areas in and around Manipal. Projects were based on empowering children from schools and orphanages, by teaching them life skills, crafts and increasing their general awareness to help in their overall development along with academic excellence.

Promoting the concept of 'Suraksha', students spread awareness about the importance of waste segregation, reduction in usage of plastic and safeguarding our environment from hazards caused by unscientific waste management. They focussed on various apartment buildings and spoke to the management to make waste

segregation mandatory for every flat tenant. Students distributed paper bags made from newspaper to fruit vendors in Manipal and encouraged them to use the same throughout.

Students also focussed on women empowerment by teaching women from Shankerpura, to produce commodities for sale that would in turn help in sustaining themselves and their families. Various culinary specialities like rock chocolates, apple & papaya jams were taught. Focussing on arts and crafts, women were assisted and trained in making lamp shades out of straws, glass paintings and baskets from waste paper. SEED has been a continuous effort from the students and faculty to ensure that a change can be brought into the lives of rural women and children which would in turn help in the development of the interiors of this region.

Rashtriya Ekta Diwas



On the 31st of October, the students of the MSc HTM, Department of Allied Hospitality Studies celebrated the Rashtriya Ekta Diwas to mark the birth of India's Iron Man Sardar Vallabhbhai Patel at the open air amphitheatre in Manipal. To mark this day a report reading was organized on the topic 'The role of culture and tourism in Peace building'. The students also presented a small skit on the topic, 'Unity and Peace'. The students took a Unity Day oath and swore to preserve the unity, integrity and security of the nation. Principal Prof. Parvadhavardhini G shared her thoughts on unity of the nation and its citizens by emphasising on the importance of community love. Over 50 students & faculty participated in the event. By the end of the day there was a sense of pride and patriotism among the students & faculty.



PARTHIVA

This Diwali the students of the Department of Allied Hospitality initiated a Green Diwali workshop – PARTHIVA. An eco-friendly Diya- making workshop was conducted to create awareness on reducing pollution caused during the auspicious festival of Diwali. This workshop was inaugurated by the Vice Principal Chef Thiru, Mr. Surendran who is an influential artist along with Mr. Sreenath a sand artist who also guided both the students and the faculty in making and designing the clay Diya's. The students participated wholeheartedly and made the traditional Diya's with a modern twist. More than 500 Diya's were made on this day and the festival of lights was celebrated in a 'green' manner.



Mathsyamela- An outbound learning opportunity

The Department of Allied Hospitality Studies acted as a consultant for 'Mathsyamela', a fish festival organised at the Malpe beach by the Department of Fisheries, Government of Karnataka in association with Mantra Travel and Tourism Development Company on the 3rd, 4th and 5th February 2017. The event comprised of various food stalls and information kiosks set up by the Masters students of the Department of Allied Hospitality

Studies, Manipal Academy of Higher Education. Catering to the needs of the locals and keeping the theme of 'fish' in mind, the students laid out an elaborate menu of various dishes made of fish at an extremely affordable cost. They also put up stalls explaining to the locals the importance of fish like tuna, using fish oil for cooking, mercury content in various kinds of fish and its effect on our health.



World Tourism Day



On 27th September, the students of MSc Hospitality and Tourism management celebrated the World Tourism Day by hosting a one day seminar on Farm tourism at Shankerpura, a hamlet in the district of Udupi. The main purpose of this seminar was to promote the geographical indicator of the region, 'Shankarpuramallige'. Mr. Anil the president of the Rotary Club extended a warm welcome to the students & the faculty. The event was inaugurated by seeking the blessings of the almighty. The students aimed at popularizing Shankerpura as a major tourist destination by promoting the concept of homstays. Mr. Edward Mendoza, a local jasmine cultivator briefed the students and the faculty about the step by step growth, cultivation and distribution of Jasmine.

BACA Field Trip



The students of the B.A in Culinary Arts & PGDCA accompanied by the Vice Principal Chef Thiru along with Chef Nitesh, Chef Anthuvan Raj, Chef Manish & Chef Arup visited Udupi's finest & biggest fish market located at the docks of the Malpe beach. Students were exposed to various varieties of fishes and their uses in various local & Indian dishes. This also included sea food like squid, cuttlefish & shellfish. The students were then taken to a Rice Rotti factory in Karkala as well as a Rice processing & cashew nut factory unit in Shivapur. The students were briefed about the gruesome task of producing rice & cashews on a large scale for the public & the various machines and techniques used to produce them in tight time frame. The students were also given a chance to visit the traditional birthplace of 'Masala Dosa'– Mithra Samaj to sample local delicacies like the Mangalore buns, Biscuit Rottis & Kesaribath. In the end the learning experience derived from this field trip was tremendous & has helped students in the future to grow and know the pains taken efforts put to produce these products. It has also encouraged students to appreciate & use it wisely with respect and with minimal wastage.



Swachh Phakwada – Swachh Bharath Abhiyaan



On the 2nd of October, our Prime Minister Narendra Modi initiated the Swachh Bharath Abhiyan (Clean India Movement) which was also the birth anniversary of the father of our nation Mohandas Karamchand Gandhi. On this auspicious day, the students of the Welcomgroup Graduate School of Hotel Administration along with the MSc. Dietetics and Applied Nutrition set forth in taking up the challenge of keeping the surrounding areas of Manipal clean and healthy. Students with brooms and dustbins contributed to the cleanliness of the Herb Garden and its surrounding areas and as. Students also created awareness among school children about hygiene and the importance of cleanliness. With over a million people voluntarily participating in this campaign all over India, there is a bright & a clean future for our country.



Suvasa Workshop

On the 19th of October 2016, the students under took the Women's Social Empowerment Program of which the first workshop was conducted in a village in association with SUVASA art gallery (Hiriyadka). The work shop mainly consists of handicraft items and homemade cooking products.

The report aims to draw attention to the challenges faced by the most common women, to bring informal work from the margins to the mainstream, to highlight how discriminatory laws limit choice and to shed light on the centrality of unpaid work and care, which is one of the most pervasive and significant barriers to women's economic empowerment.

Activities such as jam making, pickles, homemade chocolates, crafts using paper, glass bottles, used straws etc. provide the women with opportunities to gain skills and convert these skills to lucrative businesses. The students of Department of Allied Hospitality Studies gave these demonstrations. The craft was done by reusing old newspapers, straws, etc. A wide variety of products such as lamps, paper trays, paper baskets, coasters were crafted.



The first session at SUVASA on 16th October 2016 involved a craft making session with the children belonging to different age groups. Paper baskets were made out of old newspaper. This session taught the children about reusing and creating wealth out of waste.

The jam making session on 19th October 2016 at SUVASA gathered a large crowd that included local women who were interested in making most of the opportunity of converting these products into a business.

The session involved the students of MSc HTM demonstrating the making of Apple Jam. The locals found the process fairly simple and were interested to learn about a variety of products.

The event garnered praise from the organizers (SUVASA) and the locals, therefore providing a platform for the students to conduct more workshops.

Rice Packet Challenge: Giving tonnes of smiles

An initiative by the students of Welcomgroup Graduate School of Hotel Administration

The rice packet challenge was initiated by the students of WGSHA and were provided immense support by the principal Prof. G Parvadhavardhini and was preceded by the Vice Principal Chef Thiru, in every step of the way.

The Rice Packet Challenge is an event planned in order to support the noble cause of aiding the deprived section of the society. This thought inspired over 300 WGSHA students to contribute to the cause, enabling the team to acquire 1000kgs of rice which was bestowed to Vishwasada Mane. The students and faculty members unified and gathered today 22nd April 2017 9.00 am at End Grounds for the purpose of commencing this challenge.

The event started with a message from Vice-Principal Chef Thiru. At this occasion, the representative of 'Vishwasada Mane' Mr. Andrew, Estate officer Mr. Jaivittal, student coordinator Anish Hissaria were present.

More than 300 students gathered for the event. They were each given 5kg rice packets. During the procession, they presented the rice packets. This was later loaded into the trucks and sent to 'Vishwasada Mane' after the event.

Students under the faculties' assistance headed to Vishwasada Mane, which is located in Yeshupura, Udupi. There was further interaction with the people who manage the orphanage. This challenge gave students a new perspective and made them understand how this cause has helped to shelter the orphans, homeless people and the mentally challenged, in order to transform them and enable them to interact with the society and stand firmly amongst them.



The organization to which the Charity was made, works for a cause of the betterment and development of the society. In order to support them the students of Welcomgroup Graduate School of Hotel Administration -Manipal Academy of Higher Education contributed in ways they can and which would be extremely helpful to this organization.

At the end of the event the students were happy that they were able to help in the way they could for the betterment of the society.

This event at college level was just the prelims. Students intend to carry out this event at a larger scale i.e. university level.

Siddhi Sapru compered the program. The students Vedant Patil, Tilottama Ganguly, Manish Kumar and Rohan Shetty coordinated. Faculty Rahul Shedbalkar, Ajith Kumar, Raghavendra G, Prasenjit Sarker, Keith Shrilvin Nigli and Sandeep Srivastava were present and assisted in the event.



Asare MSc DAN

On the 17th of September 2017 the students of MSc DAN spent an emotionally satisfying day with the inmates of Asare. Asare is a trusted helping hand for the mentally challenged people which was conceived by Manipal Academy of Higher Education and Archana Trust. The students visited Asare in hopes of spreading joy and hope to the mentally challenged people.



Awareness Session MSc DAN

On the 25th of April 2017 Ms. Meenakshi Garg, Swathi Acharya and Namratha Pai took part in a session organized at the Nanna/ Kanasu Summer Camp organized jointly by the Udupi District Administration, Lions/Lioness Club for the underprivileged children from the slums of that area. The motive of this session was educating these children about the importance and sources of micronutrients like Iodine and Vitamin A in the form of consumption of different kinds of fruits and vegetables.



National Nutrition Week



National Nutrition Week, was celebrated like every year by MSc DAN at DAHS, WGSMA from the first of September 2016 to the seventh of September 2016. The theme, declared by the Ministry of Health was “Lifestyle Approach for Better Nutrition”. Events conducted over the week included - poster competition on the theme “First 1000 days – Golden window of opportunity”, Health Chef: theme - “Healthy Dish Using Soya Bean or Drumstick leaves for Adolescent”. Also, Assessment of Nutritional status for all WGSMA students was carried out based on Anthropometry (BMI and Waist: Hip Circumference Ratio).

Soukhyavana

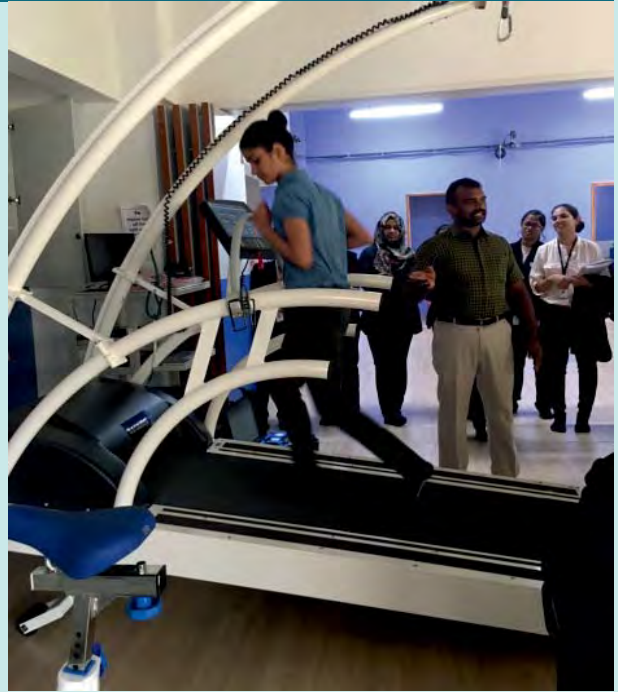
In September 2016, the students of the MSc Dietetics and Applied Nutrition visited Sri Dharmasthala Manjunatheshwara Yoga and Nature Cure Hospital(Soukhyavana) to understand the concept of Naturopathic nutrition. Naturopathic Nutrition stresses the use of whole and organic foods as medicine and integral concept of healing in many indigenous societies. Today, we see that a return to chemical free foods, along with other dietary measures is an effective answer to many health complaints and common conditions. Naturopathy is an outstanding and unique system of medicine which offers a holistic health



through the combination of all drugless therapies like Natural therapy, Yogic therapy, Acupuncture, Reflexology, Magneto therapy, Diet therapy which is based on the concept of treating the body with Panchamahabhuthas that is Earth, Water, Electrotherapy, Physiotherapy, Reiki and Pranic healings. Diet therapy plays an integral part in all the treatment methods. There are various diets which are prescribed to the patients on the basis of their present condition like elimination diet, soothing diet, constructive diet. The visit helped us to understand the functioning of the Naturopathy Hospital and how they co-relate the treatment of specific diseases with therapy and diet, and that there are natural and other healthier ways of combating diseases like Hypertension, Diabetes, Obesity, and much more which otherwise are thought to be treated only by the use of medicines.

Marena Visit

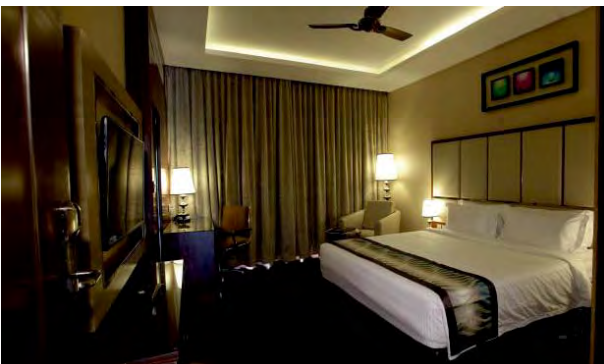
The students of the MSc DAN visited the Centre of Sports Medicine and Research at the Marena Sports Complex as part of a Weight Management and Sports Nutrition on the 22nd of February 2017 in hopes of understanding the various prescriptions of different exercise types, energy systems and the various state of the art facilities the sports complex offers to its users.



UVA Meridian Bay

Students of the Bachelors of Hotel Management and Bachelors of Hotel Management Travel and Tourism were given an opportunity to visit one of Kundapura's finest and newest Resorts and Spa "UVA Meridian Bay". The students were taken for an educational trip in and around the hotel. The students were first welcomed by the Front Office Manager and was taken to a hall where

the General Manager briefed us about the hotel. After which the students were taken to the hotel's restaurant – Café Atlantis for an elegant and delicious lunch buffet. Post lunch the students were taken around the property for a tour explaining the various luxurious amenities and features this resort bestows upon its guests. In the end it was a fun and educative experience for the students.



Diet & Lifestyle Stall



Diet & Lifestyle Stall by MSc DAN students on the occasion of Manipal Marathon: 5th March 2017 at KMC Greens, Manipal Academy of Higher Education.

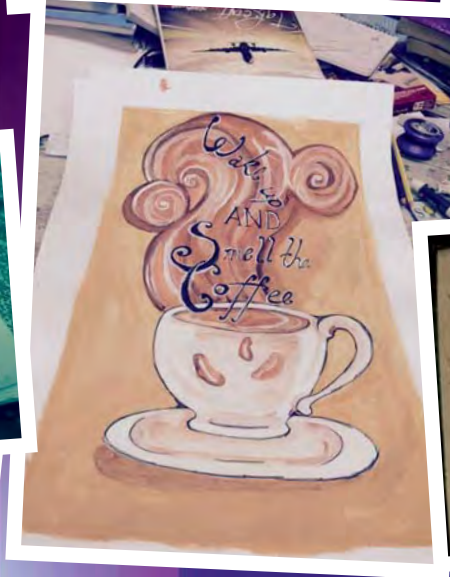
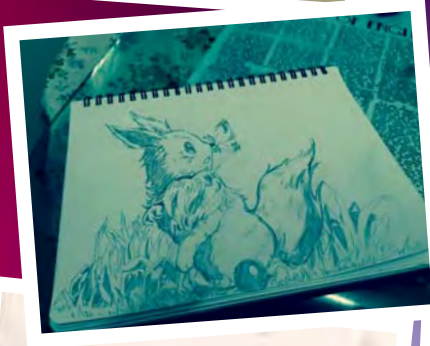
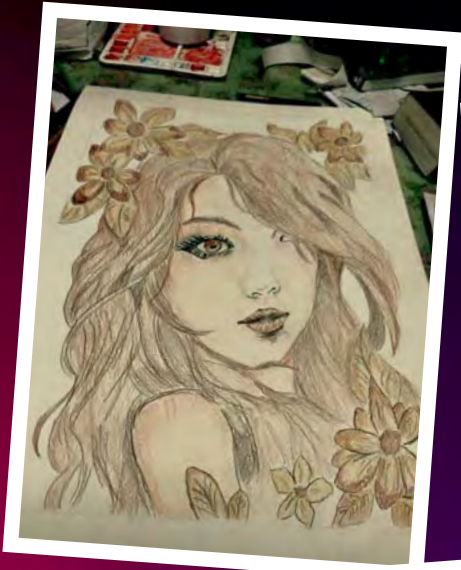
Community Visits MSc DAN

Community Nutrition & Health Care Project: Accomplishments after One Year Family Adoption by MSc Dietetics & Applied Nutrition students.

Throughout the year, students analyzed and took action on social, hygienic, economic, adverse cultural and other environment factors influencing the nutritional and health status of their families and vulnerable groups with special reference to diet and living conditions.



The Art Club



The Art Club



Articles by Students

Climbing Out Of The Box

She sat down in front of her keyboard,
trying to gather all the birds
flying around her head,
trying to make them sing words.
They slipped out of her reach
away gleefully fluttering,
she willed her dulled imagination
to think of a thought, an idea, anything.
She stared, she stood, she paced,
Grasping at thin air to replace
the block clouding her novelty
and found just blank space.
Emptiness had been plaguing her
battered and weakening mind.
For two and fifteen days
she had strived to be one of a kind.
She decides now to bid petulance farewell
for mere whimpers are more than she can spare.
She looks, thinks and smiles the other way
Promising her imagination more flair.
She ponders, she pores, she predicts,
and invests creatively in her time.
And the birds come flying home,
Singing her a wondrous rhyme.

Shreya Sreeram
(BACA 5th Course)

A New Era

You are a part of all that surrounds you.
Celebrate your connection to life as you step into
the future.
Your abilities can take you to the top, but it is your
character that will keep you there.
Build your character well for it is the foundation
of your being.
The adversities you will face will not build your
character - they will reveal it.
Unlock your potential.
Every moment has a hidden gift.
Discover. Dream.
You will create your tomorrows by what you
dream today.
Dreams are the touchstones of your character.
Imagine the unimaginable.
This is your time. This is your life.
Seize the moment. Delight in your youth.
Life is your canvas and no one can paint it but
you.
Inside you is the key to everything you can
imagine and more.
Learn from yesterday, live for today.
You are the hope for tomorrow.

Kushal Panchal
(BHM 29th Course)

The Forest Within

There's a place in the forest where
I'm sleeping when I want
I just go there from any place, at any time
It's always there when I need it,
always there when I'm alone
I can go to the forest, inside....
It's always clean, always sunny,
always big and wide
Its always quiet, always healthy,
makes me feel so good inside
I can run, run away, any day, any night
I can float like a cloud into that magical place,
into that magical source of light.
I can fly above it, or crawl beneath it
or live outside of myself
inside its protective shell
When I want to get there
I just close my eyes, my ears, disconnect

Siddhant Lau
(BHM 29th Course)

Butterflies

I was weird,
clumsy,
Before I met her,
Before I had those butterflies,
Sitting right next to her,
Trying to impress her,
Sometimes annoying her,
So that she would turn around,
And I could see those eyes see her face,
I wished time would freeze there forever,
And I wish I could go back,
But it moved on,
She moved on,
I'm still here sitting alone,
The mere thought of her arriving again,
Gives me butterflies,
butterflies just like the first time.

Shayaan Habib
(BHM 31st Course)

The 3 AM Angel

That one person who'll always be there for you whenever you need him, For it matters not if ye be a friend, a stranger, or a foe,

All he needs to know is what's bothering you and he'll be there by your side to cheer you up ,

His happiness lies in seeing you happy,he doesn't bother the clock,

Call him at 3 AM and he's there for you, he will be the closest person to you when you need him, he won't get tired of your whining and complaining,

he will stay up long nights to make you feel better even after knowing that his existence is just temporary to you he'll be forgotten not even a distant memory once you feel alright,

But what happens when the 3 AM Angel needs someone to talk to, someone who will listen to him whine and complain, what happens when the 3 AM Angel needs a 3 AM angel.

Shayaan Habib
(BHM 31st Course)

Buried Seeds

Buried seeds of today

Are In darkness ,
To see light one day .

They are in heat ,
To feel the freshness one day .

They are in struggle ,
To be of some help one day .

I may be buried today or
Tomorrow

Or a more after that...

But , my struggle to bloom and see the world ,
Will never end.

Not that , the struggle is to prove me ,

It's to prove that universe gave birth to something in me!!!!

Life for me , is not about darkness that I want to cry about....

Nor is it about the light that I achieved

It's about the courage , almighty gave me for transition

From nothing to something ,

From stillness in womb ,

To the first cry in sky....

I pave the path ,

From being lifeless to movement ,

From being silent to chuckle ,

From passive to active ,

Since I trust ...

He buried the , Tomorrow in me ..

For today to arrive *It's perfect*

Ajay Sharma
(BHM 29th Course)

Top 10 Unexplored Places in India

Ziro, Arunachal Pradesh: Explore The Unexplored

A lesser-known offbeat place in the crown of the North-East, Ziro is one of those places which boasts of agreeable climate throughout the year. It consists of beautiful patches of green land and rice fields. The residents of this area the Apa Tani tribe whole heartedly welcomes tourists who make it this far.



Tawang, Arunachal Pradesh- Monastery Hopping

Situated at a height of about 3048 meters above sea level, Tawang is a beautiful yet offbeat hill town that houses several monasteries. It is also popular as the birth place of the Dalai Lama. The best time to visit this picturesque offbeat place is in the months of March to September, as the summers are cool, while winters are often snow-clad



Majuli Assam- Water Water Everywhere

Famous as the “World's largest fresh water island,” this idyllic river island on the River Brahmaputra is located 20 kilometers away from the city of Jorhat. Referred to as the cultural capital of Assam, Majuli is a beautiful and unexplored place resplendent with several festivals throughout the year. A must visit offbeat place to travel.

Ideal season to visit Majuli: Majuli is probably most beautiful during the monsoon, when the river is swollen and beautiful. October-March is a nice time to visit, with the cool climate makes a trip to Majuli absolutely worthwhile.



Champaner Pavagadh, Gujrat

This is one of those UNESCO World Heritage Sites that will blow your mind away with its historical appeal. It is said that the Pavagadh hills are nothing but a chunk of the Himalayas carried over by Hanuman during Ramayana. A town with historical ruins set in the lap of the Pavagadh hills, October to February are the best months to visit Champaner Pavagadh. The Champaner-Pavagadh Archaeological Park is open all year and is a delight to visit for its Hindu and Islamic styles of design.



Tirthan Valley Himachal Pradesh

This is one of those unexplored places which has something on offer for everyone. Adventure sports, trout fishing, exploration of an under-explored hill town, all punched into one lovely combination called Tirthan Valley. Ideal weather to visit Tirthan Valley: March-June, October-November.



Nubra Valley, Jammu and Kashmir

This land of ethereal, timeless beauty, which looks like it has stepped straight out of a book of Advanced Art, is a miracle worth beholding. Nubra Valley lies on the Silk route, about 140 kilometres away from Leh. The rivers Shyok and Nubra course through the valley, giving it a beautiful essence. June to October is the ideal period to visit Nubra Valley.



Spiti, Himachal Pradesh

Spiti is a delight for travellers. A virgin hill resort with opportunities for adventure sports, it fills visitors with awe at its majestic grandeur. Spiti is a relatively offbeat haven for trekkers and soul seekers, being home to many Buddhist temples and monasteries.

May to October is the best time to visit Spiti. The region receives light to medium rainfall at the time and the rain gives it the blush of a maiden fair, which makes this the best time to visit Spiti.



Halebid, Karnataka

Halebid is a city famous for its ruins of Hoysala architecture. It is agog with a lovely bunch of temples and shrines and other delectable pieces of architecture. A city famous for its spiritual appeal, it is home to the Hoysaleswara temple, Belur, Shantaleswara temple, Kedareshwara temple and a number of Jain temples. October to February is the best period to visit Halebid. A trip during Mahashivratri and Diwali can be an equally enchanting experience in Halebid.



Shivagange, Karnataka

Shivagange got its spiritually charged name from the hillock which looks like a “Shivalingam”. There's water bodies right to the top of the hill, which locals believe are from the Holy river Ganga, giving the place its name. Shivagange is a haven for tourists and pilgrims and is called Dakshina Kashi or the Kashi of South India for its ample number of temples. Rock climbing and trekking are a favourite past-time for every visitor here.



Ponmudi, Kerala

Set in the lap of the Western Ghats, this offbeat destination is packed with tea plantations, lush green hills, streams and waterfalls. One can attempt mountain climbing at Ponmudi on the Agasthayarkoodam, the highest peak in the area at 1868 feet. Pay a visit to the deer park and enjoy the sunrise to feel at one with nature at Ponmudi.

Lonar, Maharashtra

The quaint little town of Lonar is huddled around the lake which was formed due to a meteorite that hit this spot 52,000 years ago. It is the only salt water lake formed in basaltic rock in the world, making it a hotspot for scientific research. There are a number of temples in Lonar too, which further the beauty and importance of this town.

Kanishk Sharma
(BHM 29th Course)

Embracing Change

Change is simultaneously one of the most exhilarating and terrifying parts of life. It's one thing to let the semester burnout with the gratifying feeling that you've completed your first college semester successfully; it's another to look back on four successful years and then glance forward into the future. College is a stepping stone, but moving on can be as scary as it is exciting.

It's all too easy to look back on our years in college as the best years of our lives, but we can't. We've got to jump confidently into what comes next, and find the next place we belong. It's one of the hardest things we'll ever do. But it's also the most important.

Make Memories

It can be easy to spend our last months, weeks, or days stressing over final projects and job applications. While these things are important, it's equally important to remember the end of our college experience fondly. You've spent four years preparing academically. Remember to prepare some other areas of your life, as well. School isn't all there is—shockingly enough!

Stay Engaged

Along those same lines, most of us would agree that goodbyes are hard. To avoid them, many of us tend to disengage when we realize we're reaching the end. Don't let yourself lose the important friendships you've gained during these years, and don't miss out on the opportunity to make new ones. It's only a year, but even a few months can make an enormous difference in someone's life. Just because you won't be at college together anymore doesn't mean these friendships can't

still be some of the most important in your life. Long-distance relationships are just as rewarding as side-by-side ones.

Learn to Let Go

Last of all, learn to release the past four years gracefully. I know people who've never been able to let go of their college experience, who continue to return nearly monthly for all the events they used to take part in as students. I don't think any of us should abandon our alma mater all together—it's perfectly normal to return for a performance, game, or special day every once in a while. But at the same time, we've got to be able to move on into the future, instead of constantly living in the past. It's scary, but it's exciting, and necessary. We can't stop change. The best thing we can do is become a part of it. You have wonderful things ahead of you, trust me!

Kartikey Garg
(BHM 29th Course)

College Roommate

When you begin envisioning your college experience, your dream roommate likely makes an appearance. They're perfect. They love the same music as you, go to bed at the same time and clean meticulously.

Unfortunately, that's far from reality.

Sometimes, the college roommate can make or break your transition to campus living, and you'll start out on the right foot when you have more accurate expectations.

1. It's a shared space.

At home, you have the luxury to go in your room, close the door and indulge in a little alone time. Sadly, that's not the case in college. Even if you love your roommates, you're still going to want your alone time – but you can't exactly kick them out of the room when the mood strikes.

And chances are, you two will be on different schedules. They may have an early class – or you may have an early bedtime. Instead of fuming from your bed about your loss of sleep, invest in a good sleep app that drowns out the noise of their getting ready or studying as well as a sleep mask. Same applies for guests that come over. It's their room too – they have every right to have company over whenever.

If, however, you have a roommate that abuses the space, i.e. stays up until 3 a.m. making noise every night or always has friends over, you may need to have a frank discussion about boundaries. Work together on setting a schedule that benefits both of you.

2. It could get messy.

Wouldn't it be nice if every college roommate was a clean freak? But a clean college student is a rare phenomenon, and their mess will just as likely offend you as your mess does them.

You can either have the discussion at the beginning of the year or until things get so messy you can barely see the floor. Either way, it's a good idea to split up responsibility for cleaning. One roommate can dust once a week while the other one vacuums. If there is a roommate that thrives in mess, designate a space in the room where they can let the chaos reign.

Whatever the case, work together to clean the space every other week or once a month.

3. Use the experience to learn conflict resolution.

More often than not, there is tension at some point in the year between college roommates. Maybe they have a “what's mine is yours” mentality that crosses too many boundaries. Perhaps they're too loud. Or maybe they're too clean.

Rather than live with it or act in a way that's passive aggressive, find an opportunity to talk to him or her. If they've recently upset you, take a few days to step back from the situation so that you can communicate in a more effective manner. Start the conversation with traits that you like about them or what is working from a shared living space perspective, then talk about the big issue.

It's also important to know when enough is enough – and act on it. If the tension or conflict between you and your roommate is affecting your academic performance, social life and overall well-being, it may be time to move on. You can always put in a request with campus housing to be moved. Granted, that might mean breaking in a new roommate, but if you're so unsatisfied with your current situation, a move might be in your best interest.

Living with a roommate is as much a part of the college experience as studying for exams, writing research papers and pulling all-nighters. If it's not perfect, you're all the better for it. And if it is – count yourself as one of the lucky ones.

Ankur
(BACA 5th Course)

Culinary Innovation

“ Every act of creation begins with an act of destruction ”

- Pablo Picasso

Picasso's words were meant in the context of artistic creativity, he believed that for one to be truly creative they must destroy their old knowledge and build on a new plane. As a chef that sentiment also felt like it fit into the context of culinary creativity; when a chef wants to present their guests with a delicious plate of food they must first prepare the ingredients, and this process in some manner 'destroys' the life and natural form of the ingredients used.

Developing a Dish – Marinetti's Cubist Vegetable Patch



Menu development and the creation of new dishes are among the most exciting parts of our work, when bringing a new concept to life we begin by developing a frame work which outlines the menu, service style, key ingredients & techniques, music, sensory cues and guest experience. By now we already knew we would have a dish titled Marinetti's Cubist Vegetable Patch on the menu, and that the purpose of this dish was to demonstrate the relationship between tactile sensations and food textures. Can changing a tactile sensation alter the flavour and/or mouthfeel of food?

This dish was intended as an homage to Filippo Tommaso Marinetti's Futurist Cookbook. Marinetti is known best as the author of the Futurist Manifesto, which he wrote in 1909. What made Futurist "cooking" so revolutionary was that it drew on food as a raw material for art and cultural commentary reflecting the Futurist idea that human experience is empowered and liberated by the presence of art in everyday life, that osmosis of arte-vita. Marinetti saw food as the ultimate promise of optimism — a gateway to sensual freedom, imbued with the carefree lightness of a children's party and the intellectual enthusiasm of a literary salon. He believed that "men think, dream and act according to what they eat and drink.

In the Futurist Cookbook Marinetti outlines the eleven requirements for the ideal Futurist meal:

1. Originality and harmony in the table setting (crystal, china, décor) extending to the flavors and colors of the foods.
2. Absolute originality in the food.
3. The invention of appetizing food sculptures, whose original harmony of form and color feeds the eyes and excites the imagination before it tempts the lips.
4. The abolition of the knife and fork for eating food sculptures, which can give prelabial tactile pleasure.
5. The use of the art of perfumes to enhance tasting. Every dish must be preceded by a perfume which will be driven from the table with the help of electric fans.
6. The use of music limited to the intervals between courses so as not to distract the sensitivity of the tongue and palate but to help annul the last taste enjoyed by re-establishing gustatory virginity.
7. The abolition of speech-making and politics at the table.
8. The use in prescribed doses of poetry and music as surprise ingredients to accentuate the flavors of a given dish with their sensual intensity.
9. The rapid presentation, between courses, under the eyes and nostrils of the guests, of some dishes they will eat and other they will not, to increase their curiosity, surprise and imagination.
10. The creation of simultaneous and changing canapés which contain ten, twenty flavors to be tasted in a few seconds. In Futurist cooking these canapés have by analogy the same amplifying function that images have in literature. A given taste of something can sum up an entire area of life, the history of an amorous passion or an entire voyage to the Far East.

11. A battery of scientific instruments in the kitchen: ozonizers to give liquids and foods the perfume of ozone, ultra-violet ray lamps (since many foods when irradiated with ultra-violet rays acquire active properties, become more assimilable, preventing rickets in young children, etc.), electrolyzers to decompose juices and extracts, etc. in such a way as to obtain from a known product a new product with new properties, colloidal mills to pulverize flours, dried fruits, drugs, etc.; atmospheric and vacuum stills, centrifugal autoclaves, dialyzers. The use of these appliances will have to be scientific, avoiding the typical error of cooking foods under steam pressure, which provokes the destruction of active substances (vitamins, etc.) because of the high temperatures. Chemical indicators will take into account the acidity and alkalinity of these sauces and serve to correct possible errors: too little salt, too much vinegar, too much pepper or too much sugar.

He also very much advocated the idea that guests should run their fingers over various textures in order to augment the mouthfeel and even flavour (+intensity) of the elements in a dish. This inspired our Marinetti Cubes. What are they you ask? Simply put they are black (to remove colour cues) 7 inch cubes with each of the sides covered in a different textured material – natural wood, velvet, plastic, velcro (both sides), and sandpaper. It took us a fair amount of time to craft these, but it was a pretty fun crafts project to take on.

Therefore the culinary approach to this dish was to focus on various textures (as to give guests a lot to explore when touching the textured cubes) and of course finding great flavours (and ingredient combinations which we would enhance through the use of scent). So after much research and testing we decided upon the following elements: Grilled paneer cheese which has been marinated in sesame paste and coffee, tarragon powder, pomegranate molasses, mushroom crisps, pickled enoki mushrooms, fried pearl barley with fried onion powder and crispy smoked bacon, smoked maple cream.

Anish Ahuja
(BACA 5th Course)

Organic vs. Non-Organic



As we look at nature, how we interact with it, relate to it and benefit from it, it is almost impossible to overlook the subject of organic vs non-organic foods and the health benefits (typically, organic food is believed to have greater nutritional content). The more you read into this topic the less clear the answer seems to be, this is mostly due to the fact that when reading the findings of different studies, you have to bear in mind:

- 1) Who funded the research/study (are they pro-organic/non-organic?)
- 2) How the results of the study are being reported (and skewed),
- 3) What do the findings actually mean for your everyday consumer? (organic foods are generally more expensive – organic items can cost between 10% and 100% more than food grown under conventional conditions, also labelling can be confusing with terms like 'natural', 'free-range' and 'organic' all having significantly different and in some cases ambiguous definitions.)

One of the big issues that has made headlines repeatedly over the last couple of decades is the treatment of chickens. Every so often we will hear reports of 'battery' chicken farms, and the unethical treatment of chickens, whose meat is pumped with water then sold cheap to big supermarket chains. 'Organic' chickens would seem like the only way to get a decent edible chicken (without cringing when thinking about where it came from).

What do free range and organic certifications for chicken mean?

- Free Range: In free-range systems, the birds are housed as described in the barn system above. In addition, birds must have continuous daytime access to open runs which are mainly covered with vegetation and with a maximum stocking density of 2,500 birds per hectare. In all systems, the birds must be inspected at least once a day. At the end of each laying period the respective houses are completely cleared and disinfected.
- Organic: Organic systems are similar to those of free range however the guidelines for the birds and their feed are more stringent. The pullets must be raised by certified organic production methods from birth. The layers are required to have outdoor access all year round, or be fed sprouted grains for the period when indoors and all feed must be certified organic. No antibiotics or meat by-products are allowed in the feed and each bird is required to have 2 square feet of floor space. In very brief terms, housing conditions for organic animals must meet the animal's behaviour needs as regards freedom of movement and comfort. Poultry must be reared in open-range conditions and cannot be kept in cages. Poultry must have access to open air runs whenever the weather conditions permit and wherever possible must have such access for at least one third of their life. The land that the poultry range is on must be organic. However, on the flip side you don't have to go far before you find a whole load of controversial reporting on both methods of farming and chicken. Many organic and free-range farms are reported to cram thousands of animals together in sheds or mud-filled lots to increase profits, just as factory farms do. Many organic and free-range farms are reported to cram thousands of animals together in sheds or mud-filled lots to increase profits, just as factory farms do husbandry.

Many organic and free-range farms are reported to cram thousands of animals together in sheds or mud-filled lots to increase profits, just as factory farms do, and the animals often suffer through the same mutilations—such as debeaking (the top and bottom part of beaks are removed with a hot blade or infra-red burner – this practice is banned in Sweden, Norway, Finland and Switzerland, but is still legal in the UK), dehorning, and castration without painkillers. It is also reported that organically raised chickens on some farms suffer from higher mortality rates than drugged chickens because extremely crowded, filthy housing conditions, coupled with a lack of antibiotics, can lead to even more parasites than are already found in drugged chickens. Despite the rule that birds must have continuous daytime access to open runs and that the farmer must have at least 10,000 square metres of space for every 2,500 hens; there are no rules to say how often the birds must visit the outside world. Add to this that hens can be fiercely territorial and will guard the exit holes. That means less dominant birds may never pluck up the courage to go outside – and could be walking around in darkness for much of their lives. So, there are both sides of the argument on chicken farming.

What are organically grown vegetables?

A study published in July 2014 by scientists at Newcastle University (U.K) in the British Journal of Nutrition, concluded that organic foods generally have more antioxidants, less cadmium, and less pesticide residue than conventionally grown products. Using data from 343 peer-reviewed papers comparing organic versus non-organic plant-based foods, researchers found that the overall nutritional benefits of organic foods generally outweigh those of their conventional counterparts. This study's strength lies in the large number of other studies the scientists reviewed. The team of scientists, led by Professor Carlo Leifert, concluded that there are “statistically significant, meaningful” differences, with a range of antioxidants being “substantially higher” – between 19 per cent and 69 per cent – in organic food. It is the first study to demonstrate clear and wide-ranging differences between organic and conventional fruits, vegetables and cereals. The researchers say the increased levels of antioxidants are equivalent to “one to two of the five portions of fruits and vegetables recommended to be consumed daily and would therefore be significant and meaningful in terms of human nutrition, if information

linking these [compounds] to the health benefits associated with increased fruit, vegetable and whole grain consumption is confirmed”

Organic food can be grown with the use of chemicals – albeit from a list approved by various organizations across Europe and the UK. Not to put a damper on things but it was only two years prior to this that Stanford University published the results of 'the most comprehensive study to date' on organic and conventional foods which concluded that 'organic foods have no more vitamins and nutrients than traditionally grown produce.' The Stanford University team had reviewed more than 200 studies which compared either the health of those who ate organic and conventional foods, or, more commonly, nutrient and contaminant levels in the foods themselves. It included organic and non-organic fruits, vegetables, grains, meat, poultry, eggs and milk. Not only did the researchers discover organic food is not more nutritious, they also found that, although conventional foods contained more pesticides, these chemicals were well within permitted limits and not harmful in any way.

So if the leading scientists of the world can't seem to agree on the benefits of organic produce, it seems rather difficult to expect consumers to come to a meaningful conclusion (although good marketing helps many organic food companies sway our decisions). From a consumer point of view, the main thing to bear in mind is that foods certified as organic can be grown with the use of chemicals – albeit from a list approved by various organizations across Europe and the UK. The main criterion for organic pesticides is that they are naturally derived, and some naturally derived substances have been controversial. Controversial natural pesticides include rotenone, copper, nicotine sulfate, rotenone and pyrethrum.

In the UK, it is the Soil Association which determines whether food can be certified as organic. Founder and director Patrick Holden says standards may not be perfect, but organic farmers strive for the “best developed practices for the application of sustainable agriculture”. Simon Laird of Angus Organics, which supplies organic produce to a leading supermarket, says that they use copper sulphate to combat potato blight, but only in the quantities permitted by the Soil Association.

Siddhi Laad
(BACA 5th Course)

Cognitive Cooking

IBM Introduces
Chef Watson



The concept was developed by IBM as part of their cognitive computing technology. Cognitive computing systems learn and interact naturally with people to extend what either humans or machine could do on their own. They help human experts make better decisions by penetrating the complexity of Big Data. These systems get smarter and more customized through interactions with data, devices and people. They may even help us take on what may have been seen as unsolvable problems by using all the information that surrounds us and bringing the right insight or suggestion to our fingertips right when it's most needed.

The technology has been used in a variety of areas including health care. Now IBM has given this technology a far different task: demonstrating a degree of creativity! They have chosen the culinary arts as they are a great way of showcasing creativity. A master chef can think of just a hand full of combinations of ingredients at one time. Watson, the same IBM supercomputer that won Jeopardy in 2011, can crunch through a quintillion. That's one and 18 zeroes, as the IBM researchers like to say. But does that make their computer a good cook?

For about two years, IBM's cognitive computing group has been working to apply Watson's vast processing ability to food. The system analysed about 35,000 existing recipes and about 1,000 chemical flavour compounds, which allows it to make educated guesses about which ingredient combinations will delight and, just as importantly, surprise. From there, it tries to encourage unconventional combinations — like chocolate, coffee, and garlic — in order to produce dishes that have never been made before.

Arjun Ivaturi
(BACA 5th Course)

Kaiseki – The Art of Japanese Dining



The term Kaiseki comes all the way from the land of the rising sun: Japan. Kaiseki is also known as Kaiseki-ryōri; both terms refer to a traditional Japanese multi-course dining experience which is most commonly associated with the city of Kyoto.

Kaiseki menus typically consist of between 7 to 14 courses. This form of dining has a long history, steeped in tradition and ceremony which originate from the Japanese tea ceremony (known as cha-Kaiseki).

Kaiseki is one of the most prestigious dining experiences in the world and has, at its core, a deep-rooted set of philosophies and guidelines. Many of these guidelines have influenced western chefs' approach to cuisine and the art of dining over a number of decades and resulted in major changes in the world of fine dining. During the second half of the last century western chefs became increasingly interested by (what was at the time) the relatively unknown and highly secretive Japanese kitchen – complexity of the concepts and cultural/linguistic constraints make understanding some concepts difficult to fully appreciate.

Many of the world's top chefs began traveling to Japan (and continue to till today) to learn more about their culinary philosophies, techniques and ingredients. The results of what they saw and learnt have influenced several generations of chefs and are prevalent in today's dining scene.

Tasting menus which are available at most fine dining restaurants around the world stem from the influence of Kaiseki. It was only around the late 1960s and 1970s that western restaurants began offering 'tasting menus' – a series of smaller sized courses allowing the guest to explore a wide range of dishes, as opposed to the traditional 'ala carte' dining which was the standard offering till then. Western chefs were enamoured by the idea of being able to show case their cuisine, skills, techniques and ingredients in such a form.

In today's restaurant scene it is difficult to find a fine dining restaurant which does not have a tasting menu, and even further there are some restaurants which only serve tasting menus – typically in 3, 6, 9 courses – although at the 3 Michelin Starred Fat Duck restaurant in London only one 14 course menu is available (special

dietary requirements are accommodated for within the structure of the same menu.)

Deep rooted in the philosophy of Kaiseki is the belief in seasonality and locality. You will be hard pushed to find a Kaiseki menu which stays the same for longer than a week if not a day, as Kaiseki is focused on eating what is in season at that moment and from what is grown where you are at that time.

At the heart of this philosophy is the fact that ingredients are always at their tastiest, most vibrant, most flavourful, most aromatic and most nutritious when they are in season, also that the nutrients you receive from ingredients which are in season are most suited to your body's requirements for that time of year and for the place you are in.

Now you may be thinking this is nothing new, and that every TV celebrity chef is forever talking to us about seasonality and locally sourced produce, but this wasn't the case just 50 or 60 years ago.

The wide spread use of the railway (around the turn of the 19th century) and its use as a method of transporting food around countries had a massive effect on how people ate; you no longer had to live next to the sea to eat fresh fish, fresh milk was accessible even if there were no farms close by and so on. In short, it made food which was not local more readily available. Science of course added much to this- pasteurization and refrigeration meant food could be stored for longer periods and transported over even greater distances. All of this impacted the way we eat until today (you can find asparagus, oranges and strawberries in your local supermarket regardless of the time of year or weather the country you live in has the right climate to grow them).

So to get back to our point! It was the Japanese chefs and their philosophies/respect for seasonality and locality which reinvigorated western chefs with the notion of its importance and an appreciation for seasonal, local and organic foods which has since become more main stream and trickled down and become part of our everyday vocabulary.

As well as tasting menus and the ethos of seasonality/locality, various other Japanese influences have found their way into western fine dining; an understanding of umami, the emphasis on food presentation and the use of crockery as part of the dish and its overall appeal (also; the use of different crockery for different courses); Japanese techniques, tools and

ingredients found their way into the western kitchen; a greater focus on the multisensory appreciation of a dish (visual, sound, texture, temperature and aroma).

So back to where we started: originally, kaiseki comprised a bowl of miso soup and three side dishes, this is now instead the standard form of Japanese-style cuisine generally, referred to as a:-

- セット (setto, "set"). Kaiseki has since evolved to include an appetizer, sashimi, a simmered dish, a grilled dish, and a steamed course, in addition to other dishes at the discretion of the chef.
- Sakizuke (先附): an appetizer similar to the French amuse-bouche.
- Hassun (八寸): the second course, which sets the seasonal theme. Typically, one kind of sushi and several smaller side dishes.
- Mukōzuke (向付): a sliced dish of seasonal sashimi.
- Takiawase (煮合): vegetables served with meat, fish or tofu; the ingredients are simmered separately.
- Futamono (蓋物): a "lidded dish"; typically, a soup.
- Yakimono (焼物): flame-broiled food (esp. fish).
- Su-zakana (酢肴): a small dish used to clean the palate, such as vegetables in vinegar; vinegared appetizer.
- Hiyashi-bachi (冷し鉢): served only in summer; chilled, lightly cooked vegetables.
- Naka-choko (中猪口): another palate-cleanser; may be a light, acidic soup.
- Shiizakana (強肴): a substantial dish, such as a hot pot.
- Gohan (御飯): a rice dish made with seasonal ingredients.
- Kō no mono (香の物): seasonal pickled vegetables.
- Tome-wan (止椀): a miso-based or vegetable soup served with rice.
- Mizumono (水物): a seasonal dessert; may be fruit, confection, ice cream, or cake.

So that is a very brief overview of Kaiseki, a beautifully artistic, philosophical and multisensory dining experience. It is these elements which we are using as inspiration for our next set of dining experiences.

Aparna Garg
(BACA 5th Course)

Defining Molecular Gastronomy

Since the term 'molecular gastronomy' became popularised by the mainstream media – mainly in relation to the activities and culinary innovations of a number of chefs around the world – its true meaning and core principles seem to have been lost.

Molecular gastronomy is most commonly used to describe the new form of culinary style adopted by chefs including Ferran Adria (Elbulli Foundation), Heston Blumenthal (The Fat Duck) and Grant Achatz (Alinea) to name a few. However, these chefs themselves have sought to distance themselves from this term as a description of the food served in their restaurants.

Other terms used for this new style of cooking include 'scientific cooking' and 'molecular cooking', both of which are in some way more appropriate descriptions of



the actual application of scientific methodology and approach to cooking taking place in restaurant kitchens.

Herve This (a founder of the discipline of molecular gastronomy) said “there is a lot of confusion between Molecular Gastronomy, Molecular Cooking or cookery, and such chimeras as 'culinary science' or 'scientific cooking'. Generally, the confusion is based on the fact that people don't know what gastronomy is, what science is, and even in scientific circles, there is a confusion between science and technology, or engineering“

Sanjana Ray
(BACA 5th Course)

Escalating Youth To The Top

“Older men declare war. But it is the youth that must fight and die”

Indian politics is the best career to opt for, right? The answer is an obvious yes.

I hereby ask – Don't we pick up a broom to clean our own house? So why are we hesitant to clean our own country? The fire in our hearts awaits a way out. It's time to force our way in. It's time for us to stop expressing the grief. Let the present hour be the eye witness of our thoughts. We would be the only ones to escalate our thoughts to the chair. We would be the decision makers. It's time for action. It's time for us to bring the change.

People say Indian politics is a swamp, but they avoid the fact that it's their own elected representatives who make it one. The youths' entry into this swamp is essential because the common man's forbidden tears are calling them. Their country is calling them. It's time for them to fill the vacuum and thereby make sure that all their demands reach the top.

In a youth dominated country like India, we cannot expect a bunch of old men to take all the decisions by themselves for the young masses. It's not the time for us to weep. Yelling at the present political scenario won't take us anywhere; after all it's time for us to bring the change and to bring the change, we have to be the change.

'Rights do not demand permissions', it's our right to elect our representatives, and if the elected leaders

come out to be hypocrites, giving the society nothing, we must avoid weeping and bravely challenge the 'white collared' old men, making sure that they get nothing.

The world mocks us. We have education as one of the major criteria for enrolling clerks in the government offices but ironically, enrolment of ministers in these offices does not have education as a criterion for appointment at all. Incredible India! I must say. And it is we who expect them to take decisions for the educated masses. Moreover, it is we who give them the power and the guts to commit crimes, and they simply flee, mocking the Indian judicial system.

A lot has been said, a lot can be said. But now I pray to each and every person reading this, no more talks, no more protests, it is time to raise our voice, it is time for direct action. It's time for us to step into the political system and internally amend it. Let every ear have our voices delivered. We no longer want to be slaves of those greedy politicians, who in the lust for power overlook ethics. Let us celebrate the arrival of a new age of politics. Times are changing, and trust me they are changing for the better.

I hereby conclude by provoking each and every young individual to think, what they are themselves contributing to the society.

Karanveer Singh Chawla
(BHM 31st Course)

Understanding Inner Self

The moment I flipped in the air the loosely dangling coin in my hand, I realized I could hear someone, someone craving to be heard. It was later I realized that it was my inner self trying to talk to me and before the coin settled I already knew which side was on the top that is I already knew what my heart really wanted. People say always listen to your heart as it already knows what your brain wants, therefore having an inner self makes us realize we are more than our identities. Your inner-self is like the bulb of the sunflower; your identities are like the petals around your inner-self. It makes us ask questions like who are we? And what do we stand for? Your inner-self is made gradually over years; it is developed and nurtured within oneself. Everything in our life is controlled by mirror neurons. Mirror neurons are even there in our cells, when we are born. Mirror neurons work in a way like, we imitate what other people are doing, and therefore we can say there is no inner self from the very beginning it is something that is developed inside our brains, overtime. Some people term their inner self as their morality because it guides you how to differentiate between the good and the bad. Our morality defines us and helps us understand that people are not difficult but different. And it is needless to say that someone with no inner self gets manipulated by the society.

Leo Tolstoy, in order to make people understand the importance of understanding inner self once quoted, 'Your understanding of your inner-self holds the meaning of your life'. Any person who believes in his inner-self and who finds solace in his inner-self, is not affected by worldly affairs, he is unaffected by the things around him while on

the other hand if someone lacks an inner self he is a slave of circumstances that means his life is controlled by his surroundings. Slave is a person who is excessively dependent upon or controlled by something. Being a slave in short means having no free will or control. There is a very thin line between being socially acceptable individuals and becoming a slave to your surroundings.

What will happen to a man who has no inner self or as many cultures call it a 'soul', such a person would have no free will as he would not know what he wants, he would simply be a puppet in the hands of the society. When we say, a person has no inner self we mean that a person has established set of rules or principles governing his life. This person is totally oblivious to his hearts desires and follows whatever society asks him to, he simply does not know what he actually wants. When a person is born, they function as they deem fit and not as the people want them to which can be one of the reasons why children are admired so much. As children grow, they learn about their surroundings, more about proper ways of doing things and the behaviour to exhibit. No one is taught the ways of self-realization. The social institutions are made in such a way so that children could be conditioned to perform various tasks important for the society.

We are all instruments of the big machine called society and a machine is nothing but a slave.

Karanveer Singh Chawla
(BHM 31st Course)

Manipal - The Unheard Story

Actually, the fact is that the stories are meant and developed when different people hear them and Manipal is one of those stories.

It is not unheard but there are some aspects of it which are mistaken and misunderstood by all.

Amidst the crackling and happy voices of students, flows a fake air of desolation in which drowns the town of Manipal and hides all the unheard stories of Manipal.

Air of desolation means the smoke of destructions which gets into the beautiful shine of Manipal and destroys the walls of knowledge that greets every student who comes here to grace their careers.

It feels, Manipal is the synonym for the smoke of those addicts but very few know the bright shades of strengths of those who come here for the future of not only them but those who wait for months for their loved ones to visit them after gaining what they went there for, the serenity of god of knowledge.

The unheard stories include those who really are here for enlightening their lives, who come here to gain knowledge, who come here to develop their skills, who come here to build the dams of knowledge and practice. Practice of that which brings you to the light of the sun which then enters your heart and soul and gives you the hope of succeeding in your life.

Manipal is not just a place where students drop in to study.

It is where that guy of 19 with an overgrown beard roams in and around with a mechanical plane in his hands to test its working and then when it doesn't work, gets irritated and gets back to his hostel, today after years he sits comfortably as the CEO of Microsoft.

Another one was he, who cried for his admission at the number one college for BHM, failed, got broken, suffered and struggled so much sits as the partner of a Michelin starred restaurant in NYC.

The third was one who thrived for years in Manipal in the race to be the best and came out to be the best- being one of the best ENT surgeons in the world of medicine.

And many more students, lakhs of people, like a late journalist who came out of the streets of Manipal and co-authored the book Narendra Modi: The Architect Of The Modern World, today inspire those who want to be a man of their own.

These unheard pieces are yet pieces so large, that they are a world in themselves are truly capable of being the best examples of stories of such kind. These instances completely overshadow those who come here just to spoil their reputation and that of a town, so beautiful, which is working 24 hours to enhance the life of those 28000 students who have come from 52 different countries and to develop them into something they always wanted to be.

Sabal Gupta
(BHM 31st Course)

Top 5 Luxury Restaurants In India

Le Cirque, Leela Palace, New Delhi

The brainchild of celebrated chef and restaurateur Sirio Maccioni, Asia's first Le Cirque is the perfect setting for an intimate 'celebration meal'. Fashioned by Japanese design firm, Design Spin Studios, the restaurant has a choice of three private dining rooms and an al-fresco option. Their signature Angus T-bone steak will set you back by Rs. 8,500, which has a portion size to satisfy two people.



Yuuka, Palladium Hotel, Mumbai

One of India's finest 'modern' Japanese restaurants imagined by master chef Cheg Ting Yen, the contemporary décor with generous splashes of black and gold sets the tone. Interactivity is the buzz word at the sushi bar while a wide selection of sakes, rare Japanese beers and malts complements the complex flavours of the exquisite cuisine on offer. A meal for two will comfortably cross the Rs. 10,000 mark.



Royal Vega, ITC Grand Chola, Chennai

ITC's bold new culinary experiment to showcase royal vegetarian cuisine (the entire culinary team is vegetarian too!) is also one of the city's most pricey – their platter alone costs around Rs. 3,000. This 'dinner-only' restaurant seeks design inspiration from the inner chambers of a palace – the interiors can morph into a clutch of private dining spaces in an instant. The menu is themed around the traditional six India 'Ritus' (seasons) and is refreshed with exotic seasonal ingredients like Kashmiri morels every two months.



Lantern, Ritz Carlton Bengaluru



India's only Ritz Carlton hotel also boasts of one of the city's finest speciality Asian restaurants. Dimsums and Asian cocktails take centre stage in the avant garde interiors envisioned by designers Super Potato. Spread over three levels with a dedicated bar, the restaurant resembles a glass lantern where edgy nightlife and relaxed dining co-exist. Exotic dishes like the stir-fried Lobster cost over Rs. 1,500/portion.

Zodiac Grill, Taj Mumbai

Bernadaud crockery, Christoffle cutlery, Reidel glassware... the Zodiac Grill continues to be Mumbai's favourite celebration restaurant even after all these years with a guest list that most restaurants will struggle to match. The service and attention to detail is impeccable while the menu continues to find that tricky balance between true blue Continental and nouvelle cuisine. From Beluga Caviar (Rs. 14,500/portion) to Breton Oysters (Rs. 3,800/portion), there's enough to run up that stratospheric check.



Srijan Kapoor
(BHM 29th Course)



Safety Techniques to Ensure Top Quality Chicken

The term 'Poultry' applies to the wide range of birds which includes chickens, ducks and turkeys. And as with any perishable food, bacteria can be found on raw or undercooked chicken which when consumed can cause illness. This is one of the reasons why raw poultry must be handled carefully to prevent contamination to other cooked foods or foods that will be eaten raw; for example, salads. A good example would be to never chop cucumbers on an unwashed cutting board just after cutting raw chicken on it.

In this article I have mentioned about the various safety techniques that need to be implemented while storing or cooking chicken.

How can you maintain the quality and safety of the chicken?

You must always refrigerate or freeze chicken directly after purchase in its original package.

How to defrost chicken?

You can defrost chicken in 3 ways:

- In the fridge by leaving it to thaw overnight
- In cold water by submerging the packaged chicken and changing the water every thirty minutes
- In the microwave for a few minutes but you should cook it directly after it is taken out of the microwave.

Does liquid in the package mean bad quality?

Liquid in the package does not mean that it is bad quality nor is it blood. This can be mostly the water which was absorbed by the chicken when it was chilled.

What is the skin colour of a good quality chicken?

The colour of the chicken skin can vary from cream-coloured to yellow as a result of the type of feed eaten by the chicken. It is not a measure of nutritional value, flavour, tenderness or fat content.

The chicken smells unusual – Can you still cook it?

If you are suspicious about the smell of the chicken, it is always advised not use it. Throw the chicken away and dispose of the garbage to avoid contamination and an offensive odour in your kitchen.

Should you throw away chicken that has dark bones?

No need to do that; the darkening of bones is not a sign of spoilage. It can take place upon freezing or when the chicken is cooked. It is perfectly safe to eat chicken meat that turns dark during cooking.

At what temperature should you cook chicken?

To ensure safe cooking, it is recommended to cook the chicken at temperatures of 82-85 degrees Celsius measured in the chicken thigh using a food thermometer.

My chicken turned pink upon cooking - Is pink meat normal?

When chicken is cooked properly, it should be safe to eat. The pink colour development is normal and it is due to a pigment colour change.

How long can you store Chicken and use it at its top quality?

Chicken pieces: 1-2 days; Freezer – 9-12 months

Chicken, full: 1-2 days; Freezer – 1 year

For how long can you keep marinated chicken in the fridge?

Marinated chicken can be kept in the fridge for 2 days; after that, any uncooked marinade should be discarded.

How soon should you consume ready-prepared chicken sold in supermarkets?

When purchasing cooked chicken or fast food chicken, make sure:

- It is hot at the time of purchase
- You consume it within 2 hours
- To refrigerate it in covered containers and eat it within 3-4 days
- Or freeze it and use it within 4 months for best quality, flavour and texture.

Harshit PM
(BHM 29th Course)

Guidelines for Buying Fish

Everyone knows freshness is essential to good eating. From lettuce to chicken to bread, the freshness of our food is directly linked to its quality. With fish, freshness is even more important.

Fish are fragile creatures and their quality begins to deteriorate within minutes of being taken out of the water. So, it's essential to know how to buy fresh fish.

Where to buy fish?

Choosing where to purchase fish is as important as choosing which fish to buy. First, you want to buy fish that spends the least amount of time from the boat to the plate. Secondly, you want to buy fish that has been handled properly. Moreover, you should make sure that it's a place with a high turnover.

Fresh fish signs

Freshness is the key to preparing delicious seafood. Selecting the best fresh fish is easy once you know what to look for:

- The fish's eyes should be clear. If the eyes are cloudy, the fish was probably harvested more than five days ago and is beginning to get old
- The fish's interior gills should be moist and bright red. If the gills are pink or brownish grey, the fish has either been mishandled or is old. In addition, gills should be clean and clear of any mucous
- The skin should be shiny, moist, and even slippery. Also, the scales of the fish must not be missing and must be firmly attached to the skin
- There should be no unpleasant odour. Fresh fish does not smell bad. Generally speaking, it should smell moist and sea-fresh. If there is an unusual odour then the fish is probably old and should not be purchased

- The fish's flesh should be firm and elastic to bounce back when touched. If an indentation remains after the fish is touched, the fish is beginning to get soft and is probably old
- Fresh fillets or steak cuts should look moist and firm
- Don't forget to check for bruises. Dark red spots that appear on fillets indicate bruises, which are caused by mishandling. These fillets are still edible, but do not measure up to the highest quality standards

Storing fresh fish

It is best to cook and eat the fish on the same day of purchase. If this is not practical, after buying, wrap fish in waxed paper or place in a covered dish and store in the fridge. It is important to cook as soon as possible, although fresh fish can be refrigerated for a day or two. Frozen fish may be stored in the freezer for up to 6 months.

Shayaan Habib
(BHM 31st Course)

*Articles by
Faculty Members*

Greeting Etiquette from Around the World

Italy, Spain, and Portugal: Kiss on each cheek



A quick kiss on each cheek - usually right, then left, though reversed in Italy - will suffice in Italy, Spain, Portugal, and much of Europe. Most of the time, rather than pecking, it's common to brush cheeks and make a kissing sound. Just don't be surprised if you find an Italian with wandering lips.

Germany: A firm handshake



Most Germans despise lippy introductions. In fact, they hate it so much they've tried to abolish it. Stick to handshakes. It's more efficient, as is the German way.

Japan: Bow



The bow is the standard greeting in Japan. Depending on the formalities, bows differ in duration, declination, and style. Among peers, the bow may be subtle, but don't dare bow that lightly to elders.

France: Kiss on the cheeks three or four times



In France the cheek-to-cheek - or cheek-to-cheek-to-cheek - kiss is as regional as the country's wines. In the same way you wouldn't order a Merlot in Burgundy, you wouldn't want to kiss twice when, typically, they kiss four. In Paris, the standard is two, and, on Corsica, they're practically making out with five kisses.

The Netherlands, Belgium, and Switzerland: Kiss three times from right to left to right



Vague acquaintances stick to handshakes and uncomfortable silence, but, if you're anything more than complete strangers, you'll kiss three times: right-left-right.

Thailand: Press your hands together and slightly bow



There's only one correct way - or wai - to greet in Thailand, and that's to press your hands together in a prayer like fashion and slightly bow to your acquaintance.

Brazil: Kiss closely one to three times

Much like its neighbor, Brazilians don't shy away from physical contact. Depending on the region, you'll kiss one to three times; however, the single ladies tend to give an extra smooch - try not to blush.

The United Kingdom: A handshake



One thing that unhinges Brits more than disorganized queues and people who "stand on the left" is a kissy greeting. A handshake, preferably with little eye contact and some incoherent Hugh Grant-like mumbling, is ideal.

UAE and Saudi Arabia: Touch noses



In the UAE, Saudi Arabia, and a number of Persian Gulf countries, the go-to greeting isn't a handshake or kiss on the cheek, but rather it's touching noses. While a kiss can be intimate but a nose, a "nose" is merely a handshake using other means, right?

Greece: A kiss and a slap on the back



Nothing says "nice to meet you" quite like getting slapped on the back. At least Greeks tend to give two kisses to ease the pain.

Argentina: A hug and kiss on the cheek



Male, female, old, young, it doesn't matter: Whether you want one or not, you're getting a hug and a kiss on the cheek.

India: Place your palms together and say "Namaste"



Most westerners get a handshake, but, if you're looking to seem less touristy, it's all about Namaste - something yogis might remember. Place your palms together like a prayer, tilt your head forward, and say "Namaste," which means, "adoration to you."

China: Bow or shake hands



In formal settings, the Chinese bow, but, in recent years handshakes have become the norm. When introducing yourself, don't be surprised if you're expected to list your profession and the company for which you work. It's normal.

United States: Handshake, fist bump, hug, or wave



There's the handshake, fist bump (Thanks, Obama), hug, bro-hug, "the nod," and the ever-endearing, half-excited wave. Take your pick.

Narayan Prabhu
Assistant Professor (Senior Scale)

Humoropedia



1. A waiter asked his two customers: "Red or white?" The first said: "I'll have red." The second said: "Me too. And make sure the glass is clean." A few minutes later, the waiter came back with the drinks and said: "Two red wines. Which one asked for the clean glass?"
2. Why was the waiter so excited that he completed a jigsaw puzzle in only 9 weeks? Because on the box it said 8-12 Years.
3. Two girls: "A tray of sushi, please." Waiter: "To eat or to post photos of on Instagram?"
4. What do you call an Arizona State grad with a bottle of champagne? A waiter.
5. Did you hear about the new restaurant on the moon? Great food but no atmosphere.
6. Which Star Wars character works at a restaurant? Darth Waiter.
7. In Hollywood, every waiter is a successful actor, every bartender is a famous film producer, and the vast majority of homeless people are less fortunate relatives of Steven Spielberg.
8. What did the waiter say to the horse? I can't take your order. That's not my stable.
9. You don't know the definition of heartbreak until you see the waiter coming to your table with food, but then take a sharp turn to a different table.
10. I have never been in love..... But I imagine it's similar to the feeling you get when you see your waiter arriving with your food.
11. "Waiter, there's a fly in my soup! Don't worry sir, the spider on the bread roll will get 'em."
12. Atheist: "What's this fly doing in my soup?" Waiter: "Praying." Atheist: "Very funny. I can't eat this. Take it back." Waiter: "You see? The fly's prayers were answered."
13. "Waiter, there is a dead fly swimming in my soup!" "Don't be silly, dead flies can't swim!"
14. "Waiter, there's a fly in my soup!" "It's OK, sir, there's no extra charge!"
15. "Waitress, there is a caterpillar in my salad!" "I'm sorry sir, I didn't realize you were a vegetarian!"
16. "Waiter, there is a fly in the butter!" "Yes sir, it's a butterfly!"
17. "Waiter, there is a fly in my soup!" "Sorry sir, maybe I forgot about it when I removed the other three."

Sandeep Srivastava
Associate Professor



The Benefits of Honey

Honey is a substance whose chemical composition is very close to that of human blood, and it has a different impact on the system depending on whether you consume it raw, with cold water, or in warm water.

Keep in Mind

Honey should never be cooked or put in boiling water. The water should be warm, not boiling hot. Honey should also not be given to children under the age of one.

How is honey good for you?

1. Honey combats anemia

Anemia is caused by iron deficiency in the blood. When there isn't enough iron in the blood, a person will feel exhausted because the ability to carry oxygen through the body is reduced. If you do not have enough oxygen, your heart, your brain, everything in your body will function on a lower level. So building up oxygen in the blood is extremely important. How healthy the body is and how easily it rejuvenates itself depends on the level of oxygen in the blood. Women in particular have to be careful. They tend to become anemic much more easily than men.

Honey is good against anemia. If you consume a little bit of honey in warm water on a daily basis, you will see, the red blood cell count will gradually go up. Once there is more oxygen in the blood, you will feel a burst of energy. Suddenly, everything will be more active – rejuvenation and cell renewal will go up, and the level of inertia in your body and mind will go down. One of the reasons why women tend to get more easily depressed than men is, they have a lower level of oxygen in the blood stream. If the oxygen level is too low, depression can set in easily.

2. Honey balances blood pressure

If you are among those who tend to get dizzy when you stand up quickly, you may have low blood pressure. Low blood pressure means not enough blood, but most importantly, not enough oxygen reaches the brain. If you feel dizzy when you put your head down, it could be because you have high blood pressure. Either because of high blood pressure or due to lack of oxygen you feel dizzy.

Consuming honey evens out these imbalances. Blood pressure builds up depending upon the requirement of the body. People think hypertension is a disease. It is not. It is an adjustment that the body makes. If for some reason the body needs more oxygen and other nutrients than it normally does, or the blood is not of the quality that it should be, quicker circulation or more frequent servicing of the organs is required. So the system pumps harder and pressure builds up.

For low blood pressure, the system has adjusted itself to pump low. Or it could be congenital – the system is not strong enough to pump as it is needed. Or there may be some other issue with the circulatory process or the chemistry of the blood. Often, a combination of factors contributes to this condition. Similarly with hypertension – it creates a secondary layer of consequences, but the first layer of consequence is hypertension itself – it is a consequence, not a cause.

Nachiket Rao AK
Assistant Professor

Food and Wine Tourism

The purpose of this article is to tell about the food and wine festivals and events around the world. These events happen regularly once a month or on a one-off basis. Each event organized is either related with food or wine.

If you take the case of festivals like Christmas, Eid, etc., each festival is related with food and drink. Same in the case of events; in each programme organized either food or drink is the common factor.

Events have long been one and the same with food and particularly with religious and spiritual festivals. Celebrations have long been held in many cultures that celebrate harvest. In certain countries where wine grows, religious festivals and celebrations are often correlated with vine growth which includes bud opening and goes to flowering which leads to fruit set and ripening and finally harvest of the fruits. In most of the countries the religious festivals and food festivals go together, especially in countries like Spain and Italy, but for some events it happens on saints' days; this is sometimes not known by people.

Though food is a part of daily use and financial systems, food events have become a part of food transactions, promotions and support. It moreover is related with a number of other financial, supporting and community concerns. It relies on the life of modern farming systems, maintenance of countryside, maintenance of the country way of life and society, and worries on food quality. As a result of these factors, food and wine events are varied. It is not just internal by consumption and production of food but plays a good part in external promotions to visitors and people of the host region

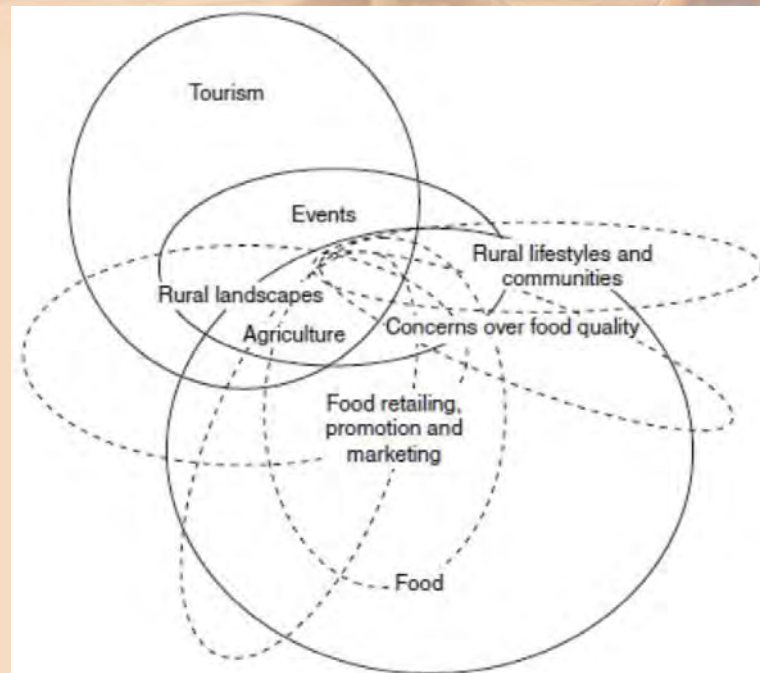


Figure 1.1 The intersections of events, food, tourism Source: (Hall C., 2003)

which leads to the growth of that region. So, these events therefore strongly connect to the position and society pride for the products they produce.

In addition to that, food and the feeling and supplies are close to each other, is important not just for manufacturers but also for customers in that spending for exact food which might hold suggestion for its characteristics and standard of living (Hjalager, 2000; Hall C., 2003; Che, 2005). As lots of food events are happening around the world which leads to the development of the world, which makes it hard to

determine the ultimate figures (Payne, 2002; Griffin, 2003)

According to (Hall C. a., 2001) primary motivating factors are visiting the primary and secondary food producers, food festivals, restaurants, and specific locations where they get to do food tasting and experiencing the food of that regions while travelling. In food and wine tourism is defined as visiting vineyards, wineries, wine shows, and experiencing wine tasting sessions and experiencing the wine region which

creates the motivating factor for people. (Hall C., Wine tourism in New Zealand, 1996) .Such explanation about food tourism always shouldn't be related to trip, but instead of that experiencing the food of that locality relate to food tourism. Certainly, food tourism could perhaps be view as an illustration of 'culinary', 'gastronomic', 'gourmet' or 'cuisine \ ' tourism so as to reveal customers their interest in food and wine is a structure of 'serious leisure' (Hall C. a., 2001; Hall C., 2003; Hall C., 2003).

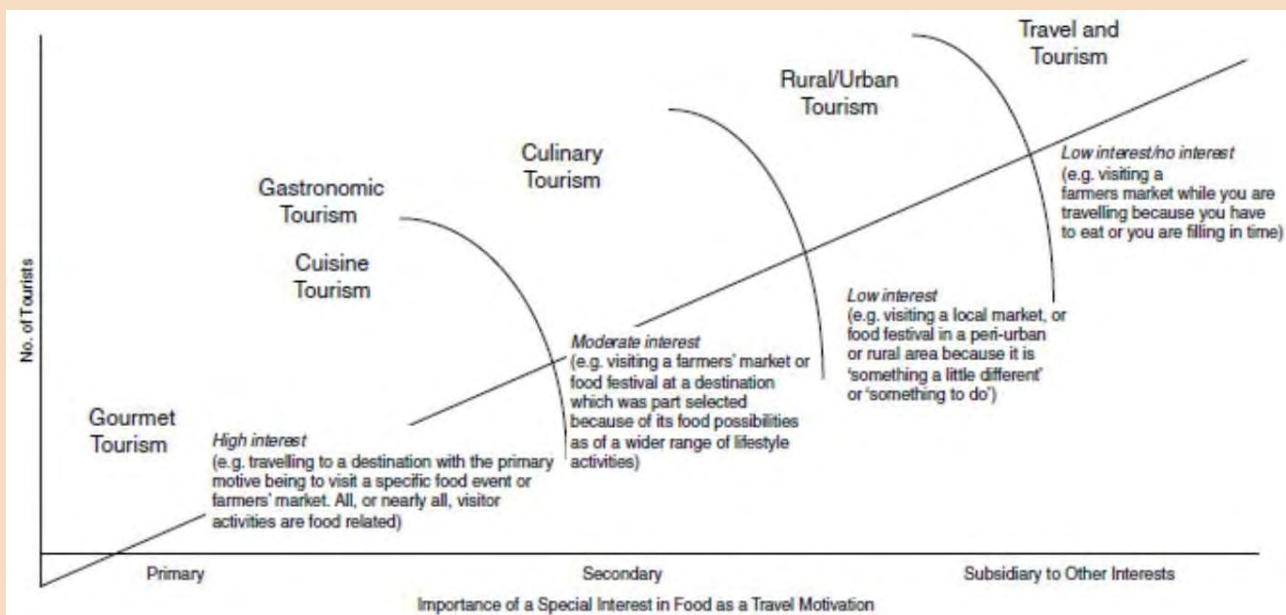


Figure 1.2 Food tourism as a special interest tourism product (Source: (Hall C., 2003)

These type of differences are important since they attract the book lovers into the food tourist market. However, the main tour people are food and wine rank as explained in regard to gastronomic tourism. So these groups of sightseeing are consequently distinct primarily through the customer (Hall C., 2003 a). Food and wine events rely on tourism. Though, the tourism is more of travel in conditions of trendy customs. Tourism can be considered as single outline of holiday oriented mobility that vary in levels as of the rural to the global (Hall C., Tourism: Rethinking the Social Science of Mobility, 2005). As for the manufacturer's viewpoint the good thing of events, and food events in general, will be able to be recognized in regional scale. At a regional scale (Dywer, 2000; Chhabra, 2003; Lankford, 2005) advantages include:

- More footfall to a region
- Make travelers come back again and again to that region
- Monetary benefits to the local economy
- Increasing employment
- Creating brand image
- Growth in community development
- Creates a channel for economic development and tourism development
- Tourist arrival will be throughout the year and won't become seasonal
- Increase popularity of local and rural food products.

Sachin George Varghese
Assistant Professor (F & B Management)

How colour and size of plate affects the Perception of customers

Nowadays, more and more importance is given to how restaurants present their dishes visually. While many of us like to believe that we are not easily deceived, our sense of taste is often fooled by our sense of sight. This is because humans have certain expectations of how food should look. When a food color is off or is different than what we expected, our brain tells us that it tastes different too. Long supported by scientific studies, we cues from color to identify and judge the quality and taste of what we eat. Hence this research would help in examining how complex food presentation, portion size, Plate ware used has a huge impact on how the food can look more or less appetizing to customer.

This article is based on the influence of color of the plate on the perception of complex food in a restaurant. The main objective were to understand how the color and size of the plate affect the perception of complex food in a restaurant, how color of the food attracts the customer to dine out, how the size of the plate affect the restaurant, how the color of the plate affect the taste perception of customer.

For chefs this topic has considerable importance. It's essential for the chefs to understand the importance of plating various dishes in the correct manner in order to satisfy the customer needs.

Color is often the first element noticed in the appearance of the food product. Much of the earlier research on the visual presentation of food was conducted with quantities and specific health concerns in mind, focusing on how the size of the plate might influence how people would serve themselves, and how much they eventually consume. Choosing the right format of plate for a specific dish can be very important. For instance, the food should not appear too crowded, but should instead convey the notion that the portion size is adequate and not too measly.

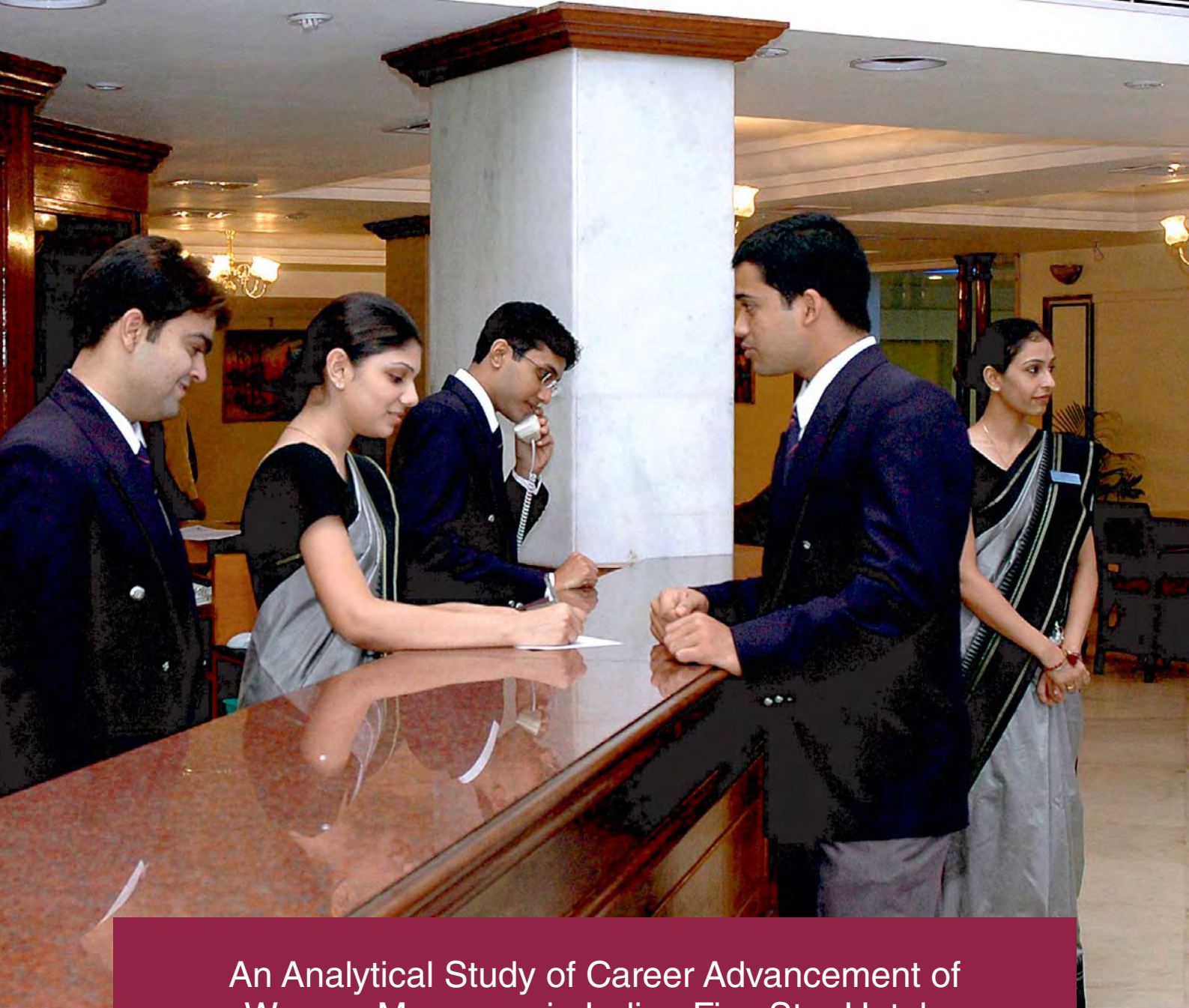
Different studies show how the different color and pattern of the plates gives an impact to the food which is served to the customer. Chef's work is to understand the expectation of what the guest needs and to prevent the wastage of food. Except all of this one of the main thing a chef should keep in mind that ambience, the plate color and color of the table cloth also gives an impact to the

food. Understanding the plating preference of the guest and according to that the plates should be bought.

According to the many surveys majority of the people visit restaurant for multiple times, people give more importance to how the food is presented at the restaurant, attractive ambience, what type of plates have been used in a restaurant. Based on the responses from the customers who visit the restaurant for multiple times? The restaurants changes the presentation of the food and type of plate used. Most of the youth believe in the concept of wow factor which restaurants gives to the diner, they say that they visit restaurant for multiple times for the attractive presentation of the food as well as the taste. This helps to find how color of the plate and presentation of the food is important to the customer. Most people think that the presentation of the food is also as important as the taste of the food. Food presentation is just as important to the success of a dish as its richness of taste and flavor. How the food looks on the plate is what makes our eyes and makes you want to eat it. The people expect color of the food when they visit a restaurant, color of the food tempts the diner to eat that food. Presentation and the taste of the food, rating is the key element to the success of the restaurant, positive rating can be obtained when the customers are satisfied with the service or the food when they visit restaurant, by this survey it shows that high number of people mainly rate the restaurant on the basis of presentation and taste of the food a restaurant can give satisfaction to customer by giving eye appealing presentation of the food and mouthwatering taste of the food. Rating indirectly helps in the success of the restaurant, and oversized plate makes a person to eat more, lots of research say that the size of the plate makes to eat more .it is important to choose the right size of the plate to restaurants, for example when we give the food to kids generally serve the food on small plate, size of the plate change perception of diner on food. If you serve same amount of food in different size of the plate people tend to think that they been over served.

Uday Menon

Assistant Professor (Selection Grade)



An Analytical Study of Career Advancement of Women Managers in Indian Five Star Hotels (Ph.D. Report)

This study started with an attitude of curiosity rather than combating the contentious territory where the possible phenomenon of women leaving the hotel industry is still pervasive. The purpose was to explore the experiences of organizational life of women in hotel industry to ascertain the career growth patterns and prospects at the managerial levels. One of the major challenges faced by hospitality industry in India is

perhaps the failure to utilize the female talent to the hilt, particularly at the senior levels. Although, the male-female ratio at the managerial level is approximately 5:1 to begin with at lower levels of management but there is no corresponding increase in the number of women in top management positions. Therefore, the study is aimed to find out the factors affecting the career advancement (facilitators and constraints) of women

managers in Indian five star hotels and offers possible suggestions/recommendations to spur the momentum. On the basis of the literature reviewed, it was hypothesized that the career advancement of women managers in Indian five star hotels is associated with facilitators and constraints (termed as dimensions of Mobility Pathways), the Contextual Factors (age, education, marital status, managerial levels and total service) and Personal and Organizational strategies (by the individual supported by the organization).

The research method used for the study consisted of explorative and descriptive research. The participants were a convenient sample of 344 out of 572 women managers (62%) of 47 five star deluxe and five star hotels across eight major cities of India. The sample is selected through non probability convenience sampling technique. Descriptive statistics is used to summarize and describe the important characteristics of a set of measurements. Inferential statistics is used to make inferences about the population characteristics from the information contained in the sample.

The study identified five factors that are perceived to affect the career advancement of women managers in five star hotels. These factors included: glass ceiling, work environment, developmental discrepancies, gender equality and cultural discouragement. The results of regression analysis revealed that only work environment has a significant relationship with rate of promotion which indicates that the rate of promotion is not commensurate with the career experiences of women managers in Indian five star hotels. The work environment, gender equality, developmental discrepancies, and cultural discouragement had a very strong statistically significant relationship with job and career satisfaction of women managers. This indicates that although the rate of promotion is very moderate, women managers are satisfied with good work environment. The total number of years spent in the profession (total service) showed significant relationship with promotion rate. But this relationship, even though significant, was in a direction opposite from what was predicted, indicating that women managers are not satisfied with the rate of promotions which is an important objective indicator of career advancement. The results of the confirmatory factor analysis (CFA) and Structural Equation Modeling (SEM) confirmed the

hypothesized model wherein these factors were used in different combinations, rather than single factors. The personal strategies along with organizational support systems were used as mediators affecting direct relationship between the dimensions of mobility pathway and career advancement. The results indicated that these strategies did not have any mediation effect on the relationship between mobility pathway and career advancement.

Based on the results of this research, the career advancement model specific to the needs of women managers of hotel industry is suggested by the researcher. The proposed model consists of three levels and thirteen components that are essential for the career advancement of women managers. There are two pathways that lead to career advancement as per the model. The individual pathway is an open pathway which is merit-based and relates to the individual capabilities of the person and the organizational pathway is a closed system relates to the fundamental ethos of the organization and organizational members. This model assumes that the work life issues and concerns raised by the women managers stem from the organizational and environmental contexts to a large extent. The desired level of mobility and fluidity within the organization and the individual should help to balance and isolate the personal and family issues and reduce the challenges associated with the career advancement.

Even though, this study could not confidently infer any cause and effect relationships through the results, the findings suggest that the various facilitators and barriers may be antecedents for objective and subjective career accomplishments. The relationships found in this study may provide hints for lifting the chances of advancement for women managers. To close the leadership gap to retain talented women, simple interventions aimed at all concerned in managerial positions to make them aware of the multiple roles and responsibilities women assume (work-family related) may be the first step in rooting out this systemic problem. There should be an active tripartite collaboration between the industry, educational institution and the corresponding regulatory bodies to create new openings for women seeking to progress in hospitality.

Dr Vidya Patwardhan
Associate Professor

Essential Employability Skills for Recent Graduates



Hospitality sector has seen tremendous and sustained growth for the last couple of years. A key value which all the segments within this sector hold in common is customer service. The three segments of hospitality sector are:

- Food & beverage (restaurants, on-site catering, clubs etc.)
- Accommodation (hotel, lodges, Bed & Breakfast, motels, youth hostel etc.)
- Travel & tourism (cruises, airlines, railway, amusement parks etc.)

According to data released by Department of Industrial Policy and Promotion (DIPP), between 2000 and 2016, the Indian hotel and tourism sector attracted around Foreign Direct Investment of US\$ 9.3 billion. Currently, the hospitality sector in India contributes approximately 6.25% to the country's Gross Domestic Product (GDP) and provides employment (direct and indirect) to 8.78% of the population. The Planning Commission is of the opinion that the hospitality sector creates more job per 10 lakh (1 million) Rupees than any other sector. The World Travel and Tourism Council (WTTC) predicts that the Indian travel and tourism sector will be the second largest employer in the world, providing direct and indirect employment to approximately 52 lakh (5.2 million) people by 2019. The growth of this sector in India can be attributed to

- Unique cultural diversity of the country;
- Rising domestic tourism fuelled by increasing disposable income and higher aspirations;
- Large pool of manpower to meet the growing demand and
- Government support and incentives to nurture this industry.

With this background, the scope for hospitality students, to find gainful employment and a rewarding career, is set to rapidly expand. However, these days' employers routinely expect graduating students to offer more than a good academic record and degree. Relevant training experience, and evidence of "employability skills" such as communication skills, teamwork and planning/organisational skills are what employers are now looking for. Employers also look for "rounded individuals" – they are keen on recruiting graduates which have been involved in activities that develop their skills in the world outside University, for example involvement in societies, clubs or voluntary work.

CBI defined employability skills as

"A set of attributes, skills and knowledge that all labour market participants should possess to ensure they have the capability of being effective in the workplace – to the benefit of themselves, their employer and the wider community."

Many recruiters have identified the following skills as being the "top 5" skills which they look for in recruits:

1. **Communication:** effective communication skills are a vital part of any role. Expression of one's ideas and views in clear and concise manner is the key to effective communication. The results of many research studies have indicated that employees with superior communication skills are more likely to be successful in their work. In the "Information Age" that we live in, workplace communication is so critical, it is assumed that poor or inadequate communication skills will result in an unsatisfactory quality of work and deliver inadequate service. While at college, students should focus on:

- Developing a style of professional writing;
- Building confidence in their ability to use clear, concise and appropriate language in written and oral communications;
- Learning how to build rapport and improve relationships;
- Developing a positive body language and
- Fostering the art of effective and active listening.

Interpersonal communication is a complex mix of both verbal and non-verbal communication. It requires dealing with people in an efficient and appropriate manner. Skills like listening, explaining, understanding, negotiating, persuading, body language, facial expression, reactions etc. constitute the repertoire of interpersonal communication.

It must be remembered that good communication and interpersonal skills are not a "desirable" luxury but an essential necessity for success in today's workplace.

2. **Problem solving:** problem solving skills can be described as the ability to define or identify the problem, generate alternatives or possible solutions, evaluate and choose between these and implement the chosen solution. Employers want them because workplace, project or task will have challenges or obstacles. Employees who can overcome these on their own or in a team, will reduce the need for complex hierarchies and lessen the demand on management's time thereby freeing it for more productive work. In short, it will help the organisation save time and therefore money.

Analytical skills, which are related to problem solving skills, are perhaps becoming increasingly important. Being able to quickly yet carefully identify and evaluate the most important or relevant information for your specific role is seen as a useful skill. Some examples of how analytical and problem solving skills can be developed are by means of:

- Leisure activities (chess, logic games etc.);
- Training in a customer service environment and resolving complaints, particularly in situations where there is no protocol;
- Research (for essays or projects etc.);
- Identifying appropriate source material for assignments and
- Creative solutions to coursework problems.

3. **Self-motivation:** the capability to do what needs to be done without being prompted by others or the willingness to take a fresh approach can be used to describe self-motivation. Self-motivation is about internal drive to achieve, develop and keep moving forward.

Self-motivation is what keeps on pushing you on to complete something when you feel like giving up. Employers want this character in their employees because once a self-motivated person is familiar with the organisation or team objectives, he/she will get on and do what is required - and more - in order to not only meet, but exceed those objectives. Some ways in which it is possible to stay motivated are by:

- Having a personal vision & goals;
- Evaluating & monitoring own performance;
- Having knowledge & confidence in own ideas & visions;
- Articulating own ideas & visions and
- Taking responsibility

**Problems can also be opportunities:
they allow you to see things differently
and to do things in a different way:
perhaps to make a fresh start.**

4. **Performing under pressure:** employers frequently ask recruits about their ability to work under pressure and deliver by deadlines. Why is this important? Changing demands of business will ensure that the organization which cannot deliver by set deadlines will soon go out of business. In order to ensure that one is able to meet the exacting demands of job, it becomes imperative to develop strategies to meet deadlines. One way in which this can be done is by prioritizing tasks. Efficiency and effectiveness are not the same. Someone who works hard and is well organised but spends all their time on unimportant tasks may be efficient but not effective. To be effective, one needs to decide what tasks are urgent and important and to focus on these. This is called prioritising. It's important to list the tasks one has and to sort these in order of priority, and then to devote most time to the most important tasks. This avoids the natural tendency to concentrate on the simple, easy tasks and to allow too many interruptions to work.

Attention must be drawn to the fact that having a demanding job is not necessarily unhealthy. Stress in the form of a challenge, stimulates mentally, and motivates to learn new skills and improve upon one's work. Such kinds of "active" jobs have been linked to positive health and well-being.

5. **Teamwork:** teamwork refers to the skill to interact and co-operate with a group of people to achieve a goal. Teamwork involves:

- Working across different ages, irrespective of gender, race, or religion;
- Working as an individual & as a member of a team;
- Knowing how to define a role as part of the team;
- Applying team work to a range of situations e.g. futures planning, crisis problem solving;
- Identifying the strengths of the team members and
- Coaching & mentoring skills including giving feedback

Some people are hesitant to work as a part of team because they feel that they are most effective when working independently. They do not want to fail due to non-performance of team members. Despite such concerns teamwork has many advantages. Some of them are- increased efficiency, learning experience, idea generation, enhanced communication and shared workload. As a bonus, the team dynamics creates many instances where conflict becomes inevitable. These instances can be used to practice conflict management skills. It is also more than likely that one will, at times, have to work with people one does not necessarily like or get along with. Having an understanding of different team working styles, and appreciating the value that this mix brings, will help one to be more accepting and understanding of others. Employers place lot of emphasis on recruiting people who can work as easily and effectually in teams as on their own.

In summing up, it should be remembered that in the competitive world that we live in, one cannot solely rely on academic degrees. The degree is certainly important. It will be an eligibility criteria for jobs that specify "must be a graduate". In other words, the degree will unlock the door to employment. Once the degree has unlocked the door, a student will need the right mix of skills, abilities and personal qualities in order to turn the handle and give the door the push that will open it.



Paritosh Dabral
Assistant Professor (Selection Grade)

Tips to exhibit from Kitchen to the World!



People surrender their profile to online portals particularly to social media, as it offer the fastest, easiest way to connect and share information on various subjects they passion about.

Culinary being the fastest growing business can't ignore the benefit of social media to create brand image as an industry or an individual, it has come out from just being used to share recipes and showcasing products. Before doing so one has to understand how each tool is different and proper method of adapting in creating brand image. Few tips here,

- ✓ Before you play observe! Follow the leaders who inspired you in the industry of your passion may be in Hospitality or only Culinary. How are they promoting as an individual or product
- ✓ Identity: Starting with #hashtag create an identity to reflect you or your firm. Never ignore to add it in every post you do
- ✓ Content: When you are presenting a topic place it in Facebook casually, with hashtags on Instagram but in brief on Twitter. Yes showcase your skills on YouTube as per the taste
- ✓ Size: Think of the size of the text content and image suitable for the arena you are using. Twitter is less visual than Instagram and Facebook offers more.
- Audience: To reach the right people, use popular but relevant hashtags
- ✗ Do not over do it! Avoid posting similar content repeatedly. It may happen people may stop following you
- ✗ Do not add too much of informing; Keep it short and sweet. Make sure to fit to people who can catch it while moving
- ✗ Avoid tagging people repeatedly; People find offended to keep others stuff on their wall.
- ✗ Ignoring your followers is same as ignoring customer in a business. Show your gratitude, and show a feeling that their response is valued
- ✗ Avoid controversy. Publicly addressing negative review is not suggested. Always safe and better to reach the customer through a personal message or an email
- ✗ No hurry in posting. Relook the content before you post and always good to consider someone to read before posting

Raghavendra G
Assistant Professor (Senior Scale)

Farewell

It is often said that the best time in our life is the time one spends in school and college. It is undoubtedly one of the golden eras of our lives. When this era comes to an end it is time to embrace what the future holds and move forward with a positive attitude. Once again it is that time of the year when it's time to Bid farewell to our dear seniors.







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