

Aatithyam

Issue XVII, December 2023

Newsletter
National Council for Hotel Management
& Catering Technology

आतिथ्यम्



Conference Proceeding Book was released by the CEO, NCHMCT with other dignitaries during the International Conference organised by NCHMCT on 26th & 27th October, 2023

Hon'ble Tourism Secretary and CEO,
NCHMCT engaged the IHM Alumni
at London on 7th November, 2023



National Council for Hotel Management & Catering Technology
(An Autonomous body under Ministry of Tourism, Govt of India)

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www.nchm.nic.in



Message by...

Shri Gyan Bhushan, IES

Senior Economic Advisor & CEO, NCHMCT
Ministry Of Tourism
Government Of India

Dear Readers,

It's great to present the one-stop platform for news and events across NCHMCT and its affiliated institutes with this latest XVIIth Issue of *Aatithyam*.

Through this issue, let's dive into the vibrant world of events such as Conferences, sustainability-based events, MoT drives, promotional activities, awareness campaigns, trainings, workshops, sports and academic competitions those truly offering insights, opportunities, and inspiration for students, parents, and educators alike. The message is loud and clear for the student as an aspiring hospitality professional, whether you're aspiring to lead the hospitality industry or nurturing the next generation of hoteliers, get ready to discover valuable knowledge, exciting news, and exclusive stories as much as you can.

As the hospitality education has also evolved at a greater pace like the industry, Innovation is the key factor that is at present and in upcoming times, is going to shape our future. Together we have to explore its impact, delve into innovative practices, and showcase student projects addressing this crucial topic. All educators must discover resources to guide these young leaders and facilitate them to unlock their potential in this dynamic field.

Here I congratulate Council for its worthwhile endeavors with their launch of 'IHM's Alumni Connect', a portal that would surely now connect and engage millions of hospitality professionals and also for enthusiastically organizing 'All India Essay writing and Quiz competition' meant for Higher Secondary level school students. These initiatives have prodigious potential to make a positive impact on both the hospitality industry and future generations.

I wish you a very happy, healthy, and safe days ahead!

(Gyan Bhushan)

KEY ACTIVITIES AT A GLANCE (October-December 2023) @ NCHMCT

- On October 1, 2023, teachers and students from NCHM-IH and ICI Noida joined together for a large cleanup operation across 10 sites, in accordance with the Ministry of Tourism's "Swachhta Hi Seva" campaign under the theme of Garbage Free India.
- NCHMCT organized a cleaning program and as a result they converted a 500-square-foot room in the campus into a usable office space as part of the Swachhata Action Day Special Campaign 3.0 on 12th October 2023
- NCHMCT hosted 2 days International Conference dt. October 26 and 27, 2023 with the major theme as "Social, Economic, and Gender Inclusiveness in Tourism and Hospitality Industry."
- NCHMCT staff members and students took pledge on the eve of 'Rashtriya Ekta Diwas' on October 31, 2023, renewing its commitment to national cohesiveness and solidarity while also creating harmony and strength within the community.
- The Honourable Tourism Secretary, Ms. V. Vidyavathi, IAS and CEO of NCHMCT, Mr. Gyan Bhushan, IES, actively engaged IHM alumni in London, fostering connections and collaboration within the hospitality industry on 07th November, 2023.
- On 8th November 2023, NCHMCT launched a Vigilance Awareness Campaign, which was completed under the supervision of Mr. Bani Brato Roy, Director of the Central Vigilance Commission. The central IHMs were essentially coupled during the session.
- NCHMCT conducted a rigorous six-day Certified Learning Facilitator (CLF) Training program from November 20 to 25, 2023, led by Dr. Priyadarshan Lakhawat, Director (Academic). The Master trainer for this training was Mr. Pramod Naick, HOD (IHM Bangalore).
- NCHMCT hosted two films in commemoration of Constitution Day, dt. 26-11-2023. The staff members and students of NCHM-IH & ICI, NOIDA gathered at the multi-purpose seminar hall of NCHMCT for this screening.
- NHTET Exam 2023 was held on 26th November on Computer Based Testing(CBT) mode at pan India level, as per the revised scheme. Further details on candidate's eligibility and other important details, an attached brochure was also available in the official online portal of NCHMCT.
- A Faculty Development Program aligned with the revised NEP syllabus was conducted on November 28th and 29th. Mr. Manjot K.S.Gill mentored the facilitators leading with several examples and advised them to target towards achieving academic excellence.
- NCHMCT launched an essay writing and quiz competition (on 1st December,2023) that was open for present students of 11th and 12th grades from recognized senior secondary schools nationwide.
- On 3rd December, 2023 NCHMCT launched the 'IHMs Alumni Connect, a portal specially meant for IHMs & FCIs graduates that aimed to facilitate networking, sharing experiences and allowing all to stay updated.
- The *Rajbhasha Karyanvayan Samiti* meeting was held online dt. 27.12.2023 where the participants were officers of NCHMCT and this meeting was chaired by Shri Gyan Bhushan (CEO, NCHMCT)

Activities @ NCHMCT : The Image Gallery



'Yuva Tourism Club' of NCHMCT organised the culmination of a week long 'World Tourism Day' celebration on 1st October, 2023 which was attended by honourable Dr. Olivier Fink, Deputy Head of Mission: Embassy of Switzerland as a Chief Guest with the gracious presence of Shri Gyan Bhushan, CEO of NCHMCT & Senior Economic Advisor, Ministry of Tourism Govt. of India along with several dignitaries representing both academia and industry.



Following the guidelines received from Ministry of Tourism (Govt. of India), NCHMCT conducted Shramadan activities under "Swacchta Hi Seva" campaign with the theme "Garbage Free India" for the year 2023, all officers and staff members of NCHMCT participated in the Shramadan from 10 AM to 11 AM, dt. 01-10-2023 to clean, in and around the premises of NCHMCT. The students of the M. Sc. HA program also took part actively during the Shramadan from 10.00 am to 02.00 pm on 01st October 2023. Two teams of students under the supervision of faculty members visited pre-identified places outside the premises of the Council and each team cleaned 10 sites successfully.

On Friday, October 13, 2023, NCHMCT hosted a Fresher's Party for newly enrolled students in the M.Sc.HA Program of NCHM-IH, Noida. Dance, music, drama, and several other events were planned for this occasion. This enjoyable event was successfully held to handhold newly joined 1st year students to acclimatize themselves.



Activities @ NCHMCT : The Image Gallery



A 2-days International Conference was organised by NCHMCT on 26.10.23 and 27.10.23 at NCHMCT on the core theme "Social, Economic and Gender Inclusiveness in Tourism and Hospitality Industry"

Activities @ NCHMCT : The Image Gallery



INTERNATIONAL CONFERENCE
"Social, Economic and Gender Inclusiveness in Tourism and Hospitality Industry"
On 26th and 27th October, 2023

Know our speakers

Dr. Swarup Sinha
 Head - ITC Hospitality Management Institute,

Ms. Shwetambari Kapoor
 Head - Front office and Patient Relations, Sanar International Hospitals

Ramesh Takulia
 Consultant - Learning and Development, IHCL

Mevin Seebah
 CHIEF HR OFFICER - MARRIOTT MAURITIUS HOTELS

Pritha Chatterjee
 Learning & Development Manager East & North East

Prof. Karthik Namasivayam (Director School of Hospitality Business, Michigan State University), Dr. Colleen Taylor Sen, Culinary Historian and Mr. Mevin Seebah Chief HR Officer-Marriott Mauritius Hotels were the key speakers of conference. The chair and co-chair of the technical sessions included stalwarts of the hospitality industry and academia.

NCHMCT
INTERNATIONAL CONFERENCE
"Social, Economic and Gender Inclusiveness in Tourism and Hospitality Industry"
26th and 27th October, 2023

Technical Sessions
Chair & Co-Chair

Amitabh Dey
 Principal, IHM Guwahati

Anand Kumar Singh
 Former Principal, Anand Museum Bhopali

Asif Ali Syed
 Associate Professor, Aligarh Muslim University

Bhupesh Kumar
 Principal, IHM Ranchi

M.K. Dash
 Principal, IHM Lucknow

Nisheet Srivastava
 Principal, IHM Mumbai

Pratik Ghosh
 Head of Department, IHM, Chandigarh

Sanjeev Saxena
 Associate Professor, Assam University

Suresh Srivastav
 Associate Professor, IHM, Chandigarh

Vishal Kalia
 Principal, IHM, Chandigarh

NCHMCT **G20** **75** **आज़ादी का अमृत महोत्सव** **Vish India 2023**

Panel Discussion :
Topic: - Women in hospitality: Empowerment, Success stories and Challenges
26th October, 2023

Panel Members

Pooja Bhondekar
 VP Operations, Encarn Hospitality

Pritha Chatterjee
 L&D Manager-East & Northeast, IHCL (Tag Hotels)

Shweta Kumar
 Moderator & Principal In-Charge, IHM Faridabad

Nimisha Seth
 Principal, IHM Jaipur

Shwetambari Kapoor
 Head-Front Office & Patient Relations, Sanar International Hospitals

NCHMCT **G20** **75** **आज़ादी का अमृत महोत्सव** **Vish India 2023**

Panel Discussion :
Topic: - Bridging the gap between academic curriculum and industry requirement to foster inclusive growth
27th October, 2023

Panel Members

Ramesh Takulia
 Consultant - Learning and Development, IHCL

Satvir Singh
 Director Studies, NCHMCT & Moderator

Swarup Sinha
 Head - ITC Hospitality Management Institute, ITC Limited - Hotels Division

Raja Sadhukhan
 Principal, IHM, Kolkata

Aashish Gupta
 Consulting CEO, FAITH

K. Thiruganasambantham
 Treasurer, Westgroup Graduate School of Hotel Administration

There was a panel discussion held on each day of the conference. The organising secretary of this conference was Dr. P.D Lakhawat (Director, Academics) of NCHMCT. This conference was a big-time success once again like previously held conferences.

Activities @ NCHMCT : The Image Gallery



As a tribute to Sardar Vallabhbhai Patel on his birth anniversary. Dt. 31-10-2023, all NCHMCT staffs came together to realize the dream of Sardar Patel of 'United India, Empowered India'. To mark this occasion, a pledge ceremony was conducted to celebrate the occasion of Rashtriya Ekta Diwas in which all the officers & staff members of NCHMCT Noida participated for the unity of the country chaired by Directors of NCHMCT, NOIDA.



Under the Swachh Diwali Signature Campaign <https://pledge.mygov.in/swachh-diwali-shubh-diwali/> by the initiatives of Ministry of Housing and Urban Affairs (MoHUA) and the direction of Ministry of Tourism, Government of India, NCHMCT organized a successful campaign on "Swachh Diwali Subh Diwali" from 6th -12th Nov, 2023. The officers and staff members of the council along with students of NCHM-IH participated in this event.



Swachh Diwali Shubh Diwali 2023, an initiative of MoT was successfully executed on 10th November, 2023 by the students of NCHMCT portrayed our culture, festival cleanliness drive through Eco-Friendly Diwali celebrations safeguarding our environment and mother nature. The participants created several videos to generate awareness and took a pledge on this occasion.

Activities @ NCHMCT : The Image Gallery



NCHMCT Noida under the observance of 'Vigilance Awareness Campaign 2023' organised a lecture on the thrust area 'PIDPI Resolution' by inviting Mr. Bani Brato Roy (Director of Central Vigilance Commission). All Central IHMs were also connected in virtual mode to join this lecture.



The Cricket World Cup final match (played between Indian and Australian cricket team.) was screened on the large screen dated 19th November, 2023(Sunday) at 2.00 PM onwards in the NCHMCT Campus using ICT smart projection techniques.



6-days in-house vigorous Certified Learning Facilitator Training program was conducted at NCHMCT premises from 20 to 25 November 2023. Total 16 trainees from across the country wide affiliated institutes were imparted training by the Master Trainers – Dr. Priyadarshan Lakhawat, Director (Academic), NCHMCT and Mr. Pramod Naick, HOD from IHM Bangalore.



On the eve of "Constitution Day" and as per direction received from the Ministry of Tourism, two short films on Constitution of India were featured at 11.30 am onwards, dt. 26th November 2023, in the MP Hall, NCHMCT Campus. The participants were officers and staffs of NCHMCT along with students of NCHM - Institute of Hospitality, Noida and ICI, Noida

Activities @ NCHMCT : The Image Gallery



Employability Skills Training: With an aim to attain academic excellence and also considering the introduction of new subjects as per revised curriculum on the basis of new National Education Policy (NEP), a Faculty Development Program was conducted on 28th and 29th November 2023 at NCHMCT premises. Total 39 participants from different affiliated institutes attended the training program. Renowned Corporate trainer Mr. Manjot KS Gill was the Mentor during the said program.



NCHMCT recently introduced the new Alumni Portal meant for all its alumni base of all IHMs and FCIs under NCHMCT umbrella, spread across the globe named 'IHMs Alumni Connect under NCHMCT'. This platform has been designed to cater the alumni needs by providing them a space to strongly connect, share experiences, and stay tuned to the latest developments within the community. This alumni connectivity was necessary to maintain NCHMCT'S legacy & exchange achievements that would continuously inspire current and future students.

The Council conducted the Odd Semester End Term Examinations 2023-24 for the students of Third Semester of M.Sc. HA program from 21 & 22 November 2023 and that of the First Semester of the program from 04 - 08 December 2023. These were the first end term exams of JNU enrolled students. NCHM-IH conducted these exams in its newly constructed hall at the 2nd floor of Academic Block.



Activities @ NCHMCT : The Image Gallery

NCHMCT Launches following two competitions for the students of class 11th and 12th of any recognised Senior Secondary School in India

All India School level Essay Writing Competition on "Hospitality Education in India and role of IHMS under NCHMCT in Career Building in the field of Hospitality Management" It's an individual event and to be participated on-line through the portal https://nchmnoida.com Prize Money: - All India 1st prize winner - Rs.1,00,000/- (one lakh only) and a Golden plaque. - All India 2nd prize winner - Rs.50,000/- (fifty thousand only) and a Golden plaque. - All India 3rd prize winner - Rs.20,000/- (twenty thousand) and a Golden plaque. - Other shortlisted by the zone and forwarded to the Council - Rs.10,000/- (ten thousand only) each and a Certificate of merit. - Essay should be in English or Hindi (700-800 words) and has to be written / uploaded (PDF) on portal from 1st week of December 2023 till 08th January, 2024. - A Copy of Essay should also be e-mailed to ihm@ihmsrinagar.edu.in	All India School level Quiz Competition on "India Tourism, Hospitality, Heritage and Culture" It's a group event and two students will make a group. It will be conducted in three phases. 1st phase at IHM Srinagar, 2nd phase at Zone and final phase at NCHMCT, Noida Prize Money: - All India 1st prize winner team - Rs.1,00,000/- (one lakh only) and individual Golden plaque. - All India 2nd prize winner team - Rs.50,000/- (fifty thousand only) and individual Golden plaque. - All India 3rd prize winner team - Rs.20,000/- (twenty thousand) and individual Golden plaque. - All India consolation prize -Rs.10,000/- (ten thousand only) to each team and individual Certificate of merit. - Register on https://forms.gle/CxYr6YmqvY5Mu0Y7 before 20th of December, 2023 - Registered students will be called to IHM Srinagar on 22nd of December, 2023. - All the participants and accompanying parents (if any) will get refreshment at the Institute.
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Recognition of the school:

- Schools from where the participant will win 1st, 2nd & 3rd prize will be awarded by a trophy and a Golden plaque.
- School from where 20 or more students participated in the competition will be recognized with a golden plaque.
- Schools from where 15 or more but less than 20 students participated in the competition will be recognized with a silver plaque.

Join India's top IHMs under NCHMCT and get a Degree from India's top University i.e. JNU to make your career in the glamorous field of Hospitality Management

NCHMCT announced the following two competitions for the students of classes 11th and 12th of recognised senior secondary schools.

All India School level Essay Writing Competition on "Hospitality Education in India and role of IHMs under NCHMCT in Career Building in the field of Hospitality Management" (Individual Event)

All India School level Quiz Competition on "India Tourism, Hospitality, Heritage and Culture" (Team Event)

1st Prize - Rs. 1,00,000 and Golden Plaque

2nd Prize -Rs. 50,000 and Golden Plaque

3rd Prize - Rs. 20,000 and Golden Plaque

Consolation Prize - Rs. 10,000

Recognition of Schools with Trophy and Golden/Silver Plaque
Details are available at nchm.gov.in

NCHMCT on 1st December 2023 launched an essay writing and quiz competition, open for then present students of 11th and 12th grades from any recognized senior secondary schools across the nation. The final award ceremony is proposed to be held in the NCHMCT premises on 10th February, 2024. The declared prize money for the winning participants included trophies, golden plaques along with prize money of 1 lakh, 50,000, and 20,000 for those securing top 3 positions.

हिंदी कार्यशाला का आयोजन दिनांक - 13.12.2023



Some glimpses from the Hindi Workshop which was organised on 13th of December 2023 where all the Directors, officers & staff members of NCHMCT participated to promote Hindi language.



AIHM, Chandigarh



Shivangi Jaya Patel & Shivam Sahani proudly emerged as the first runners-up in the Chef Conclave at Chandigarh University

IHM, Bhubaneswar



In collaboration with Bhubaneswar Municipal Corporation, IHM Bhubaneswar conducted the Swachhata Action Day Campaign 3.0, focusing on planting 3600 saplings within the campus and extending the initiative to all schools and colleges in Bhubaneswar on 05th October, 2023

IHM, Gurdaspur



Institute's faculties & students put up a stall at Military Literature Festival-2022, Chandigarh, to promote the 'International Year of Millets 2023'. The team displayed various products prepared by using millets; to taste and also shared recipes with the attendees of the festival.

IHM, Ahmedabad



The institute organised a Zonal level Quiz and Essay Writing Competition on Hospitality Management & Tourism organized by NCHMCT, Noida & Ministry of Tourism, Govt of India on Dt 18/12/2023

IHM, Chennai



Institute of Hotel Management Chennai under Ministry of Tourism Govt. of India recently organized cleaning drive at Campus under Swachhata Action Day Special Campaign 3.0

IHM, Guwahati



An 'INTERNATIONAL TOURISM MART' conference was held at Shillong on dt 23/09/2023 for which delegates were received at LGBI Airport Guwahati on 22/09/2023 that was co-ordinated by IHM, Guwahati.

IHM, Hamirpur



IHM Hamirpur organized various Educational and Vocational trainings to the nearby Senior Secondary schools to encourage the students for their successful career in Hospitality Industry.

IHM, Hyderabad



Mr. Sanjay K. Thakur, Principal, IHM Hyderabad was felicitated by the Culinary Academy of India for orchestrating the seamless Budding Chefs' Competition at the institute premises.

IHM, Jaipur



Tourism Stake Holder meeting was organised at IHM Jaipur on Dt 18/11/2023 which was chaired by Ms. Manisha Saxena, Hon'ble D.G. Tourism, Govt. of India and other respective delegates of the industry showed their presence in the meeting and shared their valuable insights in shaping the Tourism and hospitality industry.

IHM, Pusa Delhi



Ms. Divya Bose, Senior Lecturer of IHM Pusa was awarded as The Lady Chef of the year 2023 – Academic Award organised by Indian Culinary Forum.

IHM, Ranchi



The annual sports festival competition 2k23 was held from 24.11.2023 to 05.12.2023 at Institute of Hotel Management (IHM) Ranchi.



ICFA Workshop – On 6th October 2023, IHM Pusa was thrilled to organise 'Flavourful Fables of Inspiration' where the institute brought together seasoned chefs from the Indian Federation of Culinary Association' (IFCA).

IHM, Srinagar



On 11.10.2023, NCHMCT organized a Students Awareness Program (SAP) under the Swachh Bharat Mission in collaboration with IHM Srinagar, promoting cleanliness and hygiene awareness among students.

CIHM, Chandigarh



CIHM Chandigarh organised an awareness program on 10th October, 2023 for the occasion of World Mental Health Day to raise awareness and prioritize mental well being among students as well as faculty members.

IHM, Balangir



Ms Jayashree Kaur of B.Sc. (HHA) 6th Semester student bagged 2nd Prize in the State Level Millet Based Cooking Competition organized by Odisha Millet Mission.

IHM, Faridabad



Manav Rachna Institute students, led by Inspector Maya, visited IHM Faridabad to raise awareness on this issue of women empowerment to promote self-reliance, positive self esteem and equal opportunities for women.

IHM, Panipat



Representatives of IHM Panipat visited schools across the city, conducting interactive sessions, career guidance talks, and showcasing the dynamic curriculum and industry relevance of the course.

IHM, Silvassa



IHMCT Silvassa, in collaboration with the Department of Social Welfare, Dadra Nagar Haveli, conducted a training session for Aanganwadi workers, focusing on preparing nutritious recipes to enhance the well-being of women and children.

Jodhpur, IHM



Jodhpur IHM marked the beginning of X-Mas celebrations with a festive spirit that soared up during the cake mixing ceremony on December 1, 2023

FCI, Aligarh



As part of the Swachhta Action Plan initiative, the Food Craft Institute recently hosted a lecture on cleanliness featuring expert speakers from the industry. Focused on plastic waste disposal, approximately 250 attendees were educated during the session, earning widespread appreciation.

St. Francis, IHM, Mumbai



SFIHM recently orchestrated an Ayurvedic-themed lunch, crafted by the Food Production students at 'Aayurlok.' Directed by Bro. Benny Paul, led by Principal Mrs. Manasi Keni, and Chef Amey Surve.

SRM IHM, Chennai



SRM Institute of Hotel Management clinched top honours as the Best Educational Institution for Tourism and Hospitality in the Tamil Nadu State Tourism Awards 2023, presented on World Tourism Day.

IHM Sri Shakti, Telangana

Halloween Spooktacular Bash - Theme Dinner



The final year students organized "**Halloween Spooktacular Bash**" on 6th October, 2023 where stalwarts from the Hotel Industry attended the Halloween gala Dinner and enjoyed the lip-smacking dishes.

IHM, Hyderabad

Installation of Solar Panel



Set-up of Startup Incubation Centre



IHM, Jaipur



Team of students engaged in cleanliness and fitness drive as they trekked up to the Nahar Gadh and Jaigarh hills and cleaned up the area.

IHM, Shri Shakti, Telangana



IHM Shri Shakti - As a special initiative towards inclusiveness of society, Children from Sweekar Academy of Rehabilitation have been called where a cultural event was organized and finally the children were presented with gifts.

FLAVORS TO REMEMBER / RARE GEMS

IHM, Jaipur

Authentic name of the dish: Mogar

Local name: Mogar Ki Sabzi

History:

In the difficult terrain of Rajasthan where green vegetation is in scarce, lentils are blessings. Rich in protein, easy to cook and easy to digest, Mogar or moong daal, a yellow lentil find its place in soup t dessert in all form in a Rajasthani Platter.

This Jodhpuri dish paired with sweetened rice decorates Rajasthani weddings and Festivals and special occasions.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Moong dal soaked	½ cup
2	Green chilli slit	1 no.
3	Pinch of chilli powder	A pinch
4	Garam masala	A pinch
5	Ginger chopped	½ teaspoon
6	Bay leaf	1
7	Cloves	2
8	Jeera (cumin)	¼ teaspoon
9	A pinch of haldi (turmeric)	1 tsp
10	Water	1 cup
11	Ghee	2 tea spoons
12	Salt	To taste
13	Lemon juice optional	5 ml

Method of Pre-Preparation:

1. Soak the dal for ½ hour.
2. Chop the ginger.
3. Slit the green chilli.

Method of Preparation:

1. Drain the dal and keep.
2. Heat ghee in a small pan; add jeera, bay leaf.

Picture of the Dish



3. Add the chilli, ginger and sauté.
4. Now add the dal, turmeric, chilli powder and sauté for 2 minutes.
5. Add the water, salt and mix.
6. Cover with a lid and pour some water on the lid. Cook on low heat.
7. After 3 to 4 minutes gently stir and check. Cook covered till done. Dal should be just cooked so that the grains are separated.
8. Add garam masala and serve hot.

NUTRITIONAL VALUE

Serving size : 4 Serving 50gms each

ADHIRASAMS	147 Calories
Serving Calories	147 Cal
Total Fat	28 mg
Sodium	70.0 g
Dietary Fiber	12 g
Sugars	3 g
Protein	25 g

FUSION DISH:

1. It can be made with round gourd.
2. It can also be served with Methi puri

Name : Shraboni Puri

Designation : Senior Lecturer



IHM, Balangir

Authentic name of the dish: Mangshao Pitha

Local name: Mangsho pitha/ mansa pitha

History:

Mangsho pitha or mutton pitha an exotic preparation straight from tribes of Odisha is a perfect blend of taste and nutrition. This mutton and rice Flatbread are cooked between Sal leaves which add on the aroma and tint of burnt flavour is popular among the tribal reasons of Odisha.

Picture of the Dish



FLAVORS TO REMEMBER / RARE GEMS

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Whole red chilly	4 nos.
2	Coriander seeds	2 tsp
3	Cumin seeds	1tsp
4	Black pepper	6nos.
5	Clove	4nos.
6	Cinnamon	4" stick
7	Green cardamom	2 nos.
8	Black cardamom	2 nos.
9	Onion(small)	01 no.
10	Ginger	3-4"
11	Garlic	1 whole
12	Mustard oil	30ml
13	Sugar	A pinch
14	Bay leaf	3-4 nos.
15	Onion (Medium)	2 nos
16	Turmeric powder	1/2tsp
17	Mutton	300gm
18	Water	2 cups
19	Garam masala powder	1/2 tsp
20	Salt	To taste
21	Rice flour	2 cups

Method of Pre-Preparation:

- Blend all the ingredients from sl.1 to 11 (in the form of blended paste)
- Boneless mutton chopped into small cubes
- Slice onion (sl. No. 15)

Method of Preparation:

- Heat up a kadhai, add mustard oil and heat it till smoke.
- Add sugar and bay leaf followed by sliced onions and cook well.

- Add the blended paste and cook till raw smell is gone.
- Add turmeric powder, mutton and stir well.
- Cover and cook till half done. Stir in between.
- Add salt and cook for some time.
- Add water and bring it to boil.
- Transfer it to a pressure cooker and cook for 3-4 whistles.
- Once pressure is released Add in the rice flour and mix carefully.
- Make it like a soft dough.
- Take sheet of Sal leaf and spread oil all over. Place the dough spread it to 1.5" thickness and cover it with another oiled sheet of Sal leaves.
- Place it to a hot Tava and cover.
- Cook it for at least 10 mins from each side.
- Serve hot with roasted tomato chutney.

NUTRITIONAL VALUE

Serving size : 3-4

MANGSHO PITHA	1055Calories
Serving Calories	270 Cal
Total Fat	30.3 g
Total Carbohydrates	137.6 g
Dietary Fiber	6.2 g
Sugars	5 g
Protein	53 g

FUSION DISH:

- It can be made with chicken, fish, and mushrooms too.
- Here added a pumpkin leaf along with Sal leaves. (Pumpkin leaf is edible)
- Rice flour can be substituted with millet flour (finger millet, sorghum millet etc.)

Name : Sahil Sahu

Designation : Teaching Associate



Chitkara School of Hospitality, Punjab

Authentic name of the dish: Singori

Local name: Singori

History:

Singori is a traditional sweet from the state of Uttarakhand in India, specifically the Kumaon region. The origin of Singori can be traced back to the rich cultural and traditional heritage of Uttarakhand. The sweet is made using unique ingredients like khoya (reduced milk) with sugar, coconut, and a hint of cardamom for flavour. This blend is encased in malu leaf, a soft and flexible large leaf, and shaped into a cone, which is then fastened with either cotton thread or a toothpick. Malu is commonly known as Kachnar and the scientific name is Bauhinia variegata. The use of malu leaf enhances the mild flavour of Singori while preserving its freshness. This culinary

Picture of the Dish



tradition, using natural materials like Malu leaves, reflects the ancestral practices of the Kumaon region. Singori isn't merely a sweet; it's a source of pride for Kumaon, enjoyed during moments of celebration and festivity, underscoring the significance of sweets in various cultural occasions.

FLAVORS TO REMEMBER / RARE GEMS

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Khoya	500 gm
2	Sugar	250 gm
3	Elaichi Powder	2 gm
4	Fresh Coconut, Grated	250 gm
5	Malu Leaves	12 nos.

Method of Preparation:

1. Heat khoya in a kadhai over moderate flame.
2. Add sugar and mix until it melts properly.
3. Incorporate elaichi powder.
4. Add grated coconut and let the mixture cook until it transforms into a thickened yet smooth paste.
5. Allow the mixture to cool to room temperature.
6. Meanwhile, craft cones using Malu leaves and secure them with toothpicks.
7. Fill the cones with the khoya and coconut mixture, topping them with almond slivers.
8. Serve at room temperature.

NUTRITIONAL VALUE

Serving size : 75gm

Singori	
Serving Calories	175 Calories
Total Fat	10 gm
Total Carbohydrates	17.5 g
Dietary Fiber	0 g
Sugars	12.5 g
Protein	3.5 g

FUSION DISH:

1. Fruit Fusion: Singori mixture can be prepared incorporated with dried fruits like chopped dates, figs, or apricots for a fruity twist.
2. Chocolate Singori: Chocolate chips can be added to the khoya mixture to create a chocolate infused Singori.

Name : Santosh Malkoti

Designation : Assistant Professor



IHM, Meerut

Authentic name of the dish: Tootak

Local name: Tootak

History:

Tootak was a signature dish of the local Hindu Kayastha community people, who resided in the region. The name of the dish is believed to have been influenced by a Hindi line, 'tu takta reh jayega'

In the past, people experimented with different ingredients and techniques, often resulting in unique flavours and textures. Tootak was a famous dish in the royal court of Hyderabad. The Nizams of Hyderabad would offer this snack as a welcome gesture to their guests.

The Hyderabad cuisine is generally full of kebabs, niharis and curries, rich in flavours and spices. The legacy of royal kitchens is filled with tales of delectable shahi recipes where something like Tootak would hardly find a mention. While it was popular back then, today the Tootak is struggling its tasters again.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Semolina (rawa/suji)	175 gm
2	Khoya/mawa	115 gm
3	Desi ghee	175 gm
4	Milk Powder	150 ml
5	sugar	45 gm
6	Green cardamom powder	¼ tsp
7	Saffron	A pinch
8	Rose water	1 tsp

Picture of the Dish



9	Veg. oil	1 tsp
10	Cumin seeds	½tsp
11	Black pepper powder	½tsp
12	Coriander powder	2 tsp
13	Grated cottage cheese (paneer)	200 gm
14	Mashed boiled potato	200 gm
15	Chopped cashew nuts	75 gm
16	Raisins	50 gm
17	Fresh coriander	20 gm
18	Lemon juice	10 ml
19	Salt	As per taste
20	Ginger	½ inch minced

FLAVORS TO REMEMBER / RARE GEMS

Method of Preparation:

1. Take semolina, khoya, powder sugar, cardamom powder and pinch of salt, knead with chilled ghee & milk to make soft dough, cover the dough with wet cloth and keep a side for 2 hours.
2. Dissolve saffron in rose water.
3. Knead the dough once again with saffron and rest for half an hour.
4. Put a frying pan on a medium heat and heat the oil add cumin seed, ginger, black pepper, coriander powder, salt and cook for two minutes.
5. Add paneer, potatoes, cashewnuts and raisins, mix and cook till completely dry.
6. Sprinkle coriander leaves and lemon juice, mix well and divide into sixteen equal portions and keep aside to cool.
7. Divide the dough into sixteen equal portions, roll one portion with the help of palms and put the filling in center and seal it.
8. Apply saffron rose water on top with the help of pastry brush.
9. Bake in a pre-heated oven at 180 degree Celsius for 15 to 20 minutes until looks dry.
10. Ready to eat or serve.
11. Serve always warm.

NUTRITIONAL VALUE

Serving size : 70gm

TOOTAK	352 Calories
Serving Calories	352 Cal
Saturated fat	29.0 g
Unsaturated fat	2.0 g
Trans fat	0 g
Sugar	2.8 g
Carbohydrates	1.2 g
Protein	2 g

FUSION DISH:

1. It can be served savory or sweet.
2. It can be baked or deep frying.

Name : Chef Sanjay Tyagi

Designation : Associate Professor



QUENCHERS / BEVERAGES

IHM Gwalior

Authentic name of the Mocktail: Sorghum Paradise

Local name of the Mocktail: Sorghum Paradise

Method: Blended

History:

Invented self at institute practical class the occasion of IYM 2023.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Coconut flesh	10g
2	Coconut water	60ml
3	Coconut milk	60ml
4	Sugar syrup	20ml
5	Jowar (Sorghum)	500g
6	Strawberries	5 pcs.
7	Chia seeds	10g
8	Strawberry crush	10ml

Method of Pre-Preparation:

1. Soak Jowar and chia seeds overnight.
2. Grind the soaked jowar and sieve through a Muslin cloth.
3. Prepare the sugar syrup on the other hand.

Picture of the Mocktail



Method of Preparation:

1. Take a mixer grinder and put flesh, Coconut water, coconut milk, sugar syrup, Jowar paste, & strawberries. Blend until smooth consistency.
2. Take a martini glass and pour strawberry crush as a base layer.
3. Pour the blended mocktail in the glass to make the second layer.
4. Add soaked chia seeds on the top to make the third layer.
5. Your mocktail is ready to serve.

GARNISH: Lemon Wedges or Strawberry

GLASSWARE: Martini Glass

SERVING SIZE: 180 ml.

Name: Rajat Roy Chowdhury

Designation: Asst. Lecturer



IHM Hyderabad

Authentic name of the Cocktail: Raw mango Mojito

Local name of the Cocktail: Raw mango Mojito

Method: Stirred

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	White Rum	45 ml
2	Mint Leaves	2-3 sprigs
3	Lemon Wedges	2-3 no's
4	Raw Mango Syrup	60 ml
5	Sugar Syrup	30 ml
6	Lemon Juice	10 ml
7	Crystalline Sugar	1tbsp
8	Whole Raw Mango	1 slice-for garnish
9	Salt & Red chilli (p)	To Rim the Glass
10	Soda	120 ml
11	Partially Crushed Ice	-----

Method of Pre-Preparation:

1. Rim the glass with the mixture of salt and powdered red chilli
2. Put in the lemon wedges, Crystalline Sugar and the mint leaves into the glass and lightly muddle them.

Picture of the Cocktail



3. Pour Rum, sugar syrup, raw mango syrup, and lemon juice.
4. With the help of a bar spoon lightly mix the ingredients
5. Fill up the glass with partially crushed ice and top it up with Soda
6. Garnish with a raw mango slice and a lemon wheel

GARNISH: A slice of green mango and a lemon wheel

GLASSWARE: Tall Glass

SERVING SIZE: 10 oz

IDEAL TEMPERATURE OF SERVING : 6-8 Degree Celsius

Name: Bhola Kumar Giri

Designation: Lecturer



QUENCHERS / BEVERAGES

SIHM Faridabad

Authentic name of the Mocktail:

Cranberry Virgin Sangria

History:

Sangria means "bloodletting" in Spanish and in Portuguese. The term sangria used for the drink can be traced back to the 18th century. Traditionally sangria may be mixed with local fruits such as peaches, berries, apples, pears or global fruits such as pineapple or lime, and sweetened with sugar and pomegranate juice & cranberry juice.

List of Ingredients (2 Servings)

S.No.	INGREDIENTS	QTY.
1	Cranberry juice	150ml
2	Pomegranate juice	150ml
3	Apple	50 grams
4	Orange	50 grams
5	Grapes	50 grams
6	strawberries	50 grams
7	Tangerines	50 grams
8	Pomegranate	50 grams
9	Ice	As required
10	Lemon	For garnish

Note-1 serving size-240 ml/8 oz

Method of Preparation:

1. Place orange, lemon and sweetener of choice in a large glass pitcher.

Picture of the Mocktail



2. Chopped all the fresh fruits in desired shape & put in Boston shaker. Muddle gently until some of the juices are released from the fruit. If you don't have a muddler, use the back end of a wooden spoon or similar.
3. Add the apple wedges, cranberry juice and non-alcoholic wine or alternative. Stir gently to combine all ingredients.
4. Place in the fridge for at least an hour. I recommend 3-4 hours.
5. Taste and add more sweetener if needed.
6. Just before serving, add ice cubes & Lemon wedges. Stir gently.
7. Serve chilled and enjoy.

NUTRITIONAL VALUE

calories: 141kcal | Carbohydrates: 34g | Protein: 1g | Sodium: 10mg | Potassium: 314mg | Fiber: 1g | Sugar: 30g | Vitamin A: 335IU | Vitamin C: 32.8mg | Calcium: 24mg | Iron: 0.6mg

Name: Ramanand Mishra
Designation: Guest Faculty



IHM Silvassa

Authentic name of the Cocktail: Cuppa Gin-ger

Local name of the Cocktail: Cuppa Gin-ger

Method: Layering / Built up

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	London Dry Gin	45ml
2	Sugar Syrup (Ginger infused)	30ml
3	Pulpy Orange Juice (Fresh)	90 grams
4	Black Tea (Tea decoction)	60 grams
5	Ice Cubes	4 nos.
6	Oranges (for garnish)	1 no.

Method of Pre-Preparation:

1. Prepare ginger infused sugar syrup and keep chilled.
2. Squeeze out fresh pulpy orange juice and pour it in decanter and keep chilled.

Picture of the Cocktail



3. Prepare black tea liquor and keep chilled.
4. Cut slices of ginger, orange peel, half an orange wheel for garnish.

Method of Preparation:

1. Take 4 ice cubes in pre chilled pilsner glass and put 3 slices of ginger in it.
2. First add 30 ml of ginger flavor sugar syrup. Then add 90 ml of pulpy orange juice in it.

QUENCHERS / BEVERAGES

3. Add 45 ml of London Dry Gin. Float Black tea liquor on the top. Add all these ingredients with the help of bar spoon to make layers.

4. Garnish with curly orange peel and half orange wheel.

GARNISH: Ginger Slices, Orange Peel & Half orange Wheel.

GLASSWARE: Pilsner Glass

SERVING SIZE: 250 ml. (Approx.)

Name: Mr. Arijit Sen
Designation: Lecturer



Chitraka School of Hospitality, Rajpura

Authentic name of the Mocktail: Sama Chai

Local name of the Cocktail: Sama Chai

Method : Build up

History:

Tea has been a part of human civilization since generations and is being consumed in various forms and recipes.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Taquila	170 ml
2	Mint	30 gm
3	Sama	30 gm

Method of Pre-Preparation:

1. Pre-soak the millet.

Method of Preparation:

1. Take water in pan and let it boil.
2. Add mint leaves, Sama into the mixture and let it simmer and blend.
3. Pour hot into the cup.
4. Garnish with Mint Leaves.

Picture of the Mocktail

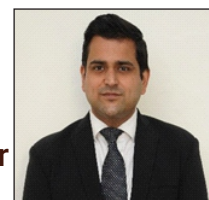


GARNISH: Mint Leaves

GLASSWARE: Tea Cup

SERVING SIZE: 180 ml

Name: Dr. Siddharth Bedi
Designation: Assistant Professor



Superannuation News



Mr. Jagdish Kumar (Assistant) superannuated after 34 years of his dedicated service from NCHMCT, Noida. A farewell function was organised on 31/12/2023 in the meeting room where all officers and staff members of NCHM congratulated him out of his amazing professional journey and also extended best wishes for his future.