



IHM JAIPUR

# MERAKI

JANUARY 2022 -VOL-2



## RAJASTHANI CUISINE

AN ILLUSTRIOUS AFFAIR WITH CULINARY ENDEAVORS

# TRIBUTE TO MOTHERLAND



**हे वसुन्धरे सतत प्रणाम !**

हे वसुन्धरे, तुम्हें सतत प्रणाम  
धरती, वसुधा, धरणी, अवनी, वसुन्धरा है तेरा नाम,  
सब मिलकर हम भारतवासी करते हैं माँ तुझे प्रणाम।

तेरी मिट्टी में जन्मे हम आँचल में माँ बड़े हुए,  
गोद में तेरे चलना सीखा दाना खाके पले बढ़े।  
कितना है एहसास तुम्हारा हर इक साँसें मेरी ऋणी,  
तेरी निमल छाया में जीवन की नैया सदा बही।

कैसे हम एहसान तुम्हारा मैया मेरी उतारेंगे,  
बस इक वादा है तुमसे सासों पे अपने धारेंगे।  
जान भी मेरी जय चली होगा न तनिक मुझको अफसोस,  
आशीषों से तेरे दुश्मन भागेंगे जैसे खरगोश।

भारत भूमि पर जन्मा जब भी कोई सिंह दहाड़ेगा,  
तब-तब इनकी गर्जन सुनकर ये सारा जग काँपेगा।  
आखिरी में हे भारत माता करते हैं हम तुझे प्रणाम,  
तेरी आशीषों से हरदम बढ़ता जाये हमारा शान।

चंद्र वीर पंवार  
(तृतीया वर्ष)

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# From The Principal's Desk

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**Mr. Priyadarshan Lakhawat, Principal**

In our tradition food is not just a means for satiating hunger but is an important part of our culture. Indians cook not only for sensory delights but the food has been an integral part of our socio-cultural life and rituals. Indian cuisine reflects the culture and tradition of the country which includes varied landscapes, linguistic diversity, colorful festivals, and multi-ethnicity. The different climatic conditions and terrain diversity has provided great choice and the availability of ingredients and spices. Indian food heritage is a mixture of art and science and is exceptionally vast and diverse. 'Annam Parabrahma Swaroopam' – Loosely translated as 'Food is like God' is a part of our collective conscience and our ethos. Indian cuisine has evolved over a period of time, both, through a process of internal churning and also because of various foreign influences.

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Today, its aroma and flavors have transcended geographical boundaries and it is the preferred choice of commoners and connoisseurs all across the globe.

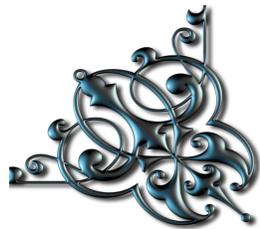
I look at Chefs as not only the practitioners of their art but also as the protectors and flag bearers of our great culinary heritage and legacy. Rajasthan has a rich cuisine heritage due to its geographical diversity, rich variety of ingredients, various socio-cultural influences and innovativeness of its residents.

The flavorful aroma and delicate blend of spices in this cuisine is not only just our cherished heritage but at the same time is a very significant tourism product. Today, Culinary Tourism is the buzz word all across the globe.

Tourists are travelling not only for sightseeing or for pilgrimage but also to taste the local cuisine specialties. Rajasthan has great potential in this regard. We have on offer the cuisines of emperors and of peasants, cuisines of temples and of tribals, cuisines of hills and of desert besides many other.

This is a powerful tourism product which we need to leverage to bring in more and more tourists to visit Rajasthan and to experience our rich heritage.

I congratulate the editorial team of Meraki for taking up this theme and for bringing together scholarly articles and information in this regard



# Prelude To Meraki



Badal Singh Panwar  
3rd year ,B.sc H& Ha  
Student Editor

Dear Readers,

It gives us immense pleasure in presenting you the 2nd Edition of our quarterly magazine 'Meraki'. The objective of our magazine is to inform, engage, inspire and entertain the readers from the hospitality fraternity (students, alumni, hoteliers, faculty, staff, and other relevant patrons).

As the name suggests, Meraki refers to passionate involvement. We the entire team is committed to fulfil the objective with absolute honesty. To publish this quarterly issue of the college magazine all the stakeholders i.e. reverend Principal sir, esteemed Faculty, Editorial Team, and all those who contributed in any other form worked with absolute honesty. They even burnt midnight oils for writing articles, proofreading, designing, editing, etc.

The theme of our edition is RAJASTHANI CUSINE-An illustrious affair with culinary endeavors

While the land of Rajputana shines with its rich legacy and valor it also boasts of a never-ending platter with a plethora of dishes; ranging from tangy drinks to spicy starters, mouth-watering sabzis, and crunchy bread along with added delights of chutneys, achars, papad, and chhach.

Not to forget the delicate desserts and rich crunchy delights that melt in your mouth. This edition takes the charge of enchanting you by the memoirs of unfolded time and cuisines. A unique phenomenon where Rajasthan does not leave its tradition behind. It embraces the western world very smoothly and so we have a great read on coffee, dieting, and a lot more. The corridor to our college also exhibits the spectacular campus and post covid life at IHM Jaipur

Roll the pages to know more!!!!

# Welcome To IHM Jaipur B.SC H & HA 1st Year Students



# AAGAAZ 2021



IHM, Jaipur celebrated "AAGAAZ-21" extending a warm & healthy welcome to the batch of 2021-24. The very decorative evening was laced with the theme "Carnival". The riot of colors and battery of events followed by peppy dance numbers and lip-smacking snacks spiced up the IHMite spirit.



## KHAMMA GHANI

The land of royals, Rajasthan, presents the ambrosia of unique experiences by brewing together the literature, culture, heritage, architecture, and royalty in one landscape.

The rustic and bold forts sing the saga of historical yesteryears and the lakes heal by the romance in the air. The Great Indian Thar narrates the documentary of the struggle for life while the forests sprawl on 50% of the land is like golden shades on a green shawl. Rajasthan is guarded by the oldest unfolded Aravalli ranges.

Owing to the diverse dwellers from sub-ethnic groups like Brahmins, Jats Rajput's, Khatiks Meena's, Gurjars, Mali Rajputs, Kolis, Aggarwal's, Kumharas, Kumawats, and the multiple colors of the terrain, the palate of Rajasthan offers a riot of flavors and texture in its cuisine.

While the royal and tribal Kitchen wrote the manuscript of Rajasthani cuisine, contemporary gastronomes are recreating the colorful history of Rajasthani food.

From the extensive styles of cooking days to the times of ready-to-eat food Rajasthani cuisine is facing a challenge to survive. The challenge of managing time to arrange raw materials, innovations, and the act of resilience is the need of the hour.

Rajasthan perfectly portrays the amalgamation of past and present. The traditional practices of Rajasthan in symbiosis to the western adaptation in the social perimeter enhance the persona of the state.

“The Cultural Capital of India” nurtures the traditional ways of lifestyle from the Vedic sutras. The faith, beliefs, customs build the backbone of the Rajasthani society. From welcoming the festivals to embracing them to be carried forward to the next generation, prayers, dresses, folklore, music, dance forms, cuisine, Rajasthan proudly stands to be the flag bearer of the innovative yet cultured cradle of gen-next.

As a symbol of hospitality, “Padharo mhare des” rings the bell of invitation. Where Guest is god, Tourism is one of the major bread earners here. Destination weddings, jungle skills, Temple tourism, Food travels, etc, every aspect of human likings is trying to restore the memoirs of royals.

# Rajasthani food

Inheritance and innovations in Rajasthani food go hand in hand. Amidst the tough terrain and wester city life, Rajasthani cuisine is ever-evolving. Rajasthani food is the escape route from the tough life that geography has to offer. The terrains and the arid climate are camouflaged by excessive use of ghee, buttermilk, milk, and clarified butter. Less is more holds true here as scarcity in vegetables is complemented by aromatic spices and red chilies.

Home to multiple millets Wheat, Jau, Jwar, Bajra, Maize, and Pulses, the Rajasthani Cuisine pampers to both Vegetarian and Non-vegetarian palates. The after-meal desirables like Ghevar, Malpua, Lddoo Sohan halwa,mishri mawa,churma captures the heavenly sensations of the taste buds.



## Rajasthani street

The chaotic colorful streets of Rajasthan offer an array of handmade products that inject the vibe of belongingness to the state.

Wooden puppets in Rajasthani prints, colorful mojdis, pagdis, safas, lakh bangles, Quilts, Sanganeri, Bagru, Bhandej prints,leheriya sarees, blue potteries are the tip of the iceberg. The bhopa singers with Khamyacha,Rawan hatha adds the glory of sand dunes as if passing in the air. Wooden, clay, and textile handicrafts are sprawling all over. The henna-filled hands and the silver jewelry tempts the foodie mood of a traveler.

Kiosks selling a variety of pickles and choorans cater to every single appetite.

However, the street foods steal the show when tangy crispy panipuris roll down the throat. Kanji vada,mirchi vada,dal dhokli ,chaule ke daal ke pakode,kachori ,jalebi, chanazor garam leaves a traveler mesmerized and lost in the world of gastronomic delight



## Rajasthani cultivation

Agriculture is a major occupation and defines a varied farming system. Depending on the desert dissimilarity and rain, the main agricultural crops are maize, millet, wheat, kai berry, sangria beans, barley, vegetable, potato, peanuts, and varieties of seasonal vegetables. Rajasthan extensively grows Jowar, Bajra Seasme ragi, tur gram groundnuts, pulses, sugarcane of rap seed, mustard, and wool, oilseeds, Cotton tobacco. Rajasthan is the second-largest producer of spices and milk. Rajasthan is the third-largest producer of soya beans and coarse cereals in India.

Rajasthan is also the leading producer of milk in North India. Saras milk product brand of Rajasthan Co-operative milk producer union has its outlets in Jodhpur(HQ), Jaipur and New Delhi.



# Culinary Map of Rajasthan

## AJMER

The oldest city and the heart of Rajasthan, Ajayameru or Ajmer are known to have Mughal connections.

Ajmer is known for Sohan halwa and karanchi halwa. Which fill the mouth with, ghee and flood of nuts.

Doodh jalebi, Kadhi kachori with tangy chutney, and kadhi without buttermilk are the specialty of this region .

The kachoris are topped with mashed potatoes and coriander. Saakhe with kadi is fried maida dough with ajwain ,Curly in shape, saakhe is also known as namkeen or matar in different cities of India. The thick and creamy lassi is served in a clay glass topped with malai, rabri, and saffron water. In the heat of Ajmer, it is a perfect refreshing drink.

Ajmer sharif has the world's largest cauldron with the capacity to cook 4800 kgs of food in it. fresh and delicious biryani and sweet rice give an experience of a lifetime!



## DHUNDHAR

The royal kitchen of Jaipur emphasized reserving the traditional techniques, from hunting to slow cooking of game, the cuisine is filled with a rich saga of romance with food.

The cuisine focuses on beans and berries that are ubiquitous. For spices, they add dried and shredded mango, red chilies, coriander, and fresh turmeric. Dried wild leaves found in the desert are used to create soothing curries.

Few well-known delicacies from this region are Dal Kachoris, Lentil Puff Pastries, Phenis, GhewarTikki, Bejad Roti, Choorma of Different Style, Smoked Laalmaas, Pepper Chicken, Mirchobadas - ( Made With Hot Green Chilies-beauty of Rajasthan Godwad which lies in the southwest Rajasthan.

The specialty of the region, Khado is a traditional soup made with Makai.

Panchmeli Dal, Baphla Baati, Tipore (instant green chili pickle), Lahsun Chutney, and Gud (Jaggery) are the ideal dishes shining on Rajasthani plate.



## HADOTI

Hadoti is also is popularly known as Hadauti, Hadaoli, or Hadavati.

In the dishes of hadoti cuisine curd is used instead of tomatoes. The abundant use of milk and milk products reflects the widespread practice of cattle rearing prevalent in this region.

Predominantly made of locally grown ingredients like beans and dried lentils, gram flour is the prime ingredient in Hadoti cuisine. Popular dishes like khichdi and raabdi use bajra and corn as major ingredients. Pulses, lentils, and legumes that are grown locally are also used extensively in meals. Some of the popular dishes include Bajre ki khichdi, Besan ki chakki, Dal Baflabaati Kathe, Gatte ki sabji, Makka Khichda, Ker sangri, Methi dahi macchli, Gol Maans, Kacher Kaalamaans , Maan ki kadhi , Gunja , Kota ki kachori , Hare Chane ka Halwa .Keeping the Hadoti taste in mind, Mirchiwala Paneer, Bharwa Parwal, Baingan ki Launj, Aloo Mangodi, Tamater ka Saag, Kala Murg, Kakdi Jholdaar Maans, Ker Daakh ka Pulaa, with assorted bread are a few dishes cherished by the people of their region. Makka ka Khichda, Ker ka Achaar, Lal Mirch ka Achar, Nimbu Achaar, and Pyaaz ka Raita are the typical Rajasthani highlights. Kathe, Makkai ka Halwa, Gunja, Balushahi, etc. capture the palate to another dimension.



## MARWAR

The Southwestern Rajasthani region which partly covers The Thar is called the MARWAD .

Scarce vegetation, lack of water, scorching weather, and barren land dominate the preferred cooking style. By virtue of the difficult geography and laborious livelihood, the meal portions are kept heavy. Uniquely, preserved food eaten for a longer period without reheating characterizes the food from this region.

Rajasthani cuisine is marked by a delightful array of lip-smacking sweets such as Ghevar, Mohanthal, Imarti to name a few.

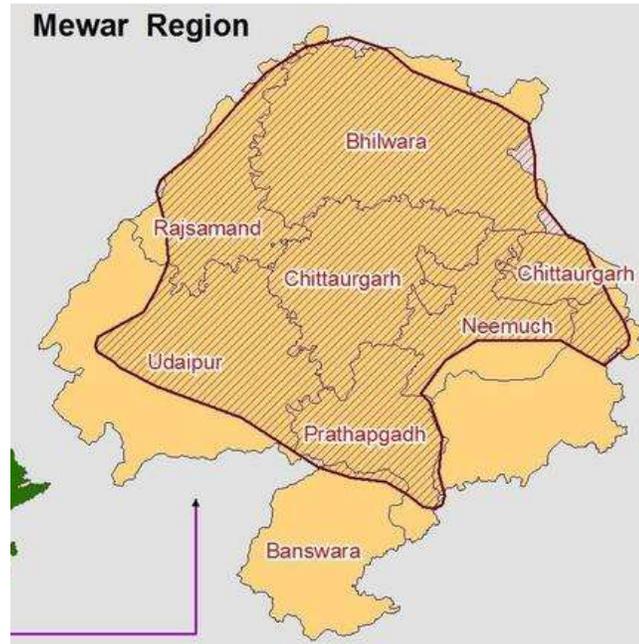
Popular snacks dominating the regions are Puri Sabji, Mawa Kachori, Bedmi Puri with Aloo Sabzi, or the most popular Daal Baati Churma.

Rich with nutrients, be it Dal Bhatti Churma or extensive use of beans, dried lentils and legumes like gram flour, bajra, and jowar, health is always a priority.

Not to forget dairy products like milk, butter, and buttermilk are used liberally. Sangri kebab, sun-dried dessert bean patties, coated with poppy seed and shallow fried, Paneer soola , pyaz ki kachori, mirchi vada, kanji vada, chhena seekh , mokal , Mnas ro buthan, Murg ka soola , crispy strips of rabbit meat cooked with lemon almond nutmeg adds to the connoisseur's delight.



## MEWAR



Cooking techniques and skills along with the freshness of ingredients play a vital role in imparting the right flavors to Mewadi cuisine." The royal cuisine of Mewar is simple, rustic yet flavorsome, and depends mainly on the fresh vegetables, fruits, and meats of the season. Shikaar Maas ka Soola , Ker Sanger Wadi, Sekma, Kokada Soweta Degchi Maas, Khada Desi Palak, Panchkuta, Kaleji ka Raita, Sekma Baati and Mawa Kachori are a few royal delicacies of rajwadas .The cooking techniques used originally in the royal kitchen too have become redundant, coal is used as a fuel imparted a unique taste and aroma to the dishes.

Khad kokada, is a game wrapped in khakra leaves and spices, usually cooked on mellow flames in a khad or pit in the earth. Soweta Degchi Maas has braised lamb and corn kernels kedgereee, cooked with cloves, cinnamon, mint, coriander, green chilies, buttermilk. Khada desi palak is stir-fried baby spinach leaves made with whole garlic, cumin, red chilies. Another specialty is Panchkuta, a typical dessert food fare where local harvests beans, berries, seeds, and fruits are tempered with spices.

Dry fruits and milk dominate the desserts in Mewar. Khoya, pistachio, almond, saffron-cardamom, honey are filled in a wheat flour pastry, to make the delightful mawa kachori. Locals believe that the legendary Paniya churio, made of crushed maize bread, jaggery, and hot clarified butter, is a great digestive as well as an amazing delicacies.



# SAAFA

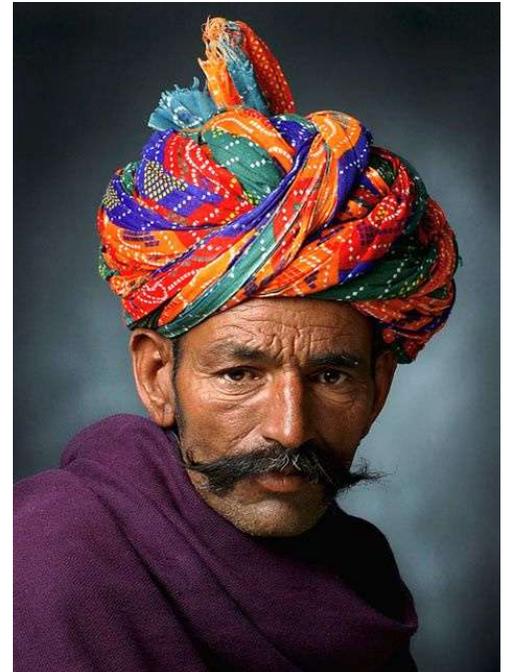
## A CROWN MADE OF CLOTH

By :Anubhav Singh Shekhawat  
M.Sc ,1st Year

Rajasthan is well-known for its continuously hot and dry environment. In any case, a small number of travelers from all over the world, as well as local vacationers, pack this colorful region. The structures are stunning, the women wear stunning and vibrant textures that are mirrored and sequined, and the men, too, dress beautifully for celebrations

Regardless, they wear a turban, which is a crown on their heads. Turbans are twisted around the head and can be tied in a variety of ways. The turban is commonly known as 'Pagri,' and there is a significant reason why men wear it. In some places, it is referred to as 'Page' or 'Saafa.' Different types of turbans are worn in different parts of India. For instance, every 10 – 15 kilometers in Rajasthan, they tie the turban in a different method.

The vivid chapters of history that show the rise of this social apparel date back to the seventh century, when it was the Rajputs' norm. It was during this time that these turbans were inherently fashioned and weaved with the finest cotton and silk strings, and they were disparaged and promoted as a symbol of status and character



The Rajput Kings wore this traditional turban in a variety of colors and styles depending on what was going on in the high court.

The Rajasthani Turban occupies a unique position in the common population's formal lives. It's known as Safa, Paaga, or Pagri, and it's a piece of fabric that's usually nine meters long, but can be much longer. Through the style of the turban worn, you might frequently learn about the man's location, rank, and religion. The shepherd network would be recognized by their multi-colored turbans, whilst the Bishnoi people would be recognized by their white turbans. A turban can be worn in a thousand different ways.

"Jallori" from Jalore, "Bhatti" from Jaisalmer, "Shahi Jodhpuri page" or the regal turban, "Paagri" from Jaisalmer traders, "Banswara page", "Jaipuri turban" from Jaipur, "Alwar" turban, "Sirohi" turban are some of them.



# RAJASTHANI CUISINE: LESS IS MORE.

Not only has nature bestowed a harsh terrain to Rajasthan but also imparted extreme weather conditions which made survival a daily fight. Scarcely has land with such sparse cultivation curated a spread so lavish as the Rajasthani.

It was none other than James Tod the great historian who wrote in his "Annals and Antiquities of Rajputana" that the Rajput hunts ... eat boar shoots a duck and wildfowl." That the warrior class, while camping depended on what was available in the outdoors, was only natural. Also, was rarely allowed an elaborate kitchen, so a distinctive method of desert cooking developed. Big animals were marinated with kacchri that comes from the cucumber family, barbecued over a bed of burning coal - "Sula" as the community calls it. Sula to date is a delicacy all over the state with its overwhelming tangy taste derived from the use of kacchri. Leftovers were also preserved for the future like- venison and pork cooked in a medley of rich masala.

Currently banned by the law Rajputs have come to depend more on mutton and lately chicken. Fish though available in pockets of Rajasthan, for whatever reasons was not always a favourite choice .



*By Sadhana Garg.  
Social entrepreneur, food  
critic & journalist.*

The "Jungle Mas" a very popular dish of this desert state evolved from a very basic method of barbecuing by the warrior tribe.

However, the Mughal influence in Rajput cooking is also very apparent. One of the finest delicacies: "Safed Maas" made from a curry consisting of coconut kernel, white pepper, poppy seeds, almonds, and cashew nuts-an all-white dish is the best example of the Mughal influence. Much later the British were to impart a certain blandness, the inclusion of soups, stews, salads, and bakery.

Yet amongst the Rajputs were many households that were purely vegetarian as were the Marwari Vaishnavas and the Jains of Rajasthan.

Gram flour or "besan" as it is locally called continues to be the staple in the Rajasthani cuisine just as Bajra and millets are.

Sangri and gwarphali that grows in the desert were dried and stored for future use. Just as dumplings made from "moth" a locally grown lentils were dried and stored. The Badi ka saag as it is known was made with papad- thin wafers sun-dried to be used throughout the year. Gatte ka saag made from besan is another signature dish of Rajasthan cuisine. Add to this the picnic food of daal bati churma and the "kichra"- both survivor food of the farming communities of the state.

The latter is a porridge made with millet, "moth" or lentils, and water. Eaten with jaggery and karhi or "khatough" as it is known in the local parlance.

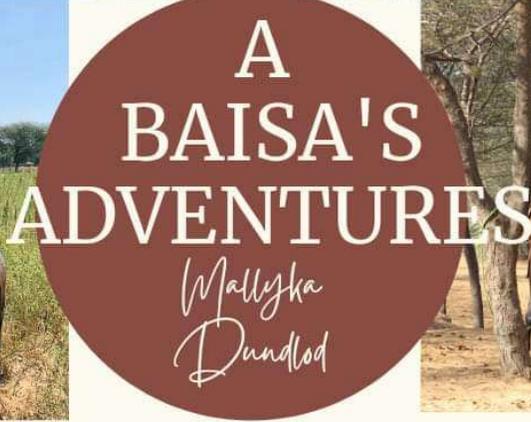
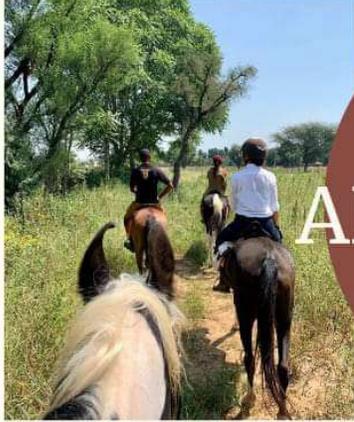
Add to this red chili garlic chutney and you have a complete Rajasthani meal. In summers "rabori" millet flour cooked in buttermilk, an antidote for heat strokes is consumed daily. Simple and wholesome as the cuisine was it most certainly catered to the sweet tooth also. "Sira" or halwa made from ghee and wheat or even gram flour, sugar or jaggery or lapsi made with wheat and sugar were commonly cooked.

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Simple and wholesome as the cuisine was it most certainly catered to the sweet tooth also. "Sira" or halwa made from ghee and wheat or even gram flour, sugar or jaggery or lapsi made with wheat and sugar were commonly cooked. Rice made with sugar and dried fruits in the desert state were reserved for times when "Bhai or Jawai" came visiting.





The authentic, sumptuous, healthy, delicious efforts to the timeless recipes are the result of genuine contribution to the art of cooking.

A fusion of sustainable food with the resilience of the past & a pinch of innovation is the need of the hour to create our very own masterpiece while preserving the essence of the old recipes. Adding value to the local food enhances not only our own creativity but adds dimension to the various palate. Erstwhile Royal families have closely guarded culinary secrets of their kitchens like treasures down the ages

The contemporary food handlers are in soul charge of redefining yesteryears 'recipes to sustainable heritage. I take this platform as an opportunity in guiding the budding chefs to be bold & rediscover Rajasthani cuisine.

The experiments by blending the flavors and traditions of India with indigenous ingredients and techniques will take forward the legacy of royal old secrets and enhance the culinary journey with the aromas of Rajasthan.

## Reviving Royal Resonance

BY MALLYKA SINGH DUNDLOD  
(OWNER OF A BAISA'S ADVENTURES)

[HTTPS://WWW.DUNDLOD.IN/](https://www.dundlod.in/)

The Hindu Brahmin cooks earned massive respect in the old traditional Havelis. The term "Maharaj" as coined for the head cooks, portrayed pot-bellied men who ruled the empire of the kitchen. They shared no authority with any other creed. The Lord of the kitchen fed people with love, care, and patience and thus they were honorable "Maharaj"

The treasure of royal cuisine has always been guarded by ingredients like time, patience, and cherishable recipes. Jungle Maas, Laal Maas, Safed Maas, and Khad Khargosh are a few delicacies that decorate a Rajasthani Platter.

While the soldiers practiced hunting and pit cooking, this gave birth to lip smacking, mouth watering, Khad Khargosh, an explicit example of underground cooking in Rajasthani Style.

Equally cherished by the Royals, a hunter's delight, the Khargosh (hare) was considered the most delicious. Crowned as the rare Indian desert food which came about in the olden times as an absolute necessity as during war soldiers used this method of cooking underground which left no trace later.

An enchanting amalgamation of time, (cooked for two hours) & marriage of tons of spices makes Khad Khargosh so remarkable. The tenderest mouth-watering, delicious lamb soaked up with all the spices which just melt in your mouth. The two legendry dishes of Rajasthan are the Laal Maas & the Khad Khargosh.



# RAJASTHANI CUISINE: A FUSION OF RESILIENCE



**CHEF SUNIL JAJORIA**

**EXECUTIVE CHEF {CROWNE PLAZA AHMEDABAD}  
ALUMNI IHM JAIPUR**

Over the years, as a Chef, I have seen Rajasthani cuisine being accepted and loved by our guests. I consider myself extremely fortunate to have worked extensively in various parts of Rajasthan like Jaipur, Jodhpur, Jaisalmer, Mewar, Udaipur, etc. My culinary journey also encompasses states like Gujarat, Maharashtra, Delhi, Kerala, Goa, etc., and has helped me curate innovative dishes.

Rajasthan is my birthplace and the pioneer of my cooking has always inspired me to reinvent favorites in a modern way.

**Khamma Ghani!**

Rajasthani Cuisine refers to the cuisine that surrounds the state of Rajasthan. The Rajasthani Cuisine is deep-rooted in its traditions and heritage. The ingredients and recipes are made considering the extreme weather condition of the state and scarcity of water. Rajasthan is also a state of the Royals and the same is reflected in dishes like Laal Maas, Dal Batti just to name a few.

The culture has a history of the warriors and the food is made to be long-lasting and can be used by the warriors during wartime. Food is prepared with various spices and involves more usage of ghee and oil. For example, the warriors used to store the batti below the same. Beans, dried lentils, and legumes like gram flour, bajra, and jowar are the staple ingredients of many of the Rajasthani dishes rich in spice and flavor.

According to me and my culinary experience, Rajasthani cuisine is also evolving as per the needs of our discerning guests. The endeavor is towards modern presentation while maintaining the authenticity of the dishes. Some of my favorites with regards to fusion cuisine with contemporary presentation and plating could be Siri Aur Khus Ka Shorba ( Brain consommé with Poppy seeds), Baajra Minda Stew, Besan Aur Bela Ki Subji, Taaja Haldi Aur Gosht Ki Katran , Dhungaar Gwarphali and Chiroji Maa



# RAJWADA PITHOD KE KEBAB

BY CHEF SUNIL JAJORIA

Sharing one of my signature recipes: RAJWADA PITHOD KE KEBAB

Kebabs are a non-vegetarian specialty but the Kebab that I have curated is a vegetarian with Besan as a primary ingredient:



For Pithod Chakki

- Gram Flour- 200 gm
- Curd - 50 ml
- Water- 400 ml
- Turmeric- One Pinch
- Garam Masala- One Pinch
- Kasturi Methi- One Pinch
- Red Chilli Powder- Two Pinch
- Amul Cheese- 50 gm grated
- Salt- Add according to your taste
- FOR MARINATING:
- Hung Curd- 100 gm
- Kashmiri Chilli- 1 tablespoon
- Cashew Nut Paste- 25 gm
- Amul Cheese- 25 gm
- Mustard Oil- 2 tablespoon
- Ginger & Garlic Paste- 1 tablespoon
- 1 Lemon- Squeeze the juice
- Kasturi Methi- one pinch
- Salt- Add according to your taste Butter, Crushed Nuts and Grated Cheese



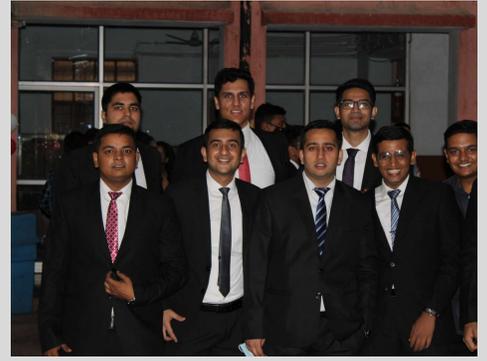
PROCEDURE :

- Mix gram flour, curd & water.
- Add the rest of the ingredients and whisk it well. Avoid any lumps.
- Cook this thin batter on medium heat in a heavy bottom pan for approx 15 min
- When getting hard then transfer the mixture on a flat tray

PROCEDURE :

- Take a bowl and add curd, ginger & garlic paste, garam masala, red chilli powder & coriander powder. Heat the mustard oil in a ladle and add Kashmiri chilli powder. Pour this into a curd mixture
- Add lemon juice and the remaining ingredients
- Wrap Pithod with marinade & char grill that on BBQ

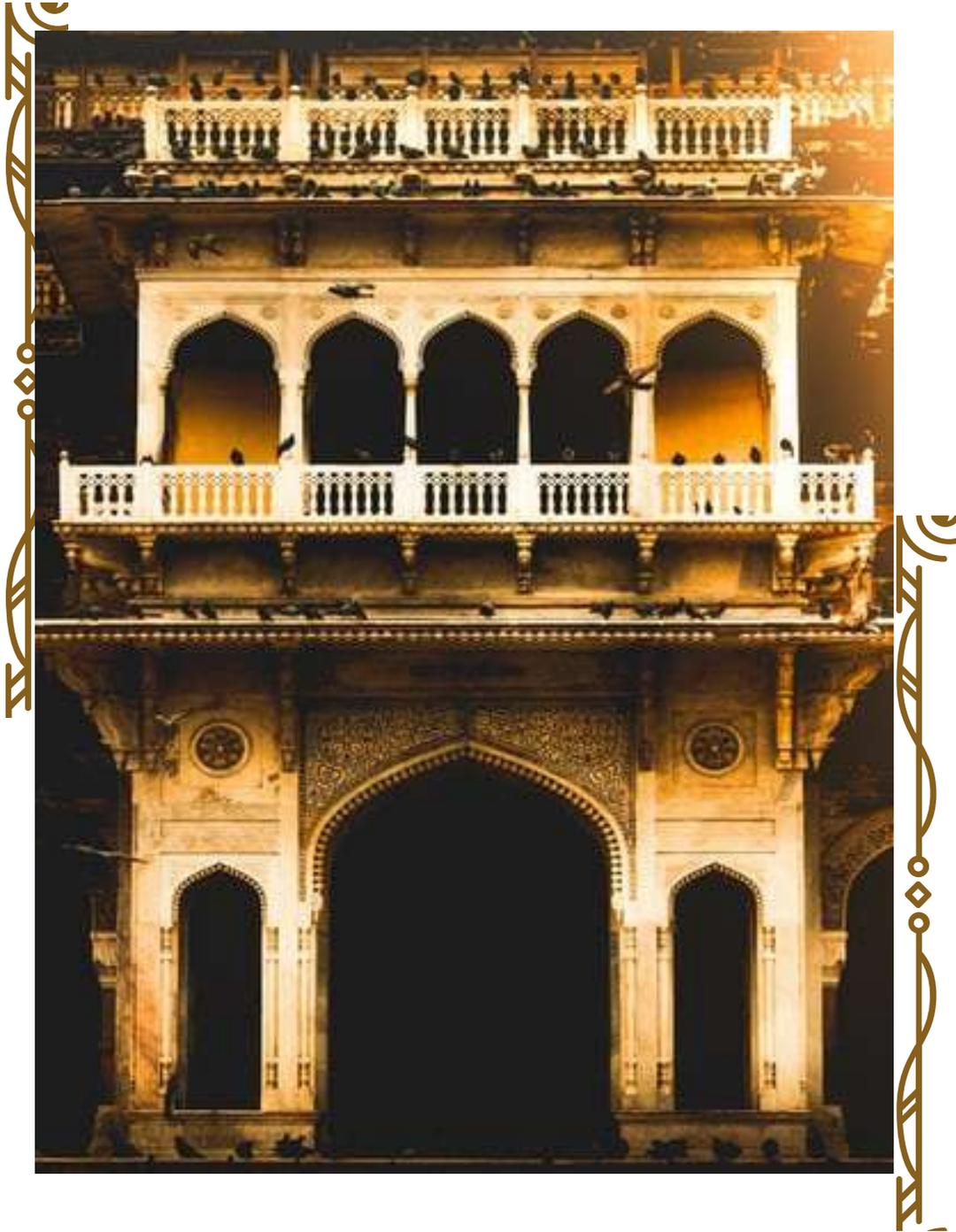




# STUDENT ZONE

# ARCHITECTURE OF RAJASTHAN

By- Jivesh Tekchandani,  
B.Sc 2nd Year



Home to ancient forts, bastions, and the long-standing breeding ground of Rajputana culture, Rajasthan is the land of the brave-hearts and chivalrous. Showcasing tales of the bygone eras, you will always be surprised by what you see in the state swamped by the Thar Desert.

The homeland of Prithvi Raj Chauhan and Maharana Pratap and many other countless names, the region also happens to be one of the most sought locations to visit. Blessed with unyielding beauty, the land of Kings is steeped in history, tradition, culture, and architecture. From Mughals to authentic Rajputana and even, sandstone masterpieces - Rajasthan happens to be a paradise for architecture lovers.

A two-hour ride from Udaipur, the second largest fort of Rajasthan after the legendary Chittor Fort, Kumbhalgarh sits at an elevation of 1,100 meters. With its walls spreading over an area of 36km, it is recognized as India's very own Great Wall. According to legend, Maharana Kumbha used to burn lamps that consumed fifty kilograms of ghee and cotton to provide light for the farmers who worked in the valley.

A Mewar fortress, Kumbhalgarh has 13 peaks with each posing a unique and elegant view of the landscape of the Aravali mountain ranges. The palace residing on top of the structure happens to be the Badal Mahal, the birthplace of Maharana Pratap. Said to house an astounding 360 temples, the Shiva Temple comes highly recommended.

Situated adjacent to the Taragarh Fort, the Bundi Palace is notable for its lavish turquoise and gold murals and frescoes. The Chitrashala (picture gallery) is a must-visit. Renowned for housing the best painting school in the country, it is easily recognizable by the elephants built at the entrance. The Badal Mahal at the palace is where the best murals are at - the Chinese-inspired ceiling, decorated with peacocks and Krishnas is a sight of marvel. The Phool Mahal is also worth a visit, where the murals are of a royal procession.



An oasis in the Thar Desert, Osian is regarded as the Khajuraho of Rajasthan because of its temples. A famous cluster of ruined Brahmanical and Jain temples dating back to the 8th and 11th centuries, the small town is a panchayat village. The origins of Osian can be traced back to Lord Rama. Elaborate carvings embellish the Jain temples and are sure to leave you awestruck. Go on a spiritual journey like no other in Osian.

The Sachiya Mata Temple, one of the earliest places of devotion in the town, is the place to go if you hope to understand the social history of the place.

An important haveli in Rajasthan, this structure encompasses an extraordinary form of architecture. Popular because it is not just one haveli, but a cluster of five, it is a masterpiece of yellow sandstone work. Famous intricately composed mirror works decorate the walls of the Havelis. The carvings on the architecture are as fine as those on expensive jewelry, The jharokhas or balconies are fine examples of elegant and detailed Rajasthani craftsmanship.



# RAJASTHANI DESSERTS

By: Manthan Agarwal  
B.SC ,2nd Year

Rajasthan the land of warriors is often associated with most of the spicy food like Lal Maans or Mirchi Vada, but little did people know is about all the sweet mouthwatering delicacies of Rajasthan. Most sweet dishes in this dry region are made from milk and jaggery with saffron and cardamom.

Here are a few tasty delicate sweet dishes, first let's talk about GHEVAR, Ghevar is a traditional Rajasthani sweet dish that is enjoyed during festivals. Ghevar is a disc-shaped dessert with rabdi, malai, mawa, and other delicacies as toppings. Refined flour, desi ghee, milk, saffron, cardamom powder, and sugar are used to make it. Rabdi is essentially thickened sweetened milk that is put on top of the ghevar and tastes exquisite.

Next is DOODHIYA KHEENCH, Doodhiya Kheench is a wheat porridge popular in Rajasthan that is thought to have originated in Udaipur. It's similar to rabdi and tastes best when cooked in a degchi on a sigdi (angithi) (copper utensil).

It is traditionally prepared in the winter and is a requirement on Akshaya Tritiya. Meetha Dalia, which we generally consume for breakfast, is not the same as Doodhiya Kheench. It's created with hulled wheat, which means the husk has been removed from the grains. Wheat, full cream milk, cardamom powder, saffron, sugar, and nuts such as almonds or cashews are required for this delicacy.

Kachori. Wait no it is not a regular chat-pati kachori, it is MAWA KACHORI. Mawa Kachori might be a sweet kachori, which could be a prepared decent loaded up with fragrant combination of mawa (khoya) and heaps of nuts, making it a merry dish. What's the best part? The kachori is earnestly plunged in sugar syrup and later served. The kachoriis are made with maida, ghee, khoya, cardamom powder, and portions of nuts to fill in. Divine, isn't it?

These all are some of the most delectable delights of all time and obviously, a bite of each won't harm. Enjoy all these festival delights and now you must be having a better understanding of Rajasthani Desserts

Now let's talk about Choorma laddoo, Churma Laddoo is not only popular in Rajasthan, but it is savored in Gujarat too. It can be made with atta or besan and is generally prepared during Vrats (fasts) like Karwachauth. It can also be gorged on with Dal Baati. It is made with whole wheat flour, semolina (sooji), ghee, jaggery, milk, poppy seeds, and cardamom powder.



# INTERMITTENT FASTING- IS IT WORTH THE HYPE?

Words by :Shivangi,  
M.Sc 1st year

While talking about intermittent fasting, we need to understand that it is not a type of diet but a pattern of eating. It is absolutely not about restricting your calorie intake; I'd rather refer to it as a lifestyle change.

It is a well-known fact that intermittent fasting is the most popular method of weight loss these days, when it comes to weight loss though, we need to understand that picking the right method of weight loss is vital for your wellbeing, most dieting plans out there encourage you to starve yourself which does help people reach their goal weight but in turn, can have adverse effects on your health as your body gets deprived of nutrients and muscle mass as you continue to practice it over a long period of time. Intermittent Fasting on the other hand encourages you to consume your desired amount of food during a certain time period of the day, your diet doesn't need to be calorie deficient either.

here has been a lot of research about intermittent fasting lately and we have a bunch of favorable results at hand when it comes to losing fat while maintaining muscle mass. During the process of eating and fasting, you basically train your body to burn fat. Here's how; when your body is in a fasted state the glucose level in your body tends to drop because there is no food in your system. so, the body turns to the fat that is stored in your body for energy.





This method of weight loss strengthens your body metabolically, as you are allowing it to use both, Carbs (while you're eating) as well as Fats (while you're fasting) as a source of energy for your body. This in turn enables you to maintain muscle mass as you lose weight.

Now, there are two hormones that come into play and you ought to know about if you are trying to understand the process of healthy weight loss; HUMAN GROWTH HORMONE (somatotropin) and INSULIN.

Human Growth Hormone is a peptide hormone that stimulates growth, cell reproduction, and cell regeneration. In layman terms, HGH is a fat-burning hormone responsible for growing muscles. Insulin on the other hand triggers fat storage in your body, it doesn't make you fat, overeating does that. But the body doesn't burn fat in the presence of Insulin.



The secretion of insulin in your body increases every time you eat, making it difficult for your body to target the fat that is already stored in your body to derive energy. The human body generally goes into a fasted state after about 8-12 hours of eating depending on what you ate, during this period of time the insulin levels in your body decrease and HGH levels increase, automatically instigating your body to burn fat without losing any muscle mass! fasting is hence an excellent method for weight loss in my books.

What's more? intermittent fasting is proven to help you with hunger hormones, because the blood sugar levels are the steadiest while you practice this pattern of eating, ultimately helping you crave less sugar!!

And that's not all, there are some extremely attractive lifestyle benefits as well that come along with intermittent fasting like you stop binge eating or the increased efficiency and the mental satisfaction that comes from the fact that you are doing something good for your body.

Intermittent Fasting, with so many benefits to offer, has got a gold star next to its name in my books!

I highly encourage you to try it out for yourself unless; you are suffering from a chronic illness like diabetes, or if you are pregnant, it's not healthy for you to have an eating pattern such as this one.





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# COFFEE- A ROMANTIC AFFAIR

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By Shivangi

What comes to your mind when you think about coffee? For me it is a day in with my friends at the hostel, making coffee in an electric kettle and having it in mismatched mugs while it's raining cats and dogs outside. I bet that a trivia of your own flashed through your head just now.

**COFFEE.** this word is so much more than a noun or the name of a beverage, its aroma tends to give nostalgia and comfort to people, it is an expression that dials down to comfort. This beverage personifies the gesture of a warm hug, and no matter what temperature you prefer to have your coffee at, it is recognized, cherished, and accepted as a "soul food" by millions of people out there.

But is coffee as good for your body as it tastes and smells? In this article, we will be analyzing the health benefits and risks pertaining to the consumption of coffee. let's start with counting the plusses, coffee has a bunch of useful nutrients like Riboflavin (vitamin B2), Niacin (vitamin B3), Magnesium, Potassium, and various Phenolic Compounds or Antioxidants. Experts suggest that the presence of all of these nutrients in coffee can prove to be beneficial for the human body in various ways.

First of all; coffee is low in calories, which makes it an ideal beverage for anybody practicing a diet. The calorific value however can get increased with the addition of sugar, cream, or milk. Coffee is also known to make people feel less tired and induce high energy levels, this happens because of the presence of a stimulant called caffeine.

After consumption, caffeine gets absorbed into your bloodstream, and from there it travels to your brain, where it blocks Adenosine which is an inhibitory neurotransmitter. This triggers the secretion of other neurotransmitters like Norepinephrine and Dopamine leading to the advanced firing of neurons, there have been various controlled studies in humans that show that the consumption of coffee improves various brain functions like; memory, mood, vigilance, energy levels, reaction times and general mental function etc.

Secondly, it has Polyphenols or Polyphenolic Compounds, such compounds act like an antioxidant and rid the body of Free Radicals, a type of waste product that the body naturally produces as a result of certain natural processes. These free radicals are toxic in nature and can cause inflammation, which can be indicative of another illness that might be building up in the body. Links have been found between inflammation and certain aspects of metabolic syndrome.

Another benefit of regular consumption of coffee is that it helps your body process sugar or glucose better which exponentially reduces the risk of Type 2 Diabetes.

It is estimated that humans consume around 2.25 billion cups of coffee every day, which easily makes Caffeine the world's most widely consumed Psychoactive Substance. Which means it has an important role to play in our daily lives considering the number of health benefits it has to offer; However, considering the fact that it is a Psychoactive Substance at the end of the day, we must take into account certain side effects that can show up when you go overboard with your coffee intake.

Excessive consumption of coffee or caffeine can make you jittery and cause increased heart rate, high blood pressure, anxiety and trouble falling asleep among other things.

Excessive consumption of coffee can also lead to Gastroesophageal Reflux Disease, it is a digestive disorder that affects the ring muscle between the esophagus and the stomach. a person who is suffering from this disorder is prone health issues like to heartburn or acid indigestion.

And that's not all, consumption of high amounts of caffeine can increase the risk of Anxiety, especially in people with panic disorder and social anxiety disorder, it less commonly can even cause mania or psychosis.



## CURSE OF COFFEE ON FEMALES' HEALTH!

Studies show that women with a high coffee intake are at a higher risk of getting bone fractures. At the same time, consumption of coffee is generally strictly prohibited during pregnancy, some studies show that ingestion of coffee during pregnancy can lead to complications such as low birth weight, preterm birth and even pregnancy loss!

Also, women who consume excessive amounts of caffeine are more likely to get Endometriosis, it is a disorder that causes the tissue that grows inside the Endometrium- or the uterus, to grow outside the uterus, the most common symptoms for endometriosis are pain and menstrual irregularities.

The Pros and Cons of coffee is a never-ending debate in my opinion, people will always have something or the other to say whether it is for or against the consumption of coffee. But this is precisely what makes it more interesting for us to watch



with new discoveries and inventions being made every day this beverage is piquing more interest than ever! Coffee is an ingredient that has a great deal of potential. It still has a lot to offer and a lot that needs to be found out about it.

One thing that I can say for sure is that, there is a thin line between the positives and the negatives that are related to coffee.

Having coffee every day is not bad, but consuming it in moderation is important!



# INTO THE WOODS

Into the woods, beneath the mistletoe,  
She sat, for long .... alone,  
Amidst the fallen leaves and winter snow,  
She saw home.....

Wondering how a world full of people,  
Could feel so empty sometimes...  
While a place such as this .... So divine.  
Relief it would be to escape grief...  
And be away from judgmental eyes...

To behold her, was a beautiful sight!  
Lost in thought...  
She seemed winsome and quiet.

Deep into her eyes...  
You could see pain of million lives,  
Yet, wounds on her soul, she hid well,  
Behind that radiant smile.....

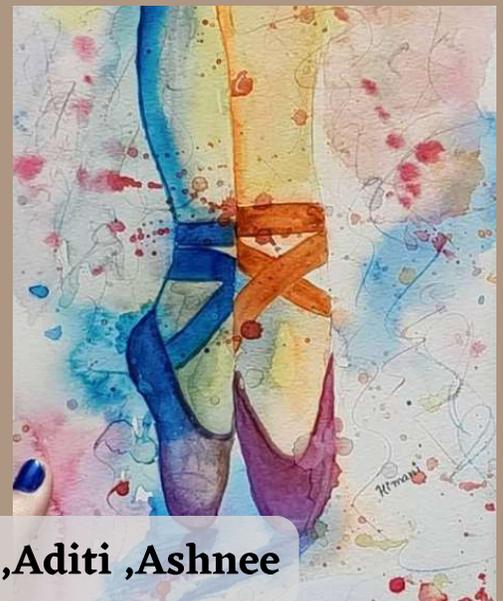
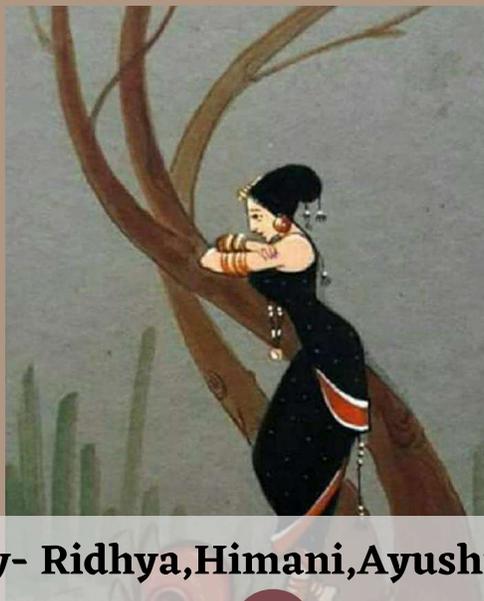
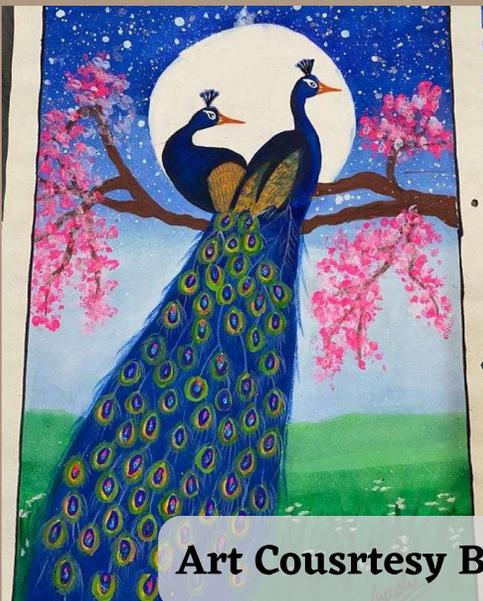
Being with her,  
A reason worth living, you had find...  
For in heart, purity resides.

She, being so quiet,  
Told stories unknown....  
Perhaps she longed to be free,  
From sorrow her past holds.

And beneath the tree..  
She sang a sad melody...  
As I went near to listen close,  
To be silent, she chose....

-Drishti Lakhawat

# ART GALLERIA



Art Courstesy By- Ridhya,Himani,Ayushi,Aditi ,Ashnee

# EVENT CORRIDOR

## 4TH OCTOBER ORIENTATION FOR DIPLOMA STUDENTS 2021

IHM, JAIPUR welcomed diploma students for the 2021-22 session. The orientation for the new batch included a tour of the campus, discussions on academic and student life, informational sessions with representatives from all campus organizations.

## 7TH OCTOBER CEREMONIAL INAUGURATION OF 1ST EVER M.SC. BATCH

The ceremony formally marked the start of the new M.sc batch of IHM, Jaipur. A brief was given to the students about the environment and academics of the college. The event commenced with a warm welcome of the dignitaries by our students followed by lamp lighting. The dignitaries were offered planters as mementos.

## 19TH OCTOBER WEBINAR - TRIVIA TO SUCCESS IN HOSPITALITY.

The webinar focused on tips that would help the students in near future to get success in the hospitality industry. All the hurdles and how to overcome them were discussed.



**IHM Jaipur**  
Presents  
**MENU DESIGNING ACTIVITY**  
for Rajasthani and Assamese cuisin  
Venue: New Dining hall  
Date: 21st October 2021  
Time: 3:30pm

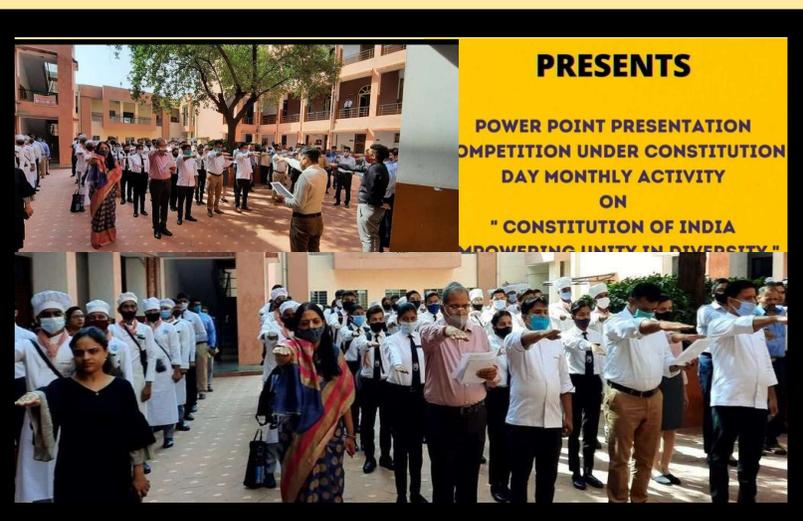
**TRIVIA TO SUCCESS IN HOSPITALITY :**  
The Mantra to being Different & Unique  
Special expert webinar  
**Dr. CHEF KAVIRAJ KHALANI**  
A celebrity Master Chef  
Recipient of Bharat Vidya Ratan Award

## 21ST OCTOBER MENU DESIGNING ACTIVITY

At IHM, Jaipur, Students explored the genre of menus by analyzing existing menus of famous Rajasthani and Assamese cuisine. Faculty members also motivated and appreciated students for their work & keeping the Ek Bharat Shreshtha Bharat spirit alive. Students designed their e-Menu and presented and explained related facts about the cuisines of Rajasthan, and paired state Assam.

## 22ND OCTOBER PPT COMPETITION UNDER CONSTITUTION DAY MONTHLY ACTIVITY.

Students took the initiative to be aware of Constitution Day through a PowerPoint presentation. The session was very informative as well as interesting for the students to learn about the same.



## 26TH OCTOBER SATYANISHTHA PLEDGE

Pledge-taking ceremony was organized in the college campus of IHM, JAIPUR and the Satyanishtha pledge was taken under the Vigilance Awareness Week.



## 28TH OCTOBER SLOGAN WRITING COMPETITION

A slogan writing competition was organized by IHM, Jaipur under Vigilance Awareness week 2021. Students wrote slogans on Self-reliance with Integrity (Topic given) in both the Languages of Hindi/ English. Students participated with a whole lot of enthusiasm and zeal in the event to celebrate vigilance week and learned the importance of Self-reliance with integrity.



## 29TH OCTOBER – 1ST NOVEMBER INDIAN SKILL ( REGIONAL COMPETITION – WEST)

IHM, Jaipur at IndiaSkills2021. Students made our college proud by performing at the regional level for India Skill Competition at Gandhinagar, Gujarat.

Our students who participated -

- Jasmeet Mehta (Cooking Trade)
- Harshita Puglia (Bakery Trade)
- Yugansh Jain (Confectionery Trade)

Qualified for the Regional Level after winning the State Level competition.



## EBSB ACTIVITY

IHM, Jaipur organized a PowerPoint presentation competition titled 'Unity in Diversity' based on a beautiful theme 'Culture and Heritage of Assam and Rajasthan'.

Students participated with full enthusiasm and passion under the guidance and support of our principal, Mr. Priyadarshan Singh Lakhawat, and our HOD Mr. Sanjay Arora. Faculty members and students made this event a successful one.

Event organizer- Ms. Arti (EBSB coordinator, Ihm Jaipur)

Judges of the event: Mr. Sanjay Arora (HOD, Ihm Jaipur)

Mr. Debashish Dey (Sr. Lecturer, Ihm Jaipur)

WINNERS:

- Shoubhik Ghatak, Shreya Mishra
- Gazal, Priyanshu Bitlani, Ajay
- Vaishnavi Haihaivanshi, Maumita Dey, Hardik Vats. & Dimple Kundnani, Apurva Tamrakar, Prashant.

# 26TH OCTOBER- 1ST NOVEMBER VIGILLANCE AWARENESS WEEK

**Vigilance Awareness Week 2021**  
Vote of thanks at closing ceremony on the successful observance of Vigilance Awareness Week 2021.  
**BY MR. B.K. SRIVASTAVA**  
HOD - FOOD AND BEVERAGE DEPT.

**Vigilance Awareness Week 2021**  
GUEST LECTURE  
Message By Guest- Ms. Neel Garg

**Vigilance Awareness Week 2021**  
CERTIFICATE DISTRIBUTION  
29th October, 2021

**Vigilance Awareness Week 2021**  
LOGAN WRITING COMPETITION  
28th October, 2021

**Vigilance Awareness Week 2021**  
EXTEMPORE COMPETITION  
27th OCTOBER, 2021

**Vigilance Awareness Week 2021**  
WISDOM WIZARD (QUIZ)  
SOCIO ENVIRONMENTAL AWARENESS  
26th OCTOBER, 2021  
1ST PLACE WINNERS  
(Shashwat Mishra 2nd year) (Vishu Malik 2nd year)

**Vigilance Awareness Week 2021**  
WISDOM WIZARD (QUIZ)  
SOCIO ENVIRONMENTAL AWARENESS  
LAMP LIGHTING CEREMONY

**Vigilance Awareness Week 2021**  
Inaugural Speech by Principal, Mr. Priyadarshan Lakhawat

**Vigilance Awareness Week 2021**  
Message By Mr. BK Srivastava, HOD, Nodal Officer For Vigilance Awareness Week 2021

**Vigilance Awareness Week 2021**  
SDOM WIZARD (QUIZ)  
SOCIO ENVIRONMENTAL AWARENESS  
SATYANISHTHA PLEDGE  
26th October, 2021

**Vigilance Awareness Week 2021**  
Principal's Message  
Mr. Priyadarshan Lakhawat



## 19TH NOVEMBER INDUCTION OF BATCH 2021-2024

The ceremony formally marked the start of the new B.sc batch of IHM, Jaipur. A brief was given to the students about the environment and academics of the college. The event commenced with a warm welcome of the dignitaries by our students followed by lamp lighting. The dignitaries were offered planters as mementos.



## 3RD DECEMBER FRESHER'S FEAST 2021 THEME:- CARNIVAL VENUE:- COLLEGE COURTYARD

The college organized a fresher's party on the 3rd of December with a playful theme, loved by all. The main aim of this party was to give a warm welcome to the newcomers.

It was made vibrant with lots of colorful events and programs like Ramp Walk, Traditional, Fusion, and Western dances, Exhilarating singing performances, and splendid decoration, thus making it a soulful evening.

## 4TH DECEMBER SKILL UP WITH IHM JAIPUR

IHM, JAIPUR presented the 1st session of placement series of guest lectures for 3rd-year students to enhance their Group Discussion and Personal Interview Skills.

Expert speaker:- BARKHA VIJ  
MODERATOR:- BASHI RAWAT

## 6TH DECEMBER PRE PLACEMENT TALK

IHM, JAIPUR presented an opportunity for the students to meet and discuss their hopes, interests, and expectations.

Expert Speaker:- AMIT RAWAT  
Moderator:- ANSHUL KUMAR SINGH

## 7TH DECEMBER FRUIT MIXING CEREMONY

The age-old tradition of Cake Mixing was conducted at IHM, JAIPUR to commence the festive season for the year 2021.

This festivity event celebrates the onset of the Christmas season by mixing various delightful fruits and nuts with spices and liquor to form a luscious mixture that is perfectly decadent for making Christmas cakes and treats.



**BARKHA VIJ**  
Cluster Trainer Lifestyle  
International Pvt Ltd



**BASHIR RAWAT**  
Senior Lecturer  
MODERATOR



**06 DECEMBER 2021**  
04:30 PM ONWARDS

**GOGGLE MEET**



**AMIT RAWAT**  
Expert Speaker  
Regional Head - HR  
( NORTH )  
Reliance Retail



**ANSHUL KR SINGH**  
Moderator  
Lecturer





## 9TH DECEMBER DEMO OF USING WASTE BY ART & CRAFT

IHM,JAIPUR conducted a demonstration that how reusing waste materials is also a way to save the environment by reusing items that may otherwise end up in a landfill. With a little bit of creativity and the ability to see objects not as they are but what they could be, crafting with recycled materials can be a cost-effective, rewarding experience that has the potential to yield unexpected results.

An exclusive SERIES focusing on making the budding hospitality students campus ready.



**BARKHA VIJ**  
Cluster Trainer  
Lifestyle International Pvt  
Ltd

## 15TH DECEMBER GROOM UP FOR WOMEN

IHM,JAIPUR presented the 3rd session of the placement series of guest lectures for 3rd-year students, this session was exclusively for the ladies to stay abreast with the industry grooming standards.

Expert speaker:- BARKHA VIJ  
Moderator:-DRISHTI LAKHAWAT

**15 DECEMBER 2021**  
06 pm ONWARDS



**GROOM UP**  
A session exclusively for



## SKILL UP WITH IHM JAIPUR

An exclusive SERIES focusing on making the budding hospitality students campus ready.

**16 DECEMBER 2021**  
3 pm onwards



Get Smart - Management Trainee  
Behaviorial Interviews

EXPERT SPEAKER



**VIKRAM KUKREJA**  
Founder - TBH Circle

## 16TH DECEMBER PREPARATION FOR MANAGEMENT TRAINEE INTERVIEWS

IHM, JAIPUR presented the 4th session of the placement series of guest lectures for 3rd-year students, this session focuses on preparing the student for Management Trainee Interviews.

ExpertSpeaker:-VIKRAM KUKREJA  
Moderator:- PRACHEER SHARMA



**PRACHEER SHARMA**

## 17 DECEMBER RUN FOR HUMANITY

IHM, Jaipur collaborated with Mr. APLAV SAXENA (Founder of Career Connect Global & IDEAL Career Academy) to celebrate the vision of Covid Safe India. This was organized as a RUN FOR INDIA event.



## 19TH JANUARY COCKTAIL WORKSHOP

IHM, Jaipur organized Cocktail Workshop teaching a variety of Bartending techniques and classic cocktails in collaboration with Expert Mixologist Mr. VIRENDRA SINGH from Chirmi Palace Jaipur.

**Zoom Meetings**  
19 January 2022  
3 PM Onwards

**Special Expert**  
Mixologist  
Virendra Singh  
@mixologist\_virendrasingh

**Moderated By**  
Mrs Shraboni Puri  
Senior Lecturer F&B

**INSTITUTE OF HOTEL MANAGEMENT**  
**JAIPUR**

A warm congratulations to our winner!

Inter college Photography competition  
On theme colors of India

25 JAN 2022

1st place winner of photography competition

**Arnit Kumar**

*Congratulations*

**INSTITUTE OF HOTEL MANAGEMENT**  
**JAIPUR**

A warm congratulations to our winner!

Inter College Quiz  
on  
Azadi ka Amrit Mahotsav

25 JAN 2022

3rd place winner of Quiz competition

**Yugansh Jain**  
3rd Year

**Vaishali Kaushik**  
3rd Year

**INSTITUTE OF HOTEL MANAGEMENT**  
**JAIPUR**

A warm congratulations to our winner!

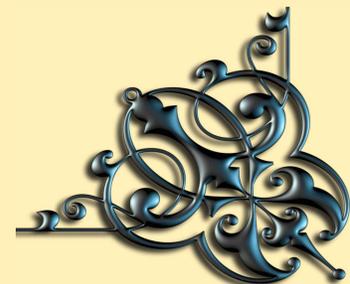
Inter college Hindi Poetry competition on  
theme India my Motherland

25 JAN 2022

winner of Poetry competition

**Yashpal Kumar**  
1st year

**Tithi Bidawat**  
1st year





**INSTITUTE OF HOTEL MANAGEMENT  
JAIPUR**

**A warm congratulations to our winner!**  
Inter college Hindi folk singing competition

25 JAN 2022  
winner of folk singing competition



Aman kumar  
1st year

*Congratulations*



**INSTITUTE OF HOTEL MANAGEMENT  
JAIPUR**

**A warm congratulations to our winner!**  
Inter college Rangoli making competition on theme Arts of yillage in India

25 JAN 2022  
winner of Rangoli competition



Sapna Kumari  
1st year

**RAJASTHAN TOURISM –  
YESTERDAY, TODAY AND  
TOMORROW**



Mr Sanjay Kaushik : Tourism Entrepreneur and Founder Member of Rajasthan



Moderated By- Mr. Priyadarshan Lakhawat

**24 JANUARY  
TOURISM DAY**

IHM, Jaipur celebrated International Tourism Day with rendezvous Mr. Sanjay Kaushik (Tourism Entrepreneur and Founder Member of Rajasthan Association of tour Operations) discussing past, present and Future of Rajasthan Tourism on Tourism Day.

**AGAVE SPIRITS THROUGH  
THE EYES OF  
"JOSE CUERVO"**

Zoom Meetings  
27 January 2022  
3 PM Onwards

Serving Alcohol Responsibly




**24&27 JANUARY  
SPIRIT WORKSHOP[**

IHM, Jaipur organized Special cocktail sessions with Mr. Dushyant Tanwar (Advocacy Manager Monika Enterprise) imbibing knowledge about Agave spirit with Senior Faculty Mrs Sharboni Puri.



**31ST JANUARY  
RETIREMENT OF OUR BELOVED**

Retirement of Mr. BK Shrivastav (H.O.D F&B Service) He successfully completed 36 years of service with Us. He is truly an inspiration for all of us. Glad we nurtured under his shade of wisdom



# SPEEK AND SHINE DECLAMATION COMPETITION (EBSB MONTHLY ACTIVITY)

**Azadi Ka Amrit Mahaotsav**  
25TH -28TH OCTOBER  
Azadi Ka **JAN UTSAV SAPTAH UNDER AZADI**  
Amrit Mahotsav **KA AMRIT MOHOTSAV**



## Jigyasa Jamboree 2021



Jigyasa Jamboree 2021, a 5 day learning initiative organized by the MSc students under the mentorship of senior faculty at IHM, Jaipur. In the spirit that 'knowledge is the greatest leveller', the final day of Jigyasa Jamboree saw big names from the world of hospitality, Mr. Arun Pundir (director-sales and marketing, ITC Rajputana, Jaipur) and Mr. Abhishek Shrivastava (Chief Engineer, Hotel Marriott, Jaipur) who enlightened our students with their hands-on industry experience.

The closing ceremony was blessed by the presence of Mr. Dinesh Kumar Jangid, Joint Secretary, Tourism, Government of Rajasthan and his inspirational words instilled a spirit of zeal in the audience.

A Christmas Theme Lunch was the best possible way to celebrate the hardwork and collaborative efforts of the MSc students and faculty for making this event a big success!



# Meraki Launch

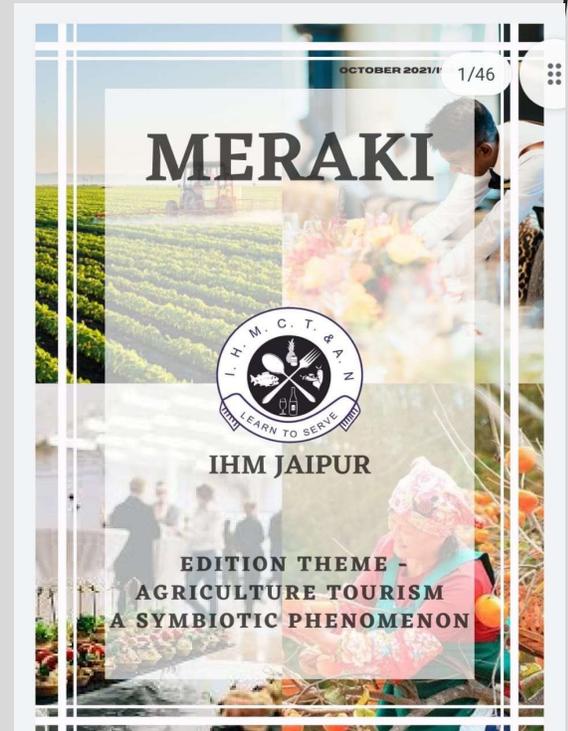
9th November, 2021

Meraki, is the brainchild of the Covid Pandemic.

While we failed to connect with our students and industry during the hard times, the idea of e-magazine kindled the joy of the IHM Jaipur literary team.

The 1st of kinds for the us, Meraki means indulging soulfully. The literary team channelized themselves to plough the best soil of IHM minds and created a beautiful interactive e-magazine. Meraki not only involves the industry expert's ideas but also highlights their strong alumni and energetic existing batches.

The E-Magazine was launched on 9th November,2021 by our Principal sir and the Ihm family.



# Recruitment Partners



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JANUARY 2022 - VOL-2

# MERAKI

होटल प्रबन्ध संस्थान  
INSTITUTE OF HOTEL MANAGEMENT

For admissions kindly contact;

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