

Pala Palate

SJIHMCT PALAI NEWSLETTER

FOR PRIVATE CIRCULATION ONLY ▪ QUARTERLY ▪ VOLUME 3, ISSUE 2, JUL - SEP 2025 ▪ OFFICIAL NEWSLETTER OF SJIHMCT PALAI



NAAC ACCREDITED HOTEL MANAGEMENT COLLEGE

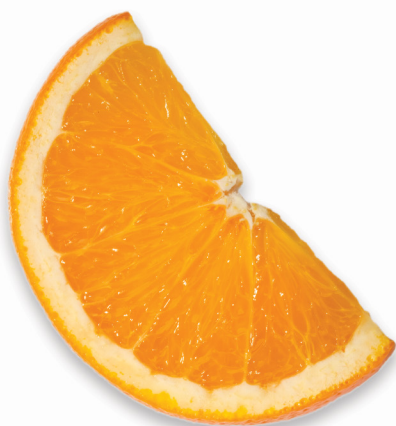


ST. JOSEPH'S INSTITUTE
of HOTEL MANAGEMENT &
CATERING TECHNOLOGY, PALAI

Pala Palate

SJIHMCT PALAI NEWSLETTER

VOLUME 3, ISSUE 2, JULY - SEPTEMBER 2025



SJIHMCT Newsbites

*Small Portions.
Rich Flavour.*



OUR CORE VALUES

- Abiding faith in the almighty
 - Integrity and openness
 - Respect for the individual
 - Gender and social equity
- Recognition for creativity and innovation
 - Total quality and market relevance
 - Service to mankind
 - Accountability to society
- Positive approach to everything
 - Harmony with nature

EDITORIAL MESSAGE

We are proud to present this edition of Pala Palate, capturing the vibrancy and learning spirit of our campus during July, August, and September 2025. This quarter, we warmly welcomed the 2025–2029 batch of students with the HEIP Hospitality Education Induction Programme, setting the stage for an exciting academic journey. A key highlight was our One-Day International Seminar on “The Changing Role of Chefs in the New Age of Gastronomy,” which brought global insights to our campus.

We are also pleased to share that an orientation programme was conducted for four students and a faculty member from Nehru College of Arts and Science, Coimbatore, fostering collaboration and knowledge exchange. As we move forward, we remain committed to providing enriching experiences that nurture growth, inspire innovation, and empower our students to succeed in the dynamic world of hospitality and gastronomy.

– The Editorial Team

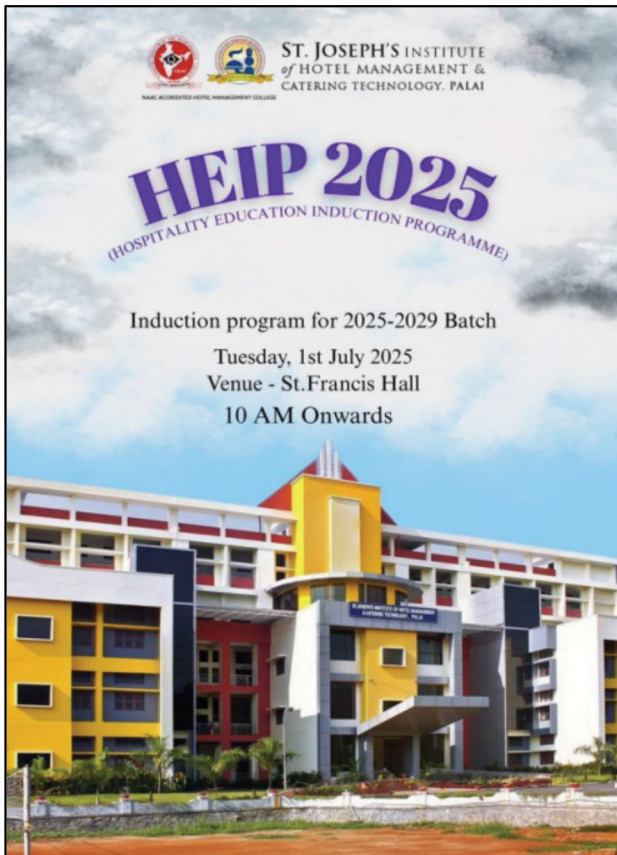
IN FOCUS

HEIP 2025: Igniting Passion for Hospitality Excellence

A Week-Long Induction Programme Welcomes the New Batch with Inspiration and Industry Insight
The Hospitality Education Induction Programme (HEIP 2025), held from July 1 to 8, 2025, marked an inspiring beginning for the new batch of hospitality students. The event was inaugurated by Msgr. Dr. Joseph Thadathil, Chairman, with Mr. Jacob Punnoose IPS as Chief Guest and Mr. Suresh Kumar, General Manager of Ramada Cochin, as Guest of Honour. The inaugural session witnessed the enthusiastic participation of 141 students and their parents.

From Day 2 to Day 6, students engaged in interactive sessions exploring various facets of hospitality—ranging from

service excellence to industry trends. The programme concluded with an enriching industrial visit to six renowned five-star hotels, including Le Meridien, Crowne Plaza, and Novotel Kochi Infopark, offering students a first-hand experience of professional hospitality at its finest.



SJIHMCT Hosts Insightful Culinary Seminar on Innovation and Sustainability

The St. Joseph's Institute of Hotel Management and Catering Technology (SJIHMCT) organized a thought-provoking Culinary Seminar on Innovation and Sustainability at the St. Francis Auditorium, beginning at 9:45 AM. The event commenced with a recorded invocation, welcome address, and bouquet presentation by Rev. Fr. Joseph Vattappilil, followed by the ceremonial lighting of the lamp. Principal

Dr. Sheri Kurian emphasized the seminar's significance, while H.E. Mar Joseph Kallarangattu, Bishop of Palai Diocese, delivered the presidential address and released a commemorative publication.

A notable highlight of the event was when Chef Thomas A. Gugler, President of the World Chefs Association, conferred membership in the Saudi Chefs Association upon Dr. Sheri Kurian, recognizing her outstanding contributions to culinary education. Chef Gugler also delivered the keynote address, focusing on global culinary trends, innovation, and sustainability. Technical sessions followed, featuring "Hybrid Chefs of Tomorrow" by Chef Suresh Kumar P.M., "Smart Kitchen Automation" by Chef Naveen M., and "Culinary Intelligence & AI" by Chef Sujith Mathew George. Chef Gugler concluded with an inspiring session on blending sustainable practices with human creativity. The seminar brought together chefs, educators, and students to explore emerging culinary trends, plant-based innovations, and ethical practices. It concluded with a lively Q&A, valedictory address, and group photo, leaving participants motivated to pursue innovation and sustainability in the culinary world.

Hearty Welcome

TO THE HONOURED DIGNITARIES

Presided by:	Keynote Speaker	Distinguished Resource Faculty
 Mar Joseph Kallarangattu Patron Bishop, Diocese of Palai	 Chef Thomas A. Gugler Vice President, Culinary - Catrion President - Worldchefs - 2016-2024	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center;"> 1  <div style="margin-left: 5px;"> Chef Suresh Kumar P.M Group Executive Chef, O by Tamara, Trivandrum </div> </div> <div style="display: flex; align-items: center;"> 2  <div style="margin-left: 5px;"> Chef Naveen M.C Executive Chef, CGH Earth Experience Hotels, Kochi </div> </div> <div style="display: flex; align-items: center;"> 3  <div style="margin-left: 5px;"> Chef Sarath V.R Executive Chef Vivanta by Taj - Kochi </div> </div> </div>

18 July 2025 • St. Francis Auditorium • 10:00 AM to 3:30 PM

GOURMET TECH 2025

One Day International Seminar on Changing
Role of Chefs in the New Age Gastronomy


 NAAC ACCREDITED HOTEL MANAGEMENT COLLEGE


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


THE WEEK
 HANSA SURVEY 2025
 Ranked 8th among
 Hotel Management
 Institutes in India.





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Culinary Horizons Broaden: Nehru College Delegation Visits SJHMCT

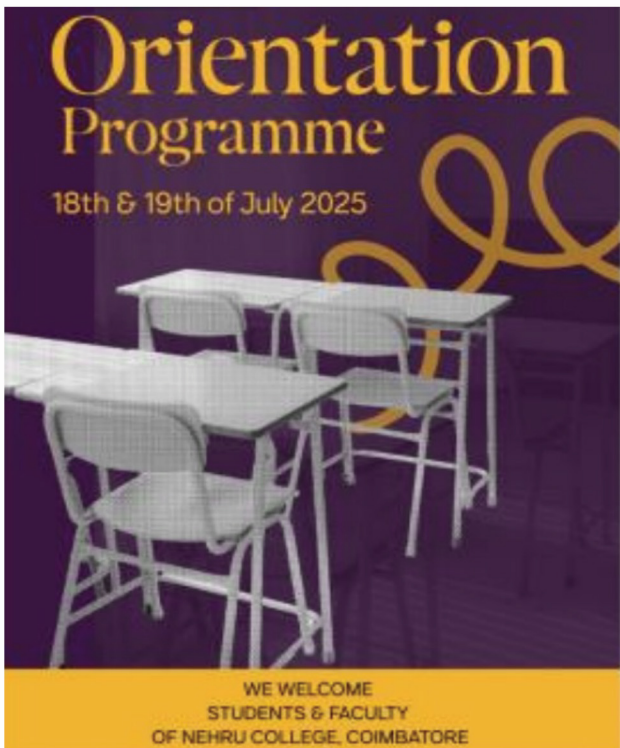
A delegation of four second-year B.Sc. Catering Science & Hotel Management students and one faculty member from Nehru Arts and Science College, Coimbatore, successfully completed a two-day orientation programme at St. Joseph's Institute of Hotel Management & Catering Technology (SJHMCT), Palai. The visit aimed to provide in-depth exposure to SJHMCT's academic excellence, state-of-the-art training infrastructure, and vibrant learning environment. A key highlight of the visit was the delegation's participation in the Gourmet Tech-25 International Conference, where they gained valuable global insights into culinary innovation and sustainability. The programme also featured interactive sessions with SJHMCT faculty and students, a guided campus tour of advanced facilities, and an introduction to various institutional clubs and initiatives. Additionally, the guests attended informative sessions on food safety standards and the role of the Innovation & Entrepreneurship Development Centre (IEDC) in nurturing creative and entrepreneurial thinking. The visit proved to be a memorable and enriching learning experience, strengthening academic ties and inspiring future collaborations between the two institutions.



KhoraKhoram 2025: A Joyful Onam Celebration at College

The college celebrated Onam with great enthusiasm on 27th August 2025, following a poster launch on 25th August. Although Onam was observed in Kerala on 4th and 5th September, the celebrations were scheduled earlier due to the 10-day vacation. The day began with a vibrant procession featuring traditional characters such as Maveli, Puli, Vedan, Vamanan, Malayalee Manka, and Sreeman, creating a festive and colourful atmosphere. The event was formally inaugurated by Chairman Rev. Dr. Joseph Thadathil in the presence of faculty and students.

The celebrations featured traditional games, group dances, Chendamalam, Athappookkalam, and other lively cultural events, with active participation from both students and faculty. The festivities beautifully captured the essence of Onam, fostering joy, unity, and cultural spirit across the campus. KhoraKhoram 2025 was truly a memorable celebration, reflecting Kerala's rich traditions while bringing the college community together in happiness.





SJIHMCT Students Participate in Seminar on Excellence in Housekeeping

On 29th July 2025, 23 students from SJIHMCT, Palai attended the seminar and workshop "Excellence in Housekeeping: Trends, Techniques & Transformation" at Naipunnnya College, Pongam, conducted in association with PHA. Designed for PHA Yuva Housekeeping students and other members, the program offered comprehensive insights into modern housekeeping practices, career growth, and entrepreneurial opportunities within the hospitality sector. The event commenced at 11:00 AM with a solemn prayer song, followed by a Welcome Speech by Mr. Robert Fernandez, Vice Principal – Campus Management, NIMIT, who highlighted the importance of the seminar for students' professional development. The session was formally inaugurated by Ms. Bindu KC, Vice President of Operations, PHA Kerala Chapter, emphasizing the value of continuous learning and adaptation in the evolving hospitality industry. The seminar provided students with practical knowledge, exposure to emerging trends, and inspiration for career advancement in housekeeping.

Excellence in Housekeeping: Trends, Techniques & Transformation

Seminar and Workshop on Housekeeping

Resource Persons:



Ms. Bindu K C,
VP Operations,
PHA Kerala Chapter



Ms. Shynima Sathyan,
Assistant General Manager
Cocanet lagoon, Kumbakonam



Mr. Sanju Samuel,
Entrepreneur &
Hospitality Consultant



Ms. Sini Biju,
Accommodations Manager,
Noah Sky Suits, Nedumbassery

Date : 29.07.2025
Time : 10.00 a.m. to 3.00 p.m.
Venue : Main Block Seminar Hall

DEPARTMENT OF HOTEL MANAGEMENT
NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY (NIMIT)
(AUTONOMOUS)
(Affiliated to the University of Calicut, Accredited by NAAC with A++, ISO 9001:2015 Certified)
 Pongam, Koratty East, Thrissur District, Kerala State, India, Pincode - 680 308

Academic Advisory Committee Reconstituted with Distinguished Members

Eminent leaders from academia and industry join hands to guide SJIHMCT's academic excellence. The Academic Advisory Committee of St. Joseph's Institute of Hotel Management and Catering Technology, Palai, has been reconstituted to strengthen its academic framework and industry collaborations. The newly formed committee, chaired by Msgr. Dr. Joseph Thadathil, Chairman of the Diocesan Technical Education Trust, brings together a dynamic blend of scholars and industry experts.

Notable members include Rev. Dr. James John Mangalath, Fr. Joseph Vattappillil, Mr. P. K. Mohan Kumar, Chef Thomas A. Gugler, Prof. Dr. Peter A. Jones, and several accomplished professionals from leading hospitality institutions and organizations. Dr. Sheri Kurian, Principal of SJIHMCT, serves as the Member Secretary. This distinguished committee aims to steer the institute toward academic innovation, global engagement, and professional excellence in hospitality education.

SJIHMCT Women Cell Holds Strategic Meeting to Promote Equality and Campus Wellbeing

On 15th July 2025, the SJIHMCT Women Cell convened a meeting in the Conference Room from 1:00 PM to 1:30 PM, attended by all 37 members and chaired by Ms. Regy Joseph, Women Cell Secretary. The session focused on advancing the Cell's core objectives, including promoting gender equality, conducting workshops on unconscious bias and stereotypes, and raising awareness about the Internal Complaints Committee to enhance campus safety. In addition, actionable measures were discussed to maintain professional grooming standards and etiquette for all students, ensuring consistent presentation in the hospitality industry. The meeting also addressed improved, hygienic, and eco-friendly sanitary waste disposal in female washrooms, with proposed implementation by August 2025. The session concluded with a strong commitment to fostering a supportive, empowering, and inclusive environment at SJIHMCT.

05



Aarambh 2025: A Joyous Welcome to the New Beginnings

The campus buzzed with excitement on 8th August 2025 as the second-year students hosted Freshers' Day 2025 – AARAMBH, a vibrant celebration to welcome the new batch. The Seminar Hall came alive with laughter, music, and heartfelt camaraderie as first- and second-year students joined faculty members for an afternoon of fun and festivity. The highlight of the event was the Mr. and Ms. Fresher competition, where the newcomers impressed with their talent and confidence. After several entertaining rounds judged by Dr. Dona Babu, Chef Sujith Mathew George, and Ms. Athira, Sharon K. F. and Devika Shaiju were crowned Mr. and Ms. Fresher, respectively.

Adding sweetness to the celebration, second-year students served mango jar cakes and sarbath, followed by lively games and an energetic dance performance. The event, held from 1:30 PM to 4:20 PM, concluded with cheerful smiles and lasting memories of a truly warm welcome.



"United Against Addiction" – SJHMCCT Launches Anti-Drug Committee and Awareness Drive

Institution takes a firm stand toward building a drug-free campus through awareness and action. On July 2, 2025, St. Joseph's Institute of Hotel Management and Catering Technology (SJHMCCT), Palai, officially launched its Anti-Drug Committee with a landmark meeting held at 3:00 PM in the Language Lab (Room 205). The initiative marks a significant milestone in the institution's commitment to promoting a drug-free and responsible learning environment. The event was graced by Mr. Benny Sebastian, Excise Officer, who served as the Chief Guest and delivered an insightful address highlighting the critical role of educational institutions in combating substance abuse. His message emphasized collective responsibility and the need for proactive awareness.

The program also featured a thought-provoking mime performance by NSS volunteers, conveying the dangers of drug use through powerful visuals. Key attendees included Fr. Joseph Vattappillil (Director), Dr. Sheri Kurian (Principal), Mr. Varghese Johnson (HOD), and Mr. Jojan Thomas (NSS Programme Officer), reflecting strong institutional support.

The newly formed Anti-Drug Committee aims to organize awareness campaigns, workshops, counselling sessions, and implement effective policies, reinforcing SJHMCCT's unwavering dedication to shaping a safe, healthy, and empowered student community.



AIDS Awareness Comes Alive Through Magic at SJHIMCT

The AIDS Awareness Magic Show, featuring RC Bose and team, was successfully held on 12th September 2025 from 1:30 PM to 2:30 PM at the SJHIMCT campus. Breaking away from conventional health seminars, the event used the art of illusion to make a sensitive topic both engaging and accessible for students.

The auditorium buzzed with curiosity, quickly transforming into focused engagement and enthusiastic participation. This innovative approach combined entertainment with education, allowing students to absorb important information about AIDS awareness in a relaxed and interactive environment, making the session both impactful and memorable.



Eat Smart, Look Sharp: Celebrating National Nutrition Month at SJHIMCT

On September 19, 2025, SJHIMCT marked National Nutrition Month with an engaging session titled "Eat Smart, Look Sharp: Nutrition for Fitness and Confidence." The event saw enthusiastic participation from over 120 fifth-semester students, who eagerly explored the essentials of a balanced diet, mindful eating, and healthy lifestyle practices.

The interactive session emphasized how nutrition directly influences fitness, appearance, and overall well-being. Students gained valuable insights into maintaining energy levels, making smarter food choices, and building habits for lifelong health. The lively discussions and practical tips made the session both informative and inspiring, leaving participants motivated to "eat smart" and truly "look sharp."



Life-Saving Skills in Action: CPR Training at SJHIMCT

On September 29, 2025, St. Joseph's Institute of Hotel Management & Catering Technology hosted a highly effective CPR and life-saving techniques training in collaboration with Mar Sleeva Medicity. Conducted from 11:00 AM to 1:00 PM, the session saw approximately 200 students and staff participate under the guidance of 8 expert trainers.

The hands-on training emphasized practical CPR techniques, allowing participants to practice on mannequins and gain confidence for real-life emergencies. The session not only enhanced emergency preparedness but also embodied the NSS spirit of selfless service, empowering the SJHIMCT community to contribute to a safer campus and society.



SJIHMCT Celebrates Service, Patriotism, and Alumni Bonding on Independence Day

On 15th August 2025, St. Joseph's Institute of Hotel Management and Catering Technology (SJIHMCT), Palai, hosted a series of events combining community service, youth engagement, and patriotic celebration. The day began with the 79th Independence Day ceremony, where Director Rev. Fr. Joseph Vattappillil hoisted the Tricolour, accompanied by students, faculty, and NSS volunteers in a moving tribute to the nation's freedom and unity.

The celebrations also included the inauguration of the NSS Alumni Association, officially named "Souhрудham Thudarum" (Friendship Continues) by former Ernakulam District Coordinator, Mr. Jobin George. Certificates were distributed to the 2023–2027 NSS volunteers, recognizing their dedicated service. Felicitation speeches were delivered by Fr. James John Mangalathu, Mrs. Beena Tomy, and Mr. Sijosh George, acknowledging the volunteers' contributions and the strong collaboration between the college and local authorities.

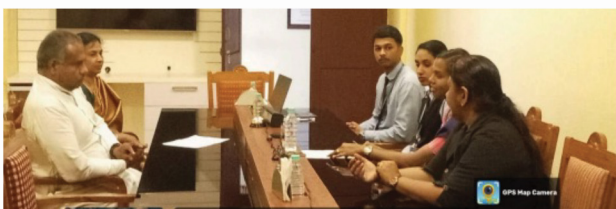
Additionally, the 2025–2029 NSS batch attended an orientation session led by Mr. Jobin George, featuring interactive activities to prepare students for upcoming community initiatives. The day reflected patriotism, service, and the enduring spirit of camaraderie at SJIHMCT, leaving a lasting impression on all participants.



Equal Opportunity Cell Holds First Meeting of 2025–2026

The Equal Opportunity Cell of SJIHMCT College convened its first meeting for the academic year 2025–2026 on 14th August 2025 at 3:30 PM in the Conference Room. The session began with a prayer and was officially inaugurated by Fr. Joseph Vattapallil.

Key points discussed included a review of the previous meeting minutes from September 2024, updating the Equal Opportunity Cell details on the college website, and the status of grievance redressal, with no complaints reported. The Equal Opportunity Policy was reviewed, and ongoing mentorship programs for underrepresented groups were highlighted. Budget allocations for new initiatives, diversity and inclusion workshops, and student opportunities were also discussed. An open forum addressed concerns regarding faculty accompaniment for events, with solutions ensuring fair participation. The meeting concluded at 4:00 PM with the National Anthem, setting a positive tone for the year ahead.




ACADEMIC & CLUB ACTIVITIES

Final Year Students Gear Up for Placements with MT Interview Preparation Session

A Mock Test (MT) Interview Preparation Session for final-year students was conducted at 2:30 PM in the college seminar hall, with participants joining via Google Meet. The session aimed to enhance students' interview readiness by offering practical tips, discussing frequently asked questions, and organizing mock interview rounds.

Students actively engaged in the session, asking insightful questions and receiving constructive feedback from the facilitator. The interactive and supportive environment helped boost their confidence and communication skills, preparing them for upcoming placement drives. The participants expressed their gratitude for the session, noting that it was both informative and motivating, and left them feeling well-equipped for future interviews.

**PLACEMENT CELL
IN ASSOCIATION WITH IQAC
PRESENTS WEBINAR ON
MT INTERVIEW
PREPARATION**



RESOURCE : TBH CIRCLE

**VENUE: SEMINAR HALL
DATE: 18/08/2025
TIME: 2.30PM**



Empowering Futures: Career Counselling and Personality Development Session at SJHMCCT

An engaging and insightful Career Counselling and Personality Development session was organized for the final-year students of St. Joseph's Institute of Hotel Management and Catering Technology (SJHMCCT) on 25th July 2025 at 9:30 AM. The session was led by Mr. Brian Verghese, a seasoned mentor with diverse industry experience and a key member of the Stimulus Organisation. Designed to guide students in making informed career choices and understanding the role of personality in professional success, the session combined interactive discussions, real-life case studies, and group activities. Mr. Verghese's engaging approach kept students actively involved, focusing on career planning, communication skills, confidence building, and workplace readiness. Participants described the seminar as both enlightening and motivating, offering them valuable insights for self-assessment and future growth.

**SJHMCCT, PALAI
WELCOMES**
Distinguished Mentor

**CAREER COUNSELING
& PERSONALITY
DEVELOPMENT
SESSION**

**MR. BRIAN
VERGHESE**

Senior Hospitality
Educator, Corporate
Trainer, Motivational
Speaker
Specialized in Soft Skill
and Leadership Quality
Development
**Stimulus Consulting Pvt Ltd -
Bengaluru**

Dates: 23rd July 2025 to 25th July 2025




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The Grand Smash Open: Badminton Tournament at SJHMCCT

The Badminton Tournament, titled "The Grand Smash Open," was held on 16th August 2025 at 9:30 AM at SJHMCCT. A total of 65 students participated, showcasing their skills, agility, and sportsmanship in an exciting series of matches. The tournament offered a platform for friendly competition and promoted physical fitness, teamwork, and campus engagement. The spirited participation and enthusiastic support from fellow students created a lively and memorable atmosphere. Winners were recognized at the conclusion of the event, leaving participants inspired and eager for future sporting challenges.



Refining Professional Dining Skills: MBA Students Gain Hands-On Etiquette Training

St. Joseph's Institute of Hotel Management & Culinary Technology (SJHMCCT), in collaboration with Rajagiri College of Social Sciences, Kalamassery, recently organized comprehensive Dining and Buffet Etiquette sessions for MBA students, aimed at enhancing professional dining behaviour and corporate readiness.

On 7th August 2025, first-year MBA students at SJHMCCT attended a Dining Etiquette Training at the Advanced Training Restaurant, led by Dr. Sheri Kurian and Mr. Varghese Johnson. The session covered seating arrangements, cutlery use, napkin etiquette, and conversational skills during formal meals. Students practiced these skills over a four-course meal, gaining hands-on experience. The session was graced by Dr. Pious Thomas, Head of the MBA Department, who highlighted the importance of such training in shaping students' professional image.

Subsequently, on 12th September 2025, Rajagiri College of Social Sciences hosted a Buffet and Dining Etiquette session, conducted by Mr. Varghese Johnson and Mr. Jerin James. The program included theoretical and practical training on buffet discipline, portion control, table setting, cutlery and glassware usage, and polite table conversation. Students applied these skills in a practical session at the Advanced Training Restaurant, gaining confidence for both buffet and formal dining scenarios.

Both sessions were highly appreciated for their interactive approach, equipping students with essential social and professional dining skills for future corporate and social engagements.



Learning Beyond the Classroom: A Practical Insight into Hospital Laundry Operations

As part of their 7th Semester curriculum, the housekeeping students undertook a practical industrial visit to the hospital laundry at Mar Sleeva Medicity, Palai, held from 10:15 AM to 1:45 PM. The visit aimed to bridge theoretical learning with real-world application, giving students first-hand exposure to professional laundry management in a healthcare setting. The students were divided into four groups and guided through the facility in rotation, observing each stage of the operation — from the collection and sorting of soiled linen to washing, drying, disinfection, and packing. They also gained valuable insights into workflow planning, hygiene standards, safety practices, and quality control mechanisms essential in hospital environments. The interactive visit enriched the students' understanding of infection control and operational efficiency, making it a truly memorable and informative learning experience.

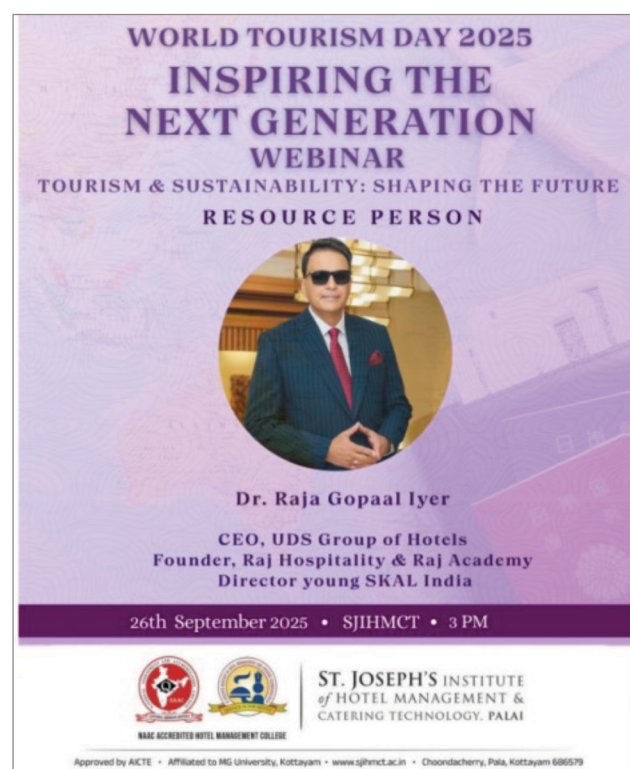


Celebrating World Tourism Day: Sustainability Insights and Creative Travel Writing at SJHMCT

St. Joseph's Institute of Hotel Management & Culinary Technology (SJHMCT) celebrated World Tourism Day with an engaging webinar and travelogue essay competition. The webinar, titled "Tourism and Sustainability: Shaping the Future", featured Dr. Rajagopal Iyer, CEO of UDS Group of Hotels and Founder of Raj Hospitality and Raj Academy, as the resource person. The insightful session drew

participation from 90 students, who gained valuable perspectives on sustainable tourism practices and the future of the industry.

In addition, the Tourism Club organized a Travelogue Essay Writing Competition with 13 participants. The winners were: 1st Prize – Miss Nandana Murtem (1st Semester), 2nd Prize – Mr. Robert Thomas (3rd Semester), and 3rd Prize – Mr. Mathews J. Vettom (3rd Semester). The celebrations highlighted creativity, awareness, and the spirit of exploration among students.





PHA Yuva Conducts Orientation Session for First-Year Students

On Tuesday, August 19, 2025, PHA Yuva, in association with IQAC, organized an orientation session for first-year students at the Seminar Hall of St. Joseph's Institute of Hotel Management and Catering Technology (SIHMCT), Palai, from 1:30 PM to 2:30 PM. The event began with a warm welcome by Ms. Rebecca Ann Alex, a PHA Yuva member. The session featured insightful talks by Ms. Bindhu K. C., Vice President of Operations, PHA Kerala Chapter, and Corporate Manager at Abad Hotels & Resorts, and Ms. Sini Biju, PHA Life Member and Accommodations Manager at Noah Sky Suites, Nedumbassery. Ms. Bindhu K. C. introduced the students to the goals and activities of PHA and PHA Yuva, inspiring them to join the association—around 40 students expressed interest in becoming members. Ms. Sini Biju shared her career experiences in housekeeping, offering valuable insights into the hospitality profession. Ms. Chandrarekha, Ms. Beena, and Mr. Roopesh Krishna, PHA Life Members, also graced the session, making it a motivating and informative experience for all participants.



Exploring the Art of Banqueting: An Insightful Online Session

An engaging online session on the Importance of Banqueting was held on 22/08/2025 at 9:00 PM, featuring Mr. Jyothi Xavier as the esteemed resource person. The session commenced with a warm welcome, setting a vibrant tone for the evening. Mr. Jyothi Xavier captivated the audience with his detailed and informative presentation, shedding light on the significance of banqueting in the hospitality industry and its role in enhancing guest experience. His practical insights and real-life examples made the session both educational and inspiring for participants.

The event concluded with a heartfelt vote of thanks delivered by Mr. Vaishnav Mohan Babu, expressing appreciation for the resource person's valuable contributions. The session came to a close at 9:45 PM, leaving attendees enriched with new knowledge and enthusiasm for the art of hospitality.

NDLI User Awareness Session for First-Year Students

An NDLI User Awareness Session for the 2025–29 batch of St. Joseph's Institute of Hotel Management and Catering Technology, Palai was held on 13th August 2025 at 11:00 a.m. in the Seminar Hall. Conducted by Dr. Dona Babu, Club Secretary, and Mr. Rahul M. P, Club President, the session introduced students to the National Digital Library of India and its academic resources.

With 116 participants, the program effectively promoted digital learning and encouraged students to explore NDLI as a valuable tool for research and knowledge enhancement.



Crafting Change: Paper Pen Making Workshop Inspires Sustainability

The Paryavarana Club organized an engaging Workshop on Paper Pen Making on 7th August 2025 at the Seminar Hall, bringing together 15 enthusiastic first-semester students for a hands-on session in sustainability.

The workshop was led by Ms. Grafcs Lilly Sebastian and Ms. Anakha Sajan, third-semester students who skillfully demonstrated how to create eco-friendly pens from recycled paper. They highlighted the importance of choosing paper pens as a sustainable alternative to plastic, which contributes heavily to non-biodegradable waste.

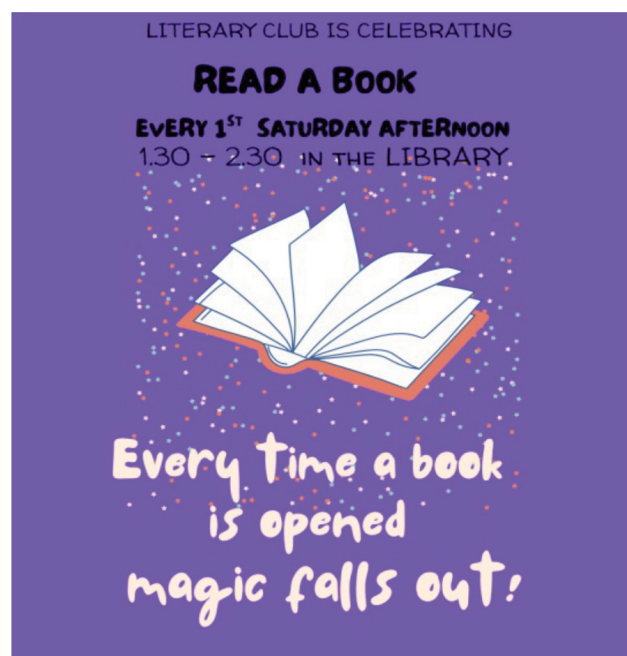
Participants eagerly crafted their own pens, transforming simple materials into symbols of environmental responsibility. The interactive session not only honed practical skills but also sparked a shared commitment to a plastic-free campus. The event beautifully blended creativity, learning, and environmental awareness—proving that small actions can lead to meaningful change.



Literary Club Launches "Read a Book" Initiative to Foster Student Reading Habits

The Literary Club of SJHMCT has launched a new activity, "Read a Book," held every first Saturday afternoon from 1:30 to 2:30 PM in the college library. The initiative aims to nurture reading habits among students and encourage exploration of diverse ideas, genres, and perspectives through literature. The inaugural session saw enthusiastic participation from 9 students, who engaged in reading and meaningful discussions.

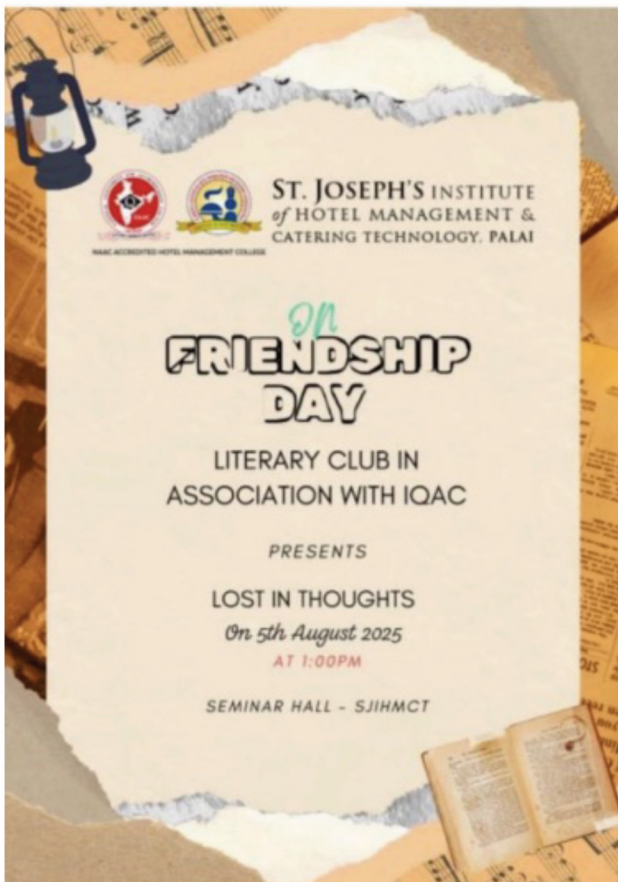
Guided by Faculty Club Coordinator Ms. Aleena T. Mathews, students were encouraged to share reflections and insights from their chosen books. The session proved both enjoyable and enriching, marking a positive start to what promises to be a series of interactive and inspiring literary gatherings for the college community.





Celebrating Bonds: "Lost in Thoughts" Marks World Friendship Day with Joy and Unity

World Friendship Day was celebrated with great enthusiasm on 5th August in the Seminar Hall at 12:50 PM, through a heart-warming program titled "Lost in Thoughts." Organized to highlight the values of friendship and togetherness, the event brought students closer through fun and meaningful interactions. With 14 participants and the spirited support of club members, the celebration featured a variety of games and activities that promoted teamwork, bonding, and mutual understanding. The competition winners — Mr. Varghese and Edwin from the first year — claimed the First Prize, while Jeswin and Sharon secured the Second Prize, showcasing vibrant participation and camaraderie. Concluding at 2:30 PM, the event left everyone with cheerful memories and a renewed appreciation for the true essence of friendship.



Mastering the Martini: Le Sommelier Club Hosts Theory Workshop

The Le Sommelier Club organized an engaging Theory Workshop on the 'Martini' Cocktail – Mastering the Martini on 18th August 2025 in Room No. 205. The session was conducted by Mr. Niranjana G. Bimal, a third-semester student, who guided participants through the history and cultural significance of the Martini, tracing its evolution into one of the world's most iconic cocktails.

Niranjana discussed both the classic Martini and its modern variations, emphasizing the balance of base spirits, vermouth ratios, and garnishes like olives and lemon twists. Participants also learned essential mixology techniques, including the differences between stirring and shaking, appropriate glassware selection, and presentation style.



Esperanza Club Hosts Session on Modern Housekeeping Equipment and Technology

The Esperanza Club, in association with IQAC, organized an informative session on "Equipment and Technology Used in Housekeeping" for students of the 1st, 3rd, 5th, and 7th semesters. The event aimed to enhance students' understanding of modern housekeeping practices and innovations within the hospitality industry. A total of 24 students registered, with 14 actively participating in the session. The presentation was led by Mr. Jomon Jose, a 5th semester student and club member, who provided valuable insights into various types of housekeeping equipment and emerging technologies shaping the field.

Following the session, an engaging quiz competition tested participants' knowledge and awareness. The winners were Cinto Sunil (1st Prize, 5th Semester), Anandhu Jayan (2nd Prize, 5th Semester), and Adon Alex (3rd Prize, 1st Semester). The event successfully blended learning and participation, inspiring students to explore innovative approaches in housekeeping.



Mastering the Art of Bartending: An Interactive Session at SJHMC

On 22nd September 2025, a captivating bartending session was held at the SJHMC Seminar Hall, beginning around 1:45 p.m. The session featured Mr. Francis, an expert in bar management and cocktail craft, who shared valuable insights on handling the bar, preparing creative drinks, and performing flaring techniques. His engaging demonstration

and interaction with students made the session both informative and inspiring, motivating many to explore careers in the beverage industry. The event concluded with a heartfelt vote of thanks delivered by Tina from the 7th semester, marking the end of a highly enriching afternoon.



Polishing Skills and Precision: SJHMC Marks International Housekeeping Week with a Five-Day Competition

From September 22 to 26, 2025, St. Joseph's Institute of Hotel Management & Catering Technology celebrated International Housekeeping Week with a dynamic five-day housekeeping competition. Held in the institute's advanced housekeeping labs, the event focused on testing and refining students' practical expertise in various housekeeping operations. Organized by student coordinators Mr. Alan Richy

and Ms. Angelina John, the competition saw the enthusiastic participation of six students. The event provided an excellent platform for learners to demonstrate professionalism, creativity, and attention to detail—core values essential in the hospitality industry.



Fostering Civic Responsibility: NSS Day 2025 Quiz Engages SJHIMCT Students

On September 26, 2025, St. Joseph's Institute of Hotel Management & Catering Technology (SJHIMCT) marked NSS Day with a lively quiz competition organized by NSS Unit 272. Guided by faculty coordinator Mr. Jojan Thomas, the event witnessed the enthusiastic participation of 36 students in the college library.

The quiz focused on the history, motto ("Not Me but You"), emblem, and community service initiatives of the National Service Scheme, providing an engaging platform for students to deepen their understanding of NSS values. The competition reinforced the importance of selfless service and

civic responsibility, successfully promoting the spirit of NSS among participants. Winners were recognized for their knowledge and performance.



Creative Sparks Fly at Salt Dough Sculpture Competition

The Salt Dough Sculpture Competition, coordinated by IQAC and the Connoisseur Club, was held on 18th and 19th September 2025, showcasing the creativity and teamwork of students. A total of 20 students participated, forming 10 teams of 2 members each. The first day was dedicated to shaping the dough and preparing the displays, which were then set to bake and dry, while the second day focused on final painting and finishing touches.

The competition was judged by Mr. Jojan Thomas and Mrs. Dona Babu, who evaluated the sculptures based on creativity, skill, and presentation. All displays were subsequently exhibited for the entire student body, allowing everyone to appreciate the artistic talent and imagination of their peers.



Sweet Success: Chocolate Making Competition at SJHMCCT

St. Joseph's Institute of Hotel Management and Catering Technology (SJHMCCT) hosted a Chocolate Making Competition on 4th July 2025 in the college's Bakery Lab, showcasing the creativity and culinary skills of its students. The event saw 15 enthusiastic teams, each comprising two members, competing to craft the perfect chocolate creations. Participants were given 60 minutes for preparation, followed by additional time for final presentation and plating. Students demonstrated innovative techniques in chocolate bar making, carefully selecting fillings to enhance flavour and texture.

Judging was based on taste, texture, quality of fillings, and overall presentation, highlighting both technical proficiency and artistic flair. The competition provided an exciting and interactive platform for students to experiment, learn, and celebrate the art of chocolate making, leaving both participants and spectators with a memorable and indulgent experience.



Inspiring Journeys: Le Sommelier Club Hosts Third Alumni Webinar

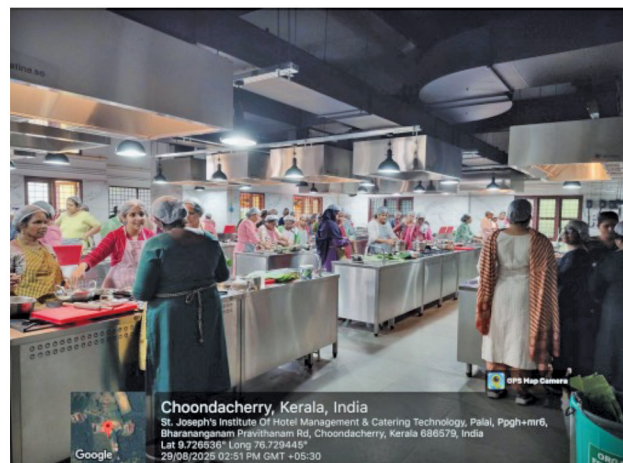
Be Inspired Series Continues to Motivate Future Hospitality Professionals The Le Sommelier Club successfully hosted the third edition of its "Be Inspired" Alumni Webinar Series on 10th July 2025 via Google Meet. The session featured Mr. Jithin P.J, alumnus of SJHMCCT and currently Senior F&B Service Executive at 'O' by Tamara, Trivandrum. Mr. Jithin captivated the audience as he shared his journey from student life to professional success, reflecting on industry challenges, key learnings, and essential skills for growth in hospitality. His engaging talk was followed by an interactive



EXTENSION ACTIVITIES

Practical Food Preparation Workshop Empowers Anganwadi Workers

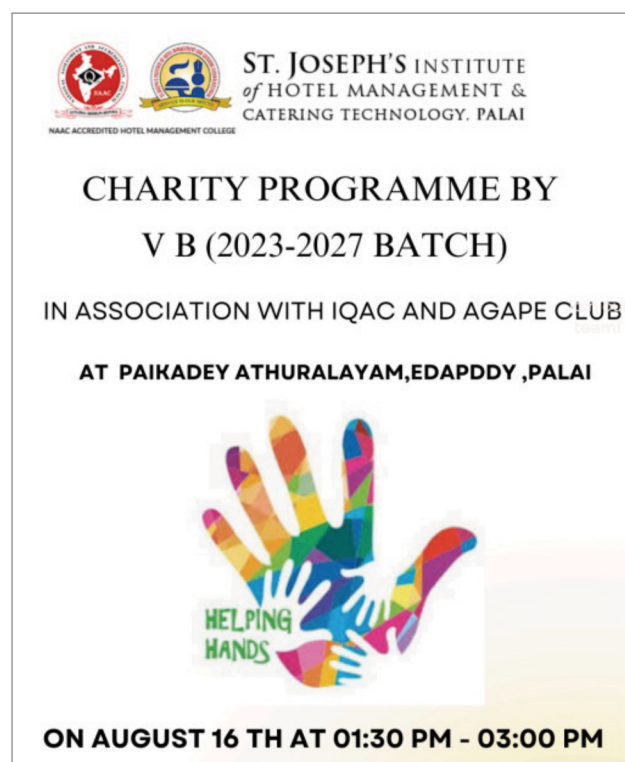
On 29th August 2025, a Practical Food Preparation Workshop was organized for Anganwadi workers of Kerala, running from 9:00 AM to 4:00 PM and combining both theoretical and hands-on training. The day began with a theory session in the seminar hall, covering nutrition, hygiene, and food preparation techniques, providing a strong foundation for the practical exercises that followed. In the multipurpose kitchen, participants prepared nutritious and balanced menus under the guidance of government-trained trainers and chefs from St. Joseph's Institute of Hotel Management and Catering Technology (SJHMCT). Sessions included both pre- and post-lunch practical exercises, allowing workers to gain exposure to a variety of recipes, strengthen their culinary skills, and receive feedback. The workshop successfully enhanced participants' confidence and competence, aligning with the Kerala government's guidelines for healthy, child-friendly meals.



Spreading Smiles: V Semester Students Engage with Paikadey Athuralayam

On 16th August 2025, from 1:30 PM to 3:00 PM, a group of V semester students from SJHMCT organized a meaningful charity event for the residents of Paikadey Athuralayam. By pooling their resources, the students purchased essential groceries and household items, which they personally delivered to the special school.

The true highlight of the visit was the time spent interacting with the residents. Nine students, along with their faculty coordinator, Ms. Rakhy Raju, engaged with the members, fostering genuine connections. Sr. Amala, the in-charge, shared insights about the organization's mission and activities, enriching the experience for the volunteers. The program served as a poignant reminder that empathy and attention are as valuable as material support, emphasizing the impact of community service and the importance of meaningful human connection.





Dancing for Awareness: NSS Flash Mob Marks World Population Day

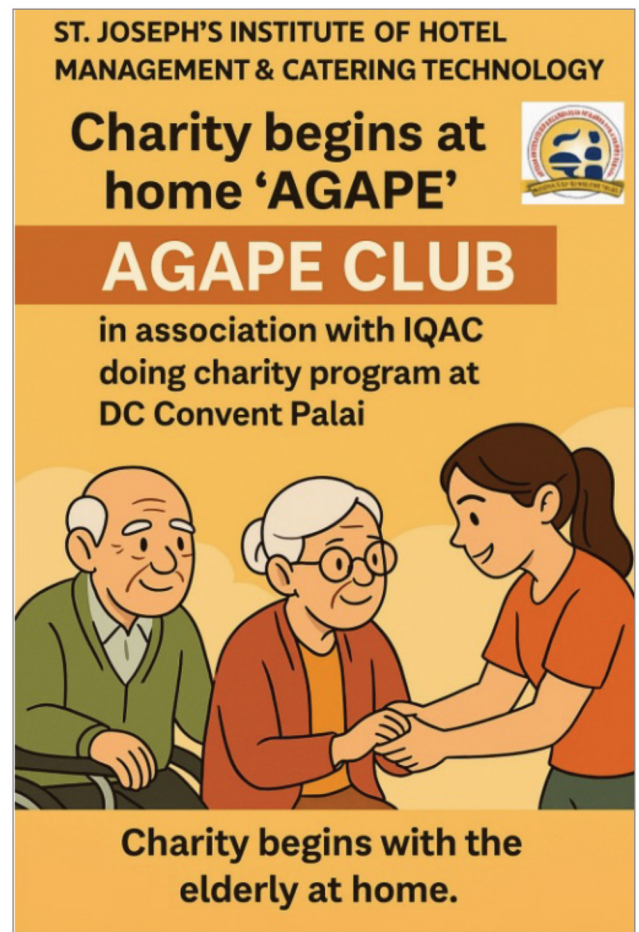
In a vibrant fusion of art and advocacy, St. Joseph's Institute of Hotel Management and Catering Technology (SJHMCT), in collaboration with the Primary Health Centre (PHC), Ullanadu, organized an energetic flash mob on 11th July 2025 at 3:00 PM at the Assisi Arcade Ground, Bharananganam Town, to commemorate World Population Day 2025. Performed by 22 spirited NSS volunteer students, the flash mob creatively conveyed messages on population awareness, drawing enthusiastic attention from the local community. The initiative was supported by PHC Ullanadu staff and NSS Programme Officers from SJHMCT, ensuring flawless coordination and impactful delivery. Beyond entertainment, the event effectively spread awareness on population-related issues, showcasing the power of youthful energy and creative expression in promoting social consciousness.



Agape Club Spreads Joy at D.C. Convent, Palai

On 14th August 2025, the Agape Club visited D.C. Convent, Palai, arriving around 2:30 PM to extend support and share moments of joy with the inmates. With the help of students and teachers, the volunteers collected both edible and non-edible items and handed them over to Sister Amala, the sister in charge.

The students spent an hour interacting with the 58 inmates, performing cultural activities to bring smiles and uplift spirits. The volunteers displayed empathy, kindness, and compassion, making the visit memorable for everyone. Sister Amala expressed heartfelt thanks to the college management for both the charitable contributions and the students' time. The visit concluded at 4:10 PM, leaving lasting impressions of joy and community service.



SJIHMCT Students Serve Community at Serenity Home

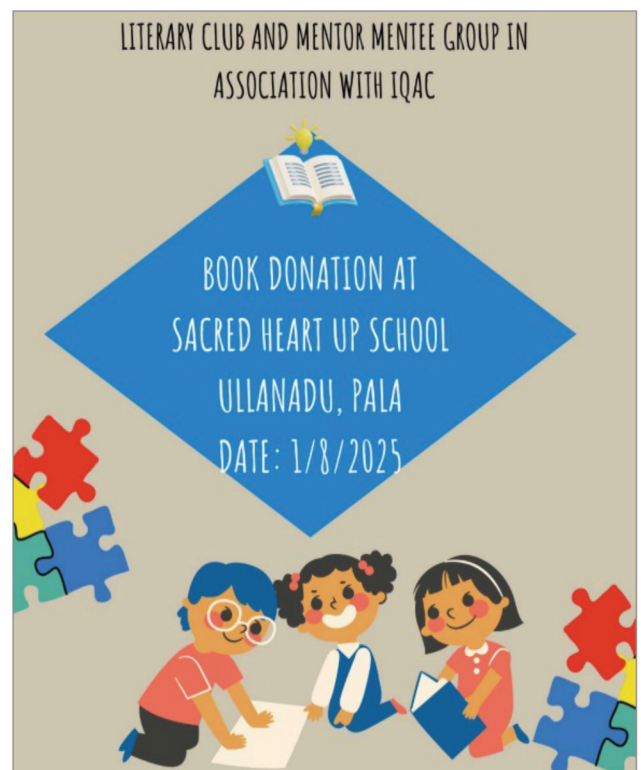
As part of its student charity initiative, 14 students from SJIHMCT participated in a heartening program at Serenity Home, Paika, aimed at promoting social responsibility, community engagement, and teamwork. The event focused on providing a nutritious lunch for 85 residents, allowing students to actively contribute to the well-being of underprivileged members of society. The interaction between students and residents created a joyful and meaningful atmosphere, fostering empathy, compassion, and a sense of shared community. Beyond serving meals, the program offered students a chance to develop leadership, organizational, and teamwork skills, leaving a lasting impression on both the participants and the residents while reinforcing the values of service and social responsibility.



SJIHMCT Students Spread Joy and Learning at Local School Visit

Members of the Literary Club and the Mentor-Mentee team from SJIHMCT recently visited a local school for a heart-warming and meaningful interaction with the students. During the visit, the team donated essential study materials, including books and pens, to support the children's educational growth. The school authorities organized a warm welcome and a well-planned program, making the occasion memorable for all participants.

The SJIHMCT students shared stories from their own childhood, fostering a sense of nostalgia, community, and connection. The interaction not only benefited the school children but also left a lasting impression on the visiting students, who cherished the opportunity to give back, inspire young learners, and strengthen bonds between the institutions.



ACHIEVEMENTS

NSS Unit of SJIHMCT Honoured for Exemplary Community Service

Celebrating Youth Engagement and Social Commitment
On Friday, August 15, 2025, the Bharananganam Panchayath formally recognized the outstanding contributions of the National Service Scheme (NSS) unit of St. Joseph's Institute of Hotel Management and Catering Technology (SJIHMCT), Palai, by awarding them a Certificate of Appreciation.

The certificate was presented by Mrs. Beena Tomy, Panchayath President, to Dr. Sheri Kurian, Principal of SJIHMCT, along with NSS Programme Officers Mr. Jojan Thomas and Ms. Rakhy Raju, acknowledging their impactful community service during the 2024–2025 academic year. The ceremony also saw the presence of Fr. James John Mangalathu, Dr. E.N. Sivadasan, Mr. Jobin George, and Mr. Sijosh George, highlighting the strong partnership between the institution and local authorities.

The event celebrated the selfless dedication of NSS volunteers and underscored the critical role of youth in community development, inspiring students to continue their engagement in meaningful social initiatives.



ALUMNI CORNER



Bitto Abraham

Alumnus | Batch 2020–2024
Fortune by ITC • F&B Service
Guest Service Associate

My journey in hospitality has been a blend of learning, growth, and countless memorable experiences. Stepping into this industry opened my eyes to a world where every interaction matters and every day brings a new opportunity to connect with people from all walks of life.

The foundation I built at SJIHMCT continues to guide me in every role I take on. The lessons of professionalism, patience, teamwork, and respect for guests have helped me navigate this fast-paced yet deeply rewarding field. More than a profession, hospitality has become a way of thinking — one that celebrates service, creativity, and genuine care for others.

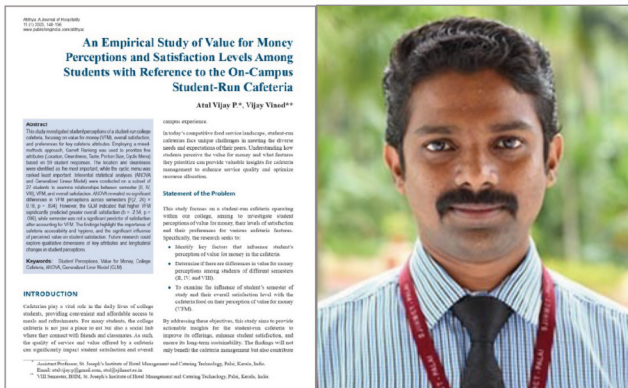
A note to my juniors:

Trust your choice and give your best each day. Don't shy away from challenges — they're the milestones that will define your journey. Keep learning, stay passionate, and never forget the importance of teamwork and humility. The experiences and values you've gained at SJIHMCT will serve as your strongest assets as you step into the professional world. Believe in yourself — your future in hospitality is full of promise and endless possibilities.

Exploring Value for Money: Faculty Research Shines in National Journal

SJIHMCT proudly announces the publication of a research article by Mr. Atul Vijay P., Assistant Professor, in the reputed *Atithya: A Journal of Hospitality* (Volume 11, Issue 1, June 2025, pp. 148–156). The paper, titled “An Empirical Study of Value for Money Perceptions and Satisfaction Levels Among Students with Reference to the On-Campus Student-Run Cafeteria,” offers insightful analysis into how students perceive value and satisfaction within campus dining services.

The study not only underscores the importance of student-run enterprises in hospitality education but also reflects SJIHMCT's commitment to fostering research-driven learning. Mr. Atul Vijay's publication adds another feather to the institution's cap, inspiring both faculty and students to pursue meaningful academic inquiry.



Pala Palate

SJIHMCT PALAI NEWSLETTER