



ST. JOSEPH'S INSTITUTE OF HOTEL MANAGEMENT & CATERING TECHNOLOGY, PALAI
MANAGED BY DIOCESE OF PALAI | AFFILIATED TO MG UNIVERSITY | APPROVED BY AICTE



THE LANTERN

NEWSLETTER OF SJHMCT | VOL:1 - ISSUE: VI | SEPTEMBER 2022

Compendium

In focus

Academic activities

Iconic Views

Achievements

Alumni Corner

Current Verve



IN FOCUS



Graduation Day Ceremony of the 2018-22 Batch of was held on 25-06-2022.

The Mighty Marriott is here!

MOU GREAT PARTNERSHIPS
CREATE GREAT FLAVOURS!



The Marriott Hotel, Kochi recognised SJHMCT, Palai as their Preferred Academic Partner

ACADEMICS

NEWS @ SJHMCT CLUBS

A SESSION ON PAPER BAG MAKING- Six students of V semester BHM joined together on 12th of July 2022 for making paper bags thereby observing 'World Paper Bag Day'. They learnt how paper bags can be made and encouraged their friends to avoid the usage of plastic bags in the campus.



RUN FOR RUM-On account of 'World Rum Day', a quiz competition based on the topic, 'Rum' was organized on 14th of July 2022 at 1.10 pm by Le Sommelier Club. 20 students attended the quiz and the winners were Amal Felix and Akhil P. Anil of V semester.

On account of World Mead Day, an online session on the topic, 'Mead' was conducted on 4th of August 2022. The session was led by Nidinkumar M.M of V semester and 23 students attended the same. In continuation to this, an online quiz competition was conducted on the same day through Kahoot platform. The quiz consisted of 12 multiple choice questions and was attempted by 22 students. The winners were Sujith Thomas and Sachin Raj.K of V semester.

A demonstration on paper pen making was conducted on 8th of August 2022 at 8 PM through Google Meet by the Paryavarana club of SJHMCT. Johann Jose, the student club-co-ordinator spoke about various sustainable practices that need to be followed. 25 students attended the online session.



Quiz O Grand - The questions were based on Front Office themes and the questions were divided into 3 sections which are Logo identification, Crosswords & Front office terms.



Jithu Baisel John of V semester led an online session on the topic; 'White wine' on 11th of August 2022. During the session, details pertaining to the manufacturing process of white wine was discussed. The names of white wine grape varieties, white wine brands, white wine producing countries were also covered during this online meet. An online quiz competition on the topic, 'White wine' was also conducted through the online platform, Kahoot.

The quiz comprised of 10 multiple choice questions and was attempted by 27 students. The winners were Devansharma and Sachin Raj of V semester.



ACADEMICS



Our students undergoing their IET took part in the football tournament, "Shoot the rain" at Courtyard by Marriott Hotel, Kochi.

ONAM CELEBRATIONS AT SJHMCCT



ICE WINE



Mr. Manual Sunny
V Semester
BHM

Ice wine is a type of dessert wine produced from grapes that have been frozen while still on the vine. The sugars and other dissolved solids do not freeze, but the water does, allowing for a more concentrated grape juice to develop. Popular varieties include Riesling, Vidal blanc and Cabernet franc. Ice wine is a sweet, late harvest wine that can only be made when grapes naturally freeze in the vineyard at a minimum -8°C .

The first Ice wine is believed to have been made in Germany in the late 1700's when freezing weather struck before the grape crop could be harvested. The winemaker persisted, harvesting and pressing the frozen grapes and fermenting the juice to a sweet wine. Ice wine was first produced in the Okanagan Valley of British Columbia by German immigrant Walter Hainle in 1972.

ICONIC VIEW



Mr. Niranjana Khatri

Mr. Niranjana Khatri has a background in Hotel Management and wealthy experience of working as GM at various ITC Hotels, Mr Khatri has pioneered the concept of eco designing in ITC Bay Island in Port Blair during 1988 to 1992; Travel House in 1992 to 1994 and Land Base India Ltd. during 1994 to 1996.

He also submitted a paper to ILO/ Cornell University on eco-designing in 1994 and headed Confederation of Indian Industry's (CII) Renewable Energy Cell for a year during 1996 to 1997. Mr. Niranjana developed eco-rating for Delhi Government which has been distributed to over 1200 schools, translated into Marathi & further distributed to 6000 schools in Maharashtra.

An Ex-faculty member of the Railway Staff College, Baroda, he conducted 30 sessions on eco-designing for senior management of the Indian Railways and many sessions for public/private sector companies like BHEL, CEL, Tata BP Solar, Wipro and Karnataka Pollution Control Board / Power Finance Corporation, IIT, MDI, SP Jain & many chambers of commerce.

He has served as an Ex-convener of the water committee of CII Delhi Council and of the Power & Water Committee of CII Northern Region/National Committee respectively. He is the ex-Chairperson of Sustainable Development Committee of Federation of Hotels and Restaurants Association of India-Western Region and Arunim along with serving on the board of National Trust- an arm of Ministry of social justice.

Mr Khatri is a recipient of Helen Keller Award in 2006 & in 2011; Karamveer Puraskar 2009; Green Hotelier award 2010 & Parivartan Sustainability Leadership Award 2012.

Sneha: Sir, what has encouraged you to be a successful hospitality professional ?

I was very fortunate to be in a company with a rich diversity. Not only by the people but also by the geographical dispersion of the whole chain with unique features of the region that our hotels are located. Having worked in many places with different people in different geographical conditions, it helped me to become a holistic hotelier.

The turning point in my life was when I was posted in so-called "Kalapani" : called Port Blair. Government officials used to call it Kalapani or Blackwaters because it is considered a punishment posting. It's a very remote place and a very difficult place to operate. When I was transferred there, I was also not very happy but when I saw the islands from the air while landing the beautiful tropical forest and aquamarine waters and pristine beaches took my breath away, it changed my complete perspective about the islands and it is these islands where I learnt about nature and its

interconnectedness at the feet of mother nature.

Alvin: Sir, you being the crusader for sustainable initiatives in the hospitality sector, we would like to know what prompted you to think on those lines?

Well, to be very frank with you, I did not know the spelling of environment those days (I am talking about 1988) when I was posted in Port Blair. I am grateful to the late Admiral Govil, the commander in chief of the Navy, because a month after I settled down in Port Blair in the hotel that I was operating, he called me and said, "Niranjana can you do something about your cardboard package boxes?".

The background was that, the tourists who come there do not have much to see in Port Blair, since it is a small place. The tourists got to see pristine islands around Port Blair to enjoy the sun, sand & the beach in the pristine islands. They had to take the cardboard lunch box from the hotel along

with water and towels . When they came back, they left the lunchbox behind in the islands. The lunch box had the name of the hotel printed on them.

The commander in chief of the Navy used to move around the islands and wherever he went, he saw these cardboard lunch boxes lying littered by the tourists. He politely asked me to do something about it. I said, “yes sir, I’ll do something about it”. However, I had no idea how to solve this problem. Hence, I did nothing.

A month later I got a call from the conservator of the forest with a similar request. However, the solution to the problem evaded me and I did not do anything about it. I started feeling a little sheepish because I promised without performing.

I discussed with the heads of department of the hotel to find a solution to tackle this littering problem. They also did not have a clue either. After two and a half months, it occurred to me. Why don't we appeal to the good sense of the tourist? I told my F&B Manager to put a sticker on the carton boxes which said, “Please do not litter the island & bring it back to the hotel for disposal”. We also put a message on the box, “Please leave the coral for the fish”.

Thus, the promise made to the conservator of forest and navy chief was integrated in our service design. We observed that 50% of our guests brought back the cartons. I was not happy with 50% compliance. Thus, we decided to use steel tiffin boxes instead of carton boxes, and a notice was put up stating that,” if the tiffin box is not returned to the hotel, then Rs. 500 charges shall be applicable. Those days the cost of a tiffin box was Rs.20. Thus, we could achieve 100% compliance. We never had to charge the guests Rs.500 too as they all brought back the steel tiffin box!

Those days we were not aware that we had started something called, ‘Extended producer

responsibility’. Extended producer responsibility means the industry has to take responsibility for its actions even beyond its boundaries. An example for the same today is the “E-waste policy” where we exchange old PC, or car batteries for a discount while buying new ones.

Today if you are doing business companies have to follow the triple bottom line concept. The triple bottom line is a business concept that firms should commit to measuring their social

and environmental impact—in addition to their financial performance—rather than solely focusing on generating profit, or the standard “bottom line.” It can be broken down into “three Ps”: profit, people, and the planet.

If we do not take care of the planet, you and I shall be jobless. We need to conserve the planet for the future generations. That's the need for taking up sustainable practices.

The steel boxes instead of carton boxes yielded better ROI. In 1998 we could save Rs.90 per day by substituting cardboard boxes with steel tiffin boxes. In those days it was a substantial saving considering that flights to Port Blair operated once in two days and the scope for increasing revenue was abysmal. This is how my journey in sustainable development started in the bliss of a small pond in geographical isolation.

Sneha: Sir, when you pioneered the concept of eco designing in the Welcome group bay island in Port Blair what kind of hurdles did you face?

When I was in Port Blair my first hurdle was my own ecological illiteracy on the subject. Later on it dawned on me that eco design is an effective method to deal with operational cost. We had moved from paper cap to cloth cap for the chefs, since paper caps cannot

"If we do not take care of the planet, you and I shall be jobless. We need to conserve the planet for the future generations. That's the need for taking up sustainable practices."

be reused. By removing the use of paper we are saving the forest cover too. Paper caps cost Rs 2 and cloth caps cost Rs. 20 each in those days. However since the cloth cap could be used for a long time a eco benign solution was one of the few changes that we brought about.

We used to line the drawers in the guest room with brown paper. We swapped that with velvet lining. The initial cost was high, however velvet being durable gave us a ROI in material use.

Alvin: What is your strategy to manage stress?

There was no stress! I was enjoying the journey, it unleashed my creativity, when you enjoy solving problems there is no stress.

Sneha: Could you suggest some tips for sustainable initiatives to be practiced at the campus as well as outside?

Using renewable energy inside the campus, you can also implement rainwater harvesting, food waste reduction techniques and conversion of food waste into biogas to reduce purchase of LPG gas. When teaching about banqueting at college, teach the students about green banqueting. Green banqueting involves using natural sources of light and ventilation as much as possible during the conference. Take measures to eliminate food wastage by clever messaging.

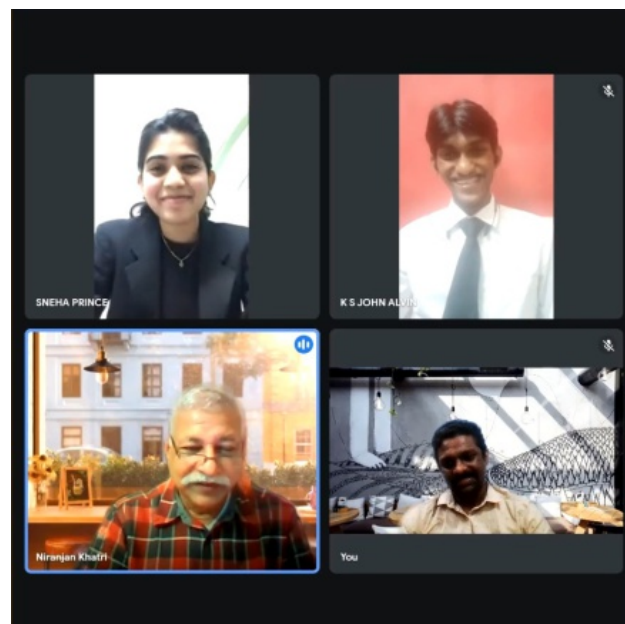
Alvin: What is your message to the budding hospitality professionals of SJHMCT?

My message to them is that, “You are entering an industry which is designed for waste, start asking questions so that wastage can be curbed. However, before asking questions you need to bring change, in your own home. Practice initiatives on sustainable activities in your home.

For example you can start by serving drinking water to your guests according to how thirsty they are, rather than serving a full glass of water. This ensures that unconsumed precious water is not wasted.

Another instance of water wastage is the cistern tank that is used to flush the toilet. On an average each household the flush is used at least 16 times per day. You can reduce the capacity of the cistern so that the water is conserved by installing a dual flushing system.

Population in India today is 130 crores. In 1947 the population was 35 crores. The resources are limited, and needs are unlimited for the growing population. In 1947 we had 6 lacs liters of water per person per annum. Now it has reduced to 1.5 lacs liters per person per annum. In 1947 we used to get water at 30 feet depth, currently now on an average we have to go 300 feet to get water. In some cities water is drawn from depths of 1200 to 1800 feet. According to NITI Aayog 21 cities are going to be dry soon. “We must all learn to use water mindfully like nano drops to conserve water!”



Interviewers:

Ms. Sneha Prince, III Sem

Mr. K S John Alvin, III Sem

ACHIEVEMENTS



Our team grabbed the prize for Largest Team Participation in All Kerala Mini Marathon "Run Legends of Pala" organized by SPORTS LEGACY FOUNDATION in association with Kerala State Athletic Association.



INS VIKRANT Mark II
DEDICATION CEREMONY

The only Hotel Management Institute that has been selected by The Marriott Hotel, Kochi for the VVIP Service to be performed on board of India's most prestigious Aircraft carrier INS Vikrant Mark II, (indigenously built at the Cochin Shipyard) during its dedication ceremony scheduled on 7th & 8th August 2022.

A Lifetime achievement & an honour for the students and faculty of SJHMCT Palai

ST. JOSEPH'S INSTITUTE OF HOTEL MANAGEMENT & CATERING TECHNOLOGY, PALAI

Preferred Academic Partner Institute of:

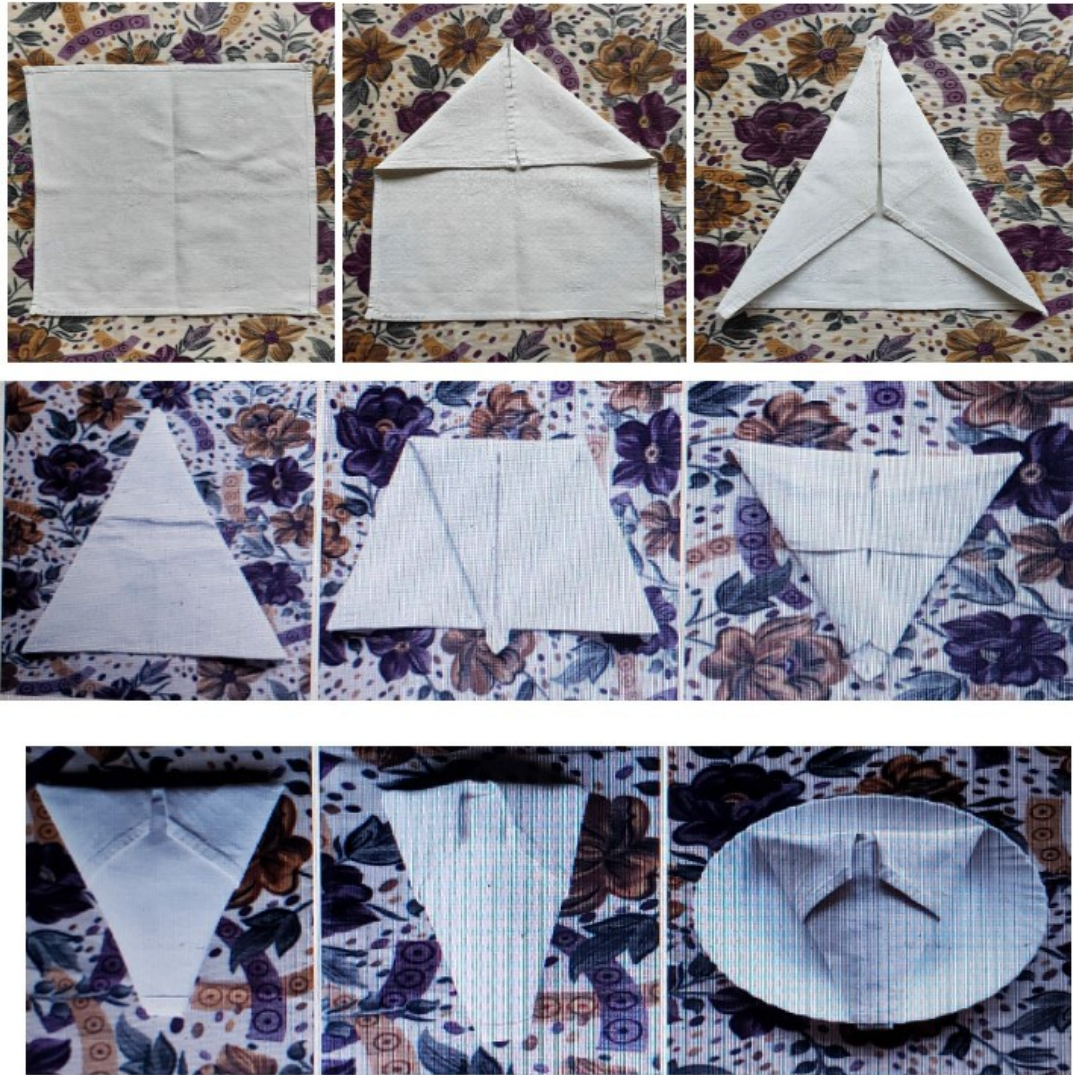


The only Hotel Management Institute that has been selected by The Marriott Hotel, Kochi for the VVIP Service to be performed on board of India's most prestigious Aircraft carrier INS Vikrant Mark II, (indigenously built at the Cochin Shipyard) during its dedication ceremony.

ALUMNI CORNER

MOCCASIN NAPKIN FOLD

Here is a step by step instruction on how to create the Moccasin Napkin Fold. This fold can be placed either in the center of the cover or on the side plate.



Instructions

1. Open the napkin and place it on a flat surface.
2. Bring the right and left corners to the center.
3. Fold it again till it resembles a pointer.
4. Turn the napkin upside down.
5. Fold the top part (pointed) towards the bottom side of the napkin.
6. Grab the two corners below and close the gap that appears in the center.
7. Turn back the napkin.
8. Place it on a B&B plate.

Mr. Tojin Thomas
2017-2021 Batch

CURRENT VERVE

ESG PRACTISES BY DIAGEO INDIA

ESG is the abbreviation for *environment, sustainability & governance*. The managing director & ceo of Diageo India Ms. Hina Nagarajan spells out the various initiatives the company has taken with regard.

Eliminating use of single use plastic : They collected 41000 metric tons of plastic last year, more than it generated. Another instance is the use of biodegradable packs for the hipster for Scotch whisky.

Reduced 80% greenhouse gas emissions : In 2021, Diageo launched water stewardship in Nashik & Nanded in Maharashtra & Kumbalgodu in Karnataka wherein over 4.62 cubic metres of water was replenished. The goal is to make all its distilleries water positive. Efforts are on for a massive afforestation drive to offset the residual greenhouse gases emission.

Grain to glass sustainability: From grain to glass, they have incorporated sustainability and also in product innovation. Diageo was sensitive to consumer, community and societal needs, it was a responsible producer, and championing the cause of responsible consumption as part of their balanced lifestyle.

She mentioned that the company runs a massive campaign to educate consumers and also students and parents on the ill effects of underage consumption of alcohol. With regard to drink driving, Diageo educates consumers and has joined hands with five Regional Transport Offices (RTOS) of Rajasthan, Maharashtra and Uttar Pradesh wherein the applicants are made to sit-through campaigns on the ill-effects of drunk driving, before they get their licences.

50% women in leadership roles by 2025: Diageo is very passionate about inclusion and diversity and is fast moving towards the goal.

Preserving Rajasthani ethos with “Godawan”: Inspired by the Great Indian Bustard, Diageo would work towards preserving the bird with part of the proceeds from sale of each bottle. Godawan is crafted in, its provenance inspired by, and dedicated wholeheartedly to the Rajasthani ethos of beauty in scarcity, and sustainability. Godawan is distilled in a water positive manner. Besides conserving water there and also preserving the local culture, Diageo was connecting with the local people.

R Chandrakanth. (2022, January 7). Diageo India Leading the way in ESG. Ambrosia, 30(2), 16–07.



St. Joseph's Institute of Hotel Management & Catering Technology, Palai
Choondacherry P.O, Pala
Kerala, PIN : 686 579



www.sjihmct.ac.in



[sjihmctpala](https://www.youtube.com/sjihmctpala)



fb.me/sjihmctpala



[sjihmctpala](https://www.instagram.com/sjihmctpala)