



THE LANTERN

NEWSLETTER OF SJHMCCT | VOL:2 - ISSUE: 1 | APRIL 2023

Compendium

In focus

Academic activities

Iconic Views

Achievements

Alumni Corner

Current Verve



IN FOCUS

THE OUTBOUND EXPOSURE FOR THE STAFF



On February 18, 2023, the college staff participated in the Outbound Exposure For Staff program, which had 32 participants. The program started at 7 AM from the college and ended at 9 PM. The main objective of the program was to improve the staff's interpersonal skills, communication skills, leadership skills, and teamwork abilities. The program included three locations: Adventure Park at Thenmala, boating at Adavi, and visiting the elephant training center at Konni.

INTERNATIONAL BREAD EXPO 2023



The students from the Bakery Elective program of the 2019-23 batch curated an exhibition that showcased a diverse range of international breads, including baguette, focaccia, pain de epi, and more. The inauguration of the event was done by the Chairman of St. Joseph's Institutions, Rev.

Fr. Joseph Maleparambil, and it was organized with the guidance of Mr. Seby P Mathews, Assistant Professor. Mr. Joby Jose and Mr. Mathews Mathew also played significant roles in ensuring the success of the event. Along with the bread exhibit, a live sale counter was set up, offering delicious treats like pizzetta and sandwiches.

IN FOCUS

SUPER MAIDS EXPO 2K23



The "Super Maid's Expo 2k23" exhibition, showcasing the Housekeeping department and its operations, was organized by the Housekeeping Elective students of the 2019-23 batch, under the coordination of Mr. Jojan Thomas, Asst. Professor. The event was inaugurated by Mr. Samboo Gopalakrishnan, General Manager of CGH Kumarakom, and presided by Rev. Fr. Mathew Koramkuzha, The Manager SJ CET; Rev. Fr. John Mattamundel, The Bursar SJ CET; Rev. Fr. Joseph Vattappillil, The Director SJHMCT; Dr. Sheri Kurian, The Principal SJHMCT; Mr. Varghese Johnson, The HOD SJHMCT. The exhibition featured live counters demonstrating the latest styles of bed making and special towel arts. Additionally, there were exhibits on display such as towel art, flower arrangement, control desk, cleaning agents, cleaning equipment, laundry, and mini bar. Ms. Regy Joseph, Asst Professor SJHMCT, supervised the flower arrangement display. The event drew in over 250 visitors.

THE STEWARD



On January 25th, 2023, the students of the 2022-2026 batch of SJHMCT organized an exhibition titled "The Steward" based on F&B service topics in the Seminar hall. The exhibition was inaugurated by Msgr. Dr. Joseph Maleparampil at 10 pm and featured 22 counters set up by 120 students who explained various concepts they learned in their first semester. The counters, which included fast food outlets, bars, discotheques, Dak Bungalows, inns, hotels, coordination between departments, and operating equipment, attracted the audience's interest. The

exhibition received high praise as students confidently presented their topics and exhibits. The counters were judged based on the overall presentation and the students' explanation, with Counter no.20, set up by Thomaskutty T. Jojo and his team, winning the first prize. The second prize was awarded to two counters, namely Counters no.18 and 22, while Counters no.1 and 9 shared the third prize.

ACADEMICS

PLACEMENT OF 2019-23 BATCH STUDENTS



On January 23rd and 24th, 2023, The Leela Kovalam conducted a campus placement drive. The interviews were conducted by the HR Director, Ms. Debasmitha, and the Training Manager, Mr. Balu John.



On February 20th and 21st, 2023, Mr. Arun Skaria, who is the Executive Chef, and Mr. Seshagiri Rao, who is the Deputy General Manager at HMS Host in Hyderabad, visited the campus for a placement drive.



On 09/03/23, the campus placement drive was conducted by Zuri Kumarakom, and the interview was conducted by Mr. Hari Krishnan (HR Manager) and Mr. Vivek Venugopal (Assistant Manager Learning and Development).



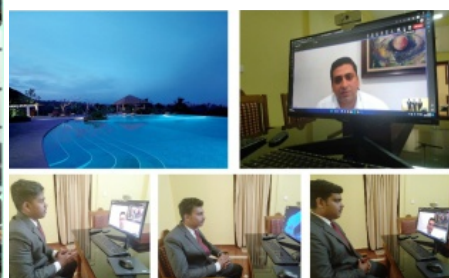
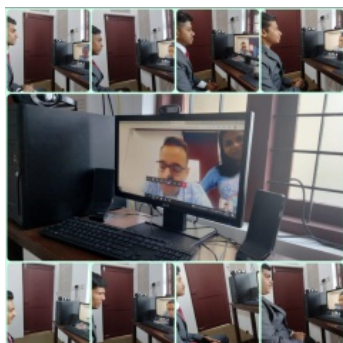
On February 3rd, 2023, The Ritz Carlton Bangalore visited the campus for a placement drive. The interview was conducted by Ms. Devayani, who is the HR Manager, and Mr. Kiran Kumar Reddy, who is the Executive Housekeeper at The Ritz Carlton Bangalore.



On 22/02/23, Mr. Shivanna M.P (Associate Director HR) and Mr. Ritesh Kumar (F & B Associate Director) from Aloft, Bangalore visited the campus for an interview.



On March 15th, 2023, our students attended an interview at Kumarakom Lake Resort. Mr. Vishnu Jayakumar, the HR Manager, conducted the interview.



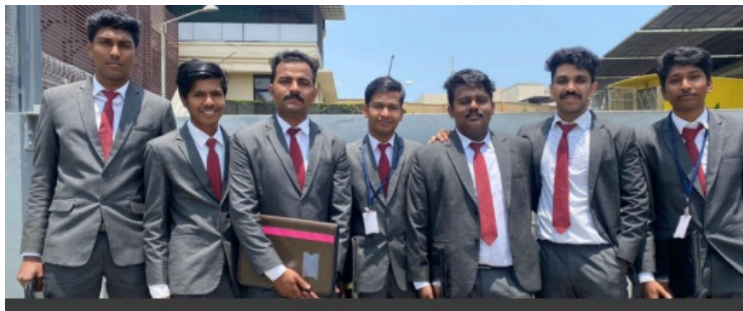
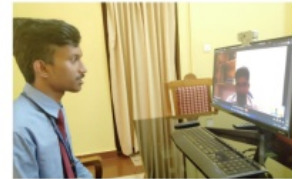
On March 10, 2023, students participated in an online interview with Taj Green Cove Resort and Spa, Kovalam. The interview was conducted by Mr. Anand Pandey, F&B Assistant Manager, and Ms. Sudha, HR Manager. There were two rounds of interviews, and the final interview was conducted on March 20, 2023, by Mr. Shadab Khan, the Hotel Operations Manager.

ACADEMICS



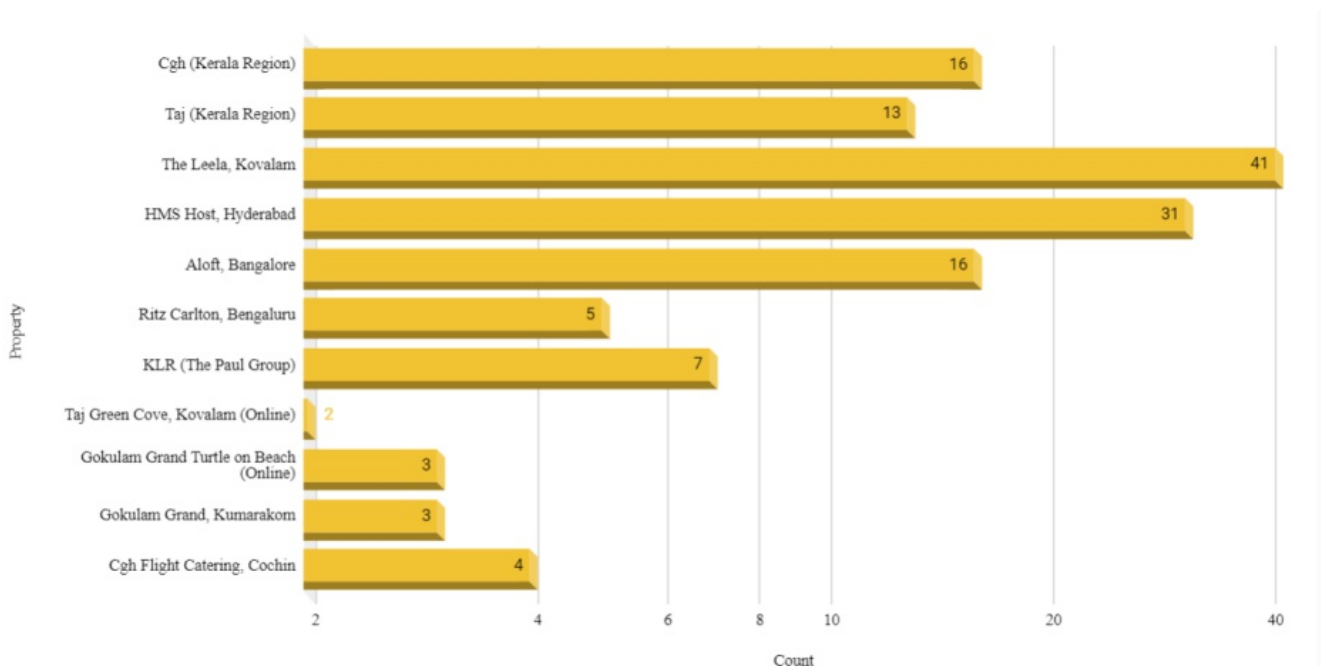
On 16/03/23 and 17/03/23, The Evolve Back Resort in Coorg conducted online interviews for their Management Trainee Programme. The interviews were conducted by Ms. Monika, the HR Manager.

On 20/03/23, students participated in an online interview for Gokulam Grand Turtle on Beach, Kovalam. The interview was conducted by Mr. Ritesh Kumar (HR Manager) and Mr. Justin James (Executive Housekeeper).



On 23/03/23, students participated in an interview at the CGH Flight Catering campus in Cochin, which was conducted by Mr. Harikrishnan, the HR Manager.

PLACEMENT SUMMARY



ACADEMICS

NEWS @ SJHMCT CLUBS



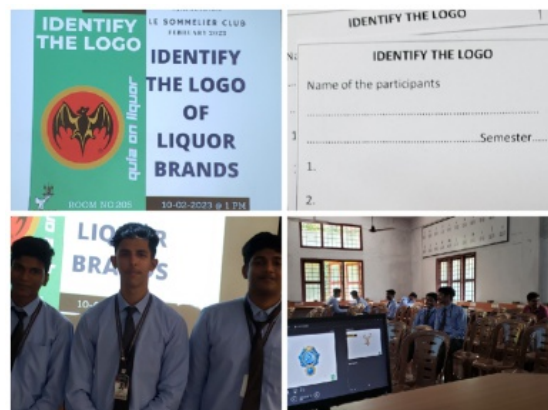
To commemorate 'US National Irish Coffee Day', the Le Sommelier club conducted an **online session on 'Irish Coffee'** via Google Meet on January 27th, 2023 at 7 pm. The session was hosted by Justin Reji, a student in the eighth semester, and covered the history and ingredients of Irish Coffee cocktail, its preparation method, and its variations. Seventeen club members attended the session. Following the online session, a quiz competition on the same topic was held via Kahoot. The quiz included ten multiple-choice questions and was attempted by fifteen students. Kevin Schlumpp and Adon Santosh, both in the first semester, emerged as the winners.

At 7 pm on the 1st of February, an online session on the topic of the **Brandy Alexander Cocktail** was conducted through Google Meet by Joel Thomas Jobin, an eighth-semester student. The session covered the history, ingredients, variations, and significance of the cocktail. 15 students attended the online session. Following the online session, an online quiz competition on the same topic was conducted through the Kahoot platform. The quiz consisted of 10 multiple-choice questions and was attempted by 19 students. The winners of the quiz were Kevin Schlumpp and Hanson Davis, both from the first semester.



St. Joseph's Institute of Hotel Management and Catering Technology, Palai's NDLI Club organized a quiz named **"In Search of Hospitality Master"** on January 19th, 2023. The quiz was held on Moodle and saw a turnout of 62 participants. It comprised 60 multiple-choice questions that needed to be answered within 30 minutes. Mr. Ajith Raj and Mr. Abil Manuel came in first and second place, respectively, while Mr. Christin Benny and Mr. Titus T J shared the third position.

Le Sommelier Club organized a competition on the **logos of various liquor brands** in Room no.205 on February 10th, 2023, at 1 PM. Six students from the II semester participated in the event, and the winners were Thomaskutty Jijo, Sherin Thomas, and Midhun Mathew.



ACADEMICS



The Le Sommelier Club conducted an online session titled '**Scotch Whisky**' on February 16th, 2023 at 7 PM. The session featured Athul Sajeew of VIII semester as the key speaker who discussed the manufacturing process, brands, and major whisky-producing areas of Scotch Whisky. A total of 17 students attended the session. Following the session, an online quiz competition on the same topic was conducted using the online platform, Kahoot. The quiz consisted of 11 multiple-choice questions and was attempted by 20 students. Abil Manuel and James Bijo from VIII semester

emerged as the winners.



On February 24th, 2023, the Le Sommelier club organized an online session on the topic of Pisco Sour to observe '**US National Pisco Sour Day**.' The session was conducted through Google Meet at 7 pm, and Abhijeet J. Roy of II semester led the session. He discussed the ingredients and variants of Pisco Sour. 15 club members were present for the session.

Following the online session, an online quiz competition was held on the same topic through the online platform, Kahoot. The quiz consisted of 10 multiple-choice questions and was attempted by 14 students. Kevin Schlumpp and Don Mody Mathew of II semester were declared as the winners of the quiz competition.



The Le Sommelier Club of SJHMCCT held an in-house mocktail-making competition named **Virgital-3** on March 3rd, 2023, in Room no. 105 at 2:30 PM. Fourteen students from different semesters showcased their creativity by preparing various refreshing and delicious virgin drinks.

The participants' drinks were evaluated based on their taste, presentation, and explanation.

Mr. Kiran Krishnan from IV semester won the first prize for his 'Virgin Moscow Mule.'

The second prize was shared by Mr.Ashish Chacko and Mr.Roshan V. Elais, while Mr.Liyon Sebastian of IV semester secured the third prize.

ACADEMICS

On March 11th, 2023, the Le Sommelier club held an online session on the topic of **Absinthe** at 6:30 PM, led by Kevin Schlumpp of II semester.



The discussion covered the history, types, preparation, and brand names of Absinthe, with 10 club members in attendance.

Following the session, an online quiz competition was held on the same topic through the platform Kahoot, which consisted of 10 multiple-choice questions and was attempted by 10 students. The winners of the quiz were Sherin Thomas and Don Modi of II semester.

On March 16, 2023, the Esperanza Club, the housekeeping club of the college, held an event called "**Trash to Treasure**".



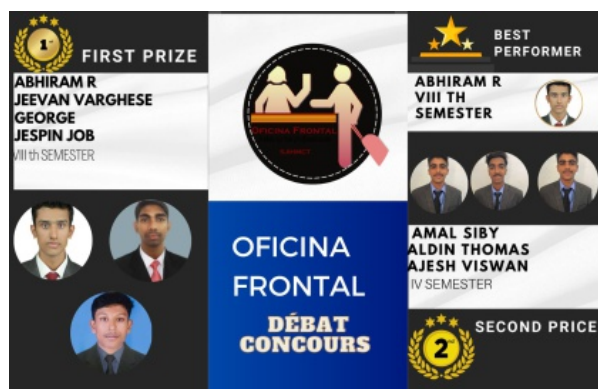
The main aim of the competition was to bring out the hidden talents of the students in creating new products and ideas from waste materials. The event aimed to raise awareness about the importance of waste management and encourage students to adopt prudent practices in order to make the best use of things that they intend to throw away. The "Regard before you discard" event was open to all students of SJHMCT, and it encouraged students to use their creativity and imagination to create innovative things. The criteria for judging the competition included the presentation, use of materials, innovation, and overall impact. The event showcased the students' creativity and fostered a love for the environment.

On Saturday, the 18th of March, Le Sommelier Club organized a **quiz competition** based on the



F&B Service syllabus of I semester for the second time. The competition took place in Room no.205 at 1.45 PM and 6 teams participated. The quiz was divided into 3 rounds and was hosted by Mr. Alan Abraham Johnson, an VIII semester student. Mr. Hari Govindh and Mr. Kevin Schlumpp won the first prize, while Mr. Sherin Thomas and Mr. Shibi Saji secured the second position.

On March 6, 2023, the Front Office Club (Oficina Frontal) hosted a debate contest called "**Debate Concours**". The aim of the competition was to encourage students to develop critical thinking skills and engage in discussions on important topics. The debates were conducted to gather opinions and evidence to inform decision-making. A total of 28 students participated in the competition, and four groups were selected to compete in the final round. At the end of the contest, the best performer and team were identified and awarded prizes.



ACADEMICS

The **La Bataille** quiz, a culinary quiz, was conducted by the Connoisseur Club of SJHMCT. It consisted of two rounds: an online preliminary round and a final round.



The preliminary round took place on February 20th, 2023 at 8:30 pm, utilizing Google Forms, with 30 students participating. From this round, the top 10 students were selected to advance to the final round.

The final round of La Bataille was held on February 23rd, 2023 at 1:30 pm in the Language Lab, with 10 participants forming 5 teams. Mr. Sebin Sebastian and Mr. Aaron Jose George, both 8th-semester students, moderated the event, while Mr. Abil Manuel organized it.

The team of Ajith Raj and Akhil Vijayan, both 8th-semester students, emerged as the first prize winners, followed by Anand Michael and Ashish Chacko, both 4th-semester students, who secured the second prize. The third prize was claimed by Ameer K S and Athul Sajeev, both 8th-semester students.

On March 4th, 2023, the Aroma club hosted an event focused on **sowing microgreen seeds**. Participants collected used plastic bottles, which were then filled with potting mixture, and the seeds of mustard, coriander, and red amaranth were sowed and watered. Members of the club who actively took part in the event included Abil Manuel, Ajith Raj, Akhil Vijayan, Abin Sunny, James Bijo, Ajith Suresh, and Abel Paul.



"Friday House" is a joint venture between the final year students of The Connoisseur Club and Le Sommelier Club. This food and beverage kiosk offers innovative food products and drinks every Friday. The kiosk was inaugurated on March 17th, 2023.



To mark **St. Joseph's Feast Day**, the members of SJHMCT celebrated the feast of their Director, Fr. Joseph Vattapillil. The event took place on March 18th, 2023 at the SJHMCT Canteen, in the presence of The Chairman of St. Joseph's Institutes, Fr. Joseph Meleprambil, and The Bursar, Fr. John Matamundayil. The gathering was addressed by the Principal, Dr. Sheri Kurian, and the HoD, Mr. Varghese Johnson. The women's team of SJHMCT prepared and served a special lunch for the occasion.

ICONIC VIEW



Mr. J P Menon
General Manager
Courtyard by Marriott,
Madurai

Sir, what is your inspiration behind choosing a career in hospitality?

It was coincidental, I never considered pursuing a career in hotel management, as the usual career options during my time were engineering, medicine, and chartered accountancy. It was my mother who discovered an advertisement for a hotel management course in the newspaper and suggested that I try something different. Thus, I applied to the IHM and chose Ahmedabad as my preferred location. I was fortunate enough to be accepted, and I have never looked back since.

During my time at Ahmedabad, I was the only student from Kerala in a class of 60. Initially, I was teased for my heavy accent, but this stopped when I received top marks in French during the first term. This experience taught me that we often have inhibitions when it comes to speaking English, but with practice and perseverance, we can overcome them. I encourage all of you to speak in English whenever you have the opportunity to do so, as there is no other way to improve your language skills.

What is the USP of Marriott Madurai?

The Courtyard by Marriott, Madurai offers a unique blend of both business and leisure, making it a popular choice for travellers. With an occupancy rate of over 80%, it is a bustling hotel that attracts a significant number of business travellers during weekdays, while leisure travellers tend to frequent the hotel during weekends en route to popular tourist destinations such as Rameshwaram and

Ooty. As a result, it serves as an excellent stopover point for those travelling to the southern part of the country. The hotel's primary selling point is its ability to cater to both business and leisure travellers. Additionally, the hotel boasts the largest banquet space in the city, which allows for large conventions and weddings. These two features are the hotel's main selling points.

Which are the sustainable practices engaged by the Marriott ?

Sustainable practices are a vital aspect of our business, and we take them seriously. In our hotel rooms, we have replaced small plastic containers for supplies like shampoo, conditioner, and lotion with bulk dispensers to reduce the use of plastics. Additionally, we provide glass bottles instead of single-use plastic bottles, and we don't use plastic straws to minimise the creation of plastic waste harmful to the environment.

Another initiative we have taken is to use windmills and solar power to meet the hotel's daily energy requirements. We have also installed LED lights in all areas, including rooms, and heat pumps to generate hot water. These measures not only conserve energy but also help us optimise the cost of hotel operations.

We have implemented an organic waste converter to process the organic waste generated by the hotel. All the wet waste created by the hotel is treated in this converter, which turns it into manure that we use for gardening on the hotel premises. Our irrigation system is also sustainable.

We have employed various sensors to control the usage of energy and water. Some parts of the hotel have movement sensor lights that only illuminate when there is movement in the area. The taps in public areas and urinals are sensor-activated to prevent the wastage of water. The water in the rooms and showers has aerators to conserve water. These are significant steps

we have taken to ensure sustainability.

Since the pandemic the number of domestic travellers has increased. How is the current trend?

At present, the majority of our business is driven by domestic travellers. However, we have started to witness a gradual increase in inbound group movements for leisure, which we expect will continue to grow in the coming years. Although we have many business travellers, expatriate business travel has not fully taken off yet, and hence the business is currently heavily reliant on domestic travellers.

What are the challenges faced by you in the hospitality and hotel industry?

Dealing with difficult guests is an inevitable part of the hospitality industry, and it is crucial to handle them effectively. At Marriott, we believe that if a guest is complaining, it is often due to a mistake made by our staff, either knowingly or unknowingly, and we take full responsibility for it. Rather than blaming the guest, we critically evaluate the situation to understand where we went wrong and ensure that the issue is resolved promptly. It is essential to learn from our mistakes and take measures to prevent them from recurring in the future. To achieve this, we encourage our team to document all the mistakes and blunders that have occurred in various departments, particularly those that have led to guest dissatisfaction. This information is then shared with newcomers to ensure they are aware of possible causes of guest dissatisfaction and equipped to avoid such incidents in the future.

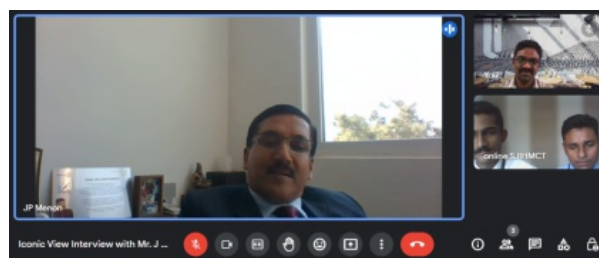
What is your message to the budding hospitality professionals of SJHMC?

The hotel industry is experiencing a boom, which presents bright opportunities for budding hoteliers. Marriott, for instance, is

opening new hotels every six days globally, with a target of reaching 200 hotels by 2025. As of now, they have 145 branches worldwide, indicating that there will be another 55 openings in the next two years. Other chain hotels are also expanding, providing many employment prospects for aspiring professionals.

However, students must keep in mind that "No Pain, No Gain" is an adage that applies here. The initial stages of one's career in the industry will require hard work, particularly during internships and industrial training. The challenges will include being on your feet most of the time and dealing with senior staff who might not be initially friendly. These obstacles are a necessary part of the growth process, and you must give it your best effort. Excelling in these tasks may lead to job offers from the hotel where you trained.

Marriott, for instance, identifies the best trainees based on their IET performance and provides them with priority for job placement during campus interviews. The first five to six years of one's career may be challenging, but they provide opportunities to work hard and smart, so that one can make the most of the industry. A successful start to one's career can lead to rapid career progression, which is quicker than in the past. One can now become a GM at the age of 30, instead of 40 or 45. For exceptional performers, the sky is the limit. My sincere advice to students would be to perform excellently during training, make a great impression, and pave the way for a brilliant career.



Interview by,
Alan Saji & Anabel B Thomas
II Semester BHM

ACHIEVEMENTS

LAURELS DURING IET BY THE 2020-24 BATCH STUDENTS



On March 27, 2023, Mr. Alex John was awarded the title of "Well Groomed Trainee of the Month" by Chef Akshay Suresh of Che Pavilion Restaurant at Taj Malabar, Cochin.



Mr. Amal Sunny was presented with the Intern of the Month award for January by Mr. Vivek Sharma, the General Manager of Marriott Whitefield, Bangalore.



In January 2023, Mr. Renjit Sharma was awarded the intern of the month award by Priyanka Chowdhury, the Assistant Manager of Housekeeping Department, and Mr. Soham Mukherjee, the Housekeeping Executive, at Hilton Bangalore Embassy Golf Link, Bengaluru.

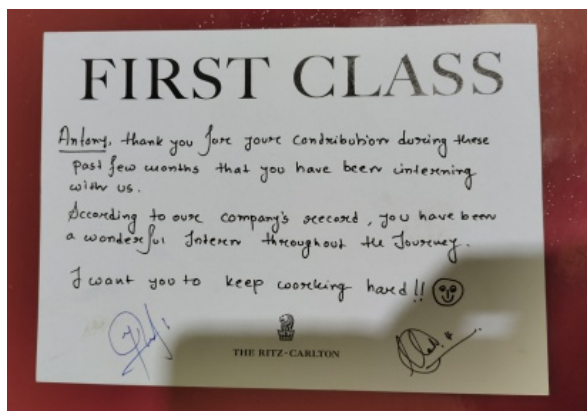


On January 24, 2023, at the ITC Grand Chola in Chennai, Mr. Cyril Joseph was awarded for achieving 100% attendance and displaying impeccable grooming standards. The award was presented to him by Ms. Ammu R., the Training Coordinator.



At ITC Grand Chola, Chennai, Mr. Bitto Abraham was acknowledged by Mr. Depender Rana, The Hotel Manager, as the best performer at IRD (In-Room Dining).

ACHIEVEMENTS



Mr. Don Antony was awarded a certificate of appreciation from Ritz Carlton, Bangalore in January 2023.



Mr. Aswin K.H. was awarded the "Trainee of the Month" for the housekeeping department by the Executive Housekeeper, Mrs. Saritha Fernandes, on March 7, 2023, at the Taj Holiday Village Resort and Spa in Goa.

ALUMNI CORNER

Greetings, my name is Prashant Prakash and I am currently serving as a Senior Team Member at Taj Yeshwantpur in Bengaluru. I express my gratitude to the college for providing me with a platform to enhance my confidence and groom me as a hotelier. The journey with SJHMCT was enjoyable and filled with pleasant memories. To all aspiring professionals, I advise you to live a life true to yourself, strengthen your mindset, and treat everyone with kindness. Be self-assured and articulate while expressing yourself. Follow your intuition and pursue your passions. Develop the drive to work hard, earn money, and save for the future. I wish all my juniors the very best of luck.

Mr. Prashant Prakash (2017-21 Batch)
Taj Yeshwantpur, Bengaluru

PLANT BASED MEAT INDUSTRY IN INDIA

Plant based meat are meat - like products that are expected to have the same taste, texture, and experience as that of animal meat and made from plant based ingredients. Hence they are also called mock meats, meatless foods, meat analogues and faux meat, smart protein.

Benefits of plant based meat

Plant based meat products have zero cholesterol content, and the protein content is nearly the same as that of regular meat. They ensure public safety and sustainability. Plant nutrients can also offer protection against potentially harmful compounds in cooked meat. These products also help in reducing Greenhouse gas emissions.

Key players in the Indian Market

The market for plant based meat in India is in the nascent stage & the market is driven by health conscious consumers and a flexitarian population. The key players in the market are GoodDot, Vezley, Ahimsa Foods, Wakao Foods, Blue Tribe Food, Mister Veg. Other startups in India include Greenest, Plantmade, VegetaGold.

Types of plant based meat available in Indian Market

Various forms of plant based meat are available in the market in both RTC & RTE categories, such as plant based meat chunks, plant based fish, nuggets, minced meat, sausages, patties, keema and similar products!

Plant based meat in restaurants

GoodDo, Tandoori Hut, Flipside, Dominos, and many other outlets in metropolitan areas have a full menu dedicated to plant based meat dishes. Burgil an Indian burger chain, launched a plant based chicken burger. Dominos has launched 'The Unthinkable Pizza' which is made from plant based ingredients and claims to have the same taste as that of chicken.

The latest trend

In 2022 alone, 30 new smart protein companies were launched, joining an impressive ecosystem of 55+ companies in India dedicated to offering Indian consumers more sustainable, nutritious, and most importantly, delicious sources of protein. In an EAT (Education and Agriculture Together) forum consumer study India was reported to have the highest number of consumers interested in eating plant based food. Early adopters of this segment aged between 25-40 years have a high positive disposition towards plant based meat, with 77 % of them willing to try plant based meats.



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