

INSTITUTE OF HOTEL MANAGEMENT, BATHINDA

CZbaan The Host...



- www.ihmbti.com
- ihmbathinda
- ihm bathinda
- ihmbti



Editorial Team

Editor-In-Chief

Ms. Rajnit Kohli

Editor

Mr. Sukhdeep Singh Mann

Reviewer

Mr. Abheek Pramanick

Content Acquisition

Mr. Vishal Mehendiratta

Mr. Ranvir Singh

Students Editorial Board

Manmeet Singh | Yash Nema

Shaurya Vatsa | Syed Uzair Gulzar







The horrors of empty corridors, empty classrooms and the students in their classes has been the most devastating time for work, schools, colleges due to the COVID pandemic starting 2020. The whole scenario was of change, un surety, fear and most by what one could happen next.

Two years went by, and the students lost a lot of their precious college life being home and I am sure they were happy but not for long, as this period of one's life is such that changes the personality and grooms a child to come out on his own, standing tall on the brink of what the future holds for him.

We as teachers were lost without the personal interaction between us and the students. It was in every word "I am teaching, are you learning".

This said we are finally glad the worst is over, and things have slowly returned to normal, and the industry is slowly moving forward. Tourism in bound, holidays, vacations all are back having said this we hope that this kind of setback never repeats again and also the students once again bring us hope, joy and pride.

We wish all to stay safe, stay healthy and prosper.

"The strength of our student relationships makes the difference in translating our passion for teaching into their passion for learning." - Beth Marrow.

Ms.Rajnit Kohli (Principal)



The Institute of Hotel Management Bathinda has been able to create a mark in the field of Hospitality education since its inception. The efforts of the faculties, staff, students and other stakeholders of the institute has worked odiously for the development of the Institute and attaining its objectives.

This is a very proud moment for me to be a part of the Institute and able to witness the current launch of the Institute magazine "Mezbaan-The Host". I congratulate the editorial team and the contributors to the magazine. The content of the magazine will be able to highlight the achievements of the Institute and also impart knowledge about various aspects of the Hospitality sector.

Mr.Abheek Pramanick (Head of the Department)







It gives me immense pleasure to know that our institute is going to publish the magazine. The institute magazine is an important medium to depict the institute activities. It offers vast opportunities to young writers to express their views on various topics and creative talents.

I earnestly hope the entire student community of the institute will make the best use of this opportunity by contributing to the institute magazine and the readers will benefit from the knowledge and contents of the Articles published in the magazine. I wish the editorial team for great success.

"You can, you should, and if you're brave enough to start, you will." – Stephen King

Mr. Raj Kumar Singla (Admin officer)

From The Editor's Desk



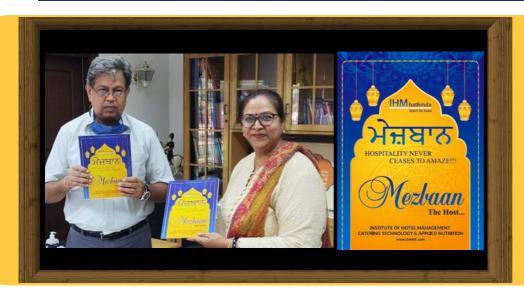
In the Editorial Board, we believe that hard work and dedication along with an open mind, are the best assets to a team, and to recognize how each and every member has endeavored to the best of their potential, despite the appalling circumstances, is exhilarating. It gratifies and fills me with sheer delight, to see how the team worked tenaciously and doggedly to bring forward the magazine called, 'Mezbaan-The Host'.

The magazine acts as memorabilia, a souvenir and a repository of recollections to each and every soul associated with the institute. It sumptuously showcases our odyssey, quests, recitals and conquests to all and sundry.

Mr. Sukhdeep Singh Mann (Editior)



RELEASE OF IHM BATHINDA'S THE FIRST ISSUE OF ANNUAL MAGAZINE "MEZBAAN-THE HOST"



The First edition of "Mezbaan - The Host" an annual magazine was released by honourable Additional Chief Secretary, Department of Tourism & Cultural Affairs, Govt. of Punjab Shri Sanjay Kumar (IAS), He is a source of inspiration and a great motivator without whose help and support such initiative would not have become possible. We are very grateful.

LOHRI CELEBRATION







The first batch of HSRT and EP who were on campus celebrated Lohri as Lohri is a festival of great importance in Punjab. All the Faculty members and students danced and sang folk songs together and fully enjoyed the moment. Lohri is a festival which is celebrated by all, by lighting the bonfire, eating sweets like rewari and peanuts. The celebration of Lohri is for blessing the new arrivals in the families with a message and and celebrating with fervour. It is said also that Lohri drives away the bitter cold season and welcomes spring.

REPUBLIC DAY CELEBRATION







On the eve of 72th Republic Day, the National flag was hoisted in the institute. Sweets were distributed among the students. The first year students witnessed their first campus event on joining hostel as most students joined on 25th January 2021, after a long break away from college due to lockdown since 2020 March. The students were all missing the campus life and were here to start physical attendance.



MAA SARASWATI PUJA







Maa Saraswati Puja was held on the occasion of Basant Panchami on 16.02.2021 at the institute. The first-year degree and diploma students arranged the Pooja at Cruet restaurant of the institute.

LIFE BEYOND TOMORROW

We are all creature of habit, and we feel things should fall on our plate but not possible. We have to strive, work hard to achieve better tomorrow. We need to be focused, positive and do what we need to do today and not say we will do it tomorrow as tomorrow never comes. As long as we push ourselves towards a goal, a mission we will be able to achieve and be successful.

So, for a better tomorrow we need to:

Work today!

Be better today!!
Live for today!!!
so that our tomorrow is better.
Life goes on beyond tomorrow.



TRUTH OF LIFE

"Hard work pays off in many ways. Good thing comes to those who wait until they succeed."

With this said I would like to say that I am grateful for the need that this institute fulfilled in my life. The three-year period it took me to complete the requirements for the degree was an exceptionally fine educational experience. The competency and the professionalism of the professors were nothing less than outstanding. It allowed an easy, smooth, and rewarding transition from a novice to a professional in the Hotel industry. I am pleased and proud to be part of this clan.

Muskan Pareek, Batch: 2018-21



ORANGE AND POPPY SEEDS GLUTEN FREE CAKE



INGREDIENTS

Whole fresh oranges : 1 Pc
Almond powder : 180 gm
Castor sugar : 180 gm
Poppy seeds : 40 gm
Eggs : 4 nos.

Baking powder : 2 gm (make sure it's gluten free if you're making this as a gluten free cake)

METHOD

- 1. Boil orange in water for 20 minutes.
- 2. Slice orange and remove seeds, then Roughly chop no need to be meticulous here, it's just to help it hlend.
- 3. Place in a food processor Blender and make smooth texture puree.
- 4. Add the remaining ingredients almond powder , poppy seeds, baking powder, sugar and eggs, then blend until well combined. If at this stage you realise there's still too many rind chunks, you can blend for longer; you can also use cut and fold method)
- 5. Pour into a cake pan and put some almonds flakes or chopped almonds on top.
- 6. Bake for 20 -25 minutes at the Temperature of 170oc until the cake is golden and a toothpick inserted into the Centre comes out clean; and
- 7. Cool in the pan it's too fragile to remove while warm.

DECORATION SUGGESTIONS

- Dusting of icing sugar / powdered sugar simple and pretty!
- Fresh oranges slices
- Roasted almonds



Ms. Poonam

Award winning of super chef competition

Batch: 2019-2022





FRESHER PARTY















A fresher's welcome function was organized for the first year students of B.Sc in H & H.A and Diploma students by second and third year. The COVID pandemic brought a lot of students under stress, the event acted as a booster to their morale; during this function the students performed various cultural activities and the guest of honor were various members of the inner whole club of Bathinda. Mr. & Miss fresher were selected from Degree & Diploma.



STRAWBERRY LEMONADE MOJITO - COCKTAIL RECIPE



This is a great drink when you're in the mood for something fruity.

INGREDIENTS

• Lemon wedges : 2

• Mint leaves : 6

• Mint sprigs for garnish :1(optional)

Strawberry
Halved strawberry for garnish
Ounces gold or aged rum
Fresh lemon juice
: 1
: 2
: 15 ml

Prepared sugar syrup or agave nectar : 20 ml
Club Soda : 20ml

• Ice Cubes & Crushed Ice

METHOD

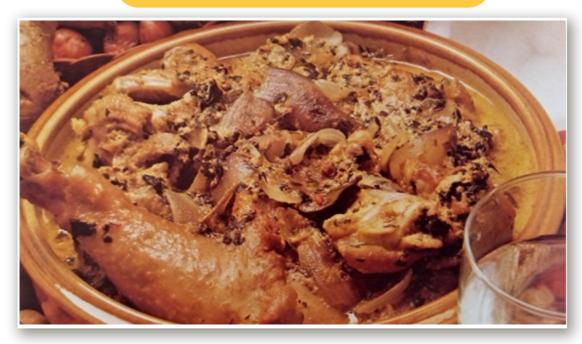
- 1. In a cocktail shaker, muddle the lemon wedges with the whole strawberries and mint leaves.
- 2. Add ice and the rum, lemon juice and sugar syrup; shake well.
- 3. Strain into crushed ice-filled highball glasses. (3/4)
- 4. Top-Up With Club Soda. (1/4)
- 5. Garnish with the strawberry halves and mint sprigs.



Mr.Vishal Mehendiratta
Faculty



SOYA-GINGER CHICKEN



These two recipes are my favorite as they are easy to cook with no added frills, no time required, and minimum amount of oil and my kid loves it.

INGREDIENTS

Chicken :1 pc (cut it in to 8-12 pcs. Curry cut.)

Soya Sauce : 5-10 ml.
Ginger : 2 inches
Garlic : 10 pods
Barbeque sauce : 10ml
Onions large sliced in rounds : 3

Salt

Pepper freshly grounds

Chili flakes

METHOD

- 1. Mix all ingredients above and marinate the chicken in a bowel and leave for an hour.
- 2. Take a hot pan/kadai with one teaspoon oil put the chicken in with the marinate and sauté.
- 3. After 10 mins add the onions keep stirring and leave it to cook, it can be served in own juices.
- 4. In case a sauce required then add water/stock and it's done.
- 5. It will take total 15 minutes to cook.

DAHI WALA CHICKEN

- Marinate the chicken in curd, salt pepper and ginger garlic, repeat the same method above with onion etc.
- Except in the end we can finish the chicken to make it tastier by addition of cream one spoon and kasori methi, and we can eat both these chicken as snack, with bread, rice, paranthas it tastes nice always.





INTERNATIONAL WOMEN'S DAY













Women's day was celebrated at Cruet Restaurant of Institute. Women from different walks of life, doctors, teachers, home makers were invited and served a sumptuous lunch. The food arrangement was done by students for all guests, faculty and students. The guest participated in various games and activities; mementos were distributed. The diploma Bakery students prepared a sumptuous cake to mark the occasion.





FAREWELL PARTY



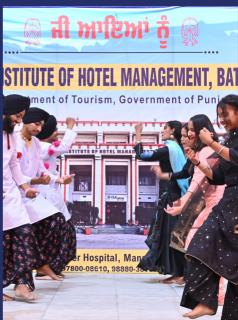




















INTERNATIONAL WORLD YOUTH SKILLS DAY







International World Youth Skills Day 2022 was celebrated at Hotel VRC Bathinda in collaboration with Pie and Visa Bathinda and IHM Bathinda. The students from various schools were guided by the delegates of various employment departments. The ADC Bathinda graced the event and guided the students & audiences present in the event.

THE SEVEN BEST STRATEGIES FOR STAYING MOTIVATED

The following seven strategies will show you how to cultivate a positive attitude and stay motivated:

- **Visualize your goals.** Positive imagery is a powerful way to remain inspired to advance. Think about your goals every day.
- **Be realistic.** Advancing your career is all about attaining your goals—but those goals must be realistic; otherwise, you're just setting yourself up for failure
- Have a setback plan. it's essential to be prepared to deal with setbacks. Approach them as a learning
 opportunity by analysing what you could have done better and how you can improve your performance
 in the future.
- **Learn positive self-talk.** Just like a coach encourages his or her athletes by assuring them they can do it; you should learn to encourage yourself with positive self-talk.
- **Develop a routine.** Developing a routine can provide you with a powerful tool to stay positive and motivated.
- **Create a competitive environment.** Friendly competition can help you up your game and surpass your own expectations. Find one or two colleagues or friends who are also looking to advance their careers, and inspire each other too continuously do better.
- Reward yourself. However, instead of only celebrating when you've achieved a goal, take the time to
 reward yourself simply for your hard work. For example, at the end of every week, if you've met your goal
 of studying every evening, treat yourself to a movie, a nice dinner, or whatever fun activity you enjoy
 most.
- Advancing your career takes time and hard work.





STUDENT EXCHANGE PROGRAM @IHM GOA











A student exchange program was organised for the students of 2nd year B.Sc.H&HA from 16/07/2022 to 28/07/2022 in collaboration with the IHM Goa. Our students took the theoretical & practical classes with their instructors and the students and explored the beauty of Goa and also got the chance to know the culture and tradition of the Goa & Goan Cuisine. Very special thanks to Ms. Donna D'Souza (Principal), HOD's & Ms.Swati Sharma (Lecturer) and other faculty members of IHM Goa, who made this exchange program a successful and fruitful event for the students of IHM Bathinda.

THE WORLD SKILL COUNCIL COMPETITION ON COOKING







The 46th World Skills Cooking Skill Competition was held at the Institute of Hotel Management, Bathinda following the directions of Punjab Skill Development Mission. Apart from IHM Bathinda, students from Faridkot, Gurdaspur and Fazilka districts participated in these competitions. The second phase of cooking competitions of various items related to starter, soup and main course were conducted. A total of 10 contestants participated in these competitions. The first three positions in these competitions were won by the students of IHM Bathinda in which Manmeet Singh, Kunal Uppal and Reena Kaur came first, second and third respectively. To identify the cooking skills of the first-place contestants, a three member judges panel comprising of Rajneet Kohli, Mr. Gurinder Singh Mangat and Mr. Jagdish Singh were constituted, who prepared the result of the competition. On this occasion the encouraged the winning trainees and encouraged the other contestants to perform better.



INDEPENDENCE DAY CELEBRATION





The Independence Day was celebrated in the institute by hoisting the flag and the national anthem was sung by all. The students and staff members which was followed by a sumptuous brunch.

STUDENTS ORIENTATION PROGRAM

























Ganesh Pooja by students and staff members of IHM Bathinda on Ganesh Chaturthi.

PEACE LIES WITHIN US ALL

People hold within them an inherent thirst to be content that humanity's essential desire is for peace. He is deeply convinced that, although we may have lost touch with it, peace is found in the heart of every human being. He sees that if enough individuals experience peace, society as a whole will be at peace. His view is that the condition of the world today is simply an extension of human minds. The absence of peace manifests as violence, greed, ignorance, hatred, and environmental destruction. He perceives that we often treat merely the symptoms, not the cause of this absence of peace, and that governments and politicians cannot be expected to bring about peace. Nevertheless, he envisions that peace will be humanity's greatest achievement.

"Peace is in people, not in things. When peace illuminates every human being, there will be real peace. Who makes war? People! And who needs peace? People! Everyone has war in them, and everyone has peace in them, as well as anger and forgiveness. Which ones do we practice? Practice peace and peace will be mankind's finest achievement."

There are people who are very greedy; there are people who don't care. But in my opinion, that is a minority. The majority of the people on the face of this earth want peace, and if this is true, then peace on earth is a very achievable objective. People say it's not going to happen. Well, let this time belong to those who believe it can happen, not to the ones who say it cannot.

Aman Chhetri, Batch: 2019-22



WORLD TOURISM DAY CELEBRATION

















On the occasion of World Tourism Day, ihm, Bathinda organized a Drawing ,Quiz and Rangoli competition for B.Sc H&H.A and Diploma course students. All the winners were honored with certificates by the institute.

MILLET COOKING WORKSHOP











Millet Cooking Workshop was organized by IHM Bathinda on the celebration of international year of millets. Chef. Meghna Shukla gave various millets demonstrations to the students, staff members and guests.

TEACHER DAY CELEBRATION







SWACHHTA PAKHWADA













TREE PLANTATION





CLEANLINESS DRIVE





BLOOD DONATION DAY

Tree plantation, Blood donation camp & Cleanliness drive was conducted under the SWACHHTA PAKHHWADA as a part of AZADI KA AMRIT MAHOTSAV @ ihm bathinda.In continuation to the events of "Swachhta Pakhwada" on 30th September 2022 the concluding day,Sh. Showkat Ahmad Parry,IAS the D.C. Bathinda visited to setting up of Herbal garden at IHM,Bathinda.Students also planted herbal trees and pledged to take care the plants.



BATHINDA'S SUPER CHEF-2 COMPETITION IN COOKING AND BAKING











On the International Chef Day 2021, Institute of Hotel Management Bathinda organized "Bathinda's Super Chef-2 Competition in Cooking and Baking on 21 October 2021. In this competition ten students from IHM Gurdaspur, local homemakers and IHM Bathinda students participated. The Judges for the competition were Mr. Tyagan Menon G.M Mittal Group and Mr. Rahul Ahuja Director MIHM, Bathinda along with the Ms. Rajnit Kohli Principal . The prize distribution ceremony, Chief guest Mrs. Sunita Mittal Owner of Mittal Industry, Mr. Manraj Brar Manager IDBI bank Bathinda graced this event. During this competition, participants made plenty of dishes from different states and it was a feast for the eyes to see such beautiful and tasty dishes on display. Miss. Poonam 3rd year Student IHM Bathinda came First, Miss Priyanka, Homemaker and teacher came Second and Miss. Himani Malhotra, Bakery Diploma student got third position in Bakery competition. The Cooking competition winners were First Ms. Sunita Jain, Ms. Kalpana Jain second and Mr. Sanju Manna Third from IHM Gurdaspur. The IDBI Bank Bathinda sponsored the gifts to be presented to the winners.

YOUNG CHEF CULINARY CHALLENGE SEASON -1 @ MIHM, BATHINDA







The Students of IHM Bathinda participated in Young Chef Culinary Challenge season -1 held by MIHM Bathinda on the occasion of International Chef Day 2021. The students got first position in Fusion Starter.



"RANG PUNJAB DE" TOURISM MELA 2022 - INTER SCHOOL COMPETITIONS























STAIN REMOVAL SPECIALIST WORKSHOP - FABRIC CARE AT ITS BEST" IN ASSOCIATION WITH BUZIL ROSSARI









The Institute of Hotel Management, Bathinda had conducted a "Stain Removal Specialist Workshop - Fabric care at its Best" in association with Buzil Rossari which is a joint venture between Buzil from Germany and Rossari in India that has an experience of 100 years with representation in 36 countries, headquartered in Mumbai. This workshop was hosted in both online and offline mode. Mr. Prateek Srivastav, Senior Application Manager hosted the E-workshop session with over 200 participants from across the country. Mr.Hardik Gupta, Business Development manager at Buzil Rossari and demonstrated in offline mode at IHM Campus. The event chaired by Sh. Satish Arora, President Hotel Association of Punjab, and hosted by Principal IHM Bathinda Smt. Rajnit Kohli. The Students of IHM Bathinda, Guru Kashi University, Rajindra College and various local laundry owners, Hotel Housekeepers from Bathinda participated in the offline workshop held at campus.

STUDENTS CAMPUS VISIT





The students from Mahant Gurbanta Das School for Deaf & Dumb, Bathinda were visited the college and the various departments of IHM Bathinda. They were given demonstrations and then allowed to work on their own to formulate recipes with the help of our instructors.



CHRISTMAS CELEBRATION













IHM Bathinda in collaboration with Country Inn & Suites by Radisson, Bathinda celebrated a Cake Mixing Ceremony for the Christmas at Country Inn & Suites by Radisson, Bathinda. Mr. Satish Arora president of Hotel Restaurant Resort Association, Punjab and Principal IHM, Bathinda Ms. Rajnit kohli graced the event.

हा में एक शेफ हूँ

हा में एक शेफ हूँ, तो कुछ के लिए एक कुक हु अन्नपूर्णा सा कर्म मेरा, एक रेसिपी कि बुक हूँ।

जायका जांच जांच कर, जायका बन गई ज़िंदगी हर जिबा पर नाम छोड़ा, सॉस ग्रेवी से ही बंदगी।

नज़रो में आम नही मैं, अपनी नज़रो से अहम हूँ एटीट्यूड सा देखते मुझमें, चककचोन्द सा वहम हूँ

बरखा, त्योहार, पर्व, उत्सव सा, बाहर जाता हूँ मैं पहचान मेनू प्लानिंग, आपरेशन से कर पाता हूँ मै।

मेरे अपने अवसर आपकी पार्टियों पर ही होता अतिथि भगवान होता, भगवान सदा सही होता।

शेफ शब्द गरिमापूर्ण है, ये कर्म ही मैंने चुना है शिकवा नही कैरियर से, नींव से ही मैंने बुना है।



Archit Khanna ,Batch: 2018-21

चला गया..

एक हुनर सड़को पे झाडू लगाता गया एक नालायक उसके हिस्से की शौहरत खाता चला गया..

उसको देखकर कई आए वाह वाही करने वो झुठा मक्कर सब पचाता गया पैसो की खनक से कला मर गई यहाँ ये महलो का कसूर था, धाब बढ़ाता गया ढलती उमर उसकी रही थी तरफदारी का पता...

वो बखत का मारा, तालीम भूलता चला गया रट्ट् रद् पूछ के किताबे कही मिली थी बुलंदी तो कोई ज़मीन पे पढ़ कर, दर्द छुपाता गया किसी के मरने पर छपी थी खबरे.....

तो कोई जल कर तन्हा खुद को मिटाता गया...



Amandeep Kaur, Batch: 2020-21



FOCACCIA BREAD



INGREDIENTS

 Refined Flour : 300gm Yeast : 20gm Salt : 3 gm Caster sugar : 5 gm • Gluten : 5 gm • Bread Improver : 3 gm : 200 ml Water • Olive oil : 15 ml Herbs : 13 gm Olives : 25 pcs. • Sun dries tomato pieces : 3pcs

METHOD

- 1. Measure all the ingredients according to the recipe.
- 2. Sieve refined flour with salt, gluten & bread improver and add herbs.
- 3. Mix yeast and Caster sugar in water separately.
- 4. Start kneading the dough by combining the dry and wet mixture and as the dough is formed, transfer it into the baking tray.
- 5. Now add olives & the sundried tomato on the top.
- 6. Bake the focaccia at 220°C in pre heated oven.
- 7. As the baking is done apply generous amount of olive oil on top.





BEETROOT CHOPS - STARTER



INGREDIENTS

Beetroot, finely grated
 Carrots, finely grated
 2 medium sized
 2 medium sized

Potatoes, boiled and mashed : 2 small
Ginger grated : 1tsp
Green chilies, finely chopped : 2
Peanuts, Fried : 2tsp
Green coriander, finely chopped : 1 tsp
Garam masala : 1/2 tsp
Breadcrumbs : 1 tsp

Salt to tasteSugar a pinch

METHOD

- 1. Take a kadhai, take 1tspof oil and fry ginger and green chilies till you get a light aroma.
- 2. Add the grated beetroot and carrot and sauté well. Now add the mashed potatoes, salt, sugar, garam masala, panko and chopped coriander leaves.
- 3. Mixed well.
- 4. Do not sauté for more than 2 to 3 minutes.
- 5. Cool the mixture and make 15-20 medium cutlet balls.
- 6. Pan fries the cutlets in a saucepan until it gets brown.
- 7. Serve hot.



Ms. Deepannjali Batch: 2017-20



CHOCOLATE WALNUT BROWNIE



INGREDIENTS

Whole egg : 10 no
Caster sugar : 1 kg
Butter : 750 gm
Dark chocolate : 750 gm
Refined flour : 600 gm
Walnut : 250 gm

METHOD

- 1. Measure all the ingredients according to the recipe.
- 2. Melt chocolate and butter over double boiler.
- 3. Take eggs and Caster sugar into a mixing bowl and beat them until Caster sugar mixes completely.
- 4. Now combine butter and chocolate mixture to egg and Caster sugar mixture and keep mixing vigorously.
- 5. Add refined flour to the mixture and pour the mixture into greased and lined tray with butter paper.
- 6. Sprinkle crushed walnut on top.
- 7. Bake at 180°C for 20 minutes.

Chef Amit Tomar Batch: 2010-13

EP BAKER CERTIFICATION





SIHM Bathinda conducted EP program for the members of various Self Help Groups (SHGs), working under the umbrella of ADC (development) Bathinda. They learnt the skills to prepare different types of bakery items. ADC (D) offered many schemes to make them Entrepreneurs in the field of bakery. All trainees were awarded with certificates by the Competent Authority on dated 15.08.2021. During the certification were Dr.Usha Goyal DHS,ADC and Mr.Ram Single ,PIA (BTI).



SUNSET PUNCH - COCKTAIL RECIPE



INGREDIENTS

Bourbon : 2 ounces
 White vermouth : 2 ounces
 Fesh lemon juice : ½ ounces
 Simple syrup : ½ ounces
 Chilled ginger beer : 3 ounces
 Lemon slice for garnish

METHOD

1. In a punch bowl, combine the bourbon, vermouth, lemon juice and syrup.

2. Add the ginger beer and lemon slices and serve over ice.

NOTES

To make simple syrup, heat 1/4 cup of sugar with 1/4 cup of water and stir until the sugar is dissolved.Let cool.

Vishal Mehendiratta

Faculty

VEGGIE BOOST MOCKTAIL



INGREDIENTS

Tomato : 2pcs
Carrot : 2pcs
Orange : 3pcs
Cumin, Roasted : 1tsp
Black salt : a pinch

Ice cubes

<u>METHOD</u>

1. Blend tomato, carrot and orange in a juicer.

2. Pour in a glass with ice cubes.

3. Season with cumin seeds and serve.

Ms.Deepannjali,Batch: 2017-20



COLLEGE LIFE

People who go to college are incredible because we read and absorb and are comprehensively tested on heavy amounts of various materials. We sleep very little. We party too much. Someone is always sick. Someone is always complaining. We become attached to close friends. We smother each other. We think often of the past and want to go back. We know we cannot.

We all have separate lives, families, backgrounds and pasts. We live totally different from how we used to live. We are frustrated and sometimes want to give up, but we never stop trying. We disregard health. We eat awful foods. We are forced to think about the future. We are scared and confused. We reach out for things, yet we don't find them. We try to sort out our minds, which are filled with studies, worries, problems, memories, emotions.

We keep going still, because above all else, we never stop learning, growing, changing, and most important dreaming. Dreams keep us going and they always will. All we can do is be thankful that we have something to hold onto, like dreams and each other.

Mr.Vishal Mehendiratta

IBADAT KI DER

Ibadat Ki Der
Agar uss khuda se tumhe dekhna mangu
To na jane kitni der lag jaye
Agar uss khuda se tumhe paana mangu
To na jane kitni der lag jaye
Log kehte hai uske ghar me der h andher nahi
Agar usse roshani se bhara Jahan mangu
To na jane kitni der lag jaye
Agar uss khuda se tumhe dekhna mangu

Ek chahat si zindagi jiya karta tha mai Har kisi ko mohabbat diya krta tha mai Bhatakti roohon ko mohabbat ki raah dikhana fitrat thi meri Agar aaj us mohabbat ka Armaan mangu To na jane kitni der lag jaye Agar uss khuda se tumhe dekhna mangu

> Na jane kyu pyar ka izhaar nahi krte wo Gar kuch kahu unse to inkaar bhi ni krte woh Unhe dekhkar Dil Muskurane sa lagta hai Agar uss Muskurahat ki Muskan mangu To na jane kitni der lag jaye Agar uss khuda se tumhe dekhna mangu



SHIRLEY GINGER - MOCKTAIL RECIPE



INGREDIENTS

: 1/2 tablespoon Grenadine

Lemon-lime soda : 1/3 cup Ginger ale : 1/3 cup Maraschino cherry, for garnish

METHOD

1. Gather the ingredients.

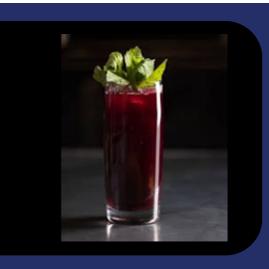
2. Pour grenadine into a collins glass with ice cubes.

3. Top it with equal amounts of lemon-lime soda and ginger ale

4. Stir well

5. Garnish with a cherry. Serve and enjoy. Satvir Singh , Batch: 2021-24

BERRY BURLESQUE - MOCKTAIL RECIPE



INGREDIENTS

• Lime Juice : 5 oz Honey Syrup : 5 oz Blackberry Puree:1oz

Mint : 4-6 Leaves

• Ginger Beer

METHOD

1. Combine Lime Juice, Honey, and Blackberry Puree with ice into a cocktail shaker. Shake for about 15 seconds.

2. Strain over fresh ice, top with ginger beer and garnish with fresh mint!

Amanjit Singh Sawhney, Batch: 2021-24

PAINTINGS BY STUDENTS



Palak Sood Batch: 2019-22



Aman Chhetri Batch: 2019-22

Stop **Spreading** Corona **Virus**



WINE SERVICE

While serving wine, attention must be given to the following points:

- Right glassware
- •Right temperature
- Proper handling of the bottle
- Right quantity

Wine glasses come in many shapes and capacities. The minimum capacity of a wine glass is 7 oz.

Wines are served in the type of glasses given as follows:

•Champagne and sparkling wines: Flûte or tulip-shaped glass.

•White wine: Medium-size wine glass •Red wine: Large wine glass, 10 fl oz

•Rosé wine: Flûte or medium-size wine glass

•German wines: Tall green stemmed wine glass for mosel wines, amber stems for hocks.

Wine is best enjoyed when served at appropriate temperature.

Red wines:

- •Vintage Port, Bordeaux, Cabernet Sauvignon 60-65°F (16-18°C)
- •Burgundy, Chianti, Shiraz, Barolo 54-62°F (12-17°C)
- •Light Reds, Beaujolais, Loire 50-55°F (10-15°C)

White wines:

•Dry white wine (7–10°C), Heavier white wines, Chardonnay (10–15°C), Sweet white wines (4.5–10°C)

Rosé wines

45-50°F (7-10°C)

Champagne and other sparkling wines

40-50°F (4.5-10°C)

Wine bottles should be handled carefully while transporting to the table and during the service.

- •Red wine: Old red wine is taken to the table in a wine cradle. Young red wines are carried by hand
- •White wine: It is taken to the table in wine cooler or ice bucket.
- •Champagne and other sparkling wines: Taken to the table in champagne cooler or ice bucket.
- •Rosé wines: It is handled in the same way as white wine.

Wine should be poured in right quantity in the appropriate glass. The quantity of wine served varies according to the policy of the establishment.

- •Normally, 125 ml is served per glass. Wine should not be poured more than 2/3rd of the glass.
- •Red wine is often poured in half of the glass, leaving much space for swirling and appreciating the bouquet before drinking.

 TYPES OF WINE GLASSES





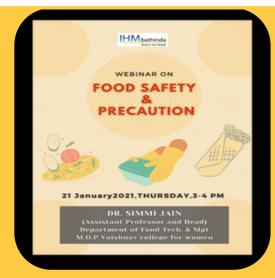
WEBINAR @ IHM BATHINDA



A webinar on "First Aid Training" was organised on Thursday, 7th January 2021 for all students. Mr. Naresh Pathania (The First Aid Master Trainer) from Red Cross Bathinda, made the student aware about first aid and its importance. The students got firsthand knowledge about how to help the sick or injured people and how one could save a life with awareness and training. Also an insight into CORONA and how situation can be handled for the pandemic were taught.

"Entrepreneurship in Food and Beverage Services" webinar was conducted for the B.Sc (H&H. A) students on Friday 15th January 2021. Students were oriented by the guest speaker, Mr. Manoj Sharma, Assistant Professor, WGSHA regarding entrepreneurship as an important way to move forward and established ones skill sets and develop their own business potential. The students were given insights and guidance on the importance of entrepreneurship. Start up is the trend of today. The Government is also encouraging the youth to take up entrepreneurship under Aatma Nirbhar Bharat Abhiyan and there is a lot of support for small scale entrepreneur to set up their business. The college also has established an entrepreneurship cell to assist students.





IHM Bathinda conducted a webinar on "Food Safety and Precautions" for students through an online platform on Thursday 21th January 2021. Concepts of Food safety ,FSSAI were all elaborated by the guest speaker , Dr. Simmi Jain, Assistant Professor, Department of Food Tech. & Mgt, M.O.P Vaishnav College for Women, Chennai. In this session students learnt about the precautions to be taken while cooking and eating healthy food. Also Students gained knowledge about the various nutrients, vitamins and carbohydrates in the food. This session was conducted specially for Diploma and 1st year B.Sc H & H.A students. These events were all co-ordinated online due to pandemic.

A webinar on "Financial Literacy & Investor Awareness" was organised on Monday, 25th January 2021 for the staff and students. It was presented by Mr. Rahul Shukla, CA Professional through online mode. During this session, information was shared with participants regarding various investment areas and plans. Candidates learnt about the long- and short-term benefits of investment.





WEBINAR @ IHM BATHINDA



A seminar on "International placement opportunities" was conducted on 19.03.2021 by Kareer Krafters. The main aim of this seminar was to aware the students about the international placement opportunity of Hospitality industry.

The institute of Hotel Management conducted a virtual session with Chef. Vineet Manocha on April 30th 2021 for B.Sc H & H.A students. In this #Stay Strong interaction, Chef Vineet shared the important moments of his career & life including the COVID-19 pandemic with students and what he is doing to stay strong and successful Chef. Vineet adept in Food & Beverage concepts, Menu planning ,Designing new kitchens and production of Indian,European,Oriental and new world cuisines. Thorough knowledge of ingredients, cooking methods, their application and adaptability, make his culinary creations, unique and innovative.





IHM dinning out and restaurant tech solutions platform in B2C and B2B front with InRestro & Torqus,processing more than 100M diners and \$800M worth of transactions for its partner restaurants across its network of 50,000 restaurants in 20cities,providing a collective savings of more than \$100M on restaurant bills annually.

Mr.Hardeep Singh,owner of cloud kitchens "House of Bamboos" and "Khana Galli" delivered the guest lecture on "Challenges & opportunities to be a entrepreneur" on 7.05.2021.During this lecture all diploma and degree students were made aware about entrepreneurship skills.





A Tete'-e'-Tete" was conducted for the IHM Bathinda students with Chef Roopanshi, Junior Sous Chef live from Dubai on 21.05.2021. Chef Roopanshi shared her experience and answered the students queries at the end of session.



WEBINAR @ IHM BATHINDA



A Webinar on "Industry and Academia Interface – Bridging the gaps" the Principal Ms. Rajnit Kohli, Principal was invited as a panel speaker to share her views or the preparation of accommodation for modern travelers. Post pandemic the webinar was attended by students of the university.

An online workshop on COVID Helper's Skills for student community by Mahatma Gandhi National Council of Rural Education (MGNCRE), Department of Higher Education, Ministry of Education, GOI was organised on 14.07.2021. This workshop focused on providing information and psychosocial support for the COVID-19 affected. Through a structured process, the workshop enabled creation of different groups with specific roles to achieve outcomes.





ALUMNI TALK



Our Alumni Ms.Divita Malik (2015-2018) – Front office Supervisor at Rambagh Palace, Jaipur delivered guest lecture for the Degree students on 30.04.2021.She made the students aware about how guest experience can be enhanced by using various social media platforms.



On 07.05.2021,Under the Alumni talk series Mr.Prashant Mishra (2012-2015) - Bar supervisor at Hotel Radisson,Dubai delivered guest lecture for B.Sc. H & H.A students on "Carrier on cruise line". He shared the information about various career opportunities in cruise lines.



NAVRATRA FESTIVAL





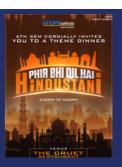


A Theme lunch was organised by the students of IHM BATHINDA on the eve of Navratra Festival. The occasion was graced By Mr. Apurav International immigration coordinator from TrainTurf, Ms.Rajnit Kohli Principal,Ms.Yammni Dutt from The Heights Bathinda, Faculty and the students. The students performed various activities like Dandiya and Dance at the event.

PHIR BHI DIL HAI HINDUSTANI







Institute of Hotel Management, Bathinda has organized a Theme Party "PHIR BHI DIL HAI HINDUSTANI" at "THE CRUET RESTAURANT" on 25.03.2022. The students of B.Sc H & H.A third year as part of their hospitality curriculum are to design restaurant setting with specialty menu for which they decorated the restaurant and represented the culture of various states through food like chicken chettinad, Harre ki dal, Malyi koftan, Kathail ki biryani, Salan, Pachadi, Mushroom kokani and various starters and desserts. After two years of the COVID Pandemic the students were excited and did wonderful job in both decorating and producing sumptuous food.

MAHARASTRA THEME













PLACEMENT DRIVES











S NO.

1

23 24

25

26

27

28

SUBHAJIT NATH

YASH NEMA

ROBIN

SUDHANSHU RANJAN

OMKARESHWAR YADAV





NAMES

ABHAY KUMAR YADAV





BRAND'S

KITCHEN RAMADA LUCKNOW

KITCHEN RAMADA LUCKNOW

F&B SERVICE RAMADA LUCKNOW

BIKANERVALA MT

HALDIRAM MT

RAIAT TYAGI



SAHIL SINGH ARCHIT KHANNA

BATCH: 2018-2021 appointed as

MANAGEMENT TRAINEES





HALDIRAM MT

AHMEDABAD

BATCH: 2018-2021

appointed as



BATCH: 2018-2021

appointed as















COUNSELLING SESSIONS





SSD Girls College, Bathinda





GGS School ,Chakk Attar Singh Wala





GGS School, Goniana Mandi





GGS School, Mandi Kalan





GGS School, Maur Kalan



ALUMNI OF IHM





Priya Tiwari Batch : 2017-20

"I got into symbiosis institute of business management...and this i was able to achieve because of the guidance you gave us in our college days... because of the growth in my personality and the boost in my confidence which i got because of ihm bathinda....i was a very under confident kid when i came there...but the knowledge and experiences i got there...i was able to build my confidence....and i want to thank you because if you were not there I wouldn't have got where i am now....i hope i made you proud ❤ Thank you so much mam..and looking forward to make you and ihm Bathinda proud in the upcoming future.. hope to meet you soon ""

WE ARE PROUD OF YOU!!



Prasoon Bajpai Batch : 2015-18

I joined IHM BATHINDA, a world-class facility where dedication and close ties to the hospitality and tourism industry are hallmarks of teaching and learning. Students get unparalleled instruction from the best mentors in the field and gain an excellent head start in the dynamic and exciting world of hospitality, catering & tourism. Grilled and roasted with skills, I learnt the nuances of Hotel Industry and proud to share that I have been selected for the Prestigious HYATT Hotel in Front office Dept. straight out of campus placement. I am now a proud part of Hyatt Hotels and Corporate and thank my College for chiseling me to be part of this smart world.



Aviral Khare Batch : 2015-18

"I am glad to be a part of IHM Bathinda. I would like to express my heartfelt thanks to my teachers for shaping me up for the bigger World outside our cocoons. The education, values and ethics that I have imbibed which have paved the path of success for me. Currently I am working with Oberoi Hotels and resorts and I would like to thank our Principal mam Rajnit kohli and very special thanks to my favorite Chef Ashish Nikhani for developing my skills #ihmbathindarocks



ENTREPRENEURER OF IHM BATHINDA





Mr. Hitesh Sachdeva, Batch: 2016-19 Owner: Curry Up Sri Ganganagar, Rajasthan

Mr. Hitesh Sachdeva, passed his degree program B. Sc H & H.A in 2019 from IHM, Bathinda. After the completion of degree, he established his own brand "Curry UP- Authentic Indian" outlet in Sri Ganganagar. IHM Bathinda recognized his endeavor's in creating an entrepreneurship business model with his skills and awarded him with the excellence award. IHM Bathinda is proud of him and best wishes for his future.





Mr. Akshay Chopra , Batch : 2016-17 Owner : Love's Bite Bathinda , Punjab

Mr. Akshay Chopra passed his diploma program of Food Production in 2017 from IHM, Bathinda. After the completion of diploma, he started his own brand "Love's Bite" outlet in Bathinda, Punjab. He became a trail blazer in the field of fast food, Loves Bite is a popular fast-food Pizza Brand in Bathinda. Recently, IHM Bathinda recognized his endeavor's in creating an entrepreneurship business Brand with his skills and awarded him with the excellence award. IHM Bathinda is proud of him and best wishes for his future.



NEWS **ALERT**

75 ਵੇਂ ਅਜਾਦੀ ਦਿਵਸ ਮੌਕੇ ਸੰਤ ਨਿਰੰਕਾਰੀ ਮਿਸ਼ਨ ਦੁਆਰਾ ਵਨਨੈਸ ਵਣ ਪਰਿਯੋਜਨਾ ਦਾ ਸ਼ਭ ਆਰੰਭ ਕੀਤਾ ਗਿਆ

ਨਿਰੰਕਾਰੀ ਨਿਸ਼ਨ ਦੁਆਰਾ 'ਅਰਬਨ ਟਫ਼ੀ ਕਲਸਟਫਾਂ ਅਭਿਆਨ ਦਾ ਸੂਭ ਆਰੰਭ ਕੀਤਾ ਗਿਆ । ਕਨਨੇਸ ਕਦ () ਨਾਮ ਦੀ ਇਸ ਪਤਿਯੋਜਨਾ ਨੂੰ ਸਤਿੰਗਰੂ ਮਾਤਾ ਸੁਦੀਕੜਾ ਜੀ ਮਹਾਰਾਜ ਦੇ ਅਸ਼ੀਫਵਾਦ ਨਾਲ ਪੂਰੇ ਭਾਰਤ ਵਿੱਚ 22 ਰਾਜਾਂ ਦੇ 280 ਸ਼ਹਿਰਾਂ ਵਿੱਚ ਚੋਣ ਕੀਤੇ





ट्रेनिंग हासिल करने वालों को सर्टिफिकेट व टूल किट वितरित की धे और और विवेश विधे 75 दां आचारी रिवस भूठारिक विका

बिंडा इंस्टीटयूट आफ होटल मैनेजमेंट एंड कैटरिंग टेक्नोलॉजी एंड अप्लाइड न्युट्रीशियन में भारत सरकार के सैर सपाटा मंत्रालय की ओर से प्रायोजित सीबीएसपी प्रोग्राम के तहत एंटरप्रीन्योरिशप ट्रेनिंग के समापन पर कि क्रिक्त के क्षेत्र के समापन पर के क्षिक्र के हा कर्म के क्षेत्र के सिर्मिण्नेट वितरण प्रोग्नाम कराया। विशेष के क्षित्र के क्षेत्र के सिर्मिण्ने के क्षेत्र के सिर्मिण्ने के क्षेत्र के क्षेत्र के सिर्मिण्ने के क्षेत्र के तहत एंटरप्रीन्योरशिप ट्रेनिंग के समापन पर

दिलाने का वादा किया।

ਹਾਈ ਗਈ। ਇਸ

ਅਤਕਮੀਨਿਊਚੀਸ਼ਪ ਪ੍ਰੋਗਰਾਨ ਦੇ ਤਹਿਤ ਨਿੱਲੇ ਲੈਣ ਵਾਲੇ 20 ਜ਼ਿੰਮਿਆਰਥੀਆਂ ਨੂੰ ਨਿਸ਼ਸ ਸ਼ਾਸਕ ਅਤੇ ਭਾਰਟਰ ਉਸਾਂ ਗੋਇਲ ਦੁਆਰਾ ਸ਼ਰਟੀਵਿਕੋਟ ਪੁਦਾਨ ਸ਼ਹੀਤ ਗਏ ਜ਼ਿੰਮਾ ਦੇ ਨਾਲ ਹੀ ਇਲਟੀਵਿਊਟ ਵਿੱਚ ਦੇਲ ਨਹੇ 'ਤੁਨਸ ਸ਼੍ਰੇ ਸ਼ਰਜਾਰ ਤੋਂਕਾਂ ਗੁਗਰਾ ਨੇ ਦੋਸ਼ਿਆ ਕਿ HM ਵਿੱਚ 'ਤੁਨਸ ਸ਼ੁਰੂ ਸ਼ਰਜਾਰ ਤੋਂਕਾਂ ਗੁਗਰਾ ਨੇ ਦੋਸ਼ਿਆ ਕਿ HM ਵਿੱਚ 'ਤੁਨਸ ਸ਼ੁਰੂ ਸ਼ਰਦਾਨ ਦੇਲ ਦੇਲ ਦੇਲ ਅਤੇ EP-150 ਘੱਟ ਦੀ ਨੁੱਲਿਗ ਭਾਰਤ ਸ਼ਰਕਾਰ ਦੇ ਸੈਣ-ਸਪਾਟਾ ਨਿਤਰਾਲੇ ਦੀ ਸਲੀਮ ਅਧੀਨ ਮੁਤਤ ਦਿੱਗੇ ਜਾਂਦੀ ਹੈ। ਫੋਰਸ਼

ਔਰਤਾਂ ਦੇ ਸਥਾਈ ਵਿਕਾਸ ਲਈ ਆਈਐਚਐਮ ਤੇ ਐਸਐਸਡੀ ਗਰਲਜ਼ ਕਾਲਜ ਵਿਚਕਾਰ ਹੋਇਆ ਸਮਝੌਤਾ

ਬਠਿੰਡਾ, 28 ਅਪ੍ਰੈਲ (ਮਨੌਜ ਚਰਖੀਵਾਲ) ਬਨਿੰਡਾ ਵਿੱਚ ਇੰਡੀਅਨ ਹੋਟਲ ਮੈਨੇਜ਼ਮੈਂਟ ਅਤੇ ਐਸਐਸਡੀ ਕਾਲਜ ਨੇ ਆਪਸੀ ਸਮਝੌਤਾ ਮੈਮੋਰੰਡਮ ਹਸਤਾਖਰ ਕੀਤੇ ਹਨ, ਜਿਸ ਦੇ ਤਹਿਤ ਦੋਵੇਂ ਸੰਸਥਾਵਾਂ ਸਾਂਝੇ ਤੌਰ 'ਤੇ ਫਰੇਮਵਰਕ ਦੀ ਪਾਲਣਾ ਕਰਨਗੇ। ਇਹ ਜਾਣਕਾਰੀ ਕਾਲਜ ਦੀ ਪਿੰਸੀਪਾਲ ਮੈਡਮ ਰਾਜਨੀਤ ਕੋਹਲੀ ਨੇ ਸਾਂਝੀ ਕੀਤੀ। ਇਸ ਸਬੰਧੀ ਹੋਰ ਜਾਣਕਾਰੀ ਦਿੰਦਿਅ ਕਿ ਆਈਐਚਐਮ ਵਲੋਂ ਬਾਨਕ ਲੋਕਾਂ ਦੇ ਜੀਵਨ ਪੱਧਰ ਨੂੰ ਉੱਚਾ ਚੱਕਣ ਅਤੇ ਆਪਣੇ ਪੈਰਾ ਤੇ ਖੜ ਹੋਣ ਤੇ ਔਰਤਾਂ ਦੇ ਵਿਕਾਸ ਲਈ ਵਰਕਸ਼ਾਪਾਂ, ਸੈਮੀਨਾਰ, ਵੋਕੇਸ਼ਨਲ ਸਿਖਲਾਈ, ਉੱਦਮਤਾ ਪ੍ਰੋਗਰਾਮ ਤੇ ਹੋਰ ਬਹੁਤ ਸਾਰੇ ਮੁਫ਼ਤ ਸਿਖਲਾਈ ਪ੍ਰੋਗਰਾਮ ਆਰੰਭੇ ਜਾ ਰਹੇ ਹਨ। ਇਸ ਤਹਿਤ ਆਈਐਚਐਮ ਵਲੋਂ ਕਈ ਅੰਤਰਰਾਸ਼ਟਰੀ ਸੰਸਥਾਵਾਂ ਨਾਲ ਵੀ ਸਮਝੌਤਾ ਕੀਤਾ ਗਿਆ ਹੈ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਜਿਹੜੇ ਵਿਦਿਆਰਥੀ ਵਿਦੇਸ਼ ਜਾਣਾ

ਪੇਸ਼ੇਵਰ ਕੋਰਸ ਦੇ ਨਾਲ

ਹੀ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ

ਮਿਲਦੀ ਹੈ ਪਲੇਸਮੈਂਟ:

ਪ੍ਰਿਸੀਪਲ ਰਾਜਨੀਤ

ਮੈਨੇਜ਼ਮੈਂਟ ਕੈਟਰਿਗ ਟੈਕਨਾਲੋਜੀ ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਪੇਸ਼ੇਵਰ ਕੋਰਸ ਦੇ ਨਾਲ ਹੀ ਪਲੇਸਮੈਂਟ ਵੀ ਕਰਵਾਉਂਦਾ ਹੈ।

ਇੱਥੋਂ ਤੱਕ ਕਿ ਇਹ ਸਰਕਾਰੀ

ਇਸਟੀਚਿਊਟ ਵਿਦਿਆਰਥੀਆਂ ਦੀ



ਚਾਹੁੰਦੇ ਹਨ, ਉਹ ਇਸ ਟਾਈ-ਅੱਪ ਦਾ ਲਾਭ ਉਠਾ ਸਕਦੇ ਹਨ। ਸਥਾਨਕ ਤੇ ਆਸ-ਪਾਸ ਦੇ ਖੇਤਰਾਂ ਦੇ ਉਮੀਦਵਾਰ, ਜੋ ਅੰਸਾ-ਧਾਸ ਦ ਖਤਰਾਂ ਦੇ ਚੁਸ਼ਦਿਵਾਰ, ਜ ਉੱਦਮੀ ਬਣਨਾ ਚਾਹੁੰਦੇ ਹਨ, ਆਪਣੇ ਆਪ ਨੂੰ ਆਈਐਚਐਮ ਵਿੱਚ ਉੱਦਮਤਾ ਸੈੱਲ ਵਿੱਚ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਵਾ ਸਕਦੇ ਹਨ ਪ੍ਰਿੰਸੀਪਲ ਮੈਡਮ ਰਾਜਨੀਤ ਕੋਹਲੀ ਸਿਖਲਾਈ ਲੈਣ ਦੇ ਚਾਹਵਾਨ ਮਿਆਰਸੀਆਂ ਨੂੰ ਇਹ ਵੀ ਅਪੀਲ

ਕੀਤੀ ਕਿ ਸਿਖਲਾਈ ਸਬੰਧੀ ਕਿਸੇ ਵੰ ਸਵਾਲ ਜਾਂ ਮੁਫਤ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਵਾਉਣ ਲਈ ਆਈਐਚਐਮ ਦੇ ਕੋਆਰਡੀਨੇਟਰ ਸ਼੍ਰੀਮਤੀ ਰੀਤੂ ਬਾਲਾ ਗੁਰਗ (ਪ੍ਰਸ਼ਾਸਕੀ ਕਾਰਜਕਾਰੀ) ਜਾਂ ਐਸਐਸਡੀ ਗਰਲਜ਼ ਕਾਲਜ ਦੇ ਐਚਓਡੀ ਗ੍ਰਹਿ ਵਿਗਿਆਨ ਵਿਭਾਗ ਸ਼ੀਮਤੀ ਨੇਹਾ ਭੰਡਾਰੀ ਨਾਲ ਵੀ ਸੰਪਰਕ

इंस्टीटयुट आफ होटल मैनेजमेंट की ओर से हनरमंद बनाने के साथ जॉब दिलाने के नियमों के अंतर्गत कैंपस प्लेसमेंट का आयोजन किया गया। विशेष तौर पर पधारे बीकानेर वाला फुड प्रा.लि. के चीफ मैनेजर ट्रेनिंग ਸਰਕਾਰੀ ਆਈਐਚਐਮ ਇੰਸਟੀਚਿਊਟ ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਵਿਦੇਸ਼ ਦੇ ਵੀ ਖੋਲ੍ਹ ਰਿਹੈ ਰਾਹ

भारकर न्यूज बठिंडा

आशीष बिथर की ओर के साथ ग्रप डिस्कशन नल इंटरव्यू किया गया।

आईएचएम के 18 विद्यार्थियों का नौकरी के लिए चयन में पढ़ाई कर रहे 18 विद्यार्थियों ने भाग लिया। इस दौरान ९ विद्यार्थियों का मैनेजमेंट ट्रेनी के तौर पर चुनाव किया गया, इन्हें 1 साल की ट्रेनिंग के बाद 25 हजार रुपए वेतन दिया जाएगा जबकि ट्रेनिंग पीरियड में स्टायफंड दिया जाएगा। कैंपस प्लेसमेंट अफसर आशीष ने बताया कि कंपनी की ओर से 4 साल से विद्यार्थियों का चयन करके प्लेसमेंट की जा रही है। कंपनी की ओर से

व विदेश में 150 आउटलेट खोले जा रहे हैं।

आईएचएम में कुछ दिन पहले लगाए कैंपस प्लेसमेंट में हल्दीराम के डीजीएम जगजीत सिंह व टीम की ओर से युवाओं का इंटरव्यू किया गया। तीन वर्षीय डिग्री बीएससी प्रोग्राम के छठे सेमेस्टर के 22 विद्यार्थियों ने भाग लिया। अलग-अलग स्टेज में 9 विद्यार्थी मैनेजमेंट ट्रेनी के लिए चुने गए। कंपनी की ओर से इन्हें 22 हजार

ਸੂਪਰ ਸ਼ੈੱਫ-2 ਕੁਕਿੰਗ ਅਤੇ ਬੇਕਿੰਰ ਪਤੀਯੋਗਤਾ ਦਾ ਆਯੋਜਨ



ਬਠਿੰਡਾ, 22 ਅਕਤਬਰ (ਮਨੌਜ ਚਰਖੀਵਾਲ)ਬਠਿੰਡਾ ਵਿੱਚ ਅੰਤਰਰਾਸ਼ਕ ਦਿਵਸ ਮੌਕੇ ਇੰਸਟੀਚਿਟ ਆਫ ਹੋਟਲ ਮੈਨੇਜਮੈਂਟ (ਆਈ ਐਚ ਐਮ.)ਨੇ ਬਠਿੰ ਸਪਰ ਸ਼ੈੱਫ-2 ਕਕਿੰਗ ਅਤੇ ਬੇਕਿੰਗ ਪਤੀਯੋਗਤਾ ਦਾ ਆਯੋਜਨ ਕੀਤਾ। ਮਕ ਦੇ ਜੱਜ ਜੀ ਐਮ ਮਿੱਤਲ ਗਰੁੱਪ ਸ੍ਰੀ ਤਿਆਗਨ ਮੈਨਨ ਅਤੇ ਡਾਇਰੈਕਟਰ ਐਮ ਆ ਐਚ ਐਮ ਬਠਿੰਡਾ ਸ਼ੀ ਰਾਹੁਲ ਆਹੂਜਾ ਦੇ ਨਾਲ ਪ੍ਰਿੰਸੀਪਲ ਸ਼ੀਮਤੀ ਰਜਨੀਤ ਕੋਹਲੀ ਸਨ। ਇਸ ਪਤੀਯੋਗਤਾ ਲਈ ਇਨਾਮ ਵੰਡ ਸਮਾਰਹ ਦੇ ਮੁੱਖ ਮਹਿਮਾਨ ਵਜੋਂ ਮਿੱਤਲ ਉਦਯੋਗ ਦੇ ਮਾਲਕ ਸ਼ੀਮਤੀ ਸੁਨੀਤਾ ਮਿੱਤਲ, ਆਈਡੀਬੀਆਈ ਬੈਂਕ ਬਠਿੰਡਾ ਦੇ ਮੈਨੇਜਰ ਸ਼੍ਰੀ ਮਨਰਾਜ ਸ਼ਾਮਿਲ ਹੋਏ। ਉਨਾਂ ਵੱਲੋਂ ਸਮਾਗਮ ਦੀ ਸ਼ਲਾਘਾ ਕੀਤੀ ਕੇਕਰੇ ਸ਼ਲਿਘੂओਂ के है ਮੈਨੇਜਰ ਸ਼੍ਰੀ ਮਨਰਾਜ ਸ਼ਾਮਿਲ ਹੋਏ। ਉਨਾਂ ਵੱਲੋਂ ਸਮਾਗਮ ਦੀ ਸ਼ਲਾਘਾ ਕੀਤੀ ਆਲ੍ਹਕ੍ਯਾ ਸੇ ਜ਼ਾਰਿਕ ਗਈ ਇਸ ਪ੍ਰਤੀਯੋਗਤਾ ਦੇ ਦੌਰਾਨ ਵੱਖ -ਵੱਖ ਰਾਜਾਂ ਤੋਂ ਆਏ ਭਾਗੀਦਾਰਾਂ ਨੇ ਬਹੁਤ ਸਾਰੇ ਪਕਵਾਨ ਬਣਾਏ ਅਤੇ ਪ੍ਰਦਰਸ਼ਨੀ ਵਿੱਚ ਅਜਿਹੇ ਸੁੰਦਰ ਅਤੇ ਸਵਾਦਿਸ਼ਟ ਪਕਵਾਨ ਆਪਣੇ ਆਪ ਵਿੱਚ ਇੱਕ ਮਨਮੋਹਕ ਦ੍ਰਿਸ਼ ਪੇਸ਼ ਕਰਦੇ ਸਨ। ਬੇਕਰੀ ਮੁਕਾਬਲੇ ਵਿੱਚ ਪਹਿਲਾ ਸਥਾਨ ਮਿਸ ਪੂਨਮ ਵਿਦਿਆਰਥਣ ਆਈਐਚਐਮ , ਦੂਜਾ ਸਥਾਨ ਮਿਸ ਪ੍ਰਯੰਕਾ ਹੋਮਮੇਕਰ ਅਤੇ ਅਧਿਆਪਕ ਅਤੇ ਤੀਜਾ ਸਥਾਨ ਮਿਸ ਕ प्रति ਹਿਮਾਨੀ ਮਲਹੌਤਰਾ ਬੇਕਰੀ ਡਿਪਲੋਮਾ ਦੀ ਵਿਦਿਆਰਥਣ ਨੇ ਹਾਸਲ ਕੀਤਾ। ਕਕਿੰਗ ਮੁਕਾਬਲੇ ਵਿੱਚ ਪਹਿਲਾ ਸਥਾਨ ਸੁਨੀਤਾ ਜੈਨ, ਦੂਜਾ ਸਥਾਨ ਸ੍ਰੀਮਤੀ ਾ ਜੈਨ ਅਤੇ ਤੀਜਾ ਸਥਾਨ ਸ੍ਰੀ ਸੰਜੂ ਮੰਨਾ ਆਈਐਚਐਮ ਗੁਰਦਾਸਪੁਰ ਦੇ ਥੀ ਨੇ ਹਾਸਲ ਕੀਤਾ। ਮੁਕਾਬਲੇ ਵਿੱਚ ਜੇਤੂ ਉਮੀਦਵਾਰਾਂ ਨੂੰ ਦਿੱਤੇ ਜਾਣ

ਬੈਂਕ ਬਨਿੰਗ ਕੱਲੋਂ

ਸੰਬਰ ਕੀਤੇ ਰ

प्रमेंट में बीएससी थी इस साल विशाल रिटेल चैन शुरू किंग विद मिलेटस कार्यक्रम बरमा पण्टचणो प्रेचवा तरम पण्टचणो प्रेचवा तरम पण्टचणो प्रेचवा तरम पण्टचणो प्रेचवा विद्या स्ट हे जेवा बहु सहिता सह विद्या स्ट हे जेवा बहु सहिता सह विद्या स्ट है जेवा प्रेच तर्मा पण्टचेत्र वक्त है बण्यच चणव स्ट त्वेचीया पण्टचेत्र वक्त है बण्यच चणव स्ट से हों विद्या है तर्मा पण्टचेत्र वक्त है बण्यच चणव स्ट से हों हों हों है से होंगे होंगे हैं से होंगे होंगे हैं से होंगे हैं से होंगे होंगे हैं से होंगे होंगे हैं से होंगे हैंगे है

बढ़ेन्या हुन सामा १० प्रबंपत हिंब बगुज नो बगुभ स्वास्थ्य में सुधार करना चाहते हैं तो बाजरा ही एकमात्र विकल्प, बाजरा से व्यंजन तैयार करके



ਨੌਕਰੀਆਂ ਕਰਨ ਦੇ ਵੀ ਰਾਹ ਖੋਲ ਰਿਹਾ

आईएचएम बठिंडा करवा रहा 'प्री वोकेशनल कोर्सबेती विस्तात मिशन पंजाब के



विठंडा (सच कहूँ / सुखनाम)। आईएचएम विठंडा द्वारा केवी-1 बठिंडा केंट के विद्यार्थियों के लिए प्री वोकेशनल कोर्स करवाए जा रहे

सांझी की। इस बारे में और जानकारी देते हुए इंस्टीच्यूट होटल मैनेजमेंट की को-ऑर्डीनेटर रीत बाला गर्ग ने बताया कि सीबीएसई के पाठ्यक्रम के अनुसार प्री वोकेशनल कोसों के लिए 4 दिनों की वर्कशॉप करवाई गई। उन्होंने

सहयोग से बेकिंग विद मिलेटस पर एक दिवसीय वर्कशाप करवाई गई। फूड कोरियोग्राफर व क्लीनिकल न्यूट्रीशिशनल फूड एक्ट रेखा रहेजा ने विद्यार्थियों और विभिन्न संगठनों

उन्होंने व्यंजन बनाने के लिए हेवल जैविक व स्वस्थ विकल्पे कवार जीवक वे स्वस्थ विकरण का उपयोग करते मुख्य रूप से उ बचों को आनकारी देता हुआ। बाउन टॉप बाजरा, जुर्करर के साथ विभिन्न बाजरा व्यंजन तेवार और डवीं कशा के विद्यार्थि एलैक चित्रवा और पनीर के बिना भारता करता है। और अर्थों कक्षा क तिशाग्य सत्तेक चिड्डवा और पनार क ाबना भाग लिया जा रहा है। इब्राउन टॉप मैदा के सख्य पिंजा वर्कजीप मौके आईएचएम स्टाप्फ मैंबर असीस निस्तें हम पर्यावरण को बचाना चाहते हैं राजवीर सिंह, विश्वाल महिंदीरर और अपने स्वास्थ्य में सुधार रुवल गिल शामिल थे। करना चाहते हैं तो बाजरा ही



अपने दैनिक जीवन में अपनाने से हमारे स्वास्थ्य के साथ-साथ जल स्तर में भी सुधार होगा। बाजरा मुख्य रूप से 9 प्रकार के होते हैं जो आमतौर पर 5 स्कारात्मक बाजरा का उपयोग करते हैं, जो बाजरा का उपयाग करत है, जा फॉक्सटेल, कोडो, ब्राउन टॉप लिटिल बाजरा और बानंपार्ड मिलेट हैं। डॉ खादर क्ली ने इन मोटे अनाजों का नाम सिरी धान्या रखा। सिरी का अर्थ है धनवान जो

कि एक कि एक प्राचीन व 'स्वास्थ्य ही धन है'। कहावत उपयोग स्वादिष्ट और स्वस्थ व्यंजन तैयार करने के लिए किया जाता है और इसे चावल और गेहूं के उपयोग से बदला जा सकता है।

ने भाग लिया। डीएचओ डॉ उषा गोयल, खेती विरासत मिशन से उमेंद्र दत्त, कृषि विज्ञान केंद्र से डॉ जसविंदर बराड

भारत सरकार के पर्य द्वारा सीबीएसपी कार्यं उद्यमिता कार्यक्रम कृषि विज्ञान केंद्र के उपस्थित रहे। वर्कशा किए गए सभी उत्पार प्रतिभागियों ने ख

प्रातमानमः प्रिंसिपल प्रतिभागियाँ