



I.H.M. JAIPUR

# MERAKI

MARCH, 2023 - VOL.4



## HEALTH AND WELL-BEING

TAKING CARE OF LOVED ONES

# आजादी का 'अमृत महोत्सव'

मन-मोहिनी प्रकृति की गोद में जो बसा है।  
सुख-स्वर्ग-सा जहाँ है वह देश कौन-सा है?

जिसका चरण निरंतर रतनेश धो रहा है।  
जिसका मुकुट हिमालय वह देश कौन-सा है?

नदियाँ जहाँ सुधा की धारा बहा रही हैं।  
सींचा हुआ सलोना वह देश कौन-सा है?

जिसके बड़े रसीले फल, कंद, नाज, मेवे।  
सब अंग में सजे हैं, वह देश कौन-सा है?

जिसमें सुगंध वाले सुंदर प्रसून प्यारे।  
दिन रात हँस रहे हैं वह देश कौन-सा है?

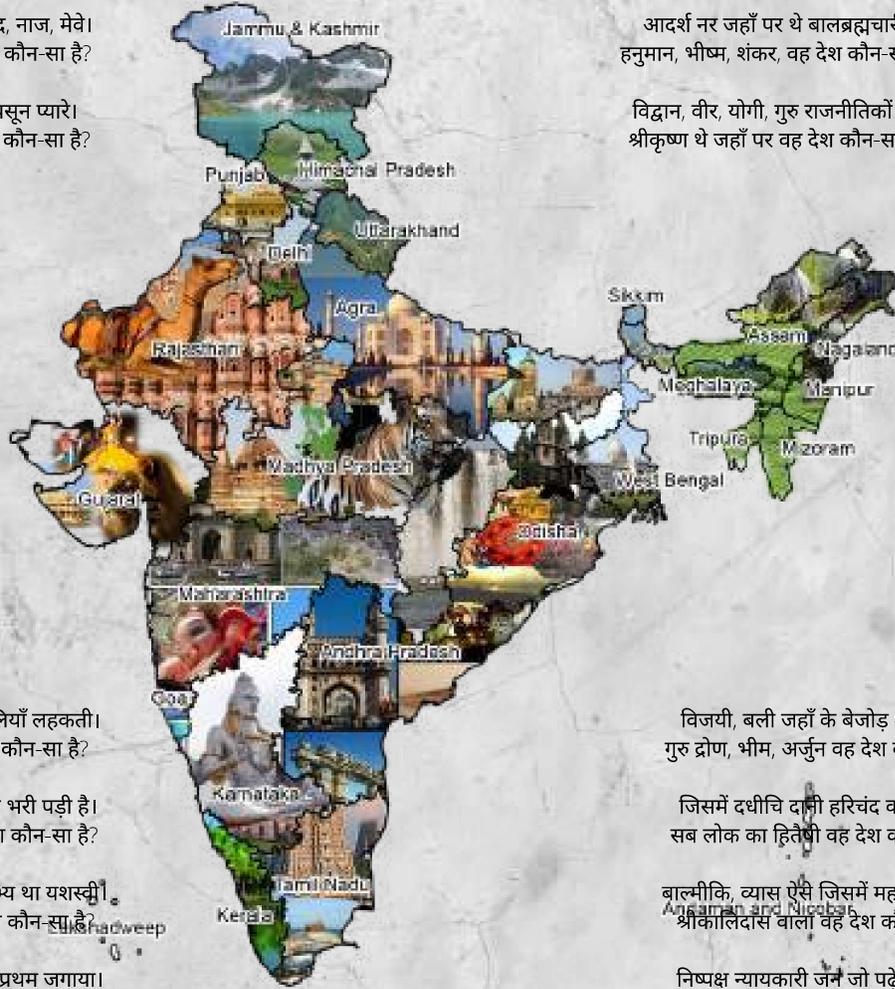
छोड़ा स्वराज तृणवत आदेश से पिता के।  
वह राम थे जहाँ पर वह देश कौन-सा है?

निस्वार्थ शुद्ध प्रेमी भाई भले जहाँ थे।  
लक्ष्मण-भरत सरीखे वह देश कौन-सा है?

देवी पतिव्रता श्री सीता जहाँ हुई थीं।  
माता पिता जगत का वह देश कौन-सा है?

आदर्श नर जहाँ पर थे बालब्रह्मचारी।  
हनुमान, भीष्म, शंकर, वह देश कौन-सा है?

विद्वान, वीर, योगी, गुरु राजनीतिकों के।  
श्रीकृष्ण थे जहाँ पर वह देश कौन-सा है?



मैदान, गिरि, वनों में हरियालियाँ लहकती।  
आनंदमय जहाँ है वह देश कौन-सा है?

जिसकी अनंत धन से धरती भरी पड़ी है।  
संसार का शिरोमणि वह देश कौन-सा है?

सब से प्रथम जगत में जो सभ्य था यशस्वी।  
जगदीश का दुलारा वह देश कौन-सा है?

पृथ्वी-निवासियों को जिसने प्रथम जगाया।  
शिक्षित किया सुधारा वह देश कौन-सा है?

जिसमें हुए अलौकिक तत्वज्ञ ब्रह्मज्ञानी।  
गौतम, कपिल, पतंजलि, वह देश कौन-सा है?

विजयी, बली जहाँ के बेजोड़ शूरमा थे।  
गुरु द्रोण, भीम, अर्जुन वह देश कौन-सा है?

जिसमें दधीचि दाम्नी हरिचंद्र कर्ण से थे।  
सब लोक का हितैषी वह देश कौन-सा है?

बाल्मीकि, व्यास ऐसे जिसमें महान कवि थे।  
श्रीकालिदास वाला वह देश कौन-सा है?

निष्पक्ष न्यायकारी जन जो पढ़े लिखे हैं।  
वे सब बता सकेंगे वह देश कौन-सा है?

छत्तीस कोटि भाई सेवक सपूत जिसके।  
भारत सिवाय दूजा वह देश कौन-सा है?

1. FROM THE PRINCIPAL'S DESK
2. THANK YOU NOTE
3. EDITORIAL BOARD
4. EDITOR'S NOTE
5. STUDENT EDITORIAL BOARD
6. MAN THE APPARENT AND MAN THE REAL
7. स्वास्थ्य और अच्छाई
8. चुनाव - बनाता है या तोड़ता है
9. RUDRASHIVAM AYURVEDIC & NATUROPATHY RESORT
10. आहार-आराम- अभ्यास का सन्तुलन ही स्वास्थ्य
11. WORDS OF ALUMNI
12. HEALTH AND WELLBEING
13. POSITIVE HEALTH AND WELLBEING
14. SEVEN DIMENSIONS OF WELLNESS
15. RECIPES
16. EVENT CORRIDOR
17. STUDENT ACHIEVEMENTS
18. MEDIA COVERAGE
19. OUTDOOR CATERING SERVICES
20. INDUSTRIAL EXPOSURE TRAINING PARTNERS
21. PLACEMENT PARTNERS
22. PLACEMENT INFORMATION
23. ART GALLERY

# From The Principal's Desk



Mr. Sanjay Arora, Principal I/C

As Mahatma Gandhi said "It is Health that is real Wealth, and not pieces of silver and gold", I want to take a moment to emphasize the importance of health and well-being in our college community. As a principal in charge, our primary responsibility is to provide a safe and supportive environment where students can thrive academically and personally. This includes prioritizing their mental and physical health as well as their well-being.

The past few years have been particularly challenging for our college community, with the COVID-19 pandemic affecting all aspects of our lives. The pandemic has highlighted the need to prioritize health and well-being more than ever before. While we have taken steps to ensure a safe learning environment, I want to make sure we are also prioritizing mental health and the need to understand it.

To support mental health, we have implemented a number of initiatives to help students cope with the stresses of college and daily life. This includes offering mental health resources, providing access to counseling services, and promoting positive coping strategies. Our staff also receives training on how to identify and support students who may be struggling with mental health challenges.

Physical health is equally important, and we have made efforts to promote physical activity and healthy habits. Our college offers various sports activities and clubs, as well as physical education classes, to encourage students to stay active. We also encourage healthy eating habits by offering nutritious food options in the cafeteria and promoting healthy snack options.

In addition to mental and physical health, we also prioritize overall well-being. This includes promoting a positive college culture that values diversity and inclusivity. We want our students to feel accepted and supported, no matter their background or identity.

Finally, I want to emphasize the importance of community support. We cannot do this alone. We need the support of parents, community members, and all stakeholders to ensure our students are healthy and thriving. Together, we can create a safe, supportive, and healthy learning environment.

In conclusion, I want to assure our institutional community that we prioritize health and well-being in all aspects of our college. We believe that a healthy and supportive learning environment is essential for academic and personal success. Let us work together to ensure our students are healthy, happy, and thriving.

# Thank you Note



Mr. Priyadarshan Singh Lakhawat  
Principal I.H.M. Jaipur (Dec 2020-Jan 2023)  
Director Academics NCHMCT  
(Feb 2023 Onwards)

We, the students of I.H.M Jaipur, would like to express our sincere gratitude for everything you did for us. Your hard work and dedication to our college did not go unnoticed. We appreciate your tireless efforts in making our college a better place for all of us. Your leadership and guidance have been instrumental in shaping our characters and preparing us for the future. Your commitment to excellence has inspired us to strive for greatness in all aspects of our lives. Thank you for being a role model and always encouraging us to be our best selves. We are grateful for the time and energy you invest in us, and it was a privilege to have you as our principal. Once again, We thank you for all that you did and wish you continued success and good health.

Regards,  
The Literary Committee.

# EDITORIAL BOARD



**Chief Editor**  
**Mr. Sanjay Arora**



**Faculty Advisor**  
**Mrs. Shraboni Puri**



**Faculty Advisor**  
**Mr. C.P. Meghwal**



**Faculty Advisor**  
**Mr. Manish Pandey**

# EDITOR'S NOTE

It gives us immense pride to present the 4th edition of our esteemed magazine 'Meraki'. The goal of our magazine is to inform, engage, encourage, and entertain 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 devoted to fulfilling the purpose with absolute honesty. To publish this issue of the college magazine, all the stakeholders i.e. Respected Principal Sir, the Acclaimed Faculty, the Editorial Team, and all those who contributed in any other form, worked with absolute honesty.



**MANTHAN AGARWAL**  
Student Editor  
3rd Year, B.Sc. H&HA



**NAVYA SHARMA**  
Student Editor  
3rd Year, B.Sc. H&HA

The theme of this year's issue of the magazine is Health and Well-Being. The significance of Health and Well-being is what offers happiness and life fulfillment. Simple things including developing resilience habits, remembering to exercise, and embracing mindfulness are all effective strategies to embrace our well-being. Health consists of a health triangle which is a degree of unique factors. It is composed of Physical, Social, and Mental Health. Wellness is usually regarded as having seven dimensions: Mental, Physical, Social, Financial, Spiritual, Environmental, and Vocational. These dimensions are interdependent and affect every other. When one dimension of our wellness is out of balance, the opposite dimensions are affected.

This magazine is an attempt to bring forth facts about our health, and lifestyle and takes us on the journey of a safe, healthy life. With this, we wish you happy reading with mind-blowing facts about you.

# STUDENT EDITORIAL BOARD



Content Developer  
Payal Kolaria  
2nd Year



Content Developer  
Purnima Singh  
2nd Year



Content Developer  
Priya Kumari  
2nd Year



Associate Editor  
Ansh Tyagi  
1st Year

## Man the apparent and Man the real



"A man's life is what his thoughts make of it"- Marcus Aurelius.  
Let me blame it on my workaholic inner pull or my addiction to Netflix, I have been barely catching my sleep up to 5 hours a day for months now.

Adding up my greed to be defined as successful has given me consequences that are inverse from my "Being Normal." While I meet all the social specifications of pay, promotion, and pleasure in our so-called society, I sense I have been a normal human being with a massive misconception of WELLBEING. My survival instincts constructed my strategies of multi-tasking abilities yet the age of progress, science, and information is hypnotizingly bringing me close to tension, depression, violence, crime, and fear. I am in a state of mind but away from a state of well-being.

While it sounds as crisp as Chardonnay, Well-Being can be hard on jaws like Cabernet Sauvignon. Establishing habits that are meant to keep me happy ensures my positive emotional, physical, and social health, well being seek undivided attention and time. Swami Ji refers to this as "man the apparent and man the real". Where life demands food for a positive spirit, I ended up feeding my soul with competition, greed, loans, plastic looks with heavy make-up, insecurity at my workplace, and so on.

As Swamiji quotes "man is interested in the conquest of the external nature for his pleasure and thereby he creates various types of problems and tensions everywhere until he ruins himself."

Surprisingly since my childhood, I was never taught the art of Self-Care or taking care of internal pleasure.

While my school syllabus never covered the topics like "The technique of relaxation (guilt-free) or unification of single purpose, one goal at a time, the superficial study on multidisciplinary fields for a successful career apprised me with a condition where I surrender to the slavery of the undisciplined mind. While I fed my soul with my fantasy of killer addiction or external environment ruling my career, I was boiling in the broth of challenges like stress, depression, violence, fear, cerebral thrombosis, fatigue, asthma, and depression. It is certain I failed to realize the hidden costs of the pleasures that were unworthy.



**-MRS. SHRABONI PURI,  
Senior Lecturer, F & B Service**

The litmus test calls for the need to cleanse the soul with answers seeking the purpose of staying in life and valuing it every second we are in it.

The condition where we chose to sort and arrange our ideas, and imagination, let go or hold onto emotions, and declutter our mental baggage help in developing a relationship with our own self where we learn to accept our own skin in our own criticism. It is more about being honest to self and not the tag of perfection. Nevertheless, my realization to calm down and travel inward after fighting for 4 decades of chaos is still rewarding. Therefore relieving into our own music of the inner realm and catering to the pace of our own body is the primary need for our WELL-BEING.

The efficiency at every action gears up when commanded with joy and contentment realizing the purpose and value of life. However, the greed for success and more of Netflix has narrowed their pace, and the practice of WELL-BEING is back on track.

## स्वास्थ्य और अच्छाई



**MR. C.P. MEGHWAL**  
Senior Lecturer

स्वास्थ्य 'अनुकूल और स्व-प्रबंधन की क्षमता है, जिसमें लोगों की स्वास्थ्य की कुंजी के रूप में उनकी स्थिति के अनुकूल होने की क्षमता शामिल है। यह स्वास्थ्य के व्यक्तिपरक तत्व को भी स्वीकार करता है; संदर्भ और उनकी आवश्यकताओं के आधार पर, स्वास्थ्य और कल्याण का अर्थ व्यक्ति से दूसरे व्यक्ति में भिन्न होगा। इसे कई लोग स्वास्थ्य की व्यापक परिभाषाओं की एक सीमा मानते हैं, इस आधार पर कि कल्याण न तो उद्देश्य है और न ही मापने योग्य है।

आम तौर पर, एक स्वस्थ आहार में उचित और स्वस्थ भोजन लेना शामिल होता है जिसमें मानव की जीवन शैली के लिए आवश्यक हरी और ताजी सब्जियां, फल, दूध, अंडे, खनिज, प्रोटीन और विटामिन शामिल होते हैं। अपनी दिनचर्या में नियमित व्यायाम सहित योगाभ्यास करने से भी आपको अपनी वांछित फिटनेस, रक्त शर्करा और प्रतिरक्षा स्तर को बनाए रखने में मदद मिलती है।

तंदुरुस्ती को अच्छी तरह से महसूस करने और अच्छी तरह से काम करने के संयोजन के रूप में परिभाषित किया गया है; खुशी और संतोष जैसी सकारात्मक भावनाओं का अनुभव करना, साथ ही अपनी क्षमता का विकास करना, अपने जीवन पर कुछ नियंत्रण रखना, उद्देश्य की भावना रखना और सकारात्मक संबंधों का अनुभव करना।

भलाई एक सकारात्मक परिणाम है जो कई लोगों और समाज के क्षेत्रों के लिए सार्थक है क्योंकि यह हमें बताता है कि लोगों को लगता है कि उनका जीवन अच्छा चल रहा है। अच्छी रहने की स्थिति (जैसे, आवास, रोजगार) भलाई के लिए मूलभूत हैं। सार्वजनिक नीति के लिए इन स्थितियों पर नज़र रखना महत्वपूर्ण है।

एक स्वस्थ और पोषक तत्वों से भरपूर आहार और शारीरिक गतिविधि शारीरिक स्वास्थ्य को प्रोत्साहित करती है। तनाव मुक्त जीवन शैली हमारे मानसिक स्वास्थ्य को बढ़ाएगी। हमें समाज, दोस्तों और रिश्तेदारों के साथ संबंध विकसित करने के लिए खुद को प्रोत्साहित करना चाहिए। यह हमारे सामाजिक स्वास्थ्य को बढ़ावा देता है।

हालाँकि, कई संकेतक जो जीवन की स्थितियों को मापते हैं, यह मापने में विफल रहते हैं कि लोग अपने जीवन के बारे में क्या सोचते हैं और महसूस करते हैं, जैसे कि उनके रिश्तों की गुणवत्ता, उनकी सकारात्मक भावनाएं, लचीलापन और उनकी क्षमता का एहसास। , या जीवन के साथ उनकी समग्र संतुष्टि - यानी, उनकी "कल्याण"। भलाई में आम तौर पर जीवन संतुष्टि और अवसाद से लेकर आनंद तक की भावनाओं के वैश्विक निर्णय शामिल होते हैं।

फिटनेस या तंदुरुस्ती जीने का एक तरीका है या हमारी जीवनशैली है। यह एक जागरूक, स्व-निर्देशित और विकासवादी प्रक्रिया है जिसके माध्यम से लोग अपनी पूरी क्षमता हासिल करते हैं। भलाई के सात आयाम हैं जो हमारे कल्याण को प्राप्त करने के लिए सामंजस्य में होना चाहिए, जिसकी चर्चा पत्रिका में आगे की जाएगी। अच्छा स्वास्थ्य प्राप्त करने के लिए हमें इनमें से किसी भी क्षेत्र की उपेक्षा नहीं करनी चाहिए।

इस पत्रिका के माध्यम से हम स्वास्थ्य और तंदुरुस्ती को अपने छात्रों के जीवन का एक महत्वपूर्ण पहलू बनाने की दिशा में एक कदम उठाना चाहते हैं।



## चुनाव - बनाता है या तोड़ता है



**MR. MANISH PANDEY**  
Lecturer

लगातार सचेत चुनाव करने से स्वास्थ्य, खुशी और मन की शांति मिलती है। हालाँकि जीवन में खराब विकल्प निराशा, थकान और दुख की ओर ले जाते हैं। जब स्वास्थ्य, खुशी और कल्याण को बढ़ावा देने वाले विकल्प चुनने की बात आती है, तो छह कारक प्राथमिक महत्व के होते हैं-

1. व्यायाम - दुनिया की सबसे अच्छी दवा

शारीरिक गतिविधि स्वस्थ और उत्पादक जीवन के लिए महत्वपूर्ण है, जो आत्म-सम्मान, नींद की गुणवत्ता और ऊर्जा के स्तर को बढ़ाती है, साथ ही तनाव, अवसाद और मनोभ्रंश के जोखिम को कम करती है।

2. निद्रा - मौन निद्रा में चले जाना

जैसा कि शेक्सपियर ने मैकबेथ में लिखा है, 'नींद... आहत दिमागों का मरहम, महान प्रकृति का दूसरा कोर्स... जीवन की दावत में प्रमुख पोषक।'

नींद की खराब आदतें, जिसमें असंगत नींद का समय और पर्याप्त नींद नहीं शामिल है, वजन बढ़ने, उच्च रक्तचाप, दूसरों के प्रति बढ़ती शत्रुता और आत्म नियंत्रण की कमी का कारण बन सकती है।

अच्छी नींद की स्वच्छता, जैसा कि ज्यादातर लोग जानते हैं, में शामिल हैं: हर रात एक ही समय पर बिस्तर पर जाना, दिन में देर से कैफीन से परहेज करना और सोने से पहले मानसिक रूप से आराम करने का समय देना, यह सुनिश्चित करना कि बेडरूम अंधेरा और ठंडा है।

3. आहार - हम वही हैं जो हम खाते हैं।

उच्च नमक, उच्च चीनी, उच्च वसा वाले खाद्य पदार्थों (आकर्षक लेकिन हानिकारक) का सेवन कम करना और ताजे फल और सब्जियां, सलाद, साबुत रोटी, मछली, चिकन, असंसाधित लाल मांस और भोजन खाने को प्राथमिकता देना। संपूर्णता, अच्छा महसूस करने और स्वस्थ रहने के लिए तम्बाकू से परहेज और संयम में पीने पर विचार किया जाएगा।

4. दोस्ती - साझा की गई समस्या आधी हो जाती है

मनुष्यों को उत्तरजीविता रणनीतियों का उपयोग करने के लिए प्रोत्साहित किया गया है जो सहयोग और टीम वर्क पर आधारित हैं। इसलिए हमें शारीरिक और मनोवैज्ञानिक स्वास्थ्य के लिए मजबूत रिश्तों की 'जरूरत' उसी तरह है जैसे हमें भोजन की जरूरत होती है। अनुसंधान से पता चलता है कि नकारात्मक संबंध अनुभव तनाव प्रतिक्रियाएं पैदा करते हैं, जैसे कि बढ़ा हुआ रक्तचाप, जो शरीर पर अतिरिक्त टूट-फूट पैदा करता है

5. ध्यान- जिधर जाओ, उधर हो

शोध से पता चलता है कि ध्यान का अभ्यास रक्तचाप, चिड़चिड़ा आंत्र सिंड्रोम के लक्षण, चिंता और अवसाद, अनिद्रा, और तीव्र श्वसन रोगों की घटना, अवधि और गंभीरता को कम कर सकता है।

ध्यान कई प्रकार के होते हैं, लेकिन अधिकांश में चार तत्व समान होते हैं: एक शांत स्थान जिसमें यथासंभव कुछ विक्षेप होते हैं; एक आरामदायक, आराम की मुद्रा; ध्यान का ध्यान (आमतौर पर एक महत्वपूर्ण शब्द, या सांस की संवेदना); और एक खुला रवैया (विकर्षणों को बिना जज किए स्वाभाविक रूप से आने और जाने देना।)

6. सकारात्मकता को प्राथमिकता देना

'स्वस्थ' जीवन विकल्प बनाते समय सकारात्मकता को प्राथमिकता देना एक प्रमुख विषय है। इसमें केवल आनंद लाने वाली गतिविधियों के आसपास दैनिक जीवन को व्यवस्थित करना शामिल है। जो लोग सकारात्मकता को प्राथमिकता देते हैं वे न केवल उन लोगों की तुलना में खुश होते हैं जो नहीं करते हैं, बल्कि उनके संबंध भी बेहतर होते हैं, अधिक लचीलापन होता है और वे अधिक दिमागदार होते हैं। ऐसा इसलिए होता है क्योंकि उनके पास सकारात्मक भावनाओं के अधिक लगातार अनुभव होते हैं, क्योंकि वे लगातार 'मजेदार चीजों' को अपनी दिनचर्या में शामिल करते हैं।



## Rudrashivam Ayurvedic & Naturopathy Resort

**Dr. Ashok Kumawat**  
(OWNER AND FOUNDER)

The most unique Ayurvedic & Naturopathy Center is set up using a series of principles and beliefs to create individual treatment plans.

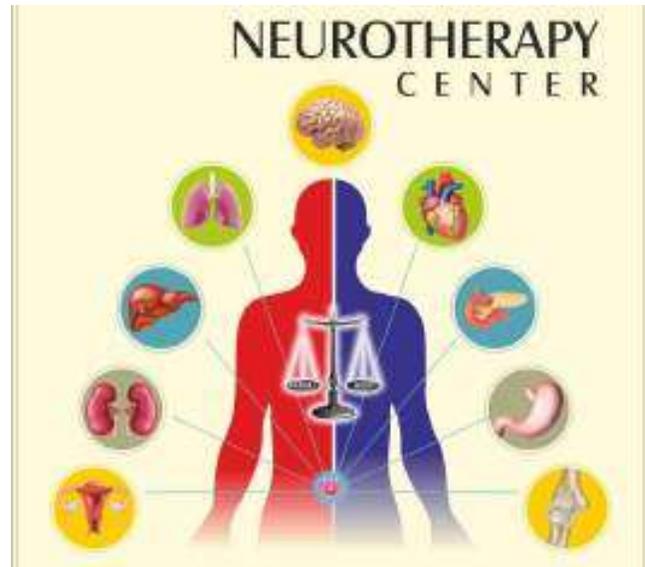
These principles and beliefs are:

- Self-healing:
- Spirituality
- Harmless treatment
- Holistic treatment
- Prevention of diseases

Our Facilities:

We have designed medical care plans to suit individual needs and health conditions. The food grains and fruits used for treatment grown are organic in a spiritual and positive environment. This is one of the most unique features of our resort. Treatments are done using naturopathic with spiritual techniques in a very spiritual environment and peaceful, natural, and pure environment using only:

- Diet and nutrition recommendations
- Behavioral change, such as exercise and lifestyle
- Hydrotherapy, which is a water-based treatment
- Herbal dietary supplements
- Detoxification
- Depression
- Anxiety
- Strength Immune System
- Antibiotic Resistance
- Nutrition Increase
- Antioxidant



## AYURVEDIC NATUROPATHY ASPECTS IN OUR CENTRE

Treatment in Naturopathy is based on the concept of Panchamahabhutas- Earth, Water, Fire, Air and Ether which form the basic constituents of the body.

These elements are used to revitalize and rejuvenate the body and strengthen the immune system against disease-causing agents in and around us.

“SARVAM DRAVYAM PANCHABHOUTIKATVAM”

- The earth element gives structure to life.
- The water element is present in the cytoplasm, or the liquid within the cell.
- The metabolic processes being carried out in the cell symbolize fire (HAWAN).
- The gaseous exchange taking place symbolizes air.
- The space occupied by the cell symbolizes the space or ether (the pores through which nutrition reaches the cell and the waste metabolic products are excreted out).

The cell works with a combination of these five great elements and any imbalance in these five great elements leads to the deposition of toxins what we call the accumulation of morbid matter. This leads to the abnormal composition of blood and lymph, which reduces vitality and allows germs to grow, causing disease. By using these elements we provide treatment in a spiritual, clean, natural environment.

## Treatment provided using panchmahabhoot concept

1. Mud therapy: Mud therapy is a very simple and effective treatment modality. It is used for giving coolness to the body. It dilutes and absorbs the toxic substances of the body and ultimately eliminates them from the body.

2. Hydrotherapy: It is the treatment of disorders using different forms of water. Hydrothermal therapy additionally uses its temperature effects, as in hot and cold baths, saunas, and body wraps.

3. Hawan Therapy: Agni mahabhoot is one of the panchmahabhoot humans are made of. Using this mahabhoot we provide hawan therapy. This release of all the anxiety repels negative energy making the environment purest of all.

4. Air Therapy: The advantage of air therapy can be achieved by means of an Air bath. Everybody should take an air bath daily for 20 minutes or longer if possible. It is more advantageous when combined with morning cold rub and exercises.

5. Fasting Therapy: Fasting is primarily the act of willingly abstaining from some or all food, drink, or both, for a period of time. Methods of fasting are water, juices, or raw vegetable juices. During fasting, the body burns up and excretes huge amounts of accumulated waste.

6. Diet Therapy: According to this therapy, the food must be taken in its natural form. Fresh seasonal fruits, fresh green leafy vegetables, and sprouts are excellent.

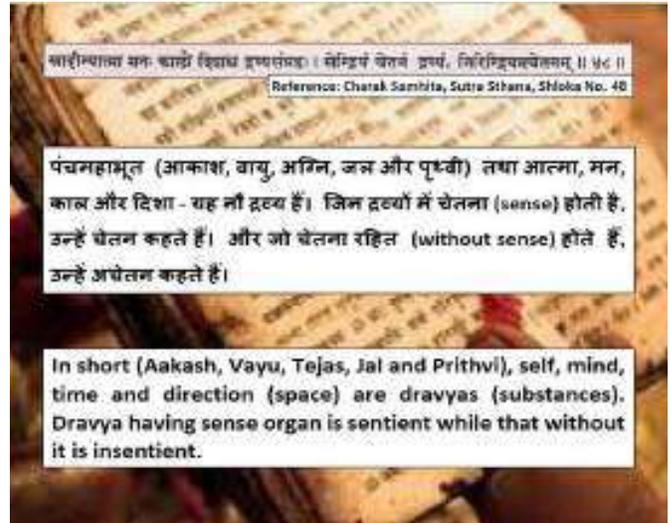
7. Cow Care Depression Therapy: Therapy animals are a reality that can lend real comfort in unusual ways. Cow presence on the farm creates a spiritual area that also works for the depression treatment of the people. We provide therapy with the cows- the huggers lean against a cow to rest, stoke, embrace, snuggle, or talk to the animal for hours. The wholesome pastime abroad is focused on a good human-animal touch in a clean, smell-free green surrounding.

Cows by nature are calm, gentle, and patient and the huggers benefit from the animal's warm body temperature, slower heartbeat, and large size. All this helps regulate the body's metabolism and immune and stress response. The patient finds peace when they come to the entrance of this gated community where a water pit and stacks of grass attract a herd of cows every morning.

### Summary:-

A good environment has a spiritual and positive environment with the perfect sign of all positive vibes releasing anxiety, depression and releasing negative energy with nature. Therapies of naturopathy in such an environment are all human needs and the best place for this can't exist rather than this resort.

Therapy animals are a reality that can lend real comfort in unusual ways. Cows are the best-mentioned animals for releasing negative energy and giving a spiritual and positive environment.



# आहार-आराम- अभ्यास का सन्तुलन ही स्वास्थ्य

**Mr. Shekhar Sharma**  
Founder of Dhyan foundation

आजादी के अमृत महोत्सव व आठवे अन्तर्राष्ट्रीय योग दिवस पर परम्परागत स्वस्थ रहने की विधा योग एवं प्राकृतिक चिकित्सा से सम्पूर्ण स्वास्थ्य प्राप्ति का प्रयास करें।

आधुनिक तनाव युक्त व अनियन्त्रित दिनचर्या ने मनुष्य को तनाव ग्रस्त व रोगी बना दिया है। जीवन में हम कुछ कर गुजरने की चाह व वैल्यू के चक्कर में हेल्थ खो देते हैं और फिर सारी उस सोई हेल्थ में लगा देते हैं। आज रोग का मुख्य कारण सम्पूर्ण स्वास्थ्य की अवधारणा का बदलना है सम्पूर्ण स्वास्थ्य अन्नमय प्राणमय मनोमय विज्ञानमय व आन्नदमय हर स्तर पर अपने आप को सुदृढ़ रखना था। परन्तु आजकल हम केवल स्थूल रूप में ही B.H.I. (Body Mass Index) तक सीमित रह गए हैं। सम्पूर्ण स्वास्थ्य के लिए हमें B.M.R. (Body Metabolic Rate) अर्थात् अपने Relaxation के स्तर पर देखना होगा। हमारा यह पंचतत्व रूपी शरीर अग्नि, वायु, आकाश, पृथ्वी व जल तत्व से निर्मित है इनके असन्तुलन से ही शरीर में रोग उत्पन्न होते हैं और प्राकृतिक चिकित्सा से इसे हम सन्तुलित कर जीवन जी सकते हैं। योग की दृष्टि से देखें तो सभी का mechanism हर जने का अलग है इस metabolism के बिगड़ने से ही हमारा mechanism खराब हो जाता है जो कि शरीर में रोग के रूप में हमें दिखता है योग को अपने दैनिक जीवन का अंग बनाकर हम शारीरिक मानसिक व आध्यात्मिक हर स्तर पर स्वस्थ रह सकते हैं। शरीर में energy की deficiency के कारण disorder होकर diseases develop हो जाती है। योग में आसन व प्राणायाम का अभ्यास कर हम energy को सभी अंगों तक पहुँचाते हैं। अनेक शोधों का निष्कर्ष है कि 95 diseases are psychosomatic ailments अर्थात् मनोमय कोष में तनाव व असन्तुलन ही शरीर में रोग का कारण बनता है तनावयुक्त दिनचर्या ने हमारे अनियन्त्रित आहार तनाव युक्त निद्रा व शारीरिक अभ्यास की कमी।



## PSYCHOSOMATIC AILMENTS

DIABETES	ASTHMA	HYPERTENSION	CONSTIPATION
<b>D</b> - Deficiency of Glandur Action <b>I</b> - Irregularity <b>A</b> - Alcohol <b>B</b> - Bad Habits <b>E</b> - Excessive Tension <b>T</b> - Excessive Eating <b>S</b> - Sudden Shock	<b>A</b> - Allergy <b>S</b> - Smoking <b>T</b> - Tension <b>H</b> - Hereditary <b>M</b> - Mal Absorption <b>A</b> - Air Pollution	<b>H</b> - Hereditary <b>Y</b> - Youth Habits <b>P</b> - Psychological Trauma <b>E</b> - Emotional Suppression <b>R</b> - Reaction <b>T</b> - Tension <b>E</b> - Excess Work Load <b>N</b> - Non Vegetarian <b>S</b> - Smoking <b>I</b> - Irregularity <b>O</b> - Over Eating <b>N</b> - Negative Thinking	<b>C</b> - Compromising with Fast Food <b>O</b> - Over Eating <b>N</b> - Non Veg <b>S</b> - Sitting /Sleeping <b>T</b> - Tension <b>I</b> - Irregularity <b>P</b> - Poor/ Negative Thinking <b>A</b> - Avoid To Drink Enough Water <b>T</b> - Terror/ Tight Schedule <b>I</b> - Inactivity <b>O</b> - Over Work Load <b>N</b> - Non-Nutrient Food

## Words of Alumni

Good health is a boon to our bodies. It can be maintained by doing regular exercise and maintaining a well-balanced diet. The key source to being happy is to be fit and healthy. Good health not only means a state of absence of diseases in the body but a complete physical, mental, social as well as spiritual well-being of an individual.

Being healthy means having a healthy brain, flexible movements of the body, more energy, happy moods, peace, patience, etc. Fitness does not only mean our physical well-being, it is a combination of the physical and mental health of a person. Stress, anxiety, and mood fluctuations also represent unhealthy traits of a person which can be cured by various exercises or yoga. Every generation should take care of their health and fitness.

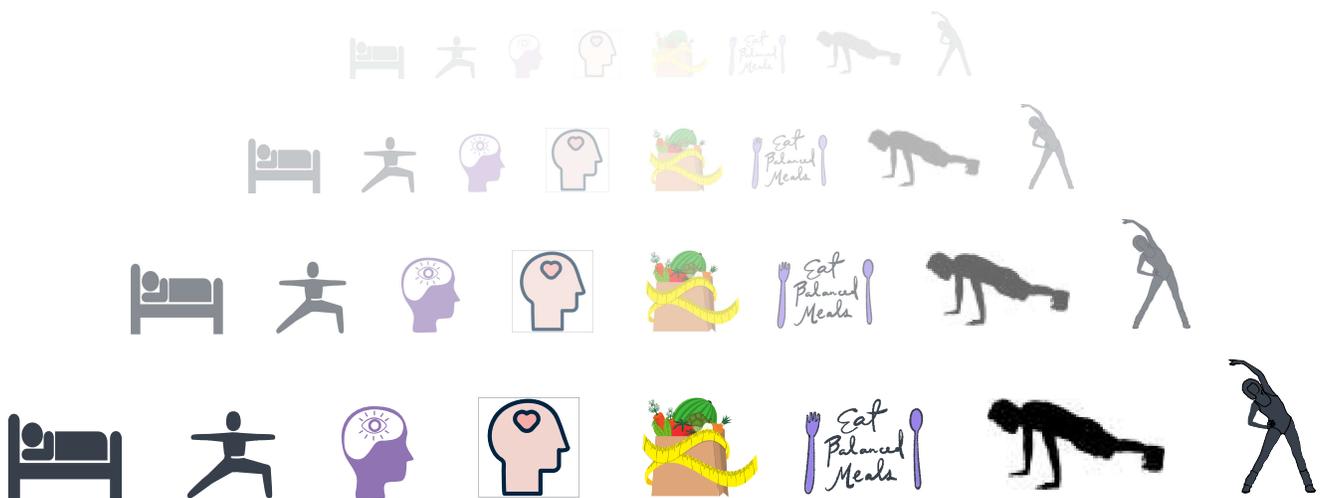
Out of the several components that affect one's health, the following are the seven key physical components to ensure overall good health, fitness, and mental well-being:

1. Cardiovascular/Aerobic Conditioning
2. Strength Training and Muscular Development
3. Stretching-Muscles, Ligaments, and Tendons
4. Core stability-both Physical and Mental
5. Nutrition and Supplementation-Balanced diet
6. Mental Rest and Relaxation-Balanced lifestyle
7. Regular sleep

Daily stress, depression, intake of harmful substances like alcohol, lack of sleep, and junk food are the major reasons that lead to the deterioration of health.



Mr. Rohit Yadav  
Owner and founder of Aevolution Fitness Club.  
ACE Certified fitness trainer.  
8 years of training experience



## Words of Alumni

Greetings of the day!

Saying that our people are conscious in regards to their health and well-being would not be wrong so I would like to encourage every being, be it young or old, working or non-working to join the club of Healthy India.

Being a sports person myself, I represented Rajasthan at Hockey Nationals back in 2012, and from there I know how important it is to maintain yourself physically, mentally, and emotionally. This is the reason I started a venture in the fitness industry by introducing a new fitness concept in gyms i.e FAST (Fitness Athlete Sports Training). My gym is for people who are eager to make balance and stability in their life.

Considering a task, a job, or any work, you need to stay fit and fine in all the estates of health. For I relate to sports, let's talk about how you need to be physically, mentally, and emotionally fit to win. First, comes your Body Fitness, which is not identified by your weight but by your stamina and power to play hard. Proper diet and nutrients that your body needs must be served. You need to keep active and work hard on developing your core strength which ultimately makes your body healthy and well-shaped. Second, comes your Mental Fitness, where your mind needs to maintain calm when under pressure. Being in your head-space and maintaining the peace that it deserves comes from meditating. To have control over your thoughts and work accordingly is a win already. Third, comes your Emotional Fitness, where you need to control your emotions while you maintain everything else, as there is a saying, and I quote,



Mr. Shubham Priyadarshi  
Founder -AEVOLUTION GROUP  
(Aevolution Fitness & Aevolution Textiles)

### “Khel jajbat se khelne chahiye, jajbati hokar nahin.”

Controlling your emotion is the toughest. Your emotions should stay measured and that comes when you are fit by the other estate of health.

All I meant to say so far is to keep yourself in a state where each and everybody part of yours is happy and unharmed. This way you can say that you are a step ahead on the journey toward being healthy and well.

Thank you for spending your precious time reading my article, where I tried my best to explain things in a better way.

# Health And Wellbeing

## Health And Wellbeing

Health – Health consists of maintaining the body and taking preventive measures to cut back the likelihood of developing various diseases.

Well-being – Well-being is the experience of health, happiness, and prosperity.

Good psychological health, high life satisfaction, a sense of meaning or purpose, and the ability to manage stress are all part of this. Wellness and physical health, emotional and psychological stability, and social participation are all components of health and well-being. Physical wellness involves self-care and a temperate lifestyle. Emotional well-being is psychological well-being encompassing subjective experience and positive emotionality. The importance of Health And Well-Being is what gives happiness and life fulfillment. Nobody can be happy and great once they lack good well-being and robust health.

Why health and well-being are quite important in your life?

Here are a few reasons. **•It improves your relationship with family and friends:** Having sound well-being and health often helps improve the relationship you have with friends and family. **•Sufficient rest:** It opens ways to have great and sufficient rest, when you are strong health-wise and have sound well-being trust me you will find the ability to sleep very easy, non sound health hinders the ability to sleep and have sufficient rest. **•It influences people close to you:** Strong health influences people around you and helps them to see the best of you. You will be able to communicate with friends and family when you have solid health and great well-being. **•You will find fulfillment in life:** When you are fine health-wise and have great well-being you will also enjoy life and all the treasure it has in store; no one can find life fulfillment when they don't have great well-being and sound health. Having great well-being and health opens the way to having a sound and fulfilled lifestyle.

Ensuring wholesome lives and selling well-being for all at every age is crucial to constructing wealthy societies. More than six million kids nevertheless die earlier than their 5th birthday every year. Epidemics like HIV/AIDS thrive wherein worry and discrimination restricts people's capacity to acquire the offerings they want, to stay wholesome, and to have effective lives. Access to appropriate fitness and well-being is a human right, and this is why the sustainable improvement schedule gives a brand new chance to make certain that everybody can get entry to the very best requirements of fitness and fitness care—now no longer simply the wealthiest.



Priya Kumari  
(2nd Yr)

## Positive Health and Wellbeing

Good mental health is simply as essential as the right bodily fitness and preserving it has to be a concern for everyone. It enables you to be ok with yourself and cope nicely with the regular pressures of life. One in four people in North America experience problems that affect their mental health, yet very few of us are willing to talk about the subject openly. Those with mental health troubles frequently face stigma and discrimination, and fear of these can prevent people from getting assistance and preclude their recovery. Mental health problems have an effect on society as a whole, now no longer only a small, remoted segment. Although certain groups are extra vulnerable, no one is immune to poor intellectual health.

Mental health issues are fitness situations that are characterized with the aid of using changes in thinking, mood, or behaviour, however desirable intellectual fitness is more than simply the absence of problems. Remembering a few simple ways to protect your mental well-being could make all the difference. These include: Get enough rest; Make time for yourself, family, and friends - talk to them about how you feel; Get to know who you are, think about and try to do things that make you happy, and don't forget to laugh regularly; Cultivate and inspire optimism in yourself and others, try and avoid over-wondering and comparisons with others - discover ways to stability and receive what you can and can't change about yourself; Exercise regularly; Limit your intake of alcohol and avoid cigarettes and other drugs. If you're feeling low, it helps to talk to someone you trust, eg. a friend or family doctor. Talking is step one withinside the restoration method and, with suitable help, people who've skilled emotions of hysteria or depression can, and do, pass directly to recover.



**Purnima Singh**  
(2nd Yr)

## What is health by WHO

In 1948, the World Health Organization (WHO) defined health with a phrase that modern authorities still apply. "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." WHO remains firmly committed to the principles set out in the preamble of the Constitution.

1. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
2. The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, or economic or social conditions.
3. Health of all the people is fundamental to the attainment of peace and security and is dependent on the fullest cooperation of individuals and the States.
4. The achievement of any State in the promotion and protection of health is of value to all.
5. Unequal development in different countries in the promotion of health and control of diseases, especially communicable diseases, is a common danger.
6. Healthy development of a toddler is of basic importance; the capacity to stay harmoniously in converting general surroundings is crucial for such improvement.
7. The extension to each person of the benefits of medical, mental, and associated understanding is crucial to the fullest attainment of fitness.
8. Informed opinion and active cooperation on the part of the general public are of the maximum significance withinside the development of the fitness of the people.



**Payal Kolaria**  
(2nd YR)

# Seven Dimensions of Wellness



Wellness is the pursuit of continued growth and stability within the seven dimensions of wellness. Many people assume "wellness" in phrases of bodily fitness only. The word invokes thoughts of nutrition, exercise, weight management, blood pressure, etc. Wellness, however, is much more than bodily health. It is a complete integration of bodily, mental, and non-secular well-being. It is a complicated interplay that ends in a fine life. Wellness is commonly viewed as having seven dimensions. Each dimension contributes to our sense of wellness or quality of life, and each affects and overlaps the others. The Seven Dimensions of Wellness are:

## 1. Physical Dimension

Physical health encompasses a lot of wholesome behaviors such as adequate exercise, the right nutrition, and abstaining from dangerous conduct along with drug use and alcohol abuse. It means learning about and identifying symptoms of disease, getting regular medical checkups, and protecting yourself from injuries and harm. Developing such healthy behavior nowadays will now no longer be most effective in adding years to your lifestyle however will beautify the amusement and fine of these years.

## 2. Emotional Dimension

Emotional well-being is a dynamic state that fluctuates regularly together with your different six dimensions of well-being. Being emotionally well is normally described as owning the capacity to experience and express human feelings together with happiness, sadness, and anger. It means having the capacity to like and be cherished and accomplishing a feeling of achievement in life. Emotional well-being encompasses optimism, self-esteem, self-acceptance, and the capacity to percentage feelings.

## 3. Intellectual Dimension

The intellectual dimension encourages creative and stimulating mental activities. Our minds need to be always stimulated and exercised simply as our bodies do. People who own an excessive stage of highbrow well-being have energetic thoughts and retain to learn. An intellectually nice person uses the sources to extend one's information and enhance skills. Keeping up-to-date on current events and participating in activities that arouse our minds are also important.

## 4. Social Dimension

Social wellness refers to our ability to interact successfully in our global community and to live up to the expectations and demands of our roles. This means learning good communication skills, developing intimacy with others, and creating a support network of friends and family members. Social wellness includes showing respect for others and ourselves. Contributing to your community and the world builds a sense of belonging.

## 5. Spiritual Dimension

Spiritual wellness involves possessing a set of guiding beliefs, principles, or values that help give direction to one's life. It includes an excessive degree of faith, hope, and dedication to our personal ideals that offer a feel of that means and causes. It is a willingness to seek that means and cause in human existence, to impeach everything, and to comprehend the things which can not be easily defined or understood. A spiritually nice character seeks concord among what lies inside in addition to the forces outside.

## 6. Environmental Wellness

Environmental well-being is a focus on the unstable state of the earth and the results of our day-by-day conduct in the bodily environment. It includes preserving a manner of existence that maximizes harmony with the earth and minimizes damage to the environment. It consists of being worried about socially accountable sports to shield the environment.

## 7. Occupational Dimension

Occupational/Vocational well-being involves getting ready and utilizing our gifts, skills, and talents to advantage purpose, happiness, and enrichment to our life. The improvement of occupational pride and well-being is associated with our mindset approximately our work. Achieving the most fulfilling occupational well-being permits us to preserve a fine mindset and enjoy pride/delight in our employment. The occupational well-being method efficiently integrates a dedication to your profession into a complete way of life this is gratifying and rewarding.



Payal Kolaria  
(2nd YR)



# व्यंजनों की विधि



## शाकाहारी बाजरा सुशी



### सामग्री:

- सुशी बाजरा के लिए:
  - 1 कप बाजरा, भिगोया हुआ
  - 2 कप पानी
  - 2 बड़े चम्मच बेलसमिक सिरका
  - 1 बड़ा चम्मच तरल स्वीटनर (शहद/मेपल सिरप/नारियल सिरप)
  - 1 बड़ा चम्मच तिल का तेल (वैकल्पिक)
  - नमक स्वादानुसार
- रोल भरने के लिए:
  - 2 गाजर / "शाकाहारी सामन" (नीचे देखें)
  - 2 छोटे खीरे
  - सूखे टमाटर, मशरूम
  - 1 एवोकैडो
  - भुने हुए तिल
  - 4 नोरी शीट
- शाकाहारी सामन के लिए:
  - 2 गाजर
  - 1 छोटा चम्मच कीमा बनाया हुआ लहसुन
  - 1 बड़ा चम्मच सिरका
  - 1 छोटा चम्मच तरल स्वीटनर
  - 1 बड़ा चम्मच सोया सॉस
  - 1 छोटा चम्मच तिल का तेल और तिल के बीज (वैकल्पिक)
  - नमक स्वादानुसार



### तरीका:

- एक बर्तन में बाजरा और पानी मिलाएं, और धीमी से मध्यम आंच पर तब तक उबालें जब तक कि सारा पानी सोख न लिया जाए, लगभग 15 मिनट के लिए। इसे ठंडा होने दें।
- बाजरा के ठंडा होने के बाद, इसे बाल्समिक सिरका, तेल (यदि उपयोग कर रहे हैं), स्वीटनर और नमक के साथ मिलाएं। मिलाने समय बाजरे को भी हल्का सा मैश कर लें।
- अपनी सुशी के लिए फिलिंग तैयार करें: सभी सामग्रियों को लंबी स्ट्रिप्स में काटें।
- एक नोरी शीट लें और उसके ऊपर लगभग 0.5 सेंटीमीटर मोटा बाजरा फैलाएं। सब्जियों को शीट के एक तरफ ऊपर रखें। किनारों पर कम से कम 1 सेमी जगह रखें, ताकि आप इसे आसानी से रोल कर सकें।
- नोरी शीट को रोल करके मोटे टुकड़ों में काट लें। सोया सॉस के साथ एन्जॉय करें।

## Bajre ki Tikki



### INGREDIENTS:

- 250 grams of bajra flour
- 150 grams jaggery / gud
- ½ cup lukewarm water or as required
- 20-23 grams, 2 tablespoons sesame seeds
- Oil for frying (not required if baking)
- 1 tablespoon ghee/ clarified butter for brushing (optional)



### METHOD:

- Powder jaggery or cut it into thin strips and put it into a bowl.
- Add ½ cup lukewarm water and mix everything. (Do not add more water at this stage, we can adjust the consistency later).
- Let it sit for 30 minutes and let the jaggery melt.
- Now in a wide plate or a bowl, add the bajra and 2 tablespoons of sesame seeds. Give it a quick stir.
- Slightly warm the jaggery syrup and use this to make a smooth and semi-stiff dough.
- Let the dough rest for 30 mins.
- After 30 mins, knead the dough one more time. If you feel the dough is too smooth, add some flour, ½ tablespoon at a time.
- One should be able to make smooth balls from this.
- Take a tablespoon of mixture in your hand. Roll it into smooth balls and slightly flatten it.
- If frying, fry them on a medium stove until golden brown on both sides.
- For baking, preheat the oven to 180 Deg C.

- Bake them for 10 minutes on one side.
- Brush the top with a bit of ghee. This is an optional step, but helps the Tikki/Cookies not dry and also gives them a slight golden color.
- Bake for 10 minutes.
- Flip, brush ghee on the other side, and again bake for 5 minutes.
- They should be done when they are firm on the edges. Normally it takes around 25 minutes.
- Let them cool and store them in an airtight container.

**Note:**

Frying on medium is essential or else they would not cook from inside.



## बाजरे की टिक्की

### सामग्री:

- 250 ग्राम बाजरे का आटा
- 150 ग्राम गुड़/ गुड़
- ½ कप गुनगुना पानी या आवश्यकतानुसार
- 20-23 ग्राम, 2 बड़े चम्मच तिल
- तलने के लिए तेल (बेक करने के लिए आवश्यक नहीं है)
- 1 बड़ा चम्मच घी/मक्खन ब्रश करने के लिए (वैकल्पिक)



### तरीका:

- गुड़ का पाउडर बना लें या इसे पतली स्ट्रिप्स में काट लें और इसे एक कटोरे में डाल दें।
- ½ कप गुनगुना पानी डालें और सब कुछ मिला लें। (इस अवस्था में अधिक पानी न डालें, हम बाद में स्थिरता को समायोजित कर सकते हैं)।
- इसे 30 मिनट के लिए रख दें और गुड़ को पिघलने दें।
- अब एक चौड़ी प्लेट या कटोरे में बाजरा और 2 बड़े चम्मच तिल डालें। इसे जल्दी से हिलाएं।
- गुड़ की चाशनी को हल्का सा गर्म करें और इसका प्रयोग करके नरम और हल्का सख्त आटा गूंथ लें।
- आटे को 30 मिनट के लिए रख दें।
- 30 मिनट के बाद आटे को एक बार और गूंथ लें। यदि आपको लगता है कि आटा बहुत चिकना है, तो एक समय में थोड़ा आटा, ½ बड़ा चम्मच डालें।
- इससे चिकनी गेंदें बनाने में सक्षम होना चाहिए।
- अपने हाथ में एक बड़ा चम्मच मिश्रण लें। इसे चिकनी गेंदों में रोल करें और थोड़ा चपटा करें।
- अगर तल रहे हैं तो मध्यम आंच पर दोनों तरफ से सुनहरा भूरा होने तक तल लें।
- बेकिंग के लिए, ओवन को 180 डिग्री सेल्सियस पर प्रीहीट करें।

- इन्हें एक तरफ 10 मिनट तक बेक करें।
- ऊपर से थोड़ा घी लगाकर ब्रश करें। यह एक वैकल्पिक कदम है, लेकिन टिक्की/कुकीज़ को सूखने में मदद करता है और उन्हें हल्का सुनहरा रंग भी देता है।
- 10 मिनट तक बेक करें।
- पलटें, दूसरी तरफ घी लगाएं और फिर से 5 मिनट के लिए बेक करें।
- उन्हें तब किया जाना चाहिए जब वे किनारों पर दृढ़ हों। आम तौर पर इसमें लगभग 25 मिनट लगते हैं।
- इन्हें ठंडा होने दें और एक एयरटाइट कंटेनर में स्टोर करें।

**टिप्पणी:**

मीडियम आंच पर तलना जरूरी है नहीं तो ये अंदर से नहीं पकेंगे।



## Bajra Tartlets With Fruit Custard

### INGREDIENTS:

#### FOR TARTLETS:

- 1/2 cup bajra flour
- 1/2 cup wheat flour
- 1 tbsp caster sugar
- A pinch of salt
- 75 gms cold butter (cut into cubes)
- 1 egg yolk

#### FOR THE FILLING:

- 3 tbsp custard powder
- 500 ml milk
- 1/4 cup sugar
- 1 mango (cut into cubes)
- 1 kiwi, sliced
- 1 tbsp honey



### METHOD:

- Preheat the oven at 100°C. Grease 8 tartlet molds with a little oil and keep them aside.
- In a mixing bowl, sift together bajra flour, wheat flour, sugar, and salt.
- Add the cubes of cold butter and rub with your fingertips until the mixture resembles bread crumbs.
- Add the egg yolk and a little cold water to form a dough. Do not knead it too much. Quickly cover it with a cling film and keep it in the refrigerator for 30 minutes.
- Divide the dough into 8 small balls. Roll out each using a rolling pin to form discs and place them into the tartlet molds. Press with your fingers gently to ensure that the dough even covers the mold.
- Prick the base of the dough with a fork and bake in the oven at 150°C for 10-15 minutes until golden and crisp. Remove from the oven and let it cool.
- In the meantime, warm milk in a saucepan. Take 1/4 cup of warm milk in a glass and add custard powder to it. Stir well and pour it into the saucepan while stirring the milk continuously. It will start to thicken.
- Add sugar and continue stirring until the custard is dense and comes off from the edges. Remove from the flame and add in the mangoes. Mix well.
- Pour the custard into the tartlets and even out the surface. Let it set.
- Once cooled, decorate with kiwi slices and drizzle honey on top.

## फ्रूट कस्टर्ड के साथ बाजरा टार्टलेट्स

### सामग्री:

- टार्टलेट्स के लिए:
- 1/2 कप बाजरे का आटा
- 1/2 कप गेहूं का आटा
- 1 बड़ा चम्मच कैस्टर शुगर
- नमक की एक चुटकी
- 75 ग्राम ठंडा मक्खन (क्यूब्स में कटा हुआ)
- 1 अंडे की जर्दी

### भरने के लिए:

- 3 बड़े चम्मच कस्टर्ड पाउडर
- 500 मिली दूध
- 1/4 कप चीनी
- 1 आम (क्यूब्स में कटा हुआ)
- 1 कीवी, कटा हुआ
- 1 बड़ा चम्मच शहद



### तरीका:

- ओवन को 100°C पर प्रीहीट करें। 8 टार्टलेट मोल्ड्स को थोड़े से तेल से ग्रीस करें और एक तरफ रख दें।
- एक मिक्सिंग बाउल में बाजरे का आटा, गेहूं का आटा, चीनी और नमक छान लें।
- ठंडे मक्खन के क्यूब्स डालें और अपनी उँगलियों से तब तक रगड़ें जब तक कि मिश्रण ब्रेड क्रम्ब्स जैसा न हो जाए।
- आटा बनाने के लिए अंडे की जर्दी और थोड़ा ठंडा पानी डालें। इसे बहुत ज्यादा न गुँदें। इसे जल्दी से क्लिंग फिल्म से ढक दें और 30 मिनट के लिए फ्रिज में रख दें।
- आटे को 8 छोटी-छोटी लोडियों में बांट लें। डिस्क बनाने के लिए बेलन का उपयोग करके प्रत्येक को रोल करें और उन्हें टार्टलेट मोल्ड्स में रखें। यह सुनिश्चित करने के लिए अपनी उँगलियों से धीरे से दबाएं कि आटा मोल्ड को भी कवर करे।
- आटे के तले में फोर्क से छेद करें और ओवन में 150°C पर 10-15 मिनट तक सुनहरा और करारे होने तक बेक करें। ओवन से निकालें और ठंडा होने दें।
- इस बीच, एक सॉस पैन में दूध गर्म करें। एक गिलास में 1/4 कप गुनगुना दूध लें और उसमें कस्टर्ड पाउडर मिलाएं। दूध को लगातार चलाते हुए अच्छी तरह से हिलाएं और पैन में डाल दें। यह गाढ़ा होने लगेगा।
- चीनी डालें और तब तक चलाते रहें जब तक कि कस्टर्ड गाढ़ा न हो जाए और किनारों से अलग न हो जाए। आंच से उतार कर आम में डालें। अच्छी तरह मिलाएं।
- कस्टर्ड को टार्टलेट में डालें और सतह को समतल करें। इसे सेट होने दें।
- ठंडा होने पर कीवी के स्लाइस से सजाएं और ऊपर से शहद छिड़कें।

## Stuffed Mushroom Curry

### INGREDIENTS:

- 2-3 medium-sized diced onions
- 4-5 chopped tomatoes
- 2-3 dried red chilies
- 1 cinnamon stick
- 2-3 cardamom
- Cumin seeds
- 5-7 garlic cloves
- Small piece ginger
- Green onions
- 250 gms cottage cheese
- 2 medium-sized carrots shredded
- Green chilies cream
- Salt, pepper, red chili powder.
- Coriander powder, turmeric
- Powder, kitchen king (optional).



### METHOD:

- Take a deep pan and heat some oil.
- Add 1 tbsp cumin seeds, cardamom, dried chilies, and cinnamon stick, and cook for a minute.
- Now add the diced onions and cook until the onion turns light brown.
- Now add chopped garlic and ginger along with tomatoes and cook on medium-high flame until tomatoes turn soft and their skin separates.
- Now add salt, red chili powder, coriander powder, turmeric powder, and kitchen king and cook for a minute or two.
- Lastly, add some roughly chopped coriander and turn the flame off and let the mixture cool down. Once it's cool, blend it to a fine paste.
- Now take another pan, and add some butter.
- Add some diced onions, green onions, and finely chopped garlic let it cook for a minute or two.
- Add the paste and let it cook till the oil separates from the paste then add some water and bring it to a boil.
- The curry is ready!

**Mushroom filling:**

Now as we made it so far. It's time for the filling.

- Take a bowl and add the shredded carrot.
- Add some finely chopped coriander and green chili.
- Now add cottage cheese along with some salt and pepper. The filling is ready! Now add this filling to the mushroom.
- Now take another pan, and heat some oil.
- Add these mushrooms filling side down on medium-high.
- Flame for 20 minutes on each side or until they are golden brown on both sides.
- Now add these mushrooms in the curry prepared earlier. Lastly, add some fresh cream and serve it hot.



## भरवां मशरूम करी

### सामग्री:

- 2-3 मध्यम आकार के प्याज़
- 4-5 कटे हुए टमाटर
- 2-3 सूखी लाल मिर्च
- 1 दालचीनी स्टिक
- 2-3 इलायची
- जीरा
- 5-7 लहसुन की कलियां
- छोटा टुकड़ा अदरक
- हरी प्याज
- 250 ग्राम पनीर
- 2 मध्यम आकार की गाजर कटी हुई
- हरी मिर्च क्रीम
- नमक, काली मिर्च, लाल मिर्च पाउडर।
- धनिया पाउडर, हल्दी
- पाउडर, किचन किंग (वैकल्पिक)।



### तरीका:

- एक गहरा पैन लें और थोड़ा तेल गरम करें।
- 1 बड़ा चम्मच जीरा, इलायची, सूखी मिर्च और दालचीनी डालें और एक मिनट के लिए पकाएं।
- अब इसमें कटे हुए प्याज़ डालें और प्याज़ को हल्का ब्राउन होने तक पकाएँ।
- अब टमाटर के साथ कटा हुआ लहसुन और अदरक डालें और मध्यम-तेज आंच पर तब तक पकाएं जब तक कि टमाटर नरम न हो जाएं और उनकी त्वचा अलग न हो जाए।
- - अब इसमें नमक, लाल मिर्च पाउडर, धनिया पाउडर, हल्दी पाउडर और किचन किंग डालकर एक-दो मिनट तक पकाएं.
- अंत में, थोड़ा सा कटा हरा धनिया डालें और आंच बंद कर दें और मिश्रण को ठंडा होने दें। एक बार जब यह ठंडा हो जाए तो इसे एक महीन पेस्ट में मिला लें।
- अब एक दूसरा पैन लें और उसमें थोड़ा मक्खन डालें।
- कुछ कटे हुए प्याज़, हरा प्याज़ और बारीक कटा हुआ लहसुन डालें और एक या दो मिनट के लिए पकने दें।
- पेस्ट डालें और इसे तब तक पकने दें जब तक कि पेस्ट से तेल अलग न हो जाए फिर इसमें थोड़ा पानी डालें और उबाल आने दें।
- कढ़ी तैयार है!

**मशरूम भरना:**

अब जैसा कि हमने इसे अभी तक बनाया है। यह भरने का समय है।

- एक बाउल लें और उसमें कटुकस की हुई गाजर डालें।
- थोड़ा सा बारीक कटा हरा धनिया और हरी मिर्च डाल दीजिए.
- अब पनीर के साथ थोड़ा नमक और काली मिर्च डालें। भरना तैयार है! अब इस फिलिंग को मशरूम में डालें।
- अब एक दूसरा पैन लें और उसमें थोड़ा सा तेल गर्म करें।
- मध्यम-उच्च पर भरने वाले इन मशरूम को नीचे की तरफ डालें।
- हर तरफ 20 मिनट तक या दोनों तरफ से सुनहरा भूरा होने तक भूनें।
- अब इन मशरूम को पहले से तैयार करी में डाल दें. आखिर में थोड़ी ताजी क्रीम डालकर गर्मागर्म सर्व करें।



## Barnyard Millet Fritters

### INGREDIENTS:

- 1 cup barnyard millet (samo chawal)
- 1 medium potato, boiled
- ¼ cup peanuts, powdered
- 1 inch. piece ginger, grated
- 1-2 green chili, minced
- 1 ½, tsp salt.
- ½ tsp black pepper powder
- ½ tsp cumin powder
- 1 tsp sugar
- 1 tsp lime juice
- ¼ cup cilantro (coriander seeds)
- Tapioca (sabudana) starch/ powder as required
- Oil to fry saute



### METHOD:

- Wash and add samo chawal to a pressure cooker. Add a pinch of salt & ½ cup of water. Mix and pressure cook for 2 whistles / 8 minutes & set aside.
- In a bowl add all ingredients except sabudana powder & oil. Add in samo chawal (barnyard millet) & mix it well.
- Heat oil in a pan for frying. Place 2 tbsp. sabudana powder on a plate. Divide the vada mixture into 1 inch. parts. Shape them as you like and roll them in tapioca starch.
- Fry on medium flame till the vada is crisp, turning once in between. Remove and let a few paper napkins absorb the extra moisture.
- Variations: If you would like to do away with frying, either make these with a tbsp. of oil in a paniyaram maker or pan fry them on a non-stick pan.
- Serve them with cilantro chutney, yogurt, and fried potato wafers.

## बरनाई बाजरा पकोड़े

### सामग्री:

- 1 कप बार्नयाई बाजरा (सामो चावल)
- 1 मध्यम आलू, उबला हुआ
- ¼ कप मूंगफली, पाउडर
- 1 इंच। अदरक का टुकड़ा, कटूकस किया हुआ
- 1-2 हरी मिर्च, कीमा बनाया हुआ
- 1 ½ छोटा चम्मच नमक।
- ½ छोटा चम्मच काली मिर्च पाउडर
- ½ छोटा चम्मच जीरा पाउडर
- 1 छोटा चम्मच चीनी
- 1 छोटा चम्मच नीबू का रस
- ¼ कप धनिया (धनिया बीज)
- टैपिओका (साबूदाना) स्टार्च / पाउडर आवश्यकतानुसार
- तेल तलने के लिये



### तरीका:

- सामो चावल को धोकर प्रेशर कुकर में डालें। एक चुटकी नमक और आधा कप पानी डालें। मिक्स करें और 2 सीटी / 8 मिनट के लिए प्रेशर कुक करें और एक तरफ रख दें।
- एक बाउल में साबूदाना पाउडर और तेल को छोड़कर सभी सामग्री डालें। सामो चावल में डालें और अच्छी तरह मिलाएँ।
- कढ़ाई में तलने के लिये तेल गरम करें। 2 बड़े चम्मच रखें। एक प्लेट में साबूदाना पाउडर। वड़े के मिश्रण को 1 इंच में बांट लें। भागों। उन्हें अपनी पसंद के अनुसार आकार दें और उन्हें टैपिओका स्टार्च में रोल करें।
- मध्यम आंच पर वड़ा को कुरकुरा होने तक भूनें, बीच-बीच में एक बार पलट दें। निकालें और कुछ पेपर नैपकिन अतिरिक्त नमी को अवशोषित करें।
- विविधताएं: यदि आप तलने से बचना चाहते हैं, तो या तो इन्हें एक बड़े चम्मच से बनाएं। पनियारम मेकर या पेन में तेल डालकर नॉन स्टिक पैन में तल लें।
- इन्हें धनिया की चटनी, दही, और तली हुई आलू वेफर्स के साथ परोसें।

## Buckwheat Fritters

### INGREDIENTS:

- 1 cup buckwheat flour appx.
- 3-4 boiled and mashed potatoes
- 2 green chilies chopped, 1½ teaspoon dry
- Mango powder
- Some finely chopped (coriander, curry leaves)
- 1 teaspoon chaat masala and lemon juice.
- 1 teaspoon roasted cumin powder
- Sendha namak or black salt as per taste
- 1 teaspoon red chilly powder
- 1 teaspoon roasted and crushed coriander seeds
- Water
- Oil for deep frying



### METHOD:

- Take potatoes and boil them. When the potatoes are visibly cold enough, peel the skin off and mash the potatoes and keep it aside. (80% cooked)
- Now, take a mixing bowl and add buckwheat flour, mashed and boiled potatoes, chopped green chilies, coriander, and curry leaves.
- After that add dry mango powder (amchur), crushed coriander seeds, cumin powder, red chilly powder, and sendha namak/black salt in the bowl.
- Mix all the ingredients and then add water to make a thick batter. Add water in batches to make an idli-like batter (a bit thicker consistency) Keep them aside.
- Now, heat oil in a kadhai, and when the oil starts to smoke carefully shape small balls with your hands and pour the batter into the oil.
- Keep the heat from medium to low and deep fry the pakoras until they are crisp.
- Now, take them out in a bowl and toss them in some chaat masala and lemon juice.
- Serve hot with tamarind, mint chutney, or yogurt dressing.

## अनाज के पकोड़े

### सामग्री:

- 1 कप कुट्टू का आटा लगभग।
- 3-4 उबले और मसले हुए आलू
- 2 हरी मिर्च कटी हुई 1½ छोटी चम्मच सूखी
- अमचूर
- कुछ बारीक कटा हुआ (धनिया, करी पत्ता)
- 1 चम्मच चाट मसाला और नींबू का रस।
- 1 छोटा चम्मच भुना हुआ जीरा पाउडर
- सेंधा नमक या काला नमक स्वादानुसार
- 1 छोटा चम्मच लाल मिर्च पाउडर
- 1 छोटा चम्मच भुने और पिसे हुए धनिया के बीज
- पानी
- डीप फ्राई करने के लिए तेल



### तरीका:

- आलू लें और उबाल लें। जब आलू अच्छे से ठंडे हो जाएं तो उनका छिलका उतार दें और आलू को मैश करके अलग रख दें। (80% पका हुआ)
- - अब एक मिक्सिंग बाउल लें और उसमें कुट्टू का आटा, मसले हुए और उबले हुए आलू, कटी हुई हरी मिर्च, हरा धनिया और करी पत्ता डालें।
- - इसके बाद सूखे आमचूर (अमचूर), साबुत धनिया, जीरा पाउडर, लाल मिर्च पाउडर और सेंधा नमक को प्याले में डालिये।
- सभी सामग्री को मिला लें और फिर पानी डालकर गाढ़ा घोल बना लें। इडली जैसा बैटर बनाने के लिए बैचों में पानी डालें। (थोड़ी गाढ़ी कंसिस्टेंसी) इन्हें एक तरफ रख दें।
- - अब एक कढ़ाई में तेल डालकर गर्म करें, जब तेल से धुआं निकलने लगे तो हाथों से छोटी-छोटी लोइयां बनाकर बैटर को तेल में डाल दें।
- आँच को मध्यम से कम रखें और पकोड़ों को कुरकुरा होने तक डीप फ्राई करें।
- अब इन्हें प्याले में निकाल लीजिए और चाट मसाला और नींबू के रस में डाल दीजिए।
- इमली, पुदीने की चटनी या दही की ड्रेसिंग के साथ गरमागरम परोसें।

## Buckwheat Poori

### INGREDIENTS:

- 1 cup buckwheat flour
- 1-2 boiled and mashed potatoes
- 1 teaspoon roasted cumin powder
- Sendha namak or black salt as per taste
- 1 teaspoon red chilly powder
- Water
- Oil for deep frying



### METHOD:

- Take potatoes and boil them. When the potatoes are visibly cold enough, peel the skin off and mash the potatoes and keep it aside.
- Now, take a mixing bowl and add buckwheat flour, mashed potatoes, cumin powder, red chilly powder, and sendha namak/black salt in the bowl.
- Mix all the ingredients and then add lukewarm water. Add water in batches to form a dough. Keep them aside.
- Knead to a smooth dough. The dough should not be sticky. Otherwise, you won't be able to roll the poori.
- Make small or medium-sized balls from the dough. With a rolling pin, roll to a round circle. You can keep the buckwheat poori slightly thick, but do not make them thin.
- Now, heat oil in a kadhai, and when the oil starts to smoke, then carefully slide one poori in the oil. Fry on medium flame.
- Fry the pooris on both sides, Once the pooris are golden & crisp remove them with a slotted spoon draining extra oil in the kadai.
- Place them on paper towels to remove excess oil. Similarly, fry the rest of the pooris.
- Serve hot with potato curry.

## कुट्टू की पूरी

### सामग्री:

- 1 कप कुट्टू का आटा
- 1-2 उबले और मसले हुए आलू
- 1 छोटा चम्मच भुना जीरा पाउडर
- सेंधा नमक या काला नमक स्वादानुसार
- 1 छोटा चम्मच लाल मिर्च पाउडर
- पानी
- डीप फ्राई करने के लिए तेल



### तरीका:

- आलू लें और उबाल लें। जब आलू अच्छे से ठंडे हो जाएं तो उनका छिलका उतार दें और आलू को मेश करके अलग रख दें।
- - अब एक मिक्सिंग बाउल लें और उसमें कुट्टू का आटा, मसले हुए आलू, जीरा पाउडर, लाल मिर्च पाउडर और सेंधा नमक/काला नमक डालें।
- सारी सामग्री को मिला लें और फिर गुनगुना पानी डालें। आटा बनाने के लिए बैचों में पानी डालें। उन्हें एक तरफ रख दें।
- एक चिकनी आटा गुंधें। आटा चिपचिपा नहीं होना चाहिए। नहीं तो आप पूरी को बेल नहीं पाएंगे।
- आटे से छोटी या मध्यम आकार की लोई बना लें। एक रोलिंग पिन के साथ, एक गोल सर्कल में रोल करें। कुट्टू की पूरी को आप थोड़ा मोटा ही रख सकते हैं, लेकिन इसे पतला मत कीजिये।
- अब एक कढ़ाई में तेल गरम करें, और जब तेल से धुआं उठने लगे तब सावधानी से एक पूरी तेल में डालें। मध्यम आंच पर भूनें।
- पूरियां दोनों तरफ से तलें, एक बार जब पूरियां सुनहरी और कुरकुरी हो जाएं तो उन्हें एक खांचे वाले चम्मच से हटा दें और कढ़ाई में अतिरिक्त तेल निकाल दें।
- अतिरिक्त तेल निकालने के लिए उन्हें कागज़ के तौलिये पर रखें। इसी तरह बाकी पूरियां तल लें।
- आलू करी के साथ गरमागरम परोसें।

# EVENT CORRIDOR



दो शख्स रहने लगे हैं इस जिस्म में, एक वो जो दिखता है, और एक वो जो लिखता है।

लिखना अब मेरी आदत नहीं बल्कि जरूरत है, क्योंकि बहुत सी बातें अब मैं कहकर नहीं लिखकर बयान करता हूँ..



**20th May 2022**

होटल प्रबंधन संस्थान, जयपुर में आतंकवाद विरोधी दिवस के उपलक्ष्य में सभी कर्मचारियों ने आतंकवाद एवं हिंसा को रोकने की शपथ ली।

**21st June 2022**

Celebrating 8th International Yoga day at I.H.M. Jaipur.



**1st July 2022**

I.H.M. Jaipur gave a farewell to Mrs. Vandana Choudhary. Her teamwork and dedication to staff and students will always be greatly appreciated. We hope she will enjoy her retired life as much as we have enjoyed her, working with us.

**6th July 2022**

Indian Principal's Network IPN has about 8500 Principals. IPN has organized nationwide discussions on National Education Policy (NEP). It's a matter of proud privilege that Principal I.H.M. Jaipur has been invited as an expert speaker on the subject for Manthan Educators Dialogue on 9.7.2022.



**7th July 2022**

I.H.M. Jaipur faculties got an opportunity to train the staff members of the prestigious RAS Club. RAS Club is managed by the RAS Association and is meant for the officers who serve in Rajasthan Administrative Office.

RAS Club has state-of-the-art facilities like a gymnasium, rooftop tennis, swimming pool, business conference room, restaurant, bar, spa, indoor games, coffee shop, and 40 rooms. Training on various topics like Life Skill Coaching, Business Communications, and F&B Technicals were conducted by our experienced faculties Mr. Sanjay Arora, Mrs. Shraboni Puri, Mr. Hemant Pateriya, and Mr. Amarjeet. The training was successfully coordinated by Mr. S.S. Udawat Rtd. RAS officer.





### 9th July 2022

The 18th Clean India Show – 2022 was organized at India EXPO Mart, Greater Noida. Founded in 2005, Clean India Show was conceptualized to bring together Cleaning & Hygiene industry professionals and end users with a vision to promote the right methods of cleaning across India. It serves as the single largest platform in the Indian Cleaning Industry showcasing products and processes for cleanliness & hygiene. It was a perfect amalgamation of Seminars and Conferences and an excellent display of recent technological innovation in the field of facility management. Our esteemed Institution I.H.M. Jaipur represented itself with the participation of the following faculties from the Room Division Department: Ms. Bashir V Rawat (HOD), Mr. Anshul Kumar Singh (Lecturer) & Mr. Amarjeet Kumar (Asst. Lecturer).

### 23-25th July 2022

Inauguration ceremony for The Rajasthan Domestic Travel Mart, at Clarks Amer for Rajasthan Film Tourism Promotion 2020. Lamplighter by Rajasthan Minister of Art and Culture, Dr. BD Kalla, Chief Secretary, Ms. Usha Sharma, Principal Secretary of Tourism, Ms. Gayatri Rathore, Rajasthan SICO Chairman Mr. Rajiv Arora, and President, FHTR, Mr. Apurv Kumar among other senior dignitaries.



Mr.P.D Lakhawat (Principal, I.H.M, Jaipur) along with Mr. Sanjay Arora and Mrs. Vandana Rawat (Head of Departments) attended the event representing the academic fraternity in this prestigious forum and constant guidance to students for smooth operations.



### 27th July 2022

Magical Millet and a seasoned bartender created a roary thunder at I.H.M. Jaipur. Mr. Falesh Sharma, Brand Manager, at Mathieu Teisseire skillfully taught I.H.M., Jaipur learners the art of blending healthy RAGI with captivating Mathieu Teisseire syrups.



### 2nd Aug 2022

The Pink City was glittering when the magnanimous parade was witnessed by millions of people across the country. Goddess Parvati believes that her union with Shiva the lord is inevitable and keeps the faith in humans to stay bound alive year after year. The walled city (parkota) is decked up with music and color and crowd.

### 5th Aug 2022

International Beer Day was celebrated with BEER O' CLOCK quizeria with Quiz Master Mrs. Shraboni Puri, Sr. Lecturer.



### 5th Aug 2022

I.H.M., Jaipur Supporting Partner Appreciation. Felicitation ceremony for the volunteers of the Rajasthan Domestic Travel Mart Event addressed by Principal Mr. Lakhawat. The event was coordinated by H.O.D Mrs. Vandana Rawat.

### 6th Aug 2022

Chef Ajay Chopra is an Indian chef, Food Creator, Restaurant Consultant, and Media Personality.

He was one of the first Indian Chefs who hosted Master Chef India seasons 1 & 2. Chef Ajay Chopra is a pioneer in progressive cuisine and has changed the way people perceive cooking as a profession with Masterchef India.



### 7th Aug 2022

Dharav High School invited Mrs. Bashir Rawat, HOD, I.H.M., Jaipur to address their 11th-grade students. She addressed the students on awareness about various hospitality-related jobs and the various UG, and PG Programs run by NCHMCT to cater to the same. The Yuva Tourism Club was also discussed as the agenda of the day.

### 10th Aug 2022

Student participants contributed and showcased their skills in the Hindi/English Essay Writing Competition on Azadi ka Amrit Mahotsava, under the supervision of Mr, Sudheer Kumar, Lecturer.



### 14th Aug 2022

Culinary Gratitude by Sarthak Garg, Shashwat Mishra, Sajal Sarkar, and Ankit Singh Chauhan on the occasion of Independence Day. They showcased their culinary skills representing the nation's tricolor.



### 15th Aug 2022

76th Independence day celebration at I.H.M. Jaipur

इस झंडे के नीचे निर्भय,ले स्वराज यह अभीचल निश्चय  
बोलो भारत माता की जय,स्वतंत्रता है ध्येय हमारा!!  
झण्डा ऊँचा रहे हमारा,विजयी विश्व तिरंगा प्यारा!!  
प्रधानचार्य द्वारा संस्थान प्रांगण में ध्वज आरोहण  
साथ में समस्त आई. एच. एम् .जे परिवार !!



### 15th Aug 2022

The student team from I.H.M., Jaipur assisted in a Welfare Out Door Catering event organized by Rajasthan Police on the occasion of the Independence Day Celebration.



### 17th Aug 2022

Under the banner of "Azadi ka Amrit Mahotsav 2022 the play "Andaz e Azad" was played at Ravindra Manch by the team from Mumbai Natya Kiranmanch.

This was in collaboration with Shubhichar Sanstha, Ravindramanch Society, and I.H.M. Jaipur.

Apart from the outstanding performance, the event was marked by the applause and appreciation of the chief guests, Mr. Pankaj Ojha, Mr. Mukesh Choudhary, and Mr. Priyadarshan Lakhawat, alongside the faculty, Mr. Sanjay Arora, Mrs. Bashir Rawat, Mr. Debasish Dey, Mr. Anshul Singh, Ms. Prerna Nandwani and Ms. Shraboni Puri.

### 18th Aug 2022

EBSB under the banner of "Ek Bharat Shreshth Bharat & Yuva Tourism Club" Mrs. Arti, Lecturer (I.H.M. Jaipur) organized another remarkable and interesting event "UTSAV". I.H.M. Jaipur students participated enthusiastically and presented mind-blowing performances. They also showcased their talent and performed various arts such as Singing (folk songs), Rajasthani Dance, and Assamese Dance.



Video presentation on Rajasthan and Assamese beauty. Poems delineated the beauty of Rajasthani and Assamese culture Skit (theme- Save Heritage, Promote Tourism) Mono-Act on Sant Meerabai. Informative speech about an educational trip to Assam Principal, I.H.M. Jaipur - Mr. P D Lakhawat, Sr.HOD Mr. Sanjay Arora, and faculty members appreciated the event motivated our students.



### 22th Aug 2022

होटल प्रबंधन संस्थान जयपुर में डिप्लोमा पाठ्यक्रम के छात्रों का ओरिएंटेशन कार्यक्रम का संपादन 22 अगस्त 20 22 को किया गया । इस अवसर पर संस्थान के प्राचार्य श्री प्रियदर्शन लखावत, विभागाध्यक्ष श्री संजय अरोड़ा एवं श्री बशीर वंदना रावत ने अपने विचार रखे । कार्यक्रम का संचालन श्री सुधीर कुमार, समन्वयक- डिप्लोमा पाठ्यक्रम के द्वारा किया गया ।

### 25th Aug 2022

होटल प्रबंध संस्थान जयपुर के वरिष्ठ व्याख्याता श्री चंद्र प्रकाश मेघवाल ने राजस्थान पुलिस अकादमी जयपुर में रखरखाव से संबंधित निरीक्षण कार्यक्रम में भाग लिया। इस उत्कृष्ट कार्य के लिए श्री चंद्र प्रकाश मेघवाल को श्री राजेश शर्मा जी अतिरिक्त महानिदेशक पुलिस एवं निदेशक राजस्थान पुलिस अकादमी, जयपुर की ओर से उत्कृष्टता प्रमाण पत्र प्रदान किया गया।



### 25th Aug 2022

होटल प्रबंध संस्थान जयपुर के विद्यार्थियों ने राजस्थान पुलिस अकादमी जयपुर में आतिथ्य सत्कार कार्यक्रम में भाग लिया जिसमें समन्वयक की भूमिका श्री चंद्र प्रकाश मेघवाल एवं श्री सुधीर कुमार, फैकल्टी आईएचएम जयपुर ने निभाई। इस उत्कृष्ट कार्य के लिए विद्यार्थियों को श्री राजेश शर्मा जी अतिरिक्त महानिदेशक पुलिस एवं निदेशक राजस्थान पुलिस अकादमी, जयपुर की ओर से उत्कृष्टता प्रमाण पत्र प्रदान किया गया।

### 26th Aug 2022

होटल प्रबंधन संस्थान जयपुर द्वारा "पुस्तकालय और आप कार्यक्रम" का आयोजन 25 अगस्त 2022 को अपराह्न 3:00 बजे किया गया जिसमें छात्रों को पुस्तकालय से संबंधित सारी सूचनाएं दी गईं एवं पुस्तकालय के महत्व पर विशेष बल प्रदान किया गया ताकि अधिक से अधिक छात्र पुस्तक के प्रति अपनी अभिरुचि दिखा सकें। कार्यक्रम का संचालन श्री सुधीर कुमार के द्वारा किया गया। इस अवसर पर विभागाध्यक्ष श्री संजय अरोड़ा एवं श्रीमती बशीर वंदना रावत ने अपने विचार रखे।



### 31st Aug 2022

Lord Ganesha is adorable to all his kids. Students at I.H.M., Jaipur showered love in their own ways. Yogesh, (5th Sem) reflected him on paper; Saksham Raj, Ayushi Mittal, Vasu Tanwar, and Yash Gupta (5th Sem) prepared Modak for their beloved Deity, while Kanishka Kandoi enchanted the Lord with her moves and Taal.

The staff members decorated the Lord with marigold flowers and Ashoka leaves and the rest brought him his favorite laddoos. Together the I.H.M. Jaipur family performed the rituals and the puja. We all bowed soliciting a bright and prosperous future ahead.



### 5th Sept 2022

The students of I.H.M. Jaipur alongside the faculty celebrated the hard work and the teachings on Teacher's Day. We celebrated the evening with music and dance.



### 14th Sept 2022

हिंदी दिवस

हिंदी पखवाड़ा- 2022 की शुरुआत सूरत में हो रहे अखिल भारतीय राजभाषा सम्मेलन से किया गया। होटल प्रबंध संस्थान जयपुर की ओर से श्री सुधीर कुमार, नोडल अधिकारी राजभाषा प्रचार - प्रसार ने भाग लिया। इस पावन अवसर पर आदरणीय गृहमंत्री श्री अमित शाह, गुजरात के मुख्यमंत्री श्री भूपेंद्र भाई पटेल, सांसद- श्री रीता बहुगुणा जोशी, सांसद - श्री भत् हरी, सांसद - श्री चिराग पासवान, फिल्म जगत के कलाकार- श्री पंकज त्रिपाठी, श्री प्रसून जोशी, आईएएस श्री निशांत जैन के अलावा संपूर्ण भारत से आए राजभाषा के पदाधिकारी उपस्थित रहे।

### 20th Sept 2022

The students of I.H.M. Jaipur organized a Heritage walk to commemorate the SAP activity, with the members of the Yuva Tourism Club.

Cleaning activities with the awareness message were also done by the team. Students interacted and engaged with the tourists at various tourist spots. This activity was in collaboration with the Ministry of Tourism, Government of India, Northern Office. A group of 50 enthusiasts walks down the lanes of the walled city to spread awareness of the conservation of our National Pride.



### 20th Sept 2022

Great show put together by the nukkad natak team who pulled out the challenging strings among the public this morning highlighting the issues faced by both the product and consumer of Tourism as a concept. Our sincere gratitude to our students for intelligently casting their spell over the viewers. The Nukkad Natak team is as follows:

Utsav Agarwal  
Sneha Mandal  
Sajal Sarkar  
Samarth Gupta  
Yash Shrivastava  
Neha Mukherjee  
Anisha Kumari

### 21th Sept 2022

होटल प्रबंध संस्थान जयपुर द्वारा स्वच्छता पखवाड़ा के अंतर्गत "जन जागरूकता रैली" का आयोजन 21 सितंबर 2022 को किया गया जिसमें समन्वयक की भूमिका में श्री प्राचीर शर्मा एवं श्री सुधीर कुमार ने भागीदारी निभाई वहीं छात्र समन्वयक के रूप में सार्थक गर्ग एवं नव्या ने भूमिका निभाई।

छात्रों ने रैली के माध्यम से आसपास के क्षेत्र में लोगों के बीच स्वच्छता को लेकर एक अभियान चलाया एवं लोगों को अधिक से अधिक जागरूक करने का काम किया।



### 27th Sept 2022

होटल प्रबंध संस्थान जयपुर के हिंदी समिति द्वारा हिंदी पखवाड़ा के अंतर्गत "काव्य पाठ प्रतियोगिता" का आयोजन 27 सितंबर 2022 को किया गया। इस कार्यक्रम में समन्वयक की भूमिका श्री अमरजीत कुमार सिंह ने निभाई एवं प्रतियोगिता के नियमों से प्रतिभागियों को अवगत कराया। काव्य पाठ प्रतियोगिता का संचालन मूल्यांकन समिति के सदस्य - श्री संजय अरोड़ा, श्रीमती श्रावोणी पुरी एवं श्री चंद्र प्रकाश मेघवाल की गरिमामय उपस्थिति में हुई। इस अवसर पर संस्थान के प्राचार्य श्री प्रियदर्शन लखावत ने अपने विचार रखे एवं काव्य पाठ के महत्व को छात्रों को समझाया। कार्यक्रम को संबोधित करते हुए राजभाषा हिंदी समिति के नोडल अधिकारी- श्री सुधीर कुमार ने छात्रों को ऐसे कार्यक्रमों में अधिक से अधिक प्रतिभागिता सुनिश्चित करने के लिए प्रोत्साहित किया।



### 28th Sept 2022

हिंदी समिति एवं युवा पर्यटन क्लब

होटल प्रबंध संस्थान जयपुर के हिंदी समिति द्वारा हिंदी पखवाड़ा के अंतर्गत "प्रश्नोत्तरी कार्यक्रम का आयोजन किया गया, विद्यार्थियों ने अत्यंत उत्साह के साथ भाग लिया एवं कुशल प्रदर्शन किया।

हिंदी साहित्य, लेखक/ लेखिका, कवी / कवियत्री, राजस्थानी इतिहास एवं भूगोल पर प्रश्न रचे गए थे।

प्रश्नोत्तरी विजेता रहे विद्यार्थियों को हमारी शुभकामनाये

जिन्होंने भाग लिया उनका भी आभार



### 29th Sept 2022

"हिंदी समिति"

होटल प्रबंध संस्थान जयपुर की हिंदी समिति द्वारा हिंदी पखवाड़ा के अंतर्गत "राजभाषा हमारा स्वाभिमान" नुक्कड़ नाटक का आयोजन 29 सितंबर 2022 को किया गया। इस कार्यक्रम में समन्वयक की भूमिका श्री देवाशीष देव एवं सुश्री प्रेरणा नंदवानी ने निभाई। नुक्कड़ नाटक आम जनमानस को आंदोलित करने का एक अच्छा तरीका है। यह नुक्कड़ नाटक निश्चित तौर पर आसपास के लोगों के बीच हिंदी के प्रचार प्रसार एवं इसके स्वाभिमान को लेकर नई चेतना पैदा करने में सक्षम रही है।

### 3rd Oct 2022

I.H.M, Jaipur celebrated the "Azadi ka Amrit Mahotsav Week ' with a series of events in collaboration with the Indian Army and Santokba Durlabhji Memorial Hospital. Mr. Lakhawat initiated the event as he welcomed our eminent guest of honors, Col (Dr) Lohamarod, Defence Expert, and Mr. Kamaldeep Singh, Son of Kargil War Shaheed. Tribute to Amar Shaheed Lance Naik Bhagwaan Singhji was given in the presence of his wife and son. The event ended with a note of Gratitude by Mrs. Shraboni Puri, Nodal Officer for AKAM.



### 6th Oct 2022

The students of I.H.M, Jaipur experienced the importance of fitness, well-being, and self-defense through a workshop led by a team of two from the Indian Army. It was a worthwhile learning session from the experts. They taught about various quick techniques where one can very easily nail down the attackers. They were felicitated by Mrs. Shraboni Puri, AKAM, Nodal Officer.

### 7th Oct 2022

On the occasion of Navratri and Dusshera, students of I.H.M., Jaipur Hostel celebrated Dandiya Night showcasing traditional attire, food, music, dance, and togetherness.

Dandiya, a traditional dance from Gujarat, signifies the celebration of victory over evil. Faculty members, staff members along with students joined the celebrations at the college courtyard tapping their feet to the spectacular music.



### 11th Oct 2022

Motivational lecture by Mr. Neel Iyer (Neelakantan M.S), a Hospitality Educator, author, blogger, a multifaceted personality interacted with our students and geared them up for the changing market scenario.

### 12th Oct 2022

I.H.M., Jaipur organized a health care camp in association with Root Care homeopathy. Health care is conventionally regarded as an important determinant in promoting the general physical, mental, and social well-being of people around the world. Dr. Ankita Sharma and Dr. Neha Sharma provided homeopathy consultations on health-related issues, diet counseling, blood pressure monitoring, and BMI. Medicines were provided after consultation with the concerned students, faculties, and staff members.



### 17th Oct 2022

Aagaaz 2022

An occasion to embrace the new members with zeal at the epitome. 17th Oct 2022 witnessed the transition of shy 1st years to robust 1st years as their seniors officially welcomed them.

The theme masquerade proposed the idea of unveiling and unplugging the talents yet to be carved, ready to reveal.

Many congratulations to

Ms. Fresher - Khushi Chail

Mr. Fresher - Gagan Balani

### 24th Oct 2022

DIWALI CELEBRATIONS AT CAMPUS.

"Home is where love resides, memories are created, friends always belong, and laughter never ends."

I.H.M. Jaipur students along with faculty celebrated Diwali and worshipped Goddess Laxmi for prosperity.



### 31st Oct 2022

राष्ट्रीय एकता दिवस यानि 31 अक्टूबर 2022 के अवसर पर होटल प्रबंधन संस्थान जयपुर द्वारा एकता दौड़ का आयोजन किया गया। यह दौड़ होटल प्रबंधन संस्थान से शुरू होकर बर्ड्स पार्क, पानीपेच तक चली। तत्पश्चात इस यादगार अवसर पर संस्थान के प्राचार्य श्री प्रियदर्शन सिंह लखावत, संकाय सदस्यों, स्टाफ सदस्यों और छात्रों ने राष्ट्र की एकता और शक्ति को बनाए रखने के लिए खुद को समर्पित करने का संकल्प लिया। इस दिन का उद्देश्य देश की एकता का उत्थान करना और सरदार वल्लभभाई पटेल के योगदान के बारे में जागरूकता फैलाना था। यह दिन देश की एकता, अखंडता और सुरक्षा को बनाए रखते हुए राष्ट्र की ताकत की पुष्टि करने का अवसर प्रदान करता है। इन कार्यक्रमों का समन्वय एवं संयोजन संस्थान के वरिष्ठ व्याख्याता श्री चन्द्र प्रकाश मेघवाल ने किया। संपूर्ण कार्यक्रम में सुश्री ऐश्वर्या जैन एवं श्री यश गुप्ता ने उल्लेखनीय योगदान दिया।



### 18th Nov 2022

"Integrity gives you real freedom. You have nothing to Fear as nothing to hide" Integrity pledge at I.H.M, Jaipur by staff and students. The Central Vigilance Commission of India focuses on the need of the hour to change our attitude towards our Nation. The vision to achieve a corruption-free India is simple – just one resolution in the morning that we will do our work with full integrity today and a review at the end of the day as to how far we could do it. Sounds simple but it is the crux. The slogan is – "Proud to be honest".

### 14th Dec 2022

14 दिसंबर 2022 को क्लार्क्स आमेर होटल में पर्यटन विभाग द्वारा पुरस्कार समारोह आयोजित किया गया था। जिसमें IHM जयपुर के प्रधानाचार्य श्री प्रियदर्शन लखावत जी, वरिष्ठ व्याख्याता चंद्र प्रकाश मेघवाल जी के नेतृत्व में IHM जयपुर के छात्रों ने पर्यटन विभाग के समारोह में शिरकत की जिसमें छात्रों को एक बहुमूल्य अनुभव प्राप्त हुआ। जिसमें पर्यटन क्षेत्र के बारे में और उस क्षेत्र के उच्च व्यक्तित्व जिसमें पर्यटन के प्रमुख सचिव श्री IAS गायत्री राठौड़ जी से मिले जिसने पर्यटन विभाग के उज्ज्वल भविष्य के बारे में जानने को मिला एवं उनसे वर्तालब करने का सौभाग्य प्राप्त हुआ।



### 26th Dec 2022

Yuva Tourism Club!!

भगवान महावीर विकलांग सहायता समिति जयपुर के तत्वाधान में "दिव्यांग रोजगार परामर्श कार्यक्रम" का आयोजन 24 दिसंबर 2022 को किया गया.

होटल प्रबंध संस्थान, जयपुर की ओर से श्री सुधीर कुमार ने प्रतिनिधित्व किया एवं दिव्यांग बच्चों के लिए होटल प्रबंधन से संबंधित क्षेत्र में रोजगार की संभावनाओं पर बल दिया। इस कार्यक्रम में छात्र - समन्वयक के रूप में सुश्री भावना सिंह एवं श्री अजय जाटव ने अपनी भूमिका निभाई।

### 27th Dec 2022

I.H.M.Jaipur team appreciates the overwhelming gesture of inviting them at the gala evening organised by National Council for Hotel Management and Catering Technology, Noida. Under the banner of Yuva Tourism Club, a gala evening was organised followed by dinner on 21st Dec 2022. The students of M.Sc. glittered the freezy evening with warm welcome and blazing performances depicting the Unity in Diversity philosophy of our country and our brotherhood among Institutes. The faculties were felicitated after a battery of games and cultural performances. Almost 70 Faculty members from pan India I.H.M.s and staff members of NCHMCT attended the star studded fun loaded evening. We pay gratitude to Our seniors from NCHMCT team, the mentors, the students and each member whose contribution made a memorable evening for all of us present there.





### 12th January 2023

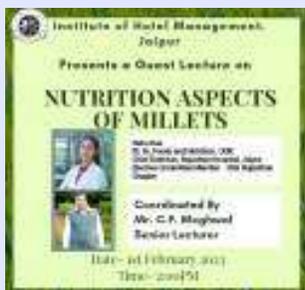
I.H.M. Jaipur team celebrated the 74th Republic day on Thursday 26th Jan 2023 along with the entire Nation. Flag was hoisted by Principal, Mr.Lakhawat followed by students' performances paying homage to the Indian soldiers who are risking their lives for us and cherishing our legacy of cultural diversity. India's constitution replaced the British colonial Government of India Act (1935) as the country's governing text. On 26 January 1950, the Preamble to the Constitution of India presenting the key principles of the Constitution came into effect. This completed the country's transition to a sovereign republic.

### 26th January 2023

I.H.M. Jaipur team celebrated the 74th Republic day on Thursday 26th Jan 2023 along with the entire Nation.

Flag was hoisted by Principal, Mr.Lakhawat followed by students' performances paying homage to the Indian soldiers who are risking their lives for us and cherishing our legacy of cultural diversity.

India's constitution replaced the British colonial Government of India Act (1935) as the country's governing text. On 26 January 1950, the Preamble to the Constitution of India presenting the key principles of the Constitution came into effect. This completed the country's transition to a sovereign republic



### 1st February 2023

I.H.M. Jaipur conducted a session on Nutrition Aspects of Millets taken by Dt. Neha Dua M.Sc. Foods and Nutrition, UCR Chief dietician, coordinated by Senior Lecturer C.P. Meghwal and Faculty Mr. Pracheer Sharma

# FAREWELL!



### 10th February, 2023

I.H.M. Jaipur bid farewell to Principal Mr. Priyadarshan Singh Lakhawat and wishes him good luck for his new journey on 10th February 2023. All the faculties and students express their gratitude for always inspiring them and feel sorrow to think that they are separating ways. A golden moments video was a highlight of the event which shows his amazing journey with the institute followed by faculty and students messages. The event was concluded with the traditional facilitation ceremony of farewell.

The college will never forget his distinctive disciplined framework during his all-time teacher-ship at the workplace as well as his immense contribution to the college to make a unique educational environment for the students.

He was here at I.H.M. Jaipur for a short period of time but actively participated and supported in all the curricular and extra-curricular activities held in the college campus. I.H.M. Jaipur would like to thank Mr. Lakhawat for his immense support and wishes him good luck for his future endeavors.

### 16th February 2023

"In strong womanhood lies the essence of the nation. When you teach a man he learns, when you teach a girl, society learns."

I.H.M., Jaipur showcased gratitude for their women's power as they celebrated International Women's Day.

The events organized were an interesting women's day theme-based quiz, a cultural representation of Indian womanhood followed by a theme lunch.

The concept of International Women's Day first emerged in the early 1900s. Women's Day first came into existence in 1909 and it was known as National Women's Day. The day was initially celebrated on 28 February 1909, when 15,000 women marched through New York City demanding shorter hours, better pay, and voting rights.



### 27th Feb 2023

दिनांक 27 फरवरी 2023 को जोधपुर (राजस्थान ) में संसदीय राजभाषा समिति ने होटल प्रबंध खानपान तकनीकी एवं अनुप्रयुक्त पोषाहार संस्थान, बनी पार्क ,सीकर रोड जयपुर के साथ निरीक्षण बैठक की।

इस दौरान समिति ने मंत्रालय एवं विभाग के वरिष्ठ अधिकारियों की उपस्थिति में हो रहे राजभाषा हिंदी के कार्यों का अवलोकन किया।

होटल प्रबंध संस्थान जयपुर को श्रीमती संगीता यादव , सांसद के द्वारा प्रमाण पत्र प्रदान किया गया ।इस अवसर पर श्री ज्ञान भूषण- वरिष्ठ आर्थिक सलाहकार एवं राजभाषा प्रभारी (पर्यटन), श्री मनोज कुमार दुबे- सहायक निदेशक (राजभाषा) पर्यटन मंत्रालय, श्री संजय अरोड़ा - प्रभारी प्राचार्य, श्री सुधीर कुमार- नोडल अधिकारी राजभाषा, श्री सुंदर स्वरूप कौशिक - कार्यालय अधीक्षक एवं श्रीमती प्रेरणा नंदवानी - राजभाषा सदस्य उपस्थित रहे।



### 8th March 2023

"In strong womanhood lies the essence of the nation. When you teach a man he learns, when you teach a girl, society learns."

I.H.M., Jaipur showcased gratitude for their women's power as they celebrated International Women's Day.

The events organized were an interesting women's day theme-based quiz, a cultural representation of Indian womanhood followed by a theme lunch.

The concept of International Women's Day first emerged in the early 1900s. Women's Day first came into existence in 1909 and it was known as National Women's Day. The day was initially celebrated on 28 February 1909, when 15,000 women marched through New York City demanding shorter hours, better pay, and voting rights.



### 17th March 2023

I.H.M. Jaipur bid adios to not only the B.Sc Third year batch but also the M.Sc Second year with a glorious event Graffiti. The most difficult aspect of life is saying goodbye to someone. But it is the universal law that we all have to face whether we want to or not. This COVID batch had to face a lot of ups and downs in their academic year.

I.H.M. Jaipur organized certain performances along with the title of Mr. and Ms. I.H.M. Jaipur. Certificates and moments were also given to all the students.

This was the first batch of M.Sc ever graduated from I.H.M. Jaipur and it gives us immense pleasure to watch them grow into something that this society will be proud of.

We would like to wish both batches a huge amount of success in their future endeavors. May they reach the pinnacle of success.



### 27th March 2023

I.H.M. Jaipur held an insightful session on Contemporary Development in hospitality industry taken by Mr. Akshaye Sawalkar coordinated by senior lecturer C.P. Sir

### 28th March 2023

Taking a different approach to learning, IHM Jaipur organised a quiz for 2nd year students on Housekeeping and Food Production with a focus on Millets.

A quiz was followed by a short written test to assess students progress before the final exams. The students participated enthusiastically in the quiz both as team participants as well as an active audience.

The event was organised by Mr C. P. Meghwal & Mr. Pracheer Sharma with an aim to increase student engagement in academics and creative learning.



### 28th March 2023

With an aim to increase student engagement and augmenting subject learning, Mr. C. P. Meghwal pioneered to launch a subject specific E-Journal for students named 'Nirmal'.

This is the first edition of 'Nirmal' by 2nd year students for Housekeeping & Food Production.

The students researched and contributed articles on subject related topics which were published under the mentorship of Mr. C. P. Meghwal & Mr. Pracheer Sharma.

# Media Coverage



# STUDENT ACHIEVEMENTS

## (BATCH 2020-2023)



**AVISHI**

- AWARDED WITH MS. IHM JAIPUR 2023 TITLE
- WINNER OF LOBBY MAKEOVER COMPETITION ORGANIZED BY IHM, JAIPUR
- 1 POSITION IN INTER COLLEGE QUIZ COMPETITION ORGANIZED BY IHM, AHMEDABAD.
- 1 POSITION IN SPACE DECOR INTER COLLEGE COMPETITION ORGANIZED BY PIHM, JAIPUR
- 1 POSITION IN INTER COLLEGE THEME DECORATION COMPETITION ORGANIZED BY JNU, JAIPUR.
- 1 POSITION IN SUBJECT QUIZ (ROOM DIVISION) COMPETITION HELD AT IHM, JAIPUR.
- 1 POSITION IN ESSAY WRITING (HINDI) COMPETITION ORGANIZED BY IHM, JAIPUR ON THE OCCASION OF AZADI KA AMRIT MAHOTSAV.
- 2 POSITION IN LOGO DESIGNING COMPETITION ORGANIZED BY FACULTY DEVELOPMENT CELL AT IHM, JAIPUR.
- 2 POSITION IN QUIZ COMPETITION ORGANIZED BY IHM, JAIPUR UNDER EBSB
- 3 POSITION IN INTER COLLEGE QUIZ COMPETITION ORGANIZED BY JNU, JAIPUR.
- 3 POSITION IN DECLAMATION COMPETITION HELD AT IHM, JAIPUR UNDER EBSB
- 3 POSITION IN KAVITA PATH PARTIYOGITA ORGANIZED BY IHM, JAIPUR ON THE OCCASION OF HINDI PAKHWARA



**JASMEET**

- EVEREST BETTER KITCHEN CULINARY CHALLENGE SEASON 4 GOT SPECIAL AWARD AT NATIONAL LEVEL, REGIONAL AND STATE WINNER
- SELECTED AS UPCOMING TED X YOUTH SPEAKER
- WORLD SKILLS INDIA (COOKING TRADE) WON GOLD MEDAL AT STATE AND REPRESENTED RAJASTHAN AT REGIONAL LEVEL
- FOUNDER OF A CRAZY CUOCO, FIRST DRY PASTA BRAND IN INDIA WHICH DO PASTA ART
- MASTERCHEF RAJASTHAN GOT BEST DISH OF THE SHOW RECOGNITION
- PERFORMED LIVE WITH 133K VIEWS IN AMUL WORLD BIGGEST LIVE RECIPE SHOW
- JUDGE AT MASTERCHEF COMPETITION (MANTHAN), PODDAR UNIVERSITY JAIPUR
- WINNER AT JIGGER AND PONY NATIONAL LEVEL BAR TENDING COMPETITION ORGANISED IN JAIPUR NATIONAL UNIVERSITY
- POSITION : PERFORMED AS TEAM LEADER UNDER MNGCRE AND MANAGED TO HELP THE NEEDY PEOPLE AND STREET ANIMALS DURING PANDEMIC
- RESCUED MANY BIRDS AND ANIMALS UNDER BIRDS AND ANIMAL WELFARE
- FUNDRAISING VOLUNTEER FOR SHARE A BOOK ASSOCIATION NGO
- GOT 5 STAR PERFORMER AWARD IN TBH CIRCLE ORGANISATION
- WINNER AT EBSB CULINARY COMPETITION AND DRINK MAKING COMPETITION



**KANISHKA**

- MISS TALENTED ( 2020 )
- 2 POSITION - COMMENT APP COMPETITION
- 1 POSITION - RANGOLI MAKING ( EBSB )
- SHORTLISTED FOR STUDENT EXCHANGE PROGRAM TIO ASSAM AND MEGHALYA
- **SELECTED FOR HILTON AND ITC MANAGEMENT TRAINEE PROGRAM**



**KEERTI**

- STOOD FIRST IN THE COOKING COMPETITION ORGANIZED ON COMMENT APP.
- ORCHESTRATED IN VOLUNTEERING FOR RAJASTHAN DOMESTIC TRAVEL MART 2022
- SHORTLISTED FOR STUDENT EXCHANGE PROGRAM TIO ASSAM AND MEGHALYA
- WON 2ND POSITION IN RANGOLI MAKING COMPETITION
- STOOD 1ST IN INTER-COLLEGE COOKING COMPETITION

# STUDENT ACHIEVEMENTS

(BATCH 2020-2023)

1



**PIYUSH**

- AWARDED WITH MR. IHM JAIPUR 2023 TITLE



**PRAJJWAL**

- LED STUDENT EXCHANGE KITCHEN TEAM
- ORGANIZING COMMITTEE MEMBER FOR RDTM



**SAKSHAM**

- LED KITCHEN TEAM IN CAG AUDIT
- LED STUDENT EXCHANGE KITCHEN TEAM



**SHASHWAT**

- 5TH POSITION - COMM EAT COMPETITION
- 2ND POSITION - HINDI PAKHVADA KAVITA COMPETITION
- 3RD POSITION - QUIZ COMPETITION UNDER EK BHARAT SHRESTH BHARAT
- 2ND POSITION - VIDEO-MAKING COMPETITION UNDER ON EMPOWERING INDEPENDENCE DAY
- 5TH POSITION IN INTERNATIONAL E-COMMERCE SUSTAINABLE TOURISM.

# Outdoor Catering Services

NAME OF THE HOTEL	NO. OF STUDENTS ATTENDED
CROWN PLAZA	21
FAIRMONT	20
LEELA PALACE	136
HYATT	41
HOLIDAY INN	4
CITY PALACE	28
RPA	42
JECRC	102
TRIDENT	114
RAMBAGH	273
A LILA FORT	129

I.H.M. Jaipur conducted flawless Outdoor Catering Services for major hotels in the city. All the work was done under the guidance of ODC Nodal Officer Mr. C.P. Meghwal and Mr. Debasish Dey, alongside the student coordinators Abhinav Shibu, Yash Gupta, and Shashank Tiwari.



52



# Industrial Exposure Training Partners



THE LEELA  
PALACES HOTELS RESORTS



JW MARRIOTT.

Radisson®



WELCOMHOTEL  
BY ITC HOTELS

WESTIN®  
HOTELS & RESORTS



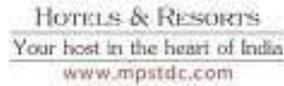
JAI MAHAL PALACE  
JAIPUR

HYATT®



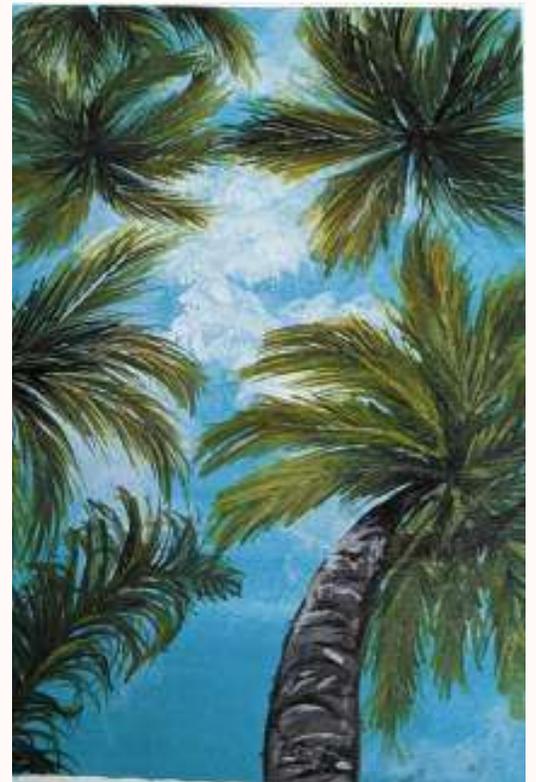
Oberoi  
HOTELS & RESORTS

# Placement Partners



# Placement Information

NAME OF THE COMPANY	NO OF SELECTED CANDIDATES	DETAILS OF THE PLACEMENT
HILTON INDIA	1	MT
PICK YOUR TRAIL	5	MT
PRAXIS	20	MT
MYNTRA	24	MT
OBEROIS HOTELS AND RESORTS	24	OCER
ITC HOTELS AND RESORTS	1	MT
LEMON TREE HOTELS	4	MT
IHG HOTELS AND RESORTS	3	OT
INDIAN HOTELS COMPANY LIMITED (TAJ HOTELS RESORTS AND PALACES)	RESULT AWAITED	HOMT
	17	HOT
STANZA LIVING	9	MT
		OT
		CLT
CAFÉ COFFEE DAY	19	MT
MCDONALDS	7	MT-7
		OT
		CLT
BIKANERWALA	8	MT
ADITYA BIRLA	14	MT
RELIANCE RETAIL	6	MT
HYATT HOTELS	2	
ACCOR HOTELS	RESULT AWAITED	
GOSTOPS	10	
HMS HOST	29	
RAAS HOTELS	4	MT
BARBEQUE NATION	15	MT
STARBUCKS	2	MT
ARVIND FASHIONS	2	MT
SEVEN SEAS	RESULT AWAITED	
HALDIRAM	9	MT
MP TOURISM	6	



Harsh Maheshwari (2nd Year)    Srithi Kumari (2nd Year)  
Navya Sharma (3rd Year)    Samridhi Sharma (2nd Year)

JULY 2022 -VOL-4

# MERAKI

होटल प्रबन्ध संस्थान  
INSTITUTE OF HOTEL MANAGEMENT



होटल प्रबन्ध खानपान तकनीकी एवं अनुपरोक्त पोषाहार संस्थान  
Institute of Hotel Management Catering Technology and Applied Nutrition  
Bani Park, Sikar Road , Jaipur ,302016  
Phone: 0141-2202812 ;Tele Fax :0141-2200402  
E-mail: I.H.M.\_jpr@rediffmail.com , principal@I.H.M.jaipur.com  
Website : www.I.H.M.jaipur.com

