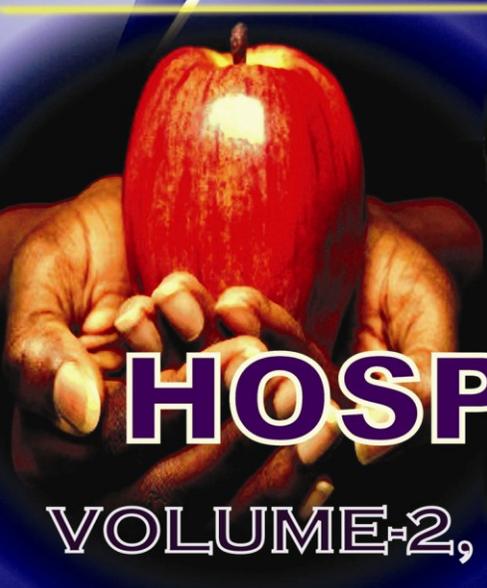




TRAVEL & TOURISM
 HEALTH & WELLNESS
 CULINARY ARTS
 WELLNESS
 DIETETICS
 LIFESTYLE
 NUTRITION

HOSPITALITY



HOSPITALITY PRISM

VOLUME-2, SEPTEMBER-OCTOBER, 2012

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The Green Hotel in Mysore – a Model for the tourism contribution towards three pillars of sustainability



**Dr. H Vinod Bhat, Pro Vice Chancellor, Manipal University
Launching the First Edition of Hospitality Prism
e-magazine of Department of Allied Hospitality Studies**



14th August 2012

Editor's Desk



Prof. Y G Tharakan

The second edition of hospitality Prism brings in the experience of New Zealand, a vivid description on the oldest caves –Ajantha and Ellora, an overview of seven innovations in air travel and the fingertips on the removal of dark circles around the eyes.

The sneak and peek covers various events that happened last month – Celebration of National Nutrition week and Teachers Day at WGSHA and Flavours of Italy organized by Taj Gateway and NITTE Sarosh Institute of Hotel Administration at Mangalore.

The Local focal covers two modified dishes of Dakshina Kannada. A new section of food blog is introduced for exploring food spots in and around Manipal-covering Fish Max restaurant this month.

The green corner covers a hotel in Mysore – significant for its contribution to sustainability.

Wishing you all a happy reading.

- Prof. Tharakan

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New Plymouth – Totally Taranaki!!

Surely there is heaven on earth... this surreal experience to New Zealand with my parents and younger sister lasted for 45 days. Out here I would be sharing some incredible travel experiences all around North Island... Covering places like New Plymouth, Wellington, Auckland and Rotorua.

To begin my enthralling journey we landed at the Auckland airport in the hot month of December (note: New Zealand summer months - December, January and February, New Zealand winter months - June, July and August). The drive from Auckland city to New Plymouth was full of adventure as you get to pass many of the nation's best surf breaks. From Waingaro hot springs to Tongaporutu's rock formations the whole journey is mesmerizing, not to forget the white cliffs of Mt Taranaki in the background. Mt Taranaki / Mt Egmont is very accessible, as within 30 minutes of leaving the coastal city of New Plymouth you can be on the slopes of the mountain.

We started our 10 day stay in New Plymouth visiting the magical Wind Wand, a 45 meter high fiberglass kinetic sculpture wandering along the waterfront promenade with no city hustle bustle. Everything was so calm and serene... Near the Len Lye wind sculpture is the Puke Ariki Museum. It's a wonderful storehouse of the Taranaki treasure. Its galleries, exhibitions, library and research centre provide a stimulating environment to discover more about Taranaki. Another interesting place which we came across was the Pukekura Park. This park is made up of unique sunken glasshouses linked by earth tunnels. Thousands of people come to walk around the park, enjoy the lights and watch performances by theatre and dance groups. A must see is the zoo in the park which is home to some of the endangered species like the Red Pandas, Lemurs and a wide variety of birds.

Being on the coast one can never miss making a trip to the beaches of New Plymouth... Oakura Beach, 15 mins drive from New Plymouth is a marvelous tourist spot. Helicopter rides from Oakura beach were very thrilling. We got the whole city tour in just 20 mins and it was more than just a scenic flight. Urenui Beach is also favoured by many as a holiday destination. For all the golf freaks, the region has 20 golf courses. Ngamotu Links – has been consistently rated one of the best golf courses in New Zealand. All 20 golf courses are within an hour's drive of each other. New Plymouth has a thriving city centre mall which contains over 55 shops and services. New Plymouth also has a world class hospitality school named **Pacific International Hotel Management School (PIHMS)** offering **Undergraduate, Bachelor and Post Graduate Degrees all under one roof.**

Reinvention in New Plymouth takes a few different forms. The first are the stunning natural contrasts found throughout the city, the soaring Mt. Taranaki, lush farmland, urban cityscapes – in all it takes a million impressive forms. The people who live there through their sharp wit, warm hospitality and knowledge leave everybody in awe and shock. Indeed New Plymouth allowed us to be as relaxed as ever... can't wait to go back again ☺



Urenui Beach



Oakura Beach



Retnika Devasher

Pride of India

AJANTA CAVES, AURANGABAD

The caves including the unfinished ones are thirty in number, of which five (9, 10, 19, 26 and 29) are chaitya-grihas and the rest are sangharamas or viharas (monasteries). After centuries of oblivion, these caves were discovered in AD 1819. They fall into two distinct phases with a break of nearly four centuries between them. All the caves of the earlier phase date between 2nd century BC. The caves of the second phase were excavated during the supremacy of the Vakatakas and Guptas. According to inscriptions, Varahadev, the minister of the Vakataka king, Harishena (475-500 AD), dedicated Cave 16 to the Buddhist sangha while Cave 17 was the gift of a prince. An inscription records that Buddha image in Cave 4 was the gift of some Abhayanandi who hailed from Mathura. A few paintings which survive on the walls of Caves 9 and 10 go back to the 2nd century BC. The second group of the paintings started in about the fifth century AD and continued for the next two centuries as noticeable in later caves. The themes are intensely religious in tone and centre around Buddha, Bodhisattvas, incidents from the life of Buddha and the Jatakas. The paintings are executed on a ground of mud-plaster in the tempera technique.



ELLORA CAVES, AURANGABAD

The magnificent group of rock-cut shrines of Ellora, representing three different faiths: Buddhist, Brahmins and Jains were excavated during the period from 5th to the 13th century AD. The Buddhist Caves (1 to 12) were excavated between the 5th and the 7th centuries AD, when the Mahayana sects were flourishing in the region. Important in this group are Caves 5, 10 and 12. Cave 10 is a chaitya-hall and is popularly known as 'Visvakarma'. It has a highly ornamental facade provided within the gallery and inside the chaitya-hall a beautiful image of Buddha is set on the stupa. Among the viharas, Cave 5 is the largest. The most impressive vihara is the three - storied cave called 'Tin - Tala'. It has a large open-court in front which provides access to the huge monastery. The uppermost storey contains sculptures of Buddha. The Brahmin caves numbering 13 to 29 are mostly Saivite. Kailasa (Cave 16) is a remarkable example of rock-cut temples in India on account of its striking proportion; elaborate workmanship, architectural content and sculptural ornamentation. The whole temple consists of a shrine with linga at the rear of the hall with Dravidian sikhara, a flat-roofed mandapa supported by sixteen pillars, a separate porch for Nandi surrounded by an open-court entered through a low gopura. There are two dhvaja-stambhas or pillars with the flagstaff in the courtyard. The grand sculpture of Ravana attempting to lift mount Kailasa, the abode of Siva, with his full might is a landmark in Indian art. The Jain Caves (30 to 34) are massive, well-proportioned, decorated and mark the last phase of the activity at Ellora.



Seven innovations in air travel

1. Do-it-yourself boarding at gates

In airports such as McCarran Airport, there are self-boarding stations where passengers scan their boarding passes to open the automated clearance gates and board Jet Blue planes on their own. This technology has reduced airport crew members work of supervising the gates and checking the boarding pass. Other airlines such as Lufthansa has also installed similar gates at its three hubs in Frankfurt, Dusseldorf and Munich.

2. Never lose another piece of luggage

McCarran's third terminal has also put in place a high-tech baggage-handling system, where airport workers attach a tag embedded with radio-frequency identification (RFID) chip to each checked bag. The RFID chip broadcasts a unique signal, similar to a radio transmitter.

It helps the airline crews to correctly route bags and find misplaced ones. The airport has installed 55 sensors at the airport to track a bag at every stop, from conveyor belt to carousel. It is the first US airport to embrace the technology, though some non-US airports, such as in Lisbon and Milan, and airlines like Qantas, have experimented with RFID tags.

3. Instant upgrades while queuing for your flight

Airlines such as Easy jet will be testing "Halo" devices—tablet computers in the coming autumn. This new technology works on wireless connection and helps airline crew to walk among passengers in the terminal and process simple transactions without being confined to their podium's desktop computers.

These transactions could include upgrades, such as priority boarding or more legroom, and the airline is testing the technology at airports in Amsterdam, Barcelona, Basel, Edinburgh and Geneva.

4. Tag your own bag

One of the most recent innovations in air travel is the installation of an airport kiosk to print out a bag tag by passenger themselves. This has given frequent fliers a chance to avoid becoming delayed in queues behind inexperienced travelers while checking luggage. Alaska Airlines became the first US airline to install machines that allow passengers to tag their own bags. After a successful trial at Redmond Airport, in Oregon, the machines were put into use at the airline's hub, Seattle-Tacoma International, in Washington.

Alaska Airlines plans to add the machines this year to airports in Fort Lauderdale, Florida, Philadelphia, Pennsylvania, Monterey and San Diego, California. Other airlines are also investigating the technology. American Airlines is debuting the self-tagging kiosks slowly over the next two years, with airport devices already operational in Austin, Texas, and being added to New York City, Chicago and Los Angeles.

5. Facial scans

A facial scanning technology has been introduced in London's Heathrow Airport during recently held Olympic game to reduce the expected rush and in providing quick self-service immigration control. It works by electronically comparing the face of the passenger to the one recorded on the chip in a passport. It is basically to provide a security solution for the Heathrow airport joint departure area. If successful, airports may use facial scanners to supplement other methods of verifying a passenger's identity, such as to detect who has permission to enter a first class lounge.

6. Next-generation iris scans for identification



London's Gatwick Airport Is Experimenting With Iris Scanning Gates

AOptix Insight VM iris recognition device is a new innovation in the air travel, which is much faster and quicker in scanning a person at a distance. Gatwick Airport has been experimenting with this technology to provide security solution inside the airport joint lounge, where both domestic and international passenger mix together. This technology can record the unique patterns formed on the irises in a passenger's eyes, which the airport stores temporarily as a form of identification.

7. Turn your mobile phone into a boarding pass

Many of the smart phones in today's time are embedded with near-field communication (NFC) chips. This allows phones to be used as a replacement for a barcode-based boarding pass. NFC chips emit a short-range signal that transmits data even when the device is off. Many of Android phones have got this technology.

Tourism and sustainable energy: Gearing up for world tourism day 2012.	Tourism can contribute to the three pillars of sustainability.
<p><i>Launching the World Tourism Day 2012 (27 September) campaign, UNWTO Secretary-General, Taleb Rifai, has called on all tourism stakeholders to “play their part in reaching the United Nations goal of achieving sustainable energy for all by 2030”.</i></p>	<p><i>Tourism, providing jobs and supporting the livelihoods of millions, particularly of women and young people, is central to advancing the three pillars of sustainability, agreed participants meeting at a Rio+20 tourism event.</i></p>

Dark Circles

- Dark circles are very common amongst people
- They usually ruin a person's look

Symptoms to look for

- Dark discoloration of the skin under the eye

Causes

- Ageing results in dryness of skin which leads to dark circles
- Mental or physical stress
- Lack of sleep
- An unhealthy diet

Natural home remedy using cucumber and potato

- Peel and slice ½ cucumber
- Peel and chop 1 potato
- Crush them together to make paste
- Press this paste on a sieve
- Extract the juice
- Chill the juice
- Dip cotton pads in the juice
- Place them on your eyelids making sure they cover the entire dark spots
- Leave for 15-20 min
- Wash gently

Natural home remedy using tomato, lemon juice, turmeric powder and gram flour

- Crush 1 tomato
- Press it on a sieve to extract juice
- Add ½ tsp of lemon juice
- Add a pinch of turmeric powder
- Add 2 tsp gram flour and mix well
- Apply on dark circles
- Wash it off after 15 min

Natural home remedy using mint leaves and lemon

- Crush a handful of fresh mint leaves to a paste
- Squeeze ½ a lemon in it
- Apply the mixture on the dark circles
- Leave for 15 minutes
- Wash it off with water and dry

Tips

- Eat nutritious and wholesome meals
- Drink lot of water and juices
- Avoid smoking and drinking



Deepthi Hiremath



Sneak Peek

NATIONAL NUTRITION WEEK CELEBRATIONS

Various aspects play an appreciable role in our lives. We as a society celebrate them by assigning certain days of the year that mean differently to different people. National Nutrition Week was celebrated in India from 1st to 8th September 2012. Being future professionals in the field of Nutrition, we needed to do our bit to commemorate the same. Mrs. Meenakshi Garg, HOD, M.Sc. Dietetics and Applied Nutrition, therefore announced two competitive events for all the students of M.Sc. DAN, namely "The Health Chef" and a poster competition, "Fit at Eighty", which creatively brought to life an aspect which might otherwise be considered a drab "celebration".



On the morning of 8th September, there was frenzy as eighteen hurried DAN students struggled to put their dishes together in accordance to the "Health Chef" theme, using either oats or semolina for kids, within 1½ hours. The cooking wizards whipped up some innovative, mouth-watering and nutritious dishes! These were judged on the basis of their nutrient density, presentation, colour, texture and of course taste by la crème of the culinary industry. The 1st prize went to Shahi Kebabs & Apple Pleasure and the 2nd prize was shared by two teams- Katori Chaat & Gujhias and Oats Rolls & Banana Pancakes.

Every artist needs a calm environment to be able to put their ideas on canvas meaningfully. This was provided by the department for the DAN students who participated in the poster making competition. The participants had an hour to produce posters based on the theme "Fit at 80". The frenzied participants rushed to finish their posters as they were judged on the basis of how well the theme's concept was brought onto their canvas. Special thanks to Mrs Meenakshi Garg, Ms Pallavi Shettigar and Ms Swathi Acharya who boosted the morale of the participants. The day ended with everyone taking away useful nuggets of learning in nutrition while enjoying the process immensely.



Sukshma Sharma



Greya Taraknath

TEACHER'S DAY CELEBRATIONS

In many countries, Teacher's Day is intended to be a special day for the appreciation of teachers, and may include celebrations to honour them for their special contributions in a particular field a area, or the community in general. The date on which Teacher's day is celebrated varies from country to country. India celebrates Dr Sarvepalli Radhakrishnan's birthday on September 5 as teacher's day since 1962. It is considered a "celebration" day, where teachers and students report to school as usual but the usual activities and classes are replaced by activities of celebration, thanks and remembrance.



At some schools on this day, the responsibility of teaching is taken up by the senior students to show appreciation towards teachers. That's exactly what we did on Teacher's Day 2012 here in our own esteemed course, M. Sc. Dietetics and Applied Nutrition, Manipal University. It was an opportunity for us to show our gratitude and appreciation for the yeomen service provided to us by our faculty Mrs. Meenakshi Garg, HOD and Ms Pallavi Shettigar, Assistant Professor.

In order to celebrate this year's Teacher's Day, ten of the second year students organized and conducted a two hour session for the first year students. A group of ten students were divided into two groups of five each to share two sessions of one hour each.

In the first hour the first year students were divided into four groups, and three different activities were done in this hour. The activities included: Crosswords of Basic Nutrition, 'Nutrition' theme word and Knowledge Circuit. In the second hour, the other group of five second year students took over the session. They divided the first year class into four teams namely- Sun, Star, Diamond and Moon to participate in a five round quiz on Nutrition, which included: General round, Multiple Choice Round, Jumbled Letters, Blind Guess of weights of food items and then finally the Rapid Fire Round. The enthusiasm and competitive spirit among the first year students needs a special mention at this juncture.

At the end of this gala session where knowledge was shared and fun & frolic abounded, the winning participants were awarded prizes.

- *M Maheshwari Baru*

Flavours of Italy



National level Seminar on Flavours of Italy was organized by the Taj Gateway, Mangalore and the NITTE -Sarosh Institution of Hotel Administration on 5th September, 2012 to celebrate the Teachers day. Prof. Y G Tharakan was invited as the resource person. The seminar was attended by the students of various hotel management colleges in the country.

Rawa Hal Bai

Prep Time: 30 minutes

Makes: 20 pieces

Ingredients:

- ∩ Semolina : 2 cups
- ∩ Milk : 1½ cups
- ∩ Sugar : 1/2 cup
- ∩ Ghee : ¼ cup
- ∩ Cashews : 4-5 (shallow fried)
- ∩ Raisins : 8-10 (shallow fried)



Method:

Method:

1. Take a non-stick pan and dry roast the semolina till it is lightly brown.
2. After it cools, add milk to it and soak it for half an hour.
3. Blend the mixture of semolina and milk to a very soft consistency.
4. Add this to a pan, along with the sugar and stir it over the fire frequently adding ghee.
5. Once it starts solidifying and starts leaving the sides of the pan, add cardamom powder for flavor and also the fried cashews and raisins.
6. Then pour it onto a greased plate. And spread it out. Cut it into cubes or shape into balls.
7. *Your Rawa Hal Bai is ready to be served!*

Akki Roti with Peanut Chutney

Prep Time: 15mins

Ingredients:

☞ Rice flour	: 200gms
☞ Whole Oats	: 50gms
☞ Soaked rice flakes	: ¼ cup
☞ Onion (finely chopped)	: 50gms
☞ Palak (finely chopped)	: 100gms
☞ Carrot (grated)	: 100gms
☞ Curds	: 100ml
☞ Coriander leaves(chopped)	: 50gms
☞ Green Chili (finely chopped)	: 1 no.
☞ Salt	: 10gm
☞ Oil (for shallow frying)	: 20ml



Recipe for chutney

Ingredients:

☞ Peanuts	: 25gms
☞ Oats	: 25gms
☞ Jaggery	: 10gms
☞ Curd	: 20ml

Method:

Blend all the chutney ingredients with a little bit of water

Method:

1. Mix all ingredients with a little water and make the dough thick enough to hold in your hands.
2. Smear oil on a butter proof paper.
3. Grease your fingers to prevent the dough from sticking.
4. Divide the dough into even size balls.
5. Flatten the round balls on the oiled butter proof paper and shape like a roti.
6. Heat the non stick tava, smear oil and place the akki roti on it by upturning the butter proof paper.
7. Carefully peel the butter proof paper from the dough.
8. Turn and cook the *roti* both the sides

Serve the hot and crisp Akki rotis with peanut chutney.

- Akshaya Acharya and Lavina M Cardoza



FISH MAXX



After a painfully long journey from Bangalore, unpacking and completing formalities our stomachs were as hollow as any trumpet. Hailing from the southern states of India we craved for “spice and everything nice”.

Our culinary journey in Manipal started with a strong craving for seafood, while exploring Manipal we stumbled upon a little place near Syndicate circle called “FISHMAXX”. We were accompanied by two highly opiated (or so they think) foodies.

We were greeted by an ever smiling gentleman fondly called “anna” by everyone. He is a self made man who has strived in the industry for 25 years. His first experience in the hotel line was working under

his father in a little stall in Mumbai. Fishmaxx was not an easy venture, he started slow and steady with a little stall on Malpe road for 20 years and then found the current location and has been here for about five years.

Since Merlyn is from Kerala i let her take over and make the order. In a few minutes our little table was taken over by Masala Fried Seer Fish, Deep Fried Prawns, Squid Masala accompanied by Boiled Rice (optional) and Sol Curry. The Masala Fried Seer Fish was the first victim of our hunger and boy did we enjoy it! With the fish setting the standard we eagerly looked forward to the next dish on the table being the Squid Masala, which was no competition in comparison with the fish. Our last ray of hope the Deep Fried Prawns were succulent juicy prawns and clearly the winning dish!!

While we relished our meal “Anna” educated us on how different his fish catch is as compared to what is available in the market as he personally gets the fresh catch every morning. He also went on to proudly flaunt the variety of seafood available on his menu, Without a doubt we had to agree with him on that , which brought us to the end of our meal and what better way to end it than with boiled rice and simple yummy Sol Curry. This visit was followed up with many more FISHMAXX days.

RATINGS

Taste- 7/10

Ambience -5/10

Value for money -7/10



Manasa Rao & Merlyn Eapan

“The Green Hotel” in Mysore

– a model for tourism's contribution towards three pillars of sustainability

The concept of sustainability revolves around three basic dimensions namely economic, social and environmental. The idea of long term maintenance of sustainability in the economy, society and environment has gained much popularity in tourism sector, which accounts to about 9% of GDP, 1 in 12 jobs, 5% of investment and 5% of exports according to WTTC. Tourism's direct contribution towards GDP was US\$ 2trillion and the industry generated 98 million jobs. Therefore the sustainability factor in this multifaceted industry is highly beneficial towards creating a greener world, healthy ecosystem, ethical consumerism and a stable society.

During the recently held event “tourism for a sustainable future” at Rio, participants agreed that Tourism's role in providing jobs and supporting the livelihoods of millions, particularly of women and young people is central to advancing the three pillars of sustainability.

Mysore “Green Hotel” is such an example where one can literally see and experience the whole sustainable practice that became the heart and soul of this small heritage hotel. It was initially built as a palace for Mysore's princesses and later restored as a hotel. The hotel looks stunning with a long green lawn, rose gardens, majestic trees and an aesthetic garden. All the rooms, corridors and common places are strikingly decorated with potted plants.

“Green hotel” has incorporated energy saving practices in its hotel policy. It is amazing to see that inspite of this hotel not having air-conditioned rooms, TV and generators, visitors come for a night and stay for a month! The soothing weather conditions of Mysore makes it possible to have this amazing experience. The hotel uses solar energy during power cuts and not even a single drop of rain water is wasted. The water which is used to clean the utensils is purified using filters and is then used to water the plants.

This hotel has long been practicing corporate social responsibility and till now donated most of its income towards charitable and environmental projects in India. Few of the programs for which the hotel has donated money are ‘Gramina Aksharasyata Arogya Padhakam’ for slum children, ‘Odin Nandi’ which works for the welfare of sex workers etc.

It is no wonder, this hotel is a pioneer, a model and an ideal for the practice of sustainable tourism. It has adopted equal opportunity policy when employing hotel staffs. Majority of the employees are women who are either widows or abandoned wives, for whom getting a job is really tough and unimaginable. The hotel provides six months training to get them acquainted with the hotel operation since they are not well educated. English, hospitality, accounting and multi-cuisine cooking are taught to these women. Through these measures they could help their family financially and live a good life. After all, all human beings are born equal.



Tashi Tsering



प्रज्ञानं ब्रह्म



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