



Munnar Catering College

ROYAL LAURELS



SOUVENIR 2011



Royal Packages for Kerala
by Royal Indian Holidays



A Wholesale Travel Store

Royal Indian Holidays

(a division of Royal Indian Holdings Ltd)

2nd Floor, Chandrika Building, M.G. Road, Cochin – 682011, Kerala, India.

Phone: +91-484- 2367720, 2381760, 2370060

Fax: +91-484- 2381760 / 2367740

Mobile: 94470 79018, 94470 79017, 94470 79016, 94470 79095

Email: royalgroup@vsnl.com / royalgroup@eth.net / royalgroup@airtelmail.in

www.keralaforyou.net

www.fortmunnar.com



Munnar Catering College

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

Munnar Ph: 00-91-4868-249900 Mob: 00-91-94477 76667, 94477 46664, 94477 06660

E-mail: mccmunnar@dishnetdsl.net / mccmunnar@vsnl.net

www.munnarcateringcollege.edu.in



Published by:

Principal
on behalf of Munnar Catering College,
Sooryanelli, Munnar.

Chief Editor:

Ms.Sadhana krish, *Faculty*

Editorial Committee:

Staff Advisors:

Mr.Bhaskar, *HOD Frontoffice*

Mr.Saravana kumar, *Faculty*

Ms.Neema, *Faculty*

Members:

Mr.Jyothish, *IInd Msc*

Mr.Dipin Pavithran, *IIIrd BA*

Mr.Manu Rajan, *IInd BA*

Mr.Sebastian George, *IInd BSc DHMCT*

Mr.Jojo Joseph, *Ist BSc DHMCT*

Ms.Riya, *Ist BSc DHMCT*

Design & Layout by:

Syam K.B.

Printed at:

Geo Printers, Kochi

© All rights reserved.

Reproduction in any manner, electronics or otherwise, in whole or in part without prior written permission is prohibited.



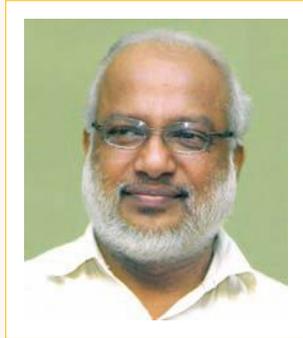
എം. എ. ബേബി
വിദ്യാഭ്യാസ-സാംസ്കാരിക
വകുപ്പുമന്ത്രി

MESSAGE

ഫോൺ : 0471-2327759
ഫോൺ : 0471-2327561
വസതി : 0471-2725671

E-mail : minister-education@kerala.gov.in

തിരുവനന്തപുരം



സന്ദേശം

മൂന്നാർ കാറ്ററിംഗ് കോളേജ്, കൊച്ചി അതിന്റെ മഹത്തായ സേവനത്തിന്റെ സിൽവർ ജൂബിലി ആഘോഷത്തോടു നുമ്പന്ധിച്ച് ഒരു സുവനീർ പുറത്തിറക്കുന്നുവെന്നറിയുന്നതിൽ സന്തോഷിക്കുന്നു. വിവിധ പഠന പാഠ്യേതര പ്രവർത്തനങ്ങൾ ആവിഷ്കരിച്ച് നടപ്പിലാക്കി കുട്ടികളിലെ ക്രിയാത്മക വികസനത്തിന് സഹായിക്കുന്ന കോളേജിന്റെ പങ്ക് നിസ്തുലമാണ്. പഠനത്തോടൊപ്പം വിദ്യാർത്ഥികളുടെ സർഗാത്മകമായ കഴിവുകളെ പ്രോത്സാഹിപ്പിക്കുന്നതിന് ഇത്തരം സംരംഭങ്ങൾ സഹായിക്കും. ഈ പ്രസിദ്ധീകരണവുമായി ബന്ധപ്പെട്ട് പ്രവർത്തിച്ചവർക്കും കോളേജിലെ എല്ലാ കുട്ടികൾക്കും അധ്യാപകർക്കും രക്ഷാകർത്താക്കൾക്കും ആശംസകൾ നേരുന്നു.

എം.എ. ബേബി

To
ചെയർമാൻ,
മൂന്നാർ കാറ്ററിംഗ് കോളേജ്,
കൊച്ചി.



MESSAGE



Government of Kerala
Dept. of Higher Education
(Technical Education)

**Office of the
Director of Technical Education**

Fort (P.O.) Thiruvananthapuram - 695 023

Phone: 91-471-2463822, 2561433 (O) 9447304944 (M) Fax: 91-471-2463822, 2463733 email: kpisaac@yahoo.com

Prof. (Dr.) Kuncheria P. Isaac
Director



I am pleased to note that Munnar Catering College, Munnar, Kerala is bringing out a College Souvenir on the occasion of the Silver Jubilee Celebration of dedicated Services of the promoters of the College in the field of Hospitality Education.

I wish the celebration all success.

Kuncheria P. Isaac



इन्दिरा गांधी राष्ट्रीय मुक्त विश्वविद्यालय
INDIRA GANDHI NATIONAL OPEN UNIVERSITY

मैदान गढ़ी, नई दिल्ली-110 0 68 MAIDAN GARHI, NEW DELHI-110068, INDIA
फोन (PHONE) : 91-011- 29532707, 29532484 फैक्स (FAX) : 91-011-29535933
ई-मेल (E-mail) : vc@ignou.ac.in, rajasekharpillai@gmail.com

प्रो. वी. एन. राजशेखरन पिल्लै
कुलपति
Prof. V. N. Rajasekharan Pillai
Vice-Chancellor

MESSAGE



I am happy to know that Munnar Catering College is releasing their Annual Souvenir 2011, with many informative articles relevant to hospitality and tourism trade. Travel, Tourism and Hospitality are global industries playing significant role in terms of employment generation and economic growth. Today the hospitality world has emerged as the most important sector contributing in a great measure to the socio economic development of the nation. But shortage of qualified and trained professionals is still a significant challenge. I am happy that Munnar Catering College is moving in the right direction, focussing on moulding young professionals in the fields of hospitality and tourism understanding its significance in the present world scenario. I hope this souvenir may work as a catalyst in the area of their professional development exploring possibilities hither to unearthed and unexploited.

I extend my congratulations and best wishes to the management, teachers, staff and students on this occasion.

V.N. Rajasekharan Pillai

MESSAGE



इन्दिरा गाँधी राष्ट्रीय मुक्त विश्वविद्यालय
INDIRA GANDHI NATIONAL OPEN UNIVERSITY

मेदान गढी, नई दिल्ली-110068 MAIDAN GARHI, NEW DELHI-110068, INDIA
फोन (PHONE) : 91-011-29532707, 29532484 फॅक्स (FAX) : 91-011-29535933
ई-मेल (E-mail) : vc@ignou.ac.in, rajasekharpillai@gmail.com



It gives me great pleasure to greet you on the occasion of the releasing of Royal Laurels - 2011. The hospitality industry is growing by leaps and bounds and the trends and demands change constantly. Working in this sector is challenging and exciting. It needs complete devotion and dedication and involves a combination of various skills in management. I am indeed happy that Munnar Catering College is offering dedicated service, fully understanding the above and growing in the right perspective.

My best wishes on the release of this souvenir and may Munnar Catering College scale new heights in hospitality education keeping the tradition and culture of our great nation.

With Best Wishes

Latha

Dr. Latha Pillai
Pro Vice Chancellor
Indira Gandhi National Open University



FORWARD



From the desk of the Chairman...



While completing 25 meaningful years of dedicated service in the hospitality industry, leaving foot prints in the sands of time, Munnar Catering College is proud to have many firsts to its credit. Doors of the first Community College under IGNOU in India, viz. Royal Community College were opened, and our wings spread beyond the Indian horizon, by establishing an overseas intuition at Ras al Khaimah in UAE viz. Emirates MCC University. Consequent to the momentous association with IGNOU, the largest Open University in the world, a Centre of Excellence in Hospitality Studies was also established to spread the new trends in Hospitality and Tourism Management Studies and to offer specialty training and skill development through reputed institutions in India and abroad. In short, the past was challenging and the future is propitious.

Hospitality Education is a world by itself. It is unique, rather close-knit academic area, having multiple segments, all interrelated yet discrete. The complexity of the hospitality industry is increasing and the competition become fiercer, so has the need for new ideas and ways of thinking to succeed. It is an industry with no end in sight to its growth. Consequently there are amazing and boundless opportunities for those willing to accept challenges with passion and perseverance.

With the growth of hotel industry propelled by foreign and domestic tourism, and business travel, the demand for well trained, result oriented, quality



personnel to take up challenging assignments, has also grown impressively. The diversity of experience in hospitality industry is much greater than in any other profession. But having a professional degree alone doesn't qualify one employable. One should also possess qualities like positive attitude, excellent soft skills, fair knowledge, technical competence and above all good work place habits. Students of Munnar Catering College are fortunate to have boundless opportunities to acquire these qualities as we are consciously sowing such seeds into the young minds during their studies with us. We also provide ample opportunity for their dedicated involvement in day to day activity to help them assimilate various aspects of a triumphant professional career, which everyone dreams of. As Dr.A.P.J.Abdul Kalam pointed out "A dream not one see in sleep, but a dream which doesn't let one to sleep".

I am highly optimistic that their dreams will surely come true and they will be the torch bearers of this exceptional institution established for nothing less than EXCELLENCE IN HOSPITALITY STUDIES.

With best wishes,

TISSAN J. THACHANKARY
Chairman



FORWARD



From the desk of the Vice Chairperson...



Congratulations to the editorial team for their perseverance and hard work in bringing out the ROYAL LAURELS-2011. I am sure this will provide an excellent opportunity to the students and faculty members alike to exhibit their talent and wisdom and to widen their horizon of thoughts.

At a time when rampant commercialization is taking place in all walks of life, acquiring knowledge and competence with professional perspective and enthusiasm and achieving excellence in every endeavour are highly essential. Enthusiastic participation in each and every activity in the campus, from academic programme to the co curricular and extra curricular activities is highly desired. What is required is zeal of a visionary and devotion of a missionary towards ones goals. All achievements must be coupled with ethical and moral values, patriotism and humanity and I am happy that the students of MUNNAR CATERING COLLEGE are in persistent learning of this in their campus life.

As a team we shall strive to achieve excellence in every endeavour with Determination and Hard Work to be shining examples of exceptional professionalism.

With all the best wishes

MIMI TISSAN
Vice Chairperson



MESSAGE



Asha House, 28 - Suren Road,
Andheri (E), Mumbai - 400 093.
Ph. No.: 91-22-26820878,
Telefax: 91-22-26830043

E-mail: eiahma@vsnl.com • Website: www.ei-ahla.org



We are delighted to know that MCC is publishing its second volume of Royal Laurels. Continue the good work. Pursue excellence. Stay on course till the end.

With best regards and best wishes,



K.V. Simon



MESSAGE



It gives me immense pleasure to address this issue of Royal Laurels. I take pride in association myself as Principal of the prestigious and reputed Munnar Catering College.

The booming growth in the hospitality industry in the country and particularly in Kerala gives immense potential for employment in both hospitality and allied services. Kerala economy has witnessed a substantial contribution from the growth of Tourism in the State. This has resulted in opening up of a wide range of options for hospitality professionals and entrepreneurs in the state.

Innovation along with being different and unique has become the driving force of the hospitality industry. Uncharted territories are being explored and newer avenues are opening up for the travellers which alongside opens us new vistas for employment and entrepreneurship.

To meet the ever growing requirement of trained professionals and Managers in the Industry, we have also commenced operations of our College in Ras Al Khaimah, UAE. Students studying in Munnar Catering College can



pursue their 2nd year or 3rd year or both 2nd and 3rd year in Emirates MCC University. They can continue their studies either in India (Munnar) or in UAE as per their choice without losing any classes.

For the qualified, determined and the competent, sky is the limit for potential growth. We at Munnar Catering College strive to mould our Cadets to the requirement of the industry and make them employable. The consistent growth of Munnar Catering College has been primarily owing to the unflinching focus on this aspect of education.

Here is wishing each and everyone at Munnar Catering College a bright future.

With Regards & Best Wishes


SHINOW BABY
Principal

5S - The Way to Organise Your Workplace

Organising the place where we work is one of the most important aspect which makes us perform our duties correctly in an orderly manner. Though every organization have their own standard operating procedures, a common principle can be followed to improve the organization of a workplace. One such principle is the 5S Methodology which is a Japanese concept spreading out popularly as a management methodology throughout the world. The 5S Process, or simply "5S", is a structured program to systematically achieve total organization, cleanliness, and standardization in the workplace. "5S" stands for five Japanese words that start with the letter 'S': Seiri, Seiton, Seiso, Seiketsu, and Shitsuke. An equivalent set of five 'S' words in English have likewise been adopted by many, to preserve the "5S" acronym in English usage. These are: Sort, Set (in place), Shine, Standardize, and Sustain.

This concept can be effectively followed in the hotel industry where there are many operating departments which are inter co-ordinating. This can



be clearly understood when we understand the meaning of the 5S words.

Seiri -Sort

Throw away all rubbish and unrelated materials in the workplace. Even the number of necessary items in the workplace must be kept to its absolute minimum. This makes effective use of space.

Seiton-Set

Set everything in proper place for quick retrieval and storage. This step consists of putting everything in an assigned place so that it can be accessed or retrieved quickly, as well as returned in that same place quickly. Every single item must be allocated its own place and each location must be labeled for easy identification of what it's for.

Seiso-Shine

Clean the workplace. Everyone should see the 'workplace' through the eyes of a visitor - always thinking if it is clean enough to make a good impression.

Seiketsu-Standardize

Standardize the way of maintaining cleanliness. It consists of defining the standards by which personnel must measure and maintain 'cleanliness'. Personnel must therefore practice this starting with their personal tidiness.

Shitsuke-Sustain

The last step of "5S", Shitsuke, means 'Discipline.' It denotes commitment to maintain orderliness and to practice the first 4 S as a way of life. Practice 'Five S' daily - make it a way of life; this also means 'commitment'.



Sendan Puliyadi
Faculty-Food & Beverage Service

Why should we have Seafood?



Finfish and other foods from oceans, rivers and lakes have long been recognized as nutritious. They are an excellent source of protein and are rich in essential poly unsaturated fatty acids. Seafood is the best food source of Iodine. It also provides an excellent source of Selenium and Fluoride. Other minerals provide moderate amounts of Iron, Zinc and Magnesium.

Finfish in particular has been acknowledged for being a high protein and low calorie food. The importance of Finfish in the diet has extended from its image as a cornerstone of the healthy diet to more specialized roles in disease prevention.

In the last decade it has been observed that the consumption of two or more serves of Finfish per week is associated with a lower prevalence of 'Heart Disease'. Regular seafood intake plays an important role in allowing a healthy ratio of Fatty acids. Plants alone may not provide enough essential fatty acids. These are best obtained from seafood.



Ajay.S.Menon
III BA.IHA

Do you know the History behind Toasting?

In ancient Greece, a dinner host would take the first sip of wine to assure guests the wine was not poisoned, hence the phrase 'drinking to one's health.'

And 'toasting' specifically started in ancient Rome when the Romans continued the Greek tradition but localized it by dropping a piece of toasted bread into each wine glass to temper undesirable tastes or excessive acidity.

Here's some toasting etiquette for the modern world. Keep these tips in mind and you'll soon become a toastmaster!

1. Unless you're having a small gathering, it is always better to stand up for the Toast.
2. At a gathering none should offer to toast the guest of honor until the host has done so.
3. Guests may signal their approval of a toast with "hear hear" .
4. The person who is being honored should neither stand nor drink.
5. Only after the toast is complete should he/she rise to thank everyone.
6. Putting one's drink down midway implies that you don't agree with the toast.
7. The same goes if you choose not to sip after the toast is complete.



Ajesh. C
III BA.IHA

How to Make Dreams a Reality

Humans are dreamers. You, I, and everyone else on this planet all have dreams - visions of what we would like to happen in our lives. People we would like to meet; places we would like to go; achievements we would like to accomplish. Dreams are what drive humans to do the things we do; to build, craft, and create.

Believe it or not, each person has the potential to manifest his or her dreams in the real world - to convert them from imagination and thoughts and products of the mind to products of reality. And believe it or not, the secret is not overly complex, or even excessively difficult. All you need to do, first and foremost, is learn how to harness the power of psychic energy and use natural cosmic power for your own needs. Here is how you can do exactly that.

The Law of Attraction

you may have heard people discuss this concept on television lately. It has become quite popular over the past few years, but the Law of Attraction is anything but a faddish creation, something dreamed up by people who want to sell a few books and get famous. No, the Law of Attraction is something else entirely: a cosmic force that occurs naturally in the universe.

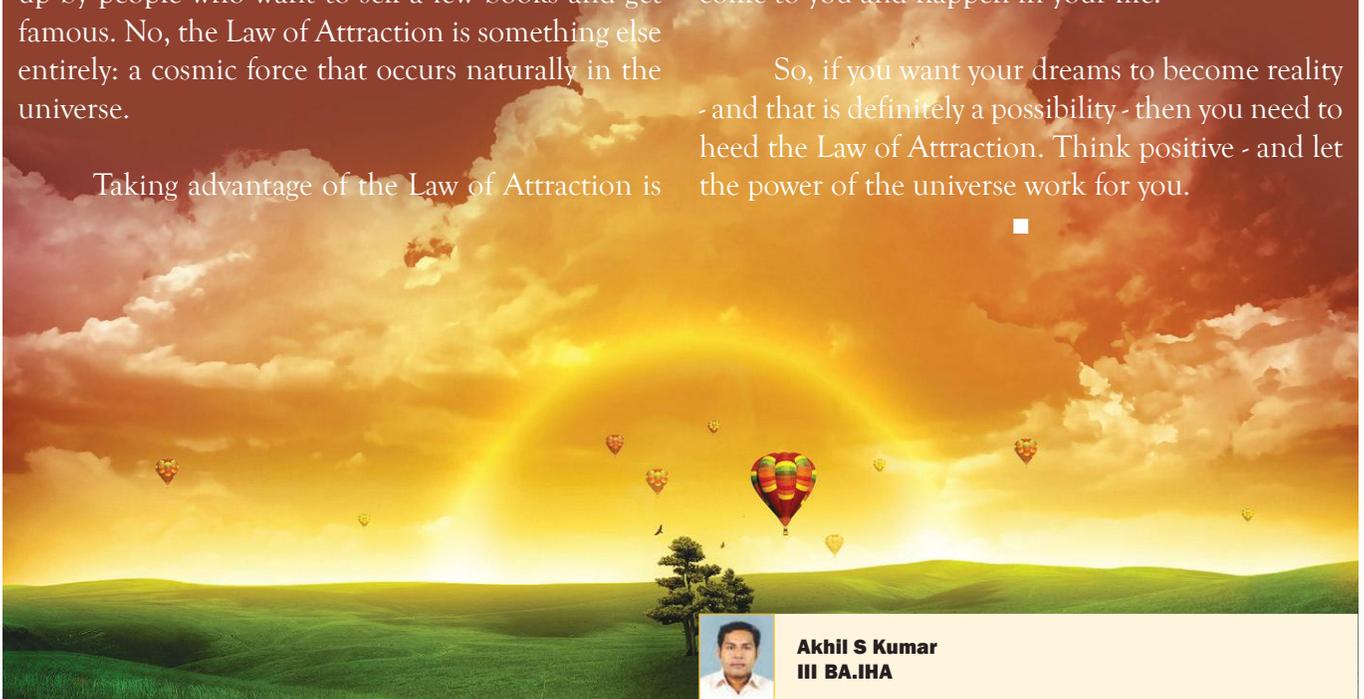
Taking advantage of the Law of Attraction is

the secret to making your dreams a reality. The Law, simply put, states that good things happen to people who desire them. In other words, by using positive psychic energy and sending it out into the universe, you will naturally 'attract' that which you desire. Positive psychic energy creates positive occurrences, which in turn creates the benefits you crave.

But how do you take advantage of this phenomenon? The trick to using the law is less of a trick and more of a way of life. If you have a dream (and chances are, you do!), focus on your dream in a positive way. Dwell on what it would mean, and what it would take. Concentrate on the positive. And imagine that you are sending positive psychic energy into the universe. Then, start to expect that what you dream about will actually come true. Don't just wish; expect. Go about life with a positive attitude, and look constantly for the opportunities that your good energy will bring about. The Law says that because you are constantly thinking about your dream - and constantly emitting positive psychic energy - you are attracting the energy that will make your dreams come to you and happen in your life.

So, if you want your dreams to become reality - and that is definitely a possibility - then you need to heed the Law of Attraction. Think positive - and let the power of the universe work for you.

■



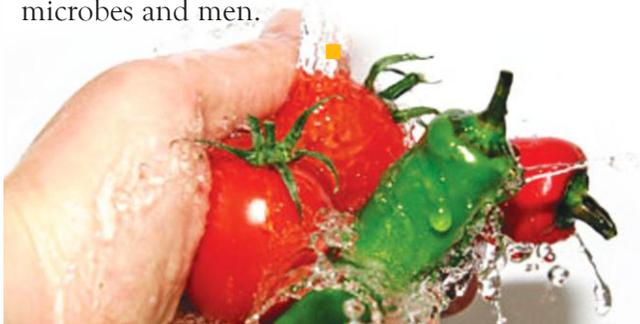
Akhil S Kumar
III BA.IHA

Importance of Food Safety

One of the gravest and life threatening dangers in the kitchen largely comprise of food borne illnesses. Food borne diseases cause approximately 76 million illnesses, globally, 32,500 illnesses and 5000 death a year in the United States alone according to the centers for disease control and prevention. In India where there seems to be poor control over the rapidly flourishing food preparation joints, figures would not be appropriate because very few causes are reported to public health officials.

Food borne illnesses are caused largely by disease causing bacteria or by poisonous toxins which they produce. These bacteria can quickly spread and find their way into food via the food chain, i.e. from soil and water, raw - produce, kitchen surfaces-hands of food handlers, food handling equipments-food service utensils-food served. The top three reasons for food poisoning include poor time-temperature control, cross contamination and poor personal hygiene. Kitchens are hot spots for such apportubistic microbes. And moreover, during monsoons when diseases and infections are rampant one would apt to be more careful on selecting the type of foods to be consumed.

The more we know the less we fear. Man has to learn to live in harmony with the environment by rightly understanding the interactions between microbes and men.



Anu.T.Vijayan
I BSc & DHMTC

Control Your Body Language

In the development of a strong personality, body language plays a very important role. Body language is described as a language of signals. This is the expression of our feelings and thoughts in gestures, movements and attitudes. Only one part of the idea is conveyed by the spoken word. The movements of different parts of our body express our inner thoughts more clearly. The study of body environment and movement is known as kinetics. Fifty percent of information on the character and personality of a person is conveyed by body language. Man has the ability to think one thing and speak something else. This can be used when you want to misguide someone of something. In other words, you may use words to disguise your thoughts. You can also hide your thoughts from being spoken out. But it is impossible to do this with body language. You can control what comes out of your mouth. But it is not easy to control the expression of different parts of your body. Understanding your own and other people's body language is very important both in private as well as professional lives. Body language is a major means of human communication. The ability to identify it in others and to know how to use it yourself will give you an advantage in dealing with people & help one to build up an attractive personality.

The face is considered as mirror of human mind. And what is expressed on the face is nothing but the thoughts one cherishes within the heart. Therefore the facial expressions are clear indication of one's personality and mental structure. Our eyes not only receive impressions around us; they also express our innermost feelings to other people. Normal degree of opened eyes are a reaction to different feelings: joy, fright, surprise and amazement. Slightly closed eyes express boredom, disinterest or tiredness. Closed eyes for a moment suggest that no outer impressions are wanted. It can also indicate a desire to enjoy something-music or food. Tired eyes are the response to unwanted irritations from outside.

Wrinkled nose shows reluctance, displeasure, aversion or disgust. Pressed lips indicate that any discussion is over and 'I do not want this'. Biting your lips always reveals embarrassment or lack of self-confidence. Changing the line of the mouth is the one of the most expressive forms of body language. Raised mouth signals a positive feeling as well as a healthy state. The whole appearance is optimistic. Turned-down mouth is an unhappy and dissatisfied facial expression. 'HA-HA' laughter is free, open and hearty. We are at ease in our surroundings and everything is uncomplicated. 'HE-HE' laughter may be considered mocking and challenging. 'HO-HO' laughter conveys some surprise and is used to let the listener know that the person laughing doesn't really believe what he has just heard. The smirk is a form of laughter with lips pressed together which implies that he is not willing to give his unconditional affection, but negative criticism is also avoided.



The open handed gesture offers an opinion and actively invites the other person's view. They are signaling that they trust others and are interested in their opinion. The back of one or both the hands raised against the other person shows the feelings of insecurity. Confused and insecure people who look for support tend to cling to hand bags, files tables, or arm rests. They are afraid of the present situation and do not know how to cope with it. Twisted hands show a complex personality. It also indicates a difficult emotional life.

Upward thumb is often an encouragement to others. Upward index finger right up to the middle of the cheek conveys strictness. The tip of a slightly bent index finger is dominating. An index finger pointed forward expresses severe tension with a good deal of aggression. The index finger on lips conceals insecurity and helplessness. Rubbing lips with index finger is a sign of lie. The way a person walks shows a great deal

about his mental state and personal attitude. The pace of walking is obviously a question of temperament and power. Swift movements are signs of activity; quiet movements reveal calmness; lethargic movements imply sluggishness, idleness and carelessness; distracted movements imply nervousness and insecurity. Big steps imply decisiveness, ambition and the ability to take action. The hesitant walker takes little steps and has a tense neck and shoulders.

Smile is such a powerful thing that it can influence the inner feelings of any person. To smile despite inner pain is really a great task. Just imagine yourself angry after conversation. You have been insulted. Now you can just try to smile. Of course you don't feel at all like smiling, and the result is probably a very unhappy grin. However, even a forced smile is a smile. At least you must slightly move the corners of your mouth. Just grin for 20 seconds and your feeling will change quickly. You will be able to make fun of yourself, because your unsuccessful grin looks rather odd. And now you discover that your mood improves and you have achieved a better-quality smile. As we all know, the effectiveness of a speech depends not only on its contents, but also on the gestures. The basic rule is to maintain eye contact with the audience. Assist your speech with wide and open gestures. The arms should be raised to your chest at a slight angle and your palms open towards the audience; this is extremely helpful when you come to the climax of the speech. Every gesture has to precede the spoken word. Subsequent gestures look artificial.

Do not hide your arms behind your back. Don't hold on to the lectern; you will only block your positive gestures. Do not look at the ceiling or the floor. And above all, do not fiddle with your clothes, tie or glasses.



Ms. Sojy Mathews
Administrative Secretary

The World's Top Vegetarian Destinations

Recent trends show that a vegetarian diet is continuing to become more popular, with many choosing the diet for environmental as well as dietary reasons.

There are still however many countries which have very few vegetarian foods on offer, for a variety of cultural, religious and historical reasons.

India

India remains arguably the world's finest vegetarian destination. With up to 40% of Indians thought to enjoy a meat free diet, there is an abundance of delicious vegetarian fare on offer across this huge country. Some entire towns, such as Pushkar, are meat free, which can be heaven for vegetarians who may often have their choices restricted to one or more items on a menu.

Belgium

Last year the city of Ghent in Belgium became the world's first to host a weekly 'veggie day', shunning the traditional fish and shellfish the town is famous for. Every restaurant in the town now features at least one vegetarian dish each Thursday, and schools will follow suit by giving children a meat free main meal at lunchtime.

Taiwan

There are amazing 6,000 vegetarian eating establishments in Taiwan, where an estimated 10% of the population follow a vegetarian diet. Taiwan is thought to have some of the world's toughest food labelling laws as a result of the high proportion of vegetarians and also due to Buddhist law. Much of the vegetarian food in Taiwan is often very light, sweet and different to other savoury Taiwanese food.

Birmingham, UK

With a multicultural population across the majority of its major cities, the United Kingdom offers fantastic vegetarian food. Birmingham's famous Balti Triangle is home to some of the country's finest curry houses, many of which regularly win national awards. The city also hosts the UK leg of the Veggie Pride parade, which was simultaneously held in Prague, Milan and Lyon in 2009.

Turkey

Turkish food, often served in a delicious mezze platter containing several dishes, flatbreads and a variety of dips, is ideal for the vegetarian diet. The traditional foods of the Ottoman Empire, many of which are a fusion of Middle Eastern, Balkan and Asian influence, are hugely popular and include stuffed grapevine leaves (yaprak dolmasi) and "baklava", a rich sweet pastry made with syrup and nuts. Even "Turkish Delight" is vegetarian!



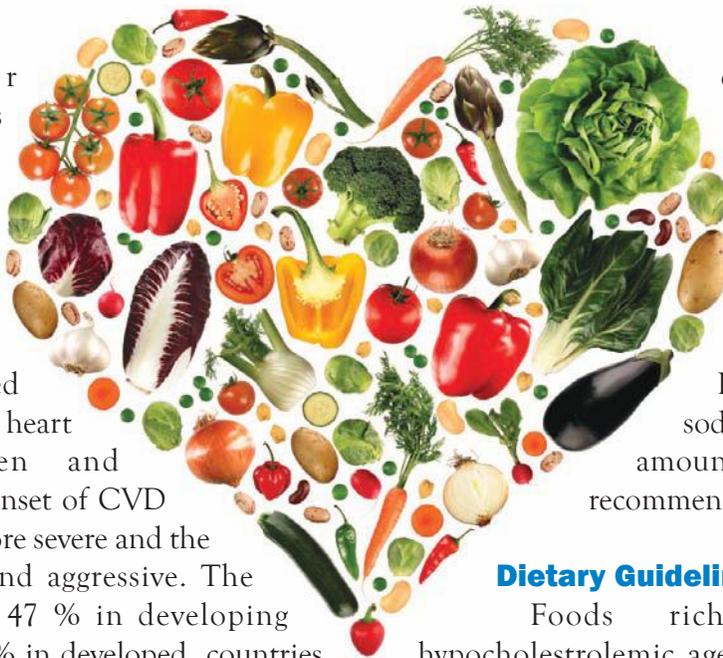
Bagath Baskar
III BA.IHA

Cardiovascular Disease

Cardiovascular disease describes disease of heart and blood vessels. Coronary heart disease (CHD) is the most common form of CVD and is caused by atherosclerosis in the large and medium sized arteries that supply the heart muscle with oxygen and nutrients. In India the onset of CVD is at an early age, it is more severe and the progression is rapid and aggressive. The incidence of CVD is 47 % in developing countries, as against 27% in developed countries among people below 70 years.

Those in the higher socio-economic group are the first ones to adopt to an adverse lifestyle such as high saturated fatty acid diet, sedentary life style and cigarette smoking. The poor in the developed countries and the rich in the developing countries consume the highest amount of the high saturated fatty acid.

Diet therapy remains the first line of treatment for patients with high blood cholesterol levels. Low



calorie, low fat particularly low saturated fat, low cholesterol, high in PUFA with omega 6 to omega 3 fatty acids. Low carbohydrates, normal proteins, minerals and vitamins are required. High fibre diet and low sodium diet that is increased amount of antioxidants is also recommended.

Dietary Guidelines

Foods rich in antioxidants, hypocholesterolemic agents and phytochemicals protect from CHD.

Antioxidants including Vitamin C,E, betacarotene, sources of foods like citrus fruits, vegetable oils, dark green vegetables, nuts, whole grain cereals should be included in their diet. Foods that have hypocholesterolemic effects like soya bean, fenugreek, garlic, onion, flax ,oats, turmeric should be included in the diet.

Animal foods, meat, pork which contain high amount of saturated fat should be avoided. Preserved foods like energy syrup, sauces, gravies should be avoided. Concentrated foods like sweets, chocolates, cakes, pastries, ice creams and fried foods should be restricted. Coffee and tea can be taken in moderation. Heavy meals should be avoided.

Desirable Cholesterol Levels

Cholesterol	Desirable	Normal Risk	High Risk
Total Cholesterol	< 200	200-240	>240
HDL	>55	35-55	<35
Triglycerides	<200	200-400	>400
LDL	<130	130-160	>160



Ms.P.Vijayarani,
Faculty-Food & Nutrition

Control Anger

It is our bad qualities that keep us from thinking about God. Among the many bad qualities that we have, anger is one of the worst.

We think that our occasional outbursts of anger are not likely to cause much harm. But we are when we think thus. A small spark is enough to set a whole forest on fire. Just one word uttered in anger could have serious consequences.

Often, we fuel a person's anger, instead of trying to calm down the angry person. We fan the flames, and if a man is angry with someone, we feed him more tales about the other person. An angry mob on the streets is like a herd of ranging elephants. The mob can do more harm than the elephants. If a person is angry we should not aggregate the man's temper but we must try to clam him down.

One who calms down an angry man is like one who saves another man's life. But one who feeds a man tales about others and makes him angrier is akin to a murder. The angry man not only makes others unhappy, but is destroyed by his own anger.

Anger is a result of our pride. We think that we never make mistakes and that the fault is always someone else's. That is why we lose our temper with others. But we must realize that we all have our faults. No one is perfect.

Even if someone abuses us, we must not lose our temper. We must be like the coconut tree. We do not use absolutely pure water to irrigate the coconut tree; does this affect the quality of the tender coconut water?

Do we use water, from which, all impurities have been removed to water the tree? Yet it gives us sweet coconut water, likewise even if someone hurts us with their words, we must not retaliate, but speak to them sweetly.



Chinju Jacob
II BA IHA

COOKA

Cooka is an innovative cooking alternative, featuring a unique look with contemporary technology, latest material and various potential uses. This cooking system enhances the thermal conductivity of silver that ensures quicker heating during cooking and quicker cooling during shutdown. Cooka creates a hot air stream around the pot that comes out from the silver plate holes to ensure zero wastage of heat during cooking. The silver cooking dishes are placed on the base of cooka that is made of LSR - Liquid Silicon Rubber, a non-toxic material that can maintain their



attributes from 60 °C to 280 °C. Easy operating has been ensured through simple push buttons over the surface with pictorial representation for different functions. When cooking is finished, the system can be cleaned easily and stored safely in a compact place by bending it like a tablecloth.



Mr. Dilip Kumar,
Faculty-Food production

The Meat Mania

Even though the world population is getting highly diet conscious and taking up the diet policy of 'Go Green', the meat producers of the world have never faced a challenge of demand decline. Maybe because people have got so used to it that, either they have planned not to leave it or to have it in a diet safe way. But if you have taste for any kind of meat and would love to try your tongue at the extremes of tasting meat, then pack your bags and head for these destinations...

Scotland

Scotland's most famous dish, haggis, is notorious - although many people may not know what is inside the 'delicacy'. Traditionally cased in sheep's bladder, haggis is made from sheep's heart, liver and lungs and is particularly popular across the country on Burn's Night on the 25th of January, the annual celebration of the life of Scots' poet Robert Burns.

South Korea

Eating dog is illegal in South Korea - apart on one day per year. On the 17th of August each year, groups of South Koreans, mainly older men, tuck into dog as part of a celebration of the date which is known as 'Malibok' in the Korean lunar calendar. It is thought that despite the ban on eating dog, thousands of restaurants still serve up dog meat soup, with the animal estimated to be the fourth most popular meat in the country.

Spain

It is said that the Franco Regime of 1939-1975 strongly discouraged vegetarianism and associated it with the political left. Perhaps as a result, much of Spain's food is strongly meat-based; with pig in particular a firm favorite in many tapas dishes. For something more unusual try stewed bull's tail (Rabo de toro) originating in Cordoba, or Cojunodo, a slice of chorizo served on fried quail egg.



Slovenia

Horse lovers should probably steer clear of the Red Hot Horse take-away in the Slovenian capital of Ljubljana - one of the most popular dishes at the café is horse burger. Many Slovenian supermarkets also stock horse meat if you'd prefer to cook up a burger yourself.

USA

Notorious for their love of meat, the US has a range of restaurants claiming to offer the world's largest steak. For something with a more distinctive taste, head to Florida - many eateries here offer Alligator on the menu.



Dipin Pavithran
III BA IHA

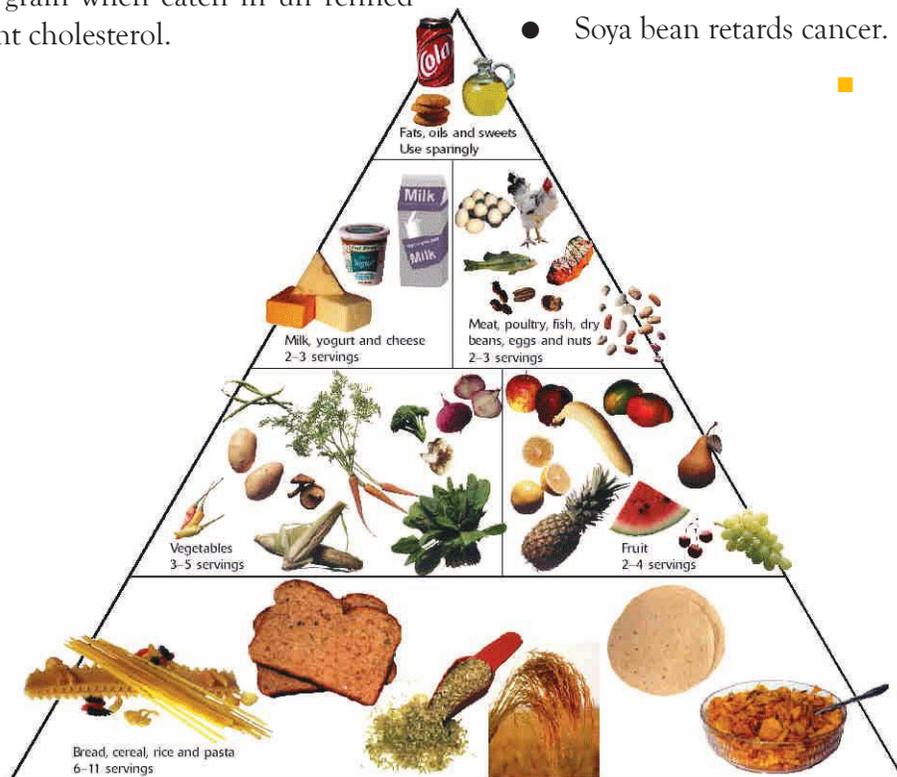
Health is Wealth

Nowadays we are forgetting the importance of healthy and nutritious diets. This is resulting in many life style related diseases, hypertension, arthritis and cancer. It is not just junk food. Some doctors even blame normal food for health problems, as there is

high content of deadly pesticides, which is the prime reason for allergies, respiratory diseases and digestive disorders. In fact in India, nearly 7000 people die every year due to poisoning caused by increased pesticides in food grain and vegetables.

Soul foods

- Instead of oil in market, dietitians recommend olive oil or sesame oil.
- Switch to green tea instead of normal tea.
- Spices like green chilies, bishop seeds, cumin and turmeric provided defense mechanism against sugar and heart related diseases.
- Rage a whole grain when eaten in un refined form helps fight cholesterol.
- Bajra lowers levels of sugar in the blood.
- Jowar is good for diabetes and heart patients.
- Cholai seeds are anti-oxidants and calcium rich.
- Roasted seeds of watermelon, pumpkin and cucumber may prevent osteoporosis.
- Jamun juice is excellent for diabetes.
- Soya bean retards cancer.



Raina Reji Mathew
III BA IHA

Your Higher Self

There is a great confusion about what is your higher self and what it means to you in this physical experience.

In this article you will know the nature of your HS (higher self) and the benefits you will get if you consciously connect with it.

Your HS is the non-physical part of you which is not in your body. It is connected to your body through your soul. Your soul is a small part of consciousness projected from your HS, therefore your soul has access to the whole consciousness. If you have a strong desire to become familiar with your HS it will show itself to you sooner or later.

Your HS is you, and you can also say that you are a small part of your higher self. Your HS can have many different life experiences at the same time, so if you meet some person who feels very familiar to you although you met him/her for the first time, that person is likely to be a part of your higher self too.

When you die you become one with your HS, but that does not mean that you lose the sense of who you are now. You will always retain your sense of self, it is just when you connect with your HS you remember all the life experiences you had.

However, when you are born into this physical world your access to the memory of your previous lives is restricted. You can still discover what previous lives you had, but that may defeat the purpose of your current life. This is because you came here to evolve and work on the issues you did not resolve in previous lives, and you will get much bigger benefit by resolving those issues without any clues given.

Your HS has all the knowledge of the humanity, all the memories and much better understanding of who you really are than you yourself! That is, of course, if you are nowhere near the true understanding of the nature of your being. Your HS is also the first one enjoying all the manifestations you create in a non-physical reality.



Your emotions and your higher self

Your HS communicates with you through the emotions you feel. If you feel really bad, your HS is telling you that you are far away from who you really are, and that if you keep being in such mood, you will just create more negative manifestations and get stuck deeper into this unpleasant situation.



Any negative emotion is like a warning from your higher self shouting to you: “Change your attitude or you will lose the sense of who you are and the purpose of your life.”

When you feel happiness, this is also your higher self expressing the acknowledgement that you became who you truly are and you are in a similar vibration to your higher self. In this state of mind you will experience complete allowing of all your desires to manifest. It just depends how long you are able to hold yourself in this state of mind.

Your emotions and manifestations

When you feel some strong emotion, it always means that you desire something and that you have created the manifestation of that desire in the non-physical reality. Now it is up to you to allow the manifestation of your desires to come into your physical reality.

Emotions can be positive and negative. Even if you feel some strong negative emotion, it still means that you have manifested some desire in a non-physical reality. However by being negative you do not allow it

to come into your reality because you are not a vibrational match for it.

Let’s say that you really want to be wealthy, but whenever you see some wealthy person you become extremely upset because you still do

not have wealth. So you express a very strong negative emotion, which means that you really want to have that which you still do not possess.

Whenever you really desire something, it always gets created in the non-physical. It is there waiting for you to become a vibrational match for it so that it could come into your reality. But in such situation most people keep being extremely negative about not having something. They view this situation from the position of lack, so instead of allowing the desired thing to come into manifestation, they manifest lack of that desire.

Although this may be not be easy at first, all you should do for the manifestation to come into your reality is keep being positive about it. If you could just feel good about your desire and imagine how it would be like having it, if you could just hold the expectancy/faith/happiness state of mind for some time, you would this way allow all your desires to come into your reality.

I have gone a little bit off topic, but I thought it is important to make this point.

How to meet your higher self

You can get direct messages from your HS

through meditation. When you meditate and get deep into meditation, you can ask for your HS to show itself to you. You may not be able to see it the first time you try, but with practice your HS will definitely show itself to you.

Because your higher self is energy, it may appear in different manifestations. It will show itself to you in a way that will be comfortable for you to see. It may look as you or your family member, a kind person or even an animal. It may just come as a voice in your head guiding you and advising you. Whatever you are most comfortable with.

It is really useful to get to know your HS because it can guide you when you are unclear about something or it can answer the questions that you are unsure about.

Higher self can also give you messages through your dreams. When you wake up and you remember the dream, and you think it has meant something, it means that it really did mean something. It was the message from your higher self to you.

Such dreams usually come in symbols, but those symbols are clear because your HS sends symbols that have some meaning to you.

You can also get the messages from your higher self through channelled writing. Some people call this type of activity “automatic writing”. All you should do is to comfortably sit in some peaceful place with a pen and a blank piece of paper. Then you should ask some question that you are not sure about and wait for the answer. Try not to make up any answer, just become peaceful to allow the answer from your higher self to come forth.

You will know that you are channelling your higher self if you start getting answers in writing that is different from that of yours. You may get some unknown words, or the writing style may be different (more formal or personal) to that of yours.

When you become more connected with your

HS, you start understanding who you really are and what you want to get from this life. You finally understand that you are never alone, that you always come with unconditional love and help from your higher self.

When you consciously connect with your HS you stop being scared of death because you understand that there is no death. There is just a life circle, experience after experience in different manifestations of you.

Even without the deep connection to your HS you still receive the guidance of it through your emotions. The guidance through your feelings is the easiest way to understand if you are on or off the track of who you really are.

Therefore when you truly connect with your HS, you become empowered and positive. You start allowing all good things to come into your life experience and that only strengthens your connection with HS.



Ms.Sadhana Krish
Faculty

How to Keep Fit and Healthy at All Times

If you want to keep fit and healthy at all times, then you have to make some active effort. Keeping fit doesn't only mean looking good from the outside. It means being physically active, mentally sound, and feeling energetic and ready to face the tasks of everyday life.

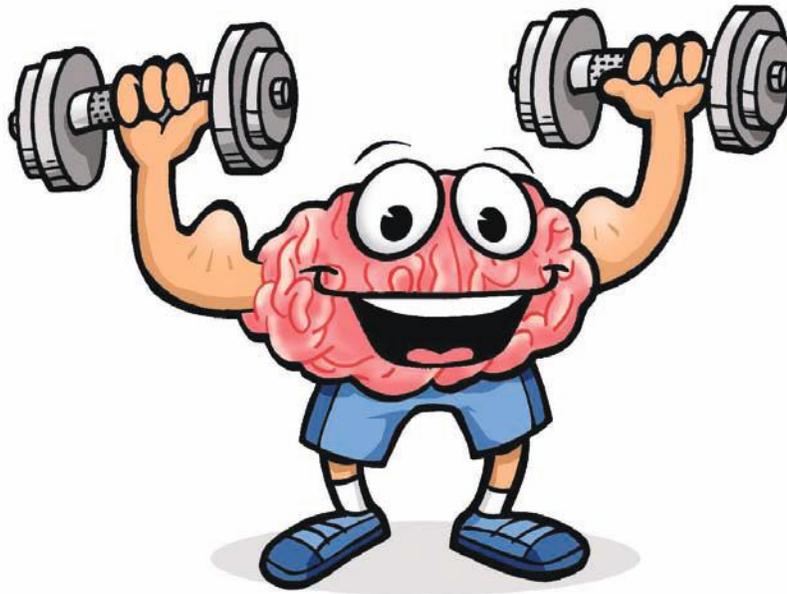
In order to keep fit and healthy, you don't have to run for hours, or spend several hours at a gym, or playing football or tennis, or riding a bike. You can start by doing simple exercises. People have all sorts of excuses for not exercising. Mostly everyone has family, children, and busy work schedules to take care of. However, if you want to stay healthy and live longer, then you have to make some little changes towards a healthy lifestyle.

To keep fit and healthy, follow a healthy and balanced diet every day. Make sure that your everyday diet includes lots of fruits, vegetables, and protein. You should cut down on red meat, junk foods, and sugar intake. Avoid soft drinks or canned fruit juices. Instead, opt for a variety of fresh fruits, vegetable salads, freshly made fruit juices, milk, nutritious energy drinks, etc.

You need to be more active in order to keep fit and healthy. Modern life has become very sedentary, with a little scope for physical activities. You need to exercise in order to burn those calories. Minimum physical activity slows down your metabolism rate. So,

you can put on weight even when you eat less. On the other hand, exercise and a more active life will burn up the calories, even when you eat a little more. You can simply go for a brisk walk, or jog or you can join a gym. The important thing is that you must include

some physical exercise in your everyday life, because fitness and health cannot be achieved without some physical exercise. For a healthy life sufficient sleep is important. Lack of sleep can make you feel tired the next day. So work hard, but make sure that you have enough sleep; so that your body gets the time to replenish itself.



Do not skip your breakfast, no matter how busy you are. Breakfast is the first and most important meal of the day. It works as a fuel for your body and keeps you going for the rest of day. If you skip breakfast, you will feel hungrier in the latter part of the day, and you may end up eating more! So, you may run a risk of gaining weight, if you skip your breakfast frequently.

ALL THE BEST.
WISH YOU A GOOD HEALTH

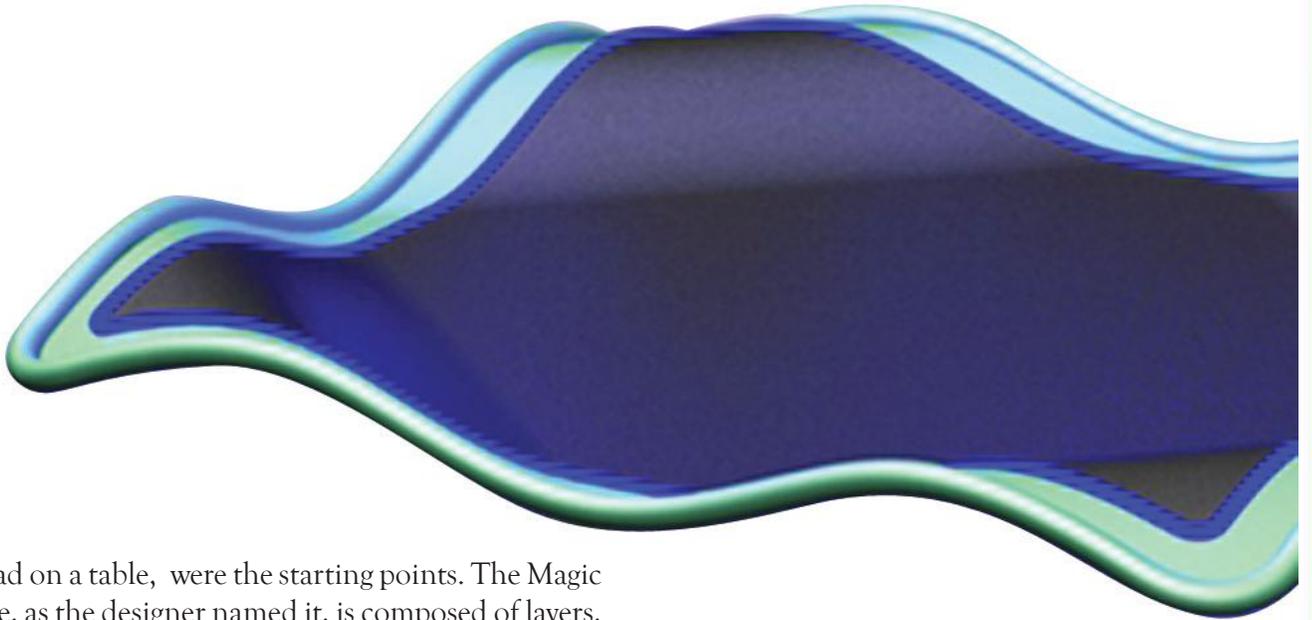


Dillip Jacob Ponnattu
Lecturer in Physical Education Dept

INNOVA COOKING

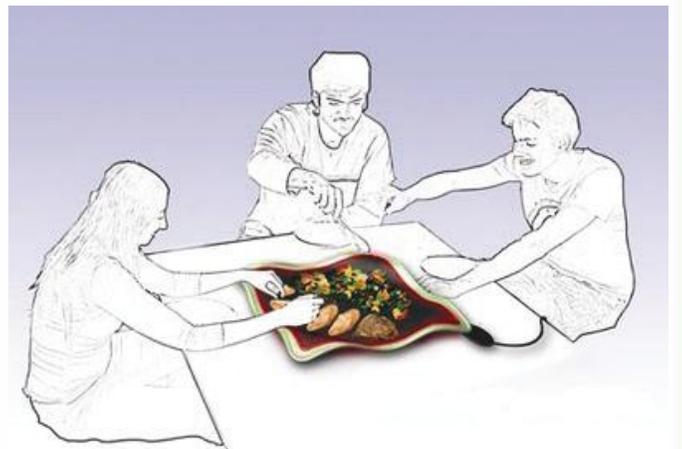
Ever thought that one day you'll be cooking on a device just like a table cloth inside your house or even outside, in your very own backyard? This ingenious cooking device, was designed by Sara Laczó, a young designer from Hungary. Being a product oriented to Philips's design language, Sara had to create a feminine, simple and natural shape, but not too futuristic. It's very interesting that from all the cooking accessories that are present in an everyday kitchen, Sara picked up the table cloth for her inspiration. The simple shape of the table cloth and its ability to be

on a sunny day. The next layers are the Teflon coating and the heaters. The Teflon ensures that the food won't stick to the surface making it easier to clean. The heaters are made from silicon and are arranged in such a way that can be heated up separately. The operating temperature is up to 260 degrees Celsius, pretty awesome for a 1.5 mm thick heater. The wire grid is built in the insulation, this insulation is a silicon foam and has a grid etched in its surface for the wire grid to fit perfectly. Going further though the layers, we find the Teflon insulation. This is the most



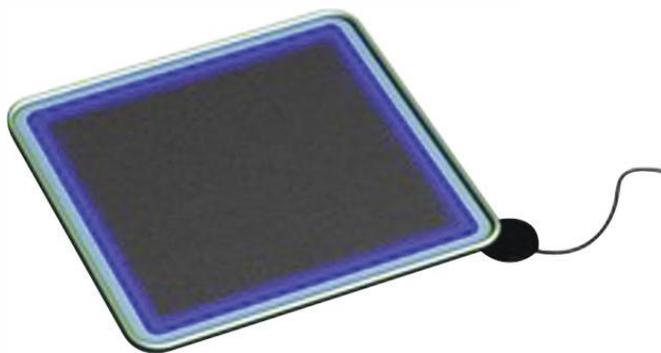
spread on a table, were the starting points. The Magic Table, as the designer named it, is composed of layers, stacked one on top of the other to create the perfect cooking tool. It has an edge that can light up to interact with the user. When the light is red the magic table is switched on, the light is blue when the product is on, but the cooking surface is not hot and when the light turns orange the product is warm, but the cooking surface is touchable.

Around this lighted edge, the designer has fitted a tangible edge. This has been colored in oxide green to create a contrast and is made from PVC or silicon. Cooking on the table magic is like having a mobile kitchen which you can push in the backyard to cook





important part of the device, as this gives it the ability to be folded or bended. The device has attached on one of the corners an operational panel. This panel can be fitted when the user wants to use the device and remove it after he/she has done cooking. The panel has a touch screen interface so the user can easily adjust the time and temperature.



The always present in a contemporary kitchen, the table cloth, has been redesigned and given a new role. Sara also won the second prize given by Philips Design Department in Amsterdam, Holland with the Table Magic, design that was submitted to the Quick and Healthy Cooking.



Mr.Satheesh kumar
HOD-Food Production

Interview is a place where we sell ourselves



The education that we are getting is a mere skeleton, a skeleton without any flesh on it. We need to decorate this skeleton with flesh rather we need to colour our education with extra readings, home works and with our extracurricular activities. What we do by ourselves with our own free time will fetch its price when we take ourselves for interviews

Education should be our passion. At least for a few of us, education is in a way a forced act, the particular course we have currently taken up may not be our choice. Many a time it is forced by a few factors, especially factors like social and economical pressure.

Once we have taken up the course the college, the department and the teachers teaching us would be forcing us to study. So our basic education remains forced rather than coming as our own need. It is a kind of tunnel experience wherein we take the pain to finish it and once we are out of it we are back to our old habits without letting much learning happening

within us. Well, I have been thinking that in our country not even 10% of the population is getting highly educated and see the huge number of unemployment, imagine if it were 50% of getting higher education, job hunting would be the toughest thing of the time and even now it is the same.

It's said, knowledge is wealth. Gone are the days when we used to get educated for pure knowledge. Knowledge, the wealth, should help us to convert the knowledge into wealth, the liquid money. Whatever education we take up, at the end of the day it should help us to earn our daily bread; it should help us to find a livelihood and it should give us a social and economical status.

The toughest thing that we face in our life is to find a job after our studies. When we are students we need not to be worried about anything and this is the most enjoyable time in life because everything is taken care of by our parents and if at all we have any burden,

it should be the burden to study well. Once we finish our studies and get into the real world it will be the real testing time. When we were students we always had the romantic dream of getting a good job. We won't be getting the job that we aspired for; we will be attending interviews after interviews and still no job. Then people, who know us, would keep on asking us whether we got a job, we would be totally lost and frustrated and these moments would be the most embarrassing moments in our life.

Most of us won't be really bothered about it while we are studying. We would be swimming with the current without taking much effort, for these easy going people the end will turn to be really costly. After the course if we think that we could perform a little more better way, could score a little more marks, could do this and that, there is no use. So now it is the time that we have in our hands, now on we need to think and start working towards it & not after having finished our course. The pity with us is that never ever we can think out of the box.

Interview is a place where we sell ourselves. In order to get sold in high price and value, we should keep ourselves polished and shining, it could be done with extra readings, home works and with our extracurricular activities while we are doing our course. When we take ourselves for interviews we should make ourselves fine tuned with the required qualities (qualifications). Interview is an open market where our talents and knowledge, acquired from education are sold and as remuneration we get placed in the particular company. No company can survive without qualified personnel. As we are badly in need of a job after our studies, the companies are also badly in need of qualified personnel. So we need to have a meeting point of quality for both the candidates and company personnel. We as students our success is in meeting the qualities (qualifications) expected of us by the company. To that realization our whole process of education should lead us to.



Mr. Sajin Augustine
Faculty-Food & Beverage Service cum Warden



Jithin Babu. S
I BSc & DHMCT

The World Famous Edakkal Cave Carvings: Kerala



The edakkal caves are situated around 4000 feet above the sea level. It lies at Ambukuthi mountain ranges near ambalavaya; about 12 km from sulthan bathery in wayanad district in Kerala. This cave is full of carvings which is world famous. The Edakkal cave brought to light by Fawcett in 1894. He came to wayanad as a guest of Colin. Mavckenizie, who was the owner of the kuppamudi estate. With the help of the tribes like Mullakurumas and Panniyars. He constructed a path to edakkal cave. In 1895 a number of chopper and hand axes associated with the Neolithic period were discovered.

The Edakkal cave carvings clearly represents the humans and animal figures; some Indian symbols like Magic squares, The head dresses, Masks, Dancers and Seated figures which represents an ancient devil dance of the country. The carvings may be the work of any one of the devil worshipping castes or tribes in their neighborhoods.



Come to Mcc

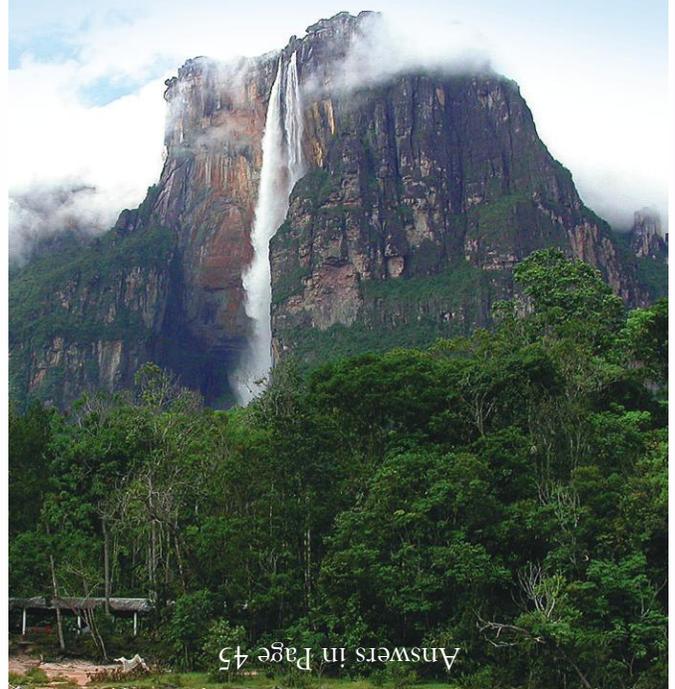
Whiff of fresh air swiped me,
 When I walked through the corridors..
 felt the touch of breeze,
 When i woke up at dawn..
 Its heavenly! Its heavenly..
 opened my eyes ...
 cherish those moments
 say no byes ...
 sizzling away,
 with the drizzles of every day!
 Four seasons in an hour,
 Nothing to feel sour &
 Friends are my tower ..
 Merry and gay...
 comes without any pay..
 play and learn...
 and wont say nay
 its the presence of GOD,
 When met those teachers
 got the blessings
 and followed!!! they are our preachers!
 Its magical minutes
 To be in MCC..
 the beauty filled life
 you shouldn't miss! Come and see!



Jojo Joseph
I BSc & DHMCT

Do you know?

1. Which river crosses the equator twice?
2. The second largest island in the world is.....
3. Which city is known as the city of Golden Gate?
4. The largest Gold producing country in the world is.....
5. Which city is known as the world's Eternal city?
6. Which medical term is derived from the Greek for 'Good Death'?
7. The famous Kohinoor Diamond was produced from one of the mines in which state?
8. The book "Unto the Last", which influenced Gandhi, was authorized by?
9. Which sea is the largest inland sea or lake in the world?
10. Where are the world's highest waterfalls located?



Soul Maria P Johnson
III BA IHA

The Importance of a Clean and Healthy Environment in the Tourism Industry



Land, Water and Air

The importance of a clean and healthy environment in tourism and the effect of tourism on the environment should be a consideration to all travelers. Whether we realize it or not, we all damage the Earth when traveling. But what can people do to offset this problem?

Think about when you hike. Probably you've seen many plastic bottles and trash on the trail or in the forest. When this occurs, the environment is damaged. For these items to break down and decompose, it could take up to hundreds of years. In the meantime, an animal may come along and try to eat it, thus injuring or suffocating the animal, thereby killing an innocent victim.

In addition, when hikers hike, mountaineers climb and camp in national parks, they must bring all waste outside the park to dispose of it. This means

bodily waste as well, believe or not. National parks are so strict that hikers bring their own baggies for excrement and then dispose of them in trash bins later. This proves that anything people leave in a protected, natural area can actually destroy it.

With tourism comes new infrastructure including roads, hotels, shopping centers and other buildings are geared towards the industry. This wreaks havoc on the environment because the natural habitats of plant and animal life indigenous to these areas are destroyed. Plants are killed and animals must relocate to a new area.

Any tourist attractions close to water will become polluted with everyday waste such as plastic bottles, cans, napkins, plastic wrappers, etc. Tourist facilities also tend to waste water with both staff and guests overusing the water supply. Think of all those hotel

guests that rent rooms with Jacuzzi tubs. Other examples of tourism water pollution include lawn fertilizer, septic tank leaks and car oil from roads running off into bodies of water.

Tourists pollute the air with the influx of vehicles on the road, since cars and SUVs give off carbon emissions into the air. Planes leave a massive carbon footprint as well.

There is such a thing as noise pollution as well. In high tourism areas, this can disturb not only people, but noise may drive off certain animals native to the region.

So how can we be a better tourist?

Tips for Eco-Friendly Tourism

Just follow these tips to become an eco-conscious tourist:

- Leave nature with what you brought in. In other words, don't leave rubbish, including food and plastic bottles, on the forest floor.
- Go to the bathroom before the hike. Check the

park map to see if there are bathrooms on the trail.

- Vacation in natural places that haven't been "built up." Ditch the 30-story hotel in Cabot for a quiet tree house retreat - a possible adventure of a lifetime and you're supporting the green movement.
- Treat the getaway like you're at home. In other words, keep to normal shower times, forego that room with the hot tub, only ask for new towels and bed linens once (or if you're super clean) or twice a week.
- Bike and walk everywhere if you can while on vacation. It's a great way to see the scenery and enjoy the ambience.
- If you have to rent a car, use a hybrid vehicle.
- Keep noise down to a dull roar. There's no need to be blasting loud music out of your hotel room - would you do that at home?

Knowing the importance of a clean and healthy environment in the tourism industry and the effect of tourism on the environment is the first step to becoming a better tourist. Stick to the above practical tips and you can spend your vacation relaxing and respecting Mother Earth.



Jyothish Jose
II MSC-HMCT & T

The Top Ten Ways to Take Positive Risks in your Life

Here are the top ten ways to take positive risks in your life (And what will happen if you do)

1. Decide what you want and then define and take the biggest risk you can think of which will move you closer to your goal. (Taking action towards doing what you want to do is not a risk)
2. Make a step by step plan towards an important goal and define risks you MUST take to move forward. (Living a status quo life will not change any situation for which you are stuck)
3. Ask yourself what is possible and then make a list. (Most people spend too much time pondering what things won't work and as a result justify why taking no action is the best choice)
4. Take action- do something unusual to create movement towards a goal which is important to you. (Like a set of domino's, all the choices from the past which no longer fit you will fall down)
5. Only strive to accomplish a few really important things each day. (Life isn't about having the biggest to-do list) but making progress and living a life which is most important to the person living it!)
6. Work to develop the relationships which matter to you. (Don't be afraid to terminate the relationships which no longer work for you or be afraid to pursue new ones which nourish you)
7. Re-define yourself by WHO you are vs. WHAT you do. (Job titles are for the human resources staff)
8. Define and live your perfect vocational day. (Recreate a life which works better for you vs. one which works better for some else who really doesn't care about your welfare)
9. Be your own best friend. (Easier said than done since people tend to be their own worst critics)
10. Give yourself permission to take risks in your life. (Otherwise, you will wait a very long time and then wonder later why change took so long)



Taking risks towards what you want in your life is all relevant. What might seem like a big risk to one person might not seem that risky to another. Happiness in life, work and relationships is knowing you were not afraid to try something new in your life when the status quo no longer worked. Take a few risks towards what you want- Your life will be richer from the inside out!



Liya Augustine
III BA IHA

U MANIFEST EVERYTHING U WANT!!!!!!



It is easy to understand how to manifest your desires, but mostly people find it hard to really believe that they can manifest what they want.

This is the main reason that blocks so many people from receiving their wishes. The manifestation process is so simple that some may say that it cannot possibly be this easy. Such opinion only exists because of the deeply rooted limited beliefs that people have.

Many think that you have to work hard to survive in this world and that hard work always pays off. But this is a false belief that hinders a lot of people. Beliefs like this one make people disbelieve about the easiness of manifestation.

How to manifest your desires

To start this process, you should think of something that you would like to have. You should start from small things first (the ones that you do not find hard to get) because this will give you more faith as to that they will manifest.

When you manifest small things, you will be able to gradually progress to bigger and bigger ones. Some fail to manifest because they want to get large amounts of money, houses or cars with their first intention. But that does not work this way because you cannot possibly completely believe that such big things will manifest when you are just a beginner. When you think of what you want to have, you should start visualising it to get into the proper vibration to attract it. Let's say you want to manifest \$100 (start from small things first, remember?). You should see in your mind \$100 for at least two minutes continuously, without any interruptions.

This way you will point out to the universe what you exactly want. Now to get into the vibration of attracting this money you should start visualising about what you are going to do with such money and how you feel having that much money.

Just imagine having additional \$100 in your pocket. Visualise it. See it so clearly that you almost

feel that the money is really in your pocket. How does it make you feel? Free? Happy? Willing to spend it? Thinking about buying something in particular? Such and similar thoughts will lead you to the feeling of really having this money and this way you will become a vibrational match to this amount of money.

Once the visualising part is done, you should remain very positive for as long as you can. To remain positive for at least two hours is vitally important because this kind of money can come to you after hours of visualisation rather than days.

Never ever think about how the money is going to reach you, let the universe do what it does best - deliver to you everything you want to have. If you start wondering how the universe is going to deliver your wish, you will slow down the manifestation or block it from coming. When you feel positive, you are allowing the universe to deliver your desire. When you feel doubtful, anxious, impatient or have any other negative emotion, you block yourself from receiving the manifestation.

If you do not introduce any negative emotions or thoughts at least for a couple of hours, you must start seeing the signs that the manifestation is about to take place. It is the law. Once that happens, the manifestation will reach you very soon.

The main reasons why people cannot manifest their desires

The first reason that people fail to learn how to manifest their wishes is the one I mentioned in the beginning - lack of faith. It is impossible for the manifestation to take place if you do not believe that it will. You are simply blocking it.

If you really want to believe but still feel some doubtfulness about this whole process, you may find it helpful to see this process as a game. Just test the manifestation in a form of a play rather than a serious process. This will help you relax and ease up on yourself and you will allow the universe to deliver your manifestation. Another reason why people fail to learn how to manifest is because they visualise properly, but

instead of them feeling that they already have what they want, they feel lack of it. Because of that they get into the vibration of lack and they attract lack.

When you visualise, try to pay attention to how you feel. If you want to manifest \$100, but all you feel is that this money is not in your pocket, you are in the vibration of lack. You should visualise and believe so intensely that you convince yourself that you really have that much money and you are genuinely happy about it. This is the vibration you should be seeking for.





Also people do not manifest things because they just cannot focus on one thing for long enough. This is the consequence of watching TV because it makes you impatient and wanting instant results. The cure to impatience is meditation and giving up most or all of the TV time. It is important to focus at least for two minutes on the thing you want to have in your experience, this is the main part of manifestation. Without it manifestation hardly ever takes place, unless you visualised something many times for short periods of times.

In general, negative thinking, limited beliefs, doubts and visualising from the state of lack are the main causes of people being unable to learn how to manifest their desires.

Such a simple and obvious process

When you really think about manifestation, you understand that you constantly manifest everything into your reality.

When you want to eat, for example, you think of a food you will buy or prepare, you see in your mind

how it will look without any difficulty. Yet it takes time to visualise something new to you, but it is possible because you practice visualisation every single day. So when you visualise the food you are going to eat, you go and buy the food, prepare some dish and eat it. This is your manifestation but it is so usual that you do not realise what power you have. You use it by default, but it would be so much more interesting and beneficial to use this power intentionally and selectively.

Most people create everything in their lives by default. When they are going into some meeting, and they know that the people they will meet there are quite negative, they would see in their minds what disaster the meeting will turn out to be rather than intentionally seeing the meeting as the best one they have ever attended. This power is so widely misused, sometimes it is even hard to believe that.

People are all powerful, they are all divine, yet some of them are so unaware of the capabilities they have. They live their lives becoming just a small detail of who they really are.

You should easily understand how to manifest your desires. This is not the hard part. Just focus on one subject in your mind for a couple of minutes. After the visualisation you should find ways to keep yourself uplifted for at least couple of hours, and this part is very hard for many people.

If you remain positive for some time the universe will start sending you signs that the manifestation is about to come, or you may become inspired to take some action which will lead you to the manifestation. Also you should not visualise from the state of lack because you will attract only lack. You should see in your mind your desire and feel how it would be like to have it. This way you will get into the vibration that will attract all that you desire.



Ms. Sadhana krish
Faculty

Attitude is Important, Do Things Differently with it

Attitude is one of the most important word in English language. Our attitude determines how we look at a setback. To a positive thinker attitude can be a stepping stone to success. To a negative thinker, it can be a stumbling block.

"Can a student be a good student without a good attitude?"

"Can an executive be a good executive without a good attitude?"

"Can salespersons, employers or employees be good in their roles without a good attitude?"

The answers for all these questions is a Big "NO"

William James of Harvard University said "The greatest discovery of my generation is that human being can alter their lives by altering their attitudes of mind"

A study attributed to Harvard University found that "when a person gets a Job or a promotion, 85% of the time it is because of his attitude and only 15% of the time because of intelligence and knowledge of specific facts and figures



The Calgary tower stands at 190.8 Meters the total weight of the tower is 10,884 tons of which 6,349 tons are below ground [approximately 60%]. This shows that some of the greatest buildings have the strongest foundation. Just like a great building stand on a strong foundation, so does success. And the foundation of success is attitude.

You may well know the proverb "Failures are the stepping stone to success" but I would conclude this by reframing it into ; "Attitude is the stepping stone to success"

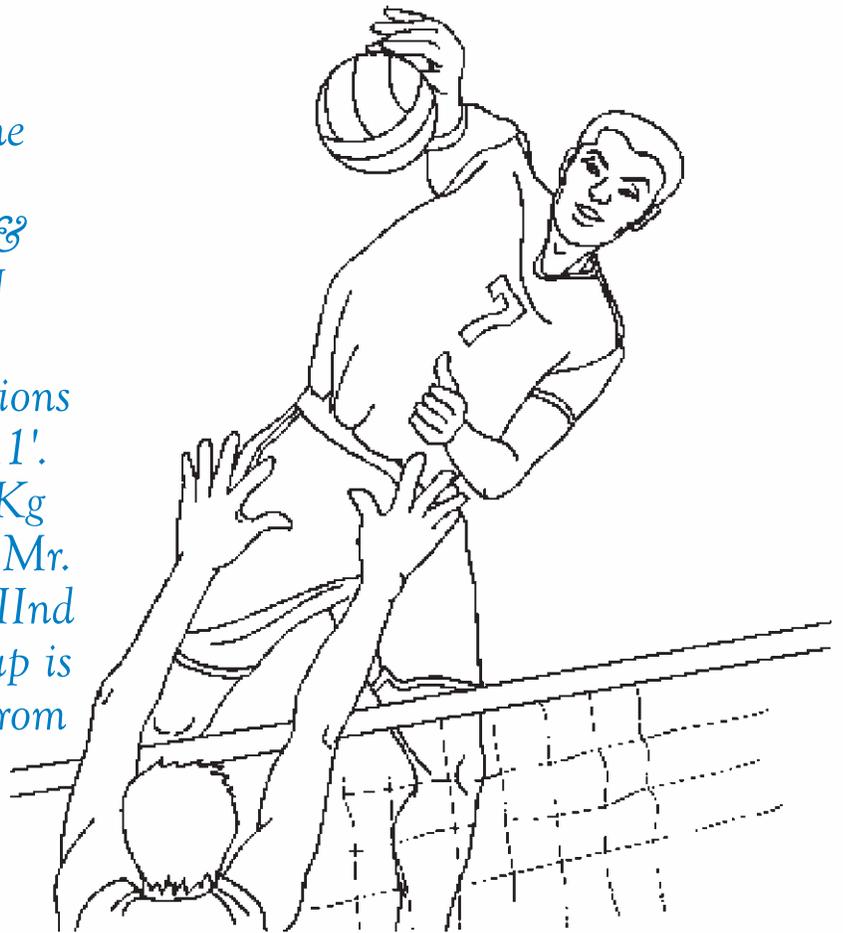
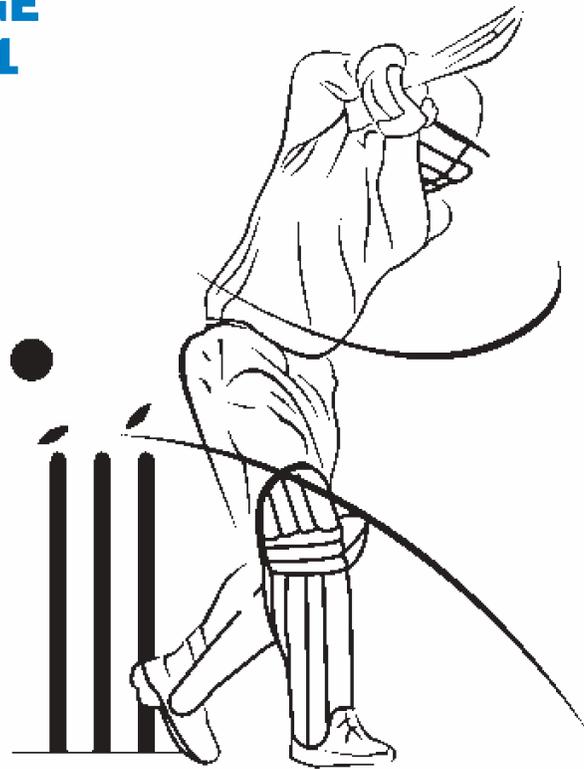


Manu Rajan
II BA IHA

MUNNAR CATERING COLLEGE College Sports Report -2011

College Sports Day was held on 16th, 22nd, 23rd & 26th of January 2011 in MCC College helipad ground. We conducted Cricket, Volleyball, Iron Man of MCC (Bench Press), and Mr. MCC (Body Building).

For cricket, CHAMPAGNE won the championship and BLUECURACAO were the runners-up. For volleyball, CHAMPAGNE won the championship and BLUECURACAO were the runners-up. Mr. AJEESH BABU P.S from IInd BSc & DHMCT and Mr. ALBIN JOSE from Ist BSc & DHMCT were the Champions for 'Iron Man of MCC-2011'. They individually took 75 Kg each. 'Mr. MCC- 2011' is Mr. AJEESH BABU P.S from IInd BSc & DHMCT, Runner-up is Mr. ANOOP GEORGE from IInd BSc & DHMCT.



CRICKET CHAMPIONS 2011 - CHAMPAGNE.

1. Jibin Sebastian (Captain) - III BA IHA
2. Jacob Rajeev Varghese (V. Captain) - II BA IHA
3. Sheen Joseph Xavier - II BA IHA
4. Prashob K.P - II BA IHA
5. Akhil M.V. Pillai - II DUAL
6. Yaseen Ali. S. - I BHM
7. Williams Philip - I BSc & DHMCT
8. Melbin Jose - II BA IHA
9. Vishnu S. Ravi - I BSc & DHMCT
10. Tharun S. - II BA IHA
11. Khaleel Ibrahim P.V. - III BA IHA
12. Renjith AJ - II BSc & DHMCT

CRICKET RUNNERS - UP 2011 - BLUECURACAO.

1. Anshad M.H (Captain) - II BSc & DHMCT
2. Jijith Raghavan (V. Captain) - III BAIHA
3. Shaiju J Mathew - II BAIHA
4. Rahul D.S. - II BAIHA
5. Nikhil Babu - II BSc & DHMCT
6. Jithin P.M. - II BSc & DHMCT
7. Bineesh Joseph - II BSc & DHMCT
8. Naveen U.K. - I BSc & DHMCT
9. Joyal Mathew - I BSc & DHMCT
10. Ranjith Johnson - I BSc & DHMCT
11. Arun V. - I BA IHM
12. Didin Raj - III BA IHA
13. Jerin Raju - III BA IHA
14. Unnikrishnan M.D - III BA IHA

VOLLEYBALL CHAMPIONS 2011 - CHAMPAGNE.

1. Jibin Sebastian (Captain) - III BA IHA
2. Melbin Jose - II BA IHA
3. Williams Philip - I BSc & DHMCT
4. Shijo Joseph - II MS.c
5. Nikhil Stephen - I AD
6. Akhil M.V. Pillai - II BSc & DHMCT
7. Sheen Joseph Xavier - II BA IHA
8. Khaleel Ibrahim P.V. - III BA IHA

VOLLEYBALL RUNNERS - UP 2011- BLUECURACAO

1. Jijith Ragavan (Captain) - III BA IHA
2. Nikhil Babu C. - II BSc & DHMCT
3. Renjith Johnson - I BSc & DHMCT
4. Jijith P.M - II BSc & DHMCT
5. Bineesh Joseph - II BSc & DHMCT
6. Shaiju J. Mathew - II BAIHA



Iron Man of MCC- 2011

Mr. AJEESH BABU P.S II BSc & DHMCT
& Mr. ALBIN JOSE I BSc & DHMCT

Mr. MCC- 2011

Mr. AJEESH BABU P.S (Mr. MCC -2011,II BSc & DHMCT)

Mr. ANOOP GEORGE (Runner - Up, II BSc & DHMCT)

All the best



Dilip Jacob Ponnattu
Lecturer in Physical Education

AYURVEDA



Ayurveda is the 5000 years old holistic science which can restore, revitalize and rejuvenate your body, mind and soul. The word Ayurveda is derived from the two words, Ayu(life) and Veda(knowledge).

So Ayurveda, compiled into the Vedas by the famous sage Veda Vyasa, basically means the science or knowledge of life. Kerala is the ideal place and monsoon the best time, when body is most receptive to the therapeutic and rejuvenation Ayurvedic treatments to avail of such treatment. The various therapeutic Ayurveda treatments are:-

DHARA:

Herbal oils, medicated milk, or butter milk and decoctions poured on the forehead/whole body, in a continuous steam. This treatment is for chronic headache, insomnia, mental stress and causes of hysteria and hallucination.

SHIROVASTI:

Is the method to treat dryness of nostrils, mouth and throat, severe headaches, facial paralysis and sensation in the head for the specific recommended duration. Luke warm herbal oil is poured into a cap. Like contraption without a top fitted on the head.

PIZHICHIL:

Luke warm herbal oil applied with fresh linen all over the body by with trained masseurs in the rhythmic manner for 1-1½ hours daily for 7-8days as treatment for spondilosis, rheumatic diseases like arthritis paralysis, hemiplegia, nervous weakness and nervous disorders.

NASYAM:

There is the process of administration of medicated herbal preparations, decoction oils and ghee through the nostrils to treat nasal ailments.

SHIRODHARA:

A controlled flow of medicated warm oil or herbal decoctions or medicated milk is poured into the forehead for 20 to 40 minutes. This procedure magnifies the sense dispenses negative electrical impulse that accumulate in the forehead from stress.

KAYAKALPA CHIKITSA:

Otherwise body immunization and longevity treatment is meant to regard the ageing process and arrest the degeneration of body cells. The body is massaged with medicated herbal oil or herbal cream shirodhara and medicated steam baths are also administered.

Ayurveda has been called a 'vibrant living system' and the 'herbal gateway to good health'. Kerala has a natural wealth of herbs and the cool and monsoon season is the best suited for these curative and restorative packages. So this monsoon, go in for an Ayurveda holiday combined with sight seeing in Kerala with herbal medication to treat and re-energies body and soul.



Nirmal R
II BA IHA

Talent Management in Hospitality

Talent management (TM) can be defined as a holistic approach to human resource planning aimed at strengthening organizational capability and driving business priorities using a range of HR interventions. These include a focus on performance enhancement, career development and succession planning (Iles, 2007).



relationships in working with other people, teamwork, and direction and leadership of staff to achieve co-ordinated effort and high levels of performance.

Conceptual ability is required in order to view the complexities of the operations of the hotel as a whole, including external

environmental influences. It also involves strategic planning and decision-making skills.

THE ATTRIBUTES OF A MANAGER

What, then, are the attributes of a successful hotel manager? And what makes the "ideal" hotelier? One possible description is given in Figure [1]. account which also makes a serious point about the nature of the job. But what does such a description actually tell us? Within the hotel sector there are many different types and styles of operation, each with their own distinguishing features. Rather than attempting to identify any particular, or unique, set of personality characteristics for the hotel manager, a more constructive approach is to concentrate attention on the general attributes required to succeed in hotel management. In order to carry out the process of management a manager requires a combination of technical competence, social and human skills and conceptual ability..

Technical competence relates to the application of specific knowledge, methods and skills to discrete tasks, the actual "doing" of work concerned with the provision of services.

Social and human skills refer to interpersonal

APPROPRIATE BALANCE

As the manager advances up the organisational hierarchy we would usually expect greater emphasis to be placed on conceptual ability and proportionally less on technical ability. Accordingly, the balance between technical competence and conceptual ability should be determined by the potential managers' expected level of entry into the industry and the likely pattern of their future career progression.

It will also be determined by the nature of the





THE MANAGER HAS CONTINUALLY TO MIX WITH PEOPLE AND IS VERY MUCH THE PERSON IN THE MIDDLE

It also highlights the manager's own role and position. The manager has continually to mix with people and is very much the person in the middle. This involves taking flak from all directions - customers, staff, directors, owners - and seeing their different points of view. But it is also a very lonely life. The manager must find the right balance between creating a

hotel. Many chain hotels are operated within a bureaucratic structure with standardized methods and procedures laid down by head office, and excessive paper work. In such circumstances the Hotel manager requires little vision but must have the temperament to carry out detailed instructions. The nature of the hospitality industry does make particular demands upon its managers. In hotel operations, managers are often still expected to have training and proficiency in craft skills and to display a high level of technical expertise as well as more general managerial ability. It might be, therefore, that the requirement of perceived technical competence is greater than in other industries.

friendly environment, and being available and always ready to listen; but remaining aloof and avoiding the risk of perceived relationships which could cause potential problems.

THE ABILITY TO MAKE THE BEST USE OF PEOPLE IS A DISTINCTIVE FEATURE OF EFFECTIVE MANAGEMENT

This demand for technical expertise is understandable and may be in keeping with the present nature of the hospitality industry. But it must not be at the expense of general management education and development. Technical expertise alone is not enough, it must be more than balanced by managerial competence. No amount of practical training or experience will, by itself, produce good managers if they do not possess the required social and human skills.

SOCIAL AND HUMAN SKILLS

Social and human skills reflect the ability to get along with other people and are, therefore, an essential attribute at all stages and levels of management and in the Development ossssf staff. T he ability to make the best use of people is a distinctive feature of effective management.

THE COMBINATION OF THE TALENT MANAGEMENT SYSTEM OF A HOSPITALITY MANAGER



K.selva Kumar
Assistant Dean (Academics)

STRESSED IS DESSERTS (spelled backwards)

1. Give a patient hearing to others views and analyze the same but don't become a football of other's opinions. Take your own decision.
2. Be confident of yourself but don't be over confident.
3. Work hard to complete your responsibilities, but at the same time make sure you give time for yourself also.
4. Never mingle personal and official emotions together.
5. Keep your mind fresh and energetic always. If u feel something is blocking you and stopping you from thinking then leave the issue for some time and come back to it after a break.
6. Handle every individual component by yourself thoroughly and do not compromise for or on anything.
7. Before accepting a responsibility make sure that you are confident of doing the job.
8. Do not expect others to help you in your job even if you have helped them in many ways when they were in hardship.
9. Even if you work for less hours concentrate thoroughly on the job.
10. Plan your work and enjoy doing the same.

After all dears,

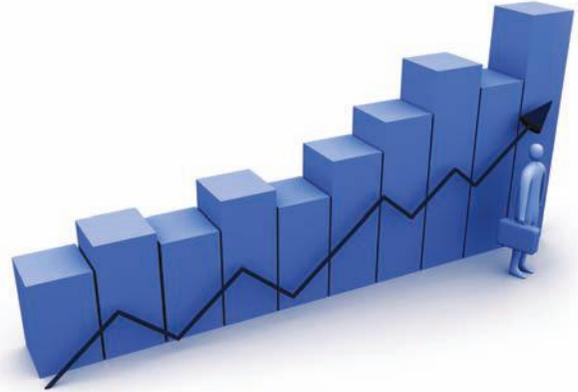


"STRESSED"
is
"DESSERTS"
spelled
backwards



A.G.Priya
HOD-Housekeeping

INDIAN TOURISM HEADING TOWARDS RECORD GROWTH



The arrival of foreign tourists to India and foreign exchange earnings from tourism has registered successive growth during the last few years. According to the world travel and tourism council (WTTC) India is poised to emerge as the second fastest growing tourism economy in the world and India tourism will be growing at a rate of 8.8% for the coming 10 years. Tourism promoting developments like a high intensity "INCREDIBLE INDIA" campaign and liberalized air links have been cited as major factors for India's high growth.

With almost all the states in the country playing proactive role in tourism promotions, the domestic tourism sector of the country also looks promising stastics reveal that Indias annual domestic tourism figures are well above 350 millions. It has witnessed an annual growth of 50% from 2008-2010. And were the ratio of domestic tourist shows 80:1 seen in the leading countries of the world.



Renjith Johnson
I Bsc & DHMCT

Answers to the Quiz

- | | |
|------------------|----------------|
| 1. Amazon | 6. Euthansia |
| 2. New Guinea | 7. Golconda |
| 3. San Francisco | 8. John Ruskin |
| 4. South Africa | 9. Caspian Sea |
| 5. Rome | 10. Venezuela |

Communication in Tourism



Communication technologies in tourism industry provided opportunities for business expansion in the geographical marketing and operations sense. India, being a tourist destination, it becomes more important that tour operators and individuals interacting with tourists should have the basic skill of using

telecommunication devices, such as telephones, mobile phone, fax, electronic mail, telex, phonogram, paging, teletext teleconferencing, etc. They can also be well versed with audio and video interaction along with multimedia facilities. Now the telephone has many important features like pulse dialing, tone dialing, redial, mute, in-use indication etc. Cordless telephone instrument as the name indicates it consists of two units, one as Base Unit fixed near telephone Rosette and cordless instrument works in around a range of 100 meters from its Base Unit. Mobile phone or cellular phone is latest additions in India. It is a device similar to wireless, a total cordless telephone service which works anywhere in the city area. But the cost is high. Paging which help in passing the messages. Pages mean passing a message to a person who is on the move and who cannot be contacted on telephone. It is only a one way communication from the sender to the person on move with the pager. The message is transmitted using FM RDS (Radio Data System).



A Hotel in the Sky

We all are very much familiar in cruise ships. Now just imagine yourself ensconced in the luxurious comforts of a giant airship for a world that is obsessed with speed. Air cruise will redefine the pleasure of travelling in luxury not bound by the constraints of time and space. We can simply say that it is a moving heaven which may take 37 hours to travel across London to Newyork in vacuum. On that time we can enjoy on the luxuries in that moving hotel.

This aircraft includes total 20 members including 6 flight crew members in this two are pilots of this air craft. The remaining staff members will be at the disposal of the guest to ensure their serving as well as luxuries which has been promised by the hotel. No one can feel such a luxuries travel even though they are above thousands of feet from the ground.

UK based Seymourpowell a company known from design and innovation has unveiled the concept of air cruise, providing an experience which is a complete contrast to stressful airline travelling with all the lavishness and space of hotel and the exclusivity of having very people on board to share the the unique experience.

In this luxurious air craft their will be a pent house. Apart from four duplex apartments and five smaller ones. We can also use their bar lounge zones.

Overall we can say that this air craft hotel has a large luxurious opportunity which has been opened for the guest. This cruising is very much expensive. But we cannot feel that because that much luxury is offering from that air craft staffs. So that 265 meters aircraft is a moving heaven which has been rooming through the sky with lot of lavishness and luxuries offered for the guest.



Riya Thomas
I BSc & DHMCT



Roozwell Shajahan
I BHM

Wine Tasting

Wine tasting is an art. However, there are rules that one must strictly adhere to prior to tasting. No colognes or perfumes to be used, no food, coffee or tobacco one to two hours prior to tasting, a spit bucket needs to be used for chilling. It is worth mentioning that a wine glass should never be held by its bowl as the heat from your hand will quickly warm the wine. Hence it should be held only by its stem. When a wine enthusiast refers to the aroma, he is talking about the odor which comes from the grape and when he mentions bouquet, he refers to the that comes from the fermentation and aging process of wine making.

" Seeing: one can never truly evaluate wine by merely looking at it, considering that sight is the least accurate of senses. It only provides clues and anticipation of what is to come. What you need to look out for is its disc and robe.

" Swirl: If you are wondering why wine tasters swirl their glasses, swirling the glass of wine to be tasted will incorporate air in the glass, maximizing the surface area.

" Sniff: The sense of smell is the most important of all senses. The flavors that we experience in our mouths are actually odours that reach our noses.

" Aroma: The good aromas are classified as Floral, Fruity and vegetative, spicy, okay or nutty. The bad aromas are musty, damp, corky, fungal act.

" Slip: Various flavors can be experienced though taste. They can be broadly categorized as sweet, sour, salty, bitter and emami.

" Swallow/ spit: The best way to taste wines is to spit as ones palate can quickly get adapted to certain tastes which can result in Palate Fatigue especially with regard to wines that are highly tannic.

" Savour: The balance and finish of a wine is to be observed. The finish of wines needs to be observed as short, medium or long. The mouth, feet or body of the wine as thin, medium or full bodied wine, and the astringency levels as high, medium or low.



Saranya K.s
I BSc & DHMCT

Water Management



For years, we have misused our most important resource water. While the world's population tripled in the 20th century, the use of renewable water resources has grown six-fold. Within the next fifty years, the world population will increase by another 40 to 50 %. This population growth - coupled with industrialization and urbanization - will result in an increasing demand for water and will have serious consequences on the environment. The future of the world is under threat due to water crisis.

Water crisis is one of the major issues that the world is facing and it is the responsibility, perhaps the duty of each one of us to contribute towards water management. Crisis is not about having too little water to fulfil our needs, it is a crisis of managing water so poorly that billions of people, animals, and the environment suffer badly. The water crisis is increasingly affecting the wealthier nations, economic riches being no insurance against it. So, intelligent utilisation of water resources is the need of the hour.

REASONS FOR WATER CRISIS

One thing that people need to understand is that each one of us can help and save this country and the world. Each soul can make a difference, just like every drop in the ocean makes a difference. As Mother Teresa had said, "We ourselves feel that what we are doing is just a drop in the ocean. But the ocean

would be less because of that missing drop." Today, through the means of right technology and careful water usage, we can help combat water scarcity in near future. Almost everywhere, water is wasted, and as long as people are not facing water scarcity, they believe access to water is an obvious and natural thing. With urbanization and changes in lifestyle, water consumption is bound to increase. However, changes in food habits, may reduce the problem, knowing that growing 1kg of potatoes requires only 100 litres of water, whereas 1 kg of beef requires 13 000 litres.

FUTURE PROBLEMS

War experts believe that the next world war would not be for land, nor for oil, but for water. Africa and Asia are already hard hit by water stress. There are places in Africa like Ghana and Somalia where people walk miles to get some water. Places in Ethiopia and Kenya are even worst hit. Murder of friends and neighbours is not unusual in some parts of West Africa for allegedly stealing water. Not too far away, we here in India are not lagging behind as there are places in Gujrat and Rajasthan that feature high in the list of "severe paucity of water".

WATER BORNE DISEASES

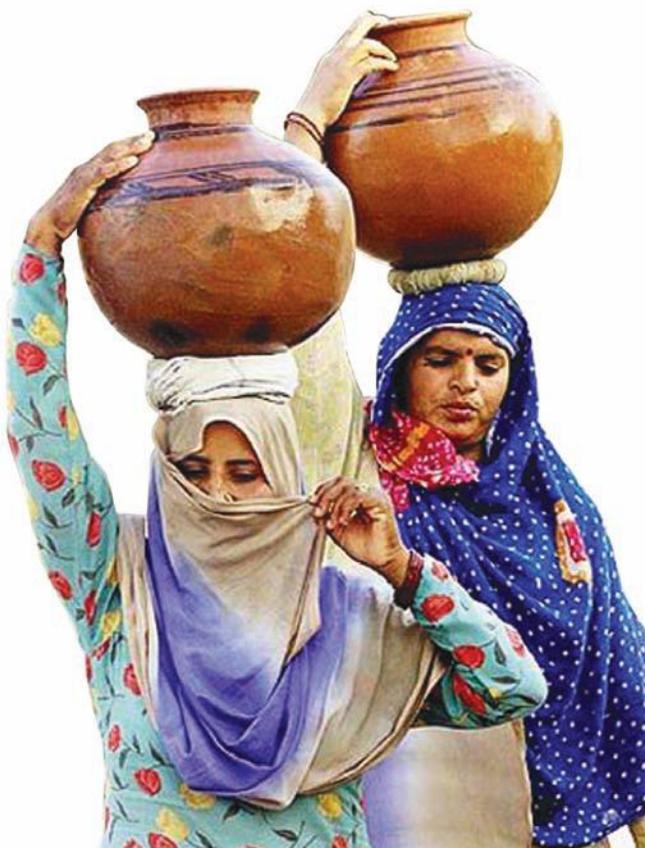
The studies reveal that 2.1 million people die every year from diarrhoea and cholera. Waterborne diseases and the absence of sanitary domestic water are one of the leading causes of death worldwide. For children under age five, waterborne diseases are the leading cause of death. At any given time, half of the



world's hospital beds are occupied by patients suffering from waterborne diseases. According to the World Bank, 88 per cent of all diseases are caused by unsafe drinking water, inadequate sanitation and poor hygiene.

SOLUTION

A 2006 United Nations report focuses on issues of governance as the core of the water crisis, saying "there is enough water for everyone" and "water insufficiency is often due to mismanagement, corruption, lack of appropriate institutions, bureaucratic inertia and a shortage of investment in both human capacity and physical infrastructure". Thus the governments of the country must take the initiative to educate the people on all the issues related to safe water usage. Steps must also be taken to harvest and conserve rain water by whatever possible means.



Mr. Saravana Kumar
Faculty - Management Studies

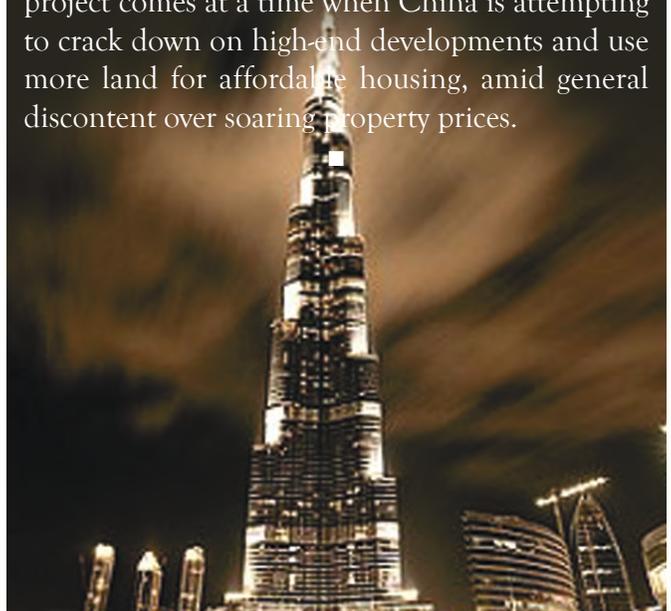
China to have its own Burj

Beijing authorities plan to build a 'seven-star hotel' modeled after Dubai's Burj Khalifa - the world's tallest building - in a joint project with Saudi Arabia worth • 1.3 billion.

The hotel will be erected in western Beijing's Mentougou district some 30 kilometers (18 miles) from the Chinese capital's centre. The building's design would be patterned after the 828-metre (2,717-foot) Burj Khalifa's distinctive slender, tapering design, but did not say how tall the planned structure would be.

The "seven-star" classification is not officially recognized internationally, as no formal body awards ratings above five stars, but there are a handful of luxury hotels around the world that still use the distinction. Dubai's Burj Al Arab is one such establishment, and in Beijing, the Pangu 7 Star Hotel built near the 2008 Olympic stadium also claims the rating.

The announcement of the Mentougou project comes at a time when China is attempting to crack down on high-end developments and use more land for affordable housing, amid general discontent over soaring property prices.



Shijo Joseph
II MSC-HMCT & T

COCKTAIL RECIPE

SNOWFALL

- 1) white rum- 60ml
- 2) Watermelon juice-100ml
- 3) Lemonade-30ml
- 4) Vanilla ice cream-1 scoop
- 5) Mint leaves - for garnish

Method

Pour white rum into a high ball glass. Add the watermelon juice and lemonade, stir it. Place 1 scoop of vanilla ice cream and garnish with mint leaves

SHINING SHADOW

- a) vodka -30ml
- b) Green apple juice - 120ml
- c) cranberry juice - 60ml
- d) red bull- 10ml
- e) apple slice - for garnish

Method

Using a cocktail shaker shake the first 3 ingredients well with ice cubes, and pour into a glass. Top up with the red bull and garnish with apple slice.



Sobin K.B
III BA IHA

SOFT SKILLS NEEDED IN HOSPITALITY SECTOR

The important soft skills that one must possess is the ability to listen patiently to customer needs and be calm, at the same time have the analytical mind to find what needs to be done at that very moment. Although soft skills are an important ingredient of success in every aspect of hospitality your skills will be out to test depending on where you are placed.

Front Office:

How you greet a guest the moment he arrives, how you help him with the initial formalities all comprise the basic tenets of soft skills that you need to master fast. Other important areas that need training are communication etiquettes like how to shake hands, and a positive body language both of which go a long way in reinforcing the fact that you are giving your guest undivided attention.

Restaurant:

Here, what cardinal matters is how you welcome the guest and make him feel comfortable. If the guest has visited the restaurant previously, remembering his name or his likes and dislikes are extremely crucial. To the surprise of many, even presentation of food requires soft skills. In food production, how you garnish the salad, how you make food, look and smell better also come under the purview of soft skills. Broadly, all employees must know how to deal with customers firmly yet tactfully at times. Sometimes a guest may misbehave with a female staff member. Without obliging the guest, or making a big issue out of it, a discerning employee should be able to find a quick solution like sending a male counterpart to look after that guest thereafter.

Employees in the hospitality sector should have effective communication skills. This not only means language skills, but also empathy. They must put themselves in the customers' shoes and should make every attempt to understand is / her personality,

behavior, attitude and actions. Most hotels train their staff in-house through their internal training divisions while some outsource the training. Sometimes, it is necessary to get external trainers, as in-house training can limit the exposure to candidates. There are some institutes that also send their staff to five star hotels for a stay. We do this for operational orientation, so that they know the latest trends in the hotel industry and bring that experience and understanding back to the classroom.

The majority of training imparted is by the in-house training center, which falls under our human resources department. Appropriate external training is also arranged as per need, for example, specific language training, first aid training, etc. The skills are achieved through planned pro-active training such that all team members undergo every topic as per schedule. Some of the mandatory training programs to help equip the team in handling situations are body language skills, listening skills, the power of positive communication, telecommunication skills, situation handling skills through role play, exceeding guest expectations and guest delight, spirit of hospitality etc.

While a few years back, all you needed to land a job in the hospitality sector was a sound technical qualification there is no denying the fact that today with the Indian hospitality industry setting international footprints, demand of employees with the right soft skills is certainly high. While most hotels bank on their in-house training facilities to train their staff, hotel management institutes are taking this non-technical aspect of training very seriously.

Lastly, if you intend to make a career in the hospitality sector, soft skills is something you really cannot afford to treat softly.



R. Baskarn
HOD-Front Office

Cola, caffeine may prove risky for cardiac patients

The absence of adequate indigenously developed scientific data on the adverse interactions the herbal supplements have with food, drugs and certain disease conditions could prove harmful to the Indian consumer. If international data is any indication, most of the product tested has some reactions or other when in contact with food or drugs. Cola and caffeine when consumed under cardiac conditions can cause cardio activity and hypertensive activity.

Similarly passion, if taken along with sedative drugs can have potential sedative effects. Interestingly turmeric common ingredient in processed foods was found to have possible potential with high doses when interacted with drugs that can generate adverse reactions and also grape fruit juice is another suspecting drink that can have adverse side effects if consumed along with antihistamines, increased plasma concentration.



Soorya Suresh
2nd BA IHA

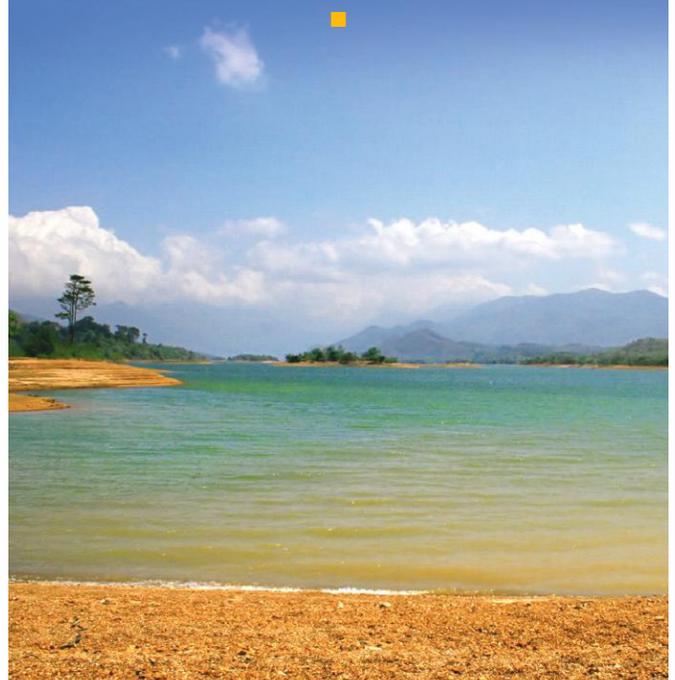
Thenmala

In deliberate with nature

Thenmala a small village located at the foothills of western ghats is considered as paradise and garden for tourists. It is the first planned ecotourism project in India and biggest in Asia. It is about 72kms from Trivandrum. This project gaining popularity due to its unique functioning. It is managed by organization called TEPS.

The shemdeuring wild life sanctuary prime eco tourism resources of this project. It is declared in 1984. It is about 100sq kms in areas and in habits large stocks of flora and fauna. It is discovered that shemdeuring was bed of the oldest river valley civilization in India in the year 5200bc.

The name shemdeuring is derived from endemic spices of tree called chenkuriney. Here boating facilities are available in artificial lake called kulathupuzha rivers. The main advantage of this project is there are no pollution causing machines are introduced in this project.



Vishnu Peethamparan
I BSc & DHMCT

History of Sweets

What we know today as sweets have actually only been around since the 19th century. In truth, we've always had a sweet tooth - honey has been eaten for many centuries, and those who lived in the Middle Ages were fond of a number of sweet - yet expensive - foods.

Indeed, early in the history of "sweet foods", the poor very rarely ate anything sweet unless it was flavoured with honey - it was the only the rich that could pay for sweet food. The French loved their nougat in the 17th century, and let's not forget how much the Spanish loved chocolate when they happened upon it in South America. Chocolate did much to sweeten the collective teeth of Europeans, as it spread like wildfire throughout the continent. It was not, though, until the 19th century that Europeans decided to eat chocolate - it was a drink. Not just hot chocolate as we know and love it today, but a rich, smooth drink that was drunk like an espresso - and still is today if you visit Italy.

However, it was the industrial revolution - and cheaper sugar - that brought about the sweets we know and love today. The fact that sweets were no longer handmade meant that they could be mass-produced in factories, and the very first sweets included boiled sweets, marshmallows, and one of the very earliest was Turkish delight. This switch from handmade to factory-made therefore switched the "sweet audience" over to the poor all of a sudden - they were available in masse to the public for the first time.

Seaside rock was invented towards the end of the 19th century, along with Jelly Babies, liquor ice allsorts and that fairground favourite, Candy Floss. Gradually, these sweet treats started to be associated with holidays. The Easter Egg was invented - proving that the association between Easter and Chocolate is nothing historical at all - and the 20th century saw an explosion in chocolate-based confectionery.



Crisps are a relative newcomer to the market, starting in 1960. Today, crisps and sweets are everywhere, crowding supermarkets and high streets alike, as old-fashioned retro sweet shops line up in towns around the country. Even with the demise of Woolworths in the UK, the Pick n Mix still proves incredibly popular. As health practitioners continue to tell us, sweets are bad for our diet, but the place of the sweet is more in nostalgia - nostalgia for the sweets of youth and the times associated with them. This has meant that chocolate bars from the 1970s and 1980s have suddenly started appearing, partly thanks to Facebook campaigns, and mostly thanks to astute marketers.

Today, Pick n Mix merchants are moving online - with a greater access to a wider range of sweets, people are attracted by the possibilities and the greater focus on what they want. One thing is for sure, though - that our sweet tooth is not going to disappear just yet.

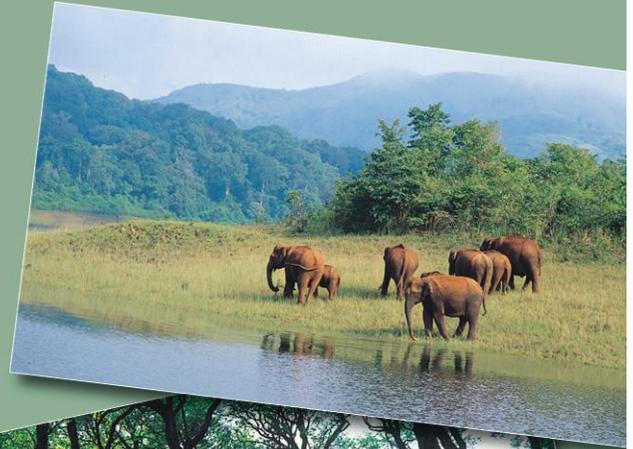


Vijesh James
III BA IHA

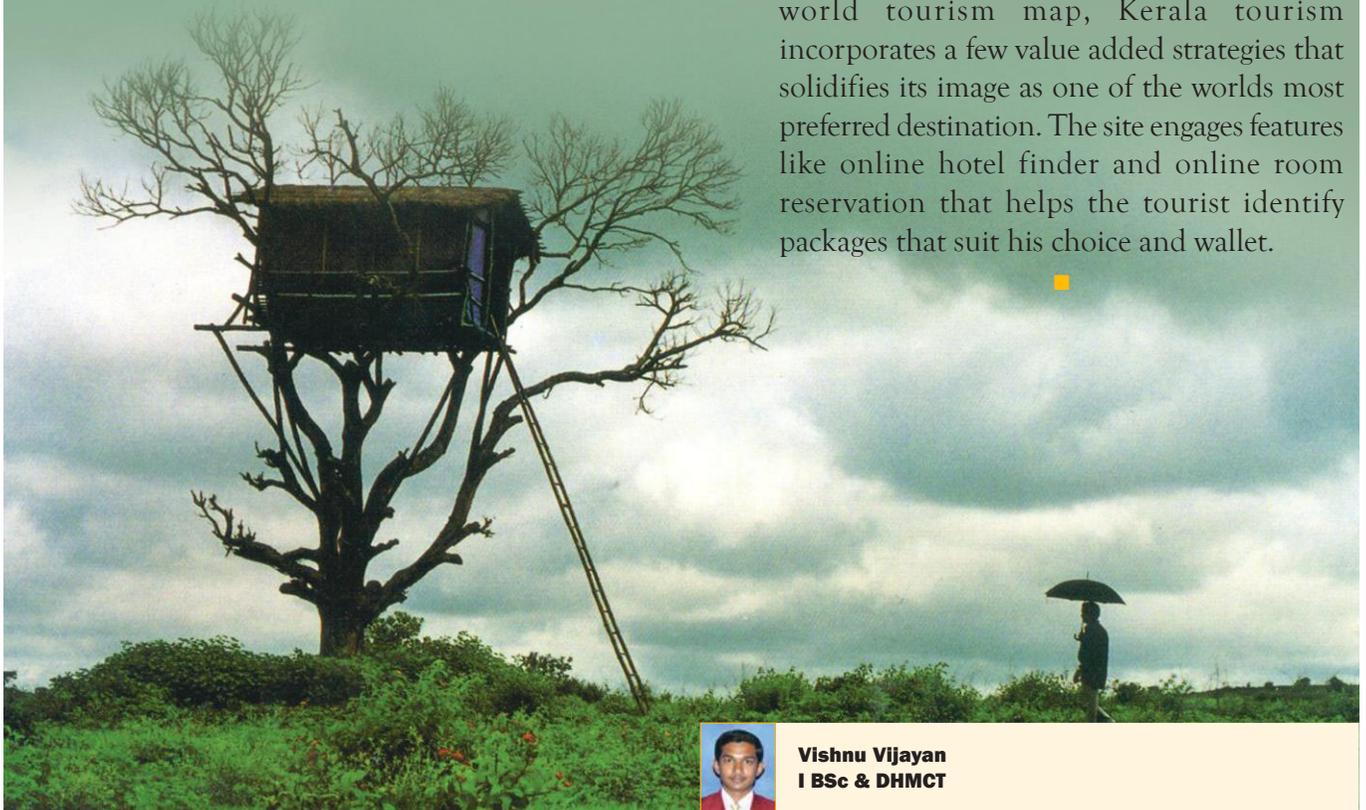
KERALA TOURISM'S ACHIEVEMENT GALORE

While retaining annual do's like Ulsavam, Onam celebrations and Nishagandi festival, the department of Kerala tourism this year launched the Keralam Kaanam project through which the commoners in Kerala can have the opportunity to explore and discover their own state at throw away prices.

Kerala tourism also formulated several innovative strategies that promise to take Brand Kerala invites across its borders. Yet another incredible initiative is the strategic tie-up with the popular video sharing website YouTube to stage Kerala in an international platform. The records suggest a staggering viewership of 1.2 millions in just 12 months of the initiation of the tie-up.



Retaining the position of a leader in the world tourism map, Kerala tourism incorporates a few value added strategies that solidifies its image as one of the world's most preferred destinations. The site engages features like online hotel finder and online room reservation that helps the tourist identify packages that suit his choice and wallet.



Vishnu Vijayan
I BSc & DHMCT

ADVENTURE TOURISM

Activity based tourism is gaining prominence worldwide and increasingly travelers are deciding what activities they want to do and choosing their destinations accordingly. The push factor is getting stronger than the pull factor. Adventure travel or tourism globally, has been sag based segmented into extreme adventure and soft adventure activities. Himachal Pradesh, Jammu and Kashmir, Uttaranchal have managed to curve a market share with destinations offering adventure activities.

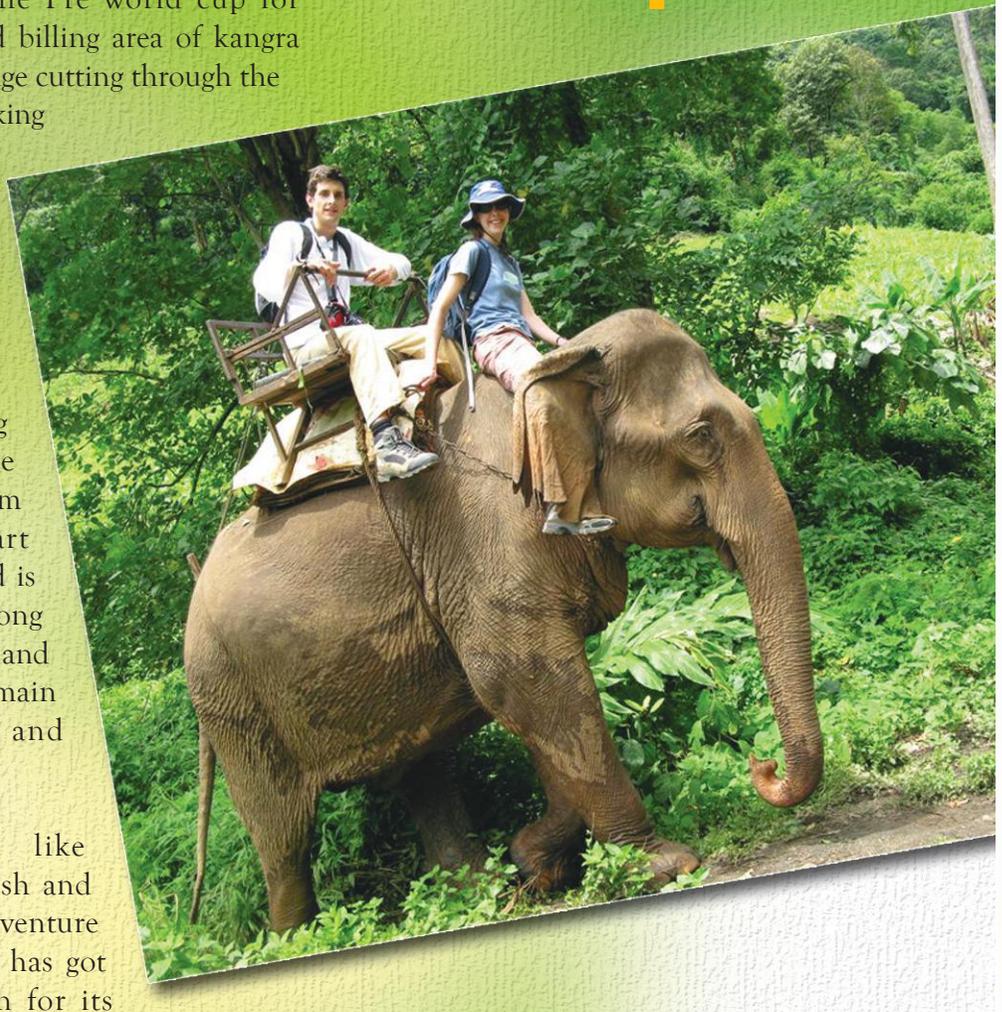
Himachal Pradesh tourism Development Corporation organizes the Pre world cup for paragliding at the birr and billing area of kangra district. The Himalayan range cutting through the state offers a number of trekking trails of various grades and peaks for mountaineering enthusiasts.

HPTDC also promotes while water rafting, trekking, horse riding and water sports at the Maharana Ranjit Sagar Dam and the pond Dam. Apart from this, it has set up and is promoting biking trails along the state religious tourism and adventure tourism is the main thing of Uttara khand and Jammu and Kashmir.

Similarly state like Karnataka, Madhya Pradesh and even Goa are focusing adventure tourism. Madhya Pradesh has got international recognition for its national parks and wildlife sanctuaries especially the kanha and Bandhavgarh Tiger Reserves and is now

also focusing on promoting adventure water sports in the state.

Rajasthan is also tapping into the niche adventure tourism segment to add to its product portfolio and is promoting wildlife sanctuaries desert camel and jeep safaris, hot air ballooning etc. Adventure tourism also includes options that are easy and can be experienced by all age groups. Adventure tourism is undoubtedly a niche but the real players in the business have one thing in common the passion and the commitment to sell adventure.



Yaseen Ali. S
I BHM

CREATIVE LIVING

Creative Living is a journey of coming closer to your truer self-most aligned with your conscience, most distanced from your ego, mindful of your blessings, forgetful of your animosities, sensitive to others, responsive to your environment and a creator of positive realities. Our aim is not to become perfect. But like nature we simply want to evolve and expand

with every passing experience, situation or challenge. We are all in quest of integrating with ourselves, others and our universe. That is when we feel strong & secure. Here are some creative approaches towards seeing, being & creating that will enable us to integrate with the positive energies innate in us and around us:

- See your priorities in clear focus. A lot of confused thinking will go away.
- See others as part of your large family. Your feelings towards others become congenial & correct when you imagine a bond of kinship or friendship with them.
- See with gratitude. When you are more grateful ,you are more thoughtful.
- See what is possible in a situation .Then what is not possible will not seem such a problem.
- See yourself in a bigger role .A lot of small problems will just disappear.
- See with passion .You can make the mundane meaningful with your commitment & energy.
- See your mistakes as learning curves. Mull over your new resolves instead of moaning over your past mistakes.
- See & visualize pretty pictures with happy endings.
- See & appreciate beauty wherever you find it. You will gain a positive outlook & trigger the better side in others.
- See possibilities everywhere & create work out of nothing.
- See how you can help & heal. People will forget what you said but will always remember what you did.
- See the brighter side at all times. Even if you can't solve a problem, you can save someone from feeling miserable.
- Be an observer. Watch your own behaviour .Watch the behaviour of others . Learn from both.
- Be patient .Impatient reactions give rise to imprudent actions.
- Be critical of yourself & accepting of others.
- Be an example of all that you value. Only when you lead the example will others get a chance to follow you.
- Be cautious of the company you keep. Open yourself to positive influences & stay at arms distance from the negative ones.
- Be eager to notice & affirm the good in others.
- Be more than willing to accommodate. Loose those little battles that help you win a heart.
- Be firm in action instead of being harsh in words. You can always do what you want without hurting others.
- Be quick to regain your calm whenever you loose it.
- Be quick to make up & move on. By being open & forgiving ,you will freely move around.
- Be active in taking help from different characters in your life. Move around to shop for what you need, instead of lamenting on your imbalance.
- Be keenly aware of your inner voice.
- Create beauty wherever you get space .Offer a smile, a compliment or a word of encouragement. Offer with affection.
- Create warmth. Make people comfortable & cared for.
- Create a moment of grace through your forgiveness.
- Create a bond with the universe. Connect it through your prayers , meditation & music.
- Create Pleasant feelings .Use good words or just your char m
- Create feel-good lines to help yourself out of despair .Even make believe is great when it makes you believe in yourself.
- Create new & higher goals .Always respond to challenges with your positive values & visions.
- Create with your heart & soul .Labor with love.
- Create with peace.

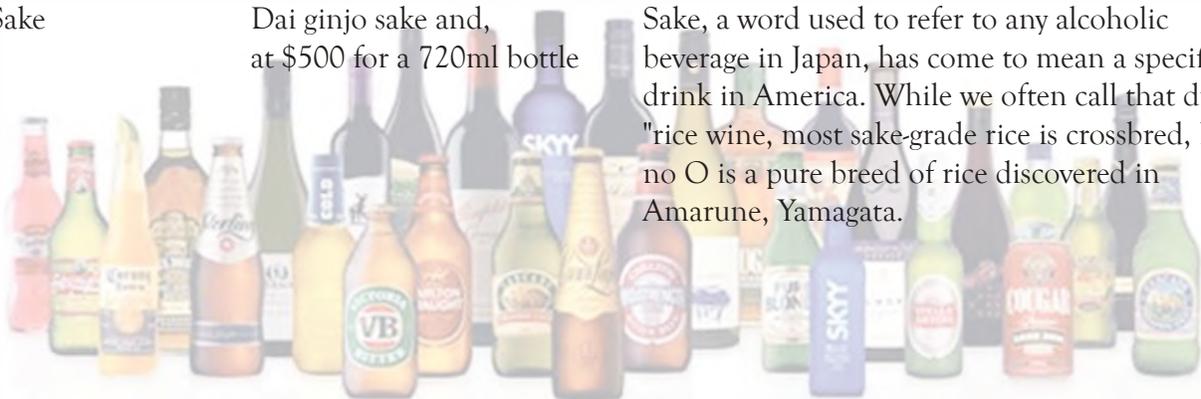
Enjoy your creative process. Make the journey of life satisfying .The Destination is just an Excuse!!!



Nima V. Ravindran
Faculty in Communicative English & Student Counselor

WORLD'S MOST EXPENSIVE LIQUOR

SNO	LIQUOR	BRAND NAME& RATE	DISCRIPTION
1	Whisky (scotch)	The Macallan 64 Year Old in Lalique ,\$4,60,000	64 years old bottle become most expensive whisky
2	Bourbon Whiskey	H. Hirsch Reserve \$ 300	The smooth whiskey was distilled at Pennsylvania on the year of 1974 and matured for 16 years.
3	Champagne	Shipwrecked(1907,heidsieck	Hundred year old bottle of Champagne from France. The wine extraordinary tale and incredible age and it makes world's most expensive wine
4	Wine	Chateau lafite1787, \$1,60,000	Most expensive grapes aged for more than 80 years
5	Gin	Bombay Sapphire (\$2,00,000)	Gin is made from flavoring of pure grain alcohol with Juniper berries and other natural flavors like diamond,lemonpeel,orris root,angelica,angelica, coriander, cassia .
6	Beer	Antarctic nail ale (\$800)	Australia's Nail Brewing Company has been brewing craft beer for nearly a decade, and their limited edition of only 30 bottles were produced
7	Rum	Wray and nephew rum (\$ 54000)	90 years old rum made from traditional method on 1930
8	Tequila	Pasion Azteca (\$3.5million)	Made from pure sap of blue agave plant that has been Fermented, distilled and aged for 6 years.
9	Cocktail	Mai tai(rum base,\$1480)	This Mai Tai is made from 17-year-old Wray and Nephew Rum
10	Cognac	Henri IV Dudognon heritage (\$2 million)	Has been produce since 1776,this is aged on 100 years matured for 5 years, alcoholic percentage is about 41%
11	Expensive Vodka	Diva Vodka \$ 10,60,000	From Scotland, triple distilled Vodka that is ice filtered
12	Sake	Dai ginjo sake and, at \$500 for a 720ml bottle	Sake, a word used to refer to any alcoholic beverage in Japan, has come to mean a specific drink in America. While we often call that drink a "rice wine, most sake-grade rice is crossbred, Kame no O is a pure breed of rice discovered in Amaru, Yamagata.



N.Kumaravelu
HOD-Food & Beverage Department

10 WORST POLLUTED PLACES



More than 10 million people in eight different countries are at serious risk for cancer, respiratory diseases, and premature death because they live in the 10 most polluted places on Earth, according to a report by the Blacksmith Institute, a non profit organization that works to identify and solve specific environmental problems worldwide.

Top 10 Worst Polluted Places Remote but Toxic

Chernobyl in Ukraine, site of the world's worst nuclear accident to date, is the best known place on the list. The other places are unknown to most people, and located far from major cities and populations centres, yet 10 million people either suffer or risk serious health effects because of environmental problems ranging from lead contamination to radiation.

“Living in a town with serious pollution is like living under a death sentence,” the report says. “If the damage does not come from immediate poisoning, then cancers, lung infections, mental retardation, are likely outcomes.”

“There are some towns where life expectancy approaches medieval rates, where birth defects are the norm not the exception,” the report continues. “In other places children’s asthma rates are measured above 90 percent, or mental retardation is endemic. In these places, life expectancy may be half that of

the richest nations. The great suffering of these communities compounds the tragedy of so few years on earth.”

Top 10 Worst Polluted Sites Serve as Examples of Widespread Problems

Russia leads the list of eight nations, with three of the 10 worst polluted sites. Other sites were chosen because they are examples of problems found in many places around the world. For example, Haina, Dominican Republic has severe lead contamination—a problem that is common in many poor countries. Linfen, China is just one of several Chinese cities choking on industrial air pollution. And Ranipet, India is a nasty example of serious groundwater pollution by heavy metals.

The Top 10 worst polluted places in the world are:

1. Chernobyl, Ukraine
2. Dzerzhinsk, Russia
3. Haina, Dominican Republic
4. Kabwe, Zambia
5. La Oroya, Peru
6. Linfen, China
7. Maiuu Suu, Kyrgyzstan
8. Norilsk, Russia
9. Ranipet, India
10. Rudnaya Pristan/Dalnegorsk, Russia



Albin Michael
3rd Bsc and DHMTC

Funny phobia



Hippopotomonstrosesquippedaliophobia- Fear of long words.

Bibliophobia - Fear of books

Ablutophobia- Fear of washing or bathing.

Arachibutyrophobia- Fear of peanut butter sticking to the roof of the mouth.

Consecotaleophobia- Fear of chopsticks

Didaskaleinophobia- Fear of going to school.

Optophobia- Fear of opening one's eyes

Panophobia or Pantophobia- Fear of everything.

Paraskavedekatriaphobia- Fear of Friday the 13th.

anatidaphobia - the fear that somehow, somewhere a duck is watching you!



Jatlin Joys
1st AD

Casserole Avocado

Casseroles are one of those food types that let you push the limits or even think outside the box or in this case, think outside the baking dish. It is actually the baking dish that gives the casserole its name, since the French word for a baking pan is a casserole dish.

When you are making a casserole it is time to experiment with a mixture of various flavours. Years ago, making a casserole involved making the foods you prepared for your family go even further by using up some of the leftovers to make a casserole. Some of them can be quite good and many men, women, and children enjoy the rich combinations of flavours in a casserole.

Recipe for Chicken Avocado Casserole from Scratch

What You Need

- " 1 Tablespoon olive oil
- " 7 Tablespoons butter or margarine
- " 8 boneless skinless chicken breast halves
- " ¼ cup flour
- " 1 cup light cream
- " 1 cup chicken broth
- " ¾ teaspoon sea salt
- " ¼ teaspoon pepper
- " ½ cup grated parmesan cheese
- " 2 drops hot pepper sauce
- " ½ teaspoon crushed dried rosemary
- " ½ teaspoon basil
- " 3 cups sliced fresh mushrooms 8 ounce
- " ¼ cup cooking sherry
- " ½ cup sliced almonds
- " 2 avocados

How to Make It

Preheat your oven to 350 degrees Fahrenheit.

Using a large heavy skillet you will add the olive oil and 1 tablespoon butter or margarine and then

melt them together by swirling the skillet or simply stirring the ingredients together in the pan. After heating the oils add the boneless skinless chicken breast halves and then saute on both sides until juices run clear and the meat is evenly browned. After cooking remove from pan and then arrange the cooked chicken in a 9 x 13 inch baking pan. Set aside until needed.

To the hot skillet you will add 4 tablespoons butter or margarine to melt until foamy and then gradually stir in the flour. Stir continually while cooking for 3 minutes. Slowly stir in the light cream and chicken broth. Stir continually while cooking until the mixture is smooth and thick.

Slowly stir in the sea salt, pepper, grated parmesan cheese, hot pepper sauce, crushed dried rosemary and basil mix well. Remove from heat and set aside until needed.

Using the remaining 2 tablespoons butter or margarine you will saute the sliced fresh mushrooms. Stir in the cooking sherry and then cook to reduce the volume of liquid from the sauce mixture.

Pour the mushrooms over the cooked chicken. Pour the sauce mixture over the mushrooms and chicken. Place the chicken dish in the preheated oven to bake for about 25 minutes. Remove from oven, sprinkle on the sliced almonds, and then return dish to oven to bake for 10 minutes. Remove from heat when done. Peel and then slice the avocados into lengthwise sections. Arrange the slices of avocados over the baked chicken before serving to family and friends.



Rahul Benny
3rd Bsc and DHMTC

Lemon Oil

Many of us suffer from all kinds of stress and fatigue, our hyped up lifestyle definitely has caused some of us to turn to synthetic products that promise to eradicate all traces of stress. What stress does to how we look, act, and feel indeed counts why many turned to quick fixes even if it means using chemicals to bring back your glory. Now, you can do away with those chemicals and start going natural! Here are some ways of how the Lemon essential oil can help you on your journey towards a better you:

Lemon oil has been known to help fight stress. Clearer thoughts and a more positive mindset are just some of the effects that this essential oil has on those who use it, especially when using it for aromatherapy. Remember that having a healthy mind will also equate to a healthier body. Now that you have a better outlook in life, you are readier to face the challenges. With all these said, it would therefore be a great idea to put this in your office to help yourself stay alert and mentally active. Putting a drop or two into your aromatherapy set at home will surely give your family an energy boost.

Can't sleep? Using this in your room or putting a drop into a spray and spraying onto your pillows, bed sheets, linens or whatever you use in your room



will surely ward off any insomnia and give you the good night's rest you deserve. Not only do you get some sleep but if you are an asthmatic, a sniff of lemon essential oil will surely do your lungs some good.

Lemon oil does not only therapeutic and medicinal properties but can also help you in your beauty needs. Does your hair need some shine and bounce? Putting some of this essential oil into your looks will surely give your hair the boost it needs. Apply regularly, and voila - healthier and shinier hair au naturelle! If your face is your problem, then you can now face it with the use of this oil. Now, you won't have to worry about using chemicals on your face

since lemon has naturally antiseptic properties. It helps dry off dead skin cells while riding your face of any bacteria that might cause breakouts. An added plus is that blemishes are slowly lightened and become unnoticeable after regular use.

So you see? You really don't have to spend as much and worry about how these chemical will affect you in the long run. With the use of the lemon essential oil, surely its benefits definitely will give those chemical-based fixes a run for their money. What's better is that it comes cheaper too!



Mrs. Ronymol Joseph
Faculty

\$\$\$ Dollar \$\$\$

Many suggestions have been made about the origin of the dollar symbol \$, one of the commonest being that it derives from the figure 8, representing the Spanish 'piece of eight'. However, it actually comes from a handwritten 'ps', an abbreviation for 'peso' in old Spanish-American books. The \$ symbol first occurs in the 1770s, in manuscript documents of English-Americans who had business dealings with Spanish-Americans, and it starts to appear in print after 1800.

The word 'dollar' itself derives from the Flemish or Low German word daler (in German taler or thaler), short for Joachimstaler, referring to a coin from the silver mines of Joachimstal, in Bohemia (now Jáchymov in the Czech Republic). The term was later applied to a coin used in the Spanish-American colonies and also in the British North American colonies at the time of the American War of Independence. It was adopted as the name of the US currency unit in the late 18th century.



Arun Thulasidas
1st AD

Say no to child labour



An estimated 158 million children aged 5-14 are engaged in child labour - one in six children in the world. Millions of children are engaged in hazardous situations or conditions, such as working in mines, working with chemicals and pesticides in agriculture or working with dangerous machinery. They are everywhere but invisible, toiling as domestic servants in homes, labouring behind the walls of workshops, hidden from view in plantations.

- § In Sub-Saharan Africa around one in three children are engaged in child labour, representing 69 million children.
- § In South Asia, another 44 million are engaged in child labour.
- § The latest national estimates for this indicator are reported in Table 9 (Child Protection) of UNICEF's annual publication The State of the World's Children.

Children living in the poorest households and in rural areas are most likely to be engaged in child labour. Those burdened with household chores are overwhelmingly girls. Millions of girls who work as domestic servants are especially vulnerable to exploitation and abuse.

Labour often interferes with children's education. Ensuring that all children go to school and that their education is of good quality are keys to

preventing child labour.



Ashwini .P
3rd Bsc and DHMTC

"REGIONAL CUISINES OF CHINA"

COOKING OF NORTHERN CHINA-

The cooking of the Northern part of china belonged to the royalty and was influenced by the Mongolians too. A famous dish from these regions is the Mongolian hotpot. Another famous dish from the perking region is the perking duck. The names by which the cooking of northern china is known as:

" SHANDONG CUISINE

" HEBEI CUISINE

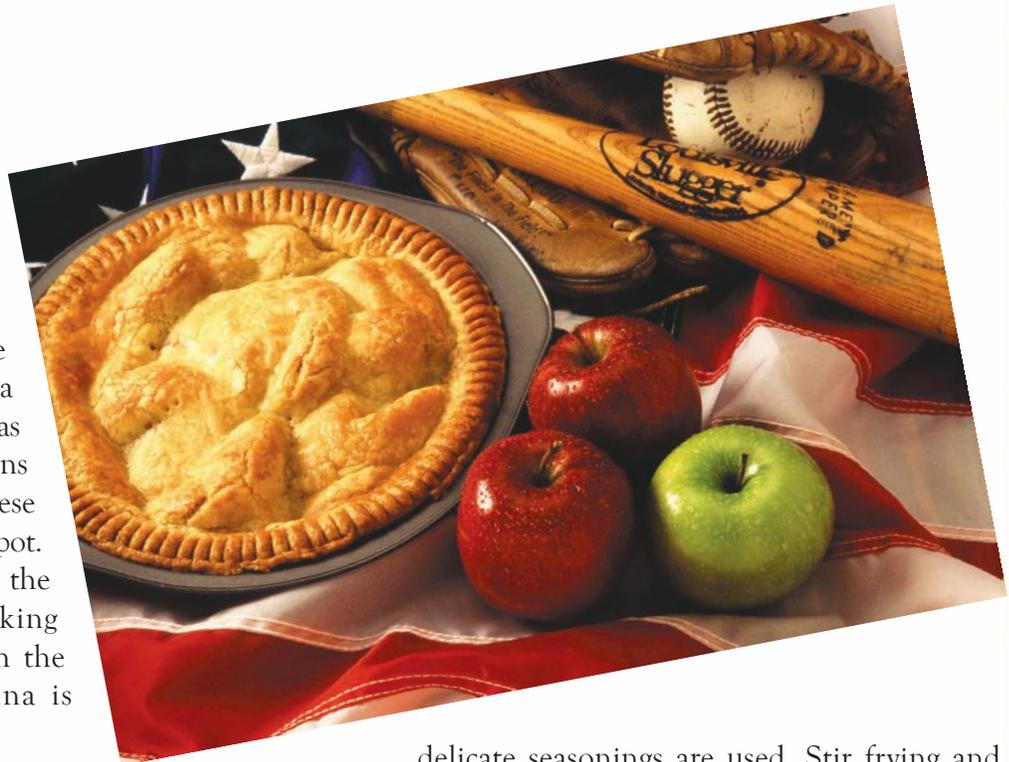
" PEKING CUISINES-Lot of noodles is used and less of rice, as rice is not grown here. Garlic, leeks, sesame seeds and onions are used extensively. Dumplings and pancakes are commonly served in all meals. With a few minor differences in usage of ingredients, they are almost similar and together constitute the northern school.

THE COOKING OF SOUTHERN PART OF CHINA

" CANTON CUISINE- Guangdong or Cantonese is the name of this cuisine. Plenty of fish are used. Many of the dishes are steamed. Ex- dimsums or tien hsin-bite size delicacies (the Chinese fast food).garlic is very mildly used. Plenty of rice dishes are made as rice is grown in plenty and sweet sour dishes are the specialty of this region.

THE COOKING OF EASTERN CHINA

" SHANGAI- lot of fruit is used. Light and



delicate seasonings are used. Stir frying and steaming are common methods.

" FUKIEN-famous for seafood and light soups.

" NANKING- pressed duck is prized dish from this region. Rice wine, rich soy sauces are all used and the rice dishes are very famous all over the world

THE COOKING OF WESTERN CHINA

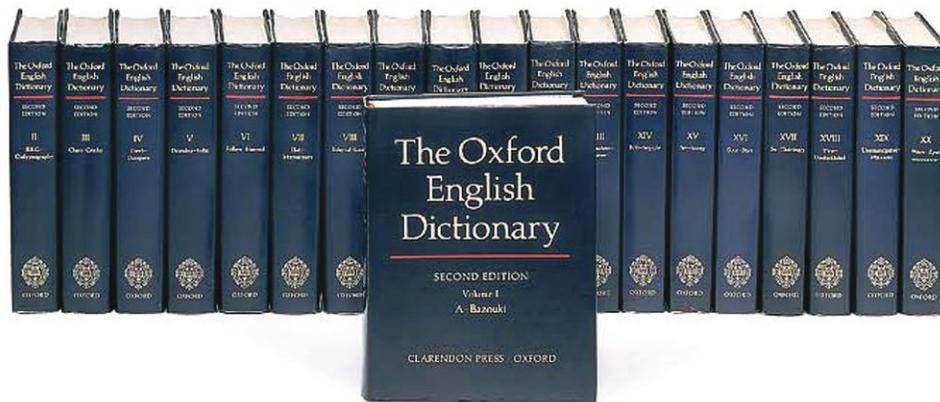
CHUNGKING

SCHEZWAN (SICHUAN)-these are very spicy cuisines and use a large number of spices. Smoking over tea leaves and camphor is a common method used for cooking for chicken and duck. The food is oily and deep frying is popular.



Mr. Paul Rajkumar,
Faculty, Food production

The longest words in Oxford Dictionaries



antidisestablishmentarianism opposition to the disestablishment of the Church of England - 28 letters
floccinaucinihilipilification the estimation of something as worthless - 29 letters
pneumonoultramicroscopicsilicovolcanoconiosis a supposed lung disease - 45 letters

You're unlikely to come across these words in genuine use: they're generally just provided as answers to questions about the longest words in the English language. In terms of sheer size, however, the longest word to be found in Britain is the Welsh place name **Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogoch**. For obvious reasons, it's usually abbreviated to Llanfair PG.

The 20-volume historical Oxford English Dictionary includes other very long words, most of which are highly technical. These include:

- * otorhinolaryngological - 22 letters
- * immunoelectrophoretically - 25 letters
- * psychophysiotherapeutics - 25 letters
- * thyroparathyroidectomized - 25 letters
- * pneumoencephalographically - 26 letters
- * radioimmunolectrophoresis - 26 letters
- * psychoneuroendocrinological - 27 letters
- * hepaticocholangiogastronomy - 28 letters
- * spectrophotofluorometrically - 28 letters
- * pseudopseudohypoparathyroidism - 30 letters

People sometimes ask whether a DNA string can be considered as the longest English word, given that they can run to many thousands of letters. The answer is no: they're regarded as chemical names rather than genuine words in the sense of meaningful items of vocabulary. The same is true of the formal names of chemical compounds. These can be almost unlimited in length (for example, **aminoheptafluorocyclotetraphosphonitrile**, 40 letters) and many contain numerals, Roman and Greek letters, and other symbols, as well as ordinary letters. We don't tend to regard these terms as proper 'words'.



Pranav Nimje
1st IHM - NHMCT

Ways to improve YOUR memory

To improve memory, you will need to develop some healthy habits and stick to them for life. By practicing these habits on a regular basis, you will be able to boost your intelligence and also improve your brain power. To help you get started, here are some habits that you can include in your daily routine:

Exercise regularly:

Make an exercise schedule and follow it diligently. Exercises help the amount of oxygen that's pumped to your brain, thus enhancing the effects of helpful brain chemicals and protecting the brain cells. A regular exercise schedule is also known to reduce the risk of disorders like diabetes and cardiovascular diseases, which may lead to memory loss. Even something as simple as walking can help as new research results indicate how walking six to nine miles each week can put off brain shrinkage and memory loss.

Good sleeping habits:

It is common to find people affected by sleep disorders like sleep apnea and insomnia feeling tired during the day, which makes them unable to concentrate on anything. If you wish to improve memory, make sure that you get adequate hours of sleep as good sleep is necessary for memory consolidation.

Learn to manage stress:

The stress hormone - Cortisol, can damage the hippocampus if you are under constant stress and can't get relief from it. Since stress makes it difficult to concentrate, you will also notice a slip in your brain power. So, it becomes important to use tools and techniques like deep breathing, meditation etc to handle stress effectively, and improve memory.

Proper nutrition:

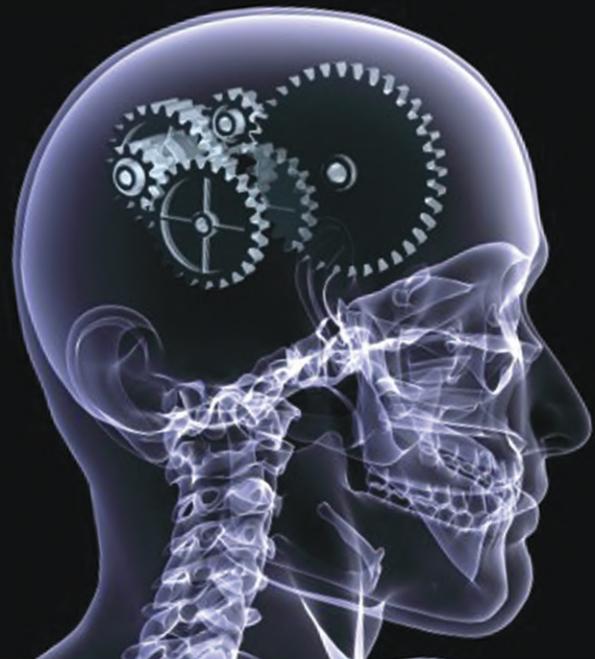
A diet containing fruits, whole grains, vegetables, and "healthy" fats will improve memory.

So, make sure to include B vitamins (especially B12, B6, and folic acid), Omega-3 fatty acids, as well as antioxidants like vitamins E, C, and beta carotene in your diet.

Say "no" to smoking and alcohol:

Excessive consumption of alcohol can cause neurological damage and lead to temporary memory loss or amnesia. Smoking is another bad habit that can constrict arteries, which deliver oxygen to the brain, thus affecting your memory power adversely. So, steer clear of both these habits if you want to improve memory.

Remember that treating your body well can improve your ability to process and recall information. So, include these healthy habits in your daily life to improve memory.



Mrs. Bindhu Shibu
Faculty



India's hospitality institute MCC opens in UAE

A leading Indian hospitality training institute has opened its campus in Ras Al Khaimah to train manpower for the hotel and catering industry.

Munnar Catering College (MCC), claimed to be India's largest hospitality training organisation, will offer its various diplomas, degree and post graduate programmes from the campus located in the RAK Free Zone.

The Emirates MCC University Campus, affiliated to the Indira Gandhi National Open University (IGNOU), will offer courses in hospitality and hotel management from February 2011, said Tissan Thachankary, Chairman of Emirates MCC University and founder of Royal Group of Companies.

He said students who enroll in the RAK Campus will get international exposure to work in the world class hotels in Dubai, and other parts of UAE. Currently, there is a great demand for manpower in the hospitality industry and in some sectors, especially restaurants; there is an acute shortage of skilled manpower. Due to lack of formal training, many employees are unable to move up the career ladder and get stuck in their job for many years.

Professor VN Rajashekharan Pillai, Vice Chancellor, IGNOU, and the largest Open University in the world which has enrolled three million students, said: "Emirates MCC University, affiliated to IGNOU is setting a new benchmark in hospitality training with the opening of the UAE

campus in Ras Al Khaimah. Over the past 25 years, MCC has proven its competencies in offering world class education and training programmes in hospitality. The UAE operations uphold the same international standards and best practices in India."

He said the campus will be a great value addition to the UAE's vocational training sector, especially for hospitality." The quality of the programmes is strictly overseen by IGNOU, he said.

There are two academic sessions, January/February and July August. Admissions are currently open for the July August session. Courses offered includes One Year Diplomas in Tourism and Hotel Management and Tourism, Two year Associate Degree in Hotel Management and Tourism, three year degree in hotel Hotel Management, two year MBA programme in International Hospitality Management and one and half year Executive MBA in International Hospitality Mnaagement. In India, MCC offers two year Masters Degree in International Hotel Management and Executive MHM in International Hotel Management.

Diploma courses are open to students who have passed Class 10, O-Level or equivalent, the Associate Degree and Degree is for students who passed Plus 2, A Level or equivalent. Degree holders in any stream with diploma in Hotel Management or any approved degree in hotel management and catering can apply for International Hotel Management (MHM) and Executive MHM.

(News published in the Emirates 24/7)

Tourism students to start in RAK

DUBAI, A university aims to train both the old and a new generation of hospitality and tourism staff when it opens its doors next month in the Ras al Khaimah free trade zone.

Emirates MCC University would fill “a gap in the market” said its chairman, Tissan Thachankary. He hoped the institute would draw lower and middle-class students who might not otherwise be able to afford university.

Thanks to the low cost of launching in RAK, undergraduate and postgraduate students will pay just Dh20,000 a year. Those studying for a diploma will pay Dh18,000. The rival Vatel International Business School of Hotel and Tourism Management, also in RAK, charges Dh25,000 a year for undergraduates and Dh29,000 for postgraduates.

Whether staff worked “behind the curtain or in front”, better training and qualifications would benefit everyone, said Mr Thachankary. Hotels would have better locally trained staff and extra qualifications would help staff move to better jobs.

He expected many students would already have jobs in tourism, from housekeeping to management. Their work would give them practical credits towards their qualifications. “Eighty per cent of learning happens in the workplace, not in universities, so work integrated learning has to be part of our education. There are many experienced people with a lot of knowledge working in the industry but without any kind of certification, which they need for mobility.”

The university, accredited by the Indira Gandhi National Open University (IGNOU) in India, is part of the Munnar Catering College in Kerala. Students will have a chance to gain international experience during work placements in hotels there.

Although the MCC’s rival already works with local hotels such as the Hilton and Cove Rotana, Mr Thachankary said he had no worries about attracting

students locally and from India. He said the reputation of IGNOU as well as the many jobs and better pay in the UAE made the project feasible.

“RAK is an upcoming destination so it makes sense for us to be part of that,” he said.

Youssef Taher, the assistant head of human resources at the Cove Rotana, said there was a need for locally trained staff across the board.

“The students would have a very strong knowledge of the culture and the standards that the people living in the country are looking for,” he said.

Elena Shevchenko, who teaches tourism management at the St Petersburg University of Engineering and Economy, which has a branch campus in Dubai’s Knowledge Village, bemoaned the shortage of staff with UAE experience.

“People working here really need to be trained here,” she said. “Many have been trained in Europe, where it’s very different. It’s much more about developing personal relationships in the UAE.”

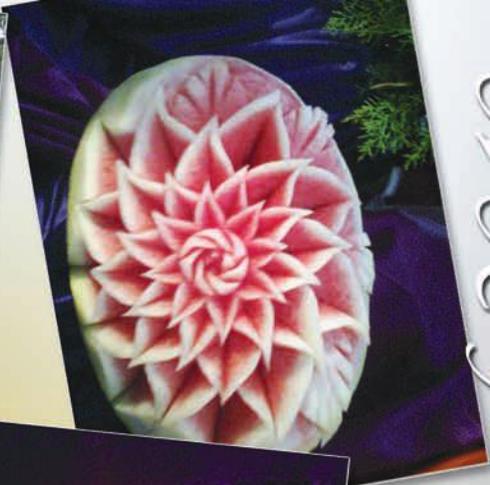
Middlesex University Dubai, a branch of the UK university, offers an international tourism bachelor’s degree. The three-year course has 80 students.

The university’s director, Raed Awamleh, said demand had dwindled, perhaps because the global economic slowdown had hit tourism hard. He also suggested these kinds of programmes were more popular with the more industry-focused vocational colleges.

He said: “The programme has been growing consistently. However, over the past two years, the rate of growth has, on average, been lower than in other areas, such as psychology or media.”

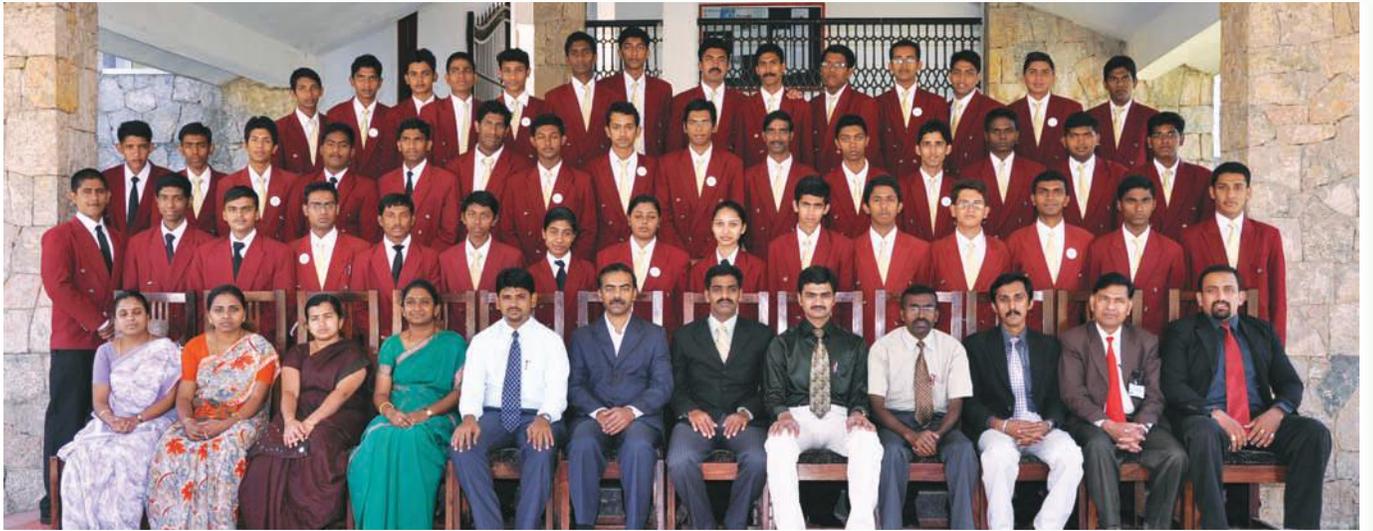
Universities do not need federal accreditation to open in the RAK free trade zone, although some have chosen to do so, and unlike in Dubai, there is no regulatory authority.

(News published in The National)

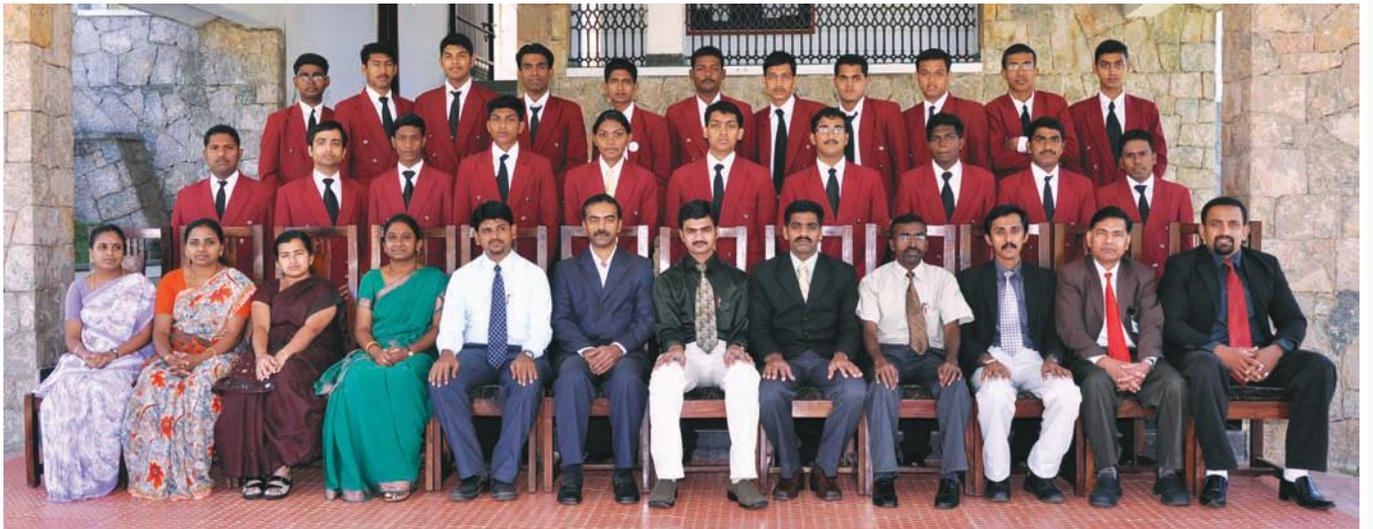


Highlights of 2010





I AD



II AD



I BHM



I BSc & DHMCT



II BSc & DHMCT



III BSc & DHMCT



II BA IHA



III BA IHA



MSc & MBA



I BSc & HHM



Back Bones of MCC



Supportive Staff

Tickle Urself

1 An old fashioned bike wheel has 21 spokes. How many spaces are between the spokes - 20, 21, or 22?

Answer: 21 draw it and count them.

2 Where did Pilgrims land when they arrived in America?

Answer: On their feet.

3 Who succeeded the first President?

Answer: The second one!

4 When is the best time to have lunch?

Answer: After breakfast.

5 When should you strike a match?

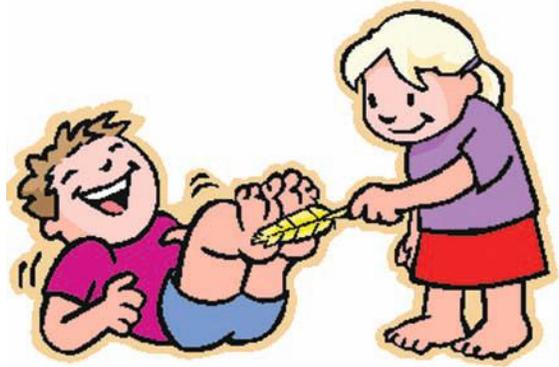
Answer: Only when it becomes violent.

6 What makes a man bald-headed?

Answer: Lack of hair.

7 What always ends everything?

Answer: A letter 'g'



8 What is it that one needs most in the long run?

Answer: You're Breath.

9 What animal keeps the best time?

Answer: A Watchdog.

10 Why should you always carry a watch when crossing a desert?

Answer: Because it has a spring in it.



Marcus Benjamin
1st AD

With best compliments from



MUNNAR HARDWARES

Market Road, Munnar
Ph: 230050, 230051



Take your hotel to
new heights
with top-class brands.



Distributor
Kottaram
Trading Company
പരിപൂർണ്ണത: വിശ്വാസത്തിലും ഗുണമേന്മയിലും
(ISO 9001 : 2008 Certified Company)

H.O: Payyappilly Road, Ernakulam, Kochi-35 .
Ph: 0484-2366982, 2370260, 2382429. Fax: 0484-2372525
E-mail: kottaram@kottaram.in
Br: Merryland Square, Nr. Baby Memorial Hospital,
Thiruthiyad Road, Calicut-4. Ph: 0495-2724025.
E-mail: calicut@kottaram.in www.kottaram.in

Bright's ENTERPRISES

43/1741C, Jacob's Apartments, S.R.M. Road, Pachalam,
Kochi - 682 012
Tel: 0484 2402080, 2402081
Fax: 0484 2402080
Branch: 29/41B, S.A. Road, Vyttila, Kochi - 682 019
Phone: 0484 2389610
E-mail: brightsenterprises@gmail.com
Web site: www.brightskitchenequipments.com



BRIGHT'S EQUIPMENTS

S.R.M. Road, Pachalam
Kochi - 682 012
Phone: 0484 2401298
E-mail: brightsequipments@gmail.com

AMULYA INDUSTRIES

Chittoor Road
S. Chittoor
Kochi - 682 027
Phone: 0484 2432409

LEEL KITCHEN TECH

35/17, Pottakuzhy Jn.,
Kaloor
Kochi - 682 017
Phone: 0484 3292989

BRIGHT'S METALS

44/1095 A, Ijas Complex
Pottakuzhy Road
Kaloor, Kochi - 682 017
Phone: 0484 6454591

BRIGHT'S METALS

2/667/3
Paravattani Chungam Centre
Ollukkara P.O., Thrissur - 680 655
Phone: 0487 2375455

BRIGHT'S METALS

V/408 D, Kothanalloor South
Kothanalloor P.O.
Kottayam - 686 632
Phone: 0482 9248280

- BAIN MARIE COUNTERS • HOT PLATES • BURNER RANGES • TANDOORS • WORK TABLES • SINK UNITES • EXHAUST HOODS • EXHAUST DUCTS • EXHAUST FANS
- FREEZER UNITS • PASTRY DISPLAY UNITS • COLOURED STAINLESS STEEL SHEETS • S.S. PIPES • S.S. ANGLES • S.S. RODS • S.S. FLATS • S.S. FIXTURES

உ

ஓம் சக்தி ஓம்

SREE PARASAKTHI STORE

Vegetable Merchant

Daily Market, Munnar

Phone: 04865 231004 Mobile: 9447294096



TEA GARDEN Agencies

Munnar P.O., 685612
Phone: 04865 230698, 232789
Mobile: 9447130698
E-mail: teagarden@sify.com

Tea Tea Garden 230378, **Rice** New Munnar Food Grains 231140, **Cement** Tea Garden Agencies 230698 / 232798
Cargo Tea Garden Transport 232053, **Cargo** Karur 251711, **Cottage** Tea Garden Inn 232155


ST. ANTONY'S
furniture
Since 1976

Hotel Furniture
Home Furniture
Customised Furniture

Mini Industrial Estate, N.H. Road
Adimali - 685 5561, Idukki Dist., Kerala
04864 222311 Mobile: 9745933315
email: antoneysfurniture@rediffmail.com



OUR SERVICES



FLIGHT TICKETS



HOLIDAY PACKAGES



PASSPORT & VISA



FOREIGN EXCHANGE



TRAVEL INSURANCE



HOTELS



GLOBAL SIMCARD



RAIL TICKETS

for more details..... please contact.....



RIYA HOLIDAYS



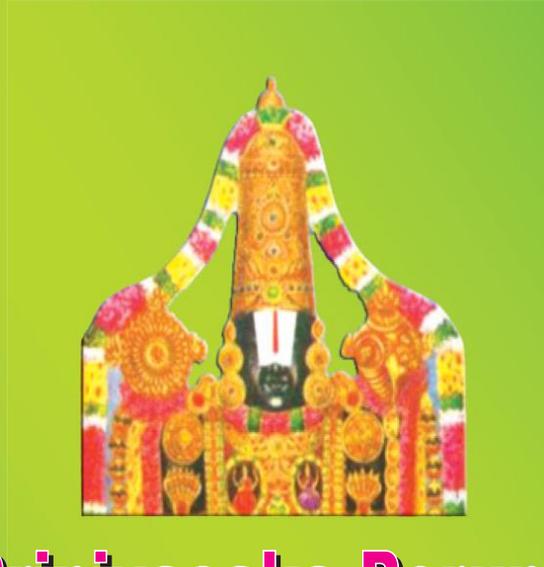
RIYA TRAVEL & TOURS

Bab Chambers / Tharian's Building, Opp. Shipyard, Atlantis, M.G. Road, Cochin-682015

Tel : 0484 - 4085000

E-mail : info.cok@riyagroup.travel

www.riyagroup.travel



A.M.P.T Srinivasaka Perumal & Bros

General Merchant

Stockist - Pournami Maida, Annapoorna Salt

No.3 Main Bazar, Munnar, Kerala 685612.

Phone: 04865 230233 (O), 232413 (Resi) Mobile: 09447132413



Kerala's No. 1 Home Appliance Group



Electronics ■ Home Appliances ■ Crockery

KERALA'S NO. 1 HOME APPLIANCE GROUP

BISMI

ELECTRONICS

HOME APPLIANCES

CROCKERY

Kochi - Near Int'l. Stadium Kaloor, Ph: 92496 66601,

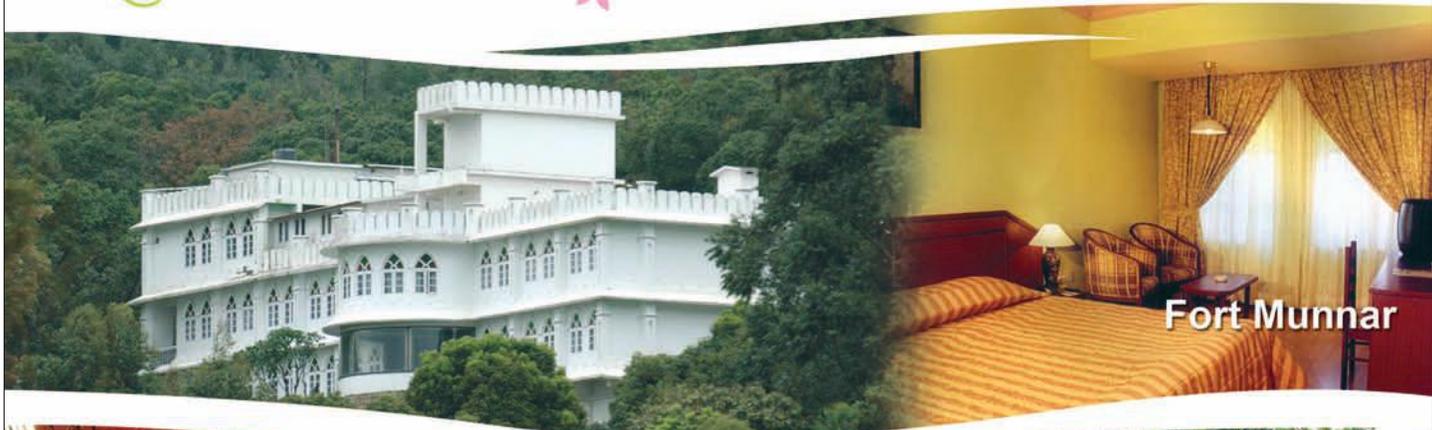
Perumbavoor - M.C. Road, Ph: 92496 66609,

Tripunithura - Petta Jn., Ph: 92496 66607,

Muvattupuzha - Near new Private Bus stand, Ph: 92496 66604

Kottayam - Nagambadam Ph: 92496 66614

Royal Group of Hotels



Fort Munnar



Royal Village



Farm House

2nd Floor, Chandrika Building, M.G. Road, Cochin - 682 011, Kerala, South INDIA

Tel : 91-484-2367720 / 2381760 / 2370060 Fax : 2381760 / 2367740

Mobile : 94470 79018 / 94470 79017 / 94470 79016

E-mail : royalgroup@vsnl.com / royalgroup@eth.net

www.royalindian.com

WELCOME TO EMIRATES MCC UNIVERSITY

Munnar Catering College (MCC), the largest Hospitality Education Institute of its kind in India has realized the lack of professional institutions in UAE and nearby countries, conducting face to face full time courses in Hotel, Hospitality and Training. With tremendous opportunities for qualified professionals in this field, MCC has identified Ras Al Khaimah in UAE as an ideal location to establish a Centre of Excellence in Hospitality Education and Training, offering courses in Hospitality and Management studies.



The hospitality industry is witnessing rapid and large scale growth and shall continue to do so in the coming years as well. This is a manpower intensive industry. Being a trade that encompasses industries like Aviation, Cruise lines, Entertainment, Industrial Catering, multiplexes, shopping malls, call centers and of course Hotels, Resorts and Restaurants the opportunities are pouring in with exciting career assured jobs, handsome pay packets and above all an international recognition and

There are two sessions every year at Emirates MCC University. February session and August session. Classes for February Session will commence in the second half of February and for August Session will commence in the second half of September.

HOSPITALITY INDUSTRY

The hospitality industry is growing at a faster rate than ever envisaged and today it has no boundaries. So high is the confidence in this industry that the only restriction is ambition. Over 250 million people around the world are estimated to be employed in this sector alone.

excellent job satisfaction

FACILITIES:

The facilities of the College include well equipped and the latest state of the art labs in the various departments of the hotel such as House Keeping, Front Office, F & B Service and F & B Production.

HOSTEL:

Accommodation is provided for both girls and boys separately. Transportation is also arranged from all parts of UAE.

AFFILIATION:

Indira Gandhi National Open University (IGNOU), the largest University in the world and Munnar Catering College (MCC), the largest Hospitality Education Institute of its kind in India has decided to collaborate with each other in establishing a Joint Centre of Excellence in Hospitality Education and Training in India and abroad and Emirates MCC university is affiliated to Indira Gandhi National Open University (IGNOU), Government of India.



EMIRATES MCC UNIVERSITY

Post Box No. 86060, Amenity Centre,
G-03, Tower-1, Al Hamra,
Ras Al Khaimah, UAE.

Phone: +971-7 2432750 / +971-7 2432760

Fax: +971-7 2432790

Mobile: +971-55-9982619 / +971-50-4302025

Email: info@emiratesmcc.ae

emiratesuniversity@gmail.com

www.emiratesmcc.ae

Salient Features

- Option for completing 2nd year/3rd year or both in UAE or in India at Munnar Catering College, (www.munnarcateringcollege.edu.in) as per their choice irrespective of location where admitted.
- Option for Six Months internship at reputed hotels in India or UAE
- All classes on regular face to face mode
- For Executive MBA classes will be on Fridays only

Careers in Hotel Management

Diploma

in Hotel Management & Tourism

Associate Degree

in Hotel Management & Tourism

BHM in Hotel Management

BBA (With Travel & Tourism)

MBA

in International Hospitality Management,

Executive MBA

in International Hospitality Management.