



Munnar Catering College

# ROYAL LAURELS

MRC  
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MCC



SOUVENIR 2015



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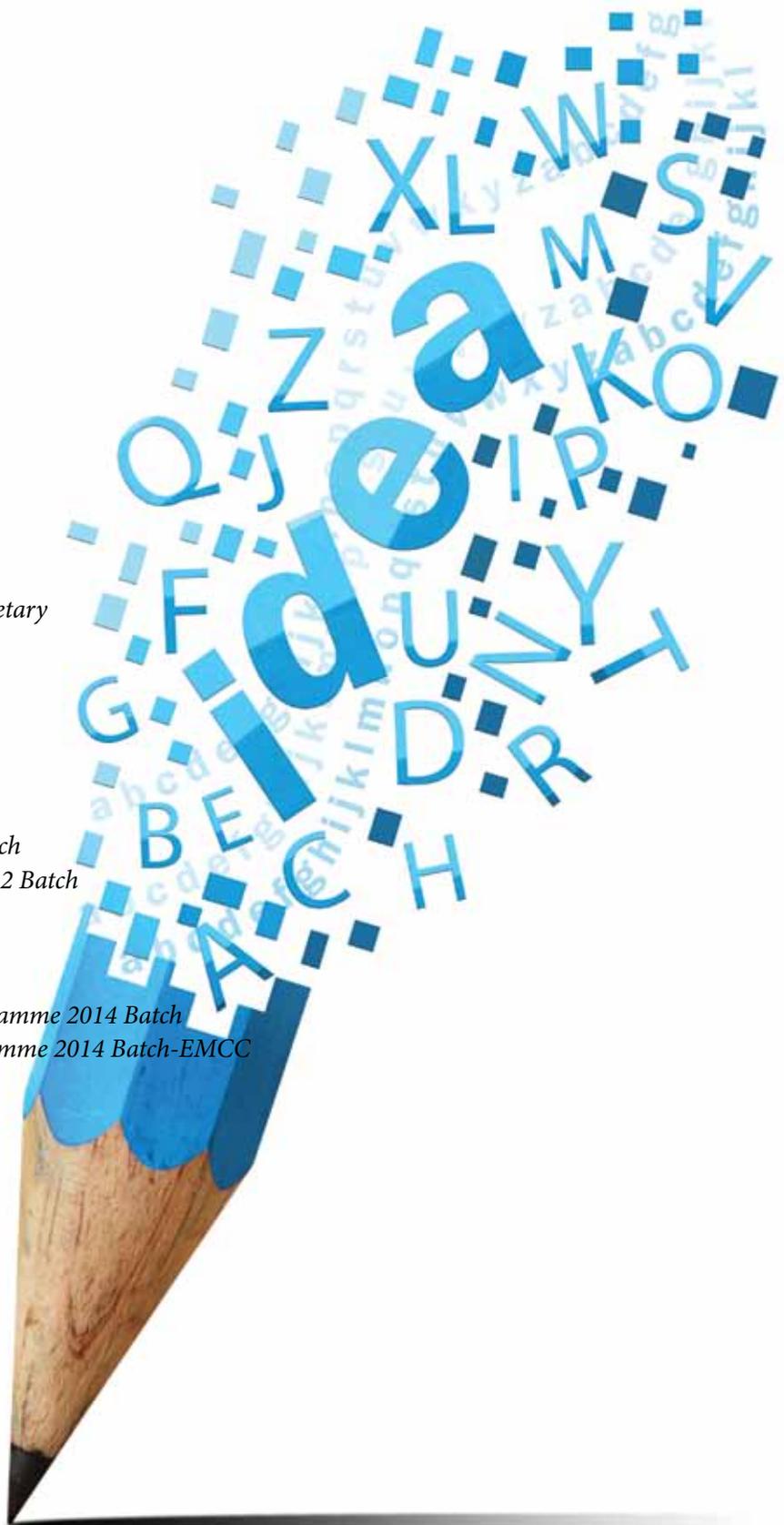
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**OOMMEN CHANDY**  
CHIEF MINISTER  
KERALA



No. 861/Pre-Sec/CM/2015

15/06/2015

**Message**

I am glad to know that Munnar Catering College will be releasing a souvenir to mark the joyous occasion of its 30th Anniversary.

Students should take on greater challenges and pursue vocations that can contribute toward societal development. I hope that Munnar Catering College would continue to provide opportunities and facilities for its students and faculty to excel in academic pursuits and set benchmarks in the domain of hotel management.

Wishing all success.

**OOMMEN CHANDY**

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THIRUVANANTHAPURAM

DATED.....  
29.05.2015



**Message**

I am very happy to know that the Munnar Catering College, is bringing out a souvenir to commemorate the 30th anniversary celebrations of the college.

The significance of hospitality management education has been recognised globally. According to diverse nature of hospitality industry, it is not easy to precisely define what skills and competency a hospitality management student need. In this situation, a successful hospitality management institution must introduce more suitable teaching methods in consultation with the industry. I appreciate the efforts taken by the Munnar Catering College in this regard.

I convey my best wishes to the management, staff and students of MCC for the successful conduct of the 31st anniversary celebrations of the College and for the publications of the souvenir.

**Shri. Tisan. J. Thachankary**  
Chairman, Munnar Catering College,  
Chandrika Building,  
MC Road, Cochin. 11

  
**A.P. Anilkumar**

## *Message from Chairman*



It is a fact that Hospitality Industry has taken the world by a storm. It is a potential game changer, an employment generator, and an economic activity that has significant source of foreign exchange. By making billions of dollars in annual revenues worldwide, Hospitality Industry offers plenty of opportunities for career development. According to World Travel and Tourism Council, the Hospitality Industry is currently among the largest and fast growing industries in the world, forecasted to support 328 million jobs or 10% of the world workforce by 2020.

With increasing globalization, career opportunities in this field are not only limited within the country but there are many organizations which operate internationally providing great career opportunities beyond the geographic boundaries. There are umpteen numbers of industries who look forward to recruiting hospitality professionals with right qualification and excellent training directly from reputed institutions.

Hospitality Management is an attitude and a skill that can be acquired by proper training and education from a professionally managed institution maintaining academic excellence and discipline. Its areas of expertise vary from marketing to servicing, cooking to public relations, and from housekeeping to accounting. It is with this understanding Munnar Catering College, Mount Royal College and Emirates MCC University were established in India and UAE. In these institutions ambitious youngsters are moulded and trained by the best professionals to acquire the quality and confidence required for a successful career in their respective fields. I am sure that true reflections of their quality, efficiency and thoughts are expressed well in the following pages.

With all the best wishes  
Tissan J Thachankary

## *Message from Vice Chairperson*

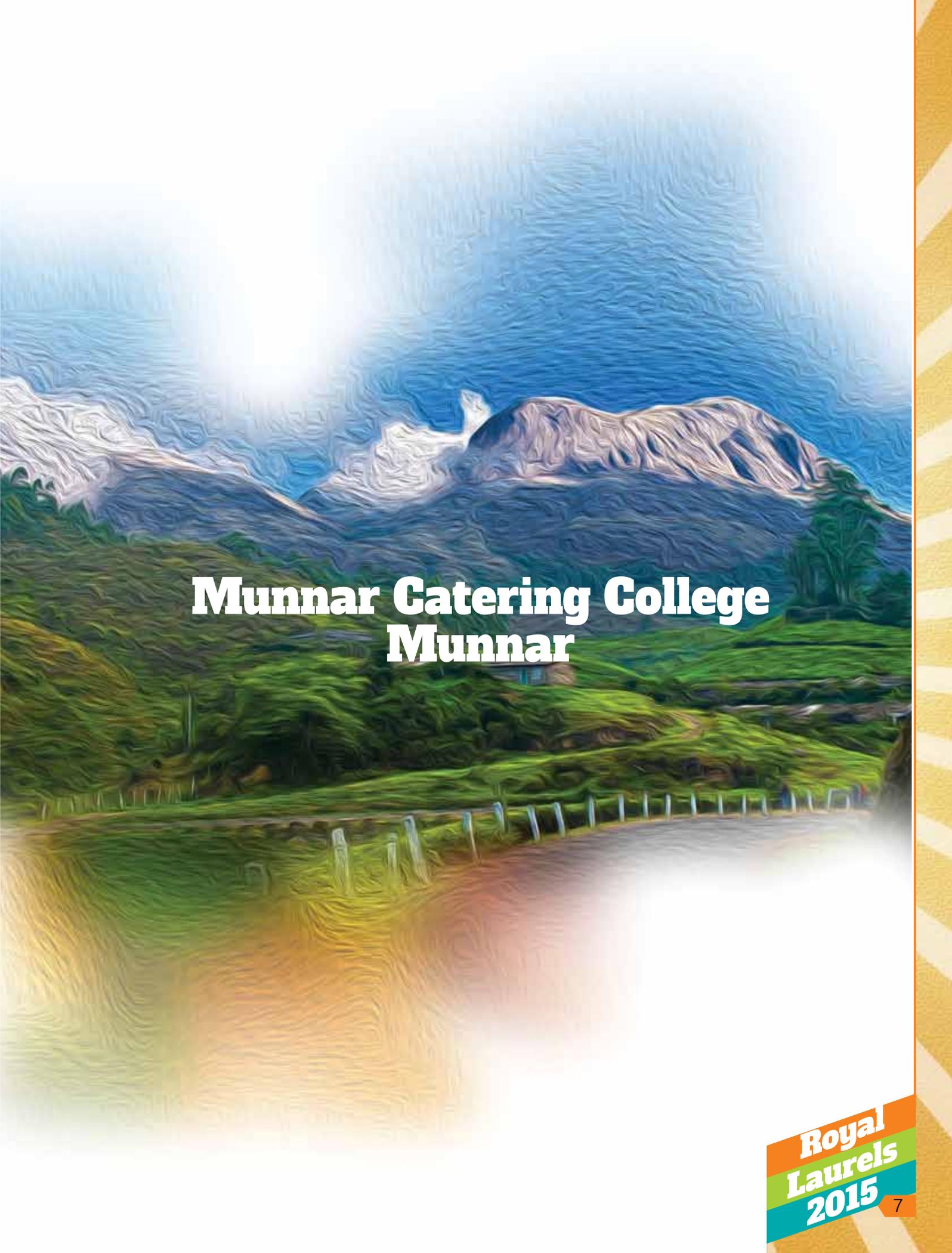


**I**t gives me immense pleasure to know that the students and faculty of Munnar Catering College, Emirates MCC and Mount Royal College have decided to publish a joint Souvenir "Royal Laurels 2015" exclusively meant for churning their talent in writing. I congratulate all the contributors for their communication skill, imagination and creativity. I extend my best wishes and greetings for the successful release of this annual Souvenir.

Today, education means much more than acquiring knowledge. It is acquisition of skills, building character, and improving employability. The college management is taking all efforts to achieve the above objective with the enthusiastic initiative of our excellent faculty. In this context I can proudly say that we have excelled in all our initiative in realising quality education as we all have stood together in facing the challenges.

Regrettably, today there is a paradigm shift in the whole process of education what was once considered as a mission. The focus now is to meet the demand of labour in the market without giving due attention to the character formation of the individuals. But we are always following the right path realising that the ability to inspire and motivate the young minds is what is demanded of every good educator. Therefore let us give our best to make our institution a modern temple of learning through our diligence, devotion and dedication.

Wishing you all once again, the very best  
Mimi Tissan



# Munnar Catering College Munnar

**Royal  
Laurels  
2015**

# Cyber Crime

Cybercrime, also called computer crime is the use of a computer as an instrument for illegal ends, such as committing fraud, stealing identities, or violating privacy. Cybercrime, especially through the internet, has grown in importance as the computer has become control to commerce, entertainment, and Government.

Neterime refers to criminal exploitation of the internet. Cybercrimes are defined as: “offences that are committed against individuals or group of individuals with a criminal motive to intentionally harm the reputation of the victim or cause physical or mental harm to the victim directly or indirectly, using modern telecommunication networks such as internet (Chat rooms, Email, Notice boards and groups) and mobile phones (SMS/MMS)”. Such crimes may threaten a nations security and financial health. Issues surrounding this type of crime have become high profile, particularly those surrounding cracking, copyright infringement, child pornography, and childgrooming. There are also problems of privacy when confidential information is lost or intercepted, lawfully or otherwise.

Internationally, both governmental and non-state actors engage in cybercrimes, including espionage, financial theft, and other cross-border crimes. Activity crossing international borders and involving the interests of atleast one nation state is sometimes referred to as cyber warfare. The international legal system is attempting to hold actors accountable for their actions through the international criminal court.

## ***Six common types of Cyber Crime***

As the internet, mobile phones, and other computer technologies have flourished, criminals have found ways to use them for old-fashioned goals such as theft, fraud, intimidation, and harassment. Crimes committed through the use of computer systems are known as cybercrimes. Here are some common cyber crimes to lookout for.

### ***Fraud***

Most forms of internet fraud are financial in nature. Cyber criminals may back into personal financial accounts to access funds. They might attack website databases in order to gain access to consumer details such as social security numbers, that can be used to take out credit cards or loans in another person’s name. This type of fraud is know as theft. Criminals can also hijack a person’s wireless internet connection in order to use it without having to pay for it.



### ***Computer Trespassing***

Cyber criminals can gain access to individual computer to peek through files, website browsing history, access passwords, on possibly even save files to your machine. This type of fraud is known as computer trespass. In many cases , computer trespassing is accomplished by people to click on attachments or download files.

For instance, in the “Black Friday Scam” victims sent an e-mail that was apparently from Apple, promising a \$50i tunes gift card if they downloaded a particular file. The file actually allowed its creators to access passwords and other sensitive information on computer that downloaded it.

### ***Hardware Hijacking***

Researchers at Columbia university recently discovered a serious security flaw in certain printers. Many printers which automatically updated their software when accepting a print job, connecting to the internet to download the latest print drivers.

### ***Bullying, Harassment & stalking***

There have been several high-profile cases of teenagers bullying one another over the internet. In most instances of cyber-bullying, Bullies posted absence or cruel messages to the victim an social media sites like Facebook, uploaded embarrassing videos of them to sites like Youtube, Or impersonated someone else to toy with their emotions.

Harassers and bullies may also steal their Victim’s Passwords, to impersonate them on the internet or monitor their e-mail accounts.

The internet can also be an ideal tool for stalkers. Information is often handed to the criminals by the



victims themselves. Unwary social media site users can give away their current location by using sites such as foursquare or facebook without making full use of privacy protections.

### Spam

Unsolicited mass e-mail, known as “spam”, is more than annoying : spam messages can be used to trick people into giving up sensitive personal information (Known as “ Phishing”), or as carriers for computer worms and viruses.

Additionally, opening spam e-mail could leave you vulnerable to “Spoofing”, where a spammer gains the ability to send more of the junk e-mail through your account.

### Information Warfare

More complex and far-reaching than the crimes above, information warfare involves large-scale attacks on computers, websites, and networks. Jamming or hijacking a satellite or phone network, which can be done through computers, is one example of information warfare.

Hijacking computers can then be turned into ‘Zombies’ that spread malicious code, or paralyze a website by repeatedly trying to gain access – What’s known as a DDOS attack. DDOS



Abin V. Jacob

Integrated Diploma 2014-17, MCC MNR

stands for “Distributed Denial of service”, and is basically the use of many computers to swamp a targeted website so that it cannot operate



## Galactic Rolls Out Mothership ‘Eve’

Virgin founder, Sir Richard Branson and spaceship designer, Mr. Burt Rutan have raised the curtain on the new WhiteKnightTwo (WK2) carrier aircraft that will ferry SpaceShipTwo and thousands of private astronauts, science packages and payload on the first stage of the Virgin Galactic sub-orbital space experience.

WhiteKnightTwo launch vehicle for SpaceShipTwo heralds a new era in aerospace fuel efficiency, performance and versatility and is another major milestone in Virgin Galactic’s quest to launch the world’s first private, environmentally benign, space access system for people, payload and science.

christened “Eve” in honor of Sir Richard’s mother, who performed the official naming ceremony, WK2 is both visually remarkable and represents ground-breaking aerospace technology. It is the world’s largest all-carbon composite aircraft and many of its component parts have been using composite materials for the very first time. At 40 ft, the wing spar is the longest single carbon composite aviation component ever manufactured.

Driven by a demanding performance specification set by Virgin Galactic, WK2 has a unique heavy lift, high altitude capability and an open architecture driven design which provides for maximum versatility in the weights, mass and volume of its payload potential. It has the power, strength and maneuverability to provide for pre-space flight, positive G force and zero G astronaut training as well as a lift capability which is over 30% greater than that represented by a fully crewed SpaceShipTwo. The vehicle has a maximum altitude over 50,000 ft and its U.S. coast-to-coast range will allow the spaceship to be ferried on long duration flights.

An all-carbon composite vehicle of this size represents a giant leap for a material technology that has already been identified as a key contributor to the increasingly urgent requirement by the commercial aviation sector for more fuel-efficient aircraft. Powered by four Pratt and Whitney PW308A engines, which are amongst the most powerful, economic and efficient and the epitome of 21st-century aerospace design and technology.

WK2 will be able to support up to four daily space flights, is able to carry out both day and night time operations and is equipped with a package of highly advanced avionics.



Divakaran K G

Integrated Diploma 2014-17 Batch-MCC MNR

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## Nuchinunde

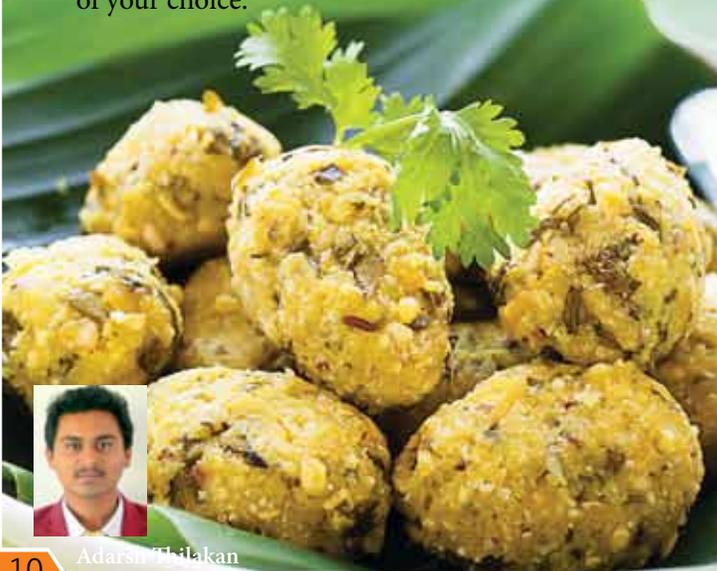
Steamed dal dumpling (nuchinunde) one of the traditional dish of Karnataka, originated from Mysore. It is made up of toor dal and spices, well to give a twist in taste one can add even channa dal and moong dal along with toor dal. This is a low fat, high protein dash. This can be served as breakfast or an evening snack.

### Ingredients:

- 150 gm toor dal (soaked in water for about 3-4 hours)
- 50-60 gm gratted coconut, fresh/frozen
- 2-3 green chillies, low to medium spiced or ½ tsp red chilli powder
- 150 gm finely chopped onions
- ¼ tsp hing
- ½ tsp jeera powder
- 1 ginger, chopped finely
- ½ bunch coriander, chopped finely
- 1 strand curry leaves chopped finely

### Method

- 1 Drain out the water from soaked dal and grind coarsely along with coconut, green chillies, jeera and curry leaves; do not add any water while grinding and also, make sure not to grind the dal too smooth
- 2 Add hing, salt chopped coriander, onions and mix well. You could even add ½ tsp sugar for a tinge of sweetness.
- 3 Make ping pong sized dumpling with the dal mixture; place in a steel contained and steam cook the dumplings for about 12-15 minutes (use the pressure cooker for this purpose; don't forget to remove the weights!
- 4 Serve hot with coconut chutney or any other side dish of your choice.



Adarsh Thilakan  
Integrated Diploma 2014-2017 Batch-MCC MNR

## “Second Chance”

SECOND  
CHANCE

“A strangled smile fell from your face,  
It kills me that I hurt you this way,  
The worst part in that I didn't even know.  
Now there's a million reasons for you to go  
But if you can find a reason to stay.  
I'll do whatever it takes,  
To turn this around.  
I know whats at stake,  
I know that I've let you down  
and if you give me a chance,  
believe that I can change,  
I'll keep us together whatever it takes.  
I know whats at stake,  
I know that I've let you down.  
if you give me a chance,  
and give me a break,  
I'll keep us together,  
I know you deserve much better.  
But remember the time, I told you the way  
that I felt.  
that I'd be lost myself.  
Let's hold onto each other above anything else  
let's start over, let's start new.”



Anantha Kesav S.  
DUAL 2014-2015 Batch-MCC MNR

# Narendra Modi:

*From a poor, small town boy to the centre of power*

Narendra Damodardas Modi, 63, has pulled off what could be the biggest battle of his life so far by leading the Bharatiya Janata Party (BJP)-led National Democratic Alliance (NDA) to a landslide victory in the 2014 Lok Sabha elections. His journey from an impoverished small town to the prime minister's office will go down as one of the most incredible events in the history of India's democracy.

Born on September 17, 1950, Modi completed his schooling at B N High School at Vadnagar in the Mehsana district of Gujarat. He has five siblings: Som, Amrut, Prahlad, Pankaj and Vasanti. He was drawn to the Rashtriya Swayamsevak Sangh (RSS) at a very early age. Called "ND" by his schoolmates, he was a regular at the local RSS shakha after school hours. He was active in the National Cadet Corps and loved theatre.

In 1963, he performed a mono-act called "Pilu Phool" that dealt with the plight of a Dalit woman and her ill son. The act displayed Modi's sympathy for the oppressed, as he too belonged to Ghanchis, a backward community.

At the age of 18, Modi left his home to become an RSS pracharak. Father Damodardas and mother Hiraba were upset when he told them about his decision. During the same time, Modi had just been married to Jashodaben, a girl about the same age from a nearby village. Members of Modi's and Jashodaben's families say the couple never consummated the marriage. Jashodaben still lives with her brother and has devoted herself to spirituality after retiring as a primary school teacher. Modi has projected himself as a bachelor all these years. However, he did acknowledge his marriage when he filed his nomination papers for the Lok Sabha elections this year.

After he left home, he returned in 1970 for a brief period and took up a job as the manager for his uncle's canteen. The canteen was frequented by RSS workers who used to discuss socio-political issues with Modi. A senior RSS functionary, Laxmanrao Inamdar, popularly known as Vakilsaheb, identified his talent and mentored him.

Later, Modi came close to L K Advani during the Emergency. Advani was then head of BJP's earlier avatar, Jana Sangh. Advani was the one who got Modi inducted into the BJP in early 1987 and made him state organising secretary.

In 1990-91, Modi suggested Advani contest the Lok Sabha elections from Gandhinagar. He later played a vital role in Advani's Somnath-Ayodhya yatra. Modi's management of the yatra helped him get national attention.

With Modi as party's organising secretary, the BJP swept the Assembly polls in 1995. But cracks soon emerged

with Shankarsinh Vaghela (now in Congress) rebelling against Chief Minister Keshubhai Patel. During the same time, Keshubhai had expelled Modi from Gujarat, blaming him for the revolt. In 1998 state elections, the BJP again won with a two-third majority.

But the mishandling of successive droughts, two cyclones and a devastating earthquake in 2001 had dented Keshubhai's popularity. The BJP started losing by-elections and a large number of civic body polls. Modi took this opportunity to convince the BJP leadership that Keshubhai should be replaced. Modi took oath as Gujarat chief minister on October 7, 2001.

Modi faced the biggest challenge in his life when massive Hindu-Muslim riots broke out in the state after 59 "karsevaks" were killed when an alleged mob of minority community set ablaze S6 coach of the Sabarmati Express train near Godhra on February 27, 2002. In the ensuing violence, about 1,000 people, a majority of them Muslims, were killed by rioters. Modi was accused of not doing anything to rein in the violence. This forced then Prime Minister Atal Bihari Vajpayee to call upon Modi to follow "Rajdharma". The taint of riot continues to haunt Modi even now. He faced the wrath of the international community, as a number of European countries including the UK boycotted him. The US in 2005 declined to grant visa to Modi.

Unfazed by criticism, Modi began efforts to attract investment to the state by organising Vibrant Gujarat investor summits beginning 2003. The biennial event went on to become the most sought-after event in the country, with investors from the world over making a beeline to pledge investment in Gujarat. In 2007, Modi steered the BJP to yet another victory in Gujarat.

But the low-point in his political career was when he was interrogated by the Supreme Court-appointed special investigation team in March 2010 in connection with his alleged role during the 2002 riots. He was questioned by the agency for over nine hours.

After victory in the third consecutive Assembly elections in December 2012, Modi began eyeing a bigger national role. The international community, too, began softening their stance towards him.

Under huge pressure from the cadre and support from the parent organisation, RSS, Modi was nominated as the party's prime ministerial candidate by the BJP. Though



Arun T. Raj

DUAL 2012-15 Batch-MCC MNR

there were differences within the party, as senior leaders Advani, Sushma Swaraj and Murli Manohar Joshi were opposed to him, Modi had his way.

**Royal  
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# Uses of Drinking

## **Water**

Without a doubt, Water is the best choice: it is caloric free and it's as easy to find at the nearest tap. One must drink atleast eight glasses of water everyday . If it's just too plain try adding a squeeze of lemon or lime or fruit juice or a few crushed mint leaves to it:

## **Coffee and Tea**

Coffee and Tea are quite healthy if taken in moderation and also if these are not loaded with sugar and milk. It is true that both coffee and tea provide antioxidants. Two cups is the safe upper limit for each, too much of caffeine may cause restlessness in some individuals.

## **Milk**

Milk is a most popular drink in north India. Low- Fat skimmed milk is healthier alternative but it should not have more than one two glasses.

## **Lassi**

Lassi made from curd is better digested as it is rich in probiotics. Low in calories and one can have upto two glass per day.

## **Fruit Juice**

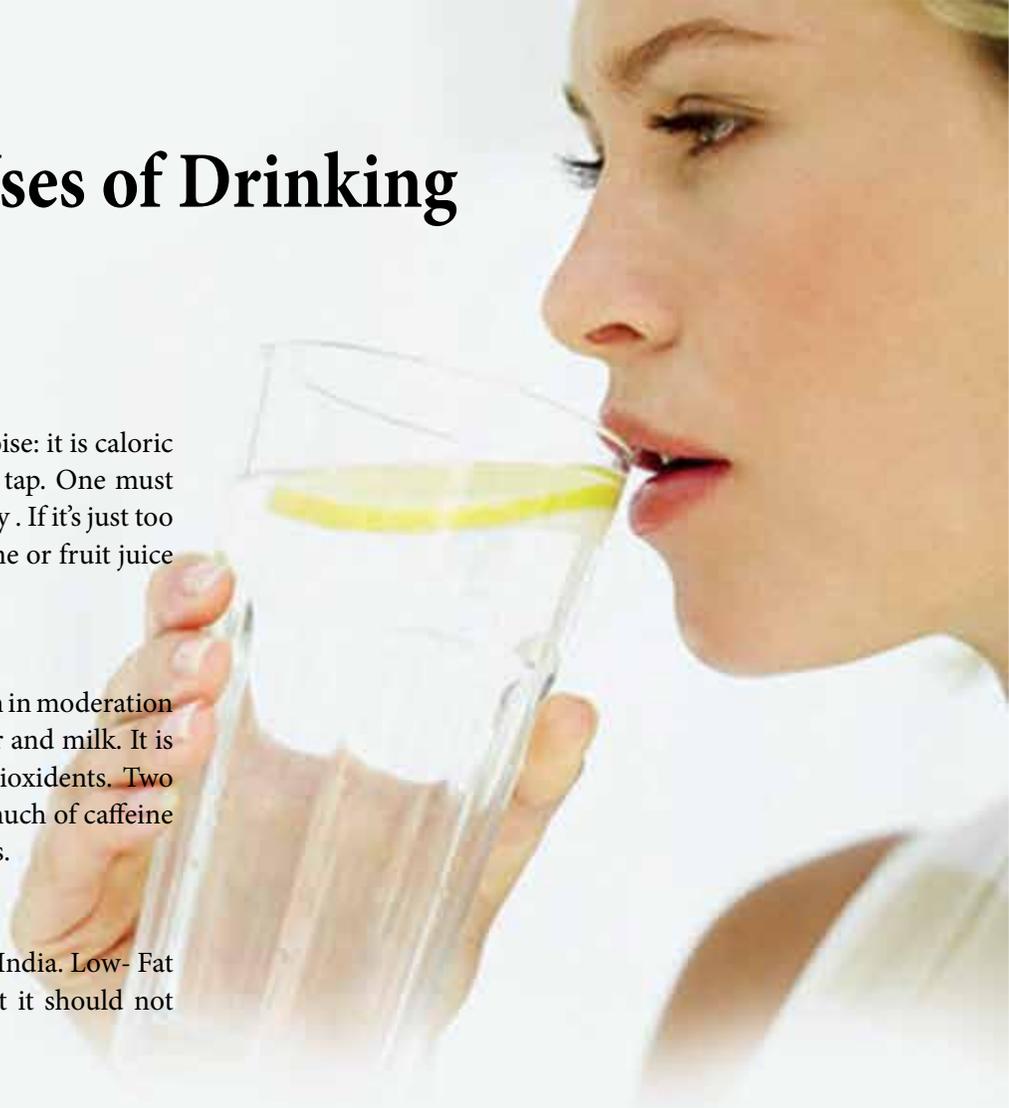
Fruit juice is high in calories so one should not have more than half a glass per day. Fresh fruit juice is much better than bottled one but one should opt for whole fruit which has additional fiber in it.

## **Artificially Sweetened**

These have no calories but most of them are full of caffeine. Also artificial sweeteners have long-term side effect. So it is best to avoid them.

## **Alcohol**

Moderate consumption of alcohol lowers the risk of heart disease but the question is- what is moderate? And will it remain moderate over a long period of time? Alcohol is poison for pregnant women and people recovering from liver diseases. So you have to drink it once in a while.



## **Sports Drinks**

Sports drinks are designed to give athletes carbohydrates, electrolytes, and fluid during high-intensity workouts that last an hour or more. Ordinary people don't require them.

## **Energy Drinks**

These costly concoctions have lots of sugars, enough caffeine to raise your blood pressure, and many herbs and additives whose long- term health effects are unknown. So it is best to avoid them.

## **Nutshell**

In a Nutshell water is the healthiest drink available. To make it more flavourful, one can add some seasonal fruit juice and herbs to it. Other drinks need to be taken in moderation.



**Arun Simon**

*Integrated Diploma 2014-17 Batch-MCC MNR*

# 7 ways to make Water Taste Better

## ***Simple tips for livening up your drinking water:***

Not everybody has a taste for water, but we all need it to ensure that our body is functioning properly. If you want to drink more water; but aren't crazy about the taste (or lack thereof), here are some tips that can make it more enjoyable:

## ***Add fresh fruits:***

Citrus fruits such as lemon, limes and oranges are classic water enhancers, but other fruits flavours might also tempt your taste buds. Try crushing fresh raspberries or watermelon into your water, or adding strawberry slices. Cucumber and fresh mint are refreshing flavour as well- especially in summer.

## ***Use juice:***

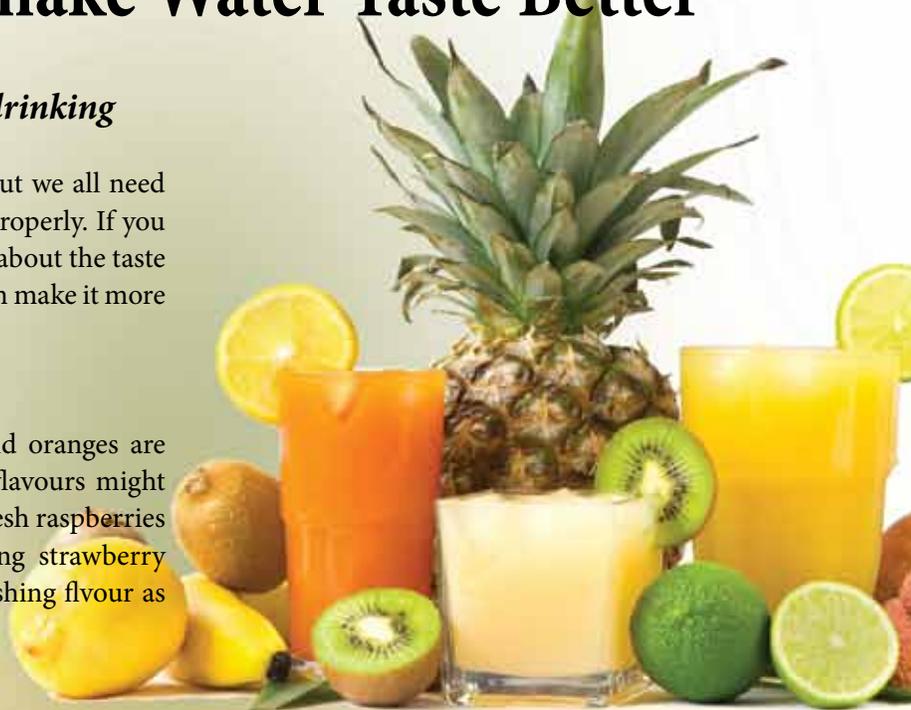
Any fruit juice can be a good base flavor for water, but fresh juices, like cranberry, pomegranate, grape, and apple are especially delicious. Go for juices that are all natural, with no added sugars, and remember: fruits and their juices don't just taste good- they contain vitamins and antioxidants that can benefit your health too.

## ***Make it bubbly:***

Many people prefer sparkling to still water, if plain old water isn't inspiring to you, try a naturally effervescent mineral water which will give you the added benefit of minerals or try bubbly seltzer, a carbonate water. You can add fresh fruit or natural juice flavours to your seltzer as suggested above or look for naturally flavoured seltzer at your local market. If you become a seltzer devotee, you might want to consider getting a seltzer maker for your home.

## ***Get creative with ice:***

Some say that ice water tastes more better than water served at room temperature. If that's so, flavoured ice cubes may make an even better drink. Use some of the flavouring suggestions above and start experimenting with fresh fruits, mint or cucumber ice cubes. Simply chop your additive of choice, add it to your ice cubes tray along with water, then freeze. You may also consider juices, tea or coffee cubes, if you want to be more creative, use ice cube trays that come in fun shapes like star, circle or even fish.



## ***Drink Tea:***

Herbal, fruit, green, white and red tea are generally considered to be better for you than black teas (or coffee, for that matter) because they contain little to no caffeine, and there are counter flavours of these teas to choose from. Start with the selected local market or health food store if you're interested in more exotic flavours and sophisticated teas, start researching the vast array of specially teas that come from all parts of the globe.

## ***Try bouillons, broths and consommés:***

If your palate leans toward the savory you may pass on tea and start sipping one of these hot and savory liquids instead. Choose low fat and low sodium versions for maximum health benefits because soup will count toward your daily fluid consumption.

## ***Add fast flavor:***

If you're looking for a quick and easy flavor booster you might also consider sugar-free drink mixes, and flavor cartridges that can be used with your faucet filter system.



Anit Sebastian  
B.Sc HHA 2012-15 Batch-MCC MNR

# Mountain Railway in India

These lines connect important hill resorts with the foot hills, winding their way up through rugged yet scenic mountainous landscape. Given the terrain they were constructed on during the British colonial period they were considered “outstanding examples of the interchange of values on developments in technology” and engineering marvels



The only rack and pinion rack system in India The Nilgiri Mountain Railway is a single track, 46 kilometers (29 mi) long metre gauge single line. Coonoor was initially the final hill station on the line in June 1899 but this was extended up to Fernhill in

September 1908 and up to Udagamandalam by October 15, 1908. It now connects the town of Mettupalayam with the hill station of Udagamandalam (Ootacamund), in the Nilgiri hills, popularly known as the ‘Blue Mountains’ of Southern India. Both towns are in the state of Tamil Nadu. The only rack railway in India, it uses the alternate biting system (Abt) commonly termed as ‘rack and pinion’ rail system and is operated with special steam locomotives.

## ***Darjeeling Himalayan Railway***

The Darjeeling Himalayan Railway (DHR), given the epithet, the “Toy Train”, is a 610 mm (2 ft) narrow-gauge railway that runs for 88 kilometers (55 mi) from Siliguri to Darjeeling in the Indian state of West Bengal, operated by the Indian Railways. Highly regarded in India to this day, the railway line was built by the British Government. Darjeeling was a major summer hill station and the centre of a flourishing tea-growing district. The elevation level along this line starting with about 100 meters (330 ft) at Siliguri rose to about 2,200 meters (7,200 ft) at Darjeeling but attained highest elevation at Ghoomstation of 2,300 meters (7,500 ft)

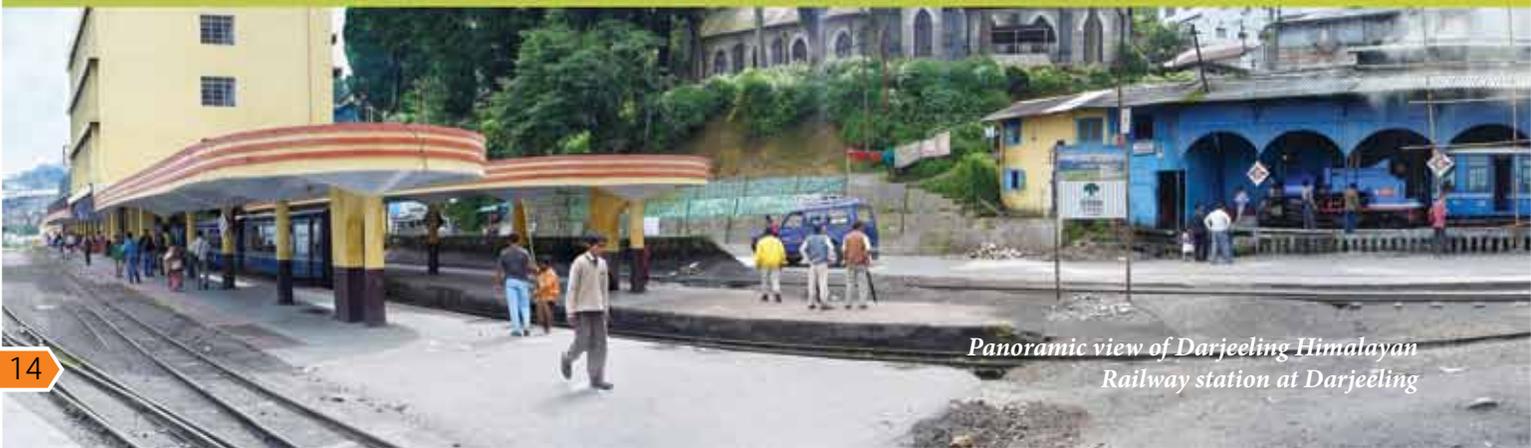
In 1999, this mountain line in India was the first to be recognized by the UNESCO and inscribed on the World Heritage List

## ***Nilgiri Mountain Railway***

## ***Kalka–Shimla Railway***

Shimla, the modern capital city of Himachal Pradesh, is located at 7,234 feet (2,205 m), in the foothills of the Himalayas. It was the summer capital of British India in 1864 and it was also the headquarters of the British Army in India. Kalka is a town in the Panchkula district of Haryana.

The 95.66 kilometers (59.44 mi) long, 2 ft 6 in (762 mm) narrow gauge line was opened for traffic on November 9, 1903. The line has 103 tunnels and 864 bridges.



*Panoramic view of Darjeeling Himalayan Railway station at Darjeeling*

# Good Health

## ***Matheran Hill Railway***

Matheran Hill Railway, a heritage railway in Maharashtra, was built between 1901 and 1907 by Abdul Hussein AdamjeePeerbhoy and was financed by his father, Sir AdamjeePeerbhoy of the Adamjee Group. The railway line, a 610mm (2 ft) gauge line, covers a distance of 20 kilometers (12 mi), over large swathes of forest territory connecting Neral to Matheran in the Western Ghats hills near Karjat and Mumbai. The plan, formulated in 1900, began construction in 1904 and the line was opened to traffic by 1907. Originally, the tracks were laid with 30 lb/yard rails but now use heavier 42 lb/yard rails. Ruling gradient is 1:20 (5%) with tight curves and speeds are limited to 20 kilometres per hour (12 mph). The line, which generally used to be closed during the monsoons because of the danger of landslides, has, since the 1980s, been kept operational throughout the year. This railway line is administered by the Central Railways.

## ***Kangra Valley Railway***

The Kangra Valley Railway lies in the sub-Himalayan region and covers a distance of 163 kilometers (101 mi) between Pathankot and Joginder Nagar, a valley known for its natural beauty and ancient Hindu shrines. The line, which is part of the Northern Railway and is made with a 2 ft 6 in (762 mm) gauge, was planned in May 1926 and commissioned in 1929 and is popularly known as the “Kangra Toy Train”. The highest point on this line is at Ahju station at an elevation of 1,291 meters (4,236 ft) and the terminus at Joginder Nagar is at 1,189 meters (3,901 ft). The line has 971 uniquely designed bridges and two tunnels.



Happy is the man who enjoys health, through out his life. A healthy man will have secured a life long as he is healthy he need never be afraid of illness and there by displeasure. He will have a mental satisfaction. More precious than heaps of gold “Health of people is the wealth of anation”

A sound mind in a sound body is yet another maxim. Regular exercise, good food habits containing nutrients, free from mental agony, all these make us enjoy good health more courage than other ordinary men. But now a days keeping good health has become an arduous task. Contaminated food, pollution, insanitary conditions, lack of facilities for recreation, malnutrition, all have contributed much not to possess good health. Unhealthy people will be a curse and not a boon to the nation. So try to be healthy always.



Ashish Joseph  
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BINOY BABU  
Integrated Dip. 2014-17 Batch-MCC MNR

**Royal  
Laurels  
2015**

# 10 Biggest Chain Hotels in the World

## ***Inter Continental Hotels Group - Great Hotels, Guest's Love***

There is no doubt that this hotel chain has been able to place itself at the top position since 2004 with its acquisition of about 4600 hotels and resorts, with more than 674,000 rooms in over 100 countries across the world. Its first hotel was founded in Bass Brewery in 1777 by William Bass. With the strategy of making their brand number one and expanding itself in the hotel industry, it has just kept on developing with flying colors and till now has not looked back. Its brand names include InterContinental, Crowne Plaza, Hotel Indigo, Holiday Inn, Holiday Inn Express, Staybridge Suites, Candlewood Suites, EVEN Hotels and HUALUXE Hotels and Resorts. Working with franchise, managers and more than 2000 hotel owners across the globe, this group aims to improve its brands and keep on increasing the number of hotel rooms roughly by 5.9% every year.

## ***Hilton Worldwide - Discover a world of opportunity***

This hotel chain previously known as Hilton Hotels Corporation was founded by Conrad N. Hilton with a 40-room hotel in the year 1919 in Texas. The first hotel with the name Hilton was opened by him in the year 1925. Since then, Hilton has been able to become one of the successful brands in the world for its comfort and innovation. Gradually this company held its grip and with its commitment of providing luxury and comfort to the visiting guests, it has been able to spread across 90 countries with more than 3900 hotels and 650,000 rooms. Its revenue is more than 7.44 billion US dollars. For providing apt delight to the guests, this hotel chain now has respectful ten popular brands namely Waldorf Astoria, Conrad, Hilton Grand Vacations, Hilton, Double Tree, Embassy Suites, Garden Inn, Hampton, Homewood Suites and Home2 Suits.

## ***Marriott International - Your home away from home***

This leading company has more than 3,700 hotels and resorts in about 74 countries and territories all over the world. The headquarters is at Bethesda in Maryland, US. With the evolving business, it has several brands –

Marriott Hotels and Resorts, JW Marriott Hotels and Resorts, the Ritz-Carlton and Bvlgari Hotels and Resorts – to name a few. They pursue the vision of making Marriott the number one hospitality in the company and are working hard to achieve the same. In addition to this Marriott tends to focus on five global social issues: poverty alleviation, the environment, community workforce development, the well-being of children, and global diversity and inclusion.

## ***Wyndham Hotel Group - The Right Way. The Wyndham Way.***

This group at the fourth position of the list was founded by Trammell Crow in the year 1981 in Dallas, Texas. At that time it was known as Wyndham Hotel Corporation. Its headquarters is located at Parsippany Troy Hills in New Jersey, United States. Soon, this company owned two brands from the renowned Global Hyatt namely the Microtel Inns & Suites and for extended stay purpose, Hawthorn Suites. Currently this group has 7.7% growth in the rooms supply

## ***Accor - Open Frontiers in Hospitality***

This group originated in France, setting its foundation in 1967. This company tends to have several hotels in France and worldwide, with its headquarters in Paris and annual growth of 3.7%. It has about 160,000 people associated with this company and more than 500,000 rooms and are planning to develop 105,000 new rooms. Accor's some of the brands are Sofitel, Novotel, Pullman, Mercure, Suite Hotel, All Seasons, Ibis, Etap, Motel 6, Formula 1. Accor provides expensive and luxurious facilities nationwide.

## ***Choice Hotels - We'll see you there***

Earlier named as Quality Courts United, the hotel chain Choice Hotel International was founded in the year 1939 in Maryland, United States. Its headquarters is at Silver Spring in Maryland. It has the spread of about 4000 brands – Quality Inn, Choice Hotels, Comfort Inn, Comfort Suites, Quality, Sleep Inn, Clarion, MainStay Suites, Suburban Extended Stay Hotel, Econo Lodge

and Rodeway Inn to name a few. It has more than 6,200 hotels and more than 500,000 rooms in more than 30 countries and territories. This company's total revenue is nearly 642 million US dollars. They claim to have a rich history of innovation as they were the first in the industry to introduce guarantee reservations, telephones in every room, 24-hours desk service and much more.

### ***Best Western - The World's Largest Hotel Chain***

Best Western is a well-known hotel chain in Europe. This year this company has completed its 67 years since its start in US and 36 years in Europe. Since 1946, Best Western has come up a long way with its hotels in more than 4000 places all over the world. Its headquarters is located in Phoenix. Best Western opened the first 5 stars hotel in Prague, the capital of Czech in the year 2008. Best Western employs more than 1000 people. Best Western attempts to give the visitors a homely environment. They provide free high-speed Internet access, continental breakfast, iron and ironing boards, hair dryers, coffee/tea makers, complimentary toiletries on request and much more. This company offers 314,331 guest rooms and tends to make a revenue of about 206 million US dollars per year. This is an up-scaling brand especially because it has a large number of hotels that bear the name Best Western showcasing its individuality of brand name all over.

### ***Starwood Hotels and Resorts - Who's taking care of you***

This hotel chain was founded in the year 1980. Its headquarters is at Stamford. Since its foundation, this group has come up a long way. Now it has several renowned brands such as St. Regis, The Luxury Collection, W Hotel, Westin, Le Méridien, Sheraton, Four Points by Sheraton, Aloft, and Element to name a few. It has one of its programs called Starwood Preferred Guest (SPG) which let the members earn and redeem points for their stays and other such criteria. Starwood Hotels and Resorts have more than 171,000 associates working for them and about 1,146 hotels and resorts spreading at various locations. The total revenue of this group comes out to be around 5.62 billion US dollars.

### ***Home Inns - Wherever you go, you're always at home***

The leading economy hotel chain of China, also known by the name of Home Inns & Hotels Management Inc., places itself at the ninth position among the largest



hotel chains in the world. Its headquarters is located in the Xuhui District of Shanghai. With its slogan “Wherever you go, you're always at home”, and trying to abide by the same, this hotel group has reached at such heights with its increasing number of hotels, hotel rooms and geographic coverage as well as the hospitality provided in comparisons to other hotels across China. With its commencement in the year 2002 by Ji Qui, it has kept on flourishing and sooner in the year 2011, it included a renowned hotel chain – Motel 168 – as its second hotel brand. It now aims to gradually expand its chain in various parts of Asia in the future.

### ***Carlson - Worldwide World Class Hospitality and Travel***

Carlson Rezidor Hotel Group, the tenth largest hotel chain in the world, was earlier known by the name of Rezidor SAS. This group was founded in 1960 in Copenhagen. Targeting more than 150 countries and territories, it has gradually broadened its development zone, taking into its count the development of over 1300 hotels and 900 restaurants. Currently it possesses six global brands namely Radisson Blu, Radisson, Park Plaza, Park Inn by Radisson, Country Inns & Suites by Carlson and Hotel Missoni. The company aims towards the fulfillment of the individual needs of the visitors. With the dynamic growth in their development and operation, more than 80000 people working as a helping hand and revenue reaching about 7 billion US dollars, they are aiming to reach the count of more than 1500 operating hotels across the world by 2015.



Ashish Kumar Sharma  
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## The latest bar trend? Cocktails on tap

Craft cocktails are the star attraction at Federal Hill's new Bookmakers Cocktail Club, which makes its own bitters, syrups and tonics and carries 100 types of whiskey. Bartenders whip up 15 specialty cocktails with poetic names like What Is and What Should Never Be, a blend of cognac, rum, cinnamon, creme de peche, lemon and raisins soaked in Scotch whisky.

But when the staff has to pour as many as 500 drinks on a busy weekend night, it helps to have a shortcut: cocktails served on tap.

In October, Bookmakers dedicated one of its six beer-tap lines to a rotating cocktail, recently a Boulevardier with rye whiskey, Campari and sweet vermouth, says head bartender Ryan Sparks. And a drink called the Uppercut, a blend of rye, white vermouth, amaro bitters and orange Curacao, is dispensed from the spigot of an oak barrel.

"It puts less stress on the bartenders" says Sparks. "A lot of my cocktails are time-consuming. If you can get drinks out faster, you make customers wait a little less."

Barcocina in Fells Point serves two cocktails on tap, a margarita (its most popular drink) and a spin on the Moscow mule with cranberry vodka, lime juice and ginger beer.

Of Love and Regret, Fork & Wrench, B&O American Brasserie and Wit & Wisdom all serve cocktails from barrels that sit atop the bar and are poured from a spigot.

Warehouse 518 in Mount Vernon (formerly Creme Restaurant and Lounge) will serve a tequila-based barrel-cocktail in another month or so and might institute a draft system down the road, says beverage director Pat Raley.

Cocktails are just the next evolution in the libations-on-tap trend. Several restaurants, including Columbia's Aida Bistro & Wine Bar and Red Red Wine Bar in Annapolis, already serve wine on tap. And the Valley Inn in Brooklandville serves Prosecco on tap at its new Oyster Bar.

Serving drinks on tap allows bartenders to work faster while giving customers something new to talk about. Each drink also tastes the same and doesn't vary according to the skill of the bartender. Keeping drinks in oak barrels adds a new depth of flavor to drinks, cocktail connoisseurs say.

Bartenders say they're not cheating customers out of true craft cocktails because they're using fresh ingredients

and top-shelf liquors. Many of the bars that serve drinks on tap are known for using fresh ingredients and staying on top of the latest trends.

But some say the trend is a passing fad that doesn't give the customers the quintessential craft-cocktail experience of watching as your bartender stirs exotic ingredients into a drink.

John Reusing, owner of the bar Bad Decisions in Fells Point, used to serve bitters on draft until his draft system died in July. Until he can come up with the \$12,000 to replace it, he won't offer anything on draft — not even beer. He remains a skeptic when it comes to draft cocktails.

"It's the easy way out," he said. "I'd rather my customer see their drink made in front of them."

But Brendan Dorr, head bartender at B&O American Brasserie and president of the Baltimore Bartenders Guild, doesn't agree.

"Naysayers say it's not craft bartending anymore," Dorr says. "It totally is."

The idea of premixing cocktails to save time has been around since at least the mid-1800s, says Gaz Regan, a cocktail columnist for the San Francisco Chronicle and a founder of the Institute for Mindful Bartending. In modern times, the idea has sprouted throughout the United States in the past five years as cocktails have become more popular and more complicated.





“The easier you can make it for a bartender, the more money goes in the register,” Regan says.

Draft cocktails are blended ahead of time and poured into a keg that’s connected to a tap, just like beer. Those in a barrel are aged anywhere from two weeks to a year.

Barrel-aged cocktails are typically strained over an ice cube or served on the rocks to get them chilled. Bartenders give the barrels a good stir and taste every once in a while until it reaches its optimal flavor.

The rye whiskey in a Manhattan takes on a caramelized effect after sitting in a barrel, which lends itself well to the fall, says Of Love and Regret co-owner Leigh Philipkosky. “It changes the taste of the cocktail completely,” she says.

Bartenders generally agree that there are limitations to a draft system. They advise against using citrus and other ingredients that can quickly oxidize, unless the establishment is doing a very high volume and frequently makes a new batch.

Because of their novelty, draft cocktails are a good way to pique the interest of a cocktail neophyte, says Nikki Davidson, a Mount Vernon resident and author of the Cocktail Crafty blog. She says she loves how classic drinks become both sweeter and earthier after they’ve aged in a barrel. She has also enjoyed Bookmakers’ draft Boulevardier, saying it was “delicious and well balanced” and that she couldn’t tell the difference between the draft version and a one made the old-fashioned way.

The places that now offer draft cocktails are using quality ingredients, but as the trend becomes more popular, Davidson says she worries that some bars might latch on to the trend without thinking too much about the quality of what they’re serving.

“A lot of places on trend with it are places that use fresh ingredients and focus on the recipe,” she says “As it becomes more popular, you might see some copycats.



**Deepak Menon**  
DUAL 2013-16 Batch-MCC MNR

# YOGA



Yoga means union, union of the body and the mind, it is the practice of effectively integrating the mind with the actions of the body. The very existence of the nature itself lays the foundation of Yoga. In this sense, the experience of the nature is called as Parusha and that which is experienced is called Prakriti, the union of prakriti and purusha gives rise to nature, just like the union in a child birth after which a child is born and hence the essence of yoga can only be achieved by purity. Like this, when this practice is put into existence, the yogi views the world from a higher sense of reasoning and thus is liberated from the bonds of suffering, pain and sorrow which is a result of wrong knowledge or Maya. There are also other benefits to yoga, one may ask What? It is called as the attainment of siddhis or powers. We already have these powers that we have attained because of our internal yoga and that are called as Janma siddhi or powers attained via birth. Some of the janma siddhis are powers of digestion, powers of description and so on. When one practices throughout his life he attains even higher powers and this is only possible through sadhana (Accomplishment through persistent practice). Thus we all do the practice of yoga every moment, every now and then and the resultant of which arise in us as a perception. The more better we do every now and then, the more better, we perceive our surroundings and longer lasts our peace. Thus based upon the powers and peace one has attained, one carries an ego I am this, I am that, whereas this ego is illusory from a higher perspective. Mountain especially, that of Munnar is a quiet ambience favourable for the practice of yoga, as the saying puts it “Silence is the loudest sound of the mind” and this silent ambience from the Munnar Catering College gives a calmness of mind that is Unmatchable..... (OM)



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**Royal  
Laurels  
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## Dark Side of Local Transports



Over 5 million people travel in local transports on daily basis but men do not have any right in buses, locals, metros. Even not a single seat. According to my study on internet & news papers most of local tracks work are done by men only 99.9% and after that men has been left isolation.

### ***Why should men give their seat to a woman passenger??***

Yes. You read that right. Why should men give their seat to a women traveller? There was a time my friend always use to offer his seat to a woman traveller while travelling in locals or other public transport but he has stopped offering his seat after seeing many stupid incidents while travelling. Like there was an old man may be seventy year old was travelling in rush hour in locals was not offered a seat by young lady, there was a sickman (hardly able to stand properly) was not offered a seat by female co passenger have seen many similar incidents or you can think of yourself how many times in your life you offered a seat to a male co passenger while using public transport.

An army man who standing day & night and fronting our borders do not have a seat in local transport when he comes to his city, a truck driver who delivers vegetables milks and all other house hold to us do not have a seat for himself in local transport. We have dedicated coach

in all transport for females, despite of that female do not hesitate to snatch & fight with

men just to get a seat in locals. They are misusing their gender & using it as a toll just to get a seat or we can say to get anything in day today life. and next time whenever you travel in local transport beware of suspicious female copassengers as an official report have revealed that 94% of the pickpockets in local transport are women.

since our society is female centric so people do not doubt on females and get robbed easily because of myth that women cannot do wrong & men are soft targets in most of incidents.

all this is happening because of misandry after all we are living in a society which is full of misandry is not just a word it is a mental disease what i have understood so far; which not just killing a man but society too.

men do not need sympathy, men should not cry, men do not need much of care, men do not need support. Men are also the god creature. They also do cry, they do have emotions, they do care. They do have needs also. So stop treating them like you may think.

you may think i am angry on any particular incident, but no its not like that, my simple question when we can have dedicated coach for woman. Why not for men/ why?? This is not matter of a seat its all about mens right!

all human being have same rights and men are also human being.

so i would like to convey my message to all womans that please don't misuse your rights. We live in a democratic country where men too have rights even men should be treated equally.



GAUTAMI JOSHI

B.Sc HHA 2012-15 Batch-MCC MNR

# What makes a Successful Chef

**H**ave you ever envisioned yourself as a glamorous executive chef who goes to “Iron Chef” and cooks everybody else’s bum to another planet? You are not the only one.

Becoming a chef can be a good career move only if you have the right personality, and it is definitely not as glorious as it seems on TV. Working under constant pressure to deliver the food fast without sacrificing quality throughout the process, standing on your feet for long hours, enduring cuts and burns, heavy lifting, noise, heat, smokes and fumes, working on evenings, weekends and holidays and almost anytime when the rest of the world is not working are just a few of the things you must go through as a chef.

When you finally become a head chef you might not have to do the heavy lifting, but your responsibilities will increase significantly. Executive chefs, or head chefs, are in charge of coordinating the work of the kitchen staff, control food cost, determine serving sizes, plan menus, order supplies, ensure quality and presentation of food is correct, schedule staff, train the cooks on public health regulations and how to store all products in order to control waste.

All that being said, however, the chef profession has many advantages over a 9-to-5 job. For one, you’ll never be bored. There is always something going on in a kitchen. You will always be trying to outdo yourself and cook the most memorable meal possible for each of your patrons. Add to this a dash of the good comments of your customers, a sprinkle

of the satisfaction that comes with a job well done at the end of the night, the camaraderie and teamwork in the kitchen, the possibility to apply your creativity on daily n daily basis, the lifelong learning and prospects of advancement, and you have all the ingredients for a successful and satisfying career

**1** Accept that you are currently not that good a cook, and need some practice and outside help. Just as a beginning artist must duplicate other masterpieces to learn the techniques, you will need some recipes to play with, whether they come from a cookbook or an online cooking site you like.

**2** Plan for your experiments with recipes to fall on 2 nights when you don’t have to entertain anyone. If you mess up, who’s to know? Just relax and let yourself have fun. Most importantly, do not be afraid!

**3** Work your way through a good, classic cookbook. Commit to cooking several times a week with a recipe. You will start to see what works well with what, and learn the basics of cooking various foods and dishes.

**4** Buy a couple of kitchen gadgets. Get a mortar and pestle, or seafood scissors. Check out those more advanced cookbooks and read tips for chefs. Or, start buying higher quality ingredients or fresh herbs. These items will help you cook to your best potential, and the tasty results will boost your confidence.

**5** Play with your food! Start embellishing your favorite dishes. Add a spice here or there, and substitute ingredients. Generally speaking, if it smells good together, it will taste good together. Try to replicate good dishes you’ve seen or eaten, and challenge yourself in other ways.

**6** Be patient, stick with it, have fun.



Givees Biju Abraham  
B.Sc HHA 2014-17 Batch-MCC MNR

# Why hospitality jobs are great?



## 1. You make people's day

Whether you're a concierge in a hotel, or a kitchen porter working behind the scenes, or even if you're involved in the management of a hospitality business, every time you come into work you're making someone's day little bit better. Your business is all about people. It's not about widgets or spreadsheets; it's about making people happy..

## 2. It's creative

As well as being a people-oriented industry, hospitality is creative. You are creating a product — be that food, drink, or an experience — and there's always scope to dream up new ways of making it more enjoyable for your customers.

## 3. It opens a door to the world

Every country in the world has a hospitality industry, and the skills you learn here are readily transferable, meaning that a career in hospitality can very easily be the key to discovering new countries, new culture and new people.

## 4. There's no need to get stuck

There is such enormous scope within the hospitality industry that there's never any need for you to get stuck in one niche. You could very easily stay with the same employer and in the space of a few years, move between receptionist jobs, reservations manager to concierge and beyond. Where else could you get that sort of variety?

## 5. You can take on early responsibility

Just as there is the potential for rapid horizontal movement, you can also make your way up the ladder very quickly in hospitality. If you work hard, acquire your qualifications, get on with customers and colleagues, and show initiative, very soon, you'll find yourself in a senior position managing people and projects.

## 6. Not 9-5

If you're the sort of person who likes getting up at the same time in the morning, having the same breakfast, putting on a suit and tie, and then catching the same train into the same office, day after day after day, then hospitality probably isn't for you. It involves a great deal of variety, not only

in terms of the hours you work, but also the work you do during those hours.

## 7. Clear route in

There is a clear set of hospitality qualifications that are accepted across the industry and there are hundreds of places up and down the country where you can train to achieve those qualifications. You can find out more about getting qualified in our dedicated training section.

## 8. Great perks

If you work in an office then the perks probably don't go much further than a dismal Christmas party with cheap drinks, dire music and everyone looking a bit awkward. In hospitality things are different. After all, we're here to help our customers have fun, so we can also make sure we share some of that fun with each other in the form of employee perks. Rubbing shoulders with celebrities and gourmet meals are just some of the perks those in hotel jobs could enjoy.

## 9. Great atmosphere

In any workplace, there are always colleagues you don't get on with, and one or two who are a bit unfriendly, but the good news is that not many work in hospitality. We don't hire people who are unfriendly to our customers, which is why the hospitality industry contains some of the most vibrant, lively and fun people you'll ever meet.

## 10. It's a safe bet

People always need food, drink and somewhere to sleep, don't they? So, even in shaky economic climates like the recent credit crunch, the hospitality industry is relatively secure. In fact, in late 2009, Bob Cotton, CEO of the BHA said of the recession:

"The past 12 months [since October 2008] have been some of the most difficult the [hospitality] industry has experienced for many years, but it is noticeable that both hotels and restaurants are surviving, largely unscathed."



**Gokul M. Pillai**  
*B.Sc HHA 2014-17 Batch-MCC MNR*

# TOP 5 BUSINESS TYCOONS OF WORLD

## **BILL GATES, MICROSOFT (USA)**

“Every day we’re saying, ‘How can we keep this customer happy? How can we get ahead in innovation by doing this?’ ...because if we don’t, somebody else will.”

He is the founder of Microsoft and that is the most powerful and successful technology company in the world. Bill gates made it one of the largest organizations in the world with his vision and idea and because of that more than 90% computer run on windows operating system developed by Microsoft. Although he is not leading Microsoft anymore, he’s one of the richest person in the world and known as great business tycoon.

## **STEVE JOBS, APPLE (USA)**

“You’ve got to start with the customer experience and work back toward the technology – not the other way around.”

Indeed, he is not there in the world anymore, but he was and he will remain one of the best business tycoons. He was the founding member of Apple computer and he was the person who gave it huge success with his vision and innovative ideas. He always believed in perfection and that’s how iPhone and several other apple products came into existence.

## **WARREN BUFFET, BERKSHIRE HATHAWAY (USA)**

“Your premium brand had better be delivering something special, or it’s not going to get the business.”

He is known as one of the richest and most humble business tycoons in the world. He owns a lot of companies including a private jet company, but he never travels in private jets, neither he keeps a security staff or driver for his car. He believes that saving money is the best way to make more money and that’s why investors believe on him.

## **CARLOS SLIM HELU, TELMEX & AMERICA MOVIL (MEXICO)**

“I’ve always said that the better off you are, the more responsibility you have for helping others.”

He is one of the most popular businessmen in the world and he owns biggest telecommunication company



network in Mexico and other part of the world as well. His success story started in 1990 when he overtook Mexico Telephone Company at the time of its privatization and after that he never looked back.

## **RICHARD BRANSON, VIRGIN (UNITED KINGDOM)**

“The key is to set realistic customer expectations, and then not to just meet them, but to exceed them – preferably in unexpected and helpful ways. If you are seizing on a new business opportunity, deliberately move your customers’ expectations up a few notches and consistently over-deliver on your promises – you will leave your competitors struggling to catch up.”



GOPI KRISHNA A.  
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# Reduce, Reuse & Recycle

**E**co hotel is a hotel or accommodation that has made important environmental improvements to its structure in order to minimize its impact on the environment. The basic definition of a green hotel is an environmentally responsible lodging that follows the practices of green living. These hotels have to be certified green by an independent third-party or by the state they are located in.

## History Of Ecotel

The ECOTEL Certification, managed by HVS, enables environment friendly systems, processes and operational practices for hospitality that makes them more sustainable. ECOTEL was developed by HVS in 1994 along with the Rocky Mountain Institute, USA and the help of engineering and hospitality experts. Being the world's leading consulting and services organisation focused on hotel, restaurant, shared ownership, gaming, and leisure industries, HVS applied environment-friendly practices to hospitality.

### ***An eco hotel must usually meet the following criteria;***

- Dependence on the natural environment
- Ecological sustainability
- Proven contribution to conservation
- Provision of environmental training programs
- Incorporation of cultural considerations
- Provision of an economic return to the local community

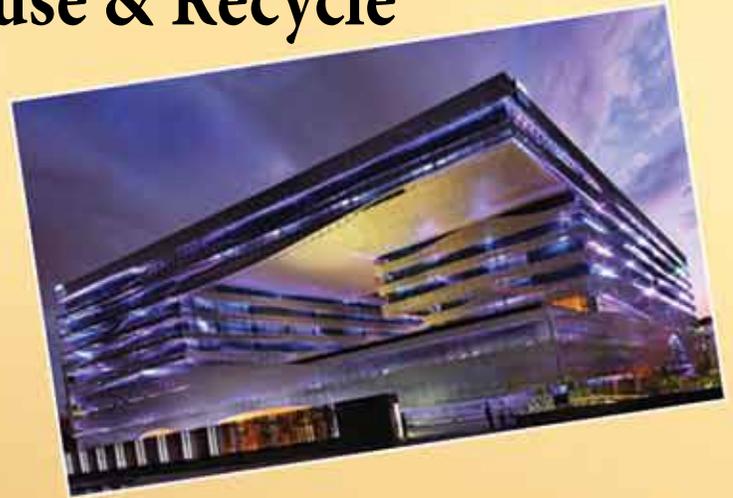
## Characteristics

Green hotels follow strict green guidelines to ensure that their guests are staying in a safe, non-toxic and energy-efficient accommodation. Here are some basic characteristics of a green hotel:

- Housekeeping uses non-toxic cleaning agents and laundry detergent
- 100% organic cotton sheets, towels and mattresses
- Non-smoking environment
- Renewable energy sources like solar or wind energy
- Bulk organic soap and amenities instead of individual packages to reduce waste
- Guest room and hotel lobby recycling bins



Johney Walker Joy  
DUAL 2013-16 Batch-MCC MNR



- Towel and sheet re-use (guests can tell housekeeping to leave these slightly used items to reduce water consumption)
- Energy-efficient lighting
- On-site transportation with green vehicles
- Serve organic and local-grown food
- Non-disposable dishes
- Offers a fresh-air exchange system
- Grey-water recycling, which is the reuse of kitchen, bath and laundry water for garden and landscaping
- Newspaper recycling program.

## Benefits For Member Hotels

Lower operating costs, with a corresponding increase in GOP by upto several percentage points due to improved operating efficiency and systemic installations.

Wide marketing platform through marketing collateral including press releases, web, and articles written by HVS Sustainability. This includes publications and readiness for national and international competitions/programmes that recognise green properties.

Quantification of the environmental and financial impact of activities undertaken under the certification criteria. Lower greenhouse gas emissions due to improved energy efficiency and conservation of resources and reduced pollution. Visibility in the community as a socially responsible entity.



# Top 10 Hotels in India

*India is no doubt one of the most popular destination in the world for holiday, breaks, honeymoons and family trip.*

## **BEST LUXURY HOTELS (INDIA)**

### **THE OBEROI UDAIVILAS- Udaipur**

The Oberoi Udaivilas is one of the most luxurious hotel in entire india. It is located at the historical land of Udaipur rajasthan which show the traditional beauty of forts, palaces & monuments. It offers the royal beauty of historical architecture, luxurious room, ripping mountains, transparent pool, horse riding and out door activitics and many more.

### **THE TAJ MAHAL PALACE- Mumbai**

The Tajmahal palace is one of the oldest and royal hotels located in Mumbai. It is the first choice of travellers to stay who vist to Mumbai for holidays, vacations or business tip. It is the luxurious hotel in Mumbai with the beauty of gateway of India and amazing hight view over the infinite blue ocean especially in moon light. The Tajmanal offers luxurious rooms, spa facility, bare night club, fitness club, swimming pool, shopping center, restaurant cafe and many more.

### **THE OBEROI RAJUILAS- Jaipur**

The Oberoi Rajuilas is one of the most famous, costliest and royal five star hotel in Jaipur Rajasthan, which is famous for its luxurious palaces, renowned room, royal villas private pools, gardens & the incredible lake view with the beauty of old Rajasthan fort style. There is also good facility for business & corporate meeting with secretorial services.

### **TAJ LAKE PALACE- Udaipur**

Again one of the most popular and romantic hotel from Udaipur, winner of several times prestigious awards which is famous for its natural beauties and incredible architecture. Its is also famous as a prime honey moon destination in India surrounding by Aravali mountain. Taj Lake Palace accommodation can be categorised into 5 levels ie. grand presidential suite. Grand royal suite, royal suite palace room (villas) & luxurious rooms.

### **THE OBEROI- Mumbai**

The Oberoi Hotel Mumbai is a part of the Oberoi

group which is best known for its most luxurious hotel in Indai. Oberoi is one of the competitors of the Taj Palace Mumbai. It offers world class night bars, pubs, night club, fitness center, spa, salon with luxurious facilities and always a first choice.

### **TAJ FALAKNUMA PALACE- Hyderabad**

One of the best and finest hotels in entire Hyderabad. The ancident architecture of this palace can impress any one at first sight. It reminds the life style of Indian nizams & british kings. It is equipped with world class luxurious rooms, mughal style and private pools.

### **WILD FLOWER HALL- Shimla (Oberoi Groups)**

Situated at the top point of magnificent Himalayas, wild flower hall is the best luxurious hotel at the high hill point of Shimla.

### **LEELA PALACE KEMPINSKI- Bengaluru**

One of the best luxurious hotel in the garden city Bengaluru the royal architecture, rich golden shuded infrastructure and ornate cellings make it differ from any other 5 star hotel in Bengaluru.

### **THE LEELA PALACE KEMPINSKI- New Delhi**

One of the royal hotel of leela palace kempinski group very close to prime minister residence, Rashtarpathi Bhavan and Qutubminar. If offers more then 250 luxurious.

### **VIVANTA BY TAJ MALABAR- Kochi**

Vivanta by Taj Malabar located at willington island with the outstanding view of kochi harbour and natural beauty of green blue beaches is special for seafood, thai foods, local kerala food, and best known for barbeque food it offers luxurious room facility with the beaches view.



Imran Muzawar  
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## Places to visit at Munnar

### ***Kolukkumalai***

Is there any better place to have a refreshing cup of tea than the hills of Kolukkumalai, which are home to the highest tea plantations in the world? And the tea grown here has a special flavour and freshness, thanks to the high altitude.

The sprawling plantations and an old tea factory lend an old world charm to this place. Go on a guided tour through the factory. The two-storied building, built in the 1930s, with its wooden interiors and aroma would present you some time-tested methods of tea processing. Here tea is processed in the traditional method, which is different from the more popular CTC (crush-tear-curl method). Tea lovers will be pleased to sip different varieties of tea from the tea tasting centre here. Those wanting to take home the flavour, can buy fresh packets from the outlet attached to the factory. There are different varieties to choose from like the Broken Orange Pekoe (BOP) and the Flowery Orange Pekoe (FOP). Get some tips from the salesmen on how to extract the different tastes.

Kolukkumalai is about 7,900 ft above sea level and you can have some excellent views of the far off plains in the bordering State of Tamil Nadu. The distant hills slipping in and out of the mist is a captivating sight.

The rolling acres of tea are an experience in itself for the visitors. Take a lovely stroll on the pathways in the plantations. The more adventurous can take a walk down a fairly steep and narrow bridle path leading to the plains. Only with awe can you hear that this route was once the only option for the estate workers to carry tea chests down and bring provisions to their residence.

Kolukkumalai is about 38 km from Munnar. The hill top is accessible only by jeep and it is about one and a half hour journey from the Munnar town.

### ***Munnar***

Munnar is situated at the confluence of three

mountain streams - Mudrapuzha, Nallathanni and Kundala. 1,600 m above sea level, this hill station was once the summer resort of the erstwhile British Government in South India. Sprawling tea plantations, picture-book towns, winding lanes and holiday facilities make this a popular resort town. Among the exotic flora found in the forests and grasslands here is the Neelakurinji. This flower which bathes the hills in blue once in every twelve years, will bloom next in 2018. Munnar also has the highest peak in South India, Anamudi, which towers over 2,695 m. Anamudi is an ideal spot for trekking.

Let us now explore some of the options in and around Munnar that would provide travellers ample opportunities to enjoy the captivating hill station of Munnar.

### ***Eravikulam National Park***

One of the main attractions near Munnar is the Eravikulam National Park. This park is famous for its endangered inhabitant - the NilgiriTahr. Spread over an area of 97 sq. km., this park is also home to several species of rare butterflies, animals and birds. A great place for trekking, the park offers a magnificent view of the tea plantations and also the rolling hills caressed by blankets of mists. The park becomes a hot destination when the hill slopes here get covered in a carpet of blue, resulting from the flowering of Neelakurinji. It is a plant endemic to this part of the Western Ghats which blooms once in twelve years.

### ***Anamudi Peak***

Located inside the Eravikulam National Park is the Anamudi Peak. This is the highest peak in south India standing at a height of over 2700 m. Treks to the peak are allowed with permission from the Forest and Wildlife authorities at Eravikulam.

### ***Mattupetty***

Another place of interest, located about 13 km from Munnar Town, is Mattupetty. Situated at a height of 1700 m above sea level, Mattupetty is known for its

storage masonry dam and the beautiful lake, which offers pleasurable boat rides, enabling one to enjoy the surrounding hills and landscape. Mattupetty's fame is also attributed to the dairy farm run by the Indo-Swiss Livestock Project, where one would come across different high yielding breeds of cows.

Pallivasal, located at about 3 km from Chithirapuram in Munnar is the venue of the first Hydro-electric project in Kerala. It is a place of immense scenic beauty and is often favoured by visitors as a picnic spot.

### ***Chinnakanal & Anayirangal***

Near the town of Munnar is Chinnakanal and the waterfalls here, popularly known as Power House Waterfalls, cascade down a steep rock 2000 m above sea level. The spot is enriched with the scenic view of the Western Ghat ranges. When you have traveled about seven kilometers from Chinnakanal, you reach Anayirangal. Anayirangal, 22 km from Munnar, is a lush green carpet of tea plants. A trip on the splendid reservoir is an unforgettable experience. The Anayirangal dam is surrounded by tea plantations and evergreen forests.

### ***Top Station***

Top Station, which is about 32 km from Munnar is at a height of 1700 m above sea level. It is the highest point on the Munnar-Kodaikanal road. Travellers to Munnar make it a point to visit Top Station to enjoy the panoramic view it offers of the neighbouring state of Tamil Nadu. It is one of the spots in Munnar to enjoy the Neelakurinji flowers blooming over a vast area.

### ***Tea Museum***

Munnar has a legacy of its own when it comes to the origins and evolution of tea plantations. Taking account of this legacy and to preserve and showcase some of the exquisite and interesting aspects on the genesis and growth of tea plantations in Kerala's high ranges, a museum exclusively for tea was opened some years ago by Tata Tea in Munnar. This Tea Museum houses curios, photographs and machineries; all of which have a story to tell on the origins and growth of tea plantations in

Munnar. The museum is located at the Nallathanni Estate of Tata Tea in Munnar and is worth a visit.

### ***Hills of Munnar and the Neelakurinji***

One could say this as a unique life cycle, and a phenomenon that makes the hills of Munnar a special place for biologists. The biological phenomenon of the mass blooming of the Neelakurinji (*Strobilanthus*) flower that takes place once in twelve years has once again arrived in the famed hill resort of Munnar. Neela means blue in Malayalam language and Kurinji the local name of the flower. For those in Munnar, the blooming of Kurinji flower is a reminder that their lives have gone past another twelve years, and for those from far off, may be it is reminder to witness a once in a life time rare sight of the Kurinji flowers covering the slopes and ravines of Munnar in a blanket of blue.

The Kurinji flower, which last bloomed en masse in the year 2006, has showed up at some places around Munnar like Mattupetty and Top Station. Shortly, the slopes of Munnar hills would be blanketed by the Kurinji flowers, which would add yet another alluring charm to the sights and sounds of Munnar. Visitors to Munnar in the coming months can enjoy this marvelous sight, which is bound to leave an everlasting memory about this fascinating hill resort.

Situated about 1600 mts above sea level, Munnar is well known for its vast expanse of tea plantations, cool weather, plantation bungalows and is blessed with a rich variety of flora and fauna. Other nearby places of interest includes Echo Point, Chithirapuram, Anayirankal, Cheeyappara and Valara waterfalls.

If for the first time, let Kurinji be your reason to embrace the mist-clad hills of Munnar. It is a place, where you would be tempted to scale heights that you never dared to; wet your feet in gurgling streams and rivulets, and care for a tête-à-tête with some of its unique wildlife, and even take a stroll among the plantations and take in the refreshing cool, crisp air.



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# Towards a better personality

## ***Personality of a person***

Personality is what makes a person different, special and one in a million. It makes you stand out from a crowd and gives meaning to the statement “who you are?”. Personality of a person shows his or her inner self. It gives others an idea to identify what kind of a person you are.

Let us say that each and every person in the world is a mixture. Mixtures of many good qualities and at the same time many bad ones. All of the good qualities and bad qualities are combined together to make a particular person's personality. So each and every human being will have a different mixture making them different from one another.

## ***Important components to improve your personality***

From my perspective, there is only one important component. One which decides what happens next in your life. That is you being in line with what you want the most. If you want something to happen then you should start thinking of it. Let me give you an example. Let's say that you are a chain smoker or a heavy drinker, and you want to stop this habit of yours. For this you should visualize yourself as a non-smoking or as a non-alcoholic person in your mind. Not just this but you should also see yourself as a healthy person while you are visualizing. This practice will reflect upon your personality making you a better person. And the presence of alcohol will be removed not only from your blood but your mind too.

## ***Setting a time table***

Next question is, When will you practice this practice? For this you will need the help of a time table. Not one which is stuck on the wall in your room, but one which is glued to your mind. You should follow this time table which will remind you to do the things you want the most. Thus we come to our next step.

## ***Prioritizing***

Giving priority to the things you want to achieve first is the next step you should do. Like I mentioned earlier. If you want to quit something, some bad habit of yours and if that is what you want to happen first then give priority

to it. Keep thinking about it and your body will take the initiative to make the first step towards your goal.

## ***Fixing a Time frame***

The last question is. When are you going to achieve it? For this you should fix a date in your mind. “Within two weeks”. This time frame should be always there in your mind. And then if you start thinking of it, you will eventually reach the place you want to be. When you are following this practice, the most important thing that you should never forget is. Don't stop thinking. That is the key to it. You should never quit the thinking process. Only then will you achieve what you are looking for.

## ***What do you gain in return?***

“Happiness”, that is what you get in return. And happiness means that you will have self respect, people will admire you for the person you are. You will get popular among others and you will become successful in life. Every time you stand in front of the mirror you smile seeing the person who you became because of that self satisfaction you get from achieving what you desired for. Your life will turn into a fairy tale in front of your eyes and it will be hard for others to stomach the fact that you have turned into something beyond their expectations.

## ***Two traits one should sort out***

First of all let me tell you what a trait is. Particular qualities of one's personality can be called as his or her trait. The two traits one should sort out are the good qualities and the bad qualities in him. For this, first you should know what good is and same with bad. We should first know what bad means. Only then you will be able to prevent yourself from doing it. We should be able to predict the after effects of every decision we take. Only then you will be able to decide whether to commence it or not.

Like this, you should know what all traits are there in you. Here, the good traits and the bad traits. So you have to focus on all the good traits you have. If you are good in studies then it is a good trait you possess. So focus on it. Write it down on a piece of paper. I would say avoid the bad traits. The reason behind this is that, when you

# COCKTAIL



focus only on the good things you have, then whatever bad is left will eventually fade away from your system. But it is also good to know about your weaknesses. Then you can sort out the weaknesses and turn them into your strengths

## ***Don't quit no matter what***

If a person without a strong soul tries to achieve something, he won't reach the place where he dreams to be. You should have a soul which always says, "I won't quit no matter what happens". The world around you will try to disappoint you in many ways. But you should feed your mind with positive thinking. Always say "I will have what I want and I won't quit until I get it". That is called perseverance.

***"What you think is what you become"***

Cocktail one of the most important part of the restaurant cocktail is basically spirit based stimulating drink.

The official definition of "Cocktail" according to the modern Merriam-website dictionary is "an iced drink of wine or distilled liquor mixed with flavouring ingredients. In modern practice we can say any mixed drink as a cocktail. The first published definition of the cocktail appeared in an editorial response in the balance and Columbian repository 1806. By that "cocktail is a stimulating liquor, composed of spirits of any kind, sugar, water and bitters."

People have been mixing drinks for centuries but it wasn't until the 17th and 18th centuries that the precursors of the cocktail became popular enough to be recorded in the history books. It is unclear where, who, and what went into the creation of the original cocktail, but it seems to be a specific drink rather than a category of mixed drinks during that time. The first reference to the cocktail appears in the formers cabinet.

(Amherst, New Hamshire, April 28, 1803)

one simple cocktail recipe  
PASSIONATE DAIQURI :

- 2 measure white rum
- 1 measure lime juice
- ½ measure passion fruit syrup
- 1 cocktail sherry

### METHOD

Mix all the ingredients shake well and strain in a cocktail glass and decorate with cocktail sherry and serve.



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## Alligator

**A**lligator is one of the variety of crocodile. It is an ancient animal of the pre-historical world. History & science found that alligator evolved from dragons. Those dragons could swim they found lot of food easily in sea, rivers, lakes & dams. So this animal stopped flying & in some years because they settled down, near to the water. They lost their capability of flying forever. The children which were born from them had wings on their back but they were not able to use & couldn't fly. This animal started living near the lakes, dams because of easy foods & also safe place where they could make their own shelter for their children. Also they can save their children from other predators & huge wild birds as well. When their children are in their young age they get food near water like wild boar, deer, monkeys also birds like duck, turkey, peacock etc. Alligator young childrens life is very much risky in their childhood when they are in small age they have to protect themselves from eagle, kite, vulture etc & also from monitor lizard, snakes, etc. In alligators only indian alligators are the ones which are having their own identity to difference in their "Beak".

### ***There are two types of alligators :***

Sea alligators: they are huge in size than sweet/river water alligators, their length can be about 6-7m. They are only called as sea alligator but they can live out of sea 200-300 km away from the sea in the depth of the forests. They are called as sea alligators only because they can live in sea as well as river water.

### ***River water alligators:***

River water alligators are known as river water alligators because of their "beak". The difference between river water alligator & sea water alligators is river water alligator can live only in river water on the back of the alligators are the proof that they belong to the dragons family. In a year they lay 30-40 eggs from which only 5-6 of them are able to survive.

Alligator's most powerfull weapon is their own jaw. As much power they need to open their mouth they don't need to close the mouth.

In one bite they can generate upto 500kg/inch of pressure. But to open their jaw they bare upto 100kg of pressure on their own jaw. Their main source of food is ducks, fish, eggs of other animals. This is all small species but they also consume animals like deer, zebras, wild buffalo, wild hugs, monkeys & such milk feeding animals as well.

Alligators have also been found feeding on the dead decomposed bodies of other animals as well.

This is one of rarest animals in the world & the hunting for this animal has been banned but still in some places the flesh of the "alligators" are still being consumed & the skin of the alligator is sold in the market.



**Paritosh Jadhav**

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## Parents & Adult Children: Mutually Irritating

Investigators at the University of Michigan's Institute for Social Research have unequivocally demonstrated that our parents often get on our nerves -- and we on theirs. "The parent-child relationship is one of the longest-lasting social ties human beings establish," said Kira Birditt, the study's lead. "This tie is often highly positive and supportive but it also commonly includes feelings of irritation, tension and ambivalence."

Unsurprisingly, the survey of nearly 500 American parents and their age-22-and-older offspring revealed that the touchiest issues were "lifestyle choices": whom we date, our money habits, our housekeeping savvy. Parents reported more tensions with daughters than sons. And daughters and sons noted more issues with Mom than Dad. Birditt suggests that this is because women tend to pursue more intimate relationships with more frequent contact -- thus more opportunity for things to get ugly.

Overall, the study showed that the parents, not the children, felt more upset by these tussles. And why not? Mom calls with sage advice. We shunt her to voicemail. She phones back the next day, and guilt compels us to answer. Just about to call you! Can we reschedule for 8:30? Sorry, must run! How irritating.

The Michigan study also found that parents get more prickly as we age. This trend came as a surprise to Birditt -- but I suspect it's a familiar feeling to many of us with aging parents. Their dependence is increasing. Our lives, though, become more filled with people that depend on us, leaving us to carefully juggle our attentions.

What to do? Voicemail and other avoidance tactics will get you nowhere, says Burditt. Her other research efforts are showing that tackling issues as they come up

leads to smoother relationships. Sure, sure -- sounds logical. But caller ID is so much easier.



Karan Bir Singh  
Integrated Diploma 2014-17 Batch-MCC MNR

# APPLE PIE

INGREDIENTS	QUANTITY
Pastry:	
Refined flour	115 gms
Butter	85 g
Salt	A Pinch
Iced water	45-50 ml
Filling:	
Tart apples	450 gms
Sugar	225 gms
Refined flour	10 gms
Nutmeg	A Pinch
Butter	20 gms

### METHOD OF PREPARATION:

1. Rub fat into flour.
2. Add water gradually to form a stiff dough.mix well.
3. Chill for 10 mins in a refreragator.
4. Roll out thinly.cut 2 rounds, one for lining and the other for top crust to fit a 18cm pie tin.

### FILLING:

1. Arrange apples in pie tin that has been lined with pastry.
2. Sprinkle sugar, salt & nutmeg over apples.
3. Add melted butter.
4. Cover with pastry, brush top with milk, make one or two cuts to allow steam to escape.
5. Bake at 220 degree celsius for 15 mins.
6. Lower temperature to 175 degree celsius and bake for 30 mins or more or untill apples are done.



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# GREAT “HELLO” MYSTERY

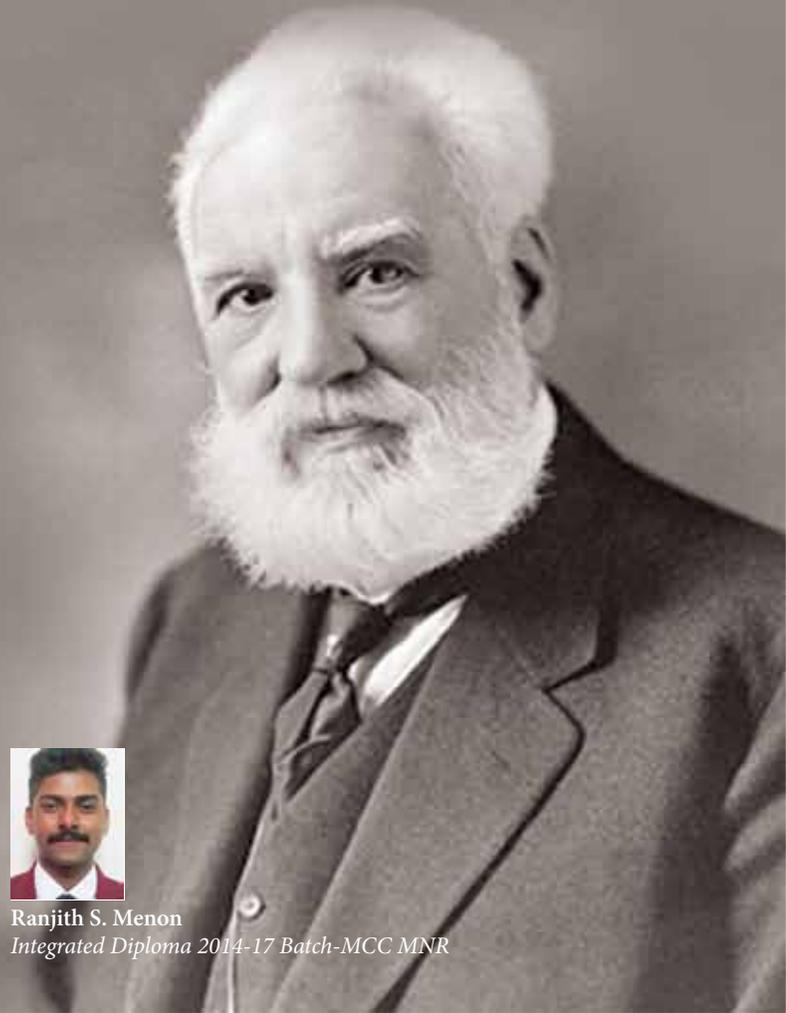


Alexander Graham Bell invented the telephone but Thomas Alva Edison Coined the greeting. The word “hello”, it appears came straight from the fertile brain Of the wizard of Menlo Park, N.J who concocted the sonorous Syllables to resolve one of the first crises of technotique: What do you say to start a telephone conversation? Two contemporaries of Edison credited him with the word ,but too vaguely for Allen Koenigsberg a classics professor at Brooklyn college who has a passion for early phonographs and their history. Resolved to sort out the “hello” mystery, Mr Koenigsbery Embarked on a tortuous search five years ago that led him, finally and triumphantly, to the American telephone and Telegraph Company Archives in lower Manhattan, Where He found an Unpublished letter by Edison Dated Aug15,1877, it is addressed to one TBA. David president of the central district and painting telegraph company in Pittsburgh. Mr David was preparing to introduce the telephone to that city. At the time, Edison Envisioned the telephone as business device only with a permanently open line to parties at either end. This setup raised a problem : How would anyone know that the other party wanted to speak? Edison addressed the issue as follow : Friend David, I don't think we shall need a call bell as hello! Can Be heard 10 to 20 feet away. What do you think ?

The British “HULLO”, which dates from the mid-19th century, is deceptive. It was used not as a greeting but as an expressed of surprised, as in “Hullo, what have we here? It seems likely that Edison , Satisfied with the resonant halloo, continued to use it in his

experiments, at some point impressing the pronunciation and modifying the spelling, Never his strong suit , in any case Mr Koenigsbery said he would still like to know what exactly was going through Edison's mind at the moment of creation. For satisfaction, he will have to turn to one of the first songs to use the Edisonian greeting. “Hello central give me Heaven.”

A nice information: when you list the phone you say Hello..? Do you know what is the real meaning of Hello..? It is the name of a Girl...! Yes and do you know who is that Girl..! “MARGARET HELLO” She was the girlfriend of Graham Bell who invented telephone..... Graham Bell's first Word on his phone after his inventin was “HELLO”. That practice of starting the call with Hello still continous. One can forget the name of Graham Bell but not his girlfriend, that is love...!



**Ranjith S. Menon**  
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# 40 Amazing Facts About The Human Body

The human body is an incredibly complex and intricate system and it still baffles researchers regularly despite thousands of years of medical knowledge. As a result, it shouldn't be a surprise that even body parts we deal with everyday have unexpected facts and explanations behind them.

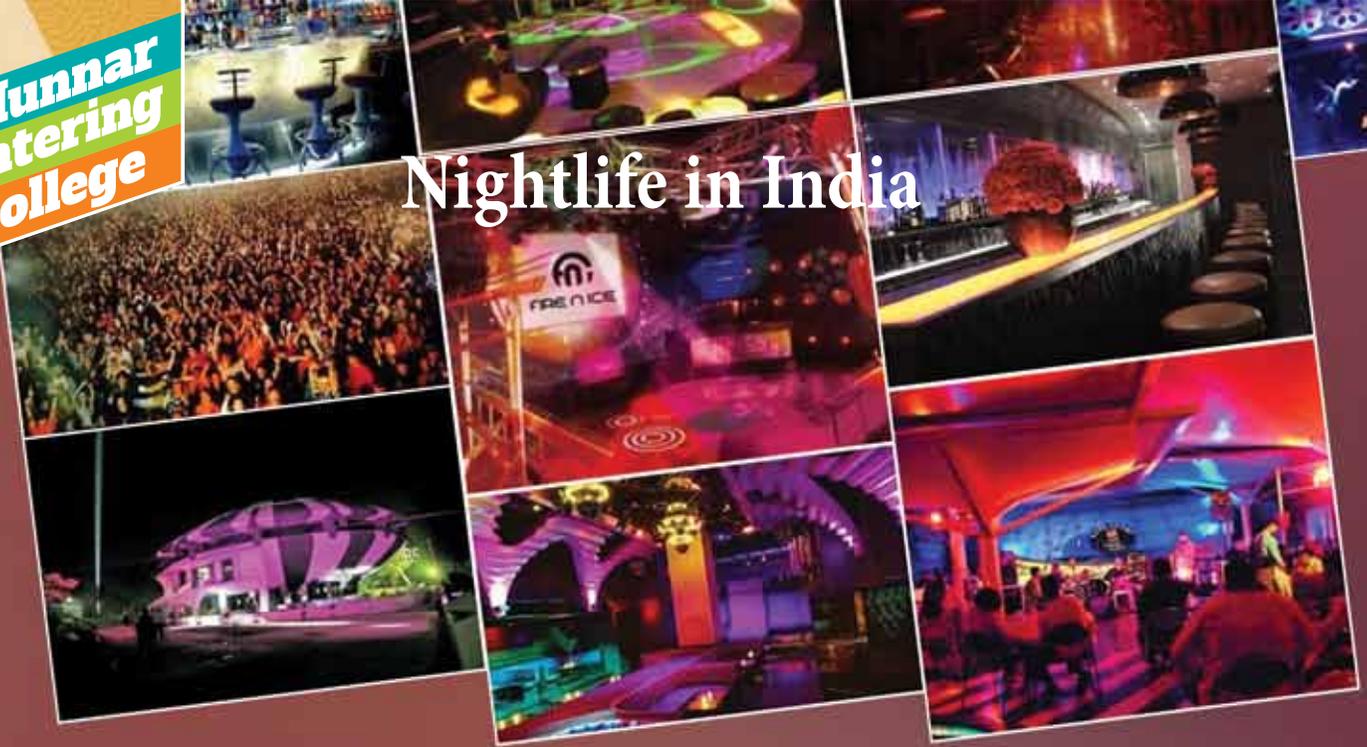
## **Here are 40 wacky facts about the human body:**

1. The brain is more active at night than during the day. Scientists don't know yet why this is.
2. The higher your IQ, the more you dream.
3. Facial hair grows faster than any other hair on the body.
4. The nail on the middle finger grows faster than the other fingernails.
5. Fingernails grow nearly four times faster than toe nails.
6. The lifespan of a human hair is 3 to 7 years on average.
7. The acid in your stomach is strong enough to dissolve zinc. It doesn't destroy the stomach because the stomach walls constantly renews itself.
8. Women's hearts beat faster than men's.
9. Women blink twice as many times as men do.
10. Women are born better smellers than men and remain better smellers over life.
11. Men burn fat faster than women by a rate of about 50 calories a day.
12. Men get hiccups more often than women.
13. A man has approximately 6.8 litres of blood in the body while women have approximately 5 litres.
14. The largest cell in the body is the female egg and the smallest is the male sperm.
15. During your lifetime, you will produce enough saliva to fill two swimming pools.
16. Babies are always born with blue eyes. The melanin in their eyes needs time to be fully deposited or to be darkened by ultraviolet light to reveal the baby's true eye color.
17. Men have erections every hour to hour and a half during sleep. This is because the combination of blood circulation and testosterone production can cause erections during sleep and are a necessary part of REM sleep.
18. After eating too much, your hearing is less sharp.
19. If your saliva cannot dissolve or mix with food, you will not be able to taste that food (try tasting something after drying off your tongue)
20. Noise causes the pupils of your eyes to dilate. Even very small noises can do this.
21. Everyone has a unique smell, unique finger print and unique tongue print.
22. By age 60, most people will have lost half their taste buds.
23. Your eyes remain the same size after birth but your nose and ears never stop growing.
24. A simple, moderately severe sunburn burns the blood vessels extensively.
25. We are about 1cm taller in the mornings than in the evenings.
26. The strongest muscle in the body is the human tongue.
27. The hardest bone in the human body is the jaw bone.
28. The hands and feet contains almost half of the total bones in the human body.
29. About 32 million bacteria call every inch of your skin home, but they are mostly harmless and some of them are even helpful.
30. Humans shed and regrow outer skin every 27 days.
31. Three hundred million cells die in the human body every minute and everyday and adult produces 300 billion new cells.
32. The colder the room you sleep, the higher the chances are that you would get a nightmare.
33. Humans are the only species that produce emotional tears.
34. All babies are color blind at birth, they see only black and white.
35. The only part of your body that has no blood supply is the cornea in the eye. It gets its oxygen directly from air.
36. A normal human being can survive 20 days without eating but can survive only 2 days without drinking.
37. It is impossible to kill yourself by choking yourself with your hands.
38. Everybody has one strong eye and one weak eye.
39. Your skeleton keeps renewing itself every ten years which means that every ten years you get a new skeleton.
40. The human feet have 500,000 sweat glands and can produce more than a pint of sweat a day.



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# Nightlife in India



Nightlife means entertainment that is available at night. Indian nights have always been young and fun filled. India's nightlife is among the most craziest and entertaining nightlife worldwide. The vibrancy and diversity of our country are reflected by its nightlife. India is becoming popular for its night clubs, bars, discos and musical concerts. If you are tired and bored after a long hectic day, these spots serve you loads of entertainment, fun and relaxation at the same time. Many bars, clubs and restaurants are open throughout the night and even in the morning for hardcore party animals. India is a favorite hotspot for tourists and there are many alluring nightlife spots that compel tourists to board flights and come here. The nightlife here is quite happening. There are many beautiful cities in India that can take your breath away with their amazing nightlife.

## 10. Jaipur *Wavs*

Jaipur is very lively at night. There are many places for clubbing and boozing such as Devil's Club, Angara, Wavs, Cafe Kooba, B2B, Taquila, Venom Lounge and Amigos Bar & Discotheque. There are many more places that the city houses. Clubbing is a new craze in the city.

## 9. Chandigarh *Antidote*

Chandigarh's nightlife is sure to provide you with excitement and fun. There are lots of entertainment venues of all types. So no matter where you are sure to find some thrilling nightlife. Punjabi music dominates

the nightclubs here. Oriental Lounge, Lava Bar, Zinc Lounge, Antidote, Arizona and Vintage Terrace Lounge Bar are among the classiest and fun filled nightlife option.

## 8. Chennai

Chennai is a well-known metropolitan city in India and best known for its people. The warmth and hospitality of the Chennaiites are known to the one who visits this culturally rich place. But what most of us don't know is that this place has some of the most amazing clubs and bars. Dublin, Zara, Hell Freezes Over, Bikes and Barrels, Leather Bar, Pasha, Illusions and Geoffrey's are the youth's favorite destination. Nightlife in Chennai, though not as entertaining as other metros, still has a lot to offer. The city is in the new era of nightclubs. If you are a music lover or a party lover and looking for innovative themes for nights, Chennai is a place to be. Hell Freezes Over

## 7. Kolkata

Kolkata is a sophisticated metropolitan city where there is a huge range of discotheques, hotels, good restaurants, jazzy clubs and trendy coffee cafes. Kolkata has every type of nightlife. Some of the famous hot spots are Dublin, The Park, Aqua, Lytton Hotel and Someplace else Pub. Tantra is one of the most popular luxury bar and nightclub in Kolkata. It is the city's busiest address at night. Most nightclubs are an amalgamation of music, disco, hip hop, trance, Hindi pop and remixed Bhangra. Tantra



## 6. Hyderabad

### **F Bar**

Hyderabad represents a blend of tradition and modernity. Hyderabad nights are fast and happening. With loads of pubs, discos and restaurants, Hyderabad is a great place for party goers. The place offers you some of the most scintillating night out options such as Rain, Escape, Touch, Hard Rock Cafe, 99 MHz, Under Deck and F Bar. However most of the crowds you will come across is that of professionals.

## 5. Pune

Pune promises you a great nightlife experience. The natives of this city are energetic and happening that makes the nightlife experience sizzling. One can enjoy the music, get drunk and dance like if it's the last night of their life. Pune's nightlife has something for everyone. There is an abundance of restaurants, clubs, pubs, discos and lounges. Musical concerts and rock shows are conducted every night. Some of the popular nightlife places in Pune are Cyclone, Havana, Club Polaris, CO2 Lounge, Hard Rock Cafe, Ten Downing Street Nightclub, 1000 Oaks Pub, Area 51, Aqua Lounge, Kiva Lounge, High Spirits, Apache, Scream at Le-Meridien Hotel, Shisha Cafe and Atrium – The Hi-Spirited Bar.

Area 51 Lounge

## 4. Bangalore

### **Zero G**

Bangalore is also known as the pub capital of India because of its famous and happening nightlife. Bangalore nights are wild and classy at the same time. Bangalore has a crazy night culture and houses around 200 bars and clubs. The tech people of Bangalore know how to work hard and also how to enjoy the night. Popular nightspots in Bangalore include Athena, Pecos, The Club Inferno, Geoffrey's, Insomnia, iBar at Park Hotel, Zero G, Purple Haze, Club X, Styx (a pub for hard rock fans), 13th Floor, The Underground, TGIF, Noir and NASA. The central M.G Road area is known to have over 40 pubs. However the best clubs and bars are located in the smartest hotels

## 3. Delhi

### **Agni at The Park Hotel**

Delhi, the capital of India is an amazing place for the party lovers. Delhi's nightlife captivates the tourists. Delhi's youth is crazy for clubbing, partying

and boozing. Partying takes place in super-sized restaurants, discos, and clubs. Elevate, TGIF at Cannought Place, Urban Pind, Capitol in Ashoka Hotel, Ivy, Baci Bar, Mirage, Tabula Rasa, Cafe Morrison and Agni at the Park Hotel are the few rocking places. A major component of the transformation in nightlife in Delhi is HauzKhas Village, a neighborhood in the southern part of the city which is a major attraction for youngsters. HauzKhas Village is one of the most affluent place in Delhi. La Boheme and Grey Garden are the crowd pullers. Delhi nightlife is just phenomenal. Tourist come to Delhi for never-ending night fun. If you don't take part in the nightlife, your trip to Delhi is sure to be incomplete.

## 2. Mumbai

They call it the city that never sleeps for a reason because at night the city comes alive. Mumbai is associated with glamour, celebrities, Bollywood and parties. Mumbai nights are exotic, fun filled and crazy and it competes with the rest of the world when it comes to nightlife. Many nationally and internationally famous DJs, bands and celebrities come here and perform. There are many places for party lovers in Mumbai. Insomnia of TajMahal Hotel, Zenzi at Bandra, Enigma at Juhu Tara Road, Aaziano bar, Totos in Bandra and Fire n Ice are the main attractions. Mumbai the city of dreams has a rocking nightlife that allures the tourists from different parts of the world.

Fire n Ice

## 1. Goa

### **Anjuna Rave**

Goa isn't a city but it is an ultimate destination for party lovers and couldn't be kept out of the list. A trip to Goa cannot be complete without experiencing the awesomeness for its nightlife. Talking about Goa, the first thing that comes in mind is clubbing. Whether you are looking for cocktails, beach parties, trendy lounges, jazz concerts or dancing till dawn – Goa has it all.



Raj Krishnan Nair  
DUAL 2014-15 Batch-MCC MNR

# Proud History of the Chef's Uniform



It's all about pride. If you have it in your profession, you will have it in your uniform, no matter what your walk of life. With the Chef's uniform, there is more at stake than just keeping the uniform clean and white. A dignified look helps generate a feeling of professionalism. When you do the toque, jacket, chickened pants, necktie and apron, you are continuing centuries old traditions.

**The Jacket** – The double-breasted jacket was portrayed in Marie-Antoine Carême's 1822 illustration, and was in full vogue by 1878. The advantage of these unique wide-flapped jackets was that if the front of the jacket became soiled, the flaps could be reversed with the dirty one hidden behind, to create a better appearance. Thus, the Chef could wear a clean jacket for twice as long. In addition, there were two layers of protection from spills, splashes, heat and steam.

**The Trousers** – A Chef's trouser has a small chickened pattern that is effective in disguising the inevitable stains, which develop while working.

**The Toque or Hat** – The Chef's hat, or toque, goes back to ancient times. Thousands of years ago in Assyria, poisoning was a common way for a person to rid himself of enemies. Aware of this problem, Assyrian royalty selected their cooks cautiously. They were entitled to wear a crown of a similar shape to the royal family employing them, although made of cloth and lacking in jewels.

Chef Boucher, Carême's mentor, who cooked for the Prince of Talleyrand, insisted that everyone in his kitchen wear a white toque for sanitary reasons. It kept hair up

and out of the food, while absorbing some of the moisture from an overheated brow. The tower of air inside the Chef's hat kept the head cool in a

h o t kitchen.

Later, Chef Marie-Antoine Carême decided that each station and rank in the kitchen should have a different height hat. The chef, being the highest ranking of all kitchen staff, wore the tallest hat.

**The Apron** – Apron is worn over the jacket and around the midsection to protect the uniform as well as the Chef.

**The Necktie** – The necktie, serves the same purpose to a uniform as a tie does to a business suit, and is tied in the same way. Originally, when kitchens were unbearably hot, the necktie caught and absorbed facial perspiration.

**The Shoes** – High-quality, supportive and protective footwear is an often overlooked part of the uniform, but also a very important part, a fact to which anyone who stands all day can attest. When you walk into a kitchen with a bright, clean uniform, it is not only a measure of pride you have in your appearance, your skills and your profession, it is also a matter of health for your customers. You are showing that you are a member of a team, and a practitioner of a noble and ancient craft.



**Roshan Raja**  
B.Sc HHA 2012-15 Batch-MCC MNR

# GROOMING



Well dressed and properly groomed defense personnel always attract the eyes of on lookers. I always use to get fascinated to see the marching troops on Republic Day or Independence Day parade. Watching them in spotlessly clean and crisp uniforms, walking with synchronized steps have always been a visual delight.

Have you ever wondered that what turns a normal looking man into an extraordinary personality!! It's the uniform and overall grooming, which creates this wonder.

Would you also like to witness this 360°C change in your personality !! Then...

Welcome to the world of HOSPITALITY, Which is well known for it's perfect grooming standards and pleasing personalities. You, Yourself can feel the difference, once you slip-in your Uniform.

There are so many advantages of perfect grooming and uniform but the best part is that it provides you an identify, Confidence and pride.

Whenever a guest enters in the lobby of a hotels, be first encounters with well groomed and neatly dressed smiling faces at the reception. This first interaction is more than sufficient to grab the positive attention of the guest. He/ She can feel rejuvenated and relaxed by looking at

those charming and welcoming faces. This is the perfect time when you can make a very good impression about yourself and the organization.

But....

You will have to pass through a regime of discipline before grabbing the "HOT SEAT" on "SOFT FLOOR".

You may belong to different social background during your school days, where grooming has not been a concern up to that extant. But since you have become an intergral part of Hospitality , It becomes a call of the industry. It might appear gruelling at first instance, where you will be asked to maintain proper grooming in all the classes. Believe me, You will start loving it, with passes of time and feel incomplete without a proper grooming. It will become an integral part of your day to day Life.

So.....

Become a complete lady or gentleman after spending three beautiful years of fun, activities, learning and discipline. Grab the world by your changed personal.

Groom well and... Feel the change !!!



Rinshad V.R.

Integrated Dip 2014-17 Batch-MCC MNR

# 5 Powerful reasons why Goal setting is important



**G**oals are what that take us forward in life; they are the oxygen to our dreams. They are the first step to every journey we take and are also our last. It's very important that you realize the significance and importance of goal-setting and apply this knowledge in your life.

***Begin with the end in mind. - Stephen Covey***

## ***What is a Goal?***

Many people endeavor to reach goals within a finite time by setting deadlines.

In other words any planning you do for the future regardless of what it is, is a goal. So the next time you are planning on doing the weekly chores or decide on watching that really cool action movie after work, always keep in mind that these small tasks account as goals and while seemingly insignificant you are goal setting.

## ***5 Reasons why Goal Setting is Important:***

### **1. Goals Give You Focus**

Imagine having to shoot an arrow without being given a target. Where would you aim? And say you did aim at some random thing (out of sheer perplexity). Why would you aim there? And what would the purpose be? Get the idea... This is a literal example of what life is like without a goal or target in mind. It's pointless and waste of energy and effort.

You can have all the potential in the world but without focus your abilities and talent are useless. Just like how sunlight can't burn through anything without a magnifying glass focusing it, you can't achieve anything unless a goal is focusing your effort. Because at the end of the day goals are what give you direction in life. By setting goals for yourself you give yourself

a target to shoot for. This sense of direction is what allows your mind to focus on a target and rather than waste energy shooting aimlessly, allows you to hit your target and reach your goal.

If you aim at nothing, you will hit it every time.  
-Zig Ziglar

### **2. Goals Allow You To Measure Progress**

By setting goals for yourself you are able to measure your progress because you always have a fixed endpoint or benchmark to compare with.

Take this scenario for example:

David makes a goal to write a book with a minimum of 300 pages. He starts writing everyday and works really hard but along the way he loses track of how many more pages he has written and how many more he needs to write. So rather than panicking David simply counts the number of pages he has already written and he instantly determines his progress and knows how much further he needs to go.

### **3. Goals Keep You Locked In And Undistracted**

By setting goals you give yourself mental boundaries. When you have a certain end point in mind you automatically stay away from certain distractions and stay focused towards the goal. This process happens automatically and subtly but according to research does happen.

To get a better idea, imagine this. Your best friend is

moving to Switzerland and his flight takes off at 9:00 PM. You leave right after work at 8:30 PM to see him off and you know it's a 20 minute walk to get to the airport. So you make it a goal to reach the airport in 15 minutes by jogging so that you can have more time to say your goodbyes. Would you get distracted by "anything" along the way? Would you stop for a break or a snack? Would you stop by your house before going to the airport? I bet you answered no for each question and at the end of the day this is what a goal gives you. FOCUS. No matter who you meet along the way or what you see (assuming nothing is out of the ordinary) your goal allows you to stay locked in. You subconsciously keep away from distractions and your focus remains only on the goal. And by the way if you didn't know yet this is how you become successful, you set a goal, you lock it in and then give it your 100%.

One half of knowing what you want, is knowing what you must give up before you get it. – Sidney Howard

#### 4. Goals Help You Overcome Procrastination

When you set a goal for yourself you make yourself accountable to finish the task. This is in complete contrast with when you do things based of a whim and it doesn't matter whether you complete them or not. Goals tend to stick in your mind and if not completed they give you a "Shoot! I was supposed to do, do today!" reminder. These reminders in the back of your head help you to overcome procrastination and laziness.

(\*But keep in mind that long-term goals actually promote procrastination. Most people aren't good with deadliness 3 month away. So whenever you're given a long term goal, break it down into a several short term goals so you can complete a chunk of the larger long term goal every week or even every day.)

#### 5. Goals Give You Motivation

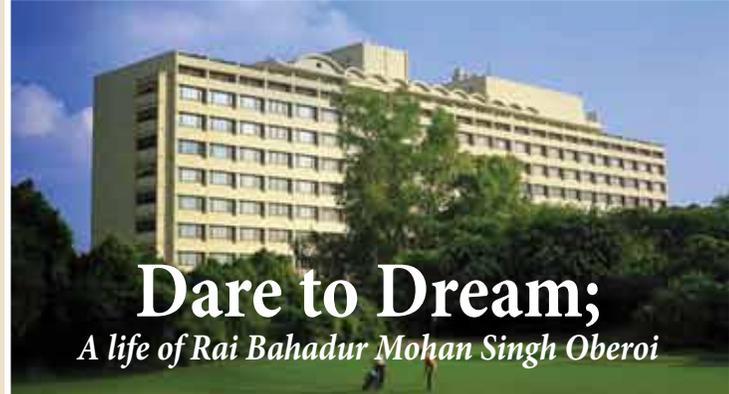
The root of all the motivation or inspiration you have ever felt in your entire life are goals. Goal setting provides you the foundation for your drive. By making a goal you give yourself a concrete endpoint to aim for and get excited about. It gives you something to focus on and put 100% of your effort into and this focus is what develops motivation.

Goals are simply tools to focus your energy in positive directions, these can be changed as your priorities change, new ones added, and others dropped.



SHRUTI S.

BTS 2013-16 Batch-MCC MNR



# Dare to Dream;

*A life of Rai Bahadur Mohan Singh Oberoi*

M S Oberoi was born in Bhaun, a minor village of Jhelum district (now Chawkal district), Punjab during the partition of India, Punjab was divided between Pakistan and India, Bhaun became part of Pakistan. When he was six months old, his father a contractor in Peshawar, died, leaving his mother with few resources.

After attending schools in his village near by Rawalpindi, he passed the intermediate college examination in Lahore, but was unable to continue attending classes because of lack of finances. Instead he learned typing and shorthand and, in 1922, started his hotel career with a low paid of INR50 as billing clerk position at Simla's the Cecil. He was working there as a bell boy; within two years he assisted the Cecil's manager, Mr. Clarke in purchasing the Carlton hotel (renamed clarks) in Simla, and ten years later, in 1934, upon Clarke's retirement, he gathered all the family resources to purchase the hotel.

As India became independent, M.S. Oberoi built additional hotels while expanding his base holdings. In 1948, he established east india hotels, now known as EIH Ltd., whose first acquisition was The Oberoi grand hotel in Calcutta. In April 1955. He was elected president of the federation of hotel and restaurant associations of India, and in 1960 was named president of honour of the federation for life. He also participated in legislative politics by winning elections to the Rajyasabha for two terms, from April 1962 to March 1968 and April 1972 to April 1978. He was elected to the fourth Loksabha in April 1968, and remained a member of that house till December 1970.

In 1965, in partnership with international hotel chains, he opened the Oberoi intercontinental in Delhi, India's first modern five-star, world-class hotel.

The oberoi group founded in 1934, employed about 12,000 people world wide and own and manage about thirty hotels and five luxury cruise liners as of 2012. The group has a number of hotels world wide, latest hotel additions being in Singapore, Saudi Arabia, Srilanka, Nepal, Egypt and Africa.

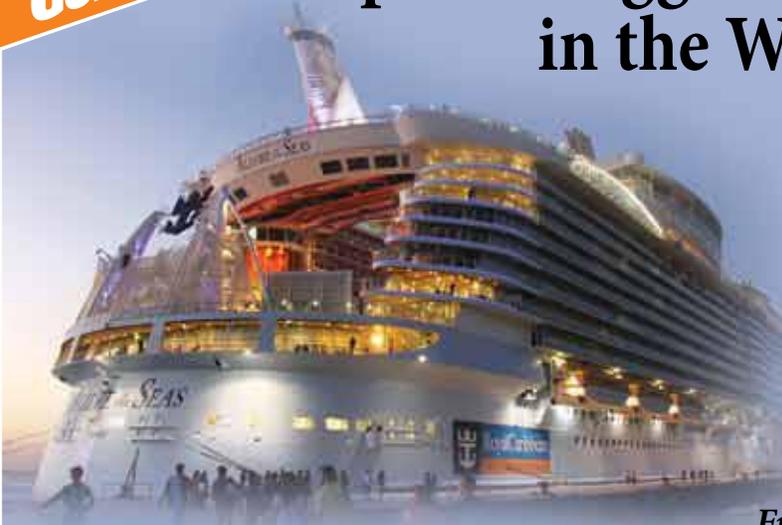


Praveen M.

Integrated Dip 2014-17 Batch-MCC MNR

**Royal  
Laurels  
2015**

# Top Five Biggest Cruise Ships in the World



## 1. Allure of the Seas

The 225,282-ton, 5,400-passenger Allure of the Seas is the world's largest cruise ship -- by five centimeters. (5,400 is double occupancy -- the full load is 6,360.) It also has a famous near-twin, Oasis of the Seas, with which it shares roughly 95 percent of its DNA -- including a novel neighborhood concept, which divides the ship into seven distinct spaces that range from the foliage-filled Central Park to the Boardwalk, with its handmade wooden carousel, burger joint and candy shop. Like its sister, Allure also boasts the best kids program in cruising.

## 2. Oasis of the Seas

Royal Caribbean's Oasis of the Seas, the 5,400-passenger ship that gave new meaning to the term "mega-ship" when it launched in 2008, underwent a fairly substantial overhaul in late 2014.

The purpose of Oasis' two-week dry dock was to bring the world's largest cruise ship up to date with the latest dining and technology innovations being rolled out on Royal Caribbean's newest ships. The biggest of these innovations is the line's Dynamic Dining concept, which will see the classic cruise ship main dining room abandoned in favor of a bevy of restaurants -- both free and for-fee. However, the date for implementing Dynamic Dining has not yet been decided

## 3. Quantum of the Seas

Quantum of the Seas dares its passengers not to have fun. It's a bold ship that screams for your attention via its innovative features. It's got a London Eye-inspired gondola attached to a mechanical arm that allows

passengers to sail 300 feet above sea level and get a bird's-eye view of the sea and ports. Cruisers can go skydiving at sea, crash into each other in bumper cars, fly on a trapeze at circus school or jog on a large track that breezes by the legs of a giant magenta polar bear sculpture. And Two70, a completely interactive entertainment venue, is hands-down the most technologically advanced space of its kind at sea.

## Freedom of the Seas

Freedom of the Seas has an identity crisis. The 155,000-ton, 3,634-passenger vessel launched in May 2006 as the world's biggest cruise ship at the time, dwarfing the Voyager-class ships that influenced its design and introducing a new class of ship for Royal Caribbean. (Siblings Liberty of the Seas and Independence of the Seas debuted in 2007 and 2008, respectively). But in 2009, it was forced to hand over its "world's largest" title to sister Oasis of the Seas (and later to Allure of the Seas), Royal Caribbean's massive 225,282-ton, 5,400-passenger mega-ship.

## Queen Mary 2 (QM2)

Perhaps no ship currently at sea excites a lover of maritime history like the Queen Mary 2. The flagship of the Cunard line and successor to the much-missed QE2 does its best to echo the company's storied past, evoking as much traditional 'Britishness' as possible, despite being part of US-owned Carnival Corp. Launched in 2004 with a christening featuring Her Majesty Queen Elizabeth II, Queen Mary 2 attempts to conjure the traditional charm of ocean voyages with classic afternoon tea, elegant decor and dressy eveningwear, along with an outstanding outdoor Promenade ringing Deck 7. No neon, no PA announcements and no vendors enticing you to buy things all contribute to a refreshingly adult cruising experience. QM2 is also the world's only purpose-built liner, as opposed to a ship, designed especially for Transatlantic crossings.



Vishnu Venugopal  
B.Sc HHA 2012-15 Batch-MCC MNR

# Top 6 Tourist Places in India



## 1. Delhi

Most first time travelers to India usually land in Delhi, India's capital city. It can be a rather rude shock. The city is primed to take advantage of the unsuspecting tourist. However, bear with it! Delhi's top attractions feature spellbinding mosques, forts, and monuments left over from the Mughal rulers that once occupied the city. Many of these are set in beautiful landscaped gardens that are perfect for relaxing. And the crumbling old city of Old Delhi is a fascinating, albeit chaotic, place to explore.

## 2. Taj Mahal

A part of India's popular Golden Triangle tourist circuit, Agra is home to the Taj Mahal. Enough said really. It's India's most iconic monument and the top historical attraction in India. For that reason, it's impossible to leave it off the list. (While you're there, why not get off the beaten track and visit some attractions around Agra as well

## 3. Golden Temple

Amritsar, home to the Golden Temple, was founded in 1577 by Guru Ram Das, the fourth guru of Sikhs. It's the spiritual capital of the Sikhs and gained its name, meaning "Holy Pool of Nectar", from the body of water around the Golden Temple. The exquisite Golden Temple attracts pilgrims from all over the world and the number of visitors it gets rivals that of

the Taj Mahal! It looks particularly arresting at night when it's beautifully lit up, with its imposing gold dome illuminated.

## 4. Udaipur

Ah, Udaipur! Famed city of lakes and palaces. (And yes, I really do think it's the most romantic city in India). A must-visit for the ability to immerse yourself in regal splendor.

## 5. Varanasi

Varanasi, one of the top spiritual places in India, is a city quite like no other. This mystical holy city openly reveals its rituals along the many riverside ghats, which are used for everything from bathing to burning the bodies of the dead.

## 6. Ajanta and Ellora Caves

No doubt India's most popular and widely recognized caves, the Ajanta Ellora caves are carved into hillside rock quite in the middle of nowhere, near Aurangabad, in northern Maharashtra. These caves are simply awe inspiring. Words can't describe how magnificent they are.



Vishnu Prasad  
B.Sc HHA 2012-15 Batch-MCC MNR

Thank you...

# Jamaican Jerk Chicken

1 tb Ground allspice 1/4 c Soy sauce  
1 tb dried thyme 3/4 c White vinegar  
1 1/2 ts Cayenne pepper 1/2 c Orange juice  
1 1/2 ts Freshly ground black pepper Juice of 1 lime  
1 1/2 ts Ground sage 1 Scotch bonnet pepper, seeded  
3/4 ts Ground nutmeg -and finely chopped  
3/4 ts Ground cinnamon 1 c Chopped white onion  
2 tb Salt 3 Green onions, finely chopped  
2 tb Garlic powder 4 Chicken breasts (6 to 8 oz  
1 tb Sugar -each), trimmed of fat  
1/4 c Olive oil

This recipe is also from Sugar Reef Caribbean Cooking by Devra Dedeaux. "This recipe is not as hot as you would find in Jamaica. For that authentic flavor, double the quantity of dry spices."

"JERK: This method of cooking pork and chicken dates back to the Carib-Arawak Indians who inhabited Jamaica. After capturing an animal and thoroughly cleaning and gutting it, the Indians placed it in a deep pit lined with stones and covered with green wood, which, when burned, would smoke heavily and add to the flavor. But first the carcass was "jerked" with a sharp object to make holes, which were stuffed with a variety of spices. The holes also allowed heat to escape without loss of moisture. The results were superb. The meat was not only wonderfully spiced, but moist and tender." (Note: Sugar Reef is a restaurant in Manhattan)

In a large bowl, combine the allspice, thyme, cayenne pepper, black pepper, sage, nutmeg, cinnamon, salt, garlic powder and sugar. With a wire whisk, slowly add the olive oil, soy sauce, vinegar, orange juice, and lime juice. Add the Scotch bonnet pepper, onion, and green onions and mix well. Add the chicken breasts, cover and marinate for at least 1 hour, longer if possible.



## ***Preheat an outdoor grill.***

Remove the breasts from the marinade and grill for 6 minutes on each side or until fully cooked. While grilling, baste with the marinade. Heat the leftover marinade and serve on the side for dipping. NOTE: This is the recipe as listed in the cookbook. Personally, I would NEVER heat the leftover marinade and serve on the side for dipping, especially something that you had marinated poultry in.

A much better idea would be to reserve some of the marinade (before you put the chicken in it) and save it for serving.



**Praveen U.**  
Faculty- Food Production-MCC MNR

# Role of Psychology in dealing angry clients

Often the hotel personals encounter problems with angry customers irrespective of any department it may be. Here are a few psychological tips for hoteliers to encounter them:

## **1. Prepare yourself for a patient hearing:**

Nobody makes mistakes on purpose, but they do happen. Just make the client to seat him /her self comfortably. Listen to him first, without interrupting him until he finishes. Make him realise that you have concern over him. This initial step itself will soothe him.

## **2. Listen to Emotion without Emotion**

While you are listening to the client ensure that you don't have a preconceived notion that he would always be wrong or any other thing that would block or prevent your mind from solving the problem. Do not respond with emotion. Keep yourself psychologically out of the problem.

## **3. Be Patient:**

You may be forced under circumstances where the client may repeat the incident under distress in order to earn acknowledgement. Under such circumstances be patient and make him understand that you are there to resolve his problem. If he is intervened with our thoughts then the situation turns as if fuelling the fire. Take deep breath and wait for your turn to talk to him.

## **4. Show Acceptance and Attentiveness:**

Acceptance doesn't mean that you are accepting which was not your mistake but to make the client realise that you are there to care for him and understand the problem from his point of view.

A sustainable attention towards the customer entrusts him which can make him calm down and also creates a feeling of being too aggressive. Once he is aware of that he may tend to calm down a bit.

## **5. Exhibit politeness and courtesy in your speech:**

Having given a very patient ear to the customer now it's your turn to make him understand and be aware of the

difficulties encountered by him for which you are trying to compensate for the loss in whatever case he might have received. So long your silence had been the key for the customer to give you enough time to listen to you. This gap of silence would have made him realise why he had approached you and ultimately he understands that you are his problem solver.

## **6. Blame it on you and Reiterate:**

There is absolutely no need to analyse who or what created the problem rather tell the client you will put in your maximum effort to solve it. Sometimes you may be in desperate need to get away from the problem by yourself but hold it. Subdue your mind and try to get in to the brain of the client and control his mind by mere repeated assurance.

Your words of assurance should make him realise that he has approached the right person for his help and also understand that you are powerful.

## **7. Resolve:**

Once you know that you have calmed down the client then your immediate attention is to solve the problem. Prioritise your customer first and concentrate on the problem next but immediate. Rectify the issue for the concerned customer and also ensure future corrective measures to avoid such incidents.

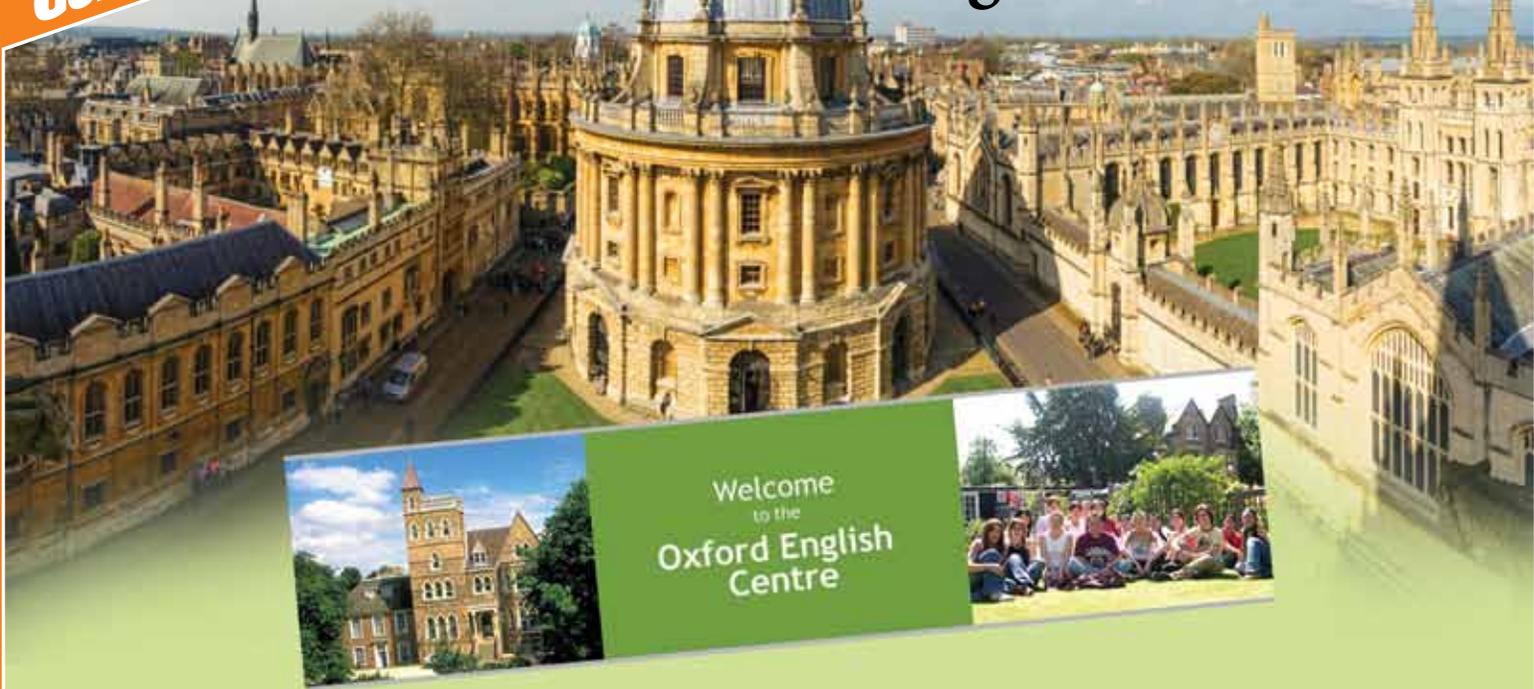
## **8. Follow Up:**

The most important fact is to follow up with the customer after a specific time period so that his anger has subsided and ensure that the corrective measures have been carried out. This will not only make him feel that he is given importance but also gives a chance for the customer to use our property in the future also.



A.G. Priya  
HOD Housekeeping

# Oxford English Club



The essence of human existence is in its ability to communicate with its fellow beings by means of a common code of language, which could be interpreted and understood by a large group of people. It is said that language is not anyone's property and anyone could easily master it as it is uttered by a native speaker of the language. When it comes to language, I feel that Indians are blessed with gift of tongue. By and large, every Indian can handle three languages equally well; English, the national language, Hindi and of course his/her mother tongue.

Understanding the power of the language and effective communication, an English speaking club named Oxford English Club was started in 2012 with the objective of honing the English speaking skills of the students of the college, thus, to make them competitive in their professional field. As far as the hotel Industry is concerned, having a refined language is a must and it is an added advantage for the students to land in a better job.

Student who are part of the club need to communicate only in English during college hours; except during intervals i. e 11:30-11:45 and 12:45 to 14:00 hrs. Each time when the students fail to communicate in English, they need to pay a fine of Rs. 2 and those who happen to utter more than 5 non-English words in a day have to write the editorial published in The Hindu newspaper. A copy of The Hindu newspaper is subscribed for all the

batches of students, who are in the club. Students who are weak in their English vocabularies have to write five vocabularies each, everyday and show them to their class representatives. There is English grammar class conducted for the students, who are really weak in their grammar. The club is headed by a faculty, followed by student-president, class-in-charge and bouncers to catch the cadets those who speak in their native languages. A short film is made in the college to promote the club "Class Room No:2" you tube link [https://www.youtube.com/watch?v=S\\_sUymsObj8](https://www.youtube.com/watch?v=S_sUymsObj8)

The tremendous support and acceptance the Oxford English Club is getting can be judged as how much the students have understood the significance of refined language in the career life. Students are increasingly aware of the need to brush up and polish their language as they step into their professional life and if you possess sound language the half battle is won. By having a refined language you have not to lose but to gain lots of things for your life. Knowing English, we are learning the world. The more we learn English the more we connect with the world and people around. Through English language let us remain connected to the world and people living on this planet of earth.



**Sagin Augustine**  
*Faculty cum Gym Instructor-MCC MNR*

# Leadership-Influences

Everyone talks about it; few understand. Most people want it; few achieve it. Everyone is a leader because everyone influences someone. Not everyone will become a great leader, but everyone can become a better leader. There are different levels of Leadership.

## **Level 1: POSITION/RIGHTS**

- Know your job description thoroughly.
- Be aware of the history of the Organization.
- Relate the organization's history to the people of the organization (in other words, be a team player)
- Accept responsibility.
- Do your job with consistent excellence.
- Do more than expected.
- Offer creative ideas for change and improvement.

## **Level 2: PERMISSION/RELATIONSHIPS**

- Possess a genuine love for people.
- Make those who work with you more successful.
- See Through other people's eye.
- Love people more than procedures.
- Do "win-win" or don't do it.
- Include others in your journey.
- Deal wisely with difficult people.

## **Level 3: PRODUCTION/RESULTS**

- Initiate and accept responsibility for growth.
- Develop and follow a statement of purpose.
- Make your job description and energy an integral part of the statement of purpose.
- Develop accountability for results, beginning with yourself.
- Know and do the things that give a big return.
- Communicate the strategy and vision of the organization.
- Become a change-agent and understand timing.
- Make the difficult decisions that will make a difference.

## **Level 4: PEOPLE DEVELOPMENT/REPRODUCTION**

- Realize that people are most valuable asset.
- Place a priority on developing people.
- Be a model for others to follow.
- Pour your relationship efforts into the top percent of your people.
- Expose key leaders to growth opportunities.
- Be able to attract other winners/producers to the common goal.
- Surround yourself with an inner core that complements your leadership.

## **Level 5: PERSONHOOD/RESPECT**

- Your followers are loyal and sacrificial.
- You have spent years mentoring and molding leaders.
- You have become a statesman/consultant, and are sought out by others.
- Your greatest joy comes from watching others grow and develop.
- You transcend the organization.



Sojy Mathews  
Administrative Secretary

# Saving & Spending Habits

**H**ave you ever wondered why you handle money the way you do? Perhaps you're a saver and you feel satisfaction every time you look at your growing account balances and displeasure when you need to buy something. Or maybe you're a compulsive shopaholic, looking at life as something to enjoy, so you buy on impulse and pay little attention to how you'll survive in the future.

While many people believe that money-handling habits come from parents or caregivers, current research is proving that our habits aren't just based on conditioning and money management lessons we learned as kids. There are spenders and savers in the same families, kids who grew up in poverty and still develop great wealth, and heirs who blow the family fortune.

If it's not how you're brought up, what does shape the way you view money? Experts are revealing that brain chemistry plays an enormous role in your financial habits.

## **Brain Activity**

In a study conducted by Rick, Cyder, and Loewenstein published in the *Journal of Consumer Research*, participants' brains were scanned as they pretended to make buying decisions. Researchers observed activity in an area of the brain called the insula, which is stimulated when you experience something unpleasant. The more stimulation in the insula, the less likely you are to keep doing what you're doing. When it comes to money, insula stimulation can stop your spending.

On the other hand, the act of saving – either by having cash in a bank or by experiencing a significant savings on a product or service – brings savers intense pleasure. The victory of a good bargain makes everyone feel good, but savers feel the rush even more since it's a relief from the discomfort of needing to spend.

Researchers concluded that people who have more insula activity in their brains are more likely to be savers, and those with less tend to be spenders. And since we tend to skew to extremes, spenders can end up in financial trouble later in life, and savers can end up with great regrets. Recognizing which one you are can help you reach a healthier balance.

## **The Spenders**

If you're a spender, you can't delay the gratification. With cash in front of you, you can't resist the urge to have it right now even if you'd have more later. That's why you don't have much savings in the bank, but it doesn't bother you. You've been happy making purchases and enjoying them in the moment. It's worked out well enough for long enough, so you just stick with the habit. But if you've realized that you're trending toward extreme spending, then you're probably looking to kick or curb your habit.

These seven ways to calm your impulses will help you cut back on spending:

1. Never use credit cards or other lines of credit.
2. Withdraw cash from your bank account yourself.
3. Pay as you go. Pay for everything as it comes, and you'll better understand how all that money just "gets away from you."
4. Be vocal about your saving goals.
5. Reward yourself when you meet your savings goals.
6. Stop and ask yourself before each and every purchase.
7. Look at the future, no matter how uncomfortable it is.

## **The Savers**

While many people take pleasure in buying things, savers don't feel that same way. Instead, you're uncomfortable with shopping, and you feel real emotional pain when you're paying. But what makes you tick and brings you pleasure as a saver? Are you missing out on some of life's simple, inexpensive joys? Are you sacrificing too much and endangering your health?

Researchers explain that two primary motivators drive savers: pain and pleasure. And if you're not experiencing enough pleasure, you deserve to loosen the purse strings and enjoy spending just a little bit.

1. Distance yourself by paying with a credit card.
2. Be vocal about your spending goals.
3. Treat your purchases as a reward for something that you've done well, so they'll take on more value in your mind.
4. Think of your future:

Ultimately, we're the ones who are in charge of our financial present and future. It seems that we're driven by an aspect of our brains that we don't even fully understand. But fortunately, this knowledge just might

be what it takes to overcome our bad habits – whether that means excessive spending or frugality – and live our lives to the fullest, responsibly.



**Bindhu Shibu**  
Faculty-Accountancy-MCC MNR

# A Dozen ways to Differentiate

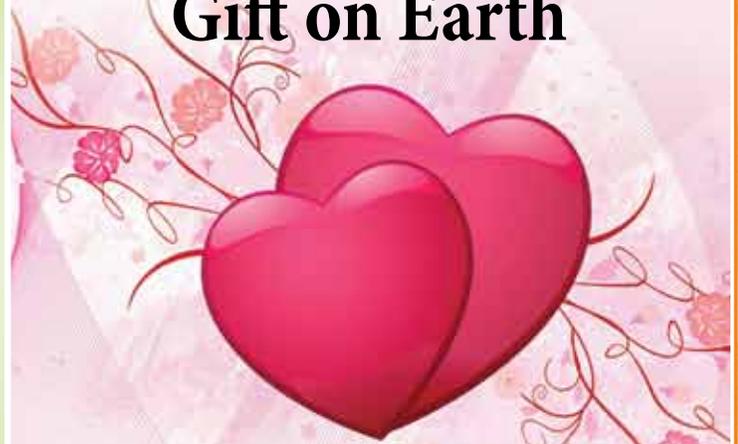


12. In school, you do homework. In college, you study.
11. In school, you wear your backpack on one shoulder; in college, on both.
10. In college, the professors can tell you the answer without looking at the teacher's guide.
09. In school, you're told what classes to take. In college, you get to choose; that is, as long as the classes don't conflict and you have the prerequisites and the classes aren't closed and you've paid your tuition.
08. In school, if you mess up you can usually sweet-talk your way out of it. In college, you're lucky to ever talk with the professor.
07. In school, when the teacher said, "Good morning," you mumbled back. In college, when the professor says, "Good morning," you write it down.
06. In college, weekends start on Thursday.
05. In college, it's much more difficult to figure out the course schedule of the man/woman you have a crush on, in order to figure out where he/she will be walking around campus in order to "just happen to bump into him/her."
04. In college, there's no one to tell you not to eat pizza three meals a day.
03. College women are legal.
02. In school, you can't go out to lunch because it's not allowed. In college, you can't go out to lunch because you can't afford it.
01. In college, you can blow off studying by writing lists like this.



Mithun M. Kamath  
B.Sc HHA 2012-15 Batch-MCC MNR

# To Love and to be Loved is the Greatest Gift on Earth



The word "love" has been given emphasis in all religions. Love has to be applied in ones life and has to be followed by every human being in his day to day aspects of life. "No man can ever live a life without love". Even in the creation of mankind, we can feel the love which was exposed by our creator.

Due to the enormous stress in our occupation, the changing life style and religious variances, we try various ways to stay away from uncomfortable situations. We avoid to implement love in our lives which would also allow others to love us back

## *I would like to add my valuable lines...*

- |                   |   |              |
|-------------------|---|--------------|
| Love is air       | - | Breath it    |
| Love is tune      | - | play it      |
| Love is art       | - | Cultivate it |
| Love is Music     | - | Enjoy it     |
| Love is Gift      | - | Share it     |
| Love is Character | - | Devolop it   |
| Love is talent    | - | Perform it   |
| Love is Ocean     | - | Sail in it   |
| Love is God       | - | Worship it   |

God loved us and created the mankind to express how much He cared for the particular race and so that as we are His creations has to share the same love to others. Doesn't matter about the various religions, all that counts is to have a heart which cares and loves everything and everybody without any discrimination of caste and creed.

***Love will make u a winner...  
Try to win people by caring  
and loving...***



P. Daniel David  
Faculty-Front Office-MCC MNR

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2015**

# TRAVEL TRENDS OF 2015

## Six Travel Trends to Watch in 2015 & Beyond

*From the distinct travel preferences of millennials to the growth of “creative tourism,” the travel industry is witnessing a series of powerful trends with real staying power. Travel agents – along with suppliers, destinations and marketers – would be wise to take note, as the trends represent both opportunities and challenges. Resonance Consultancy president Chris Fair detailed the top trends his firm expects to shape travel in 2014 and beyond in a webinar earlier this week. The firm researches lifestyle and tourism trends and formulates branding and development strategies for destinations.*

**Among its leading travel trends are:**

### **Trend 1. Impact of millennial**

Millennials – 18- to 30-year-olds – are of “obvious and growing importance” to the travel industry, said Fair. They also have distinct characteristics.

“Millennials are a much more ethnically diverse group than other generations and so are more interested in international travel,” he said.

### **Other characteristics of millennials:**

- They’re more interested in urban than resort destinations.
- They’re more likely to travel in pursuit of favorite interests or activities.
- They’re more likely to travel with friends in organized groups.

### **Trend 2. Seniors are unstoppable**

What Fair called the “unstoppable elders” are estimated to comprise 1.3 billion to 1.6 billion people worldwide.

Customer service is crucial to this group, and they “show higher levels of frustration that result in zero tolerance for poor service,” he added.

“Seniors are not only the world’s wealthiest group, they are also the most demanding of travelers,” said Fair.

This group travels primarily for rest and relaxation on either short- or long-stay trips, and they favor quieter, less congested destinations, according to Fair.

### **Trend 3. Rise of conspicuous leisure**

Another key trend is what Fair called “conspicuous leisure,” which he defined as “the signaling of social status

through consumption of experience rather than through consumer goods.”

“Unique experiences, and not just for the affluent, are social currency,” he said. The preponderance of social media – and with it the widespread sharing of vacation photos with friends, families and colleagues – has fostered the trend.

***Fair said the top five goods and experiences desired by the affluent are:***

- owning a smartphone
- owning a vacation home
- having the freedom to work from home
- taking vacations to exotic destinations
- taking extended time off from work

***Trend 4. Growth of ‘creative tourism’***

Creative tourism is travel “directed toward an engaged and authentic experience,” said Fair. “It’s travel that provides a connection with those who reside in the destination.”

The creative tourist differs from a cultural tourist in that he or she is active and interacts with the locals.

***Trend 5. Strength of luxury travel***

Luxury travel continues to be a robust segment of the industry.

“There are millions of millionaires,” and the number of affluent U.S. households is projected to increase from 10.5 million in 2012 to 20.5 million in 2020, he said.

“For all the chat about China, it’s still projected that the U.S., Japan and Europe visitors will dominate the luxury travel space until 2020,” Fair said.

***Trend 6. More multigenerational travel***

Another trend with reliable staying power is multigenerational travel, Fair said.

“The older the boomers get, the more family travel they’re doing,” he said. “A lot of that travel is planned around milestone events.”

This market is about “trading memories, convenience and value,” he said.

On the supply side, destinations have lagged when it comes to providing services and amenities that appeal both to 6- and 66-year-olds, but some cruise lines have taken a leadership position in catering to the multigenerational travel market, according to fair.



Diya Mathews  
Faculty-Tourism-MCC MNR

# ONION



***Dynamite of Natural Foods***

The ONION Latin word ‘cepa’ means onion, also known as the bulb onion or common onion, is used as vegetable and is the most widely cultivated species of genus *Allium cepa*. This genus also contains several other species variously referred to as onions and cultivated for food.

The onion plant has fan of hollow, bluish-green leaves and the bulb at the base of the plant begins to swell when a certain day-length is reached. In the autumn the foliage dies down and the outer layers of the bulb become dry and brittle. The crop is harvested and dried and the onions are ready for use or storage.

Onions are cultivated and used around the world. As a foodstuff they are usually served cooked, as a vegetable or part of a prepared savoury dish, but can also be eaten raw or used to make pickle or chutneys. They are pungent when chopped and contain certain chemical substances which irritate the eyes.

Onion is one of the most important vegetable and a condiment crop grown all over India. It has characteristic flavour, which accounts for its popularity. It is the pungent edible bulb of the lily family, and one of the oldest cultivated crops. It is considered a food of exceptional value for flavouring and seasoning.

***Medicinal***

Onion is one of civilizations oldest medicine. It was reputed in ancient Mesopotamia to cure virtually every disease. The physicians of ancient Egypt prescribed onions in various diseases. Dioscorides in the first century A.D. attributed many herbal remedies to them. Onion should be taken with meals, preferably raw, as fried or cooked onions are comparatively difficult to digest. For

therapeutic purposes, it is advisable to use onion juice instead of the whole onion as it is an all –round medicine.

An exceptionally strong antioxidant, onion is full of numerous anticancer compounds, it has been specifically, linked to inhibit human stomach cancer. It thins blood, lowers cholesterol, raises good type HDL cholesterol, wards off blood clots, and fights asthma, hay fever, diabetes, atherosclerosis and infection.

Eye irritation can be avoided by cutting onions under running water or submerged in basin of water. Leaving the root end intact also reduces irritation as the onion base has a higher concentration of sulphur compound than the rest of the bulb. Refrigerating the onions before use reduces the reaction rate and using a fan can blow the gas away from the eyes. The more often one chops onions, the less one experiences eye irritation.

Uses: Onion can be used in innumerable ways. The immature and mature bulbs are eaten raw or they may be cooked and eaten as vegetable. They are used soups and sauces and seasoning many foods. They may also be eaten fried. Onion oil, produced by steam distillation, is used to a limited extent for flavouring foods.

Precaution: Excessive use of onions should, be avoided as it may promoted as it may promote gas formation and aggravate heartburn. Recent experiments have also found that abundant use of onions have a tendency to reduce the number of red cells and to lower the haemoglobin.

## **GARLIC** **An All –Round Wonder Drug.**

The Garlic (*Allium sativum*), a Condiment crop of the onion family, has been cultivated from time

immemorial. Garlic an herb used widely as flavouring in cooking has also been used as a medicine throughout ancient and modern history to prevent and treat a wide range of conditions and diseases. Garlic belongs to the onion genus, *Allium*, and is closely related to the onion and shallot. It has been used human for thousands of years and was used in Ancient Egypt for both culinary purposes and therapeutic benefits.

### **Medicinal:**

Garlic has been all used all over the world for thousands of years. Records indicate that garlic was in use when the Giza pyramids were built, about five thousand years ago. Garlic has been held in high esteem for its health building qualities for centuries all over the world. Khoufouf, the builder of one of the oldest pyramids, (4500 B.C) was among the first to recognise the true virtues of garlic, for he decreed that all his workers should take garlic every day so that they could maintain their health and strength.

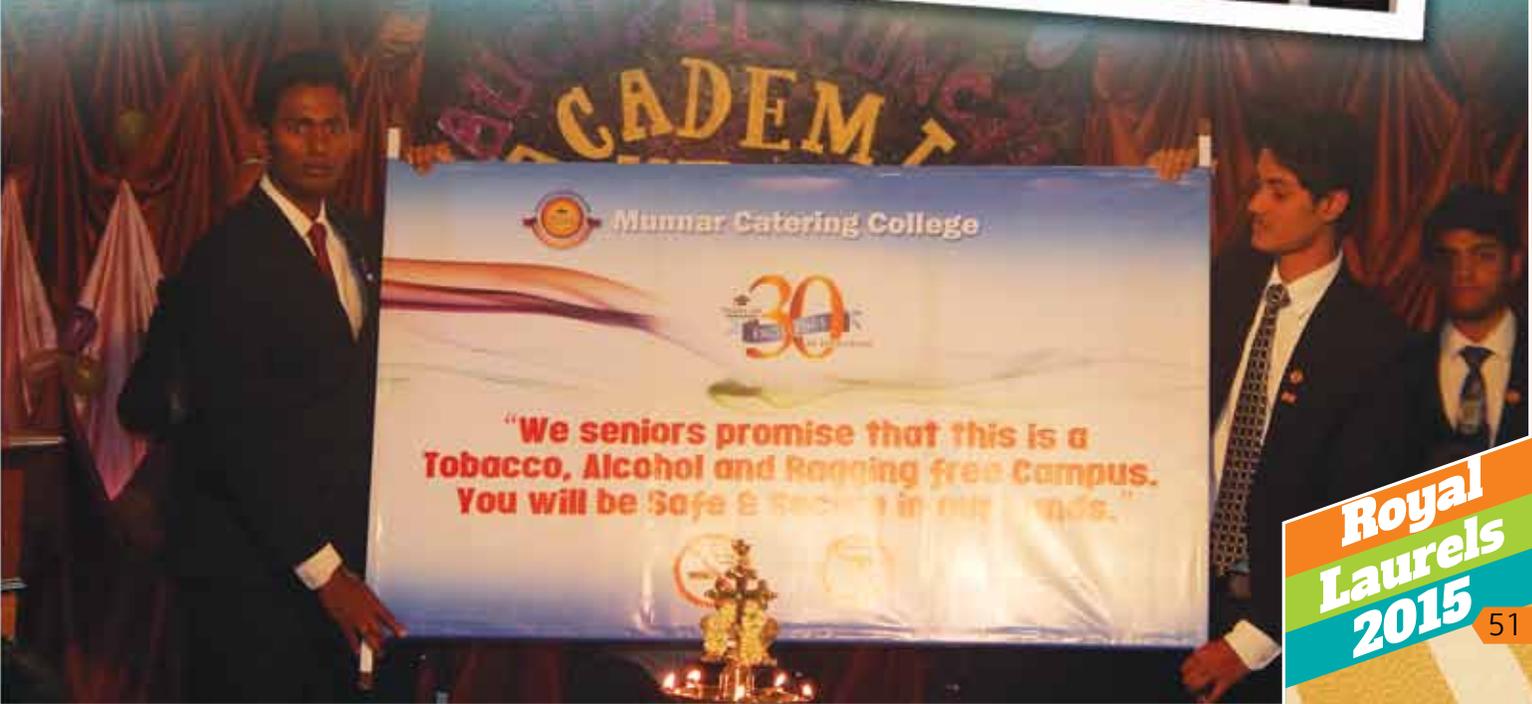
Garlic has been used to treat an array of ills since the dawn of civilization. It is a proven broad- spectrum antibiotic that combats bacteria, intestinal parasites and viruses. Garlic lowers blood Pressure and blood cholesterol, discourages antispasmodic and dangerous blood clotting and helps prevent cancer and heart attacks. It acts as a decongestant, expectorant, antispasmodic and anti inflammatory agent. It boosts immune system, relieves gas and possesses antidiarrhoeal, oestrogenic and diuretic properties.

Uses: In India garlic used for centuries in the preparation of curries, various chutnies, pickles, vegetables with gravies and tomato ketchup.

Precaution: Excessive use of garlic should be avoided. High doses of raw garlic more than three cloves a day- can cause gas, bloating diarrhoea and fever in some persons. Excessive use of can also cause heat in the body and burning sensation during urination. Garlic's strong – smelling compounds are often eliminated through skin and lungs. Fresh parsley may be chewed to eliminate the odour in the breath. During pregnancy and lactation, excessive garlic intake might cause heartburn. It may also affect the taste of mother's milk.



**Suersh M.R.**  
Librarian- MCC MNR



Mummar Catering College

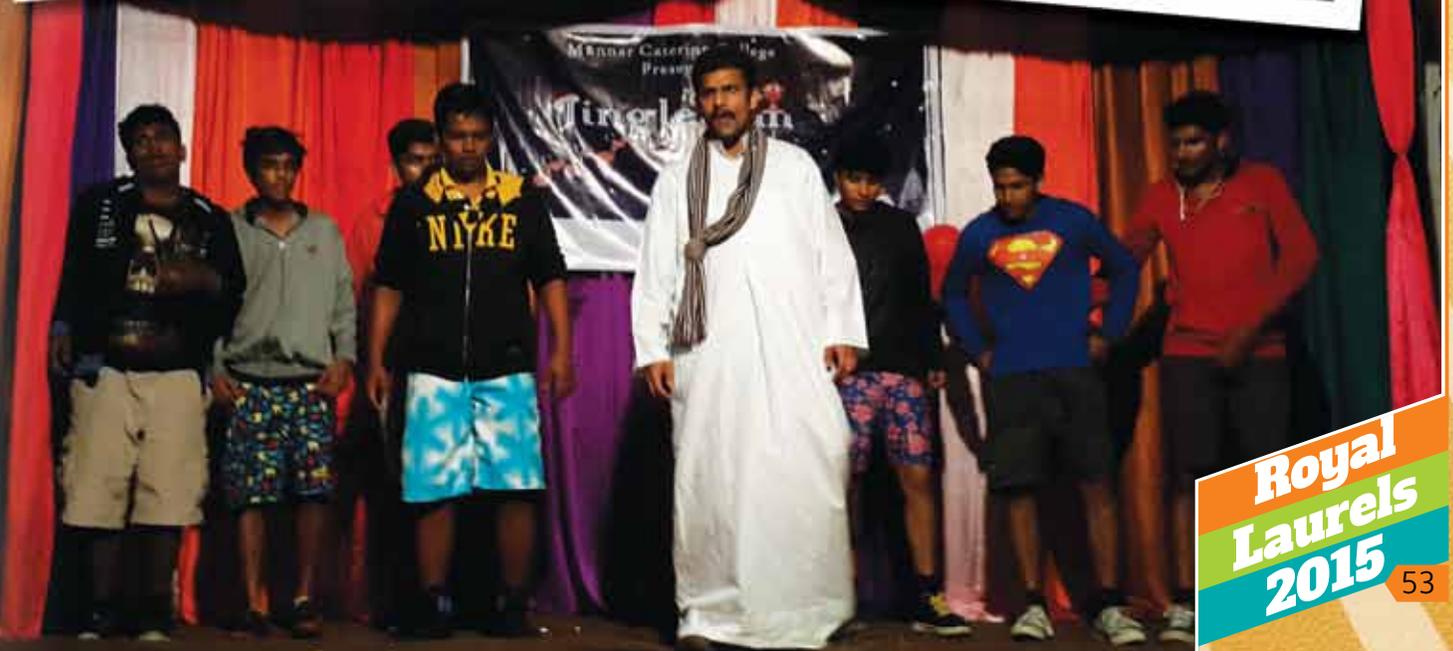
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**"We seniors promise that this is a Tobacco, Alcohol and Ragging free Campus. You will be Safe & Secure in our hands."**

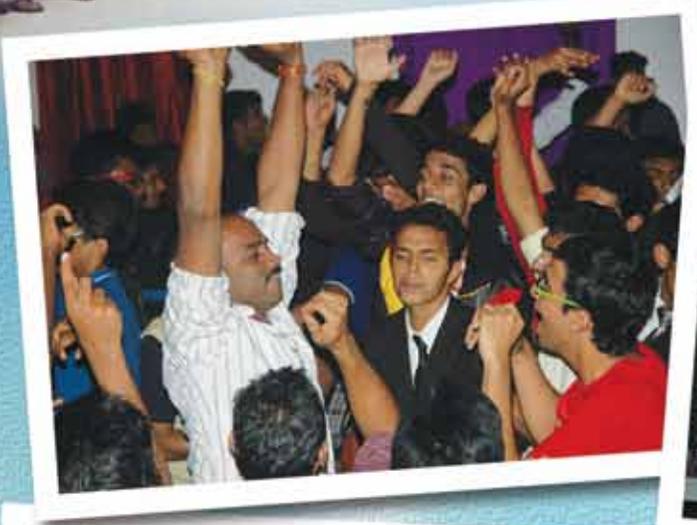
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# Munnar Catering College





Inauguration of exclusive ATM machine at the campus



CUG Smart ID Card



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# Munnar Catering College







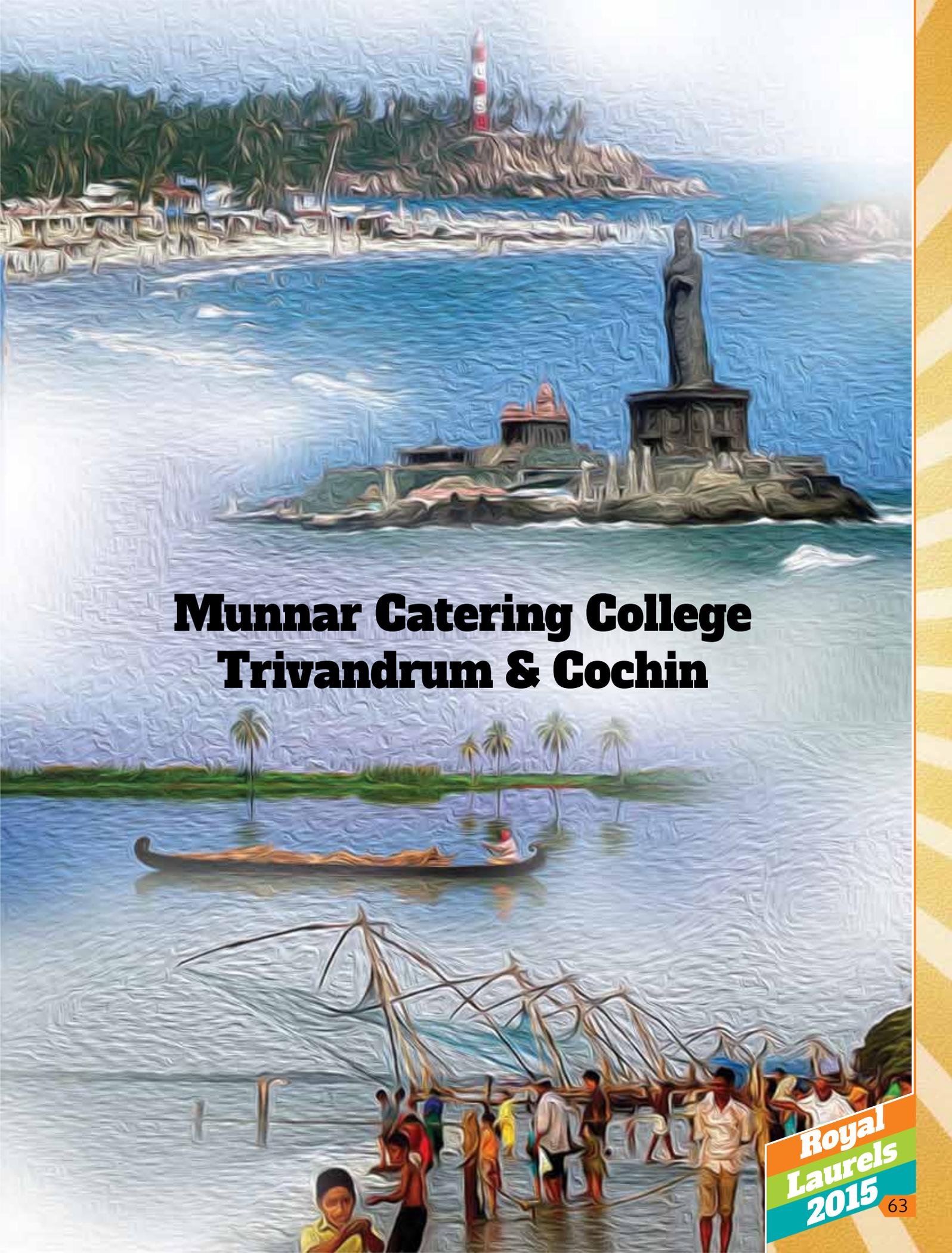






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The image is a vertical collage of three distinct scenes from Kerala, India. The top scene shows a lighthouse on a rocky hillside overlooking the sea, with palm trees and buildings at its base. The middle scene features a large, dark stone statue of a standing figure on a rock in the middle of the ocean. The bottom scene depicts a traditional boat on a calm lake with palm trees in the background, and a group of people in the foreground engaged in a traditional fishing activity using large, conical nets.

# **Munnar Catering College Trivandrum & Cochin**

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# Child Labour

A good portion of children through out the world, especially in India starts to work at an early age for a living. The existence of child labour in India is a complex reality, a social crime, a crime against humanity. Poverty is the principle and parent cause for prevalence and persistence of child labour.

The phenomenon of child labour is not, however new or recent. Even a long time back, children were being sold and purchased as slaves of the rich. India has more child workers than any other country and the incidence is on the increase. According to the Asian Labour Monitor, every third house hold in India has a working child, every fourth child in the age group of 5 – 15 is employed and over 20% of the country's GMP is the contribution of child labour. According to one estimate, there are more than one crore working children in the age group of 10 -14 as compared to the total child population of 25 crore. Such children are denied opportunities for growth development, learning, health care, recreation and deprived of much needed love. Hard long hours of labour thwarts the children's world of imagination.

India and the International Labour Organization have signed a memorandum of understanding on eventual elimination of child labour. Whatever measures have been taken in India are based on the premises that since the root cause of poverty cannot be eliminated overnight, the best solution is to regulate the practice of child labour. No doubt total abolition of child labour would redeem the situation, but such a step cannot be contemplated unless back up plans are kept in readiness.



## “Wedding of Idli and Dosa”

To  
Mr. Pawbaji and Mrs. Bhelpuri  
you are invited to my daughter Idlis marriage  
with the son of Mr. Burger, Dosa chutney.  
Some more people are also  
coming like Bature uncle and  
Chole aunty Choumin is also  
coming with them. Golgappa uncle  
coming for the Idli – doom



Your brother, Mother Paneer

Venue: Sunflame Restaurant, Katori No.3,  
Plate No.I on the spoon road.

Sanjay Kumar S.  
BSCHMCS 2014-17 Batch-MCC COK



Ramkumar S. (Late)  
MSCHMCTT 2013-15 Batch-MCC COK



## The Power of Smile...

A smile on the face makes man different from the animals. It makes us beautiful and attractive too. It is very difficult to deal with people who rarely smile.

A man without smile cannot enjoy life. Smile is a powerful weapon too. We use it to deal with our enemies.



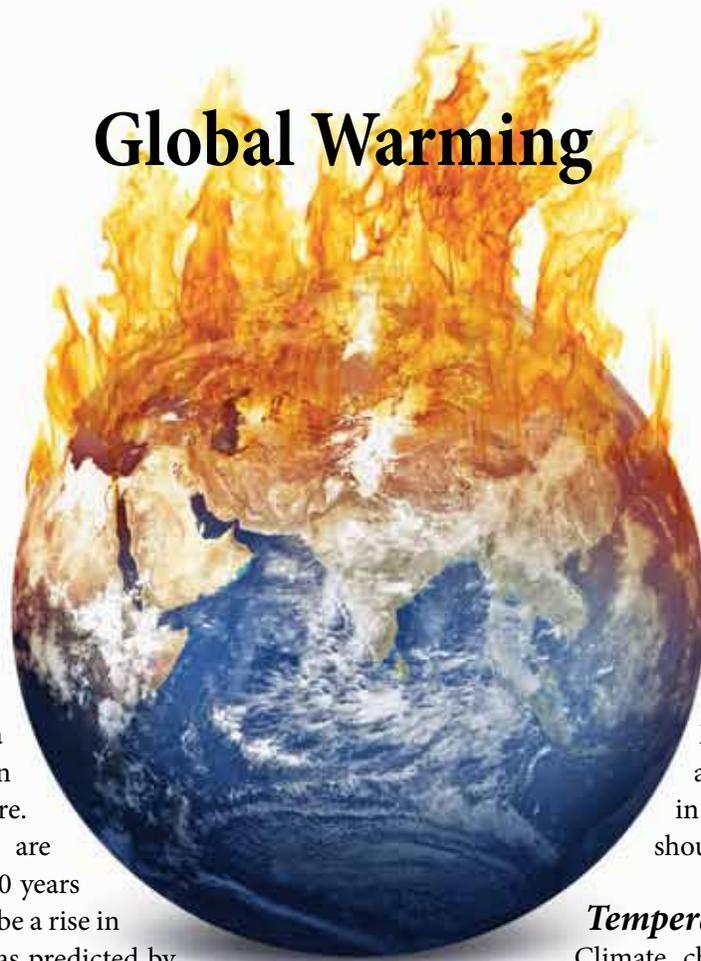
The word Gandhi spoke are very important here.

He says, “You are not fully dressed till you wear a smile your face”.

BICHU B.  
Integrated Programme 2014-17 Batch-TRV



# Global Warming



**G**lobal warming is a slow steady rise in Earth's surface temperature. Temperatures today are 0.74°C [1.33°F] higher than 150 years ago. The basic cause seems to be a rise in atmospheric carbon dioxide, as predicted by Svante Arrhenius a hundred years ago. When people use fossil fuels like coal and oil, this adds carbon dioxide to the air. When people cut down the Earth's forests [deforestation], this means less carbon dioxide is taken out of the atmosphere by plants.

If the Earth's temperature becomes hotter the sea level will also become higher. This is partly because water expands when it gets warmer. It is also partly because warm temperatures make glaciers melt. The sea level rise may cause coastal areas to flood. Weather patterns, including where and how much rain or snow there is, will change. Deserts will probably increase in size. Colder areas will warm up faster than warm areas. Strong storms may become more likely and farming may not make as much food. These effects will not be the same everywhere. The changes from one area to another are not well known.

People in government and Intergovernmental Panel or Climate Change [IPCC] have talked about global warming. They do not agree on what to do about it. Some things that could reduce warming are to burn less fossil fuels, adopt to any temperature changes, or try to change the Earth to reduce warming. The Kyoto Protocol tries to reduce pollution from the burning of fossil fuels.

Most governments have agreed to it. Some people in government think nothing should change.

## *Temperature Changes*

Climate change has happened many times over the history of the Earth, including the coming and going of ice ages. For more recent centuries, we have more details.

Since the 1800s, people have recorded the daily temperature. By about 1850, there were enough places measuring temperature so that scientists could know the global average temperature. From 1920 to 1940, the temperature got warmer. From 1940 to 1970, the temperature got slightly cooler. From 1970 to today, the average temperature for the world has increased by about 0.6 + 0.2°C. Starting in 1979, satellites started measuring the temperature of the Earth.

## *The Sun*

The sun gets a little bit hotter and colder every 11 years. This is called the 11 year sunspot cycle. The change is so small that scientist can barely measure how it affects the temperature of the Earth. If the sun was causing the Earth to warm up, it would warm both the surface and high up in the air. But the air in the upper stratosphere is actually getting colder, so scientists don't think changes in the sun have much effect.



**Benny Varghese Mathew**  
BSCHMCTT 2012-15 Batch-MCC COK

# “Prevention is better than Cure”

*Out of country's health budget, a large proportion should be diverted from treatment to spending on health education and preventive measures.*

Nowadays, every country especially in developed countries governments try to increase the health status of their society. They know very well, that an unhealthy nation cannot progress forward. If the health of population declines, it causes further problems in the society as well as the nation. Generally “Prevention is Better than Cure” it is better to spend more money for health education and preventive measures rather than treatment, as a result we can save money in future.

Initially now we all know that these days treatment cost is staggering. The common people cannot afford it's cost. Due to that if we spend much money for preventive needs it will surely help the people to reduce treatment cost. Moreover, it is a long term process, that means too much time is needed for preventive methods, but once it achieves its goal it will remain fore ever. In addition to this, initially they may feel it is a difficult task, but gradually that will reduce.

Further more, there are different approaches to achieve the goal . Such as educating people from their earliest age onwards, including the topics about the importance of exercise and healthy diet and how to live a healthy life and how to prevent

disease before the occurrence, that means 'nip in the bud'. Besides, through advertisements give awareness to the public about the consequences of unhealthy habits like smoking, alcohol drinking and improper sexual relationship. Moreover, recently many inventions have taken place in the medical field, in case of Hepatitis, Diphtheria, Tetanus, Pertusis, Tuberculosis and poliomyelitis. In addition to this, government is providing immunization free of cost for children and pregnant women via public hospitals and health centres. As a result many people are encouraged to take immunization for their babies.

In order to support this, history shows, now we eradicated poliomyelitis from our country. So government should invest more money for preventive measures.

On the other hand, hospitals are also essential for a society. Because there are certain situations in life that, we need medical attention and emergency management , such as during pregnancy and an unexpected accidents. So better and advanced treatment is necessary in such conditions.

To put it in a nutshell, the idea of allocating huge amount from the health budget for prevention and education is very useful to enhance the health level of the community.



**Bibin Martin**  
BSCHMCS 2014-17 Batch-MCC COK

# Indian Spices

## *History*

The history of Indian spices goes back to the Vedic period of India which is dated back to around 7000 years ago. The Indian subcontinent was a seat of civilization even before other civilizations such as the Greek or Roman civilizations came into being. Sea trade with other civilized nations such as Egypt, Mesopotamia was carried out with Indian Spices being an important item of trade along with textiles and perfumes.

The quality of these exotic goods brought many travelers and ambitious invaders to the Indian shores. The history of Indian spices is thus entwined with the History of the Indian subcontinent. Trade with India was considered so important that wars were fought to keep the trade routes to India and the far East open because Indian goods including spices were much desired.

As trade with other countries grew, traders from all over the world where the fame of Indian goods reached came to India particularly peninsular India where exotic spices were traded in busy and prosperous markets. There was a time in the history of the world and in the history of Indian spices, when spices were more expensive than gold.

The higher than gold price of Indian spices was mainly due to the fact that most of these spices were cultivated only in India and the only way that they could be exported from there was by sea. Long voyages by the sea route were not only dangerous but also took a very long time. The risk factor of the only means of transportation for exotic Indian products that were fancied by one and all was the main cause of the exclusiveness and dearness of Indian spices.

As communication increased and there were improvements in ships and shipping, many European Dynasties sent their emissaries to India, firstly to trade and then to establish control over this rich and prosperous land through their own colonies. Cultivation of Indian Spices began in other places that had similar weather and soil conditions. As supply increased and demand decreased comparatively there was a slow decline in the prices of spices.

The history of Indian Spices clearly shows that the golden age of Indian Spices was up to the 16th century after which there was a slow decline in the demand and the prices of spices. In the present time, it is hard to

believe that Indian spices were treated like treasure and there were wars fought to get this treasure. Kings and Emperors, rich businessmen and ambitious noblemen paid in gold for small quantities of black pepper, cardamom and sticks of cinnamon.

The major event in the History of Indian spices was the voyage of Vasco De Gama from Portugal to India in 1497. The voyage was intended to find new sea routes to India and other Eastern countries for trade in spice. Where Christopher Columbus was unsuccessful, Vasco de Gama succeeded and landed in India. When he returned back to Portugal laden with Indian Spices after two years and 24000 sea – miles, he had covered his total expenses for the voyage and the loss of two of his four – ship fleet by more than sixty times.

The value of spices in those days was really mind – boggling. Common herbs such as ginger that now cost a negligible amount were really dear, when half a kilo was worth the cost of one sheep and half a kilo of mace was worth three sheep and a kilo of mace could cost as much as one whole cow. Black pepper, cardamom was the most expensive of all spices and peppercorns were counted like coins, individually. A sack – full of pepper corns could be as much worth as the life of a human being.

It was the voyage of Vasco de Gama to India that created an altered awareness about the potential of the



Indian subcontinent as the source of immense wealth. The struggle to get a strong foothold in India lasted for three hundred years after Vasco de Gama's visit. West European countries such as Portugal, Spain, France, Holland and Great Britain fought with each other to get control over the gullible kingdoms of the Indian subcontinent for their wealth. They succeeded and there were Portuguese, French, Dutch and English colonies in India. The British were the most successful and were able to establish the British Raj and rule over India for 400 years.

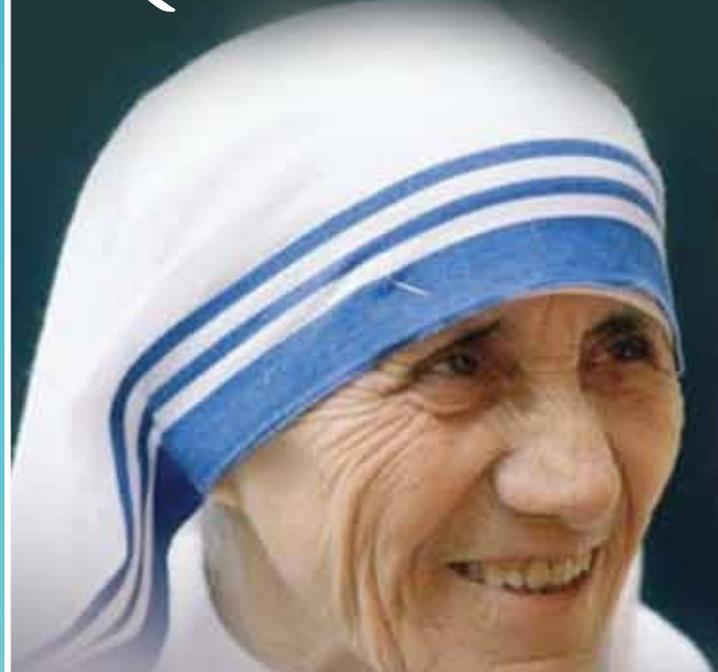
In the chronicles of History of Indian Spices, it has to be acknowledged that Indian Spices did not all originate in India. Many of them came to India with invaders such as the Turks and the Moghuls. Cumin and coriander came with these Arabic invaders and became an integral part of Indian Spices as they are now known along with pepper, ginger or turmeric which originated in the subcontinent.

It is fascinating to note the effect of Spices on the history of the world and it is almost unbelievable that the common coriander seeds or pepper corns were able to influence the development of art, education and religion of many countries.



Eby George  
BSC HMCS 2014-17 Batch-MCC COK

# Quotes on Smile



*Peace begins with a smile*

- Mother Teresa

*A warm smile is the universal language of kindness*

- William Arthur

*Everyone smiles in the same language*

- Unknown author

*A smile is happiness you will find under your nose*

- Tom Wilson

*Smile, it's the key that fits the lock on everyone's heart*

- Unknown author

*There is always a reason to smile*

- Unknown author

*Every time you smile at someone, it is an action of love a gift to that person, a beautiful thing*

- Mother Teresa.



Simmy Thomas Mathew  
BSCHMCTT 2012-15 Batch-MCC COK

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# Travelogue

## Chembu

One of the most beautiful corners in Kerala

*My one day trip to Chembu with my family. I spent the day doing nothing and marveled how the green and water existed in such harmony.*

The small and picturesque land of Chembu is situated 20 km away from the city of Kochi. It is bounded by the shores of the Lake Vembanad, and is crossed by various tributaries of the river Muvattupuzha. It is inhabited by people of all communities including Christians, Arayans, Dhewars, Ezhavas, Muslims, Nair and Namboothiries.

When it comes to travel there is more to Kerala than the popular backwaters, indeed there is more to the backwaters than the coconut trees lined on the banks. As our car paced up along the winding roads past the sundappled coconut trees, Chembu unfolded like an arresting narrative. We slowed down the car to enjoy this unhurried and virtually untrodden destination unknown to most people. We stopped in for some refreshment. The shopkeeper was very hospitable, explaining to us the possibilities of exploring their land. The place we were heading for was a small island in the middle of the lagoons. Chembu is characterized by many such small inlets. We got down on the bank to board a boat. The movement of the boat made me feel dizzy at first but as I watched the dense coconut groves in the background of a spotless blue sky, I forgot every thing else. We watched a glittering kingfisher poised to catch a tiny fish that leapt in and out of the water. Most people possess a little 'vallam' for their private use.

As we got down from my favourite little "vallam" we decided to walk the narrow and winding pathways to make it truly an exploration of the land. The pathways took us past coconut trees and banana plantations which line the fields glimmering with the emerald of paddy. All along the roads we saw industries of oil mills and sand mining sites and the ingenuousness of local people who indulge in the works. Quite apart from the lagoons, there is the land's cultural waiting to be explored. We stopped at the mills where oil is processed. Mounts of dried coconut with great ease. All along the roads we saw the samples of industry and ingenuousness of the local people who always keep a pleasant face and talk to us as if we were their own children.

The unexpected visit of a rain came as a bonus for my trip. I woke up to see the lake and canals filled to its limits with water. Realizing that one can vacation in Chembu anytime of the year, enjoy the rains, take in the sun in summer and cuddle in winter, I made up my mind to return the next monsoon.

The rain, gaining strength in between and gain lazily drizzling, continued the whole day. I once more saw the kingfisher waiting on a small branch to catch the tiny fish that leapt in and out of the water. The sun peeked sleepily after the rain lashed night.

We set out in the evening from one of the most beautiful corners of Kerala while birds called back from unseen branches. As the sun went down, we sadly left behind the beautiful land of Chembu to sleep in the darkness along, until awakened by the newly risen sun.



**Jackson Varghese**  
BSCHMCTT 2012-15 Batch-MCC COK

# Indian Tandoor

Tandoor is a conventional clay oven used to make tandoori items. The tandoor is made from clay that is free from sand content and a typical kind of grass called as munj. Tandoor derives its origin from early times. It is a conventional way of cooking breads, veggies and meats. Tandoor is used to make naan, roast chicken and lamb. The tandoor is preheated to a high temperature of 900 deg F. Such a high temperature and the clay interior roast meats and breads resulting in tandoori items such as tandoori chicken, seekh kabab and breads ...Etc.

The word Tandoor is derived from Sanskrit word Kund which mean a large bowl – shaped vessel. The kund could be used for the storage of water and grain or as a havan kund, to contain a ritual fire in vadic times. The tandoor is basically used to cook meat while Hindus and Sikhs of India are mostly vegetarian so it was popularized during Muslim reign in South Asia .

## Methods for making Clay Oven

1. Cleaning of soil
2. Formation of clay
3. Making patti of the Clay
4. Making circular base of the Tandoor
5. Ring Fusion
6. Crafting the mouth.

## Cleaning of Soil

The clay is cleaned with so that there should not be any piece of stone or sand that could make the Tandoor fragile. The plastic clay should be avoided as working with this type of clay usually develops cracks after drying.

## Formation of clay

The clay is prepared by beating it with hand and then

kneading it. It may also be beaten with a simple, flat, broad piece of wood or stone. Binders are then added with water. The mixture is kneaded with hand or feet, covered with a sack and kept wet for three or four days.

## Making Slab of the clay

Once the clay is ready for use, slabs about 12 – 15 cms wide, 50 – 60 cm thick and 2,3 cm thick, are made. Some dry clay is sieved on to these and then they are rolled into cylinders.

## Making circular base of the tandoor

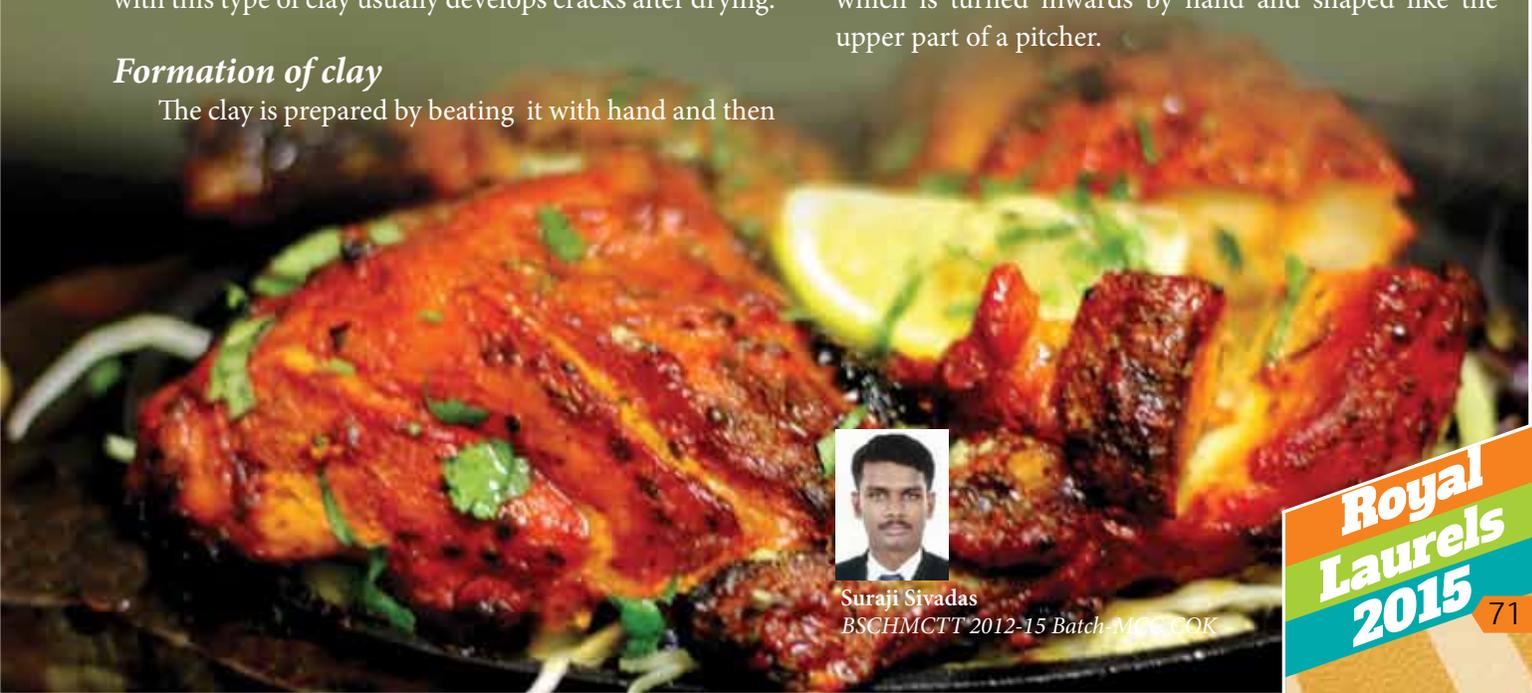
These cylinders are then unrolled into a semi circle. Two or three such pattis form the base of the tandoor. After the base is made, the uppermost part of this ring is pinched at intervals to create little notches. It is then left to dry overnight so that it becomes hard and ready to receive the weight of the next ring.

## Ring Fusion

When the clay has dried to the correct hardness, another ring is fused on the top of the ring. This smooth and wet clay ring fits on the top of the earlier ring, especially where the notches have been pinched. This is designed to give the tandoor firmness and stability. Subsequent sections are then added until the required height is reached.

## Crafting the mouth

This involves the shaping of the last section on top, which is turned inwards by hand and shaped like the upper part of a pitcher.



Suraji Sivadas  
BSCHMCTT 2012-15 Batch-MCC/COK

# Ebola Virus Disease - Reviewing

## **Why Ebola is so dangerous?**

The Ebola outbreak in West Africa is the world's deadliest to date and the World Health Organization has declared an international health emergency as more than 3,850 people have died of the virus in Guinea, Liberia, Sierra Leone and Nigeria this year [2014].

## **What is Ebola ?**

Ebola is a viral illness of which the initial symptoms can include a sudden fever, intense weakness, muscle pain and a sore throat, and that is just the beginning; subsequent stages are vomiting, diarrhea and – in some – cases both internal and external bleeding.

## **Key Facts**

- Ebola virus (EVD), formerly known as Ebola haemorrhagic fever, is a severe often fatal illness in humans.
- The virus is transmitted to people from wild animals and spreads in the human population through human – to – human transmission.
- The average EVD case fatality rate is around 50%. Case fatality rates have varied from 25% to 90% in past outbreaks.
- The first EVD outbreaks occurred in remote villages in Central Africa, near tropical rainforests, but the most recent outbreak in West Africa has involved major urban as well as rural areas.

- Community engagement is a key to successfully controlling outbreaks. Good outbreak control relies on applying a package of interventions, namely case management surveillance and contact tracing, a good laboratory service, safe burials and social mobilization.
- Early supportive care with rehydration, symptomatic treatment improves survival. There is as yet no licensed treatment proven to neutralize the virus but a range of blood, immunological and drug therapies are under development.
- There are currently no licensed Ebola vaccines but 2 potential candidates are undergoing evaluation.

## **Background**

The Ebola virus causes an acute, serious illness which is often fatal if untreated. Ebola virus disease [EVD] first appeared in 1976 in 2 simultaneous outbreaks, one in Nzara, Sudan and the other in Yambuku, Democratic Republic of Congo. The later occurred in a village near the Ebola River, from which the disease takes its name.

The current outbreak in West Africa (first cases notified in March 2014) is the largest and most complex Ebola outbreak since the Ebola virus was first discovered in 1976. There have been more cases and deaths in this outbreak than all others combined. It has also spread between countries starting in Guinea then spreading across land borders to Sierra Leone and Liberia, by air (1 traveler only) to Nigeria, and by land (1 traveler) to Senegal.

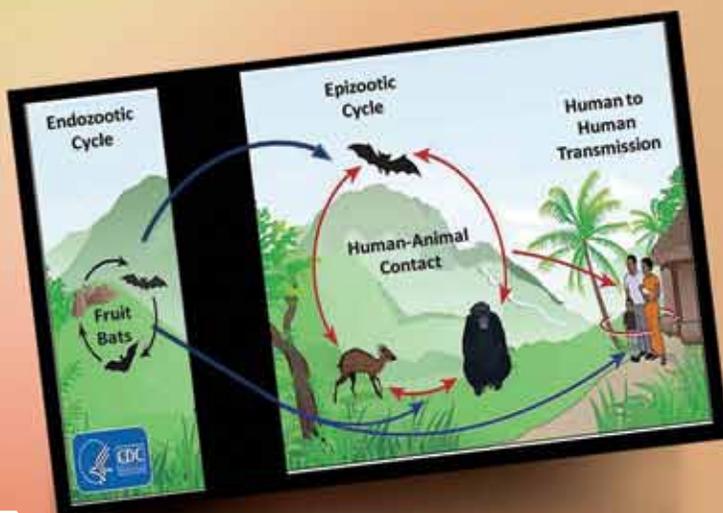
## **Symptoms of Ebola Virus disease**

The incubation period, that is the time interval from infection with the virus to onset of symptoms is 2 to 21 days. Humans are not infectious until they develop symptoms as mentioned earlier.

## **Prevention and control**

Raising awareness of risk factors for Ebola infection and protective measures that individuals can take is an effective way to reduce human transmission. Risk reduction messaging should focus on several factors.

- Reducing the risk of wildlife –to – human



transmission from contact with infected fruit bats or monkeys/apes and the consumption of their raw meat. Animals should be handled with gloves and other appropriate protective clothing. Animal products [blood and meat] should be thoroughly cooked before consumption.

- Reducing the risk of human – to - human from direct or close contact with people with Ebola symptoms, particularly with their bodily fluids. Gloves and appropriate personal protective equipment should be worn when taking care of ill patients at home. Regular hand washing is required after visiting patients in hospital, as well as after taking care of patients at home.
- Outbreak containment measures including prompt and safe burial of the dead, identifying people who may have been in contact with someone infected with Ebola, monitoring the health of contacts for 21 days, the importance of separating the healthy from the sick to prevent further spread, the importance of good hygiene and maintaining a clean environment.



Mathews Jacob  
BSCHMCTT- 2012-15 Batch-MCC COK

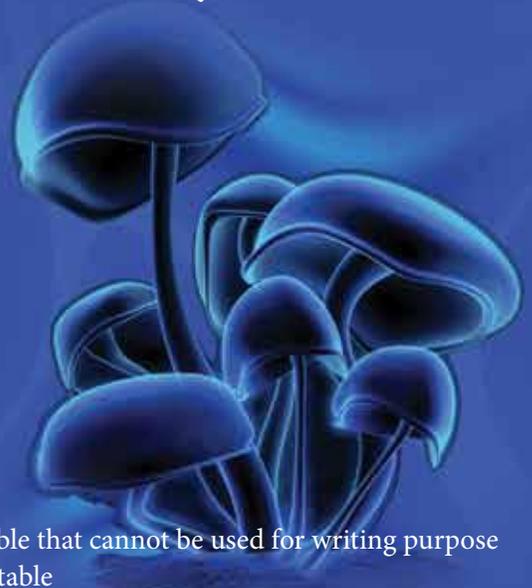
## Keeping a Diary

A diary is a daily record of events of thoughts. As the year enters its last quarter, advertisements of diaries appear in our newspapers. A number of diaries are sold every year. It is regarded as a very suitable New Year Gift. Many decide to be diarists some give up before they begin some drop out after a short period. Keeping a diary has several advantages. It shows the diarists how he spent his time and resources. It tells him how people reacted to an event that affected him. In short, diary is a person's biography and bit of the history of a place. A diary is a personal record which may be a complete honest record or it may show only the diarist's likes and dislikes. But there is no doubt that a diary will prove useful to its keepers and many diaries have become world famous too.



Manu Das Y.  
Integ. Programme 2014-17 Batch-MCC TRV

## Funny Quiz



1. The table that cannot be used for writing purpose  
- Vegetable
2. The fish which cannot be eaten  
- selfish
3. The duck which does not have leg  
- Bombay Duck
4. The king who doesn't have a crown  
- cooking
5. The masalas that can chat  
- Chat masalas
6. The forest which doesn't have trees  
- Black forest cake
7. The station where we cannot park the vehicle  
- side station
8. The room which does not have a bed  
- Mushroom
9. The driver who does not know driving  
- Screw Driver
10. A machine which does not have a calendar  
- calendar machine [equipment used for ironing cloths]
11. A studio which does not have a camera  
- studio room [a type of room in the hotels]
12. A clerk who does not have any job in the office  
- foster clerk [a drink]
13. A lady in the form of an alcoholic drink  
- Bloody Mary [cocktail]
14. A tail which does not have any feathers  
- cocktail
15. The finger which does not have nail  
- Lady's finger.



Blessy Abin  
Faculty-Housekeeping-MCC COK

# As a student what you think about personality

Personality development is the growth and development of the thinking, perception, attitude, nature, mood, behavior and activities that differentiate among people. It is a tool to bring out one's abilities and powers for making himself aware of his inner self and become more confident to face the outside world. Personality means uniqueness, individuality and appearance, of a person and his/her reflection of thinking emotions, behavior, communication skills and corporeal characteristics.

Personality is not inherited rather it is developed. The process starts right from the students childhood. This personality is shaped afterwards on the basis of impact of various positive and negative factors in life. The importance of this understanding is that, one should always keep on improving his/her personality. In other words, if it is felt that there are some feathers in our personality that need to be worked upon them it can be done.

As from students point of view effective and impressive personality development program helps the students to face meet and overcome the challenges of the outside world more effectively and efficiently. It also makes easier for them to ascent complicated academic and corporate ladder more smoothly.

School also plays an important role in personality development of students. The child's intelligence is of course an important factor which decides his learning ability. Psychologically trained teachers work with children in a such a planned manner so that they adapt and modify their flavored concept for themselves. School acts as a means of socializing the child and of nurturing the mental health and personality alteration, necessary to facilitate him to take his place as a responsible citizen in a self governing world. Good teacher make their effort for the non intellectual as well as with intellectual development of children, even if they consider that the school should limit its objectives to intellectual development.

The influence of home's personality upon the practical efficiency has been broadly recognized. In recent years a variety of efforts have been done by professionals in

diverse fields to design and draft courses that will help development certain positive trends in personality.

The main fields which are focused for the whole sole development of one's personality are leader ship, interpersonal relation ship, communications in organizations, group dynamics and, team building, conflict management, performance appraisal, time management, motivation.



**Savio Johnson**  
BSCHMCS 2014-17 Batch-MCC COK

# Qualities of Good Chef



A chef is a career worker who cooks and create meals and dishes for a restaurant or similar establishment. A chef may also assist with various managerial and administrative task involved with operating a restaurant. Many students enroll in culinary school with the position of 'CHEF' as their career goal for achieving the goal. A good chef should have some qualities. The following are the top qualities of a good chef.

- 1 Creativity :- A chef must be very creative and always willing to try some thing new. Creativity inspires a foods presentation, while is very important to the over all dining experience.
- 2 Passion :- A good chef has a tremendous passion for food and cooking. They enjoy the process of selecting foods, preparing meals and creating menus.
- 3 Business Sense :- A great chef has a keen sense and runs a kitchen that produces quality foods but is also cost-effective and efficient.
- 4 Attention to detail: Chef pays a close attention to details. Cooking is a science and every ingredient and measurement has a specific role that a chef must be a continually aware of.
- 5 Team Player :- Chef understands that he or she is part of a larger food preparation team and that every one must work harmoniously to ensure the timely production of quality food. Chef must also work well with staff and management.
- 6 Practice :- Chef knows that preparing food requires

technique and skill that must be hone after years of practice. A great chef never stops perfecting his or her techniques.

- 7 Multi Task :- Chef is adapt at handling many tasks at once. A single chef might be responsible for several elements of a meal that all need to come together at the same time, and he or she must be able to ensure everything is completed at just the right moment.
- 8 Commitment to quality:- Chef is always committed to preparing highest quality meal. The seek out the finest ingredients and use the best technique to deliver the best product possible.
- 9 Quick Decisions:- Chef is able to think quickly and can make good decisions when problems arise. Because of the timely nature of the food preparation industry, problem solving must be done quickly to keep customers satisfied and operations flowing smoothly.
- 10 Handle criticism :- Chef can handle criticism from customers. Not every one will always like what a chef prepares and a good chef knows not to take poor review personally.  
Keep this point in mind make it a practice and achieve your goal god bless you.



Thulasi K.V.  
Faculty-Food Production-MCC COK

# Environment Friendly Cleaning Agents

**V**inegar- it is fermented ethanol and is preferred in bathroom and kitchen cleaning, or can be also used as fabric softener in laundry and if used with warm water than can be the excellent cleaner for glassware and window. The chemicals which we are using in cleaning the kitchen, bathroom, windows, and glassware or as fabric softener may contain Alpha- terpineol, Benzyl Acetate, Phenol, Ammonia, Benzyl Alcohol, Camphor, Chloroform, Ethyl Acetate, Limonene, Linalool, Pentane etc. According to the manufacturers' Material Safety Data Sheets, these chemicals have the potential to do things to human being such as:

- Cause central nervous system disorders, headaches, and loss of muscle coordination;
- Irritate mucous membranes and impair respiratory function;
- Cause nausea, vomiting, dizziness, or drowsiness;
- Cause liver or kidney damage;
- Cause skin disorders and allergic reactions;
- Cause cancer.

Lemon juice-It is a very good toilet cleaner, smells fresh and is free from airborne toxins. It can be used against hard water marks and deposited soap scum or to clean metal and wood surfaces. Lemon peel can be also used as a very good and natural air freshener. Normally the chemicals used at commercial level contain hydrochloric acid, a highly corrosive irritant to both skin and eyes that damages kidneys and liver; and hypochlorite bleach, a corrosive irritant that can burn eyes, skin and respiratory tract. If came in contact with other chemicals may cause chlorine fumes which may be Fatal.

Baking soda-It is white crystalline sodium bicarbonate and is act as the best abrasive cleanser and deodorizer, and is preferably used in the kitchen. It is low in toxicity and forms a "detergent" which reacts with grease and oil. The chemicals which are used on high rate in the industry are very harmful for the human being as they contain ammonia and some corrosive alkaline substance which can affect the respiratory system and can act as the skin allergic substance.

Borax- it is a natural occurring mineral also named as sodium borate and can be easily dissolved in water and is a wonderful cleaner! It helps in dissolving grease

and removing stains and also works as disinfectant, deodorizer and inhibits mould. It can also be used as a water or fabric softener. The cleaning products available in the market contain chlorine in a dry form that is highly concentrated and is harmful for mankind.

Soap flakes- They are the pure translucent flakes of vegetable oils and purified water and are biodegradable low toxic and unlike detergent, do not contribute to algal blooms in rivers. As detergents are neither soluble nor biodegradable and once put into water, they tend to remain there, resisting breakdown.

Eucalyptus and tea-tree oil- naturally scented disinfectants- add to hot water but can also be used neat as they are good for removing sticky goof off surfaces. Air fresheners available in the market usually contain formaldehyde, which when comes in contact with the skin can cause it to swell, burn, peel and break out in hives.

Washing soda- consisting of sodium carbonate (moderate alkaline) washing soda is useful in the kitchen for cutting through grease. Also removes stains and softens water. Most of the cleansers used for cleaning purpose include perchlorethylene, extremely irritable to eyes, skin and respiratory passages.



**Reshma Dharmajan**  
Faculty - MCC COK

# Personality Development



**W**hat do you mean by personality development ? Is it something about how you look, or how you speak? Or is it how easily you can connect with people? Personality development is none of these. Or somewhere it is all of it. In order to survive in today's world one needs to be smart and quick-witted all the time. It's no longer just about how much effort you put into your work but one's personality also has a lot to do with what one achieves. Here I have got twelve simple yet crucial tips over how you can acquire a well - meaning personality.

## ***Knowing yourself is the beginning of all wisdom – Aristotle.***

Obviously before you get on developing something you need to know all about it first. The same goes with your personality. One needs to start with taking a good look at themselves, analyzing their traits, the strengths and weaknesses and everything that needs to be worked upon. Don't shy away from accepting your flaws and learn about yourself as much as you can.

## ***Being positive in your outlook:***

Your thoughts and your actions both need to be positive in order to have an attractive personality. The way we think has a lot of effect on the way how we act. And if one prospers positive thoughts inside his mind then that also gives him a confidence boost and enhances their personality. Situations and circumstances in life can always be full of highs and lows. But in order to adopt

a positive outlook towards life, you need to find the brighter side of the things and focus on the good parts.

## ***Have an opinion:***

Having an opinion and being able to confidently put it forward doesn't just help making your conversations interesting but it also makes you look more influential and well informed around other people. Never shy away from projecting your opinions even if they happen to conflict with those of other people. Be well informed about all the relevant stuff in your surrounding and feel free to have opinions. It will make yourself feel important too.

## ***Meet new people:***

Meeting new and different kinds of people is a healthy step towards expanding your horizons and exposing yourself to a larger number of things. You get an opportunity to know more about other cultures and lifestyles and it significantly has a positive effect on your own personality.

## ***Read more often and develop new interests:***

A man of very few interests has very little to talk about. But if you are well informed about things and cultivate a number of interests, more people tend to like you. You can strike up interesting conversations instead of appearing to be dull and monotonous. When you

meet new people you do not have to think about what to say as you can share your knowledge or your interests and get them indulged in conversation.

### ***Be a good listener:***

“Most people do not listen with the intent to understand; they listen with the intent to reply”. When somebody talks to you, listen with interest and give them all the attention and importance. Maintain a direct eye contact and do not get distracted by the surroundings. It will help you in knowing a better deal about and attending them in a better way.

### ***Be a little fun:***

Oh yes, this is necessary ! Being able to find a humorous side in otherwise terrible situations and bringing a little quirkiness of your own is appreciated by one and all. Every body loves a person who can make them laugh and bring a funny perspective to the regular things of life. One does not need to be all serious and sober all the time but adorning your funny hat [not literally] every once in a while will turn you in to a more charming personality.

### ***Be courteous:***

Being courteous is never out of fashion and is well appreciated and respected by everyone. Be humble and greet everyone with a smile. Never shy away from helping or supporting your peers and being available to them whenever they need you. Doing random acts of kindness will not just make somebody else’s day but it will also make you come along as a pleasing person. Also it will give your personality a confidence boost. Be humble and down to earth to your juniors and seniors alike.

### ***Work on your Body Language:***

Body language is just as important for your personality as your verbal communication skills. It tells a lot about yourself and helps people in making accurate conjectures about you. Everything including the way you walk, sit, talk or eat leaves an impact over the people around you and having a correct body language can do wonders for your personality. Walk in an upright position with shoulders straight. Do not droop. Sit in a relaxed posture and make always eye contact while speaking.

### ***Check your attire:***

I am not abruptly beginning to emphasize about your exterior self instead of your skills and abilities but

one’s attire has an important role to play while making a desirable impression. And not just that , but it also gives yourself a confidence boost knowing that you look good and are dressed appropriately. Dress up in a decent manner keeping your surroundings in mind. While flashy continuation of colors and too much body tattoos or piercings convey an unprofessional attitude, neatly ironed clothes make you look presentable.

### ***Be yourself:***

Each one of us is different, we have our own sets of skills and flaws and trying to be somebody else gets you nowhere and just simply backfires. Trying too hard to fit in a new group or wanting to belong should never take your authenticity and singularity away. Never try moulding into another person but instead work on being the best version of yourself.

### ***Be confident:***

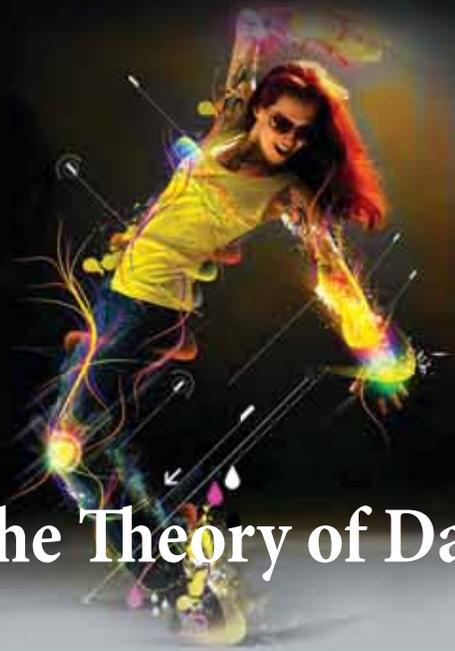
Yes, that’s the key. Being confident about who you are and what you are doing is the most important tip of personality development. Never doubt your capabilities and if there is something you need to work upon then put in all the effort so you can come over your fears and gain confidence. Read success stories or surround yourself with motivational thoughts or “encouragements” which can boost up your self esteem and help you in attaining a charming personality. Just everything you do, have faith in yourself and put in your hard work. There can be nothing more appealing in your personality than an incredible confidence.

## ***Professional Management in India***

Management is a key factor in our development. One of the main reasons of our unsatisfactory performance in the industrial field is the lack of professional management. The technology which has been so frequently imported could not be put to the best possible use in the absence of commensurate professional management support. In common parlance, Indian Management is described as “family management” with traditional values.



**George Mathew**  
Faculty-Accountancy-MCC COK



## The Theory of Dance

Theory of Dance is the philosophy underpinning contemporary dance, including formal ideologies, aesthetic concepts and technical attributes. It is fairly new field of study, developing largely in the 20th century. It can be considered a branch of expression theory and specifically musicality. While musicality deals with finding a particular matching pair of dance and music that fit each other in various aspects. Dance theory is a broad term encompassing the origins, styles, genre, footwork, artistic expression, etc. of dance.

Three broad categories of dance theory, as you may find them described in universities or dance institutes are philosophy (concerning the aesthetic meaning behind dance, or Semiotics) choreology (movement analysis and description), sociology (regarding the role of Dance in society and culture).

Dance theory deals with anatomical movements (such as foot-work etc) as well as Partner Interactions, and their associations to each other and to music as art. It explores the Communicative, physical, mental, emotional and artistic aspects of dance as a medium of Human expression and interaction. In doing so the various dance genres and styles are analysed with respect to their social settings and cultures.

As dance is a ubiquitous element of culture, dance theory attempts to determine the nature of dance and what makes various movement appear natural or forced.



Abhishek T.  
Integrated Programme 2014-2017 Batch-MCC TRV

## Just Take Care...

There was a blind girl, who hated herself just because she was blind. She hated everyone except her boyfriend. She said to him, if she could only see him, she would marry him. One day, someone donated a pair of eyes to her and then she could see everything, Including her boy friend. Her boy friend asked her, "Now you can see the world, Will you marry me?" The girl was shocked as she saw that her boy friend was blind too, and refused to marry him.

Her boy friend walked away in tears and later wrote a letter to her saying

*'Just Take Care of My Eyes Please'*



Amal V.R.  
Integrated Programme 2014-17 Batch-MCC TRV

**Royal  
Laurels  
2015**

## “5 secrets of having good health unleashed”

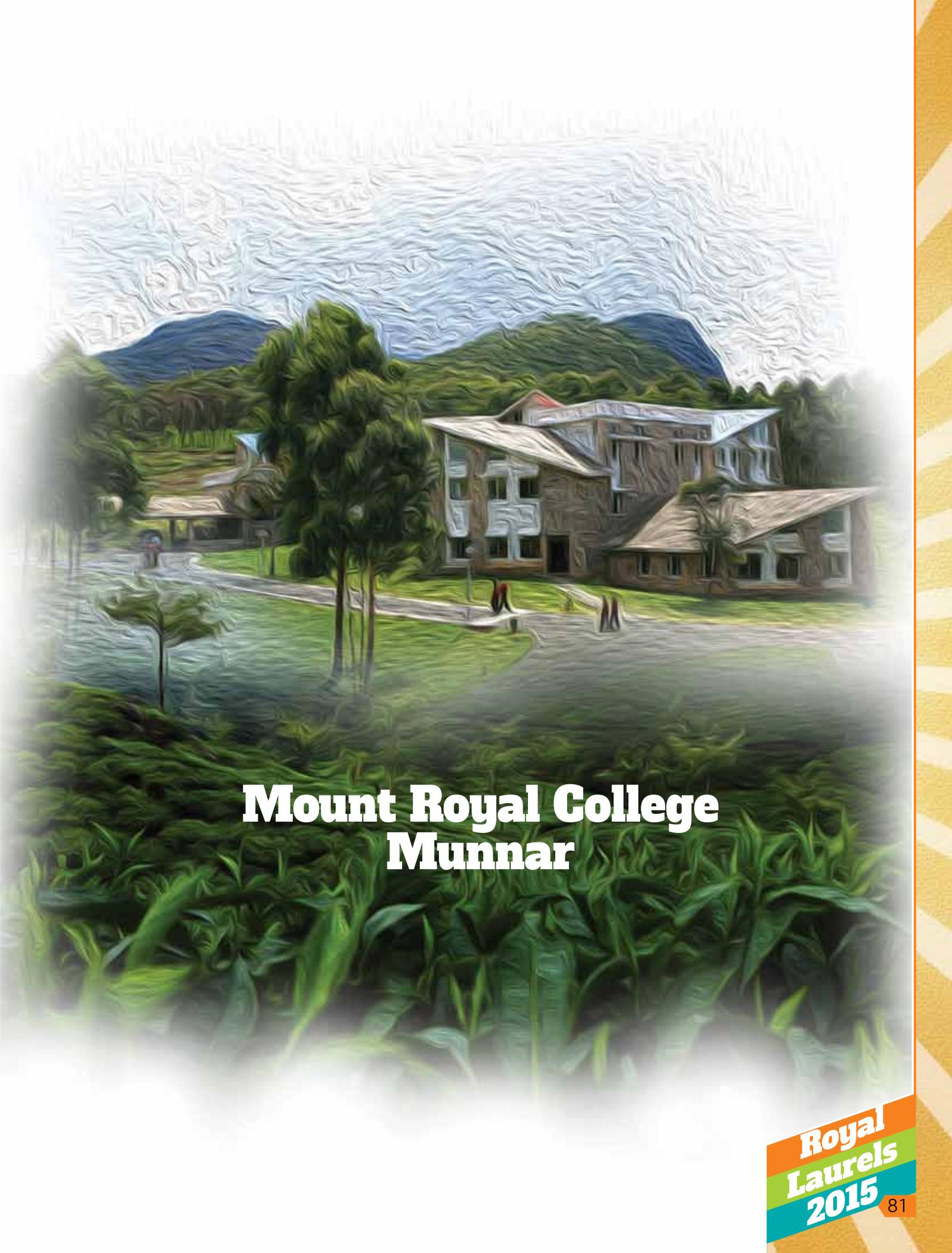
**A**void being obese – you have now learned that in order to lead a good health you have to shed weight. Parents should inculcate good habits in their children from the very beginning to rely on nutritious food and avoid junk food including sugary products.

Did you know that obesity have been found as one reason for premature death? This condition triggers various dreaded disease including type 2 diabetes, several heart diseases and high blood pressure, use BMI calculator frequently to check your weight from time to time. According to the World Health Organisation by 2030, around 23.6 Million people may die due to cardiovascular disease, mainly from heart disease and Stroke. So its time to check being obese.

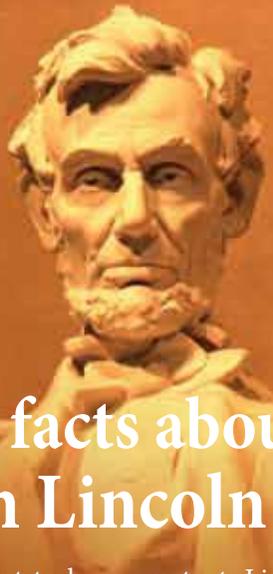
- 1 Eat less Salt:- Excess intake of salt in your diet is one reason for increasing your blood pressure. Moreover it makes you vulnerable to heart attacks and high blood pressure. The recommended intake of salt has been around 2.3 gram or 2300 milligrams which is equivalent to 1 teaspoon. Low intake of salt means lowering your cholesterol level, thus you can have good health.
- 2 Improve your sleep:- Good health comes automatically if you can have a good night sleep. In the absence of it you may be prone to various diseases including type 2 diabetes. At least six to seven hours sleep has been recommended by doctors to have a good health, when you wake up fresh to complete your pending tasks.
- 3 Rely more on fruits and vegetables:- You have heard it on a number of occasions that eating fruits and vegetables bring you good health. Unfortunately in many cases still people run towards junk food and have been found tempted towards burger, pizza and soda drinks, which brings various diseases at your door steps. Its time to take a pledge to eat more fruits and vegetables for the sake of your loved ones.
- 4 Check that unwanted lump: - Cancer causes more deaths. So its time to turn towards point and detect it early and beat in its own backyard. If you come across small changes in you body including the bothering mole or unexplained weight loss go to a doctor today to check that unwanted lump and defeat cancer early to have a good health.
- 5 Say good bye to stress:- Stress has been around everywhere, but you should know the art of controlling stress before it takes its toll and put you in a danger zone. Take life easy, it will definitely bring your stress down.



**Phaoreichan Kashung**  
Professional Cookery-2014-15 Batch-MCC TRV



# Mount Royal College Munnar



## Interesting facts about Abraham Lincoln

- 1 He was the only president to have a patent: Lincoln invented a device to free steamboats that ran around.
- 2 He practiced law without a degree. Lincoln had about 18 months of formal schooling.
- 3 He wanted women to have the vote in 1836. The future president was a suffragette before it became fashionable.
- 4 He was a big animal lover, but he wouldn't hunt or fish. If he were alive today, Lincoln would be running an animal shelter.
- 5 He really was a wrestler. Lincoln was documented as taking part in wrestling bouts. We don't think he wore a mask or had a manager.
- 6 He lost in his first bid for a presidential ticket. The unknown Lincoln was an unsuccessful vice presidential candidate in 1856 at the Republican convention.
- 7 He never belonged to an organized church. Lincoln read the Bible daily, but he never joined an organized church in his lifetime.
- 8 He didn't drink, smoke, or chew. Lincoln was a simple man of tastes, and he never drank in the White House.
- 9 He didn't have a middle name. Lincoln went through his life with two names.
- 10 He hated being called Abe. Apparently, he preferred being called by his last name.
- 11 Lincoln established Thanks giving as a national holiday.
- 12 He was the first president born outside of the 13 original states.
- 13 Lincoln loved to eat oysters.
- 14 Lincoln's cat ate at the White House dinner table.
- 15 His dog was named Fido.



Allen Siby  
B.Com F&T-MRC

## Success

We all heard about success. It's different from person to person. It is the status of having achieved and accomplished an aim or objective. To be successful means achievement of desired visions and planned goals. Success is different for everyone. The willingness and ability to stick to a task until you reached the desired outcome is one of the most important principle success. "Action is the foundational key to all success" (Pablo Picasso, famous painter) To be successful we should follow certain steps in our life

### **Think Big:**

According to great Renaissance artist Michelangelo. "The greater danger for most of us lies not in setting our aim too high and falling short; But in setting our aim too low, and achieving our mark"

### **Don't be afraid of failures:**

According to founder of ford motors Henry Ford "Failure is simply the opportunity to begin again this time more intelligently

### **Be a man of action**

According to renaissance genius Lenonardo Da Vinci. "It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things

### **Don't be afraid of introducing new ideas**

According to famed author Mark Twain. A person with a new idea is a crank until the idea succeeds.

### **Believe in your capacity to succeed**

According to founder of Walt Disney company Walter Disney "If you can dream it, You can do it"

### **Be willing to work hard**

According to founder of Jc Penney Inc Jc Penney "Unless you are willing to drench yourself in your work beyond the capacity of the average man, You are just not cut for positions at the top

### **Always maintain a positive attitude**

According to 3rd president of America Thomas Jefferson "Nothing can stop the man with the right mental attitude from achieving his goal, nothing on earth can help the man with the wrong mental attitude"

And finally success does not mean the absence of failure, It means the attainment of ultimate objective it means winnings the war not energy battle  
**"The world's most successful people"**



Tessy Devasia  
Bcom Finance & Taxation-MRC

# Secrets of Taking Better Photos

I was extremely lucky to have many talented and generous photographers take me under their wing to show me the ropes. Without their valuable advice there is no way I would have become the small photographer I am today. Here are some small tricks to get a better snap.

## 1. Get in close

It was the famous photojournalist Robert Capa who once said “If your photographs aren’t good enough, you’re not close enough.” He was talking about getting in amongst the action. If you feel like your images aren’t ‘popping’, take a step or two closer to your subject. Fill the frame with your subject and see how much better your photo will look without so much wasted space. The closer you are to the subject, the better you can see their facial expressions too.

## 2. Shoot every day

The best way to hone your skills is to practice a lot of shoot as much as you can – it doesn’t really matter what. Spend hours and hours behind your camera. As your technical skills improve over time, your ability to harness them to tell stories should too.

Don’t worry too much about shooting a certain way to begin with. “Experiment. Your style – your ‘voice’ – will emerge in time. And it will be more authentic when it does.”

## 3. See the light

Before you raise your camera, see where the light is coming from, and use it to your advantage. Whether it is natural light coming from the sun, or an artificial source like a lamp; how can you use it to make your photos better? How is the light interacting with the scene and the subject? Is it highlighting an area or casting interesting shadows? These are all things you can utilise to make an ordinary photo extraordinary.

## 4. Ask permission

When photographing people, especially while in places with different cultures and languages, it can be hard to communicate. In certain places or occasions, if you photograph someone you are not ‘supposed’ to photograph, it can get ugly and rough very quickly if you are not careful. So out of respect you should always ask permission.

## 5. Use flash during the day

You might think that you should only use flash at night time or indoors, but that’s not the case at all. If it is an extremely bright day outside and the sun is creating harsh shadows on your subject, switch on your flash. By forcing extra light onto your subject, you will be able to fill in those ugly shadows and create an even exposure.

## 6. ISO

There are questions to ask yourself when deciding what ISO to use:

What time of day are you shooting? If you are shooting outside during the middle of the day you will need to use a lower ISO such as 100 or 200. If you are shooting at night time without a tripod you will have to increase the ISO to a higher number to be able to record the light on the camera’s sensor.

Will the subject be well lit? If your subject or scene is too dark you will need to use a higher ISO such as 800 or 1600.

## 7. f/4

f/4 is my ‘go to’ aperture. If you use a wide aperture with a long lens (200mm-400mm) you’re able to separate the subject from the background.

## 8. You’ve got to be joking

A well timed joke will always yield a more natural smile, than simply saying “smile please”

## 9. Buy books, not gear

Having expensive camera equipment doesn’t always mean that you’ll take good photos. I’ve seen some absolutely amazing images shot with nothing more than



a smart phone. Instead of having ten different lenses, INVEST in some fantastic photography books. By looking at the work of the masters, not only do you get inspired, you come away with ideas to improve your own photos.

### **10. Read your camera's manual**

The best way to know what to do with your camera is to actually read the manual. So many people miss this really important step on their photographic journey. Every camera is different, so by reading the manual you'll get to know all the funky things it's capable of.

### **11. Slow down**

Take time to think about what is going on in the viewfinder before pressing the shutter. How are you going to compose the shot? How are you going to light it? Don't jump straight in without giving it some thought first.

### **12. Stop chimping (checking the photo on the back screen)**

It's a bad habit digital photographers can develop. Time and time again I see photographers take a photograph and then look at the back of the screen straight away. By doing that you could miss all the special moments. You can look at your photos later. You can miss 'the shot' and it affects the flow of your work, so just keep shooting!

### **13 Shape with light**

Never shoot with the sun directly behind you. It creates boring, flat light on the subject. If you shoot with the light source to the side or behind the subject, you are able to shape with the light creating a more interesting photo.

### **14 Watermarks**

This tip isn't in direct relation to TAKING photos, but it does affect the look of photos. When it comes to watermarks, the smaller the better. And if you can avoid using them, do.

### **15 Be present**

This means make eye-contact, engage and listen to your subject. With the eyes – lower the camera and be human.

### **16 Shutter speed**

Being aware of your shutter speed means the difference between taking a blurry photo and a sharp photo. It all depends on what you are after.

### **17 Charge your batteries**

This seems like a simple one, but pretty much every

photographer on the face of the planet has been caught out before, including myself. The trick is to put the battery onto the charger as soon as you get home from your photo shoot. The only thing then is to make sure you remember to put it back into the camera after it has been recharged...

### **18 Focal length**

Keep it simple. I shoot with two prime lenses and one camera; A 28mm and a 35mm. For everything. I use the 35mm lens 70% and the 28mm lens 30% of time. It takes some time to get used to, but once you work it out, shooting primes is the only way to go. It means you have to work with what you have and you can't be lazy.

### **19. Shoot with your mind**

Even when you're not shooting, shoot with your mind. Practice noticing expressions and light conditions. Work out how you'd compose a picture of that scene over there that interests you, and what sort of exposure you might use to capture it best.

### **20 Return the favor**

Always remember that if you are shooting people in a different country, they are probably doing you a favor by posing. So the least you can do is return this favor some way or another.

### **21 Have a camera on you at all times**

You can't take great photos if you don't have a camera on you, can you? DSLR, point-and-shoot or smart phone, it doesn't really matter. As long as you have access to a camera, you're able to capture those spontaneous and unique moments in life that you might have otherwise missed.

### **22 The golden hour**

Shoot portraits and landscapes in the golden hours — the light is softer and the colours are more vibrant.

### **23. Keep it simple**

Don't try to pack too many elements into your image; it will just end up looking messy. If you just include one or two points of interest, your audience won't be confused at where they should be looking or what they should be looking at.

### **24 Don't get bogged down by equipment**

We've all seen these types of photographers out and about. They usually have three or four different cameras strapped around their necks with lenses long enough for an African safari. In reality, there's probably no need for all that equipment. One body with one or two lenses

means that you'll be freer in your movements to capture interesting angles or subjects on the move.

### **25. Be aware of backgrounds**

What's in your frame? So often I see great photos and think "didn't they see that garbage bin, ugly wall, sign, etc?" It's not just the person or object in your frame, it's everything else in the background that can make or break a great photograph. So don't be afraid to ask the person to move (or move yourself) to avoid something ugly in the background.

### **26 Shade**

Shade can be your best friend. If there is no way you can make the available light work for your photo, shoot in the shade. You'll get a nice even exposure with no patchy highlights throughout your shot.

### **27. Don't spend too much time post-processing**

The key is to get it right in the camera first, so you don't HAVE to spend time editing. Over working a photo in editing software very rarely looks good, unless you are trying to achieve a super-artsy effect. If it takes you longer than ten minutes to alter your photo, maybe think about going back out into the field to re-shoot it.

### **28. Become one with the camera**

Push the button regardless of the outcome so the camera becomes part of your hand.

### **29. Hold your camera properly**

You might not know it, but there is a right way and a wrong way to hold a DSLR camera. The correct way is to support the lens by cupping your hand underneath it. This is usually done with the left hand, with your right hand gripping the body of the camera. This helps to prevent camera shake

### **30. Break the rules**

Now that you know some of the rules, go ahead and break them! Experiment. Have fun. Learn from your mistakes. Make up your own tips and techniques for taking fantastic photographs.

"If you don't like a rule.....  
just follow it...  
Reach on the top ...and change the rule"  
-Adlof Hitler

Go forth and shoot!



Anandhu Udayakumar  
B.Com Finance & Taxation-MRC

# To be a Better Person



**S**mile: Smile makes a mile of difference. Smile radiates smile. You are not well dressed when there is no smile in your face. Yes and No can be said with a smile.

**Listen:** Listening is respecting. Let us first listen and then speak. Never monopolize a conversation. Listening reduces both communication gap and generation gap.

**Be humble:** Humility is the virtue of the strong. Humility reduces audacity and retains relationships.

**Reduce Prejudices:** People perceive differently. It is but natural. Diversity is distinct in every part of nature. Let us open to others views and actions, rather than being prejudiced. Being prejudiced is being narrow minded.

**Let us be accommodative to others beliefs and religions.** People differ in their perceptions and attitudes. The earlier we realize the better it is.

**Put across your feelings:** Share your feelings about work. Positive emotions are to be expressed. Tell people how good you feel about what they did, and how it helps the organization and the other people who work there.

**Give appreciation profusely:** The key to good relationship is to appreciate others. You can add extra value to the appreciation by letting the individual know, what his words or actions contributed to others positively.

**We must have a win-win policy:** Everybody has his own ego and it must be tolerated. When another person is going to in a pathetic situation because of our words and actions, let the other person save his face.



Babli Krishnan  
Assi. Librarian cum Office Assi. - MRC

*Life is till death only*

**Royal  
Laurels  
2015**

# Dreams

**D**reams are successions of images, ideas, emotions, and sensations that occur involuntarily in the mind during certain stages of sleep. The content and purpose of dreams are not definitively understood, though they have been a topic of scientific speculation, as well as a subject of philosophical and religious interest, throughout recorded history. The scientific study of dreams is called oneirology.

Dreams mainly occur in the rapid-eye movement (REM) stage of sleep—when brain activity is high and resembles that of being awake. REM sleep is revealed by continuous movements of the eyes during sleep. At times, dreams may occur during other stages of sleep. However, these dreams tend to be much less vivid or memorable.

The length of a dream can vary; they may last for a few seconds, or approximately 20–30 minutes. People are more likely to remember the dream if they are awakened during the REM phase. The average person has three to five dreams per night, but some may have up to seven dreams in one night. The dreams tend to last longer as the night progresses. During a full eight-hour night sleep, most dreams occur in the typical two hours of REM.

In modern times, dreams have been seen as a connection to the unconscious mind. They range from normal and ordinary to overly surreal and bizarre. Dreams can have varying natures, such as frightening, exciting, magical, melancholic, adventurous, or sexual. The events in dreams are generally outside the control of

the dreamer, with the exception of lucid dreaming, where the dreamer is self-aware. Dreams can at times make a creative thought occur to the person or give a sense of inspiration.

Opinions about the meaning of dreams have varied and shifted through time and culture. The earliest recorded dreams were acquired from materials dating back approximately 5000 years, in Mesopotamia, where they were documented on clay tablets. In the Greek and Roman periods, the people believed that dreams were direct messages from one and/or multiple deities, from deceased persons, and that they predicted the future. Some cultures practiced dream incubation with the intention of cultivating dreams that are of prophecy.

Sigmund Freud, who developed the discipline of psychoanalysis, wrote extensively about dream theories and their interpretations in the early 1900s. He explained dreams as manifestations of our deepest desires and anxieties, often relating to repressed childhood memories or obsessions. In *The Interpretation of Dreams* (1899), Freud developed a psychological technique to interpret dreams and devised a series of guidelines to understand the symbols and motifs that appear in our dreams.



Jessy Edison  
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## Manali

**M**anali is a hill station nestled in the mountains of the Indian state of Himachal Pradesh near the northern end of the Kullu Valley, at an altitude of 2,050 m (6,726 ft) in the Beas River Valley. It is located in the Kullu district, about 270 km (168 mi) north of the state capital, Shimla. The small town, with a population of 8,096, is the beginning of an ancient trade route to Ladakh and from there over the Karakoram Pass on to Yarkand and Khotan in the Tarim Basin. It has become a tourist attraction in recent years.

### *History*

In ancient times, the valley was sparsely populated by nomadic hunters known as ‘rakshas’. The next arrivals were the shepherds who arrived from the Kangra Valley and settled to take up agriculture. Some of the earliest inhabitants of the region are the ‘naur’ or ‘nar’, which is a caste unique to the Kullu valley. Only a few naur families are known to exist now. A naur family in the village Soyul near Haripur on the west bank of Manali was famous for

the vast land they owned and their practice of having ‘rakshas’ as their labourers.

The British introduced apple trees and trout. The first apple orchard was set up by the British near Patlikuhl, which were earlier not native to Manali. It is said that when apple trees were first planted, the fruits were so plentiful that often branches, unable to bear the weight, would collapse. To this day, apple—along with plum and pear—remain the best source of income for the majority of inhabitants.

Tourism in Manali received a boost after the rise of militancy in Kashmir in the late 1980s. This once quiet village was transformed into a bustling town with many hotels and restaurants.



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# Famous Quotes of William Shakespeare

**W**illiam Shakespeare was a well known English poet and a play writer. Famous for plays such as, Antony and Cleopatra, Coriolanus, Hamlet, Julius Caesar, Macbeth, Othello, Romeo and Juliet and many many more...

We have put together a list of our favourite William Shakespeare Quotes below.

## **40 Favorite William Shakespeare Quotes**

Love all, trust a few, do wrong to none.

A fool thinks himself to be wise, but a wise man knows himself to be a fool.

Some are born great, some achieve greatness, and some have greatness thrust upon them.

If you prick us do we not bleed? If you tickle us do we not laugh? If you poison us do we not die? And if you wrong us shall we not revenge?

All the world's a stage, and all the men and women merely players: they have their exits and their entrances; and one man in his time plays many parts, his acts being seven ages.

If music be the food of love, play on.

God has given you one face, and you make yourself another.

It is not in the stars to hold our destiny but in ourselves.

Ignorance is the curse of God; knowledge is the wing wherewith we fly to heaven.

To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man.

When a father gives to his son, both laugh; when a son gives to his father, both cry.

As soon go kindle fire with snow, as seek to quench the fire of love with words.

Better three hours too soon than a minute too late.

Cowards die many times before their deaths; the valiant never taste of death but once.

The course of true love never did run smooth.

Listen to many, speak to a few.



And this, our life, exempt from public haunt, finds tongues in trees, books in the running brooks, sermons in stones, and good in everything.

Better a witty fool than a foolish wit.

A peace is of the nature of a conquest; for then both parties nobly are subdued, and neither party loser.

It is a wise father that knows his own child.

The evil that men do lives after them; the good is oft interred with their bones.

There is nothing either good or bad but thinking makes it so.

Suspicion always haunts the guilty mind.

No legacy is so rich as honesty.

Love to faults is always blind, always is to joy inclined.

Lawless, winged, and unconfined, and breaks all chains from every mind.

Our doubts are traitors and make us lose the good we often might win by fearing to attempt.

Love is a smoke made with the fume of sighs.

An overflow of good converts to bad.

Women may fall when there's no strength in men.

The empty vessel makes the loudest sound. Life is as tedious as twice-told tale, vexing the dull ear of a drowsy man.

How poor are they that have not patience! What wound did ever heal but by degrees?

Who could refrain that had a heart to love and in that heart courage to make love known?

Words without thoughts never to heaven go.

False face must hide what the false heart doth know.

Love sought is good, but given unsought, is better.

What's done can't be undone.

Love is not love that alters when it alteration finds.

The golden age is before us, not behind us.

They do not love that do not show their love.

He was set to take part in a duel, but it was cancelled at the last second.

Lincoln kept his important documents inside his hat.

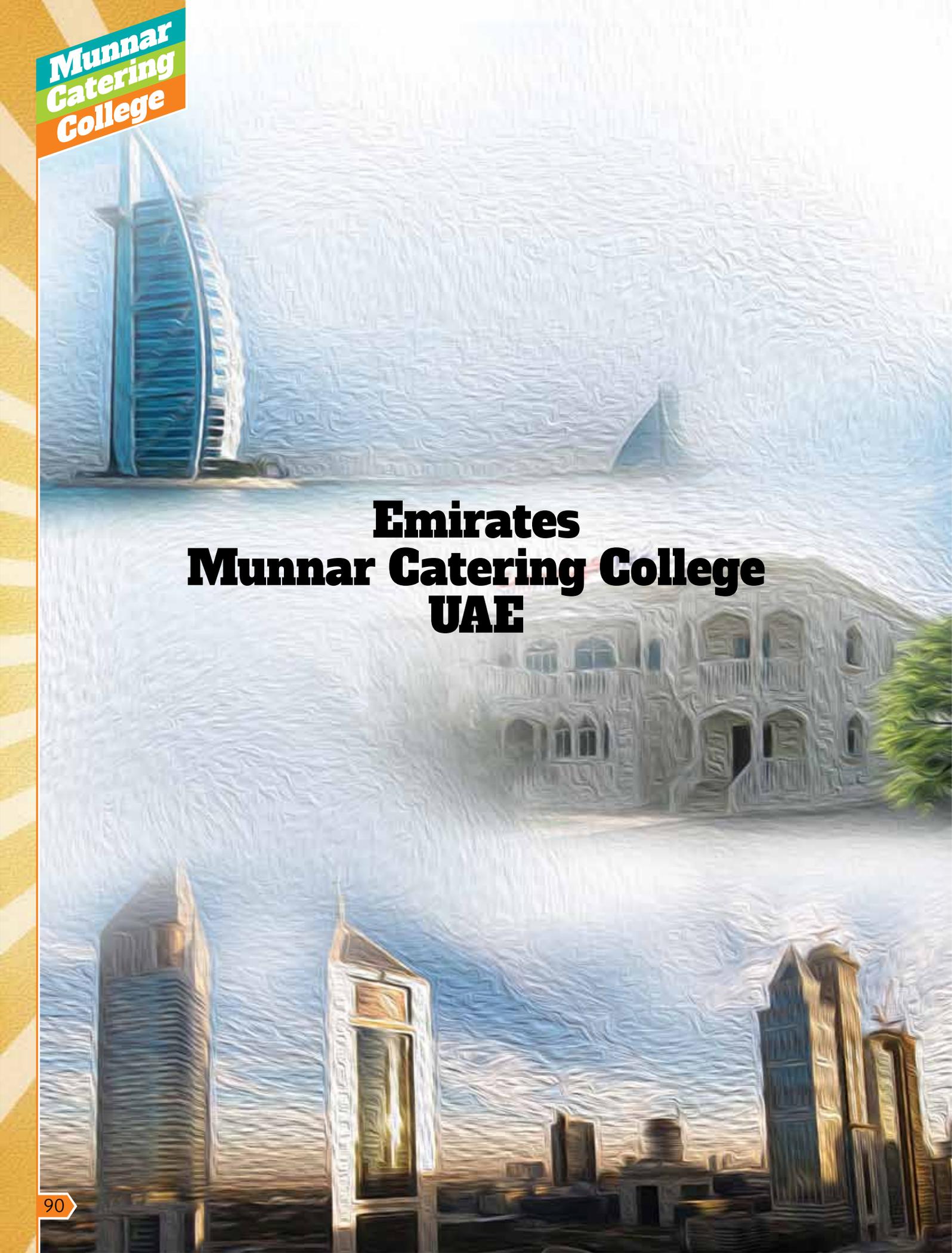
Lincoln's dog Fido was killed by a drunken assailant a year after Lincoln died.

Lincoln's suit was made by Brooks Brothers.

Lincoln's guest at Ford's Theater was Ulysses S.



**Royal  
Laurels  
2015**



**Emirates  
Munnar Catering College  
UAE**

# 7 Emirates of UAE

## **ABU DHABI**

Abu Dhabi is the capital and the second most populous city in the United Arab Emirates (the most populous being Dubai), and also capital of Abu Dhabi emirate, the largest of the UAE's seven member emirates.

## **DUBAI**

Dubai is located on the southeast coast of the Persian Gulf and is one of the seven emirates that make up the country. Abu Dhabi and Dubai are the only two emirates to have veto power over critical matters of national importance in the country's legislature. The city of Dubai is located on the emirate's northern coastline and heads up the Dubai- Sharjah -Ajman metropolitan area. Dubai is to host World Expo 2020.

## **AJMAN**

Ajman is the capital of the emirate of Ajman in the United Arab Emirates, located along the Persian Gulf. The city has a population of 225,000 (2003 census estimate). The urban area runs directly into the city of Sharjah along the coast to the south west, which in turn is adjacent to Dubai, forming a continuous urban area

## **FUJAIRAH**

Fujairah is one of the seven emirates that make up the United Arab Emirates, and the only one of the seven that has a coastline solely on the Gulf of Oman and none on the Persian Gulf.

## **RAS AL KHAIMAH**

Ras al-Khaimah is a Persian Gulf Arabemirate and a member of the United Arab Emirates (UAE). Its name means "Top of the Tent". The emirate is in the northern part of the UAE, bordering Oman's exclave of Musandam. It covers an area of 1,684 square km. The capital city and home of most residents is also called Ras Al Khaimah.

## **SHARJAH**

Sharjah is the third largest and third most populous city in the United Arab Emirates, forming part of the Dubai-Sharjah-Ajman metropolitan area. It is located along the northern coast of the Persian Gulf on the Arabian Peninsula. Al Qasba is a neighbourhood of Sharjah.

## **UMM AL QUWAIN**

Umm al Quwain is the least populous of the seven sovereign emirates in the United Arab Emirates, located in the north of the country. The emirate is ruled by Saud bin Rashid Al Mu'alla. The emirate had 62,000 inhabitants in 2003 and has an area of 750 square kilometers.



Anand T.  
BTS 2013-16 Batch – EMCC

# A Trip to Iceland Aqua park Ras al khaimah

That was a not a normal Wednesday, since we went to ICELAND PARK , It turned in to a memorable day. As I want to share the memories , I will explain about the park in between the lines.

Iceland Water Park of Ras Al Khaimah is themed as Penguin Home Land. The park spreads across an area of 103,000 square meters with several traditional attractions.

Some of the water attractions in the water park are Penguin Falls, Rocky Polar Mountains that consist of different water slides, Penguin Bay, Aqua Soccer, Rain Dance Pool, Arctic Wave Pool, Eddy Pond, Kids' Cove, and Tundra Baths. The opening hours of the park from Thursday to Saturday are 10am to 7pm, Sunday to Wednesday from 10am to 6pm, and on Friday, it will be 10am to 6pm. We went at exactly 10:30 am. The water park insists that the visitors should wear swimming costumes. Swimwear should not contain buckles, zippers, snaps or other metallic things. Chains are not permitted, and the long hair has to be tied up.. Some of the students were asked to change it since they are in zippers. To enter the Iceland RAK, you have to buy tickets directly from the park itself or through online booking. The prices of the ticket vary according to the height of the person. Free admission is for those who are below the height of 0.80meter when adult is accompanied. Individuals below the height of 1.2 meters are considered as child. Adults should accompany kids below the age of 10 years.

Individuals above the height of 1.20 meters should pay the entrance fee of AED 150, and individuals below the height of 1.20 meters should pay an entrance fee of AED 100. Iceland Water Park of Ras AL Khaimah offers excellent packages and rate to school students as well as college students. We went on a special college pack. Corporate people also can enjoy discounted rates for product launch, team building events, dealer meets and

get together for employees. Celebrating your birthday at Iceland Water Park will be an extraordinary experience as you can choose from two different birthday packages.

Outside food is not allowed in the water park. Iceland RAK has three different restaurants such as Platter, Food Village and Snow castle. Platter offers various foods including Filipino cuisines. Food Village is a gourmet restaurant in the water park. Snow Castle is another gourmet restaurant that offers a variety of foods and beverages. But we forgot to have lunch even since all of them were enjoying the rides in the park. The water park is themed as freezing desert decorated with snow, ice and model penguins. One of the unique features of the Iceland Water Park is the artificial coral reef with seawater and real fish. Several types of water rides are also offered at the Iceland Water Park of Ras AL Khaimah. These water rides can be enjoyed by people of different age groups.

The highest ride-only two of the students dare to try it... and even they too not ready for the second attempt.

In the football court, we met Uzbekistan guys and played a fives match and of course we won it by 7- 3.

The staff were so down to earth , and showed great hospitality to us. We all wish to go back again since were able to see all of the park's features fully.



**Madhankumar K.**  
Faculty-EMCC



## Dubai Police Force

The Dubai Police Force is the 15,000 strong police force for the city of Dubai, in the United Arab Emirates. They come under the jurisdiction of the Vice President and Prime Minister of the UAE (who in turn is the ruler of Dubai), and they cover an area of 4,114 square kilometres and a population of 2,106,177 people.

### *Uniform, equipment and vehicle* *Typical Dubai Police vehicle*

The standard uniform of the Dubai police officer is an olive green shirt with a red band running under the left arm and looped through the left epaulette, a dark green beret with a golden badge depicting the logo of the police force, olive green trousers and black boots. Women officers generally wear a headscarf due to the fact that Islam is the official religion of the state.

Alternatively, officers wear a light brown shirt and trousers, though the rest of the uniform remains the same. High-ranking officers wear a combination and rank badges on the collar, together with their light brown uniform

In Dubai, both male and female police officers carry semi-automatic handguns while SWAT gain a varied arsenal of weapons such as the Heckler & Koch MP5 sub-machine gun, Glock 17 pistols, Ithaca 37 shotguns and

other weapons depending on the situation encountered.

Dubai Police vehicle at the entrance of Dubai Gold Souk. The Dubai police vehicles are painted with a white and dark green colour scheme, with all blue emergency lights. Every Dubai police vehicle has the force's website and email addresses printed on it. In addition to cars, the force also employs motorcycles, helicopters and boats.

The Dubai Police Force has recently acquired a few luxury and high-performance vehicles (which include a Lamborghini Aventador LP 700-4, a Ferrari FF, a Chevrolet Camaro SS, a Mercedes-Benz SLS AMG, a Bentley Continental GT, a limited edition Aston Martin One-77, Ford Mustang GT, a BMW M6 Gran Coupé, a Brabus G63 AMG, a Bugatti Veyron, an Audi R8, a Nissan GT-R, Mercedes-Benz SL63 AMG, a McLaren MP4-12C, a Hummer H3, a Lexus GS and a Porsche), which are to be used for patrolling tourist areas. General duties and patrols are carried by Chevrolet, Toyota and Nissan vehicles. In 2013, the force saw the arrival of new eco-friendly vehicles, which are one seaters but can carry an additional passenger.

The police force closely cooperates with Civil Defence and Ambulance personnel.



Sebin Sunil  
BTS 2013-16 Batch-EMCC

# Knife

A knife (plural knives) is a cutting tool with a cutting edge or blade, hand-held or otherwise, with or without a handle.

Knife-like tools were used at least two-and-a-half million years ago, as evidenced by the Oldowan tools. Originally made of rock, bone, flint, and obsidian, knives have evolved in construction as technology has, with blades being made from bronze, copper, iron, steel, ceramics, and titanium.

Many cultures have their unique version of knife. Due to its role as first tool, certain cultures have attached spiritual and religious significance to the knife.

## ***Kitchen knives***

A kitchen knife is any knife that is intended to be used in food preparation. While much of this work can be accomplished with a few general-purpose knives – notably a large chef's knife, a tough cleaver, and a small paring knife – there are also many specialized knives that are designed for specific tasks. Kitchen knives can be made from several different materials.

## ***Different types of knife***

Also known as a cook's knife or French knife, the chef's knife is an all-purpose knife that is curved to allow the cook to rock the knife on the cutting board for a more precise cut. The broad and heavy blade also serves for chopping bone instead of the cleaver making this knife the all purpose heavy knife for food preparation. Chef's knives are most commonly available between 15 cm and 30 cm (6 and 12 inches), though 20 cm (8 inches) is the most common size.

## ***Utility knife***

A utility knife is between a chef's knife and paring knife in size, about 10 cm and 18 cm (4 and 7 inches) in length. The utility knife has declined in popularity, and is at times derided as filler for knife sets.

## ***Sancoku***

The Santoku has a straighter edge than a chef's knife, with a blunted sheep's foot-tip blade and a thinner spine, particularly near the point. From 12 cm to 18 cm (5 to 7 inches) long, a true Japanese Santoku is well-balanced, normally flat-ground, and generally lighter and thinner

than its Western counterparts, often using superior blade steels to provide a blade with exceptional hardness and an acute cutting angle.

## ***Paring knife***

A paring knife is a small knife with a plain edge blade that is ideal for peeling and other small or intricate work (such as de-veining a shrimp, removing the seeds from a jalapeño, 'skinning' mushrooms or cutting small garnishes). It is designed to be an all-purpose knife, similar to a chef's knife, except smaller. Paring knives are usually between 6 and 10cm (2½ and 4 inches) long.

## ***Slicing knife***

A slicing knife serves a similar function to a carving knife, although it is generally longer and narrower. Slicers may have plain or serrated edges.

## ***Boning or fillet knife***

A boning knife is used to remove bones from cuts of meat. It has a thin, flexible blade, usually about 12 cm to 15 cm (5 or 6 inches) long, that allows it to get in to small spaces. A stiff boning knife is good for beef and pork, and a flexible one is preferred for poultry and fish. Filet knives are like very flexible boning knives that are used to filet and prepare fish. They have blades about 15



cm to 28 cm (6 to 11 inches) long, allowing them to move easily along the backbone and under the skin of fish.

### ***Cleaver knife***

A meat cleaver is a large, most-often rectangular knife that is used for splitting or “cleaving” meat and bone. A cleaver may be distinguished from a kitchen knife of similar shape by the fact that it has a heavy blade that is thick from the spine to quite near the edge. The edge is sharply-beveled and the bevel is typically convex. The knife is designed to cut with a swift stroke without cracking, splintering or bending the blade.

### ***Bread knife***

Serrated knives are able to cut soft bread without crushing it; one was exhibited at the World’s Columbian Exposition in 1893 in Chicago by the Friedrich Dick company . Knife had sections of grooves or serrations, inclined with respect to the axis of the blade, that form individual small cutting edges which were perpendicular to the blade and thus cut without the excessive normal pressure required of a scalloped blade and without the horizontal force required by positive-raked teeth that would dig into the bread like a wood saw.



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BTS 2013-16 Batch – EMCC

# Dubai: Nightlife

Dubai being a popular tourist destination attracts a large number of visitors especially from Middle East when it comes to Dubai nightlife. Nightlife of Dubai is considered to be very luxurious and one of the top class among other top clubbing destinations such as Miami and Ibiza. Dubai nightlife is very energetic with large number of clubs with gate entrance policy of free entries to the ones who only take guest list / table booking. The bars and nightclubs in Dubai are divided by four different main areas. Dubai being a popular tourist destination attracts a large number of visitors especially from Middle East when it comes to Dubai nightlife. Nightlife of Dubai is considered to be very luxurious and one of the top class among other top clubbing destinations such as Miami and Ibiza. Dubai nightlife is very energetic with large number of clubs with gate entrance policy of free entries to the ones who only take guest list / table booking. The bars and nightclubs in Dubai are divided by four different main areas.

1. Sheikh Zayed Road
2. Burdubai
3. Deira
4. Jumeirah and JBR

From glamorous bars to off-the-hook clubs and a spread of fashionable restaurants, Dubai, as always, has a whole host of brand new nightlife openings. So if you’re planning a wild night out, a celebratory meal, or just want to revel in Dubai’s unique brand of glitz during your holidays, look no further – these are the newest places to party right now. Dubai has an excellent nightlife scene with a large choice of bars and nightclubs to be enjoyed. Most of the licensed bars are in hotels but there are some exceptions.

Dubai also has some interesting laws when it comes to nightclubs. They all must close at 3.00am, 21 is the official minimum age allowed to purchase alcohol though some clubs can also refuse entry to anyone under 25.

At some of the most prestigious clubs in the city, doormen tend to be a little strict, but as long as you have at least one girl in your party, you should be fine.



Sanjay V.S.  
BTS 2013- 16 Batch – EMCC

# UAE's Most Expensive Hotel Rooms

The UAE's love for opulence is clearly visible in its glamorous and oftentimes gaudy hotels. The Burj Al Arab was nicknamed a 'seven-star' hotel over a decade ago and Abu Dhabi's Emirates Palace has more lights than one can ever hope to count in a lifetime. In a glitzy mood, Gulf Business decided to enquire about the room rates for the best suites on offer at the country's ultra-luxurious hotels for a single weekday night in June

## **Royal Bridge Suite, Atlantis The Palm**

**Price: Dhs139,560 + 20% charges Size: 924 square meters (sqm)**

Emirate: Dubai, Features: Three bedrooms, a grand living room, a dining room which seats 16, a majlis and two spacious terraces. The palatial royal bridge suite spans the arch that links the two towers of the hotel and promises stunning views of The Palm and the Arabian Sea. It has its own guarded entrance and elevator along with a dedicated team of people from butlers to chefs. Complimentary facilities include Dubai airport pick-up, two Dolphin Encounters, and access to Imperial Club, Aqua venture Water park and The Lost Chambers Aquarium

## **Royal Residence, Eastern Mangroves Hotel & Spa By Anantara**

**Price: Dhs55,760 with breakfast + 16% charges, Size: 1,355-2,455sqm**

Emirate: Abu Dhabi, Features: Three to 10 bedrooms, living room and study, 50 sqm infinity pool, pool bar, rooftop garden, terrace With a private entrance and lift, the royal residence is a lavish duplex living space that offers magnificent views of the mangroves and the city. Guests in the suite will enjoy the services of a private chef, a mixologist, a limousine and a driver and exclusive access to the Kasara Lounge.

## **Palace Suite, Emirates Palace Hotel**

**Price: Dhs50,500 + 16% charges Size: 680sqm**

Emirate: Abu Dhabi Features: Three bedrooms, Majlis living area, dining room, lounge area, balcony and terrace and an elegant dining room with pantry facilities. Emirates Palace defines grandness and booking a night at the hotel's opulent palace suite will give you services of a 24-hour butler, a buffet breakfast in Le Vendome Brasserie, limousine transfers from/to Abu Dhabi airport and access to the Palace Lounge.

## **Royal Suite, Burj Al Arab**

**Price: Dhs32,940 + 20% charges Size: 780sqm**

Emirate: Dubai, Features: Two bedrooms, two sea view majlis, private cinema, study room, dining and living area, a rotating bed and a pillow menu Symbolic of Dubai's penchant for lavishness and extravagance, Burj Al Arab assures its royal suite guests a luxuriously private stay. Amenities include a personal elevator, private butlers, in-suite check in and checkout, complimentary access to Wild Wadi Water park, Sinbads Kids club and full access to Assawan Health Club.

## **Grand King Suite, Rixos The Palm**

**Price: Dhs31,649 + 20% charges Size: 580sqm**

Emirate: Dubai, Features: Three bedrooms, living room, balcony and terrace Soak up dazzling 360 degree views of The Palm Island, the sea and Dubai through floor-to-ceiling windows at the luxurious grand king suite. Guests enjoy exclusive service in the Executive lounge and special private cabanas at Suite Beach.



**Sreyas S. Madhavan**  
BTS 2013-16 Batch - EMCC

# 50 Countries offering visa on arrival for Indians

You've got a destination in mind and you're just about ready to book your tickets. Possibly the most stressful part in your dream vacation planning is obtaining a visa. You'll be surprised to know that there are more than 50 countries where you can just land up and get a visa stamped on arrival. Read on...

## Asia

For Indians, the easiest and most convenient destinations lie in Asia. From the shopping paradise of Thailand to the little-known-wonder Laos, visa on arrival is also offered in Cambodia, Hong Kong, Indonesia, Jordan, Nepal, Maldives, Macau, Sri Lanka and Timor Leste.

## Africa

Africa's natural history alone would make a dozen visits here worthwhile! Fall asleep to the sounds of birds and be a part of the spectacular scenery that Ethiopia and Madagascar offer. The other African countries that offer visa on arrival are the Kenya, Djibouti, Guinea-Bissau, Mauritius, Tanzania, Uganda, Burundi, Cape Verde, Comoros and Togo. In Mozambique, Indians can obtain a visa on arrival for a maximum stay of 30 days at Beira, Nampula, Maputo, Pemba and Tete, provided they are holding a return/onward ticket. Visitors are also required to hold proof of sufficient funds to cover their stay and documents required for their next destination. In Seychelles, visitors can obtain a "Visitor's Permit" on arrival for a maximum period of 3 months, if holding a return ticket (if not, then a return ticket must be purchased on arrival); sufficient funds (minimum of USD 150 or equivalent per day); and proof of accommodation during stay.

## North America

Music, beaches and towering forests are things to look forward to in North America. Visa-on-arrival is offered to Indians in Jamaica, Saint Vincent and the Grenadines, Trinidad and Tobago, El Salvador, Saint Kitts and Nevis and St Lucia.

## South America

Head to South America and you'd be greeted with colonial towns and white sandy beaches. Only Bolivia and Guyana offer a visa on arrival for Indians.

## Oceania Countries

Oceania is the region centered on the islands of the tropical Pacific Ocean. Currently four island nations offer Indians a visa on arrival. These are Fiji, Samoa, Nauru and Tuvalu.

Besides the countries mentioned above, Indians can also obtain visa-on arrival in the following countries subject to them being pre-cleared before arrival in the country. Pre-trip formalities vary from country to country: please check the relevant embassy website for details. These countries are Cameroon, Congo DR, Eritrea, Gabon, Ghana, Iran, Israel, Kazakhstan, Kyrgyzstan, Lebanon, Liberia, Mongolia, Myanmar, Sierra Leone, Suriname, Turkmenistan and Vietnam.

## Visa Checklist:

For obtaining a visa on arrival, visitors would typically need to furnish return flight tickets, proof of hotel reservations, evidence of sufficient funds to cover their stay, passport sized photographs, a passport with adequate empty pages and the money for fee if required by the country.



Madhankumar K.  
Faculty-EMCC

# 7 Things to Smile

*Smiling happens without much thought. When you watch a friend do something silly or embarrassing, you smirk. When a police officer lets you off without a ticket, you grin. And when you are recognized for your top performance in academics or at work, you beam. Smiling is a very natural response that shares our happiness with others. But did you know that smiling also triggers activity in your brain? Yep, there's a serious mind-body connection there, in your left frontal cortex to be exact, which is—not surprisingly—the area of your brain that registers happiness.*

*How often do you smile in a day? Do you smile when you meet new people? When you see your friends? Around your co-workers? How about your significant other? Your face has 44 muscles in it that allow you make more than 5,000 different types of expressions, many of which are smiles. Read on for seven reasons why smiling is good for you, your health and your social life!*

## **1. Smiling can make you happy (even when you're not).**

Remember that mind-body connection we were just talking about? Well, it turns out that the simple act of smiling sends a message to your brain that you're happy. And when you're happy, your body pumps out all kinds of feel-good endorphins. This reaction has been studied since the 1980s and has been proven a number of times. In 1984, an article in the journal *Science* showed that when people mimic different emotional expressions, their bodies produce physiological changes that reflect the emotion, too, such as changes in heart and breathing rate. Another German study found that people felt happy just by holding a small pen clenched in their teeth, imitating a smile.



Just remember that the research goes both ways. When the people in the first study frowned, they felt less happy, and in the German study, people who held a pen in their protruding lips, imitating a pout, felt unhappy. So the next time you feel sad or upset, try smiling. It just might make your body—and therefore you—feel better.

## **2. Smiling can make others happy.**

“When you're smiling, the whole world smiles with you.” Ever heard that song, made famous by Louis Armstrong? Well, it's true. Research shows that smiling is contagious. Ever been around someone who just had something fantastic happen to him or her? Isn't it almost impossible not to feel good, too? Studies show that something as simple as seeing a friend smile can activate the muscles in your face to make that same expression, without you even being aware that you are doing it. Crazy, right? But remember that this, too, can be for better or for worse. You know the expression “misery loves company”? Frowns act just like smiles, just with a negative reaction, so choose to smile and watch the world smile back!

## **3. Smiling makes you more attractive.**

Ever wonder why are we always asked to smile in photos? Because people usually look their best—and



happiest—when smiling. According to the American Academy of Cosmetic Dentistry, 96 percent of American adults believe an attractive smile makes a person more appealing to members of the opposite sex. So the next time you are about to ask someone on a date, smile. It'll make them feel happier and you'll already be more attractive in his or her eyes!

#### **4. Smiling can help you de-stress.**

The next time you're stressed about work or realize that your favorite jeans feel a little snug, don't freak out. Take a few deep breaths and smile! Smiling may help to reduce symptoms associated with anxiety. When that smile signals to your brain that you're feeling happy (even though you're not really feeling happy...yet), your body will usually slow its breathing and heart rate.

Reducing stress is so important for health, too, as it can lower blood pressure, improve digestion and regulate blood sugar. Note that this works during workouts, too! If you're having a hard time getting through that last rep or getting those final 5 minutes in on the treadmill, smiling can do wonders!

#### **5. Smiling can help you land a job.**

If you're about to go on a job interview, you may think that your appearance is just about wearing nice clothes.

Wrong! You can't just wear that suit; you have to wear it with a smile. In a study published in the December 2009 issue of *Personality and Social Psychology Bulletin*, people looked at full-body photographs of 123 people they had never met. The people in the photos had one of two expressions: neutral (think your passport photo) or a smile. And guess what? When observers saw the photos of smiling people, they were more likely to think that the person in the photo was likeable, confident, conscientious and stable. Sound like traits most companies want in an employee, right? So the next time you're dressing to impress, make sure to take that beautiful, natural smile with you!

#### **6. Smiling can lead to laughter.**

Have you ever laughed without smiling? It's pretty impossible to do. And it's funny how a smile here and a smile there with friends can turn into a whole fit of hysterical laughter. Numerous studies have been done on the health benefits of laughing, including how it acts like a mini workout that burns calories and works the abs. Laughter also helps blood flow, lowers blood sugar levels, reduces stress and improves sleep. It may also raise the level of infection-fighting antibodies in the body, which helps boost your immune system. So the moral of this story is smile—and laugh—often!

#### **7. Smiling just feels good.**

Have you ever found that smiling just feels good? Go ahead, smile now. Doesn't it feel natural? Make you feel happy to be alive? It sure does beat the heck out of a frown.

So the next time you're feeling down or out of sorts, try a smile. If you can't find a reason to smile, pop in a funny DVD, read the Sunday comics or call a friend. Heck, you may be able to even read the word smile and feel better. According to research published in *Psychological Science*, simply reading certain words may also have the same effect. Just like seeing someone else smile makes you smile, reading emotion verbs (like smile, grin, frown, etc.) can also activate specific facial muscles.

Isn't it time you turn that frown upside down? Now say "cheese!"



Sharon S.  
Faculty -EMCC-Food & Beverage Service

# Tafathalo

*“Tafathalo” means “Do me the honour”. It is an invitation to come to the table. Sharing a meal with others is an old honoured tradition in the Arabic World and an expression of hospitality. The Arabic cuisine is mainly a combination of Mediterranean, Middle Eastern, and Indian food. It has been affected by the mingling of Arab and non-Arabs over the centuries. European cultures such as the Spanish, Italian, French and Greek also had impact on the Arab cooking. Turkish cuisine had impact on the entire Arab world, Persian and Indian cuisine had impact on the eastern side of the Arabic countries.*

## **Ingredients**

The Arabic cuisine contains a combination of a rich diversity of Mediterranean, Middle Eastern, and Indian food. You will find the following items most of the time;

- Cinnamon, Curry powder, Fish (in coastal areas), Garlic, Lamb (or veal), Mild to hot sauces, Mint, Onion, Rice, Saffron, Sesame, Yogurt, Spices (similar to the Indian cuisine) due to heavy trading between the two regions. Tea, Thyme (or oregano), Turmeric, Variety of fruits (primarily citrus), Variety of vegetables such as cucumbers, eggplants, lettuce, tomato, green pepper, green beans, zucchini and parsley.

## **Culture Of The Arabic Cuisine**

The essential concept in the Arabic cuisine is hospitality. Formal dinners and celebrations normally include large quantities of lamb (or veal), chicken, rice, stewed vegetables with tomato sauce and dishes seasoned with a variety of herbs and spices. Several other side dishes and salads are included. Tea is inescapable and is the favourite hot drink and is constantly consumed. Coffee would be included as well.

The Middle Eastern diet consists of many ingredients not normally used in the American kitchen, such as lentil soups, fava beans, olive and sesame seed oils, olives, feta cheese, and dates. Some of the Arabic dishes need a lot of preparation time, such as the stuffed grape leaves, stuffed zucchini, green peppers or cabbage.



Muslim Arabs do not consume pork meat or alcohol. Although, the Arabic market in many Arabic countries, such as Iraq, Lebanon, Egypt and Syria, sell pork meat and a variety of liquors and alcohol because the Christian Arabs consume these products.

The word “halal” means “allowed”, is a way of describing the meat product which has been ritually slaughtered, similarly to the Jewish “kosher” tradition.

## **Common Elements Of Arabic Cookery Bread**

Bread is highly regarded in the Arab world. If anybody notices a scrap of bread on the street, they would pick it up and put on the side where no one can step on it accidentally. Bread is an essential ingredient on the table in the Arabic cuisine. It is used on the side, in salads, or in certain dishes such as the “fatteh”

## **Dairy**

Yogurt made from sheep, cow or goat’s milk is used in many ways;

- Diluted with water as a refreshing drink.
- Drained and thickened as a condiment.

## **Meat**

Lamb is used in most of the Arabic countries, although some countries use veal more than lamb. The most prized dish an Arabic house can serve to their guests is baby lamb stuffed with spiced rice. The Bedouins use sheep and camel meat too.

## **Fruits**

Fresh and dried fruits and nuts are widely used. Example of the fruits and nuts used are; pomegranates, lemons, dates, apples, figs, oranges, apricots, mango, almonds and pistachios.



### **Grains**

Rice is a staple in all the Arabic countries. It is cooked in countless ways. It served alongside meat, fish, and stewed vegetables.

Wheat is another staple and is used as whole grain, cracked or as flour for bread and a variety of pastries. Bulgur is another favorite grain in some Arabic countries and is used in breakfast in North African countries and cooked similarly to rice in Iraq.

### **Oil**

Olive oil is the most common for cooking and dressing. It is produced in Lebanon, Syria, Palestine and parts of North Africa. Sesame oil is also used in some countries where olive oil is scarce.

### **Salads**

Salads are always available whether at lunch or dinner. They are made with a variety of fresh vegetables and simple fresh dressing of lemon (or lime) juice, salt (and pepper) and olive oil.

### **Spices**

Spices are the essence of the Arabic cuisine. The most common spices used include but not limited to; cinnamon, allspice, anise seeds, nutmeg, sumac, cardamom, cloves, cumincarawayblack pepper, saffron, and turmeric. The Arabs have been long known in history for their spice trade with other countries.

### **Vegetables**

Vegetables are used raw and cooked. A wide variety of vegetables is used. The favorites are eggplant, zucchini, cauliflower, okra, green beans and spinach. A variety of fresh and dried beans and legumes is also used such as peas and lentils.

### **Mazza (or Mezzah)**

Mazza are side dishes or appetizers that are made of assortment of little tidbits in small plates. They accompany the main dish, They typically include salads, grains, pulses and vegetables.

### **Food For Every Special Occassion**

In the Middle East, food has a special place in social interactions, especially in observing of religious traditions. Major holidays for Muslims and Christians are marked with special food customs and special dishes.

The major Muslim holidays are the Eid that marks the end of the fasting month of Ramadan, the Eid that marks the pilgrimage season to Mecca and the feast of the Hijri New Year.

### **The Spirit Of The Arab Table**

The essential ingredient in every Arab meal and every Arab country is the hospitality and generosity (karam).

### **Customs of the Arab Table:**

- Entertain warmly and joyously.
- Hospitality is a must, whether a person is a dear friend or merely an acquaintance, whether invited or just dropped by.
- If invited to an Arab home for dinner, no gift is expected but chocolate or flowers are appreciated, and you are expected to return the invitation and entertain the hosts at your home.
- If you are the host, remember to say “tafathalo”, which means “do me the honour”, when you want to invite the guests to come to the table.
- Normally the host will invite the guests to try each dish and encourage them to take a couple of things from each plate to enjoy the different flavors.
- If you are the guest, do not feel that you have to fill your plate just because your host is insisting that you try every dish.
- After the meal, the guest says “daymah” or “amer”, which means “May the blessings stay with your home”.



Vinu R.  
BTS 2013-16 Batch – EMCC

# The Cookie by Doubletree Hilton

## **Cookie history**

In the 1980s, when many of our hotel across the country used cookies as VIP treats. In 1986, the secret recipe was developed so every hotel could offer the same sweet treat. Every cookie is baked fresh daily at each hotel. Each cookie weighs more than 2 ounces and has an average of 20 chocolate chips. More than 1,000,000 pounds of chocolate chips every year.

## **Why they give cookie?**

There is something special about a warm, yummy chocolate chip cookie. It says “Welcome” in so many ways. That’s why we give one to every guest as they check in. It’s our way of showing you how much we care. For over 25 years, we’ve been baking these signature chocolate chip cookies for travellers all over the world.

## **Cookie recipe**

Signature recipe from Chef C. Connell at Doubletree by Hilton Sacramento

## **Ingredients**

- 12 Doubletree chocolate chip cookies
- 1 cup blueberries
- 1 cup blackberries
- 1 cup raspberries
- 2 cups stemmed and sliced strawberries
- 1 tablespoons honey
- 2 tablespoons Chambord liquor
- 1/4 cup sugar
- Whipped cream - instructions follow
- Melted chocolate - instructions follow

## **Preparation**

In a large bowl, add all the berries along with the honey, liquor and sugar. Mix together and refrigerate until ready to use. Cover one Doubletree cookie with a large dollop of the berry mixture. Top with a dollop of whipped cream. Place another Doubletree cookie on top of the whipped cream and drizzle with the melted chocolate.



Arjun V. Thampi  
BTS 2013-16 Batch - EMCC



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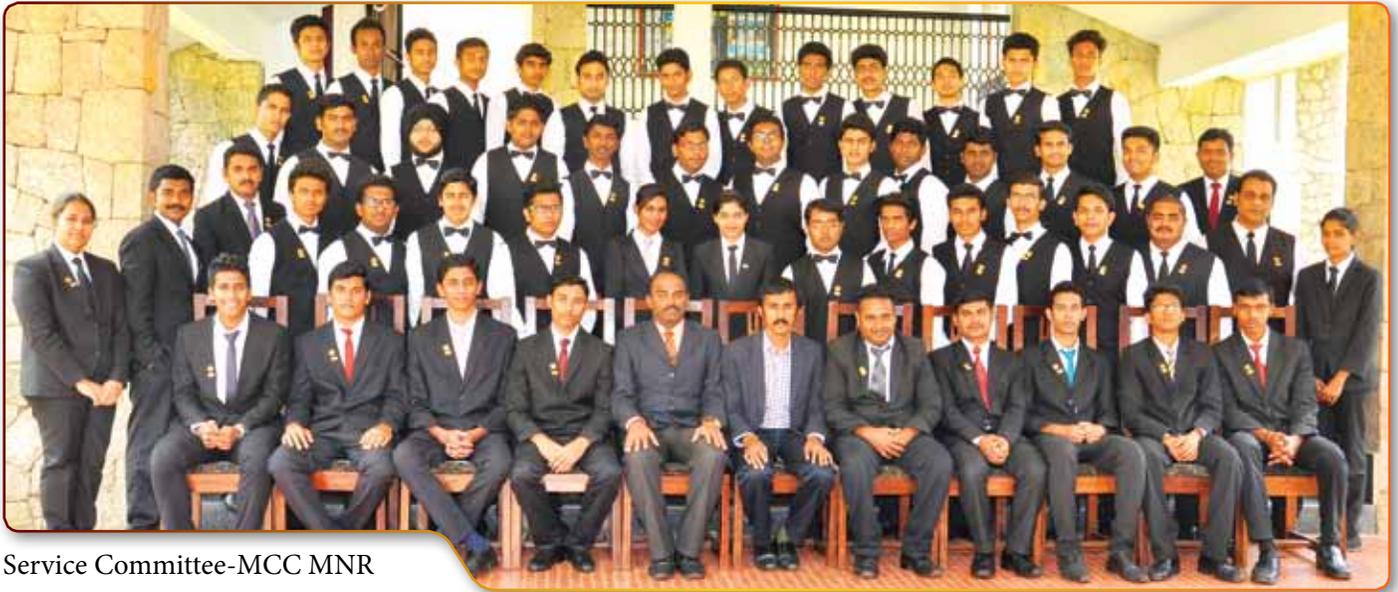
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