



Volume 02

# FHRAI IHM

Annual Magazine 2022-23



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**Annual Magazine 2022-23**

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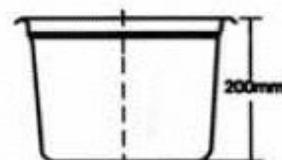
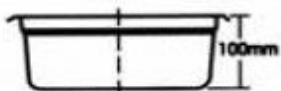
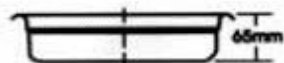
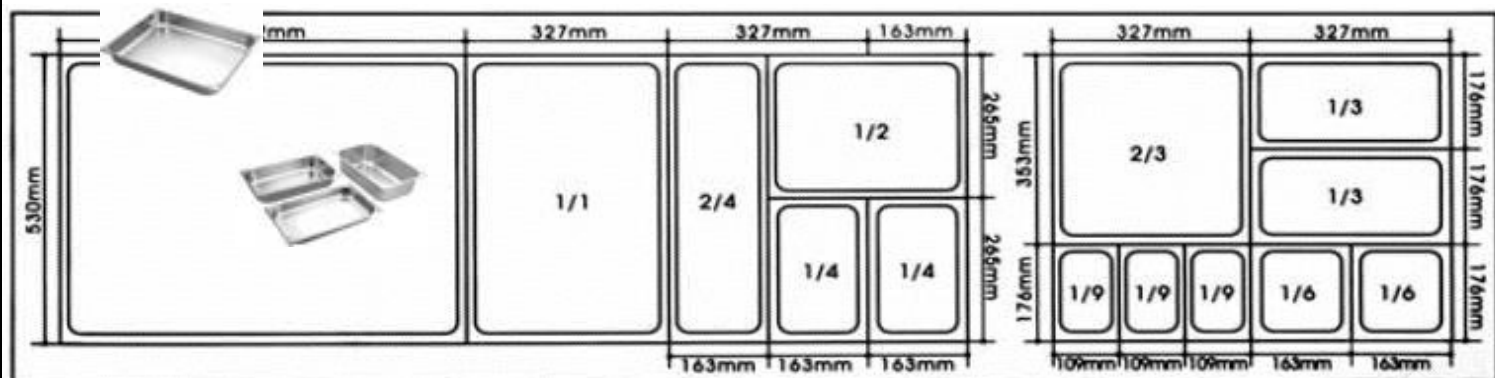
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# From the President's desk

I present to you the latest edition of 'Insperia', the annual magazine of FHRAI-IHM. We have completed yet another successful academic year at FHRAI-IHM, a journey which has been challenging but very exciting also. The Covid-19 pandemic has brought certain changes to the choices and preferences of everyone across the globe, India being no different. The preferred choices of pre-Covid era have now become a thing of past as pandemic has also opened new avenues and opportunities and people are not shying away from experimenting with the new choices.

The Covid-pandemic had its worst impact on Hospitality and Aviation sectors, which were not only adversely, but were also the last ones to recover from the jolt. The ill effects had a far-fetched result, particularly to hospitality education, which has witnessed a decline in the number of aspirants eyeing a career in hospitality.

At a time when going is getting tougher in the Hospitality education, FHRAI-IHM is writing a story of its own. I am proud and pleased to share that FHRAI-IHM successfully enrolled close to 60 students in the 3-year degree course and about 10 students in the Diploma course, due to sheer determination, zest, and hard work of the entire FHRAI-IHM team.

In a quest to provide skilled manpower to the hospitality sector, FHRAI-IHM is committed to impart world-class education and training to the students. If the past year is any indication, the future looks bright and sunny for hospitality education. We are hopeful that the year 2023 will be extremely successful for the hospitality sector and FHRAI-IHM will continue to hold the flag high in hospitality education bringing more glory while paving way to fantastic career of scores of hospitality aspirants.

With best regards,

**Sudesh Poddar**  
President, FHRAI



## OFFICE BEARERS



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President- FHRAI



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Vice President- FHRAI



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**Mr. Param Kannampilly**



**Mr. Nikhil Sharma**



**Mr. Manav Goyal**



**Mr. K. Mohanchandran**



# From the Director's Desk

**F**HRAI-IHM was started its operation in 2021 in the phase of Covid and made its presence felt in Delhi NCR within a year.

FHRAI-IHM being 2nd Hospitality Management training Institute of World being established by any National Hotel & Restaurant Association of World, have mandate to provide standardized training to young boys & girls and at the same time being fulfilling its obligation to provide trained manpower to hospitality industry.

FHRAI-IHM started its 3rd session i.e. 2023-26 in August 2023 with improved infrastructure to mold young hospitality professional in such a way that they build right attitude, personality, communication, Knowledge and skill with the help of learned, experience and dedicated faculty of the institute.

Hospitality Management Institute are in the phase of struggle as enrolment in-general is being dropped in last 4-5 years but FHRAI-IHM is able to make its felt only due to the unconditional support from FHRAI, dedicated faculty working hard to prepare the students for suitable placement in the Industry.

We are confident that in years to come FHRAI-IHM will strengthen its effort to provide trained, young and energetic manpower at management & supervisory level for hospitality Industry as per the mandate of FHRAI and its IHM.

We believe in overall personality development of student by imparts knowledge, improving skills, develop research-oriented approach with emphasis on self-learning ability among students.

I would like to express my sincere thanks to the members of FHRAI for their guidance and FHRAI Secretariat, Faculty, Administrative and Support Staff and Students for their unconditional support in the operation of the Institute.

**Arun Kumar Singh**  
Director, FHRAI-IHM





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# Editor's Desk



I am delighted to bring out the second edition of the yearly magazine "Insperia", for the year 2022-23, which is a culmination of plethora of efforts by our students, my co-editor Mrs. Ashima Chatterjee Misra and team FHRAI IHM. I own a heartfelt thanks to all the contributors of this magazine.

Insperia has provided a great platform to students to unleash and showcase their inner creativity and talent which will act as a stepping stone for their successful careers. Students have contributed to it by writing articles, drawing pictures, providing recipes and lot of photographs which has helped to build up this magazine.

Since inception, this magazine tries to inculcate all those activities which happened in institute and outside where our students were an integral part. Insperia also sings about the effort of team to attain new heights of success year after year.

Again I would like to thank our Director and my fellow team members who have contributed to build this institute and helped students reach their short and long term goals. As an editor I have tried my level best to include all the valuable articles, recipes and information from the contributors into this limited space.

We also take this opportunity to express our heartfelt gratitude to FHRAI Executive Committee, Office Bearers and FHRAI Secretariat on behalf of Team FHRAI-IHM for being the support system for smooth functioning of current academic year.

**Rishabh Misra**  
Editor, Insperia  
FHRAI-IHM



**Mrs. Ashima Chatterjee Misra**  
Co-Editor, Insperia

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# Year Book 2022-2023



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**1. International Hospitality Expo 2022- ICF Competitions-** During the International Hospitality Expo, ICF (Indian Culinary Forum) had organized young chef competitions in different categories where our 2nd Year students Nayan & Uditanshu had participated and delivered excellent products, also Nayan backed a silver medal in live pasta competition.

**2. Orientation and Induction of 1st year students, Batch 2022-25-** FHRAI Institute of Hotel Management welcomed its biggest batch of 1st Year students post affiliation from National Council of Hotel Management. On 1st September, 2022, students were asked for Physical Reporting on institute's campus for continuing their curriculum along with their parents & guardians. Industry professionals like Chef Sireesh Saxena, Ex Vice President of ITDC hotels and Mr. Rishabh Tandon, HR Director IHG hotels along with Mr. Jaison Chacko, Secretary General FHRAI and Mr. Arun Ku. Singh, Director FHRAI-IHM were also present to motivate the freshers and brief them about their future in industry ahead. Also, the parents got to interact with faculty & administrative team who helped them to settle out their wards. The day was completed after a lunch with the parents post documentation & joining formalities.

**3. Spanish wine tasting session organized by Spanish embassy-** On 15th September, 2022 Spanish embassy had organized a wine tasting which was attended by our Food production & service faculty team, Mr. Rishabh, Mr. Abhinay and Mr. Rohit, where they got to know about wine production, its taste & aroma and new variety of Spanish wine which will be available in the industry shortly.

**4. A session by Mr. Arulmani, Corporate Director L&D, Taj Group of Hotels on "How to achieve success"-** On 29th September, 2022 a motivational session was conducted by Mr. Arulmani, Corporate Director L&D, Taj Group of Hotels on "How to achieve success" where sir cited a lot of examples of successful entrepreneurs and discussed the pathway to achieve it.

**5. Fresher party of 1st year & Diploma students, Batch 2022-25-** FHRAI Institute of Hotel Management welcomed its biggest batch of 1st Year students post affiliation from National Council of Hotel Management. On 4th October, 2022, 2nd year students organized Fresher welcome party where they welcomed their juniors. They also invited Dr. Sanjeev Kumar Saxena, Associate Director Assam University as Guest of Honor along with Mr. Jaison Chacko, Secretary General FHRAI and Mr. Arun Ku. Singh, Director FHRAI-IHM. The day was highly entertaining with so many performances to watch, sumptuous lunch and good jamming session to end with.

**6. Practical demonstration session on Kashmiri Cuisine by Mr. Tej K. Razdan, Retd. Principal of Chandigarh Institute of Hotel Management-** On 13th October, 2022 a practical demonstration session on Kashmiri Cuisine was delivered by Mr. Tej K. Razdan, Retd. Principal of Chandigarh Institute of Hotel Management and Ex. Mentor of Indian Culinary Institute, Noida where he trained our 2nd year students on delicacies from Kashmir.

# Year Book 2022-2023

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**7. A motivation session by Ms. Subhra Banerjee, Founder of Encovate-** On 10th November, 2022 a motivational guest lecture was delivered by Ms. Subhra Banerjee, Founder of Encovate, where she discussed with students the attributes required to be a good hotelier and about importance of good communication skills.

**8. A session on Prevention of Sexual Harassment (POSH) by Mrs. Ashima C. Misra-** Under the instructions of Shri Arvind Singh (IAS) Secretary (Tourism) Government of India and as per the guidelines of NCHMCT on 10th November, FHRAI IHM has organized a half-day session on Prevention of Sexual Harassment (POSH) conducted by Mrs. Ashima Chatterjee Misra, where students were briefed about the importance of a healthy work environment and due action against sexual harassment.

**9. Rangoli Competition-** On the occasion of diwali 2022, rangoli competition was organised where students displayed their talent in this art form.

**10. Diwali celebration with students-** On 23th October, 2022, a Christmas party was organized special dinner for the students of FHRAI-IHM. It was a Pizza Party with a lot of fun activities and games to make up the day. We also celebrated our Director Sir's Birthday with great enthusiasm.

**11. Christmas Cake Mixing Ceremony @ FHRAI-IHM-** Cake mixing ceremony is a community event, which is organized marking the preparation of Christmas and New Year. Before winter, fruits and nuts are harvested and soaked in rum which are later used for making Christmas cakes. On 23rd November, 2022 the community of FHRAI and FHRAI-IHM got together to celebrated this event at the campus of FHRAI-IHM. Veteran professionals from the industry Mr. Satish Arora, Ex Corporate Chef Taj hotels, Chef Ajay Sood, Former Executive Chef Taj Sats, Chef Tej K. Razdan, former Principal IHM Chandigarh, Mr. Jaison Chacko, Secretary General FHRAI, and our own Director Mr. Arun Kumar Singh along with all our students. and faculty got their hands dirty during mixing of fruits & nuts followed by special lunch.

**12. A Motivational Session by Seasoned Industry Experts-** On 23rd November, 22 a motivational session was organized for our students with Seasoned Industry Experts, Mr. Satish Arora, Ex Corporate Chef Taj hotels, Chef Ajay Sood, former Executive Chef Taj Sats, and Chef Tej K. Razdan, former Principal IHM Chandigarh. They shared their valuable experience and their journey of hardship with our students as well as motivating and guiding them to contribute to the industry as they grow in this field.

**13. Chef Competition by Everest-** On 7th December, 2022, Everest had organized a chef competition at ICI Campus where our second-year students participated very enthusiastically.





# Year Book 2022-2023

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**14. Chef Competition by Pansari-** On 8th December, 2022, Pansari group had organized a chef competition at our campus where our 1st yr. & Diploma students participated very enthusiastically, out of which 3 students made up to the semifinal round, and 1 made up to the finals.

**15. Annual Sports Day** was organised on 10th December 22 where events like relay race, 100m dash, football final, cricket tournament final and carrom were organised.

**16. Inter college chef competition** was organised by Pansari group on 17th December where students showcased their culinary talent keeping pansari products as a base. It was held at Lalit School of Hospitality, Faridabad.

**17. F&B Support to Team Soulinaire of Taj Group at Auto Expo 23** - Team FHRAI-IHM has been a strong pillar of support to Team Soulinaire of Taj Group at Auto Expo 23, where our students were catering to their guests in VIP Lounge and restaurant. Their effort has been highly appreciated by Team Soulinaire, Auto companies & the organizer SIAM. Appreciation mail sent by them is attached below:

**18. Motivational session on Soft skills and decision making by author Mr. Abhishek Chandel-** On 10th February, 23 a motivational session was conducted by Mr. Abhishek Chandel, Author of book Lost in the known, for our students where he briefed students on different soft skills & its importance in life, self-confidence, right attitude and decision-making skills.

**19. Educational Tour to Crowne Plaza, Greater Noida, An IHG Hotel (Industrial Tour)-** On 22nd February, 23 the institute had organized an educational industrial tour of all 1st Year & Diploma students to 5-star hotel The Crowne Plaza, Greater Noida, An IHG Hotel, where students got to see operational areas of a functioning hotel and understand the daily work order followed.

**20. French communication session conducted by our eminent resource person Mr. Atul Shukla-** On 28th February, 23 a communication session was conducted on French Communication & its Applicability in Hotel Industry by Mr. Atul Shukla, Ex. Principal, IHM Faridabad, where he briefed students on the basics of French accents and their applicability in hospitality in regular classes.

**21. Holi Celebration-** holi was celebrated with all pomp and show.

# Year Book 2022-2023

**22. Culinary competitions & Mocktail competition at Aahar 23** -Aahar – International Food & Hospitality Fair hosted by IPTO from 14th – 18th March,23 also comprised of many Culinary & Mocktail competitions organized by ICF – Indian Culinary Forum, where few of our students and one faculty Rohit Singla participated in different categories. FHRAI – IHM managed to bag 4 Bronze medals, where 3 medals were won by 1st yr students named Gautam Bhattacharya in Plated Appetizer, Tanishq Thapa in Live Rice Cooking & Abhijit Singh in Mocktail competition and our faculty Rohit Singla won a bronze medal in Live Rice Cooking Professional category.

**23. In- House Chef competition-** On 10th April, 2023, institute had organized an In-house chef competition where 1st year, 2nd year and Diploma students had participated, preparing a dish in 1.5 hrs and presenting it to the judges Chef Vijay, Exe. Sous chef IHG Greater Noida & Chef Rishabh, Lecturer FHRAI-IHM. All the students participated in high spirit and made learning fun.

**24. Annual Academic Inspection of FHRAI-IHM by NCHM Team on 13rd April 2023-** On 13rd April, 23 a team from NCHMCT visited our institute for Annual Academic Inspection, ensuring the efficient running of the course by team FHRAI-IHM.

**25. Annual Day celebration-** On 14th April, 2023 Team FHRAI-IHM organized their 2nd Annual function after coming under the umbrella of National Council for Hotel Management & Catering Technology (NCHMCT), Noida. We organized this evening to commemorate the completion of another successful academic year. For this evening the dice was occupied by our Chief guest Mr. Anirban Sarkar, General manager, Radisson Blue, Guest of Honor Mr. L.K.Ganguly, Director Admin & Finance, NCHMCT and eminent dignitaries Mr. T.K. Razdan, Mr. Aswani Kumar, Mr.Jaison Chacko, Secretary General of FHRAI and Mr. Arun Ku. Singh, Director FHRAI-IHM.



# Our Director

Mr. Arun Kumar Singh



Qualification: Master in Zoology from University of Lucknow, Post Graduate Programme in Project Planning & Infrastructure Development from University of Rajasthan and Diploma in Hotel Management from Institute of Hotel Management Lucknow.

Experience: 34 years of experience as a team leader, He has served as the Principal of Institute of Hotel Management & Catering Technology Mumbai, the Principal of Institute of Hotel Management of Lucknow and the State Institute of Hotel Management, Jodhpur and has mentored many students proficiently in inculcating skills and attitude required to excel in hospitality industry.

Hobby: Watching Cricket, Reading Books





# Meet the Faculty



**Mr. Rishabh Misra**  
Lecturer

Food Production, Strategic Management

Qualification: Master in Business Administration-HR, Master in Tourism and travel management, Bachelors in Hotel Management from Institute of Hotel Management Kolkata, National Hospitality Teachers' Eligibility Test (NHTET) Qualified, Certified Master Trainer and Facilitator, Certified Learner Facilitator, Certified Mentor, etc.

Experience: 14 years of Industry experience including more than 5 years of Teaching in Hospitality and Tourism. Was selected as Kitchen Management Trainee by India Tourism Development Corporation (ITDC), Govt. of India, and since then has served as Head Chef and Sous Chef in various 5-star and 4-Star hotels across India and abroad. Specializes in Food and Beverage Production, Food and Beverage Management and strategic human resource management etc. Proficient in development of learning tools and pedagogies, course design, content creation and social media.

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**Mrs. Ashima Chatterjee Misra**  
Assistant Lecturer

Front Office and  
Accommodation Management

Qualification: Master in Hospitality & Hotel Administration, Pg. Diploma in Human Rights, Bachelors in Hotel Management from Institute of Hotel Management Kolkata, National Hospitality Teachers' Eligibility Test (NHTET) Qualified, Certified Master Trainer and Facilitator, Certified Learner Facilitator, and Certified Departmental Trainer from Oberoi Centre of Learning & Development (OCLD).

Experience: 9 years of Industry experience including more than 4 years of Teaching in Hospitality and Tourism. Has served as Learning and Development Personnel with Oberoi Group of Hotels & Resorts and specializes in Interpersonal Skills Training and nurturing individuals to work efficiently in Rooms Division and Food Service Department. Proficient in development of tools and pedagogies for constructive, collaborative, integrative, reflective and inquiry-based learning.

# Meet the Faculty



**Mr. Abhinay Sharma**

**Teaching Associate**

**Food and Beverage Service**

Qualification: Bachelors in hospitality and hotel administration from Chandigarh Group of Colleges, Masters in hospitality and hotel administration from Punjab University, Chandigarh.

Experience: 2.5 years of industrial experience. Has served in the front office department in the Leela Ambiance Convention Hotel, New Delhi. Worked with ITC Maurya, New Delhi in front office department, Hosted the President of USA and various other foreign delegates in his tenure, Has been the guest speaker in Chandigarh Group of Colleges.



**Mr. Rohit Singla**

**Teaching Associate**

**Bakery and Confectionary**

Qualification: Graduate from IHM Ahmedabad 2012-15 MBA in Hotel & Tourism Management from Vivekanand Subharti University

Experience: 4 years of Industry Experience in various 5 star Hotels like Oberoi Hotels & Resort Mumbai ,Taj Group of Hotels Ahmedabad , Golden Tulip Suites Gurgaon The Pillazio Hotel Gurgaon along with 1 year of Teaching experience at IHM AHMEDABAD 2019. Also Participated in Vibrant Gujarat 2012 & 2014.

# Meet the Faculty



## Ms. Shreya Gupta Teaching Associate

Front Office Operations and  
Accommodation Operations

Qualification: Graduated from IHM Ahmedabad in the year 2013-2016. Currently pursuing MBA from IGNOU.

Experience: 5.5 years of Industry experience in various 5 star standalone restaurants like The Druid Garden Bangalore, Big Brewsky Bangalore along with 1.2 year in Cultfit Healthcare Pvt Ltd and 1 year of teaching Experience at IHM AHMEDABAD in 2023. Specializes in Room division and Food & Beverage Service Department.

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## Mr. Aman Kumar Teaching Associate

Food Production

Qualification: Completed Bachelor's From IHM Hajipur, Patna, Bihar, Completed Master's (MBA IN Culinary Arts) from Indian Culinary Institute, Noida.

Experience: 6 years in Hotels, Restaurant and Resorts, Academics. Worked with Grand Hyatt, The Fern group and NFCI group of education.



# Meet the Faculty

## Mr. Pankaj Sharma



Computer and its application

Qualification: B. Sc.in Information Technology (IT) & MCSA, and is pursuing M.Sc. in Information Technology (IT) from MD University, Rohtak.

Experience: 12 Years of Experience in the area of Computer Hardware & Networks, Server, Application Software, ERP Implementations, Security and Surveillance

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## Mrs. Lalita Dhaaniya



Library and admission coordinator

Qualification: graduation in commerce.

Working as librarian & admission coordinator.

4 years of experience as admission counsellor

## Mr. Shobhit



Accounts, Financial Management

Qualification: Bachelors in Commerce, Master in Commerce, Diploma in PGT, Diploma in Accounting, Diploma in Financial Accounting, Chaudhary Charan Singh University Meerut.

Experience: 11 Year in Accounting, (Bright Commerce Classes 5 Year, Anshu Inter College Dadri Greater Noida 5 Year, Sangat Green Inter College Dhoom Manikpur 1 Year) 1.5 Year Accounting Work as a Senior Accountant in V.S. Working Means And Boys Hostel, Greater Noida.

# Back of the House



Mr. Amit  
Executive Assistant



Mr. Saurabh  
LDC-Store



Mr. Sundar  
Electrician



Mr. Uday  
Lab Attendent



Mr. Dharmendra  
Kitchen Lab Attendent

*We will miss you*



Late Mr. Bijender Singh

# INNOVATION MANAGEMENT CRUCIAL FOR HOSPITALITY



**Ashima Chatterjee Misra**  
**Asst. Lecturer**

**I**nnovation is a buzzword today and has been so in the past few decades. We believe that innovation management in the hospitality industry has hit her to remained the most difficult and under-explored zones. Before we get on to innovation management, we need to know the definition of innovation. We describe new advancements in industries as being "innovative." But what exactly is innovation, why is it so important, and how can you be innovative? In short, innovation in business terms is creating something new that has a market and can be monetised.

**Yes, it's that simple.**

Innovation can thus be through a change in existing product or process or via a new product and process. It often refers to making something more efficient or effective than what the industry previously had. Across the board, it denotes something better than earlier versions. A lot of innovative hospitality products have amazed us in the past and various excellent hospitality innovation are coming up with the great potential to delight customers and in the process, help hospitality businesses achieve competitive advantages. It may mean that the business is more productive or performs better than its competitors.

For hospitality businesses here is how we can describe innovation and its management. Innovation is described as a new idea, a new process, a new method, or product. Innovation is the entire process it takes for us to come up

**INNOVATION CAN THUS BE  
THROUGH A CHANGE IN  
EXISTING PRODUCT OR PROCESS  
OR VIA A NEW PRODUCT AND  
PROCESS.**

with a product, and those ideas and processes that lead up to the product. Without innovation, this process would just be an invention. Innovation management is when we manage these innovations. This involves a series of processes that focus on the product of innovation and organisation of innovation. There are a few things that it includes and makes it up. There are also different steps that are involved in the process.

In most cases, effective innovation management can open up a new market for customer needs with monetary benefits attached to itself. Innovation management is presenting these new key ideas and thoughts, putting them to work and working in a positive way bringing to light a



new product that consumers want and need. When you're capable of putting all these things together and coming up with new and creative ideas to help the company grow and expand, this is a form of innovation management. You are allowing the company to move forward and presented with new consumer needs that can help a company continue to build profits. However, even beyond the expansion of products and profits, it's also making a positive impact towards and with the consumers.

There are a few different methods in which this can be achieved. Catalysts of innovation and creativity and effective understanding of cycle help in the process of innovation management. In one of these methods, we take what we already have and work on those which can lead to new and existing ideas to be taken even

further through incremental innovation. The other method involves finding of 'customer needs' not being met till now and using innovative techniques to offer them and proactively focus on the products to make the customers happier. With so many competitors out there, it's important that this is a cycle that is worked on and built upon to keep from being overtaken. Managers have to learn how to cut back on the time it takes to deliver a product or service all without sacrificing the quality of the product and its outcome. The company comes together with creativity, innovation and learns how to come up with new ideas and methods to do things and so forth.

When these things go hand in hand successfully, management is then capable of coming together and forming new ideas, working on products or services, and expand to work with other firms and corporations to get more projects and produce an economic stimulus. For hospitality, the key innovation would still hover around providing exemplary service and facilities. Hospitality Entrepreneurs should constantly be looking for ways to innovate, as it allows them to offer a better product or service, at a lower cost, to both the consumer and the businesses. Innovation Management is the key to staying competitive, especially in a very competitive market like the hospitality and travel industry. Finding the problems that consumers are currently having and looking for creative ways to solve those problems will make sure that you stay ahead of your competition.



# Millets: Rediscovering the Ancient Grains for Modern Nutrition

Rohit Singla  
Teaching Associate

In recent years, there has been a growing interest in traditional and indigenous crops, and among them, millets have gained significant attention. Millets are a group of small-seeded grasses that have been cultivated for thousands of years across various regions of the world. They are known for their nutritional value, resilience, and adaptability to diverse climatic conditions. In this article, we will explore the significance of millets as a sustainable and nutritious food source, their health benefits, and their potential to address food security challenges in the modern era.

## The Diversity of Millets:

Millets encompass a range of crops, including sorghum, finger millet, pearl millet, foxtail millet, proso millet, and many others. These grains have been staple foods for various civilizations, especially in Africa and Asia. They have played a crucial role in sustaining communities and providing them with essential nutrients even in harsh environments where other crops may struggle to grow.

## The Diversity of Millets:

Millets are nutritionally dense and offer a wide array of health benefits.



They are rich in dietary fiber, vitamins (such as niacin, B-complex vitamins, and vitamin E), minerals (such as iron, calcium, phosphorus, and magnesium), and antioxidants. Unlike refined grains, millets retain their bran and germ layers, which are packed with nutrients. Additionally, millets are gluten-free, making them suitable for individuals with gluten intolerance or celiac disease.

**Managing Diabetes:** Millets have a low glycemic index, meaning they release glucose into the bloodstream at a slower rate. This property helps regulate blood sugar levels, making them an excellent choice for people with diabetes.

**Heart Health:** The high fiber content in millets helps lower cholesterol levels and reduces the risk of cardiovascular diseases. They are also known to contain compounds





that promote heart health, such as magnesium and potassium.

**Weight Management:** Millets are an ideal addition to a weight-loss diet due to their high fiber content, which promotes satiety and helps control overeating. They also have a lower calorie count compared to other grains.

**Digestive Health:** The fiber in millets aids in digestion, prevents constipation, and promotes a healthy gut microbiome.

#### **Sustainability and Food Security:**

Millets are highly sustainable crops due to their minimal water requirements and ability to grow in poor soil conditions. They are hardy and can withstand drought, pests, and diseases, making them a resilient choice for farmers. Moreover, millet cultivation requires fewer chemical inputs compared to other crops, reducing the environmental impact.



Millets also have the potential to address food security challenges, particularly in regions prone to climate change and limited resources. Their adaptability to diverse climatic conditions and short growth cycles make them an ideal option for smallholder farmers, providing them with food security and income opportunities.

**Millets encompass a range of crops, including sorghum, finger millet, pearl millet, foxtail millet, proso millet, and many others.**

#### **Promoting Millets:**

To unleash the potential of millets, there is a need for increased awareness and promotion at various levels. Governments, agricultural organizations, and researchers should collaborate to improve seed availability, farming practices, and post-harvest technologies. Additionally, creating market linkages, developing value-added products, and including millets in public distribution systems can contribute to their wider acceptance and utilization.

#### **Conclusion:**

Millets are a treasure trove of nutrition and sustainability that can play a vital role in combating malnutrition, promoting health, and ensuring food security. By incorporating millets into our diets and supporting their cultivation, we can not only embrace our ancient food heritage but also contribute to a healthier and more sustainable future. Let us rediscover the power of millets and pave the way for a nourished and resilient world.





# FUTURE OF INDIAN HOSPITALITY WITH USE OF AI



**Rishabh Misra**  
**Lecturer**

**T**he future of Indian hospitality is rapidly evolving with the integration of artificial intelligence (AI) technology. The industry has always been known for its personalized and human touch, but with the advent of AI, it is now possible to enhance the customer experience while also increasing efficiency and reducing costs.

One of the most significant ways that AI is being utilized in the hospitality industry is through the use of chatbots. These virtual assistants can assist guests with a variety of tasks, such as making reservations, providing information about the hotel and its amenities, and even recommending nearby restaurants and activities. This not only improves the guest experience by providing quick and convenient service, but it also frees up staff to focus on more important tasks.

Another area where AI is making an impact is in the realm of predictive analytics. By analysing data from past guests, hotels can make more informed decisions about how to allocate resources and plan for future demand. This can help them to optimize room pricing, allocate staff and resources more effectively, and even improve energy efficiency.

AI is also being used to improve the guest experience through the use of virtual reality (VR) and augmented reality (AR) technology. Hotels are now able to offer virtual tours of their properties, allowing guests to explore rooms and amenities before they book. They can also use AR to enhance the in-room experience, providing guests with interactive maps, restaurant recommendations, and other helpful information.

Finally, AI is also being used to improve the overall efficiency of hotel operations. From automating tasks such as inventory management and billing, to monitoring and controlling energy consumption, AI is helping hotels to reduce costs and improve their bottom line.

In conclusion, the future of Indian hospitality looks bright with the integration of AI technology. It is not only enhancing the guest experience but also helping hotels to operate more efficiently and cost-effectively. As the technology continues to evolve, we can expect to see even more innovative applications of AI in the hospitality industry in the coming years.

# Hospitality Education



**Arun Kumar Singh**  
**Director-FHRAI IHM**

**H**ospitality & Hotel management education is going through transformation phase . We all need to understand how fast we undertake detailed analysis of present form of HM education and mentally ready to re-create subject, content, learning methodology, duration in synchronisation with the need of hospitality industry including hotels, restaurants, retail, hospitality marketing keeping in mind the expectations to today's youth, we will bounce back . Delay in this will take us to the situation where we can't be back to best period we all have experienced .

Industry is expecting change in so many aspect of education and training but our urge will be they should also look into their policies of engaging manpower, initial wages, mentorship, working conditions and future prospects of young energetic people who entered in this exciting fielding of employment.

Hospitality Mgmt. Institutes also need to look into their aspects for training and moulding young talent and make them job ready . They need to look into their faculty knowledge and time to time exposure of the hospitality industry to explore the latest trend, software's and skill need for successful career in hospitality . At last I can say that manpower I.e. faculty and students in institute can

make tremendous positive impact on career of students .

Students need to understand that these 3 years of their career while studying in Institute are golden opportunity to shape their attitude, personality, communication, knowledge and skill with emphasis on research, innovation, decision making in such a way that when they get opportunity to face selection process, employer must think twice before not selecting them for their organisation.

We all need to give our best to reach to the potential students I.e. class X-XII and their parents and motivate them with real stories, facts relating to wonderful career in Hospitality industry and continue to engage them from filling the JEE form to the time when they finally take admission in IHMs and classes start . Social media, face to face sessions can play decisive role in our effort in this direction with the support from the Government, hotel and restaurant industry through their associations ,affiliating organisation .

We we all move ahead as a team, I think that day is not too far , when we will able to bring back glory of hospitality management and operations education in the country .







*Kashish*  
1st year

# Our Inhouse Artists





# Our Inhouse Artists

*Pawan*  
1st year





# Our Inhouse Artists

*Ritesh*  
1st year





# SUSHI

## THE HISTORY AND TRADITION BEHIND JAPANESE SUSHI



**Rishabh Misra**  
**Lecturer**

**S**ushi is a traditional Japanese dish that has gained worldwide popularity in recent decades. Consisting of vinegared rice, combined with a variety of ingredients such as seafood, vegetables, and pickled ginger, sushi has become one of the most beloved dishes in the world. Its unique combination of flavours and textures has captured the hearts of millions of people, and it is now a staple in many restaurants and homes all over the world.

The history of sushi can be traced back to ancient Japan, where it was originally served as a way to preserve fish. The rice was mixed with vinegar and salt, and then topped with fresh fish to create a dish that was both delicious and nutritious.

By the 18th century, a new type of sushi had emerged in Japan, known as Edo-style sushi. This version of sushi featured bite-sized portions of rice topped with fresh raw fish, and was typically served at street food stalls in the bustling city of Edo (now Tokyo)



Over time, this dish evolved into what we now know as sushi, with the addition of ingredients like pickled ginger, wasabi, and soy sauce. Today, there are countless variations of sushi, each with its own unique flavour and texture.



One of the key components of sushi is the rice, which must be of the highest quality and prepared correctly. The rice should be slightly sweet, tangy, and perfectly sticky, making it easy to form into the bite-sized pieces that are the hallmark of sushi. In addition, the vinegar used in the preparation of the rice must be of the highest quality, and the right balance of vinegar, sugar, and salt must be used to create the perfect flavour.

Fish is the most common ingredient in sushi, some of them used are tuna or maguro in Japanese, amberjack, yellowtail (Hamachi / buri), snapper (kurodai), mackerel (saba), bonito and salmon (sake).

The most valued part of fish is toro, the fatty cut of the fish. Toro gives the much-loved melt in mouth texture to the sushi. Vegetables such as avocado, cucumber, and carrots are also used in many varieties of sushi, adding both flavour and texture to the dish. The pickled ginger, wasabi, and soy sauce are also critical components, providing a unique flavour and depth to the dish.

**The fine art of preparing sushi is something that you watch and learn. -Nobu Matsuhisa**



Sushi is typically served in bite-sized pieces, making it easy to enjoy and savour each bite. The flavours and textures of the ingredients work together to create a unique and delicious experience with every bite. Sushi is often enjoyed with chopsticks, and it is customary to dip each piece in soy sauce before eating.

This allows the flavours of the ingredients to be fully enjoyed and savoured, making every bite a unique and enjoyable experience. It is enjoyed in many different forms, from traditional sushi rolls to more modern creations that incorporate ingredients like avocado and cream cheese. Sushi can be found in restaurants, supermarkets, and even in convenience stores, making it accessible to everyone. Its popularity has also led to the creation of many different styles of sushi, each with its own unique flavour and style.

**The most valued part of fish is toro, the fatty cut of the fish. Toro gives the much-loved melt in mouth texture to the sushi.**

There are many different types of sushi, some of the most popular include:

**Nigiri:** A small portion of vinegar-seasoned rice topped with a slice of raw fish or seafood, such as salmon or tuna.

**Sashimi:** Thin slices of raw fish or seafood served on its own, without rice.

**Maki:** A roll of vinegar-seasoned rice and fillings, such as seafood, vegetables, and sometimes meat, wrapped in nori (dried seaweed) and sliced into rounds.

**Temaki:** A hand-rolled cone-shaped sushi, made by wrapping a piece of nori around vinegar-seasoned rice and fillings.



**Uramaki:** A type of maki roll that has the rice on the outside and the nori on the inside, often with a layer of avocado or cucumber.

**Futomaki:** A thick maki roll that contains multiple ingredients, such as pickled daikon, cucumber, egg, and crab meat.

**Chirashizushi:** A type of sushi served in a bowl, where the vinegar-seasoned rice is topped with various ingredients, such as raw fish, vegetables, and egg.

In conclusion, whether enjoyed in a restaurant or at home, sushi provides a unique and enjoyable dining experience that is sure to please. With its endless variations and endless flavour combinations, it is easy to see why sushi has captured the hearts of millions of people and why it will continue to be a staple in the world of cuisine for many years to come.



# Chef's Recipe

## VEGETABLE BIRYANI KEBAB WITH BURANI RAITA DIP

By- Rohit Singla  
Teaching Associate



### Ingredients for Kebab

Rice flour 150 grams  
Carrot 20 grams  
French Beans 20grams  
Cauliflower 30grams  
Mint leaves a few sprigs  
Coriander leaves 10grams  
Curd 100grams  
Kewra water few drops  
Rose water few drops  
Salt  
Onion 50grams  
Garlic 10grams  
Ginger 10grams  
Green Chilli 08grams  
Biryani Masala 1tsp  
Ghee 1tbsp

### Burani Raita Dip

Hung Curd 80 grams  
Chopped Garlic 1tsp  
Ghee 1Apsp  
Salt to taste  
Turmeric 1tsp  
Black Salt 1/2tsp

## Vegetable Biryani Kebab

### Method

- Take Indian Wok (kadhai) & add Ghee to it then let it heat.
- Add Chopped Onion cook it till Browning and add ginger garlic paste & chopped green chillies.
- Add brunoise vegetables & saute them till sweating.
- Add whisked Curd & Stir to avoid lumps add salt Biryani masala kewra water rose water.
- Once the masala is ready add rice flour and mix it well till it converts to the dough texture.
- Once it is done make the balls from the dough & steam it till it's done & shallow fry them on the non stick griddle from both sides.
- Serve with burani raita dip

## Burani Raita Dip

- Add salt black salt to hung Curd & mix well.
- Take a non-stick pan add Ghee to it & add Chopped garlic saute it well add turmeric and a dash of water to avoid burning turmeric.
- Add above masala to the Curd & mix it well & serve it with Biryani kebab





# Budding Chef's Recipe

## KERALA STYLE FISH CURRY

Abin P. Shaji  
2nd Year

Kerala Style Fish Molly is a lightly spiced fish curry. Appam/ Palappam with Fish Molly is a favorite of every Keralites. I do not know about you friends but it is my favourite. Half fried fish pieces are cooked in coconut milk based gravy with some spices so that flavour of the fish dominates in the curry. Kerala Style Fish Molee tastes yummy with Appam, Chappatis and Bread. Fish used for the dish can range anything from king fish to any fleshy ones. We have introduced a simplified version of Kerala Style Fish Molly dish. I have used pearl fish/ karimeen for the recipe and I guess it is the best one for molly.

Fish molly is a simple fish curry that might have been brought to Kerala by some foreign countries. You can make this using coconut powder or fresh coconut milk or canned coconut milk. But fresh coconut milk is preferred. The freshness of the fish is very important. If you use old and frozen fish....the taste differs....so do not compromise on the freshness of the fish. Try it today itself and enjoy!

### Step by step method

#### Step 1

Marinate the fish pieces with pepper powder, turmeric powder, salt and lemon juice. Keep it for half an hour. Shallow fry the marinated fish for just 2-3 minutes.

#### Step 2

Heat oil in a pan. Add ginger garlic paste and green chillies. Saute for a minute. Add chopped small and big onions.

#### Step 3

Once the onion becomes soft add thin coconut milk. Let it boil. Add the fried fish pieces and required salt.

#### Step 4

After that add tomatoes and curry leaves. When the gravy becomes thick, sprinkle little garam masala(optional).

#### Step 5

Once the tomatoes cooked add thick coconut milk and just heat it. Don't stir it using spoon.

#### Step 6

Switch off the flame and serve hot.



### Ingredients :-

- Fish - ½ kg (I used karimeen/pearl spot)
- Onion - 2 small
- Ginger Garlic Paste - 1 ½ tablespoon each
- Green chillies - 3 or 4p
- Small onion - 5-6
- Garam Masala - ¼ to ½ tspn (optional)
- Tomato - 2-3
- Thin Coconut milk - 1½ cup
- Thick Coconut milk - 1 cup
- Salt oil & curry leaves - as required
- Pepper powder - 1 tspn
- Turmeric powder - ½ tspn
- Lemon juice - ½ tspn



# Budding Chef's Recipe

## BATUK CHUKAUNI

Wani Aggarwal  
2nd Year



Batuk and Chukauni, are one of the best combos! Chukauni is a yogurt-based potato salad that is believed to have originated in Palpa, a hilly district in the western region of Nepal. Batuk is the cultural food of the Magar community. A ring-shaped deep-fried patty of black lentil paste makes it crispy and full of flavors alongside Chukauni. The sour and fresh taste from Chukauni and the crispy spicy taste from Batuk complements each other so well.

### For Batuk

- Massage the soaked lentils with your hands to separate the outer black cover. Wash several times with water to remove it, not necessarily to remove them completely. Drain out the water.
- Grind the lentil into a coarse paste. A slightly coarse paste gives the Batuk a fluffy texture.
- Add all the ingredients and mix them well with the lentil in a big bowl. The mixture needs to hold together; add a couple of tbsp. water if required.
- Heat about two cups of vegetable oil in a deep frying pan over medium heat.
- Moisten your hands with water to avoid sticking, take a small handful of the mixture, and make a small doughnut-shaped patty.
- Fry until golden brown on each side and take it out of the oil with a spoon.



#### Batuk Ingredients:

½ cup of black lentil  
2 tablespoons ginger paste  
1 teaspoon turmeric powder  
1 teaspoon salt  
2 cups vegetable oil, preferably mustard oil

#### Chukauni Ingredients:

5-6 medium-sized potatoes  
1 ½ cups sour yogurt  
1 small red onion  
2-3 green chilies  
1 teaspoon roasted cumin powder  
A few stalks of coriander leaves  
Salt per taste  
1 ½ teaspoon fenugreek seeds  
½ teaspoon turmeric powder  
2-4 dry red chilies  
2 tablespoons mustard oil or veg-oil

### For Chukauni

- Boil the potatoes until cooked. Peel off the skins, cut or break them into bite-sized pieces, and put them in a bowl.
- Add the yogurt to the potatoes. Finely chop the onion, green chilies, salt, roasted cumin powder, and coriander leaves, and add to the bowl.
- To temper the spices, heat two tbsp. of mustard oil in a small pan. Fry the fenugreek seeds, dry red chilies, and turmeric powder.
- Turn off the heat and immediately pour the mixture over the potatoes. Mix all the ingredients well and the Chukauni is ready.

# Budding Chef's Recipe

## GULKAND HALWA

*Rupesh Baghel*  
2nd Year



### Method for halwa

- First we have to cook Gulkand with little amount of water for melt it
- Then Add khoya in it and cook it for a minute.
- Add colour in it.
- Add coconut burada in it.
- Add Desi Ghee
- Add Elaichi Powder and fried dry fruits.
- Garnish with dry fruits which you have.
- Its ready to serve

- Gulkand - 300gm
- Desi Ghee - 200gm
- Coconut burada - 150gm
- Elaichi Powder - 1tsp
- Nestle Milkmaid - 150gm
- Fried Dry fruit - 150gm ( cashew, Almond, Pistachio)
- Khoya - 300gm
- Colour light Red - 2-3 drops



# Budding Sommelier's Recipe

Shaurya Puri  
2nd Year

## SAVOUR DÈ NOIR

### Ingredients

- Cranberry juice 120 ml
- 15 to 20 black grapes
- Hand full of mint
- Sugar syrup 30 ml
- Lemon juice 30 ml



### Method

1. Take a Shaker add 15 to 20 black grapes hand full of mint and Cranberry juice 120 ml.
2. With the help of a muddler, muddle grapes and mint properly to extract their juice.
3. Now with the help of PEG measurer add sugar syrup 30 ml lemon juice 30 ml in the Shaker.
4. Add few ice cubes in the Shaker and shake it around 10 to 15 seconds.
5. Take a margherita glass and for this drink we will take crushed ice.
6. Add ice in the glass slice few black grapes for garnishing place the Grapes on the crushed ice and cover it with crushed ice and then once again put few black grapes on the top of Crushed ice.
7. With the help of a strainer strain and pour the mocktail into the glass.
8. Garnish the drink with mint and a slice of lemon.
9. Your drink is now ready.

## APPLE ON THE ROCKS

### Ingredients

- Apple juice 120 ml
- Orange juice 60 ml
- Honey one table spoon
- Cinnamon half teaspoon
- Lemon juice 30 ml



### Method.

1. Take a bowl add honey and cinnamon powder and mix it well till it becomes a paste.
2. Now take a Shaker and with the help of a peg measurer add apple juice 120 ml, orange juice 60 ml, 1 table spoon of honey and cinnamon paste and 30 ml of lemon juice.
3. Now add few ice cubes into the Shaker now give it a good shake around 10 to 15 seconds.
4. Take a old fashion glass fill the glass with ice cubes.
5. For the mocktail into the old fashion glass from Shaker.
6. For garnishing put a cinnamon stick into the old fashion glass and a slice of a baked orange and shredded apples.
7. Your drink is now ready.



## *Wine Tasting Session at Spanish Embassy, New Delhi*



## *Korean Food Festival and Classes at Crowne Plaza*





# *Industrial Visit to Crowne Plaza, Geater Noida*





# *Exposure at India Auto Expo 2023*





# *Chef Competition for the Budding Chefs of the Institute*



Inspira



# Chef Competition for the budding chefs of the Institute





# Cake Mixing Ceremony 2022



Inspira

## POSH Training





# *Fresher's Welcome Function 2022*





## *Holi Selfies*



Inspira

## *Kitchen Garden Preparation*





# India International Hospitality Expo 2022

Mr. Nayan Shaw of 2nd year, FHRAI-IHM won silver medal at IHE 2022





# Diwali Celebration 2022 with Rangoli Competition



Inspira



# Dishes prepared by budding chef of FHRAI-IHM





# *Pansari India Chef Competition for the Budding Chefs*



Inspira



# *Annual Sports Day 2022*





# Aahar 2023 Chef Competition



Inspira



# Aahar 2023 Chef Competition





# Annual Function 2022-2023



Inspira



# Annual Function 2022-2023





# Annual Function 2022-2023



Inspira





# Induction Program for 1st Years Batch 2023-26



## FHRAI IHM at G20, Pragati Maidaan, New Delhi 2023



# Our Hall of Fame

Football  
championship  
2022

Aditya, Dilshad, Abhijeet Sharma, Vanshika  
Gautam, Abin

Cricket  
championship  
2022

Paritosh, Ritesh Raj, Adarsh, Khushi  
Rahul, Abhinav, Raj Kashyap, Pawan, Vansh,  
Tanay, Dharmendra

Volleyball  
championship  
2022

Abhijit Singh, Ritesh Raj, Soham Ambhore,  
Kashish Pal Singh, Prakash

Rangoli  
competition  
2022

Aditya, Vanshika, Abhijit Singh, Rahul

Relay Race

Prachi, Abhijit Singh, Rohit, Anwar,  
Shaurya

Hindi Essay  
writing on hindi  
diwas 2022

1st Position-Tanishq Thapa  
2nd Position-Priyanshu  
3rd Position-Raj Kashyap

Chef  
Competiton  
2022-23

1st Position-Gautam, 1st Position-Nayan  
Runner up-Aftab, Runner up-Prachi

Carrom 2022

1st Position-Abhijit & Kashish,  
2nd Position-Arshad & Rohit

100 m  
Running Race

1st Position-Aditya  
2nd Position-Abhijit Singh  
3rd Position-Gautam



## 2nd year winter batch and 3rd year with Faculty and Director, FHRAI-IHM



**Mr. Arun Kumar Singh, Director, FHRAI-IHM  
with FHRAI-IHM Faculty, and  
Administration Staff**

# Benefactors of FHRAI-IHM

## A Big Thanks to You



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# FHRAI IHM

FHRAI INSTITUTE OF HOSPITALITY

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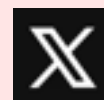
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# COOL HOME INDIA

AN ISO 9001:2015 CERTIFIED COMPANY ENGAGED IN MANUFACTURER OF INDUSTRIAL AND COMMERCIAL KITCHEN EQUIPMENT AND ALL KIND OF STAINLESS STEEL FABRICATION WORK SINCE LAST 30 YEARS. THE MANUFACTURING UNIT AT UPSIDC, GAZIABAD WITH FULL SET UP OF MACHINERIES LIKE CNC LASER CUTTING MACHINE, CNC BENDING MACHINE, CNC PUNCHING MACHINE WITH DIFFERENT TYPES OF WELDING MACHINES.



FOUR BURNER COOKING RANGE



FOUR BURNER COOKING RANGE WITH OVEN



SS TABLE



SS TWO SINK UNIT



SS TANDOOR



CHAPPATI MAKING MACHINE



DOSA PLATE



BAIN MARIE



DEEP FAT FRYER ( TABLE TOP )

HEAD OFFICE: 5051/21-22 NEATJI SUBHASH MARG, DARYA GANJ, DELHI-110002  
MANUFACTURING UNIT: G-239-240, PHASE-1, MG ROAD, GHAZIABAD, U.P.-201015  
B-97, Ecotech-6, Greater Noida, U.P.- 201310

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DEEP FREEZER



WET GRINDER



SANDWICH GRILLER



SS WATER COOLER



SS FOUR DOOR REFRIGERATOR



COMBI OVEN



**GNDU**



HEAD OFFICE: 5051/21-22 NEATJI SUBHASH MARG, DARYA GANJ, DELHI-110002

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