



ACADEMECIA

*Annual Magazine of Ashok Institute of
Hospitality & Tourism Management*



**Ashok Institute of
Hospitality & Tourism Management**

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VISION : 'TO ACHIEVE HIGH STANDARDS'

To achieve high standard in education and training in the field of Hospitality and Tourism Management and related areas, and conduct research in core speciality areas, like culinary arts.

- *To achieve a near 100% placement record for our graduating students*
- *Upgradation of existing infrastructure*
- *Modern equipment*

MISSION

- *To provide education and training in the field of Hospitality and Tourism Management and related areas ranging from skill development to award of degree in BIHBM.*
- *Act as a management and skill development centre for ITDC executives and employees by conducting a systematic annual training programme in coordination with the other SBUs of ITDC.*

QUALITY POLICY

We are committed to maintain leadership in developing Hospitality, Travel & Tourism Skills to meet Customer Satisfaction through need-based Quality Professional Courses/ Programmes related to the present and encompassing future challenges. Our endeavour is to achieve continual improvement through regular Review Mechanism.

Ashok Institute of Hospitality & Tourism Management

The Ashok Institute of Hospitality & Tourism Management is run by India Tourism Development Corporation (ITDC) in New Delhi. Besides handling ITDC's in-house training needs, the Institute conducts various courses like a four-

year Bachelor's Degree Course in 'International Hospitality Business Management'; Hospitality Diploma Courses in Hotel Operations and Travel & Tourism Courses.

The Background

- ITDC had set up its in-house Training Centre in 1971.
- During 2002-03, after the disinvestment of 18 ITDC Hotels, the Centre was declared a 'Strategic Business Unit'.
- In 2003-04, the Centre was converted into a full-fledged Institute – **Ashok Institute of Hospitality & Tourism Management (AIH&TM)**.

Infrastructure

- **Training Kitchens** – Quantity Kitchen and Basic Training Kitchen with separate Work Tables / Cooking Ranges
- **Training Restaurant** (with Mock Bar)
- **Training Housekeeping Lab** (Guest Room)
- **In-house Reference Library**
- **Computer Lab** – Computer Lab with LAN and Property Management System for Hotels, Airlines, Travel & Tourism
- **Classrooms**
- **Conference Hall**

Present Activities

- Four-Year Bachelor's Degree Course in International Hospitality Business Management
- One Year Diploma in various Hospitality Trades
- Air Hostess, Travel & Hospitality Management Course
- Hotel Trade Apprenticeship Training
- Industrial Training related to Hospitality Industry
- Management Training Schemes
- Executive Development Programmes
- Non-Executive Development Programmes
- On-the-job Training to Trainees/Students
- Training Consultancy Programmes
- Culinary Courses
- Tailor-made Training Programmes in all trades of Hospitality

Hospitality Related Training Consultancy

The Institute provides Hospitality related Training Consultancy to the following :

- The Ministry of Tourism, Government of India
- The Ministry of Development of North Eastern Region (DONER)
- Indian Railway Catering & Tourism Corporation
- Prime Minister's House
- State Bhavans in New Delhi
- Indian Foreign Service Institute
- Public/Private Sector Organizations
- State Tourism Departments – Himachal Pradesh, Uttarakhand, Arunachal Pradesh, Nagaland, Puducherry and Jammu & Kashmir

CONDUCTS FOLLOWING PROGRAMMES

Bachelor in International Hospitality Business Management (BIHBM)

- Bachelor in International Hospitality Business Management is a Four Years' professional Degree Course, designed in association with Kurukshetra University (KUK), Haryana and

started in the year 2004. The students who pass out are placed in reputed organizations in India and abroad.

Highlights of the Course

- The number of seats for each year is 60.
- The course is conducted at AIH&TM. Examinations are conducted by Kurukshetra University on annual basis at AIH&TM, New Delhi. Joint degree is given by KUK and AIH&TM, ITDC.
- Every year the student undergoes 3 months on-the-job training and in the 4th year specialised training is given for 6 months with an option of doing it overseas.
- Admission process begins in the month of April every year. The Prospectus for the course may be obtained from AIH&TM, New Delhi or Kurukshetra University, Kurukshetra. Counselling for admission takes place at Kurukshetra University and at AIH&TM, New Delhi.

One Year Diploma Course in Hospitality Trades

Five Courses have been launched under this scheme in which India Tourism Development Corporation (ITDC) and National Institute of Open Schooling (NIOS), under the Ministry of Human Resource Development, will award Diploma to the eligible candidates after their successful completion of the programme.

The Courses being offered under this programme are – **Food Production (Cookery), Food and Beverage Operations, Housekeeping and Maintenance, Front Office Operations, Bakery and Confectionary.** The duration of each course is one year.

Highlights of the Course

- The Course fee can be paid in instalments.
- The Course consists of practical as well as theoretical classes. 70% of the total course is practical and 30% is theory.
- The students of Diploma Courses are well placed in reputed organizations like Indian Railway Catering and Tourism Corporation (IRCTC), Sagar Ratna, Mast Kalandar Group of Restaurants, Parikrama Restaurants, The Lalit, Hilton Hotels and Taj Group of Hotels, etc.
- Admission process starts during the period of March-April and October-November every year.
- After successful completion of the training programme, the candidates are awarded a Diploma jointly by ITDC and NIOS.

Apprenticeship Training

- Apprenticeship Courses are offered at AIH&TM in the following trades as per Regional Directorate of Apprenticeship Training (RDAT). They are as per the Ministry of Labour & Employment.

Highlights of the Course

Sl. No.	Course	Duration	Eligibility
1.	Food Production	03 years	10th Pass
2.	Bakery & Confectionary	02 years	10th Pass
3.	Housekeeping	1.5 years	10th Pass
4.	Food & Beverages	02 years	10th Pass
5.	Front Office	02 years	10th Pass
6.	Plumber	02 years	Diploma from Industrial Training Institute (ITI)
7.	Electrician	02 years	Diploma from Industrial Training Institute (ITI)
8.	Carpenter	02 years	Diploma from Industrial Training Institute (ITI)
9.	Air Conditioning Mechanic	02 years	Diploma from Industrial Training Institute (ITI)

Exams are conducted by RDAT and successful candidates are awarded Certificates by RDAT.

ITDC & Ministry of DONER

One Year residential training course in Hospitality, Travel and Tourism Management conducted by AIH&TM for students of North

Eastern States sponsored by Department of North Eastern Region (DONER), Ministry of North Eastern Region.

Highlights of the Course

- One Year and Six months' residential training programme in Travel Tourism & Hospitality Management.
- Various trades like Food Production, Restaurant Service, Travel Agency & Hospitality Management, Housekeeping & Interior Decoration, Event Management.
- Programme fully sponsored by the Ministry of Development of North Eastern Region.
- Course being conducted at Mysore, Bengaluru, Puducherry, Jaipur and Bhubaneswar.
- The placement record has been more than 80% for this Course.
- The Course provides jobs in Hotels, Travel Agencies, Retail industry, at Airports (handling and ground duties) and other allied sectors.

Hunar Se Rozgar Training Scheme of the Ministry of Tourism

Hunar Se Rozgar (HSR), a skill development programme sponsored by the Ministry of Tourism, Government of India offers 6 to

8 weeks short term courses in the following Hospitality trades:

Sl. No.	Course	Duration
1.	Food Production	08 weeks
2.	Food & Beverage Services	06 weeks
3.	Bakery & Patisserie	08 weeks
4.	Housekeeping	06 weeks
5.	Security Guards	08 weeks

Highlights of the Course

- Eligibility for these Courses is minimum 8th class pass for Sl. Nos. 1 & 2 and class 10th for Sl. No. 3.
- This course is for the candidates in the age group of 18 to 28 years.
- The skill development training scheme for Hospitality sector was launched by MoT in 2009. In March 2011, AIH&TM also received approval from MoT to conduct training programmes in trades of Food & Beverage Services (06 weeks) and Food Production (08 weeks).
- More than 10,000 students have already been trained under this scheme.
- All ITDC Hotels have been declared as training centres for conducting *Hunar Se Rozgar* (HSR) programme.

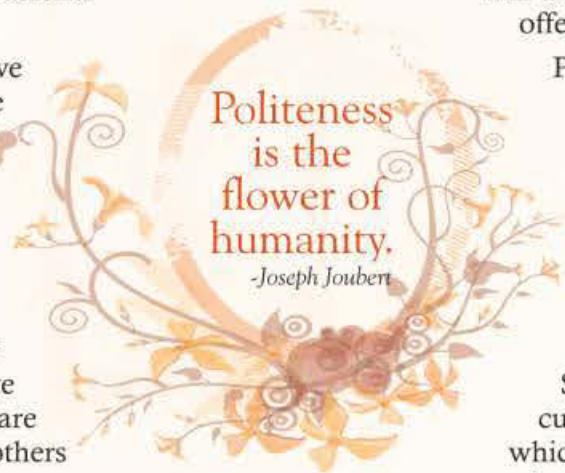
Politeness

(Vidya Dadati Vinyam)

Politeness in today's world has become a great virtue. A man who behaves politely towards others is not only respected by them but loved also. People speak well of him on all occasions. No one can be angry with him.

Politeness is necessary to achieve success in life. Rough, rude and selfish people are always disliked whereas kind, polite and unselfish people are always popular. A rude shopkeeper or businessman is never liked by the customers.

Politeness has been called "the oil of the social machine". In society we cannot go without politeness. If we are not polite to others, then why will others be polite to us ?



Besides, it has been said, "Politeness costs nothing but buys everything". A kind word does not cost anything. Yet the world is full of those who will always try to behave in a way that offends you.

Politeness is a duty which we owe to ourselves as well as to our neighbours. A man is polite to others to show that he is a cultured man and knows good manners. A real polite man is he who is equally polite to his superiors, equals and subordinates.

So let the virtue of politeness be cultivated by us all. It is that jewel which brings us success, pleasure and popularity.

- Divya Singh

Professionalism comes from within

When we talk about professionalism, the first thing that comes across us is, our attitude towards our job and the type or the nature of work that we do. The word Professionalism comes from the word "Profession" or "Professional" which in literal terms means following an occupation to earn a living as a means of livelihood for gain. As hoteliers, we need to ensure that we carry ourselves with an optimistic attitude and the way we are able to represent our respective establishment which reflects the identity of the organisation thus creating goodwill in the "Market".

Professionalism comes from within a person; with the determination to do well and only if there is a spirit of self-belief in you. Self-belief is doing what you do very well, continuously growing and continuously being able to do it again. It creates a confidence within to be able to build up a personality that reflects a professional look. You need to have belief in your abilities and knowledge of what you are good at. It would be your skill, your ability to work hard or be empathetic. Not every individual makes it through the desired achievements or goals, but those who make it through or have made it through are the professionals who have the right amount of belief in themselves. Failures in life may bring up pessimism and we may also lose our

self-confidence, but always remember : "An arrow is always shot if it is dragged back from a bow, so if failures happen in life, then life is dragging us back to give us a launch for something good that one must look forward to."

The Hotel Industry requires smart professionals who are up to the mark and have perfect knowledge and skill towards and for their job. Also, its very important to know our job, before we carry out the tasks which will not only help us in doing it well, but also we'll feel that it has been carried out by a professional.

I can do it !



So, therefore there is one way to assess yourself and that is to ask yourself. "Can I do it again" ? If anything gets wiped out or we do not succeed, "Do I have the ability to re-create it again" ? In general we are social animals, we tend to socialize and make good relationships with people as a means of interaction and to be able to establish ourselves as Professionals by doing those activities that bring out Professionalism.

Do not fret (be discontented). Restore what you think needs work and get your confidence going.

- Varun Dubey
BIHBM - 3rd Year



Time is priceless,
Its wastage is senseless
Time is very useful
So be very careful,
Every second is valuable
Its utilization is questionable
Time doesn't wait for anyone
So be punctual !

- Abhishek Bisht, 3rd Year



Why do I have to go to school.

Do they think I am quite a fool ?

Why cannot I eat peas from my knife ?

I have been trying to do it all my life.

Why must my cloths hang by the door ?

I like them better in a lump on the floor.

Why do I have to wash my hands.

Then why do they have to come & inspect?

Why must I look always neat & tidy?

It's always the same from Monday to Friday.

Why must children be seen & not heard ?

I think that is quite absurd.

Why must my books be put away ?

When I will need them only the very next day?

Why cannot I stay with friends & party at night ?

I will when I am older, but now I am just in teens.

- Rohit Sharma



Say to yourself every morning
Today is going to be a great day
I can handle more than I think I can !
Things don't get better by
Worrying about them !
I can be satisfied if I try to do my best !
There is always something
To be happy about !
I am going to make some
One happy today !
Its not good to be down !
Life is great, make the most of it.

- Prateek Sharma, 3rd Year

What Makes a Successful Hotelier ?

There's more that goes into being a successful hotelier than you might think. An awesome hotelier, it is said, must be a diplomat, a democrat, an autocrat, an acrobat, and a doormat. It's not just a job, it's a mentality. Want to learn to be one ? Here's what you need to know:

You need to be a people's person.

This doesn't mean just being pleasant and smiling at people. It means you have to love being around people. Your job isn't just about clean rooms and comfortable beds, it's about pleasing people. Most can tell when you're simply being polite because it's expected as opposed to when your actions stem from a willingness to please. It's more than just a "have a nice day" attitude. It's more of a "how can I help you have a great day?" attitude.

You need to be a jack of all trades.

There is no task in running a hotel that is not in your job description. From working behind the bar, to helping make beds, the successful hotelier can do it all and does it all, willingly. Needless to say, you have to have extremely strong work ethics. The hotel industry demands hard work and long hours. The guests are there for a holiday; you're there to work.

You need to be directive, assertive and decisive.

This applies to staff and guests, alike. You need to communicate clearly with your staff they should know their responsibilities and tasks and there should be no room for doubt. When it comes to guests, decisiveness is reassuring. It lets them feel that you've understood their complaint or request and you're going to do something positive to ensure that it's resolved. Decisiveness extends to remaining calm in a crisis it's easy to be good at your job when it's all smooth-sailing, but add a crisis to the mix and you'll really find yourself tested. Keep a clear head and formulate a plan of action.

You need to be approachable.

Your staff should feel like they can come to you for anything that your door is always open to them.

Your guests need to feel the same. A good leader is one who is approachable and who listens.

You need to be passionate.

It's hard work being a successful hotelier. Passion will help you put enthusiasm into the job even if you're tired and stressed. Passion motivates other people, too if your passion is genuine, your team will find it contagious and it will improve their outlook and performance.

You need to be observant.

You need to see things others don't from reading body language, to noticing a crooked picture on the wall take it all in and see where something is lacking and where something else can be improved.

You need to be able to discern weak links in your team and identify where and how people work well together and how you can help them improve their skills and service. Being observant also helps you to pre-empt your guests' needs, and if you can tell them what they need before they've realised they need it bonus points to you. An eye for detail and perfectionism is also necessary here.

Most importantly: you need to focus on success. Focus is what directs the hotelier towards those activities which matter most. The best hotelier realises that just being busy is not as important as being busy doing the right things.

- Ashima Virmani
BIHBM - 3rd Year



Dress for Interview Success

What you wear is who you are !

Dressing for success in the hospitality industry starts from the moment you arrive for your interview. The way you prepare and present yourself in a hospitality interview will offer prospective employers clues as to how you'll present yourself in the hospitality industry. First, impressions are often the only impressions, so you'll want your first appearance to set the table for your performance on the job.

Dressing for success is important as the interview is even more important in the hospitality industry than any other business because hospitality jobs demand you constantly present yourself elegantly and smartly to guests, whether in a restaurant, hotel, resort, spa or any other people-heavy setting. So when you arrive for your interview, employers are already assessing how their guests will perceive you as an ambassador for their operation.

What NOT to wear (and do) for your hospitality interview

Stinky Stan is a man or woman who suffers from body odour or bad breath or wears excessive perfume or cologne. Personal hygiene is part of your attire and an important part of the first impression you make at an interview.

Some people don't realize their perfume is overwhelming or they have a strong body odour. If you perspire heavily, wear something like a cotton T-shirt or sweat guards to absorb and prevent stains. If you drink coffee before your interview, don't forget to brush your teeth, use breath mints or chew breath-freshening gum. And remember, your perfume might smell good to you, but not necessarily to others, so the best policy is not to use any scent at all.

Your hair and fingernails should be squeaky clean. Especially for jobs where you'll be dealing with food, such as serving or catering, longer hair should be pulled back and tidy. And consider losing the black nail polish for a more neutral shade at your interview.

Jewelled up Jill will stand out, but not in a good way, at a hospitality interview. Some hotels, even have jewellery standards governing the size of the earrings and the number of rings you can wear. When in doubt for your interview, leave the jewellery at home.

When working at a hotel, for instance, you want to reflect the hotel. Lots of jewellery is just inappropriate. The same goes for excessive makeup that's overly bright and calls attention to your appearance rather than your performance. This applies, too, to visible body piercing. You're better to leave the studs at home and cover the tattoos... anything that might make guests in a hospitality setting feel uncomfortable.

Sloppy Sam shows up for the hospitality interview with scuffed or worn out shoes, shirt untucked, buttons undone or missing. It takes only a few minutes to see to these final details before your interview.

Tips to dress for interview success

- ★ When you're first called for an interview, find out if there's a written or even unwritten dress code or standards of appearance for the hospitality job.
- ★ Create a dress-for-success checklist ahead of time. On the day of your interview, prepare for contingencies, for instance by keeping a little sewing kit with you just in case.
- ★ If you really want the job, do your research. Go to the place of employment and sit where you might be working. If it's a front desk job, sit in the lobby and study the employees, check out their appearance at various times of day. Is there a difference in dress during time shifts ? Does the uniform change ? Look at their clothes, hair, makeup and jewellery. If you're interviewing for a hotel job, find out if the dress is the same throughout the chain or if dress code differs from city to city.
- ★ Try to replicate the "uniform" of the position at the interview. Dressing part will help an employer visualize you in the hospitality position.
- ★ Dress comfortably but as your best self. Choose your colours carefully. Neutral tones work well, but black and white also present a professional appearance.

The rules of fashion have certainly loosened, and you probably no longer need to "suit up" for a hospitality interview, but one rule has not changed: you'll always want to look professional and clean to make the right impression from the start.

10 Myths about Life

1. Follow your dreams and all your hard work will pay off
2. Always be yourself
3. Don't lie
4. Everyone will love you because we love you
5. There is good in everyone
6. No matter what happens, it's for the best
7. Always have a firm handshake
8. Practice makes perfect
9. Ask questions when you don't understand
10. Try to have fun no matter what you're doing

International Internships

You are more versatile than you think !

Being a part of a Degree programme that gives extra emphasis on hands-on experience rather than theoretical knowledge, most of us as students have always wanted to go to the UK to get to internship with good international brand names and add those precious stars to our resumes, but due to recent changes in the visa policy by the United Kingdom, that does not seem like a good idea. An internship has thus become more about how to earn more money rather than to earn experience. I was wondering when we were told to write articles for the college magazine to share our experiences with the younger lot of the institute, why not use this opportunity to educate all my mates about the myths of International Internships, so that this input can be utilized by the ones who really want to stand out in the crowd.

Okay, so you are probably wondering now that you have joined a course in hotel management the immediate field in which you can work are hotels right ? Well, if you think the answer to that question is a Yes, my friend you are entirely wrong. If in the few years of college, you would have taken note of the name that has been given to your programme, Bachelors' of International Hospitality and Business Management, for those who did not know what BIHBM stands for, and, because of the fact that you are being taught most of the subjects that are being taught to students at B-Schools for BBA, you also have the choice of Business Management as a career path. If decided upon by the time you do your second year

internship (feel lucky we get to go 4 times for internships and not just once as compared to IHM). You will realise that there are more avenues of interning rather than just in hotels. Why not Human Resource or Marketing or even Event Management ? The point here is for those of you who have what it takes, why can't we be entrepreneurs coming out of AIH & TM ? That is the myth no one has been able to solve for the college, but came real close to getting the answers – lack of awareness among the students in the college. Why can't we apply for industrial training abroad ? Why just UK or Malaysia ?

You probably have no idea, but when you as a student are desperate to go to the UK because it pays better, there are various agencies which can hook you up with internships in Spain, Kenya, Argentina, Scandinavian and Nordic countries where, for the same internship that you have probably done at the Ashok or any other hotel in India, you can get 10-15 times more wages than you can imagine because of the shortage of skilled workforce there. By now you will be wondering what in the name of God Scandinavian countries are. Well this why I have taken all the pain to write this articles for you and broaden your knowledge. Doesn't matter how you do it, but get it done, explore more, read as much as you can about anything in this field that you can find. The biggest reason

that we all lack courage to have conversations with random people is because we do not have enough things to talk about. So please work on it and get yourself into the social circle, because that is the one thing which pays off.

And now, since you have been motivated, I believe try and stride your way towards global exposure by interning abroad. I think the best possible way I can help you is by sharing a few fundamental principles of interviews on Skype, as you will be doing a lot of it if you are willing to go abroad to countries where the college doesn't have a tie up with.

★ **Location Matters** – Sit alone somewhere quiet where you're unlikely to be interrupted by roommates or loud noises from outside. Lock the door, and make a middle-school-style "Do Not Enter" sign to hang outside. Do whatever you have to do to get some temporary privacy.

★ **Lighting Matters** – Make sure your face is well lit but not blinding on the screen, and remember that fluorescent lights can make even the most clean-cut interviewees look like criminals.

★ **Appearance Matters** – I don't need to tell you that your hair shouldn't look messy. When it comes to makeup, less is more; even a normal amount of eyeliner can make you look like Taylor Momsen if the camera lens is inadvertently blurring your features.

★ **Wi-fi Matters** – Be sure to test your connection a few minutes before your interview is scheduled to begin. Don't just test your sound with the Skype tool; actually Skype with your mom or your best friend to make sure that they can hear you and see you clearly. Bonus: they can approve your hair/makeup situation at the

You are also taught all the subjects taught in BBA, so, widen your horizon for a career !

tell when you're checking your hair in the camera, so try to hold off until the interview is over.

★ **Background Matters** – Pick a plain background with no personal belongings visible, and don't just push your laundry pile to one side make sure it's completely out of sight in case you move around in your chair during the interview. Interviewers can get distracted, and the impression created is not good.

★ **Posture Matters** – You may think it's impossible to tell that you're slouching through the screen, but it's not.

★ **Clothing Colour Matters** – Black and navy blue certainly look professional, but solid jewel-tones can brighten your skin tone and enhance your overall appearance.

- Apoorv Parihar
BIHBM - 4th Year

s a m e
t i m e .

★ **Trousers and all that ! Matter** – I've heard at least one horror story about a friend of a friend who wore tiny pajama shorts with a professional-looking top and was unexpectedly asked to stand up by her interviewer. It's unlikely that you'll be put in the same situation, but it's better to be safe than sorry...

★ **Where you're looking Matters** – I personally love to stare at my face in that little box and judge how chipmunk-like my cheeks look while I Skype, but I would not recommend following my lead during an interview. Any seasoned Skype interviewer will be able to



“My experience at PM’s swearing in ceremony”

“Shri Narendra Modi was sworn in as India's 14th Prime Minister at Rashtrapati Bhavan on 26th May, 2014. His 45 ministers also took oath of office.”

I woke up in the morning and these were the news headlines... my dad had put on the news channel loudly as usual in a bid to wake me up. This is a daily ritual he follows and me and my sister just hate it but this time, to my pleasant surprise, I really bounced up from my bed and ran to tell him all about it.

I am a student of AIH&TM, ITDC and till now have taken my college very lightly as a change from school to college was too good for me. No getting up early for the school bus (one thing we all have to agree that Delhi schools do operate at ungodly hours) and no fixed schedules to be followed. No homework and the complete freedom of bunking and going to the movies with friends. Life felt real good !

and social media sites which our generation prefers. I got ready early in the morning the next day to reach the venue before time. We had gotten all security clearances beforehand. One feels very important when one gets ushered in very high security zones with ease. Even though we had gone only for catering and service but the prospect of seeing many high profile guests and dignitaries was very lucrative.

Once in, we were collectively briefed about the main function and our roles in the whole service. Some of us got very basic jobs as being on the water counter or even refilling buffets but we all were super charged with excitement. We were to be the face of catering and our young faces along with fluency in English helped. Many foreign guests asked about dishes that were mainly vegetarian and also new to their palate. We saw very high profile industrialists such as Anil Ambani with his wife Tina Ambani, actor Salman Khan (my sister is still jealous) and



Then one fine day our co-coordinator Ms. Priya told us that they have received a call from Rashtrapati Bhawan (they were to do the VVIP catering for PM's office) and our new Prime Minister's swearing in ceremony function required a few extra hands and students from our college can volunteer. We were at that time having our exams and were left with one paper but studies have never been that tough for me so I eagerly jumped at the offer.

The whole idea of meeting our incumbent PM was electrifying. I had been following his tweets and election campaign. I could feel the charge of chanting 'Abki baar Modi Sarkaar' and along with the whole nation had the belief in the coming 'acche din'. That has been till date the biggest election campaign and the maximum media coverage a PM candidate has ever gotten. Not to forget his presence on the net

many political leaders from neighbouring countries. I need not go through the whole guest list as that is really exhaustive but for students my age meeting film stars is more exciting than anything the whole programme has to offer.

We were briefed initially that we have to maintain decorum and cannot breach protocol in front of guests. Also, cameras and cell phones are not allowed in high security areas so no pictures to upload and gloat on facebook, but I think there are many things which are meant to be seen in person and enjoyed rather than clicking furiously to prove a point in front of colleagues who, as it is, doubt you in the first place.

I think 'those who believe you need no proof, and those who don't will not believe even with proof' !

- Sagar Bhati
1st Year

Live Fearlessly

If "fear" didn't exist, what risks would you take ?

The question may inspire endless fantasies, but it also brings the same obstacles. Namely, that fear is actually a necessity. "Fear is a survival skill."

In that sense, we can't expect to entirely rid fear from our lives. But we can manage fear, so it works to our advantage and doesn't hold us back." (Fear is) very inefficient, it will take a bigger bite out of your life than it should."

Our brains are hard wired just as they were when our ancestors needed to know when to run from physical danger. But, danger has changed as the world evolved, so what and how we fear needs to change too.

Here are Four tips for living less fearfully in the modern world. Implement these practices at home, at work and in your relationships, you will be better equipped at finding more opportunities for success.

Practice clear communication

Being afraid to ask for what you really want is inefficient for many reasons, but it also points to some obstacles. But mostly it's a waste of time and gets in the way of your needs. Rather than dance around a request with doubt and laced phrases like "Would you mind ?" or "I was wondering if..." choose to be direct. Often, we fear speaking bluntly will make us seem unsympathetic or callous. But being direct and clear doesn't have to be rude it will only lead to less frustration.

Another aspect of communicating clearly is saying "no", sticking to your guns. So much of this is habitual, so while rejecting someone or being direct may feel overwhelming at first, with practice you can make it work.

Educate yourself about risks

There's a big difference between something that's scary and something that's dangerous. This is a crucial concept to remember when you're deciding whether or not to follow through with something you're unsure of. Think back to the risks you've taken in the past... was the exhilaration you felt after you followed through worth overcoming your initial fear ?

Probably, if one could be wise, as Eleanor Roosevelt once wrote, "Do one thing every day that scares you".

Just make sure you evaluate the risk... and assess the danger... beforehand.

Let go of what you can't control

Unfortunately, certain dangers exist in this world that are beyond our control. The sooner you're able to accept this the better. You can't wish away rain, you can only prepare for the storm.

When you spend time trying to risk-proof a situation, you are missing out on potential wins. You're wasting an opportunity to put your energy towards something else. Assessing what's in your power (and what's not) is a vital part of making progress. When feeling fearful, ask yourself what you can prevent and what is out of your hands. Then act accordingly.

Smile at strangers

There are many ways to be safe and still interact with people. When you feel it's appropriate, making the choice to be open to others can give great rewards.

So live your life and never be afraid of what's ahead. Just Face it !! Just Deal with it !! Just "Live Fearlessly" !!

- Vaibhav Arya
BIHBM - 3rd Year



Self Motivation

Staying motivated is a struggle. Our drive is constantly assaulted by negative thoughts and anxiety about the future. Everyone faces doubt and depression. What separates the highly successful is the ability to keep moving forward.

There is no simple solution for lack of motivation. Even after beating it, the problem reappears at the first sign of failure. The key is understanding your thoughts and how they drive your emotions. By learning how to nurture motivating thoughts, neutralize negative ones, and focus on the task at hand, you can pull yourself out of a slump before it gains momentum.

Reasons we lose motivation

There are 3 primary reasons we lose motivation.

- **Lack of confidence** – If you don't believe you can succeed, what's the point in trying?
- **Lack of focus** – If you don't know what you want, do you really want anything?
- **Lack of direction** – If you don't know what to do, how can you be motivated to do it?

How to boost confidence

The first motivation killer is a lack of confidence. When this happens to me, it's usually because I'm focusing entirely on what I want and neglecting what I already have. When you only think about what you want, your mind creates explanations for why you aren't getting it. This creates negative thoughts. Past failures, bad breaks, and personal weaknesses dominate your mind. You become jealous of your competitors and start making excuses for why you can't succeed. In this state, you tend to make a bad impression, assume the worst about others, and lose self confidence.

The way to get out of this thought pattern is to focus on gratitude. Set aside time to focus on everything positive in your life. Make a mental list of your strengths, past successes, and current advantages. We tend to take our strengths for granted and dwell on our failures. By making an effort to feel grateful, you'll realize how competent and successful you already are. This will rejuvenate your confidence and get you motivated to build on your current success.

It might sound strange that repeating things you already know can improve your mindset, but it's amazingly effective. The mind distorts reality to confirm what it wants to believe. The more negatively you think, the more examples your mind will discover to confirm that belief. When you truly believe that you deserve success, your mind will generate ways to achieve it. The best way to bring success to yourself is to genuinely desire to create value for the rest of the world.

Developing tangible focus

The second motivation killer is a lack of focus. How often do you focus on what you don't want, rather than on a concrete goal? We normally think in terms of fear. I'm afraid of being poor. I'm afraid no one will respect me. I'm afraid of being alone. The problem with this type of thinking is that fear alone isn't actionable. Instead of doing something about our fear, it feeds on itself and drains our motivation.

If you're caught up in fear based thinking, the first step is focusing that energy on a well defined goal. By defining a goal, you automatically define a set of actions. If you have a fear of poverty, create a plan to increase your income. It could be going back to school, obtaining a higher paying job, or developing a profitable website. The key is moving from an intangible desire to concrete, measurable steps.

By focusing your mind on a positive goal instead of an ambiguous fear, you put your brain to work. It instantly begins devising a plan for success. Instead of worrying about the future you start to do something about it. This is the first step in motivating yourself to take action. When you know what you want, you become motivated to take action.

Developing Direction

The final piece in the motivational puzzle is direction. If focus means having an ultimate goal, direction is having a day-to-day strategy to achieve it. A lack of direction kills motivation because without an obvious next action we succumb to procrastination. An example of this is a person who wants to have a popular blog, but who spends more time reading posts about blogging than actually writing articles.

The key to finding direction is identifying the activities that lead to success. For every goal, there are activities that pay off and those that don't. Make a list of all your activities and arrange them based on results. Then make an action plan that focuses on the activities that lead to big returns. To continue the example from above, a blogger's list would look something like this:

- Write content
- Research relevant topics
- Network with other bloggers
- Optimize design and ad placements
- Answer comments and email
- Read other blogs

Keeping track of your most important tasks will direct your energy towards success. Without a constant reminder, it's easy to waste entire days on filler activities like reading RSS feeds, email, and random web surfing.

When my motivation starts to wane, I regain direction by creating a plan that contains two positive actions. The first one should be a small task you've been meaning to do, while the second should be a long-term goal. I immediately do the smaller task. This creates positive momentum. After that I take the first step towards achieving the long-term goal. Doing this periodically is great for getting out of a slump, creating positive reinforcement, and getting long-term plans moving.

Touch the Sky, but with your feet on the ground

We have often seen people with high aspirations yet are down to earth, in other words, these people are the ones who have a set goal, objective or aim in life. It can be anything From The Journey of Rags to Riches or Even getting a good score. The objective may be different but the inspiration that comes from within makes us eligible and confident enough to attain our desired goals.

Every person has many dreams in life, Live Dreams. Not those people who daydream of becoming successful one day without putting in much of effort. Their aim may prove out to rule the world one day... But where is the effort that you put in? Where is the hard work? Let us Share an Example – a rubber manufacturing unit which produces rubberbands, on a very small scale decides to produce car tyres, employees refuse due to the extra effort and labour that may incur more cost on its manufacture, the Aim is high but no effort. In this case, if the company takes an initiative of producing tyres which are from the same product as rubberbands so that the set aim can be achieved with now a desirable



It's inevitable that you'll encounter periods of low energy, bad luck, and even the occasional failure. If you don't discipline your mind, these minor speed bumps can turn into mental monsters. By being on guard against the top 3 motivation killers you can preserve your motivation and propel yourself to success.

- Shivani Veer
4th Year

and a much extended effort to make most of the opportunity... helping the company in its vast growth and a good economic and sound finance.

Always think big, because your mind expands till the amount you want it to expand; new innovations help a person to come out with new and great ideas thus building a creativity factor in the person. The person becomes confident and sets aims in life; he strives and works hard every minute with optimum

utilisation of the available resources with him.

Your Room says a lot about this

Fan says : Be Cool

Clock Says : Time is precious

Mirror says : Reflect before you act

Door Says : Never miss the opportunity

Window says : See the world

Calendar says : Be up-to- date

Roof Says : AIM HIGH!

- Varun Dubey
BIHBM - 2nd Year

Quotes

The value of an idea lies in using of it.

-Thomas Edison

The only way to do great work is to love what you do.

-Steve Jobs

Make every detail perfect & limit the number of details to perfect

-Jack Dorsey

Pride is the fuel of human accomplishments

-General Bill Creech

Nearly all men can stand adversity, but if u want to test a man's character give him power

-Abraham Lincoln

Your reputation is more important than your pay check, and your integrity is worth more than your career

-Ryan Freitas

मेरी प्यारी बिटिया

सुना है घर, आँगन है सुना,
मेरी तो सारी दुनियाँ है सुनी,
मेरे दिल का हर कोना है सुना,
मेरे घर का हर कमरा है सुना।

वो पल-पल तेरा मुझसे लिपटना,
वो हर पल तेरा मम्मा-मम्मा बुलाना,
मेरी डाँट पर तेरा रुठ जाना,
जरा प्यार से वो तेरा मुस्कुराना।

भूले नहीं भूलता है, तेरा वो चेहरा
प्यारा-सा चेहरा, वो भोला सा चेहरा
जिस पर खुशी झलकती थी मेरी,
दर्द झलकता था मेरा
तू परछाई थी मेरी।

वो तेरा बिस्तरा सा कमरा,
न कपड़े जगह पर, न जूते जगह पर,
वो बिस्तरा किताबें, वो तितरा-बितरा सा कमरा,
वो तेरा Cool होना वो फिर मेरा Hot होना
वो प्यारा सा झगडा, वो रोना-रुलाना
फिर प्यार से वो तेरा मुस्कुराना।

मुझे याद आती है, तू छोटी सी गुड़िया,
तू प्यारी सी मीनू, तू प्यारी सी बिटिया,
पता भी न चला तू कब बड़ी हो गई,
और फिर एक दिन होस्टल भी चली गई
हर पल मुझे अकेला कर गई
मुझे यूँ लगा जैसे, मेरी बेटी नहीं,
मेरी सहेली चली गई।

होती हूँ जब मैं अकेली,
यही सोचती हूँ.....
जब तू होगी पराई,
तो क्या होगा मेरा ?
फिर सोचती हूँ
ये दुनिया यूँ ही चलती है,
हर बेटी एक दिन पराई होती है।

पूरा हुआ फर्ज मेरा,
यही है दुआ.....
तू जहाँ भी रहे, सदा खुश रहे

एक नन्ही सी गुड़िया बनके
तू सदा मेरे दिल में रहेगी
मेरी ही थी, तू मेरी ही रहेगी।

मीरजा



सागर

जब-जब मैं सागर को देखा करती हूँ,
तब-तब वो मुझको अपना सा लगता है,
घर से बाहर से हर खिड़की दरवाजे से
मैं उसको देखा करती हूँ।

कभी-कभी ये शान्त लगे,
सीने में इसके ना जाने कितने तूफान छुपे ?
यूँ लगे जैसे ये स्वामोशी,
आने वाले तूफान का ना हो आगाज कहीं।

कभी-कभी ये इतना संयम रखता है,
जहाज नौकाएँ इसको चीर के जाती
कितने ही जीवों को अपनी आगोश में लेता
यूँ लगता जैसे संयम और असंयम का ये संगम है।

इतना भी इसको शान्त न समझो,
कभी-कभी ये रौद्र रूप दिखाता है,
बनके सुनामी दुनिया का दिल दहलाता है
पलभर में तौंडव नृत्य दिखाता है।

कभी-कभी ये तट से इतना दूर चला जाये,
जैसे कोई प्रेमी अपने प्रेमिका से रुठ जाये,
अगले ही पल फिर उठे तरंगे,
सागर तट से मिलने को फिर मचला जाये,
जैसे कोई बिछड़ा प्रियतम, प्रियतमा से मिलने को
तरसा जाये।

दिल के जैसे अथाह समुन्दर
सीने में ना जाने कितने राज छुपाये ?
इन्सा क्या समझे, इसकी गहराई
वो औरत का दिल तो समझ न पाया है,
क्या सागर भी....
औरत के दिल जैसा ही गहरा होता है ?
इसीलिए तो....
ये मुझको कुछ-कुछ अपना सा लगता है।

निमिषा



अतीत

अतीत की खिड़की मत खोलो,
यादों की आँधी आयेगी
यादों की आँधी आई तो,
फिर आँख में किरकरी आयेगी।

यादों के झोंके बालों को सहलावेंगे,
कुछ मीत पुराने याद आयेंगे,
फिर दिल की धड़कन बढ़ जायेगी,
मन धीरे-धीरे मचलेगा,
कुछ वादे वफा के याद आयेंगे
एक स्पर्श का उद्दसास सा होने लगेगा।



तभी अचानक दिल टूटेगा,
हाथों से हाथ किसी का छूटेगा,
दिल तार-तार हो जायेगा,
यादों के मोती, गालों पर फिर फिसलेगें।

बेशकीमती है ये आँसू, कहने वाला
कोई न होगा,
प्यार का चुम्बन देने वाला, कोई तुम्हारे
पास न होगा
अतीत की खिड़की मत खोलो...
यादों की आँधी आयेगी।

गौरव



PAPA'S RECIPE - LEMON CHICKEN



Chicken	1 kg
Lemon Juice	4 tbsp
Butter	2 tbsp
Ginger Garlic Paste	2 tbsp
Chopped Garlic	2 or 3
Garam Masala	2 tbsp
Salt	As per taste
Black Pepper	1
Cream	
Dhaniya Powder	2 tbsp

Method

Heat butter in kadai, Add ginger garlic paste, saute it for 5 minutes, add dhaniya powder and salt, saute it.

Boil chopped garlic, add boiled garlic and add water as well, now add chicken to it.

Add water, and boil it for 15 minutes. Now add black pepper and garam masala and cook it for another 10 minutes. Add cream to it to make it more creamy.

Add lemon juice and cook it for 2-3 minutes.

Serve hot with parsley or coriander leaves for garnishing.

Sheya Arora

Teacher's Day

In many countries Teacher's Day is intended to be a special day for the appreciation of Teachers and may include celebrations to honour them for their special contribution in a particular field, area in life of their students.

In India we have celebrated Teacher's Day since 1962 in the memory of Dr. Sarvepalli Radhakrishnan's Birthday on 5 September.

On the eve of Teacher's Day we had planned a surprise for our Teachers. We celebrated Teacher's Day in the restaurant on campus. We requested the faculty and HODs to gather in the restaurant and presented them with handmade cards, which were to

show our gratitude towards our generous and humble Teachers on Teacher's Day by students of 2nd Year. We welcomed Mrs. MADHU DUBEY who recently joined our institute and faculty as the new General Manager, HRD who cut the cake which was arranged by 1st & 2nd year students.

The faculty enjoyed playing a game of musical chairs. Priya ma'am won the game.

Later cake and snacks were distributed amongst the faculty and students.

- Harish Kumar & Amit Gupta
1st Year



Diwali Celebrations



For a better college life !!!

As a graduate student your time in college will be intellectually stimulating and academically rewarding. However, life as a graduate student can also be a stressful and isolating experience. Graduate school requires a lot of commitment but it is important to stay connected whether this means taking daily breaks away from your studies with friends, or saying hi to your professor in the cafeteria. Connecting and building a support system will help reduce isolation.



Academic success should not come at the expense of your physical or mental health. Staying healthy and active will make you feel better, both mentally and physically and improve your productivity as a student. Find balance in your life. By pursuing activities outside your studies, whether it means meeting friends, pursuing hobbies or visiting a relative, your productivity and well being will be enhanced.

Get involved on the campus. Whether it be through your department, student government, or Student activities, there are extensive ways to engage on campus and feel more a part of the graduate community. Effectively managing your time will be

a lifesaver while pursuing your degree. Graduate students often have part-time jobs and family responsibilities in addition to being students and finding the time to manage everything can be a challenge.

Develop a career plan. Likely, you are pursuing your graduate degree with a specific career goal and not just for the sake of gaining another degree. Visit a career counselor to initiate this process. Maintaining a positive relationship with your superior is important, as your supervisor is your best resource to help with your academic life. Stay in contact to ensure that you both understand each other's goals and vision for your academic career and what you hope to achieve. Take advantage of all the services and resources on the campus. There are extensive programmes and services available specifically for graduate students to connect and find support.

- Shivani Veer
BIHBM - 4th Year



BOOKS

Some are boring,
Some are interesting,
Some are also frustrating,
Some are funny,
Some talk about money,
Books are always the best of guess.
They make us cry
Until our eyes go dry,
They make us laugh,
When we hear about Asterix and Caesar's staff.
Books can make our joys come true,
And drive our sadness to Timbaktu
They vary from size to size
From Napoleon's life
To the sulking wife.
Books after all are as big as life.

- Sanjoy Choudhury
BIHBM - 2nd Year



THE IMPORTANCE OF TIME

Do not waste your time brother,
To change your mind and habit is better,
As man is incomplete without wife,
So, time is a great factor of life,
Time is money and time is wealth,
It gives us wisdom, power and health,
Every work should be done in time,
Abuse of time is a big crime,
Those who waste it can never shine,
To advance and progress always pine,

- Tanya Jamwal
BIHBM - 1st Year



TIME

Time is money as sweet as honey.
Time is priceless,
Its wastage is senseless
Time is useful, so be careful.
Every second is valuable
Its usage is profitable
Time does not wait for anyone
So be punctual, everyone.

- Shivani Veer
4th Year

If you don't master your time, there is a much higher probability that you will become an unconscious slave to the people who have mastered theirs.

-Albert Einstein

Challenges and Triumphs

When we were asked to go and compete at the folk dance competition at Chandiwala, the first thing that came to mind was, nope we don't stand a chance, but backed by the support of our faculty and administration we showed some courage and gave it a shot. After a very long debate between various dance styles that could've been chosen, that could've been extremely varied in terms of uniqueness quotient, we chose Punjabi Bhangra and that was it.

This decision was followed by a lot of counselling sessions by friends and juniors judging by the standards we faced the previous year on rethinking the decision for the dance style, but we also had tremendous support from our team and thus we hired a choreographer to ensure that all of us get the fineness in our performance and can also keep it coordinated.

Poor guy, Ankit our choreographer, on the very first day had given up on us as a team, because there were four dancers and a lot full of people who just wanted to avoid the classes going on during the rehearsal time. But still he trained us well, and we also got a confidence boost by comparing our performances from the past year. And finally the day before our performance, our dresses were not available, due to some technical snag, and thus our choreographer had to rent them at a higher price from the market at his own cost. He got us all dressed as *Gabru Punjabi Munday*, funny because no matter what one may say how smart the dresses were, me and Tarun would've never looked like Sardarjee's who'll be doing Bhangra.

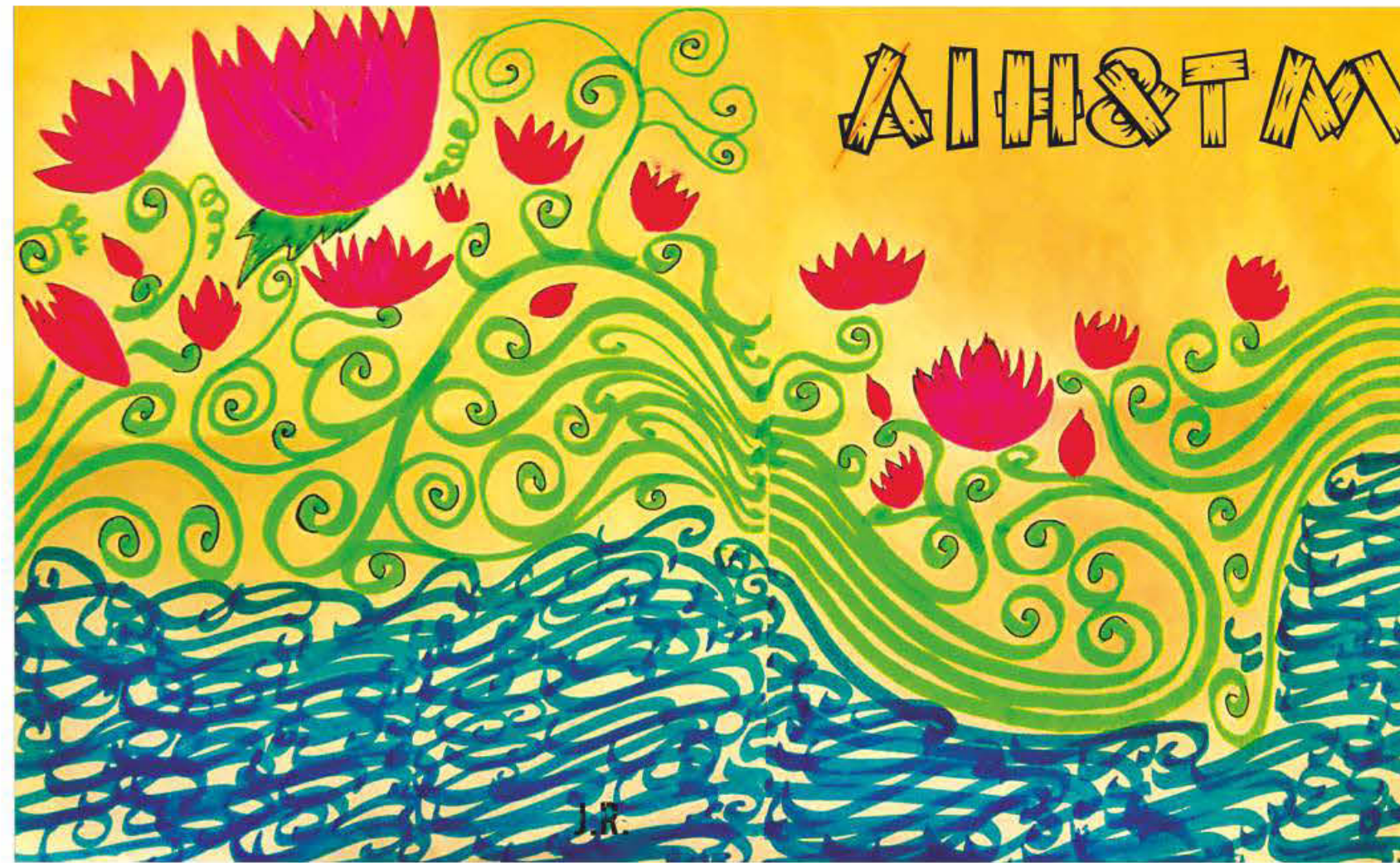
Nonetheless, we reach the venue and the biggest shock of our life was to enter the green room only to find that the guy who had trained us – our friend and choreographer had got his own team of real Sardarjee's who would compete against us. Down went the morale of the entire team. But then with a bit of motivational boost by our coordinator Mr. Shafat Rizvi, and a few words of encouragement before assembly, by our dearest Hardik Sir helped us to give our best shot at it. I would be lying if I said it was a flawless performance, but it was noteworthy and the kind of support we got as a team from our batchmates and juniors at a foreign venue was so overwhelming that students of the other colleges couldn't stop cheering for us – indeed a very proud moment. So there we were dancing it out with wide grins !

Let's skip ahead a few hours, all the performances are done and most of the students were roaming around, exploring various food stalls at the venue, when the results were about to be declared. Knowing that we were up against Punjabis in their dance form, we wouldn't stand a chance, Hardik Sir called out to us and told us to believe in ourselves because we did perform well indeed, and that is when came the surprise. Even though we didn't win the competition we came in second, but the feeling of giving our best and winning against Punjabis in Bhangra was a feeling of achievement that cannot be described in words. But, as an experience it was invaluable, because it taught us that one can really conquer great heights if one tries in the right spirit and motivation.

- Apoorv Parihaar
4th Year



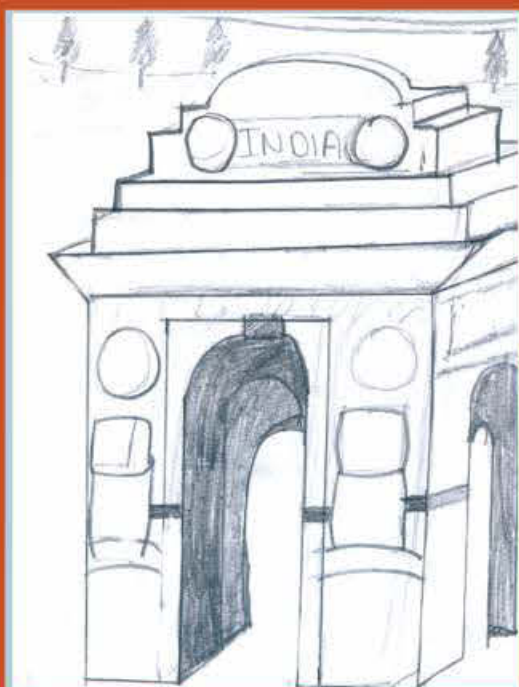
Prize Distribution Ceremony of the Dance Competition



Our Students have artistic inclinations – those who took to paint the canvas, have turned in their masterpieces !

We are sure, they will bring in the same sensitivity and artistic flair to the hospitality industry !

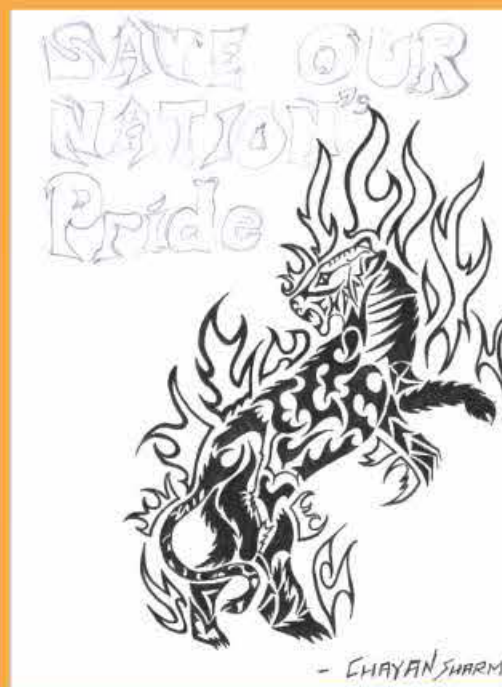
- by Jay Rana



- by Sushant



- by Nishant



- by Chayan



Frozen Desserts – The Ice Cream

What is Ice cream ?

Technically, ice cream may be defined as partly frozen foam with an air content of 40-50% air by volume. The continuous phase of the foam contains dissolved and colloidal solids such as sugars, proteins and stabilizers. The fatty phase is in the emulsified form. Some of the milk proteins are structurally related to the fat globules of the emulsion.

Imitation ice cream is known as *Mellorine* and is made now in many parts of the world. Mellorine is cheaper than ice cream because inexpensive vegetable fats and oils are substituted for the more expensive dairy fats. Other than this, Mellorine has almost the same composition as ice cream. There is still no cheap substitute for milk protein, although some vegetable proteins, particularly from soybean, with improved flavors are used to prepare *lactose free* ice creams.

Prevention of Food Adulteration Act (PFA) Rule A 11.02.08, defines ice cream and kulfi as under :

A frozen food obtained from cow or buffalo milk, or a combination thereof, or from cream and/or a milk product with or without the addition of cane sugar (dextrose, liquid glucose and dried liquid glucose), eggs, fruit and fruit juices, preserved fruits, nuts, chocolate, edible flavours and permitted food colours. It may contain permitted stabilizers and emulsifiers not exceeding 0.5% by weight. The mixture should be suitably heated before freezing. The product must contain not less than 10% milk fat, not less than 36% total solids, except when the aforesaid preparation contains fruits, nuts or both, the content of the milk fat shall not be less than 8% by weight. Starch may be added to a maximum extent of 5% under the declaration on the label. The standards of ice cream shall also be applied to softiee.

Ice cream is a complex system in which the stable mixed emulsion of fat-water-ice-air, must be balanced and protected from breaking and separating.

The blend of milk fat and non fat solids with sugar must result in a product of pleasing taste and one which is smooth and creamy. Composition of the mix is important, but the most critical stage of ice cream manufacture is the mechanical blending, freezing and hardening of the ice cream.

Composition of ice cream

The ingredients used in ice cream manufacture are milk, skim milk powder, cream, butterfat, sugar, stabilizers, emulsifiers, food grade flavours and permitted colours. Chocolate, dry fruits and nuts, honey, fruit pulp and other such ingredients are also added to give variety.

Normal ice creams will have a milk fat content of 10-14% but richer ice cream will have a dairy fat content of up to 20-24%. Proteins are usually between 3.5-4%, sugar 14-15%, stabilizers 0.3-0.5% and emulsifiers 0.1-0.2%

Manufacture of ice cream

The following are the steps involved in the processing of ice cream :

- Pasteurization
- Homogenization
- Cooling
- Ageing
- Freezing
- Hardening
- Storage
- Transportation and delivery

Freezing

Ice cream is available in two forms :

1. As hard ice cream which has been frozen in a continuous freezer and is either extruded, shaped or packed in small individual portions or in the larger family packs. The final processing step now is hardening at a low temperature cold storage at 30 Degrees to -40 Degrees C before it is distributed in refrigerated transport.
2. As soft ice cream which is frozen in a small batch freezer situated at the retail outlet. Ice cream mix for this type of operation is provided as a pasteurized mix which must be stored at 4 Degrees C after manufacture. This is often referred to as the *Softiee* ice cream.

Storage of ice cream

Ice cream can be stored at 0 F Degrees (-18 C) to prevent large ice crystal formation.

For service, temper frozen ice cream till it is soft enough to serve. If scooping, the ice cream scoop must be rolled over the surface so that the ice cream forms into a round ball.

Ice cream quality

Quality implies a clearly produced ice cream of acceptable flavour, taste, body and texture.

The composition of the product and the ingredients used should be within the parameters and the limits set by the food laws. The desirable physical properties of ice cream should be defined mainly in terms of the texture as it is eaten. The consistency should be smooth and creamy and the air content should be finely distributed. There should be a quick melting effect on the palette, without greasiness or gumminess and with no gritty icy sensation.

As the ice cream warms up, it should have a tendency to retain its shape, and as it melts, a creamy and not a watery serum should be formed. Flavor acceptability is governed by the quality of the ingredients that are used as well. Fruits, nuts, chocolate as well as the added flavors should be of good quality. However, the basic flavor must come from the high quality of milk and cream.

Ice cream the chilling truth

Ice cream, Sumptuous..., Luscious..., Creamy... Ice cream !!!

Now that summer is almost here, it is time for scoops of it. But, have you ever considered what gives that delightful taste to a snowy vanilla ice cream ? The real extract of orchids ??? Forget it !!! The genuine vanilla that is obtained from the variety of orchids, almost never reaches the ice cream manufacturer. Instead, a synthetic substance called vanillin makes its way into the creamy stuff. *Vanillin* comes much cheaper than vanilla. If a small amount of vanilla can flavor two cups of ice cream, then the same amount of vanillin can flavour 500 cups. So why shouldn't the manufacturer use the cheaper stuff... the customer would never know !!!! The substitute tastes like the real thing, but it is far from harmless ! This is largely because there is very little accountability for the manufacturers. Even in the US, the Food and Drug Administration (FDA) has not forced ice cream manufacturers to name all the ingredients on the labels of their products. All you get is the brand name, the Company's name and the flavour. The small print merely says, 'only permitted colours and flavours used. But what flavours and what colours ? Ice cream companies here and abroad are given carte blanche to use additives. Not surprisingly, neutralisers, stabilisers, emulsifiers, buffers, anti-oxidants, surfactants, bactericidal, synthetic colours and

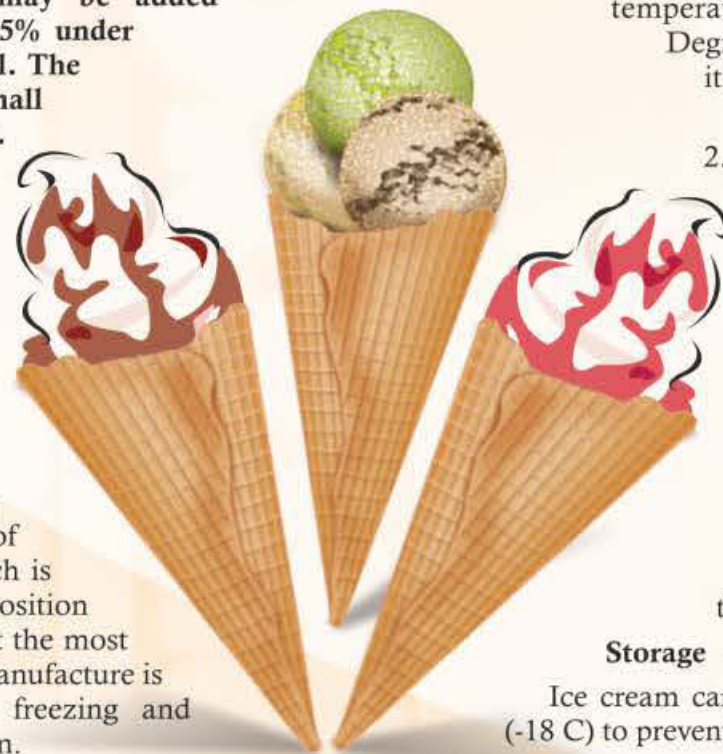
artificial flavours all find their way into the gooey stuff. In 1942 the FDA had banned the use of many additives because their safety had not been verified. But oddly enough, again in 1960, it sanctioned the use of these chemicals although there was still no proof of their safety. The fact is that surfactant, which reduce the surface tension and are wetting agents, are chemicals similar to detergents. And most emulsifiers are polyoxyethylene based and have caused cancer in experimental animals. Most germicidal, anti-freeze agents and pain removers contain propylene glycol alginate so does ice cream. Why then are these products used ? Animals given even minute quantities of propylene glycol alginate developed diarrhoea and some of them even died.

Artificial flavours are harmful too, besides vanillin another substitute for vanilla is piperonal, which is a lice killer. Chocolate ice cream contains aldehyde C18, amylphenyl acetate, n-butyl, phenyl, veratraldehyde, and other such tongue twisters... All, strong chemicals you wouldn't like to touch, leave alone eat. Rare are the manufacturers who use real fruit like strawberries. More usually, artificial flavours are employed. Pineapple ice cream is often flavoured with ethylacetate, which is a cleaning agent for leather and textiles and whose vapours cause damage to the heart, liver and lungs. Banana ice cream scarcely contains

banana, but an artificial flavour amyl acetate which is actually a solvent for oil paint. Now you wouldn't let your kids come anywhere near that.

In the west, there are thousands of synthetic colourings which are usually coal tar dyes proven to be carcinogenic. Worse, most Indian ice creams are violently coloured to suit our flashy tastes, which just means a whole lot of colour. It's time the government stopped being complacent about a food product that is downed by tons every day. On the positive front, Indian ice creams are believed to be more wholesome and natural and not so thoroughly soaked in synthetic additives as in the West. Even then ice cream companies should be made to mention all ingredients by name on their labels, plus the date of manufacture and expected shelf life. Accountability is the only solution when it concerns the health of millions.

- Jaivender Kundu
Chef (AIH&TM)



Eating to boost Energy

In our fast-paced, high-stress society, fatigue and even exhaustion has become the norm. More sleep, of course, is the best answer. But a major component like a right diet can also help fuel your body for the long haul and keep your energy levels from depleting throughout the day.

Where does the energy come from ?

The major components of all foods – carbohydrates, proteins and fats – are the nutrients that provide kilojoules and so give you energy. The human body converts carbohydrates to glucose, its most important source of energy. Glucose is the blood sugar that rises after eating carbohydrates. A rise in blood sugar triggers your pancreas to release insulin, a hormone that helps glucose enter the body's cells. Once inside the cell glucose supplies the energy to fuel your body. A certain amount of glucose is converted to glycogen and stored in the muscles and liver. Your body draws on liver glycogen stores whenever your blood sugar drops. Once glycogen stores are full, excess glucose is converted to fat. Protein can also be converted to energy but is a less efficient source than carbohydrates. While fats are the most concentrated source of kilojoules, they are actually a less efficient source of energy than carbohydrates because they take longer to digest and metabolize.

Despite some extravagant claims, vitamins don't provide energy. They are needed, however, to power many of the metabolic processes that are needed for energy production. A diet that includes an ample supply of vegetables, legumes, fruits and whole-grain products will provide adequate vitamins and minerals, fruit also provide sugars that are converted to energy.

Seven strategies for high-energy eating

Eating for optimal energy breaks many of the 'RULES' people commonly believe-for instance, that carbohydrates are bad, that snacking is a no-no, and sugar is a good pick-me-up. These seven single steps will put you on the right path

1. Eating breakfast.



This is the meal that sets you up for the day. It replenishes your body's energy supply after a night's fast and provides the energy needed to stay physically

and mentally alert. Breakfast enhances learning and physical performance. It is a critical meal for adults and children alike. Without breakfast, your body is running on empty. Studies have shown that kids who eat breakfast concentrate better, are more creative and their behavior is better too. This may apply to adults as well.



2. Get enough iron rich foods.

Iron deficiency – anemia is one of the most common nutritional deficiencies in the world. Iron is essential for producing hemoglobin – the main component of red blood cells. Hemoglobin carries oxygen to your body's



cell where it is used to produce energy performs essential metabolic functions. If your iron stores are low, your red blood cells can't supply as much oxygen to the cells. The consequences of iron deficiency are fatigue, low energy and difficulty

in concentrating. The best food sources are oysters, mussels, red meats, offal, iron fortified cereal products and whole grain breads, dried fruits, green leafy vegetables, beans, tofu, nuts and seeds. There are 2 kinds of iron in our food; haem and non haem. Haem iron found in red meat, chicken and fish, is better absorbed than the non haem iron found in enriched cereals, some dark green vegetables, beans, eggs, nuts, and seeds. You can help your body absorb non haem iron by eating the food along with one that contains Vitamin C for example, if you want to increase the absorption of iron from a bowl of iron-enriched cereal (such as wheat biscuits) have some strawberries or a banana, or a glass of orange juice.

3. Focus on complex carbohydrates.

Carbohydrates found in breads, grains, cereals, fruit, starchy vegetables and sweets are digested and end up as the simple sugar, glucose. The glucose provides fuel for your brain, muscles and other body tissues. Complex carbohydrates in whole grain breads and cereals, lentils, legumes and starchy vegetables are the fuel of choice since they are



digested gradually and serve as a steady fuel supply for body and brain. In addition, they provide many important vitamins, minerals and plant chemicals to keep your body well nourished.

4. Eat small amounts of food throughout the day.

Eating small meals and/or snacks throughout the day keeps your blood sugar steady.



Low blood sugar is one of the common causes of afternoon fatigue.

Smaller meals or snacks can also help stave off the feeling of hunger. Eating a midday lunch will refuel you for the afternoon. Just be sure to eat less at meal time if you're snacking between meals.



5. Go easy on the simple sugars.

Lollies and soft drinks, for example, may give you a quick rise in energy but this is usually followed by a 'crash' that leaves you more tired than you were before.

6. Go easy on caffeine.



The proper amount of sleep is vital for feeling energetic. Caffeine is a stimulant that competes with adenosine, a chemical that helps induce slumber. The more Caffeine you drink, the less adenosine is available for making you drowsy and your sleep may suffer.

7. Stay hydrated.



Most people need at least six to eight glasses of fluid per day to be properly hydrated. If you exercise, you need more. Water regulates your body temperature, transports, and nutrients to your body and carries waste away. You should get in the habit of consuming fluids regularly, even if you're not active. Fluids can come from water, tea, coffee, juice, sports drinks, milk, soup, or watery foods such as lettuce, cucumbers and fruit.

- Vaibhav Arya and Sahil Mehta
BIHBM - 3rd Year

ALMONDS

Did you know, almonds provide you with brain power. They contain many essential nutrients, which can actually help you improve the way you think !

a. Almonds contain minerals like potassium folic acid, protein, monosaturated fats and vitamin E. Hence eating them can significantly reduce your chances of heart disease.



b. If you are in the habit of consuming cups of coffee and energy drinks to get a boost of energy, try eating almonds instead ! Riboflavin, copper and manganese in the nuts will give you stamina.



Health benefits of Almonds

1. They reduce heart attack risk. Those who consume nuts five days a week reduce their risk of heart attack by about 50 percent.
2. They lower bad cholesterol. Almonds added to the diet have a favourable effect on blood cholesterol levels, according to a clinical study.
3. They protect artery walls from damage. It was found that the flavonoids in almond skins work in synergy with the vitamin E, thus reducing the risk of heart disease.
4. Almonds help to build strong bones and teeth. The phosphorus in almonds helps make this possible.
5. They provide healthy fats and aid in weight loss. Although nuts are high in fat, frequent nut eaters are thinner in comparison to those who almost never consume nuts.

6. Almonds lower the rise in blood sugar and insulin after meals.
7. They help provide good brain function. Almonds contain Riboflavin and L-carnitine, nutrients that boosts brain activity and may also reduce the risk of Alzheimer's disease.
8. They nourish the nervous system. According to Ayurveda almonds help increase high intellectual level and longevity.
9. They alkalize the body. Almonds are the only nuts and one of the few proteins that are alkaline forming, when your body is not alkaline enough, you risk getting Osteoporosis, having a poor immune system, low energy and weight gain.



- Rohit Saini
BIHBM - 3rd Year

हमारी मातृ भाषा 'हिन्दी'

अंग्रेजी के इस मायाजाल में हमने सोचा ले लें कुछ सुध हिन्दी की। ऐसा लगा किसी ने पूछ लिया हो रंग नयी नवेली दुल्हन की बिंदी की।

काफी मशक्कत के बाद आखिरकार हमें एक सज्जन टकरा ही गये हमने पूछा जनाब क्या हाल है आपके ? बदले में 'आई एम फाइन' का उत्तर पाकर हम तो दंग ही रह गये, कि भला ये हिन्दी के रंग में जनाब क्या भंग कर गये।

खैर बातचीत का दौर आगे बढ़ने पर ज्ञात हुआ कि साहब खुद को हिन्दी का पहरेदार बताते हैं पर सो कॉल्ड सोसायटी में रसुख बनाने के लिए समय-समय पर अंग्रेजी शब्दों के बाण चलाते हैं।

हमने पूछ ही लिया कि साहब भाषा में कैसा रसुख ? क्या हिन्दी के इस्तेमाल से रसुख घट जाता है ? तो जनाब क्या कहते हैं कि "We should always speak in Hindi as Hindi is our mother tongue" सुनकर उनकी जुबान से कि हिन्दी है हमारी मदर टंग कुछ पलों के लिए मित्रों में भी रह गया दंग !

आखिरकार भाषा के इस्तेमाल से निकलकर हिन्दी के भविष्य पर चर्चा आरंभ हुई तो जनाब फरमाते हैं कि हिन्दी दिवस पर एक नेता भाषण कुछ यों दे रहे थे। "Hindi is our National language and we should be proud while speaking in Hindi" नेताजी का भाषण सुनकर सभा तालियों की गड़गड़ाहट से गुंज उठी और किसी को यह अहसास भी ना हो पाया कि हिन्दी एक बेबी की भांति किसी कोने में सुबकती रही।

हमने सोचा क्या इसी तरह हम आज के भारत को आगे लेकर जाएंगे ? क्या दिनकर, निराला, हरिवंश की धरती का हम ऐसी ही हिन्दी से मान बढ़ाएंगे जहां हिन्दी की हालत उस हिन्दी जानने वाली अबला के जैसी है जिसने पाल पोसकर अपने बच्चों

"We should always speak in Hindi as Hindi is our mother tongue"

थे कि तभी महाशय जोर से झकझोरकर हमें वर्तमान में ले आते हैं, और साथ ही कुछ यों फरमाते हैं कि जनाब हिन्दी अंग्रेजी के द्वंद में यू ना उलझो, आज तो आलम यह है कि हिन्दी किताब का आवरण भी अंग्रेजी में है, विद्यालय आज स्कूल हो गया है, टूटी फूटी अंग्रेजी जानने वाला भी आज "कूल" हो गया है।

यही आजकल का लेटेस्ट ट्रेंड है, जहाँ मित्र-मित्र नहीं अपितु फ्रेंड है, दोस्ती आजकल आमने-सामने नहीं बल्कि किताबी चेहरा नामक जगह पर होती है, और यह वो दौर है जहाँ फरराटेदार हिंदी अपनी दयनीय हालत पर रोती है।

सुनकर हिंदी का ऐसा वृत्तांत हम तो हक्के बक्के रह गये और जनाब का हिन्दी पर आत्मविश्वास देखकर हम भौचक्के रह गये।

आखिरकार हिन्दी पर गहन चर्चा के बाद हमारी बातचीत की समाप्ति का समय आ गया, सज्जन ने भी चैन की सांस ली जैसे उनका रक्तचाप नॉर्मल आ गया।

चलते-चलते उन्होंने सहसा हिन्दी में ही फरमाया कि मुलाकात बड़ी अच्छी रही और दोनों हाथ जोड़कर नमस्ते कह दिया फिर तो हमने भी शेक हैंड किया और पीछे हमारा गुड बाय रह गया।

- रवि श्रीवास्तव

Tips for a Better Personality

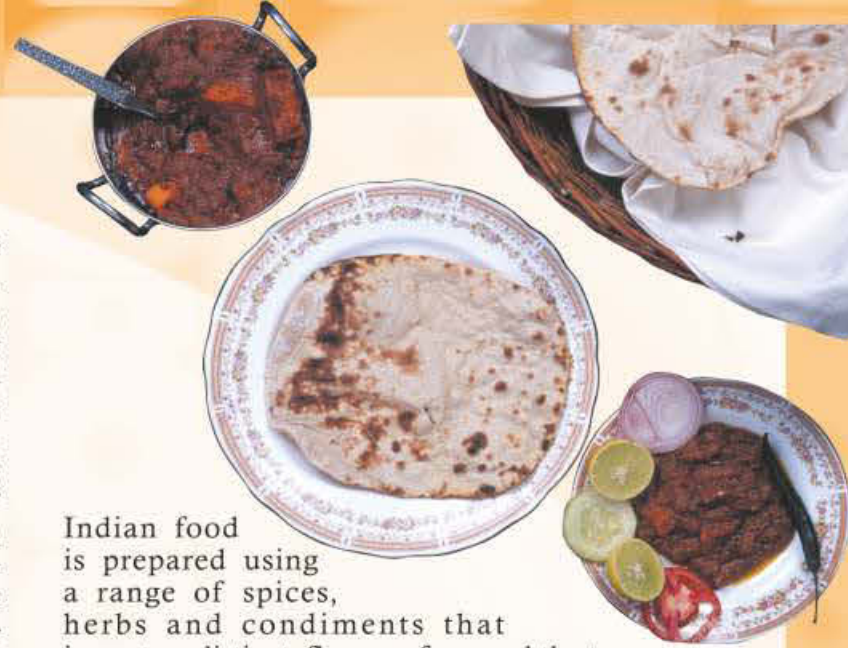
- Do your work in time.
- Develop your own style. Don't copy anyone.
- Develop positive emotions.
- Try to know your strength.
- Be confident of what you do.
- Establish a network of people.
- Speak only when needed
- Be polite and loyal.
- Must adopt simple living and high thinking.
- Don't be a short tempered person.

- Priya Meena



Indian Cuisine

India is a vast Asian country that has been witness to hordes of invaders and settlers of varied nature. These settlers have included Persians, Afghans, Mughals, the British, French, Dutch and Portuguese amongst many others who had different food and culinary customs. The settlers' culture and food habits had an effect on the culinary systems of the country. Some of these food preferences were taken up where the availability of raw materials and the taste of the dish suited Indian cuisine. Original Indian cuisine, guided by religious traditions, was generally vegetarian. Exceptions were the tribal regions where people were non-vegetarian because of their profession and availability of food. The Brahmins and Vaishyas become vegetarians as they followed the Vedic diet consisting of fruits, vegetables, dairy products and honey. A large percentage of the Hindu population was vegetarian because of their spirituality or through the influence of their upbringing. With the development of knowledge about nutrition and a balanced diet, it has been accepted that meat which is the main source of protein is an important nutrient.



Indian food is prepared using a range of spices, herbs and condiments that impart a distinct flavour, from subtle to strong. The sensory stimulation created by the use of these spices, gives Indian cuisine a special position in the world. This is enhanced by the variations to be found in a country as large as India where food choices differ from North to South and East to West. Spices are the unifying factor in an otherwise diverse cuisine.

In the North, one finds the use of cumin, turmeric, cinnamon, cardamom and the mild North Indian chillies whereas in the South, curry and mustard leaves, tamarind, coconut milk, black pepper and hot red chillies are used in abundance, together with other common spices.

The cooks or *Rasoiyas* as they were called in the old days in the palaces of the kings, did not maintain any record of recipes. The art of cooking was passed down through the generations by example and word of mouth. So, at times, the same dish underwent changes or a new one was created. But, with the development of culinary education in the country and documentation of recipes, some uniformity was created in the present times.

- Rajender
BIHBM - 1st Year

Some Important Thoughts & Facts

- Every saved drop – can save a crop.
- One youth, one tree – can make India pollution free.
- Death can never be a "Fashion" – stop making.
- Awareness is the only – vaccine for AIDS.
- Think and act – believe in fact.
- Think logically – live eco-logically.
- Water is our lifeline – save today or later pay the fine.
- Save the earth, plant, tree – breathe the air, pollution free.
- Save every drop of rain – use water without strain.

- Akash Yadav
2nd Year

What do we Know, What have we Learnt ? (Things I wish, I had known as a teen)

We know nothing and we have learnt..... Ha-ha, never mind !

This is what our attitude used to be as a teen. By the time we attain puberty we have almost entered into universities and institutes to make a "so called" career. But, in the unlikely event of time travel, which is actually becoming a reality, I want to be a teen again. Yes, I know that it sounds a bit weird and obviously next-to-impossible, for the middle aged to claim that we've never been happier like this, but who cares my younger days are behind me. But behind every word they say, works an eternal truth, in this case it's that youth is wasted on the young and now our priorities are towards making our career than forgetting all the fun I used to have as a teen (why the hell am I going with the clichés here ?)

Without deviating from the topic, and remembering my youth days, it was certainly wasted upon me. When I wasn't faking signatures on my report card, I was moaning upon myself on the weighing scales. I was constantly worried about somehow sitting in my classroom rather than focussing on bunking the class. And then, I went effortlessly from worrying about admissions in college to obsessing about working in a 5-star deluxe property and landing up in a managerial post. Only now that my youth is indefinitely behind me, do I realise that I really did not have very much to worry about at all – if only I had the sense and the perspective, to see that at the time.

So here for the readers reading my article, read on... They may stand you in good stead and wish I had known them as a teen :

- ★ Do not envy the cool lot in School or College, they may seem confident and smart with their designer wear, dewy complexions, overweening

confidence in the sports field. Their pictures, believe me... Horrible !!

- ★ Obsession about grades, don't obsess about your grades don't worry, life won't end if you don't score that magical 60% (anyways Scoring 95% isn't going to make you the next Einstein !) most people won't even care.
- ★ The way we used to look (Terrible, I know !!) lose a few pounds, tons of make-up to zap up those inflamed pimples on the cheeks and air gain some inches in height, but have a look at your pictures now... far more worse than the innocence we had on our face as a teen.
- ★ Focussing on savings of money to help us in future. Don't shy on spending it on experiences that create memories. Picnics, school trips, Skiing on snowy mountains. And going to the most fun destination to be in like Go Goa...aa...
- ★ Don't ignore your emotional life; because you are too busy focussing on your professional one. Spend time with your family, nurture your bonds with the ones you love and stay in touch with your feelings.

Enjoy your teens as they are not going to come back, be bold, be strong do not loosen up. Make the best of it.

Thank you all for reading this article and I hope you liked it, for those of you who didn't...

ASTA LA VISTA !!

- Varun Dubey
BIHBM - 3rd Year

FAILURES ARE PILLARS OF SUCCESS

What a true thing to say,
One has to face challenge day after day,
Not the whole life passes in joy n gay,
None can reach the destiny,
Without obstacles in the way,
Hillary n Tenzing had the same to say,

Not just the history,
Teens too,
Have their own way,
What a victory without defeat ?
Cake can be boring if u have,
Not hard dry wheat.

-Vaibhav Chadha,
4th Year

कठपुतली



आओ-आओ मैं तुम्हें मिलाऊँ
अपनी एक सहेली से।

राजस्थान से वो है आई,
नाम है उसका पुतली आई।

रंग बिरंगे कपड़े पहने,
इसकी शान निराली है।

उँगलियों पर ये नाच दिखाए
फिर भी ये नखरे वाली है।

कूद-कूद कर तुमके ये खूब लगाती है,
सबका दिल बहलाती है।

कभी ज्ञान तो कभी इतिहास,
की गाथा के भी खेल दिखाती है।

जैसे इसकी डोर हमारे हाथों,
हम जैसे चाहें इसे नचाते हैं।

वैसे ही डोर हमारी, उसके हाथों
वो बंसी वाला जैसे चाहे, हमें नचाता है।

ये भी कठपुतली, हम भी कठपुतली,
ये भी कठपुतली, हम भी कठपुतली,

अनुष्का

रंग

रंग बिरंगी दुनिया में,
भौंते-भौंते के देखे लोग।

रंग बिरंगी तितली देखी,
रंग बिरंगे देखे फूल।

सात रंगों का एक रंग देखा,
देखे एक रंग में रंग अनेक।

रंग-रंग के झंसा देखे,
दुनियाँ रंग-रंगीली देखी।

सुबह का सूरज उगते देखा,
शाम का सूरज ढलते देखा।

उसने दिया नया सवेरा,
नव चेतन का स्पंदन देता।

सौंझ ढली तो रंग बदला,
ढलते सूरज का अर्थ बदला।

काली रात घनेरी देखी,
काले दुःख के साथे देखे।

लाल रंग सिंदूर का देखा,
देखा रंग लहू का लाल।

लाल रंग प्यार का देखा,
लोगों को नफरत से होते देखा लाल।

-दिव्या

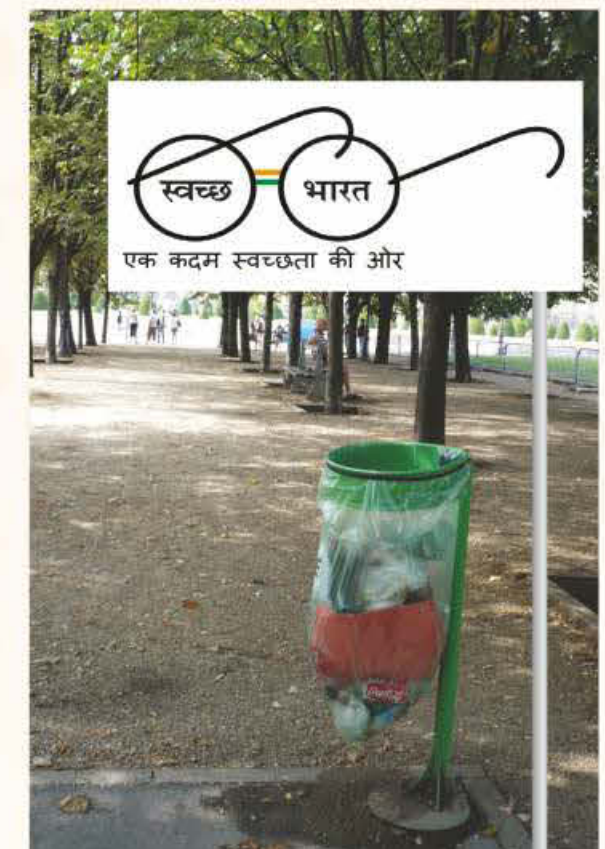
स्वच्छ भारत अभियान

प्रधानमंत्री नरेन्द्र मोदी ने गाँधी जयंती के मौके पर स्वच्छ भारत अभियान की शुरुआत कर दी। इंडिया गेट से इस अभियान को औपचारिक तौर पर शुरू करने से पहले मोदी ने दिल्ली की एक बाल्मीकि बस्ती में जाकर खुद झाड़ू लगाई और बायो टॉयलेट का उद्घाटन किया। इस अभियान के तहत मोदी ने 2019 तक देश को स्वच्छ बनाने का लक्ष्य तय किया है।

स्वच्छ भारत अभियान का लक्ष्य और खर्च-

1. पाँच साल में 11.11 करोड़ शौचालयों के निर्माण में 1 लाख 34 हजार करोड़ रुपये का खर्च आयेगा।
2. 62,009 करोड़ रुपये की राशी शहरी इलाकों के लिए तय की गई है।
3. 2015 तक 2 करोड़ शौचालयों के निर्माण का लक्ष्य।
4. 2019 तक 1.04 करोड़ परिवारों के शौचालयों के निर्माण का लक्ष्य।

स्वच्छ भारत अभियान का लक्ष्य राजनीति से ऊपर उठकर देशप्रेम की भावना से 2 अक्टूबर 2019 तक भारत को स्वच्छ बनाना है।



The last class of college

I walked with my friends across the campus, towards my class... my final BIHBM batch class.

The hour hand on my watch said it was ten minutes past 5 and there was not a single trace of life in the college except the three of us – me and my two best pals.

Another ten steps and there was our class with the doors shut ! We were on the ground floor and as the sun set its orange rays were creating a magical scene. I wished that time would have stopped that very moment ! The seconds hand ticked away as we opened the doors of the class for one last time.

Wished I could ask my teacher “May I come in ?” and wanted to hear her say “You are late again so no attendance” but there was no one there... just empty desks and the three of us. We looked at the walls and the raised platform from where our classes were held and the last benches where we laughed, kicked our feet beneath the benches, hid from our teachers and pleaded for attendance. Thousands of memories flashed in our minds and there was complete silence for a moment... and then we all smiled !!!

We walked like heroes from the medieval times, jumped over the benches, had a look at the benches where all the students used to sit... drifted to our seats and sat there for a while. Didn't like the last day and I don't remember how we met or how we came to such stage... it felt like I had known my friends from ages... almost as if I was born in this college and it felt like I had always been here.

It felt like the entire class was there... alive... the last benchers sleeping, the girls chatting amongst themselves, Vanshika sitting besides me cribbing about something, Preeti sitting on the first bench taking down notes and the two of us laughing about

something or the other and I would occasionally scribble something on my notepad.

“Roll number 29”

“Roll number 29... Apoorv are you sleeping again ?”

“Ok fine roll number 30”

“Hey present madam”, Apoorv would then say “You sleep dear”!! No attendance for you” was the teachers reply.

No attendance, the class has ended and my friends chatting and laughing, going for a chilli potato, or a cold drink and we sat there all alone closed our eyes to shut out the world outside and just reminisce our days in college. The only sound we heard was that of the walls of the class calling us.

We wished there was one last lecture, but this time there was no lecture... just silence. We just sat alone in an empty classroom... just the three of us.

- Shivani Veer
4th Year



- by Sushant

A Good Student

- A** Admired by the teachers
- G** Gentle in behaviour
- O** Obedient to parents and teachers
- O** On time
- D** Decent in nature
- S** Studies with interest
- T** Tries to do better
- U** Understands lessons with ease
- D** Does not wither away the time
- E** Eager to learn new things
- N** Nationalistic
- T** Tactful & truthful

- Shivani Veer
4th Year

Wine and Food Pairing

Matching food and wine to each other to enhance the quality of a meal can be both simple and difficult. The simple part is that if you bear in mind a few basic guidelines and enjoy a moderate degree of gastronomic exploration and experimentation, you cannot go too far wrong. The difficult part is this : there is no perfect food and wine combination that is right for everybody, but we are often called upon to come up with this elusive, even impossible, combination.

As we discussed there is no hard and fast rule for pairing of wine and food, but on the basis of some factors i.e. sugar, acid, salt, spice, etc: there are some rules that we can follow i.e.:

1. Sweet with heat

Pair spicy foods with wines that have some residual sugar (e.g. German Riesling). Residual sugar actually cools down spice and creates a balance between the food and the wine. Alternatively, avoid pairing spicy food with highly alcoholic or tannic wine. The heat of the food will actually intensify the alcohol and the tannins in the wine, which in turn will make the dish seem even spicier.

2. Smoke with oak

Pair grilled or charred food with wines that have been aged in oak (eg. California Chardonnay). Because oaked wines are often more intense, they can overwhelm the flavours in a dish, so they need to be paired with foods that match that intensity. Grilled foods tend to tame that oaky intensity and bring out the fruity flavour of the wine instead.

3. Match flavour and texture

Pair food with wines that have similar flavours and texture. An easy way to do this is to match mildly flavoured wines with mildly flavoured foods with bid, flavourful wines. Similarly, rich foods should be paired with rich wines. When food and wine have similar qualities, they complement each other and enhance the texture/flavour that they have in common. There is a reason lobster with butter sauce is often paired with California Chardonnay – they are both buttery in flavour and share a rich, creamy texture. The same goes for French, un-oaked Chablis and raw oysters – both bring in flavour and share a light, delicate texture.

4. Acid & Tannin with fat

Pair fried or fatty foods with wines that are high in acid (e.g. French Sauvignon Blanc) or tannin (e.g. California Cabernet Sauvignon). Acid cuts through the richness in food and rounds out the flavours in your mouth. It also acts as a palate cleanser, which helps create balance between rich/oily food and wine. However, avoid pairing acidic wines with creamy sauces (Think of squeezing lemon into a cup of milk). This pairing will clash, so you are better off

pairing cream-based dishes with a complementary wine instead. Like acid, tannin also cuts through richness. This is another reason why the red wine with red meat rule works – the tannins in a wine like Cabernet Sauvignon cut through the fat and help strip it from your tongue. Tannins essentially act as a palate cleanser so that you aren't overwhelmed by the richness of the dish.

5. Sweet with salt

Pair sweet wines with salty foods. If you have ever had chocolate covered pretzels or kettle corn, you would come to know that salty and sweet can make a magical pair. This same principle applies to salty foods pairing off with dry (slightly sweet) or sweet wines. The combination makes sweet wine taste less sweet and more fruity and salty food taste less salty and more savoury. In effect, the sweet counteracts the salt and vice versa so that both elements shine. A classic e.g. of this is pairing blue cheese with port.

6. Sweet with sweet

Pair dessert with wine that is at least as sweet as the dessert itself, if no sweeter. Sweet wines showcase the sweet flavours in food, but if the food is sweeter than the wine, the wine will just taste flabby. Another good rule to follow is to pair dessert with a sweet wine that has complementary flavours. For e.g. Tawny port has a sweet, nutty flavour that goes nicely with sweet, nutty desserts.

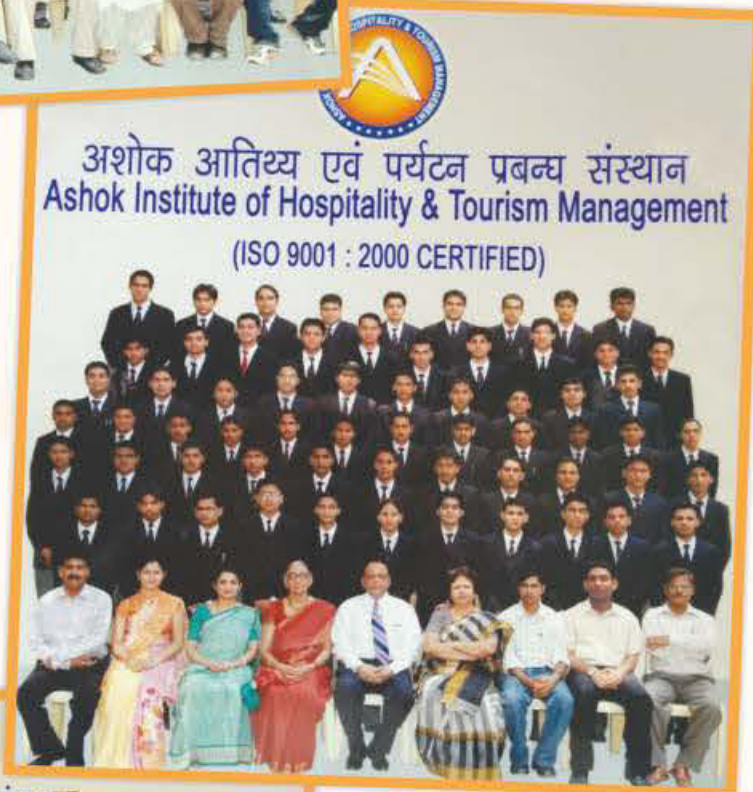
7. What grows together goes together

Pair foods of a particular ethnicity or region with wines from the same place (eg. Spanish food with Spanish wine). Ethnic/regional pairings are typically a match made in heaven because the agriculture and grapevines share the same territory, so they naturally have flavours that complement each other.

- Rohit Yadav



Past Batches



Cultural Activities



Some Recipes

Ingredients:

- 2 wheat or white flour pizza base
- For the topping:
- 1 tsp oregano powder
- 2 tsp pizza topping spices
- 3-4 tbsp tomato sauce or pizza sauce
- 1 cup grated mozzarella cheese
- 3-4 tsp olive oil
- 1 cup iceberg lettuce leaves
- 1 cup sprouts
- 1 tsp pepper powder
- 1 tsp chilli flakes

Method

Spread the sauce over the pizza base. Spread the grated cheese over the sauce and place in an oven at 180 degree C for 7-8 minutes till the cheese melts. Break the lettuce leaves and spinach leaves with your fingers and place in a salad bowl. Add the rest of the ingredients for the salad. Mix in the

Grilled Pizza with Salad



spices and toss gently. Once the cheese has melted remove the pizza base from the oven. Place the salad on the pizza slices and serve at once. You could sprinkle a bit of the grated cheese on the salad if you so desire. Do not overcook the pizza – this pizza preparation is not crunchy.



Zarda

Method

Heat 2 tbsp of oil. Add rice and cardamom seeds. Mix well, add sugar and milk. Cook over a slow fire till rice is tender and dry. Serve decorated with nuts.

Ingredients:

- ½ cup semi-boiled basmati rice
- 1 cup milk and coconut milk
- 5 tbsp sugar
- ¼ tsp cardamom seeds
- 2 tbsp chopped almonds and pistachios

Cold Beetroot Soup



Ingredients:

- 200 gm beetroot
- 1 cup orange juice
- 1 tsp lemon juice
- Salt to taste
- For Garnishing:
- Boiled Egg

Method

Peel the beetroot and cut into small pieces. Boil in 4 cups of water in a pressure cooker till the beetroot is tender. Drain out the water through a strainer and preserve it. Grind the boiled beet pieces in mixer and add to the preserved water.

Now, pass it once again through a sieve. Place in a bowl. Add the orange juice and the lemon juice. Mix well. Garnish with celery leaves or even boiled eggs cut into quarters and serve as a cold soup.

Ingredients:

- 1 large-head iceberg lettuce
- For the Filling:
- 1 large-sized carrot
- 1 cup cooked noodles
- 1 tsp red chilli sauce
- ½ tsp or more vinegar
- 1 tsp lemon juice
- ½ tsp pepper powder

Method

Take a large bowl and place the iceberg lettuce in it. Fill it with chilled water and a handful of ice cubes and place in the freezer. This will allow each of the lettuce leaves to separate individually like a parcel.

For the filling: Cut all the vegetables into very fine long strips. Heat the oil and add the carrots

Iceberg Lettuce Vegetable Parcels



and the boiled noodles. Add spices and toss gently. Cook on high heat for only 2-3 minutes. Remove and keep aside.

To serve: Place a portion of the filling into each of the iceberg lettuce leaves and serve as part of the main course or serve as starters.

Thinking Cap

You can put on your thinking cap and make new recipes yourself. For starters, sprouted mung with a dash of lime juice, topped with grated coconut tastes great. Boiled and sliced beetroot mixed with sliced cucumber, tomatoes and onions seasoned with lime juice and pepper taste good. Sliced raw carrots, turnips, knoll kols, bottle-gourd, radish and cucumber all taste nice if seasoned with olive oil, lime juice and pepper powder.

Curd mixed with sliced banana, guava, chickoo, mango, pineapple or any fruit of your choice or sweetened with grated jaggery or honey make an excellent accompaniment to roti, chapatti or puri. You can also puree these fruits and mix into the

curd along with castor sugar for better taste. Plain roti or parantha tastes awesome. Rice mixed with curd and diced vegetables like cucumber, tomatoes, coriander leaves, green chillies and seasoned with mustard seeds, ginger and curry leaves, makes an excellent nutritious dish.

Tamarind paste mixed with grated jaggery seasoned with chilli powder and roasted and powdered cumin seeds can be eaten with rice or roti or it can also be mixed with boiled potatoes, peas or sweet potatoes to make an excellent snack. The list is endless and you can devise many more recipes on your own. These recipes will never make you miss salt.

- Chef Saurabh Sidhu



LIFE IS CRICKET

Life is CRICKET

Don't lose your WICKET

Try to hit great centuries.....

But don't forget your boundaries.....

Doing a skillful fielding.....

Will earn you a fruitful fielding

Even if you are run out.....

Don't mood out.

Put your sorrows under a latch.....

Than you will be the man of the match

If you play a sincere game.....

You will earn a lot of fame.

Keep on doing your level best.....

God will see to the rest.!!!

- Sudhanshu Semwal, 3rd year

LIFE ACCOUNTANCY

What comes in I "Debit"
What goes out I "Credit"
My Birth is my "Opening Stock"
My Ideas are my "Assets"
My views are my "Liabilities"
Happiness is my "Profit"
Sorrow is my Loss,
Soul is my "Goodwill"
Heart is my "Fixed Assets"
Duties are my "Outstanding"
Friendship is my "Hidden Adjustment"
Character is my "Capital"
Bad things I always "Depreciate"
Good things I always "Appreciate"
Knowledge is my "Investment"
Patient is my "Interest"
My mind is my "Bank Balance"
Thinking is my "Current Assets"
Behaviour is my "Journal Entry"
Aim is totally the "Balance Sheet"
Death is my "Closing Stock".

+
/
X
%
+
/
X
%

- Chaitanya Bhardwaj, 2nd year

LOVE



Love of NATION...

Makes a man – PATRIOT

Love of KNOWLEDGE...

Makes a man – SCHOLAR

Love for NATURE...

Makes a man – POET

Love for MONEY...

Makes a man – MISER

Love for BEAUTY

Makes a man – MAD

Love for DUTY...

Makes a man – GREAT.

- Shivam Sharma, 3rd year

बेटियाँ शुभकामनाएं हैं

बेटियाँ पावन दुआएं हैं।
बेटियाँ जातक कथाएँ हैं।
बेटियाँ गुरुग्रन्थ की वाणी हैं।
बेटियाँ वैदिक ऋचाएँ हैं।
जिनमें भगवान बसता है
बेटियाँ वे वन्दनाएँ हैं।
त्याग तप गुण धर्म, साहस
की बेटियाँ गौरव कथाएँ हैं।
बेटियाँ हर्षित व्यथाएँ हैं।
बेटियाँ जल की घटाएँ हैं।
बेटियाँ संवेदनाएँ हैं।
बेटियाँ शुभकामनाएँ हैं।

लक्ष्मी अरोड़ा
सहायक, एमपीडीसी



FUN FACTS

Every single human being living on this planet has a part to play in recycling, in protecting this precious world, and making it greener, less toxic and more inhabitable.



By recycling a can,
you can save enough
energy to run a
television for 3 hours
or light a 100 watt
bulb for 20 hours.

Did you know one ton
of recycled paper
saves 17 trees,
380 gallons of oil,
3 cubic yards of
landfill space, 4000 KW
of energy, and
7000 gallons of waste.

The energy saved
by recycling 19 Billion
steel cans each year
is the same as
Los Angeles'
energy requirements
for 8 years.

Products made from
recycled cardboard
use 1/4 of the energy
and create 1/2 the
pollution as making
them from
new materials.

Used plastic soda and
juice bottles are used
to make carpets,
insulating material in
clothes and sleeping bags,
strapping, scouring pads,
auto parts, paint brushes,
bottles, and other things
like tennis balls!

The amount of
plastic bags and
other plastic rubbish
thrown into the
sea can kill as
many as a million sea
creatures every year.

Glass and
Aluminium can be
recycled an
infinite number
of times.

Every 5-minute
shower that you
enjoy uses
around 35 gallons
of water.

Did you know that
the Sunday
newspaper you
receive each
week is produced
from cutting down
500,000 trees?



Recycle

Recycling is one of the best ways for you to have a positive impact on the world in which we live. We must act fast as the amount of waste we create is increasing all the time and threatening the existence of our planet and ourselves too.

Our Flagbearers



Ashok Institute Batch 2009-2013



Hunar se Rozgar students with Kumari Selja



Ashok Institute Batch 2010-2014



Training program on Mentoring and Coaching conducted by AIH&TM at Samrat Hotel attended by Senior Executives of ITDC

Food for the 'thoughtful' Hotelier !

As a Hotelier, you have got to know your spices,
sauces, soups and bosses intimately !

We present here a brain teaser... hidden within these letters
are all the essential names of Herbs and Spices



Salads, Salad Dressings, and the
Kitchen hierarchy. So, get cracking and
jot them down after discovering them !



To increase your knowledge further
and to impress the guests,
it would be great to do some
more research about these essential food
ingredients in the Library !



Add some **HERBS & SPICES** to your life !

G	A	S	D	F	E	W	R	F	T	Y	G	S	S	T	E	R	F	Y	U
I	Z	X	C	V	B	N	M	G	D	E	R	T	S	A	Q	W	E	Z	I
N	A	S	C	I	N	N	A	M	O	N	P	A	Z	R	C	E	N	S	O
G	D	F	A	L	L	S	P	I	C	E	O	R	X	R	S	E	U	R	P
E	W	E	R	Q	W	E	R	T	Y	U	I	A	U	A	V	B	G	N	Y
R	O	A	D	R	O	L	L	E	R	N	H	N	W	G	E	R	R	G	T
S	D	G	A	R	L	I	C	Z	X	C	V	I	B	O	N	M	E	S	E
S	D	F	M	X	V	E	A	W	R	T	F	S	X	N	A	C	E	B	R
C	X	Z	O	A	S	D	P	V	F	E	R	E	X	S	R	T	K	C	D
A	S	D	M	E	R	T	E	X	C	V	E	Y	D	E	B	N	M	J	W
A	S	F	G	E	W	Q	R	Z	X	C	V	N	U	T	M	E	G	B	Q
C	A	R	A	W	A	Y	S	W	E	R	T	Y	U	I	A	O	P	A	C
A	S	D	F	G	H	J	K	L	P	O	U	Y	T	R	C	E	W	Q	E
M	N	B	V	C	D	M	U	S	T	A	R	D	S	E	E	R	T	Y	L
Q	W	E	R	T	Y	U	I	O	P	A	S	D	F	G	H	J	K	L	E
P	O	P	P	Y	S	E	E	D	S	Z	X	C	V	S	B	N	M	U	R
E	Z	X	A	C	V	N	T	Y	H	U	I	R	P	A	R	S	L	E	Y
P	O	K	P	A	S	X	T	H	Y	M	E	Q	A	G	Z	W	S	W	A
P	T	G	R	E	D	C	R	F	V	I	Y	H	N	E	U	J	T	S	S
E	P	D	I	L	L	X	D	T	Y	N	I	K	L	P	O	H	U	Z	D
R	T	G	K	B	Y	H	N	U	J	T	L	K	J	H	G	F	R	A	F
A	S	G	A	R	W	E	T	Y	U	I	P	O	D	F	G	H	M	D	G
Z	X	C	V	B	S	E	T	M	A	R	J	O	R	A	M	J	E	S	H
A	S	D	F	G	F	T	Q	W	E	R	T	Y	U	I	O	P	R	E	U
S	A	F	F	R	O	N	Z	X	C	V	B	N	M	A	G	H	I	W	T
Q	W	E	R	T	Y	U	I	O	P	A	S	D	F	G	H	J	C	K	E

Get to know your SALADS & SALAD DRESSINGS

T	O	S	S	E	D	S	A	L	A	D	G	F	P	H
A	X	M	A	Y	O	N	N	A	I	S	E	R	A	O
S	C	C	A	R	M	E	N	E	R	U	Y	E	R	N
F	V	R	Z	X	C	E	Z	A	Q	F	G	N	I	G
D	B	E	T	R	E	W	Q	D	S	W	E	C	S	R
E	H	O	L	L	A	N	D	A	I	S	E	H	S	O
R	N	L	A	Z	X	S	W	F	G	H	Y	U	I	I
T	V	E	A	X	E	W	E	C	D	F	J	E	E	S
A	I	F	B	W	V	C	R	V	W	E	S	V	N	E
N	N	G	J	A	P	O	N	N	A	I	S	E	N	Q
D	A	H	S	L	F	D	T	V	C	X	D	C	E	F
A	I	D	D	D	A	L	I	L	A	A	Z	C	V	B
L	G	J	I	O	O	M	E	R	V	S	D	C	M	X
O	R	K	F	R	E	W	S	A	Q	R	C	X	Z	B
U	E	L	X	F	E	L	A	P	E	R	O	U	S	E
S	T	C	E	S	H	N	D	V	T	Y	P	G	R	T
E	T	H	A	B	A	G	R	A	T	I	O	N	G	F
I	E	A	S	W	Q	E	R	D	Y	W	X	A	B	N
Y	G	T	D	L	J	O	R	I	E	N	T	A	L	E
T	H	E	F	K	J	W	R	E	N	S	D	F	G	H
C	O	L	E	S	L	A	W	W	G	X	C	V	B	N
R	J	A	W	Y	H	I	T	E	L	F	G	H	J	K
E	U	I	Q	H	F	D	Y	R	I	A	F	G	H	J
B	Y	N	C	M	G	A	T	T	S	Q	W	E	R	K
F	B	E	R	N	D	S	G	Y	H	I	U	Y	T	L



Who's the BOSS ? Follow the
KITCHEN HIERARCHY

E	X	E	C	U	T	I	V	E	C	H	E	F	E	O
A	S	W	O	Q	W	E	T	R	D	Y	U	I	K	J
R	A	S	M	D	F	R	E	V	P	O	R	T	E	R
O	W	E	M	R	T	Y	U	I	O	P	L	K	G	F
T	Q	E	U	Z	X	C	V	B	N	M	O	P	U	C
I	A	S	N	L	H	C	S	D	F	G	R	T	Y	H
S	B	H	A	C	D	E	M	I	C	D	P	M	L	E
S	E	D	R	X	G	H	U	T	O	Y	I	O	X	F
E	L	K	J	G	S	Z	X	R	M	T	Y	H	M	G
U	A	S	D	F	G	H	U	I	M	I	J	K	L	A
R	X	D	V	G	H	G	H	E	I	D	S	V	B	R
Q	D	F	G	T	H	Y	J	K	S	U	T	E	W	D
W	G	H	J	K	R	E	W	C	X	V	T	D	V	E
S	Z	A	P	P	R	E	N	T	I	C	E	S	O	M
P	Z	S	D	F	R	T	H	R	N	M	J	U	Y	A
O	Q	B	V	C	B	N	M	A	Z	X	D	E	T	N
I	E	O	X	C	V	B	N	I	M	L	K	J	H	G
S	D	U	E	T	O	U	R	N	A	N	T	F	G	E
S	C	L	W	S	X	E	D	E	W	E	R	T	Y	R
O	R	A	T	Y	U	I	V	E	S	D	R	E	T	Y
N	F	N	J	H	F	D	S	S	A	U	C	I	E	R
E	V	G	Z	X	D	E	G	T	Y	U	I	O	P	R
I	Y	E	L	K	J	G	D	W	E	D	C	R	F	V
R	H	R	S	G	R	I	L	L	A	R	D	I	N	T
M	N	E	D	E	T	Y	U	I	O	P	S	D	F	G





कलम तलवार से तेज हो सकती है बशर्ते कलम में धार हो,
आप सफल हो सकते हैं बशर्ते खुद पर ऐतबार हो,
परिवार तर्ककी कर सकता है बशर्ते आपस में प्यार हो,
गरीबी में श्री बच्चे पढ़ सकते हैं बशर्ते बालक होनहार हो।

इससे पहले कि आँखों से गिरते आँसू आग बन जाए,
चाँद तारे टिमटिमाता हुआ चिराग बन जाएं,
कुछ ऐसा कीजिए कि शिष्टाचार महकने लगे,
और अपना भारत सोने की चिड़िया की तरह चँहकने लगे।

एक हंसी नजारा देखने को दुबारा नहीं मिलता,
कोई फूल एक ही बार खिलता है दुबारा नहीं खिलता,
जिंदगी एक बार मिलती है इसे जी भर के जी लीजिए,
ये सच है कि जीवन किसी को दुबारा नहीं मिलता।

जिंदगी में जिन्हें बहुत सा काम करना होता है,
सितारों तलक जिन्हें अपना नाम करना होता है,
वो जिंदगी का एक पल भी खोते नहीं हैं,
हर हाल में खुश रहते हैं कभी रोते नहीं हैं।

जिंदगी के हर इम्तिहान में तुम्हें सफलता मिलती रहे,
तुम्हारे मन में हमेशा आशा की कली खिलती रहे,
है अगर अंधेरों से लड़ाई जिंदगी के हर मोड़ पर
तो जिंदगी कभी न बुझने वाली मशाल की तरह जलती रहे।

हर वो चीज जो आज नई है, कल पुरानी हो जाएगी,
जो आज हकीकत है, कल कहानी हो जाएगी,
जमाने के डर से बदलोने अगर कहानी के मोड़ को,
तो 'जिंदगी' तो रहेगी, लेकिन बेमानी हो जाएगी।

बुझी हुई शमा के साथ, कोई परवाना क्या जलेगा,
जलती हुई शमा के साथ, लाखों जलते हैं।
जिसे खुद पर यकीन नहीं, उसके साथ कोई क्या चलेगा,
जिसे खुद पर भरोसा है, उसके साथ जमाने चलते हैं।

- मोहित डागर



SAVE ME... I ALSO WANNA LIVE !

The birth of a life
Takes in a mother's womb
A seed
Waiting to breathe in fresh air
Blind, defenseless, unaware
Of the plot to end its life...



India was once considered to be the land of salvation, imbued with love for God & all his creations. But it is sad to observe that it is gradually becoming stained with the murder of countless female foetuses ? Why is India becoming a land of boys only ? Don't girls have the right to live, just as boys ? Have the people forgotten that if they continue to kill the girl child one day they will evade the very possibility of their birth and survival ? If there are no more girls, there will be no more wombs ! Who will then beget our future generations ?

It is high time that the society realizes the need of maintaining a balance between the two genders. We must remember that India is a place where the ancient scriptures have regarded (women) as goddesses. Not to forget, a woman spends the major portion of her life in comforting others, be it her parents, siblings, husbands, in-laws or society at large.

If she alone efficiently manages so many relations, why is she still considered a liability ?

- Vanshika Bhatia
AIH&TM - 4th Year

Thoughtless Thought

People pray for a boy not for a girl,
They desire a boy not a girl,
Blessings are for a boy not for a girl,
They love to have a boy not a girl,
But,
In need of wealth,
They turn to Goddess Lakshmi,
In need of Courage,
They turn to Goddess Durga,
In need of Education,
They turn to Goddess Saraswati,
For general well being,
They organise Devi Pujan,
Can anyone tell me?
Why do they HESITATE?
To bring a DEVI in the world



- Vaibhav Chadha
4th Year

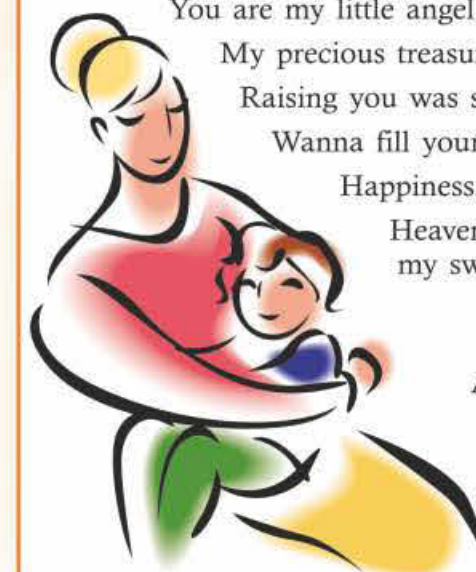
S - See your Goals
U - Understand the obstacles
C - Create a mental positive picture
C - Clear your mind of self doubt
E - Embrace the challenges
S - Stay on track
S - Show the world you can do it



My Sweet Daughter

Close your eyes
Let your imagination flow
Feel the love, let me show
You are my little princess
That's all I want you to know
Every morning I see your face
It's heaven's blessing
I'm alive, I know, seeing you smiling
Some days I might not show
Sorry if I'm not always there
But don't think I don't care

You are my little angel
My precious treasure
Raising you was such a pleasure
Wanna fill your life with laughter
Happiness, joy and smiles
Heaven blessed, you are
my sweet daughter



- Vanshika Bhatia
AIH&TM - 4th Year

Berries

Ripe, sweet, juicy local berries are a great treat during summer. Berries don't ripen after picking, so choose bright, deeply colored berries without any mushiness. Berries are delicate creatures that are at their best eaten quickly after picking. Store them, if needed, covered and chilled. Rinse and pat dry just before eating or using.

Cranberries

Cranberries are native to North America, where they grow or are grown in bogs. Hard and tart, they are usually cooked with some amount of sugar, dried and sweetened, or used to make syrups or other preserves.



Blackberries

Many different berries fall into the category of "blackberries" – Marionberries (named after Marion county in Oregon) are perhaps the best known. What they all share is a deep purple, almost black color and an equally deep flavor. They have a woody note that is particularly delicious in tarts and jams.

Try blackberries in a Blackberry Honey Crisp, Blackberry Hazelnut Crisp, or a Blackberry Buttermilk Cobbler.

Blackberries are in season starting in May through July.

Blueberries

Blueberries are plump dots of tart sweetness. Wild blueberries tend to be smaller and have more concentrated flavor, cultivated blueberries are bigger and juicier. Watch out, however, for flavorless blueberries, which have become all too common. Luckily, most vendors at farmers markets will give you a taste of their wares before you buy.

Blueberries are delicious in a pie, turnovers, shortcake, Blueberry & Jam Tarts, Blueberry Yogurt Cornmeal Cake, Blueberry Almond Crisp, or cobbles. They can also be used to make cooling sorbet or ice cream. They make lovely additions to tossed salads, too!

Blueberries are in season from June through August.

Cranberries are harvested in September into November.

Gooseberries

Gooseberries are small pebble-like green berries with a silvery cast and a sour-tart hit. Because of their intense flavor they are best in jams, pies and other highly sweetened dishes. Gooseberries can also be used – like cranberries – to make sauces that go well with duck and game.

Gooseberries grow in cooler but not harsh climates where they are in season from July into September.

Raspberries

Raspberries have hollow cores (that's the prime difference between them and blackberries) and come in delicate pink to deep red to golden and even black. Raspberries are perhaps the most delicate of all the berries. Look for matte berries with no bruising or crushing or anything remotely out of sorts – once one raspberry starts to fail, the rest tend to follow quickly.

Since raspberries don't keep well, plan to use them quickly. Rinse berries quickly in cool water just before using and dry by laying gently on a clean towels and patting dry. Try the lightly tangy flavor of raspberries with a bit of cream and sugar or in a Cornmeal Raspberry Cobbler, a Raspberry Peach Bread Pudding, or mashed and used in a simple Berry Fool.

Look for raspberries in June into August.

Strawberries

Perfectly ripe strawberries are best eaten out of hand. To jazz them up, hull them, pour heavy cream or good-quality balsamic vinegar over them. Another favorite quick treat is to dip strawberries in sour cream or plain yogurt and then into a bit of brown sugar. Strawberries are also delicious on cereal, as a shortcake, in a smoothie, or baked into Strawberry Ricotta Muffins. Strawberries match up nicely with

other berries, melons, and tropical fruits in a simple fruit salad.

Strawberries are great in savory dishes, like Strawberry Hazelnut Salad or Strawberry Poblana Salsa.

Strawberries from California and Florida are available all year round, but ripe local berries are at their best during their traditional season between April and July.



ESPRESSO



Espresso is a concentrated beverage brewed by forcing a small amount of nearly boiling water under pressure through finely ground coffee beans. Espresso often has a thicker consistency than coffee brewed by other methods, a higher concentration of suspended and dissolved solids, and crema (meaning cream, but being a reference to the foam with a creamy texture that forms as a result of the pressure). As a result of the pressurized brewing process the flavours and chemicals in a typical cup of coffee are very concentrated. Espresso is the base for other drinks, such as a latte, cappuccino, macchiato, mocha, or americano. Espresso has more caffeine per unit volume than most beverages, but the usual serving size is smaller – a typical 60 ml (2 US fluid ounce) of espresso has 80 to 150 mg of caffeine, less than the 95 to 200 mg of a standard 240 ml (8 US fluid ounces) cup of drip-brewed coffee.



CHEF



C - CHARMING +
H - HONORABLE +
E - ENCOURAGING +
F - FABULOUS

Round-up



BIHBM 2008-12 Students at Taj Hotel Malaysia



Certificate Distribution Ceremony by DCM (ITDC) of Training Programme on Disciplinary Inquiries.



Hunar Se Rozgar Food Production Students



Executive Development Programme at Hotel Samrat



Hunar Se Rozgar Security Guards Batch



Executives of ITDC at the Training Programme by Brahmakumari's on "Developing Inner Power & Stress Free Management" at Hotel Samrat, New Delhi



Students and Faculty at the farewell party of BIHBM Batch 2010-2014



Students and Faculty at the farewell party of BIHBM Batch 2010-2014

Some of Our Achievers



Afzal Karim
Mathens



C. Lalnunmawii
Goldfinch Retreat



Dhiraj Jyoti Das
HMS



Lalrammanpuui
Lalit Ashok



Suhinita Sinha
Lalit Ashok



Rosalind Saizampuli
Goldfinch Retreat



Ajitpal Singh
Atrium Hotel, Faridabad



Ashwani Kumar
Fashion TV



Bhart Malik
ITDC



Jose Francis
Leela Kempinski



Mandeep Singh Sawhney
JW Marriot



Ravinder Tyagi
Oberoi Vanyavilas, Rajasthan