

## **Munnar Catering College**

SOUVENIR 2010

Thachankary Hills, Sooryanelli, Munnar-685 618 Kerala, South India.

Phone: 00-91-4868 - 249900 - 901 - 902 Mobile: 94477 06660, 94477 16661, 94477 26662, 94477 36663, 94477 46664, 94477 76667

E-mail: info@munnarcateringcollege.edu.in admissions@munnarcateringcollege.edu.in

www.munnarcateringcollege.edu.in







## **TOP BRANDS FOR TOP HOTELS**















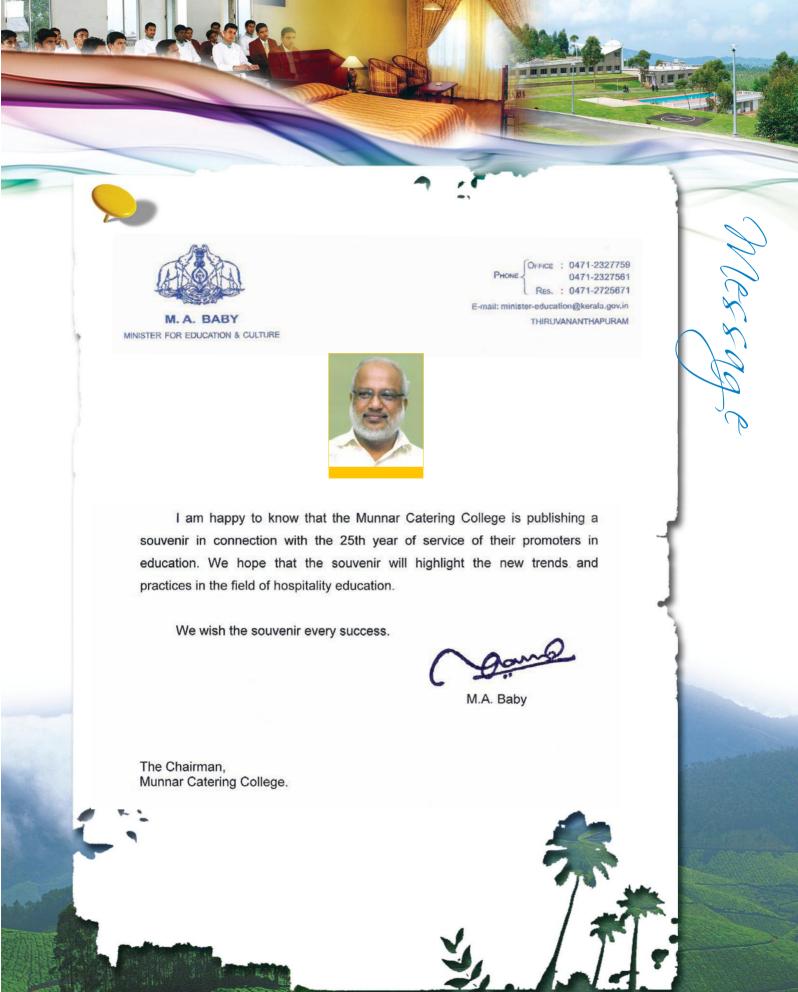


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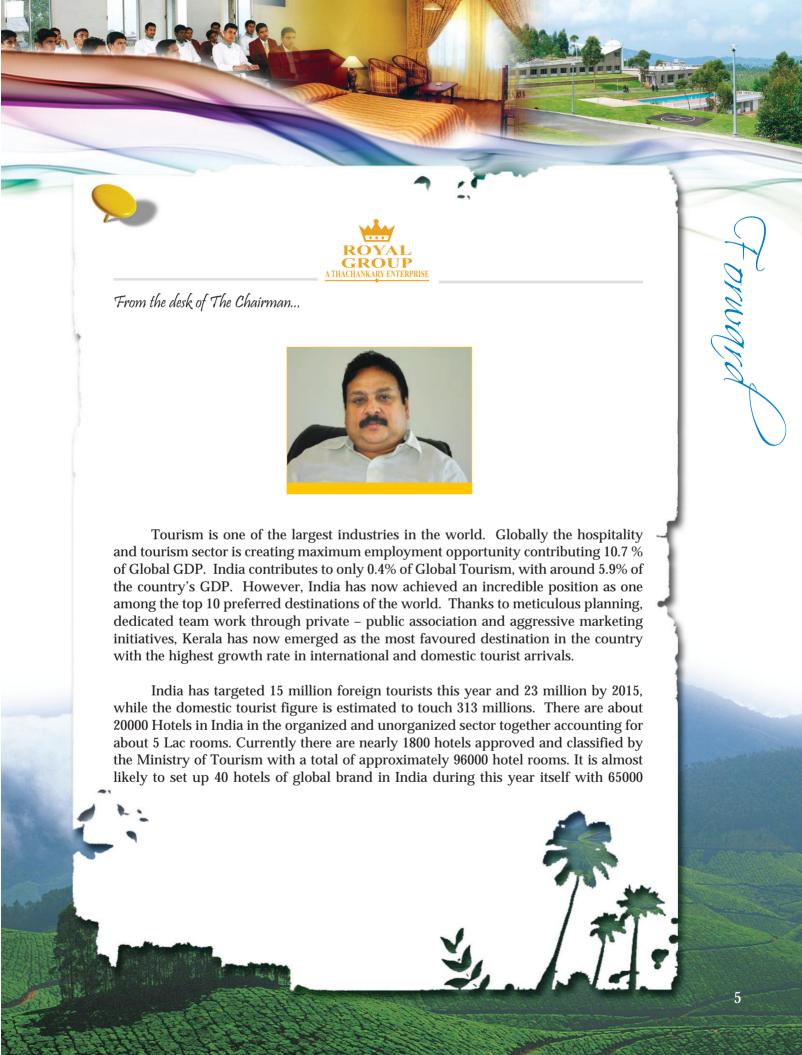
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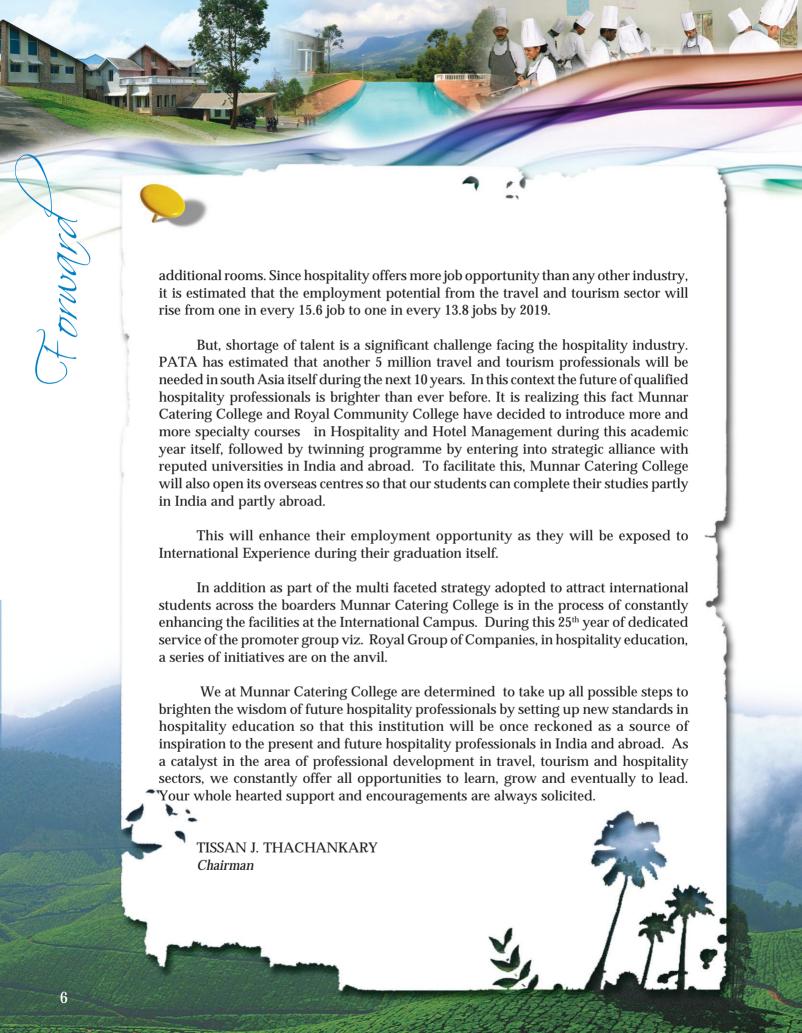




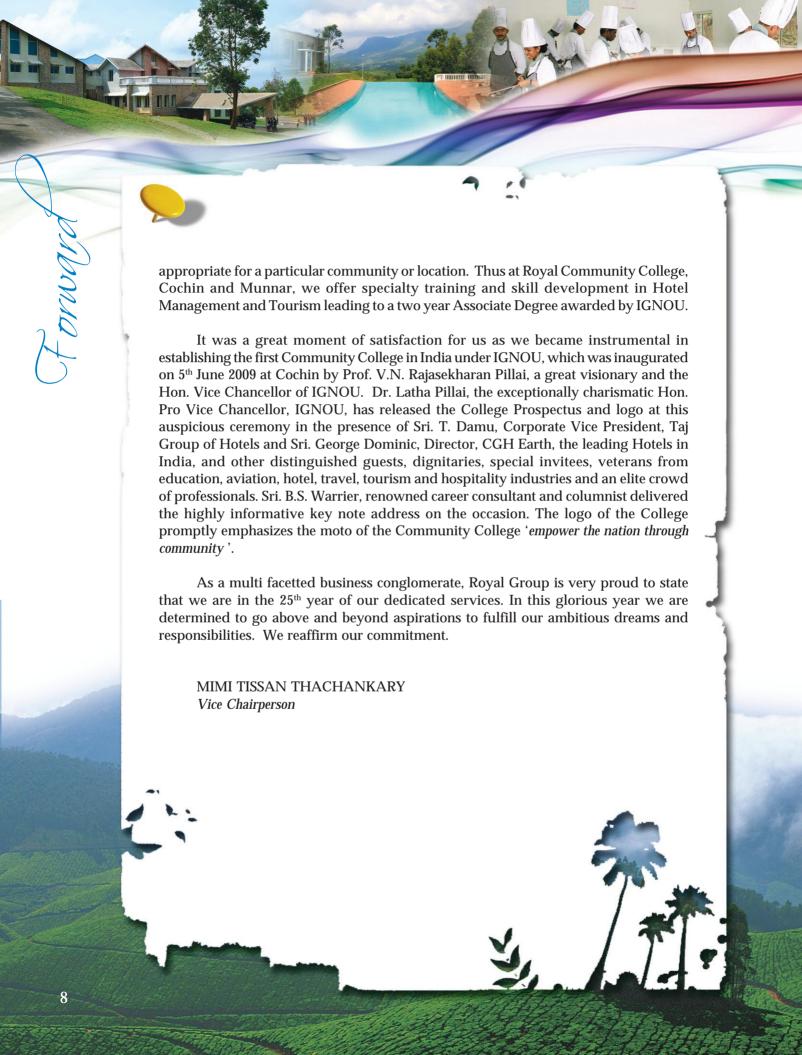




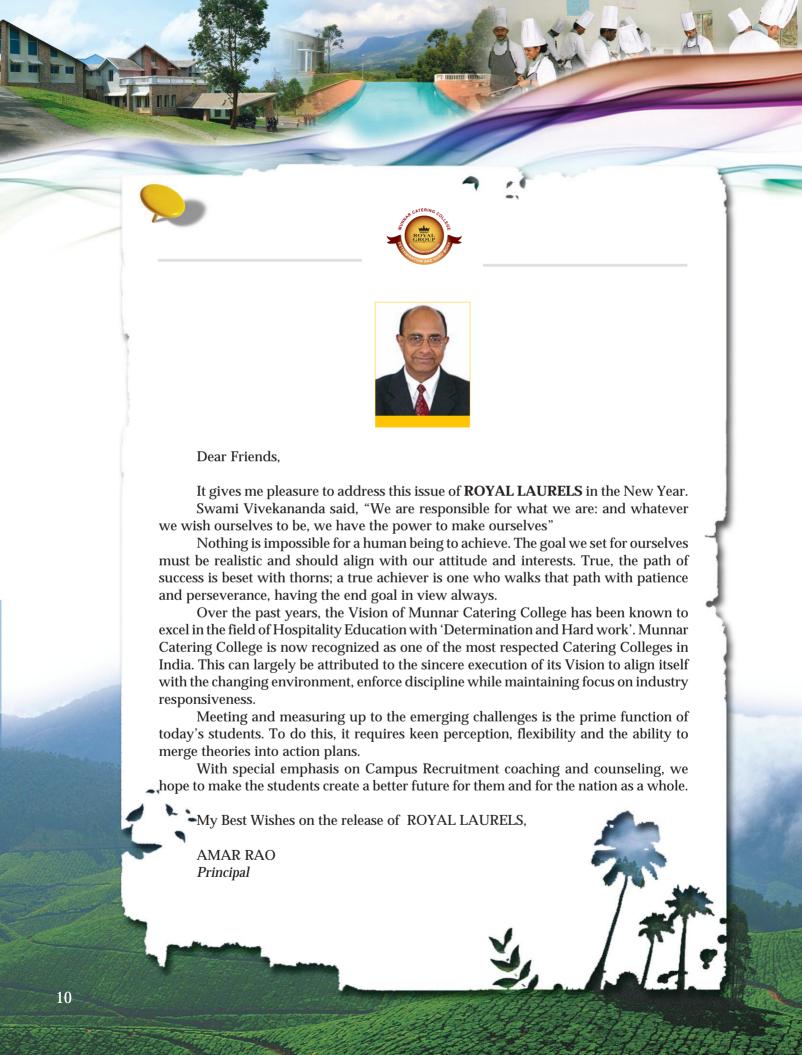














By C.Rajesh Kumar Vice Principal

Vorld Travel and Tourism Council (WTTC) has predicted that the economics of the 21<sup>st</sup> century will be dominated by three major industries, the Telecommunications Industry, Information Technology and the Travel and Tourism Industries. Travel and Tourism industry is the only industry to have grown 500% during the last 25 years. Also, when compared to other industries the Travel and Tourism industry has the capacity to create more jobs for every million rupee of investment. It is estimated that more than a hundred million people are employed by this sector worldwide.

Although the Travel and Tourism industry is experiencing a temporary phase of decline due to global recession, it is expected that both international and domestic tourism will experience a boom in the coming years. World Travel and Tourism Council estimates a 45% per annum increase in the total amount of Travel and Tourism economic activity between now and the year 2012.

The earnings from Travel and Tourism have made it one of the fastest growing sectors of global trade accounting for 10.7% of global gross domestic profit, 12.8% of global exports, 8.2% of global employment and 9.4% of global capital investment.

## **Current Market Trends in Travel and Tourism:**

A recently released research by the Tourism Journalists Association shows that people will be more cautious in spending for leisure travels and will engage in more meaningful, rather than extravagant, vacations. For example, consumers may be less willing to take a traditional, seven-day vacation, opting

instead for a long weekend or a 'mini-vacation.'

Current Market Trends in Travel and Tourism revolve around "Eco-Tourism" and "Adventure Travel", as also "Sustainable Tourism", "Responsible Tourism", "Nature Based Travel", "Green Travel", "Multi-Sport Adventures" and "Cultural Tourism".

"Adventure Travel" includes the idea of risk and sometimes some unconventional means of transport. Soft adventures have a lower level of risk, greater comfort in accommodations and are less physically rigorous. Hard adventures often have very basic facilities, higher risk factor and greater physical challenge such as mountain climbing, backpacking or river expeditions.

"Multi-Sport Adventures", these trips have a focus on physical outdoor activities rafting, mountain biking, climbing, surfing, diving, etc. all offered in the same package.

Just as "Adventure Travel" and "Multi-Sport Adventures are popular among the youngsters, the elders have shown a marked preference for the quiet and relaxed mode of "Cultural Tourism" and "Spiritual Tourism". Interacting with and observing unique cultures and religions are the focus of this style of trip. The concept of learning from other cultures to broaden ones perspective usually forms the core of a cultural tourism. An artisan showing how to weave a carpet and learning from them about their traditional dress would be a form of cultural tourism.

Spiritual Tourism" includes religious absorption of a country's core philosophy of spiritual wisdom as well as communion with nature that could well be a much-needed break for a weary soul from the concerns of routine everyday life.





As health care costs skyrocket, patients in the developed world are looking overseas for medical treatment. Countries like India have some of the best hospitals and treatment centers in the world with the best facilities. Also these countries have some of the most favourable tourist destinations in the world; Medication combined with tourism has come into being, from which the concept of Medical Tourism has evolved.

#### **Future of Travel and Tourism in India**

World Travel and Tourism Council (WTTC) has identified India as one of the world's foremost tourist growth centers in the coming decade. By the year 2020 India is expected to achieve a 9.7% growth rate of the total amount of economic activity likely to be generated by the Travel and Tourism industry, with the spending by international tourists in India to reach 14.3% per annum(likely to be the fastest).

According to the latest Tourism Satellite Accounting (TSA) research, released by the World Travel and Tourism Council (WTTC) and its strategic partner Oxford Economics in March 2009:

- The demand for travel and tourism in India is expected to grow by 8.2 per cent between 2010 and 2019 and will place India at the third position in the world.
- India's travel and tourism sector is expected to be the second largest employer in the world, employing 40,037,000 by 2019.
- Capital investment in India's travel and tourism sector is expected to grow at 8.8 per cent between 2010 and 2019.
- The report forecasts India to get capital investment worth US\$ 94.5 billion in the travel and tourism sector in 2019.
- India is projected to become the fifth fastest growing business travel destination from 2010-2019 with an estimated real growth rate of 7.6 per cent.
- Preparing for the 2010 Commonwealth Games in Delhi, the Tourism Ministry is

exploring the provision of tented accommodation to tourists in Faridabad and Surajkund in nearby Haryana

As per the Travel and Tourism Competitiveness Report 2009 by the World Economic Forum, India is ranked the 14th best tourist destination for its natural resources and 24th for its cultural resources, with many World Heritage sites, both natural and cultural, rich fauna, and strong creative industries in the country. India also achieved the 37th rank for its air transport network. The India travel and tourism industry ranked 5th in the long-term (10-year) growth and is expected to be the second largest employer in the world by 2019.

India has been ranked the "best country brand for value-for-money" in the Country Brand Index (CBI) survey conducted by "Future Brand", a leading global brand consultancy.

## Global Career Opportunities in Travel and Tourism

Today there cannot be a more exciting and challenging career opportunity than those offered by the hospitality, tourism and leisure industry. This is the world's fastest-growing, job-creating profession. The enormous scope for movement between the industry's many sectors is an important consideration in view of the uncertainty of today's job market.

Increasingly more and more youngsters are drawn towards the richly rewarding and hugely interesting careers offered by this industry. When looking for a college or university that offers the hospitality industry programme most suited to their needs and qualifications, it is important for the student to select an officially accredited course, since there are many of differing quality and industry credibility.

Although it is common practice to take up either hospitality or tourism degrees, there are possibilities of studying a combination of hospitality and tourism or tourism and leisure or hospitality and marketing. In an economic



the key considerations when following a career path, today's young job aspirants are increasingly responsible for their own career development and are therefore forced to constantly update their skills and knowledge to secure fast promotion and good financial remuneration.

Given the international nature of the Travel

and Tourism industry the student has every chance of securing a job of their choice either in their own country or in a country of their choice. Either way the Travel or Tourism industry would be the most rewarding and exciting of industry to be working in the years to come.

### **The Smelliest Spice in the World**

Harilal K. Vijayan 1st year M.Sc.

One of the most expressive sayings in Tamil is the phrase "Perungaayam Vaitha Paandam" or 'the box that once had the spice asafoetida in it' says that the spice is gone but just the smell lingers. This phrase, which describes what was once great but now empty or vainglorious, pays tributes to asafoetida and its value in cuisine and medicine.

Now a new use of this spice has been claimed that it helps plants grow well by killing the invading parasites and pathogens. Dr. K.T. Achaya's books – "A historical dictionary of Indian food" and "Indian food- a historical companion" talks about how asafoetida has been imported from Afghanistan since ancient times.

#### **MAJOR COMPONENTS:**

What gives it the pungent smell? It is the sulphides; the simplest of them being the one from the kipp's apparatus of high school chemistry lab. The major component , 2-Butyl 1-Propenyl disulphide, is so "Stinky". That the Europeans called it asafoetid. From the Persian word for raisin and foetida means "stinking". In Latin more colorfully it was called the Devil's dung- both for its shape and smell.

#### **WIDESPREAD EXPORT:**

Ferula asafetida is not grown in India, and the origin of this spice is from Afghanistan, Iran, Turkmenistan, and the region of Central Asia. The gum has been exported from there to all over the world for centuries, both for cooking and as a natural medicine.

Asafoetida has more medicinal uses. Its most common use is to treat indigestion and flatulence. Even today a bit of it is pasted on the stomach of an infant, with the idea that it relieves "locked" gas and acids in digestion. Apparently this is one of the reasons why it is usually added to dishes containing lentils and beans. They contain molecules that disturb the enzyme carbonic anhydrous and thus produce gas. Asafoetida helps to relieve from this effect- or so the theory goes.

#### **SEVERAL OTHER BELIEFS:**

Indeed there are several other beliefs and theories about the medicinal and health effect of asafoetida, from Ayurveda, that are worth validation. Materia Medica says that it is good for goiter, bronchitis, baldness and even to bring on menstruation.



### **THOUGHTS ON WINE**

**Mattew Philip** 

Vice President, Royal Group of Companies

Kerala, the God's own country having the highest literacy rate, highest life expectancy rate, and highest physical quality of life among all Indian states is also having the highest per capita liquor consumption in India. According to recent estimates, the per capita liquor consumption in Kerala is 8.3 litres, while the national average is only 4 litres when considering the total population including women. Amazingly, among those who drink, the per capita consumption in the state is 20 litre per person. It is interesting to know that Keralites spent more money on liquor than on rice. When liquor industry is worth Rs.7500 crore a year, it is only Rs.2800 crore spent on rice. Thus Kerala is edging towards one of the largest consumers of alcoholic beverages in the world.

The history of wine date back to around 6000 BC and is thought to have originated in area around Georgia and Iran. According to an Iranian legend wine was discovered by a despondent Persian girl whose entry into the king's harem was disallowed. The disappointed girl decided to commit suicide by consuming spoiled residue of rotten grapes. Instead of poisoning, the fermented grape juice intoxicated her and slowly she went asleep. When she got up after the intoxication, she felt that life is worth living and enjoying. Her discovery of this intoxicating quality of spoiled grape juice was reported to the king for which she was rewarded.

The use of wine in religious ceremonies is common to many cultures and religions. In Christianity, wine is used in a sacred rite which originated in gospel accounts of the Last Supper. The Bible also describes the miracle done by Jesus by turning water into wine at a wedding

when the stock of wine ran out. However, in Islam the use of liquor in any form is strictly forbidden.

There are controversial reports on the effect of wine on human health. Certain medical studies point to the multiple benefits of regular moderate wine drinking. According to various studies it is believed that moderate consumption of red wine on regular basis is a preventative against coronary diseases and some form of cancer. But at the same time it is also reported that over drinking can directly damage the heart muscles cells, causing breathlessness and fatigue. Among other risks associated with overdrinking are hypertension, liver damage, shrinkage of brain, enlargement of pancreas and forgetfulness. Around 20,000 of the 293000 new cases of cancer diagnosed each year in Britain are thought to be caused by excessive alcohol consumption.

All these being on one side many people simply pour their wine and drink it without considering the quality, quantity or the occasion. It is a fact that if the wine is handled with respect and allowed to develop its full character by using the right decanter and glasses it will reward with a difference in smell, taste and feel. A combination of glass and wine produces a perfect harmony. A good wine provides a symphony of taste and aroma if the right glass is used. Most wine benefit from being allowed to breath for at least an hour before serving. If wine is not served at the right temperature it will inhibit its bouquet and flavour.

The tasting of wine is also an art. To fully enjoy the wine one has to first appreciate its colour and viscosity by swirling it in the glass bowl. Swirling will also help to aerate the wine



and release its full aroma. The right glass will reveal the best in a wine. Therefore for red wine, larger bowls are used as it will help the wine to interact with the air and fully develop its aroma. In the case of white wine as it is served cold, smaller bowl reduces the amount poured and help ensure the wine taste cool from the glass. Since wide glasses will warm the wine and exhaust its sparkling prematurely, sparkling wines are best served in slim flutes.

As in the case of any food and beverages, satisfaction from wine is achieved when all expectations are met. To ensure this, wine is to

be handled carefully with respect, especially as overdrinking is highly dangerous to the individual and the society alike.

The nutritional content of wine is minimal. There is no fat, cholesterol or dietary fiber in any wine. When combined with certain drugs, alcohol in any form can produce an adverse reaction. Thus the US Food and Drug Administration has advised 'to drink any alcoholic beverages only in moderation, with meals and when consumption does not put one at risk'. However, wine is not a cure-all and not everyone should drink.

### **Ragging an Academic Evil**

Aninto.M.Sunny Ist year dual

Of late 'ragging' has been a common practice among the students. It is a common word which means 'playing rough practical jokes on any person'. It has been so common that a student who leaves home for the hostel to attain higher education is struck with horror at the thought that he is bound to be a victim of 'ragging'. It posses a great threat even to the parents who find no other alternatives then to make their ward an easy prey to this academic evil. No one can be certain when this rough practice was in vogue among the students. But we are sure that the students who wished to enjoy themselves started this on their fellow students. They started teasing and making fun of the juniors for temporary enjoyment without hurting them. However in the course of time it has been assumed a dreadful form.

We shouldn't indulge in this evil in any way. Knowing that the lives of many brilliant students are nipped due to ragging. I'm gifted to be able to study in a ragging free campus of M.C.C.

"MAN IS THE ARCHITECT OF HIS OWN FORTUNE"

Many people depend on luck. They do not work hard, because they think that success cannot be gained without luck. Such people are weak minded. They blame their fate for their failures. Some people don't depend on fate or luck. They have strong will power, courage and confidence. Such people build up fortune by their own efforts. They believe that sitting idle and depending on fate or luck will never bring success. We have heard of many great men who rose to power and position, became very rich from a humble beginning by the dint of their own effort.

The goddess of fortune smiles on those who are industrious, who work with patience and perseverance. Idle people depend on fate and spoil their life in misery. They blame their fate for their miserable life. But we ourselves are responsible for our good or bad luck. We can be what we like to be if we work hard resolutely to reach the goal of our life. Thus we can build fortune for ourselves.





## **Staff motivation a key to success**

Shibu George Principal MCC Cochin

While most managers understand how great guest service begins at the top, not all can "walk the talk". It is important to produce happy employees who in turn produce happy guests. People need and want acceptance, approval, and recognition.

The most important actions you can take to respond to those needs are communicate, communicate, communicate, recognize, recognize, recognize, thank, thank, and thank. Develop ongoing weekly or monthly programs that will keep employees connected to you emotionally, create excitement, and make your business unique compared to your nearby competitors.

## Few ideas that could reap the rewards of satisfied employees.

- Praise individuals publicly.
- Take out a full-page ad in the hotel magazine once a year thanking employees individually, by name.
- Give certificates with gifts for those with perfect attendance records for the month.
- Give every employee printed business cards.
- Ask employees regularly what else you can do for them to help them do a good job.
- Include career development discussions in all performance reviews.
- Selection of employee of the month/quarter/ year by peers not just management

Spontaneous calls from corporate to line staff saying how they are appreciated You should not underestimate the power of developing your staff. Invest in your staff in various ways, especially with certification at every level, goes a long way toward helping retention. And improving the employee retention problem will go a long way towards

solving the recruiting problem. Certification is recommended because it creates the framework for each hospitality professional by defining exactly what it takes to be successful in a particular role. Certification creates a level playing field especially when a company operates hotels of various brands. And it provides a new starting point for ongoing professional and leadership growth. If anyone is serious about the hospitality industry and committed to a career in it, certification is a must. These are only a few of the infinite number of ideas to keep good staff members and motivate them to work hard toward common goals. Whatever you choose to do, keep doing it consistently and make sure that you are sincere.

# FOOD AND BEVERAGE SERVICE EXHIBITION

Food and beverage service department of our college came up with a well-organized, highly informative exhibition on January 30<sup>th</sup> 2010. All the cutlery and crockery were displayed with utmost care and precision. Covers were laid for various menus and explained to the visitors

The cadets untiringly demonstrated the service of red wine, white wine and sparkling wine. A display of French classical menu also added flavour to the service exhibition.

Juggling skills were demonstrated by our cadets Jibin Sebastian & Jijith Raghavan of II year BAIHA. These kind of events help us to nurture young minds and also make them a perfect fit for the hospitality industry.



SUMATHY.V. Psychologist

Isn't it quite interesting to know that a similar boat race just like our vallamkalli is conducted in Venice (Italy). THE VENITION REGATTA as it is called in Italy is the queen of all boat races.

REGATTA kicks off with a flamboyant parade in which boat men wear traditional costumes of the 15<sup>th</sup> century. The pageant commemorates the historical moment when the Queen of Cyprus, CATERINA CORNANO, donated her island, Cyprus to Venice in 1489. The special attraction in the REGATTA is the women's race. The highlight of the Italian REGATTA is the final thrilling champions race in which experienced rowers compete in two-

oared light gondolas (as the boats are called) in the canal Grande.

Spectators thronging the banks of the river cheer as the rower's race to the center of the canal. This reminds us the banks of vembanad kayal where thousands of people gather and cheer the boat men in their SNAKE BOATS racing for the NEHRU TROPHY

The victorious are handed over the prize winning red flag in REGATTA. A lavishly decorated wooden raft called "MACHINA" is the center of attraction as all the boats race to reach this MACHINA first. Did the Italians copy VALLAMKALLI or Indians copied REGATTA?



### **BEE IN A TREE**

VAISAKH SHAJI

Ist year Dual

'FIG TREES' provide very important food for vertebrates. They may be 1.5 mm in size, but tiny Wasp (bee) that pollinate fig tree can transport pollen ten times faster. They are found in Africa.It is said that fig wasp travel many distance seeking trees to lay their eggs. This shows that they have a chance of surviving if they are isolated through deforestation.

More birds and animals feed on fig tree than any other plant in the rain forest. The fig wasp are weak flyers and they fly up in air column and are carried by the wind. Mostly this tree is found near to the river valleys, lakes etc...

So my dear friends let's preserve these FIG TREES and WASPS for our generations....

#### **LOVE & EGO**

Anitta Thankachen

1st Year A.D.

Once there was an island in which all the feelings lived. They were so happy to live together, but fate changed their life. A flood was on its way and engulfed the whole island. One of the feelings – LOVE, made a boat in which everyone could escape. Everyone boarded the boat in order to leave. LOVE found out that EGO was not coming. LOVE started requesting EGO and persuaded EGO to come with the others. Everybody asked LOVE to leave EGO behind but LOVE was created to love. At last all the other feelings left and only LOVE & EGO remained. At last the island sank and both LOVE & EGO died.

LOVE Always Dies Because of Ego Never let Ego kill LOVE



### **When Work Becomes Prayer**

By Baskaran. R (HOD- Front Office)

To practice and deliver excellence in everything we need to take work as a prayer.

Take Sachin Tendulkar, twenty years in competitive international cricket and still delivering excellence in every form of the game, could not have been possible without mind, body, soul being anchored. That is work becoming "PRAYER".

Look at the dabba walas in Mumbai, these illiterate semiskilled folks deliver 175000 food containers at lunch time daily across Mumbai for most of our Indian Corporate Managers. They have the highest, unbeatable quality standard in the world they are. That again is work becoming "PRAYER".

Consider Resool Pookutty. He trudged 5km to school every day and spent the first twelve years of his life in Veillakkupura (Kollam, Kerala), where the entire village did not have electricity. Who among the fans cared about the quality of sound in Indian cinema till he got India an Oscar for sound engineering in Slumdog Millionaire. Yet another instance of work becoming "PRAYER".

Work becomes prayer, when we stop working for materialistic goals and work purely for joy. Money, Fame and Success are byproducts of joy and are impermanent. The only constant in life is joy.

Invariably, whatever gives us joy, we also do it perfectly, therefore excellence is guaranteed. On the contrary despite the best skills and training, when we do stuff that does not give joy, we produce mediocre results. When you further offer your work, joyfully in gratitude, never compromising on excellence, to the universe that created you with intelligence to find your purpose and opportunities to pursue it.

In short and sweet, choose work that gives

you joy. Give it all that you have, your best for your work to become prayer. Offer it to the universe, in gratitude for all that you have in your life. Excellence is then guaranteed. Money and fame will follow through. You can now decide if you really want them in your life or not.

#### **Maths In Matches**

Jithu S. Kumar 1<sup>st</sup> Year BA-IHA

Change only one matchstick to make the equation correct:

Ques: 1)

Ques: 2)

Ques: 3)

## Mathematical Origin Of Tandoor

Kiran Cherian

Ist Year Dual

There is one equation,  $\sin \varnothing / \cos \varnothing = \tan \varnothing$ When substituting  $\varnothing = \text{door}$ , we get  $\sin \text{door} / \cos \text{door} = \text{tandoor}$ 



## **College Sports Report**

#### DILIP JACOB PONNATTU

Lecturer in Physical Education Department

College Sports Day was held on  $23^{\rm rd}$ , 26th &  $29^{\rm th}$  of January 2010 in the college campus. We conducted Cricket, Volleyball, Bench Press (Iron Man of MCC), and Mr. MCC.

In cricket, 2<sup>nd</sup> Year DUAL won the championship and 2<sup>nd</sup> year BAIHA were runners-up. In volleyball 2<sup>nd</sup> Year DUAL won the championship and M.Sc team were runners-up. Mr. Ajeesh Babu P.S from 1<sup>st</sup> year DUAL won the championship for

'Iron Man of MCC-2010'. 'Mr. MCC-2010' is Mr. Anoop George from 1st year Dual, Runner-up won by Mr. Ajeesh Babu P.S. from 1st Year Dual and Second runner-up won by

Mr. Anshad MH from 1st year Dual.

## CRICKET CHAMPIONS 2010 – 2<sup>nd</sup> Year DUAL.

- 1. Roni M.S. (Captain)
- 2. Syam Raj
- 3. Daineesh Mathew
- 4. Ajith Jacob
- 5. Ginson George.
- 6. Saifudeen K.V.
- 7. Ebin Antony.
- 8. Sijo Jose Kurian
- 9. Ebin K.V.
- 10. Nidhin Manual James
- 11. Tomy A.
- 12. Divin C. Thomas
- 13. Vishnu P.S.

#### VOLLEYBALL CHAMPIONS 2010 – 2<sup>nd</sup> Year DUAL.

- 1. Jestin Joy (Captain)
- 2. Nikesh Mon T.P
- 3. Pratheesh V.D.
- 4. Abhimanyu C. Balakrishnan
- 5. Albin Michael

- 6. Roni M.S.
- 7. Daineesh Mathew
- 8. Vishnu P.S.
- 9. Libin Mathew
- 10. Sajan Shaji

## CRICKET RUNNERS-UP 2010 – 2<sup>nd</sup> Year BAIHA.

- 1. Bhagath Baskar (Captain)
- 2. Sobin K.B.
- 3. Jibin Sebastian
- 4. Khaleel Ibrahim P.V
- 5. Vishnu Prasad
- 6. Sonu Raj
- 7. Jerin Raiu.
- 8. Anto P.T.
- 9. Abhijith N.
- 10. Hani. N
- 11. Jijith Raghavan.

## **VOLLEYBALL RUNNERS-UP 2010 – M.Sc Team**

- 1. Shijo Joseph (1st M.Sc) (Captain)
- 2. Jyothish Jose (1st M.Sc)
- 3. Jomal Jose (1st DUAL)
- 4. Dijin K.D. (1st DUAL)
- 5. Sebastian George (1st DUAL)
- 6. Jibin Sebastian (2<sup>nd</sup> BAIHA)
- 7. Arun V. Alex (1st AD)

#### Iron Man of MCC- 2010

1. Ajeesh Babu P.S (1st DUAL)

#### Mr. MCC- 2010

- 1. Anoop George (1st DUAL) (Champion, Mr. MCC- 2010)
- 2. Ajeesh Babu P.S (1st DUAL) (Runner-up)
- 3. Anshad M.H. (1st DUAL) (Second Runner-up)





## **Seven Tips**

## for Reaching Your Goals as You Map Out Your Future and Your Career

R.Abirami, Asst.Dean

## **Tip One: Clarity-Know Exactly What You Want.**

Spend time clarifying exactly what you want for yourself and your business. The more specific you can be— the better. Brainstorm and visualize exactly what things would look like in your version of personal and professional success.

## Tip Two: Don't Rush-Take Your Time. This is not a speed contest.

Take your time and consider each goal. Ask yourself if this is really what you want. Does it feel good personally and professionally? Does it fit your personal and professional values? Is it something that defines who you are at your very essence?

## Tip Three: Be Realistic-Don't Try To Fool Yourself.

There are many aspects to who you are and many facets to your life. Ask yourself if you can really reach the specific goals you set. Goals are often discarded and frustration sets-in because many of us think unrealistically about accomplishing our goals. Always ask the big question—is this really "do-able" and am I willing to do what it takes to get it done?

## **Tip Four: Breakdown Final Goals Into "Doable" Chunks-**

This is where the rubber meets the road. Take your final list of clear and realistic goals and chisel them down into working "chunks" that you feel comfortable with given your lifestyle and personal schedule. Detail each

chunk-be super specific—what does it look like when it is completed?

#### Tip Five: Create a Realistic Time Line-We call this "calendarizing your dreams".

Sit down with a calendar and begin to chart out a completion date for each chuck. We suggest working in three month blocks so adjustments can be made.

#### **Tip Six: Embrace Roadblocks-**

It Makes Victory That Much Sweeter Instead of letting roadblocks get in your way learn to embrace them and look forward to overcoming them. Meeting and beating challenges makes reaching your goals more enjoyable and satisfying.

## Tip Seven: Be Gentle and Learn to Celebrate-

Boots were made for walking and goals were made for changing. Goals can and should be adjusted, adapted or changed as part of the process. Know going in that things will change as part of your journey toward success. Also be gentle on yourself and learn to celebrate each chunk that you accomplish.

#### **Bonus:**

Could these 7 tips help those that you supervise and lead? Could they help them be more productive and professionally satisfied? Share these tips with your team! When you share and teach these to others it will actually help you remember what they can do for you.



Lecturer in Physical Education Department & Hostel Warden

Physical exercise helps you in developing and maintaining physical fitness. It also improves alertness and overall health and strengthens your muscles, thus maintains healthy weight. Frequent and regular physical exercise boosts up your immune system and helps to prevent various diseases. Also prevents depression and improves mental health by relieving stress and anxiety.

There are various types of exercises, and we can choose from them according to our purpose, age and health. For example, Aerobic exercises, which are also called cardiovascular exercises, help to prevent heart and lung diseases. Another kind of exercise is weight-bearing exercise like walking, jogging, hiking & climbing stairs work against the force of gravity, and building strong muscles and bones. Weight training or strength training exercise is done to

build strength and muscles; its examples are push-ups, lifting weights, etc.

An average person should exercise 4-6 times a week for around 30-45 min. Exercise does not mean spending hours working out in a gym. Certain day-to-day activities can help you attain all that which different exercise machines can provide. Such day to day exercises include taking the stairs instead of elevator, short walk after lunch or dinner, doing housework like gardening, sweeping, floor mopping, etc. To reduce our body weight, we should restrict the use of remote controls and intercoms, also avoid using cars or bikes and prefer walking to nearby places. Walking is considered one of the best choices because it needs no training and can be done anywhere at any time. It only requires a good pair of shoes; so, put on those shoes and keep walking.

### **Galapagos Islands**

**Nithin Manuel James** 

2<sup>nd</sup> year Dual

Galapagos Island- The island at the end of the world.

"A tortoise as big as a thumb! Giant lizards that look like dragons!"

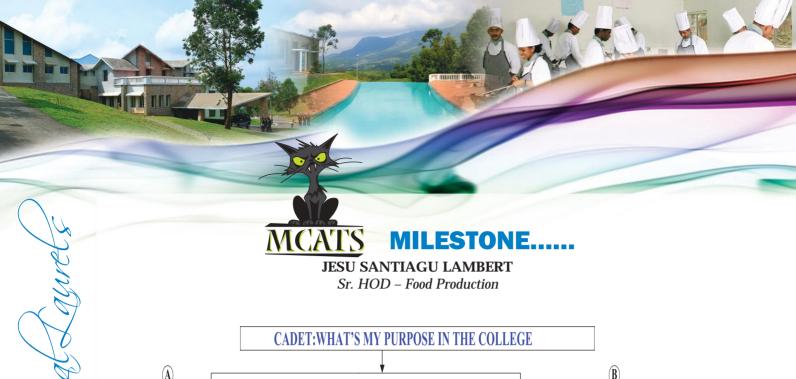
These are only a few of the special things that make Galapagos Islands different from other place on earth. This island lays in the Pacific Ocean, far away from any other land. People have called them "The World's End". Like some other natural wonders, the Galapagos have been named "Worlds Heritage Site".

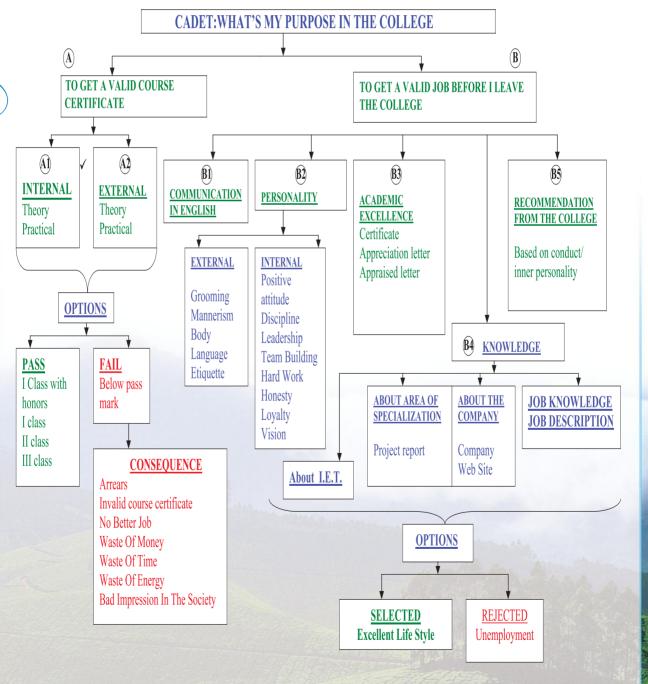
The Galapagos Islands were formed from volcanoes that erupted in the sea, where no creature could ever be there; But thousands of animals including "giant tortoise" or land turtle live there. The Galapagos means 'tortoise' in Spanish.

The Galapagos Islands were very special to the British scientist Charles Darwin. He discovered the living beings there, which can't live anywhere in the world.

Darwin decided that all plants and animals evolve, or change little by little, as the world around them changes. One plant or animal will usually be more successful than other and he called it "Natural Selection". It is the theory of evolution.

Do you think people are evolving? What do you think we might look like in a million years?







K.NAGARETHINAM HOD - Food Production Dept.

The first frozen dessert is credited to Emperor Nero of Rome. It was a mixture of snow (which he sent his slaves into the mountains to retrieve) and nectar, fruit pulp and honey. Another theory is Marco Polo, 13th century bard and adventurer, brought with him to Europe from the Far East. Recipes for water ices said to be used in Asia for thousands of years.

In 1700 Governor Bladen of Maryland served ice cream to his guests.

The first ice cream parlor in America opened in New York City in 1776.

Dolly Madison created a sensation when she served ice cream as a dessert in the White House at the second inaugural ball in 1812.

Italo Marchiony sold his homemade ice cream from a pushcart on Wall Street. He reduced his overhead caused by customers breaking or wandering off with his serving glasses by baking edible waffle cups with sloping sides and a flat bottom. He patented his idea in 1903.

Others link the ice cream cone's invention to the 1904 World's Fair in St. Louis. An ice cream vendor there reportedly didn't have enough dishes to keep up with demand, so he teamed up with a waffle vendor who rolled his product into "cornucopias."

Invention of the ice cream soda is usually attributed to Robert M. Green, who operated a soda water concession in Philadelphia. Green, who sold a mix of carbonated water, cream, and syrup, apparently ran out of cream and substituted ice cream, hoping his customers wouldn't notice. But they did and daily sales receipts climbed from \$6 to \$600.

During the stuffy Victorian period, drinking soda water was considered improper, so some towns banned its sale on Sundays. An enterprising druggist in Evanston, reportedly concocted a legal Sunday alternative containing ice cream and syrup, but no soda. To show respect for the Sabbath, he later changed the spelling to "sundae."

In 1843, New England housewife Nancy Johnson invented the hand-cranked ice cream churn. She patented her invention but lacked the resources to make and market the churn herself. Mrs. Johnson sold the patent for \$200 to a Philadelphia kitchen wholesaler who, by 1847, made enough freezers to satisfy the high demand. From 1847 to 1877, more than 70 improvements to ice cream churns were patented.

The first commercial ice cream plant was established in Baltimore in 1851 by Jacob Fussell.

In 1983, Cookies 'N Cream, made with real Oreo cookies, became an instant hit, climbing to number five on the list of best-selling ice cream flavors. It also holds the distinction of being the fastest growing new flavor in the history of the ice cream industry.

In 1991, another flavor phenomenon was created — Chocolate Chip Cookie Dough ice cream, which combines the best part of the Chocolate Chip cookie — the raw dough — with creamy vanilla ice cream and semi-sweet chocolate chips.







### SEVEN SECRETS OF ATTRACTIVE PERSONALITY

AKHIL.S.KUMAR 2<sup>ND</sup> BA IHA

Face: Have an animated face and make smiling a part of your regular repertoire. Make sure you flash your teeth.

Gestures: Be expressive but don't overdo it. Keep your fingers closed when you gesture, your hands below chin level, and avoid arm or feet crossing.

**Head movement:** Use triple nods when talking and head tilt when listening. Keep your chin up.

**Eye Contact:** Give the amount of eye contact that makes everyone feel comfortable. Not looking at others while talking is a cultural no-no. Lookers gain more credibility than non lookers.

Postures: Lean forward while listening. Stand straight when speaking.

Territory: Stand as close as you feel comfortable. If the other person moves back don't step forward again.

Mirror: Subtly mirror the body language of others.

### Ambalappuzha Palpayasam

**Bibin Baby Abraham** 2<sup>ND</sup> BA IHA

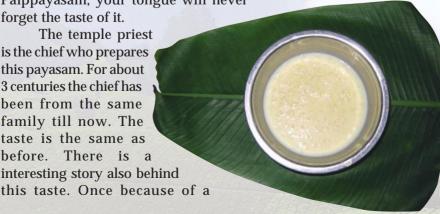
The famous dessert (sweet dish) in Kerala. Ambalappuzha Palpayasam is available at Ambalappuzha in Alappuzha District. It is different from all the Payasams which is prepared in the other parts of Kerala. It may be a unique dessert in the world also. There is a saying that once you had the Ambalappuzha Palppayasam, your tongue will never

forget the taste of it.

The temple priest is the chief who prepares this payasam. For about 3 centuries the chief has been from the same family till now. The taste is the same as before. There is a interesting story also behind dispute the priest took the same ingredients and also the water from the temple and went to Sri.Padmanabha Swami temple at Trivandrum and prepared this payasam. But the taste was entirely different.

> This amazing dessert is available only at Sri

Krishna temple, Ambalappuzha. The payasam is an offering to Lord Krishna. If you get chance to visit Alappuzha, you must go for this and admire the amazing ethnic taste of Ambalappuzha Palpayasam.





### **Friendship**

Dipin pavithran *II BA.IHA* 



We all combine to form the branch of the tree, Which swirls throughout its life.

We are the branch which has never yet bloomed, But it glows and smells much more than a flower.

We together are the parchments of a book, which is blank.

Yet it holds the knowledge a life needs. Because we are the book written with our Heart and soul twin,

And friendship as its ink.

We are the feather of the friendship wing. Which lifts us into the air,
To know the breeze of love.

But when the leaves are plucked, And the parchments are torn And when the wings are set to fire, To flame the spark of ambition within us,

Our heart, it just dries up, In the thirst of **friendship**.

#### **Teamwork**

Akhil Paul Ist Dual

Imagine that you are a cloud. You are floating across life's skies. You have many droplets of talent and skill in you. But you just can't seem to make it rain. "I can do it!!" you say but no matter how much you push, you can't seem to get the right results.

Then you meet another cloud with the same potential. The newly gained company creates motivation. "Lets see who can make it rain!!" you say. You think that with more people trying, you can shower more rain. "We can do it!!" you chorus but hills below you remain dry. You then come across mountains and winds. In the attempt to overcome these troubles, you get separated.

Then you meet an old rain cloud. "Do you want to make it rain, little one?" the cloud bellows. "Join me. Become a part of my strength". But you don't want that! You want individual glory.

"Because we have the ability within us. But so do I!" you exclaim. "I can do it!" you yell with double strength. But not a drop falls from your staining body. "We said 'us' not 'I' the clouds reply happily and once again spray the fields with rain. Excited, you can join them. "We can do it!" you shout. But still no results!!! Why????? What did you do wrong???? The cloud smiled. "Do you want to know why you failed? Its because you were working 'by' us but not 'with' us. Only when we all come together using our strengths and helping each other out in times of need while still keeping our individual shapes, only then we can succeed". Finally you understand the secret. "We can do it TOGETHER!!!!" everyone shouts and you showered the world with your brilliance.





### **The Economic Crisis**

Shijo Joseph 1<sup>st</sup>year M.Sc.

There are two main aspects of current economic crisis which deserve attention if we look at the future. First the Crisis did not originate in the core sectors of the economy; and the second. globalization has proceeded on a rapid pace in the recent period.

In any economy, the state can play three roles in relation to economic

activities - as a provider of marketable goods and services, as a provider of public goods and services and as a regulator. If we analyze the state interference in India during the recession period, we can see that the government has successfully played the first two roles and now



is moving towards the third role as a regulator, ensuring a continuous growth in the economy. It had ensured the initial infrastructure and flow of money into the economy before proceeding to the third role. We can see the evidence while comparing the growth in GDP, flow of foreign investment and increase in foreign currency reserve - during the last

two years

Today, globalization as a process of connecting countries and communities is continuing and the productive sectors of our economy are stable to support the growth. Here, the government's role as a regulator is also precious.

### HOPE

**Boban John** *II BA IHA* 

In times of ever lasting doubt, When we have fallen and there is none near, The fierce passion we can claim as our own, Eternal in our hearts remains a hope.

Shunned by all we were loved, When there is nary a way, The feeling we safely cling on tightly to, Remains our one real hope. Guiding the path before us, Enlightening all souls it possesses, Paving the way for a new beginning, It calmly harbours us back home.

Building up from scratch, All that was lost, brick by brick, It never leaves our side, Never is out of sight.

## Non – Aligned Movement

Clifford George Thomas
1st year/ Associate Degree

The world stood divided. Two mighty camps opposed each other. The chilling winds of the cold war froze International relationship. Dark clouds of superpower conflict loomed large. The mighty colonial empires were breaking up, out of the old emerged new nation. They too would join the super power camps. But then stepped the three men of vision – Pandit Nehru, Marshall Titto and President Nasser. They decided to form an association of countries not aligned to any of the superpowers. Thus was born the non aligned movement as the beacon of peace and brotherhood in a dark world.

## **The Best Way To Quit**

**Sarath.S**1st year/ Associate Degree

Its quite normal to take an occasional break to refresh our weary minds. The Chaitapri downstairs, provides the perfect respite from the madness at the chip test center. This tapir, it seems, is very quite famous in these parts. Almost every employee from info media can be found here, chatting away with his or her team, sipping, piping hot cutting tea at any point of the day. And what good is hot tea if not coupled with a cigarette?

It was on one such break, watching two helpless souls puff away, that a thought crossed my mind. What is the best way to quit smoking? Awareness of potential health risk, as we have seen, is of no great help. The statutory warning "Cigarette Smoking is Injurious to Health " on all cigarette packs, doesn't help either. Let us all think together to find a better way to quit this social menace.



## **Gourmet Quiz**

Winners in various categories



Daineesh Mathew I Prize



Manu Lal I Prize



Syamraj I Prize



A. Rahul Benny II Prize



Nidhin Manual James II Prize



Rony M.S. I Prize



#### THE VALUE OF TIME

Thomas sam
1st year/ Associate Degree

"Time and tide waits for none"

- 1 Who knows the value of a lost year?Ans: A student who failed in the final exam and lost one year.
- 2 Who knows the value of a lost month? *Ans*: A women who gave birth to a premature child.
- 3 Who knows the value of a lost week? *Ans*: A publisher who could not publish his weekly for a week.
- 4 Who knows the value of a lost day?

  Ans: A daily laborer who is unemployed for a day.
- 5 Who knows the value of a lost hour?

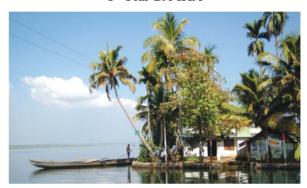
  Ans: A lover who failed to meet his beloved even after one hour.
- 6 Who knows the value of a lost minute? *Ans*: A man who is late by one minute and missed his train.
- 7 Who knows the value of a lost second?

  Ans: A man who has escaped from a severe accident just by a second.
- 8 Who knows the value of a lost fraction of a second?

Ans: P.T. USHA who lost a medal in Olympics for a fraction of a second.

# When Heavens Touch the Earth

Athira Reghunathan 1st Year BA-IHA



I have always heard of a fascinating land with beaches, lagoons, forests, and beautiful country sides. One can only dream of seeing a place where beautiful mountains touch the clouds, with emerald paddy fields surrounding it. I saw all these amazing sights when I came to a small state in the southwestern tip of India called Kerala.

I have spent most of my life abroad in busy cities covered with skyscrapers that reach the highest heights possible. The busy streets filled with cars and the atmosphere covered in smoke doesn't make it exciting either. Now I realize that the life spent in cities are no where as refreshing as waking up to beautiful waterfalls and fresh cool crisp air surrounding it. I have always heard of Kerala being mentioned as God's Own Country but now I know why.

Kerala is one of the most unique States in India where we are able to see young and old sharing a home life, symbolizing strong family bonds. As other states are a prey to terrorism and communalism, Kerala manages to remain as a calm oasis thus making it not only just the most beautiful place in the world, but also the most cleanest and safest. My only regret is that I was late in realizing the beauty of my own Motherland.



**Blesson Thomas Benchamin** 1st Year DUAL

I'm a teenage student standing in the students' corner. Many teenagers have the problem like imitating the scenes, and dialogues of the film. It may even be in Malayalam, Tamil, Hindi, and sometimes even in foreign language films. I do not discourage TV watching but everything has its own way.

Nowadays more than 3 movies release in a week. Of course you are influenced by it. The problem is how you take on to a movie. The movie will never influence you, but it is you who make a movie to influence you. We should only use the movie to have a positive impact on us. Even the elder, especially the parents always adopt the negative side of a film. Dreaming about the movie will waste a lot of time. Remember that time and tide waits for no man. Some students waste their time on talking about the movies or thinking about it, during class lectures. He thinks of himself to be Mohanlal or Mammotty. See friends, this is how a movie influences us. Only a foolish person will try to imitate movie stars. If the movie stars themselves doesn't have any problems between each other, then why should we waste our time in fighting for them? We should never copy anybody else's style, we should create our own style and manner to attract a person.

## THE CORRECT SPECULATION.

JINEESH C.T 1st year BA-IHA

- Imagine any number
- Multiply with two
- Add two
- Again multiply with five

Just by knowing the result that you got, I can tell the number you imagined.

For example:

If the imagined number is 5

Multiply with 2	$5 \times 2 = 10$
Add 2	10 + 2 = 12
Multiply with 5	$12 \times 5 = 60$

To figure out the number ......

All you have to do is ignore the last digit and subtract one from the balance digit, i.e. ignore zero from 60 and subtract one from 6.

60 = 6 - 1 = 5. The imagined number.

For 3 digit numbers...

If the imagined number is 500  $500 \times 2 = 1000$ 

Multiply with 2 Add 2

1000+2=1002

Multiply with 5

1002x5 = 5010

5010 = 501 - 1 = 500The imagined number.







### DREAM ALWAYS! GO AHEAD! AND MAKE USE OF THE CAREER!

Jomel Jose 1st Year DUAL

"Looking forward to a good future", is an ambition of students who are all in the field of education. Everybody has the equal capacity to dream about their life. God has gifted each and everyone with different talents. "What we are is a gift of God, what we will become is our gift to God". Now there is a question that on how we plan to utilize this gift? In order to receive this gift from God, we have to maintain a pattern of life, we must put our whole efforts in obtaining as much as fruits from our education and career.

To develop a good career we should always open our minds and eyes, and be ready to give answer for a certain question. What is happening in my life day by day? Am I able to perform well in my studies? Am I friendly with my teachers and friends? If we give answers for these questions, we will be the golden stars in future.

Secondly to perform well in our career, we need to be grateful to our teachers who guide us. We must acquire maximum knowledge from

teachers and friends. We should respect them and be obedient to them. If we are tired with studies and is getting irritated, do one thing, walk around the green surrounding, see the beauty of the nature, and listen to the sound of birds. This will relax our mind and we can concentrate in our studies.

Entertainment is good for everyone, but we must also avoid overdose of entertainment. Remember one thing "Lost time never comes back", "But to read nothing but books of fiction is like eating nothing but cakes and sweet meals". As we need plain wholesome food for the body, we must be serious in reading too. Here we can choose according to our taste. Cultural programs and games are also part of our studies. All these activities will make us relax ourselves and get away from the busy schedule. For the fulfillment of this dream, always remember....

"Hard Work is the best investment and key to success".

### Tension...Tension...

**Rojgy Wilson** 1<sup>st</sup> year/ Associate Degree

The moment you are in tension
You will lose your attention
Then you are in total confusion
And you will feel irritation
Then you will spoil personal relation
Ultimately you wont get cooperation
Then you will make things complication
Then your BP may also rise, caution

And you may have to take meditation
Instead understand this situation
Many problems are solved by discussion
Which will work out better in your profession
Don't think it is my free suggestion
Its only your prevention
If you understand my intention
You will never end up in tension



Kiran Cherian

Ist Year dual

- OSSCO BUCCO = An Italian dish originally that refers to a "bone with a hole".
- OUZO = A spirit flavored with aniseed made in Greece & many of the Greek islands including Cyprus.
- KUZU = A type of starch obtained from the tubers of the kudzu vine.
- PFEFFERNUSSE= Small, round, domed, dark, strongly flavored German pepper nut biscuits seasoned with black pepper made with honey and often coated with icing.
- HUNDRED YEAR OLD EGGS = A Chinese specialty consisting of duck eggs that are enclosed in a coating made of lime, mud, salt petre, fragment herb & rice straw which preserves them for a long period.
- MOSAIC = In charcuterie, a garnish on top of terrine or a galantine using ingredients of various colors cut into shapes -circles, squares & stars.
- GOUDA = A DOP Dutch cows milk cheese.
- JESUS = A sausage made in French Basque and in Savoy Region.

- KISSING CRUST = Portion of a loaf of bread that was in contact with an adjacent loaf during baking.
- MILK CAP = Name used for mushrooms of genus Lactarius.
- PARIS BREST = A large ring shaped cake of choux parsley filled with praline flavored cream and sprinkled with shredded almonds.
- MAMIROLLE = Uncooked pressed cheese made from pasteurized cows milk with washed smooth reddish crust.
- MILLE-FEUILLE = A pastry consisting of thin layers of puff pastry separated by layers of cream jam or other filling>
- LOLLO = They are lettuce leaves that are used in salads which are tender and slightly crisp.
- MATAFAN = A large thick nourishing pan cake made in different regions of France.

### The Ugly Truth...

Shajan Tom Mathew

Ist Year Dual

One thing I don't understand
Why does man do this?
We say we are the most civilized species
But we are the only species
That kills each other for religion.
The irony is that the aim
Of all religion is peace.
Why are we so frivolous not to realize?
Thinking makes me frown with anxiety.
Like the rhetoric speeches of the
So called religious leaders have
Made people ravenous for violence.

All I can say is, why does man do this?

We say we have the most developed brains
But we don't have brains to see,
We are ruining our only home
Polluting and tormenting earth!
When will we stop?
Is there no end to the grapple of our planet?
Will we stop only when all is turned to
Rubble and all is ended.
All I can say is, why does man do this?
The answer is the ugly truth.





### **Education And Development**

**Meera Thomas** *II Year Dual* 

The term EDUCATION has been derived from the root word 'EDUE' which means 'TO BRING OUT FROM WITHIN'. Education should attempt to bring out the creativity of the students. As per modern

definition, education is an attempt to bring about attitudinal changes in the thoughts of the students.

Education invokes the creativity of students which results in the rapid development. So the government & society should take up the development of the citizen. If education isn't provided well, it spoils not only the name of education but also the development of the



society. Elders say 'Education' is the ladder which connects a student with the fruit of knowledge. So education should aim at the overall development of a student. Education doesn't mean development in

curriculum activities only but also in cocurriculum activities. It has been proved that these activities develop the creativity of the individuals.

The essence of education is to draw out the best in you. You get the best result only when you put what you learnt into action. While educating the women she will educate the family and the family in turn will educate the society.

## **Next Time Think It Over For A Day Off!**

Sebastian George

Ist Year Dual

EMPLOYEE: "Boss can I have the day off tomorrow?"

BOSS: "So you want the day off! Lets take a look at what you are asking for"

"There are 365 days per year available for work.

There are 52 weeks per year in which you already have two days off per week, leaving 261 days available for work."

"Since you spend 16 hrs each day away from work, you have used up 170 days,leaving only 91 days available." "You spend 30minutes each day on coffee break which counts for 23 days each year, leaving only 68 days available, with a 1 hr lunch each day, you used up another 46 days leaving only 22 days available for work."

"You normally spend 2 days per year on sick leave. This leaves you only 20 days per year available for work. We are off 5 days per year, so your available work time is down to 15 days."

"We are generously giving 14 days vacation per year which leaves only 1 day available for work and I'll be damned if you are going to take that day off."



Ajeesh Babu.P.S.

1st year Dual

"I, we, ego, love, smile, rumour, success, jealousy, knowledge, confidence". Can you guess why I have arranged the above ten words in the increasing order from one to ten, well the tradition goes on:-

The most damaging one letter word 'I' - AVOID IT

The most satisfying two letter word 'WE' - USE IT

The most poisonous three letter word 'EGO' - KILL IT

The most used four letter word 'LOVE' - VALUE IT

The most pleasing five letter word 'SMILE' - KEEP IT

The fastest spreading six letter word 'RUMOUR' - IGNORE IT

The most enviable seven letter word 'SUCCESS' - ACHIEVE IT

The most avoidable eight letter word 'JEALOUSY' -DISTANCE IT

The most powerful nine letter word 'KNOWLEDGE' - ACQUIRE IT

The most essential ten letter word 'CONFIDENCE' – HAVE IT

## Wine terminology

Mr.Kumarvelu HOD Food & Beverage Service



Corkage A fee charged in a restaurant for opening a bottle of wine brought in by a patron.

Cuve'e French term for blending.

Ullage A term used to describe the loss of wine or spirits due to evaporation or leakage.

Weepes leakage of wine through cork due to faulty or crumbled cork.

Crust some wines when poured in glass throw up sediments in the form of crusts on the top layer that is called crust.

Pomac fermented apple juice.

Fliers floating crystallized particles seen in over chilled white wine bottles.

Full-bodied very well matured wine or spirits.

Lees Deposits of dead yeast or residual yeast that is settled at the bottom after fermenting and aging.

chambre bringing red wine to the room temperature.





## **India's 1st Community College**

The Inaugural ceremony of the 1st Community College in India under IGNOU, at Cochin & Munnar, took place on 5th June 2009 at Cochin. It is the first autonomous Community College in India under IGNOU. Mr.V.N.Rajasekharan Pillai, Honourable Vice Chancellor, IGNOU inaugurated the College in the presence of Dr. Latha Pillai, Pro-Vice Chancellor, Mr.T.Damu, Vice President -Taj Group of Hotels and Mr.George Dominic - Director, CGH Earth Hotels. Mr.B. S.Warrier, Eminent Columnist delivered the key not address. The Logo of the College, emphasizing the motto "Empower the Nation through Community" was released by Pro-Vice Chancellor during the occasion. The function was attended by dignitaries and special invitees from Travel, Tourism, Hospitality, Aviation and Hotel Industries.



Welcoming the gathering by the Chairman Mr. Tissan J Thachankary



Audience at the inauguration ceremony



Lighting of the lamp by Honourable Vice Chancellor, IGNOU Dr. Rajashekaran Pillai



Inuagural speech by Honourable Vice Chancellor



Keynote address by Shri B.S. Warrier eminent career consultant & columnist



Speech by Shri. George Dominic, Director CGH Earth



Speech by Shri, T. Damu, Vice President Taj Group of Hotels,

Release of the Logo by Dr. Latha Pillai, Pro Vice Chancellor, **IGNOU** 



Mimi Tissan Thachankary Vice Chairperson presenting the memento to Pro Vice Chancellor









Release of the prospectus by Dr. Latha Pillai, Pro Vice Chancellor. Mrs. Thankamma Thachankary (Trustee) receiving the first copy

Commencement of classes at Royal Communicty College, Cochin in the presence of Dr. Divakaran Nair, Regional Director **IGNOU** 



It was on 17th January 2009 that MCC celebrated the 'Pongal day". Being the harvest festival of the farmers in Tamilnadu it is popularly known as Uzhavar Thirunaal'. The creativity and hard work of the cadets gave life for the village "Usilampetti' inside the MCC campus . The art directors gave form for the Authentic Village Panchayat , Temple, Teashop, Hut Well, Paddy field, etc. The Panchayat President anchored the show which was followed by a traditional Pongal and other dishes.





### **Caribbean**

A Caribbean Theme Lunch was presented by the Final year DUAL cadets on 10th July 2009 in the training restaurant of our college. The restaurant was completely changed into a Caribbean Island. A model of the ship with sound of waves at the background and a lighthouse changed the ambience into a Caribbean set up. The cadets with their Caribbean costumes, their slangs, their accent and body language accompanied with the background music made the event an exciting experience. The menu which added flavour to the event is as follows: Cuban Spinach Soup, Puetoriean Potato Salad, Pepper Steak Cooked up Rice (Jamaican Style), and Bread Butter Custard.







## **Punjabi**

The final year DUAL cadets presented a Punjabi theme lunch on 9th July 2009. Girls & Boys attired themselves in traditional Punjabi costumes. They greeted everyone "Satsriakal" – the Punjabi phrase. Bangra music & dance added colour to the occasion. The menu for the theme lunch was Murgh Tikka Masala, Peshawar Chole, Punjabi Lassi etc.





## **Onam Celebration**

God's own country'-Kerala celebrates 'Pononam' from 4 to 10 days in the first month of Malayalam calendar 'Chingam'. Likewise our college celebrated it with great joy and enthusiasm. The cadets dressed up as King Mahabali and Vamanan and enacted the theme. They sang the 'Vallapaatu' the enchanting feature of Onam the 'Vallamkali' (Snake boat race). The Athapookalam the flower carpet added life to the show. The most impressive part of the Onam celebration, 'Onasadya' was also served.









Diwali, the festival of lights was celebrated in our campus on 14<sup>th</sup> October 2009. Cadets made a colourful Rangoli which was also illuminated by lamps. Cultural Programs included songs, dances, skits etc. The event came to an end with a delicious lunch, Special Diwali sweets & Crackers display.







## **Teachers Day Celebration**

The Teachers day was organized by the cadets in a fitting manner. Many games were conducted for the Teachers. All faculties participated in the events and made the occasion memorable. The cadets also honoured the winners with fabulous prizes.







## Wedding Theme

The wedding theme was planned and executed by the Final Year DHMCT cadets on 8th July 2009. The final year cadet Ms. Ardra and Ms. Anjana dressed up as bride and bridegroom, Cocktail demonstration and live DJ were the highlight of the theme. A well spread Wedding menu was served during the occasion.



## **Cake Mixing Ceremony**

Cake mixing is an old tradition, ushering in the Christmas season to the Hospitality Sector. The sole aim is to spread the sense of Sharing, Cheer, Joy and Happiness all around.

The college celebrated cake mixing on November  $11^{th}$  2009. The chef Mr. Jesu Lambert gave a brief history about the ceremony of cake mixing.

Dates, dried apricot, figs , prunes , nuts (walnuts, cashew, almond flakes & pistachio), spices, cardamom, cinnamon & cloves went in to the mix. Bottles of Rum and Syrup were poured into the mix by the Principal , Vice-Principal and the faculties.

To add fun to the occasion a coin was dropped in to the mix and everybody with gloved hands started digging into it, in search of the coin, thus adding to the fun.

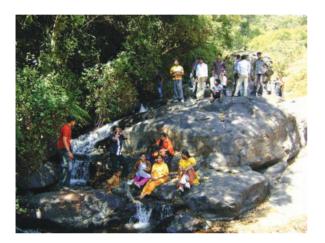
Classical Christmas Carol songs by the cadets and staff reminded every one of the forth coming New Year and the Christmas.







Trekking is arranged for all the cadets of our college. They are taken to places like Anairangal Dam, Seetha Devi Lake, etc. The food is made at the venue and served to all. Game Shows are an added attraction during the trekking activities.







## **Christmas Day Celebration**

Christmas was celebrated in our college on 18 December 2009. The festival of Christmas conveys the message of love, tolerance and brother hood. Cadets showed great enthusiasm in making the GINGER BREAD HOUSE. The night before Santa Claus with his carol singers went around the campus singing joyful Carols. It brought out the festivity, liveliness and the exuberance of the occasion. Our Honorable Chairman was the chief guest. He expressed his joy in joining the function and wished the cadets a Merry Christmas. Infant Jesus in the crib reminded us that Christmas is a festival bringing hope & peace to the humanity. A variety of cultural programmes were staged by the cadets. The Lilliput dance and the Fire Dance entertained the audience and added thrill to the programme. The celebration ended with a candle lit dinner.

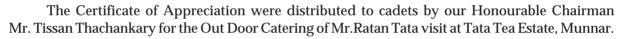












## **Republic Day Celebration**

Our college celebrated the  $61^{\text{st}}$  Republic day on 26-01-2010. Cadets, well groomed assembled on the helipad early morning and by 7:30 am the tricolor flag was hoisted by the Chief guest and Vice Principal of the college, Mr. C. Rajesh Kumar. All the faculties and the staff took part in the ceremony.

Mr. Rajesh Kumar addressed the cadets and reminded the struggle of our ancestors and how they won freedom for us. India is the largest democracy in the world and also we have a strong Human Resource. Even NASA has many Indian scientists employed.

Certificates for those who participated in the Flower Arrangement Competition were distributed. Best Groomed Cadets were selected. Sweets were distributed. All took pride in singing the NATIONAL ANTHEM.







A National Seminar on "Options World Wide" was conducted in our campus on  $4^{th}$  October 2009.

The programme was organized by Kairali TV and the Honourable Minister for Education Shri.M.A. Baby inaugurated the seminar. Former Ambassador His Excellency T.P.Sreenivasan –IFS delivered the key note address. Mr.Tissan Thachankary, Chairman, Munnar Catering College & Mr.Amar Rao, Principal, Munnar Catering College addressed the gathering on the scope of Hospitality & Tourism Education. Ms. Sneha Soman was the moderator.



## Pazzi De Danza





A Fresher's Party was arranged by the second year BAIHA cadets to welcome the first year cadets. It was a wonderful evening in the poolside with games and culturals. The exotic Chinese Cuisine was the highlight prepared by the cadets themselves.

All the cadets danced together as the DJ floor was open to all. The whole evening was full of fun and turned out to be a memorable one.

### **MCC - Munnar**

### - Re opening for Fresher's

The college reopened on 17th Aug 2009 for the new batch of Munnar Catering College & Royal Community College. The function was facilitated by our distinguished Chairman Shri. Tissan Thachankary. All the fresher's were inducted as **Cadets** after the oath taking ceremony. Sumptuous lunch was served for all the parents and cadets.





## **Workshop On Flower Arrangement**







A Session on Flower Arrangement was conducted by the House Keeping Department on 15<sup>th</sup> January 2010 and different styles of arrangements were demonstrated using rare varieties of flower and fillers. Exhibition of the same was held .Competition was organized for all the cadets and Certificate of Appreciation issued.

## **A Bartending Workshop**

A Bartending Workshop was held on 25<sup>th</sup> January 2010 for our Cadets. International Cocktails, Mock tails, Juggling and Flaring Techniques were demonstrated during the session.

All the second Year cadets were given hands on practice during the event.



## **Food And Beverage Service Exhibition**

Food and beverage service department of our college came up with a well-organized, highly informative Exhibition on January 30<sup>th</sup> 2010. All the cutlery and crockery were displayed with utmost



care and precision. Covers were laid for various menus and explained to the visitors

The cadets demonstrated the service of Red

The cadets demonstrated the service of Red Wine, White Wine and Sparkling Wine. A display of French Classical Menu also added flavour to the service exhibition.

The juggling skills were demonstrated by our cadets Jibin Sebastian & Jijith Raghavan of II year BAIHA. These events help us to nurture young minds and also make them a perfect fit for the hospitality industry.



















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### Staff Co-ordinators: Editorial

- Ms. A. Christy Arockia Leoni HOD of English
- Ms. R. Abirami Asst Dean
- Ms. V. Sumathy Psychologist
- Mr. Dilip Jacob Physical Instructor & Lecturer

### **Cadet Co-ordinators:**

- Dipin Pavithran [2nd Year BA-IHA]
- Jijith Raghavan [2nd Year BA-IHA]
- Boban John [2nd Year BA-IHA]
- Rahul Benny [2<sup>nd</sup> Year DUAL] Manu Rajan [1<sup>st</sup> Year BA-IHA]
- Athira Reghunathan [1st Year BA-IHA]
- Shajan Tom Mathew [1st Year DUAL]
- Aninto M. Sunny [1st Year DUAL]
- Sreejith Menon [1st Year AD] Thomas Sam [1st Year AD]

### KITCHEN & MESS COMMITTEE MEMBERS **Staff Co-ordinators:**

- Mr. Jesu S. Lambert Senior HOD of Food Production
- Mr. Mohan Joshua Catering Manager

### **Student Co-ordinators:**

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- Bejin Joseph [1st Year BA-IHA]

- Shyju M. [1st Year BA-IHA]
- Jobin Joseph [1st Year BA-IHA]
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- Liya Augustine [2nd BA-IHA]
- Meera Thomas [2<sup>nd</sup> DUAL] Rahul Benny [2<sup>nd</sup> DUAL]
- Athira Reghunathan[1st BA-IHA]
- Manu Rajan [1st BA-IHA]
- Aninto M Sunny [1st DUAL]
- Shajan Tom Mathew[1st DUAL]

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## **LOAN MELA AT COLLEGE BY UCO BANK**

UCO Bank Ernakulam, the principle Bankers of the College conducted a loan mela at the International Campus of the College at Munnar.





The loan mela was organized under the leadership of the Chief Manager of the Bank Shri. Mohandoss accompanied by Senior Managers Mr. Jayakumar and Mr. Ramachandran. Education loan to all the eligible students admitted at Munnar Catering College was sanctioned on the spot during the mela. This was highly appreciated by the parents and the public in general. Our sincere thanks to UCO Bank for their helping hand for the deserving.







## **FACILITIES AT A GLANCE**



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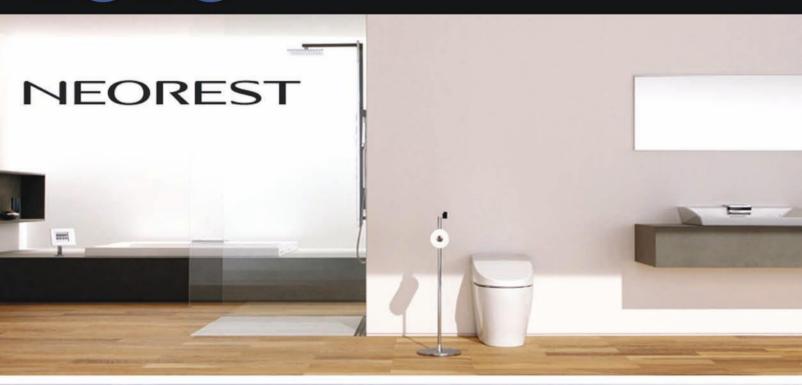


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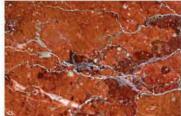


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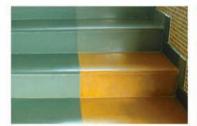
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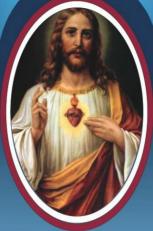
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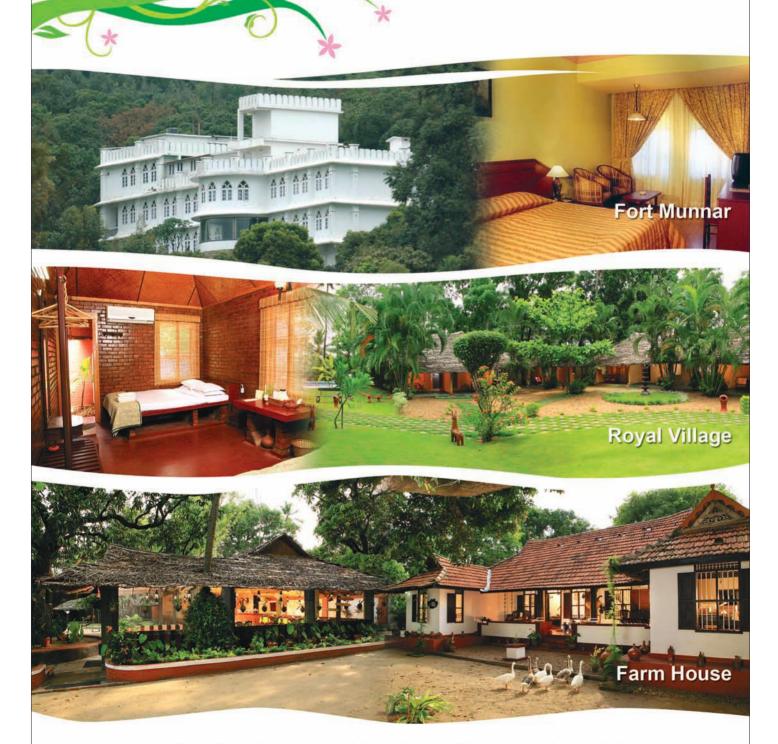


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