



**Bharati Vidyapeeth
(Deemed to be) University**



**College of Hotel Management &
Catering Technology, Pune**

PICKLE JAR



The Pickle Jar 2022-23 – An Enlightening Endeavour



PICKLE JAR

A magnificent edifice with a virtuous manifestation of ideas, expressions, and experiences of the college community. Thoughts that still resonate with us, an exposure of not only congregating articles, but also enhancing fanatically brainstormed expositions, with relentless editing and ardent proof-reading to be proficiently encased in the embellishment of the magnum opus.

The Newsletter continues to expand its reach to achieve its vision of being truly representative of student's expressions and faculty contributions.

We have recently unfurled into the digital world through the inception of our online newsletter issue "Pickle Jar 2022" where we have tried to engage the college community by contributing their creative and insightful content.

The team hopes to build on this ethos just as much during the upcoming academic years.

It's a victorious moment for us as a team to proclaim and promulgate the special virtual edition of the newsletter 2022.

✚ The Editorial Team (Faculty)

Dr. Sunita Sangle – Advisor
Mrs. Ashima Deshpande
Ms. Merle Almeida
Mr. Allan Fernandes

✚ The Editorial Team (Students)

Ms. Siddhi Bagal	Ms. Kasturi Rana
Mr. Tejas Gaikwad	Mr. Richard Lawrence
Ms. Avanti Khenat	Mr. Radha Kurhadkar
Ms. Nilima Khadapkar	Mr. Swashray Arote

OUR INSPIRATION



Hon. Dr. Patangrao Kadam

M.A., L.L.B., Ph. D

Founder Chancellor, Bharati Vidyapeeth (Deemed to be) University, Pune



Hon. Dr. Shivajirao Kadam

Chancellor, Bharati Vidyapeeth (Deemed to be) University, Pune



Hon. Dr. Vivek Saoji

Vice Chancellor, Bharati Vidyapeeth (Deemed to be) University, Pune



Hon. Dr. Vishwajeet Kadam

Secretary, Pro- Vice Chancellor, Bharati Vidyapeeth (Deemed to be) University, Pune

LETTER FROM PRINCIPAL'S DESK

We are proud to present our **Annual Newsletter**
"THE PICKLE JAR".

The pickle jar comprises of an array of articles written by our students and staff; academic co-curricular and extra-curricular activities organized by the institute.

We are now heading towards the busy exam season, with a number of VIP events being catered to by the institute viz.
BVDU Foundation Day (26th April),
Bharati Foundation Day (10th May),
Bharati Vidyapeeth Convocation (23rd May).



The first half of the academic year (2022-2023) was choc-a-bloc with a number of academic co-curricular and extra-curricular activities which helped the student abilities, skills and aptitude to develop. A number of theme lunches were organized by the classes, which were well appreciated by the guest. The annual seminar themed **"INNOVATION AND ENTREPRENEURSHIP IN THE HOSPITALITY INDUSTRY"** had resource person from the restaurant industry, which provided valuable inputs to our budding entrepreneurs. We have been fortunate to have a role model and a successful social entrepreneur in our **Founder, Chancellor. Honorable Dr. Patangraoji Kadam**, who established Bharti Vidyapeeth in 1964, as a small classroom which has now blossomed into a world class university (Multi faculty, multi-campus), keeping in mind his vision and dream of **'SOCIAL TRANSFORMATION THROUGH DYNAMIC EDUCATION'**

We look forward to welcoming our new admittants to next academic year (July 23-24) with new program offerings, including the various facets of the National Education Policy 2020 which will help in the holistic development of our students.

DR. L. S. CHIRMULAY,
PRINCIPAL



Faculty Section

Mrs. Prajakta Parasnis

Dr. Jyoti Peshave

Mr. Allan Fernandes

Mrs. Ashima Deshpande

Ms. Merle Almeida

IMPORTANCE OF GROOMING IN HOTEL INDUSTRY



The appearance of an individual is very important as it creates professional image. One must be observant regarding grooming and appropriate posture while at workplace. Grooming also projects the culture of the organization to the esteemed customers. On the other-hand proper grooming helps in enhancing the personality of the employees, character of the organization and ethics and value of the company.

It is always said that first impression is the last impression. Apart from creating a good impression about oneself and also for the organization, it makes you confident and makes one feel good about yourself. It is quite easy to keep looking fresh and presentable by following certain things like,

- Clean and ironed uniform/ dress
- Hair
- Make-up
- Nails
- Body language and Expression

Hair: Haircut must always be properly maintained in a neat condition. Regular shampooing and maintaining hair in proper condition is essential. Most importantly, maintain the natural hair color. Also, make sure that one must minimum hair accessories and mostly it should be of black color.

Nails: Only clean, trimmed and well-manicured finger nails are allowed. Artificial nails and nail arts are not permitted. Only clear or natural nail polish is permitted.

Make-Up: Present a polished, professional, five-star image. Look natural with no garish colors. Earth and Natural Color for make-up is highly recommended.

Uniform: Uniform is the identity of the organization and it should be represented with pride. The uniform should always be clean, neat and ironed. Nametags are important as they show that you are a person who can assist the guests. Also, it helps the other employees to know who they are coordinating with and creates a positive work environment when you each other by names and not just faces.

Accessories: Simple plain black formal shoes are must. Socks should be simple and preferably of black color. Shoes should be well polished at all times while on duty. Use non-slippery sole to avoid accident and injury. Sandals or open toed shoes / foot-ware is not allowed. Only plain simple black leather belts are allowed. The belt should not have fancy buckle/ design on it.

Eye Glasses and Contact Lenses: Only plain simple black, brown or silver framed eyeglasses with clear lens are permitted, as well as only clear contact lenses are too.

Jewelry: Wedding & engagement ring is permitted. One additional regular ring also permitted. The ring should be simple in model i.e. without fancy design. Ring should be plain, no stone/ diamond/ other additional material. Ring should be of gold, silver, or its combination color only. Large bulky rings & rows of rings on each hand are not permitted. Toe rings are not permitted.

Personal Hygiene and Sanitation: Every hotel employee has to really pay a good attention to his/her personal hygiene and self-sanitation, outside or within the working environment. Same can be achieved by following simple habits:

- 1) Use deodorant or perfume fairly, our scent should not linger after we leave.
- 2) Daily shaving for male associates.
- 3) Use mouth freshener especially after each meal and after having some cigarettes.
- 4) Maintain your health by having good diet, good amount of sleep and regular exercise.
- 5) Have periodical health check-up from a medical practitioner.
- 6) Wash hands after each activity, especially after going to the toilet, before and after each meal and cigarettes, and before going back to the work. Washing hands is very important for the food handlers.

Organizations in the field of hospitality expect that the employees will understand the importance of grooming, appearance, posture and body language. This will definitely enhance the self-confidence as employees as well as the concern on personal cleanliness and hygiene, especially for food handlers.

MRS. PRAJAKTA PARASNIS
ASSISTANT PROFESSOR

A NEUTRAL GAME.....
THERE ARE FLOWERS FOR THOSE WHO WANTS TO SEE THEM!

PAINTER AND ARTIST: HENRI MATISSEE

Eight days back when a 12-year-old boy was busy chit chatting with his friends in his room which was all in a chaos with clothes and books lying all over. His mother was very angry and annoyed to see this scenario. The boy was unaware of this fact and was engrossed having fun time with the friends. The mother kept staring at the son by being neutral, as if he was a stranger. She realized that it was very different feeling to observe someone neutrally. We always correct our own people by saying "You were wrong", "You should have done like this", "You do like this" and expect many more such things. We become judgmental! We label it and confirm it. But today when this mother observed at this situation neutrally, she was able to see some good traits of her Son too. She was thrilled with that feeling of neutrality.

Every day when her father-in-law would critically ask at the lunch table about the menu of the day, her mother-in-law would get hassled. But at the same time, she would get amazed listening to his skills of drafting official letters of business proposals while talking to his assistant on the phone. Her elder daughter would always drink a cup of tea almost turning it cold. The cup use to lie on any edge of the room, sometimes it used to be found in the cupboards too. The mother used to be furious on this. But when her daughter use to be engrossed in the dance practice and perform very gracefully, her eyes use to dazzle.

Her husband had a weird habit of open-door syndrome. He used to keep doors of every room or cupboards open. She was helpless on this. She used to get irritated with this habit. But listening to his views, thoughts and analysis on the behavioral therapy in the online European conference was mind blowing. Again; she became neutral, and just smiled on the open-door syndrome fact!

She used to get hassled on a smallest decision of even buying a vegetable that could satisfy her mother-in-law, but seeing her mother in laws command over Geeta and Dyaneshwari would put her in an awe.

Today she was playing a new game of seeing everyone around her from a neutral view. We are surrounded with our near and dear ones 24X 7. Occasionally, we are with our friends and relatives. We always look at the negative traits or weaknesses of others, rather it's very natural to pinpoint mistakes of others. We have a prejudice or we are biased about our own people. But it's obvious too as we deal with them day in day out. Now if we look at them in neutral view, we start discovering something new about people. Everyone has something unique in them, it's just that we should be able to find it. This vision we have to develop with training our mind. When we do not like a certain person, not necessarily we are angry on that person, it's just that we do not like his/her habits, behavior or nature. We generally are unaware of the reasons. That's why we should develop this habit of looking at people from neutral perspective to get a better and clearer picture. This perspective also helps us to look at ourselves from the neutral viewpoint. We generally feel that we are always right, but in such incidences this game of neutrality allows us to understand ourselves better. One should be able to accept and being able to look at

themselves. It's a prudent to understand the reality and accept our good or bad points. We will be able to judge and understand situation and people in a better way. Even our attitude changes. We become wise and matured. Neutral thinking is a third angle to positive and negative thinking. Its judgmental free, rational enabling one to focus on good deeds. We usually observe coaches do apply this for their players, business men to its employees, teachers to their wards to improve their performances.

We should also adopt this neutral game theory in our lives to make it a better place!

DR. JYOTI PESHAVE
ASSOCIATE PROFESSOR



ONE WORD, TWO MEANINGS

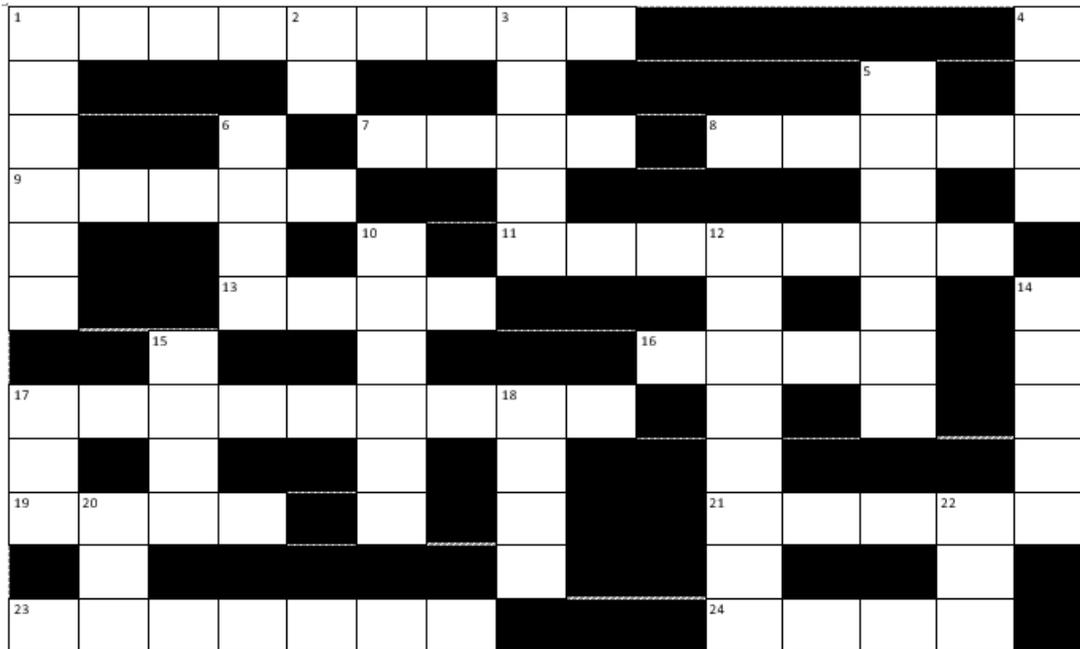
- 1) Soap / Place of bath
- 2) Toothpaste / Thorny tree
- 3) Pencil / Beauty in gold
- 4) Toy / A sun sign
- 5) Scooter / Horse
- 6) Toothbrush / Famous cave
- 7) Television / Suits a king
- 8) Watch / Resident of a country
- 9) Shoe polish / Players of New Zealand
- 10) Tea / Two animals
- 11) Bulb / Source of energy
- 12) Car / Salt
- 13) Used in havan / A filmy khandaan
- 14) Gemstones / Former Prime Minister
- 15) A pharmaceutical / Mountain range
- 16) Cream / Water bodies
- 17) Movie / Electrical devices
- 18) Farmer / Ketchup
- 19) Weekend / Oil
- 20) Invitation / Rice

ANSWERS:

- 1. HAMAM 2. BABOOLI 3. APSARA 4. LEO 5. CHETAK 6. AJANTA
7. CROWN 8. CITIZEN 9. KIWI 10. WHAG BAKRI 11. SURYA 12. TATA
13. KAPOOR 14. JAWAHAR 15. HIMALAYA 16. PONDS 17. TRANSFORMERS
18. KISSAN 19. SUNDAY 20. DAAWAT**

**MR. ALLAN FERNANDES
ASSISTANT PROFESSOR**

BUSINESS ETIQUETTE AND SOCIAL SKILLS
CROSSWORD PUZZLE



Across

1. Learn to _____ people's names correctly.
7. If someone requests you to _____ to his or her meeting or event, do so in a timely manner.
8. Do not eat a is loud or smelly.
9. _____ And correct your own mistakes.
11. _____ to people's requests politely.
13. _____ Be that person who texts, fidgets, or looks away during a conversation.
16. _____ Age is not an excuse for unacceptable or inappropriate behavior.
17. Business _____ is the accepted set of manners and behaviors appropriate for the workplace.
19. Do not _____ more than your fair share of a shared meal or snack.
21. If a co-worker brings in a _____ to share, be sure to thank him or her.
23. _____ Co-workers, supervisors, and customers by the names they used when they introduced themselves.
24. Do not _____, eavesdrop, spread rumors, swear, or use offensive, racist, or sexist language.

Down

1. Remember to say _____ when making a request.
2. Do not slurp, belch, _____ and pick at your teeth.
3. _____ Your mouth when coughing.
4. _____ An effort to be respectful to everyone.
5. Use good table _____ when eating.
6. Be _____ and polite to everyone in your workplace.
10. Use proper hygiene so you do not _____ co-workers with your germs.
12. Respond to all requests _____.
14. _____ people by shaking hands, introducing yourself, offering a chair, and exchanging business cards, as appropriate.
15. Do not come to work when you are _____.
17. _____ Quietly with your mouth closed.
18. Be on _____ to all scheduled calls, meetings, appointments, and shift changes.
20. Follow all rules and be considerate when using shared resources, such as the coffee pot, printer, microwave, _____ copy machine.
21. Above _____, do not be offensive, immature, or rude.

MRS. ASHIMA DESHPANDE
ASSISTANT PROFESSOR

GENERAL KNOWLEDGE QUIZ

- 1. Which station has the first IRCTC 'Pod Hotel' setup?**
 - a. Ahmedabad
 - b. Surat
 - c. Mumbai Central
 - d. Daman

- 2. Which state has most forts in India?**
 - a. Gujarat
 - b. Maharashtra
 - c. Rajasthan
 - d. Chennai

- 3. Which state has most international airports in India?**
 - a. Uttar Pradesh
 - b. Mumbai
 - c. New Delhi
 - d. Bangalore

- 4. Which state has most national parks in India?**
 - a. Arunachal Pradesh
 - b. Madhya Pradesh
 - c. Punjab
 - d. New Delhi

- 5. Which state has most expressways in India?**
 - a. New Delhi
 - b. Mumbai
 - c. Bangalore
 - d. Uttar Pradesh

- 6. Which state is the most educated in India?**
 - a. Mizoram
 - b. Kerela
 - c. Rajasthan
 - d. Tamil Nadu

7. Which state achieved statehood prior to the year 2000?

- a. Chhattisgarh,
- b. Chhattisgarh,
- c. Goa
- d. Jharkhand

8. Statute of Unity is the statue of

- a. Nadaprabhu Kempegowda,
- b. Sardar Vallabhbhai Patel
- c. Saint Thiruvalluvar
- d. Tathagata Tsal

9. The Buddha Park of Ravangla is located at

- a. Bhopal
- b. Sikkim
- c. Manipal
- d. Assam

10. Statue of Prosperity is a tribute to

- a. Sardar Vallabhbhai Patel
- b. Tathagata Tsal
- c. Saint Thiruvalluvar
- d. Nadaprabhu Kempegowda

ANSWERS:

1. (C) 2. (C) 3. (A) 4. (B) 5. (D)

6. (B) 7. (C) 8. (B) 9. (B) 10. (D)

**MS. MERLE ALMEIDA
ASSISTANT PROFESSOR**



Student Section

*Raj Kadam
Nilima Khadapkar
Tejas Gaikwad
Bhargav Gosavi
Fahim Mulla
Swadha Kishor
Pranita Bhosale
Richard Lawrence
Yatiraj Chorghe
Kasturi Rana
Sudarshan S.*

REASONS TO STUDY HOSPITALITY AND TOURISM MANAGEMENT

Hospitality and Tourism Management offers many opportunities for people who are passionate about travel and meeting new people. There are many different jobs in the hospitality industry that require a variety of skills, so no matter what a person's interests are, there is sure to be a position that is perfect for one.

Hospitality and tourism management is a rewarding field to study for many reasons: It offers the opportunity to learn about different cultures: As a hospitality and tourism management student, one will have the opportunity to learn about different cultures and how to serve guests from all over the world.

Hospitality & Tourism Management is a perfect career for people who love to travel. You will get to see many different places and meet new people. The hospitality industry is growing all over the world, so there will also be plenty of job opportunities available. It will teach invaluable communication and customer service skills. These are skills that can be used in every job, no matter what industry you end up working in. These skills are also incredibly useful in everyday life, so one will develop as an individual as well as a professional.

Studying Hospitality & Tourism Management can lead to a successful career in a variety of settings. One can work in:

1. Hotel
2. Resort
3. Cruise ship
4. Airline

Get started with a bachelor degree in hospitality management to kickstart your career. Hospitality school opens the doors to new industry connections and opportunities while teaching the skills and knowledge one needs to succeed.

What's the difference between HOSPITALITY AND TOURISM?

Hospitality and tourism are two closely related industries. Both involve providing services to guests and travelers. However, there are some important distinctions between the two.

1. Hospitality typically refers to the lodging and food service industries, while tourism refers to all activities associated with travel, including sightseeing, shopping, and recreation.
2. Hospitality businesses, such as hotels and restaurants, provide basic accommodation to travelers and meals. Tourism businesses, on the other hand, offer a wide range of services designed to enhance the travel experience. These can include guided tours, transportation services, and entertainment options.

Together, hospitality and tourism form a vital part of the global economy, providing jobs for millions of people.

WHAT CAN STUDYING HOSPITALITY LEAD TO?

Hospitality is a broad field that can lead to a variety of different career paths. Management degree can lead to working in a global hotel chain. However, there are also many opportunities for those who want to work in Event Planning, Catering, etc. The skills that are learnt while studying hospitality will give the ability to deal with customers and clients, as well as plan and organize events. In addition, one will also learn about the different aspects of running a business, from accounting and marketing to human resources and operations. As you can see, studying hospitality can lead to a wide range of exciting and rewarding career opportunities.



RAJ KADAM
FIRST YEAR B. SC. (H& HA)

PASSION DRIVES SUCCESS

Why Passion Is So Important. If enthusiasm and passion are present, people tend to be more resilient when encountering obstacles. People who are passionate about what they do, rather than just "in it for the money," tend to be people who have more positive outlooks and can overcome difficulty through problem-solving.

1) If you have an interest, others might as well.

Being passionate about something that others gravitate to can help create a new value. You will be able to see things from an insider's perspective.

If this leads to a better understanding of how to build out that value, it will give you a remarkable advantage. You can use your passion to design a solution for others who also have that desire.

2) If you have an interest, others might as well.

Letting yourself use your passion to find a way to create value from that passion is helpful. You can find ways to be around your passion, letting the motivation and interest fuel a new endeavor.

3) If you are passionate about something, you will be able to sustain it through difficult times.

Passion is misleading when we think it will instantly create fortune and fame.

But passion helps with a realistic timeline. Being passionate translates to being able to stick with it longer than others. When others give up because the road to success is too long and bumpy, you will persevere.

That perseverance is necessary for almost every new business. You need to struggle through the beginning. As you do, you can gain the insights to avoid your early mistakes. You can cultivate the customer base by delivering years of great service. You gain the confidence that your idea works.

4) Passion gets you to do the things necessary to grow and improve.

Instead of going through the motions in life, you will push on and work harder to solve problems.

You will learn what it really takes to be successful. You won't give up at the first sign of struggle.

As you take those necessary steps, you will transform. That transformation cannot be underestimated.

Following your passion puts you in a position to be able to fall forward. It moves you into a new world, one that will teach you valuable lessons. It will help you maintain the energy needed to keep going. It will give you ways to use your interests to create new value in the market for others.

If you don't have unrealistic expectations of success, following your passion is a great way to navigate your work and the long journey to success. It can give you the extra energy you need to have a competitive advantage.

TEJAS GAIKWAD
FIRST YEAR B. SC. (H& HA)

LIFE AS A GIRL

I often reiterate the same thing that it's a matter of proud to be born as a woman. And of course, it is! But the life of a girl is full of challenges from the very beginning not just because of the physical pains she has to suffer in the course of her life but also because of the pressure and restrictions society puts on her freedom.

Women are the procreators and nurturers of a new life in this world. Still, at many places; the birth of a girl is often not celebrated the way the birth of a boy is celebrated. **Even if there are parents who give all their love to their girls giving them the best of everything they can, because of the attitude of the society towards them they have to suffer a lot.** I only wish to change this attitude of society towards the girls letting them stretch their wings and fly high! Here are some heartfelt lines by me to honor all beautiful girls and their lives!

THE JOURNEY OF LIFE AS A GIRL

*When God is really happy,
A beautiful soul is blessed with a girl's body,
Girls... so pretty and delicate, looking like little angels playing in your home,
full of love and life, yet so strong
Home becomes lifeless when this angel is away even for a few hours.
This sweet little princess makes her parents feel like king and queen;
With all the love they need.*

*But life for them is not so easy as they grow up;
They bleed with pain every month but still smile...
Then why are girls called weak?*

*They leave their beautiful loving home and enter a home that they had never seen,
Treat the parents of the boy with all love and care,
Not getting much opportunity to see her own parents and siblings,
Still, a girl is called weak and a boy strong!*

*She gives birth to a new life after going through immense pain,
Still! a woman is said to be physically weaker than men.*

*Without her this universe is incomplete,
Still! she is killed in the womb or abandoned in a dustbin. Why???*

Why are people so generous to boys and limiting to girls?

Are they scared we as women will fly higher than men?

A big NOO DEAR PEOPLE, we women just want to be seen equally capable as men.

**NILIMA KHADAPKAR
FIRST YEAR B. SC. (H& HA)**

HOBBIES: IMPORTANCE IN A STUDENT/PROFESSIONAL LIFE.

What are Hobbies?

Hobbies are activities that people engage in during their leisure time for pleasure, enjoyment, or relaxation. These activities are typically pursued for personal fulfillment rather than for financial gain or obligation. Hobbies can be anything from playing sports, painting, cooking, reading, writing, gardening, playing musical instruments, collecting items, traveling, or even just watching movies or TV shows. Hobbies allow individuals to explore their interests, develop new skills, meet new people, and reduce stress by providing a source of entertainment and relaxation.

What is Work Stress?

Work stress is the physical, mental, and emotional strain that can be caused by the demands and pressures of work. It can result from a variety of factors, including heavy workloads, long working hours, difficult co-workers or bosses, unclear job expectations, job insecurity, lack of autonomy or control over one's work, or conflicting demands on one's time and energy. Work stress can lead to a range of negative consequences for an individual's physical and mental health, such as fatigue, burnout, anxiety, depression, and even physical illness. It can also affect job performance, job satisfaction, and overall quality of life. It is important to manage work stress effectively to maintain good health and well-being.

Why should one inculcate Hobbies?

Having hobbies can be a great way to cope with stress. Engaging in hobbies can provide a sense of relaxation, pleasure, and accomplishment, which can help reduce stress levels. Hobbies can provide a break from the demands of work and other responsibilities, allowing individuals to recharge and refocus their energy. Additionally, hobbies can provide a sense of control and mastery, which can counterbalance feelings of helplessness or overwhelm that can contribute to stress. Engaging in the hobbies can also provide a sense of social connection and support, as individuals can meet others who share their interests and form meaningful relationships. This social support can provide a buffer against the negative effects of stress and can help individuals feel more resilient in the face of challenges.

Overall, engaging in hobbies can be a powerful way to manage stress, improve overall well-being, and enhance quality of life. Resulting in a positive effect on your student/professional life. Reading books, Painting, drawing, or sculpting, playing musical instruments or singing, Photography or videography, Hiking, camping, or backpacking, Cooking, baking, Gardening, collecting items such as stamps, playing sports such as basketball, football, or tennis, Dancing, watching movies, Travelling, Playing video games. Etc. Hobbies like these can help you get rid of stress and frustration, leading to a better and peaceful student/professional life.

BHARGAV GOSAVI
FIRST YEAR BHMCT

LOVE

Love as an eternal topic has been discussed and praised by the people no matter from old times or modern society. In-fact, there is nobody in this world truly understand what love really is, because love is an emotion that human can create themselves and nobody would actually see it because it is formless and invisible; it is so mysterious and unsearchable. Like what Samuel said in his poem "Love is a sickness full of woes, all remedies refusing. A plant that with most cutting grows, most barren with best using. Why so? More we enjoy it, more it dies, if not enjoyed; it sighing cries." (Daniel 132) It has been said, the biggest difference between human and animal is that human have emotions.

No doubt, love has become the most important emotion that a human could have. It is love to make people be together as a group, a family; it is love to let people to attract each other, and makes them get married to continue their generation; also, it is love to make our world warm and peaceful. Love can be a great motivation for a person such as one's passion and desire on something that he loves doing, love will give him an infinite power and energy to finish it, and he will never feel tired, because he enjoys doing the things he loves. Why would love exists in our world, no one has an idea to this complicated question, but the existence of love brought so many benefits to our life, and also made lots of things that we never expected to become true. As a result, love as the most important thing that affects our world, it also carries its own meaning and value to our society.

FAHIM MULLA
FIRST YEAR B. SC. (H& HA)



माँ

गम की चादर ने मुझे जब जब घेरा है,
मैंने माँ के आंचल को ओढ़ा है,
मेरी हर एक ख्वाहिश को पूरा करने की ज़िद देखी है मैंने उसमें,
उस जन्नत वाले खुदा ने बहुत सोच समझ कर धरती वाले खुदा को जो रचा है,
माना कि मैं तुझसे ज्यादा तरीके के खाने बना लेती हूँ माँ क्यों की ये शौक है मेरा,
पर तेरे हाथों का स्वाद थोड़ी उनमें ला पाती हूँ मैं माँ!

भगवान ने भी ना जाने कितनी बार इनकार की है मेरी दुआ,
पर मेरी माँ के क़दमों में हर बार कबूल हुई है मेरी हर एक दुआ!

यह धरती वाला खुदा (माँ) सच मूच सब कुछ देखता रहता है,
तभी तो बिना बोले ही हस्ते चहरे के पीछे की चिखे भी वो सुन लेता है!

दुनिया हर वक़्त जो मेरी तारीफ़ करती है ना माँ,
मुझे मैं बनने में सबसे बड़ा किरदार तेरा ही है माँ,
ये जो खुले आसमां में सपने मेरे उड़ रहे हैं ना माँ,
इन सपनों को पंख तूने हूँ दिया है माँ!

तु नूर है तु घुर्रूर है, तु मान है तु स्वाभिमान है,
तु इश्क़ है, तु दोस्ती है, तु खुशियां है,
तु घर की रौनक है, तु सुकून है,
तु मेरी हसी है, तु मेरा कल है,
मैं जो आज हूँ वह बस तु है माँ!



SWADHA KISHOR
FIRST YEAR B. SC. (H& HA)



Obito Uchiha & Kakashi Hatake
Characters from Anime Series
'NARUTO'



Ken Kaneki
Character from anime series
'TOKYO GHOUL'



Monkey D. Luffy
Character from anime series
'One Piece'

Sketches by-
PRANITA BHOSALE
FIRST YEAR B. SC. (H& HA)

THE INTERNSHIP BOAT

*When I ponder and think of Internships
I know it's not like other relationships
Not like a sibling of father or mother
Oh my God, it's much-much bigger.*

*When you look at the big picture the hotel
For sure your future you cannot foretell
Neither can you think about your grades
Nor talk about your future stages*

*On Day One it may be Food and Beverage
Which needs a lot of coverage
On your interaction with numerous guests
Whom you can never consider as pests*

*Next it may be Front Office and Reception
Which may not be any exception
At all times you must be cordial
To guests who may be an ordeal*

*Then comes the humongous Housekeeping
Which keeps you awake from sleeping
From rest rooms to fancy suites
They can always be awesome treats*

*Finally coming to the all-important kitchen
Which is many a Chef's passion or mien
From Pasta to Pizza to Continental
To dish out good fare you are instrumental*



RICHARD LAWRENCE
SECOND YEAR B.SC. (H& HA)

THE FUTURE OF THE HOSPITALITY INDUSTRY: TRENDS AND PREDICTIONS

The hospitality industry has always been known for its ability to adapt and evolve in response to changing customer needs and technological advancements. In recent years, however, the pace of change has accelerated, driven by the rise of online booking platforms, the sharing economy, and new technologies that are reshaping the way we travel, stay, and dine.

As we look ahead to the future of the hospitality industry, here are some of the key trends and predictions to watch:

Personalization: As consumers become increasingly demanding and sophisticated, hospitality providers are looking for ways to personalize the guest experience. This can range from tailored recommendations based on previous stays or dining preferences, to customized room configurations and amenities.

Sustainability: With growing concerns about the impact of tourism on the environment, many hospitality providers are investing in sustainable practices and initiatives. This can include reducing energy consumption, using renewable resources, and implementing recycling programs.

Technology: The hospitality industry is embracing technology in a big way, from mobile check-in and keyless room entry, to voice-activated room controls and augmented reality experiences. As technology continues to evolve, we can expect to see even more innovative solutions to enhance the guest experience.

Alternative accommodations: The rise of platforms like Airbnb and HomeAway has disrupted the traditional hotel industry, prompting many providers to explore alternative accommodation options such as vacation rentals, hostels, and co-living spaces.

Health and wellness: With a growing focus on health and wellness, hospitality providers are looking for ways to incorporate these concepts into their offerings. This can range from healthy menu options and fitness facilities, to spa treatments and mindfulness classes.

Experience-driven travel: More and more consumers are looking for travel experiences that go beyond simply staying in a hotel. This has led to the rise of experiential travel, with hospitality providers offering immersive experiences such as cooking classes, wine tastings, and cultural tours.

Authenticity: In an age of mass tourism and homogenized experiences, many travelers are seeking out authentic and unique experiences. This has led to a growing interest in local culture, cuisine, and traditions, with hospitality providers offering tailored experiences that showcase the best of the local area.

Overall, the future of the hospitality industry looks bright, with a focus on personalization, sustainability, technology, and authentic experiences driving innovation and growth. As the industry continues to evolve, providers that can adapt to changing consumer needs and preferences will be best positioned for success.

YATIRAJ CHORGHE
SECOND YEAR B. Sc. (H&HA)

***AN EMOTIONAL JOURNEY OF GROWTH:
MY INTERNSHIP EXPERIENCE AT HILTON, JAIPUR***

As I reflect on the memories of being an intern at the Hilton Jaipur, I cannot help but feel a wave of emotions rising within me. Those few months had been a roller coaster of emotions, from excitement and anticipation to frustration and exhaustion and everything in between. But through it all, I have grown and learned more than I ever thought I would.

When I first started in the Front Office department, I was nervous and intimidated by the fast-paced environment and the expectations placed on me. However, over time, I gained more confidence in my abilities and learned to handle difficult situations with grace and professionalism. I will never forget the adrenaline rush I felt when I successfully solved a guest's problem or the warm feeling I felt when a guest expressed gratitude for my help.

In the House-Keeping department, I was surprised by the physical demands of the job. Cleaning several rooms-a-day was a distressing task, but I soon realized the satisfaction that came from seeing a sparkling clean room and knowing that I had contributed to the guest's well-being. I also formed close relationships with the housekeeping staff, who showed me kindness and patience as I learned the ropes.

In the Food and Beverage department, I faced some of my biggest challenges. Working in the kitchen was a completely new experience for me, and I had a hard time keeping up with the fast pace. However, Executive Chef - Abhishek Kukreti, Sous Chef - Amit Kumar along with other kitchen staff were incredibly helpful and taught me valuable skills that I will carry with me for the rest of my life. I also enjoyed interacting with the guests, helping them choose the perfect dish, and seeing the smiles on their faces when they tasted their food.

Overall, my internship in all four departments of the Hilton Hotel was a journey of growth, learning, and self-awareness. I was pushed out of my comfort zone and challenged in ways I never thought possible. But through it all, I learned the importance of perseverance, teamwork and a positive attitude. I will always be grateful for this experience and the memories I made, and I look forward to applying what I learned in my future endeavours.

**KASTURI RANA
THIRD YEAR BHMCT**

***MY JOURNEY AS A PARTICIPANT AT AISSMS ATITHYA 2023:
EXPLORING THE WORLD OF HOSPITALITY AND CULINARY ARTS.***

Atithya, the annual cultural festival of AISSMS College of Hotel Management and Catering Technology in Pune, is a much-awaited event by students and staff. The three-day event showcases the rich cultural diversity of India and provides a platform for students to showcase their talents in various fields. I had the opportunity to attend the recent Atithya festival, and it was an experience that left me with fond memories.

The first day of the event was marked by the inauguration ceremony, which was graced by the presence of eminent personalities from the hospitality industry. The ceremony began with the lighting of the lamp, followed by a welcome speech by the principal of the college. The chief guest then addressed the gathering and stressed the importance of cultural events in shaping the personality of students.

The highlight of the other day was the Budding Chef competition, in which students from various hotel management colleges across the country participated. The culinary competition was judged by renowned chefs from the industry, and the participants had to prepare a three-course meal within a specified time frame. The aroma of various cuisines wafted through the air, and the judges had a tough time deciding the winner.

There was also an In Vogue competition which was organized for the management students to showcase their creativity and talent. The aim was to perform various tasks related to fashion marketing and designing uniforms with respect to the hospitality industry. This event offered a platform for non-designers to explore the fashion industry, enhance their skills and creativity, and showcase their management skills.

One of the fun and challenging competition was the Competency Trail held on the third day for the top 10 teams. The competition was designed in a way that there were three tasks from each department that were to be completed within a limited time. It involved tasks like making velouté sauce, preparing various chocolate garnishes, sniffing and guessing the name of the spirits, napkin folds, flower arrangement, crossword and so on. The first team to complete the task would get 10 points as bonus.

The fun element was that, the location of each task were far away from each other, which is why we had to keep running to keep up with competition.

The last day of Atithya was a grand event that marked the end of three days of intense competition, other activities, and learning. The organizers had arranged for Chef Kunal Kapur who is a well-known Indian chef, to be the chief guest at the event. The presence of Chef Kunal Kapur at the event was a great opportunity for the participants to learn from a master chef and gain inspiration from his success story. His presence also added prestige to the event and attracted a wider audience. Apart from the cooking competition and cultural events, Atithya also hosted various other F&B service events and quiz competitions as well.

One such event was the bar-tending competition, where participants demonstrated their skills in making creative and unique cocktails. The competition was judged by industry experts who evaluated the participants on their presentation, technique, and taste of the cocktails.

There was also a musical performance arranged by a band, which had the audience grooving to their tunes. The event ended with the prize distribution ceremony, where the winners of various competitions were felicitated by the chief guest.

Overall, the experience was intense, challenging, and rewarding. I learned a lot about myself and my abilities, and I gained valuable experience that will be useful in my future career. I also had the opportunity to interact with students from different fields of study, which helped me gain a broader perspective on various topics and issues.

The organizers of the competition did an excellent job of ensuring that the event was well-organized, and they were available to answer any questions that we had throughout the event. The judges were experts in their respective fields, and their evaluations were fair and objective.

In conclusion, my experience as a participant at the Atithya competition was unforgettable. It challenged me to step out of my comfort zone, learn new skills, and showcase my talents.



KASTURI RANA
THIRD YEAR BHMCT

KASHMIR - A BEAUTIFUL DESTINATION

Traveling to Kashmir is an experience like no other. This northernmost region of India is often referred to as "**PARADISE ON EARTH**" due to its stunning natural beauty, snow-capped mountains, serene lakes, and vast meadows. I had the opportunity to visit Kashmir recently, and I can say without hesitation that it is one of the most beautiful places I have ever been.

My journey began with a flight to Srinagar, the capital city of Jammu and Kashmir. As I stepped off the plane, I was immediately struck by the crisp, fresh air, and the breath-taking scenery surrounding the airport. I could see the snow-capped Himalayan peaks in the distance, and I knew that I was in for a treat.

From the airport, I travelled to my hotel, which was situated on the banks of the famous **Dal Lake**. The Dal Lake is one of the most iconic landmarks of Kashmir and is known for its beautiful houseboats, which are essentially floating hotels. I was excited to experience staying in a houseboat, and I wasn't disappointed. The houseboat was spacious, comfortable, and beautifully decorated, with intricate wooden carvings and traditional Kashmiri fabrics.

One of the highlights of my trip was a visit to the **Mughal Gardens**, a series of beautiful gardens built by the Mughal emperors in the 16th and 17th centuries. The gardens are a testament to the Mughals' love for nature and beauty and are a must-visit for anyone traveling to Kashmir. The gardens are divided into three sections: the Nishat Bagh, Shalimar Bagh, and Chashme Shahi. Each section has its own unique charm, and I spent hours wandering around, taking in the beautiful flowers, fountains, and waterways.

Another must-visit destination in Kashmir is **Gulmarg**, a picturesque hill station located about 50 kilometres from Srinagar. Gulmarg is famous for its skiing and snowboarding facilities and is a popular destination for winter sports enthusiasts. However, even if you're not into skiing, Gulmarg is still worth a visit for its stunning mountain views and fresh, crisp air. I took a cable car ride up the mountain and was blown away by the views of the Himalayas and the lush greenery below.

Of course, no trip to Kashmir is complete without a visit to a traditional Kashmiri market. I visited the famous Lal Chowk market in Srinagar and was amazed by the variety of handicrafts, textiles, and spices on offer. I spent hours wandering around the market, bargaining with shopkeepers, and soaking up the vibrant atmosphere.

Overall, my travel experience to Kashmir was truly unforgettable. The natural beauty, warm hospitality, and rich cultural heritage of the region left a lasting impression on me, and I can't wait to go back someday. If you're looking for a unique and unforgettable travel experience, I highly recommend adding Kashmir to your bucket list.

SUDARSHAN S.
THIRD YEAR B. SC. (H& HA)

GUEST LECTURE



HYDROPONICS - A STEP TOWARDS SUSTAINABLE FUTURE.

A guest lecture on "**Hydroponics - A step towards sustainable future**" was organized by Bharati Vidyapeeth Deemed to be University's Institute of Hotel Management and Catering Technology for all the First-year students. **Mr. Siddharth Mehta, Director, Three Monkey Squad LLP, Pune**, was invited as a guest speaker to the campus for delivering the lecture on "**HYDROPONICS**" on 14th January, 2023.

As the Government of India has been emphasizing on skill-based education as well as skill-based employment opportunities through inter and multi-disciplinary approach & accordingly The National Education Policy 2020 has been crafted with the vision to make the youth **ATMANIRBHAR** through skill-based education and thus make the country **ATMANIRBHAR BHARAT**. It emphasizes on vocational education by introducing the vocational subjects and training.

The NEP 2020 provides that even the students of middle level shall be exposed to hands-on training in vocational skills like carpentry, plumbing, electrical repairing, horticulture, pottery, embroidery, etc. The day is not far when the Indian youth will not be a job-seeker but a potential job-giver through the set of vocational, employable and entrepreneurial skills imparted to them at different stages of education and training.

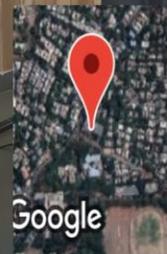
Considering the fact that we belong to the hospitality industry it is our prime responsibility to contribute towards sustainable future in some way or the other. Total 12 students attended the lecture. This guest lecture was designed to act as a springboard to disseminate the knowledge & discussion on one of these current trends- Hydroponics, which is the need of the hour.

The speaker gave information on the following:

1. What is hydroponics, how is it different from traditional soil farming?
2. Time needed / efforts to grow my plants? Is it hassle free?
3. Can a person having no knowledge or experience of farming or gardening still grow plants using these methods?
4. Can any type or variety of plant be grown on using hydroponics unit?
5. How long does it take to grow a plant in these units?
6. Does hydroponics need special seeds?
7. Is the nutritive value of the produce better than soil grown produce?
8. Do the plants need sunlight?
9. How to sanitize, sterilize the unit?
10. How to start seeds?
11. What are the mediums used? Which one is the best?
12. Why do we need to check Ph and TDS?
13. Are the plants totally safe of pests and diseases in these units?
14. How is buying these units beneficial for a family?
15. Design, Advantages over other products & finally Is hydroponics sustainable?



GPS Map Camera



Google

Pune, Maharashtra, India
Pune Satara Road, Katraj, Akshay Nagar, Dhankawadi,
Pune, Maharashtra 411043, India
Lat 18.461042°
Long 73.852603°
14/01/23 11:02 AM GMT +05:30

HOUSE-KEEPING LAUNDRY AND CLEANING CHEMICALS – USES, DILUTION & BENEFITS

On 15th March 2023 Bharati Vidyapeeth (Deemed to Be) Institute of Hotel Management & Catering Technology, Pune organized a Guest Lecture on **“House-Keeping Laundry and Cleaning Chemicals – Their Uses, Dilution & Benefits”** at 10:30 AM. The Guest Lecture was coordinated by Mrs(Dr) Amita Kolapkar, Mrs. Madhuri Patil and Mrs. Merle Almeida.

The Facilitator of the Guest Lecture was **Mr. Yugesh Naik, Business Head, Alpha Chemicals** who delivered his expertise and knowledge about the topic.

Around 61 students attended the Guest Lecture. At the commencement of the session, Mr. Yugesh Jain introduced himself and his company. He explained in detail his journey from a working professional to becoming a successful entrepreneur and owner of Alpha Chemicals.

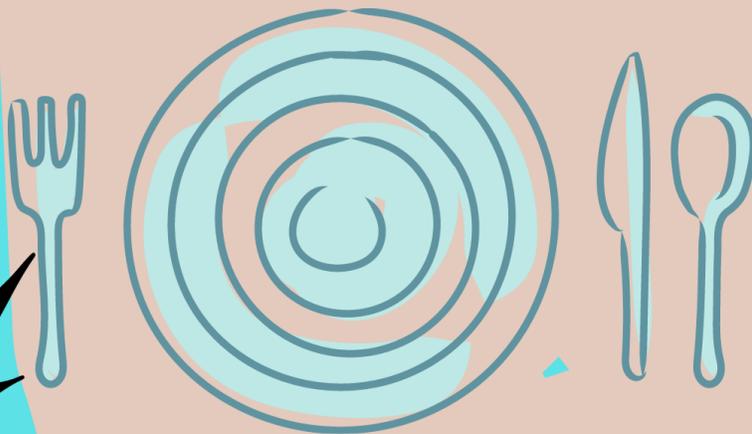
During the session, he explained to the attendees the various available chemicals which for cleaning various surfaces in the hospital and hospitality industry. The chemical composition, the uses, the dilution, the reaction and cleaning effects of the chemicals and also how the price and quality of the product is more superior as compared to current available competitors in the market were explained in detail too along with photographs of the final results.

The principal objective of the session was to make the attendees aware of the Alpha brand available in the market which is much more cost effective and result oriented in terms of already well-established brands available in the market.

In this session students also cleared their doubts by asking the questions to that were beneficial to the entire audience.



THEME LUNCH



GRUB FEST

Bharati Vidyapeeth (Deemed to be University) - Institute of Hotel Management and Catering Technology, Pune organized their **Annual Food Festival - Grub Fest** on 20th, January, 2023 at the Katraj - Dhankawadi campus to honor the Birth Anniversary of their **Honorable Founder Chancellor, Dr Patangraoji Kadam** and the Birthday of **Dr. Vishwajeet Kadam, Secretary, Bharati Vidyapeeth and Pro - Vice Chancellor, Bharati Vidyapeeth (Deemed to be University)**.

The event was graced by **Chief Guest, Celebrity Chef – Vishnuji Manohar** and **Guest of Honor, Dr. Asmitatai Jagtap, Executive Director, Medical Foundation, Health Sciences, Bharati Vidyapeeth, Hon. Dr. Vivek Saoji, VC, BVDU and Hon. Shri G Jayakumar, Registrar, BVDU** and they were welcomed by Principal, Dr. Lalita Chirmulay on behalf of all staff and students.

Chef Vishnuji Manohar interacted with the students sharing his journey of how he made it to the top and emerging into a Celebrity. The students were impressed. He also mentioned that he will include BVDU – IHMCT students in collaborations of mutual interest.

Dr. Asmitatai Jagtap, Dr. Vivek Saoji, VC Hon. Shri G Jayakumar, Registrar visited each of the food stalls. Dr. Asmitatai Jagtap interacted with the students and staff and well appreciated the event.

Mollywood celebrities, Jay Dudhane, Juilee Jogalekar and Rohit Raut made a guest appearance during the evening session of the Fest.

The ambience was filled in awe and flavorful aromas as our budding student chefs prepared delicious, lip-smacking soups to appetizing pasta to succulent tandoori dishes, to top it all mouth-watering desserts and sensational, adrenalizing mocktails and coffees.

The event was a grand success and hoping our legacy continues in the years to come.



LARDER BUFFET

A **Larder Buffet** lunch was arranged by students of SY B.Sc. (H&HA) of Division – I & II on 3rd May 2022 in Training Restaurant at 02:00 PM.

Island buffet set up was opted for the event. Table d' hoteset up was planned with the team of servers. Total 22 pax were catered on Larder Buffet. The guests were welcomed at the door in a very fine dine restaurant way. **Dr. Avinash Mehtre, Director NSS, BVDU Pune**, was invited as guest of honor.

Considering summer season guest were offered with, a very refreshing and stimulating Citrus Fizz Mock tail made up with Fresh Orange Juice & Basil Leaves with salt & soda.

The students ensured that the feel and look of this larder buffet was replicated in the décor and ambience of the restaurant. Dr. Avinash Mehtre shared his views on Larder Buffet; starting welcoming & refreshing welcome drink, lastly décor and expressed his gratitude for inviting him for this event.



PURNABRAMHA - MAHARASHTRIAN THEME LUNCH

A **Maharashtrian theme lunch “PURNA- BRAHMA”** was organized by the class of T.Y. B.Sc. (H&HA) on Tuesday 06th September 2022 at Training Restaurant at 01:30pm.

Dr. Vivek Rankhambe, Principal of Bharati Vidyapeeth Y.M. College Arts, Commerce & Science was the chief guest for the theme lunch.

Theme lunch started with menu explanation to the guest with introduction of Maharashtrian cuisine & culture. Steel plates & katori were used for lunch service. Accompaniments such as mith,limbu, lonche,mirgund, kothimbirwadi, khamangkakadi was pre-plated on the left side of thali. Rest all the food items such as main course and sweets were served in traditional Maharashtrian style (Pangat). At the end paan was served to the all guests.

Dr. L.S. Chirmulay& Guest have expressed their views on the overall event & congratulate students for giving excellent service.

Dr. Vivek Rankhambe shared his views on Maharashtrian theme lunch, service, lastly décor and expressed his gratitude for inviting him for this event.



LEBANESE THEME LUNCH

A **Lebanese Theme Lunch** was organized for the Final Year students of BHMCT (CBCS 2018 course) on 21 September 2022, Wednesday, at the Training Restaurant to give the students hands on learning experience in menu planning, indenting and cooking and banquet cooking.

The Lebanese theme was on **Arabic cuisine** one of the popular cuisines from Middle east. The students ensured that the plating of appetizer, starter and dessert is done in a professional way, where they have taken care of temperature, colour and texture of food. The students ensured that the feel and look of this Theme Lunch Lebanese replicated in the plating and presentation of the plate.

The Theme lunch was cherished by Principal Dr. L.S. Chirmulay and **Dr. Anita Frantz (Chief guest – Principal, MA Rangoonwala)** giving feedback about the experience and was very much impressed by the efforts of the students and faculty involved. She had also mentioned that the ambience and décor innovatively done by the students and faculties. Every department involvement was appreciated and she felt that the training imparted to students will make them successful hospitality professionals.



INTERNATIONAL BREAD DAY

To give students hands on learning experience, **BVDU-IHMCT, Pune** on the occasion of **International Bread Day on 7th October 2022**, came up with a very brilliant idea of making the event completely entrepreneurial for students to display their skills and confidence in the various products utilizing bread doughs in various forms.

The occasion was graced by Chef Marc Phillipoise, Mark Ex Executive Sous Chef, Sheraton - Grand Pune & currently, Self Employed running the successful Cloud Kitchen **A spread of more than 35 Indian and International bread** was displayed near the entrance to make the guests patronizing the event aware of the variety of bread available domestically and worldwide.

From Food Production Team all played their role enthusiastically and with dedication in making the entire event a huge success. There was a huge spread laid out for guests to enjoy, ranging from Pani-Puri, Chaats, Pizzas, Chinese Noodles, Biryanis, and Kheema Pav to Mocktails, Cold Coffee, and Pastries.

The event was a blast of enjoyment. Staff and Students from the Dhankawadi campus visited the stalls. The sales went off extremely well; however, **some students earned good profits but some of them also incurred losses which were pure learning for them to rectify their mistakes and gain the most out of it.**



CLASSICO ITALANO - ITALIAN THEME LUNCH

A theme lunch '**Classico Italiano**' was organized by the TY BSc (H&HA) - II on 17th February 2023, Friday, at Training Restaurant, BVDUIHMCT. **Dr. Mandar Karmarkar (Principal BVDU Medical College, Pune)** was invited as the chief guest.

This gave students a hands-on experience. Students ensured that the décor ambience of the restaurant were related to theme. Guests were welcomed by hostess at the door dressed in for F&B Attire.

The Theme lunch ended with our Principal Dr. L.S. Chirmulay and Dr. Mandar Karmarkar (Principal BVDU Medical College Pune) giving feedback about the experience and was very much impressed by the efforts of the students and faculty involved. They had also mentioned that the ambience and décor innovatively done by the students and faculties. Every department involvement was appreciated and **Mr. Karmarkar felt that the training imparted to students will make them successful hospitality professionals.**



LARDER BUFFET

Larder Buffet was organized for the S.Y. BSc (H&HA) DIV II on 10th March 2023, Friday, in the Training Restaurant to give the students hands on learning experience of menu planning, indenting, cooking and laying of buffet, etc. The menu was based on Garde Manger.

The students ensured that the plating of appetizer, salads, cold platter and dessert is done in a professional way, where they took care of temperature, texture, color of food. The students ensured that the feel and look of this larder buffet was replicated in the décor and ambience of the restaurant. The guests were welcomed at the door in a very fine dine restaurant way.

Dr. L.S.Chirmulay, Principal of the institute congratulated the students on their efforts of successfully preparing and presenting the buffet. the efforts of each department were well appreciated and received by the faculty. **Dr. Swati Bhise, Principal** was Guest of Honor. She also appreciated food and mocktail and overall experience that she went through. The deserts especially were well received and appreciated.



SUKHO THAI – THAI THEME LUNCH

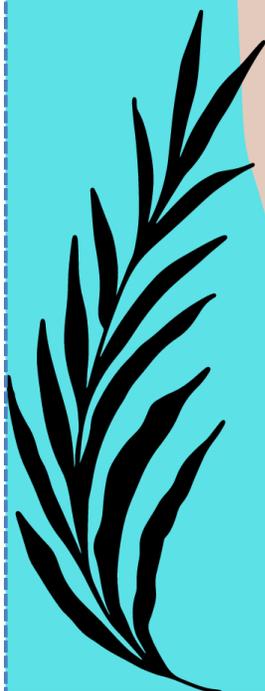
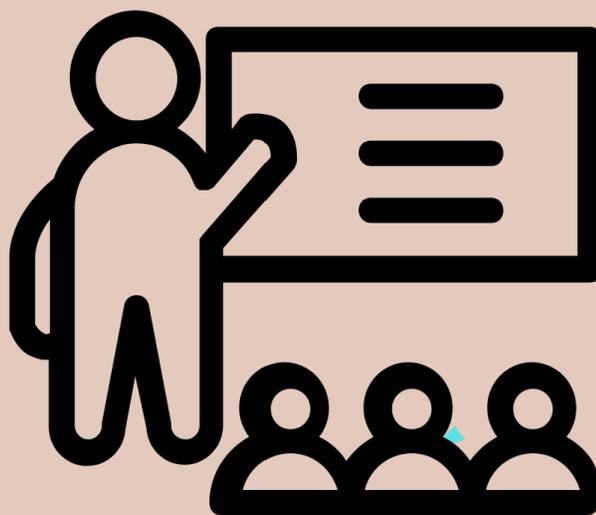
A theme lunch '**Sukho Thai**' was organized by the TY BSc (H&HA) - II on 17^h March 2023, Friday, at Training Restaurant, BVDUIHMCT. This gave students a hands-on experience in learning. The theme was based on Thailand.

The students ensured that the décor and seating arrangement of this theme lunch was replicated in the décor and ambience of the restaurant. The guests were welcomed at the door dressed in Thai attire.

The Theme lunch ended with our Principal Dr. L.S. Chirmulay and **Dr. Kirti Mahajan (Director - International Student Cell BVDU Pune)** and **Chef Mahesh Malasure (Technical Officer, Pillsbury Mumbai)** giving feedback about the experience and were very much impressed by the efforts of the students and faculty involved. They had also mentioned that the ambience and décor innovatively done by the students and faculties. Every department involvement was appreciated.



DEMONSTRATION



BENGALI SWEETS DEMONSTRATION

A demonstration on Bengali Sweets, was organized for the third year BSc (H& HA) students of Indian Regional Cuisine on 13th Sept 2022.

Dr. Sunita Sangle, HOD, Food Production, extended the welcome on behalf of the institute. Resource person, **Chef Amar Thakur of Royal Orchid Central, Kalyaninagar, Pune**, shared his experience in the industry since the start of his career.

Chef provided with his insights in the industry as well as a few tricks of making of Bengali Sweets from curdling of milk till finished product. Students had a wonderful hands-on learning experience while making the Bengali sweets. Chef Amar was also happy with the experience of coming back to the college life after lot many years spent in the industry. He wished the students the very best and extended his support for any future endeavors.

The demonstration included the following:

- **Ras Malai**
- **Lavang Latika**
- **Chamcham**
- **Sandesh**
- **Malai Sandwich**
- **Rajbhog**
- **Misti Doi**



MASTER CLASS ON GIN

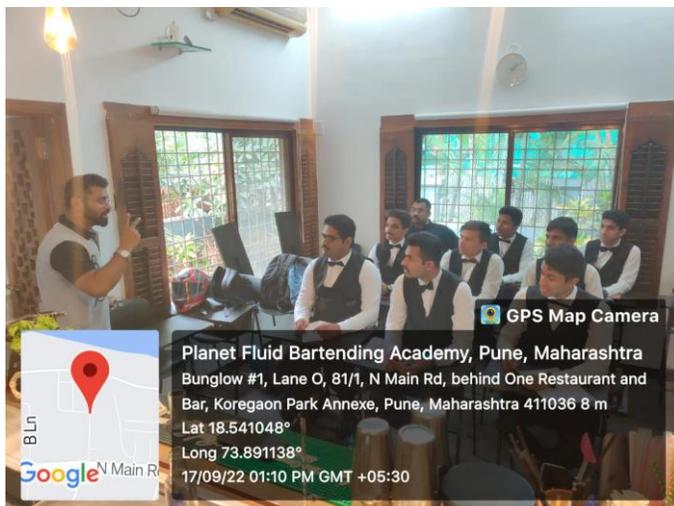
A Master Class on Gin was organized for T.Y. B.Sc. (H&HA) Food & Beverage Service Specialization students on 17th September 2022 at **Planet Fluid Academy**, at 11:00 am.

Mr. Samadhan Yadav & Ms. Prutha from Planet Fluid Bar academy welcomed all the students in their academy & conducted the Master class on Gin & other white spirit for students. Mr. Samadhan discussed upcoming Indian brands of Gin & other spirits. Various Indian as well as international brands of Gin & other white spirit were discussed.

Session started with brief explanation of Gin & other white spirits. Students were informed about different types and styles of Gin. Students were provided with (15 ml) of Gin for testing to understand taste and flavor & have asked to identify the maximum number of botanicals present in Gin. Those botanicals were Juniper Berries, Coriander Seeds, Orange & Lemon, Star Anise, Khas, Chamomile flower, Saffron & Cinnamon.

In the middle of the session after a theory class Ms. Prutha showed methods of making cocktails to students based on the theory class. In that, students also had a wonderful experience of making some innovative & twisted cocktail such as Cosmopolitan, Smoked Snow Blue, Gimlet and B 52.

Session ended with questions and answer session.



MOCKTAIL & COCKTAIL DEMONSTRATION

Mocktail and Cocktail demonstration was organised for the students of T.Y. B.Sc.(H&HA) Food and Beverage specialization students on 21st October at 12:30 pm at Flairology Bar School & Events, Pune.

Session commenced with tour of the academy. **Mr. Tanmay Agarwal** explained various areas of the academy such as classrooms and open area for flair practice. **Mr. Shreyas Jain** one of the founder of **Flairology Bar School**, gave brief introduction on types of spirits, origin and flavor profile of each drink and bar equipments. Types and styles of mocktails and cocktails were explained to students. Various new methods of cocktail making were demonstrated to students such as Clarifying, Stirring. Whisky & Vodka based cocktails such as Cosmopolitan, Whisky Sour, Twisted Capriosa. Students were practicing and making cocktails and mocktails with the help of Mr Shreyas.

Session ended with question and answer session on recent trends in the industry and job opportunities in bartending. Overall it was a great learning experience for students.



FLOWER ARRANGEMENT DEMONSTRATION

A demonstration on making basic flower arrangements was organized on 16th February 2023 for the students of SY BSc in housekeeping lab.

The resource person was **Mr. Sanket Kale, Assistant Professor, BVDUIHMCT, Pune**. He has **5 years of industry experience and 3 years of teaching experience**.

Mr. Sanket explained about the equipment and mechanics used in flower arrangements. He also explained the difference between flowers, foliage and fillers and showed the variety to the students. He elaborated on the basic arrangements used in various hotel areas, various shapes and styles of flower arrangements and the rules to be followed while making the flower arrangement like proportion, balance, colour combination, harmony etc.

He demonstrated the following flower arrangement:

- Triangular shape
- Flat Round shape
- Hogarth curve
- Crescent shape
- Ikebana



BASIC BAKING OF CAKES & BREADS DEMONSTRATION

Basic baking of Breads & Cakes Demonstration was organized for the classes of SYBSC(H&HA) on 24/02/2023. Objective of the session was to develop the organizational, culinary and baking skills in students.

The demo was conducted by **Chef Mahesh Keshav Malusare who is presently with GMI Pillsbury company as a technical officer (travelling chef)**. He has worked with Parc Estique, Sun n Sand, Marriott Suites, 3 years in Costa Cruise as a CDP. He has completed hotel operation diploma and degree in travel and tourism in 2011.

Chef Mahesh, introduced students to various products of Pillsbury which are being commonly used by bakers all across India and even in some countries abroad. He Guided students on how to use the products to get excellent quality of finished product with consistency. The session included baking of Sponges, Tea cakes, Burger Buns, Bread Loafs & Bread Rolls.



LARDER DEMONSTRATION

A Larder demonstration, was organized for the second year BSc (H& HA) students on 2nd of March 2023. Dr. Sunita Sangle, HOD, Food Production, extended the welcome on behalf of the institute.

Resource person, **Chef Puneet Badola, Executive Chef, Ibis hotel, Vimannagar, Pune**, shared his experience in the industry since the start of his career. Chef provided with his insights in the industry as well as a few tricks of making of hors d'oeuvres & Cold Preparation from mixing of ingredients till finished product while also focusing on garnishes. Students had a wonderful hands-on learning experience while making the hors d'oeuvres. Chef Puneet was also happy with the experience of coming back to the college life after lot many years spent in the industry. He wished the students the very best and extended his support for any future endeavors.

The demonstration included the following:

- Prawn Cocktail
- Blue berry with feta roundels canapés
- Chicken pearl canapé
- Thyme infused chicken & jalapenos terrine
- Falafel Bites
- Guacamole canapé
- Bacon olive pimentos chicken roulade
- Crudités



PEST CONTROL DEMONSTRATION

A demonstration on Pest Control was organized for the students of SY BSc H&HA (Division I & II) on 20th March 2023 in the Housekeeping-lab.

The resource person was **Mr. Omkar Shinde, Proprietor – Tej Pest Control Services**. Mr. Shinde elaborated on the importance of pest control and various types of pests found in hotel industry. Mr. Shinde spoke about various techniques and methods used to control or eradicate each type of pest. Also, he explained the pros and cons of each method used. He explained every detail of various pesticides and insecticides used during Pest Control. The information was shared with the help of PPT presentation. He demonstrated use of different equipment used for pest control. Mr. Shinde also explained the importance of safety precaution and use of safety gears while handling the pesticides and insecticides.



SALADS & DRESSINGS DEMONSTRATION

On the pretext of International Happiness Day, Monday, 20th March, 2023, a workshop on **“Salads and Dressings”** as a part of curriculum was organized by Bharati Vidyapeeth Deemed to be University's Institute of Hotel Management and Catering Technology for the First year BSc. Division I students. **Chef R. Rajkumar, Executive Chef, Leisure Restro Bar, (Talli Bar & Kitchen), Pune**, was invited as a guest Chef to the campus for demonstrating & conducting the workshop on the same.

Keeping in mind the theme for the 2023 International Day of Happiness viz, "Be Mindful. Be Grateful. Be Kind." the organization took the opportunity to promote happiness and well-being through healthy eating habits where they can make positive changes to improve their quality of life. One of the simplest ways you can take care of yourself and promote wellbeing is by being mindful of what you put into your body. Not only is food a linchpin of day-to-day life, but choosing nutritious and balanced meals can reap multiple benefits, including improved mood, energy levels and overall health - talk about food for thought. Total 18 students attended the workshop.

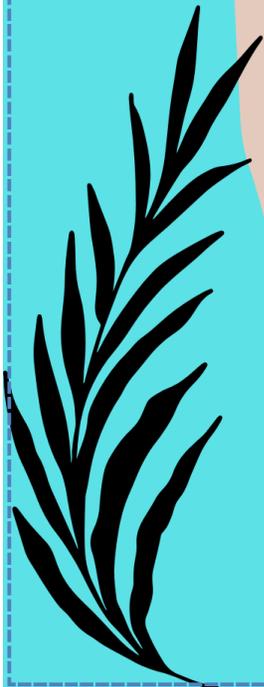
This workshop was designed to act as a springboard to disseminate the knowledge & discussion on various salads and their dressings. The workshop was quiet informative as the students learnt about the different commodities used in salad making, various combinations of ingredients that can be used to prepare the salads, their garnishing and presentation techniques.

The Chef demonstrated and gave information on the following salads:

1. Citrus fruit salad with honey lemon dressing
2. Greek salad with balsamic dressing
3. Herb warm chicken salad with tomato salsa
4. Chicken Ceaser salad with garlic mayonnaise dressing
5. Healthy quinoa salad with curry powder and lemon dressing



COMPETITIONS



ELOCUTION COMPETITION

On 23rd September 2022, An Elocution Competition was conducted for FY BHMCT & FY BSC (H&HA) students to give them an opportunity to combat one of the biggest fear factors i.e. stage fright. It also allows the competitors to connect with the audience and to understand the concepts of Articulation and Voice Modulation.

Prof. Ashima Deshpande judged the event. There were 8 contestants in all. **Every single contestant performed well and the topics ranged from 'Career Aspirations and Goals', 'Investing in a Green Campus- The Need of the Hour' to 'Study Now and Party Later!'**. The level of elocution was not surprisingly very high which made the job of the judge all the more difficult.

During her speech, Prof. Deshpande had profound praise for the standard of competition and selection of pieces and admitted that there was little difference between winners and the others.

Alas! It was the time for the results and hearts skipped a beat. **Isha Pawar (SY BHMCT) secured the First place while there was a tie between Aditya Navle (SY BHMCT) and Bhargav Gosavi (FY BHMCT).**

Principal, Dr. L. S. Chirmulay was impressed with the speeches and everyone left the hall, having a good time.



PULSE MANIA – A HEALTHY FOOD – CHEF COMPETITION

The Institute had organized '**Pulse Mania – A Healthy Food – Chef Competition**' for the FY BHMCT & FY BSC (H&HA) students on 15th October 2022. The emphasis was to involve students to bring out various culinary preparations with a twist of creativity.

The response was very encouraging with 10 teams participating in the event.

Each team comprised of 2 students from the class.

The enthusiastic students embarked on their journey to explore various dishes prepared using pulses which were healthy, creative and also practical. The budding chefs experimented with the ingredients, cooking as well as presentation styles and cooked up dishes packed with flavors. The competition was judged by **Chef Sandhya Kharote, Research & Development Head, Tasty Bite LTD, Pune.**

The winners of the competition were:

- 1. Team: MEJWANI – Ms. Sakshi Nale and Ms. Akansha Karandikar**
- 2. Team: FLAVORS – Mr. Tejas Gaikwad and Ms. Nilima Khadapkar**
- 3. Team: DESI-DA – Ms. Swadha Kishor and Mr. Om Patil**

EVEREST BETTER KITCHEN CULINARY CHALLENGE (BKCC) ***- SEASON 4 ROUND 1***

BVDUIHMCT, Pune organized a **Everest Better Kitchen Culinary Challenge (BKCC) – Season 4 Round 1** Chef competition for its Final year B.Sc(H&HA), BHMCT & Third Year BHMCT students on 11th November 2022.

The theme for the chef competition was, “**FLAVORS OF INDIA**”. Total of 5 teams participated in the competition from the classes.

Students were asked to prepare 3 courses of Indian Menu. Students submitted indents prior to the competition on which the material was ordered and issued to them. Two hours of preparation time was given to students.

Dr. Sunita Sangale & Mrs. Shatakshi Shirolkar, graced the occasion as judge. The students were judged on criteria of innovation, taste, texture, presentation & menu planning in keeping with the theme & use of Everest Masala.

Judges had decided to send 4 teams for round 2 out of those 5 teams. Team members name as follows-

- **Team 1 – Shreya Gophane & Amruta babar**
- **Team 2 – Vishwajeet B & Ankush P**
- **Team 4 – Aditya S. & Roshan**
- **Team 5 – Rohit S. & Vinayak G.**



FRONT OFFICE ROLE PLAY COMPETITION

A Front Office Role Play Competition was conducted for the students of FY BSC (H&HA), SY BSC (H&HA) and FY BHMCT students. The competition was conducted in order to develop the competitive skills and to build confidence in the students.

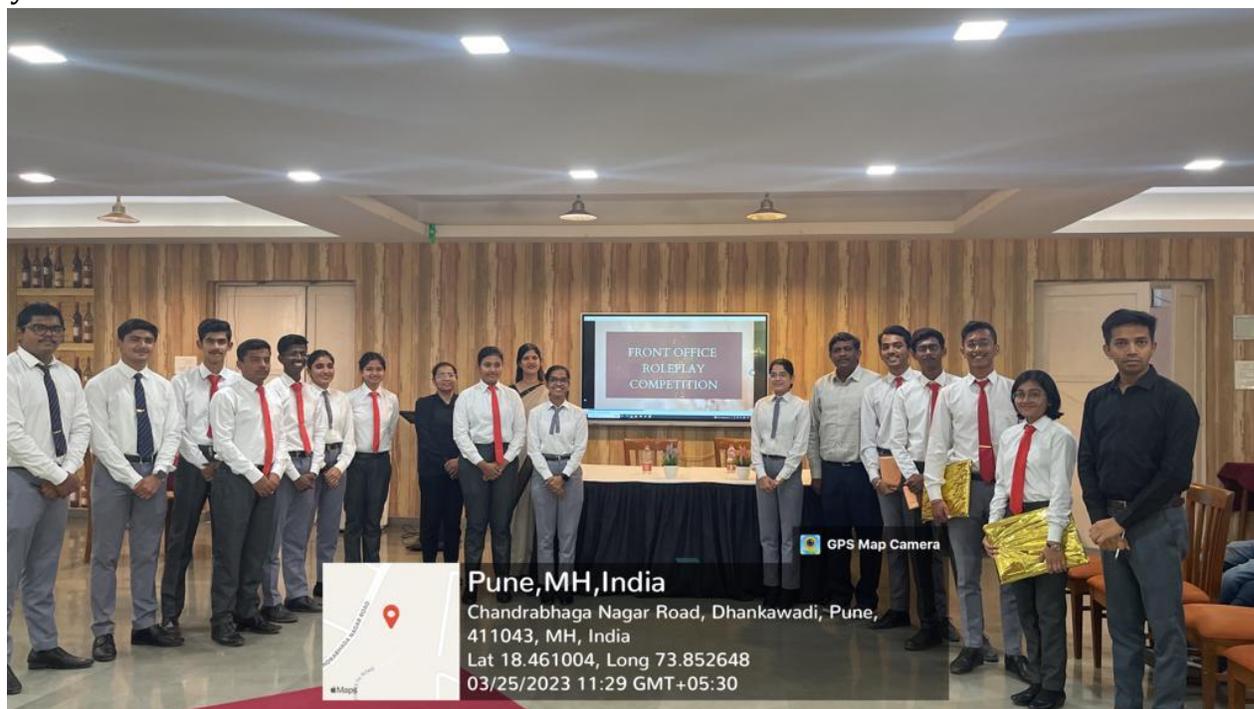
The competition was held in the Training Restaurant of the Institute in which 06 teams had participated. Prof. Prajakta Parasnis, Prof. Sanket Kale and Prof. Merle Almeida were the coordinators and Prof. Rupesh Londhe was invited to judge the competition. Mr. Shantanu Yadav and Mr. Mohit Mhaske were the hosts to the competition.

Mr. Shantanu Yadav, welcomed the jury, participants, audience and initiated the competition. He also explained the rules of the competition.

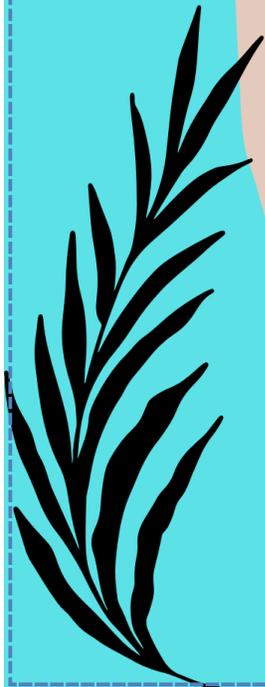
The judgement was based on the communication skills, general knowledge, grooming standards, academic knowledge of the students. Even additional scores were given to the students who enacted well during the play.

After conducting all 3 rounds, the scores given by the judge were summed up; in which Ms. Swati Sharma & Mr. Kushal Marda secured 1st position with 47 points while Mr. Bhargav Gosavi & Mr. Ameya Kamat secured the 2nd position with 45 points.

Prof. Rupesh Londhe appreciated the winning teams and informed students about the importance of such competitions. Prof. Prajakta Parasnis extended the Vote of Thanks followed by Prize Distribution Ceremony.



FIELD-VISIT



KATRAJ DAIRY VISIT

A visit to Katraj Dairy, Satara Road, Pune, was organized for the First year BSc (H&HA) Division- I students on Saturday 17th August 2022. Total 34 students were accompanied by class counselor Dr. Archana Janjal for the field visit.

The students were first taken to an audio-visual room where they were shown a documentary showing glimpses of the Katraj dairy products and the technology used in the plant. It also gave them the introduction of company profile. The technical team explained automation of dairy through presentation containing computerized controlled machineries.

The visit to the plant was guided further by the dairy staff, the students were taken for a show around by one of the dairy staff at the premises and were asked to observe while the guide gave a brief about operations of the dairy plant. They explained the overall operations of the plant that comprises of various stages such as procuring of milk from various suppliers, processing of milk, procedures involved and the various kind of treatments of milk viz. Pasteurization, Homogenization, Ultra heat treatment, etc. The students also got a chance to study the various aspects, steps and procedures involved in packaging of milk.

All the practices followed at the plant assured that Food safety and hygiene are given utmost importance and no compromise is done on the quality of the products at the dairy plant. Lastly the students were given a cup of ice-cream each for tasting.

The visit to Katraj Dairy was a great opportunity for all the students as they gained knowledge about technical, production processes, products, operations and managerial work flow of the dairy plant.



NATURE'S BASKET VISIT

A visit to Nature's Basket, Koregaon Park, Pune, was organized for the First year BSc (H&HA) Division I students on Wednesday 24th August 2022. Total 29 students were accompanied by class counselor Dr. Archana Janjal for the field visit.

Nature's Basket, located at a prime location at Koregaon Park, was earlier a part of Godrej Group is India's foremost retail destination and has been acquired by RP Sanjiv Goenka Group's retail flagship **Spencer's Retail** in May 2019. They have online portal and a mobile application shopping platform available for grocery products as well as physical retail stores in select cities with a diverse product portfolio ranging from fresh fruits and vegetables, milk and milk products, fish and meat, artisanal breads, FMCG and staples.

All the students reported at the venue as per the scheduled time for the visit i.e. 12:00 noon. The visit to the stores was guided by the store manager Mr. Mangesh Bankar, who gave them the introduction of company profile. Further the students were taken for a show around at the stores by the faculty member and were asked to observe the variety of FMCG Merchandized at the retail stores. The faculty gave a brief about the different varieties of commodities viz. vegetables, fruits, imported products like cheese, teas, Italian pasta and sauces, selection of Indian and imported wines, etc. The students were also told how to read the labels on the packets.

The students were the asked to gather in the wine cellar where they were explained the overall operations that comprises of various stages such as procuring of various Merchandizes, what is MRP and MAP, etc. The students got a chance to study the various aspects, steps and procedures involved in managing a retail store. All the practices followed at the stores assured that Food safety and hygiene are given utmost importance and no compromise is done on the quality of the products. Lastly the students were given blueberries and red currants for tasting.

The visit to Nature's Basket retail store was a great opportunity for all the students as they gained knowledge about technical processes, products, operations and managerial work flow of the retail stores.



SULA VINEYARD VISIT

A field visit to Sula vineyard, Nashik was Organized for S.Y B.Sc. (H&HA) & T.Y. B.Sc. (H&HA) Food & Beverage Service Specialization students on 28th January 2023.

Nasik's first winery and paved the way for the emergence of India's wine capital. The company is highly sustainable and focuses on protecting the environment. **Mr. Rajeev Samant** established Sula vineyards in 1999.

Mr. Amrit Pal Singh (an Executive at Sula vineyard) welcomed the teaching staff and all the students.

The visit started with a video presentation where the students learned about the origin of the company and about their market presence. Then introduced the students to the wine making process where he showed the machinery (De-steaming machine, Fermentation tank) used in the initial stages where the grapes are either de-stemmed or pressed to get the juices depending upon the type of the wine to be made. Students learned about the different types of grapes used during the process. The students visited the fermentation room where the wine is stored in huge stainless-steel containers which are temperature controlled where the fermentation process takes place. The containers vary in the sizes from 2000 liters to 80,000 liters. Then the students visited the barrel room where the wines that are aged are stored in huge oak barrels. Each barrel is sustainable for 10 years. The temperature maintained in the room is from 8-15 degree Celsius where the aging of wines takes place where the barrel absorbs the water and the change in the taste and aroma occurs. The barrels contain 225 liters each and aged for 2-15 months. Then the students were taken to the tasting room where some of the students and faculty members tasted 6 types of wines varying in taste, where they learned how to hold the wine glass correctly, and how to drink the wine - See, Swirl, Sniff and Sip. At-last the students and faculty explored the vineyards and had lunch then headed back to Pune with a lot of knowledge and good memories.

The objective of the visit was for the students to learn about the wine making process (Vinification), Viticulture Vintage. Over-all it was a great learning experience for students.



MALAKA SPICE VISIT

The Department of Food and Beverage Production of Bharati Vidyapeeth (Deemed to Be University) Institute of Hotel Management & Catering Technology, Pune had organized a site visit on "HYDROPONICS", at Malaka Spice restaurant, Koregaon park, Pune, as the continuation of the guest lecture held on 14th January 2023. Total 30 students from first year (BSc. Div I) were present for the site visit on Wednesday, 15th February 2023 at 12:00 noon.

All the students were supposed to report to the college for regular lectures and assemble at the lobby in Formal Attire for the Field visit at 11:45 am. The students were accompanied by **Mr. Aniket Kothari, from Hindustan Agritech along with Mr. Sidharth Mehta** for a show around of the site.

The visit started with introduction to the types of Hydroponic system, Like the Nutrient Film Technique, Deep Water Culture, the types of poly houses used for hydroponics - Like Normal poly house & Fan Pad Based Poly house. The type of clientele, online versus practical, etc.

The different stages involved in the soil less farming, like, Stage 1 - Germination, Stage 2 - Transfer to Systems, Healthy Growth Of, The Plants, Flowering, Fruiting, Stage 3 - Healthy Rooting, Harvest. The importance of adding Various micronutrients like Fe (iron), Mn (manganese), Cu (copper), Zn (zinc), B (boron), Cl (chlorine), and Ni (nickel), typically added to hydroponic solutions to supply essential elements along with Nitrogen, Phosphorus, Potassium.

The students were also offered a one-day hands on training session in future for learning the basics seed germination and transfer of saplings, etc. The visit was very enriching as the students were able to witness the soil less farming during the site visit.



J.W. MARRIOTT VISIT

A visit to J.W. Marriott, Pune to understand the function and layout of Bar and Restaurant was organized by Mr. Prashant Arya for students of TY BSc (H&HA) - II.

The session was addressed by **Mr. Amit Shinde, L&D Manager, The J.W. Marriott, Pune**. He formerly briefed the students on the Hotels operation for Restaurant, Banquets, Bar and the USP availed by their group internationally, this to ensured students understand the operations to design the layout of a hotel.

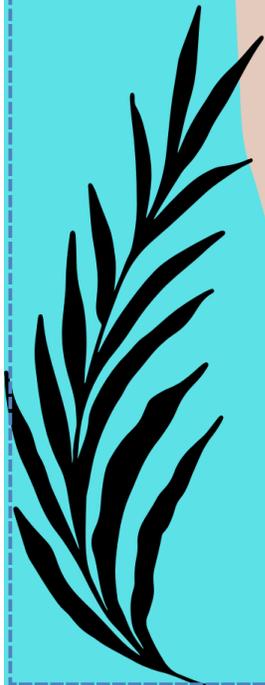
Also, **Mr. Ajay Sharma, Asst. F&B Director and Mr. Sanket (L&D Member)** ensured students get to understand the Best Practices, Facilities and Standards followed by JW Marriott Pune. Later, the students were taken on a tour to Restaurants and Bar i.e. **Paasha, Alto Vino, Bar 101 and Tao-Fu** of J.W. Marriott, Pune.

The session concluded with Question & Answer session, also by providing information on future prospect of careers with J.W. Marriott, Pune.



NATIONAL SERVICE SCHEME

NSS



WORLD HEALTH DAY REPORT

World Health Day is celebrated on April 7 every year. It is an initiative taken by the World Health Organization (WHO) to raise awareness about the overall health and well-being of people across the world.

Each year, there is a specific theme for World Health Day. The theme for World Health Day is **Our Planet, Our Health**.

In the midst of a pandemic, a polluted planet, increasing diseases like cancer, asthma, heart disease, on World Health Day 2022, WHO will focus global attention on urgent actions needed to keep humans and the planet healthy and foster a movement to create societies focused on well-being. WHO estimates that more than 13 million deaths around the world each year are due to avoidable environmental causes. This includes the climate crisis which is the single biggest health threat facing humanity. The climate crisis is also a health crisis.

While the COVID-19 pandemic showed us the healing power of science, it also highlighted the inequities in our world. The pandemic has revealed weaknesses in all areas of society and underlined the urgency of creating sustainable well-being societies committed to achieving equitable health now and for future generations without breaching ecological limits.

Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity. Healthy children learn better. People with adequate nutrition are more productive and can create opportunities to gradually break the cycles of poverty and hunger.

Our Guest Speaker for the Day was **Dr. Trupti Rasal**, she is currently the **Head of department (Nutrition and Dietetics) Bharati Hospital and Research centre**, with 12 Years of experience in clinical nutrition as a teaching faculty at Bharti Vidyapeeth skill development in PG diploma in clinical nutrition. She has a Post graduation in Nutrition and dietetics with a PG diploma in Diabetes And is a UGC qualified SET exam for assistant professor.

Dr. Trupti spoke to students about different nutrition groups, how to complete a full meal with all the essentials required for a human body on day-to-day basis. Balanced Diet, Good nutrition, how to boost immunity system were some points covered by her.



Pune, Maharashtra, India

Bharati Vidyapeeth Institute Of Hotel Management & Catering
Technology, Pune Satara Road, Katraj, Akshay Nagar, Dhankawadi,
Pune, Maharashtra 411043, India
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INTERNATIONAL YOGA DAY

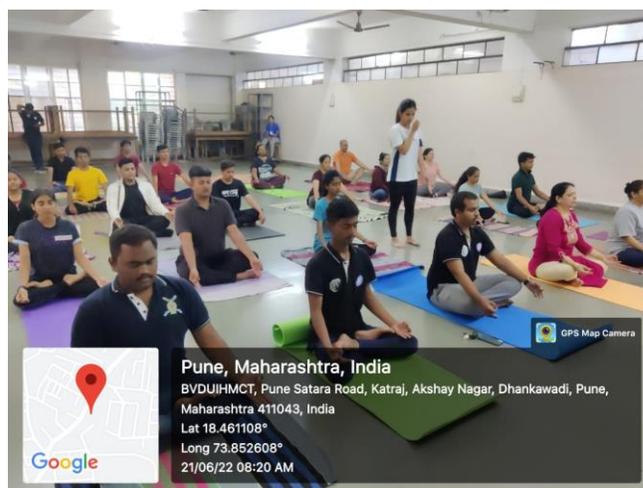
Yoga is a 5,000-year-old tradition from India that combines physical, mental and spiritual pursuits to achieve harmony of the body and mind. On December 11 in 2014, the United Nations General Assembly declared June 21st as the International Day of Yoga. The declaration came at the behest of the Indian Prime Minister, Narendra Modi during his address to UN General Assembly on September 27, 2014 wherein he stated: **"Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature"**. In Suggesting June 21, which is the Summer Solstice, as the International Day of Yoga, Narendra Modi had said: "the date is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world."

The theme of year 2022 of International Day of Yoga was be "Yoga for Humanity". The main event of the IDY- 2022 demonstration was held at Mysuru, Karnataka led by Prime Minister Narendra Modi.

The core purpose of IDY is to create mass awareness regarding the Health Benefits of Yoga for the people. Over the years, IDY has become a mass movement for health.

The 8th edition of International Day of Yoga (IDY2022) is being promoted through multiple programs by the Ministry of Ayush, in association with Morarji Desai National Institute of Yoga. A curtain raiser event to mark the 100 days countdown was celebrated on 13th March 2022, which started the campaign: 100 days, 100 cities, and 100 organizations from 13th March to 21st June 2022, across the globe. A 75th-day countdown event was organized at the Red Fort in New Delhi. The 50th Days countdown was celebrated at Sivasagar, Assam and the 25th-day countdown was celebrated in Hyderabad, Telangana.

In Keeping with initiative, the BVDUNSS Cell proposed, to carry out the yoga session at 7:20 am after the Prime Ministers Address live telecast from Mysuru. The Institute had 40 volunteers including Teaching and Nonteaching staff for performing Yoga. The Student Volunteers of **BVDU College of Ayurved Ms. Siddhi Yewale, Ms.Rama Bendale & Ms. Anushka Kanki** demonstrated various yoga asnas and asked the volunteers to follow them as per the yoga day protocol.



My River My Valentine

No matter how clean a river might look, pollution is an ever-present threat. Rivers are wild habitats, and they are not sterile swimming pools – but there are lots of sources which contribute to pollution, presenting a risk to river users and harming wildlife.

Physical pollution tends to be a lot more obvious to the naked eye; things like crisp packets, plastic bottles, and even trolleys often make their way into rivers! Unfortunately, a lot of the time these things are intentionally thrown into the river. Other times, litter blows out of bins or landfill and makes its way into the watercourse. No matter how the litter gets there, it's really important to remove it; physical pollution can have a devastating impact on the ecosystem.

Chemical pollution

Natural pollution: rivers are part of nature, and raw or untreated river water is not safe to drink. Rivers contain microbial life and pollutants from a range of natural sources; for example, defecation by wild animals and dead and decaying organisms in and around the river.

Farming: arable and livestock farming can contaminate rivers when manure, topsoil, pesticides and fertilisers get washed off the land and into streams, rivers and aquifers. When livestock animals are kept in the vicinity of a river, and have direct access to the river, livestock can defecate directly into the waterway. Even without direct access, rainwater can mix with manure and other animal waste, before draining into the river as runoff. In addition, decomposing animal carcasses near or in the river can severely damage water quality.

Urban and transport: pollution caused by urban land-use and transport may be due to pollutants entering a watercourse via urban runoff, road drainage, or atmospheric deposition (a fancy way of saying that particles in the atmosphere get returned to the land when it rains).

Mining and quarrying: active and abandoned mines can cause problems for river water quality due to exposed pollutants, such as heavy metals and acidic water, being washed into local watercourses.

Untreated and treated sewage pollution

BVDUIHMCT, NSS participated in a river cleanliness drive at Bhide bridge, Pune in association with **Worship Earth Foundation** and **Pune Municipal Corporation**. Students of various NSS units under SPPU participated in the drive, dignitaries such as **Mr. Shrikant Deshpande, Additional Chief Secretary & Chief Electoral officer Maharashtra, Mr. Rajesh Deshmukh District collector & District Election officer, Mr. Rajesh Pande, State Advisor NSS & Dr. Dnyaneshwar Mulay, Member National Human Rights Commission, India** were present to participate and motivate the volunteers for the activity. **Iron Man (10 times) Champion Mr. James Pulham from New Zealand** shared his experience of his days and how they took care of the rivers that were getting polluted in his home town. Mr. James is also an International Masterchef who has been working in the culinary arts for almost 3 decades. He was a great inspiration for the NSS volunteers of Our Institute.



SELF DEFENCE TRAINING SESSION

Keeping in view, the rising number of crimes against girls in the country, it is important to provide self-defence training to them in the schools to ensure their safety and security. Self-defence training is a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time. Through the self-defence training, the girls are taught to become psychologically, intellectually and physically strong enough to protect themselves in times of distress. Self-defence training techniques instills self confidence amongst girls and helps to promote girls' education particularly their transition to secondary and higher secondary level and to reduce the dropout rate in schools.

The women are failed to protect themselves when they are facing any kind of sexual violence and random attack. The main reason for the failure is fear. The below mentioned are the reasons for joining the self-defence training program:

- The program will improve self-confidence in a woman.
- The training program will keep you safe when you are away from your home
- It will reduce the dependency on others
- The training program will get you a healthy and fit lifestyle due to exercise and physical moves.
- It can handle dangerous and emergency situations that are caused by strangers.
- You will be physically educated in terms of self-defence and to reduce discrimination.

The below-mentioned are the tips and tricks of self-defence:

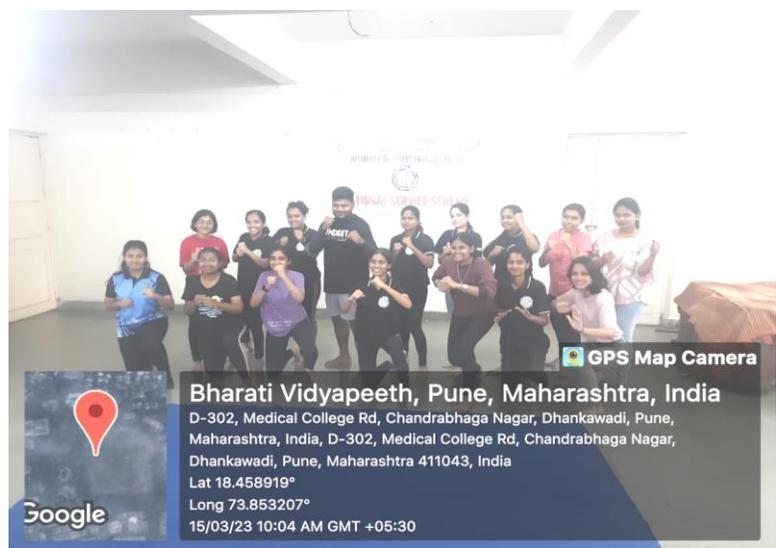
- The women should stay fit enough to run fast
- The women should check when walking on the empty road to avoid grouping and chain-snatching from behind.
- It is recommended to keep your purse front and walk on the roads by paying full attention around the road.
- The woman should avoid high-heeled footwear when they are walking a long distance in unknown places.
- Say out 'STOP' in a loud and aggressive voice, when they need help from other people.

Self-defence is offering so many benefits to women, but particularly it is improving the confidence level in women. Many people think self-defence courses are providing physical benefits to women. But in fact, the course is training the mental health of the woman. For instance, if you are a college student, you will go to the classes with the fear of men harassing and bothering you. Generally, whenever the women are put in any hassle conditions, the fear will refuse them to fight against the men. So instead of being scared, you can find a comfortable life with the help of self-defence. The woman who can defend herself against a potential criminal will have a high level of self-confidence. The mother, a working woman, a student, and younger ladies can gain confidence from a self-defence course.

Safety through Self-defense

The most significant benefit that can be obtained from a self-defence course is the women can learn how to physically defend her. This is the main reason why women are learning the self-defence course. The training will provide tips and tricks to handle emergency and difficult situations. Whenever the women are facing any type of harassment, the course will provide necessary steps to fight against the situations. If someone tries to grab things from the woman who is attending the self-defence course, they will know and take the necessary techniques to save the things from her.

A Session on Self Defence was organized for the girls of BVDUIHMCT, by the NSS unit of the Institute on 15/03/23 Wednesday at 8:30 am in the institutes Dinning-hall. Resource person was **Instructor Saurabh Nirmal of GANIMIKAWA MMA & Fitness**, who spoke about the importance of the self-defence and how to make use of the session for further improvement. He further demonstrated ways of how to defend and also made the girls do the exercises which could be useful for building their core strength.



SPECIAL WINTER CAMP

NSS Special Winter Camp 2022-2023
Ambi Village, Panshet, Pune
15th December 2022 to 21st December 2022

Day 1 **15th December 2022**

The journey for the camp started from the institute on 15th December at 9:30 am, with inspiration speeches and motivation from the faculty members and Principal of the institute. The journey took one and half hour to reach the destination, after settling in the students at Community Hall of Janseva Foundation, Ambi Village, volunteers left for the grampanchayat office where the camp was officially inaugurated by the **Gramsevak of Ambi Mr. Ravindra Sonawane**. He welcomed the volunteers and was pleased to have all of them be ready to work towards social causes. He was informed of the 7- day schedule for the camp. The **Sarpanch Mrs. Mangal Lahuanna Nivangune** delivered her welcome address and heartfelt thanks towards the volunteers and Bharati Vidyapeeth (Deemed to be University) NSS office for organizing the special winter camp at Ambi, via telephone as she was not able to attend in person. The students were distributed in three teams for various activities to be held throughout the camp. Students had their Lunch at 2:30 pm on the first day followed by Tea at 6:00 pm and Dinner at 9:00 pm following which a team meeting was held to discuss the plan of action for next day.

Day 2 **16th December 2022**

Volunteers started the day from Janseva Community hall by gathering at 6:00 am for a jog, which was followed by a yoga session held by volunteer Isha Pawar for all the able participants. Team responsible for kitchen prepared breakfast, and the other teams responsible for days activities proceeded for their schedule. The volunteers organised a **rally for Voter Awareness and New voter registration** drive the village. They interacted with people with two objectives; the first objective of the rally was to **create awareness about voting among the youth** and the other objective was to **fill the electoral forms of people who don't have voter ID cards**. Slogans like "Aaple Mat, Aapla Awaj" were raised. Lunch was served at the camp base. After lunch and a little refreshment the volunteers visited **Janseva Old Age Home located** on the opposite of the Janseva Hall. The volunteers spent time with them. The elderly talked about themselves and how they spend their days here. A team of volunteers stayed back to prepare dinner. After dinner all the volunteers along with the faculty in charge gathered at the Janseva hall. A follow up of the day followed by next day's schedule were discussed.

Day 3

17th December 2022

The day of volunteers began with a jog & Zumba session followed by breakfast. The volunteers then proceeded for **Cleaning of the cremation ground** of Ambi village where they were provided with cleaning equipment to clear the grounds in and around the crematorium of any plants, shrubs & bushes outgrowth. Volunteers worked in two teams and cleared the unwanted growth in a few hours. **The platform of the cremation ground was then washed and cleaned of rust and bird & Cattle litter.** The area around the Grampanchayat office was also cleared of any unwanted growth and garbage left about by students of the Grampanchayat School after having their snacks or meals. Volunteers also tilled around the plants and gathered the dried leaves around the school and Grampanchayat office. The volunteers also cleaned the area surrounding Janseva foundation Community hall and disposed of the collected garbage. The volunteers cleared the area of dried weeds, unwanted plants and disposed of furniture and made a pyre for evening cultural programme. After lunch Volunteers participated in a program initiated by **AT&T and Elder line (NGO) at the Janseva Community hall** who brought along basic necessity kits for elderly people of ashram. Various activities like solo singing and poetry were conducted. **NSS Alumni Prahamesh Shelar and Abhishek Kanwate** visited the camp base in morning and helped in the activities carried out throughout the day. They also spoke to all the volunteers present about the importance of NSS and what can be achieved through participating in the activities of both regular and winter special camps. They also spoke about carrier path options from their respective fields such as Cruise lines and R&D department in the food processing units. The day ended with review meeting of the day and plan of action for next day's schedule after dinner.

Day 4

18th December 2022

The volunteers gathered at the entrance of the Janseva Hall at 6:00 in the morning. They had a heavy breakfast and began their Sunday with a trek. They climbed a nearby hill. The volunteers **cleaned the area around the temple on the top of the hill. The unwanted growth, grass and weeds were cleared. Plastic and other garbage like gunny bags, garlands were collected by the volunteers. The backyard of the temple was also cleared. Any unwanted grass and weeds were removed.** A team of volunteers prepared lunch for the rest. After refreshment and having lunch they participated in a program arranged for the elderly people at the Janseva Hall. Few volunteers of **All Doctor's Team Poona Hospital and Research Centre** attended the program as well. The NSS volunteers and the Poona Hospital team enthusiastically carried out various activities like dance, singing and poetry along with the elderly. After tea break in the evening, few volunteers spent time at the Old Age home with the people there. The volunteers ended their day with follow up of the day and discussion of next day's schedule with the faculty in charge.

Day 5 19th December 2022

Volunteers gathered at the entrance of the Janseva Hall at 6:30 in the morning. They started the day with a jog followed by a yoga session in the hall itself. After breakfast two teams of volunteers organised a drive. The rally was about **discouraging child marriage**. The volunteers raised slogans like “**Baalvivah ha ek apradh ahe**” and “**Baalvivah mitvuya , Baalvivah hatvuya**” . They walked through Ambi village with placards in their hands, and urged people to stop child marriage as well as spread awareness amongst others who wish or choose to do so. After the rally, the volunteers gathered at the Zilla Parishad Primary School Ambi Gaon. **The dried leaves under the trees on the playground of the school was collected. The leftover construction materials of the ground like plywood and tiles were disposed. The unwanted grass, weeds, shrubs were all cleared from the ground.** After the volunteers had their lunch, they attended a session at Janseva Hall at 2 in the afternoon. The speaker was **Dr. Nandkishor Mate, an archaeologist** and an expert in knowledge about forts. They discussed about Fort Sinhagad and the management strategies of Chatrapati Shri Shivaji Maharaj. This was followed by a visit by a resident of Ambi, **Shankar (Nana) Nivangune, the president of Maratha Sangh and Matdar Sangh of Khadakvasla Vibhag**. He spoke about how the local residents The volunteers had a tea break and a team of them proceeded to Old Desai Hall located on opposite road of the Janseva Hall. They brushed and cleaned the solar panels around the sun set time. Dinner was prepared and served at 8:00 pm. The day was wrapped up by gathering at the Janseva hall. All the volunteers and the faculty in charge discussed summary of the day and next day’s schedule.

Day 6 20th December 2022

The volunteers gathered at the entrance of the Janseva Hall at 6:30 in the morning and started the day with a jog. After returning they had a Zumba session at the hall. Two teams of volunteers proceeded for cleanliness in the village. **Both sides of the main street of the village were cleaned. Plastic and garbage were collected. Unwanted growth, weed and grass was cleared to increase the width of the road. The walls on the sides of the road were scrubbed and painted white by the volunteers.** A session was organised for the volunteers at the Janseva Hall at 3:00 in the afternoon. The speakers of this session were **Ms. Amrapali Chavan, Sole Survivor of German Bakery Bomb blast**, who spoke about ‘Contribution towards society’. She shared her experience of the bomb blast in Pune and how she survived and recovered after 60 days of struggle & 1 year of rigorous rehabilitation. She was successful in climbing a height of 17,500 ft in 2015 and first person to paraglide among differently abled people. **Ms. Neha Gawali, NSS leader of Huzurpaga**, a second-year student of B.Com also addressed her journey of being a NSS volunteer and getting selected by Worship Earth Foundation through a University wide competition held at SPPU. Mr. Shankar aka Nana Nivangune spoke about his past experiences and how he has been helping various organisations throughout the years. His latest work which involved him along with the local residents of Ambi planting 3500 trees was also awarded by the district collector’s office and various NGO’s. **NSS Alumni Richa Navalgund, Gautam Lundani, Akshay Kurhade, Yash Veer, Deepak Jadhav and Prajakta Kendale** visited the camp base in morning and helped the volunteers to carry out these activities throughout the day. They spoke to the volunteers and encouraged them by sharing their thoughts and experiences. They shared their knowledge about the hotel industry among the young volunteers. The volunteers had an evening tea break and few of them along with the alumni visited the

Old Age Home and spent their evening talking to the elderly over there. At the end of the day all the volunteers gathered at the Janseva Hall after dinner. They discussed the summary of the day and next day's schedule with faculty in charge.

Day 7 21st December 2022

Volunteers gathered at the entrance of the Janseva Hall at 6:30 in the morning and started their day with a jog, this was followed by a Zumba session at the hall. After breakfast a girls' team of volunteers proceeded for the **cleaning of the solar panels on the roof of the Nursing Course Girl's Hostel**. Other team of volunteers reached the **Old Age Home and New Desai Hall, Dhariwal old age home to brush and clean the solar panels. Volunteers also cleaned the Community hub at Janseva foundation and set up the chairs, sofas as per requirement of the foundation members. The stage and adjoining rooms and bathrooms were also cleaned and handed over to the foundation members. Gramsevak of Ambi Mr. Ravindra Sonawane, Sarpamch Mrs. Mangal Lahuanna Nivangune** spoke to volunteers over the telephone as they were not able to visit the closing ceremony of the camp. They expressed their gratitude towards the NSS Unit of BVDUIHMCT, Pune stating that they are always welcome for carrying out the good work and future cooperation. The volunteers bid farewell from Janseva foundation The Volunteers reached the institute at 5:15 pm bring a wonderful, work filled and emotional camp to an end.



Volunteers along with Mr. Sonawane at camp opening.



Yoga Session held by NSS Volunteer Isha Pawar



NSS Volunteers cleaning Crematorium Area



Cleaning of area around the temple on the top of the hill



NSS Volunteers attending a Session by Dr. Nandkishor Mate



Ms. Amrapali Chavan during her session



NSS Volunteers back to College