

A QUARTERLY NEWSLETTER FROM AIHM&CT  
VOLUME-1: ISSUE-1 15 MARCH 2024



## ABOUT DROPS...

Welcome to the inaugural edition of "Drops from Army Institute of Hotel Management" – the quarterly newsletter that brings you the latest updates, insights, and stories from our esteemed institute.

Established with a commitment to excellence, and driven by a passion for hospitality, the Army Institute of Hotel Management stands as a beacon of education and innovation in the field of hospitality management. Our institution, nestled within the disciplined ethos of the armed forces, fosters not only academic excellence but also instills values of integrity, leadership, and service.



## CHAIRMAN'S MESSAGE

Warm greetings to all hospitality fraternity!!

I'm delighted to see the progress made by the Army Institute of Hotel Management and Catering Technology in the past year. As the Chairman of this institution we need to clear about our vision, objectives and road map in producing skilled youth who are competent in contributing value to hospitality education and the dynamic hotel industry.

In pursuit of this, Our foundation as an Army Institute that emphasizes discipline, skills, passion and commitment should remain a guiding beacon.

This edition of our news letter is particularly special as it not only celebrates our Institute's accomplishments but also underscores our commitment to innovation and excellence in all aspects of curated professional skill sets suitable for fostering tangible career achievements.

In these pages, you will find inspiring snippets, insightful articles, and updates on our latest endeavors.

I extend my compliments to the management, educational staff and the students in coming forth with this publication. Together, our aim to create a brighter future for our students and establishing new standards of performance in the educational and hospitality sectors.

With Warm Regards.

Maj Gen Ravi Murugan AVSM, PVSM  
Chairman, AIHM&CT, Bangalore.



Dear All,

I trust this message finds you all in good health as we navigate through eventful odd semester 2023-24 at our esteemed institution. I wish to take this opportunity to share updates on our collective journey of growth and academic excellence.

Our commitment to fostering a dynamic and learning environment remains our core objectives. I encourage all our students to make most of these opportunities and actively get immersed into our enhancing academic enrichment process.

It is important that our institute is not just defined by its academic pursuits but also by its commitment to premium career opportunities. We are a diverse and close united family and this sense of belonging is one of our strengths perculating practices of Army ethos in our endeavor.

The true essence of rich hospitality career lies in the lives we touch, the people we build. May we continue to impact lives and instances.

I wish you all a productive and fulfilled seasons of new beginning and aspirations.

God speed...

-P SEN THAMIZHAN



## REGISTRAR'S MESSAGE

**"Experience Excellence in Hospitality: Enroll in our Hotel Management Institute!"**

**As the Registrar, I extend a warm invitation for you to immerse yourself in skill development and kindle your passion for the dynamic world of hospitality. Discover unmatched education, hands-on training and a plethora of opportunities. Seize the chance to enroll today to shape your future in hospitality with us!"**



**Col CB CHHETRY (Retd)-  
Registrar and HoA**

## EDITOR'S CORNER

**Dear Readers,**

**With immense excitement and a deep sense of privilege, I extend a warm welcome to you to the inaugural issue of DROPS.**

**As the editor, I am profoundly humbled and honored to introduce you to this publication. It is our sincere aspiration that DROPS will evolve into a beloved source of information, inspiration, and connection in the days and months ahead.**

**Your readership and support are invaluable to us as we embark on this journey together.**

**-ARUNKUMAR.B**



For centuries, the hospitality industry has dedicated itself to enhancing customer experiences and attracting new audiences. This commitment to engagement begins with innovative approaches to accommodation, dining, and supplementary service. With the emergence of digital reality, the landscape has shifted dramatically. Augmented reality in hospitality represents the fusion of technology with hospitality, integrating augmented reality (AR), VIRTUAL REALITY (VR), Artificial intelligence (AI), and another cutting -edge tools to elevate guest experiences and streamline operation. However, while technology enriches certain aspects, it cannot wholly replace the human touch.



Dr. Thomas Mathew  
HOD  
House keeping



The essence of hospitality lies in human interaction and personalized service. Although genuine human connections foster trust and emotional bonds with guests, replacing such experiences through technology poses challenges. Complex or unique guests request necessitate the nuanced understanding and cultural competency that only human staff can provide despite advancement, not every touchpoint can be served by AI-powered robots .

While technology enhances efficiency and expands possibilities, it is the human element that truly distinguishes the hospitality experience. Striking a balance between technological innovation and human warmth is essential for delivering exceptional service and ensuring guest satisfaction in the dynamic landscape of modern hospitality.



## **SUPERFOODS WHICH ARE NATURAL BLOOD PURIFIERS**



**Chef Karthikeyan**  
Assistant prof-  
Culinary



**Garlic is known for it's sulphur compounds that can help cleanse the blood by supporting the livers detoxification process**

**Beets have antioxidant and anti-inflammatory properties which aiding in blood purification and circulation**



**Turmeric has potent anti-inflammatory and anti oxidants effects, promoting blood detoxification and overall health**

**Lemons are rich in Vitamin C and anti-oxidants, Which can help cleanse the blood and support the liver function**



**Coriander has compound that may help remove heavy metals from the blood , acting as a natural detoxifier**



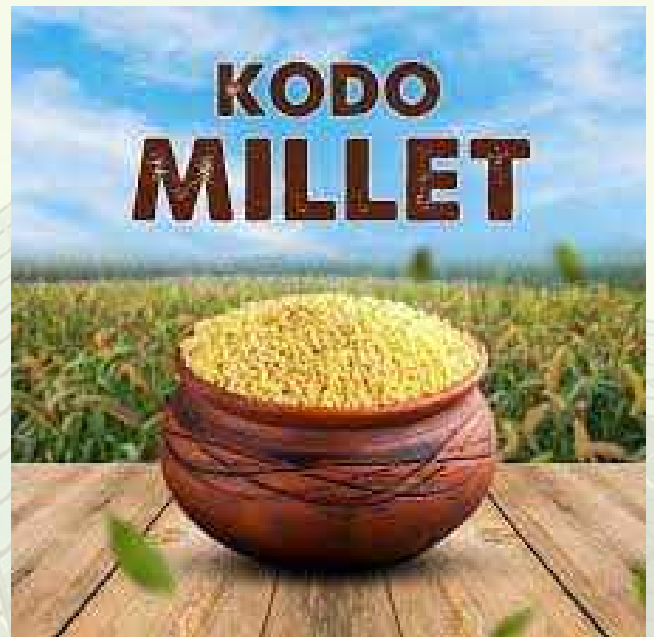
## MILLET OF THE MONTH

### KODO MILLET

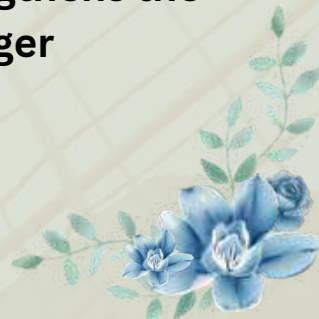


Kodo millet is rich in essential amino acids, vitamins, and minerals. It contains lysine, threonine, isoleucine valine, and sulfur-rich amino acids. It also contains vitamin B3, vitamin B6, folic acid, calcium, potassium, magnesium, and zinc.

Kodo millet is a high-fiber grain that comes in a variety of colors, ranging from light red to dark grey. It is best to consume millet in moderate amounts, three or four times a week. However, it is not recommended for people with hypothyroidism.



Kodo millet's benefits are endless. Its higher iron level helps in anaemia; its high protein and fibre content make it a diabetic-friendly grain; it works as a blood purifier; aids in kidney functions; strengthens the immune system; and makes heart muscles stronger



# KODO MILLET VEG FRIED RICE

## Ingredients:

- 2 cup cooked kodo millet rice
- 2 tbsp oil
- 2 tbsp chopped carrot
- 2 tbsp chopped beans
- 2 tbsp corn
- 2 tbsp onion
- 2 tbsp green capsicum
- 2 tbsp red capsicum
- 2 tbsp yellow capsicum
- 1 tsp of chopped garlic
- 1 chopped green chilli
- Required Salt
- Required spring onion
- 1/2 tsp pepper powder



**Chef Rajeshkumar**  
Assistant Prof-  
Culinary



## Cooking Instructions

### Step 1:

Put oil in a pan and add the chopped vegetables and saute it on high flame. When the vegetables are half cooked, add the rice...

### Step 2:

After adding the rice and mixing it well, add the required amount of salt and pepper powder and mix it.

### Step 3:

Finally add spring onion and mix it well...

### Step 4:

Now the hot delicious nutritious kodo millet fried rice is ready...





# SNIPPETS OF COLLEGE SENSATION

October was a heart warming month for the AIHM&CT. Graduation day was held on 07th of October for the 24th course Students.

Our beloved Chairman Maj.Gen.Ravi Murugan, GOC-K&K Sub area felicitated the graduates and awardees.

Ms. Monica received the Best budding hotelier award.



“GRADUATION DAY”



Graduation day is a moment of reflection, celebration, and anticipation. It represents the culmination of years of hard work and growth and serves as a launchpad for the next exciting chapter of life. As graduates move their tassels from right to left and toss their caps into the air, they are not just celebrating an achievement; they are celebrating the possibilities that lie ahead. So, to all the graduates, take this day to bask in the glory of your accomplishments, but remember that this is just the beginning of a bright and promising future. Congratulations on your graduation!



## Annual Seminar

Machine intelligence is the last invention that humanity will ever need to make." AWES Campus Conducted a Annual Seminar on the topic of Augmented & Virtual Reality.



## SOFT SKILLS WORKSHOP



Soft skills are vital interpersonal attributes that enhance collaboration, communication, and adaptability at work. These encompass effective communication, teamwork, problem-solving, and emotional intelligence. Our students have undergone a Soft Skills workshop conducted by MARQ through multiple sessions in the month of November.

## MASTER CLASS ON WINE

A master class on wine provides an immersive experience, delving into the art and science of wine appreciation. Led by experts, participants explore the nuances of grape varieties, regions, and tasting techniques. From understanding terroir to perfecting food pairings, this class elevates wine enthusiasts' knowledge and palate, fostering a deeper appreciation for the world of fine wines.

Ms. Kanika negi of Sula Vineyards took Master class on wines for our Students.



## WINTER CARNIVAL

"Reflecting on the enchanting vibes of last evening at the Winter Carnival! The twinkling lights, festive laughter, and the warmth of community made it a magical experience."



Our Students make this Winter Carnival “Special One” counters been made for varieties Food & Beverage- Chat, Chinese, Tandoor, Briyani, Dosa, Dessert and Mocktail counter attract the spectators. Our Students Show cased their talents in the cultural. Solo dance , Group dance , Singing, and Skits made the Carnival fully fun & frolic



## REPUBLIC DAY

AIHM Celebrated the republic day with proud and honor. Republic Day, a beacon of unity, Honoring India's democratic fraternity. With pride, we raised our flag high, celebrating freedom under the sky.



Leela Bhartiya Bengaluru Mr. Virendra Razdan, General manager, Mr. P M Sriraj, Cluster Director Human Resource, Mr. Ramu Dasari, F&B Manager, Ms. Diksha L&D Manager, Ms. Tara L&D Executive visited our Institute for Earn As You Learn Program for 3rd and 4th Year Students.



“EARN AS YOU LEARN”



Mr. Raghav Krishnamurthy, Associate Director of Sales at Taj MG Road, Bengaluru, shared insights on Marketing and Customer Value for our students.

Mr. Aman, Assistant Marketing Manager at IHG Hotels & Resorts, shared savvy on Importance and Scope of Marketing for our students.





Post Covid-19 a significant recovery is observed in the Hospitality Sector. An overwhelming response from reputed brands in the hospitality sector visited the campus placements for recruitment.

Top Recruiting Companies The Oberoi Group of Hotels, Hilton, IHG (InterContinental Hotels Group), The Taj Group of Hotels and Resorts, Hyatt, Accor, The Park, ITC, The Leela, Sterling Resorts, Tata Starbucks, Café Coffee Day.

Students with Ms. Rashmi Prasad, Director L&D, The Taj Group of Hotels, Karnataka

- Number of Eligible Students: 64 (59 -IVth year & 5 IIIrd year with exit option)
- Students opting for campus placements : 41,
- Paid Internship in USA, France, Mauritius :23 (Approx ₹5-16 lakhs)
- Placement Percentage: 80.48%.
- Highest CTC Offered Rs. 4,20,000/- + boarding and lodging benefits ( ₹7 lakhs)
- Lowest CTC Offered Rs. 2,50,000/- + service charge, meal on duty & maintenance (₹4.5 lakhs)
- 29 students from 25th Course completed Industrial Exposure Training from USA and France from Nov 2022- April 2023.



Our Students in USA



Our Students in France



Dr. Sudha Tiwari  
Placement Coordinator





Ms. A G Priya  
Assistant Prof-  
House Keeping



**Health-centric offerings:** More hotels will invest in spa facilities, gyms, and services for rest and rejuvenation. The menu and in-house fitness programs will also focus on health.

**Culinary diversity:** Restaurants will have opportunities to position their restaurants in the evolving food culture by focusing on sustainability and culinary diversity. This includes plant-based food, regenerative agriculture, and local exotics.



**Hospitality businesses** may strengthen ties with local communities through initiatives such as supporting local businesses, hosting community events, and participating in social responsibility programs.



## HOME MADE BEVERAGES TO LOSE BELLY FAT



**Ginger Tea:**  
Contains compounds that may have anti-inflammatory and metabolism-boosting properties.



Mr. Saju Kumar  
Assistant prof-  
F&B Service

**Aloe Vera Juice:**  
Aloe vera may have digestive benefits, but moderation is key due to its potency.



**Cucumber Mint Water:**  
Hydrating and refreshing, cucumber and mint add flavor to water without added sugars.

**Apple Cider Vinegar (ACV) Drink:**  
Dilute ACV with water and consume before meals. Some studies suggest it may help reduce body fat.



**Fennel Seed Infusion:**  
Fennel seeds may have mild diuretic properties and can be made into a tea for digestive support.

Remember, these drinks should complement a healthy lifestyle that includes a balanced diet and regular exercise. Moderation is key, and it's important to consider the overall quality of your diet.

## ACHIEVEMENTS

Preetham S ,28th course of AIHM&CT Student participated Karnataka State Roller Skating open championship 2023 and Won 2 Gold & 1 Silver for 1000m rink race, 3000m road race & D 500m rink race.

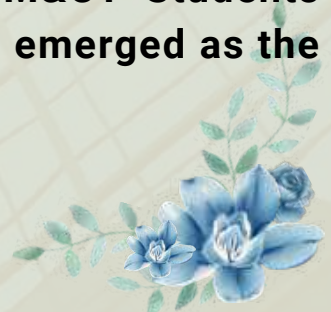
Held on 2nd & 3rd September 2023



It's fantastic news that Ankit Suman and Rahul of final year won the Best Team Award in the Alta Vista 2023 competition organized by Christ University on September 8th, 2023, with 20 colleges participating in the event!



Fortune Trinity Hotel hosted the "Vegan Culinary Company" Intercollege competition with 5 talented colleges on 20 September 2023 . Delighted to announce that AIHM&CT Students Kaushal & Vaishnavi of final year emerged as the **FIRST PLACE WINNER!**







**On the Occasion of International Chef's Day 20 September 2023, Sheraton Grand Hotel by Brigade gateway Hosted an exciting Millet based mystery Box Cook Off Challenge. Delighted to announce that Jeeva & Anusha of final year emerged as the FIRST PLACE WINNER!**

**Preetham, of first year competed in the SSFI National Level event held in Coimbatore, Tamil Nadu on Jan 26-28 2024. In the above 16 age category, he secured 4 medals 1 gold and 3 silver medals**



**Anusha Elangovan and Vaishnavi Porje, final-year students, became the runners-up in the Flavour & Fair Culinary Competition conducted by Hilton Hotel, Bangalore, on February 12, 2024.**



# COCKTAIL OF THE MONTH

## UMAMI BOULEVARDIER

### INGREDIENTS

- 45ml- Johnnie Walker Red Label
- 22.5ml-Miso infused red Italian bitter liqueur\*
- 22.5ml-Dried mango infused sweet vermouth
- 1-Ice (for stirring)
- 1-Dried mango (Garnish)
- 1-Salted dried seaweed (Garnish)

### EQUIPMENT

- 1-Coupe (Chilled)



### METHOD

- Add and stir together all ingredients except the garnishes with ice until chilled and diluted.
- Strain into a chilled coupe.
- Garnish with a sidecar of dried mango and salted dried seaweed.

### \*Miso Italian red bitter liqueur:

- To a clean container, add 500ml red Italian bitter (eg. Campari), and 5g miso paste.
- Ensure the container has an airtight seal, then allow it to infuse at room temperature for 60 minutes.
- Next, place in a freezer for 30 minutes to allow the fats in the miso to congeal.
- Fine strain the liquid through a filter cone or colee filter for a clear filtration.

Alcohol content:21.33g per serve



Mr. Arunkumar  
Assistant prof-  
F&B Service



# ALUMNI SPEAK

“I have many reasons to Thanks AIHM&CT. All teaching and not –teaching staff deserves hats off for all their kind support and guidance, they were incredibly friendly and helpful.

For me, it was amazing learning at AIHM that has helped me grow personally and professionally.

I am proud to say it is an Institute which nurture young students to face harsh challenges in life.”

**Madhav Nambiar, Guest Relations Executive**  
**Executive, Museum Of The Future**

Studying at AIHM&CT was one of the best decisions I made in my life. The college offers top-notch facilities like training kitchens, restaurants, a bakery, fully equipped housekeeping labs, etc. This outstanding infrastructure and a great faculty set make it a great place for individuals to grow and learn. The college is not only focused on imparting knowledge instead it is also focused on the holistic development of the student.

**Ritu Gurung, 16th Course, First source Solutions Limited Designation**  
**Senior Executive - Human Resources**



**Natasha Mehta**  
**General Manager**  
**The Oberoi Beach**  
**Resort, Al Zorah**



**Diksha Kumari**  
**Asst Manager**  
**Training & Quality**  
**Aloft, Bengaluru**



**Pushpreet Chandoke**  
**L&D partner**  
**in Emirates Airways**



**Purnima Sehgal**  
**L&D Manager**  
**Novotel ,Pune**



# FORGOTTEN RECIPES

## KOLLU PODI

**Course Side Dish**

**Cuisine Indian**

**Keyword chutney**

**Prep Time 5 minutes**

**Cook Time 10 minutes**

### Ingredients

- Horse gram/Kollu - 1 cup
- Dried Red chilli - 10
- Asafoetida/ hing - ¼ tsp
- Garlic cloves - 4 cloves
- Curry leaves - 1 sprig
- Salt - 1 tsp
- Sesame Oil -1 tsp



### Instructions

1. Heat 1 tsp of oil in a pan and roast horse gram, curry leaves, garlic cloves, red chilli, asafoetida all together on a low flame for minimum 5 minutes.
2. Transfer it in a plate and let it cool down.
3. Now add all these roasted ingredients with salt in your food processor and coarsely grind it. Store it in a dry, air tight container.

Horse gram offers numerous health benefits. Despite being a less recognized legume, it is abundant in calcium, iron, and proteins. Prepare this kollu podi, especially during winters, as it possesses the ability to revitalize your system and provide warmth. Typically, we blend this horse gram powder with steamed rice, then add a drizzle of sesame oil or ghee for added flavor and enjoy.



**Chef Sriram**  
Assistant prof-  
Culinary



# EMBRACING SUSTAINABILITY IN ACCOMMODATION & SERVICE MANAGEMENT: UPCOMING TRENDS

**1. Green Building Certification:** One of the prominent trends is the pursuit of green building certification. These certification such as LEED (Leadership in Energy and Environment Design) or BREEAM (Building Research Establishment Environment Assessment Method), validate a property's sustainability efforts. Not only do these certification enhance the property's reputation, but they also attract environmentally conscious travellers.



Ms. Sayantani Karar  
Assistant prof-  
House keeping



**2. Carbon Neutrality & Net Zero Initiatives:** Dedicated Hoteliers are setting ambitious targets to achieve carbon neutrality and net zero emission. This involves reducing carbon footprints through energy efficient operations, renewable energy adoption, waste reduction, and offsetting carbon emissions through initiatives like reforestation projects or purchasing carbon credits.

**3. Sustainable Food & Beverages Practices:** Hotel brands are prioritizing locally sourced, organic ingredients, reducing food waste through composting donation programs, and offering plant based menu options. Sustainable dining practices not only appeal to environmentally conscious guests but also contribute to community engagement and support local economies.



# INFRASTRUCTURE



## TRAINING KITCHEN LAB



## TRAINING RESTAURANTS



## STUDIO KITCHEN LAB



## BAKERY & CONFECTIONERY LAB



## ICT HUB



## LIBRARY



**FRONT OFFICE LAB**



**HOUSEKEEPING LAB**



**ENGLISH COMMUNICATION LAB**



# 28 YEARS OF HOSPITALITY EDUCATION BUILDERS OF BETTER AIHM&CT



**Prof. Sen Thamizhan**  
Principal



**Col CB Chhetry (Retd)**  
Registrar and HoA



**Dr. Thomas Mathew**  
HOD  
House keeping



**Dr. Jayaprakash**  
Librarian



**Dr. Sudha Tiwari**  
Assistant Prof-  
Accounts



**Chef Karthikeyan**  
Assistant prof-  
Culinary



**Chef Rajeshkumar**  
Assistant Prof-  
Culinary



**Ms. A G Priya**  
Assistant Prof-  
House keeping



**Mr. Saju Kumar**  
Assistant prof-  
F&B Service



**Chef Sriram**  
Assistant prof-  
Culinary



**Ms. Sayantani Karar**  
Assistant prof-  
House keeping



**Mr. Arunkumar**  
Assistant prof-  
F&B Service



**Ms. Tabassum Parveen**  
Assistant prof  
Culinary



**Mr. Krishna Morthy**  
Assistant prof-  
F&B Service



**Ms. Wilma d'sa**  
Visiting faculty-  
Management & Soft skills



**Ms. Vidya**  
Visiting faculty-  
Hindi



**Ms. Jisha C Jose**  
Visiting faculty-  
English

We, at AIHM salute the indomitable spirit "Pursuit of excellence", created thousands of jobs and have propelled our institution forward, and generated immense value for our stakeholders

# ADMINISTRATION TEAM



Hon Lt/ Sub Maj  
Sabu V (Retd)  
Office Supdt



Hony Sub Maj J Rajeevan  
Unnithan (Retd)  
Accountant



Ms. Shobha B  
PA (Sr Asst)



Mrs. Valsala Kumary  
Academic Clerk (Sr Asst)



Mrs. Sugunalatha NG  
LDC (Asst)



Hon Nb Sub  
Shiva Kumara KC (Retd)  
Adm I/C



Hon Sub Maj Tarak  
Pramanik (Retd)  
Store Keeper



Mr. S Anandan  
Lab Attendant



Mr. Rajesh R  
Lab Attendant



Mr. Narasaiah P  
Lab Attendant



Mrs. Manjula M G  
Lab Attendant



Mr Ramesha C  
Peon



Mr. Dinesh kumar  
Lab Attendant



Mr. Mahesh G  
Electrician



Mr. Raghavendra  
Driver



Mr. Rajesh Singh  
Driver

