



ITC HOTELS
RESPONSIBLE LUXURY

W G S H A Chronicle

October 2020

WELCOMGROUP GRADUATE SCHOOL
OF HOTEL ADMINISTRATION
MANIPAL
A constituent unit of MAHE, Manipal

DEPARTMENT OF
CULINARY ARTS

DEPARTMENT OF ALLIED
HOSPITALITY STUDIES

Featuring the events of September 2020

Webinars

Guest Talks

Expert sessions

Student
Council
Installation

International
E-conference -
Rashtriya
Poshan Maah

World Tourism
Day 2020



Inside W G S H A Chronicle

Message from the Principal

Contemporary Cakes, Pastry Chef's Perspective: Chef Girish Nayak

HR Role and Operating Model: Dr. Sandhya Johnson

Student Council Installation 2020

Webinar on Water sommelier as a Profession

QSR—A McDonald's perspective: Philip James

Insights into IRCTC operations: Anuj Dutta

Modern Restaurant Management and Customer relations: Drona Shee

Expert talk on Modified Diet Menu- Dietitian's Perspective: Remya Rajan

International E-conference held on the occasion of Rashtriya Poshan Maah 2020

Winners of the competitions held @Rashtriya Poshan Maah 2020 held at WGS HA

Dr. Meenakshi Garg @Nutritional management in PCOS as a resource person

Students Achievement/Participation

World Tourism Day 2020 celebrated at WGS HA

Food Sociology and Anthropology with Dr. Kurush Feroze Dalal

Foreword



Dear readers,

Greetings Reader,

We are nearing the end of the calendar year. Since March 2020, we all have been in circumstances that were new to us. It's been seven months of constant challenges. I must share with you that the entire team of the institute has been rising up to them.

As always we have kept motivating our students through lots of inspiring keynotes, activities etc. Their frequency has been increased substantially over the period of the confinements.

Though being in demanding times, students have been provided wonderful opportunities to learn new skills. Learning a new language, or reading book of any genre is certainly helpful. I am confident that our students will keep up their motivation high.

As you go through this edition you will find out various activities and webinars conducted over the past month. I thank all those who have made it possible. I congratulate all the students who had participated.

Sincerely,

Chef K. Thirugnanasambantham
Principal

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”

Webinar on 'Motivating Innovators and Entrepreneurs': Dr. Arun Shanbhag



On 04/08/2020 a webinar was hosted by **Welcomgroup Entrepreneurship Development Cell [WEDC]** on topic **"Motivating innovators and entrepreneurs: How can innovation center help you"** by Dr. Arun Shanbhag who is a Chief Innovation Officer, MAHE. The webinar was conducted on behalf of WGSHA to make students come up with innovative and creative ideas as entrepreneurs. About 200 students and faculty members attended the webinar. Majority of the students were from M.Sc.HTM, M.Sc DAN and 3rd year students of BA culinary Arts.

The session was introduced by Ms. H.S. Sethu followed by Principal Chef Thirugnanasambantham giving his message on the importance of entrepreneurship and innovation. Ms. Tilotama introduced to the resource person. Dr. Shanbhag conducted a very interesting session that was followed by a q and A session. The session was concluded by a vote of thanks by Ms Anjali of M.Sc HTM.

Brief idea on innovation: Creating the novel product/ services that address local problems, Using of existing things in creative ways, Innovation is always about finding and filling knowledge gap but not a research.

Few live examples by students in WGSHA - Ms. Sanjana Apte- Jackwurst [Vegetarian Sausage], Ms. Shalini Pillikila- Binge Yard Food Truck, Mr. Uday Prabhu – Pizza with local ingredients, Mr. Nikesh- Software designed for restaurants to calculate the Nutrition and calorific value of each dish served to the guests

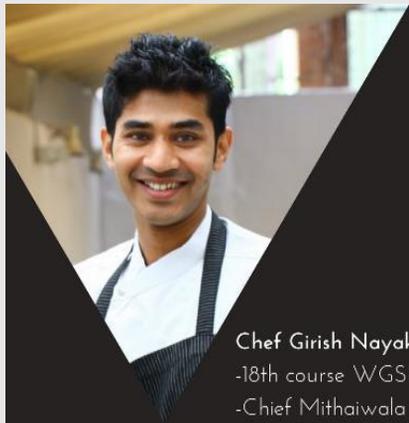
Innovation Pipeline

- Resource person has taken us through a Channel/Pipeline where the problems are identified and solutions are derived through application various tactics and interaction.
- As the innovation centre is a part of MAHE, students from different colleges can join, discuss and derive ideas and solutions. Few Places identified are
- Ideacafe helps in ideation wherein students can brainstorm their ideas. As any business motivation ultimate goal is to make money, novel solutions can be made from the ideas.
- Makerspace gives space to students to create and develop the prototype. Students can utilize the equipment at free of cost and utilize the space after college hours till latenights.
- BioIncubator and BioHub help the students in getting funds and launching start ups.

Finding Things to innovate: Through experience and innovations things can be made from difficult to easy, complicated to simple, expensive to inexpensive, unhealthy to healthy and many more.

Defining the problem: Through a Divergence and convergence model, resource person has given clear idea on what is the problem, what is your ultimate goal, who is customer and constraints to work within. Apart from that, few points has been discussed on product development, targeted market and benefits.

Fail Forward - Dr. Shanbhag said failure at initial stages happen for most of us. But keeping self motivated and generating alternative ideas for the defined problem statements can definitely bring us back to the success path.



Chef Girish Nayak
-18th course WGSHA
-Chief Mithaiwala @ Bombay
Sweet Shop

Expert Session

Contemporary Cakes, Pastry Chef's
Perspective

Contemporary Cakes, Pastry Chef's Perspective: Chef Girish Nayak

Chef Girish shared his perspective on contemporary cakes, dessert preparation and presentation. He described the components are selected for dessert presentation based on texture, flavor, color, temperature and taste. He elaborated innovative techniques which could be used for dessert making and presentation.

HR Role and Operating Model: Dr. Sandhya Johnson

“The HR Operating Model”

Audience : 3rd & 4th BHM Students and
2nd & 3rd Year BACA Students

 7th September 2020  IST 6:30 PM) -7:30 PM



Ms. Sandhya Johnson,
Managing Director, Ingenium
Global, USA,
Alumna-WGSHA 1st Course (BHM)



The role of Human Resources is to Deliver value to key stakeholders inside (employees, business strategy) and outside (customers, investors, communities). HR should be the driving force for the business. Dr. Johnson provided the essentials of high impact HR operating model for the success of an organization. The core of any typical HR operating model is the role of HR as a strategic business partner to keep the business in motion by taking care of all the essential talent processes. She highlighted the critical roles of HR in People strategy, organizational design, Leadership effectiveness, Employee engagement, and Organizational effectiveness. Human resources, as centres of expertise should focus on talent acquisition, culture and engagement, talent development, benefits, mobility by bringing all of them together should strive for optimal people performance. She opined that the three Channels that include HR operations, HR business partners and Centres of Expertise should be integrated and equally important for business success!

Student Council Installation 2020



**WELCOMGROUP GRADUATE SCHOOL
OF HOTEL ADMINISTRATION**
MANIPAL
A constituent unit of MAHE, Manipal



Tuesday 22nd September 2020 #3.00 p.m.



STUDENT COUNCIL INSTALLATION



 Nischal Hebbar N President	 Muskaan Singla Vice President	 Siddhi Maharishi Cultural Secretary	 Vedant Maheshwari Sports Secretary (M)	 Simran Dhingra President	 Nishant Nikam Vice President	 Aditi Rao Cultural Secretary	 Prathvi Suvarna Sports Secretary (M)		
 Bhavna Mishra Sports Secretary (F)	 Rajat Jayaprakash Alve Culinary Services In Charge	 Ananya Gupta Club Secretary	 Vrinda Bhatt Food Services In Charge	 Aahana Bhambhani Secretary	 Pearl Boga Sports Secretary (F)	 Thanmayee Culinary Services In Charge	 Sahaj Nagpal Club Secretary	 Dharani G Secretary	
 Ankitha Ashok Pratap House (C)	 Sanaah Mathai Pratap House (VC)	 Krishna Rajesh Ranjit House (C)	 Nandkishor Nair Ranjit House (VC)	 Course Representatives		 Tanish Chawla Tipu House (C)	 Sagarika Joshi Tipu House (VC)	 Siri Hegde Shivaji House (C)	 Bhavik Shah Shivaji House (VC)
 Shraddha Sivagurunathan BHM – 1 st Year	 Chirag V Kirpalani BHM – 2 nd Year	 Suraksha Shetty BHM – 3 rd Year	 Vishal Mohan Konde BHM – 4 th Year	 Kedarnath Angadi M.Sc. HTM 2 nd Year	 Shreya Majumdar M.Sc. DAN 2 nd Year	 Suchrithaa R BACA – 1 st Year	 Aravind Vijayaraghavan BACA – 2 nd Year	 Raghavi Bajaj BACA – 3 rd Year	

Chef K. Thirugnanasambantham
Principal, WGSHA

Installation of Student Council at WGSHA for the academic year 2020-21 was conducted virtually on 22nd Sept 2020. Council members read out the oath and Principal Chef Thiru gave his message to the newly formed council. Earlier, president and vice president of student council of 2019 spoke about their experiences and thanked the college and faculty members for making them what they are today. Current year President – BHM Mr Nischal Hebbar and President – BACA Ms Simran Dhingra gave their message to the students and called upon to work hard in this period of pandemic.

Ms Preetika Karnik, President – BHM of 2019 gave details about the competitions held during the World Youth Skills Day and certificates were distributed for the winners. Mr Prithvi Roy spoke about Euphoria and certificates were distributed to the winners. The function was coordinated by Ms Shreelatha Rao, Student Welfare Officer.

Webinar on Water sommelier as a Profession

*On the Rocks club
Organizes*

WEBINAR on
**WATER
SOMMELIER
AS A
PROFESSION**

By **Ganesh Iyer**



22nd Sept 2020
6 pm to 7.30 pm

India's First Water Sommelier

Participants:
B.H.M and BA (Culinary Art) students

Hosted by
Chef K Thirugnanasambantham
Principal, WGSHA

Webinar conducted by On the Rocks club as part of club activity. The guest speaker for the event was Mr. Ganesh Iyer, Director of Operations, Veen Waters and India's first and only water sommelier.

QSR—A McDonald's perspective: Philip James

QSR— A McDonald's perspective

24th September 2020

11.00 AM

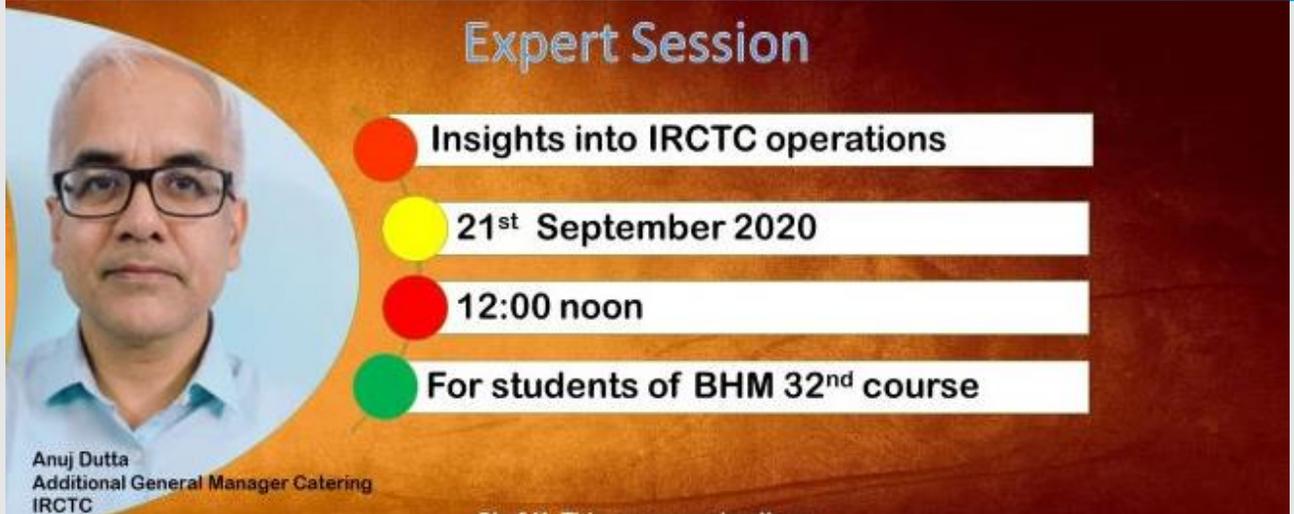
For students of BHM 32nd course



Philip James
Sr. Manager Training
McDonald's India (North & East)
Alumnus BHM 4th course WGSHA

As part of the Expert Sessions in Advanced Food Service Management, Mr. Philip James described the functioning of Mc Donald. He started with the brief history of McDonald's and number of outlets they have globally and in India. He highlighted the importance of quality control steps McDonald takes and their process of standardization they follow. He explained the importance of each and every ingredient that goes into making of burger and from where it is procured from. He elaborated on the supply chain logistics and importance of the same. He described about the training process of managers and career development opportunities in the company. He concluded by answering a lot of queries from the enthusiastic students

Insights into IRCTC operations: Anuj Dutta



Expert Session

- Insights into IRCTC operations
- 21st September 2020
- 12:00 noon
- For students of BHM 32nd course

Anuj Dutta
Additional General Manager Catering
IRCTC

As part of the Expert Sessions in Advanced Food Service Management, Mr. Anuj described the intricacies in the IRCTC catering operation. He explained about the functioning various units in the IRCTC Hospitality and catering business with a special emphasis on their E-catering business and their base kitchens, He highlighted the measures IRCTC takes for ensuring quality in Hospitality and catering. The use of latest technology in IRCTC like POS machines and live streaming of base kitchen was also explained. The process of complaint handling was also told. Finally he concluded by answering a lot of queries from our students

Modern Restaurant Management and Customer relations: Drona Shee

Alumni Talks

Mr. Drona Shee

- 27th Course BHM
- Head Operations,
Geist Brewing,
Bangalore



As part of the Expert Sessions in Advanced Food Service Management, Mr. Drona Shee described about the contemporary restaurant service in Independent restaurants and how to make guest experience memorable. He started his session by listing the various licenses required for restaurant operations. He highlighted the differences in operating an independent Food service outlet and an integrated food outlet. He emphasised the need of people management skill which is very important for all managers by some interesting quotes and illustrations. According to him customer service should not be the responsibility of one particular department but of the entire company. Lastly he concluded his session by elaborating the importance of service recovery. This was followed by a Question and Answer session.

Expert talk on Modified Diet Menu- Dietitian's Perspective: Remya Rajan



The expert, Mrs. Remya Rajan who has completed her post graduation from Manipal University, started her career with Amrita Institute of Medical Sciences, Kochi, Kerala and also served as a dietitian cum nutrition lecturer, clinical nutritionist, corporate nutritionist and fitness consultant in various places. She is now practicing as a freelancer and an excellent health coach and also runs an online nutrition portal as well where she shares about the latest trends in nutrition and guides clients worldwide.

The speaker is an alumna of MSc DAN 2010-2012 batch of WGSHA. She shared her personal experiences with the students. She emphasized the importance of practical exposure for a dietitian to gain proper knowledge. Theory is important for creating a knowledge base but practical experiences are equally important to create a wholesome knowledgeable experience for any budding nutritionist.

The speaker shared her ideology about wellness. She emphasized the importance of-

- Consumption of seasonal and locally available superfoods and to avoid using fancy grains and food items. For example using sabja seeds instead of chia seeds
- Figuring out your own pharmacy at home- Spices such as turmeric, mustard seeds and cumin seeds have antimicrobial properties and phytonutrients which can act as immunity boosters
- Using real food for nourishment and not depend on supplements-The speaker gave various ideas on how we can use food items instead of supplements to help people with various conditions or illness.
- Following a proper lifestyles and not blindly follow fancy diets and hypes in the market- Certain diets like gluten free and lactose free diets should be followed only under the guidance of a certified nutritionist and not be influenced by social media.

Next, the speaker elaborated on the Do's and Dont's during Consultation with clients. She advised the students to spend adequate time with each client and understand their goals first and then try to modify it according to their medical conditions and requirements. The diets must be personalized according to the needs of the clients and should try and connect to them psychologically. The diet of the clients must be monitored regularly to help them keep in track with the diet as advised by the dietitian.

The speaker shared her own experiences with various clients and presented case studies to the students which helped them grasp various concepts on nutrition much more easily.

The event started by welcoming the guest by Ms. Sudeepti Nayak, an introductory remarks by Dr. Meenakshi Garg and the guest introduction by Ms. Chaithra Aithal.

A question and answer session was moderated by Ms. Sudeepti Nayak where the speaker beautifully answered to the various queries by the students, Ms. Shreya Majumdar effectively summarized the session and Ms. Kritthika Gonella presented the vote of thanks which marked the end of the session.

International E-conference held on the occasion of Rashtriya Poshan Maah 2020

Keynote Speaker



Dr. Dharini Krishnan

Director, DV Living Sciences Enterprise Pvt. Ltd. And Secretary, Eco Science Research Foundation

Resource Persons



Dr. Jagmeet Madan

National President, Indian Dietetic Association
Principal, Sir Vithaldas Thackersey College of Home science, Mumbai



Ms. Meenakshi Bajaj

Dietician, TN Govt. Multi Super Speciality Hospital, Chennai



Chef. K. Thiru

Principal, WGSHA, MAHE
Live Demo



Mr. Manoj

Programme Officer Nutrition and Health, Action Against Hunger (ACF) Nepal



GLOCAL Recipes Demonstration

Chef K. Thiru

Principal, Welcomgroup Graduate School of Hotel Administration

Keynote Speaker

Dr. Helmut Brand

Director, Prasanna School of Public Health MAHE



Resource Persons

Dr. Hemamalini

Head of Clinical Nutrition in Sri Ramachandra Institute of Higher Education and Research, Chennai



Ms. Chenxiang Rimchi N Marak

Associate, Northeast Slow food and Agrobiodiversity society, Meghalaya



Challenges and Solutions to provide continued Nutrition Care & Delivery for all vulnerable groups owing to the COVID-19 pandemic induced paradigm shifts

On the occasion of **Rashtriya Poshan Maah 2020** on theme **Sahi Poshan, Desh Roshan**, the Department of Dietetics and Applied Nutrition (DAN) at the Welcomgroup Graduate School of Hotel Administration (WGSHA), Manipal Academy of Higher Education, organized an International E-conference on 23rd & 24th September 2020, titled-“Challenges and Solutions to provide continued Nutrition Care & Delivery for all vulnerable groups owing to the COVID-19 pandemic induced paradigm shifts”.

In his inaugural address, chief guest, Lt. Gen. (Dr) MD Venkatesh, Vice Chancellor, Manipal Academy of Higher Education shared current data on nutritional status of children in India, and stressed on the need of forums like this to address challenges in nutrition for vulnerable groups in our country and discuss implementable solutions at the local level.

There was an esteemed panel of 8 expert resource persons for the international e-conference and 476 delegate registrations from India and abroad. On the first day of the conference, Dr Dharini Krishnan stressed on the need for Promotion of local and indigenous foods. Dr Jagmeet Madan elaborated on the impact of Kitchen & Community Gardens in improving micronutrient status. Mr. Manoj Bashyal Manoj discussed identification and diagnosis of severe acute malnutrition and strategies for its management in COVID times. Unique highlight of the conference was a LIVE GLOCAL Recipes demonstration by Principal WGSHA, Chef K Thirugnanasambantham. Dr Meenakshi Bajaj explained the connect between how Low Birthweight and transgenerational risk of Non Communicable Diseases.

Day 2 began with Dr Helmut Brand, Director, PSPH, MAHE delivering the keynote address on Public Health Nutrition. Dr AJ Hemamalini highlighted the impact of Nutrition in the first 1000 days. Ms Rimchi shared her unique work in Meghalaya on indigenous foods and the economic and health impact of the same.

Dr Meenakshi Garg, Coordinator MSc DAN and Convener of the e-conference provided the summary review of the 2 days e-conference. Chef K Thiru, Principal, WGSHA, as chief guest for the valedictory function, requested all young professionals to contribute to the vision of our honorable Prime Minister by spreading awareness regarding importance of local healthy ingredients in daily diet in improving nutritional status. Pallavi Mahesh Shettigar, Organizing Secretary, declared the results of all Poshan Maah competitions and Swathi Acharya K, Joint Organizing Secretary, proposed the vote of thanks.

Winners of the competitions held @Rashtriya Poshan Maah 2020 held at WGSHA

On the occasion of **Rashtriya Poshan Maah 2020**, in addition to the e-conference, the Department of DAN, WGSHA has also organized creative competitive events based on the Poshan Maah 2020 themes for all the students of MAHE from 5th to 15th September 2020. These included, Slogan Writing Competition; Myplate Concept Painting; Essay Competition; Health Chef Recipe Video; Best out of Waste; Food Photography; Nutrition & Health Awareness Video; Online quiz and an e-poster competition, during the conference. Winners details are here

Best out of Waste



Harshitha M L
1st MSc DAN



Vijeth Nayak
2nd MSc HTM



Bavika
2nd MSc DAN

My plate Painting - Nutrition Category



Namratha Shivani
2nd MSc DAN



Aindrila Som
2nd MSc DAN



Nandini Miglani
1st MSc DAN

My plate Painting - Non- Nutrition Category



Vijeth Nayak
2nd MSc HTM



Snigdha Sarin
3rd BACA



Snigdha Sarin
3rd BACA

My plate Painting - Non- Nutrition Category



Humaira Shah
2nd MSc DAN



Riddhi Salian
2nd MSc DAN



Ruth M D'silva
1st MSc DAN



Alfa F Rodrigues
2nd MSc DAN

Food Photography – Nutrition Category



Mandara Shetty
1st MSc DAN



Bushra Rasheed
2nd MSc DAN



Bavika
2nd MSc DAN



Namratha S
2nd MSc DAN

Food Photography – Non- Nutrition Category



Arpith
3rd BACA



Aasia Negi
1st BACA



Prajwal Shenoy
1st BHM

Nutrition and Health Awareness Video



Humaira Shah
2nd MSc DAN



Alfa F Rodrigues
2nd MSc DAN



Rick M Philip
2nd BACA



Kartika K
2nd BACA



Sai M Nair
2nd BACA



Jyotsna K
2nd BACA



Aditya Karnik
2nd BACA

Winners of the competitions held @Rashtriya Poshan Maah 2020 held at WGSHA

The Health Chef – Nutrition Category



Tanya S
1st MSc DAN



Sakshi S
2nd MSc DAN



Varsha Nair
1st MSc DAN

The Health Chef – Non- Nutrition Category



Ratish B
3rd BACA



A.P RAGHAV
1st BACA



Meenakshi Sharma
3rd BACA

Winner of Slogan Writing



Shylashree
2nd MSc DAN



Rachana
2nd MSc DAN



Deeksha Lobo
2nd MSc DAN



Bavika
2nd MSc DAN



Shreya Majumdar
2nd MSc DAN

Winner of Slogan Writing Non-Nutrition category



Arpee Patel
1st BHM



Arindol Dey
1st BACA

International E-conference - Winner of E-poster



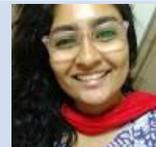
Sanjana Maiyya
2nd MSc DAN



Umme Kulsum
Dietitian
Free lancer



Sudeepthi
Nayak
2nd MSc DAN



Harshitha Raja,
Nutritionist
Yenepoya University

Dr. Meenakshi Garg @Nutritional management in PCOS as a resource person



Dr. Meenakshi Garg Coordinator, Department of Dietetics and Applied Nutrition, Welcomgroup Graduate School of Hotel Administration (WGSHA), MAHE, Manipal took a session on “Nutritional management in PCOS” in a half-day workshop on * Nutritional Management for women with PCOS* organized by CliMed Research Solutions, India on 30th September 2020, on the Occasion of National Nutrition Month & International PCOS Awareness Month. In this session, Dr Meenakshi discussed Diet and Lifestyle strategies and interventions for relief from PCOS symptoms and long-term control of complications with research evidence of the same, emphasizing the use of traditional diets, regular physical activity and weight management.

MAKE IT A SEPTEMBER TO REMEMBER

CliMed Research Solutions – India

Presents A Half-day Workshop On

‘Nutritional Management for Women with PCOS’

On the Occasion of

‘National Nutrition Month’ & ‘International PCOS Awareness Month’

PCOS – Polycystic Ovary Syndrome

Date & Timing
September 30, 2020
2:00 PM- 4:30 PM

Handling Charges: INR 100
Registration link:
<https://rzp.io/l/66mZNVh>

Contact if you have any query- conferences.cliimed@gmail.com

Ms. Chaitra Kamath, M. Sc. (Alumni DAN, WGSHA, MAHE, Manipal)
Conference Coordinator, CliMed Research Solutions
+91 88673 42038
www.cliimed.in

Students Participation/Achievement

The Department of Food, Nutrition and Dietetics, Milagres College, Mangalore had organized Online Poster Making Competition on the topic 'Eat Right, Bite by Bite' on the occasion of Nutritional Week 2020 on 10th September. Three participants from 2nd year MSc Dan, WGSHA participated and out of that Ms. Sanjana G, secured Second place and Dr Pooja M, secured Third place.



Ms. Sanjana G
2nd Prize



Dr Pooja M
3rd Prize



CMS College, Kottayam conducted Nutrizzione, an array of competitions held to celebrate National Nutrition Month. In the digital poster competition held on 14th September 2020, Ms Anusree, Shylashree and Kritthika G, students of MSc DAN second year, made a hat trick by bagging the first, second and third prizes respectively. The theme for the competition was "Eat right, bite by bite".

Ms. Anusree
1st Prize



Ms. Shylashree
2nd Prize



Gonella Sri Venkata Kritthika
3rd Prize



Students Participation/Achievement

NEP 2020- Empowering Education System: 14 students from 2nd year MSc DAN and 3 from BACA, participated as panelists in a series of International Webinars organized by the International Chamber of Service Industry as a part of Making Education Relevant- Global confluence of Educators & Motivators. "NEP 2020- Empowering Education System" on 29th September 2020; Ayurveda for Global Wellness on 26th September 2020 on the occasion of World Tourism Day and NEP 2020-Implementation Strategy on 21st September 2020.



World Tourism Day 2020 celebrated at WGSHA

The **World Tourism Day** is commemorated on 27th September every year. The main purpose of celebrating this day is to promote and raise awareness of the role tourism plays in the international community. UNWTO has designated 2020 as the Year of Tourism and Rural Development. This Year is an opportunity to promote the potential of tourism to create jobs and opportunities.

This year, WGSHA celebrated the World Tourism Day with the theme 'Tourism and Rural Development'. The Student Council executed this event flawlessly with weeks of careful planning and endless trials to produce a product worth their mettle. Various events were organized to keep the students of WGSHA engaged amid this pandemic. As instructed by our Principal, Chef Thiru, the main objective of celebrating this event was to raise awareness of tourism in India as well as the world, in the students of WGSHA. These events and competitions helped us find the talent of the students and admire their creativity.

Following were the competitions organized by the Student Council for all students of WGSHA:

The Big Fact Hunt – This quiz competition held on 23rd September was held on the Kahoot! platform. The quiz consisted of 30 multiple-choice questions each having a time limit of 20 seconds. Topics covered through this quiz were Indian state tourism slogans, UNSECO World Heritage Sites in India as well as abroad, innovations in tourism, food cultures around the globe and souvenirs of rural places. The time limit and fastest-answer-first point-system created a healthy competition among students.

Meraki – This competition was for the creative bunch. Participants were required to channel their inner craftsmanship and creativity and create a product made purely from discarded material. The item made had to shed some light on the theme of World Tourism Day. After making the art, participants uploaded their photos on a shared Google Drive. Judges then examined the art and the items which were used to make the same. Points were awarded accordingly.

Uncover Diegesis – This competition kept the participants on their toes as they had to think on the spot. Participants were presented with 5 case studies inspired by real life problems. They had to choose one at random. Each participant was given a time limit of 5 minutes to prepare for their presentation and another 3 minutes to present to the judges. This competition was conducted on 23rd September on Microsoft Teams. Judges could interact with each participant. Points were awarded based on their performance, attitude, problem solving skills and creativity.

Parley – In this narrative battle, students had to form pairs. The motion for the debate was sent one day prior to the competition. One would speak for the motion, and the other was required to speak against. Each student was given a time of 3 minutes to present their views. The competition was held on 24th September on Microsoft Teams. Judges evaluated the students on their content, diction, fluency, timely and overall presentation.

Yatra – Again, the students had to unleash their inner creativity. Participants had to design an e-travel brochure of 3 pages, for an Indian state of their choice. Every nook and crook of the state, the local attractions, culinary culture and recreational activities had to be highlighted. The theme of 'Tourism and Rural Development' was kept in mind. Judges evaluated the participants on their creativity, formation of sentences, appropriateness of information and the overall design. Participants had to upload their brochures on Google Drive.

To one-up the competition, the Student Council decided to conduct a 'Battle of the Batches'. A standard point system was established for each competition. The batch with the most number of winners would be the winners, bringing glory to their classmates and teachers.

World Tourism Day 2020 celebrated ay WGSHA



Mr. Vishal Singh
Director of TOFTigers India



Mr. Rohit Kohli
Joint Managing Director
Creative Travel Group



Mr. Rohit Hangal
Managing Editor
Voyager's World/Hotel-Point



Mr. Anand Bisarya
Director, Elegante World
New Delhi

Webinar to celebrate World Tourism Day 2020

SESSION 1: MR. VISHAL SINGH - The Managing Director of Royal Expeditions Pvt. Ltd -(3rd Course WGSHA Alumni). Mr. Vishal Singh started off with explaining what exactly sustainable tourism is and provided us with a brief history of the same. He elaborated and made us understand the true meaning of sustainability with a few ecstatic examples from Rohtang, Rishikesh, Himalayan flood effects etc. Sir also discussed about the bad sides of tourism with depictions from USA, Africa, Venice, Italy etc. He put across some facts about Indian tourism given by UNWTO. He focused on questions like “why should one work towards sustainability?” He elucidated some points on economic sustainability, environmental sustainability, social and cultural sustainability.

SESSION 2 : MR. ROHIT HANGAL - Managing editor of Voyager world and Hotel Point (4th Course WGSHA Alumni). Mr. Rohit Hangal began by telling us about his interests and journey of self-discovery which ensued to charting a career in the Travel and Hospitality sector. He then annotated about the dynamic ecosphere of the travel and tourism industry and how it acts as a key driver for some as well as a repellent for others for persisting in the industry. He emphasized upon the importance of tourism in the world economics, culture and etc, by stating the significance given to tourism by UN. He then enlightened us by intimating us about the role of Travel Media Houses and how it effects the internal as well as the external customers, from educating and informing prospective guests to marketing destinations to aiding in network formation and generation of opportunities to data collection and analysis etc.

SESSION 3 : MR. ROHIT KOHLI - Joint Managing Director, Creative Travel Group ((5th Course WGSHA Alumni). He started the discussion by giving us a brief history about how he started his journey in the industry. He joined his father's company at a very lower level and was able to acquire all the operational functions of the tourism industry. He also added the point that India has a massive share of 9.2 GDP, and that tourism is one cohesive industry. Niches like inbound, outbound, MICE, has the potential to rise. Responsible Tourism Society is going to introduce the new tourism guidelines on the occasion of World Tourism Day. He propagated the idea that it is their responsibility to mentor the new generation and instilled the fact that this industry has more potential than fashion or other booming industries. He elaborately spoke about Individual responsibility, our surroundings should be kept clean just like our homes, if we keep our homes clean then we can focus on the world, we all need to be more sensitive to the surrounding, and treat our country like our home.

SESSION 4 : MR. ANAND BISARYA - Director, Elegant World, New Delhi (12th Course WGSHA Alumni). Mr Anand Besarya first spoke about his long journey from WGSHA to his own venture "Elegante World". He then spoke about the different types of events. He elucidated on how in reality the event industry is different from what we learn theoretically. Mr Besarya also threw light on role of a corporate travel agent quite interestingly. He made us understand how the business changes and challenges are to be dealt in this industry. Finally he also gave insights on how the industry has been challenged in the year 2020 and how to adapt to this new normal being in this events industry.

Food Sociology and Anthropology with Dr. Kurush Feroze Dalal

Food Sociology & Anthropology

28th & 29th September 2020
11:00 am to 1:00 pm



Dr. Kurush Feroze Dalal, MA, Ph.D
Archaeologist and Culinary Anthropologist



3rd year B.A. in Culinary Arts



WGSHA is the first institute in the country to include Food Sociology and Anthropology as a subject for the final year students of Culinary Arts and as a part of the curriculum, WGSHA hosted a lecture series on **Food Sociology and Anthropology** by **Dr. Kurush Feroze Dalal**, an archaeologist and Culinary Anthropologist and a professor at Centre for Extra Mural Studies, Mumbai. It was a 4 hour lecture series spread over 2 days, the details as follows,

Day 1 began with a brief introduction of the institute and the lecture series by our principal, **Chef K Thirugnambantham** and the chief guest was formally introduced to the beneficiaries. Dr. Kurush Dalal began his lecture by defining the terms sociology, anthropology and spoke about the sub divisions of Anthropology such as cultural anthropology, social anthropology and culinary anthropology and how these sub divisions are interconnected to each other.

Mr. Dalal proved the above statements "Agriculture is the root of any civilization" and "Food is the driving force of Urbanization and Development" with various analogies, evidences and logical interpretations. He even threw some light on rural diet and urban diet and concluded by saying that rural diet is more monotonous in nature. He even spoke about Sukha and Rassa as 2 kinds of mutton preparation and told that until 1950s, mutton was cheaper than chicken and that chicken was considered a luxury. In fact, it was only when people realized that chicken was easier to cook and was a smaller being than mutton, the demand for chicken increased so much so that the butcher's shop marketed chicken as "Mutton ke Daam mein chicken" which means chicken is sold at the price of mutton. He even spoke about eating meat on Sundays and how the Brits had a major influence on this habit of Indians.

Dr. Dalal strongly believes that a woman in the family is the custodian of food. He told that when a woman is with their mother, she would be doing her schooling in food, when with her mother in law she would be doing her college and she would earn a PhD when she runs her own kitchen by mixing the traditions of her mother and mother in law. This gives birth to a new culinary experience which is further passed down to the family. He even spoke about Ghee and how it is an abundant source of Vitamin B9 and its mention in Ayurveda for its healing capacities. Day ended with a QnA session.

Day 2 began with a summary of the previous day lecture and Dr. Kurush Dalal spoke about the Culinary Triangle which is a concept described by French Anthropologist Levi Strauss and further went down to speaking about food and caste. He says that, in India, food is directly related to the caste of a person as food eating habits in each caste is different from each other. Whilst speaking about Caste and Food, Dr. Dalal threw some shade on clan endogamy and clan exogamy. He concluded the topic of caste and food by saying, "Eating together and breaking bread together breaks barriers of caste".

Dr. Dalal quoted the etymology behind the phrase "Sitting above the salt" an "Sitting below the salt". He even spoke about "Denial of Rice Policy" of the Brits which forms the bottom line of the Bengal Famine in 1942-43. He even spoke about Lactose intolerance and milk and the nuances associated with it. This led him to the topic of fermentation and he told how curd is easier to be digested in a human being than milk because of the action of Lacto Bacillus there by signifying the importance of fermentation .

Dr. Dalal spoke about Ethnography which is basically an in depth study of a culture or facet of a culture. He says the knowing the language of the particular culture which is being researched about is prime for the success of ethnographic study. He quoted instances from Indian Mythology which has some events related to food eating, Hunter gathering etc. He specifically quoted one story from the Mahabharata where Bhima becomes the mentor of Arjuna because of an event which happened when Dronacharya asked Arjuna to prove his skills in archery by shooting an arrow to the target in dark.

He spoke about commensuality as a most powerful operator of Social Process and how dining together can break a lot of barriers. This summed up the 2 days Lecture series on Food Sociology and Anthropology. All the questions posed by the faculty and the student fraternity were answered by the speaker with his sheer knowledge and wisdom. The day's lecture was briefly summarized towards the end and a vote of thanks was proposed.



Welcomgroup Graduate School of Hotel Administration,
MAHE, Madhav Nagar, Manipal, Karnataka 576104

Website: <https://manipal.edu/wgsha.html>

Email ID: office.wgsha@manipal.edu **Phone:** +91 820 2923226