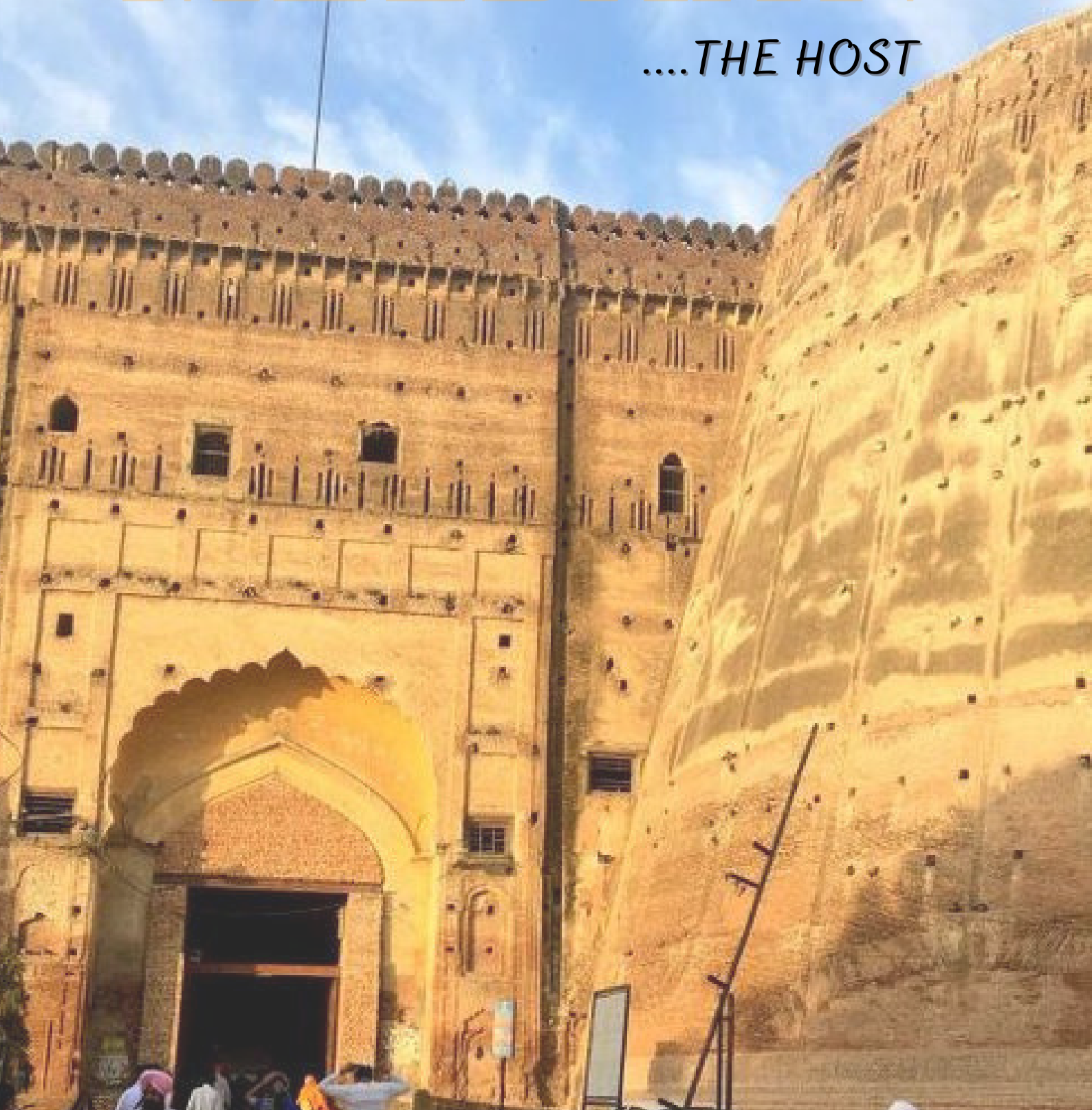


MEZBAAN

...THE HOST



Qila Mubarak (1100-1200 AD), Bathinda

NEWSLETTER

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JANUARY-2021

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**INSTITUTE OF HOTEL MANAGEMENT CATERING TECHNOLOGY & APPLIED
NUTRITION, BATHINDA**

Editor-In-Chief : Ms.Rajnit Kohli

Editor & Designer : Mr.Sukhdeep Singh Mann



organising
a online webinar on



FIRST AID TRAINING

by

MR. NARESH PATHANIA

FIRST AID MASTER TRAINER

RED CROSS, BATHINDA

7 JANUARY 2021, THURSDAY
TIME: 12:30-01:30PM



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 the first aid and its importance. The students got first hand knowledge about how to help the sick or injured people and how one could save a life with awareness and training.

CPR - CARDIO PULMONARY RESUSCITATION

1. Shake and shout



2. Call **AMBULANCE**



3. Check for breathing



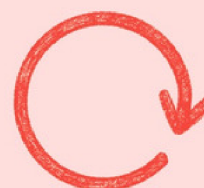
4. Place your hands at the center of their chest



5. Push hard and fast—about twice per second




6. If you've had training, repeat cycles of 30 chest pushes and 2 rescue breaths




LOHRI FESTIVAL 2021



Lohri festival was celebrated with full zeal at the institute. 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 communities by lighting the bonfire, eating sweets like rewari and peanuts. The celebration of Lohri is done by all for blessing for the new arrivals in the families and celebrating with fervour. This festival also marks the beginning of harvest of the Rabi crops.



**INSTITUTE OF HOTEL MANAGEMENT CATERING TECHNOLOGY
& APPLIED NUTRITION, BATHINDA**
 Webinar on
**ENTREPRENEURSHIP IN FOOD AND
BEVERAGE SERVICES**



JANUARY 15, 2021 | 3 PM
 GUEST SPEAKER
MR. MANOJ KUMAR SHARMA
 Assistant Professor, Food and Beverage Service, WGSHA

"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 Kumar Sharma, Assistant Professor, WGSHA regarding the 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, also start up being the trend of today also the Government is encouraging the youth to take up entrepreneurship as a new start under AatmaNirbhar , Bharat Abhiyan .

manoj sharma is presenting



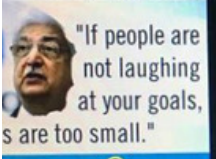
Failing


- Temporary
- A setback/disappointment
- Shows you are stretching yourself + pushing limits
- Part of the journey
- Opportunity to learn n' grow



Being a Failure

- Permanent
- A mindset
- Shows you have given up
- End of the journey
- Turning your back on learning + growth

Key elements of an entrepreneur





IHM bathinda
learn to lead

WEBINAR ON
FOOD SAFETY & PRECAUTION

21 January 2021, THURSDAY, 3-4 PM

DR. SIMMI JAIN
(Assistant Professor and Head)
Department of Food Tech. & Mgt
M.O.P Vaishnav college for women

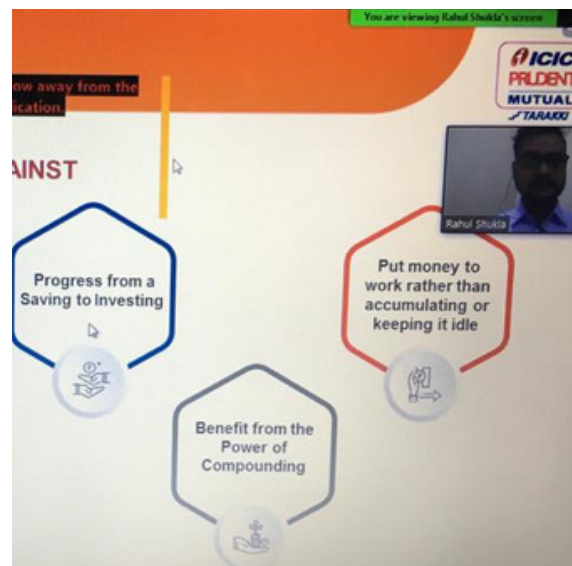
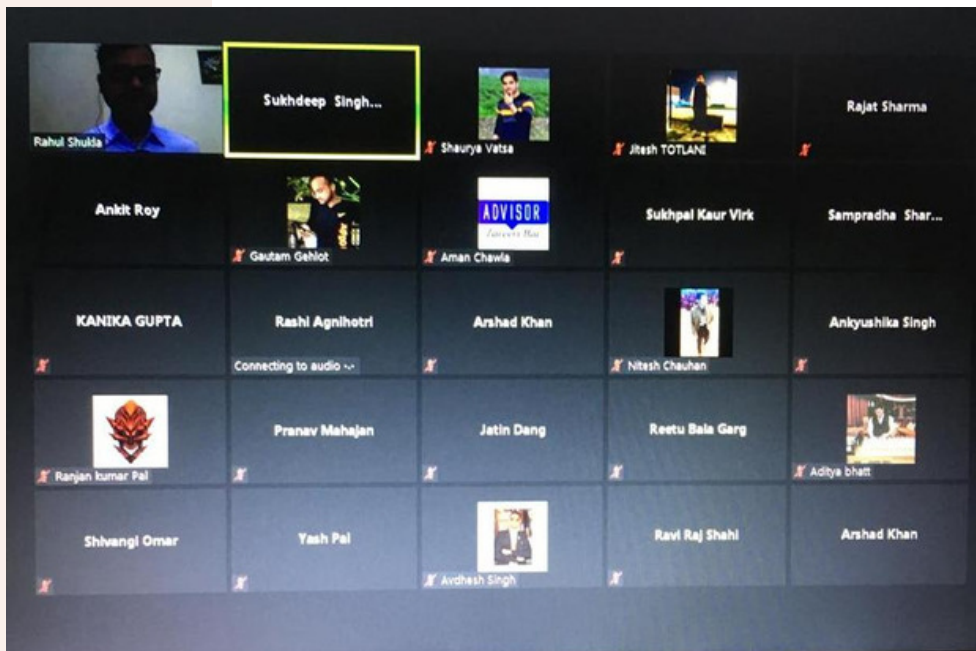
IHM Bathinda conducted a webinar on "Food Safety and Precautions" for students through an online platform on Thursday 21st January 2021. Concepts of Food safety, FSSAI were all elaborated by the guest speaker, Dr. Simmi Jain, Assistant Professor, Department of Food Tech. & Mgt, M.O.P Vaishnav College for Women, Chennai. In this session students learnt all about what precautions are 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.

4 STEPS TO FOOD SAFETY

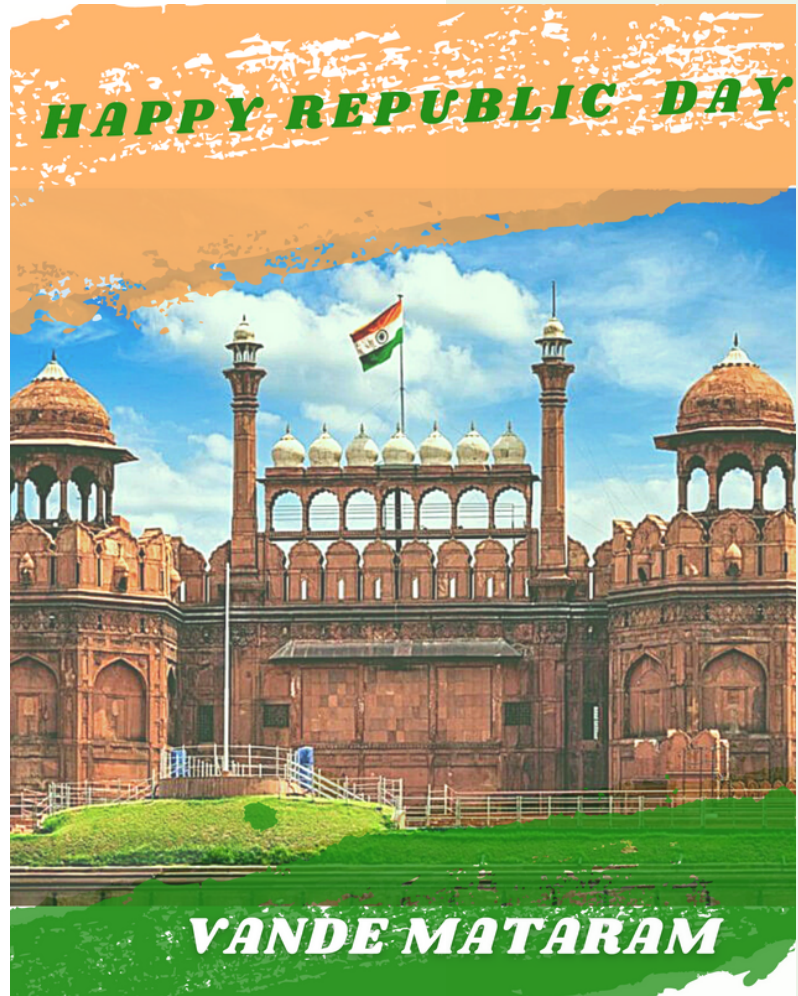
			
 CLEAN	 SEPARATE	 COOK	 CHILL



FINANCIAL LITERACY & INVESTOR AWARENESS WEBINAR



A webinar on "Financial Literacy & Investor Awareness" 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.



On the eve of 72th Republic Day, The Head of Department hoisted the flag with his colleagues and staff members. Sweets were distributed among the students. The first year students witnessed their first campus event on joining hostel as most students reached by 25th January 2021.

SALUTATIONS EN FRANCAIS



FRANCIS

- Q. Comment tu- t' appelles?
 A. Je m' appelles
 Q. Comment allez-vous?
 A. Ca Va Ou Ca va Bein
 Q. Quel age avez- vous?
 A. J'ai vingt ans.
 Q. Parlez vous francais?
 A. Oui, je parle en francais
- Bonjour Mademioselle
 - Bonjour Madam
 - Bonjour Monsieur
 - Merci
 - Merci beaucoup
 - Salut!
 - Enchante'

ENGLISH

- What is your name?
 My Name isor I call myself..
 How are you?
 Okay or Okay Good.
 How old are you?
 I am twenty years old.
 Do you speak French?
 Yes I speak French.
 Good Day Ms. /Good Morning Ms.
 Good Day Mrs.
 Good Day Mr.
 Thank You.
 Thank you very much.
 Hello.
 Pleased to meet you.

LES NOMBRES

- zero - 0
- un - 1
- deux - 2
- trios - 3
- quatre - 4
- cinq - 5
- six - 6
- sept - 7
- huit - 8
- neuf - 9
- dix - 10
- onze - 11
- douze - 12
- treize - 13
- quatorze - 14
- quinze - 15
- seize - 16
- dix-sept - 17
- dix-huit - 18
- dix-neuf - 19
- vingt - 20



NASI GORENG - MALAYSIAN STYLE FRIED RICE

Very popular in Malaysia Singapore and Indonesia their version of fried rice.



QTY	INGREDIENTS NAME
500 gms.	- Cooked Rice (Boiled)
1/2 cup	- Cooking Oil
2 no.	- Carrots Diced
125 gms.	- Prunes Shelled
125 gms.	- Boneless Chicken Diced
250 gms.	- French Beans Diced
2 no.	- Onion Fried (Sliced)
2 no.	- Egg Omelets Rolled and Cut into Strips

For Chili Paste - To be ground together

5 pods	- Garlic
1 no.	- Onion
3 no.	- Whole Red Chili
Optional	- Dried shrimp paste (Balcan)

Method :-

- Heat oil and add ground chili paste.
- Add carrots, prawns, chicken and beans. sauté for 2 mins.
- Add salt and pepper to taste with dash of soya sauce.
- Add rice as mix all together.
- Garnish with omelets and spring onions or lettuce.
- Serve with ketchup.

BATHINDA VISIT

QILA MUBARAK : This Historical Fort was earlier known as Tabar-E-Hind or the gateway to India. Guru Gobind Singh, the tenth guru of the Sikhs had also visited this site. The Qila Mubarak is associated with a celebrated historical romance. Malik Ikhtiar-ud-din Altunia, the 13th century governor of Bathinda rebelled against Empress Razia Sultan, one of the most powerful rulers of the Delhi Sultanate, and imprisoned her here.



QILA MUBARAK

MAZAAR OF PEER HAJI RATTAN : Rattan marks the site where the mystic used to meditate. Its religious significance is heightened by the fact that both Guru Nanak and Guru Gobind Singh visited it. This place of worship continues to attract people of all faiths even today. Another holy place for worship, the Mazaar of Peer Haji Rattan draws many pilgrims to the site. It is a popular place for religious harmony.



MAZAAR OF PEER HAJI RATTAN

MINI ZOO (DEER PARK) BIR TALAB : This Mini Zoo is situated approximately 5 km from Bathinda City. It is located in Bir Talab Forest area. The Deer Park is surrounded by a boundary wall. The total livestock position in this mini zoo is around 250. The wildlife species mainly found in this Mini Zoo are Black Buck, Sambar Deer, Spotted Deer, Bonnet Macaque, Budgerigar, Cockatiel, Dove, Red Munia, Parrots, White Sparrow and Indian Peafowl.



DEER PARK - BIR TALAB ZOO



राष्ट्रीय परीक्षा एजेंसी
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NCHMCT
NATIONAL COUNCIL FOR HOTEL MANAGEMENT AND CATERING TECHNOLOGY
(Under Ministry of Tourism, Government of India)

Online registration and submission of Application Form (complete in all respects) through NTA Website:
<https://nchmjee.nta.nic.in>

03 February 2021 to 10 May 2021
(upto 05:00 P.M.)

Last date for successful transaction of Examination fee (through Credit / Debit Card/Net Banking, Paytm Payment Modes)

10 May 2021 (11:50 P.M.)

NCHM JEE- 2021

**National Council for Hotel Management
Joint Entrance Examination-2021**



**Date of Exam:
12th June 2021**



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