

CT

Flavours
E-ZINE

From Editor in Chief

Education is not the learning of facts, but the training of minds to think

Albert Einstein

Dear Readers,
Greetings to You!

The first edition of CT Flavours (An e-zine by School of Hotel Management, Airlines and Tourism) will keep you informed about the progress within School and keep you updated with the latest happenings and developments in Hospitality & Tourism Industry.

I extend my deepest thanks to all colleagues for their interest, enthusiasm and participation to develop and support first issue of e-Zine.

Happy Reading!

Prof (Dr) Varinder Singh Rana

Dean – SOHMAT
CT University



REDESIGNING AND RESHAPING LEARNING

A New Year, a new strain of Corona Virus, will 2020 repeat itself!

Educators are gearing in to reshape the mechanism of learning process. Institutes hopped from one online platform to another till they found something that was easy, comfortable, accessible and user friendly. Educators shifted from the traditional classroom to online learning, creating content and conducting online assessment. Challenges got the better of us, with huge problems arising due to limited access to the Internet, absence of monitoring method, patchy and impersonal online experience and internet usage costs among others.

While students and educators are eager for institutions to open, the crisis has led to some elements of learning being changed permanently. The future of education and delivery will be based on increase in use of technology through different media, enhanced use of online tools and technology to enrich the learning experience, personalization of learning wherein every student has his/her own pace of studying and can be achieved by Machine learning and Artificial Intelligence combined with strong data analytics. Educators have to make learning equitable, convenient and accessible and they have to continuously motivate and inspire the students for the online format.



Change is desirable and inevitable. Virtual learning and operational flexibility is the new future and we have to adopt this adaptive design for teaching-learning process.

Dr. Sumit Kr Biswakarma

Assistant Professor
NSHM School of Tourism and Hotel Management
Durgapur, West Bengal

CLOUD KITCHEN: A NEW FUTURE OF FOOD INDUSTRY

A cloud kitchen is centralized place where food is cooked to supply to their pre order clients. Cloud kitchen is a licensed food production factory. It's like a base kitchen of any restaurant and can be start at any rented space to prepare food delivery as per the requirement of your clients, your clients could be some offices or factories who needs lunch for their employees, restaurants outlet which may have small places in main markets or in food courts home delivery business as pre planned menu items to sale through Zomato and other operators etc.

Now all days for home delivery cloud kitchen most restaurants are running multiple brands from a single kitchen by single owner or by or the multiple owners on sharing basis.



The benefits of cloud kitchens to the owners

- Owners may start their business on low rented places as its working on pre order or on order basis no need the place on any prime location.
- One can start with minimal tools and equipment but safety measures are compulsory as other restaurants.
- All equipment must follow all of the hospitality standards like stainless steel prep tables, hood vents, stoves, ovens, and sinks etc. for perfect hygiene.

A FSSAI license is required before starting a cloud kitchen but GST number can be obtained later when your business reached the sales of 40 lakhs per annum.

Local administration license may also be needed as per local law of the city.

Other Utilities

- 500 square feet covered area on rent or owned.
- IGL Gas connection/ LPG

School of Hotel Management, Airlines and Tourism

- Electric Power
- Water supply
- RO water treatment plant for cooking needs.
- Computer and internet connection.
- Software for accounting and inventory.
- Requisite utensils for cooking.
- Security if needed.

Cloud kitchens are also working like ghost kitchen warehouse for famous brands as per their requirements and recipes for that area equipment and amenities will be defined by the brands for which you work.

Own brand: One may also brand their own through a Cloud kitchen, for that you need to set menu with cuisine base items.

Menu must be according to ease of production and reliability of food quality upon delivery. You will need packing material to be print as per your logo and brand in beginning it recommended that, start with minimal staff and concentrate on sales rather than huge investment in kitchen.

Tips: Purchase from whole sale market will put a positive effect on your food cost. If you are starting your own brand don't compromise with Quality as quality of food will give you more and more guest with repeat orders. Plan your menu with single cuisine with minimum dishes this will make you spacial among your guests. So the cloud kitchen is a good concept for a start-up business.

Chef Dr Izzat Hussain
Consultant Chef & Culinary Educator

UNEXPLORED DESTINATION: JATAYU EARTH'S CENTER

You will absolutely get mesmerized with Kollam's most recent vacation destination, the Jatayu Earth's Center that has the world's biggest fledgling model. Crossing more than 65 sections of land across four slopes, this is the State's first since forever BOT (Build-Operate-Transfer) the travel industry.

The fantastic sculpture of Jatayu resting high up the slope grabs your eye even from a far distance on your approach to Chadayamangalam in



Kollam area. Jatayu is an amazing winged creature from the Indian epic Ramayana. You can arrive at the ridge utilizing a streetcar. A large number of encounters anticipate the explorer in Jatayu Rock. One such is the historical center and the 6D venue inside the figure. You can even have a bele-taxi insight from here!

All experience addicts; this is your ideal end of the week escape! Participate in brave games in the background of amazing perspectives on nature. Regardless of whether it be Burma spans, commando nets, log walk, vertical stepping stool, fireplace climbing or side joola, pick your pick and let the adrenaline hurry through the body.

Presently what adds to the rush is the Paintball zone!

Other than all these selective encounters, the spot additionally has arrangement for Ayurveda, outdoors, traveling, live kitchen and significantly more to make your excursion wonderful.

Visit the spot for a one of a kind encounter that no other traveler areas of interest in Kerala can offer!

Visiting hours: 10:00 to 17:00 hours

Site: www.jatayuearthcenter.in

Closest Airport: Trivandrum International Airport is around 52 kms

Closest Railway Station: Kollam Junction, around 35 kms and Thiruvananthapuram Central around 55 kms



Ms. Jasdeep Kaur
Assistant Professor – SOHMAT
CT University

HOTEL HOUSEKEEPING POST COVID-19 PROTOCOLS

1. Ensuring Guests and Staff protection

The first and most important thing would be to guarantee everyone's protection on the property. Housekeeping Department Guidelines should include:

- Frequent cleaning of high-touch areas of public interaction
- Providing all visitors with masks upon arrival
- Effective employee sick leave policies
- Marking distance of 6 feet (in both guest and staff areas) for social distance protocols



2. Latest Spending and Housekeeping Budget Management

Pre-COVID budgets would all place a strain on protective personal equipment's, new cleaning materials, and physical improvements to shared space. Linens also need to be with more caustic cleaning more frequently.

This will help predict the new costs to decide what particular adjustments need to be made to the housekeeping procedures of the hotel for COVID-19.

3. Outfitting Housekeeping Department with PPE

Housekeepers need to be trained to enter a room to clean it in order to protect housekeeping team members and guests. Before entering, they should confirm that they have all the required items (PPE and items to restock the room) to complete the service.

4. Opt-In – Opt Out Housekeeping & Safety Consultations

Many hotels are following opting-in and opting-out for housekeeping. In this program it is presumed that during the stay guest will not receive housekeeping services. This way, during their stay, no one enters the room other than the guests. Hotel workers can leave the things outside the door if any guest requires the same

Dr. Gaurav Bathla

Associate Professor – SOHMAT
CT University

Seviyan Custard Kheer

Prep Time: 10 mins

Cooking Time: 30 mins

Sr no	Ingredients	Quantity
1	Milk (Full Fat)	1 Liter
2	Sugar	100 gm
3	Seviyan	200 gm
4	Dry Fruits (Mix)	50 gm
5	Desi Ghee	20 gm
6	Custard Powder	2 tbsp.
7	Cardamom Powder	1 tsp



Method:

1. Take a Heavy bottom pan and add 900ml of Milk.
2. Bring it to boil and add Cardamom Powder
3. Now take another pan and add Desi Ghee, melt the ghee then add Seviyan.
4. Sauté the Seviyan till golden brown.

5. Then add Seviyan to the milk.
6. Take a bowl and add 100 ml of remaining milk and add custard powder and mix well. (Take care not to form lumps)
7. Now add this mixture into the Seviyan along with sugar.
8. Cook on low flame for about 5 min.
9. Serve cold and garnish with dry fruits.

Chef Manpreet Barsal
SOHMAT
CT University



Cake Mixing Ceremony December 7, 2020

When it comes to Christmas meal preparations, Fruit Cake is an inevitable part of the season and so is the Christmas cake mixing ceremony.

It is an age old ceremony practiced in traditional Christian households. Origin of the cake-mixing ceremony dates back to the 17th century, when it marked the arrival of the harvest season. During this time lots of fruits and nuts were harvested and prepared to go into the making of the traditional plum cake. The mix was saved for the next harvest season with the hope that the years ahead would bring forth a bountiful of harvest.

The fruits when soaked in liquor develop a rich and exciting flavour and are used to make tasty Christmas cakes and puddings. The cakes are believed to be endowed with magical powers. It is also believed that it is possible to make a wish with the first mouthful eaten and if the wish is kept a secret, it will be granted in the coming year.

Cake mixing is one of the most awaited traditional rituals of Christian households and hotels or cafes that mark the onset Christmas season. SOHMAT-CTU has marked the presence of esteemed guests Chef Vishvadeep Bali and Chef Nello Kaura.



CT International Hospitality & Tourism E- Conference (CTIHTC-2020)

December 19, 2020

School of Hotel Management Airlines & Tourism – CT University hosted International Hospitality & Tourism E- Conference on dated 19th December 2020. The conference, attended by researchers from across the globe, focused on the theme Enhancing Tourism & Hospitality Experience: Promoting local culture

The conference was jointly organised in association with Indian Tourism & Hospitality Congress (ITHC). About 300 participants from premier institutions of India, USA, Australia, Nigeria, Malaysia, Singapore, United Kingdom, Greece, and Nepal took part in the conference. Prof (Dr) SP Bansal Honourable Vice Chancellor of Himachal Pradesh Technical University & president ITHC inaugurated the conference as Chief Guest.

Prof Parikshat Singh Minhas from University of Jammu delivered the keynote address. The Guest of Honour Prof Dimitrios Buhalis from Bournemouth University (UK) shared the ways on restarting Hospitality & Tourism industry- Post Covid 19.

As many as 70 technical paper presentations were made by the delegates out of that 49 accepted full papers were published in the special issue of Universe International Journal of Interdisciplinary Research (An International peer reviewed referred journal) ISSN (Online) 2582-6417.



Herbs Island-Kitchen Garden

January 6, 2021

Planting a herb garden is a wonderful way to enjoy the sights, smells and tastes of a wide variety of plants. Fresh herbs are often easy to cultivate and can grow in a small garden in the back yard, in pots on an outdoor patio or sunroom, or even in a window box inside a kitchen.

Kitchen Garden named Herbs Island has been set up by the School of Hotel Management, Airlines and Tourism where different herbs and micro-greens like Basil, Parsley, Mint, Cherry Tomato, Baby Carrots, Coriander, Oregano, Thyme, and Lettuce have been sown. These

will be utilized in the Food Production and Bakery Practical's.



Most Varieties of Phirni (1101)

January 11, 2021

The record for the 1101 most varieties of phirni has been attempted by the students and faculty of Hotel Management, Airlines and Tourism under the patronage of CT University in collaboration with Amul, under the marketing brand of Gujarat Co-operative Milk Marketing Federation Ltd. 167

ingredients were used to prepare 1101 types of Phirni. Contribution by CT University and CT group Chefs. As per record guidelines, this attempt has been verified by government officials.

In this event, 1101 different types of nutritious and healthy phirnis were prepared by chefs and faculty of Hotel Management students. The ingredients used were basil, beetroot, khas, semolina, quinoa, etc. The foundation ingredient that is Milk was provided by Amul. On this occasion Dr. Varinder Singh Rana, Dean, SOHMAT informed that the event was basically a preparation of 1101 different types of phirnis which took more than 12 hours to prepare. The preparation was done keeping in check the hygiene and quality of each product. The documents of the successful record attempt have been provided to record authority for inculcation in the record book.



CT University inks a MoU with FIHM

January 18, 2021

CT University, Ludhiana, inks a Memorandum of Understanding (MoU) with FIHM owned and promoted by Matrix Infosys Overseas Education Consultants. The MoU was signed by Dr. Harsh Sadawarti, Vice Chancellor and Ajesh Gugnani, Chairman, FIHM. The agreement will lead to provide International pathway programs to Switzerland, UK, Canada, Singapore, Thailand along with International trainings, Placements, Dual certification; offshore certification for hospitality students.



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