

NEWS FEATURING THE ACTIVITIES FOR THE MONTH OF SEPTEMBER 2019



## Student Council Installation 2019



## Jasn-e mehr: Parsi Food Festival



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**CONQUER FROM ROOT TO SKY,**  
*an opportunity to excel in global hospitality.*

# Foreword



**Chef K Thirugnanasambantham**  
Principal

Dear Readers,

To encourage and give leadership opportunities to students, by providing a means for student expression and assistance in school affairs and activities, the student council was installed. This was followed by Teachers' day celebrations organized by the student council.

This month experts from various properties enlightened the students with the latest trends and gave some insights into the industry.

Student and Faculty Mobility Programme was initiated in association with National Council for Hotel Management and Catering Technology (NCHMCT), Noida. The first session of four days conducted at WGSHA for IHM Chennai is a new mile stone.

Research being one of the top priorities of our institution, two days workshop on "Research Methods in Health Sciences Level 1" was organised through the Department of Dietetics & Applied Nutrition.

WGSHA is known for providing hands on experience in every occasion possible. This month, it was done through celebration of Onam and Parsi Food Festival under the guidance and presence of Dr. Dalal and his wife Rhea. It was a tremendous experiential learning opportunity for the students.

Happy Reading

Jai Hind

Jai Karnataka

## *Mission Statement*

*"To mould young men and women into competent and responsible professionals with pleasing personalities, who would with requisite experience, become leaders in the Hospitality Industry"*

# Student Council Installation

September 7, 2019

Student council was installed by oath taking as instructed by the Principal Chef K Thiru and also he conferred the members with badges. Vice Principal issued the certificates to all the members.



# Indian cuisine demo for the students of Lancashire University

September 9, 2019:

A demonstration on Indian cuisine was shown to the students of Lancashire University. After a short briefing session, the preparation of various Indian dishes followed by hands on practice was shown at the kitchen.

The menu included *Tamatar Aur Dhaniya Ka Shorba*, *Palak Paneer*, *Butter Chicken*, *Matar Pulao* And *Gajar Ka Halwa*.

The students then prepared the same dishes team wise. They were fascinated by the flavors and diversity of Indian cuisine and were very happy to taste and prepare the dishes themselves. It was a great learning experience for them as well as the students of WGSHA.



# Jasn-e mehr: Food Festival

**September 20<sup>th</sup>-21<sup>st</sup> 2019:**

Welcomgroup Graduate School of Hotel Administration (WGSHA), MAHE, organised a Parsi food festival at Fortune Inn Valley View.

Archaeologist and a culinary anthropologist with Mumbai University Dr Kurush F Dalal (Katy's Kitchen) and his wife Rhea (food blogger) assisted the students in preparing Parsi food.

Jasn-e-Meher, the food festival, provided the students an opportunity to learn authentic Parsi vegetarian and non-vegetarian delicacies which are immensely tasty.



# Onam: Hostel Festival

September 14<sup>th</sup> 2019:

As part of the hostel festival, students of Welcomgroup Graduate School of Hotel Administration (WGSHA) celebrated Onam – an annual Harvest festival of Kerala. Onam Sadya, Pookkalam (Flower Carpets), Traditional dance and Music performance by the students were major part of the celebration.



# Expert Talk: Hospitality Titbits

September 9<sup>th</sup> - 12<sup>th</sup> 2019:  
Expert Session 'Hospitality Titbits' was organized which had experts from different core areas of Hospitality Industry.



**Chef Gaurav Singh**  
Executive Sous Chef, ITC Maurya, Delhi



**Col. K C Menon**  
HR Consultant, Bengaluru



**Mr. Vignesh Raj**  
Asst. Manager – Housekeeping, Conrad, B'lore



**Mr. Anil D'Souza**  
MAHE- Human Resources, Manipal



# Hotel Affiliation Lecture Series & Placement Drive 2019



## ITC Hotels Division

September 17<sup>th</sup>-19<sup>th</sup>, 2019: The delegates were Mr. Amaan Kidwai - General Manager – ITC Gardenia, Bengaluru, Mr. Yogen Datta - Executive Chef – ITC Kohinoor, Hyderabad, COO – Siesta Restaurants, Dr. Swarup Sinha – Principal, ITC Limited: Hotels Division, Mr. Rajesh Nath - ITC Limited, Director Sales & Marketing, Regional Head – South, Mr. TS Bhatia - ITC HOTELS, Head of Revenue Management & Distribution, Mr. Somak Dutta - Manager Learning Services – ITC Grand Chola



## Oberoi Group of Hotels

September 20, 2019: Oberoi Group of Hotels. The delegates were Visheshwar Raj Singh - Vice President & General Manager, Sanyam Saigal - Training Manager, Vivek Gompereira - Food & Beverage Service Manager, Robin Batra - Executive Chef, Nimisha Sarah Varghese - Senior Sous Chef, Noorain Nisal - Assistant Manager – Front Office and Namrata Ghosh - Training Supervisor



## Marriott International

September 26 2019: Marriott Hotels. The delegates were

**Sujeet Kumar** GM, Sheraton Grand Bangalore Hotel at Brigade Gateway (Alumni of WGSMA), **Sushma Khichar** – Hotel Manager, Aloft Bengaluru Cessna Business Park, **Lizanne Pinto** – Cluster Director Human Resources - Bengaluru & Kochi, Director of Human Resources - JW Marriott Bengaluru, **Mandeep Sodi** – Director of Human Resources, Renaissance Bengaluru Race Course Hotel and **Pradeep Ghorphade** – Director of Human Resources, Sheraton Grand Bangalore Hotel at Brigade Gateway.



## Taj Hotels

September 26 2019: Taj Hotels - Delegates were Ms. Adya Khandige, Ms. Tavishi Kapoor and Ms. Natalie Beale

# Student and Faculty Mobility Programme



**September 17<sup>th</sup>-20<sup>th</sup>2019:** Welcomgroup Graduate School of Hotel Administration (WGSHA) in association with National Council for Hotel Management and Catering Technology (NCHMCT), Noida, conducted Student and Faculty Mobility Programme on Cuisines of Dakshina Kannada, for the students of IHM Chennai.

Programme started with a session by Chef K Thiru (Principal, WGSHA), then all the four days there were demos on Shivalli Brahmin Cuisine, Sweets Workshop, Coastal Cuisine cooking, Breakfast Cooking, Dakshina Kannada Cuisine, Konkani Cuisine. Field visit to Malpe Fishing Harbour, Experiential Theater & MAP, Shri Krishna Mutt, Kori Roti production unit at Shivapura and on last day Certificate Distribution at MAHE by Vice Chancellor Dr. H Vinod Bhat



# Photography Workshop



by **Mr. Guruduth Kamath**  
**Nikon - Mentor**  
**Karnataka State**



**September 14<sup>th</sup> & 15<sup>th</sup> 2019:**

Digital and Social Media Club of Welcomgroup Graduate School of Hotel Administration (WGSHA) organized Photography workshop for the club members. One of the known photographer Mr. Guruduth Kamath (Nikon – Mentor Karnataka State) was the resource person. Workshop was conducted on three phases - Introductory session, Photography at Malpe fish harbor and Critic session.



# Teachers Day



Students of WGSHA, Celebrated 'Teachers Day 2019' by conducting different activities for the for the faculty with a Cake Cutting.



# Research Methods in Health Sciences - Level 1



September 12<sup>th</sup> – 14<sup>th</sup> 2019: Research Methods in Health Sciences Level 1 was organised by the Department of Dietetics and Applied Nutrition at Welcomgroup Graduate School of Hotel Administration (WGSHA), MAHE.

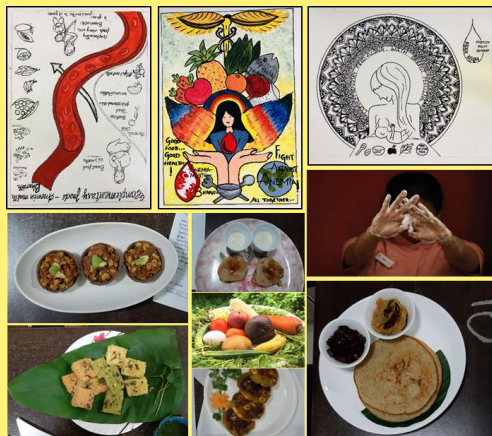
Resource persons for the session were Ms. Sumitha Achar, Dr. Yogendra Nayak, Mrs. Shreelatha Rao, Dr. Vidya Patwardhan and Dr. Badrinarayanan.

The workshop was inaugurated by Dr. Basavaraj, HOD, Division of Yoga, CIMR, MAHE. Principal Chef K Thiru distributed the certificates to all resource persons and participants. Convener of the workshop was Dr. Meenakshi Garg and Organising secretary Ms. Pallavi Shettigar.



# National Nutrition Week

Anganwadi, Perampalli



**September 1<sup>st</sup>-7<sup>th</sup>, 2019:** The Department of Dietetics and Applied Nutrition organised various events, like painting, spot photography and health chef competitions for the students of the institution and MAHE as part of National Nutrition Week (Rashtriya Poshan Maah). Poshan Abhiyaan is an initiative of the Ministry of Women and Child Development, Government of India. The objective behind the initiative was to create awareness in the community about five basic nutrition components during the first 1000 days of a child's life. Anemia Mukht Bharat, WASH Sanitation and Hygiene, Diarrhoea and Paushtil Aahar are taking part in the programme.

An awareness programme on nutritious food was organised at an Anganwadi center at Perampalli in Udup district. Manipal. Faculty members of MSc DAN Dr Meenakshi Garg, Pallavi Mahesh Shettigar, Swathi Acharya and Namratha N Pai and student volunteers addressed children, mothers, Anganwadi workers at Sagari Nole Higher Primary School and Aanganwadi near Perampalli on the concept of balanced diet using seasonal and locally available foods, importance of hygiene and sanitation for preventing onset of diseases.

## Fitness and Healthy Eating



**September 27, 2019:** As part of the Physical and Mental Fitness Period, Mrs. Swathi Acharya K, Asst. Professor from Department of Dietetics and Applied Nutrition, WGSMA conducted the session for the students of SOC. The talk highlighted on the aspects of Healthy eating, ill effects of consumption of junk food and impact on health, side effect of addiction, importance of physical activity and its benefits for healthy living.

# Inauguration of Tourism and Culture Heritage Club



**September 13, 2019:** To create awareness amongst the students about tourism activities and to incorporate student's strength and potential in the development of tourism in our state with few other related objectives 'Tourism and Culture Heritage Club' was inaugurated for the students of M.Sc. Hospitality and Tourism Management (DAHS, WGSMA)



## Representation at International Conference

**September 6, 2019:** Dr Senthil Kumaran P Professor & Coordinator (DAHS), was the resource person and the Chief Guest at the international Conference on "Current Trends in E-Commerce Solution in Trade Practices – A Global Scenario" held at SNMV College, Coimbatore.

## World Tourism Day participation

**September 27, 2019:** Mr. P. Valsaraj, Associate Professor from Department of Allied Hospitality Studies delivered the key note address on 'Tourism and Jobs in the World' on the occasion of Tourism day - Symposium held at DC Office Complex, Manipal, Udupi. Students of MSc (HTM) also participated in the event.



## CPR and First Aid Workshop

**September 19, 2019:** As a part of Disaster Management Module of M.Sc. HTM a hands on workshop on First Aid and CPR was organized at the Department of Allied Hospitality Studies of WGSMA. Dr. Ramesh, Mr. Anil Raj and Ms Janet Prameela, were the resource persons from Manipal College of Nursing (MAHE) who conducted the workshop. Faculty members and students of MSc-HTM have attended the workshop.

## Guest Talks

## Solo Traveler



### Up Close and personal with Smriti Shankar

September 17, 2019: WGSHA Alumna from 13<sup>th</sup> Course (BHM) Ms. Smriti Shankar, Solo Woman Travel Blogger shared her experience as a solo traveler and the challenges faced in her journey with the 2<sup>nd</sup> year BHM, 2<sup>nd</sup> year B.A. in Culinary Arts, 1<sup>st</sup> year M.Sc.HTM and 2nd Year M.Sc.HTM.



### Alumni Speak

September 30, 2019: Mr. Nicholas – WGSHA Alumnus (BHM) shared the updates of the industry and opportunities for WGSHAites in the hospitality with the 2<sup>nd</sup> year Bachelor of Hotel Management students

### Motivational Talk

September 26<sup>th</sup>-27<sup>th</sup>, 2019: Mr Ganesh Nayak enlighten the students of 1<sup>st</sup> year M.Sc. Dietetics & Applied Nutrition (DAN) by a motivational talk – “Gift, Guts and Glory on the World’s Highest Roads”



### Leadership Training Camp

September 25<sup>th</sup>-26<sup>th</sup>, 2019: Students of WGSHA attended the camp organised by M.R. Pai Foundation, jointly with Forum of Free Enterprise, Mumbai and Manipal Academy of Higher Education.

### Business etiquette

September 12, 2019: Faculty from WGSHA Mr. Paritosh Dabral and Ms. Anusha Pai conducted a workshop on business etiquette, professional grooming, team building and communication at School of Management, MAHE. The workshop was organised by the Placement Cell of MIM. The resource persons for the day



# EXtra Hits



**WGSHA would like to share the moment of joy!**

**Rekhansh Karamchandani** – WGSHA alumnus from 25<sup>th</sup> course awarded with "Microbrewery of the Year (India) - Elite Nightlife Awards, Paris, 2019".

**Congratulations!**



**Swastika Dutta Sobti** – young entrepreneur from 15<sup>th</sup> Course (#BHM) recognized as an "Influencing Entrepreneur" by LeanIn India. LeanIn.Org is a nonprofit organization founded by Facebook chief operating officer Sheryl Sandberg in 2013 dedicated to offering women the ongoing inspiration and support to help them achieve their goals.

Kolkata girl, Swastika D. Sobti with a 5 years of experience with the company and a six sigma green belt certification, she settled in the city of Ludhiana, Punjab, marrying local boy Maninder Sobti, from the 14<sup>th</sup> course WGSHA.

The duo with their diverse exposure, background and experience decided to open their first Coffee Shop, Bakery & Confectionery in Ludhiana on 5<sup>th</sup> December 2009.



**Mr. Rohit Kohli** - Joint Managing Director, *Create Travel*, Alumnus 8<sup>th</sup> course WGSHA

Congratulations for him and his team!

*Create Travel* won the "Leading Travel Agent (North)" and "South Asia's leading Tour Operator" awards at the 4<sup>th</sup> Annual SATA (South Asian Travel Awards), held at Amari Galle in Sri Lanka.



# 'ಸಮತೋಲಿತ ಆಹಾರದಿಂದ ಆರೋಗ್ಯ'



ಉಡುಪಿ, ಸೆ. 24: ಮನವಾಲ  
ಮಾಹೆಯ ವೆಲ್ಕುಮ್  
ಗ್ರಾಜುವೇಟ್ ಸೂಲ್  
ಅಡ್ವಿನ್ಸೇಶನ್  
ಮತು  
ಕಾರ್ಯಕ್ರಮ  
ಸಮೀಪದ  
ನಡೆದ ಪೋಷಕರು,  
ಕಾರ್ಯಕ್ರಮರು  
ಪಾಲ್ಗೊಂಡಿದ್ದರು.

**WGSHA in NEWS**

## Programmes for students in 'Poshan Maah'

**Manipal:** The department of dietetics and applied nutrition at Welcomgroup Graduate

like painting, spot photography and health chef competitions are being held.

Faculty members of MSc DAN, Dr Meenakshi Garg, Pallavi Mahesh Shettigar, Swathi Acharya and New

## Parsi food festival at WGSHA in Manipal

**MANIPAL, DHNS:** Welcomgroup Graduate School of Hotel Administration, MAHE, organised a Parsi food festival at Fortune Inn Valley View here, on Friday.

Archaeologist and a culinary anthropologist with

Mumbai University Dr Kurush F Dalal and his wife Rhea assisted the students in preparing Parsi food.

"Jasn-e-Meher, the food festival, provided the students an opportunity to learn authentic Parsi vegetarian and non-veg-

etarian delicacies which are immensely tasty," WGSHA Principal and Chef K Thiru said. He added that only dinner was open to visitors.

Dr Dalal runs a Parsi catering business--Katy's Kitchen, which he inherited from his

mother. Rhea is a food blogger and a copy editor who runs her own Bengali Catering --Euphorhea Kitchen. She also helps her husband and carries out research on Parsi food history. The fest will be held till Saturday.



## ACADEMIC CALENDAR

# 2019 October

SUN		6	13	20	27 Deepavali
MON		7 Ayudha Pooja	14	21	28
TUE	1	8	15	22	29
WED	2 Gandhi Jayanthi	9	16	23	30
THU	3	10	17	24	31
FRI	4	11	18	25	
SAT	5	12	19	26	



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02 - UH - Gandhi Jayanthi

05 - HF - Mahanavami / Ayudha Pooja-Dinner  
(1st Year BACA)

07 - UH - Mahanavami

08 to 12 - Midterm Examination

20 - International Chefs Day

25 to 26 - 2nd Food Festival

(BHM 1 & 2 year - B Section)

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