



Hospitality Buzz..

By

Faculty Of Hotel Management

**Manav Rachna International
Institute of Research and
Studies, Faridabad**

“Deemed To Be University”



Hospitality Buzz

Vol. 4.0

Feb 2023

CONTACT US

*Editor in Chief
Madhav Sharma*

*Assistant Professor, Faculty of Hotel
Management.*

Email ID : madhavanand.fhm@mriu.edu.in

*Manav Rachna International
Institute of Research and
Studies, Aravalli Hills, Suraj
Kund Road, Sector 43,
Faridabad, Haryana, 121004,
INDIA*

0129 425 9000

www.manavrachna.edu.in

1

*From the
Editor's Desk*

2

*Culinary Thrill &
Hospitality
Tid.Bit*

3

*Articles by
Students and
Faculties*

Preface

Hospitality Buzz is a biannual publication from the Faculty of Hotel Management including astounding facts and thoughts. Hospitality buzz consistently reveals the most recent trends, cultures, and progress in the hospitality industry. This edition focuses on sustainable tourism because sustainability is the key to a prosperous and enduring future. Sustainability in tourism takes full responsibility for the existing and future impacts of tourism on the economy, social growth and environment, while also addressing the demands of tourists, the industry, the environment and host communities. In this edition, we have taken into account every detail, consequently we are pleased to present you with Hospitality Buzz 4.0. We hope you will enjoy and appreciate this issue as much as we have enjoyed in putting it across to you.

Acknowledgment

To ensure the success and ultimate outcome of the magazine, a great deal of direction and assistance from many people was required, and I feel tremendously fortunate to have received this during the magazine's completion. All that I have accomplished is solely thanks to such close supervision and help and I will never forget to express my gratitude to them. I would like to express my special gratitude to Prof.(Dr)R.K. Anand, Director General, MRIIRS for giving me the opportunity to come out with departmental magazine. I owe a debt of appreciation to Ms. Ritika Singh, Director FHM, who shown a strong interest in this magazine and guided me through the entire process from start to finish. I am grateful and lucky to receive ongoing encouragement, support, and advice from all members of the Faculty of Hotel Management.

*- Madhav Sharma
(Editor in Chief, Hospitality Buzz)*

Moment of Pride



Umarveer Batth, A student from the Batch 2020-23 exhibited outstanding performance and was awarded the gold medal at the District Level Mixed Netball Championship.



Harsh Mudgil, a student from batch 2022-25 performed exceptionally well and secured the runner-up position at Inter-College Culinary Competition organized by Pansari Group at The Lalit Suri School of Hospitality

“

From Editor's Desk

Importance of Grooming and self-Presentation

By Madhav Sharma

Assistant Professor, Faculty of Hotel Management, MRIIRS,

Editor in Chief, Hospitality Buzz..

”

"Dress for the job you want, not the job you have" is a typical piece of advice found when searching for professional grooming ideas on the Internet. But why is it so crucial since the Internet also states that individuals should dress for themselves and not for others, thereby contradicting its own statement? Because grooming and dressing up significantly affects how you feel about yourself and your confidence. It is a commonly held belief that confidence is equally as important for success in life as intelligence or talent. By exuding confidence, you present an image that everyone desires to be a part of, and the capacity to entice others is a very valuable quality.

Why is it important to practise proper personal hygiene and manners?

Personal grooming is important in any career, but especially in the corporate and hospitality sectors. It is an essential part of corporate etiquette. Most jobs depend on your personality, passion, charisma, and caring nature. Today the jobs are very challenging and you need more than skills to make it in this competitive world. In the end, "judging a book by its cover" is something everyone does specially in Hospitality Industry. So it is likely to feel a little scared if you ain't groomed well. Don't worry, here are some tips that could help you look like a professional.



There are three fundamental components of Grooming and Etiquette.

Personal hygiene

The most crucial part of personal grooming and etiquette is personal hygiene. Here are some suggestions for maintaining your personal hygiene:

If you are dirty and smelly, nobody will want to be around you. Ensure that body odour is fresh, clean, and pleasant by taking a shower and, if required, applying cologne. Maintain healthy teeth and fresh breath with daily brushing. Your fingernails should be tidy, clipped, and shaped.

Keeping a tidy appearance

Pulling together a clean and presentable appearance. One of the cornerstones of decent business conduct is dressing.

Make sure you're appropriately attired by following these suggestions.

Get dressed up for the event!

This will often entail a conservative suit for the vast majority of roles, but you should still plan ahead.

Avoid wearing discoloured or, even worse, wrinkled clothes.

You should take care of the little things, like making sure your shoes are shiny.

Be sure to wipe off the lenses of your eyewear on a regular basis.

Makeup should be minimal, and women should wear minimal accessories.





Manners and business etiquette

Those who disregard business etiquette typically produce a negative impression, which may hinder their prospects of success. There are several fundamental workplace etiquette rules that must be observed. Several examples are as follows:

- Trim facial hair neatly.
- Use a light fragrance or perfume.
- Do not smoke or consume candies and gum in the office.
- If you colour your hair, be sure to maintain it properly and choose neutral hues.
- If you have tattoos, it is recommended to cover them.

The significance of maintaining good personal grooming and etiquette

Maintaining a professional appearance has long been recognised as a key to exuding self-assurance, which in turn facilitates more fruitful conversation. When it comes to personal hygiene and cleanliness, personal grooming and etiquette are all about making the greatest first impression possible. You can tell a lot about a person and their values based on how they treat the workplace and, more significantly, how they treat themselves.

Those who take pride in their personal appearance and take the utmost care to keep their workspaces tidy are likely to be meticulous professionals themselves. A well-groomed individual always leaves an impression for the better. However, the opposite can be true if you don't take the time to properly maintain yourself; if you can't take care of yourself, how can you be expected to take care of the business? In addition to boosting one's self-esteem, a well-groomed appearance is essential for success in any endeavour.



Hospitality Tid.Bit

Anjali Sisodia, Deputy Manager, Commercial Operations, Accor believes that there is a bright future for luxury hotels in India.



Anjali Sisodia, Deputy Manager of commercial operations for Accor India and South Asia, is enthusiastic about the future of India's luxury hotels. She thinks that the hospitality business will continue to be vibrant but will become more cautious, agile, and innovative. In addition, Hannaford feels that a growing number of discerning travellers are seeking unique, unforgettable luxury experiences, which Raffles provides. "We are quite optimistic about the future of luxury hotels in India." Raffles is the tenth brand Accor is launching in the nation, she explains.

While the epidemic may have slowed foreign travel, the increase in domestic travel and the demand for immersive, unique luxury vacation experiences continue to draw travellers. She adds, "In light of existing travel limitations, an increasing number of Indians are exploring domestic places. We are confident that this will help us sustain bookings and increase hotel visitation. In a situation where domestic travel is the sole option, people will select luxury because they are seeking significant experiences that allow them to create deeper relationships with their loved ones."

Keeping MICE and Big Fat Indian Weddings in mind, Raffles Udaipur offers the city's largest ballroom for huge meetings, weddings, seminars, and product launches. "In a country such as India, weddings will always be popular because they are deeply rooted in the culture. The continuous global epidemic has spawned a plethora of new trend-setting designs in the field of Big Fat Indian Weddings. She predicts a total shift toward contactless food services, mini wedding ceremonies, and a concentration on highly sterilised settings, in addition to the current conventions of socially distant meetings.



CULINARY WORKSHOP WITH US POULTRY BY CHEF SABY

PANSARI organises a Cooking Contest. for Culinary Chefs



Pansari Group, a family-run business with over 60 years of experience, has always been committed to innovation and expansion.

On 29th November 2022, Pansari organized a cooking competition for the budding chefs. The competition saw an active participation from all the students. The winners were evaluated based on their innovativeness, food cost while focusing on preserving the nutritious value of food. The winners went on to participate in the final round of competition organized at The Lalit Suri School of Hospitality. Harsh Mudgil (Student, Batch 2022-25) performed exceptionally well and secured the runner position.

On November 16, 2022, Faculty of Hotel Management hosted a workshop with US Poultry by MasterChef Saby (Chef Sabyasachi Gorai) at Centre of Excellence – Culinary Arts.

Saby, a celebrity chef, led the session and trained the aspiring chefs on numerous elements of US poultry meat, including defrosting, cooking, and how the product can be blended into Indian cuisine, both conventional and regional, by developing dishes to suit the Indian palate. The health benefits of poultry products were also explained to the student in an effort to pitch the product as a good fit for Indian cuisine.

Over eighty aspiring chefs from the Manav Rachna and Lalit Suri School of Hospitality participated in an interactive programme that featured recipes employing US poultry and egg products. The presentation was followed by a question-and-answer session regarding the correct cooking of US poultry, the poultry inspection system, poultry fees, and size. A thrilling quiz at the end of the session promised awards for the students with the correct answers. The session concluded by distribution of souvenirs to all the esteemed guests.

INTERNATIONAL MEN'S DAY

On November 20, 2022, the Faculty of Hotel Management observed International Men's Day by hosting a Men's Only Cooking Competition at the Centre of Excellence for Culinary Arts.

The purpose of this is to offer a platform for men to enhance their creativity and skills, as well as explore their undiscovered talents and explore new areas of interest. The foods were rated based on their flavour, taste, and appeal.

The ceremony concluded with the distribution of awards by DG MRIIRS, Prof.(Dr.) RK Anand, and the Director FHM, Ms. Ritika Singh.

Theme for international Men's day was "Helping men and boys." This day strives to encourage positive role models, recognize the contributions men have made to society, enhance gender relations, and draw attention to the challenges that regularly impact men and boys.

With the help of this session we made our effort to highlight the significant positive impact that Men bring to their families, community and the entire world



World Diabetes Day

On November 14, 2022, the Faculty of Hotel Management observed World Diabetes Day in Bakehouse by relishing in diabetic-friendly delicacies.

Various products like Cakes, cookies, muffins, and Indian delights were prepared using sugar-free and natural alternatives such as dates, jaggery, etc. Chef Vikas led a session on the preparation of these items and the advantages of utilizing natural replacements over sugar-free alternatives.

The emphasis was placed on the fact that a person with diabetes does not have to abstain from sweets for the entirety of his life.

Christmas Carnival

“Christmas is the season for kindling the fire of hospitality.”



Holidays like Christmas allow us to take account of our lives and the world around us, allowing us to evaluate the past year and plan for the future. In light of this idea, Bake-House, an entrepreneurial venture associated with the Faculty of Hotel Management, decided to take part in the carnival by setting up food stalls in order to educate the students of the Faculty of Hotel Management on a variety of management-related topics.

Children in Pre-K, Kindergarten, and Grades 1-3 were swept up in the frenzy of excitement and fun as the Carnival kicked out on the 17th of December, 2022. They had a great time playing interesting games, riding the bouncy house and eating delicious food. On the 22nd of December, the nonstop spectacle of joy and laughter continued with activities like Jenga, Zorbing, Columbus, Bungee Jumping, etc. showcasing the uniqueness and excitement of the Carnival. The various stands selling food and entertainment kept everyone occupied.

The Christmas carnivals at MRIS Charmwood, MRIS Sector 14, and MRIS 21 C featured cafes run by students of the Faculty of Hotel Management. The students collaborated to establish a café's identity, select a menu, set prices, promote their business, serve customers, and manage the flow of food and drink. The concept was a massive success and we as a team were able to cater over 6000 people across the city.

Psychological Wellbeing

By Anant Nag

Students, 4th Semester, Department of Hotel Management.

STUDENTS SPEAK

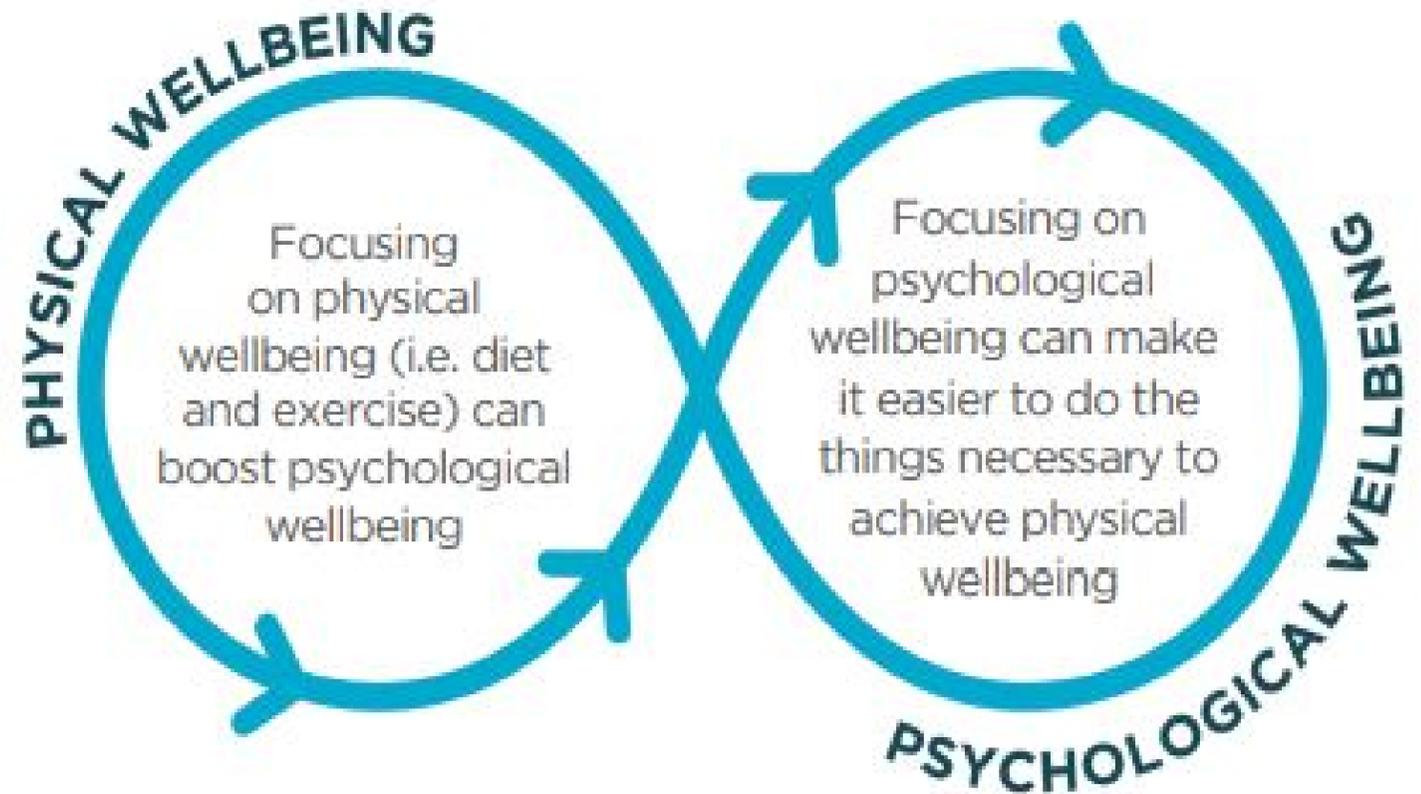


John Green quoted "There is hope, even when your brain tells you there isn't. "sayings like these sound like jingle bells but the gossamer world of high sounding ideals blast the moment when we look into the realities of world. Everyday we read in newspapers how people have anxiety attacks, depression, suicidal thoughts and much more. They are continuously fighting a battle with their thoughts and their actions.

Health, according to the World Health Organization, is "a state of complete physical, mental and social well-being and not merely the absences of disease and infirmity". Well this is absolutely true. Mental health equally plays an important role in an individual's life.

We often think that only teenager's are the one who face mental issues but that's not true. Throughout a lifetime, an individual can experience mental health issue at any point from childhood and teenage to adulthood. mental health affects how ab individual behaves, their mood and the way they think and deal with problems. Even though only one person has the issue of mental health but it is not restricted to an individual the surroundings of that person and the people around him/her are also affected in a great manner.

Mental health problems are common, but for the longest time, people have avoided the entire concept of it and taken mental health for granted. At one point, mental health was considered taboo, and anyone seeking help was labelled as mentally ill. We need to understand that mental health and mental illness are not similar things. I personally believe that the sailboat of a healthy living finds its harbor only when support by positive winds of good mental health.



Sustainable practices adopted by Hospitality Industry

By Kajal Singh
Student, 6th Semester



What does sustainability truly entail? Sustainability is addressing our own needs without jeopardising future generations' potential to do the same. In commercial and governmental contexts, sustainability strives to prevent the depletion of natural or physical resources in order to ensure their long-term availability.

For hotels to have a competitive advantage, they must incorporate environmental and social concerns into their strategic planning. To encourage employee participation in ecologically sustainable operations, hoteliers must promote green human resource management methods. In the short term, hotel sustainability policies may not directly lead to improved financial performance, but they can achieve superior social and environmental performance, which can generate financial success.

According to studies, 83% of international travellers believe that sustainable travel is essential. In addition, 73% of travellers are more likely to select a lodging establishment that has embraced sustainable practises. 61% of respondents to a survey stated the pandemic inspired them to travel more sustainably in the future

“

**Sustainability has to be a way of life
to be a way of Business.**

- Anand Mahindra

”

Moreover, 88% of consumers expect brands to assist them in reducing their environmental and social footprint. These staggering figures demonstrate how crucial it is for hotels to develop a sustainability strategy. In addition, the pandemic has increased environmental consciousness in the hospitality industry.

HOW CAN YOUR HOTEL IMPLEMENT SUSTAINABLE PRACTICES IN THE FUTURE?

Your hotel is likely already implementing the fundamentals, such as offering recycling facilities, minimising disposable products, and shopping locally, etc. 53% of travellers, according to a booking 2021 study, are irritated if their accommodation stops them from being environmentally friendly. Understanding and adopting these measures will not only help hotels save money by being more energy efficient and producing less waste, but will also help your hotel stand out from the competition. As we go toward more conscientious consumers, hotels must be prepared to accommodate them by providing opportunities for more sustainable travel.

Culinary Thrill

Trending Sensations in Culinary

Exploring food trends for 2023 is an exciting prospect due to the ever-changing preferences of consumers. How might the 2023 food trends affect our everyday meals, our favourite foods and drinks?

There's no shortage of tantalising tastes and fascinating elements to try in the new year, thanks to imaginative culinary leanings and a sense of food-based fun.



Urban Farming

Growing ultra-urban farm produce as a food trend in 2023 will offer fresh foods to areas where they are most needed, thereby addressing the problem of urban food deserts.

There is a wide variety of unique growing techniques to try, from rooftop gardens to backyard hydroponics to balcony planters. Every alternative provides essential accessibility to nutritious components cultivated in ethical methods.



Foods with an Eye on the Climate

It has been proven over and over again that eating an excessive amount of meat, particularly red and processed meats, can have negative impacts on both our health and the environment. Reducing the amount of foods you eat that are derived from animals is one of the primary tenets of the reductarian movement. The dietary trend that will dominate in 2023 is one that encourages mindful moderation, as opposed to going completely vegan or vegetarian. It is an excellent transition for mindful diners who are moving toward a style of eating that is more environmentally conscious.

The Vegan Eggs

Vegan eggs are an exciting new food trend for the year 2023 due to the availability of functional and flavourful egg substitutes. When used in omelettes or pies, they are nearly identical, making low-cholesterol baking a sure-fire success.

Comparing dietary statistics, a serving of plant-based egg contains the same amount of calories and fat as a serving of regular egg, but one gram less protein. When combined with plant-based alternatives to poultry, beef, and pork, they complete a purposeful shift toward animal-free diet that will continue to increase beyond 2023.





Zero-Proof Liquors

The shift toward zero-proof alcohol is one of 2023's most intriguing beverage-based food trends. They offer all the flavour without the alcohol, making them a great alternative for drinkers looking to cut back on their alcoholic intake in the new year.

There are many different flavours to choose from, all of them are reminiscent of alcoholic beverages. They mix well with other bar essentials, so you can make more approachable versions of your go-to drinks.

Beverages with Strong Flavour

As a 2023 food trend, beverages will revert to simplicity with dominant single-note flavours. On the horizon are nostalgic candy flavours such as cherry, green apple, and watermelon that evoke carefree childhood indulgence.

In the past, drinks with complex flavours made them feel high-end and exclusive, but these simpler flavours with less bells and whistles are easier to recognise as familiar tastes. It signifies a significant return to comfort in response to the recent increase in general life stress.



Promising Professionals of FHM

'Students Establishing The Benchmark'



Mr. Tanurag Mehndiratta, Alumni, Batch 2018-21

I came to Manav Rachna to earn a degree, but it offered me the professional mindset and abilities to work in business and hospitality. I joined the class of 2018 for B.Sc. Hospitality & Hotel Administration and got practical exposure to the relevant industry, got multiple opportunities to work in many national and international level events like ISSF Shooting World Cup, 2019, organized by NRAI, where I managed travel facilities for international players in Radisson Blu Hotel, Faridabad. I also managed the Ultimate Kho Kho Event 2021 Food & Beverage Service with the staff. The Faculty of Hotel Management helped all students obtain jobs at top 5-star hotels nationwide. I'd want to thank all the Faculties for their assistance along the journey. It's amazing to learn from experts who are also friends.



Ms. Shivani Sachan, Alumni, Batch 2019-22

College, in my view, is not only a place to earn degrees, but also a place to grow as an individual. By strengthening my roots, Manav Rachna aided my personal and professional development. I was apprehensive when I began my journey at Manav Rachna, but the tremendous love and generosity exhibited by my teachers helped me feel more at ease. I have always stated, "The best aspect of Manav Rachna is their instructors, who are always available to their students." The three years I spent at Manav Rachna are now a memory I will always cherish.

Promising Professionals of FHM

'Students Establishing The Benchmark'



Ms. Kajal Verma, Student, Batch 2020-23

I am currently in my final year of B.Sc- Hospitality & Hotel Administration studies at Manav Rachna International Institute of Research & Studies. My three years in Manav Rachna were both fascinating and fruitful. We had the best opportunities in terms of both theoretical and practical knowledge in hotel management. The university combines a magnificent and enjoyable learning environment with a wonderful and knowledgeable staff that is always willing to assist you. The professors' competence and professionalism were nothing short of exceptional. I am extremely grateful to have such supportive and understanding faculty members. Thank you so much for the direction and advice you have given me.



Mr. Anant Nag, Student, Batch 2021-24

I am pursuing B.Sc. in hospitality and hotel administration from Manav Rachna International Institute of Research and Studies, Choosing Manav Rachna was one of the best decision of my life, Coming all the way from Jaipur to a different state was a big step for me but the learning atmosphere and the great faculty team made it so much easier.

I completed my industrial training from The Oberoi, New Delhi, It was a great exposure to industry and alot to learn from. I see myself as a Aspiring Chef and be able to adapt the hotel industry one must be very Consistent, Hard-working and Patient and over the time i have seen these qualities built up in me.

**A way to explore the world with mouthwatering
taste:**

Food Tourism

By Ms. Nikita Tomar, Assistant Professor, FHM



Whenever we talk about tourism, we always talk about the great places, amazing accommodation options, mesmerizing cultures and absolute delicious food. But if I say that food now a days is not the just the addition to your travel plans but also is the prime reason to travel. Yes, that is absolutely true.

India is one country which has always accepted changing trends in every field with open arms. This phrase stands true for tourism as well. One of these changes is Food Tourism or Food Travelling. When people travel to relish the core tastes and flavours of any place it becomes the food tourism.

India as a country is versatile in so many things whether it's language, geography, climate or food. Our country has countless cuisines to offer. All these cuisines are so different from each other yet are that one string which holds all Indian flavors together as pearls in a beautiful necklace.

If we talk about certain places in India which are known especially for their food few aromatic and tasty names come to our minds. Vada Pav of Mumbai, Machar Jhol of Kolkata, Delhi's Chaat, Kothu Parotta of Chennai, Hyderabadi Biryani, Ma Maani Madira of Himachal Pradesh, Amritsari Chur Chur Naan and many more.

When we talk about the future of this particular type of tourism in India following figures appears. Indian Food or Culinary Tourism Market has been reached to US\$ 19,127 in the year 2022 which is expected to grow by 20.4% by year 2032. Indian Food tourism market represents the global culinary/food tourism market by nearly 6% - 9%.

As I have always believed that we Indians have a great taste these figures are also proving me correct. So I can assure that Food Tourism is going to be among the most popular form of tourism in India.





The Future of Smart Kitchens Powered by AI

By Chef Kunal

A smart kitchen with AI-enabled appliances is designed to make life easier, with the added benefit of possibly reducing energy costs. Today, these smart devices can be remotely controlled and monitored via mobile applications and voice commands, which adds an additional layer of convenience to daily life by saving time and effort. In its most basic form, an AI-enabled kitchen consists of intelligent devices that automate tasks.

Regardless of the room, the fundamental principle of smart technology constitutes the connection to Internet of Things (IoT), WiFi, or Bluetooth technology. As smart devices connect to other technologies, controlling them through apps and platforms such as Google Assistant and Amazon Alexa becomes increasingly simple.

However, it encompasses a lot more than just a smart oven or a smart dishwasher. Voice-activated appliances have already made a significant impact, but robotics will be the driving force behind the development of really smart kitchens in the future. Now, a variety of technology companies are working on developing robots that can take care of the tasks that are considered to be the most time-consuming in a kitchen, namely cooking and cleaning.

The robotics in concern are intended to get rid of laborious activities that nobody looks forward to performing. It's for this reason that we now have robotic vacuums that can clean our homes without any effort on our part. The same is true for the kitchen, where those responsible for the food preparation spend a significant portion of their days.

Memories In Making

“Little things add up to big memories”



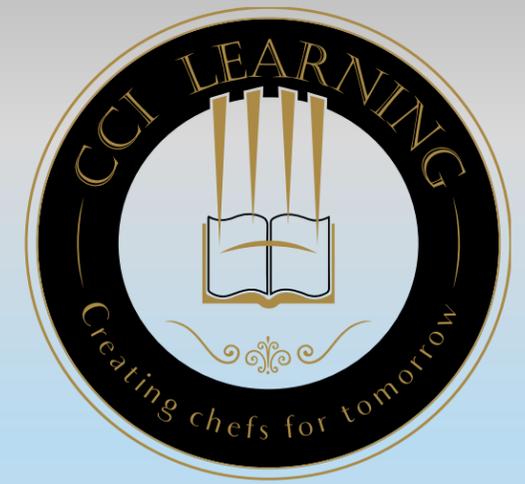
Our Industrial Resources

Faculty of Hotel Management, Manav Rachna International Institute of Research and Studies has an industry tie up with The InterContinental Hotels Academy, The Crowne Plaza Hotel helping us shape the future of students pursuing hospitality.

Ms Rupali has been proactive and instrumental in helping the students in setting the right expectations from the first day. Under her leadership the students are able to experience the culture of an international and one of the world's biggest brands of the industry. The engagement is from the first day till the student passes out. The students get a chance to pursue their industrial training and are also assisted with placements.



Our Knowledge Partners



CCI is the vision of Mr. Virender Handa who is a graduate in 'Business Hospitality' from Macquarie University Sydney. After working for 6 years in the F&B sector in Australia where he managed boutique restaurants to convention centers, he came back to India to start his own venture and offer to the Indian customers the best of multinational cuisines accompanied with top notch service. Virender is now synonymous with the CCI brand and is a well-known gastronomic consultant. Kapil Midha - Kapil is the co-founder of CCI and the soul of the kitchen. After graduating in Hotel Management from Pusa, he moved to Australia to pursue his degree in 'Tourism and Hospitality' from Macquarie University. He continues to push culinary boundaries redefining classics and innovating fusion delights to keep every customer's taste buds alive.

SPECIAL RECOGNITIONS

This magazine has a great deal of contributions from our Hotel Management students. FHM would like to thank each student for contributing to the successful completion of this publication.

Each student is remarkable and unique his/her way. As it is said that “An institution is not teaching a hospitality student but is creating a future Global Hospitality Leader”

MAGAZINE CLUB

- *Ms. Shruti Sharma, Student, Batch 2021-24*
- *Mr. Anant Nag, Student, Batch 2021-24*
- *Mr. Yash Arora, Student, Batch 2021-24*

TEAM LIBRARY

- *Ms. Riya Bhatia, Batch 2022-25*
- *Mr. Shivam Tiwari, Student, Batch 2022-25*



**MANAV
RACHNA**

॥vidyapeeth॥

SINCE 1997

Education is the most effective
tool for changing the world..