

Aatithyam

Issue XVIII, March 2024

Newsletter
National Council for Hotel Management
& Catering Technology

आतिथ्यम्



On the eve of 42nd foundation day of NCHMCT (dt. 23-02-2024), CEO, Shri Gyan Bhushan along with Directors of NCHMCT, felicitated retired officers and staffs of the Council

All India School Level Essay writing & Quiz Competition was successfully organized by NCHMCT on 10th February, 2024



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

A-34, Sector 62, Noida 201 309
www.nchm.nic.in



Message by...

Shri Gyan Bhushan, IES

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

Dear Readers,

Greetings from my side!

With great enthusiasm I am presenting here the XVIIIth Issue of *Aatithyam* that continues NCHMCT's tradition of bringing latest updates, achievements, and insights from its affiliated Institutes, showcasing collective pursuit of excellence.

This issue encapsulates rich array of news and pictorial glimpses covering vibrant tapestry of achievements including the 42nd foundation day's joyous celebration of the Council, impressive student's accomplishment and numerous competitions including the Design Challenge and All India School-level Essay writing and Quiz competition. These events not only highlight talents but also foster a spirit of innovation and critical thinking. The newsletter also captures the essence of New Year celebrations, dynamic employment opportunities, and the grandeur of tourism-based mega events like *Bharat Parv 2024*.

Additionally, there are insights into workshops such as PoSH (Prevention of Sexual Harassment), life mantras for exam-based preparations like *Pariksha Pe Charcha* offering essential guidance and support by our Hon'ble Prime minister and learning through travel experiences.

This Issue briefs about festivals, global forums such as conferences, expert talks, sports activities focused on physical and mental well being and showcases on several interesting achievements and innovative practices of the institutes. Together these adds to the cultural richness of our environment.

Let the students continue shining in various arenas be it academic or extracurricular endeavors. Their accomplishments are not only a testament to their hard work but also the unwavering support offered by their institutes, boosting our commitment to provide holistic hospitality education and personal growth to every single student, underscoring our engagement with global perspectives.

I am particularly proud of the innovative practices and interesting achievements of our institutes, which continue to set benchmarks in education. Let us keep striving for excellence, fostering a culture of learning, and nurturing the leaders of tomorrow.

Wish you a renewed strength, prosperity and happiness.

(Gyan Bhushan)

KEY ACTIVITIES AT A GLANCE (January-March 2024) @ NCHMCT

- New Year's Eve Celebrations is welcomed across the world. NCHMCT commemorated this occasion with melodious musical setup and full course lunch arrangements for all officers and staff members on 01-01-2024
- Three-days' workshop was organized by NCHMCT for the M.Sc. Hospitality students of NCHM-IH, NOIDA on "Advance Research Techniques" from 08.01.2024 to 10.01.2024
- On 15th January, 2024, a Design Challenge event for the usage of eco-friendly Cutlery/Crockery for substituting single use plastic was organized by NCHMCT in coordination with Ministry of Tourism, GoI
- On 18th January 2024, NCHMCT conducted an 'In-campus Placement Drive' by inviting Oberoi Centre for Learning & Development (OCLD), New Delhi for the final semester M.Sc.HA students of NCHMIH, NOIDA
- On 20th January, 2024, Director (Academics) Shri P.D Lakhawat handed over the offer letters to selected students of NCHM-IH,NOIDA who got job opportunity in eazy diner as Sales Management Trainee
- NCHMCT nominated volunteer students, officers and staffs to participate in Bharat Parvat Red Fort, Delhi from Jan 23-31, 2024, organized by Ministry of Tourism, GoI
- A workshop on Prevention of Sexual Harassment (PoSH) Act was organized by the Council on 24.01.2024. The participants were all officers and staff members of NCHMCT along with students of NCHMIH, NOIDA
- Students and Faculty members of NCHMCT attended "Pariksha pe charcha " on 29.01.2024 at 11.00 AM onwards
- All India School Level Essay writing and Quiz Competition was successfully organized by NCHMCT on 10th February, 2024
- All India School Level Essay writing and Quiz' Competition Winners and interested Participants with their parents/teachers enjoyed sightseeing trips sponsored by NCHMCT on 11.02.2024 and 12.02.2024
- Goddess Saraswati Puja was organized in the NCHMCT's premises on the pious eve of Basant Panchami (dt. 14th February 2024) where all officers, staff members and students prayed for her blessings
- Faculty coordinator and students of the M.Sc. HA Program organized 2 days National Conference on 'Emerging trends in hospitality' on 24th and 25th February, 2024.
- NCHMCT organized an Expert talk on 26th February,2024 by Prof. Karthik Namasivayam, Director- School of Hospitality Business, Michigan state University, USA
- A preventive health checkup camp was conducted by NCHMCT on 27.02.24 for all its officer and staffs of NCHMCT along with students of NCHM-IH and ICI,NOIDA
- A MoU was signed between NCHMCT and Directorate General Resettlement, Ministry of Defence on 28th February, 2024 to promote hospitality-based entrepreneurship in our country for Defence officers and staffs
- Annual sports week was organized at NCHMCT for all the students of NCHM-IH, NOIDA (from 29-02-2024 to 06-03-2024) where a special Cricket match was also played between Officers/Staff versus students
- NCHMCT organized 2-days Faculty Development Program (FDP) dt. 04 & 05 March, 2024 on "Hotel Security" as part of the council's initiative to implement the NEP 2020 guidelines
- The Council conducted another 2-day's FDP on "Sustainable Tourism" dt. 07th & 08th March,2024 where the participants also visited ITC Maurya, Delhi and attended "Tourism Sustainability Summit" at Hotel Le Meridien, Delhi as a part of their training
- The Annual Day function of NCHM-IH, NOIDA was organized on 11th March,2024
- 6-days in-house vigorous Certified Learning Facilitator (CLF) Training program was conducted at NCHMCT premises from 11th to 16th March 2024
- A full Day Hindi workshop was organized by NCHMCT on 15.03.24. The facilitator of this workshop was Ms. Sunita Yadav, Ast. Director, Department of Official Language(Rajbhasha Vibhag), Home Ministry (Govt. of India)
- The 51th Rajbhasha Karyanvan Samiti meeting took place in the conference room of the Council at 4 pm on 22.03.24 (in hybrid mode)
- NCHMCT celebrated its 42nd foundation day on 23.03.2024 that was graced by Shri Gyan Bhushan Senior Economic Advisor, Ministry of Tourism, Govt. of India / CEO, NCHMCT and Shri S. Shood (Director HR) IHG Hotel.

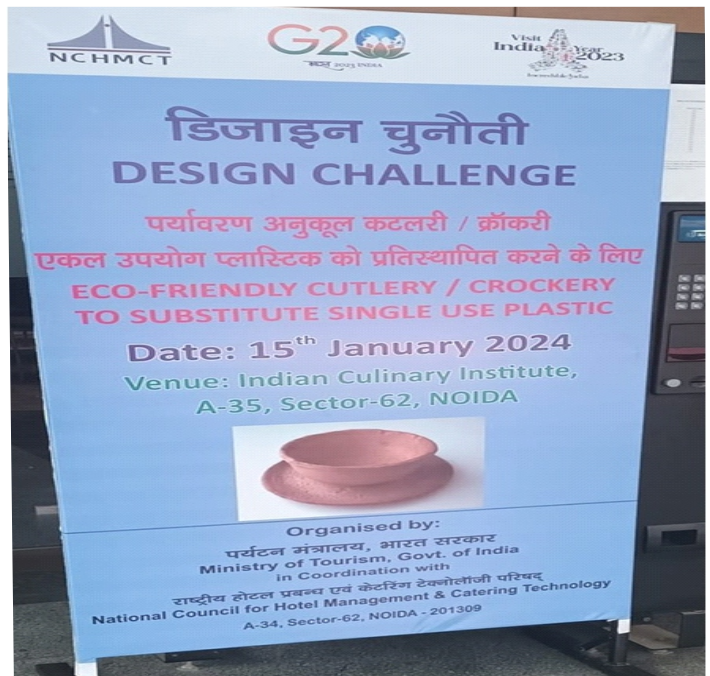
Activities @ NCHMCT : The Image Gallery



New year was celebrated on 01.01.2024 at NCHMCT, Noida with melodious musical setup and lunch arrangements for all its officers & staff members along with respected faculty members from different IHMs



3 Days workshop was organized at NCHMCT on "Advance Research Techniques" from 08.01.2024 to 10.01.2024. The participants were final semester students of NCHM-IH, NOIDA. The sessions during this workshop was administered by Dr. Asif Ali Syed, Assoc. Professor, AMU (Central University)



NCHMCT in coordination with Ministry of Tourism(MoT), Govt. of India organized a Design Challenge event for the usage of eco-friendly Cutlery/Crockery for substituting single use plastic, held at ICI, Noida on 15 January 2024. Total 22 affiliated institutes across the country participated in the event. Manjit Singh Gill, reputed Chef and Mr. Nishant Chaubey, Celebrity Chef were part of the 6-member jury team to decide the winners from among the participating institutes. The Cash prize, Trophies and Certificates were given to the winners at Awards Ceremony concluded at The Ashok Hotel, New Delhi on 14th March 2024.

Activities @ NCHMCT : The Image Gallery



In-campus Placement Drive was conducted by the OCLD (Oberoi Centre for Learning & Development), New Delhi on 18 January 2024 for the final semester students of NCHM-IH, NOIDA. Ms. Prathibha Seth, Vice President and Ms. Apoorva, Deputy L&D Manager of the OCLD took interviews of 20 participating students (Final Semester) of the M.Sc. HA programs at Board Room of the Academic Block.



On 20th January, 2024, Director of Academics, NCHMCT, Shri P.D Lakhawat distributed placement offer letters to 3 students of NCHM-IH, NOIDA who got selected in eazydiner as Sales Management Trainee



NCHMCT nominated volunteer students, officers and staff members to participate in Bharat Parv 2024 under the esteemed banner of 'Dekho Apna Desh' at Red Fort, Delhi from Jan 23 to Jan 31, 2024 in order to create an awareness of an immersive experience of India's cultural mosaic. This event was successfully organized by Ministry of Tourism, GoI

 अतुल्य भारत
Incredible India

**National Council for Hotel Management and
Catering Technology**
(An Autonomous Body under Ministry of Tourism, Govt. of India)
A-34, Sector-62, Noida 201309

**Award Distribution Ceremony
to the winners of**

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"
and
All India School Level Quiz Competition
on
"India Tourism, Hospitality, Heritage and Culture"

Date: 10th February 2024



राष्ट्रीय होटल प्रबन्ध एवं कैटरिंग टेक्नोलॉजी परिषद
(एस्टेड मंत्रालय भारत सरकार के अधीन)
ए 34 सेक्टर 62, नोएडा 201309

अखिल भारतीय विद्यालय स्तरीय निबंध लेखन एवं प्रश्नोत्तरी प्रतियोगिता
पुरस्कार वितरण समारोह
दिनांक: 10 फरवरी 2024

NATIONAL COUNCIL FOR HOTEL MANAGEMENT AND CATERING TECHNOLOGY
(Under Ministry of Tourism, Govt. of India)
A-34, Sector - 62, NOIDA 201309

All India School Level Essay Writing and Quiz Competition
Award Ceremony
Date : 10th February 2024



Activities @ NCHMCT : The Image Gallery



The All India School Level Essay writing and Quiz' Competition Winners and all interested Participants with their parents/ teachers enjoyed Delhi & Agra sightseeing trips sponsored by NCHMCT (Ministry of Tourism, Government of India) on 11.02.2024 and 12.02.2024



Goddess Saraswati Puja was organized in the NCHMCT premises on pious eve of Basant Panchami – the birthday of Maa Saraswati (Hindu Goddess of knowledge, music, art and culture) on 14 February, 2024. All officers, staff members and M.Sc. (HA) students for her blessings in order to take their intellectual pursuits throughout life.



Activities @ NCHMCT : The Image Gallery

National Conference on Emerging Trends in Hospitality, 2024

Keynote Speakers

DR. P.D. LAKHAWAT
Director - Academics,
NCHMCT, Noida

DR. ASIF ALI
Associate Professor
AMU, Aligarh

DR. HIMANSHU TALWAR
Executive Board Member Young
Leaders Council, AIMA

SESHADRI A N
Vice President
Powerparts Private Limited

DR. SHEEBA ALI
Clinical Psychologist, PhD &
ICSSR Post Doc Fellow-AMU

Venue - MP Hall | At 11 AM | 24 - 25th FEB
NCHMCT, Noida

The faculty coordinator and students of the M.Sc. HA Program organized 2 days National Conference on 'Emerging trends in hospitality' on 24th and 25th February, 2024. The best research presenters were also awarded with merit certificates by the Key note speakers.

NCHMCT IS PROUD TO ANNOUNCE INTERNATIONAL AGREEMENT FOR ACADEMIC COOPERATION WITH Michigan State University, USA

- Exchange of material in Education and Research
- Exchange of Faculty & Research Scholars
- Joint Research Projects
- Student Exchange Programmes
- Faculty Training
- Other Academic Activities

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Michigan State University

Website:- www.nchm.gov.in

EXPERT TALK

PROF KARTHIK NAMASIVAYAM
Director, School of Hospitality Business,
Michigan State University

Topic
Technological advancements in the hospitality industry:
A roadmap for hospitality education and training.

Date : 26.2.2024
Time : 4 pm to 5 pm IST
Participants : IHM Students and Faculty members

Website:- www.nchm.gov.in

EXPERT TALK

Prof. Karthik Namasivayam, Director, School of Hospitality Business, Michigan State University, USA, is seen speaking to a large audience of students and faculty members during the expert talk session.

NCHMCT organized an expert talk on 26th February, 2024 (from 3.30 PM to 5.30 PM) by inviting Prof. Karthik Namasivayam, Director- School of Hospitality Business, Michigan state University, USA, who took a session on the topic '*Technical advancements in the hospitality industry*' through online (Google Meet) platform. A total of 462 faculty members and more than 6000 students from the affiliated IHMs have attended and benefitted from this lecture. NCHMCT also has an International agreement for academic co-operation with Michigan State University, USA.

Activities @ NCHMCT : The Image Gallery



A Health Check Up Camp was conducted by NCHMCT on 27.02.24 in the Medical room of council for preventive health checkup for its officer and staffs of NCHMCT along with students of NCHMIH and ICI, NOIDA where facilities such as heart checkup, orthopedic speciality and personal health consultations were provided.



A MoU was signed between NCHMCT and Directorate General Resettlement, Ministry of Defence on 28th February, 2024 for promoting hospitality based entrepreneurship initiatives for officers and staffs of the Defence services



Annual sports week was organized at NCHMCT for all the students of NCHM-IH,NOIDA from 29-02-2024 to 06-03-2024. A special Cricket Match between Officers/Staff versus Students was held on 01.03.2024 where the Officers/staff team won the match. Mr. Venugopal (Office Superintendent, NCHMCT) was declared man of the match for his unbeaten knock.



As part of the council's initiative to implement the NEP 2020 guidelines, Council in its premises, conducted a 2-days Faculty Development Program (FDP) dt. 4th and 5th March, 2024 on "Hotel Security" with a view to train the teachers of affiliated institutions in newly added courses of B.Sc. HHA program. Major (Retd.) Ranjeet Sinha was the Mentor during the said program.

Activities @ NCHMCT : The Image Gallery



NCHMCT conducted another 2-day's FDP on "Sustainable Tourism" dt. 07th & 08th March, 2024, for training the teachers of affiliated institutions in newly added courses of B.Sc. HHA program. On the first day, all the teachers visited hotel ITC Maurya, Delhi for training purposes whereas on the final day of FDP participants actively participated in the "Tourism Sustainability Summit" held at Hotel Le Meridien, Delhi.



The Annual Day function of NCHM-IH, NOIDA was organized on 11th March, 2024 in the M.P. Hall of NCHMCT.

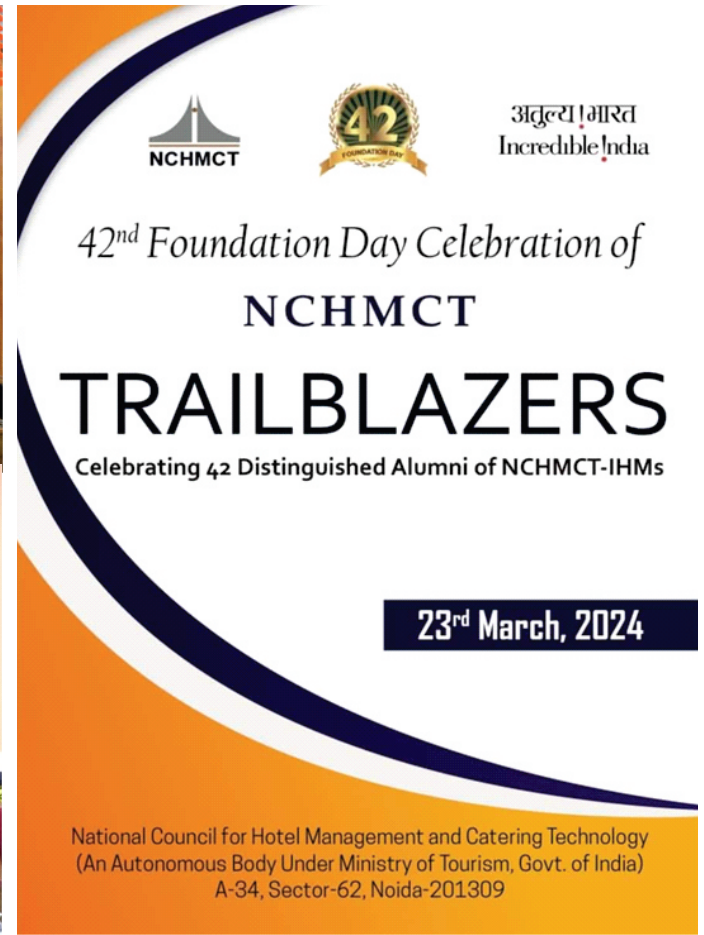
6-days in-house vigorous CLF Training program was conducted at NCHMCT premises from 11th to 16th March 2024. Total 14 trainees from across the country wide affiliated institutes were imparted training by the Master Trainers – Mr. Priyadarshan Lakhawat, Director (Academics), NCHMCT and Mr. Bonophool Banerjee, Ex-HOD, IHM Kolkata.



Activities @ NCHMCT : The Image Gallery



A full Day Hindi workshop was organized by NCHMCT on 15.03.24. The facilitator of this workshop was Ms. Sunita Yadav, Assistant Director, Department of Official Language (Rajbhasha Vibhag) Home Ministry, Govt. of India



NCHMCT celebrated its 42nd foundation day on 23.03.2024 when a compendium of profiles of 42 distinguished Alumni has been published, a dedicated portal for online filling of Annual Return by IHMs towards their performance Assessment in Addition to felicitation of retired employees as well as felicitation of meritorious students of NCHM-IH, NOIDA, of the 1st batch till most recent passed out batch. This function was graced by Shri Gyan Bhushan Senior Economic Advisor Ministry of Tourism Govt of India, CEO NCHMCT and Shri S. Shood (Director HR) IHG Hotel.

The Council released 'TRAILBLAZERS'- A book celebrating 42 of our distinguished alumni on this occasion demonstrating a unique way of honoring the remarkable achievements and contributions of its alumni. From deft skill sets to transformative leadership, their stories inspire all.

NCHM-IH, NOIDA



Mr. Utkarsh Suryawanshi, alumnus, 2019-21 batch of M.Sc. HA program, has recently published a patent titled "An AI based F&B Order tracking system in hotels"

AIHM, CHANDIGARH



The Executive Development Centre 'Samarth' was inaugurated on 24th January, 2024 by Ms. Hargunjit Kaur, IAS, for offering students the hands-on learning opportunities in various practical aspects of the hotel industry.

IHM, AHMEDABAD



Students namely Mr. Naman Bumb, Mr. Aman Kumar, Mr. Deepesh Kumar and Mr. Harsh Paliwal created a QR coded Menu as a permanent feature for Training Restaurants in the Institute.

IHM, CHENNAI



CEO World Magazine recently certified IHM Chennai as one amongst top 12 best hospitality and hotel management schools at global level.

IHM, GUWAHATI



A "National Level Quiz" was organized on 9th January 2024.

IHM, HYDERABAD



Inter-Collegiate Flower Arrangement Competition was organised by the Institute on February 27th, 2024 that brought together 180 participants from different colleges and institutions across the twin cities.

IHM, JAIPUR



Divyanshu Katariya (4th sem. B.Sc.HHA student of the institute won bronze medal(Open Men's Doubles) and gold medal (team event) in Asia Pickle ball Open 2024 held in Phuket, Thailand (from February 13th to 19th, 2024)

IHM, LUCKNOW



IHM Lucknow recently unveiled Concordia 2024, an extraordinary annual fest pulsating with vibrant enthusiasm and unwavering energy.

IHM PUSA, NEW DELHI



On 21st March 2024 Mr. Kamal Kant Pant, Principal, IHM Pusa, received North India Leadership Award for outstanding contribution to the cause of education.

IHM, SHILLONG



Ms. Toiaibha Mylliempdah (6th Sem. B.Sc.HHA student of IHM, Shillong) won three bronze medals in the mixed team event (10 meters), sports pistol (25 meters), and air pistol (10 meters) in Meghalaya Games held between 15 to 20th January, 2024

IHM, BODHGAYA



A delegation of Naval officers visited and offered prayers at the world-famous Mahabodhi Temple in Bodh Gaya on 23-02-2024

CIHM, CHANDIGARH



On February 10th, 2024 the Institute commemorated World Pulses Day, championing the nutritional benefits and culinary versatility of pulses, under the guidance of Mr. Vivek Narotra

IHM, HAMIRPUR



Students of the institute in collaboration with Food Safety Health Department recently participated in the Eat Right festival in Sujampur, Himachal Pradesh by setting food stalls.

IHM, RANCHI



Two-days "International conference on Travel, Tourism, Hospitality & Culture" themed "Culture and Cuisine in the Digital World" was organized at IHM Ranchi on 16th and 17th February, 2024

SIHM, SOLAPUR



On 7th March 2024, a Job Fair event was organized by Swami Samarth Maharashtra Institute of Hotel Management and Catering Technology, Solapur in association with R K Event Company in college premises.

FCI, ALIGARH



Kitchen and Bakery team of the Institute won second Runner up positions in Everest Better Kitchen Culinary and Bakery challenge at the state level round held on 6th February 2024 at ICI, NOIDA

IHM, MEERUT



IHM Meerut conducted a Guest Lecture & Placement Drive by Chef Pierre Schutz from The Mark, Michelin Star Restaurant on 19th Feb., 2024

IHM, SHRI SHAKTI



The 2nd year student of the Institute Mr. K. Samyuth represented Telangana State in the 16th South Zone Netball Championship held at Mahabub nagar, Telangana and emerged as Winners in Nationals.

PIHM, JAIPUR



The institute organized 'Food bazaar' on 22nd and 23rd February, 2024 in their campus to promote street food culture in order to boost tourism

SAINT FRANCIS IHM, MUMBAI



The institute recently hosted a lavish affair Victorian splendour 'Hats & High-Tea'

SRM, SONIPAT



Final year students of B.Sc.HHA, Jatin Kumar Dhiman won 2nd prize in recently held Everest Better Kitchen Culinary Challenge and Mr. Priyanshu and Mr. Jatin Kumar Dhiman stood 2nd in annual chef competition on 1st March, 2024 at Amity School of Hospitality, Noida

THE LALIT SURI HOSPITALITY SCHOOL, FARIDABAD



Students of the Institute secured 1st position in Bartending Competition held at Amrapali Group of Institutes, Haldwani, Uttarakhand on 13th-14th March 2024

IHM, HYDERABAD



The institute conducted a training program for bike, auto & cab drivers in improving tourist experience in Hyderabad in collaboration with FTCCI & THMMICE Committee on 13th March, 2024

IHM, SHILLONG



IHM, Shillong participated in the Red Fest Festival witnessing 1000+ participants, being organised by the Meghalaya Aids Control Society under the theme – North East United Against HIV/AIDS on the 28th February 2024.

CIHM, CHANDIGARH



On March 17th, the institute in collaboration with the Narcotics Control Bureau, orchestrated a transformative Drug Awareness Camp, under the motivating banner "Say No to Drugs and Yes to Life"

IHM SHRI SHAKTI, HYDERABAD, TELANGANA



Faculties & students recently participated in Rashtriya Sanskriti Mahaotsav One Bharat Sari Walkathon organized by India Tourism Department at People's Plaza, Necklace Road Hyderabad.

FLAVORS TO REMEMBER / RARE GEMS

IHM, Guwahati

Authentic name of the dish: DhekiaXaak Aru Aam

Local name: DhekiaXaak Aru Aam

History:

Dheki shaak, a vegetable fern with botanical name *Diplazium esculentum*, are found throughout Asia & are locally known as *lingru* or *linguda* in northern India, growing in the hilly areas of North India and known as *ningro* in Nepal. The young and tender fronds of it taste similar to that of asparagus or green beans with a crunchy texture of their own.

Dhekishaak/saag or *DhekiaXaak* is a very simple and a basic dish in parts of eastern India like in Bengal & Assam as well as in the neighbouring Nepal & Bangladesh. This is commonly relished as a meal accompaniment in the eastern rice eating states of India and is served as a delicacy as well as a nutritious ingredient for the locals across different cultures of eastern and northeastern India. In Bengal, it is named as *dhekishaak*, *paloishaak* or *boudagashaak* and in Assam, known as *dhekia*.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	DhekiaXaak	250
2	Green Mango	½
3	Whole green chilly	2nos
4	Onion	1
5	Mustard oil	25 ml
6	Turmeric powder	2 to 3 gm
7	Salt	salt to taste

Picture of the Dish



Method of Preparation:

1. Wash dhekia (Fiddlehead fern) under running water.
2. Cut off the hard stems. Keep only the tender parts. Keep aside.
3. Peel the green mango. Cut into strips / julienne, Keep aside
4. In a pan heat oil. Add sliced onions and slit green chillies. When crackling add the Fern. Sauté.
5. Add salt and turmeric powder, mix well.
6. Fry for 4-6 minutes, cover and cook.

GANRNISH: Slit Green Chili

Name : Hemanta Baishya

Designation : Senior Lecturer



IHM, Hyderabad

Authentic name of the dish: Jonna Sarvapindi

Local name: Jonna Sarvapindi

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	White jowar (sorgham) flour	500 gms
2	Garlic	8-10 pods
3	Sesame seeds	40 gms
4	Green chilli	20 nos.
5	Chana dal	60 gms
6	Peanuts	100 gms
7	Salt	to taste
8	groundnut oil	60 ml

Picture of the Dish



S.No.	INGREDIENTS	QTY.
9	cumin	2 tbsp
10	Onions	100 gms
11	curry leaves	1 bunch
12	coriander leaves	1 bunch
13	chilli powder(optional)	1 tbsp

FLAVORS TO REMEMBER / RARE GEMS

Method of Preparation:

- Coarsely crush the garlic and green chili in a mortar and pestle.
- Chop the onions, curry leaves, and coriander leaves.
- Dry roast the peanuts, remove the skin and crush it.
- In a mixing bowl add white jowar, salt, sesame seeds, chana dal, crushed peanuts, cumin seeds, curry leaves, coriander leaves, chilli paste, crushed garlic, and salt.
- Mix well
- Add a little water at a time and make a stiff dough.
- Divide the dough into 4 parts.
- Take a kadai or broad bottom vessel, add ½ tsp of oil, and spread it
- Place the dough in the centre of the kadai and with the fingers spread it on all sides, with a minimum 5mm thickness.
- Using the index finger make holes in the *sarvapindi*, and add oil to it.
- Slowly roast the *sarvapindi* for 12-15 mins, until crisp.
- Sarvapindi* loosens once cooked, then remove and serve with fresh red chilli chutney.
- Wait until the kadai cools down and repeat the same with the leftover dough.
Note: if using chilli powder, then you can cut down on green chillies.

Name : Chef Swamynath Gotte
Designation : Lecturer



IHM, Bodh Gaya

Authentic name of the dish: Khaja

Local name: Khaja

History:

Khaja is a popular sweet dish in Bihari cuisine. The origin of Khaja can be traced back to the ancient city of Silao in Bihar, India. It is a traditional and festive sweet of Bihar that is often prepared during special occasions and celebrations like Diwali, Chhath Puja, and weddings.

Preparation Time:

The preparation time for Khaja is approximately 60 – 70 min.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Maida (Refined flour)	250 gm
2	Ghee	60 gm
3	Salt	1 gm
4	Water	As needed
5	Oil (Refined Oil)	As needed for Frying
6	Nuts (almonds, cashews, pistachios)	15 gm (For garnish)

For Sugar Syrup

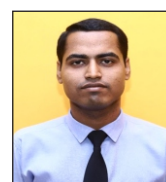
S.No.	INGREDIENTS	QTY.
1	Sugar	180 gm
2	Water	120 ml
3	Saffron Strands (Optional)	1-2 strands
4	Cardamom Powder (Optional)	2 gm

Method of Preparation:

- In a large mixing bowl, combine the Maida (Refined flour), a pinch of salt, and ghee.
- Gradually add water and knead the mixture into a smooth, firm dough. Cover the dough and let it rest for about 30 minutes.

- Divide the dough into small size balls and roll each ball into a thin, flat sheet.
- Fold the sheet into layers, creating a multi-layered structure.
- Cut the layered sheets into smaller rectangular pieces. Optionally, you can twist or shape them as desired.
- Heat oil in a deep heavy bottom pan or kadhai over medium heat.
- Carefully fry the shaped khajas until they turn golden brown and crisp. Remove them and place them on a paper towel to absorb excess oil.
- In a separate pan, combine sugar and water to make a syrup.
- Add saffron strands and cardamom powder in sugar syrup for extra flavor (optional). Cook until the syrup reaches a little thick consistency.
- Now, Dip the fried khajas into the sugar syrup, ensuring they are coated evenly. Allow them to soak for a few minutes.
- Once the khajas have absorbed the syrup, remove them and let them cool
- Serve the khajas on a quarter plate and garnish with chopped nuts.

Name : Suman Sarkar
Designation : Asstt. Lecturer



FLAVORS TO REMEMBER / RARE GEMS

IHM, Kozhikode

Authentic name of the dish: Appam

Local name: Vellappam/palappam

History:

An **appam** is a type of bowl-shaped thin pancake originating from South India and Sri Lanka. It is made with fermented rice batter and coconut milk, traditionally cooked in an *appachatti*, a deep pan similar in shape to a wok. It is part of Kerala and Tamil cuisine found in the Indian states of Kerala and Tamil Nadu and in Sri Lanka. Appam is most frequently served for breakfast or dinner

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Raw Rice	500 gms
2	Sugar	20 gms
3	Yeast	10 gms
4	Salt	to taste
5	Coconut	½ no
6	Semolina	30 g
7	Oil	1 tsp

Method of Preparation:

1. Soak rice over night. Drain excess water and grind into a smooth paste.
2. Take a little of the rice mixture, add semolina and mix with 2 cups of hot water. Cook on a slow fire till the mixture get thick. Allow to cool.
3. Mix with the remaining rice mixture. Add sugar and yeast.

Picture of the Dish



4. Set aside over night.
5. Grind the coconut to a fine paste. Add to the mixture with salt and mix well and to make a smooth batter, pouring consistency.
6. Heat an appachatti, pour the mixture into it. Spread the mixture completely in the all sides of appachatti. Keep sides thin and centre light thick. Cover with a lid.
7. When the sides falls from the appachatti and get light golden colour in all sides, remove and serve hot.

NUTRITIONAL VALUE

Calories	90 Cal
fat	2.06 g
Carbohydrates	15.23 g
Protein	2.3 g

Name : Arun Raghav K.

Designation : Senior Lecturer



IHM, Faridabad

Authentic name of the dish: Besan Ke Laddu

Local name: Desi Ghee Ke Besan Ke Laddu

History:

Besan Ke Ladoo, is an Indian delicacy that is typically prepared during holidays. It is produced by combining gram flour and ghee in a kadhai, flavouring it with cardamom and sugar, and then shaping it into tightly rolled spherical balls. Besan Ladoos can be enjoyed for several days provided they are stored properly. These ladoos can be prepared for special events or if you just want a simple Haryanavi Indian dessert.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Gram Flour	220 gms
2	Desi Ghee	100 gms
3	Shaker	150 gms

Picture of the Dish



S.No.	INGREDIENTS	QTY.
4	Cardamom Powder	1 Tsp
5	Almonds	20 gms
6	Pistachios	20 gms
7	Cashewnuts	20 gms

FLAVORS TO REMEMBER / RARE GEMS

Method of Preparation:

- 1) In a kadahi (wok), melt the ghee and add the gram flour. Stir-fry over low heat. It takes about 30 minutes for the flour to get cooked through and it gets a pasty look when done.
- 2) The color should be a light brown. Shut off the heat and leave the mixture to cool completely. If it does not cool entirely, it becomes moist when sugar is added.
- 3) Add the sugar and cardamom and mix well by rubbing it with your open palm against the base of the bowl. Rub till blended thoroughly.
- 4) Shape into tight, hard balls, pressing hard at every stage. At the final stage, keep it pressed a little longer, so that the surface becomes smooth.

- 5) Decorate the top of each ball with almonds and pistachios. Serve.
- 6) These laddos can be stored for almost 4-6 weeks in an air tight jar.

Prep. Time: 20 mins

Cooking Time: 1 Hrs.

Name : Chef Ishita Kirar

Designation : Lecturer



SRM, IHM, Sonapat

Authentic name of the dish: Meen Pollichathu

Local name: Meen Pollichathu

History:

Karimeen Pollichathu, a cherished culinary gem of Kerala, epitomizes the region's rich gastronomic heritage. This traditional delicacy showcases the delectable Pearl spot fish, abundantly found in Kerala's backwaters. While rooted in Syrian Christian cuisine, it has transcended cultural boundaries to become an integral part of Kerala's culinary landscape. As one traverses the length and breadth of the state, nuances in flavor and preparation techniques emerge, adding depth to this beloved dish. Whether enjoyed in coastal villages or bustling cities, Karimeen Pollichathu captivates palates with its diverse yet harmonious flavors, embodying the essence of Kerala's culinary diversity.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Karimeen (Pearl Spot Fish)	200g
2	Ginger	1 Inch piece of ginger
3	Garlic	6 to 7 cloves
4	Onion (chopped)	1 or 2 depending on size
5	Curry leaves	2 Sprigs
6	Chilly Powder	2 Tsp
7	Turmeric Powder	1 Tsp
8	Coriander Powder	2 Tsp
9	Lime Juice	1 Tbsp
10	Salt	To taste
11	Coconut Oil	25 ml
12	Banana leaf	1 No.

For marination:

- 1 teaspoon pepper powder
- 2 teaspoon chilli powder
- 1/2 teaspoon turmeric powder
- 1 teaspoon salt
- 1 tablespoon lime juice

Picture of the Dish



Method of Preparation:

1. First clean the fish thoroughly and using a knife make 3-4 gashes on each side of the fish.
2. Make a paste of all the ingredients for marination. Marinate the fishes using that. Keep it aside for one hour.
3. Heat coconut oil in a frying pan and add finely chopped onions. Once they start turning brown, add crushed ginger and garlic. Then add chilli powder, turmeric powder and coriander powder and saute well. Add lime juice and salt as per your taste. Keep it on simmer till you see oil clear up on the surface of the gravy. Turn the stove off and let it cool.
4. Take a banana leaf and place a fish and a sprig of curry leaf on it. Then pour some gravy over the fish. Smear the gravy well on both sides of the fish.
5. Cover and seal the sides of the banana leaf.
6. Grill both sides evenly in hot tawa or electric grill. Serve hot with salad and a piece of lime!

Name : Chef Ravi Kumar

Designation : Asstt. Professor



QUENCHERS / BEVERAGES

IHM Jaipur

Authentic name of the Mocktail: Coconut Breeze

Local name of the Mocktail: Coconut Breeze

Method: Stirring

History:

The combination of sabja seeds and coconut can offer potential health benefits. This drink is rich in vitamin C, which can strengthen our immune system. Basil seeds, known for their cooling properties, help in combating the heat during the scorching summer. Additionally, sabja seeds are known to regulate smooth bowel movements. Therefore, this drink is an excellent blend of cooling effects and vitamin C, making it a perfect beverage for both hydration and nutrition.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Chilled Coconut water	10g
2	Sabja Seeds	60ml

Method of Pre-Preparation:

1. Obtain Coconut water and chill it.
2. Soaks the sabja seeds for 15 mins.

Picture of the Mocktail



Method of Preparation:

Take a martini glass. Add the sabja seeds, pour vodka and coconut water. Stir them all together. Garnish with lime wedge.

GARNISH: Lime Wedge

GLASSWARE: Martini Glass/Coconut Shell

SERVING SIZE: 230 ml.

Name: Shraboni Puri

Designation: Sr. Lecturer



FCI, Aligarh

Authentic name of the Mocktail: Beetle Bubble

Local name of the Mocktail: Beetle Bubble

Method: Blending, Shaken

History:

A refreshing drink prepared by extract of Whole Sweet Paan, Lime juice mixed with aerated beverages which gives soothing, refreshment in season of summer.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Paan Extract	30ml
2	Lemon Juice	10ml
3	7 Up	75 grams
4	Cherry	02 nos. for garnishing
5	Ice Cubes	2-3 nos.

Method of Pre-Preparation:

1. Extract the juice from Lemon.
2. Blend the whole sweet paan and strain the juice.
3. Remove the seeds of cherry.

Method of Preparation:

1. Take a Boston Shaker.
2. Add 2-3 ice cubes in it.
3. Pour Paan extract and lemon juice in the shaker.

Picture of the Mocktail



4. Shake it well.
5. Strain into a glass
6. Top-up with 7 up.
7. Garnish with cherries. And serve the Mocktail chilled

GARNISH: Cherry

GLASSWARE: Paris Goblet

SERVING SIZE: 4 Oz

NUTRITIONAL VALUE

Energy	37.8* Kal
Carbohydrates	13.13* gm
Protein	0.08* g
fat	0.1* g

*The values are vary subject to Quality & Quantity of the raw ingredients used.

Name: Neelendra Prasad Srivastava

Designation: Principal



QUENCHERS / BEVERAGES

IHM Bhatinda

Authentic name of the Mocktail:

Cucumber and Curry Leaves Lemonade

Local name of the Mocktail:

Cucumber and Curry Leaves Lemonade

Method: Blending

History:

Lemonade is more than just a refreshing summertime beverage. The drink has been enjoyed as both a refreshment and a symbol for hundreds of years.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Cucumber	1 (medium size)
2	Curry leaves	5-6 leaf
3	Black salt	¼ spoon
4	Sugar syrup	30 ml
5	lemon	1 no.
6	Club soda	120 ml
7	Ice cubes	5-6
8	Castor/powdered sugar	20 gm (for glass rim)

Method of Pre-Preparation:

1. Wash & Cut the cucumber into slices.
2. Prepare a glass rim with castor sugar & black salt.(dampen the rim of the glass with a slice of lime, then dip it into a plate containing black salt & Castor/powdered sugar.)

Picture of the Mocktail



Method of Preparation:

1. Fill the glass with ice.
2. Blend the cucumber with black salt, sugar syrup & lemon juice.
3. Add mixture in the glass approx.(50% glass).
4. Take curry leaves, twist & add into the glass.
5. Top up the glass with soda & stir it.
6. Garnish with cucumber slice & curry leaves.

GARNISH: Cucumber slice & curry leaf spring

GLASSWARE: pilsner/slim jhim/ high ball

SERVING SIZE: 160-200ml.

Ideal temperature of Serving 10.c Degree Celsius

Additional Information:

A glass of lemonade on a hot summer day is the most refreshing drink one can have in summer. Lemonade calms your body and refreshes you instantly.

Name: Vishal Mehendiratta
Designation: Teaching Asstt.



IHM Meerut

Authentic name of the Cocktail: Madame

Local name of the Cocktail: Madame

Method: Stir and Build

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Blue Curacao	15ml.
2	Grenadine Syrup	05ml.
3	Pineapple Juice	10ml.
4	Orange Juice	10ml
5	Lemon Juice	05ml
6	Sprite	180ml.
7	Edible glitter	02gram

Method of Preparation:

1. Take Chilled glass
2. Add 02 ice cubes, add blue curacao, grenadine syrup, pineapple juice, and orange juice, lemon juice

Picture of the Cocktail



3. Stir with bar spoon
4. Top-up with sprite
5. Add edible glitter and stir gently.

GARNISH: Orange Skin

GLASSWARE: Zombie Glass serving

SERVING SIZE: 290 ml.

Name: Azhar Husain
Designation: Lecturer

