



# ATITHI WARRIORS

HOSPITALITY WITH HONOUR



**ARMY INSTITUTES OF HOTEL MANAGEMENT  
&  
CATERING TECHNOLOGY**



FOOD EXPLORES | EDITION 1 | OCTOBER 2025

# TABLE OF CONTENTS

- 03** Editorial Board
- 04** From the Principal's Desk
- 05** Campus Highlights
- 06** Achievements & Recognition
- 07** Culinary Feature / Recipe of the Month

- 08** Industry Connect / Guest Column
- 09** Student Creativity Corner
- 10** Upcoming Events & Announcements
- 11** Closing Page





# EDITORIAL TEAM



**Chef Tabassum Parveen**

*Managing Director*



**Akanksha Pandey**

*Content Creator*



**Ankur Yadav**

*Graphic Designer*



**Devyanshi Bhargava**

*Graphic Designer*

# From the Principal's Desk

It gives me immense pleasure to present the inaugural issue of the AIHMCT E-Magazine, a monthly platform that celebrates the creativity, achievements, and vibrant spirit of our institute. This initiative marks an important milestone in our journey toward fostering continuous engagement, collaboration, and communication within our academic community.

The E-Magazine will serve as a window into the dynamic life at the Army Institute of Hotel Management and Catering Technology—capturing the essence of campus events, academic innovations, student accomplishments, and faculty contributions. It reflects the enthusiasm and talent that define our institution and highlight our pursuit of excellence in hospitality education.

I commend the editorial team, faculty mentors, and all contributors for their efforts in bringing this vision to life. I encourage our students to continue expressing their ideas and creativity through this platform, as voices of today that will shape the world of hospitality tomorrow.

Warm regards,



Dr. Sandilyan Ramanujam Pagaldiviti  
Principal  
Army Institute of Hotel Management  
and Catering Technology

# Campus Highlights

## Raintree Club

### Flower Arrangement Workshop



# Towel art Workshop



# Ninja Club

## The Craft of Zero Proof Mixology



# Spice Club Bakery Workshop

Students of APS Khadki participated in  
Icing workshop



# SICA Pastry Art & Hot Plate Presentation Workshop 2025



# Achievements & Recognition



Chef Rajesh Kumar, esteemed faculty member of Our AIHMCT, has been honoured with **the COAS Commendation Card** by the Chief of Army Staff, which was presented by Major General V.T. Mathew, AVSM, YSM, General Officer Commanding, K K Sub area on the occasion of Teachers' Day.

This prestigious recognition celebrates his exemplary dedication, professional excellence, and outstanding contribution to hospitality education.

# Achievements & Recognition

## 7<sup>th</sup> Edition of SICA Culinary Olympiad and Exhibition 2025 Winner



Shriram.M  
28th course  
gold medal 🏆 in  
live western cooking



Amai Prakash  
28th course  
Silver medal 🥈 in  
Cocktail and mocktail



Jahnvi  
28th course  
Bronze medal 🥉 in  
Live practical asian cooking and  
Plated desserts



Akanksha pandey  
29th course  
Bronze medal 🥉 in  
live practical asian cooking



Janavi Palani  
29th course  
Merit certificate in  
Live dessert making challenge



madhav k anoop  
29th course  
merit certificate in  
plated appetizers



Frederick Reuben  
29th course  
Merit certificate in  
Three courses set dinner menu



Akhilesh  
28th course  
Creative skilled praratha competition



Dia Dominic  
29th course  
Dabra coffee making Competition

# Achivements in Sports



**Arnav kalkar**  
**28<sup>th</sup> course**

Arnav kalkar participated in the Wipro Bangalore Full Marathon (42.2km) on 21st September 2025 and finished in a time of 3hours:32mins:40sec. My overall position was 92nd out of 2800 participants and 32nd in my age group of 18-35yrs.



**Preetham .S**  
**28<sup>TH</sup> course**

Preetham s represented my country at the Inline Skate Series International Championship 2025 held in Jakarta, Indonesia. Competing against top international athletes, I secured two gold medals — one in the 500m rink race and another in the 1000m rink race.



# Achievements & Recognition

Our students from AIHMCT proudly participated in the 6th National Young Visionary Conference, organized by **the Professional Housekeepers Association (PHA)**.

The event offered tremendous exposure to the latest trends and innovations in the hospitality industry, with cutting-edge equipment displays and expert sessions. We are especially proud of **Dhiren, who was nominated as the Secretary of PHA Yuva** — a proud moment for our institution.



# Achievements & Recognition

## UNIVERSITY RANK HOLDERS

Our top rank holders were honoured and felicitated today by our beloved Chairman, celebrating their outstanding academic achievements.

We are especially proud to share that 4 out of the top 5 university rank holders are from AIHM – a true testament to the dedication and excellence of our students and faculty!

Congratulations to all the achievers – you inspire us all!



# Recipe of the Month

## Thekua



### About Thekua

Thekua is a traditional sweet snack from Bihar, Jharkhand, and Eastern Uttar Pradesh in India. It's especially popular during the Chhath Puja, where it's offered as prasad (a religious offering) to the Sun God. Thekua is made from simple ingredients—whole wheat flour, jaggery (or sugar), and ghee—and is deep-fried until golden brown. It's crisp on the outside and slightly soft inside, with a rich, caramelized flavor from the jaggery. Thekua doesn't spoil easily, which makes it a great travel snack. In many homes, it's also made on festive occasions or as a tea-time treat.

### Thekua Recipe

#### ➤ Ingredients:

- Whole wheat flour – 2 cups
- Jaggery – 1 cup (grated)
- Water – ½ cup
- Ghee – 3–4 tablespoons
- Fennel seeds – 1 teaspoon
- Grated coconut (optional) – 2 tablespoons
- Cardamom powder – ½ teaspoon
- Oil or ghee – for deep frying



#### ➤ Preparation Steps:

##### 1. Prepare jaggery syrup:

- Heat water in a pan and add grated jaggery.
- Stir until the jaggery melts completely.
- Strain it to remove impurities and let it cool slightly.

##### 2. Make dough:

- In a large bowl, mix wheat flour, fennel seeds, cardamom powder, grated coconut, and ghee.
- Pour the warm jaggery syrup gradually and mix to form a stiff dough (not too soft).

##### 3. Shape the thekua:

- Take small portions of the dough and flatten them into round or oval discs.
- You can press patterns on them using a fork or traditional wooden mould (saakhu)

#### 4. Fry the thekua:

- Heat oil or ghee in a deep pan on medium flame.
- Fry the thekua in batches until they turn golden brown.
- Drain on paper towels to remove excess oil.

#### 5. Cool and store:

- Let them cool completely before storing in an airtight container.
- They stay fresh for about 10–15 days



## Points about Thekua

- It is a traditional sweet offered during Chhath Puja.
- No preservatives are used — completely natural.
- Thekua is crunchy, aromatic, and travel-friendly.
- Often flavored with dry fruits or fennel seeds for extra taste.
- It symbolizes purity and devotion in cultural rituals.
- Can be made with sugar instead of jaggery for



Abhishek  
30<sup>th</sup> course

# Patra



## Story of Patra (Colocasia/Arbi Leaves Rolls)

Patra, also known as Alu Vadi in Maharashtra and Patrode in Karnataka, is a beloved traditional dish made from colocasia (arbi) leaves. This dish beautifully reflects India's regional diversity — the same humble leaf takes on unique flavors and forms across states. In essence, Patra is not just a dish — it's a story of how Indian kitchens turn local, seasonal produce into artful culinary traditions, blending health, flavor, and heritage in every slice. **(it's a symbol of community sharing and festive cooking.)**

### Ingredients:

#### For the Batter:

Besan (gram flour) – 1 cup

Tamarind pulp – 2 tbsp

Jaggery (grated) – 1 tbsp

Red chili powder – 1 tsp

Turmeric powder – ¼ tsp

Coriander powder – 1 tsp

Cumin powder – ½ tsp

Asafoetida (hing) – a pinch

Salt – to taste

Water – as needed (for thick batter)

**For the Leaves:**

Arbi ke patte (colocasia/taro leaves) – 6 to 8 medium-sized (choose fresh, tender, and medium-sized leaves)

**For Tempering:**

Oil – 2 tbsp

Mustard seeds – 1 tsp

Sesame seeds (white) – 1 tbsp

Curry leaves – 8–10

Green chilies (slit) – 2

Fresh coriander – 2 tbsp (chopped)

Grated coconut – 2 tbsp (for garnish)

**Preparation Method:****Step 1: Prepare the Leaves**

1. Wash the arbi leaves thoroughly.
2. Trim the thick veins at the back gently with a knife (don't tear the leaf).
3. Pat the leaves dry completely.

**Step 2: Prepare the Batter**

1. In a bowl, mix besan, tamarind pulp, jaggery, and all dry spices.
2. Add water gradually to make a smooth, thick, and spreadable paste (like pakora batter).
3. Taste and adjust — it should be tangy, spicy, and slightly sweet.

**Step 3: Layer and Roll**

1. Place one leaf with the vein side up.
2. Apply a thin, even layer of the batter over it.
3. Place another leaf on top and repeat (3–4 leaves per roll).
4. Fold the sides inward and roll tightly like a swiss roll.
5. Secure gently — you can tie with a thread if needed.



#### Step 4: Steam

1. Place rolls in a steamer.
2. Steam for about 20–25 minutes on medium flame.
3. Check doneness with a knife — if it comes out clean, it's cooked.
4. Let it cool, then cut into ½-inch thick slices.



#### Step 5: Tempering (Tadka)

1. Heat oil in a pan.
2. Add mustard seeds; let them splutter.
3. Add sesame seeds, curry leaves, and green chilies.
4. Add the sliced arbi patta pieces and toss lightly till crisp and golden.



#### Step 6: Garnish and Serve

- Garnish with grated coconut and chopped coriander.  
Serve warm as a snack or side dish with green chutney or tamarind chutney.



Akanksha pandey  
29<sup>th</sup> course

# Industry Connect

## The Making of Choice



**Vishal Shivhare**  
**Assistant Vice President**  
**Kotak Mahindra Bank**  
**Bhopal**

We feed our minds and minds give output. Input given to our mind: Impressions, intuitions, intentions and feelings. Impressions and intuitions turn into beliefs and intentions turn into voluntary actions.

So, in order to predict your day, just consider your impressions of the tasks/people you are going to do and you are going to meet. Sort them into 3 categories.

1. positive
2. negative
3. neutral

Then sort your intuitions into good, bad or neutral.

After sorting, your mind is prepared and will give you the predictive results; happy, sad or neutral. Follow this exercise and see who all surprises you.

Most of the time, your mind is doing all these things in a subconscious manner, but if you practice this you will do it more consciously and then you will have more control of your day.

Sometimes our impressions can be our illusions hence the whole voluntary action which we are about to take goes for a toss. This is the reason why we make bad choices. In order to improve this, we must engage our conscious mind to make impressions. Right now, most of our impressions come from the subconscious mind. The above exercise will help you in making the right choices in your day today. Impressions lead to the choices we make.

"He had impressions and he had illusions. Some of the impressions were his illusions and vice versa. It was the subconscious mind where these illusions and impressions were made and he blamed luck for the wrong choices he made."

# Industry Connect

## SICA Chennai 2025

### Where Knowledge Meets Passion!

A golden opportunity for students to interact with the culinary masters at the SICA Olympiad 2025 – exchanging ideas, inspiration, and innovation.



**Chef Manjit Gill**  
President of the Indian Federation of  
Culinary Associations



**Uwe Micheel**  
Assistant Vice President Finance at Worldchefs



**Chef Damu**  
South Indian Chefs Association SICA President

# The Chrono Guard: Reimagining Hotel Efficiency with a Smart Touch



**Ms. Sayantani Karar**  
**Asst. Prof. Accommodation**  
**Management**  
**AIHMCT Bangalore**

In today's fast-moving hospitality world, two things matter the most — efficiency and safety. Hotels run round the clock, and every minute counts. Now imagine a device that not only helps staff work smarter but also keeps them safe while doing it. That's exactly what The Chrono Guard aims to do — a smart, custom-branded watch that could redefine how hotels operate.

The idea for The Chrono Guard was inspired by a real incident during my tenure with Hyatt Regency Kolkata, in one case, a hotel room was left in a terrible state after a guest's checkout. Since the Housekeeping staff couldn't attend to it immediately, the room had to be marked "Out of Order" — for four long days. The result? A noticeable loss in revenue and a clear communication breakdown between departments.

This situation sparked an innovative thought — what if technology could prevent such losses? What if staff could instantly update their work progress or send alerts in real time? That's how The Chrono Guard came into existence — as a smart solution for smarter hotels.

## What Makes the Chrono Guard Special?



The watch comes loaded with features that make life easier for both hotel employees and managers:

- Real-Time Task Logging: Staff can record when a task starts and ends. This gives managers live updates on which rooms are ready, reducing delays and keeping guests happy.
- Emergency Button: Safety comes first, especially for women working late hours. With just one tap, the wearer can discreetly send a distress signal for immediate assistance.
- Instant Messaging: Managers can send quick alerts or assign priority tasks directly to the watch — making communication faster and smoother than ever.

### **More Than Just a Gadget**

Beyond improving operations, The Chrono Guard could even become a branding opportunity. Imagine a stylish, hotel-branded smartwatch — part of the staff uniform and also available as a souvenir for guests. It's not just a gadget, but a wearable piece of the hotel's identity. Guests who purchase it take home a memory that blends technology with brand connection — a new way to boost both revenue and recall.

### **Why It Matters**

In a world where time is money and safety are priceless; The Chrono Guard offers a simple yet powerful answer. It bridges the communication gap between management and staff, ensures faster turnaround for rooms, and builds a culture of responsibility and safety. Most importantly, it reflects how creativity and empathy can drive innovation — transforming everyday challenges into opportunities for growth.

**The Chrono Guard reminds us that technology, when used wisely, can make hospitality not just more efficient, but also more human.**

# The development of Indian Star Hotels in recent years



**S.SAJU KUMAR**  
**ASISTANT PROFESSOR**  
**AIHM&CT**

The development of Indian star hotels in recent years reflects the country's booming tourism industry, changing traveller expectations, and a growing focus on sustainable and luxury travel experiences. Here's a look at some key trends and developments:

## **1. Rapid Expansion and Global Collaborations**

India's hospitality industry has seen an unprecedented expansion, with major cities like Mumbai, Delhi, Bengaluru, and tourist hubs such as Goa, Jaipur, and Kerala experiencing a rise in luxury hotel chains. Indian hospitality brands, including The Oberoi, Taj, and ITC Hotels, continue to grow and compete with international names like Marriott, Hilton, and Hyatt. Many of these chains have entered collaborations or management agreements, leveraging global expertise and luxury standards while catering to local preferences.

## **2. Focus on Experiential and Boutique Hospitality**

Indian star hotels are embracing the experiential trend, offering guests unique and culturally immersive experiences. The focus has shifted from just providing luxurious stays to creating memorable experiences that reflect India's diverse culture. Many luxury hotels now feature heritage-style decor, locally-inspired cuisines, and activities that allow guests to connect with the local environment, culture, and traditions. Boutique hotels and heritage properties, like forts and palaces turned into hotels, are especially popular among travellers looking for an authentic experience.

## **3. Sustainability and Eco-Friendly Practices**

As sustainability becomes a global priority, Indian luxury hotels are increasingly adopting eco-friendly practices. Initiatives like water conservation, waste reduction, use of solar energy, and organic farming are becoming part of the brand image of many star hotels. ITC Hotels, for instance, has been at the forefront of green building initiatives, and many other brands are following suit with programs aimed at reducing their carbon footprint.

## **4. Rise of Wellness and Spa Tourism**

Wellness tourism is another area where Indian hotels have shown considerable growth. Many star hotels now integrate wellness centers, spas, yoga retreats, and Ayurvedic treatments into their offerings. This trend is especially prominent in states like Kerala, which is known for Ayurveda. Indian luxury hotels are promoting health-focused experiences to cater to guests seeking relaxation and holistic wellness, adding to India's appeal as a wellness destination.

## **5. Adoption of Smart Technology**

The integration of smart technology has become common in Indian luxury hotels, enhancing the convenience and comfort of guests. From automated check-ins to in-room tablets controlling lighting, curtains, and entertainment, technology-driven service is a trend in premium hospitality. Additionally, many hotels are investing in AI-based chatbots for customer service, app-based services, and personalized marketing through data analysis to improve guest satisfaction.

## **6. Focus on MICE (Meetings, Incentives, Conferences, and Exhibitions)**

With India becoming a significant player in the global business landscape, many Indian star hotels are expanding their MICE facilities. Cities like Hyderabad, Mumbai, and Delhi have state-of-the-art convention centers within luxury hotels, catering to large-scale corporate events and international conferences. The growth of the MICE segment has driven investments in versatile event spaces, advanced audio visual technology, and customizable packages to attract business travellers and corporate events.

## **7. Emphasis on Culinary Diversity**

Indian hotels have also emphasized culinary diversity, featuring both authentic regional Indian cuisine and international menus. Chefs in these luxury hotels often combine modern cooking techniques with traditional Indian flavours, creating fusion dishes that appeal to global and local palates. Some hotels collaborate with Michelin-starred chefs or create destination restaurants to offer gourmet experiences that attract both guests and locals.

## **8. Investment in Training and Talent Development**

With the hospitality sector's rapid growth, Indian star hotels are investing in training programs to enhance service quality. Leading hotel chains have developed their own hospitality training schools or partnerships with renowned institutes, focusing on upskilling staff, especially in areas like guest relations, language proficiency, and specialized services. This emphasis on talent development ensures that hotels provide world-class service.

## **Conclusion**

Indian star hotels have rapidly evolved in response to the changing expectations of global and domestic travellers. By focusing on luxury, sustainability, local experiences, and technology, they are setting new standards in the hospitality industry. With continued growth in tourism and business travel, the future looks promising, as Indian hotels strive to deliver world-class hospitality infused with authentic Indian charm.

# A Touch of Humanity in Hospitality



**Anupriya singh**  
**30<sup>TH</sup> COURSE**

Hospitality has always been seen as an industry of service but in truth, it is an industry of emotions. Beyond the well-laid tables, crisp uniforms, and courteous greetings lies something far more meaningful the human connection. Every gesture, every smile, and every soft “thank you” holds the power to turn a simple stay into a story and a guest into family.

At its core, hospitality is not about perfection but about presence. It is about being there with warmth, patience, and sincerity. During my internship at Olde Bangalore Resort, I discovered that real hospitality is not measured by efficiency alone, but by the emotion behind every interaction. It is about making people feel seen, heard, and cared for, even in the smallest of moments.

One evening, while attending a family celebrating a birthday, an elderly guest placed both his hands on my head to bless me. That simple gesture of love filled me with a sense of belonging that words can hardly describe. I didn't feel like a staff member performing a duty I felt like someone's daughter being blessed.

Another memory close to my heart is from a morning service when a lady guest told me, “Annapurna Maa blesses those who serve with sincerity.” Her words echoed within me, reminding me that this profession isn't merely about serving food or drinks it's about serving emotions, memories, and comfort.

These experiences changed how I look at hospitality. It is not confined to luxury or professionalism; it is a language of kindness, empathy, and genuine connection. Because in the end, the true essence of hospitality lies not in perfection but in the heart behind it.

# Sustainability in the Hospitality Industry



**sahil kumar**  
**30<sup>TH</sup> COURSE**

Sustainability in hospitality is not just a trend it's a transformation. As the world becomes more conscious of environmental impact, hotels, restaurants, and resorts are embracing green practices to ensure that comfort does not come at the cost of the planet.

Mahatma Gandhi once said, "The world has enough for everyone's need, but not enough for everyone's greed." This principle perfectly reflects the hospitality industry's challenge offering exceptional service while conserving resources. From energy-efficient lighting to water recycling systems and eco-friendly toiletries, modern establishments are reimagining luxury in sustainable ways.

Hospitality today is about creating experiences that care for guests, employees, and the environment alike. Reducing food waste through smart kitchen management, sourcing ingredients locally, and minimizing single-use plastics are not just responsible choices but also profitable ones. Albert Einstein's wisdom, "We cannot solve our problems with the same thinking we used when we created them," reminds us that innovation drives progress.

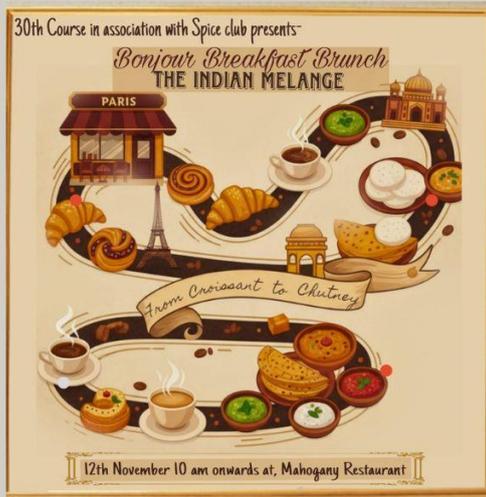
Green certifications like LEED and initiatives such as zero-waste operations are now symbols of excellence. Guests increasingly choose eco-conscious hotels, valuing ethics alongside elegance

As Jane Goodall beautifully said, "What you do makes a difference, and you have to decide what kind of difference you want to make." Each sustainable action whether it's linen reuse programs or solar-powered buildings contributes to a cleaner, greener future.

Sustainability in hospitality is not just about saving the planet it's about redefining service with purpose. Because in the end, true hospitality doesn't just welcome guests; it welcomes tomorrow..

"Be the change you wish to see in the world." Mahatma Gandhi".

# Upcoming Events & Announcements



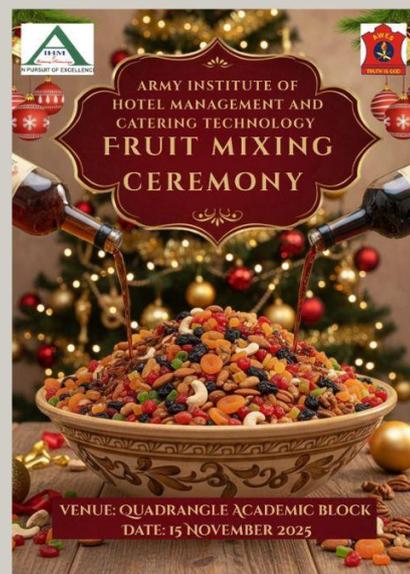
## Fruit Mixing Ceremony

Let's celebrate the season of joy and abundance as we blend a medley of fruits, colors, and cheer. Join in this delightful tradition that marks the beginning of festive warmth and togetherness!



## Breakfast Brunch

Start your morning with good food and great company! Enjoy a spread of delicious flavors, laughter, and the cozy charm of a cheerful brunch to brighten the day.



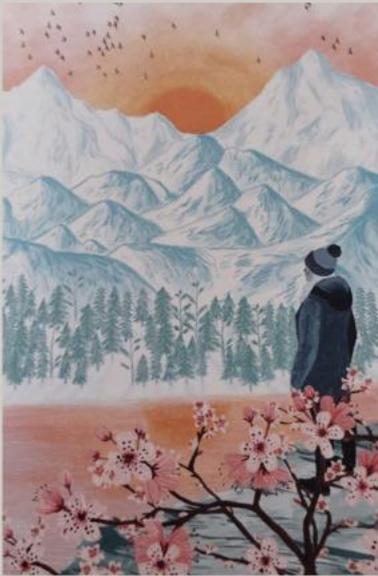
# Cast Away The The Three Poisons



**Aryan Gurung**  
**29<sup>TH</sup> COURSE**

In Buddhism, there's a simple yet beautiful lesson about the "three poisons." These aren't poisons we can see or touch they live within us as emotions that quietly disturb our peace of mind. They are greed, anger, and ignorance and together, they are said to be the root of human suffering.

Greed makes us want more more things, more success, more approval even when we already have enough. It creates a hunger that never really ends. Anger is that spark that flares up when things don't go our way. It clouds our judgment and often hurts both ourselves and others. Ignorance is perhaps the trickiest one not just about not knowing something, but about not understanding life deeply, or not realizing our true potential and purpose.



When these three emotions take over, we lose our inner calm. But the good news is, we can choose to let them go. The teachings say that through mindfulness and awareness, we can slowly free ourselves. Something as simple as pausing to breathe deeply when we feel angry, or taking a step back when we feel greedy or lost, can help us stay balanced.

Living with a Zen mindset isn't about being perfect it's about being aware. It's about seeing life with clarity, acting with kindness, and keeping a peaceful heart even in chaos. When we learn to let go of greed, anger, and ignorance, we make space for peace, wisdom, and true happiness.

Moral - Real happiness begins when we free our hearts from greed, anger, and  
ignorance.

# Closing Message from the Managing Editor

As we draw the curtains on this edition of Athithi Warriors, the official magazine of the Army Institute of Hotel Management and Catering Technology, it fills my heart with immense pride to witness the creativity, dedication, and passion that have gone into bringing this publication to life. Each page reflects not only the academic excellence and professional spirit of our students but also the vibrant culture and ethos that define AIHMCT.

This issue stands as a testament to the collective efforts of our students, faculty, and the editorial team who worked tirelessly to curate stories that celebrate innovation, resilience, and achievements within and beyond our campus. From culinary explorations to academic milestones, from entrepreneurial ideas to community outreach initiatives — this magazine embodies the spirit of holistic learning that our institution proudly nurtures.

In a world where hospitality is ever-evolving, our students continue to demonstrate that true service extends beyond skills — it is about empathy, leadership, and the constant pursuit of excellence. As Managing Editor, I extend my heartfelt gratitude to our Principal for the guidance and support, to the faculty for their mentorship, and to our talented student editors and contributors for their unwavering enthusiasm.

May this edition inspire every reader to dream bigger, work harder, and contribute meaningfully to the dynamic world of hospitality. Together, let us continue to uphold the legacy of AIHMCT as a cradle of learning, creativity, and professionalism.

With warm regards and best wishes,

Chef Tabassum Parveen  
Managing Editor  
Atithi Warriors  
Army Institute of Hotel Management & Catering Technology