

# The Concierge

Whatever & Whenever

Volume 2

Month- February



## Welcomgroup Graduate School of Hotel Administration

Department of  
Culinary Arts

Department of Allied  
Hospitality Studies

# About Us



Welcomgroup Graduate School of Hotel Administration was established as a part of the Dr TMA Pai Foundation. The foundation joined hands with Welcomgroup, the hotel division of ITC Ltd. in 1987 to set up the WGSHA institute.

The International Hotel Association, Paris recognised the training and development program of WGSHA. It has been a constituent college of Manipal Academy of Higher Education since July 2003.

The college has been securing a majority of the top university rankings over the years and its alumni have found positions in leading hotel chains, airlines, travel agencies and other organizations like Citibank, Blue Dart Couriers, GE Capital and International Services.

WGSHA has consistently been ranked as the No. 1 institute in the country for hotel management studies.

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# Editorial Board



**Chief Editor**  
Prof. Parvadhavardhini G  
(Principal, WGSHA)



**Culinary Editor**  
Chef. K. Thirugnansambantham  
(Vice Principal, WGSHA)



**Faculty Executive Editor**  
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**Faculty Editor**  
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**Student Executive Editor**  
Mr. Anish Hissaria  
(Secretary, Student Council, WGSHA)



**Student Editor**  
Ms. Madhurima Sappatti  
(30<sup>th</sup> BHM, WGSHA)

# Message



Prof. Parvadhavardhini G  
(Principal)

Millennials are all the set to embrace both food fashion & fashion food. Blitzing, Pulsing, pasting, washing, brushing and lacing are terms that are becoming popular as styles in treating food. This relationship is a major influence, that the world of food fashion has adopted for a variety of reasons ,especially their designs. Social media's approval of the aesthetics of food captured on cameras seems to go viral for a consent.

There is a food movement renaissance that has overwhelmed food consumption. Angles, patterns, textures, shadows, calories & material denominate a food plate fashion.



Chef. Thirugnansambanthan  
(Vice Principal)

Students, the topic for this month's newsletter, food and fashion, is a very appropriate topic for the current generation. We see them exist in a symbiotic relationship, where both help the other in reaching new goals. We see the two elements constantly evolving, and I would therefore like to suggest that, students are in constant awareness of any developments in this area.

As always, knowledge is an important part of growth, so try to get as much information about this topic as possible.

# WGSHA Student Council

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**Incharge**

Kalyan

# DOCA Student Council

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**Vice President**  
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**Secretary DOCA**  
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Abhay Kumar



**Sports Secretary**  
Danielle Lauren



**Culinary Service  
Incharge**  
Urvi Khanna

# Achievements



The Christ Inter-Collegiate Competition “Oddessy” held on 9th and 10th February 2018 at Christ, Bangalore. There were many events WGSHA participated in and came up winners in

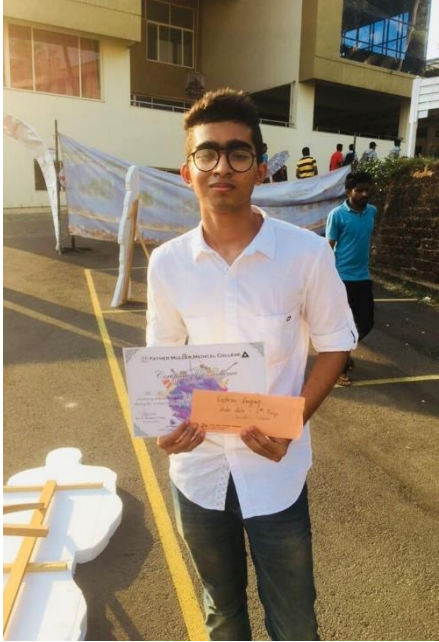
- The Best Manager: Anouskha Saha (BACA 7th Course)
- Quiz: Avinash Sadarangani and Tanmay Abrol (WGSHA,29th Course)
- Room Division and Tourism Management: Dhiksha Easwar (WGSHA,29th Course)
- Restaurant Management: Avinash Sadarangani (WGSHA, 29th Course)



Catefete 2018 held at Army Institute of Hotel Management. WGSHA won the overall trophy.



Welcomgroup Graduate School of Hotel Administration (WGSHA) participated in Adrenaline 2018 that was held at Father Muller's Medical College from 21st to 24th February. WGSHA Music Club won 1st place in Western Solo secured by Arnav Dhaka. WGSHA music club also secured 1st place in eastern solo and 3rd place in eastern duet. Vaisakh Vijayan secured 1st place in the solo event and also was the part of the duet along with Subhadra Nayak who secured 3rd place in eastern duet. Day 2 had the college participating in various cultural events namely duet dancing, pot pourri mad ads, treasure hunt, elocution, poetry writing etc. This time it was the Mad Ads Team secured 2nd place where we had Rehan Jaggi, Manvender, Jerome, Rohil and Piyush . Day 3 had solo dancing, clay modelling and street play with treasure hunt students finishing 3rd place.





The MAHE Manipal Inter Collegiate Hockey Tournament 2017-18 was held on 26th February 2018. WGSHA reigned as champions.



The MAHE Manipal Intercollegiate Basketball Tournament 2017-2018 was held on 4th March 2018. WGSHA placed second in the tournament.



The MAHE Manipal Intercollegiate Football Tournament 2017-2018 was held on 23rd February 2018, WGSHA came second.



Mr. MAHE Men's Physique 2017-2018 was held on 26th February 2018, Mr. Raghav Mahajan won silver.



**Various Inter MAHE, athletic events were held on 18<sup>th</sup> and 19<sup>th</sup> February,**

In the 4 x 100 meters relay, the WGSHA team ( Manvendra Singh, Akash Shetty, Yohan Tanish Radish and Harry Sebastian) won the silver medal.

In the 4 x 400 meters relay, the WGSHA team ( Manvendra Singh, Akash Shetty, Harry Sebastian and Suraj), won the bronze medal.

In 800 meters race, Janet Florine D'souza ranked 3rd.

In the Triple Jump, Janet Florine D'souza ranked 3rd.

In the High Jump, Janet Florine D'souza ranked 3rd.

In the Shotput event, Sanjay ranked 2nd.

# Foo-Show

*"Cookery is as old as the world, but it must also remain, always, as modern as fashion."*

-Phileas Gilbert

Food is not all about the cuisines of the world, but, it is also about the significance and values attached to it.

Similarly, fashion isn't all about costumes, it can be a trademark of the culture of a destination or a trendsetter for the generation. What comes to an individual's mind when he thinks of food or fashion? It might be pasta or a pizza or the new trends available in the world of fashion. Food and Fashion is a diverse industry and has undergone a great deal of innovation since the 90s. The earnings received from the market of food or fashion today, outnumbers the earnings received from any other industry. But, so much so, the market isn't a standalone, it is surely linked to industries that deal with luxury, tourism and hospitality. The interlinking of these industries is necessary, as they provide the right amount of resources and add value to it, making it easily discoverable to the people around the world.

Ask a globe-trotter and he is never satisfied until he has, firstly, explored the vibrant cultures and secondly, or most importantly, justified his taste buds with the mouth-watering delicacies of a destination.

Fashion can be anything, from cosmetics, to apparels, to a new technology, to automobiles, or the most important reason for the survival of mankind, food! There is something evergreen about fashion and food since stone-age till 21<sup>st</sup> Century. It has been a 'Trend'. Someone, has rightfully said, food and fashion never go out of style.



Food doesn't need to be complicated or expensive. It is meant to be enjoyed ideally with friends and family during good times. Like a classic black dress, good food and entertaining keep evolving, but never go out of style.

Considering the benefits attached to the food and fashion market, the scope of it has dramatically increased. The amount spent for diversifying this industry is incredible. The World food retail sales generate over \$4 trillion per year. The global gourmet market has seen demand rise due to rising levels of disposable income, consumer awareness of the importance of nutrition, and the globalization of taste. Even the fashion industry spends over 500 billion dollars per year on promotional activities, which is even likely to rise in the near future.



The modern era is full of curious individuals who are either luxury driven or an explorer of food. This urge to explore and experience gives rise to the necessity or availability of promotions, resources, involvement of hospitality and tourism related factors. The individuals today are of a demanding nature and they are never satisfied until the commodities or service provided to them matches the current trend. It should be easily accessible to them, at any point round the globe. Every destination today has some specialty or the other to share with its tourists. Taking into account the food aspect, there is so much you can do with a dish. There are so many versions and varieties of food available to an individual today. It isn't only about baking pizzas out of a pizzas dough, it is how you mould that dough into an innovative menu card with variety to provide for. Similarly, if we consider fashion, it can be anything a hotel applies to enhance its technology, or the addition of diagonal stripes to a dress, or a luxurious brand, or the invention of a new tablet for the tech-savvy generation.

Therefore, the market should know how well to adapt with the changes and keep upgrading the commodities or services they provide, such as to make it less monotonous and impressive at the same time. In the end, the industries should be well aware of how to create a world where fashion isn't any less and food isn't anymore, both juxtaposing to bring out the most sought-after high end lifestyle.

Article By:  
Nishi Kataruka, MSc HTM.

# Super Foods

Every year the food and nutrition industry have trends that become so popular that all dinner table conversations, newspaper articles and even published books have a mention of it. We have seen a lot of trends emerging in the recent years some that are ancient and some heavily backed by well researched nutritional science. Much like the fashion industry you are now demanded to know the ins and outs in nutritional trends to keep up with people around you. So here are a few trends that have caught on and now make fashionable lifestyle statements.



## Turmeric

Turmeric, one of the most heavily researched supplement and dietary ingredient. It is incorporated in juices, tonics, herbal supplement and even boosting latte sales. This powerful free radical scavenger supports a healthy inflammatory response and cognitive function—two highly important function to support immune health.



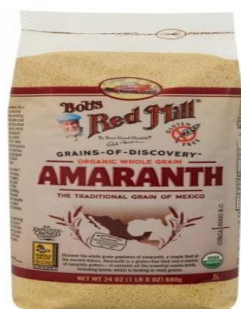
## Trendy Supplements

Busy schedules and untimely work hours have led many individuals to skipping most meals in the day, this is where supplements come in. The Nutraceutical industry has taken opportunity of this gap and created palatable solutions for people to benefit from these nutrients without worrying about what nutrients they are meeting through their food. Tasty fish oil liquid swirls, multivitamin gummies, superfood-rich smoothie mixes, and collagen powders are all easy ways to supplement the diet, providing a nutrient-dense boost to your daily routine. Although these supplements may seem like an attractive alternative to having a full meal it can merely supplement your meal not replace it. Whole foods not only provide the nutrients but also add to the fiber intake in your diet which will be negligible for people who rely heavily on supplemental intake.



## Pseudo grains made convenient

Getting healthy whole grains on the table has always been a challenge because of longer cooking times. That's why food companies are coming up with ways to bring us whole grains and pseudograins (seeds that are served as grains) much more quickly. Fast and portable amaranth, buckwheat and quinoa in single portions. Initially added in the diet for a gluten free alternative, these pseudo grains quickly become popular for sources of complex proteins having 8 essential amino acids in them, rendering them as high quality protein sources. They can easily be added to recipes and have a faster cooking time than most grains.



## Bacteria that are good for you

We have long known the benefits of consuming curd in our daily diets, we have it with our parathas, in our kadhi, in our buttermilk and even just with a spoonful of sugar, but did you know that curd contains bacteria that help strengthen your gut? It is these same bacteria that form colonies through fermentation of food and the consumption of this food enables us to benefit from the micro-organism(probiotics) activity known to promote good health. The benefits of these bacteria are no more limited to just curd, you can choose a varied supply of probiotics from capsules, health drinks and supplements. Here are some of the ones available in the market.



## Heard about zoodles?

Nutrient-dense vegetable noodles made of zucchini (zoodles) and sweet potato and can be made using a spiralizer and used to replace high-carbohydrate, nutrient poor processed grains in all your favourite dishes. You can add in some stir-fried vegetables and can make anything ranging from pad Thai to spaghetti with a healthy twist, these dishes are not only versatile but delicious too.



Article By:  
Vidhi, MSc. DAN  
Aksheya, MSc. DAN

# Annual Awards 2018

5<sup>th</sup> Feb, 2018

WGSHA's Annual Awards Ceremony 2018 was held in the presence of Chief Guest, Mrs. Benita Sharma, Area Manager, Golden Triangle and General Manager of Sheraton New Delhi Hotel; Mrs. Vasanti R Pai, first lady of Manipal and Chairperson; Mrs Poornima Baliga, pro vice chancellor; Mr. Rajen Padukone, Group President; Dr Narayan Sabhahit, Registrar, MAHE and other senior MAHE officials. It was a captivating evening of awards, hospitality, entertainment and culinary delights. This year's theme was the 'cuisine of Palaces', which depicted the story of how monarchs have influenced the taste buds of people in India and visitors from other countries.





# Learning Conversation

10<sup>th</sup> Feb, 2018

A guest lecture on 'Learning conversations' was held on 10th of February, 2018, by Ms. Priya Batra, WGSHA alumna. Ms. Priya is the Associate Director, GDS program execution services, EYGBS Pvt Ltd. She spoke about how the hospitality industry works, how to take decisions, and how important leadership and motivation is.



# NUTRICON 2018

19<sup>th</sup>– 20<sup>th</sup> Jan, 2018

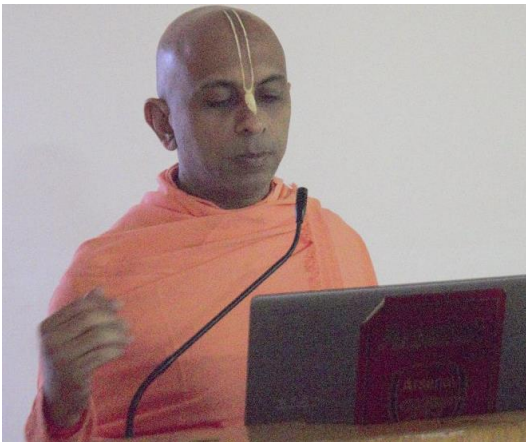


The students of MSc. Dietetics and Applied Nutrition attended their first National Nutrition conference NUTRICON 2018 on January 19th and 20th in KS Hegde Medical Academy, Mangalore. The conference included eminent speakers from the field of nutrition, allied sciences and medicine and displayed an in depth knowledge about the upcoming trends in nutrition and dietetics. The speakers were insightful and gave us a glance to what nutrition looks like outside the closed doors of a classroom. Over and above it gave us all a boost of confidence to pursue goals in different directions despite being in a common academic field. It gave us a sense of opportunities that our degree offers embodied in speakers pursuing the various field that they were. A productive day indeed.

# Seven Types of Intelligence

27<sup>th</sup> Jan, 2018

A seminar on 7 types of intelligence was conducted by Shri H.G. Atul Krishna Das, President ISKCON, Karwar. He spoke to the students about the meaning of intelligence, and the difference between the scientific and spiritual approach.



# International Symposium

10<sup>th</sup> Feb, 2018

WGSHA, Mahe, organized a day long International symposium on 24th February, at Fortune Inn Valley view, with the objective of bringing together the hospitality industry and Academia to explore the changing paradigms and innovative practices within the broader hospitality and tourism realm. The symposium was themed on “Transformation trends in Hospitality and Tourism: Connecting stakeholders to deliver memorable experiences.” The speakers included various dignitaries like Mr. Gyan Bhushan, Chef Alexander Lee Sanchez, Mrs. Monica Suri, Mr. Ramesh Takulia, Mr. Vineet Mishra and Mr. N. Krishnan. The Symposium concluded with the panel discussion. Chef Thiru, Vice Principal delivered the vote of thanks and cultural which brought an end to the day’s events.



# Up Close and Personal

23<sup>rd</sup> Feb, 2018

Up close and Personal session by Chef Alexander Lee Sanchez, Executive Chef, Food Matters Pvt. Ltd., Mumbai for 1st year BACA and PGDCA Students.



# Manipal Silver Marathon 2018

11<sup>th</sup> Feb, 2018

WGSHA participated in the Manipal Silver Marathon, conducted on 11th of February, 2018. Students put up stalls for creating awareness about 'Drug Abuse' among the people attending the marathon. The Dhol team of WGSHA raised everyone's spirit at the end of the Marathon by giving a stunning performance at the "Carnival de Manipal".



# Blood Donation Day

14<sup>th</sup> Feb, 2018

The students and faculties of WGSHA took part in the blood donation day organized by the members of the WANASS club. The event took place at KMC Blood Bank.



# Food Fest - Wok This Way

15<sup>th</sup> - 16<sup>th</sup> Feb, 2018

A food fest was conducted by the Shivaji House on 15<sup>th</sup> and 16<sup>th</sup> of February. The theme was Pan Asian, to celebrate the Chinese New Year on 16<sup>th</sup> of February. A seven course menu was prepared with food featuring from Korean, Chinese, Vietnamese and Japanese regions.





# WGSHA Quest

28<sup>th</sup> Feb– 1<sup>st</sup> March, 2018

WGSHA Quest, the 17th edition, has officially been inaugurated by Principal Prof. Parvadhavardhini Gopalakrishnan and Vice Principal Chef Thiru Sambantham along with the dignitaries and judges who have come here to help us flag off the events for the day.



# Cooking Demonstration

19<sup>th</sup> Feb – 22<sup>nd</sup> Feb, 2018

For Manipal Institute of Technology's Revels 2018, the Department of Culinary Arts conducted a cooking demonstration. The participants were taken through the nuances of Mexican and Italian cuisines. In addition to this the techniques of plating desserts were demonstrated. The session concluded with a hands on session on baking breads.



# Mr. Anil Sharma's Visit

22<sup>nd</sup> Feb, 2018

Mr. Anil Sharma, Executive Vice President of Human Resources visited to  
Department of Culinary Arts



# Visit to WGSHA

23<sup>rd</sup> Feb, 2018

Delegation from Hochschule Bremen City University of Applied Sciences, Bremen visits to discuss about possible collaboration – MA in International Studies of Leisure and Tourism



# Re-Design the way you think

2<sup>nd</sup> Feb, 2018

Workshop on 'Design thinking in Tourism' by Dr. Bhakti More, Associate Professor, Dept. of Architecture, Manipal Dubai Campus. Students were encouraged to express their innovative ideas in promoting tourism and sectors associated with it.



# Role of Theory in Research

26<sup>th</sup> Feb, 2018

Workshop on 'Role of theory in Research' by Dr Meera Baindur, Associate Professor, MCPH, MAHE. Students were taught the nuances on how to work on research. This session was held in a interactive manner where the students put forward their queries to solve research problems.



# Renal Nutrition

12<sup>th</sup> Feb, 2018

A guest lecture series on the “Importance of Nutrition in Renal Disorders and demonstration of the Dietcal software (for ease of dietary assessment)” by Mrs. Gurdeep Kaur Shetty, Senior Dietitian, All India Institute of Medical Sciences, New Delhi.



**WGS**HA Coming Up Project...



# Upcoming Events

March 2018



[@WGSHA.MU](https://www.facebook.com/WGSHA.MU)



[#wgsha.manipal](https://www.instagram.com/wgsha.manipal)



[#WManipal](https://twitter.com/WManipal)

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Good  
Friday

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