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Prof. Y G Tharakan

The year end issue of Hospitality prism is packed with traveller's diary of spectacular Auckland, history of India Gate and Red Fort. The current affairs page covers about the oldest town of Europe in Eastern Bulgaria and the out of the world space travel of playboy magazine.

The fact sheet shares the robust demand for International tourism despite uncertain economy.

The finger tip brings in information for the care of peeling skin. The picture story of Karkala brings out the fine view of the destination through the lens. The local focal carries the flavour of the traditional Dakshina Kannada favourites, Neeru Dosa and Kadebu and the food blog carries the analysis of the Basil Restaurant at Manipal. The feature of ITC Green Centre – a non commercial green building where ITC does its best to make green go greener is covered in the green corner.

Wishing all the readers a Happy and Prosperous New Year- 2013

- Prof. Tharakan

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Traveler's Diary

Spectacular Auckland and Awe-Inspiring Rotorua!!

After the surreal 10 day stay at New Plymouth... We headed back to Auckland, the city which is a blend of harbour, islands, Polynesian culture and the modern city environment – a lifestyle which is ranked amongst the best in the world.

The drive from New Plymouth to Auckland went peaceful as everybody dozed off. The time taken to reach the destination is approximately 4 hours by car, 5 hours by bus and 45 mins by plane. As soon as we entered the city, the only thing we all were craving was for FOOD. Our bellies were actually touching our back ... so my uncle took us to this Indian specialty restaurant named RAVIZ. The food was wholesome and the mango lassi is to die for.

Our day of sightseeing commenced with visiting the Sky Tower which is the major tourist attraction of the city. One could easily leap off the famous sky tower (credits: Bungee Jumping) 192 meters straight down or walk the 1.2 meter wide walkway around the tower instead. One fascinating feature of this tower is the high speed elevator which takes the visitors to three observation decks in 40 seconds!!! What left us awestruck was our visit to the Kelly Tarton's Sea Life Aquarium. This place is a wonderland of snow, ice and amazing underwater sights. For all you shopping freaks Ponsonby is the trendy suburb to visit funky fashion stores that are intertwined with chic cafes, bars and restaurants ... my sister and I shopped till we literally dropped 😊 Another standout feature of this city is perhaps New Zealand's famous road – K'road (short for Karangahape Road) known well for a variety of restaurants, night clubs n bars and street-wear shops as well. There are dozens of other places to see and activities to partake in. With a large number of tourist visiting this island country, none of them leave disappointed.

Our very last destination of this marvelous trip to the Kiwi nation was Rotorua. Rotorua is the heartland of New Zealand's Maori culture with its geothermal activity, natural hot springs and sulphur pools. Rotorua has plenty of hot spots. The most popular of all being Pohutu Geyser at Whakarewarewa Thermal Reserve. We were shocked to see the water shooting straight up in the air at the height of 30m. Phewww what an epic view it was! One could even enjoy a family soak at the Polynesian Spa which has a selection of hot pools overlooking the lake. Since it was just a day trip we couldn't be that lucky to visit the traditional Maori village – Tamakei but we managed to get a glimpse of the Rotorua Museum of Art and History.

Unfortunately, all good things must come to an end... so we head back to Auckland to board our flight back to India. New Zealand is a land of contrasts, from pristine wilderness areas to modern and sophisticated cities there is something for everyone ... I personally recommend all the readers to go on a Kiwi holiday and see the amazing features that make this place a great location. Till then Haere rā 😊



The Sky Tower



Retnika Devasher

Department of Allied Hospitality Studies

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Pride of India

India Gate - All India War Memorials

At the centre of New Delhi stands the 42 m high India Gate, an "Arc-de-Triumph" like archway in the middle of a crossroad. Almost similar to its French counterpart, it commemorates the 70,000 Indian soldiers who lost their lives fighting for the British Army during the World War I. The memorial bears the names of more than 13,516 British and Indian soldiers killed in the Northwestern Frontier in the Afghan war of 1919.

The foundation stone of India Gate was laid by His Royal Highness, the Duke of Connaught in 1921 and it was designed by Edwin Lutyens. The monument was dedicated to the nation 10 years later by the then Viceroy, Lord Irwin. Another memorial, Amar Jawan Jyoti was added much later, after India got its independence. The eternal flame burns day and night under the arch to remind the nation of soldiers who laid down their lives in the Indo-Pakistan War of December 1971.

The entire arch stands on a low base of red Bharatpur stone and rises in stages to a huge moulding. The cornice is inscribed with the Imperial suns while both sides of the arch have INDIA, flanked by the dates MCMXIV (1914 left) and MCMXIX (1919 right). The shallow domed bowl at the top was intended to be filled with burning oil on anniversaries but this is rarely done.

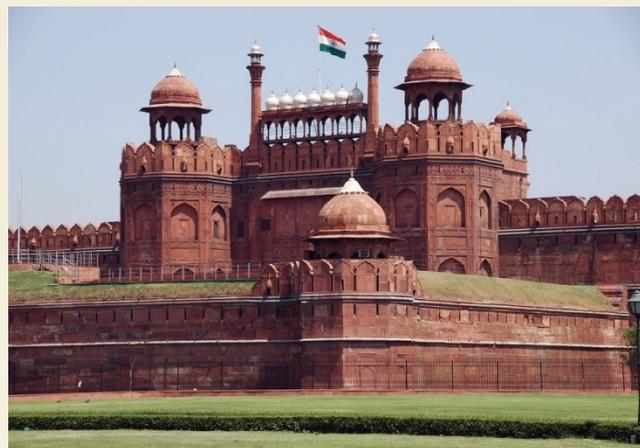
Most of the revelers come equipped with balls, Frisbees or just a pack of playing cards. But India Gate has lots to offer in the name of entertainment. You can watch monkeys perform, enjoy a camel ride, blow soap bubbles all over the lawns, play with balloons and even get your insides turned inside out on a ferries wheel. But if you ask us, the best thing to do is to loll on the cool lawns, lick a bar of ice candy and watch the floodlit arch and the fountains nearby that seem magically lit up with coloured lights.



Red Fort

The Red sandstone walls of the massive Red Fort (Lal Qila) rise 33-m above the clamor of Old Delhi as a reminder of the magnificent power and pomp of the Mughal emperors. The walls, built in 1638, were designed to keep out invaders, now they mainly keep out the noise and confusion of the city.

The main gate, Lahore Gate, is one of the emotional and symbolic focal points of the modern Indian nation and attracts a major crowd on each Independence Day.



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The vaulted arcade of Chatta Chowk, a bazaar selling tourist trinkets, leads into the huge fort compound. Inside is a veritable treasure trove of buildings, including the Drum House, the Hall of Public Audiences, the white marble Hall of Private Audiences, the Pearl Mosque, Royal Baths and Palace of Color.

An evening sound and light show re-creates events in India's history connected with the fort.

The Architecture

The Red Fort with thick red sandstone walls, bulging with turrets and bastions is one of the largest and oldest monuments in Delhi India. The Fort rises above a wide dry moat in the northeast corner of the original city of Shahjahanabad, now Old Delhi. Its walls extend from 2kms and vary in height from 18m on the river side to 33 m on the city side.

The Fort also houses the Diwan-i-Am or the Hall of Public Audiences where the Emperor would sit and hear complaints of the common folks. The Diwan-i-Khas is the hall of private audiences where the Emperor held private meetings. This hall is made of marble and its centre-piece used to be the Peacock Throne, which was carried away to Iran by Nadir Shah in 1739.

The other attractions within this monument are the Royal Baths or hammams, the Shahi Burj, which used to be Shahjahan's private working area and the Moti Masjid or the Pearl Mosque, built by Aurangzeb for his personal use. The Rang Mahal or the "Palace of Colours" housed the Emperor's wives and mistresses. This palace was crowned with gilded turrets, delicately painted and decorated with an intricate mosaic of mirrors, and a ceiling overlaid with gold and silver that was reflected in a central pool in the marble floor.

Tourist Information

Visiting Time: The Red Fort is open daily from Tuesdays to Sundays from sunrise to sunset, between 9.30 am to 4.30 pm.

Entry Fee: Entry tickets to the fort cost Rs 10 per person (for Indian nationals) and Rs 150 per person (for foreign nationals). Entry to the fort is free on Fridays.

When to Visit: Best time to visit Delhi is between October and March, when the weather is very pleasant.

Current Affairs

Bulgaria claims to find Europe's Oldest Town

A Bulgarian Archaeologist claimed that an unearthed pre historic town in eastern Bulgaria is the oldest urban settlement found to date in Europe. Vasil Nikolov, a professor from Bulgaria's National Institute of Archaeology, said the stone walls excavated by his team near the town of Provadia are estimated to date between 4700 and 4200 B.C. He said the walls, which are 6 feet (3 meters) high and 4.5 feet (2 meters) thick, are believed to be the earliest and most massive fortifications from Europe's prehistory.

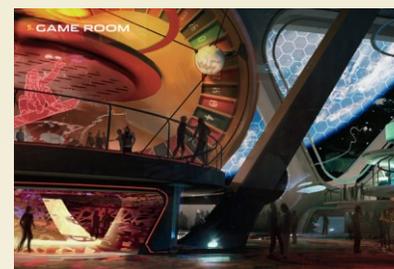


Playboy goes "OUT OF THE WORLD" - Literally!!

The iconic adult-magazine company has dreamed up a vision in space with a sprawling sci-fi-inspired depiction of fun and games on a huge private space station – in conjunction with the space tourism company Virgin Galactic.

A zero-gravity dance club, a casino featuring "human roulette" and a restaurant for fine dining are just some of the amenities envisioned by artist Thomas Tenery. The magazine worked with several futurists and scientists,

including Virgin Galactic head designer Adam Wells, to illustrate the potential space Playboy Club. The Playboy Club in space will be on a station in orbit, like a cruise ship. Tenery's paintings suggest the club could be built on a vast wheel-shaped space station that would spin to create a sort of artificial gravity. Unmanned cargo ships could be shot up to the space station to keep the club stocked with supplies.



Germany sets new records

Among the world's top 10 tourism destinations, Germany (8th in ranking) recorded the highest growth, with 7% more international arrivals in January-August 2012 than in the same period last year, followed by the United States(2nd with +6% and Spain(4th) with +4%.

Robust demand for international tourism despite uncertain economy

In the period of January to August 2012 the number of International tourists hit a record 705 million worldwide, a growth of 4% compared to the same period in 2011, or 28 million tourists more. Keeping this data UNWTO confidently predicts a total of one billion tourists would have travelled internationally by the end of the year. The comparative strength of tourism in a period of continued economic uncertainty is further confirmed by the positive data on tourism earnings and expenditure.

Finger Tips

Peeling Skin

The outer layer of the skin suffers wear and tear due to:

- ☞ Friction
- ☞ Exposure to sun
- ☞ Humidity

Every month the old skin is replaced by a new one:

- ☞ During this time, peeling skin is normal

Symptoms to look for:

Peeling skin becomes a problem when the condition becomes chronic and affects one frequently

Causes:

- ☞ Eczema
- ☞ Sun burns
- ☞ Psoriasis
- ☞ Dry skin

Natural home remedy using cucumber:

- ☞ Peel and crush 1 cucumber to paste
- ☞ Apply the paste on the affected area
- ☞ Leave it for 15 min
- ☞ Wash off with warm water
- ☞ Do this regularly

Natural home remedy using mint leaves:

- ☞ Crush a few washed mint leaves
- ☞ Press on a sieve and extract their juice
- ☞ Apply this juice on the peeled skin to keep it hydrated. This is highly effective for eczema and dermatitis patients.
- ☞ Natural home remedy using turmeric, sandalwood, honey and olive oil:
 - ☞ Take 1 tsp turmeric powder]
 - ☞ Add 1 tsp sandalwood powder
 - ☞ Add 1 tsp honey
 - ☞ Add olive oil to make a paste
 - ☞ Mix well
 - ☞ Apply on the affected area
 - ☞ Wash and dry after 30 min

Tips:

- ☞ Drink 8-10 glasses of water every day
- ☞ Wear a sunscreen before stepping out in sun
- ☞ Use mild soap for bathing.



Deepthi Hiremath



Sneak Peek

Karkala Picture Story



The 42 foot Gomateshwara Statue

The Divine Gomateshwara Statues



The Majestic Hanuman Gundi Waterfalls

The Pristine Western Ghats, Kudremeukh



Western Ghats - Hottest Biodiversity hotspots



Two days workshop on “Statistical Data Analysis for Hospitality Professionals using SPSS”



Two day workshop on data analysis using SPSS for Hospitality and Tourism management students of M.Sc. was conducted on the 29th and 30th of November 2012 at Welcomgroup Graduate School of Hotel Administration, Manipal. The two day workshop was held by the Dept. of Allied Hospitality Studies in association with Department of Statistics, Manipal University. Faculty members of the Statistics department Dr Sreemathi Maiyya, Dr Binu V S, Dr Murali Dhar, Mr Vasudev, Ms Ashma and faculty member of WGSHA, Mrs Shreelatha Rao conducted the sessions. The sessions were on data management on SPSS, descriptive statistics and conducting Parametric and Non parametric tests. The sessions were informative and well appreciated by the students.



NEERDOSA

A dish made out of rice, unique to the region of Dakshina Kannada and Udupi district. The word 'neer' means water. The dish is named so as the batter is watery. Usually served with Chutney or Sambhar or for a change with jaggery mixed with grated coconut.

Prep Time: About 15-20mins

Makes: About 15dosas

Ingredients:

- ☞ Row Rice ~ 1cup
- ☞ Salt ~ As per required
- ☞ Water ~ As per required
- ☞ Ghee ~ 50gm
- ☞ Tender coconut ~ 1/2 number

Method:

1. Wash and soak the rice in water for at least 2 hours and drain it.
2. Grind the rice and add water to make a fine batter
3. Grind the tender coconut separately and blend it with the rice batter.
4. Add salt and more water (if necessary) to make a thin batter of pouring consistency.
5. Heat a nonstick pan (preferably) and sprinkle little water to form a steam.
6. Grease the pan with little ghee and pour a ladle full of batter from a little height, so as to create plenty of holes. Avoid spreading the batter with the spoon.
7. Cook the dosa on one side take care that it does not brown. Fold the dosa in to a quarter shape.
8. Repeat with the remaining batter to make more dosas. Serve hot with chutney or sambar.



Recipe for coconut chutney

Ingredients:

- 1 nos- coconut
- 5 gms- Red chilli
- 10 gms- Ginger
- 115- Shallots/ Sambar onions
- 10 gms- Tamarind
- 5 gms- Salt

Method:

Grate the coconut and grind all the ingredients together and add moisture to a desired consistency and temper it with mustard seeds and curry leaves and serve it warm.

KADUBU

Prep Time: 15mins

Ingredients:

- ☞ 1 cup rice
- ☞ 1 cup + 1/4 cup freshly grated coconut
- ☞ 1/4 tsp salt
- ☞ 1/2 cup powdered jaggery
- ☞ 3-4 banana leaves

Method:

1. Soak the rice in water for 3-4 hours. Drain all the water and thoroughly powder the rice using a blender.
2. Boil 1/2 cup of water and add the rice flour and stir continuously to form a smooth dough.
3. Divide the dough in to small dumplings.
4. Prepare clean banana leaves on a flat surface, spread the rice dough dumplings using the fingers or a spoon to an even thickness.
5. Spread coconut and jaggery mixture on one half of the spread dough.
6. Fold it over in to half and the fold the edges to seal it completely.
7. Arrange it on a steamer and cook for 10 minutes and serve warm.





Coming to the end of our first semester, it consisted of various luncheons and dinners and a whole wide range of food, so this got us thinking on whether we could find a place that could sum it all up for us. As we pondered over it and asked for suggestions, the restaurant that caught our attention was Basil. We received mixed reviews about it, so that was more a reason for us to try it out.

A group of seven of us reached Basil close to 8.30p.m on a weekday; we were quite surprised to see that we were the only ones at the restaurant. We were welcomed by the manager who guided us to the floor above, which had couches as in contrast with the chairs in the lower floor.

Since we were exhausted from playing a game of volleyball earlier that evening, our hunger pangs had reached its peak and that got us to skip the starters and dive into ordering our main course. Before we placed our orders there was a requirement of some thirst quenchers, we ordered for Virgin Mojito's and Hershey's chocolate shake. To start of the meal we had lemon coriander soup which was interestingly different and

received a mixed response. Then came on the specialties' that they had to offer for the day which was Sweet & Sour Prawns and Chilly Garlic Prawns that was served on a bed of butter garlic rice. Both the dishes were of average taste and nothing extraordinary. Then came the Spicy Chicken Fajita which lived up to its name, Chicken Tikka Burger which was sadly boring and had nothing but a chicken patty and a few slices of veggies.

We tried our luck and ordered the in-house specials, Basil Chilly Chicken and Cheesy Tabasco Chicken both again served on a bed of butter garlic rice. Basil chilly chicken was definitely the winning dish among the two; it had the right blend of ingredients which was enjoyed by all. The Cheesy Tabasco Chicken was by far the most disappointing dish that was served to us. . It was the biggest let down because on ordering we were told that it would be spicy enough, it did not do justice to its name as it lacked the spice and seasoning.

In spite of the average main course we really looked forward to the desserts as we had received great reviews on them. They had only three desserts to offer and we ordered them all – Fried Ice-cream, Born with chocolate and Chocolate Biscuit Pudding. We could sum it up by saying that all the three desserts were sinful and were completely wiped off the plates.

On our experience with Basil the conclusion that we drew on was that the restaurant should concentrate on a single cuisine and not try to combine them all. A customer seeking for some good food would probably leave the restaurant confused and not completely satisfied. On a whole good ambience but food and service could use some help.

RATINGS

Taste – 5/10

Ambience – 7/10

Value for money – 6/10



ITC Green Centre



At 170,000 sq feet, ITC Green Centre is the world's largest 0% water discharge, non-commercial Green building, and compared to similar buildings, ITC Green Centre has a 30% smaller carbon footprint. It is located in Gurgaon, Haryana.

Whether it is air, water, energy or design, it takes responsibility for every interaction with the environment. And with the use of sensible technologies, ITC does its best to make green go greener. One of the strongest aspects of ITC Green Centre is its design. All the systems are integrated in a way so that they can function as naturally as possible. The systems have not been designed to operate separately, handling specific aspects of the environment within ITC Green Centre, but rather to lend and receive support from each other, to operate as organically as they can. And this has been solely possible because of the degree of intelligent thought devoted to the design of the whole structure

In every aspect of the building, the design is integrative. The water in the water closets, for example, is 100% recycled through our sewage treatment facility. Similarly, the organisation of space within ITC Green Centre, the high ceilings, for example, affects the temperature and quality of air, which in turn affects the use of air-conditioning, which in turn affects the total amount of energy used by the building.

Water

Water is a resource that people use with the least concern because it is assumed that on a planet where 75% of the surface is covered with water, there is enough available for it to be considered an infinite resource.

Unfortunately, this is not the case. ITC Green Centre, therefore, is water efficient in the most holistic way possible. They harvest 100% of the rain that falls on the building, and they recycle 100% of all the water used in the building including waste water to tertiary standards through the sewage treatment plant. Along with the rainwater harvesting at ITC Green Centre, there are interlocking tiles placed across the landscape of the building to harvest rain water through the grass that grows between the tiles while ensuring 0% surface run-off. Over 2008-09, the storm water pits recharged ground water by 5491.83 kilolitres, and sewage treatment plant recycled 6852 kilolitres of water in total, limiting costs but more importantly water use tremendously.

Apart from innovative plumbing methods, techniques to conserve water include the use of waterless urinals in the building. The urinals use biological blocks containing particular bacteria that reduce odour problems and blockages in the urinals. Incidentally, all the waterless urinals annually saved approximately 300,000 litres of drinkable water collectively.

Energy

ITC Green Centre optimises energy management so that every unit is put to use and nothing is wasted. Temperature control and lighting, for example, lighting are the most expensive energy consumers in a commercial building, and so efforts to conserve energy focus on these two aspects over others. It is ensured that it uses as little energy as possible in terms of basic lighting. The architecture of ITC Green Centre allows enough natural light to penetrate throughout the building during daytime, and business is concluded by sundown, so it needs very little energy to light the building at night. And this particular strategy goes further to prevent any kind of light pollution produced by the building. For example, a commercial building the size of ITC Green Centre usually consumes about 620,000 kilowatts per hour per annum, whereas ITC Green Centre use as little as 130,000 kilowatts per hour per annum. Moreover, the air conditioning operating within ITC Green Centre is Chlorofluorocarbon (CFC) free, making the cooling system within the building not merely efficient or cost-effective, but more importantly, responsible.

Air Quality

The low levels of Volatile Organic Compounds in the materials used in the construction of ITC Green Centre, in adhesives, sealants used for carpets, composite woods and paints ensures that there aren't any known harmful substances in the air that might affect inhabitants of the building, and the comfortable distance between floor and ceiling allows to ventilate naturally. Not only there are designated smoking zones in convenient locations with their own exhaust fans, but the copy-printer room in the building has its own separate exhaust as well. Moreover, 90% of all regularly occupied areas have access to open-able windows, should anyone feel the need to open one. When the temperature outside is low, an external air-economizer draws in 100% of the air from outside, inviting fresh air into the building. And during work hours, the CO₂ monitoring system maintains carbon dioxide levels based on the number of occupants within the building and the conditions outdoors.

Materials and resource

Every resource taken from the planet must be accounted for in some way. The guideline were followed uncompromisingly when constructing ITC Green Centre was appropriately, “reduce, reuse and recycle”.

For example, over 40% of the materials used in the construction of ITC Green Centre were available within 800 kilometres of the building site, which is not only cost effective but also offers the chance of easy renewal. Supporting the initiative to reuse resources, more than 10% of materials used to make work-stations, cabinets, conference tables, wall panels and door frames was refurbished or salvaged from other building sites. The wood in the building is either FSC certified or Medium Density Fibreboard (MDF). FSC certified Steam Beach wood comprises 64.49% of our wood usage in ITC Green Centre, and MDF is composed mostly of rapidly-renewable eucalyptus wood (85%), and the rest of it comes from other recycled woods (15%). Even the carpets are made from 100% post industrial recycled yarn, with 50% recycled tile-backing.

ITC Green Centre was not built merely to exemplify the efforts made to build a Green building, because in today’s day and age, that isn’t particularly difficult but rather to articulate the value of Green thought. To not just construct an eco-friendly building through eco-friendly means, but also to invest in systems that will sustain the structure that will enable it to endure.



प्रज्ञानं ब्रह्म



INSPIRED BY LIFE

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