

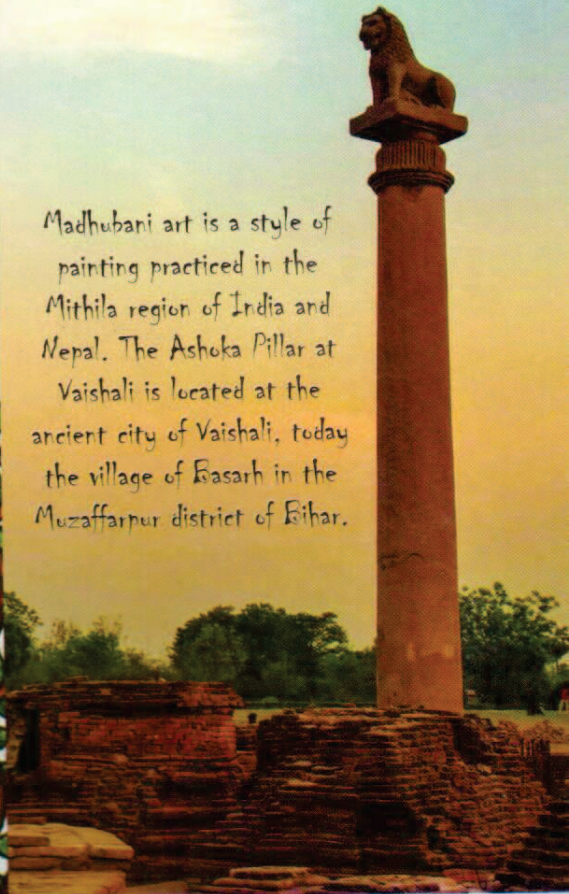
NIRVANA

APRIL 2024, ISSUE NO : 09

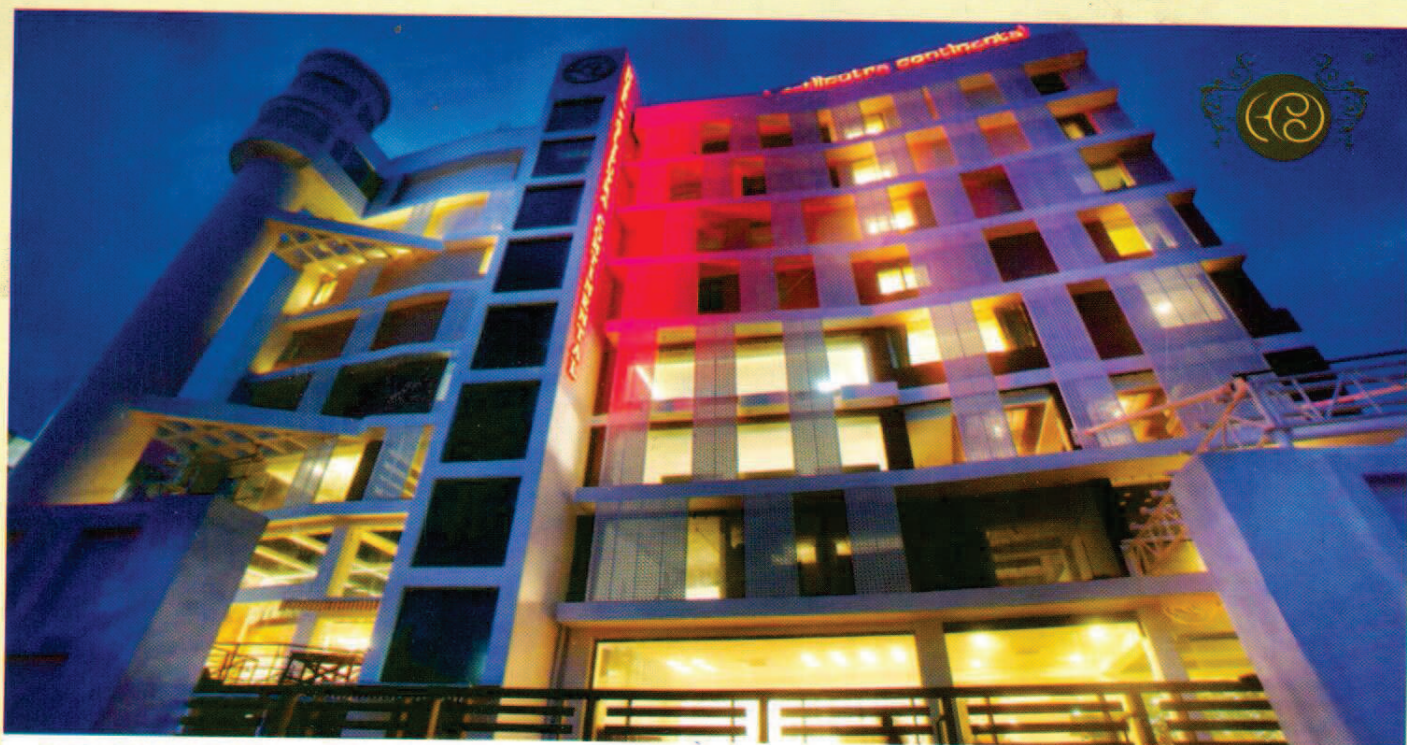
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Madhubani art is a style of painting practiced in the Mithila region of India and Nepal. The Ashoka Pillar at Vaishali is located at the ancient city of Vaishali, today the village of Basarh in the Muzaffarpur district of Bihar.



Institute of Hotel Management, Hajipur



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सचिव
Abhay Kumar Singh I.A.S.
Secretary



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MESSAGE

Dear students,

It gives me immense pleasure to congratulate entire fraternity of IHM, Hajipur for publishing 9th edition of their Annual Magazine NIRVANA-2024.

Such endeavours are essential components of Hospitality Education Institute showcasing the dedication, leadership qualities and the skills of the learners. I can feel the enthusiasm of the students with which they have designed and edited the magazine.

I wish them good luck and once again congratulate the entire team at IHM, Hajipur for their continuous efforts in bringing out the best in the students fostering an environment of support, encouragement and discovery.

Good luck and best wishes!

(Abhay Kumar Singh)
Secretary
Department of Tourism, Govt. of Bihar
-cum-
Chairman, IHM, Hajipur

ज्ञान भूषण, भा आ से
Gyan Bhushan, IES



वरिष्ठ आर्थिक सलाहकार एवं
मुख्य कार्यकारी अधिकारी
एन.सी.एच.एम.सी.टी.
भारत सरकार
पर्यटन मंत्रालय
नई दिल्ली

SENIOR ECONOMIC ADVISOR & CEO
NCHMCT
ADDL. SECRETARY LEVEL
GOVERNMENT OF INDIA
MINISTRY OF TOURISM
NEW DELHI

MESSAGE

Dear Esteemed Readers,

It is with great pleasure and pride I extend my warm greetings to entire IHM, Hajipur for publishing their 9th Edition of Annual Magazine NIRVANA-2024.

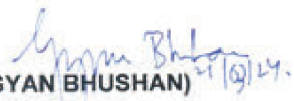
The hospitality industry is one that thrives on innovation, dedication, and a sense of commitment to excellence and I am delighted to see these values being reflected in the magazine. I hope that you will find inspiration and insight within these pages.

I would like to extend my heartfelt appreciation to the editorial team, writers, photographers, designers and everyone else who has contributed to the creation of this magazine. Your dedication, creativity and tireless efforts have undoubtedly made this publication a true reflection of your institute's spirit and ethos.

As we look towards the future, let us continue to uphold the highest standards of excellence and integrity in all that we do. Together, we can shape the future of the hospitality industry and make a positive impact on the lives of the others.

Once again, I congratulate their entire IHM, Hajipur fraternity for their continued commitment to the institute and I am confident that together, we will achieve even greater heights of success and excellence in the years to come.

Warm regards,


(GYAN BHUSHAN)

अतुल्य! भारत

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Ministry of Tourism
Government of India
Eastern Regional Office
Kolkata-700071

Dear students and esteemed readers,

I am delighted to extend my warmest greetings to you all in this edition of IHM Hajipur's Annual Magazine "NIRVANA 2024".

In an era where hospitality plays an increasingly vital role in shaping travel experiences, your dedication to excellence in hotel management education is commendable. As future ambassadors of the hospitality industry, your role extends far beyond the confines of your classrooms. You are the future architects of unforgettable stays, the creators of memorable dining experiences and the guardians of impeccable service.

In today's dynamic tourism landscape, collaboration between academia and industry is paramount. Your magazine serves as a bridge, connecting theory with practice and nurturing the next generation of hospitality leaders. Through insightful articles, innovative research and industry perspectives, you not only enrich the academic discourse but also empower aspiring hoteliers with the knowledge and skills necessary to thrive in the competitive world of hospitality.

As guardians of our region's tourism legacy, it is our collective responsibility to uphold the highest standards of service, sustainability and cultural sensitivity. I encourage you to embrace diversity, innovation and the spirit of memorable hospitality.

I commend the editorial team, faculty, advisors and students for their dedication in bringing this magazine to life. May it continue to serve as a beacon of inspiration and knowledge for all those passionate about the art and science of hospitality.

Wishing you continued success in your academic pursuits and future endeavours.

Pranav Prakash
Deputy Director General and Regional Director (East)
India Tourism Office, Kolkata
Ministry of Tourism, Government of India
05th April 2024

Principal's Desk



PULAK MANDAL
Principal
IHM, Hajipur

“It is with immense pleasure that I extend my warm greetings to all our esteemed readers on the occasion of the release of IHM Hajipur's Annual Magazine NIRVANA-2024

”

This magazine serves as a wonderful platform for showcasing the talents and achievements of our students, faculty, and staff. It provides a glimpse into the vibrant academic and co-curricular activities that take place at our institute throughout the year. In this edition, I am confident that you will find a collection of insightful articles, creative pieces, and informative material that reflect the dedication and commitment of our learners and faculties.

In an era marked by rapid digitalization, the hospitality sector has undergone significant changes, embracing innovative technologies to enhance guest experiences and streamline operations. At IHM Hajipur, we recognize the importance of adapting to these trends and equipping our students with the skills and knowledge needed to thrive in a digital world. Through, cutting-edge curriculum updates and state-of-the-art facilities, we are committed to preparing our graduates to excel in the digital landscape of the hospitality industry.

Moreover, we at IHM Hajipur are committed to academia-industry collaboration, fostering a culture of interdisciplinary learning and real-world engagement. Thus, enriching our curriculum, providing students with valuable opportunities for hands-on experience, industry insights, and professional networking.

As part of our ongoing efforts to ensure academic excellence and institutional effectiveness, IHM Hajipur has established an Internal Quality Assurance Cell (IQAC). This body is dedicated to monitoring and enhancing the quality of education and administrative processes, thereby fostering a culture of continuous improvement and accountability across the institution.

Amidst the unprecedented challenges being continuously witnessed by the hospitality industry we have remained steadfast in our commitment to delivering high-quality education and supporting our students through these challenging times. Through innovative teaching methodologies and industry-relevant course work, we have adapted swiftly to the changing landscape and equipped our students with the resilience and adaptability needed to succeed in a rapidly evolving industry.

I am pleased to share that our college ranking has witnessed a significant improvement, a testament to the dedication and hard work of our faculty, staff, and students. This recognition reaffirms our position as a premier institution in the field of hospitality education and motivates us to continue striving for excellence in all that we do. Further more, I am delighted to report that our placement record remains strong consecutively.

Once more with great pride I congratulate the entire fraternity at IHM Hajipur for their dedication, support and excellent work culture.
Good Luck!!



Sumit Chatterjee

**Chief Editor
HOD, IHM, Hajipur**

Dear Readers,

As the pages of another vibrant year turn, we are delighted to present to you the culmination of our collective efforts in the form of this year's edition of the Hotel Management College Annual Magazine **NIRVANA 2024**.

In the realm of hospitality, every moment is an opportunity to create unforgettable experiences. This magazine stands as a testament to our dedication, creativity, and passion for excellence in the field of hotel management. Within its covers, you will find a rich tapestry of stories, insights, and achievements that reflect the diverse talents and aspirations of our students, faculties & staffs.

At the heart of our institution lies a commitment to nurturing not just professionals, but leaders who will shape the future of hospitality. Each article, photograph, and artwork in this magazine embodies the spirit of innovation and the pursuit of excellence that defines our community.

As you peruse these pages, I encourage you to immerse yourself in the world of hospitality, where every detail matters and every interaction leaves a lasting impression. Whether you are a student reflecting on your journey, an alumni reminiscing about your time here, or a prospective student envisioning your future, may this magazine inspire you to reach new heights and embrace the endless possibilities that lie ahead.

I extend my heartfelt gratitude to everyone who contributed to the creation of this magazine, from the writers and editors to the designers and photographers. Your dedication and creativity have brought our vision to life, and I am immensely proud of what we have accomplished together.

As we continue our journey of learning and growth, let us carry forward the values of integrity, innovation, and hospitality that define our college. Together, we will continue to push boundaries, challenge conventions, and make a positive impact on the world around us.

Thank you for your unwavering support and enthusiasm. Here's to another year of excellence in hospitality education!

Sumit Chatterjee

The Editorial Team



THE EDITORIAL TEAM (STAFF)

Mr. Sumit Chatterjee, HoD-I	Chief Editor
Mr. Arun Kumar KP (Lecturer)	Total Mobilization Process (Jt. In charge)
Dr. Mohd. Haleem (Asst. Lecturer)	
Mr. Amit Kumar (Sr. Lecturer)	Staff editor (Hindi)
Mr. Sandipan Sankritayayan (Lecturer)	
Mr. Murtaza Kamal (Asst. Admin. Officer)	Staff Editor (English)
Mr. Pramod Sahni (Sr. Lecturer)	
Mr. Rakesh Kumar Das (Asst. Lecturer)	Liaison with Students' Committee
Mr. Anand Malik (Asst. Lecturer)	
Mr. Mohan Kumar (Computer Faculty)	Technical Support
Mr. Amit Mohan Singh (Accountant)	For Official Formalities and Printing Process
Mr. Sanjay Kumar (UDC-Store)	

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Miss Shivani	
Miss Akansha	
Mr. Atish Kumar	
Miss Mahak Rai	2ND YEAR
Miss Anjela Shrivastava	
Mr. Md. Nadir Khan	1ST YEAR
Mr. Kumar Swet Ranjan	
Mr. Gaurav Kumar Mishra	
Mr. Lav Kush	



SAYAM ANWAR

R & D Chef

Bundl Technologies Swiggy, Bengaluru

Every culture has their own food philosophy, the recipes and the spices. India is a diverse country and every culture celebrates their own way. With celebrations comes the food. Food holds great importance in the life of a person. Not only does it provide us nutritional value but also heavily affects the mental health and the well beings of a person.

Food is beautiful whether it is prepared simple or complex. Cooking is believed to be an art because it is also a means of communication. Cooking is a language that everyone seems to understand. The recipes, spices and flavours are all different across the globe but enjoying the food is what brings us all together.

There are no rights and wrongs in cooking, as long as the food is prepared to the chef's satisfaction and it delights the taste buds of the person eating it. The different types of combinations that can be created with food are endless. Cooking is pure creativity. Cooking is considered as the oldest form of art. Cooking as an art is about the aesthetic appeal and the sensory experience of food. It involves imagination, creativity, and the ability to create new dishes or reinvent traditional ones. The art of cooking is in the presentation, the combination of flavours, and the overall experience that a dish offers. It is about creating something that not only satisfies hunger but also pleases the senses.

ALUMNUS SPEAKS

COOKING AS AN ART!

On the other hand, cooking as a science involves understanding the chemistry of ingredients and how they interact with each other. It is about understanding how heat changes food, how different cooking methods affect the texture and flavour of ingredients, and how to use these principles to create dishes with the desired outcome. It is also about precision, consistency, and repeatability, which are crucial in professional cooking.

Cooking is a necessity for all of us but some also follow it as a profession. But according to our society Cooking is only meant for females, which is wrong. Nowadays it is a requirement for both the genders as it makes us independent and also we can support our family in difficult times. It is a source of pleasure and satisfaction for some people. Cooking like other subjects should be a part of your curriculum. In this way children will get to learn the importance of it which will be helpful to them in their near future. It is a good productive activity as it includes the use of both mind and body. It is a kind of stress buster for someone.

Cooking plays a significant role in cultural identity and heritage. Each culture has its own unique cuisine, shaped by its history, geography, and traditions. These cuisines are often passed down through generations, preserving a piece of that culture's identity. The act of cooking traditional dishes can be a way of connecting with one's roots and heritage.

In conclusion, cooking is a multifaceted activity. It's a science, an art, a cultural expression, and a therapeutic process. It allows us to nourish our bodies, express our creativity, connect with our cultural roots, and find a sense of calm in the chaos of life. As we continue to explore and understand the complexities of cooking, we can better appreciate the meals we prepare and consume.

Batch 2010-13

B.Sc. H&HA

ALUMNUS SPEAKS

MY JOURNEY FROM BIHAR TO LONDON



ABHISHEK PATHAK
ASSISTANT MANAGER,
TESCO, LONDON, UK



My name is Abhishek Kumar Pathak, from Muzaffarpur, Bihar.

After having completed my 12th in PCM, I took admission in B.Sc. in Hospitality and Hotel Administration in 2013-16 batch from IHM Hajipur.

During 3rd sem, I did internship at Le Meridian, Jaipur. At the end of my training I got best intern award for having zero absent day During 17 Week internship period (July '14 to Oct '14). By the end of the course, I got placed at Fairmont Jaipur in Housekeeping department as H.O.T. in 2016.

However After working for 2 months at Fairmont Jaipur, I changed my career path a bit. I moved from Hotel industry to Quick Service Restaurant (QSR) and joined McDonald's as Management Trainee in Sep 2016. I learnt there the basic nuances of Store operations such as managing inventory, Customer service, Staff training.

After completing my Management Trainee program at McDonald's, I joined Inorbit Mall, Vadodara as Customer Experience Executive in the month of September 2017. During my tenure at Inorbit as CEE, I learnt various things related to Mall Operations such as undergoing various reports as DMS, Inventory report, Agency Manpower report, etc. Ensuring the execution of Mall SOP, conducting monthly training for operations staffs, smoothening the customer journey as well as the convenience of retail shops was few of my core responsibilities there at Inorbit.

After working around two years at Inorbit, I joined Shoppers Stop as Department Manager in June 2019. In the Role of Department Manager, my core responsibilities was to make Store profitable by achieving the topline target as well as maintaining KPIs such as Increasing private label sale, Minimizing shrinkage, Visual Merchandising, conducting training for Store staffs for customer experience, Store ambience, etc. At Shoppers Stop, I learnt Manpower Management (I had the Direct reporting of 42 people and indirect reporting of 65 people), driving sales numbers, attrition Management, daily Store operations, MIS, VM compliance, measuring and increasing customer satisfaction parameters, Warehouse and Inventory Management, etc.

After working around 3 years as Department Manager at Shoppers Stop, I joined Inorbit Mall, Vadodara once again in Leasing, SOH (Space on Hire) in May, 2022. My key responsibilities here was generating revenue through achieving sales budget, renting space, signage, promotion, etc. Generating additional revenue through In-Mall Advertisement space, organising event, maintaining space occupancy at 100%, Renting out Kiosk and retail space, competition visit, preparing MIS and revenue report, etc were my core functionalities here. Here I got the exposure of detailed and organised Mall operations activities, Vendor Management, Facility Management, Customer satisfaction and grievance Management, etc.

After working for 1.5 years in Mall SOH department, I have moved to London, UK and joined Tesco as Assistant Manager in the month of Jan, 2024. This is retail department store. Here I am using my retail experience and getting International exposure.

Batch- 2013-2016

B.Sc. H&HA

ALUMNUS SPEAKS

MY CULINARY JOURNEY

8 Years back, I had started my professional journey. Though I didn't switch my job that frequently, I got to work in some of the esteemed organizations starting from THE LEELA GOA, RAMADA, OBEROI GROUP OF HOTELS, RADISSON, SHANGRI-LA etc.



Chef Alok
JR. SOUS CHEF
Shangri-La Bengaluru

Becoming a chef is not just about mastering culinary skills; it is a journey filled with challenges, experiences, and growth. For many aspiring chefs, this journey begins in college, where they learn the fundamentals of cooking and gain hands-on experience in the kitchen. However, the real test of their skills and passion begins when they step into the fast-paced and demanding world of professional cooking.

As a junior sous chef, I have had the privilege of experiencing this journey firsthand. My time in college provided me with a solid foundation in culinary techniques, flavor profiles, and kitchen operations. I honed my skills through practical training, experimentation, and mentorship from experienced chefs who guided me along the way.

After graduation, I entered the culinary industry with enthusiasm and determination. Starting out as a line cook, I worked tirelessly to prove myself and earn the respect of my peers and superiors. The long hours, intense pressure, and physical demands of the kitchen tested my resolve, but I persevered, driven by my passion for cooking and the desire to continuously improve.

As I gained more experience and knowledge, I was promoted to the role of junior sous chef. This position brought with it new challenges and responsibilities, including overseeing kitchen operations, managing a team of cooks, and collaborating with the head chef to develop and execute creative and innovative dishes.

The journey from college to junior sous chef has been a rollercoaster of highs and lows, successes and failures. But through it all, I have grown as a chef and as a person. The kitchen has taught me the value of hard work, discipline, creativity, and teamwork. It has pushed me to constantly strive for excellence,

to never settle for mediocrity, and to always keep pushing the boundaries of my culinary skills.

COVID-19 has given all of us an opportunity to rediscover Ourselves. Sometimes we also need to stop for a while and do self-introspection of where we stand and where we have come from and the only thing which will matter is how much difference you've created in your life and those around you. For the new comers I wanted to say that post covid many things has been changed in terms of many ways in hospitality industry. So you have to be more focused on the physical & mental health as well.

It seems like a thrilling experience when I look back on my early days in my career. I was among the shyest ones and found myself in awkward situations communicating and interacting with people. I had to put in lots of effort to improve myself and the one thing which I came up strongly in that process is that it has given me tremendous patience to handle tough situations and finally convert it into a victory. Time is the biggest teacher in our life and no matter how hostile a situation you're in, you will be able to sail through with the time only if you keep patience.

As I continue on this journey, I look forward to the challenges and opportunities that lie ahead.

As I have done my college from IHM HAJIPUR 2013-16 where I guided throughout entire year in a many different & best ways Every day in the college was a new learning experience, a chance to grow and evolve as a good chef. I am grateful for the support of my mentors, during college time Mr Sumit Chatterjee, Mr Kalyan Mukherjee, Chef Anupam, Mr Pramod Sahani, the camaraderie of my colleagues, and the satisfaction of creating delicious and memorable dishes for diners to enjoy

The culinary journey from college to junior sous chef is not easy, but it is incredibly rewarding. It is a testament to the dedication, passion, and resilience of those who choose to pursue a career in the culinary arts. And for me, it is a journey that I am proud to be on, as I continue to learn, grow, and create in the dynamic and exciting world of professional cooking.

Batch 2013-16
B.Sc. H&HA

ALUMNUS SPEAKS

SKY IS THE LIMIT



AJEET SINGH BAMHRAH
Cabin Crew
Vistara Airlines

My career path has involved an intriguing fusion of aviation and hospitality management, leading to a fulfilling position as a cabin crew member with Vistara. This career choice embodies my love of helping people, exploring new places, and crafting lifelong memories for others.

My adventure started when I chose to enrol in a hotel management degree. My interest in hospitality stems from its emphasis on delivering outstanding service and fostering deep connections with individuals. I studied a wide range of topics related to the hospitality sector, including food and beverage management and front desk operations. During this time, I became acutely aware of the significance of communication, attention to detail, and anticipating the needs of the guests.

My professional development at Hotel Management College was greatly aided by the advice and encouragement I received from both my instructors and fellow students. I studied several aspects of the hotel industry at the institution, from operations management to customer service, in a vibrant learning atmosphere.

In addition to imparting theoretical knowledge, the highly qualified and experienced lecturers in the hotel management program presented insightful anecdotes from their own lives. They promoted critical thinking, creativity, and invention qualities that are crucial in the hospitality industry. In addition, the college provided me with a lot of networking opportunities, which helped me make connections with graduates and individuals in the sector. Through industry projects, guest lectures, and internships, I was able to obtain real-world experience and a broader grasp of the potential and difficulties facing the sector.

Even though I had a great time with the hotel management

degree, I was always drawn to the aviation industry. It excited my sense of adventure to think about working in a dynamic atmosphere, meeting individuals from different backgrounds, and travelling to different places. Additionally, the idea of fusing the thrill of aviation with my expertise in hospitality felt like the ideal combination for me.

I decided to get into cabin crew as a job after realising this new goal. The decision to enter a new field and leave behind the comfortable hospitality sector was not easy. However, my motivation came from a sense of curiosity and a desire to discover new things. I applied for a job with Vistara, one of India's top airlines, which is renowned for its great service and dedication to customer satisfaction, following a rigorous training and preparation period. A wide range of abilities, including teamwork, communication, and the capacity to respond professionally and gracefully in a variety of circumstances, were required during the demanding selection process.

I was overjoyed to learn that I had been chosen to become a member of the Vistara cabin crew. It felt like the pinnacle of my career, combining my love of aircraft and hospitality into one position. Since working for Vistara, I've had the chance to see amazing places, get to know interesting people, and offer top-notch service to customers from all walks of life.

I've had the chance to visit amazing places, interact with interesting people, and offer First-rate service to passengers from all walks of life since I joined Vistara.

Whether it's making sure passengers are safe and comfortable during flights or going above and beyond to surpass their expectations, every day offers new challenges and chances for advancement. My profession requires me to constantly learn new skills and adapt to the ever-changing needs of the aviation business, which keeps me on my toes.

Looking back, I'm appreciative of the experiences that brought me to this stage in my career. Every step I've taken to become the enthusiastic and devoted person I am, from studying hotel management to joining Vistara's cabin crew, and has been a building stone.

Batch : 2019-2022

B.Sc. H&HA

IHM, HAJIPUR NIRVANA 2024

ALUMNUS SPEAKS

The world of hospitality



SHIVA KUMAR

F&B Associate
Grand Hyatt, Goa

The world of hospitality is a symphony of experiences, a continuous dance of welcoming guests, creating unforgettable memories, and crafting moments of genuine connection. As a Hotel Management student, you are embarking on a path towards a dynamic and fulfilling career. There will be challenges along the way, days of heavy workloads and perhaps a dose of self-doubt. This is where motivation becomes your anchor. Let's explore why maintaining your enthusiasm is essential and how to find inspiration through this extraordinary journey.

Why Your Motivation Matters

- **It's the Heart of Excellence:** True hospitality professionals care. You cannot provide outstanding service to guests without an inner zeal. Motivation gives you the resilience to go the extra mile and bring genuine warmth to everything you do.
- **The Industry Fuels on Passion:** This isn't a 9-to-5 desk job. The hotel world throbs 24/7, during holidays, with unexpected surprises around every corner. Your passion and drive will see you through these demanding scenarios and help you thrive.
- **Your Growth Depends On It:** Motivation unlocks a love of learning. There's always a new protocol, trend, or technology emerging in hospitality. Staying curious and fueled by motivation encourages you to stay ahead of the curve.

Keeping Your Motivation Ablaze

- **Remember Your 'Why':** What drew you to hotel management? Was it a transformative travel experience, an inspiring mentor, or the satisfaction of making others happy? Revisit that feeling – it's your fuel.
- **Visualize Your Success:** Imagine yourself as a future leader, running a luxurious hotel, or overseeing a flawless event. Visualization strengthens your inner drive.
- **Seek Mentorship:** Connect with experienced figures in the industry. Their insights and journey will help you navigate your own path and offer a fresh perspective.

- **Experience is Everything:** Internships, part-time work, or volunteering in the hospitality domain bring your textbook knowledge to life. Real-world exposure is incredibly motivating.
- **The Rewards Beyond Paychecks:** Hotel management offers countless intangibles – travel opportunities, global connections, leadership development, and the sheer joy of shaping someone's special moments.
- **The Power of Personal Touch:** Hotel management is one of the few careers where you get to directly impact people's happiness each day. Whether it's a small gesture of kindness or resolving a complicated problem, your role creates an unforgettable.
- **experience** – highlight this rewarding aspect. Unconventional Career Paths: Hospitality provides unique growth opportunities. You could find yourself in destination management, luxury cruise lines, events, restaurant management, and more. Emphasize the diversity of pathways that await.
- **Community Matters:** The hospitality industry fosters a strong sense of camaraderie. The people you work with become like family, offering support and inspiration during even the busiest seasons.
- **Embrace Problem-Solving:** Every day presents puzzles at hotels, from logistical glitches to unexpected guest situations. This teaches you adaptability and sharpens your critical thinking skills – valuable in any profession.
- **Celebrate Your Impact:** Take note of positive guest reviews, successful events, or any accomplishment that reminds you of the difference you make. Keep a folder to revisit when motivation seems low.

Final Thoughts

Some days, the sheer workload might cloud your excitement. That's perfectly normal. Remember, it's a marathon, not a sprint. Focus on progress over perfection. Remember the countless lives you will touch with your passion for hospitality. The world is like a hotel – and you are learning how to welcome it with open arms.

BATCH- 2020-23
B.Sc. H&HA



DESHBHAN SINGH JADAUN

Housekeeping/Quality Manager
Tabuk Investment & Tourism Company,
Kingdom of Saudi Arabia.

GUEST EXPERT SPEAKS

The Latest Trend to optimize your Hotel business



Housekeeping Trends in the hospitality industry involve adopting new technologies, sustainable practices, and innovative methods to enhance the efficiency and effectiveness of housekeeping services. These trends are important as they contribute to improving guest satisfaction, optimizing resource use, and maintaining high standards of cleanliness and hygiene. By staying abreast of these trends, hotels can better meet guest expectations, reduce operational costs, and ensure a comfortable and safe environment. Understanding and implementing these trends is crucial for hotels to remain competitive and provide exceptional service in a rapidly evolving industry.

Key Take aways

- **Emphasis on Sustainability:** Focus on eco-friendly practices.
- **Housekeeping Software:** Streamlining task management.
- **Robotic Assistance:** Automation of repetitive tasks.
- **Enhanced Guest Experience:** Personalizing room settings.
- **Anti-Wrinkle Textiles:** Incorporating innovative fabrics that reduce wrinkles.
- **Probiotic Cleaning Products:** Using probiotic cleaning products for a more environmentally-friendly option.
- **Air Purifier Technology:** Enhancing room air quality with advanced air purifiers.
- **Marketing Housekeeping Effectiveness:** Showcasing housekeeping excellence is key to the hotel's brand.
- **Antibacterial Coatings:** Coating hotel surfaces for long-term effectiveness.
- **Robotic Housekeeping Teams:** Utilizing robots for efficient, consistent room cleaning.
- **Design Elements Increasing Efficiency:** Strategic room design and layout to optimize housekeeping processes.

Introduction

- It is important for hotels to keep up with the latest housekeeping trends, as these will influence customer expectations. Furthermore, many of these trends have emerged because they provide ways to manage a housekeeping team effectively, boost efficiency, and improve guest satisfaction. In this article, you can read about the most significant trends to follow to optimize your hotel's operations and keep guests happy in 2024.

What is the Hotel Industry?

- Before exploring the latest housekeeping trends fully, it is essential to understand what the hotel industry is. According to most definitions, the hotel industry surrounds temporary/ Permanent guest accommodation (For company guests) or lodgings.
- It includes permanent accommodation or accommodation that is intended to be used for long-term stays, but it includes all types of businesses offering short-term overnight stays to paying customers. This means the hotel industry includes hotels and resorts, holiday cottages, bed and

breakfasts, inns, guest houses, motels, hostels, road houses, and similar businesses.

What is Hotel Housekeeping?

Housekeeping is the department in the Hotel who creates the experience that deliver the brand to the guest. Understanding hotel housekeeping trends requires a fundamental understanding of what housekeeping is and why housekeeping staff is needed. In simple terms, hotel housekeeping describes the various activities performed within a hotel to keep it clean, tidy, hygienic, safe, comfortable, and pleasant.

Guests want to stay in hotels that tick all of these boxes, and failing to meet their standards can have serious repercussions for a hotel's reputation. The housekeeping department is responsible for making sure rooms are clean and tidy, beds are made, shared spaces are hygienic and safe, and the hotel looks pleasing to the eye.

What are the Main Hotel Housekeeping Duties?

As the housekeeping department is broadly responsible for keeping a hotel clean, tidy, and safe, the staff are required to carry out various tasks. Cleaning hotel rooms between guests and ensuring items within those rooms are replenished would be obvious examples, as would doing the laundry and cleaning shared public spaces.

Beyond this, housekeeping teams may be required to check that hotel technology is in full working order, disinfect surfaces and water plants, and prevent areas of the hotel from becoming cluttered. The team will need to keep up with the latest hotel housekeeping trends and will also need to serve as ambassadors for the hotel.

Why is it Beneficial to Follow Housekeeping Trends?

Keeping up-to-date with the latest and most important housekeeping trends is beneficial because it allows the housekeeping department to meet or even exceed customers' expectations. This, in turn, can positively impact a hotel's reputation and lead to positive reviews, personal recommendations, and increased revenue. Furthermore, many emerging hotel trends are designed to help housekeeping teams optimize their work. Therefore, housekeeping managers and other leading figures in the hotel need to be aware of the latest technology that could make life easier for their workforce or assist them in boosting efficiency.

Top 13 Housekeeping Trends That Can Improve Your Hotel Business

In the sections below, you can read about 11 of the most significant housekeeping trends and understand why they have emerged as important focus areas for hotel leaders.

IHM, HAJIPUR NIRVANA 2024

1. Housekeeping Software (Knowcross, Hot Sos, & QEMS): Housekeeping software solutions are another of the most critical housekeeping trends to be aware of. Housekeeping software can include standalone solutions or your hotel PMS (property management system), but regardless, it needs to be easy to use and include helpful features to manage housekeeping staff, resources, and tasks.

Typical features of housekeeping software include the ability to view the status of any room within the hotel and allocate tasks, such as cleaning a room, to individual staff members or teams. Employees should be able to be added and removed from the database, and important tasks should be able to be highlighted as priorities. Even now, according to the **Global Hotel Property Management Software Market Research Report**, the Hotel PMS market size is \$7.15 billion in 2023 and is expected to rise dramatically in the coming years.

2. Robotic Housekeeping Teams: Robotic housekeeping teams are still an emerging technology that is increasingly being deployed within the hotel industry. An obvious example of robotic technology within hotels would be robotic vacuum cleaners, but some hotels have gone much further, using robot concierge staff, robot tourist information staff, and robot cleaners.

In general, the housekeeping trend for robots is not about replacing housekeeping staff but providing them with the support they need to work efficiently. Robots can be especially useful for simple and repetitive tasks. One of the major advantages of using robots is also the fact that they can work on a 24/7 basis, without breaks.

3. Probiotic Cleaning Products: There is a greater emphasis than ever on environmentally friendly practices and sustainable ingredients, which has led to one of the fastest-growing housekeeping trends: probiotic cleaning products. Essentially, probiotic cleaning products contain helpful live bacteria, which makes them effective for removing harmful bacteria. According to the **Global Probiotic Soaps & Detergents Market Research Report**, the Global Probiotic Soap Market is projected to grow at a CAGR of around 9.2% during from 2023 to 2028.

Probiotic cleaning products are more sustainable than cleaning products that contain a large number of chemicals. They can be especially useful for cleaning cracks and other hard-to-reach places. Chemical-based products also tend to remove helpful bacteria, which means probiotic cleaning products can be better for the health of guests and employees.

4. Mobile Check-In and Check-Out: Mobile check-ins and check-outs may seem like technology primarily associated with the reception staff. Still, a good system will also communicate with the housekeeping department, making it one of the key housekeeping trends.

With mobile check-ins, your guests can complete the check-in process without queueing at the reception. Similarly, mobile check-outs allow guests to check out using their smartphones without interacting with staff. In both cases, the housekeeping department can be alerted, helping them to plan room turnovers.

5. Antibacterial Coatings: Another of the emerging housekeeping trends related to hygiene and concerns about bacteria and viruses has been the rise of antibacterial coatings, which can be used on surfaces throughout a hotel. Some hotels are even using antibacterial paints on the walls in guest rooms and other shared spaces. The basic premise of using an antibacterial coating is to prevent bacteria and other pathogens from thriving and multiplying. The coating is intended to provide long-term protection against bacteria build-ups and can play a crucial role in keeping a hotel hygienic and safe, especially when used in combination with a robust cleaning process.

Table: Types of Antibacterial Coatings in Hotel Cleaning

Type of Product	Usage/Application	Benefits
Antibacterial Surface Coatings	Applied to high-touch surfaces like doorknobs, countertops, and elevator buttons.	Long-lasting protection reduces the frequency of cleaning and provides continuous surface sanitation.
Disinfectant Sprays and Wipes	Used for regular cleaning of rooms, bathrooms, and common areas.	Effective for quick and targeted sanitation, easy to use, and good for spot cleaning.
HVAC Antibacterial Filters	Installed in heating, ventilation, and air conditioning systems.	Improves air quality, reduces the spread of airborne bacteria, and enhances overall guest safety.
Antimicrobial Hand Soaps and Sanitizers	Placed in guest rooms, restrooms, and communal areas for guest and staff use.	Encourages hand hygiene, readily accessible for guests and staff, and helps prevent the spread of germs.
Ultraviolet (UV) Light Sanitizers	Used for disinfecting rooms and equipment, including electronic devices.	Provides thorough sanitation without chemicals and is effective against a broad spectrum of microbes.

6. Emphasis on Sustainability : One of the biggest housekeeping trends to be aware of is the shift towards more sustainable and eco-friendly ways of doing things. Examples of this include using eco-friendly cleaning materials, reducing the amount of water used within the hotel, maximizing the amount of waste recycled, and reducing the usage of local resources.

Today’ s hotel customers are more concerned with environmental and social issues than ever before, and hotel owners, managers, and housekeeping departments need to meet their expectations. Failing to do so can hurt your reputation, reduce your potential customer base, and provide rival hotels with an unnecessary competitive advantage.

7. Fitted Sheeting: Fitted sheeting is a housekeeping trend that makes room turnovers much more

efficient. This technique is related to bed making and works as follows: a fitted sheet is placed over the mattress, and then a duvet is placed on top of that.

There are several benefits associated with fitted sheeting. Housekeeping efficiency can be improved because replacing bed linen using the fitted sheeting method is much faster than replacing normal bedsheets. Meanwhile, this approach also results in a fresh and pleasant-looking bed for guests to sleep in, with clean corners on all sides.

8. Anti-Wrinkle Textiles: One of the most time-consuming aspects of hotel housekeeping involves ironing sheets, so it is little surprise that anti-wrinkle textiles have become one of the most popular housekeeping trends now that solutions are available.

Various polyester-based solutions are extremely resistant to wrinkling and are designed so that ironing is not required. While some of these options are more expensive than conventional sheets, it should be noted that hotel investment in this area can free up more time for housekeeping staff to focus on other issues.

9. Air Purifier Technology: Air purifying technology has existed for a long time but emerged as a major housekeeping trend during the COVID-19 pandemic. According to Air Purifier Market Size, Share & Trends Analysis Report, the global air purifier market size was estimated at \$15.83 billion in 2023. Therefore, it is important to understand that the benefits of air purifiers go beyond disease prevention and can be entirely unrelated to the COVID-19 pandemic or any other public health crisis.

For instance, air purifiers can improve overall air quality by removing pollutants. This can be invaluable when selling luxury hotel packages, as it provides guests with clear evidence that you are going the extra mile. Purifiers can also help to alleviate any issues guests experience with allergies.

10. Marketing Housekeeping Effectiveness: In the wake of the COVID-19 crisis, awareness of hygiene and cleanliness issues is at an all-time high, and hotels have never been more essential to take these issues seriously. With this in mind, one of the emerging top housekeeping trends involves featuring housekeeping prominently within a hotel's marketing efforts.

If your housekeeping department goes the extra mile, you can highlight these efforts within your marketing content to attract more guests. It is also worth explaining some of the specific steps you take to keep your hotel clean and hygienic – from providing hand sanitizer to disinfecting surfaces.

11. Voice Technology: Voice technology has been one of the biggest technology developments of recent times. Personal assistants like Alexa, Siri, and Google Assistant enjoy great popularity through smart speakers, smartphones, and similar devices. Naturally, it stands to reason that this has emerged as one of the crucial housekeeping trends to focus

on too.

Today, many hotels use voice assistants within hotel rooms, allowing guests to ask questions and make requests. This system can function with the hotel housekeeping department, allowing guests to request room cleaning or that towels, sheets, and other items be washed or replaced.

12. Intercultural & Multilingual Communication: There is a strong customer service component to good housekeeping, and in the hotel industry, this means having an understanding of different cultures and potentially different languages too. Modern technology can provide some great solutions here.

For instance, translation software can allow customer requests to be understood, regardless of the language used, and artificial intelligence can be used to communicate in a second language too. Of course, it also makes sense to employ multilingual staff when possible, which can be especially important if your hotel regularly attracts guests from a specific location.

13. Design Elements Increasing Efficiency: The design elements of your hotel can also assist the housekeeping team, and this has quickly emerged as one of the most critical housekeeping trends of modern times. For example, beds should be kept as simple as possible.

While additional decorative elements may look appealing to guests, they create many unnecessary problems for the housekeeping department, which would need to clean and replace all of these items. Similarly, surfaces that are easy to clean or disinfect should be prioritized.

Important Hotel Housekeeping Technology

In addition to following the latest housekeeping trends, hotels need to invest in technology for their housekeeping department. Investing in high-quality housekeeping software and training solutions is sensible, but some of the other technologies worth exploring include cleaning equipment, AI, and air purifiers.

Thank You,

B.Sc. H&HA (1st Year 2023-26)



B.Sc. H&HA (1st Year 2023-26)



B.Sc. H&HA (2nd Year 2022-25)



B.Sc. H&HA (3rd Year 2021-24)



B.Sc. H&HA (3rd Year 2021-24)



Diploma in Food Production (Batch-2023-24)



Diploma in F&B Service (Batch-2023-24)



Teaching Staff



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MIDDLE ROW(LEFT) 2 : Mr. Pramod Sahni (Sr. Lecturer), Mr. Sandipan S (Lecturer), Mr. Anand Malik (Asstt. Lecturer), Mr. Pratish Ganguly (Guest Faculty), Mr. Ankit Kumar (Asstt. Lecturer), Mr. Somaprabha Panda (Teaching Associate)

TOP ROW (LEFT)3 : Rakesh Kumar Das (Asstt. Lecturer), Mr. Satyapriya Behera (Asstt. Lecturer), Mr. Arun Kumar KP (Lecturer), Mr. Arijit Pal (Asstt. Lecturer), Mr. Mohan Kumar (Faculty), Dr. Mohd. Haleem (Asstt. Lecturer)

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M. Sc. H.A. Students and Faculties



Cultural Club



IHM, Hawks (Sports Club)



Insomnia (Food Production Club)



La Panaderia Pasteleria (Bakery Club)



Yatrika (Yuva Tourism Club)



F&B Soldiers (F&B Service Club)



Supporting Staff





SUMIT CHATTERJEE
Head of Department-I
IHM, Hajipur

Hygienic Food Preparation and Handling in Food Businesses

Food poisoning is a serious health problem. It can cause severe illness and even death. Food poisoning can seriously damage the reputation of a business, damage the reputation of the food industry, and damage the jobs of many workers. As a person who handles food – whether you are a kitchen hand, a food process worker, a shop assistant or a waiter – you have an important responsibility to handle food safely. So: protect other people from getting sick protect your reputation in the food industry protect your business, and protect your job.

Food Safety Laws are designed to ensure that food that is sold is safe to eat and free of any contamination. Businesses and organisations that make, display, transport or prepare food for sale must comply with the food laws of the land. This includes following the requirements that apply to certain classes of food premises, that is: Class 1 and 2 Follow the business food safety program Follow the advice given by the food safety supervisor, unless your premises are exempt. Class 3 Complete the required basic records about your food handling practices and keep them onsite. Everyone working in a food premises is encouraged to be trained in safe food handling.

Prevent food poisoning by practising hygienic food preparation and handling. Keep raw foods and ready-to-eat foods separate

to avoid cross-contamination. If possible, use separate, clean utensils and cutting boards for raw foods and ready-to-eat foods, or wash and sanitise utensils and cutting boards between uses. Thoroughly clean, sanitise and dry cutting boards, knives, pans, plates, containers and other utensils after using them. Thoroughly rinse all fruit and vegetables in clean water to remove soil, bacteria, insects and chemicals. Make sure food is thoroughly cooked and the centre of the cooked food has reached 75°C. Avoid keeping high-risk foods in the Temperature Danger Zone. Keep chilled foods cold at 5°C or colder and hot foods hot at 60°C or hotter. Avoid leaving just cooked food out to cool for more than one hour. As soon as food has cooled, place it in the refrigerator. Keep frozen food out of the Temperature Danger Zone while thawing by keeping it on the bottom shelf of the refrigerator. Take extra care when preparing foods in which the eggs remain uncooked – such as egg nag and homemade mayonnaise – as bacteria on the egg shells can contaminate the food. Be trained in safe food handling and preparation.

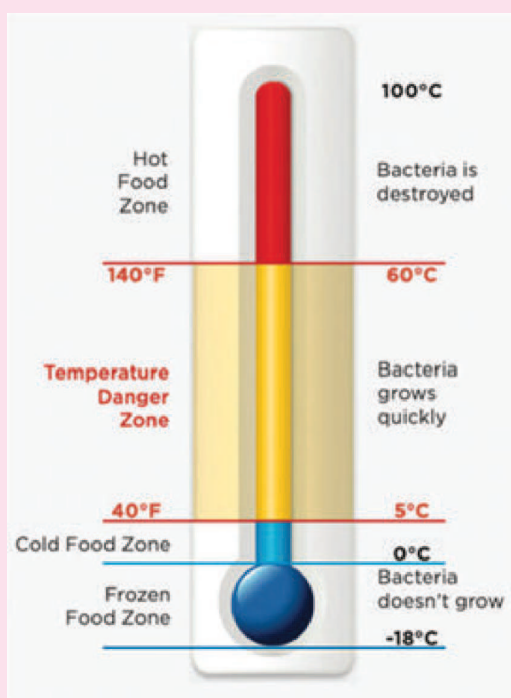
Cross-contamination: It is very important to keep raw food separate from cooked and ready-to-eat food. Raw food can contain bacteria, which causes food poisoning.

Cooked or ready-to-eat food in contact with raw food can be contaminated by bacteria from the raw food. This is called cross-contamination. Don't use the same knives, chopping boards or other equipment for raw food and cooked or ready-to-eat food. Thoroughly wash and sanitise equipments after each use.

Handling Food

Everyone has bacteria on their bodies. Even healthy people can spread bacteria onto food by touching it with their hands. Thoroughly wash and dry

hands before handling food and between handling raw food and



cooked or ready-to-eat food. Use clean, sanitised utensils (tongs, spoons, spatulas) to handle cooked or ready-to-eat food.

Gloves: Disposable gloves can be used. The same precautions should be taken when handling raw food and cooked or ready-to-eat foods. Wash and dry hands thoroughly before putting on gloves, and always use fresh gloves. Change gloves: at least once every hour if they become contaminated if they tear when switching between handling raw and ready-to-eat foods when changing tasks after taking rubbish out, and after sweeping, mopping and cleaning.

Cooking and heating: Food Bacteria grow quickly in high-risk foods when they are kept at temperatures between 5°C and 60°C. This is called the Temperature Danger Zone.

It is very important not to keep high-risk foods in the Temperature Danger Zone longer than is absolutely necessary.

Cooking food to over 75°C kills most of the bacteria. Make sure food is thoroughly cooked, and has reached 75°C at the centre.

Cooling food: Just cooked foods should not be left out to cool for more than one hour. As soon as food has cooled, place it in the

refrigerator or freezer. Large portions of food cool faster if divided into smaller quantities. Keep frozen food frozen solid during storage.

Thawing frozen food: Thaw food thoroughly before cooking. Bacteria can grow in frozen food while it is thawing, so keep frozen food out of the Temperature Danger Zone. Thaw frozen food on the bottom shelf of the refrigerator, and keep it in the fridge until it is ready to be cooked. If using a microwave oven to thaw food, cook it immediately after defrosting. If you have to cook food that is still frozen, make sure that the food is cooked right through, and that its core temperature reaches 75°C. Avoid re-freezing thawed food. Bacteria do not die when food is refrozen and are still there when the food is thawed again.

Packing and serving prepared food: Store food in clean, non-toxic, food storage containers which are strong enough for the job. Wash and sanitise containers before using them. Do not re-use containers that are only meant to be used once. When serving food, make sure that all cutlery and crockery are clean and undamaged.



Mr. Mohan Kumar
(Faculty)
IHM, Hajipur

Scope of Computer in Hotel Industry:-

The scope of computers in the hotel industry have spans across various crucial functions, as like guest services to operational management, contributing significantly to the industry's success and competitiveness. Integrating and leveraging computer technologies is essential for hotels to meet the evolving demands of modern travellers and ensure efficient and satisfying guest experiences. For smooth functioning of the hotel industry property management system have a vital role.

होटल उद्योग में कंप्यूटर का दायरा:-

कंप्यूटर एक इलेक्ट्रॉनिक उपकरण है, जिसका दायरा अतिथि सेवाओं से लेकर परिचालन प्रबंधन तक विभिन्न महत्वपूर्ण कार्यों तक फैला हुआ है, जो इंडस्ट्री की सफलता और प्रतिस्पर्धात्मकता में महत्वपूर्ण योगदान देता है। आधुनिक यात्रियों की बढ़ती मांगों को पुरा करने और कुशल संतोषजनक अतिथि अनुभव सुनिश्चित करने के लिए होटलों के लिए कंप्यूटर प्रौद्योगिकियों को एकीकृत कर और उसका लाभ उठाना आवश्यक है। होटल इंडस्ट्री के सुचारु कामकाज में प्रॉपर्टी मैनेजमेंट सिस्टम सॉफ्टवेयर की महत्वपूर्ण भूमिका है।

NATURE, FAST FOOD AND HEALTH



Kalyan Mukherjee

Head of Department-II
IHM, Hajipur

Eating seems to be more complicated than ever. A choice between Paleo diet, Keto, Vegan and so many, the choice is endless. Experts have been suggesting eating fewer processed food and packaged food.

What is processed food? When cooking alters the basic nature of the food making it convenient, increasing its shelf life and making it more flavourful, it becomes processed. When we buy a packet of frozen green peas from the super market, it is termed as processed, but only minimally processed because its natural state has not changed. It looks pretty much the same as you would find them in nature. But a packet of any frozen snacks like ready to eat food products, which can be heated in the microwave, are considered highly processed because they have been chemically altered with artificial flavours, additives, preservatives and other ingredients.

Almost all foods that we eat are processed in some way or the other. A can of tomato puree, or a can of tuna are processed to retain their freshness. We are more concerned about the processed foods which has refined flour like cake mixes, gulab jamun mix and all convenience foods which are readily available in supermarkets. We consume a lot of these food items daily which are loaded with trans fat, too much salt and loads of sugar. Add to these the chemicals and pesticides which have been used in agriculture these days. In order to support the growing world population, new scientific technologies use unprecedented amounts of artificial manures to increase the production of grains and vegetables and to prolong their shelf life.

Modern day eating habits are more inclined towards burgers, pizzas, biryanis, wafers, soft drinks etc. which are not only ultra processed but also contain more salt and calories than our daily needs.

Ultra processed foods usually have more than one ingredient which may include additives that are not used in home cooking. It is used across all types of foods be it ice-cream, or any meat preparation. They are also conveniently and attractively packaged.

The consumption of such food gives rise to the chances of non-communicable diseases. These food items do not even provide the required daily nutrients. These foods are termed as junk food.

Again these foods are very attractively packaged the packaging material used are also not healthy. Like a bottle of soft drink in a PET bottle which is made of plastic. Plastic is a chemical product, chemicals are used to make it malleable. And the soft drink will be in contact with this plastic bottle to be consumed by people like us.

A report that brought out the affordability aspect of junk food partly explains its popularity. During the period of pandemic 2019-2021 India had a challenging economic situation. During this period the volume of growth in the convenience food and readymade food market saw phenomenal growth.

The rich people are moving from this type of food to the organic variety. Although these two are opposite trends but affordability factor cannot be ignored in the mass market.

Studies show that the higher intake of ultra processed food is associated with an increased risk of cardiovascular diseases, higher risk of anxiety and common mental disorders. Risk of type 2 diabetes, obesity and sleep dis-orders also cannot be ruled out.

An effective step which can be taken is to label the foods correctly. Consumer awareness campaigns should be undertaken periodically. However, the best possible remedy is to eat home cooked food as much as possible. India's rich tradition where fresh raw materials like vegetables, fish, milk, meat etc. are used in cooking tasty food. It is the real solution

THERE IS NO SUCH THING AS JUNK FOOD.

THERE IS JUNK AND THERE IS FOOD.

MARK HYMAN

IHM, HAJIPUR NIRVANA 2024

Hotel Management as an option for the present generation of career seekers



Pramod Sahni
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The post covid years have been particularly very encouraging for the tourism industry in general and hotel industry in particular. Owing to the ever booming “revenge tourism”, the hotel industry has witnessed exponential growth in terms of guestroom demand, selling of various packages, and MICE business. However, at the same time, the industry is finding it particularly difficult to cater to the ever growing business due to the lack of sufficient skilled and trained talent and manpower. The scarcity of suitable and sufficient talent has got many underlying reasons behind it, the most important ones of which are:

1. Prolonged working hours and job pressure
2. Poor salary and wages in comparison to the amount of work undertaken; and
3. Lack of an active social life for the hotelier's outside their work owing to indefinite working hours.

Due to these reasons the present generation is very sceptical about hotel industry as a career option. This statement is further supported by the ever dwindling enrolment figures nationally at IHM's all over the country. Even those students who actually enrol themselves for IHM graduation course, and after they reach their final year, it has been an observation among most of the IHM's that many of the students actually opt for an alternate career other than hotels such as retail, real estate, corporate sales, etc. This is a remarkably new placement trend across IHM's which is slowly catching up. While this new trend is worrisome news for the hotel industry which is already feeling the heat of lack

of requisite and efficient manpower, on the contrary it is welcome news for those sectors which prefer IHM graduates over others owing to their soft skills which is in great demand across many diverse sectors. These sectors offer a comparatively better pay package as compared to hotel industry coupled with an assured fast track career growth program. Such career options have gained immense popularity among IHM graduates over the years thus giving another blow to already crippled hotel industry.

To regain the trust of hospitality graduates regarding choosing hotel as a career option, the hotel industry needs to immediately address some of the major concerns which are:

1. Introduction of minimum wages and distinct salary structure for hospitality graduates, under graduates and non-technical staff.
2. Minimum two weekly off's for a better work-life balance.
3. Introducing the concept of “paid overtime” for a healthy work culture.
4. Ensuring long-term job security and various welfare measures for the staff members as well as their immediate family members.
5. Undertaking various promotional measures to rebrand hotel industry as a viable long term career option, just like other careers.

All these measures, if implemented, would surely help to address the null and void which has set among the present generation regarding choosing hotel management as a career option. One must always remember that the present generation is the one which is the most informed one owing to the technological advancement, and they mostly take a well-informed decision when it comes to choosing a career usually in terms of “input-output” (initial investment vs. expected returns). Thus, until and unless both the sides of the weighing scale are equally balanced, the hotel industry will continue to suffer from short-term as well as long-term manpower scarcity.



यादों के झरोखे से

पाने की चाहत और खोने के डर के बीच जीवन असंतुलित होता जा रहा है। मानव मन इसे संतुलित करते करते थक जाता है पर संतुष्टि का कोई पैमाना ही नहीं है। आज अतीत में झांकता हूँ तो पता चलता है की जिंदगी के इस संघर्ष भरे राह में सफलता की चाहत में चलते गया, मंजिल भी मिली पर सुकून नहीं। सुकून की चाहत में चला तो पता चला कि मंजिल मेरी कहीं और थी, रास्ता ही भटक गया। अब जीवन में वह जूनून और जज्बा नहीं बचा कि अपनी इस अधूरी मंजिल को नए रास्ते से चलकर पा सकूँ। अर्थात् जहाँ से चला था वहीं पहुँच गया। उस दिन भी मंजिल अधूरी थी और आज भी वहीं खड़ा हूँ। इस मोड़ पर सोचता हूँ कि क्या मंजिल का चुनाव गलत था या गलत रास्ते पर चला गया तो पाया कि ना मंजिल गलत था न रास्ते, सारा दोष तो मेरा था जो उस तक पहुँचा नहीं। अर्थात्—
“दुविधा में दोनों गए, माया मिली न राम”

आज समझ में आ रहा है कि जूनून, जोश, जज्बा, कुछ करने की चाहत, उमंग, चंचलता आदि ही जीवन का पर्याय है। इन सबके बिना जीवन कटी पतंग की तरह है जिसमें न कोई उत्साह है न उमंग है। अब एक अच्छा मार्गदर्शक बनकर किसी और के माध्यम से अपने अधूरे सपने को पूरा करने की जिद लिए चला जा रहा हूँ। शायद इसी जूनून के बल पर मैं अपनी मंजिल तक पहुँच पाऊँ।

जमाना न तेरी हार देखता है,
जमाना न तेरी जीत देखता है,
मुसीबतों में चुनौतियों से कैसे लड़ा,
जमाना तो जिद और जूनून देखता है”

अतः मेरे छात्रों, अपने अन्दर जिद और जूनून की कमी मत होने दो। मंजिल तुम्हारे कदमों को चूमेगी। मंजिल की हर कदम तुम्हारे संघर्ष को बयाँ करेगी।

अमित कुमार

(वरीय व्याख्याता)

आई एच एम., हाजीपुर

अभिमान

जय राम कहो, हाय राम नहीं ।
स्वयं पर ना अभिमान करो ।
शीश झुका कर ग्रहण करो,
मान करो, ना अभिमान करो॥

जन्म मिला दिव्य मानव काया में,
स्वस्थ शरीर, सुंदर कण-कण मिला।
गुरु जनों का सानिध्य मिला,
कुंचित काया, श्रेष्ठ तन मन धन मिला॥

सुंदर वाणी, उत्तम विचार रखो,
मत खुद को बदनाम करो।
जय राम कहो, हाय राम नहीं ।
स्वयं पर ना अभिमान करो ।
शीश झुका कर ग्रहण करो,
मान करो, ना अभिमान करो॥

मात-पिता का स्नेह मिला,
स्नेहल अंतर मन का प्यार मिला ।
नैन नक्श भी अच्छे मिले,
सर्वश्रेष्ठ परिवेश और संसार मिला ।
परिजनों का है सहारा,
स्वर्ग सुख युक्त घर बार मिला॥

कर-वद्ध हो, करो वंदन सबका,
झुक कर सब का सम्मान करो।
जय राम कहो, हाय राम नहीं ।
स्वयं पर ना अभिमान करो ।
शीश झुका कर ग्रहण करो,
मान करो, ना अभिमान करो॥

गुरुजनों से ज्ञान मिला,
उच्च स्तरीय सम्मान मिला।
की श्रम कर्मठता से जो हमने,
फल स्वरूप धन-धान्य मिला।
भौतिक संपन्नता, बहुमुखी बौद्धिकता,
लाखों में पहचान मिला॥

संग्रहित किया भर-भर के हमने,
अब ईश्वर का भी कुछ काम करो।
जय राम कहो, हाय राम नहीं ।
स्वयं पर ना अभिमान करो ।
शीश झुका कर ग्रहण करो,
मान करो, ना अभिमान करो॥

जब तरु फलों से भर जाता है,
हो धरा उन्मुख वो शीश झुकाता है।
जो हो वृक्ष फल-फूल विहीन,
हो घमंड-युक्त अकड़ा जाता है।
जो सर झुके सदा वंदन में,
आशीर्वचनो का शुभ आशीर्वाद पाता है।

रहो कृतज्ञ दाता का,
रिदय में राधे, मन में काले-श्याम रखो।
जय राम कहो, हाय राम नहीं ।
स्वयं पर ना अभिमान करो ।
शीश झुका कर ग्रहण करो,
मान करो, ना अभिमान करो॥



संदीपन सांकृत्यायन,
व्याख्याता,
होटल मैनेजमेंट संस्थान,
हाजीपुरा

CHENNA PODA



Satyapriya Behera

Asst. Lecturer
IHM, Hajipur



INGREDIENTS

Description	Qty	Unit
Chenna (fresh)	200	gram
Milkmaid	100	gram
Semolina	20	gram
Cardamom Powder	5	gram
Ghee	15	ml
Cashewnuts		For Garnish
Banana leaf	2	No.

Step 1 : Take a baking tray, line it with banana leaf, and grease it with ghee.

Step 2 : In a bowl, finely scrumble chenna with the help of a hand, along with milkmaid.

Step 3 : Add semolina and cardamom powder, and ghee, and mix well. If the mixture becomes thick, milk can be added.

Step 4 : Pour mixture into the baking tray, and garnish with cashew nuts.

Step 5 : Bake in the oven for 20 minutes at 180°C, till the top layer becomes golden brown in colour. Cut into pieces and serve.

Serving Suggestions : Cut into pieces and serve

SANAI PHOOL PAKODE



Mr. Anupam Kumar
Senior Lecturer
IHM, Hajipur

HISTORY/ABOUT THE DISH :

- High in fibre, sanai phool is the flower of the jute plant and is commonly available in regions with extensive jute cultivation. The buds of these yellow flowers are mixed with a coarse paste of garlic, green chillies, gram flour and spices and prepared as crispy fritters.
- These crispy flower fritters are one of the most delicious but underrated dishes of Bihar.

INGREDIENTS			PICTURE OF THE DISH
Description	Qty	Unit	
Sanai Phool	200	gram	
Green chillies	4-5	Pc.	
Gram Flour/Besan	100	gram	
Garam masala	2	tbsp	
Turmeric	1	tbsp	
Coariander Powder	1	tbsp	
Roasted Cumin Powder	1	tbsp	
salt	1/2	tbsp	
Oil	250	ml	
Garlic	4	Pc.	

Picture Courtesy- Google

METHOD:

1. Wash the sanai phool/ Jute's flower Properly no stem should be left over.
2. Now take garlic, Green Chillies together and make a paste.
3. Add Gram flour/besan, Garam Masala, Roasted cumin powder, Turmeric, Coriander, salt and mix it properly with soft hand.
4. Then the mixture is given any desirable shape and fried in hot oil.
5. Keep in mind that turn it in every 5 min and fry till golden brown.
6. Now Serve it with Chutney-Coriander chutney or Green chilly.

“बसंत के चपल चरण”



श्रीमती प्रतिमा सिन्हा
पुस्तकालय अध्यक्ष
आई.एच.एम, हाजीपुर

आना बसंत आना, तुम बार-बार आना
नवगीत लिए आना, नवप्रीत लिए आना
मदमस्त हवाई लाना, जन जन में प्राण लाना ॥

आना बसंत आना
तुम बार-बार आना

सरसों के फूलों में तुम, गांव के झूलों में तुम
नवयौवना के श्रृंगारों में तुम, छात्रों के हृदय में तुम
एक नई ऊर्जा जगाना ॥

आना बसंत आना
तुम बार-बार आना

वसंत एक वेग है, वसंत एक गान है
पुकारती इसे धारा, पुकारता गगन है
तुम सबमें आनंद जगाना॥

आना बसंत आना
तुम बार-बार आना
कोयल ने कुक तानी, भौरो ने राग छेड़ा
कमलो ने मुखड़ा खोला, अलसी ने कलश झुलाया
तुम अपने चपल चरण से, इस धारा को प्राण देना॥

आना बसंत आना
तुम बार-बार आना

प्यारी माँ



प्यारी माँ मुझको तेरी दुआ चाहिए
तेरी आँचल की ठंडी हवा चाहिए
लोरी गा के मुझको सुलाती है तु
मुस्कुरा कर सवेरे जगाती है तु
मुझको इस के सिवा और क्या चाहिए
प्यारी माँ मुझको तेरी दुआ चाहिए।
तेरी ममता के साये में फलू फूलो,
थाम कर तेरी ऊँगली में बढ़ता चलू,
आसरा बस तेरे प्यार का चाहिए,
प्यारी माँ मुझको तेरी दुआ चाहिए।
तेरी खिदमत से दुनिया में अदमत मेरी
तेरे पाँव के नीचे है जन्नत मेरी
उम्र भर सर पर तेरा साया चाहिए,
प्यारी माँ मुझको तेरी दुआ चाहिए।



Shashikant Kr. Arya
Batch : 2016-19
B.Sc. H&HA



Dr. JAYANTI PRABHA SINHA
(Academic Assistant)
IHM, Hajipur



CONCEPT OF MEDICAL TOURISM IN BIHAR

There are many ways to define Medical Tourism which is also known as Medical Travel, Surgical Tourism, Health Tourism, Medical Value Travel, Health Care Abroad, Medical Overseas and even Medical Outsourcing and Offshore Medical. Medical Tourism can be broadly defined as providing cost effective private Medical care collaboration with Tourism Industry for patients needing surgical and other forms of specialized treatment. In simple words Medical Tourism is the process of traveling abroad to receive superior medical, dental, cosmetic care by highly skilled surgeons at some of the most modern and state of the art medical facilities in the world where the cost of treatment is comparatively very low than their home country.

The concept of Medical Tourism is not new one, in ancient Greece, pilgrims and patients came from all over the Mediterranean to the sanctuary of the healing God Asclepius at Epidaurus. In Roman Britain patients traveled to the Hot Waters Springs to cure their diseases, a practice that continued for 2,000 years. From the 18th century wealthy Europeans travelled to Spas from Germany to the Nile. Since the early nineteenth century, when there were no restrictions on travel in Europe, people visited neighboring countries in order to improve their health. At first, mere traveling was considered to be a good therapy for mental and physical well being. In the 21st century relatively low-cost jet travel has taken the industry beyond the wealthy and desperate. Later, mostly wealthy people began traveling to tourist destinations like the Swiss lakes, the Alps and special tuberculosis sanatoriums, where professional and often specialized medical care was offered. In this century, however, Medical Tourism expanded to a much larger scale. Thailand, followed by India, Puerto-Rico, Argentina, Cuba and others quickly became the most popular destinations for Medical Tourists, complicated surgeries and dental works, kidney dialysis, organ transplantation and sex changes topped the list of the most popular procedures. In the year 2007, six lakhs Medical Tourists came to Bangkok and Phuket

medical centers in Thailand, while approximately four lakhs and fifty thousand foreign patients visited India during that time. From Neolithic and Bronze age where in people used to visit neighboring countries for Minerals and Hot Springs, Today we have reached the era where Hospitals are more like Spas and Spas more like hospitals.

MEDICAL TOURISM IN INDIA: Medical Treatment is the latest reason to visit India because of the low cost with world class services and quality treatment. India is promoting the high-tech-healing of its private health care sector as a tourist attraction. The Ministry of Tourism is encouraging Medical Tourism, Operators to sell the idea of traveling to India for low cost but world class treatment. Medical Tourism in India is a combination of several factors which makes India A unique healthcare destination. Over 60,000 cardiac surgeries are done every year with outcomes at par with international standards. Multi-organ transplants are successfully performed at 1/10th the costs in comparison to the West, patients from over 55 countries are treated at Indian hospitals. The Indian healthcare industry is undergoing a phenomenal expansion and India is now looked upon as the leading country in the promotion of medical tourism, with an annual growth rate estimate at 30% while India top-rated education system provides an estimated 30,000 doctors and nurses each year to meet this demand the Indian governments spend on the health care sector is expected to around 8% of its GDP by 2010.

TOURISM IN BIHAR & BUDDHA CIRCUIT: Rich in its historical traditions and ancient splendor, the culturally rich Bihar has derived its name from "Vihar". It was called the land of "Viharas" for its having a good number of recreational sites where people enjoyed activities in serene surroundings by the side of ponds and lakes. Endowed with a rich cultural and religious heritage, Bihar was a seat of power of the vast and powerful Magadh Empire, whose might had checked further onslaught of Alexander the Great. Bihar was cradle of civilization and

nerve centre of religious activities of Hindu, Boudh, Jain, Sikh and Islam. It has seen rise and fall of prosperous empires. This is a land of ancient universities of Nalanda and Vikramshila, the seat of higher learning, which spread knowledge far and wide through its students coming from different countries of the world. In this backdrop, Bihar has much to offer and showcase for promotion and development of tourism. The remnants of the two ancient universities, Nalanda and Vikramshila, the antiques and artifacts forming a treasure trove of Bihar's ancient heritage are already attracting tourists. Bihar promises development of tourism to its optimum level. It has the sacred Ganga river as its lifeline and a huge water mass in form of many rivers and rivulets in North Bihar, the Gandak, Kosi and many more and the vitally important Son river which forms the lifeline in South Bihar. Bihar is surrounded by West Bengal in the East, Jharkhand in the South, Uttar Pradesh in the West and it has the international boundary in the North with Nepal.

Bihar was a seat of power of the magnificent Magadh Empire from 6th and 5th century BC when its great ruler, Ajatshatru, reined from its capital at Rajgriha (modern Rajgir). Later, in the Fourth century BC the Mauryan ruler and great warrior Emperor Ashoka wielded a vastly extended Magadh empire from its capital Pataliputra, the modern Patna. Ashoka turned to Buddhism and had woven well the unity and peace in a sublime thread of love, piety, harmony and sacrifice. Ashoka's edicts and pillars across Bihar and other parts of the country are the living examples of Bihar's rich cultural traditions and credentials attracting tourists including scores of Buddhists from across the world. The great Gupta Empire of Magadh kingdom reined by the Gupta rulers from ancient Pataliputra had enriched art and culture heritage of the country in the 4th and 5th Century AD. The Pal rulers ruled here till 1197 AD. Bihar also mattered in the reins of the Muslim rulers from 12th to 17th centuries. A soil rich with cerebral power of fearless Biharis had much to offer in freedom struggle against British colonial rule. It even figured in the world politics of struggle against colonial powers when Mahatma Gandhi on his return from South Africa experimented Satyagrah first time in Champaran, which is famous as the karmabhoomi of Bapu against the exploitative Neel (Indigo) farmers of British origin. It has also the Ashoka's installed pillar with Lion capital that has braved more than two millennia raising its head in all its splendors. With its rich heritage of antiques, artifacts, historical facts and figures going into its favour, Bihar is a blend of beautiful and bountiful nature, natural resources, the vital sparkling pure water, important archaeological finds, and rich culture. It has been attracting domestic and foreign tourists from the ancient times. The Travelogues of the Chinese travelers Huen Tsang and Fa-Hien describe historical splendor of Bihar which offers much to tourists irrespective of their age and class. Herein, lies the history of the young prince of Nepal, Siddharth, transforming into Lord Buddha by getting enlightenment through sheer penance at Bodhi Gya under the sacred Bodhi tree which is attracting the

Buddhists tourists for ages from across the world. Bihar has 22 Nirvan Sthals of 24 Jain Tirthankars attracting the people following the Jain religion. After division of Bihar many tourism destinations went geographically into the fold of Jharkhand state. Now Bihar needs afresh.

Commercial Importance of Tourism: The world tourism industry accounts for direct employment to over 144 million people and manifold indirect employment. For the present, however, India has 0.4 per cent share of world tourism. International tourism industry has 10.2 per cent share of the global GDP with 10.6 per cent of the global work force being engaged in tourism. In India tourism and travel sector generate employment to 9.3 million people with optimism of raising this to 12.9 million jobs to the people by 2010. This will mean the tourism industry providing job to one person out of 15 people by 2010 in the country.

Every rupee spent by a tourist in the state changes hands thirteen times. Every hotel room generates direct employment to three persons and indirect employment opportunities to eight persons.

Role of State Government: As a catalyst, As a promoter, facilitator and infrastructure provider, As a pioneer, planner and joint investor with private groups to boost tourism, As a formulator of plans and policies, Maintenance of law and order, Deploying tourist police force, Disposing grievances, Standardizing quality of tourism product and services, Enacting suitable laws for tourism, Framing Rules and Regulations for tourism development, Timely execution of policies, qualitative improvement and up gradation of comprehensive master plan of the state with a focus on regional, sub-regional areas and tourist circuits etc, External assistance, Central assistance, State Government Assistance., Private Sector investment for a planned tourism development and creation of infrastructure.

Basic Infrastructure for Tourism: Keeping in view a great potential of tourism in Bihar, the creation of basic infrastructure for tourism development is imperative. Important components for infrastructural development are— Arranging accommodation for increased number of tourists, building of highways on tourist circuits, international level airports with total aviation back up and facilities, local transport, rail routes linking tourist spots with full amenities and facilities, the vital telecommunication link, continuous quality electricity supply with elaborate arrangements, and other essential amenities.

Accommodation: Accommodation is crucial component of tourism as it entails catering to different categories of tourists whose expenditure limits may be quite low to very high. This makes arranging for differentiated accommodations from economy class in big halls and dormitories to five star hotels and resorts.

Heritage Hotels: The state government would encourage establishment of Heritage Hotel movement in Bihar by identifying

heritage buildings and mansions to convert them to Heritage Hotels in order to provide quality accommodation to tourists.

Paying Guest Scheme: The state government will explore and develop the possibilities for launching paying guest scheme by identifying and registering the houses, house owners and families interested in this stream of tourism development.

Way side facility (Hospitality Resource Creation on Highways): Way side facility is an important part of tourism. In this vein, comfortable rest houses fitted with basic amenities on highways flanks, alongside the fuel filling stations (petrol pumps), would be created with public and private investments.

Land: In view of the constraints in availability of land for tourism infrastructure development, the department of tourism would in conjunction with revenue department and the local district administration simplify the rules and regulations for land allotment in order to create tourism infrastructure.

Bihar State Tourism Development Corporation: Bihar State Tourism Development Corporation plays an important role in development of tourism. It is currently involved in providing accommodation, transportation, food and package tour arrangements.

Investment in Core Structure of Tourism: Investments available through financial institutions will be promoted and encouraged. Proposals will be sent to the Tourism Financial Corporation of India for investment in tourism through the state government and the NRIs.

Joint Investment with Private Sector: Private sector would be invited by the government to enter into joint venture to develop many important places whose tourism potential had not yet been tapped. The state government would lay down Rules and Regulations for such joint ventures.

Tourism as Industry: Regulations would be framed for developing tourism industry and the way to facilitate assistance to the entrepreneurs who endeavor to promote it. All facilities and incentives available for industry will apply to investment in industry sector.

Road Transport: With road transport being the nerve line of tourism, the construction of roads, their proper maintenance and availability of vehicles for the tourists would be given due priority.

Providing Air Taxi and Helicopter Services: The state government shall endeavor to provide air taxi and helicopter facilities to the valued tourists. On the basis of demand creation the state government would try to link important tourist places through air taxi and helicopter services.

Fair and Festivals: Keeping in with the tradition of organizing the cultural and religious fair and festivals, the state government would integrate these to tourism.

Tourist Information Centers: Tourist information centers of IHM, HAJIPUR NIRVANA 2024

the state government would be modernized well equipped with the modern information and communication technology (ICT).

Development of Handicraft and Cottage Industry: Tourism development is interlinked with the development of handicraft and cottage industry. The state government would exploit this potential for which establishment of Shilp Gram (Craft villages), handicrafts market near the tourist place is in the agenda for tourism development.

Weekend Tourism: Developing tourist spots with an aim to attracting tourists from the neighboring states would require a good amount of investment for creating shopping malls, eating outlets, theme parks and entertainment centers.

Tourism with Wildlife: Tourism linked with wildlife has a lot of potential for attracting domestic and foreign tourists.

Guides: The government would select the right people, well behaved, educated and trained with good manners, good communication skills on the posts of guide and grant them licenses for being posted at different tourist spots.

Domestic Tourism: While developing tourism to attract foreign tourists the importance of domestic tourism has to be placed in the mind. Domestic tourists abound in the country moving tourism destinations and religious places in different states across the country.

Regional Tourism/Cooperation with Neighboring States: An elaborate arrangement in coordination with tourism development corporations of the neighboring states has to be done to tap the unlimited potential of tourism within the region.

Development of Light and Sound System: Effective light and sound system for entertaining tourists would be developed at the tourist sites including the historical sites.

Development of Aqua Tourism: With a vast expanse of natural water originating in form of rivers coming down from Nepal and the sacred Ganga river and a wide Son river, Bihar has a wide scope for developing aqua tourism and river sports. Arrangements of floating restaurants and river cruises through motor launches and motor boats are the highlights of developing tourism in Bihar where in ancient times the "Viharas" played this crucial role of tourism. In the state capital, Patna, aqua tourism is on the anvil.

20 years Master Plan: The department is formulating a 20 years Master Plan with a future projection for development of tourism in the state. The Master Plan is to envisage selection of tourist sites in all the districts of the state for their development. The state would entail construction of suitable accommodation for the pilgrims at the respective religious destinations.

Conservation of Historical and Cultural Heritages: The government would ensure encouraging private sector participation in maintenance of historical and cultural heritages with an aim to promote tourism. For this cooperation of the central department of

archaeology, religious trusts, municipalities, and municipal corporations would be sought. Besides, the voluntary organizations and NGOs can also do this job on stipulated terms and conditions.

Awareness of Tourism: Tourism provide economic dimension to the development of the state. With this point of view seminars, quiz competitions, drawing competitions, exhibitions and display of films on tourism are to be organized. Tourism literature would be provided to participating children to mark their awakening in this respect.

Development of Eatables: In pursuit of tourism development popular eatables of international and local levels have an important role to play. Bihar boasts of a variety of recipes and fruits that give a unique character to Bihar. Recipes such as Khaja, Lai, Belgrami, salted recipes such as litti-chokha, pickles, sauces, papad, sattu, and Makhana preparations give such uniqueness to the state. Fruits including mango, litchi, and banana are available in abundance with their known qualities and distinct varieties.

Training: Personnel allied to tourism will be given suitable training to ensure care and comforts of the tourists.

Publicity and Extension: Publicity and extension has to play an important role to disseminate information about the tourist places across the world. For this tourism department participates in national and international exhibitions with expositions of its tourist sites.

Rural Tourism: In the coming years the rural tourism will take its shape playing an important role. As a majority of people live in villages in Bihar the linking of the villages to tourism development will encourage the tourists to enjoy the country life.. The people of Bihari origin from across the world and in other parts of the country would be extended the opportunity under a special scheme to contribute their mite in development of tourism in the state. A standardized brand of Bihar tourism has to be popularized at national and international levels.



MR SUNNY RANA,

General Manager,
Hotel Patliputra Continental

Providing Exceptional Guest Service is the Key to Creating Memorable Experiences

Sunny Rana is a seasoned hospitality professional with over 30 years of experience. As general manager of the hotel patliputra continental he oversees flagship operations, implements growth strategy and spearheads innovative programs. His illustrious career includes roles such as Group General Manager at Choice Group of Hotels, CEO at Sterling Group, Corp. GM Operations & Projects at Hyatt Group of Hotels, and currently he serves as the General Manager at REPL Hospitality.

Could you tell us about your recent conversation with the team of the annual magazine at IHM Hajipur?

Certainly. I had a very insightful discussion with the team at IHM Hajipur where I expressed my keen interest in bridging the gap between the hospitality industry and academia.

What specific points did you emphasize during the conversation?

I emphasized the importance of fostering frequent interaction between budding hotel professionals and seasoned experts. Additionally, I suggested that faculty members at IHMs should engage in regular visits to the industry to stay updated on the latest trends, palate preferences, technological advancements, and more.

Did you discuss any potential areas for collaboration between institutions and industry players?

Yes, I highlighted the potential for research and development in various aspects of the hotel industry, particularly in food production and service, through collaborative efforts between institutions and industry players.

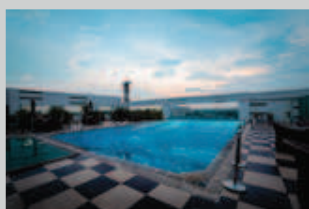
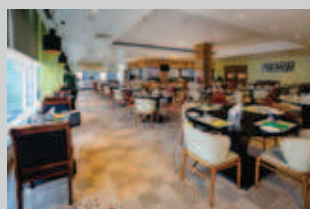
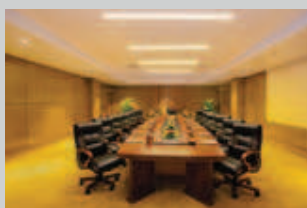
You mentioned a heartfelt desire to visit IHM Hajipur and engage with the students. Could you elaborate on that?

Absolutely. I believe that visiting IHM Hajipur would be a nostalgic experience for me and an enlightening opportunity for the students to learn from my vast experiences in the hospitality industry. I'm eager to share my insights and knowledge with the students.

Lastly, do you have any messages for the outgoing students at IHM Hajipur?

I extend warm wishes to all outgoing students for successful careers in the industry. It's an exciting time for them, and I'm confident they'll make significant contributions to the hospitality sector.





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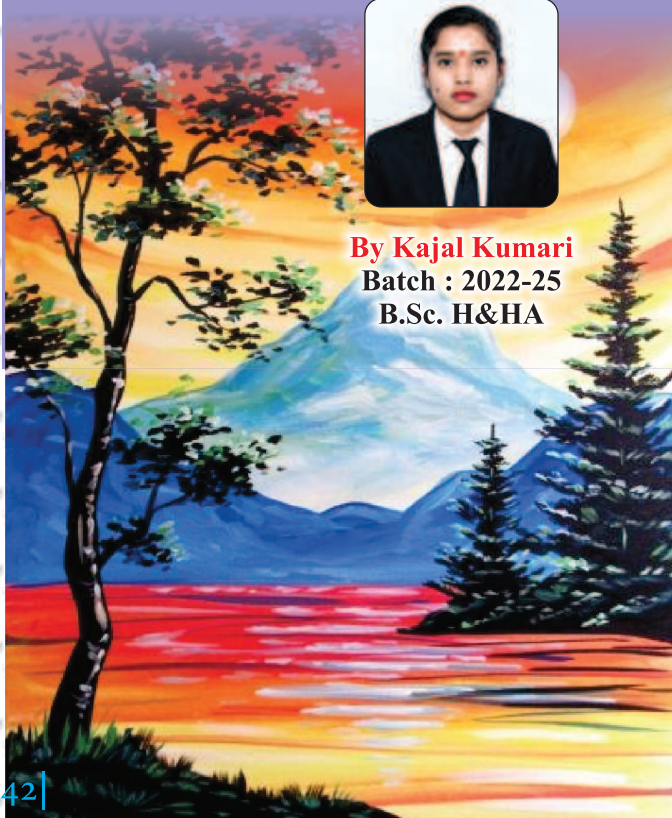
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In the land where sunsets paint the sky,
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A land of wonders, where adventure soars.
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The aroma of spices fills the air,
As colors dance with vibrant flair.
From bustling streets to tranquil plains,
India's diversity forever reigns.
With hearts as warm as the golden sun,
Hospitality is second to none.
In unity, we find our strength,
In India's embrace, we find our length.
Oh, India, land of dreams and lore,
Forever in our hearts, we adore.
Your beauty, culture, and grace,
Make India truly a special place.



By Kajal Kumari
Batch : 2022-25
B.Sc. H&HA



एक गुलाब

एक गुलाब उस के लिए
जिसने मुझे बोलना सिखाया,
एक गुलाब उस के लिए
जिसने मुझे जीना सिखाया,
एक गुलाब उस के लिए
जो हर वक्तफ मेरे साथ होती है,
एक गुलाब उस के लिए
जो मुझे सही बात समझाती है,
एक गुलाब उसके लिए
जो मुझे खुश रखती है,
एक गुलाब उसके लिए जो मेरे लिए
सब कुछ हुआ करती थी,
एक गुलाब उसके लिए
जिसने मुझे जानकर भी अंजान बताया था,
एक गुलाब खुद को भी क्यों कि
मैंने खुद को समेटना सिखाया ।



Barge Sujal Sanjay
Batch : 2022-25
B.Sc. H&HA





"Embracing the Essence of Hospitality"



Gaurav Kumar Mishra

Batch : 2023-26

B.Sc. H&HA

"अथिति देवो भवः" is a

beautiful Sanskrit phrase that means "The guest is equivalent to God."

It emphasizes the importance of treating guests with utmost respect, hospitality, and care.

Hotels are more than just temporary abodes; they are portals to memorable experiences where every detail is meticulously crafted to create a home away from home. In the heart of every hotel lies a commitment to hospitality, where guests are welcomed with open arms and genuine warmth. From the grandeur of historic landmarks to the intimate charm of boutique hideaways, each hotel offers a unique narrative waiting to be discovered. Hospitality is an art form, practiced with finesse and sincerity, ensuring that every guest feels valued and cherished. From the moment you step into the lobby, you are transported into a world of luxury and comfort, where every need is anticipated and met with grace. Every interaction, from the concierge's recommendations to the housekeeper's attention to detail, reflects a dedication to exceeding expectations. Hotels serve as hubs of connection, where people from diverse backgrounds come together to share stories and create lasting memories. The true essence of hospitality lies in the connections forged between guests and staff, fostering a sense of belonging and camaraderie. Whether it's a cozy bed-and-breakfast or a sprawling resort, hotels offer a sanctuary from the chaos of daily life, inviting guests to unwind and rejuvenate. The magic of hospitality transcends language and culture, creating bonds that span continents and generations. In the world of hospitality, every guest is treated like royalty, with personalized service and genuine care. Hotels are not merely buildings; they are living, breathing entities pulsating with energy and

vitality. From the opulent decor to the world-class amenities, every aspect of a hotel is designed to delight and inspire. Hospitality is a dance of anticipation and fulfilment, where every guest's needs are met with grace and aplomb. Hotels are stages where life's most memorable moments unfold – from weddings and celebrations to quiet moments of reflection. The mark of a truly great hotel is its ability to make guests feel special, no matter how far from home they may be. In the embrace of hospitality, strangers become friends, and memories are woven into the fabric of time. Hotels are guardians of tradition and heritage, preserving the stories and legacies of generations past. Every stay is a journey of discovery, where guests are invited to explore and experience the wonders of the world. From the bustling city streets to the tranquil countryside, hotels offer a haven of tranquillity and relaxation. The beauty of hospitality lies in its ability to create moments of magic – from surprise upgrades to thoughtful gestures that leave a lasting impression. Hotels are like beacons of light in a sometimes dark and chaotic world, offering refuge and solace to weary travellers. From the moment you arrive, you are enveloped in a world of comfort and luxury, where every need is anticipated and met with care. Hospitality is a language spoken with a smile, a gesture, a kind word – transcending borders and fostering connections that endure. Hotels are canvases waiting to be painted with the brushstrokes of each guest's unique experience, creating a tapestry of memories to cherish. In the embrace of hotel hospitality, every guest is welcomed as family, with warmth and sincerity that leave a lasting impression.



Keshav Kumar

Batch : 2023-26
B.Sc. H&HA

PEER PRESSURE

Nowadays, all the students feel a pressure of expectations, hope and to do excellence in their fields from their parents, relatives and the society. This not only affects their decisions, behaviour but also their sense of well being. The students are very sensitive of others opinion about them especially their peers. The students get afraid of what others will think of them when they'll not be able to achieve what others expect them to be . They get afraid of their parents broken faith in them , the shame they'll bring to their parents as they could not achieve what they were expected.

Peer pressure can also lead to students engaging in risky behaviours such as taking drugs , alcohol otherwise they will not consider. In addition to social influences , students also feel pressure in academic settings . This pressure to perform can also lead to stress , anxiety , and even degradation in health.

Sometimes, this can lead to major incidents such as suicide which not only brings psychological damage but also emotional damage to their families. So , to resolve these situations , various steps must be taken to ensure that these tragic incidents do not occur again.

RAGGING

****The Perilous Practice of Ragging : A Call for Eradication****

Ragging, once perceived as harmless initiation rituals, has morphed into a pervasive and destructive practice within educational institutions. Despite efforts to curb it, ragging persists, leaving a trail of physical, emotional, and psychological scars in its wake.

At its core, ragging embodies a toxic culture of power dynamics and humiliation. Fresher's, often vulnerable and seeking acceptance, become easy targets for seniors seeking to assert dominance. What begins as seemingly innocuous pranks can quickly escalate into acts of bullying, harassment, and even violence.

The consequences of ragging are far-reaching and profound. Victims endure trauma that can linger long after the incident, impacting their academic performance, mental health, and overall well-being. Many suffer in silence, afraid to speak out for fear of reprisal or social ostracization.

Moreover, ragging perpetuates a culture of fear and silence, undermining the principles of equality, respect, and camaraderie essential for a conducive learning environment. It erodes trust between students and erases the notion of educational institutions as safe spaces for intellectual and personal growth.

Eradicating ragging requires a multifaceted approach. Educational institutions must enforce stringent anti-ragging policies and provide avenues for reporting and addressing incidents promptly. Peer education programs can foster empathy and understanding among students, promoting a culture of inclusivity and mutual respect.

Additionally, legal measures should be enforced to hold perpetrators accountable for their actions, sending a clear message that ragging will not be tolerated under any circumstances.

In conclusion, ragging is a scourge that undermines the very fabric of educational institutions. It is imperative that students, faculty, and authorities unite in their resolve to eradicate this harmful practice and create safer, more nurturing environments for all. Only then can we truly uphold the values of education and cultivate a culture of dignity and mutual respect.



Aditya Thakur

Batch : 2022-25
B.Sc. H&HA



आकांक्षा
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एक नारी

तू है नारी ना डर तू
है चुनौतियां तो उनसे लड़ तु
जंग है मैदान में तू क्यों घबरा गई
है चुनौतियां कहीं तू अभी क्यों लड़खड़ा गई
है रूप तेरे कई तू एक ही रूप में क्यों समा गई
देख अपनी शक्ति को तू अभी ही क्यों घबरा गई
है चुनौतियां करें तू क्यों लड़खड़ा गई
तू है नारी नहीं तू क्यों डगमग आ गए
जीत से पहले ही क्यों तू हर को अपना गई
तू है नारी ना डर तू
है जीत तेरा लक्ष्य उसको ही पकड़ तू



- आस्था रानी
Batch : 2022-25
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खोकर खुद को पाया

खोकर ही खुद को पाया है हमने
बड़ी मुश्किल से ये मिजाज पाया है हमने
कर दिया है इस दुनिया को दर किनार तब कहीं
खुद को समझ पाया है हमने
किसी को खुश करने की अब जरूरत न रही
जब ये जाना कि हर रिश्ता निभाया है हमने
क्या सोचते थे हम और सच क्या था
सच और झूठ के फासले को हटाया है हमने
वक्त के साथ बदल जाना ही हकीकत है
और फिर वक्त को भी तो भुलाया है हमने

Exploring the Importance of Holiday Trips During College Life



Mahak Rai
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College life is not just about attending classes, submitting assignments, and studying for exams. It's also about self-discovery, personal growth, and creating lasting memories. One of the most enriching experiences that college students can engage in is taking holiday trips. These trips offer numerous benefits that go beyond mere leisure. In this article, we will delve into the significance of holiday trips during college life. Holiday trips provide students with an opportunity to unwind and rejuvenate. College can be incredibly demanding, both mentally and emotionally. Constant deadlines, academic pressure, and social obligations can take a toll on students' well-being. A holiday trip offers a much-needed break from the rigors of academic life, allowing students to relax and recharge their batteries.

Moreover, holiday trips foster personal development and cultural awareness. Travelling exposes students to new environments, cultures, and ways of life. It broadens their horizons and encourages them to step out of their comfort zones. Whether it's exploring historical landmarks, trying exotic cuisines, or interacting with locals, holiday trips offer valuable learning experiences that cannot be replicated in a classroom setting.



-Kalyan Kant
Batch : 2022-25
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अतुल्य बिहार:

बिहार के किनारे, गंगा के तीरे,
बिखरी हैं यहाँ अनगिनत प्रेम कहानियाँ।
धरती की गोद में बसी है सांस्कृतिक धरोहर,
यहाँ की मिट्टी में बसी है अमर सपनों की सीँचाई।

गाँवों की धूप, खेतों का सीना,
मजबूत खेत, खुशहाल वादियाँ।
सुगंधित मिट्टी, मिट्टी की खुशबू,
बिहार की यह धरा, अमृत की धारा है।

संगीत की धुन, कविता का रंग,
परंपरा की भव्यता, साहित्य की धरा।
बिहार की रिवायातें, बिहार का विरासत,
हर एक राग, हर एक छंद, इसे बताते हैं कविता के रंग।

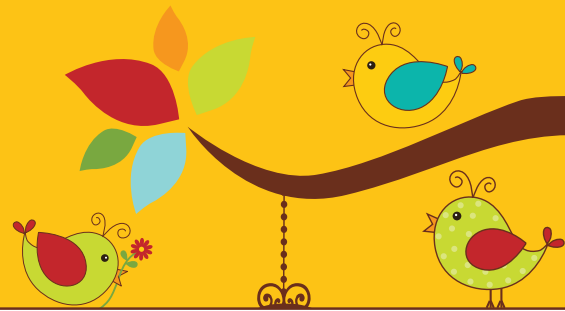
बिहार की धरती, हर कदम पर कहानी,
उसकी आवाज, हर दिल में बसी।
गर्व से भरा है बिहार का हर जीवन,
यहाँ का हर रंग, हर स्वर, बिहारी का प्यार है।



Kumar Shubham

Batch : 2022-25

B.Sc. H&HA



COLLEGE LIFE

College life is one of the most remarkable and lovable times of an individual's life. Unlike school life, college life has a different experience, and a person needs to have this experience in his/her life. College life exposes us to whole new experiences which we always dream of experiencing after our school life. Lucky are those who get the chance to enjoy their college life, as many people don't get this chance due to their circumstances or financial issues. For every person, college life has a different meaning. While some people spend their college life partying with friends, others become more cautious about their careers and study hard. Whatever the way, every individual enjoys their college life and always wishes to relive that time once it is over.

Both school life and college life is the most memorable time of a person's life, but both of them are quite different from each other.



Ankit Mishra

Batch : 2021-24

B.Sc. H&HA

A SALUTE TO OUR SOLDIERS



I see you standing among them all Standing so strong, proud and tall the world looks at you, but does not see Everything you sacrifice to keep us free.

I'm here to say, to let you know that you are loved, even if it doesn't show You fight for our hopes, dreams, and liberty You fight for our freedom..... A hero to be

We want you to know, you're never alone For we are waiting, for you to come home But the hardest thing for a person to be Is you. A SOLDIER, fighting To keep us free.

THANK YOU TO ALL OUR SOLDIERS IN THE ARMED FORCES OF INDIA WHO HAS SACRIFICED SO MUCH... TO KEEP US ALL SAFE AND FREE.....



SHASHI KUMAR

Batch : 2023-26

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छठ पूजा: सूर्य, प्रकृति और भक्ति का उत्सव

छठ पूजा की जड़ें प्रकृति में गहराई से जुड़ी हुई हैं, जिसमें नदियों, तालाबों या किसी जल निकाय के किनारे अनुष्ठान किए जाते हैं। भक्त अनुष्ठानों के दौरान सख्त अनुशासन और स्वच्छता का पालन करते हैं, जो पर्यावरण के साथ सौहार्दपूर्ण संबंध को दर्शाता है।

छठ पूजा जाति, पंथ और सामाजिक स्थिति की बाधाओं को पार करती है, एकता और सांप्रदायिक सद्भाव की भावना को बढ़ावा देती है। परिवार अनुष्ठान करने, भोजन साझा करने और आशीर्वाद लेने, बंधनों को मजबूत करने और अपनेपन की भावना को बढ़ावा देने के लिए एक साथ आते हैं।

त्योहार सिर्फ अनुष्ठानों के बारे में नहीं है; यह संस्कृति का उत्सव भी है, जिसमें मधुर छठ गीत, पारंपरिक नृत्य और जीवंत जुलूस हवा को खुशी और उत्सव से भर देते हैं। छठ पूजा के दौरान वातावरण विद्युत्तमय होता है, सड़कें रंग-बिरंगी सजावट और दीयों से सजी होती हैं।

जबकि छठ पूजा परंपरा में गहराई से निहित है, आधुनिक अनुकूलन भी उभरे हैं, भक्त प्रियजनों के साथ जुड़ने के लिए प्रौद्योगिकी का उपयोग कर रहे हैं, प्रार्थना और आशीर्वाद वस्तुतः साझा कर रहे हैं, खासकर उन लोगों के लिए जो शारीरिक रूप से उपस्थित होने में असमर्थ हैं।

छठ पूजा केवल एक धार्मिक त्योहार नहीं है; यह एक गहन आध्यात्मिक अनुभव है जो अनुशासन, त्याग और भक्ति के मूल्यों को स्थापित करता है। अनुष्ठान जीवन की चक्रीय प्रकृति का प्रतीक है, जिसमें डूबता और उगता सूरज नवीकरण और कायाकल्प का प्रतिनिधित्व करता है।

छठ पूजा, एक जीवंत और प्राचीन त्योहार है जो मुख्य रूप से भारतीय राज्यों बिहार, झारखंड, उत्तर प्रदेश और नेपाल के कुछ हिस्सों में मनाया जाता है, इसका सांस्कृतिक और आध्यात्मिक महत्व बहुत अधिक है। भगवान सूर्य और छठी मैया की पूजा को समर्पित यह चार दिवसीय त्योहार भारत और विदेशों में लाखों लोगों द्वारा बड़े उत्साह और भक्ति के साथ मनाया जाता है।

छठ पूजा की उत्पत्ति का पता प्राचीन वैदिक ग्रंथों में लगाया जा सकता है, जहां इस त्योहार के दौरान किए जाने वाले अनुष्ठानों का उल्लेख मिलता है। ऐसा माना जाता है कि इस त्योहार की शुरुआत भारतीय महाकाव्य महाभारत के एक पात्र कर्ण ने की थी, जो सूर्य देव का एक भक्त अनुयायी था।

छठ पूजा की शुरुआत नहाय खाय से होती है, जहां भक्त पवित्र नदियों में डुबकी लगाते हैं और अपने घरों को साफ करते हैं। दूसरे दिन, जिसे खरना के नाम से जाना जाता है, में पूरे दिन उपवास किया जाता है, जिसके बाद प्रसाद तैयार किया जाता है, जिसमें आमतौर पर खीर और फल शामिल होते हैं। तीसरे दिन, भक्त डूबते सूर्य को अर्घ्य (जल चढ़ाना) देते हैं, इसके बाद अंतिम दिन सूर्योदय के समय भी यही अनुष्ठान किया जाता है, जिसे उषा अर्घ्य के रूप में जाना जाता है।

हिंदू पौराणिक कथाओं में सूर्य का अत्यधिक महत्व है, जो जीवन, ऊर्जा और जीवन शक्ति का प्रतीक है। छठ पूजा भक्तों के लिए पृथ्वी पर जीवन को बनाए रखने के लिए सूर्य देव के प्रति आभार व्यक्त करने और अपने परिवार की भलाई और समृद्धि के लिए आशीर्वाद मांगने का एक तरीका है।



मेरे छात्र

मेरे छात्र तू महान बन,
राम-सा चरित्रवान बन,
कृष्ण-सा गुणवान बन,
बुद्ध-सा शील बन,
मेरे छात्र तू महान बन।

शिष्य बन अर्जुन सा,
मित्र बन हनुमान सा,
ज्ञानी बन आर्यभट्ट सा,
सदाचारी बन हरिश्चंद्र सा
मेरे छात्र तू महान बन।

हिमालय सा अडिग बन,
चट्टान सा अटल बन,
आम सा फलदार बन,
बट सा छायादार बन,
मेरे छात्र तू महान बन।

जटायु सा कर्मयोगी बन,
गणेश सा सपूत बन,
शिवाजी सा बीर बन,
महाराणा सा स्वाभिमानी बन,
मेरे छात्र तू महान बन।

मेरे तम का तेज अंश बन,
पिता के सर का ताज बना,
बहन के धागे का अभिमान बन,
वंश का उजियारा सूर्य बन,
मेरे छात्र तू महान बन।

शिष्टाचार का उदाहरण बन,
ज्ञानी बन विज्ञानी बन,
मनुष्य में परमार्थी बन,
सच्चा अभ्यर्थी बन,
भरत सा प्रतापी बन,
मेरे छात्र तू महान बन।

अनुपम कुमार
वरीय व्याख्याता
आईएचएम हाजीपुर

DEAR TEACHERS...

नमन हमारा स्वीकार करो, हम पर ये उपकार करो।
कुछ शब्द लिखे है मैने, उन शब्दों को स्वीकार करो।
इतिहास भी साथ है, या सत्यता की बात है
गुरु हमारा सखा, वही हमारा भाग्य है।
हे बंदनी हवाएं सुन, आज तो ये बात है।
गुरु ही मेरा रास्ता, गुरु ही मेरा पात्र है।
सतगुरु की प्राप्ति, यह हमारा सौभाग्य है।
चारो वेद साथ है, यह आज की ही बातें हम शिष्य आपके, आप
हमारे साथ है।
ज्ञान का अभाव है, गुरु हमारा शाखा बंधु मित्र के समान है।
अपने आप की पहचान कराना एक सच्चे गुरु का काम है।
आदर्शवाद राम बनना, यह हमारा काम है।



By
AMBIKESH KUMAR

BATCH :- 2023-24
DIPLOMA IN F & B SERVICE.



Life of a Student

I want to fly

Fly higher than no man or woman has ever tried

To see heights at a new surprise

To dig deep from the ground

To rise and never fall down

To think higher, faster, better than the average man

To see things people don't want you to see

Look past the shadows of a person

To see what's really inside

Love, hate, anger, confidence it want be a surprise

To be better than life itself

To teach those who knows nothing of you

Teach the education of being free not held to nothing

I am the teacher who taught how it feels to not

knowing anything at all

We are all students searching and trying to figure out
and get the finer things in life We are human



– **Jitendra Kumar**

Batch : 2023-26

B.Sc. H&HA



TO MY DEAR DREAM

For me, you are like a song with a wine,

For others, you were harsh and divine,

But for me, you were like my sunshine.

You were like a sweet lie,

whom I never wanted to die.

I always wanted to take you to the high,

But, you were really far from my sky.

Once it was about to foreseen,

Now, everything has change and

I am already nineteen.

In the fear of this world,

I found everything curled.

But the moments which I used to gain,

It was not always in a pain.

In the garden of youth, where fantasies bloom,
I navigated through shadows, escaping the gloom.

In the echoes of laughter and the silence tears,

I discovered the magic of conquering fears.

The future is waiting with secrets untold,
as the tapestry of dreams is continuing to unfold.



ANGELA SRIVASTAVA

Batch : 2022-25

B.Sc. H&HA

REAL EDUCATION

Education is not only studying, doing job, marrying, bringing up a family and taking care of our kids. The real education is that which prepares you for life. The education must make you competent enough to cross the obstacles, hardships and hurdles of life. The real education not only imparts knowledge but wisdom too. Only wisdom can take you ahead in life. If you navigate smoothly in your life then only you seem to be really educated. Real education is the development of skills. The real education is holistic one which not only develops and takes care of your body but mind, heart and soul too. The real education must lead to one's wellness, well-being and welfare. It must lead to development of inventive, innovative and skills.



- **Bipin Kumar**
Batch : 2022-25
B.Sc. H&HA



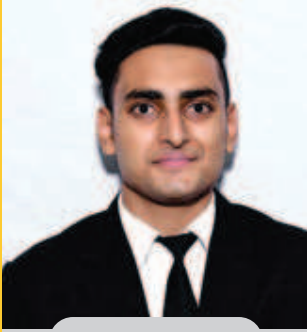
Mohammad Sajid

Batch : 2021-24
B.Sc. H&HA

Whirlwind of Emotions

College life is a whirlwind of emotions, from the euphoria of newfound freedom to the pangs of homesickness. Late-night conversations under starlit skies, fueled by dreams and instant noodles, forge bonds that last a lifetime. Yet, amidst the laughter, there are tears shed over heartbreaks and failures, reminding us of our vulnerability. Walking across the stage at graduation, we are overwhelmed by a sense of accomplishment and nostalgia, knowing that this chapter of our lives is closing. For freshmen embarking on this journey, remember to embrace every experience, whether it's acing a midterm or pulling an all-nighter with friends. Learn to balance academic rigor with personal growth, for true education transcends textbooks. Cherish the friendships forged in the crucible of shared experiences, for they will sustain you through life's trials. Be open to new ideas and perspectives, for diversity enriches the tapestry of knowledge. And above all, remember that it's okay to stumble; resilience is cultivated through adversity. As you navigate the labyrinth of college life, hold onto the moments that make your heart sing and your spirit soar. For in the tapestry of life, it's these threads of joy and sorrow that weave the most beautiful memories.

How to find Inner Peace?



Harsh Sharma
Batch : 2022-25
B.Sc. H&HA

Finding inner peace for yourself is a not-so-difficult task to be done for yourself. You just have to follow some of the following tips which will lead you to a peaceful life.

Remember your own worth: Remember that you are worthy and you deserve all the happiness possible. Remember all your good happenings, the victorious moments, the successful time, your favourite memories and affirm them to yourself. This will help you avoid self-criticism and you will stop doubting yourself. Keep in mind to appreciate yourself in every way possible.

Listen to yourself: Avoid doing things without your will. Listen to your own heart and do what you enjoy or something that provides calmness to your heart. Taking a permanent break from faking yourself just for the sake of the other people's acceptance is the healthiest things you can do for your peaceful life.

Distance the Toxic people: Distancing the toxic people from yourself will help you stay peaceful. Don't let their behaviour bother peace. Distancing them from yourself is important in order to maintain your inner peace.

Meditate Regularly: Meditation is one of the main and important habits of people living a peaceful life. It maintains the mental as well as Physical health. Meditation has the energy to keep you calm and to lead a peaceful life. Thus, by following all the these tips and remembering all the advantages you can easily live a peaceful life.

मनुष्य की भौतिक कार्यों का अनमोल आभूषण शिक्षा है।



शानू कुमार मिश्रा
बैच 2021-2024
(एम.एस.सी. एच.ए)

किसी बड़े विद्वान ने सच ही कहा है शिक्षा का मनुष्य के जीवन में एक अहम स्थान है। कोई भी मनुष्य विद्वान तब कहलाता है, जब वह एक किसी विशेष शास्त्रों का अध्ययन करके निपुणता को हासिल कर लेता है! मनुष्य के जीवन में शिक्षा एक उस विशालकाय हथियार के समतुल्य अपने आप को परोसता है, जिसके जरिए मनुष्य अपने जीवन में कठिन से कठिन परिस्थितियों में भी रहकर वह सब कुछ हासिल कर सकता है जो नामुमकिन है। संस्कृत में इसका स्पष्ट वर्णन है,

विद्यां ददाति विनयं,
विनयाद् याति पात्रताम्।
पात्रत्वात् धनमाप्नोति,
धनात् धर्मं ततः सुखम् ॥

अर्थात्, इस श्लोक के माध्यम से यह निष्कर्ष निकलता है, कि मनुष्य को विद्या रूपी धन को प्राप्त करने से विनयता की प्राप्ति होती है, विनयता से मनुष्य के उसके व्यवहार में सहिष्णुता एवं सहजता की प्राप्ति होती है, अच्छे व्यवहार के समागम से धन की प्राप्ति होती है, और धन के आगमन से मनुष्य के जीवन में सुख समृद्धि एवं शांति की प्राप्ति होती है !! इसलिए हर मनुष्य को स्वयं एवं अपने आने वाले पीढ़ी को शिक्षित करना चाहिए क्योंकि शिक्षा से ही मनुष्य को विद्या रूपी श्रृंगार की प्राप्ति होती है जिसे मनुष्य अपने दैनिक जीवन में इस श्रृंगार से खुद को सुशोभित करके अपने जीवन को एक आनंदमई पल का एहसास करवा सकते हैं। शिक्षा के बिना मनुष्य का जीवन व्यर्थ कहलाता है! जिस तरह कुम्हार किसी एक तालाब से मिट्टी लाकर उससे निर्माण करके एक घड़ा एवं बर्तन को तैयार करता है, वहीं दूसरी तरफ जहाँ एक माली एक पौधा का निर्माण करने के लिए सबसे पहले बीज होता है फिर लगातार उस पौधे की सिंचाई करता है तब जाकर उसे पौधा का निर्माण होता है, और हमें फल की प्राप्ति होती है। ठीक उसी प्रकार, हर माता-पिता को अपने बच्चों को एक अच्छे माहौल में सबसे पहले अच्छा संस्कार देना चाहिए जैसे ही बच्चों में अच्छे संस्कार की आगमन होगी वैसे ही उनकी रुचि अच्छी गुणवत्तापूर्ण शिक्षा के प्रति जागृत होगी और अच्छी शिक्षा की परिवेश में वह धीरे-धीरे एक अच्छा इंसान बनकर अपने कामयाबी यानी अपनी मंजिल को हासिल कर लेगा!! इसलिए ऐसा कहा गया है, शिक्षा सर्वोत्तम एवं परम धन है!! यानी शिक्षा सर्वश्रेष्ठ और सबसे अतुल्य एवं उत्तम धन है!!

Open a Book



ISHA KUMARI

Batch : 2022-25
B.Sc. H&HA

People and places of every kind;
And you will find,
Open a book
And you can be,
Anything you want to be;
Open a book
And you can share,
Wondrous words you find in there
Open a book
And I will too,
You read to me,
And I'll read to you



Importance of Outdoor Games



MD FAREED ALAM

Batch : 2022-25
B.Sc. H&HA

Outdoor games are essential for physical and mental well-being. They promote physical activity, social interaction, and skill development. Engaging in outdoor games involves various movements like running, jumping, and throwing, which improve fitness levels and coordination. These activities encourage teamwork, communication, and sportsmanship among participants. Outdoor games provide a break from indoor routines and allow individuals to connect with nature, reducing stress and enhancing mood. They offer opportunities for learning and skill acquisition, promoting problem-solving and creativity. Popular outdoor games include soccer, basketball, volleyball, tag, and hide-and-seek. Playing outdoors exposes individuals to fresh air and sunlight, contributing to overall health and happiness.

Outdoor games cater to people of all ages and abilities, fostering inclusivity and community engagement. They provide a platform for friendly competition, cooperation, and mutual support. Organized outdoor events and tournaments promote camaraderie and a sense of belonging. Outdoor games teach valuable life lessons such as teamwork, perseverance, and resilience. They encourage individuals to embrace challenges and strive for improvement. Playing outdoors fosters a sense of adventure and exploration, sparking curiosity and imagination. Outdoor games can be enjoyed in parks, playgrounds, beaches, and open spaces.

They offer a fun and enjoyable way to stay active and connected with others. Incorporating outdoor games into daily routines promotes a healthy lifestyle and overall well-being. Whether played casually with friends or in organized leagues, outdoor games provide enriching experiences for individuals and communities alike....



Exploring the heart of Bihar. Emotion in every piece of Litti Chokha



Himanshu Kumar

Batch : 2023-26
B.Sc. H&HA



Located in the heart of India, Bihar boasts a rich spectrum of culture, history and culinary delights. One of its most loved dishes is the humble but beloved Litti Chokha, a culinary masterpiece that goes beyond mere sustenance, offering a sensory journey through the cultural heritage of Bihar.

Original Story:

Litti Chokha has its roots in the rural areas of Bihar, where it emerged as a staple food among farmers and labourers. Legend has it that Litti, the delicious dough ball, was born out of necessity in times of scarcity when farmers improvised with wheat flour and filled it with spices for added flavour. Over time, this rustic creation evolved into a culinary gem, appreciated across the state.

Pak Symphony:

At its core, Litti Chokha is a simple dish consisting of three essential ingredients: Litti, Chokha, and a dollop of ghee. Litti, similar to a stuffed dough ball, is made from whole wheat flour, stuffed with a spicy mixture of roasted gram flour, herbs like celery and other aromatic spices. These small parcels are then roasted on a traditional earthen stove, infusing them with a smoky flavor that tantalizes the taste buds.

Chokha, a perfect accompaniment to Litti, is a mixture of roasted and mashed vegetables, usually including potatoes,

tomatoes and brinjals, cooked with mustard oil, green chillies, onions and a squeeze of lemon. This vibrant blend of flavors adds depth to the dish, creating a harmonious balance between the smoky litti and the flavorful chokha.

Cultural significance:

Beyond its gastronomic appeal, Litti Chokha embodies the spirit of Bihar, serving as a symbol of resilience, community and tradition. It is not just a dish, but a cultural artifact passed down through generations, cherished in homes, roadside stalls and grand feasts alike. Its preparation often promotes the feeling of harmony, even our Prime Minister Narendra Modi has supported this. In which families and communities come together to knead dough, roast litti and enjoy the tastes of their shared heritage.

conclusion:

From the bustling streets of Patna or the quiet villages of Muzaffarpur, to Hajipur, Litti Chokha stands as a culinary ambassador, inspiring all who taste it to go on a journey through the rich cultural landscape of Bihar. With every meal, one discovers not just the taste but the essence of Bihar - a land where emotions are served on a platter, and every meal is a celebration of the simple joy of life.

अबला नहीं नारी है



मो. आमीर अली

वैच 2022-25
बी.एससी. एच. एण्ड एच.ए.



परिचय :-

जिस प्रकार पुरुष दूसरे लोगो से प्यार या सम्मान की उम्मीद करते हैं, उसी प्रकार नारी दूसरे लोगों से भी प्यार या सम्मान की उम्मीद करती है, लेकिन समानतावादी सोच के लोग नारी को एक बंधुआ मजदूर की तरह देखते हैं तथा उन पर अत्याचार करते हैं।

आये दिन हम समाचार में पत्नियों या टेलीविजन पर महिलाओं पर हो रहे अत्याचार की खबरें देखने को मिल ही जाती है एक तरफ हम नारी की देवी लक्ष्मी और दुर्गा का स्वरूप देकर पूजा करते हैं, वहीं दूसरी तरफ अपने ही घर में उनपर जुर्म बहाते हैं।

मां के जोड़े के बच्चे कपड़ों से फ्रॉक सिल जाती, घर के टूटे बरतनो से खेल के ये पल जाती, इनके सदके नहीं उतारे जाते, इन पर जी जान नहीं वारे जाते।

(क्योंकि सबको बेटा चाहिए)

अपराध के कारण:-

नारी हमारी समाज का मूल अंग है, यदि वे दर्द या कठिनाइयों में अपना जीवन व्यतीत करती है तो समाज आगे बढ़ेगा, यह कपोल कल्पना है जिसका सत्य से कोई वास्ता नहीं है। असल में लोगों की सोच में ही अपराध बसा हुआ है। आप किसी सामान्य 10 व्यक्ति से पूछ लीजिये आपको अधिकतर कारण ये बताएंगे कि जिन्स नहीं पहननी चाहिए, अकेले घर से बाहर नहीं निकलना चाहिए गौर करे तो यही कारण हैं नारी अत्याचार के तो हमारे समाज तथा जंगल में फर्क क्या रह जाता हैं। अत्याचार के कई कारण हो सकते हैं, जैसे अगर किसी की शादी कम दहेज देने पर हुई है, तो उसके ससुराल वाले प्रताड़ित करते हैं। पढाई कर ली है, लड़के दोस्त भी बनायें हैं, कल को ऐसा ना हो कि दहेज में हिस्सा भी माग ले, ये सारी सोच सबसे पहले वह अपने ही घर में खुद को असहाय महसूस करती है।

“लड़की होकर इतना हक मारती हैं कि, वह अपना हक मांगना ही ‘भूल गई है’”

अपराध को रोकने के उपाय:-

- हमें लगता है युवा पीढ़ी को महिलाओं के प्रति अपनी सोच को बदलने की जरूरत है।
 - सरकार को भी नारी अत्याचार को अंजाम देने वाले मनचलो के लिए विशेष कानून तथा कठोर सजा का प्रावधान किया जाना चाहिए।
 - समाज को जागरूक करना चाहिए बेटियां बोझ नहीं वरदान है।
 - घर पर भी बेटियां के साथ भेदभाव नहीं करना चाहिए तथा अपने बेटों को सर्वप्रथम नारी का सम्मान करने का पाठ पढ़ाना चाहिए।
- “उठ बांध कमर कैसा है डर, हर ख्वाब तेरा तू पूरा कर पर खोल जरा परवाज कर, खुद अपना तू ऐहसास कर तुझसे ज्यादा ना कोई तेरा, ना शहजादे का इंतजार कर”

निष्कर्ष:-

देश के कई राज्य ऐसे हैं जहां का लिंगानुपात सामान्य से बहुत कम है। हमें जरूरी है अपने नजरिये को बदलने की तभी हम भविष्य में आने वाली बड़ी मुसिबतों से बच सकते हैं। अन्यथा यही हाल रहा वो दिन भी आ जाएगा जब कोई माँ अपनी कोख से बेटी को जन्म नहीं देना चाहेगी।

“काम हुआ मेरा पूरा अब तुम्हारी है बारी,
कोई नारी जब तुम देखो, गिर्द हो जिसके चार दिवारी,
कैद हो किस्मत की मारी उसका मुदावा सब करना,
फिके पड़े जो सपने उसके सब मिल कर रंग भरना,
ख्वाहिश है मेरी बस इतनी, मिल कर हम एक रीत बनायें,
आने वाली हर एक नारी, जिए जीते मुस्कुराये.....”



Mohd Javed Iqbal
Batch : 2021-24
B.Sc. H&HA



Importance of Entrepreneurship in Hospitality Management

Entrepreneurship holds immense importance in the field of hospitality management, offering opportunities for innovation, growth, and differentiation. Let me illustrate this significance through a story:

Imagine a young hospitality management student named Emily, passionate about creating unique dining experiences. After graduating, Emily decides to pursue her dream of opening a boutique restaurant in her hometown. Armed with her education and entrepreneurial spirit, she embarks on this journey with determination.

Emily's restaurant concept focuses on locally sourced ingredients and sustainable practices, catering to the growing demand for eco-conscious dining experiences. She meticulously designs the menu, crafting dishes that reflect her creativity and culinary expertise. With a keen eye for detail, Emily ensures that every aspect of the restaurant, from ambiance to service, exudes warmth and authenticity.

As Emily's restaurant gains popularity, she faces challenges typical of entrepreneurship in the hospitality industry. Fluctuating market trends, staffing issues, and operational complexities test her resolve. However, armed with resilience and a passion for her vision, Emily navigates these hurdles with agility, learning and adapting along the way.

Through her entrepreneurial endeavours, Emily not only achieves personal success but also contributes to the local community and economy. Her restaurant becomes a hub for food enthusiasts and a catalyst for culinary innovation in the region. Emily's commitment to quality, sustainability, and customer satisfaction sets her apart in a competitive market, earning her restaurant acclaim and loyal patrons.

Emily's story highlights the importance of entrepreneurship in hospitality management:

1. **Innovation and Differentiation:** Entrepreneurs like Emily bring fresh ideas and innovative concepts to the hospitality industry, driving differentiation and enriching consumer experiences.
2. **Job Creation and Economic Growth:** Entrepreneurial ventures in hospitality management create employment opportunities and stimulate economic growth, contributing to the prosperity of communities.
3. **Adaptability and Resilience:** Entrepreneurship in hospitality management demands adaptability and resilience in the face of challenges, fostering personal and professional growth.
4. **Community Engagement and Sustainability:** Entrepreneurial ventures often prioritize community engagement and sustainable practices, promoting social responsibility and environmental stewardship.

Gondhoraj Lebu: A Primer to Bengal's Aromatic Lemon Variety and a Hidden Gem of Indian Cuisine

In the sun-drenched orchards of Bengal, amidst the rustling leaves and fragrant blooms, a citrus treasure thrives – the Gondhoraj Lime. This vibrant green gem, with its tantalizing aroma and tangy-sweet flavor, is not just a fruit; it's a symbol of Bengal's culinary prowess and cultural heritage. From the bustling streets of Kolkata to the tranquil villages of the countryside, the Gondhoraj Lime holds a special place in the hearts and kitchens of Bengalis.

It was sweltering hot outside and we had sat down for lunch. Maa had prepared just masoor dal and aloo posto (a curry made with cubed potatoes and poppy seed paste). As Maa served a big dollop of snow-white rice on the plate. The steam swirls up into the air, only to be doused by a few drops of Gondhoraj lebu. A slight poke to release the heat, and a blast of one-of-a-kind citrusy fragrance transports the senses to an era long gone.

What is Gondhoraj Lebu?

Lebu is lime (or lemon in India). The word gondhoraj means 'king of aroma' or 'king of fragrance'.

Gondhoraj lebu is a fragrant lime whose flavor quotient has earned it the title of a king. The lemon has a hard skin, lower juice content, however it compensates for the lack of it with the rich refreshing aroma. The aroma from a few drops of the actual juice is strong enough to waft around the house inviting all to the dining table and sufficient to pep up the duller of dal and vegetable curries. It is oblong and scarce in juice, cut into longish quarters and gently pressed to extract a few drops of ambrosia.

Gondhoraj Lebu Origin

Gondhoraj lebu originates in Sylhet and the hills of Chittagong, Bangladesh. It is a close cousin of the common lemon found within India. This is actually a 'Rangpur' lime which is a cross between a lime and a mandarin orange. Today it is grown in the Bengal subcontinent – West Bengal in India and Bangladesh.

While multiple effort has been made to grow it outside the region, the efforts have never succeeded. It grows only and best in the soil of Bengal. And, it is this feature that makes it exclusive to Bengal and thus, contributes to its anonymity, as opposed to the Kaffir lime from Thai cuisine, Key limes of the Caribbean or the Canton limes of the Chinese.

The King & Kingmaker

The gondhoraj lebu is the king of its kingdom and also the kingmaker when it comes to Bengali cuisine. A few drops from a gondhoraj lebu can resurrect an entire meal even when it is the basic stuff. It wins over the monotony of the same-everyday-food through its heavenly aroma. From its leaves squashed into curries to the zest and nectar used to flavor curries and dals, phuchkas or sherbets, gondhoraj lebu certainly hits the jackpot with full marks in versatility.

To add some zest to an insipid dal or enhance an already inviting Bhetki Fry, all we had to do was ignore the thorns on a branch and pluck a gondhoraj. The pale segments inside never yielded much juice but with such overpowering scent that travels even to other rooms and invites you to the table, you need not ask for more than a few drops of this ambrosia. Gondhoraj mutton chop, an old favorite with a twist, seemed a good place to start. Peel zest into the lean mutton mince with a light blend of spices. And infuse it with a few drops of gondhoraj. The royal transformation hits some deep olfactory region in the brain and lingers right up there for a long time afterwards. While the palate receives the full flavor of the lemon-meat, head on. And swoons!

Every Bengali seems to be extra possessive about it. Don't you dare call a gondhoraj a mere nimbu in front of a Bengali. It's a matter of pride. It's a million times more than a mere nimbu.

The gondhoraj has travelled all the way to England too! The famous Tanqueray, a British gin brand, developed a Rangpur flavor for the US market, which created some predictably named cocktails, like the Rangpur Rickey!

Limes are an intrinsic part of Indian cuisine, mainly as an added condiment – more so in Bengal. Despite its aroma and flavor which can send anyone into raptures of delight, the gondhoraj has received no 'limelight'.

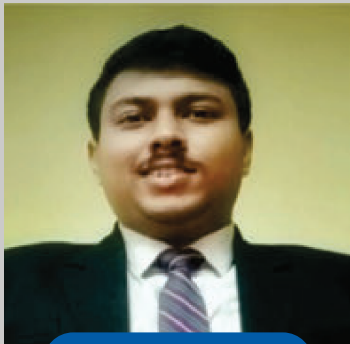
They say you can go a long way if you have a zest for life. Well, here I have mine which I liberally sprinkle on a host of things, wherever I go.

What is your memory of gondhoraj lebu?

By Neelanshu

Batch 2023-25

M.Sc. HA (IHM Hajipur)



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GASTRONOMIC ARCHAEOLOGY : **Rediscovering Lost Indian Culinary Traditions**



Introduction

Indian cuisine is a mosaic of flavors, ingredients, and cooking techniques that have evolved over thousands of years. However, amid the rich tapestry of dishes that India offers, there are some culinary treasures that have faded into obscurity. The decline of traditional Indian recipes can be attributed to various factors, including changes in lifestyle, urbanization, and globalization. As people moved away from rural areas to urban centers, traditional cooking methods and ingredients were replaced by more convenient options.

The loss of traditional Indian recipes is not just a culinary loss but also a cultural one. Food is an integral part of any culture, and traditional recipes often reflect the history, geography, and customs of a region. By preserving these recipes, we can gain insight into the culinary traditions of our ancestors and appreciate the diversity of Indian cuisine.

While many traditional Indian recipes have been lost to time, there are efforts underway to rediscover and revive them. Chefs, food historians, and culinary enthusiasts are researching ancient texts, oral traditions, and regional cuisines to uncover forgotten recipes. Additionally, initiatives like food festivals, cooking workshops, and cookbooks are helping to preserve and promote traditional Indian recipes.

Examples of Extinct Indian Culinary Delicacies

1. **Bajra Khichdi:** A nutritious dish made from pearl millet, lentils, and spices was a staple in many Indian households especially in Rajasthan. However, with the advent of polished rice and refined flour, this traditional dish has become rare.
2. **Kodo Ko Roti:** A flatbread made from kodo millet, Kodo Ko Roti was a popular dish in the Himalayan regions especially in Himachal Pradesh and Uttarakhand
3. **Kashmiri Wazwan:** A traditional multi-course meal from Kashmir, Wazwan was known for its elaborate preparation and presentation.
4. **Shikar Ka Saag (Wild Game Greens):** In the past, regions of Bihar and Madhya Pradesh hunting was a common practice in India, and wild game greens like saag were a part of the cuisine. Saag made from wild greens such as mustard leaves, bathua (*Chenopodium*), and lamb's quarters (amaranth) was a delicacy. However, with the decline in hunting practices and urbanization, such dishes have become rare.
5. **Bengali Bharta:** A traditional Bengali dish, Bharta was made from roasted vegetables like eggplant, potatoes, and tomatoes, mashed and seasoned with spices. The slow-roasting process gave the dish a smoky flavour, which is difficult to replicate in modern kitchens.
6. **Kachnar Ka Achaar (Orchid Tree Pickle):** Made from the flowers of the orchid tree, Kachnar Ka Achaar was a delicacy in some parts of Bihar and Bengal. However, with the decline in orchid tree cultivation and the availability of other pickles, this dish has become extinct.
7. **Kundru Ka Achaar (Ivy Gourd Pickle):** A traditional pickle made from ivy gourd, Kundru Ka Achaar was a popular condiment in some regions of Bihar and Bengal
8. **Kharbuza Ka Halwa (Muskmelon Pudding):** A dessert made from muskmelon, Kharbuza Ka Halwa was a seasonal delicacy in Awadh region.
9. **Kachri Ki Sabzi (Cucumber Curry):** Made from wild cucumbers, Kachri Ki Sabzi was a traditional dish in Jharkhand. However, with the decline in wild cucumber

- cultivation and the availability of other vegetables, this dish has disappeared from modern kitchens.
10. **Papad Ki Sabzi (Papad Curry):** A traditional Rajasthani dish, Papad Ki Sabzi was made from broken papads (thin, crispy lentil wafers) cooked in a spicy gravy.
 11. **Sattu Ke Laddu (Roasted Gram Flour Balls):** A traditional dessert made from roasted gram flour and jaggery, Sattu Ke Laddu was a popular sweet in Bihar and Bengal.
 12. **Pathar Ka Gosht (Stone-Cooked Meat):** Originating from Hyderabad, this dish involves marinating meat with spices and cooking it on a hot stone, imparting a unique flavor.
 13. **Gur Ka Halwa (Jaggery Pudding):** A traditional dessert from Rajasthan, this halwa uses jaggery instead of sugar, giving it a distinct sweetness.
 14. **Chilka Roti (Rice Flake Pancake):** A traditional breakfast item from Odisha, Chilka Roti is made from soaked rice flakes and grated coconut.
 15. **Kulith Pithla (Horsegram Flour Curry):** A dish from Maharashtra, Kulith Pithla is a spicy curry made with horsegram flour and seasoned with garlic and chili.
 16. **Nadru Yakhni (Lotus Stem in Yoghurt Sauce):** A traditional Kashmiri dish, Nadru Yakhni is made with lotus stems cooked in a yoghurt-based sauce with spices.
 17. **Nagaland Axone:** Fermented soybean paste used in various Naga dishes, Axone adds a unique umami flavor to the cuisine.
 18. **Bhutte Ka Kees (Grated Corn Curry):** A dish from Madhya Pradesh, Bhutte Ka Kees is made with grated corn, milk, and spices.
 19. **Gosht Ka Halwa:** A unique meat-based dessert from Awadh, Gosht Ka Halwa is made from minced meat cooked with ghee, sugar, and nuts until it forms a thick, sweet paste. This dish was once a delicacy served at special occasions but has fallen out of favour due to changing tastes.
 20. **Parda Biryani:** A variation of the classic Biryani, Parda Biryani is made by layering cooked rice and meat in a pot and sealing it with a dough lid (purdah) before baking. This dish was once a signature dish of the Awadhi cuisine but has become somewhat lost due to its labor intensive preparation.

21. **Kebab-E-Khas:** A specialty of Awadhi cuisine, Kebab-E-Khas is made from finely minced meat (usually lamb or chicken) mixed with spices, herbs, and nuts, shaped into small patties, and grilled. This dish was once a favourite at royal banquets but has become less common in modern times.
22. **Kesar Pista Ki Phirni:** A traditional Awadhi dessert, Kesar Pista Ki Phirni is made from ground rice cooked with milk, sugar, saffron, and nuts until it forms a thick, creamy pudding.
23. **Zarda:** A traditional sweet rice dish made from long-grain rice cooked with sugar, ghee, nuts, and saffron, Zarda was once a staple at Awadhi weddings and festivals but has been replaced by more modern desserts.
24. **Mutton Pasanda:** A classic Awadhi dish, Mutton Pasanda is made from thinly sliced pieces of mutton marinated in a mixture of yogurt, spices, and herbs, then cooked in a rich gravy made from onions, tomatoes, and cream.

Conclusion

The extinction of culinary delicacies is a loss not only to the Indian subcontinent's food culture but also to its cultural heritage. The extinction is a reminder of the importance of preserving and promoting traditional recipes. While some efforts are being made to revive these lost flavors, it is essential to document and preserve traditional culinary practices to ensure that future generations can appreciate and enjoy these unique dishes. By understanding the factors that contributed to the extinction of these culinary delicacies, we can work towards preserving and celebrating the rich culinary heritage of the Indian subcontinent.



!! मैं मगध हूँ !!



मैं मगध हूँ, वो मगध, जिसके साम्राज्य ने भारत को सबसे स्वर्णिम इतिहास दिया, जिसकी सीमाएं कभी भारतवर्ष की परिधि निर्धारित करती थी।

वो मगध, जहां के तेज बुद्धि और पुरुषार्थ के आगे विश्व को जीतने निकला अलक्षेन्द्र भी घुटने टेक किया।

जी हां, वही चंद्रगुप्त और चाणक्य का मगध, जहां के संकल्प में खुले शिखा के गांठ के साथ निरंकुश और स्वार्थी सत्ता का नाश और एकाकृत भारतवर्ष का निर्माण हुआ।

आज भी भारत का राष्ट्रीय चिन्ह को शोभायमान करने वाला अशोक का मगध। सिद्धार्थ की तपोभूमि, बौद्ध धर्म के जन्म, बुद्ध का मगध।

मैंने पैदा किए हैं ऐसी कितनी ही बुद्धियों को, वो मगध फिर पुकारता है अपने स्वाभिमान को, अपने संकल्प को एक कदम पुनर्स्थापन की ओर, एक कदम मगध को ओर।

मगध, साम्राज्य की धरती, जिसका साम्राज्य भारत के अधिकांश हिस्से पर स्थापित हुआ करता था।

मगध, मोक्ष की धरती, जहां मृत्यु के बाद भी मोक्ष के लिए आना होता है।

मगध, ज्ञान की धरती, जिसके मिट्टी से जन्मे महाबोधि वृक्ष की छाओं में भगवान बुद्ध को ज्ञान प्राप्त हुआ। जहां के विश्वविद्यालय के अवशेष आज भी पूरी दुनिया के लिए चर्चा का विषय हैं।

मगध, विज्ञान की धरती, जहां की धरती आर्यभट्ट की कार्यशाला होती थी।

मगध, चमत्कार की धरती, जहां के पहाड़ों के सीने से गर्म पानी के चमत्कारी जलकुंड आदि काल से निरंतर बहते आ रहे हैं। मगध, वैराग्य की धरती, जहां पर भगवान विष्णु के पद के चिन्ह मन में वैराग्य पैदा करते हैं।

मगध, इतिहास की धरती, जहां विश्व की सबसे पुरानी गुफा है, जहां बड़े-बड़े तपस्वी साधना में लीन रहते थे।

मगध, संस्कृति की धरती, जहां उगते सूर्य के साथ डूबते सूर्य

को भी अर्घ्य दिया जाता हैं।

जहां भगवान राम को दामाद मान कर पूरे हक से गाली के गीत गाए जाते हैं।

मगध, कलाओं की धरती, जहाँ की चित्रकला पूरे विश्व में उत्कृष्ट और अद्वितीय हैं।

मगध पुकारता हैं अपने उत्थान के लिए, अपने पुनर्निर्माण के लिए।

मगध की माटी, जिसमें माँ गंगा का दिया स्नेह है, जहां के माटी की उपज को इतिहास ने लोहा माना।

मगध के माटी की सौंधी महक के लिए जब पहली बारिश के बाद धरती पुलकित हो उठती है, जब परंपराओं के साँचे में मगध की मिट्टी से उपजे स्वादों को माँये रोक देती है।

जहां सुबह सुनहले धूप और सौंधी सतू के साथ हुआ करती थी, खाने में अचार जरूर हुआ करते थे।

व्रत के कड़े उपवास में मगध के मखाने की खीर और धनरूआ के खोवे की लाइ सहज ही स्वीकार हुआ करती थी, छठ के ठेकुआ और तीज के गुजिये महीनों हमारे नाश्ता हुआ करते थे।

गया के तिलकुट एवं भुजों के साथ ठहाके लगते थे, शादी की मिठास को बढ़ाने खाने के बाद मगही पान के रसीले स्वाद, सिलाओ खाजा के सब दीवाने हुआ करते थे।

गंगा किनारे गांव के गीत और बगीचों के हवाओं की सनसनाहट, संस्कृति के स्वादों को पिरोती हैं, तो विरासते मुस्कराती हैं।

मुसकुराती विरासत एवं नाजुक परम्पराओं के प्रमाण लिखकर, माँ, मिट्टी और गंगा का शान हैं मगध।

एक कदम समृद्ध विरासत की ओर, एक कदम मगध की ओर।

कैसे होगा मगध का पुनर्स्थापन, कैसे पायेगा मगध फिर से अपने पुराने वैभव को, क्या कोई बाहरी आकर करेगा। नहीं, आज के इस अत्यधिक प्रतिस्पर्धा के युग में, जब एक दूसरे को कुचलकर भी आगे बढ़ने में लोग परहेज नहीं करते, यह जिम्मेवारी हमें खुद लेनी होगी।

अपनी क्षमताओं को, कलाओं को, अपने संवादों को, अपने उत्पादों को विश्व के वैश्विक बाजार में नई पहचान देनी होगी, अपनी उपस्थिति दर्ज करानी होगी, लक्ष्य बड़ा है, पर असंभव नहीं।

आइए, इन सपनों को सच करने के जिद्द के साथ एक कदम बढ़ते हैं, आपके सहयोग की आशा लिए, एक कदम पुनर्स्थापन की ओर, एक कदम मगध की ओर।

निलांशु

वैच 2023-25

एम.सी. एच. ए.

IHM, HAJIPUR NIRVANA 2024



HOTEL MANAGEMENT HELPER

ABOUT

The journey of Hotel Management Helper started 6 years back in the year of 2018. All of it started with the problems when we both brothers (Sumit Suman & Punit Suman) faced during the NCHM JEE & Counselling process. There was no proper source on the internet which could guide or clear the doubts. So, we took this initiative to give proper information regarding all NCHM JEE process. Fortunately, with God's grace we took the initiative to start a YouTube Channel where we started explaining every NCHM JEE process to all Hotel Management related issues i.e. From Admission to Job Placements.

PURPOSE

The main purpose our YouTube channel is

- To aware aspirants about the important dates & deadlines of NCHMCT.
- To guide upon the interview processes, preparation & counselling.
- To give information about the different college vacancies and also allotment according to candidates rank & category.
- To give information about the different job vacancies in the Hospitality Industry in PAN India as well as in Abroad



OUR ACHIEVEMENTS

- Global Food & Hospitality Awards-2023
- "For The Best Hotel Management YouTube Channel in India" presented by The Legend Chef Sanjeev Kapoor on 26th Oct 2023 at Crowne Plaza Kochi Kerala.
- "Awarded as Excellence in Career Counselling in International Education Conclave on National Education Policy 2022" at USI Auditorium, New Delhi on November 25th, 2022
- Our YouTube Channel "Hotel Management Helper" has reached 4.7 Million + views & 41k + Subscribers.

OUR MENTORS

Padma Shri Dr. Pushpesh Pant, Dr. Chef Manjit Singh Gill, Dr. Chef Parvinder Singh Bali, Master Chef Ajay Chopra, Food Enthusiasts Rocky Singh & Mayur Sharma, Master Chef Manish Mehrotra, Chef Harpal Singh Sokhi, Chef Ananya Banerjee, Master Chef Ajay Chopra, Chef Nishant Choubey, Chef Ashish Bhasin, Chef Vikas Seth, Chef Sherry Mehta

VISION

We are moving forward with a small vision to become the one stop solution for every Hotel Management related queries all over India & reach out to the maximum number of aspirants.



Mr. Puneet Suman
Former Student of IHM Hajipur



ARIJIT PAL
ASST. LECTURER
IHM, HAJIPUR

Exploring Bihar's Culinary Delights : A Journey Through Flavour and Tradition

Bihari cuisine hails from the eastern Indian state of Bihar but is cherished not only there but also in regions where people from Bihar have settled, like Jharkhand, Eastern Uttar Pradesh, and even abroad in places like Bangladesh, Nepal, and Mauritius. It boasts various regional styles such as Angika, Bhojpuri, Maithil, and Magahi cuisines.

The cuisine of Bihar is largely similar to North Indian cuisine and East Indian cuisines. It is highly seasonal; watery foods such as watermelon and sharbat made from the pulp of the wood-apple fruit are consumed mainly in the summer months, while dry foods such as preparations made of sesame seeds and poppy seeds are consumed more frequently in the winter months.

Bihari cuisine is known for its use of panch phoron, or "five spices," which include cumin seed, fennel seed, fenugreek seed, black mustard seed, and nigella seed. The cuisine also uses vegetable oil or mustard oil for frying and tempering. Bihar cuisine often includes light frying, and dishes are served with Rice, roti, achar, chatni, dals, and milk products.

Mithila cuisine is known for its use of mustard oil, and includes coriander, turmeric, and red chili powder in its dishes. This region is also known for its "maach, paan, and makhana," which means fish, betel, and makhana.

Maithil cuisine also known as Mithila cuisine, is a part of Indian and Nepalese cuisine. It is the traditional cooking style of Maithils residing in the Mithila region of India and Nepal. Maithil cuisine comprises a broad repertoire of rice, wheat, fish and meat dishes and the use of various spices, herbs and natural edibles. The cuisine is categorized by types of food for various events, from banquets, to weddings and parties, festival foods, and travel foods.

Magahi cuisine: is a style of food preparation common amongst the Magahis living in Magadh region of Bihar, India. The

food is tailor-made for Magadhi lifestyle. Magahi people take pride in celebrating various festivals and religious rites with food; as a result, their food resembles the delicacies offered to deities.

Staple Foods: Rice is the staple food in Bihar, with wheat also being consumed extensively. The fertile land of Bihar supports a variety of rice cultivation. Historical documents and references, including those from the time of Lord Buddha and during the Mughal era, indicate the long-standing importance of rice in the region.

Influence of Greek and Buddhist Traditions: The popularity of baked items in Bihar, particularly litti, can be traced back to the Greek invasion under Alexander the Great. Greek soldiers intermarried with locals, leaving an influence on food habits. Additionally, Buddhist influence is evident in the preference for vegetarian items in Bihari cuisine.

Variety of Rice-based Dishes: Bihari cuisine offers a wide range of rice-based dishes, some of which have been mentioned in ancient texts like the Jatakas. These include pua, pitta rice cakes, khajjaka, and palala, among others.

Introduction of Non-vegetarian Items: The advent of the Mughals introduced non-vegetarian items like biryanis, pulao, chicken, and mutton to Bihari cuisine, which were embraced by the people. However, vegetarian dishes remain popular, especially among the poor.

Importance of Sattu: Sattu, the flour of roasted gram, is an integral part of Bihari food. It is consumed in various forms such as sattu ka ghol (a refreshing summer drink), mukni (sattu ki roti and paratha), and as a filling for litti. It is favored for its nutritional value and affordability.

Abundance of Fruits: The Gangetic plain of Bihar is rich in fruits such as mangoes, jamuns, and litchis. The litchis of Muzaffarpur are particularly renowned and have a legendary status.

Indeed, Bihar's culinary legacy serves as a living testament to the region's rich history, cultural diversity, and enduring traditions. Each dish that emerges from Bihar's kitchens is more than just a culinary creation; it is a repository

of stories from the past, a reflection of heritage, and a promise of continuity for generations to come.

At its core, Bihar's culinary heritage is about more than just sustenance; it's about preserving and celebrating a way of life. It's about passing down recipes from one generation to the next, keeping traditions alive, and fostering a sense of pride in cultural identity.

As Bihar continues to evolve and modernize, its culinary

traditions remain a steadfast anchor, offering a taste of history and a connection to the past. With each bite, one can savour the flavours of heritage and appreciate the journey that has led to the creation of such gastronomic delights.

In essence, Bihar's culinary legacy is a source of pride and inspiration, reminding us of the resilience of its people, the richness of its culture, and the enduring appeal of its timeless flavours.

IMPORTANT DISHES

Bhojpuri Machli: Marinated Rohu fish deep-fried and cooked in a flavorful masala made of onion, pepper, cumin seeds, ginger, and garlic. It is typically served with plain rice.

Litti: A baked delicacy made from atta dough stuffed with sattu (roasted gram flour). Litti is served with achar (pickle), baigan (eggplant), or aloo chokha (mashed potatoes). It can also be deep-fried for a crunchier texture.

Dalsagga: A dish made with 'pui' saag (a type of green leafy vegetable) and chana dal (split chickpeas), tempered with dry red chillies and whole cumin seeds. It is typically served with plain rice.

Pua: A round-shaped sweet dish made from a batter of whole wheat flour, semolina, sugar, coconut, raisins, and wheat. It is deep-fried until golden brown.

Thekua: Tear-shaped cookies made from a semi-hard dough of whole wheat flour, ghee, sugar, raisins, fennel seeds, and cardamom powder. Thekua is deep-fried until golden brown.

Meetha Parwal: A sweet dish made from parwal (wax gourd), boiled and dipped in sugar syrup, then stuffed with a mixture of grated khoya, pistachios, raisins, and cardamom powder.

Pidikia: Cookies traditionally made during the festival of Teej. Maida dough is filled with a mixture of semolina, grated khoya, grated coconut, raisins, and shaped like a crescent moon before deep-frying.

Chiwra: Beaten rice served with a coating of creamy curd and sugar or jaggery.

Dhuska: A deep-fried item prepared from a mixture of powdered rice and ghee, typically salted.

DELICACIES OF BIHAR

MITHILA FISH CURRY

Ingredients:

- 500g fish fillets
- 2 onions, finely chopped
- 2 tomatoes, finely chopped
- 2-3 green chillies, split lengthwise
- 2 table spoons mustard oil
- 1 tea spoon turmeric powder
- 1 tea spoon red chilli powder
- 1 tea spoon cumin powder
- 1 tea spoon coriander powder
- Salt to taste
- Fresh coriander leaves for garnish



Method:

1. Marinate the Fish: Begin by cleaning the fish fillets and cutting them into medium-sized pieces. Marinate the fish with turmeric powder and salt. Set aside for 15-20 minutes to allow the flavours to infuse.
2. Prepare the Curry Base: Heat mustard oil in a deep pan or kadhai over medium heat. Once the oil is hot, add the chopped onions and sauté until they turn golden brown and caramelized.
3. Add Tomatoes and Green Chillies: Add the chopped tomatoes and slit green chillies to the pan. Cook until the tomatoes are soft and mushy, stir occasionally to prevent sticking.

4. Add Spices: Lower the heat and add the turmeric powder, red chilli powder, cumin powder, and coriander powder to the pan. Mix well and cook for 1-2 minutes to allow the spices to release their flavours.
5. Cook the Fish: Gently add the marinated fish pieces to the pan. Be careful not to break the fish pieces. Allow the fish to cook in the flavourful curry base for about 5-7 minutes, or until the fish is cooked through and tender. Occasionally spoon the curry over the fish to ensure even cooking.
6. Garnish and Serve: Once the fish is cooked, garnish the curry with freshly chopped coriander leaves. This adds a fresh burst of flavour to the dish.
7. Serve: Serve the Mithila Fish Curry hot with steamed rice or roti.

DAL PURI

Ingredients:

For the lentil filling:

- 1 cup chana dal (split Bengal gram)
- 1 onion, finely chopped
- 1-inch piece of ginger, grated
- 1 tea spoon cumin seeds
- 1 tea spoon coriander powder
- 1/2 tea spoon turmeric powder
- 1/2 tea spoon red chilli powder (optional)

For the dough:

- 2 cups whole wheat flour
- Water, as needed
- Salt to taste
- Oil for frying



Instructions:

Prepare the Lentil Filling:

1. Rinse the chana dal thoroughly under cold water and soak it in water for about 2-3 hours. After soaking, drain the water and set aside.
2. Heat a little oil in a pan over medium heat. Add the cumin seeds and let them splutter.
3. Add the finely chopped onions to the pan and sauté until they turn golden brown.
4. Add the grated ginger and sauté for another minute until fragrant.
5. Now, add the soaked chana dal to the pan along with turmeric powder, coriander powder, and red chili powder (if using). Mix well.
6. Add water just enough to cover the dal. Bring it to a boil, then reduce the heat to low, cover the pan, and let it simmer for about 20-25 minutes or until the dal is cooked through and tender. Stir occasionally and add more water if needed.
7. Once the dal is cooked, mash it slightly using the back of a spoon or a potato masher. Adjust the seasoning with salt if needed. Let the filling cool down completely before using.

Prepare the Dough:

1. In a large mixing bowl, combine the whole wheat flour and salt. Gradually add water and knead into a soft, pliable dough. Cover the dough and let it rest for about 15-20 minutes.

Assemble and Fry the Dal Puris:

1. Divide the dough into small lemon-sized balls. Roll each ball into a small disc, about 3-4 inches in diameter.
2. Place a spoonful of the cooled lentil filling in the centre of the disc. Bring the edges of the dough together to seal the filling inside, forming a ball.

3. Gently flatten the stuffed ball with your hands and roll it out into a disc, about 6-7 inches in diameter. Be careful not to let the filling come out.
4. Heat oil for frying in a deep pan or kadhai over medium-high heat. Once the oil is hot, carefully slide in the rolled out puri.
5. Fry the puri until it puffs up and turns golden brown on both sides, flipping it once during frying. Ensure the oil temperature is maintained to prevent the puri from becoming soggy.
6. Once done, remove the fried puri from the oil using a slotted spoon and drain excess oil on paper towels.
7. Repeat the process with the remaining dough and filling to make more puris.
8. Serve hot and crispy Dal Puris with your favourite accompaniments such as pickle, yogurt, or chutney.

AHUNA MUTTON

Ingredients

For Fried Onion

- 3 medium size Onion, slice

- Oil for frying

For Marination

- | | |
|--|--------------------------------|
| • 1½ tbsp Ginger Garlic paste | • 1½ cups Curd, beaten |
| • 2-3 tbsp Coriander powder | • 1 tsp Degi red chilli powder |
| • ½ tsp Turmeric powder | • Salt to taste |
| • 2 tbsp Coriander leaves, roughly chopped | • Fried Onion |
| • 2 tsp Fried onion oil | • 1 tbsp Ghee |
| • ¼ cup Fried Onion oil | • 2 Whole Garlic clove |
| • For Handi Gosht | • ¼ cup Ghee |
| • 3-4 Dry red Chilli | • 1 Bay leaf |
| • 1 inch Cinnamon stick | • Marinated Mutton |
| • For Garnish | • Coriander sprig |
| • 1 kg Mutton, curry cuts (with bone) | |
| • 2-3 Green chillies, slit into half | |
| • ¼ cup fresh Mint leaves, roughly torn | |



METHOD:-

For Fried Onion

1. Cut onion into thin slices and ensure they are almost of the same thickness.
2. Heat oil in a kadai, add a few onion slices at one time and deep fry until crisp and golden in color.
3. Transfer them to an absorbent paper. Keep it aside for further use.

For Marination

4. In a large bowl, add green chillies, mint leaves, ginger garlic paste, curd, coriander powder.
5. Add kashmiri chilli powder, turmeric powder, salt to taste, coriander leaves, fried onions, fried onion oil and mix it well.
6. Add mutton and marinate well. Add ghee, fried onion oil, and whole garlic.

For Handi Gosht

7. Season the handi with ghee on hot coal, add dry red chilli, bay leaf, cinnamon stick.
8. Add marinated mutton into the handi and cover it with the lid.
9. Attached the wheat dough across the pot rim to seal it properly.

10. Place the sealed pot on the hot coal. Cook until the meat is tender.
11. With the help of a toothpick make a small hole. . Dum it properly.
12. Now, open the lid and slightly stir it well.
13. Remove the whole garlic aside.
14. Garnish it with coriander sprig and serve hot.

BESAN KI MACHLI

Ingredients

- Gram Flour or Besan - 1 cup
- Yellow Mustard seeds or sarso dana - 2 table spoon
- Garlic Petals or lehsun - 15-16
- Fenugreek Seeds or methi dana - 1 tea spoon
- Coriander Powder or dhaniya powder - 1 tea spoon
- Turmeric Powder or haldi powder - 1 tea spoon
- Red Chilli Powder or lal mirch powder - 1 tea spoon
- Cumin Seeds Powder or jeera powder - 1/2 tea spoon
- Black Pepper Powder or kali mirch powder - 1/2 tea spoon
- Salt as per taste
- Mustard Oil or sarso ka tel - as per requirement
- Water or pani - as per requirement



METHOD:-

1. Mix together gram flour, 1/4 tsp turmeric powder, 1/2 tsp red chilli powder and little salt.
2. Make a smooth batter adding water little by little.
3. Dry roast the mustard seeds, fennel seeds, pepper corns and cumin seeds.
4. Grind them to a coarse powder. Add garlic and little water. Grind to make a paste.
5. Heat a griddle and pour a ladleful of besan batter. Make thick pancakes.
6. Spoon a little oil to cook them. Fold them into a roll and flatten them.
7. Cut them into big pieces. Set aside.
8. Heat mustard oil in a pan to smoking point and reduce the heat. Add fenugreek and cumin seeds.

When they crackle add the ground paste and sauté.

9. Add salt, turmeric and chilli powder.
10. Continue to stir until the oil is separated and the masala is cooked perfectly.
11. Now add 3 cups of water. When it starts boiling tip in the besan pieces.
12. Add kasoori methi and simmer for about 12 to 15 mins.

LITTI

Ingredients:

- | | |
|--|--------------------------------------|
| • 2 cups whole wheat flour | • 1 teaspoon carom seeds (ajwain) |
| • 1 cup sattu (roasted chickpea flour) | • 2-3 green chillies, finely chopped |
| • 1 tablespoon ginger, grated | • 1 tablespoon garlic, minced |
| • 1 medium onion, finely chopped | • 1 teaspoon garam masala |
| • 1 teaspoon roasted cumin powder | |
| • 2 tablespoons mustard oil 1 teaspoon lemon juice | |



METHOD-

1. In a large mixing bowl, combine the whole wheat flour, salt, and ghee. Gradually add water and knead into a soft dough. Cover and let it rest for 30 minutes.
2. Meanwhile, prepare the filling. In a separate bowl, mix together satttu, chopped onion, green chilies, ginger-garlic paste, mustard oil, ajwain, kalonji, salt, turmeric powder, red chili powder, lemon juice, and coriander leaves(if using). Mix well until everything is combined.
3. Preheat your oven to 180°C (350°F). If you don't have an oven, you can also cook littis on a tawa (griddle) or in a tandoor.
4. Divide the dough into small lemon-sized balls. Flatten each ball with your palm to make small discs.
5. Place a spoonful of the filling mixture in the centre of each disc. Bring the edges together and seal them, shaping them into round balls.
6. Once cooked, remove from the oven and brush with ghee for added flavour.
7. Serve hot littis with more ghee on the side and your favourite pickle or chutney.

Recipe by,

Himanshu Ranjan, Esha, Kalyan Kant, Kumar Sanu

B.Sc. H & HA, Batch : 2023-26



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PATHIRI Stuffed Fritters

Brajesh Kumar Singh
Executive Chef,
Hotel Maurya, Patna

Ingredients:

For the Stuffing:

- 250 grams Chicken, minced
- 1 Onion, chopped
- 4 Cloves of garlic, chopped
- 1 inch Ginger, chopped
- 1 sprig Curry leaves
- 1 teaspoon Red Chilli powder
- 1 teaspoon Coriander Powder
- 1 1/2 teaspoon Garam masala powder
- 1/4 teaspoon Turmeric powder
- Salt, to taste

For the Pathiri:

- 1/2 cup All-Purpose Flour (Maida)
- 1/2 cup Whole Wheat Flour
- Oil, for cooking the Pathiri

Method of Preparation:

For Stuffing:

1. Heat oil in a pan and add chopped onions, garlic, ginger, and curry leaves. Saute until onions turn translucent.
2. Add minced chicken and sauté until it turns white.
3. Add red chili powder, coriander powder, garam masala powder, turmeric powder, and salt. Mix well and cook until the chicken is cooked through and the mixture is dry. Set aside.

For Pathiri Dough:

1. In a mixing bowl, combine all-purpose flour and whole wheat flour.
2. Add water gradually and knead into a smooth dough. The dough should be soft but not sticky. Cover and let it rest for 15-20 minutes.

Assembling and Cooking the Pathiri:

1. Divide the dough into small lemon-sized balls.
2. Roll out each ball into a small circle.
3. Place a spoonful of the prepared chicken stuffing in the center of the circle.
4. Fold the edges of the dough circle over the stuffing and seal them tightly.
5. Flatten the stuffed dough ball gently with your hands or a rolling pin to form a disc-shaped bread (pathiri).
6. Heat a griddle or tawa over medium heat. Place the stuffed pathiri on it.
7. Cook until golden brown spots appear on one side, then flip and cook the other side.
8. Brush with oil on both sides while cooking until the pathiri is evenly cooked and crispy.
9. Remove from the griddle and serve hot.



MR MANOJ
Executive Chef,
Hotel Patliputra Continental

MURGH WAJID ALI



SI.N.	INGREDIENTS	QUANTITY	UNIT
1	Chicken breast	1	KG
2	Butter	0.05	KG
	Marination		
3	Ginger paste	0.03	KG
4	Garlic paste	0.03	KG
5	Yellow Chilli powder	0.003	KG
6	Garam masala	0.002	KG
7	Salt	0.001	KG
	For filling		
8	Khoya	0.15	KG
9	Onions chopped	0.175	KG
10	Green chillies deseeded and chopped	0.01	KG
11	Ginger chopped	0.01	KG
12	Lemon juice	0.03	LT
13	Salt	0.005	KG

SI.N.	INGREDIENTS	QUANTITY	UNIT
	For Gravy		
14	Ghee	0.1	KG
15	Sliced onions	0.1	KG
16	Ginger paste	0.02	KG
17	Garlic paste	0.02	KG
18	Cashewnuts	0.05	KG
19	Dessicated coconut	0.01	KG
20	Curd	0.2	KG
21	Garam masala	0.005	KG
22	Salt	0.005	KG
23	Saffron	0.0001	KG
24	Milk	0.05	LT

Method

- Clean the chicken breast, remove the skin, and debone and flatten with a bat.
- For marination, mix yellow chillies, garam masala and salt with ginger and garlic pastes and rub the flattened chicken breasts with this mixture. Keep it aside for 15 minutes.
- For the filling, peel, wash and finely chop the onions. Scrape, wash and finely chop ginger. Remove the stems, wash, slit and deseed and finely chop the green chillies. Clean, wash and finely chop the ginger. Crumble khoya in a bowl, add the chopped ingredients, salt and lemon juice, and mix well. Divide this mixture into 12 equal portions.
- For the stuffing, place a portion of the filling at the narrower end of each breast and roll.
- Grease a roasting tray with butter, arrange the breasts with the loose ends touching the tray. Roast the chicken breasts in the preheated oven until they evenly turn light golden.
- For the gravy, peel, wash and chop the onions. Put cashewnuts and coconut in a blender, add water and make a fine paste. Whisk curd in a bowl. Dissolve saffron in warm milk.
- Garnish the dish with blanch almonds. For this, cool, peel and split the almonds into halves. Then soak these almonds in the milk mixed with saffron. Clean, wash and chop coriander.
- Now heat ghee in a handi, add onions and sauté over medium flame until transparent.
- Add the ginger and garlic pastes and sauté until the moisture has evaporated.
- Then add the cashewnut and coconut paste and fry for 5 minutes. Reduce to low flame. Add curd, salt, garam masala and simmer for 2-3 minutes.
- Add garam masala, salt and stir. Add saffron and stir. Transfer the roasted chicken breasts carefully, one at a time, and simmer until napped in the gravy.
- Adjust the seasoning.
- Transfer the chicken to a silver dish, and garnish with almonds and saffron. Sprinkle coriander and serve with naan.

राजभाषा के नियमों का अनुपालन एवं उसके अनुरूप

होटल प्रबंध खान-पान प्रौद्योगिकी एवं अनुप्रयुक्त पोषाहार संस्थान हाजीपुर में राजभाषा के नियमों का अनुपालन अच्छी तरह से किया जा रहा है। प्रत्येक तिमाही में राजभाषा कार्यान्वयन समिति की बैठक एवं कार्यशाला का आयोजन भी निर्धारित समय अवधि में किया जाता है।

राजभाषा हिंदी के कार्यान्वयन संबंधित प्रतिवेदन 2023-24

(क) राजभाषा कार्यान्वयन समिति की प्रथम बैठक

संस्थान में राजभाषा कार्यान्वयन समिति की प्रथम बैठक दिनांक 27.06.2023 को श्री पूलक मंडल (प्राचार्य) की अध्यक्षता में संपन्न हुई। बैठक में संस्थान के फैकल्टी सहित अधिकारी तथा कर्मचारी उपस्थित थे। इस दौरान राजभाषा संबंधित विभिन्न धाराओं एवं नियमों के अनुपालन पर विस्तृत चर्चा हुई। संसदीय राजभाषा समिति की दूसरी उपसमिति द्वारा दिनांक 09.05.2023 को आई एच एम हाजीपुर के राजभाषा निरीक्षण के दौरान विभिन्न बिंदुओं पर की गई टिप्पणी और कमी को दूर करने लिए दिए गये निर्देशों के अनुपालन किये जाने पर भी निर्णय लिया गया।



मुर्तजा कमाल

सहायक प्रशासनिक अधिकारी
आई.एच.एम., हाजीपुर

धारा 3 (3) के तहत आने वाले दस्तावेजों की सूची:-

क्र. सं०	विवरण	Particulars	क्र. सं०	विवरण	Particulars
01	सामान्य आदेश	General Orders	09	अनुज्ञप्तियां	Licences
02	संकल्प	Resolution	10	निविदा प्रारूप	Tender Forms
03	परिपत्र	Circulars	11	अनुज्ञा पत्र	Permits
04	नियम	Rules	12	निविदा सूचनाएं	Tender Notices
05	प्रशासनिक या अन्य प्रतिवेदन	Administration or other reports	13	अधिसूचनाएं	Notifications
06	प्रेस विज्ञप्तियां	Press Release / Communiques	14	संसद के समक्ष रखे जाने वाले प्रतिवेदन तथा कागजात	Reports and documents to be laid before the Parliament
07	संविदाएं	Contracts			
08	करार	Agreements			

क्षेत्रवार वर्गीकरण ('क', 'ख' और 'ग' क्षेत्र में हिन्दी):-

राजभाषा नियम, 1976 के अनुसार हिन्दी बोले जाने एवं लिखे जाने की प्रधानता के आधार पर संपूर्ण भारतवर्ष को तीन क्षेत्रों में बांटा गया है।

'क' क्षेत्र	'ख' क्षेत्र	'ग' क्षेत्र
क क्षेत्र के अंतर्गत वे राज्य एवं संघ राज्य क्षेत्र आते हैं जहाँ की बोली ही हिन्दी है। राज्य:- बिहार, हरियाणा, हिमाचल प्रदेश, मध्यप्रदेश, राजस्थान और उत्तर प्रदेश संघ राज्य:- अंडमान एवं निकोबार द्वीप समूह, दिल्ली	राज्य:- गुजरात, महाराष्ट्र एवं पंजाब संघ राज्य:- चंडीगढ़, दमन और दीव तथा दादरा एवं नगर हवेली	ओडिशा, बंगाल, असम, अरुणचल प्रदेश, नागालैण्ड, मेघालय, मणिपुर, त्रिपुरा, मिजोरम, तमिलनाडु, तेलंगाना, कर्नाटक, आन्ध्रप्रदेश, केरल

(ख) राजभाषा कार्यान्वयन समिति की द्वितीय बैठक

संस्थान में राजभाषा कार्यान्वयन समिति की द्वितीय बैठक दिनांक 26.09.2023 को श्री पूलक मंडल (प्राचार्य) की अध्यक्षता में संपन्न हुई। बैठक में संस्थान के फैकल्टी सहित अधिकारी तथा कर्मचारी उपस्थित थे। इस दौरान राजभाषा हिन्दी के प्रगति के लिए किये गये अब तक के कार्य की विवेचना की गई। जिसमें कर्मचारियों ने बताया कि संस्थान के सभी कक्षाओं, विभागों, प्रयोगशालाओं, बैनर पोस्टर एवं साईन बोर्ड आदि को द्विभाषी रूप में मुद्रित की जा चुकी है। पत्राचार तथा टिप्पणी आदि पर राजभाषा के नियमानुसार अनुपालन सुनिश्चित किया जा रहा है।

(ग) राजभाषा कार्यान्वयन समिति की तृतीय बैठक

संस्थान में राजभाषा कार्यान्वयन समिति की तृतीय बैठक दिनांक 28.12.2023 को संपन्न हुई। बैठक में संस्थान के फैकल्टी सहित अधिकारी तथा कर्मचारी उपस्थित थे। इस दौरान राजभाषा अधिनियम 1963 की धारा 3(3) के अंतर्गत आने वाले सभी कागजातों को द्विभाषी रूप में जारी करने की अनिवार्यता पर चर्चा की गई साथ ही 1976 के नियम 5 से भी संस्थान के कर्मचारियों को आवगत कराया गया की इस नियम अंतर्गत हिन्दी में प्राप्त पत्रों के उत्तर हिन्दी में ही दिया जाना अनिवार्य है।

(घ) राजभाषा कार्यान्वयन समिति की चतुर्थ बैठक

संस्थान में राजभाषा कार्यान्वयन समिति की तृतीय बैठक दिनांक 09.01.2024 को श्री पूलक मंडल (प्राचार्य) की अध्यक्षता में संपन्न हुई। बैठक में संस्थान के फैकल्टी सहित अधिकारी तथा कर्मचारी उपस्थित थे। इस दौरान प्राचार्य महोदय ने सभी सदस्यों को निदेश दिया जाये की कार्यालय के कार्यों में राजभाषा के नियमों का अनुपालन सुनिश्चित हो।

संसदीय राजभाषा समिति की दूसरी उपसमिति द्वारा निरीक्षण

दिनांक 09.05.2023 को संसदीय राजभाषा समिति की दूसरी उपसमिति द्वारा किया गया। मंत्रालय तथा संस्थान के वरिष्ठ अधिकारियों की उपस्थिति में माननीय सदस्यों द्वारा राजभाषा हिंदी के कार्यों का अवलोकन किया गया। निरीक्षण के उपरान्त संसदीय राजभाषा समिति की दूसरी उपसमिति के माननीय सदस्यों द्वारा आई एच एम हाजीपुर को प्रमाणपत्र प्रदान किया गया।



हिन्दी दिवस एवं हिन्दी पखवाड़ा का आयोजन

दिनांक 14 सितंबर 2023 को संस्थान में “हिन्दी दिवस” तथा 14-28 सितंबर 2023 तक हिन्दी पखवाड़ा का आयोजन किया गया जिस दौरान विभिन्न प्रकार की क्वीज़, निबंध प्रतियोगिता तथा प्रश्नोत्तरी आदि का आयोजन संस्थान के अधिकारियों तथा कर्मचारियों के बीच किया गया। विजेताओं को पुरस्कार तथा सभी प्रतिभागियों को प्रमाणपत्र वितरण किया गया।

राजभाषा नीति

क्या करें :-

- ❑ हिन्दी में प्राप्त पत्रों के उत्तर अनिवार्य रूप से हिन्दी में दें।
- ❑ मूल पत्राचार शतप्रतिशत हिंदी में करें।
- ❑ ‘क’ एवं ‘ख’ के लिए पास/ पी टी ओ हिंदी में जारी करें।
- ❑ ‘क’ एवं ‘ख’ क्षेत्रों में स्थित केंद्र सरकार के कार्यालयों/राज्य सरकार के कार्यालयों के साथ पत्राचार हिंदी में करें।
- ❑ फाइलों में टिप्पणियाँ हिन्दी में दें।
- ❑ दौरा कार्यक्रम, यात्रा भता बिल और अवकाश के आवेदन सब आदि हिन्दी में प्रस्तुत करें।
- ❑ अतिरिक्त किराया टिकट, रसीदें, पार्सल खन्ने, मनी रसीदें अमानती सामान पर रसीदें आदि हिन्दी में ही तैयार करें।
- ❑ सेवा पंजियों और रजिस्ट्रों में प्रविष्टियाँ हिंदी में करें।
- ❑ बैठक की कार्यसूची / कार्यवृत्त हिंदी में जारी करें।
- ❑ अनुशासनात्मक मामलों की कारवाई हिंदी में करें।
- ❑ विभागीय परीक्षाओं के प्रश्न पत्र द्विभाषी रूप में जारी करें जिसमें हिंदी संबंधी प्रश्न दें तथा प्रश्नों के उत्तर हिंदी में देने का विकल्प रखें।
- ❑ रबर की मोहरें द्विभाषी रूप में बनवाकर उपयोग करें।
- ❑ प्रशिक्षण संस्थानों में प्रशिक्षण हिंदी माध्यम से दें।
- ❑ कंप्यूटर पर मानक हिंदी फॉण्ट का उपलब्ध होना सुनिश्चित करें।
- ❑ पर्सनल कंप्यूटर पर रोजमर्रा के काम में आनेवाले फॉर्म, पत्रों के नमूने हिंदी में फीड कर प्रयोग में लाएं।

क्या न करें :-

- ❑ केवल अंग्रेजी में मानक और स्थानीय फार्म का प्रयोग न करें।
- ❑ कोई भी रबर के मोहर, धातु की सीले, नाम सूचना पट्ट, नाम पदनाम, वैज केवल अंग्रेजी में न बनवाएं।
- ❑ आरक्षण चार्ट केवल अंग्रेजी में न करें।
- ❑ ‘क’ एवं ‘ख’ क्षेत्रों के कार्यालयों को फैक्स सन्देश अंग्रेजी में न भेजें।
- ❑ हिन्दी में प्राप्त या हस्ताक्षरित पत्रों के उत्तर अंग्रेजी में न दें।
- ❑ ‘क’ एवं ‘ख’ क्षेत्रों के कार्यालयों को भेजे जाने वाले लिफाफों के पते अंग्रेजी में न लिखें।
- ❑ फाइल कवरो पर शीर्ष केवल अंग्रेजी में न लिखें।
- ❑ सतर्कता आदेश केवल अंग्रेजी में जारी न करें।
- ❑ धारा 3 (3) के अंतर्गत आने वाले प्रलेखों को केवल अंग्रेजी में जारी न करें।
- ❑ विभागीय परीक्षाओं के प्रश्न केवल अंग्रेजी में न दें।

संस्थान में राजभाषा कार्यान्वयन समिति की बैठक के साथ साथ अधिकारियों तथा कर्मचारियों के राजभाषा संबंधित जानकारी में वृद्धि के लिए प्रत्येक तिमाही में कार्यशाला का भी आयोजन किया जाता है।



आइएचएम में शुरू हुआ हिंदी पखवारा, होंगे कई कार्यक्रम



हाजीपुर, 28 अक्टूबर के अठ्ठास को शुभारंभ की गई हिंदी पखवारा कार्यक्रम का शुभारंभ कार्यक्रम 28 अक्टूबर को शुरू हो चुका है। इस अवसर पर आइएचएम के प्रमुख अधिकारी, शिक्षक, छात्र-छात्राओं की संख्या 100 से अधिक है। कार्यक्रम का शुभारंभ कार्यक्रम 28 अक्टूबर को शुरू हो चुका है। इस अवसर पर आइएचएम के प्रमुख अधिकारी, शिक्षक, छात्र-छात्राओं की संख्या 100 से अधिक है।

महात्मा गांधी का विचार था कि हिन्दी भारत की राष्ट्रभाषा बने अधिकारी व कर्मचारियों के बीच हुई निबंध प्रतियोगिता



निबंध प्रतियोगिता का शुभारंभ कार्यक्रम 28 अक्टूबर को शुरू हो चुका है। इस अवसर पर आइएचएम के प्रमुख अधिकारी, शिक्षक, छात्र-छात्राओं की संख्या 100 से अधिक है। कार्यक्रम का शुभारंभ कार्यक्रम 28 अक्टूबर को शुरू हो चुका है। इस अवसर पर आइएचएम के प्रमुख अधिकारी, शिक्षक, छात्र-छात्राओं की संख्या 100 से अधिक है।

पटना, बुधवार, 28 अक्टूबर 2023

हैन्दुस्तान

होटल प्रबंधन संस्थान में प्रतियोगिता आयोजित

हाजीपुर। स्थानीय माध्यम गांधी सेन युवा संघ के द्वारा आयोजित प्रतियोगिता का शुभारंभ कार्यक्रम 28 अक्टूबर को शुरू हो चुका है। इस अवसर पर आइएचएम के प्रमुख अधिकारी, शिक्षक, छात्र-छात्राओं की संख्या 100 से अधिक है। कार्यक्रम का शुभारंभ कार्यक्रम 28 अक्टूबर को शुरू हो चुका है। इस अवसर पर आइएचएम के प्रमुख अधिकारी, शिक्षक, छात्र-छात्राओं की संख्या 100 से अधिक है।

पटना और गांधी, बुधवार, 18 अक्टूबर 2023

हजीपुर केन्द्रीय होटल प्रबंधन संस्थान ने चलाया सघन स्वच्छता जागरूकता अभियान

थावे भवानी मंदिर से शुरू हुआ अभियान, विभिन्न प्रकार के कार्यक्रम आयोजित



हाजीपुर। केन्द्रीय होटल प्रबंधन संस्थान ने स्वच्छता जागरूकता अभियान चलाया। इस अवसर पर आइएचएम के प्रमुख अधिकारी, शिक्षक, छात्र-छात्राओं की संख्या 100 से अधिक है। कार्यक्रम का शुभारंभ कार्यक्रम 28 अक्टूबर को शुरू हो चुका है। इस अवसर पर आइएचएम के प्रमुख अधिकारी, शिक्षक, छात्र-छात्राओं की संख्या 100 से अधिक है।

पटना, बुधवार, 18 अक्टूबर 2023

स्वच्छता ही असली धन है, अपने आस-पास की जगहों को स्वच्छ रखने से होता है ईश्वर का वास: प्राचार्य

नृत्य नाटक के माध्यम से आइएचएम के छात्रों ने थावे मंदिर में स्वच्छता के प्रति किया जागरूक

हाजीपुर। स्वच्छता ही असली धन है, अपने आस-पास की जगहों को स्वच्छ रखने से होता है ईश्वर का वास: प्राचार्य



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पटना, बुधवार, 18 अक्टूबर 2023

स्वस्थ शरीर के लिए खेल के महत्व पर दिया बल

स्वस्थ शरीर के लिए खेल के महत्व पर दिया बल



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आइएचएम में प्लस टू के छात्र-छात्राओं की कैरियर काउंसिलिंग

हाजीपुर। आइएचएम में प्लस टू के छात्र-छात्राओं की कैरियर काउंसिलिंग



हाजीपुर। स्वच्छता ही असली धन है, अपने आस-पास की जगहों को स्वच्छ रखने से होता है ईश्वर का वास: प्राचार्य

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Events & Activities 2023-24



Independence Day 2024



Annual Sports Day



Events & Activities 2023-24

Punjabi Theme Lunch by 2nd Year Students



"Waste Reduction & Management" Poster Making Competition

Events & Activities 2023-24

World Tourism Day Celebration



Cuisine Conquest



Events & Activities 2023-24



Floral Competition



Travel for Life Winners and Participants



Saraswati Pooja

Events & Activities 2023-24



Cake Mixing Ceremony



Rajasthan and Assam food festival

Events & Activities 2023-24



Rise N Dine - The Gala Brunch



International Tourism Mart 2023 Shillong



Crust Carnival

IHM, HAJIPUR NIRVANA 2024

Events & Activities 2023-24



Freshers Day Celebration



Teacher s Day Celebration

Events & Activities 2023-24



Farewell 2024-25





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Activities by
Yield

PRIDE

Personal
Responsibility
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Delivering
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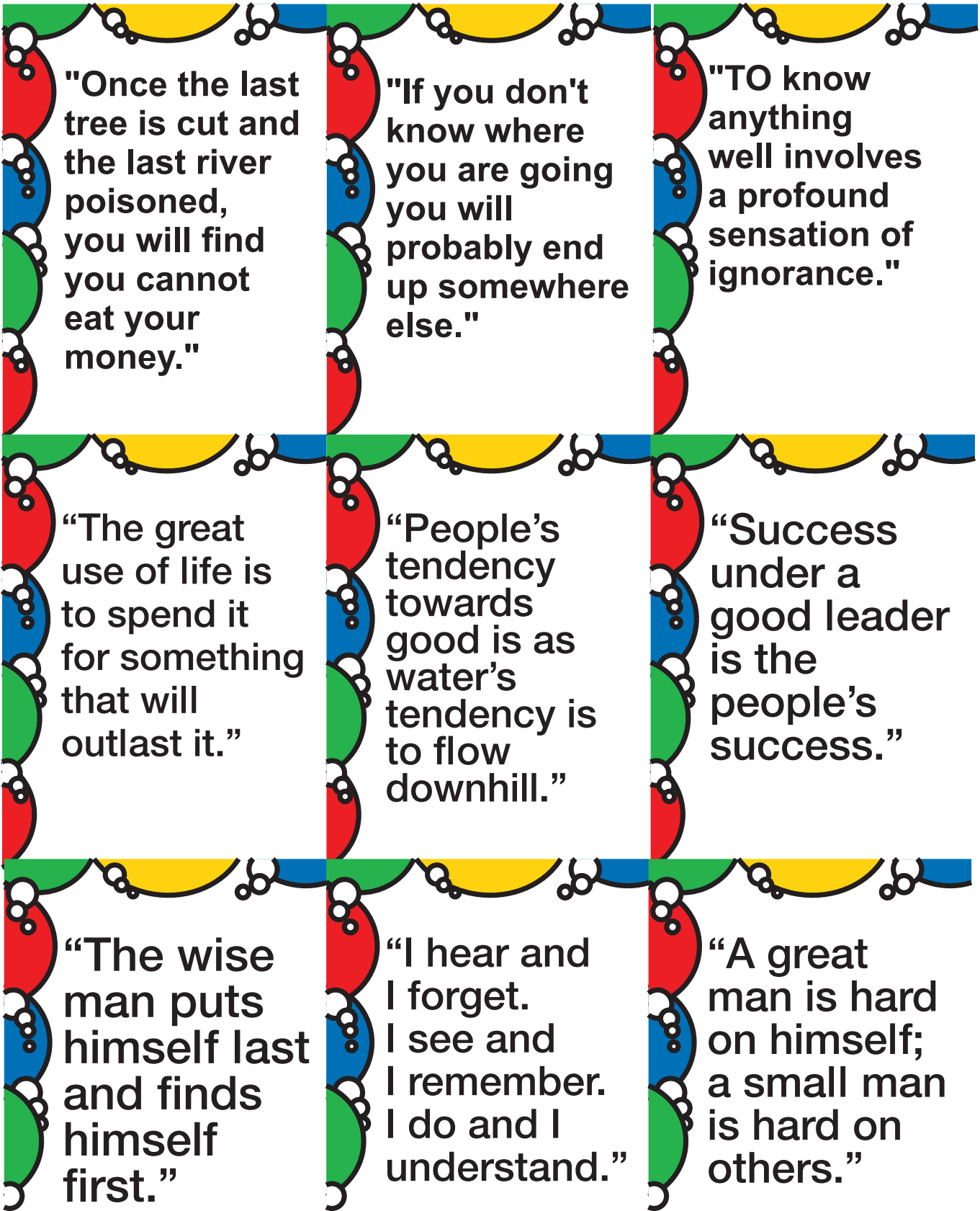
"He knows most who says he knows least."

"When I let go of what I am, I become what I might be."

"If you don't create your reality, your reality will create you."

"I forget what I was taught, I only remember what I've learnt."

"The best careers advice to give to the young is 'Find out what you like doing best and get someone to pay you for doing it.'"



"Once the last tree is cut and the last river poisoned, you will find you cannot eat your money."

"If you don't know where you are going you will probably end up somewhere else."

"TO know anything well involves a profound sensation of ignorance."

"The great use of life is to spend it for something that will outlast it."

"People's tendency towards good is as water's tendency is to flow downhill."

"Success under a good leader is the people's success."

"The wise man puts himself last and finds himself first."

"I hear and I forget.
I see and I remember.
I do and I understand."

"A great man is hard on himself; a small man is hard on others."

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