

Welcomgroup Graduate School of Hotel Administration

Department of
Culinary Arts

Department of Allied
Hospitality Studies

Newsletter

The Concierge

Whatever & Whenever



MANIPAL
ACADEMY of HIGHER EDUCATION
(Deemed to be University under Section 3 of the UGC Act, 1956)



ITC HOTELS
RESPONSIBLE LUXURY

Welcomgroup Graduate School of Hotel Administration

About Us



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

The training and development program of WGSHA is recognised by the International Hotel Association, Paris. It is 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 organisations 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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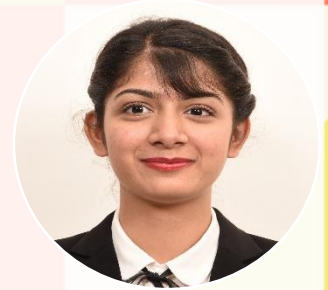
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Chief Editor's Note



Prof. Parvadhavardhini G
(Principal)

The hospitality industry is an ever growing and dynamic sector which continuously strides towards improving the current services provided worldwide. WGSHA, has always adapted to the requirements of the industry to provide to the students a better enabled learning environment.

Today's generation prefers the digital world for meeting their communication and professional needs. I am glad that this initiative was taken by the students to create a new platform for them to communicate with each other and represent their college. This also makes them aware of the college achievements and helps promote cultural values.

I would like to thank the WGSHA family which consists of all the faculty and the students, for their ever enthusiastic participation and helping the college to reach where it is. I hope your enthusiasm never fails, and continues to grow, to help us reach higher goals.

Culinary Tweet



Chef. Thirugnansambanthan
(Vice Principal)

The culinary world is an ever evolving industry with chefs all over the world introducing new techniques and food profiles. The only way to stay on top of the game is to hone your skillsets and knowledge.

We will never have a complete knowledge of any cuisine, as there's always something new that is being introduced or developed, so learning should be a continuous process. Having an idea of the current culinary trends is also a very advantageous tool for the budding chefs. I hope you will achieve all the dreams you have set out for.

This Newsletter is a project of 3rd Year BHM students (30th course) as part of the subject ICT in Hospitality Travel and Tourism.

Project Guide: Mr. Raghavendra G



Student Council



WGSHA Student Council

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6th Course



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7th Course

Achievements



A dream become a goal when action is taken towards its achievements.

-Bo Bennett

WORLD RANKING



We waited with bated breaths as the CEOWORLD magazine released 2017's world rankings of the Top 50 hospitality and hotel management schools in the world. The CEOWORLD magazine ranking is unique among the various international higher education institution surveys, as it evaluates schools in terms of the full scope of their missions, including global reputation and influence, recruiter feedback, job placement rate, admission eligibility, specialization, and academic reputation. It also relies upon peer ranking from senior scholars in over 52 countries to develop its list. Welcomgroup Graduate School of Hotel Administration rose from its previous 40th rank to 36th rank.

Sports



On 14th March, 2017 WGSHA participated in the Inter College Tournament organized by Manipal Academic of Higher Education. The WGSHA football and hockey team participated in this event. WGSHA was the proud winner with the hockey team winning the first place and the football team emerging as the runner up in this event.

National Conference- Video Competition



During National Conference, Mr. Anish Hissaria, 3rd Year BHM, a student from WGSHA got the 2nd position in a short video making competition organized by Manipal Academy of Higher Education. The theme for the video was “Joy of Giving”.

Utsav: Video Contest



A Short video contest was organized by UTSAV on road safety for helmet awareness. We managed to get the first position and a cash prize of INR10,000. It bought the students a great pleasure, by doing the right thing and trying to take a step in the right direction .

Rendezvous 2k17



Students of WGSHA, participated in the Rendezvous completion at Sarosh Institute of Hotel Management, Mangalore and stood 1st in dramatics, 1st in flower arrangement and 2nd in the Chef competition out of 25 colleges.



Department Column

NOURISH TO FLOURISH

CHEW THE FACTS!

Deemed as a top health food across the globe, Honey is a wonderful natural sweetener. Its antioxidants and bacteria-fighting assets also help against fighting infections that are caused by viruses, bacteria and fungi. However replacing honey with sugar to reduce calorie intake is not wise. A study suggested that honey sparks the same responses as white cane sugar and high-fructose corn syrup, raising peoples' blood sugar, insulin, weight, cholesterol, and blood pressure post-consumption. The bottom line: All sugar is sugar, so practice moderation no matter what form of the sweet substance you're snacking on.

Source: *The Journal of Nutrition*, October 2015.

HEALTHY SELF HEAL THY SELF

That all-you-can eat sushi buffet sounds like a pretty good idea right now. Research says that Japanese people who closely followed their national food guidelines—lots of rice, veggies, fish, meat, and soybean products—had a 15% lower mortality rate than their peers who didn't adhere as strictly to the classic Japanese diet (a diet high in protein, moderate carbohydrates & low in saturated fats).

Source: *The British Medical Journal*, March 2016.

Blasting a cold with Vitamin C will fight it off? A Myth.

Boosting vitamin c in the diet doesn't reduce the risk of catching common cold but the best way to keep the immune system strong is to eat vitamin c rich produce everyday like guava, citrus fruits, bell peppers, kiwi, papaya, strawberries, & pineapple.

THE DOS AND DON'TS OF RUNNING YOUR FIRST MARATHON

Are you looking forward to participate in the upcoming Manipal Marathon? Here's a guide for you to prepare yourself for this event.

DO'S	DONT'S
<p>Eat extra carbs, not just extra calories: if you gorge yourself on high- fat foods such as doughnuts and pizzas, this will leave you feeling bloated and heavy. Ensure you stick to foods such as rice, pasta, oats, wholemeal bread, fruits and vegetables.</p> <p>Hydrate wisely: Prefer drinking water with lime, sugar & salt to hydrate & replenish electrolytes. Sports drinks are also a good option.</p> <p>Have your last big meal 48 hours before: two nights before your race, ensure you have a big meal. Continue with small frequent meals until the day of marathon.</p> <p>Eat a balanced meal for dinner the night before: dinner the night before your marathon is extremely important and needs to be a balanced combination of protein, carbohydrates and some fats.</p> <p>Buy the right shoes and spend at least a month getting your feet used to them to avoid shoe bites.</p> <p>Last but not the least, be positive.</p>	<p>Don't over load on carbs: even though carbs are obviously important for energy, you should only increase how many you consume by 10%. Do ensure you increase your intake though as after your body has used the energy from carbohydrates it'll turn to burning fats which will slow you down.</p> <p>Don't over hydrate: ensure you only drink what your body needs, rather than what you think your body should need. You can only absorb so much liquid and you don't want to stop too many times during the marathon to have to go to the toilet.</p> <p>Protein is not the end all post marathon: Don't overload on proteins. Consume only sufficient to aid wear & tear of damaged body tissues.</p> <p>Avoid alcohol and caffeine at this time so you don't dehydrate yourself or disrupt your sleep.</p>

How can fitness help you grow professionally?



Many of you have always associated fitness to attaining 'six pack abs' or bulging biceps which are much more appealing to the naked eye. The change is not physical in nature, but psychological.

According to the centers for disease control and prevention (CDC) Fitness is defined as 'the ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure time pursuits and respond to emergencies'.

Fitness is known to increase the quality of life. Many researches have concluded that people who work-out daily have shown increased confidence in their activities, have less stress in life due to lower cortisol levels and have more energy in comparison with their unfit counterparts.

Yes, maintaining a perfect harmony between your work and life can be pretty daunting with added stress towards both sides. An easy solution to that can be performing any physical activity (sports, gym, jogging) which acts as a stress buster.

Researchers state that any physical activity (such as sports, gym work-outs) can be attributed to success at workplace. It can also be linked to decreasing stress levels among individuals. Working out daily can boost serotonin levels, also termed as the 'happiness chemical'. This helps in decreasing cortisol levels in the body (stress Hormone).

People generally face a monumental challenge of staying active after a strenuous day at your workplace. You tend to lose focus and feel completely drained out. Exercise is known to alleviate this and improve one's cognitive ability.

A study from *TheLadders* states that more than 75% of executives believe exercise is critical for executive level success.

People with a healthy lifestyle always have an upper hand over the others as they can easily manage their work and personal life. Since the hospitality industry is physically demanding, one should make sure that he/she incorporates regular exercises in their day-to-day life so as to maintain the perfect balance between your work and your life.

THINK GLOBAL, EAT LOCAL



Over the last couple of centuries, food has evolved onto a whole new level and has created a dynamic of its own. With the development of technology and transportation, man has discovered new countries, explored new cultures and experimented with various cuisines. He has left no stone unturned in inventing and creating new exotic cuisines. The concept of a 'Global Cuisine' soon took over and many local restaurants bore the brunt of this change.

Global Cuisine is practiced all around the world and ranges from a basic burger and fries at McDonalds, to upmarket Jack Daniel Burgers at TGI Fridays, including almost everything under it. Like every product, global foods too have a positive and a negative side.

There are many positives to global foods, to name a few: It is an income to the exporting country, tropical fruits and vegetables are easily available to the consumers and the whole idea of distance seems to vanish. The Food and Beverage Industries are able to obtain different products from practically anywhere in the world. It brings about an amalgamation of various races, cultures and creeds.

While these taste exquisite at first, the utility eventually decreases. It is rare for a person to constantly eat the same food repeatedly in excess.

The problem however is not of taste, but the quality of the ingredients. Since these food chains are global enterprises, one finds similar items of food on the menus. These food dishes consist of chemically grown ingredients, which have extreme ill effects on the health of humans, plants and animals and the environment as a whole. This is the main drawback of this cuisine. Further, with time the products spoil due to temperature differences, exposing to bacteria, disruptions in transport etc. On the other hand, local cuisine refers to the authentic style of cooking, made with indigenous resources and ingredients.

Since the produce is readily available, hunting for ingredients to make something is not a heavy task. It also supports farmers and cultivators within the boundary of the nation, thus improving the economic growth and overall standard of living. With locally grown ingredients, one can have varied fruits and vegetables throughout the year.

While global foods have a downside to it, one cannot think of one when it comes to local cuisines. The ingredients are fresh and plenty, and are not overly priced. This benefits both the producer and consumer.

In terms of health, it is obvious that locally grown food is much healthier. Since there is no long chain for transportation of these products, the food is sold fresh. Fresh food means no preservatives and chemicals added to prolong the life of the substance. Food is cultivated according to the season, and hence one can receive naturally harvested ingredients instead of artificially produced goods. Thus, one also learns to appreciate a particular grain, fruit or vegetable when available and when not in season.

Our bodies adjust geographically to a particular place, with respect to seasons, climate change and weather, temperature etc. These factors play an important role to our bodies and the food we consume. For instance, one finds the use of coconut quite popular in South India. This is because the weather is hot most of the year and coconut acts as a cooling agent. It is also found in plenty, thus making the produce plentiful. Thus, there is a balance between the local cuisine and food available.

In conclusion, man cannot eliminate Global Foods and its consumption. But instead, he can substitute and use local ingredients. A co-existence of both is required for smooth living. Early man had no access to fancy neither food items nor equipment, yet survived and lived for many years. It proves there is a positive relation between health and local food. Thus, it is advisable that one must be global in thought and local in consumption.

TOURISM- SMALL WORD, DIVERSIFIED INDUSTRY



“Tours and Travels first leave you speechless, and later they turn you into a storyteller”

Tourism is one of the most popular activities in the world, which has gained its importance due to business, recreation, leisure, and other purposes. After the 21st Century, tourism has experienced continual increment in its statistics and has undergone an intensified diversification to become one of the fastest growing economic sectors in the world. The modern concept of tourism has a close connection with development and encompasses a growing number of new destinations.

Considering the modern era, the business volume of tourism equals or even supersedes that of oil exports, food products or automobiles. Tourism has become one of the major players in international commerce, and represents at the same time one of the main income sources for most of the developing countries. This growth goes hand in hand with an increasing diversification, competition among destinations, changing lifestyle patterns and the ability to adapt constantly to the customer's changing needs and desires.

United Nation classified tourism as Domestic, Inbound and Outbound Tourism. Domestic tourism involves residents of the same country making visits in their own country at various places. Inbound tourism is the one when residents of other country visit your country. Outbound tourism is when residents of our country visit another country. Tourism is further classified into adventure tourism, dark tourism, gastronomy tourism, medical tourism, cultural tourism, pro-poor tourism, wellness, and many more.

Have you ever noticed how the look and status of a place changes when it is declared a tourist place? Tourism is not only a leisure and fun activity. Rather, it is also the industry which draws, accommodates, encourages infrastructure development and entertains tourists and helps generate income for the country. Tourism opportune us to explore new culture, meet new people and do fun and adventure at different places. It helps in promoting a particular destination in such a way so as to attract tourists, so that they can experience the beauty, art, history and the local culture of a destination.

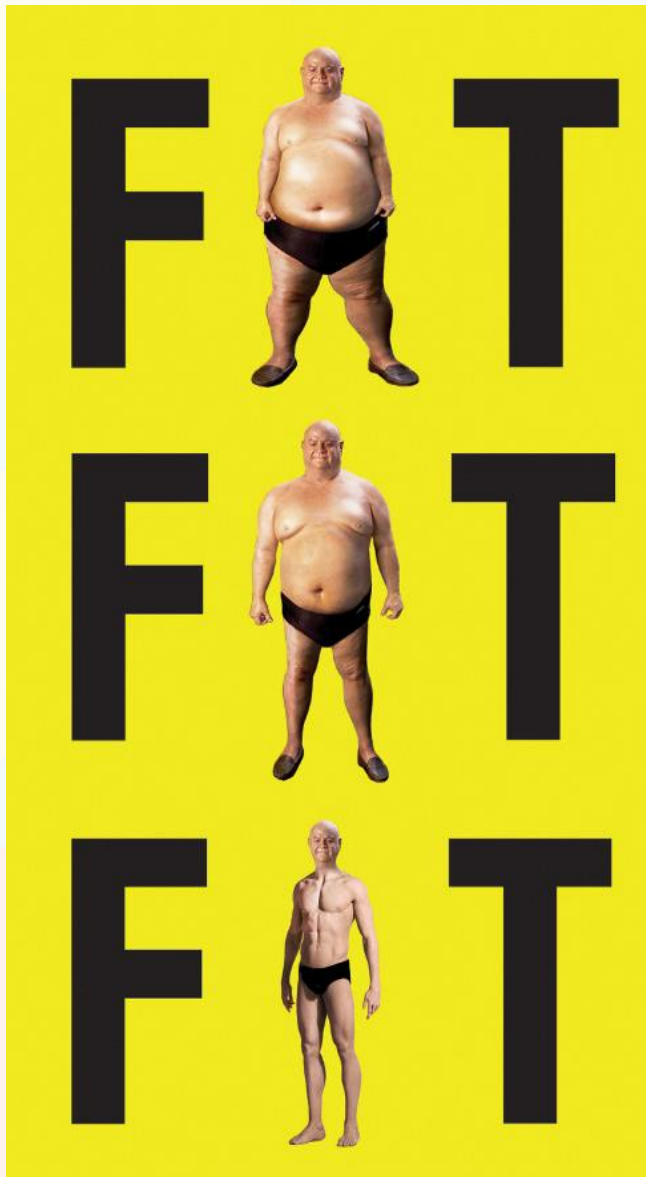
Considering the above factors, how can we miss out on the most important factor where tourism contributes to the most? It benefits our country in generating foreign currency and is a continual source of income for the public & private income. Tourism also helps in employment generation. Over 20 million people work in India's tourist industry. It creates jobs specifically in the hotel industry, hospitality industry, service sector, entertainment and transportation industry. Basically, tourism plays a major role in contributing to our GDP and can be a very important part of a destination's economic prosperity.

Thus, all said, Tourism acts as a backbone for promoting a particular destination and as a financial hub for the developing areas and countries too. Every destination should indulge in tourism, such that every individual can explore and discover, how beautiful the world is!



Students Column

From Fat to (Slim) Fit without Gym



A year ago I weighed 72kgs. My obesity would overshadow my confidence level and guilt factor doubled after becoming dietician myself. Today I am 17kgs lighter and I feel on the top of the world to have redesigned my wardrobe from XL to XS size outfits. If I can do it, you too can accomplish this with ease.

Pursuing Post Graduation in the field of Dietician /Nutrition, I am frequently asked “ What’s the right thing to eat to remain healthy yet slim ? “. To address this question , I decided to experiment on my own self so that I could offer a realistic answer to this question. It surely feels proud to achieve what I had always dreamt of and this makes me eligible to endorse the phrase PRACTISE WHAT YOU PREACH.

Many of us make a new year’s resolution of losing weight and I was no exception. It was somewhere around a year back, I took up the challenge of losing my weight seriously not just from appearance point of view but to attain a good and healthy living.

The mantra to achieve this goal is **EAT RIGHT AND FOLLOW A HEALTHY DISCIPLINED LIFE STYLE.**

How did I Lose Weight ? --- It was not just unhealthy food that I was eating but also unhealthy lifestyle that shared the blame. I used to consume a lot of refined and processed products, and would go drooling over the road side Samosas, Chaats etc. There is nothing wrong to pamper our taste buds and therefore I would never totally refrain from relishing Fast / Junk Food. The key is **MODERATION.** It appears difficult to control eating desires, however once the habit is formed, it is the easiest thing to accomplish as our body has supernatural power to adapt to all situations.

I permit myself a cheat meal once a week keeping good fundamentals aside and would relish food cravings without any regrets and guilt. This surely needs to be compensated with a healthy balanced diet for the remaining weekdays. Many of us have a tendency to skip breakfast, however this is indeed a bad decision and has serious repercussions. It has been observed that in majority cases, people who have lost weight by starving have eventually not reached their goals. One has to adopt practical approach that is sustainable for a long time. Restriction on aerated beverages, refined foods like bread, Maida, desserts, extra sugar and salt have surely proven to be very beneficial for all.

Again the emphasis here is on Eating right and staying healthy and not Eat less and Stay Healthy. The other important and good habit I would recommend is to eat small meals every 2hrs so that our body gets requisite timely fuel for performing its tasks. I would recommend eating a bowl of soup and salad along with meals so that there is right and adequate intake of fiber. Apart from medicinal benefits, this not only helps one to reduce weight but also offers reasonable satiety. Good Diet accompanied by exercise brings excellent results. Lethargy and lack of stamina is experienced because of sedentary and lazy lifestyle, oversleeping, using vehicles for short distances. To overcome this, I started waking 5kms daily over and above routine short distance walks and used to take stairs wherever possible. I decided to follow the above routine systematically and meticulously and it has worked wonderfully and remarkably without any Gym or trainer. The walk pattern is very important and most of us miss out on this simple aspect. Never walk at one pace since our body gets accustomed to it and stops reacting. One must gradually change their walking speed [Slow, Fast, Brisk, Run intermittently] to obtain maximum benefits. Determination is the key; believe in yourself and you can surely achieve everything

Health is like money, we seldom have a true idea of its value until we lose it.

Indian Sweets



Sweet is a congenital taste in humans. Sweetness, normally associated with sugar, is desired throughout our lifetime, and rightfully and naturally so, as sugar is a vital energy source for our body. However, its role in our lives is not restricted merely to an energy booster. Owing to the universal appeal of the sweet taste, it has evolved into harbouring more meaning and essence in our society. It is symbolic of celebration, a harbinger of festivity, an ode to success and, all in all, an edible translation of happiness. Indian Sweets tick mark all these boxes and are perhaps the most widely loved of all Indian foods. Indian sweet preparations, in their mammoth and unparalleled variety, are a fitting testament to the diversity of culture and food habits of this nation. These small bites are packed with the blessings of our elders. Their sweetness mingles with the wishes for a happy beginning or a successful journey. In them lie the lifelong promises of a brother to his sister who ties the sacred thread on his wrist. It is in those tiny portions of Indian sweets that we express our elation on buying a new car or a house, or holding the offer letter for that coveted job we desired. In those delectable and colorful bits lies the end to a sobbing child's misery, in them are the guilty pleasures of the aged before bedtime. It is the food we consider worthy of Gods, and it is what we mark our festivals with.

As the appeal of sweets remains strong, demographically and geographically, it is reasonable to assume a great variety of ingredients are involved in their preparation so as to cater to the tastes and preferences of different people. Basic constituents of an Indian sweet include the following:

Cereal: wheat flour, in different forms, is used to prepare sweets like the syrupy Jalebi, the Goan Bebinca, Malpuas, Pinni/Atte ke Ladoo and Semolina/Suji Halwa. Some sweets use deep fried encasings of wheat flour with a sweet stuffing inside, such as Gujia.

Lentils: Passionate must be the mind to create sweets out of the most unlikely commodities. Lentils like Urad Dal (Deskinning Black Gram), Moong Dal (Green Gram) and Chana Dal (Bengal Gram) are used in various forms. Imarti, a fatter cousin of the Jalebi, is made with urad dal batter. The favorite of many, Moong dal halwa uses ground dal roasted in ghee and cooked with sugar or jaggery syrup. Bengal gram flour/ Besan is a handy ingredient employed in the making of crisp Ghevars from Rajasthan.

Sweeteners: Unarguably, the most critical of agents to add their essence to Indian sweets. Sugar, along with its syrup, is the most widely utilized ingredient. Jaggery (in Patishapta from Bengal), honey (in Qubbani ka Meetha from Hyderabad), Nolen gur/ date palm jiggery (in Payesh) and coconut palm sugar are other substitutes.

Dairy Products: A reason behind the sanctity and reverence of Indian sweets, besides the sweetness, is in their richness. A major contribution towards achieving this quality is of milk. Milk is utilized abundantly as a liquid medium, in reduced/ evaporated form (Khoya), sweetened and condensed form or curdled form (Chenna). It may be Gujias stuffed with sweet khoya, delicate Sandesh or spongy Rasgullas from chenna dough, aromatic Gaajar ka Halwa thickened with khoya or decadent Rabri made from reduced milk, dairy products play a key role in shaping Indian sweets. Even hung yogurt is spiced and sweetened to make the adored Gujarati Shrikhand.

Fats and Oils: These agents are used for frying and roasting in regard to Indian sweets, and are useful in extracting the flavors and aroma of sweet spices. Vanaspati, a hydrogenated vegetable oil sold under the famous brand name 'Dalda', is a familiar name which resonates with many Indians owing to its extensive use in sweet preparations, such as Jalebis. Desi ghee from cow milk, or clarified butter, is another commonly used ingredient. Refined vegetable oil is mostly used for frying.

Dry fruits and Nuts and Seeds: Contributing to the richness are dry fruits, such as raisins, apricots, dates and figs, along with nuts like walnuts, cashews and pistachios. Nuts are either ground to a fine paste and made Barfis out of, or are used to garnish the sweets. Chikkis are a popular brittle sweet/snack made from peanuts and jaggery syrup. Coconut is a versatile ingredient used in many forms be it grated (in Narikol Laru from Assam) or as milk (in Dodol from Goa) or even oil (in Calicut Halwa from, well, Calicut!). Seeds such as Chironji and Melon seeds are mixed with melted sugar and allowed to cool to yield delicious and crunchy festive sweets.



College Events



International Chef's Day



International Chef's Day, the Holy Grail for upcoming Chefs and established Chefs alike. With humble beginnings in 2004, this day has a great significance to anyone respecting a job that requires immense hard work and determination. WGSHA and Department of Culinary Arts have hosted and celebrated this auspicious day in a grand manner by honoring the legends of the industry who then impart their valuable knowledge to the students.



Students Council Installation



WGSHA Student Council was installed. Student council body took a pledge to be a responsible member of the council and to devote for the betterment of the college.

Unity Run



On the birth anniversary of Shri Sardar Vallabhai Patel, WGSHA, organized a “Run for Unity”. The Principal commenced the run after the students and faculties present took a pledge for uniting to commemorate Shri Sardar Patel’s memory. After the flag off, the students participated in the run to spread the message of unity to the public.



Annadaan and Gardener's Clinic



Students of WGSHA along with VSO have projected Daan Utsav by providing food to the underprivileged children and planted saplings with the motive of giving love and making the environment greener.

75th Quit India Movement



On the occasion of 75 years of Quit India Movement, WGSHA, Manipal Academic of Higher Education, organized a guest talk on Changing trends in the society and its effect on the army by Col. Sagar V Patwardhan (Sena medal) Officer Commanding, 4 KAR ENGR COY NCC, MIT Manipal.

Children's Day Celebrated at Anganwady Manipal

WGSHA, Manipal Academic of Higher Education, join hands in organizing a Children's Day at Manipal Anganwady. Principal Parvadhavardhini Inaugurated the event by lighting the lamp.



Krishna Janmastami: ISCKON Temple



WGSHA, Manipal Academic of Higher Education, collaborated with ISCKON in organizing Janmastami at ISCKON Temple, Manipal. Principal Inaugurated the event by lighting the lamp. Students of WGSHA organized the event.

Rice Packet Challenge



Rice Packet Challenge: Giving a ton of smiles - an initiative by WGSMA Manipal Academic of Higher Education, students The Rice Packet Challenge is an event planned in order to support the noble cause of aiding the deprived section of the society. This thought inspired over 300 WGSMA students to contribute to the cause, enabling the team to acquire 1000kgs of rice which was bestowed to 'Vishwasada Mane'.

Fresher's Day

On 23rd September, WGSMA welcomed new comers in a friendly atmosphere and to avoid social evils to encourage their creative impulse and also to boost their confidence.



Ayudha Puja

Ayudha Puja is an integral part of the Navratri festival, a Hindu festival. WGSMA celebrated it by Worshipping the culinary instruments on 28th September.



Sports Day



On 3rd November, WGSHA celebrated its sports day. It started with lighting of the victory torch. Amidst all the sports competitions that took place, Tipu house was given the Sports Champion trophy.

Mirch- “The Tadka of Streets”



Mirch was a Railway Themed Food Festival organised by the students of WGSHA on 8th May 2017 in Durg Bhilai, Chhattisgarh and was a great success. Chhattisgarh Government Ministers were involved in the event. Higher Education Minister Shri Prem Prakash Pandey, Ex Cabinet Minister and Cabinet Minister Shri Dharamlal Koushik.



Hostel Festivals



Dandiya Night

The theme for the night was 'Swacchta Seva' where the housekeeping team used only recycled items (old chart papers, discarded decorative from previous events) to decorate the venue. It was celebrated on 25th September.



Deepavali

College celebrated Deepavali on 18th October.

The entire college was lit by lights and diyas. Ecofriendly diyas were used, which were made by the students

Onam

The most impressive part of Onam celebration was the food prepared by WGSMA students in the authentic Malayali way (Sadhya). The event was filled up with joy when the event became a platform for all the students to come up together and celebrate it on 4th September.



Ganesh Chaturthi

The festival of Ganesh Chaturthi was celebrated with great enthusiasm as the students performed Dhol to which everyone danced to their heart's content. The event was held on 24th August.

Krishna Janmashtmi

Krishna Janmashtmi was celebrated on 14th August with sheer enthusiasm. The celebration also involved an orchestral music, 'Bhog' ceremony to Lord Krishna and "Matki Phod" competition.



Bakrid

Celebrations for Bakrid were held on the 2nd of September, 2017. To celebrate the auspicious day, finger licking Mughlai Cuisine was prepared by the students.

Cake Mixing



WGSHA celebrated Christmas on 23rd November. The college celebrated a cake mixing ceremony to spread the warmth of the festive season.



Workshops/ Guest Lectures



Parthiva- diya making



The morning of 12th October 2017 brought students of WGSHA, Department of Allied hospitality studies together to send out a message towards sustainable celebrations through an eco-friendly diya making workshop. Student empowerment for environmental develop constituted under centre for hospitality and tourism Research, conducted the programme to inculcates sustainable approach in products and processes.

Contemporary Trends in Food & Beverage



Workshop on Contemporary trends in F & B was conducted by guest lecturer Bharath Singh Rathore, Wine Sommelier. Students were made aware of different wines from around the world and few got the chance to taste them too.

Illuminate

WGSHA collaborated with E-Cell IIT Bombay in organizing an entrepreneurship development workshop. The workshop was conducted on 28th October 2017, where the guest speaker was Mr. Krishnakumar Devnally, director of mPower Solutions. The activities ranged from idea generation to how feasible the idea would be in today's world.



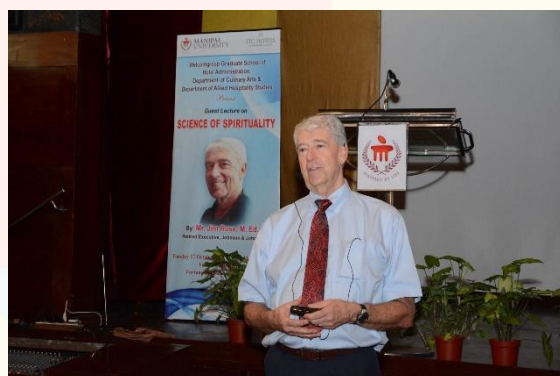
Sweet Making

WGSHA along with VSO - MAHE volunteers conducted a Sweet making workshop. Students made Mysore Pak under the guidance of Chef Anthuvanraj Susainathan. Sweets made were distributed to the Specially Abled and in the slums in an around Manipal on the occasion of Diwali.



Science of Spirituality

Guest lecture on Science of Spirituality was held on 17th October 2017 for the students by Jim Rose, Rutgers University - Retired Executive, Johnson & Johnson. The Benefits of meditation in education was the focus of this workshop.





Food Fests



Padharo Mhari Dhani

For the first time ever, a Rajasthani food festival has come to Manipal with a splendid array of colorful, spicy and authentic dishes. 🎨🎵 This also the first food fest hosted by WGSHA that includes Music entertainment, Dance, various games and mehendi. 🎨🎵



CARNAVAL

A bunch of loving people who care for everything happening around them, is all what it takes to make a Food Fest happen! Cheers to all the people who have planed and worked to get things right. There were certain things that did not go as well as expected, but we being the crowd pleasers, handled all the obstacles it with patience. After all, what we thrive for in the end is satisfaction and happiness of the guests who attended the festival.





Club Activities

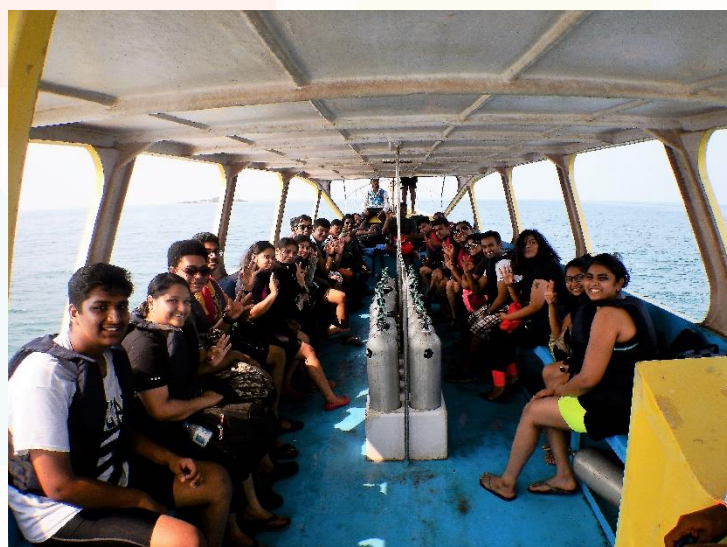


Beach Cleaning



WANASS Club of WGSMA Manipal Academic of Higher Education, participated in "Beach Cleaning" programme as a tribute to World Tourism Day. It was inaugurated by Mr. Vinay Kumar Sorake (MLA) and Mrs. Anita Bhaskar (Tourism Department), who highlighted the importance and promotion of tourism in order to develop a locality section by section. Students along with the local authorities cleaned the beach and took a pledge to take part in activities which will promote the growth of tourism in Udupi.

Scuba Diving



"Unlock the rest of the world" WANASS club organized a one day Scuba Diving training for the students. Students were trained from PADI (Professional Association of Diving Instructors) professionals and had a great time underwater, discovering the world underneath and doing snorkeling.

Cultural Programme, Krishna Temple



The WGSHA Dance Club performed at Krishna Math, Udupi on the 27th of September, 2017. The chief guest for the event was Sri Vishvesha Tirtha Swami Ji.

Punjabi Dhaba Night



Gastronomy Club organized Punjabi Night, a dhaba based cuisine on 19th October, 2017. This cuisine has a rich tradition of many distinct and local ways of cooking. One is a special form of tandoori cooking that is now famous in other parts of India, UK, Canada, and in many other parts of the world.

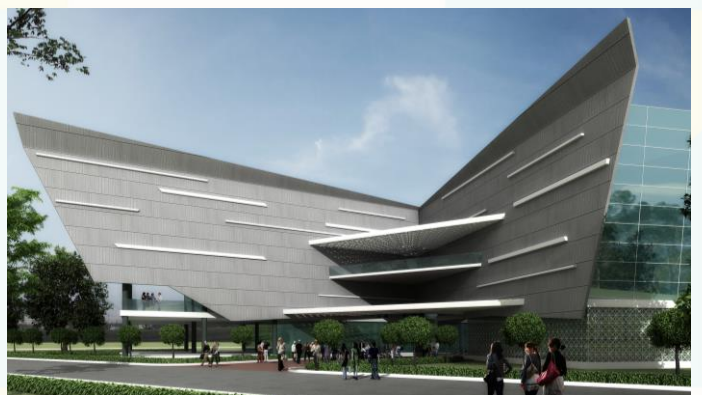
DOCA New Building



WGSHA

Now

Future



Upcoming Events

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

5th Feb
Annual Day

14th Feb
Blood Donation Day
(WANAS Club)

16th and 17th
Food Fest

24th
Hospitality Conclave

28th
WGSHA Quest



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