

# Pala Palate

## SJIHMCT PALAI NEWSLETTER

FOR PRIVATE CIRCULATION ONLY ▪ QUARTERLY ▪ VOLUME 3, ISSUE 1, JAN-MAR 2025 ▪ OFFICIAL NEWSLETTER OF SJIHMCT PALAI



NAAC ACCREDITED HOTEL MANAGEMENT COLLEGE



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

# Pala Palate

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SJIHMCT PALAI NEWSLETTER

VOLUME 3, ISSUE 1, JAN-MAR 2025





## SJIHMCT Newsbites

*Small Portions.  
Rich Flavour.*

### VISION

- To develop into a leading and pace setting provider of professional courses and programmes to develop and train suitable manpower for the Hospitality Industry.

### MISSION

- To develop young men and women into professional experts to manage Hospitality Industry in general and Hotels in particular
- To equip youngsters with conceptual and interpersonal skills for managerial decision making and its execution in hospitality and related industries
- To develop and encourage the entrepreneurial capabilities of the young generation to become effective change agents

## EDITORIAL MESSAGE

We are proud to share that our institution received NAAC accreditation in January 2025 a significant milestone in our journey of excellence. This issue of Pala Palate captures key highlights from January to March, including expert sessions, student activities, and national celebrations. Here's to continued growth and vibrant campus life!

– The Editorial Team

## IN FOCUS

### SJIHMCT Receives NAAC Accreditation – A Proud Milestone!

We are thrilled to share some exciting news with you all – St. Joseph's Institute of Hotel Management and Catering Technology (SJIHMCT) has been awarded NAAC Accreditation! This prestigious recognition is a testament to the consistent quality, dedication, and excellence upheld by our institution.

What makes this achievement even more remarkable is that SJIHMCT is the only hotel management institute in Kerala to receive NAAC accreditation offering a single course. This distinction sets us apart and reflects the high standards we maintain in both academics and professional training.

The National Assessment and Accreditation Council (NAAC) evaluates institutions across India on parameters such as curriculum, teaching-learning processes, infrastructure, student support, and overall institutional performance. Receiving this accreditation is a mark of our credibility and our commitment to delivering top-tier hospitality education. This accomplishment belongs to all of us, our management, faculty, non-teaching staff, alumni, and most importantly, our students. Your efforts, discipline, and passion have contributed greatly to this success.

As we celebrate this recognition, let it also serve as motivation for us to continue striving for excellence in everything we do. Congratulations to the SJIHMCT family!





## Welcoming Our New Chairman – Msgr. Dr. Joseph Thadathil



We are delighted to announce the appointment of our new Chairman, Msgr. Dr. Joseph Thadathil, who has officially joined our institution's leadership. His arrival marks an exciting new chapter in our journey, and we extend a warm welcome to him on behalf of the entire SJHMCT family. Msgr. Dr. Joseph Thadathil brings with him a wealth of experience in both academic and spiritual leadership. Known for his visionary thinking and compassionate approach, he has served in numerous influential roles, inspiring excellence and growth wherever he goes. His deep commitment to education

and holistic development aligns perfectly with our mission and values.

Under his guidance, we look forward to an environment that continues to nurture innovation, academic integrity, and personal growth. Msgr. Dr. Thadathil's presence promises to further enrich our campus with wisdom, discipline, and a renewed sense of purpose. Once again, we welcome Msgr. Dr. Joseph Thadathil with open hearts and great anticipation for the future ahead.

## NSS Team Honoured for Green and Litter-Free Campus

On March 29, 2025, the NSS 272 team of SJHMCT was awarded "Best College in Bharananganam Panchayath – Green and Litter-Free Campus" at a ceremony held at Bharananganam Grama Panchayat. With 50 participants, the team was recognized for their outstanding efforts in promoting cleanliness, sustainability, and eco-conscious practices on campus. The award highlights the NSS unit's commitment to building a cleaner and greener future.



## Graduation Day 2025: A Proud Farewell and a Bright New Beginning

### First Event with the New Chairman, Honouring Excellence and Future Professionals

The campus of St. Joseph's Institute of Hotel Management and Catering Technology, Palai was alive with joy and pride on 22nd March 2025, as the institute celebrated its 12th Graduation Day, a significant milestone for the graduating students and a memorable occasion in the institute's journey. This year's celebration held even greater importance as it marked the first official event graced by our newly appointed Chairman, Msgr. Dr. Joseph Thadathil. His presence added warmth and inspiration to the day, making it a truly special occasion for the entire SJHMCT community.

The ceremony began with a grand academic procession, as graduates took their seats in traditional robes, greeted by applause from faculty, family, and friends. The event was further elevated by the presence of distinguished Chief Guests: Dr. Raju Narayanaswamy, noted IAS officer and anti-corruption advocate, and Dr. Jose Abey, Airport Service Supervisor at Fly Dubai, Kochi.



The conferral of graduation certificates was the emotional highlight of the day, symbolizing the successful completion of a transformative academic journey. Faculty and mentors offered words of encouragement, urging graduates to face the future with courage, curiosity, and commitment. In addition to the graduation ceremony, special awards were presented to honour outstanding achievements:

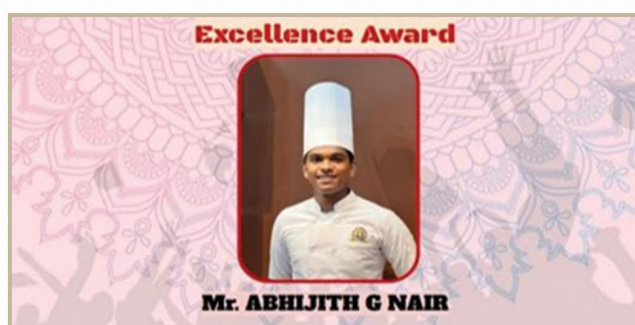
- **Best Outgoing Student Award** – celebrating overall excellence in academics, leadership, and character.
- **Best Budding Professional Awards** – presented to meritorious students from each specialization batch, recognizing their skill, growth, and industry readiness.

Graduation Day 2025 was a beautiful blend of reflection, recognition, and celebration. As the first event under the leadership of the new Chairman, it also marked the beginning of a new chapter of growth and inspiration at SJHMCT.

## Best Budding Chef



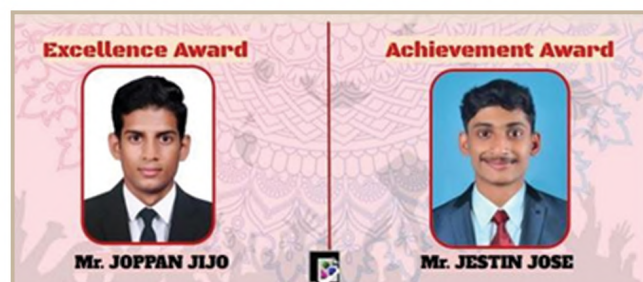
## Best Budding Baker



## Best F&B Service Personnel



## Best Budding Housekeeping Personnel



## Best Outgoing Student



## Best Budding Front Office Personnel



## Alumni Meet 2K25

The Alumni Meet 2K25 was held on March 22, 2025, at St. Francis Hall, bringing together 100 graduates of SJHMCT. Coordinated by Mr. Jerin James and Ms. Rakhy Raju, the event focused on strengthening alumni bonds, discussing the future of the Alumni Association, and identifying key areas for its growth. It was a joyful reunion filled with memories, networking, and new plans for the road ahead.





## 100% Placement Success at SJHMCT – A Proud Moment!

We are delighted to announce a remarkable achievement for St. Joseph's Institute of Hotel Management and Catering Technology (SJHMCT) – 100% placement for the outgoing batch! This year, all 83 students who opted for campus placement have been successfully placed in leading hotel chains and hospitality groups across the country and abroad. This outstanding result stands as a testament to the high standards of training, dedication, and professionalism that define SJHMCT.

Our students have secured positions in some of the most prestigious hospitality brands, including:

- The Oberoi Group
- Taj Hotels
- IHG
- The Paul
- HMSHOST
- CGH
- ZURI Kumarakom
- Grand Hyatt
- Tamara
- The Leela palace Chennai
- Courtyard by Marriott
- Le Meridien Coimbatore
- And many more.

The 100% placement rate is not just a number, it reflects the collective efforts of our Placement Cell, faculty, and students, as well as the trust our industry partners place in our institution. We are incredibly proud of our students who have stepped into the professional world with confidence and competence. Their success is an inspiration to all current and future batches. To the Class of 2021-2025, we say congratulations, may this be the first of many great achievements in your career!



## Governing Body Meeting 2025: Driving Institutional Growth

The Governing Body of SJHMCT met on 27th March 2025, chaired by the Bishop of the Diocese of Palai, to review the college's academic, administrative, and infrastructural progress.

Key topics included curriculum updates, infrastructure development, faculty training, student welfare, and financial planning. The meeting also explored new industry collaborations and sustainability initiatives. Led by the Principal, the session emphasized a continued commitment to excellence in education and campus development.



## IDEATION 2K25 – Innovative Business Idea Competition

The Innovation and Entrepreneurship Development Centre (IEDC) of SJHMCT organized IDEATION 2K25, an innovative business idea competition, on March 26, 2025, at the Seminar Hall. The event aimed to encourage student entrepreneurship and provide a platform to showcase creative business ideas.

A total of 4 teams comprising 11 students participated. Each team presented their idea through a 5-minute PowerPoint presentation. Innovative concepts included:

- **Trawell Tribe** – A tourism promotion app
- **Beverage Capsule**
- **Paper Picker Device**
- **Seacycle** – An ocean plastic recycling initiative

The session, held from 1:30 PM to 4:10 PM, was judged by Mr. Sujith Mathew George and Mr. Jerin James. The competition successfully identified promising young entrepreneurs and encouraged practical thinking.





## Bird Water Feeder Installation – Paryavarana Club

On March 20, 2025, marking World Water Day, the Paryavarana Club installed a Bird Water Feeder System across the SJHMCCT campus to promote biodiversity and eco-friendly practices. Led by Shifana Shiyas, Suryaprasad N.S, and Grafcs Lilly Sebastian (II Semester), the project used recycled materials, reinforcing sustainability. This small yet impactful initiative received positive feedback and aims to inspire more green actions on campus.



## Empowering Through Awareness: Women's Health & Hygiene Session at SJHMCCT

As part of International Women's Day celebrations, St. Joseph's Institute of Hotel Management and Catering Technology, Palai, organized a meaningful session on Women's Health & Hygiene on March 7, 2025. The session, led by Dr. Sandra Tom, Assistant Surgeon at CHC Rajakkad, focused on educating female students about essential health and hygiene practices. It covered two key areas: general well-being, including nutrition, mental health, and hygiene and menstrual health, with practical tips on safe sanitary practices and eco-friendly disposal methods.

The event began with an introduction by Ms. Jyothi Joseph, Assistant Professor, who highlighted the importance of women's health awareness. With open discussions and expert insights, the session aimed to empower students with knowledge for a healthier, more confident life.



## Women Staff Day Out: Celebrating Strength and Dedication

In celebration of International Women's Day, the female staff of St. Joseph's Institute of Hotel Management and Catering Technology, Palai enjoyed a refreshing day out on March 7, 2025, as a gesture of appreciation for their dedication and hard work.



The group of ten staff members visited Manathoor, a serene destination in Kottayam, where they spent a relaxing afternoon surrounded by nature. The day featured a traditional Kerala lunch, a heart-warming cake-cutting ceremony led by IQAC Coordinator Ms. Regy Joseph, and a variety of fun and engaging activities.

From peaceful nature walks to cheerful games and bonding moments, the event offered a perfect mix of relaxation and celebration. It was not just a break from the routine but a heartfelt thank you to the women who contribute so much to the SJHMC community. This special outing stands as a reminder of the institute's commitment to recognizing and valuing every member of its team.



## Session on NAAC Binary System by Prof. Harry Cleetus

### Enhancing Accreditation Awareness at SJHMC

On March 2025, Prof. Harry Cleetus, former Principal of St. Albert's College, Ernakulam, visited SJHMC to conduct an insightful session on the binary system of NAAC accreditation. The session was exclusively organized for the faculty members and aimed to enhance their understanding of the revised accreditation framework. Prof. Cleetus, with his deep expertise, explained the key components, assessment metrics, and the strategic approach to documentation and evaluation. The interactive session proved to be a valuable learning experience, equipping the staff with the necessary knowledge to align academic practices with national quality standards.



## IEDC General Body Meeting: Fostering Innovation & Entrepreneurship

The Innovation and Entrepreneurship Development Cell (IEDC) held its General Body Meeting on 12th March 2025, from 1:00 PM to 1:30 PM, with 14 students in attendance.

Led by Nodal Officer Mr. Sujith Mathew George and Mr. Jerin James, the meeting focused on reviewing ongoing projects like TrawlTribe and Millet Power Pack, discussing upcoming ideation events, and planning future initiatives. Students were encouraged to propose new ideas and business plans, while an action plan for the upcoming semester was outlined to strengthen innovation and collaboration.



## Project Proposal Submitted to Kerala Tourism Director

On March 6, 2025, the project proposal for "TrawlTribe", a travel operator app promoting sustainable tourism, was officially submitted to Ms. Shikha Surendran IAS, Tourism Director of Kerala. The initiative aims to support responsible travel practices while boosting local tourism experiences through innovative digital solutions.





## One-Day Training on E-Grantz Post Matric Scholarship Held at Kottayam

A one-day training programme on the E-Grantz Post Matric Scholarship was conducted on February 24, 2025, at the Kottayam District Panchayat Hall, with 300 participants in attendance Ms. Raky Raju attended the session from our institute. The session was coordinated by Mr. Mano P from the Idukki District Office as the resource person.

### Key Objectives:

- Raise awareness about the E-Grantz scholarship scheme.
- Explain eligibility, benefits, and the application process.
- Demonstrate portal usage and recent updates.

Mr. Mano P delivered a detailed presentation covering portal navigation, document uploads, and common errors. An interactive Q&A session followed, ensuring participants could clarify doubts. The programme was well-received and concluded with a vote of thanks by a Panchayat official. Contact details for further assistance were shared, and the initiative was deemed a success by the organizers.



## Blood Donation Camp: A Noble Act of Giving

Organized by the NSS Unit of SJHMCT

On February 18, 2025, the NSS team of St. Joseph's Institute of Hotel Management and Catering Technology, Palai, organized a Blood Donation Camp at the college seminar hall—an event that truly reflected the spirit of compassion and social responsibility. The camp was inaugurated at 10:00 AM by MLA Mani C. Kapan, who praised the initiative and stressed the importance of regular voluntary blood donation in saving lives.



Medical support was provided by professionals from Mar Sleeva Medicity, Palai, and the Pala Blood Forum, ensuring a smooth and hygienic donation process. Donors were well cared for with post-donation refreshments and received certificates of appreciation as a token of gratitude. The camp saw active participation from students, faculty, and staff, with an impressive number of blood units collected.

Many first-time donors also stepped up, encouraged by the spirit of giving that filled the room. This successful event stands as a testament to SJHMC's ongoing commitment to community service and social responsibility. We appreciate the NSS team and volunteers for their tireless efforts in making a meaningful impact.







## Café Chronicles Opens: A Brew of Talent and Teamwork

### Student-Run Evening Café Inaugurated at SJHMCT

A fresh aroma of creativity and collaboration now fills the air at St. Joseph's Institute of Hotel Management and Catering Technology, Palai, with the grand opening of its very own student-run evening café, Café Chronicles. The café was officially inaugurated by MLA Mani C. Kapan in a special ceremony held on campus, marking a proud moment for students and staff alike.



Open daily from 4:00 PM (except Sundays), Café Chronicles offers a cozy space for students, staff, and visitors to relax, connect, and enjoy a range of delicious snacks and beverages, all planned, prepared, and managed by the students themselves. During the inauguration, MLA Mani C. Kapan praised the initiative as a perfect example of practical learning, entrepreneurial spirit, and teamwork. He encouraged students to take full advantage of such opportunities to enhance their skills beyond the classroom.



Café Chronicles not only serves as a platform to showcase culinary talent but also fosters valuable hands-on experience in hospitality operations, customer service, and management.

## St. Joseph's Day Celebration at SJHMCT

### A Day of Gratitude, Good Food & Heartfelt Celebrations

On March 18, 2025, the campus of St. Joseph's Institute of Hotel Management and Catering Technology, Palai came alive with warmth, laughter, and the aroma of home-cooked delights as the institute celebrated St. Joseph's Day with great joy and community spirit. As part of the celebration, the lady staff members of the institute prepared a variety of traditional and festive dishes at home, which were lovingly served to all the staff members. The delicious spread not only showcased culinary talent but also reflected the unity and generosity that defines our community.



The celebration held special significance as it was also an opportunity to honour our beloved Director, Rev. Fr. Joseph Vattappillil, whose name day coincides with the feast of St. Joseph. A heartfelt moment unfolded as the staff came together to gift Fr. Joseph a token of appreciation and celebrate his leadership with a cake-cutting ceremony. Adding to the joy, the institute also celebrated the birthday of Rev. Fr. Thomas Njavallil, making the occasion even more memorable. With cake, warm wishes, and smiles all around, the dual celebration was filled with love, laughter, and gratitude. Events like these truly reflect the family spirit at SJHMCT, where every occasion becomes an opportunity to connect, appreciate, and celebrate each other.





## Faculty Day Out: A Refreshing Getaway to Kalathil Lake Resort

### Celebrating Togetherness and Team Spirit

On 8th February 2025, the faculty of St. Joseph's Institute of Hotel Management and Catering Technology, Palai took a well-deserved break from their daily routines with a rejuvenating day out to Kalathil Lake Resort, Vaikom. Organized by the institute as a gesture of appreciation, the trip aimed to promote relaxation, team bonding, and shared moments of joy among the teaching and administrative staff. Surrounded by tranquil backwaters and lush greenery, the resort offered the perfect setting for a peaceful retreat. The day was filled with fun activities, engaging conversations, and delicious food, allowing faculty members to unwind and connect outside the classroom. The scenic boat rides and serene environment made it a truly memorable experience for everyone involved.



This thoughtfully planned outing not only strengthened interpersonal bonds but also reflected the institute's ongoing commitment to fostering a positive and supportive work culture. Events like these remind us that teamwork, when paired with moments of joy, builds stronger communities.



## Session on Entrepreneurship in the Hospitality Sector

The IEDC of SJHMCCT conducted a session on "Developing Entrepreneurship Culture in the Hospitality Sector" on February 6, 2025, at the Seminar Hall. The session was led by Mr. Abhi Varghese, IEDC Nodal Officer and Entrepreneur from Amal Jyothi College of Engineering. A total of 114 students from the 2023–2027 batch participated. The session focused on fostering entrepreneurial thinking, managing new ventures in hospitality, and clarifying doubts related to business development.



## IQAC Workshop on NAAC Binary System

A one-day workshop on the NAAC Binary System was held at Catholicate College, Pathanamthitta on January 18, 2025, with 75 participants. Pro. Harry Cleetus led the session, offering valuable insights into the updated accreditation system. Representing SJHMCCT, Ms. Regy Joseph attended the workshop. The session was informative and beneficial for all IQAC coordinators.





## SJIHMCT Staff Invited to Prestigious IFCA Event in Delhi

### National Recognition Through IFCA Invitation

We are proud to announce that Dr. Sheri Kurian (Principal, SJIHMCT) and Ms. Sona Rachel John (Faculty Member) were invited by the Indian Federation of Culinary Associations (IFCA) to attend the prestigious Indus Food Expo held in Delhi in January 2025. Organized by the Trade Promotion Council of India (TPCI), the Indus Food Expo is one of the country's leading food and beverage trade shows, bringing together culinary experts, educators, entrepreneurs, and global industry leaders. The event served as a valuable platform to explore food innovation, build industry networks, and discuss emerging trends in hospitality and culinary arts.



The invitation extended to Dr. Sheri Kurian and Ms. Sona Rachel John is a testament to SJIHMCT's growing influence and excellence in the hospitality education sector. Their participation not only showcased the institute on a national stage but also reinforced its commitment to keeping pace with global industry standards. Their experience and learnings from the expo are sure to enrich our academic environment and further inspire innovation and professionalism within our student community.



## Everest Better Kitchen Culinary Challenge – Season 6 (Kerala Chapter)

### Hosted by SJIHMCT, Palai

The Everest Better Kitchen Culinary Challenge – Season 6 (Kerala Chapter) was held with great enthusiasm on January 28, 2025, at St. Joseph's Institute of Hotel Management and Catering Technology (SJIHMCT), Palai. The event kicked off with an inaugural ceremony at 9:30 AM in St. Francis Hall, graced by distinguished dignitaries including Msgr. Fr. Joseph Maleprampil (Chairman), Fr. Dr. James John Mangalathu (Administrator), Fr. Joseph Vattapallil (Director), Dr. Sheri Kurian (Principal), Mrs. Ekta Bhargava (Better Kitchen), Mr. Sachin Shendge (Wisdom Career Education), and Mr. Varghese Johnson (HOD).

The ceremony began with a vibrant parade of participants proudly bearing their college flags, setting the tone for a day of creativity, competition, and culinary excellence. Over 53 teams from hospitality institutions across Kerala competed in various categories spread across different venues on campus. The valedictory function took place at 4:30 PM, where the winners were announced in four main categories.



## Republic Day Celebration 2025

The Republic Day celebration at St. Joseph Institute of Hotel Management and Catering Technology was held on January 26th, 2025, at 9:00 AM, with the hoisting of the national flag by Fr. Joseph Vattapallil, Director of the Institute.

The event aimed to emphasize the values of democracy, equality, liberty, and national responsibility. Students and faculty came together to sing the National Anthem, pay tribute to the Constitution, and reflect on the importance of upholding its ideals. The Director's address inspired all to actively contribute to the nation's growth.





The celebration instilled a strong sense of unity, patriotism, and commitment to the country's progress.

## Mastering the Art of Dining: Etiquette Session for MBA Students

On January 22nd, 2025, the MBA students of St. Joseph's Business School had the unique opportunity to attend an insightful session on Dining Etiquette and Table Manners. The session was conducted by our esteemed Principal Dr. Sheri Kurian and Head of Department, Mr. Varghese Johnson. With a focus on professional and social dining behaviour, the session aimed to prepare students for formal business meals, interviews over lunch, and networking events where first impressions matter. Mr. Johnson shared valuable tips on everything from proper table settings and utensil usage to polite conversation and posture at the table. It was an engaging and enriching experience for all.



## Session on Future Scope of Aviation Management

A special session was organized on 4th January 2025 to enhance awareness about the evolving landscape of the aviation industry. The objectives were twofold:

1. To acquaint faculty members with the latest developments in aviation.
2. To inspire and guide students toward emerging job opportunities.

The session was led by Ms. Praneta Pareek, Faculty Advisor of the Aviation Management Department at Buckinghamshire New University (BNU), UK, and former Team Head at IndiGo Airlines. She spoke on the topic "Scope of Aviation Management in the Future", offering deep insights into upcoming trends and career prospects. It was an eye-opener for the faculty, broadening their understanding of the sector's vast potential.





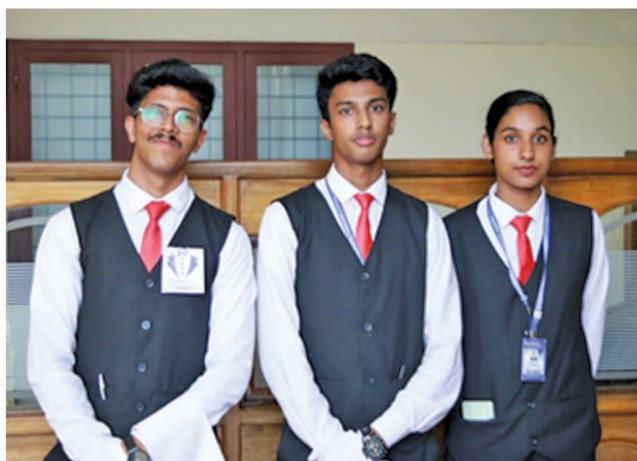
## ACADEMIC & CLUB ACTIVITIES

### SJIHMCT Butler Competition 2025

#### Putting Service Skills to the Test

The SJIHMCT Butler Competition 2025 was held on March 24–26, offering F&B students a chance to showcase their service expertise and professionalism through a series of challenging rounds.

The event included a quiz round, a real-time service simulation, and a stress interview conducted by the Principal. After a competitive showdown, Benny Johnson (IV Semester) emerged as the winner, impressing the judges with his exceptional skill and composure. The competition provided a great platform for students to experience real-world pressure and polish their butlering abilities in a fun and professional setting.



### Housekeeping Quiz Competition

#### Knowledge, Speed & Spirit!

The Esperanza Club hosted a Housekeeping Quiz Competition on March 11, 2025, inviting participants from the 2nd, 4th, and 8th semesters. Students actively took part in the exciting quiz that tested their housekeeping knowledge and quick thinking.

**1st Place: Job J (4th Semester)**

**2nd Place: Iris S Dravid & Jonath J Kottoor (4th Semester)**

The event was a great success, sparking curiosity and competitive energy among students passionate about the housekeeping domain.



### Set the Cover for the Menu: Creativity Meets Practicality

A "Set the Cover for the Menu" competition was held on 17th March 2025 at the Advanced Training Restaurant, aiming to enhance students' understanding of menu layout and cover design.

Five students participated, showcasing creativity and technical skills. After evaluation, the winners were:

**1st Prize: Iris S. Dravid (IV Semester),**

**2nd Prize (Shared): Rebecca Ann Alex & Benny Johnson (IV Semester)**

The event served as an engaging platform for applying menu design knowledge in a hands-on setting.



### Innovative Sales Strategy Competition

#### Creative Minds, Strategic Moves!

An online competition on innovative sales strategies was held on 4th March 2025, encouraging students across all semesters to think creatively and plan strategically. Six teams participated, each presenting unique ideas to promote business effectively.

After an engaging session, the final-year team of Sandra and Sneha claimed the top spot with their standout sales approach. The event successfully fostered innovation, teamwork, and real-world thinking among budding professionals.

### Orientation Program by IMI Switzerland

#### Exploring Global Culinary & Hospitality Opportunities

An orientation session by IMI Switzerland was held at SJIHMCT, Palai, on March 2025 for the 4th and 8th semester students. The session was led by Mrs. Varushka Lo Gioco and Mr. Ravi, representing IMI.



The session focused on the culinary and hospitality programs offered by IMI, along with the numerous advantages of studying in Switzerland—a global leader in hospitality education. Students were introduced to IMI's specialized curriculum and the vast career opportunities available worldwide for its graduates.

The resource persons emphasized how Switzerland's strong industry ties and international reputation make it a top destination for aspiring hospitality professionals. The session proved to be highly informative and inspiring for students looking to build successful global careers.



## Housekeeping Exhibition: A Showcase of Creativity & Skill

Where Art Meets Hospitality

On March 3, 2025, the Housekeeping Specialization students of SJHMCT put their creativity on display with a vibrant exhibition of towel art and flower arrangements.

A total of 23 students participated, presenting elegant towel folds from fans to animal shapes and beautiful floral designs, including centrepieces and contemporary arrangements. The event turned the campus into a visual delight, blending artistry with precision.

This hands-on showcase allowed students to apply classroom knowledge in a real-world context, highlighting the importance of detail and design in the housekeeping field. The exhibition was a great success, reinforcing SJHMCT's commitment to skill-based learning and creative excellence in hospitality.



## Peer Teaching Session on Margarita Cocktail

The Le Sommelier Club conducted a Theory Session on the Margarita Cocktail on February 24th, 2025, at the Seminar Hall, under the guidance of Faculty Coordinator Mr. Varghese Johnson. The session was led by Alfin Shaji, a VIII Semester student of SJHMCT, as part of a peer-teaching initiative. The session covered the history, ingredients, and variations of the classic Margarita. Alfin demonstrated cocktail-making techniques, including mixing methods, glass rimming, and garnishing, offering a well-rounded learning experience in mixology.



## Specialization I.V. – Industrial Visit to Crowne Plaza

On February 24, 2025, 31 VIII semester students (2021–2025 batch) visited Crowne Plaza as part of the Specialization IV program. Coordinated by Mr. Jerin James and Ms. Regy Joseph, the visit provided valuable insights into accommodation operations and emerging trends in the hospitality industry. The session concluded with a buffet dine-out, offering students a practical and enriching experience.



## Flairing Sessions for Mixologists by Le Sommelier Club

The Le Sommelier Club organized a three-day Flairing Session for Mixologists at the Seminar Hall on February 14, February 28, and March 14, 2025. Each half-hour session introduced students to the fundamentals of flair bartending, including



bottle juggling, flair pours, and performance techniques. Instructional videos were displayed on the large screen, allowing students to observe and practice basic flair moves. The sessions sparked enthusiasm and hands-on learning among aspiring mixologists.



## Perfect Bed Challenge

Precision Meets Creativity, Valentine's Style!

On February 14, 2025, the Esperanza Club hosted the "Perfect Bed Challenge", a themed bed-making competition in celebration of Valentine's Day. The event saw 18 enthusiastic participants showcasing their skills in bed-making and towel art. Judging criteria included speed, creativity, neatness, presentation, and personal grooming. Each participant had just 15 minutes to craft the perfect bed setup.

**Winners:**

**1st Place: Alen J Dominic (IV Sem), 2nd Place: Snehamol Joby (IV Sem), 3rd Place: Grafcs Lilly Sebastian (II Sem), Nived Sunil & Iris S Dravid (IV Sem)**

The competition beautifully blended hospitality skill with festive flair, making it a fun and impactful learning experience.



## Practical Session on Gin & Tonic – Peer Teaching Initiative

The Le Sommelier Club organized a Practical Session on Gin & Tonic on February 12th, 2025, at the Advanced Training Restaurant, under the guidance of Faculty Coordinator Mr. Varghese Johnson. The session was led by Stabin P. Saji, a passionate VIII Semester student of SJHMCCT, as part of a peer-teaching initiative.

With 13 student participants, the session offered hands-on experience in preparing a classic G&T cocktail. It was an interactive and insightful learning opportunity, blending theory with practical skills and showcasing the value of student-led teaching.





## Trash to Treasure – Season 9

### Where Creativity Meets Sustainability

On February 11, 2025, Trash to Treasure – Season 9 was held at SJIHMCCT, bringing together 30 innovative participants who turned everyday waste into impressive, functional art. With the theme “Before You Discard, Think to Reuse,” the event encouraged sustainable thinking and hands-on creativity. Students transformed discarded materials into eye-catching and purposeful creations, proving that eco-consciousness and artistry can go hand in hand. The competition not only promoted upcycling but also reflected SJIHMCCT’s ongoing commitment to creative learning and environmental responsibility.



## MAD 2K25: A Day of Art, Fun & Talent!

### Celebrating Creativity at Its Best.

MAD 2K25, SJIHMCCT’s much-awaited College Arts Day, lit up the campus on 7th February 2025 with music, creativity, and high energy. The day began with a soulful performance by Ms. Aleena (faculty member), followed by exciting competitions like Light Music, Recitation, Short Story & Essay Writing, Photography, and a thrilling Treasure Hunt.

The afternoon turned into a vibrant celebration with open dance and music, letting students express their artistic side freely. The Overall Trophy went to the 2nd-year students, making the day even more memorable. MAD 2K25 wrapped up in the evening, leaving everyone with smiles, memories, and a renewed love for the arts!



## Industrial Visit: Behind the Scenes of a Large-Scale Kitchen

The IV Semester BHM students of SJIHMCCT got a hands-on look at professional kitchen operations during their industrial visit to the SJCET Hostel Kitchen. The 124 students were split into three batches to ensure a focused and interactive learning experience.

Students explored large-scale food production, industrial kitchen equipment, hygiene protocols, and storage practices, gaining insight into real-time kitchen workflows. The visit bridged the gap between theory and practice, offering valuable exposure to industry standards and preparing students for future roles in hospitality management.



## Essay Writing Competition – NDLI Club

The NDLI Club of our institute conducted an Essay Writing Competition on February 12th, 2025, in connection with the International Day of Women and Girls in Science. Coordinated by Dr. Dona Babu, the event aimed to enhance students' literary skills and knowledge. With 22 registered participants, the competition saw enthusiastic responses and thoughtful submissions.

### Winners:

Mathews J Vettom (Semester 2C), Alan Bony (Semester 2A), Rebecca Ann Alex (Semester 4C), Robert Thomas (Semester 2C)



## Identify the Spirits Logo – A Fun Brand Challenge

On February 10th, 2025, the "Identify the Spirits Logo" competition was held to test and enhance public awareness of various spirit brands. The event challenged participants to recognize logos and also served as an educational platform to learn about different brands. Though the number of participants was limited, the event was both insightful and enjoyable, sparking interest and boosting brand recognition in a fun and interactive way.



## Unlocking Global Opportunities: WCE Seminar for Final-Year Students

Your Gateway to an International Career!

On 29th January 2025, a seminar on Wisdom Career Education (WCE) was held at the Seminar Hall for the final-year BHM batch. The session, featured Mr. Sachin, who shared valuable insights into global career opportunities in hospitality.

Students learned about job placements and internships in top destinations like the USA, UK, UAE, Thailand, Maldives, and Mauritius, along with student visa support and how WCE simplifies the path to international employment. The seminar was a highly informative and motivating session, equipping students with a clearer vision of their global career journey.



## Wine Education Sessions at SJHIMCT

On January 27, February 25, and March 11, 2025, a series of wine-related sessions were held at the Wine Library of SJHIMCT. The sessions aimed to provide students with a comprehensive understanding of wine from both theoretical and practical perspectives. Students explored various aspects of wine, including types, regions, tasting techniques, and service etiquette, enhancing their knowledge and appreciation of global wine culture.



## Blossom Season 7 – Flower Arrangement Competition

On January 17, 2025, the Esperanza Club of the Housekeeping Department organized Blossom Season 7, a flower arrangement. Coordinated by Ms. Regy Joseph, the event saw participation from across all semesters. In celebration of World Flower Day, the competition showcased students' creativity and understanding of various hotel-style floral arrangements, judged on theme, colour harmony, and aesthetic appeal.





### National Tourism Day – Poster Making Competition

The Tourism Club of SJIHMCT celebrated National Tourism Day with an online poster making competition from January 15–23, 2025, based on the theme “Tourism and Sustainable Transformation.” Coordinated by Ms. Jyothi Joseph, the event saw 14 participants showcasing their creativity and awareness.

**Winners:**

Joyal Jomy (2nd Sem), Ajo Babu (2nd Sem),  
Vaishnav Mohan & Aravind S (2nd Sem)



### Tourism Club Kottayam District Convention

As part of an initiative to develop leadership skills in tourism management and promote tourism culture in the district, 11 students from various batches participated in the Tourism Club Kottayam District Convention held at Kumarakom on January 14th, 2025. The event provided a valuable platform for student leaders to engage in tourism-related activities. Participation certificates were awarded to all attendees.



### Bake It to Win

Where Creativity Rises and Flavours Shine!

In January 2025, the "Bake It to Win" competition, organized by the Connoisseur Club and the Bakery & Confectionery Department, brought out the best in baking talent at SJIHMCT. Nine teams participated, blending traditional flavours with global techniques to create baked masterpieces full of creativity, texture, and taste. The event was a sweet success, with trophies and certificates awarded to the top performers, celebrating their passion and precision in the art of baking.





## Insightful Webinar on Career Opportunities in the Hospitality Industry

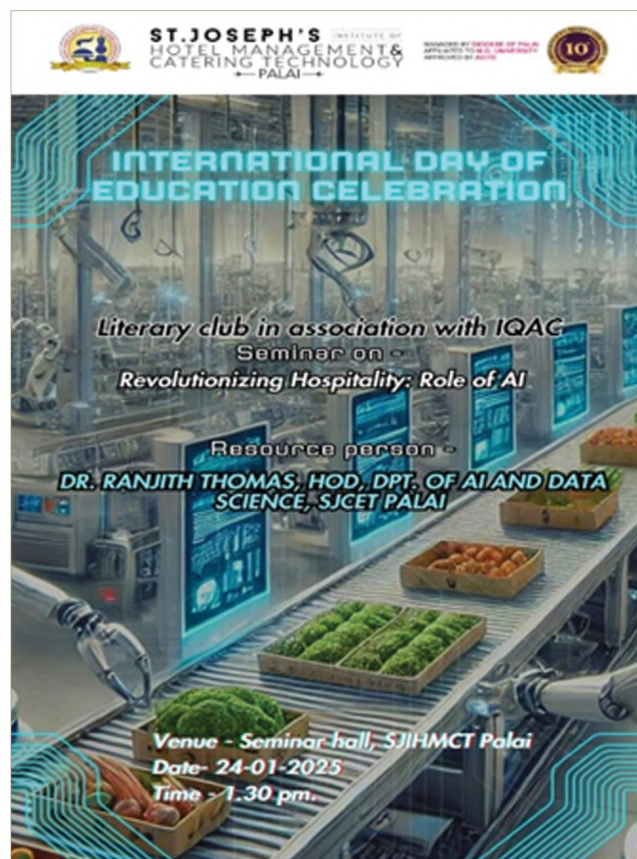
The Placement Cell of SJHMCT organized an engaging webinar titled "Hospitality Industry – Why Is It the Best Decision of Your Life!" on January 31, 2025, at the Seminar Hall. The session, coordinated by Ms. Aleena T Mathews, saw active participation from 135 students of the 2023–2027 batch. The resource person for the day was Mr. Sreepal Bhati, Learning and Development Manager at JW Marriott, Bangalore.

Mr. Bhati shared valuable insights into the dynamic world of hospitality, drawing from his own professional journey. His talk focused on the wide range of opportunities in the industry, emphasizing the importance of soft skills, adaptability, and continuous learning. He also guided students on how to prepare for successful placements immediately after completing their BHM course. The webinar aimed to inspire students to consider hospitality as a rewarding and fast-growing career path. The interactive session was well-received and concluded with a vote of thanks, leaving students motivated and better informed about their future prospects in the industry.



## Literary Club Session on AI in Hospitality

As part of the International Day of Education, the Literary Club organized a session for final-year students on January 24th, 2025. The topic, "Revolutionizing Hospitality: The Role of AI," was delivered by Mr. Ranjith Thomas, HOD of AI and Data Science at SJCT. The session offered valuable insights into how AI is transforming the hospitality industry.



## Exploring Career Horizons: Aviation Industry Guidance Session

**Taking Off into New Opportunities!**

On 3rd January 2025, students at SJHMCT were given a sky-high glimpse into the world of aviation careers during a seminar led by Ms. Parneta, an expert in aviation management. Held in the Seminar Hall, the session introduced students to the many paths available in aviation, especially for those with a background in hospitality.

Ms. Parneta highlighted global educational options, industry insights, and career opportunities through specialized BNU courses. The session was interactive and engaging, with students raising thoughtful questions and even receiving personalized guidance in follow-up discussions. With 60 students in attendance, the event successfully broadened perspectives and opened doors to exciting new career horizons beyond the classroom.





## LIFE SKILL TRAINING

### First Aid, Life-Saving Skills & Fire Safety Session

On 12.03.2025, a comprehensive training session on First Aid, Life-Saving Skills, and Fire Fighting was held at the Seminar Hall for 156 second-semester students. The morning session, led by a nursing supervisor and two nurses from Marygiri Hospital, Bharananganam, focused on emergency first aid, CPR, and choking rescue techniques.

In the afternoon, officials from Pala Fire & Rescue demonstrated fire control methods and shared insights on handling real-life fire emergencies. Coordinated by Mr. Sreejith O.V, Mr. Anoop M, and Ms. Jyothi Joseph, the session was highly informative, equipping students with essential life-saving and safety skills



## SPORTS

### University Sports Competition – Roller Sports

Mr. Amal Radhakrishnan of SJHMCCT made the institution proud by securing 2nd place in the Roller Sports event at the University Sports Competition held on 1st March 2025 at Newman College, Thodupuzha. Competing against top athletes from various colleges, Amal showcased remarkable talent and determination.



### Roll Ball Tournament Debut

For the first time, a team of ten students from SJHMCCT participated in a Roll Ball Tournament held at Assumption College, Changanacherry on 21st February 2025. Though new to the sport, the team showcased great enthusiasm and sportsmanship, marking a proud and promising beginning for roll ball at the institute.





## LUSAIL 2K25: Football Fever at SJHMCT

The electrifying LUSAIL 2K25 football tournament was held on 1st February 2025 at the college ground, bringing together passionate players from all semesters. The event kicked off at 10:30 AM with an inspiring inaugural address by HOD Mr. Varghese Johnson. After a day of thrilling matches and fierce competition, IV Semester B Batch claimed the championship title, with IV Semester C Batch finishing as Runner-up. The tournament concluded with a spirited prize distribution, led by Sports Coordinator Mr. Jobin Mathew, celebrating the talent and sportsmanship of all participants.



## Tug of War Championship: Strength & Spirit

The MG University Tug of War Championship took place on 22nd January 2025 at Al Ameen College, Edathala, where the SJHMCT men's team showcased impressive strength, coordination, and determination. Competing with vigor, the ten-member team embraced the challenge, demonstrating excellent teamwork and sportsmanship. The event served as a great platform to test physical endurance and strategic skill, adding to the vibrant sporting spirit of the college.



## ACHIEVEMENTS

### Intercollegiate Hospitality Competition: A Showcase of Talent & Skill

Students from St. Joseph's Institute of Hotel Management & Catering Technology (SJHMCT) participated in the Intercollegiate Hospitality Competition hosted by Naipunnaya College, competing alongside top hospitality institutions in a variety of skill-based events.

- **Pavithra Mariyam** (IV Semester) secured 1st Prize for her exceptional culinary skills, demonstrating creativity and precision in food preparation.
- **Rebecca Ann Alex** (IV Semester) earned 2nd Prize in front office operations, showcasing professionalism, customer service excellence, and strong front-desk management.
- **Jonath J Kottoor** (IV Semester) clinched 1st Prize in the bar category, excelling in three rounds: Identification of Bar Equipment, Classical Cocktail Preparation, and Innovative Cocktail Creation. His consistent performance and creativity earned him the top spot.

These victories reflect the high standards of training and dedication at SJHMCT and continue to position the institute as a leader in hospitality education.





## Intercollegiate Management Fest at Girideepam College

On February 7, 2025, fourteen students from St. Joseph's Institute of Hotel Management & Catering Technology (SJHMCT) participated in the Management Fest hosted by Girideepam College. The event was a vibrant platform that brought together students from various institutions to showcase their skills in leadership, strategy, and innovation.

A major highlight was the Product Launch competition, where Alen J Dominic, Karthik Narayan, Rebecca Ann Alex, and Tom Sebastian (IV Semester) earned 2nd place for their creative marketing strategies and innovative business ideas. The fest provided a valuable opportunity for networking, learning, and real-world exposure in event management and marketing, making it a truly enriching experience for all participants.



## Athitya 2025: A National Celebration of Hospitality Excellence

Athitya 2025, held from 5th to 7th February at AISSMS IHMCT, Pune, brought together over 35 hospitality institutes from across the country. Inaugurated by Dr. Sonali Jadhav, the event featured a variety of competitions designed to test students' skills in culinary arts, hospitality management, mixology, and service excellence.

Representing SJHMCT, Benny Johnson (IV Semester) secured 3rd Prize in the Elite Manager Competition, showcasing remarkable leadership and problem-solving skills. Athitya 2025 offered a powerful platform for students to gain national exposure, network with industry leaders, and celebrate the spirit of innovation in hospitality.



## SJHMCT Shines at Santhigiri College Management Fest

A six-member team from SJHMCT participated in the Management Fest at Santhigiri College, Thodupuzha, showcasing their talent in a series of competitive events.

### Treasure Hunt – 2nd Place

The team impressed with sharp problem-solving and teamwork.

### Penalty Kick – 3rd Place

Demonstrating skill and precision, the students secured third place in this high-energy challenge.

The winners were honoured with certificates, cash prizes, and mementos, making the fest a memorable and motivating experience for all.





## ALUMNI CORNER



**Grace Mathew**  
Alumnus  
2017- 2021 Batch

*As alumni of SJIHMCT,*

*I am thrilled to share insights into the rewarding career path you've chosen. The world of hospitality offers a dynamic and diverse landscape where every day presents new challenges and opportunities for growth. Whether you aspire to manage operations, specialise in guest relations, or innovate in food and beverage management, your journey will be filled with learning and excitement.*

*Embrace every opportunity to learn from your experiences, colleagues, and guests. Cultivate a strong work ethic, attention to detail, and a passion for service excellence – these qualities will set you apart. Remember, hospitality is not just a job; it's a lifestyle built on creating memorable experiences and fostering genuine connections.*



*Signing Off  
with Heart &  
Flavour..*

And so, we come to the final course of this edition of Pala Palate—a thoughtfully crafted blend of achievement, celebration, and community spirit. From the proud moment of receiving NAAC accreditation to the vibrant flurry of events that lit up our campus from January to March, this issue has been a true reflection of who we are: passionate, purposeful, and always in pursuit of excellence. Every feature, every photograph, every word has been selected to capture the energy and essence that make our institution more than just a place of learning—it's a place of belonging.

As we close these pages, our hearts are full and our minds already stirring with the stories yet to be told. Pala Palate isn't just a newsletter; it's a living narrative of our shared journey, one that grows richer with every edition. So until we meet again, keep dreaming, keep doing, and keep adding your unique flavour to the fabric of campus life. We'll be back soon with more moments to celebrate, more voices to amplify, and more memories to serve—fresh and full of spirit.



# Pala Palate

SJIHMCT PALAI NEWSLETTER