

KHANGCHENDZONGA

5th

EDITION

Annual Magazine 2021



Institute of Hotel Management- Gangtok



Affiliated to National Council for
Hotel Management and Catering
Technology, Ministry of Tourism,
Government of India

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From Editor's Desk

5th KHANGCHENDZONGA EDITION Annual Magazine 2021

***"The timeless in you is aware of life's timelessness. And knows that yesterday is but today's memory and tomorrow is today's dream."* - Khalil Gibran**

Over the years of imparting knowledge and skill while watching students and the world transform simultaneously, we at IHM have found the vigour to strive due to our faith in nurturing the dreams of the future. In this cut-throat scenario, where everybody races to the finish line, we possess the good fortune to have provided quality education and experience amidst the serenity of nature. Amidst the waves of the terrifying pandemic and its brutal dismantling of systems, we sought to overcome the challenges of keeping pace with technology and innovation, much like the pre-pandemic times.

The culinary and hospitality space has been prone to the constant of change, especially where factors like technological development influence consumer behaviour. While this technology aids effective management in hotel and hospitality spaces, we as an Institution acknowledge the requirement of skill to be adept at using automations to our advantage. It starts with adopting, adapting and inculcating innovation within students who will manifest their efficiency only with education and practice.

This issue of "Khangchendzonga" Annual

Magazine is our attempt to chronicle the leaps not just made by the institution but by our students in the field of culinary & hospitality management as well. No matter how staggered the tourism industry may seem, this compilation of a memoir such as "Khangchendzonga" rekindles the spirit and reminds us of the unwavering strength of our industry strengthened by our wish and hope to serve people first.

The proactive approach of all students and faculty members has allowed us to curate our struggles and journey into this tangible entity of our magazine which motivates us, to not just fight against all odds but do the same with a ray of hope and indulge ourselves in this pursuit of knowledge. This is our heartfelt attempt to encourage and inspire the dreams of the future. "Khangchendzonga" is a celebration as well as a commemoration of the glory of the past as we walk the steps into the hustle of journey ahead, because "When someone creates something with all of their heart, then that creation is given a soul".

We would like to take this opportunity to thank all the contributors, sponsors and well wishers in making this publication a great success.

Editorial Board

Sudhakar Sahoo

Tshering Donka Bhutia

Nima Choden Lhasungpa

Mission

To Impart Hospitality Education to students in an environment that will instill professionalism with ethics and social values by developing their core competencies in accordance to modern international standards.

Vision

To become one of the excellent institutes in the country for creating the future leaders in the Hospitality Industry

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TIRAMISU

(ORIGIN FROM Italy, Vento)

It is a coffee flavored Italian Dessert .
Layered with a whipped mixture of eggs , sugar and mascarpone cheese , flavoured with coffee liquor .

The name comes from Italian Tiramisu , which means "Pick me up" or "cheer me up"

Accompanied with ladyfingers or you can say British English
Sponge fingers .

They are typically soaked in sugar syrup or in coffee liqueur
Ladyfinger are sweet , prettydry and finger-shaped sponge cookie.
They are a main ingredient in many dessert including cake and
Tiramisu .

Lets start how to make Tiramisu .

Whisk espresso and grand marnier together .

Dip half of the ladyfinger in the Espresso mixture (ladyfinger soak
up a lot of liquid within a second, so make it very quick dip)

Line dipped ladyfinger in bottom of the glass or side of the glass

Beat mascarpone and rum together

Gently cook egg yolk and sugar on the double boiler

Beat egg yolk mixture into mascarpone cream mixture

Add heavy cream & vanilla extract into mixture and fold gently

Beat the egg white and salt together until foamy

Fold egg white mixture into mascarpone cream mixture

Fill the glass with cream mixture , dust with coca powder and top
with one ladyfinger and serve cold .

Ehtesham Alam

Faculty (Food Production)



Prem Singh Tamang (Golay)
CHIEF MINISTER
Government of Sikkim



Chief Minister
Government of Sikkim
Tashiling Secretariat,
Gangtok, Sikkim -737101

MESSAGE

I am delighted to know that Institute of Hotel Management, Catering Technology and Applied Nutrition, Sajong Rumtek, East Sikkim is publishing the 5th edition of the Annual Magazine "Khangchendzonga" 2020-21.

This Magazine is an excellent channel to bring up an exhilarating flashback of the inception of the Institute, its history and its achievements. I look forward to even greater things from the Institution in years to come and I congratulate everyone who has contributed for the successful publication of this Magazine.

Prem Singh Tamang (Golay)
CHIEF MINISTER
Government of Sikkim



B.S. Panth
MINISTER
Government of Sikkim



Tourism & Civil Aviation and
Commerce & Industries Departments
2nd Floor, Tashiling Secretariat,
Gangtok, Sikkim -737101
Ph: +91-3592-202298 (Off.)

Dated: March 17, 2021.

MESSAGE

I am delighted to learn that the Institute of Hotel Management, Sajong, Rumtek, East Sikkim is publishing the 5th Edition of the Annual Magazine "**Khangchendzonga**" 2021. I wish to state that, ever since its establishment, the Institute of Hotel Management, Sajong, Rumtek, has been instrumental in bringing our state of Sikkim on the lime light by consistently providing standard and quality education in the field of Hotel Management at par with other premier institutes of the country.

Thanks to the Institute of Hotel Management for making the life of our students easier by curtailing their need to go outside the state to receive further education. The Institute has also been successful in providing our local graduates ample opportunities through campus placements in prestigious companies and Hotel Industries of India and abroad.

I wish the Institute of Hotel Management, Sajong, Rumtek, further success and luck in the future and it continues its exemplary work through the coming years.

Thank you.

(B.S. Panth)
MINISTER

Tourism & Civil Aviation and
Commerce & Industries Dept.
Government of Sikkim



Suresh C. Gupta IAS
Chief Secretary
Government of Sikkim




Chief Secretary
Government of Sikkim
Tashiling Secretariat,
Gangtok, Sikkim -737101

MESSAGE

It gives me immense happiness to know that the Institute of Hotel Management, Gangtok is publishing the 5th edition of Annual Magazine “**Khangchendzonga**”. I would like to congratulate the Administrator, Faculty and Staff members of the Institute on this occasion. I am sure the Magazine will enable readers in general to be acquainted with the various activities and programs of the Institute. This may also inspire more youth in our State to join the hospitality industry.

I wish the entire team of IHM all the success in achieving the goal of becoming one of the best institutes of Hotel Management in the country.


(S C Gupta, IAS)



Dr K. Jayakumar, IAS
**Additional Chief Secretary
Government of Sikkim**



Department of Tourism
& Civil Aviation
Government of Sikkim
Paryatan Bhawan - Tadong
Phone No: 03592 – 232218,
Fax No: 232216

Dated:02.07.2021

MESSAGE

The Institute of Hotel Management, Sajong has evolved and matured over the years as an exemplary Institute imparting professional skills and capabilities in its students and preparing them for the professions in the Hospitality and Hotel Industry.

Despite the Pandemic, faculty and students have actively engaged and interacted with each other to ensure effective progression in teaching, learning and assimilation of competencies, in keeping with the curriculum and frame work of academic courses. Both faculty and students richly deserve appreciation and the Department has been reassured that IHM retains its flagship character as an exemplar institution, functioning with high academic standards and meeting the expectations of parents, students and the industry at large.

While progression and pursuit of excellence is an ongoing dynamic operation, I commend the zeal, passion and enterprising nature of the faculty and students in sustaining their character as a vibrant institution well evident from the content of this magazine.

I wish all the faculty, students & parents the very best in all their pursuits both academic, professional and on personal dimensions. I congratulate the editorial team, faculty and students who have made their contribution in bringing out the IHM Magazine “Khangchendzonga”.

God bless!

(Dr K Jayakumar), IAS
Additional Chief Secretary



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Kapil Meena, IAS
**Administrator IHM-cum-Director
Tourism & Civil Aviation Department**

MESSAGE

It is my pleasure to present the 5th edition of Annual Magazine “Khangchendzonga” of the Institute of Hotel Management, Gangtok. Established & functioning as a premier institute in field of Hotel & Hospitality Management IHM, Gangtok is providing skilled manpower for the ever increasing and competitive Tourism Industry. The Institute which has seen many ups & downs in its nearly 30 years of existence has its own campus now situated at Sajong, Rumtek.

This Annual Magazine is an effort to highlight various curricular, co-curricular and extra curricular activities showcasing the promising talent possessed by its faculty and students. The placements of IHM till last year have been quite satisfactory and aluminis are placed in various prominent organisations.

This 5th edition is coming out at a difficult time when for last one and a half years we are witnessing severe Covid pandemic all across the globe. Regardless of lockdowns, restricted on campus activities since March 2020 IHM Gangtok was successful in conducting a number of activities and all its academic schedule in a professional & effective online mode.

Despite the challenges we are facing in terms of funds constraints, need for better infrastructure etc at the institute I am hopeful that IHM Gangtok will play a greater role in catering to HR requirements of the tourism industry not in our country but even overseas.

I would like to express deep gratitude to the academic head, the editorial team & all students of Institute for making efforts in bringing out this edition of Khangchendzonga in spite of the pandemic situation still prevalent. Wishing all faculty members, staff & students all the very best for a much brighter future in days to come.

Kapil Meena, IAS
Administrator,
IHM Gangtok.

"Leaders through the years"

[Messages of Principals/Administrators]



It is a great pleasure to know that the Institute of Hotel Management is all set to bringing out its 5th Edition of Annual Magazine, "Khangchendzonga".

The Institute is located in the foot hills of Rumtek and offers an ideal and serene environment, atmosphere for young and aspirant students, pursuing different courses in Hospitality sectors which is regarded as one of the important industries not only in our country but throughout the World.

I take this opportunity to congratulate the faculty members for their courage and diligent duty which they managed the online classes during pandemic period.

Further, I wish entire IHM team every success in their future endeavours.

Dhiren Singh (SCS)

Ex-Administrator

09-10-2018 to 29-09-2020



I spent 3 years (2015 -2018) in this marvellous Institute. It was during this time that I had the opportunity to interact with young students, aspiring to reach the pinnacle of their careers in the hospitality industry. Young boys and girls who come from different parts of the country having diverse cultural backgrounds proudly share their culture and tradition with each other, creating a feeling of perfect national integration. It was also heart warming to see dedicated IHM team with their unrelenting endeavour to impart excellent education and training, to prepare the students to confidently forge ahead in their quest to pursue their careers.

I thank the entire team of IHM and amazing students for their part in my journey. I am confident that IHM, Gangtok will climb the ladder of success year after year and produce the finest workforce to fulfil the needs of ever growing hospitality industry.

Nirmala Rasaily

Ex-Administrator

07-07-2015 to 08-10-2018

Mrs. Dicky Yangzom

Ex-Administrator / Principal

01-06-2013 to 06-07-2015



I would like to congratulate the entire team of the Institute of Hotel Management, Sajong, Rumtek, Sikkim for bringing out the 5th edition of your Annual Magazine KHANGCHENDZONGA.

As a founder member of the Board of the Institute, I would like to add that Magazine is not just a college Magazine but a synonym to innovation, creativity and hidden qualities that provides a platform of opportunity to young students to exhibit their creativity and express their thoughts in a coherent and comprehensive manner.

I wish each and everyone all the best and success in their endeavors and pray that all emerge as outstanding professionals.

JIGME TENZIN GYALTSHEN

Ex-Administrator

18-10-2006 to 31-5-2013



Having been a part of the Institute, albeit for a brief period, I feel honoured to have been asked to pen down a message for the 5th edition of the Institute's annual magazine "KHANGCHENDZONGA".

During my tenure (2006) the Institute was functioning from a private property at Tadong but that did not prevent the faculty and students from laying a strong foundation academically. Today, I am happy to see that it now has a sprawling campus of its own with all the facilities. Most important, an Institute is known for its academic and extra curriculum excellence and, in this respect, the Institute of Hotel Management, Catering Technology And Applied Nutrition, Sajong, Rurtek continues to shine.

I wish the Principal, Faculty and the students the very best and let us hope we come out of this pandemic stronger.

Wangmu Tenzing

Ex-Administrator

3-7-2006 to 17-10-2006

Lt. Mr. D. Lepcha

Ex-Administrator

18-8-2005 to 2-7-2006



It gives me immense pleasure to know that the Institute of Hotel Management, Catering Technology and Applied Nutrition, Sajong, East-Sikkim is bringing out the 5th edition of its Annual Magazine "KHANGCHENDZONGA". I appreciate the commendable efforts of all the faculty members and students to define their line of success through these magazines. In today's job market, hospitality sector plays a very important role in fulfilling the ambition and dreams of many, which is the mission of this very Institute.

I would like to wish all the faculty members, both academicians and non-academicians, and the students all the very best. Hope to see that this Institute becomes one of the best Institutes of Hotel Management in India.

Samten Dqlma

Ex-Administrator

9-2-2004 to 17-8-2005



I am very happy to know that Institute of Hotel Management, Gangtok has been bringing out it's Annual Magazine for some years now. It is a wonderful step to showcase the hard work and achievement of the facultys / members and students.

From its establishment in 1990, the Institute has grown successfully to be one of the premier institutes in the country and has made valuable contribution to the hospitality industry by providing excellent manpower.

I wish all the best to the Institute and hope it will continue to "Service with a Smile".

Jemima Pradhan

Ex-Administrator

6-8-2002 to 8-2-2004

"Leaders through the years"

[Messages of Principals/Administrators]



It gives me an immense pleasure to place on record my deep appreciation for the remarkable initiative taken by the INSTITUTE OF HOTEL MANAGEMENT for release of its 5th edition of Annual Magazine. It is an epitome of sharing and enriching knowledge and information among the educated youths of Sikkim who evince strong desire to embrace hotel management as a profession to solve unemployment in the tertiary sector. In a nutshell, the multi dimensional approach towards organizing different short and long courses by the institute showcase the unflinching and unwavering activity to participate in the growth of the state economy. Myself as the then Administrator of this institute in those years holding dual charge of Additional Secretary, Tourism Department also in the old premise had the occasion to oversee a magnificent functioning of the institute under the able guidance of its motivated faculty members and the administrative staff.

I wish every success to this Institute in the near future.

D.R. Kharel
Ex- Administrator
16-4-2001 to 5-8-2002



It is worth noting that among the various Institutes of Hotel Management (IHM) under the umbrella of National Council of Hotel Management (NCHM), Ministry of Tourism, IHM, Gangtok ranks among the few State Government sponsored IHM. This State sponsored Institute follow all the norms and SOP's of NCHM and are not fully financially sponsored by the Central Government. Therefore, the health of these Institutes, whether financial or academic health depends on its reputation in producing some of the best hotel management professionals with high employability. Therefore at present, the objective of every IHM, whether in the Government sector or Private sector, has been to achieve high ranking in the perspective of industry as well as public.

To achieve the above objective, there has to be complete co-operation and total team work spirit among the faculty members, students and the Institute Management.

I am aware of the fact that IHM Gangtok has produced some of the highly successful hotel management professionals in the past but such feat should be consistent feat and not accidental one.

Thus, our endeavour should to be to achieve 100% placement in prestigious organizations. This should be possible in view of the growing demand for hotel management professionals in tourism and allied industry, not just in India but in whole South Asia, South-East Asia and various parts of the world.

I sincerely extend my best wishes to IHM Gangtok in its every endeavour to achieve excellence in ranking among IHM's of the country.

P.K. Dong
Ex-Administrator
1-11-1999 to 15-04-2001



It gives me immense pleasure to learn that IHM Gangtok is publishing the 5th edition of its Annual Magazine "**KHANGCHENDZONGA**". I appreciate the Management, Principal, Teaching fraternity, the staff and students for such a laudable effort.

I am delighted to have been a part of the College from February 1998 to August 2001 and deeply honoured that IHM Gangtok was upgraded from a Food Craft Institute to a fully fledged Institute of Hotel Management during the above period. I cannot emphasise enough my gratitude to everyone for their love and support during my time at IHM Gangtok.

I would have loved to continue my service and accomplish more for the Institute but for the completion of my deputation period.

I recollect the wonderful time shared with the faculty staff and students. We had made great memories together for which i will forever cherish.

My message to the student would be to remember that there is no elevator to success. Stair must be taken. Students should take pride in how far they have come and have faith in how far they can go.

My best wishes for the success of the Magazine.

Vijay Kumar
Ex-Principal
2-2-1998 to 31-3-2001



I am happy to hear that the Institute of Hotel Management, Sajong, Rumtek is in process to release the 5th edition of their Annual Magazine aptly named Khangchendzonga. This Institute which began as a Food Craft Institute in 1990 in a small building located at Gangtok proper has come a long way to achieve the status of a full-fledged Hotel Management Institute offering Diploma and Degree courses under the aegis of National Council for Hotel Management & Catering Technology (NCHM & CT).

Sikkim, a mountain state, has the potential to grow in nature-based tourism sector. The hospitality industry, with its linkage to the tourism industry, too has a great future to progress and prosper in tandem with this important sector. Together, it is likely to be the backbone of the state's economy in the years to follow.

It is my earnest hope that the Institute will continue to thrive and prosper in the near future, producing well trained manpower to boost the hospitality sector. My best wishes to the Head of the Institute, the Faculties and the entire staff members for their unstinted support and dedication to make the Institute an excellent place of learning. Do recall what Benjamin Franklin, 18th century, scientist, philosopher, diplomat and an inventor said, *"an investment in learning pays the best interest."*

K.N. Bhutia

Ex-Administrator

15-11-1997 to 1-2-1998



It is heartening to learn that the Institute of Hotel Management Catering Technology & Applied Nutrition is bringing out its 5th edition of its Annual Magazine Khangchendzonga. Needless to mention, such an annual publication serves as an interface between the institute and the students who pass out from there as much as it provides an opportunity for those associated with the institute in the past to reconnect with it.

Having been a part of the process of the establishment of this institute right from its inception as the Food Craft Institute at the initial stage and its gradual growth into a full-fledged hospitality service training institute overtime, one can now take pride in how it has evolved into a vital professional entity that has contributed substantially to the manpower development for the hospitality industry in the state as well as at the national level.

I wish the Principal and the faculty, administrative staff and the students of IHMCT&AN, Sajong, Rumtek, all the very best in their continued pursuit to maintain high technical and professional standard at all times as has been achieved thus far.

Lhendup Dorjee Lepcha

Administrator

28-7-1996 to 14-11-1997



I was privileged to be the first Principal of Food Craft Institute later upgraded to Institute of Hotel Management. Initially we have struggled a lot to set up this Institute with great support of State Government and Government of India. My Best wishes to all.

Gautam Ghosh

Ex-Principal

1-9-1990 to 27-7-1996

FOCUS ON ATTAINING EXCELLENCE



Mr. K. N. Bhutia
Ex- Secretary to
Government of Sikkim
and Ex- Administrator IHM
(1997-1998)

Sikkim, one of the smallest states of the Indian Union, is very fortunate to have an Institute of Hotel Management (IHM) recognised by the Ministry of Tourism, Govt. of India and affiliated to National Council for Hotel Management & Catering Technology (NCHM&CT). This institution has the distinction of being placed in the same league as the Institute of Hotel Management, Catering and Nutrition located at Pusa Institutional Area, New Delhi, a top-rated Hotel Management Institute in India. Admissions to the degree level course is also done on the basis of NCHM&CT Joint Entrance Examination (JEE) conducted by the National Testing Agency (NTA) at the national level in Computer Based Test (CBT) mode system. Apart from some seats reserved specifically for Sikkimese students, the selection of the rest of the students depends on their performance in the NCHM&CT, JEE.

In sum and substance, there is no denying that all-India level examination ensures admission of qualified and competent students for the undergraduate courses. The prestige and grandeur of an Institute depends not only in getting quality students in its fold but more-so in nurturing and equipping them with knowledge and management tools to enhance their capabilities to compete and perform with distinction. In a way, the entire course of education and capacity building can be considered to be a production process in a factory where raw material is channelized through manufacturing methods until it finally comes out at the other end as a finished product. In this aspect the quality of the final product will depend on what type of trained manpower, management, machineries and mechanisms are employed in the process. A learning institution can draw similar parallel. Academic institutions with excellent infrastructure facilities and staffed by dedicated and competent faculty members can aspire to produce the best of the lot.

IHM Sikkim has the base and credential to excel as an inspirational institute in its sphere being an affiliate of NCHM&CT. As it is, Sikkim with its salubrious climate, peaceful environment and scenic grandeur has the potential to be developed as an education hub in the eastern region of the country. What better way than to ensure that one of the national level institutes located here excels in its performance to garner mileage of excellence throughout the country and attract students and scholars of merit. It goes without saying that it is the reputation and standing of the alumni and faculties of the academic institutions who can bring name and fame to enhance the image of such institutions.

According to John Ruskin, a 19th century critic of art–architecture, writer, philosopher and painter, “quality is never an accident. It is always the result of intelligent effort”. It is, therefore, incumbent upon the present generation to appreciate the value of the institution and make every effort to raise the bar of standards higher and higher. This can be possible through collective efforts on the part of the government, the faculty and the students especially in matters concerning resources including that of funding which is the most important of the lot. No institution can excel if it does not have adequate resources to manage its affairs. Any compromise on account of financial constraints may lead to lowering of standards. The concerned authorities need to ensure that such a national level institute must be given due recognition and priority to maintain and sustain its standard by providing adequate resources to run its affairs on a year-to-year basis. In the short term, this can be in the form of government grant to bridge the revenue and expenditure gap for some years in order to bring about financial stability but over a period of time the institute must strategise its operation and management to create income generation avenues with a long-term goal.

Great institutions world over have vast amount of resources at their command to maintain and improve their standards and make their institutions an envy of their sister institutions. The Institute should aim to build its own corpus and endowment funds as safety net to secure its functioning on a sustainable basis. It is a tough job requiring innovative ideas to break the barriers of dependency syndrome, but it can be done with a spirit of collaboration and intellectual leadership.

Group Photo 2021



1ST YEAR



2ND YEAR

Group Photo 2021



3RD YEAR



TRADE DIPLOMA IN FOOD PRODUCTION AND FOOD & BEVERAGE SERVICE



ADMINISTRATOR WITH FACULTY MEMBERS

(L to R) Mr. Ehtesham Alam (Asst. Lecturer), Mr. Privendra Pradhan (Asst. Lecturer), Mr. Karma Changchup Bhutia (Lecturer), Mr. Milon S. Rai (Asst. Lecturer), Mr. Sanjiv Pakhetra (Sr. Lecturer), Mr. Kapil Meena (Administrator), Mr. Sudhakar Sahoo (Sr. Lecturer), Mrs. Indira Singh (Lecturer), Mrs. Kalpana Chettri (Lecturer), Ms. Tshering Donka Bhutia (Asst. Lecturer), Mrs. Nima Choden Lhasungpa (Asst. Lecturer) and Ms. Benita Parangden (Asst. Lecturer)



ADMINISTRATOR WITH NON-TEACHING STAFF

(L TO R) Mr. Deebesh Chauhan (Accountant), Mrs. Bivasini Sahoo (Librarian), Mr. Kapil Meena (Administrator), Mrs. Peden Bhutia (Administrative Officer), Mrs. Lasam Lepcha (LDC) and Mr Lakpa Sherpa (Guard / Watchman)

Group Photo 2021



IHM FAMILY



TRAINING AND PLACEMENT COORDINATORS / INCHARGE

(L TO R) Ms. Benita Parangden (Asst. Lecturer), Mr. Kapil Meena (Administrator), Mrs. Indira Singh (Lecturer)



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Naimish Tiwari. (3rd year students)

Forever In Our Thoughts



Lt. Ashok Kr. Sinha
(Sr. Lecturer)

Deptt: Front Office
D.O.B: 26.08.1956
D.O.D: 31.01.2006

Alumni of DHMCT KOLKATA,
Batch: 1979. Worked in Tourism
Department as Asst. Manager for
10 years (Since 1981-1991)
Joined IHM Gangtok in May 1991



Lt. Lobzang Geleg
(Jr. Accounts Clerk)

Deptt: Accounts
D.O.B: 11.03.1970
D.O.D: 17.12.2020

Alumni of St. Augustine School
Kalimpong, West Bengal, Batch: 1996
Joined IHM Gangtok in July 1996



Lt. Mrs. Tenzing Tonyot
(Asst. Lecturer)

Deptt: Front Office
D.O.B: 08.02.1988
D.O.D: 18.12.2020

Alumni of HTMi (Hotel and Tourism
Management Institute), Switzerland.
Joined IHM Gangtok in 21.08.2019
(DOJ) to 30.11.2019 (DOR)



Lt. Rahul Tiwari

Student of 3 years B.Sc in H&HA
Batch: 2007
D.O.B: 10.04.1984
D.O.D: 12.05.2021



Lt. Kunte Dipankar Hridayanath

Student of 3 years B.Sc in H&HA
Batch : 2020-2021
D.O.B: 08.10.1998
D.O.D: 29.11.2020



Lt. Tenzin Choppel Lepcha

Student of 3 years B.Sc in H&HA
Batch: 2017
D.O.B: 07.10.1994
D.O.D: 23.06.2021

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Contact Details:03592-201539/9749334349

SUCCESS STORY



Name : **Birendra Chettri**
 Batch : 2003
 3yrs B.Sc in H&HA
 Proprietor
Indian Ocean Restt at
 Christchurch, New Zealand (Estd.
 2006)



I am here in Christchurch, New Zealand. My Restaurant is located @ 23 Humphreys Drive. As a quick brief. After completing IHM, I have joined Oberoi Vanyavilas as a Commis Chef. Worked there for two years then I moved to Taj Umaid Bhawan Palace, Jodhpur as a CDP. After working there for one and half years I got an opportunity to move to AUCKLAND, NZ. Worked with a few good restaurants here in NZ.

For further details you can login to my website given as under www.indianocean.co.nz



Name : **Anup Rai**
 Batch : 2005
 Trade Diploma (Food Production)
 (Founder and MD of **Adhvik** Institute
 of Hotel Management (Estd - 2017)

Mr. Anup Rai, the Founder and MD of Adhvik Institute of Hotel Management, is an alumnus of Institute of Hotel Management, Gangtok. After graduating from IHM, he left India while pursuing his dream to work in Hotel Marriott for four years. While working in the same, Mr. Rai got an opportunity to appear in an interview for working in the Carnival Cruise Line.

"Through God's grace and my experience, I got selected as a Chef in the cruise." says Mr. Rai. He then worked in the cruise for eight long years. He then realised that he needs to do something for the unemployed youths and also those youngsters who have been deprived of the exposure and the expansion they need. According to Mr. Rai, "Success is a thing to be shared...". So he decided to provide an opportunity for the young talents of Sikkim by opening this institute. Few valuable words from Mr. Anup Rai to the youths of Sikkim: "I wish everybody to have a prosperous life, being an independent individual. I also want every youth of Sikkim hills to earn profusely and also to live the life they've had always dreamt of." Adhvik Institute of Hotel Management has, since its inception, yielded employment to as much as 150 candidates who have been placed and are earning handsomely.



Education Award 2019 presented to Mr. Anup Rai by Mrs. Mary Kom in New-Delhi



Name: **Rajdeep Gurung**
Batch : 2015
3 Years B.Sc in
H&HA

Started a Supper Club, the only in North East India, named **Rosemary**.

Address:
Hotel Suhim Portico
Near Hotel Lemon Tree,
Suhim Colony/ Upper Sichey
Area, Sikkim.
Contact: 7866987286 (M)



Rajdeep Gurung passed out from IHM Sajong in 2015 as an Executive Trainee in Sterling Holidays. Pursued Masters in Tourism Administration from Amity University, Kolkata and started working as a faculty under Department of Hospitality at ICFAI.

In early 2019, Rajdeep started a Supper Club, the only in North East India, named **Rosemary** with the theme of Fine Dining. Rosemary hosts private dinner parties at the host's residence where a set menu is served along with Wine pairing in a fine dining setting.

He takes booking in weekends. He takes bookings a week in advance and then starts preparing the place and menu.

In late 2020, he auditioned for Himalayan Master Chef Competition organised by Indian Royal Gorkha Culinary Chef Federation, held at IHM Sajong. His dish was the only "Home Cook" to participate in the competition.

Since the agenda of the competition was to promote local ingredients and cuisine, Rajdeep cooked "Pork Kauri" for the semi finals which helped him pass the round and reach the final.

The final was held at Mayfair where the participants in the competition were to prepare a three course meal using local ingredients. Rajdeep prepared an Orange appetiser, a Nepali thaali and local wine poached fruit which helped him win the first prize and the title of "Himalayan Master Chef".

Rajdeep is currently working as a part time lecturer at ICFAI and hosting private dinners at Rosemary.



AM LN UI


Anshul Gurung

Head Chef at Las IGUANAS,
Latin American Restaurant & Bar,
Liverpool, U.K.
Trade Diploma in Food
Production (1997 Batch)


Anup Rai

Founder and MD
Adhvik Institute of Hotel
Management
Trade Diploma in Food Production
(2005 Batch)


Arati Sharma (Mishra)

Lecturer, School Of Hospitality
And Tourism Studies at SRM
University
3yrs B.Sc in H&HA
(2016 Batch)


Angel Darjee

F&B Trainee Executive
Hotel Denzong Regency,
Gangtok, Sikkim
3yrs B.Sc in H&HA
(2016 Batch)


Bina Dural

Nurse, Norway, Europe
Trade Diploma in House
Keeping
(1997 Batch)


Birendra Chettri

Proprietor
Indian Ocean Restt at
Christchurch, New Zealand
3yrs B.Sc in H&HA
(2003, First Batch)


Birendra Rai

F&B Service Staff at Fine Dining,
P&O Cruise, Carnival, U.K.
3yrs B.Sc in H&HA
(2007 Batch)


Brijesh Singh

Zonal Leader
Diversey India Hygiene Private Ltd.
Health Care Division for Entire
North India
3yrs B.Sc in H&HA
(2004 Batch)


Charitartha Pradhan

M.D. Beetle Valley Tree Resort,
Chanatar, Rangpo, East-Sikkim
3yrs B.Sc in H&HA
(2017 Batch)


Debarshi Sanyal

General Manager
Howard Johnson by Wyndham,
Kolkata
Trade Diploma in Front office
(1997 Batch)


Dikila Bhutia

Project Manager
SAATHI Sikkim
Trade Diploma in Food Production
(1998 Batch)



Gupta Das Rai

DCCP Chinese Fine Dining Restt
(Ba Ban)
W. Muscat, Marriott Hotel
Trade Diploma in Food Production
(2014 Batch)



Hare Krishna Chaudhury

Undergoing M.Sc in H&HA from
IHM, PUSA
3yrs B.Sc in H&HA
(2020 Batch)



Indra Pal

CDP Company-
Royal Caribbean Cruise Lines
Trade Diploma in Food Production
(2008 Batch)



Johanan Lepcha

Commis de Cuisin
Costa Crociere Line (Geno, Italy)
3yrs. B.Sc in H&HA
(2018 Batch)



Kamal Maggo

Asst. Corporate Chef
Bloom Hotel Group, New Delhi
(Unit of Imperativ Hospitality Pvt. Ltd)
3yrs B.Sc in H&HA
(2009 Batch)



Karma Chewang

Commis-I
Taj Exotica Resort And Spa, Goa
3yrs B.Sc in H&HA
(2020 Batch)



Khushbu Kathuria

Hospitality Administrative
Associate
Delhi Public School, Gaya
3yrs B.Sc in H&HA
(2018 Batch)



Kingshuk Biswas

GSA In F&B Department
ITC Fortune Park, Vellore
3yrs B.Sc in H&HA
(2020 Batch)



Lakpa Doma Bhutia

OT in F&B Service,
Oberoi Grand, Kolkata
3yrs B.Sc in H&HA
(2020 Batch)



Mary Tiruwa

Retail Store Manager
British Heart Foundation,
London, U.K.
Trade Diploma in House Keeping
(1997 Batch)



Manisha Sharma

Sr. Cabin Crew Spicejet,
Base- Kolkata
Trade Diploma in Front Office
(2010 Batch)



Monalisha Chakraborty

F&B Hostess
Hyatt Raipur, Chhattisgarh
3yrs B.Sc in H&HA
(2020 Batch)



Medha Bhattacharya

Asst. Lecturer
IHM Mumbai
3yrs B.Sc in H&HA
(2007 Batch)



Monojit Dey

Commis II
(Continental Kitchen)
JW Marriott, Hyderabad
3yrs B.Sc in H&HA
(2020 Batch)



Narender Maan

Asst. Food & Beverage Manager
The Leela Ambience Gurugram
Hotel & Residences,
Gurugram, Delhi NCR, India
3yrs B.Sc in H&HA (2006 Batch)



Niranjana Kumar Ranjan

Restaurant General Manager
Pan Flame Indian Restaurant
Camrose Alberta, Canada
3yrs B.Sc in H&HA
(2004 Batch)



Nitin Choudhary

Entrepreneur, Founder of QSR
brands like Tea Nation, The China
Wall, Yum Dim, Cloud Kitchen
(Kabobi, Chownow, Soup Bowl)
in Noida & Delhi
3yrs B.Sc in H&HA (2006 Batch)



Nishant Dave

Patient Care Executive
Max Healthcare, Saket,
New Delhi
3yrs B.Sc in H&HA
(2015 Batch)



Ongmu Lepcha

Proprietor
Omung's Bake House
Lumsey, Tadong, Gangtok
Trade Diploma in Food
Production (2008 Batch)



Paramita Pal

Administrative Asst.
General Manager
Le Meridien Al Aqah
Beach and Resort, UAE
3yrs B.Sc in H&HA
(2017 Batch)



Pramit Chhetri

Advocate (High Court Of Sikkim
and Districts Court's of Sikkim)
Trade Diploma in Food And
Beverage Services.
Batch: 2009



Peden Lepcha

Hostess in F&B Service
Princess Cruise Line,
San Francisco, CA
3yrs B.Sc in H&HA
(2017 Batch)



Phurba Tamang

DCDP in Bakery
JW Marriott W. Muscat, Oman
Trade Diploma in Food Production
(2014 Batch)



Prince Kumar

GSA in F&B Service
ITC Fortune Inn Haveli
3yrs B.Sc in H&HA
(2020 Batch)



Puneet Rawat

Fleet Account Executive
Juma Al Majid Est Hyundai,
Dubai
Trade Diploma in F&B Service
(2005 Batch)



Rahul Chettri

Kitchen Executive
Cafe Gluck Restaurant, Hyderabad
3yrs B.Sc in H&HA
(2011 Batch)



Rajdeep Gurung

Part time Lecturer at ICFAI
University, Sikkim, & Proprietor
at Rosemary (Fine Dinning) at his
residence.
3yrs B.Sc in H&HA
(2015 Batch)



Rangan Dey

Front Office Assitant
Trident Bandra Kurla, Mumbai
3yrs B.Sc in H&HA
(2018 Batch)



Rahul Srivastav

Asst. F&B Manager in
Saffron Crest Hotel, Siliguri
3yrs B.Sc in H&HA
(2017 Batch)



Ranjita Gurung

Asst. Team Waitress
Carnival Cruise Line, USA
3yrs B.Sc in H&HA
(2016 Batch)



Rajdeep Tamang

Hospitality Crew, UAE,
EHK Hospitality Services, L.L.C.
Trade Diploma Food Production
(2013 Batch)



Sanjeev Panday

Cabin Services Director
Qatar Airways
3yrs B.Sc in H&HA
(2006 Batch)



Sanyukta Gholap

Human Resources Manager
Courtyard by Marriott, Pune
3yrs B.Sc in H&HA
(2008 Batch)



Samrit Chettri

Pantry Garden Manager,
Carnival Cruise Line, Miami, Florida
3yrs B.Sc in H&HA
(2014 Batch)



Saibby Kochar

Senior Sales Manager
Hyatt Regency, Amritsar
3yrs B.Sc in H&HA
(2006 Batch)



Saurabh Kumar

GSA in F&B Service Department,
Goa, Marriott
3yrs B.Sc in H&HA
(2020 Batch)



Sk. Mahammad Minhaj
Assistant Lecturer
IHM Bhubaneswar, Odisha
3yrs B.Sc in H&HA
(2013 Batch)



Sonam Gyalmo Chungyalpa
Shun Hing Trade and Company,
Hongkong
Trade Diploma in Food
Production
(1997 Batch)



Suraksha Spandan Pradhan
Commis de Cuisine
Costa Crociere Cruise Line
(Geno, Italy)
3yrs B.Sc in H&HA
(2018 Batch)



Surya Bhattacharjee
Hindustan Unilever Ltd.
Workplace Manager - East
Trade Diploma in F&B Service
(1997 Batch)



Sourav Das
Deputy Manager ICICI BANK
Malda, West Bengal
3yrs B.Sc in H&HA
(2015 Batch)



Swati Bisht
Front Office Manager
Azaya Beach Resort, Goa
3yrs B.Sc in H&HA
(2008 Batch)



Syed Aasaf Ali
Senior Bartender
La Plage (Beach Side), UAE
3yrs B.Sc in H&HA
(2017 Batch)



Tanisha Singh
Undergoing P.G. Diploma in
Culinary Arts Management,
Bengaluru
3yrs B.Sc in H&HA
(2020 Batch)



Tshering Ongmu Bhutia
OT in F&B Service
Oberoi Grand, Kolkata
3yrs B.Sc in H&HA
(2020 Batch)



Tulshi Sharma
Bartender, Miami, USA
Carnival Cruise Lines
Trade Diploma in Food &
Beverage Service
(2004 Batch)



Vivek Rawat
First Class Crew Member
Emirates Airlines
3yrs B.Sc in H&HA
(2004 Batch)



Yeshay Chopel Bhutia
Co-Founder of
The Lazy Chef, Cloud Kitchen
(Ghost Kitchen)
Trade Diploma in Food Production
(2006 Batch)

Sudhakar Sahoo
Academic Incharge

30 years at IHM, Gangtok

“Be not afraid of growing slowly, be afraid only of standing still”

This is one thought that has inspired me from the day one when I joined this Institute a long time ago in 1991. I have been witness to the growth of this Institution which has mutually lent to my growth and an enlightening journey filled with lessons and tribulations. At the outset, I am immensely grateful to great individuals throughout my tenure without whose presence, this opportunity to serve the Institute of Hotel Management would have never manifested. With the leadership of all Principals and with great assistance from Government of Sikkim we set out on the shared vision to establish an identity of this Institute of Hotel Management and gain a respectable world class recognition. Since, then it has been a long and arduous journey. From a small batch of 11 diploma students, today as I project my voice across a hall full of aspirational students, I swell with pride and am certainly humbled with the years of support as well as struggles we have collectively faced to attain this position of national recognition.

Our humble beginnings take us back to Yatri Niwas Building (later on renamed as Hotel Mt. Jopuno) situated at P.S. Road which had been given to the Institute to manage along with its academic activities. By that time, progress of the Institute had already set in motion and the strength of students were at a pick. We started offering all the diploma courses offered by the National Council for Hotel Management, New Delhi after obtaining the affiliation with them to bring under the umbrella of NCHMCT, New Delhi. The first decade here at IHM, entailed vigour and a yearning in me, from acquiring outdoor catering services to sending our dear students to the frontline for practical experiences, to dealing with important personnel from an administrative perspective, we kept aiming at excellence in our pursuits only to have that one pat on the back by notable and powerful individuals which would have enabled renown in the long run. I have realized that any organization relies on the goodwill of leadership to navigate through stormy waters. While I have tried each day to set such an example, a path heavy with obstacles has also taught me perseverance which is a virtue I attempt to impart among my students.

Any transition period is difficult, at my 2nd decade at the Institute, I have been thrilled to be a part of progress of great magnitude as the Institute shifted to a new rented premise, at Tadong, Gangtok to excel at academic activities and left behind the training Hotel Mt. Jopuno for complete commercial operation. With an independent campus, solely dedicated to flourishing with academic and management activities, there was a new found zeal. This excitement to have professional setups for practical activities, organizing events, hosting eminent personalities was visible amongst all members of the IHM family. This growing ambition and excitement manifested in demands to increase the intake, to have all other activities of the Institute at a larger scale and to offer hostel facilities. The solution? We instantly envisioned to have a full fledged campus of our own, we approached the State Government and Central Government. The Government also pleased to witness our dedication, provided land and financial assistance to create all facilities for the campus now located at Sajong, Rumtek. It almost took 6 years to complete this very ambitious project. At the end of the decade the new campus was handed over to the Institute for its full fledged operation.

However, these administrative efforts are incomplete without one crucial ethic. As my students may recall, I have always emphasized on the importance of the art of teaching and learning, every bond in this world is built foundationally on these principles. It has been my honour and joy to impart knowledge and learn from my fellow students and colleagues in the process; I pride myself when I say that education and its practice has been and will always be my priority. The excitement of discovery and key to solving any problem throughout our lives starts when we learn these aspects in our classrooms with our teachers/ professors or mentors.

At the beginning of my 3rd decade, as the Institute finally shifted to its own sprawling campus spread across 3 acres, sitting in the lap of nature, we have found a harmonious relationship of practicing professional endeavours while interacting with the potential and opportunities that this State provides for us. The identity of IHM Sikkim is synonymously tied with the roots of Tourism, that our state excels at, and I hope in near future this Institute will play a major role in the Tourism Industry and gain the position of a national asset that it deserves. We believe in the idea of generating a class of entrepreneurs, with each obstacle that we tackle, I have provided the insight to my students to emerge with a holistic approach to management and problem-solving because the world and its people require relevant solutions. Hence, all our efforts from the last 30 years have brought us this successful and thrilling moment wherein: Our Institute has been ranked in the 9th position on the survey made by CSIR Magazine and our students have also received accolades in various contests over the years. The Institute has now achieved worldwide recognition and our students are working all over the world. Various students have also commenced their own businesses in India as well as abroad. Every year, more and more students graduate from this Institute with knowledge, talent and dreams, they are in many ways our contribution to the society and industry who have been nurtured in this ever growing Institute with excellent career prospects in numerous sectors.

It has been my privilege to be an individual who has been instrumental in the continuous leaps of this Institute of Hotel Management, Gangtok, Sikkim. Moreover, as we continue to struggle on, I find encouragement and dedication within me to overcome all hurdles that we continue to face because any educational entity needs to grow and live on with the time. It is a virtue because we as professors and mentors give rise to a new generation of individuals who add to this ecosystem of prosperity. My identity in many ways is defined by my efforts and my belief in this Institute which drives me to walk ahead with hope and resilience each day.

Launching of **Model Village Rey-Mendu GPU** on 21st September 2019



Hon'ble Chief Minister Shri Prem Singh Tamang (Golay) visited IHM Campus at Sajong, Rumtek, East-Sikkim on 21st September 2019 to launch Model Village Rey-Mendu GPU.

The Chief Minister was welcomed and received at the campus by Dr. K. Jayakumar, IAS, Addl. Chief Secretary, Department of Tourism and Civil Aviation, in the presence of Mr. T.T. Bhutia (Ex-Secretary) Deptt of Tourism & Civil Aviation, and Shri Dhiren Singh (Ex-Administrator) IHM. Mr. Sudakar Sahoo (Academic Incharge / Sr. Lecturer) at IHM, Gangtok, was also present during the occasion to welcome and receive the Hon'ble Chief Minister.

Hare Krishna Chaudhury, ex-3rd year student of B.Sc in H&HA, addressed the VIP dignitaries and the gathering during the launch event.

The 22nd Board of Governor's Meeting of Institute of Hotel Management Gangtok held at IHM Campus on 7th December' 2020



The meeting was chaired under the Chairmanship of Shri S. C. Gupta, IAS, Chief Secretary to the Government of Sikkim along with the other members of the Board.

- Dr. K. Jayakumar, IAS, Additional Chief Secretary to the Government of Sikkim, Department of Tourism & Civil Aviation,
- Mr. Kapil Meena, IAS, Administrator IHM -cum- Director / Additional Secretary, Department of Tourism & Civil Aviation.
- Mrs. Persis Lucksom, Additional Director, Department of Finance, Govt. of Sikkim
- Mr. Rajiv Roka, Joint Director, Technical Education, HRDD, Govt. of Sikkim.





Hon'ble Governor Shri Ganga Prasad visit to IHM, Gangtok.

Homestay Congress Okhrey 2021



Mr. Milon S. Rai (Assistant Lecturer) IHM, Gangtok as a Resource Person in Homestay Congress Okhrey 2021 held at Okhrey, West Sikkim, w.e.f from 4th – 8th April 2021 speaking during the Culinary Session – Vegetarian Cuisine.

Drug Abuse Prevention Campaign' 2020



North East Food Show

Held in Shillong, Meghalaya w.e.f 4th - 6th December, 2019

Venue - Polo Ground, Shillong



Shri Conrad Sangma (Hon'ble Chief Minister of Meghalaya) with Shri Dhiren Singh (ex-Administrator), faculties and staff of IHM, Gangtok.



Shri B.S. Panth (Hon'ble Minister for Tourism & Civil Aviation and Commerce & Industries Deptt, GoS) (centre) with Shri Vijay Kumar (Principal, IHM Shillong, second from left) along with faculties and staff of IHM Gangtok.



(L-R) Shri Rimp Dorjee Lepcha (Addl. Chief Engineer, Culture Deptt.), Shri T.T. Bhutia (ex-Secretary, Department of Tourism and Civil Aviation, GoS) with ex-Administrator Shri Dhiren Singh and Milon S. Rai (Faculty, IHM Gangtok).



Mr. Milon S. Rai honored and awarded with certificate

72nd Republic Day Celebration at IHM Campus on 26th January 2021.



Mr. Milon S. Rai (Asst. Lecturer) IHM faculty was felicitated by Shri Bishnu Kumar Sharma, MLA, Rhenock Constituency. Mr. Rai was honored and awarded with certificate of recognition on 23rd Jan' 2021 at Pakyong Greenfield Airport for his exemplary efforts and contribution towards the Greenfield Airport construction and operation of flights.



Hunar Se Rojgar & Skill Testing Certification - Training of Mayfair Staffs at IHM Gangtok.



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THE HIMALAYAN MASTER CHEF AUDITIONS

The Himalayan Master Chef Auditions was held at The Institute Of Hotel Management, Gangtok, on 14th of December 2020
Judges comprised of:



- Celebrity Master Chef Rishi Raj.
 - Celebrity Master Chef M.S. Shergill.
 - Celebrity Master Chef Vikash Kuriyal.
 - Master Chef Shamson Tamang.
 - Senior Lecturer of IHM, Mr. Sanjeev Pakhetra.
- Semi-finals was held at IHM Gangtok on 15th December 2020.

The names of semi finalists:

- Aditya Diyali (3rd Year).
- Abhijeet Kumar Singh (3rd Year).
- Pushkar GM (3rd Year).
- Rishav Gurung (3rd Year).

4 students were selected from the college for Final Round.
The Final round was held on 18th December 2020 at Mayfair Hotel, Gangtok.



Semi-Finalists with judges, Mr. Lukendra Rasaily (Chairman, STDC) (fourth from left) and Mr. Sonam Norgay Lachungpa (Prisident, TAAS) (second from right)



Himalayan Master Chef Competition auditions held



KALZANGUZOI

GANGTOK, December 14: The 50th day of auditions for the inaugural Himalayan Master Chef Competition was held at Institute of Hotel Management (IHM), Sikkim today.

The main motive was to bring out Sikkimese culture and food and also to showcase the long forgotten dishes of our culture and make it known to the world, the organizers said.

The chefs competing were given the task to use the local ingredients available here and add their own fusion to the mix.

Master chefs Rishi Raj Singh, M.S. Shree Gid and Vikas Kariyal, and Sanjay Pakshira, senior lecturer at IHM, were the judges.

Through the competition, the judges will explore national and international cuisines and hope to introduce Sikkimese cuisines in hotels across the country.

The selected contestants from today's audition will join the qualifiers from Daring and Kalimpong districts of West Bengal in the grand finale at Mayfair resort here on December 18.

The competition was essentially meant for the public but due to a short time notice, the students here at IHM had to take part in it. The organizers hope to involve the public in the coming years. The programme will be broadcasted live for the viewers.

The focus of the event is mainly on the recipe rather than the participants. Because of the popularity in modern foods such as pizza and burgers, they want to bring back the past recipes and culture to the society.

"The fusion the contestants have done here with Japanese, Italian and other places, I liked it very much and have learnt many things from them," said Singh. The winners will get recommended for national and international level events.

Sikkim Tourism Development Corporation chairman Lakendra Rautay was also present on the occasion.



THE HIMALAYAN MASTER CHEF Finalé



Himalayan Master Chef Competition (Season 1) Grand Finalé organised by Indian Royal Gorkha Culinary Chef Federation (IRGCCF) and Indian Culinary Forum in collaboration with Sikkim Tourism held on 18th December at Mayfair Hotel, Gangtok. Sikkim Legislative Assembly Speaker Shri L.B. Das attended the event as the Chief Guest for the Grand Finale.

1. Winner Rajdeep Gurung
(ex-student of IHM, 2015 Batch)
2. 1st Runners-Up Reetan Tamang
(Darjeeling, West Bengal)
3. 2nd Runners-Up Rishav Gurung
(3rd year student, 2021 Batch)



Mr. Chandan Kumar Thakur (G.M. Mayfair Hotel), Mr. Lukendra Rasaily (Chairman, Sikkim Tourism Development Corporation) (third from left). Extreme right first to fifth IHM Gangtok staffs & faculties with celebrity chefs/judges at the Finale of Himalayan Chef Competition held at Mayfair.



Prepared by the Winner

Rajdeep Gurung



Appetizer/Starter

Saadheko Suntala with grated Amla (Mandarin/ local Oranges medium-ripe seasoned with mustard oil, salt, sugar and chilli powder and served with Indian Goose Berry)



The Main course :

Makai ko Bhaat (Corn Rice)
Kaalo Dal (Black lentil dal/soup) with Sidra (small round dried river fish)
Gundruk ko Achar (Fermented Spinach pickle)
Busty ko Kukhra Soup(Organic Village Chicken Soup/Stew)
Broccoli in homemade Ghee (Deshi/ Ghar ka)
Milk- based Relish (Fresh Cottage cheese relish)



Dessert-

Pear poached in Rhododendron (flower) wine and black cardamom (local/big cardamom) served with Dhakana kheer (kheer cooked in low flame/ dum) and a sauce made from reducing the poached liquor.



Finalist from IHM Gangtok (3rd year B.Sc students) 2021 Batch



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10 Days Comprehensive Course

10 days Comprehensive Training Course on Management of Luxury Hotels sponsored by North Eastern Council (Ministry of DoNER) sponsored by Government of Sikkim and implemented by Travel Agent Association of Sikkim (TAAS) held at Hotel Tashiling Residency, Rongyek, Gangtok, East Sikkim for two batches:

w.e.f 19th Jan - 28th Jan' 2021 (1st Batch)

w.e.f 29th Jan - 7th Jan' 2021 (2nd Batch)



Mr. Lukendra Rasaily
(Chairman, STDC)



Ms. Tshering Donka Bhutia
(Faculty)



Mrs. Kalpana Chettri (Faculty)



Mr. Satish Bardewa (Advisor, TAAS)



Mrs. Indira Singh (Faculty)



Mr. Ehtesham Alam (Faculty)



Travel Agent Association of Sikkim (TAAS) with the participants and hotel staff of Tashiling Hotel.

Resource person from IHM Gangtok in core departments were:

1. Mrs. Indira Singh (Lecturer) Food and Beverage Service Deptt.
2. Mrs. Kalpana Chettri (Lecturer) House Keeping Deptt.
3. Ms. Tshering Donka Bhutia (Asst. Lecturer) Front Office Deptt.
4. Mr. Ehtesham Alam (Asst. Lecturer) Food Production Deptt.



Stuffed Baked Squash (4 Portion)

1.Appetizer/Starter

Ingredients-

- Squash - 4 nos
- Paneer (grated) - 200 gm
- Onions (chopped) - 60 gm
- Cheese (grated) - 60 gm
- Coriander (fresh) - 1/2 bunch
- Salt - to taste

Method-

- Peel squash, wash and then boil for 30 min.
- Chop onions, coriander leaves. Grate paneer and cheese together.
- Prepare the stuffings by mixing all together onions, coriander, paneer, cheese. Add salt and mix well.
- Scoop or dig the middle portion of boiled squash carefully with a scooper or with the help of a spoon. Stuff the fillings mixture in the squash. Add more grated cheese in top.
- Bake in the oven at 1800 C for 45 min. After done garnish with coriander on the top.



by: *Abhijit Singh*
3rd Year

Kadaknath Chicken (Portion 4)

2. Main Course-

Ingredients-

- | | |
|------------------------------|------------|
| - Chicken Kadaknath | -800 gm |
| - Red Chilli (whole) | -5 nos |
| - Onion | -200 gm |
| - Turmeric powder (Haldi) | -10 gm |
| - Tomato | -100 gm |
| - Cumin powder (Jeera) | -10 gm |
| - Ginger | -20 gm |
| - Coriander powder (Dhaniya) | - 10 gm |
| - Garlic | -20 gm |
| - Mustard oil | -40 ml |
| - Garam masala (whole) | - 30 gm |
| - Coriander leaves(fresh) | -1/2 bunch |

Method-

- Cut the chicken into standard size .Wash and keep aside.
- Chop the onions, tomato for gravy .And also chop coriander leaves separately for garnish.
- Heat the oil and add whole garam masala and red whole chilli .Again add chopped onions, tomatoes, turmeric powder, cumin powder, coriander powder followed by ginger and garlic paste and salt to taste. Cook for a minute.
- Thereafter add chicken pieces mix it well .Stir fry it well .Add 2 cups of water .Cover the utensil with a lid. Cook on a low flame for 30 min or till done.
- Serve the chicken along with gravy and sprinkle or garnish with chopped coriander leaves on the top.

Fish in Bamboo



Ingredients:

- Whole Fish (Small) - 800 gm
- Oil - 2 tbsp
- Onion - 250 gm
- Salt - as per taste
- Lemon - 4 nos
- Coriander (fresh) - few sprigs
- Turmeric - 1/4 tbsp
- Ginger paste - 1 tbsp
- Banana leaf/Aluminium foil - 1nos
- Raw Bamboo - (medium to big size 1ft long with base intact)
- Thread - required for tying the sealed bamboo

Method -

- Clean the whole fish and remove the gut. Keep the fish whole.
- Marinate the whole fish with oil, chopped onion, 2 nos lemon juice, turmeric, and ginger paste. Add salt as per taste. Keep the marinated fish for 15 min.
- Put the marinated fish in the raw bamboo stick. On the top cover/ seal the bamboo with a banana leaf or aluminium foil. Close the seal tightly by tying the thread around the bamboo.
- Place it inside the pre-heated oven at a temperature about 180-1900 C or on charcoal/wood and cook for 30 min.
- After it is cooked remove the thread. The bamboo can be slit in the middle and the fish can be served in itself to make

presentation look better or the fish can be removed from bamboo and can be served in the plate or platter.

- Garnish with coriander leaves on the top and serve with lemon slices or wedges.

By : **Aditya Diwali**
3rd Year

Shikarni

By : **Abhijit Singh**
3rd Year

3.Dessert-

Ingredients:

- Curd (hung) - 400 gm
- Almond - 15 gm
- Cream - 200 gm
- Raisin - 15 gm
- Cashewnut - 15 gm
- Honey - 80 ml
- Pistachio - 20gm
- Cherry - 4 nos

Method -

- Hung curd is the hanged curd in the white muslin (malmal) cloth overnight or for preferably 1-3 hrs hour as it will allow the whey (curd water) to drip/drain off leaving a solid creamy thick mass of curd.
- Chop the dry fruits (cashewnuts, pistas, almonds and raisins).
- Pour the hung curd in a bowl. Whisk/beat it with the help of a egg beater or a spoon. Add cream and beat till it is smooth.
- Add honey and mix/ fold it well. Then add all the chopped dry fruits.
- Pour the mixture in the stemmed glass. On top add/ pour little honey and sprinkle or garnish with chopped dry fruits and a cherry and serve it .





Churpi in a Wrap

Appetizer/Starter-

Churpi / Fresh Cottage Cheese in a Wrap-

Ingredients:

- Vinaigrette dressing- 3 tbsp red wine vinegar, 1 clove garlic (chopped), 1 tbsp Dijon mustard (paste of yellow mustard, white wine/white vinegar, salt, water), pinch of salt and pepper powder.
- Virgin Olive oil - 3/4 cup
- Lettuce leaves - 6-8 leaves
- Churpi (fresh cottage cheese) - 30gm
- Chicken (boneless- cut into juliennes) - 30gm
- Onion (chopped) - 250 gm
- Coriander leaves (chopped) - half bunch
- Salt and pepper - as per taste
- Spring onions - 1 bunch
- Eggs - 2nos

Method-

- Prepare the Vinaigrette dressing.
- Wash the lettuce leaves and keep it aside for later use.
- Add olive oil and sauté/ stir fry chicken and onions. After cooked keep it aside.
- Break the eggs, add a pinch of salt .Beat well with a spoon and fry in the pan. Cut the eggs into thin slices.
- Take one lettuce at a time and brush the leaf with the dressing and after that on top add the cooked chicken, eggs and mashed churpi and then wrap it gently. Tie it with the help of spring onions.
- Serve around 4 no or pieces in one plate.

By: *Rishav Gurung*
3rd Year

CREAMY PULAO

Main Course-

Creamy Pulao with Supreme Chicken-

- Rice - 50 gm
- Chicken (breast) - 120 gm
- Milk - 30 ml
- Red chillie powder - 5 gm
- Cashewnuts - 15 gm
- Coriander powder - 5 gm
- Almond - 15 gm
- Garam masala powder - 5 gm
- Carrots - 10 gm
- Ginger and Garlic paste - 6gm(each)
- Onion - 10 gm
- Butter - 40 gm
- Salt and pepper - as per taste

Method-

Rice preparation-

- Wash and soak rice for 30 min. Also soak the almonds to make it tender and it also helps to peel off the skin easily.
- In a pan roast the cashewnuts in medium flame. Remove the nuts and in the same pan put some butter and sauté the onions and carrots till half-done.
- Strain the soaked rice and dry roast the rice till golden brown .On top of it add the sauteed onion and carrot. Mix it well and then add milk and water. Add the seasoning like salt and pepper as per taste
- Cook it till its done. Once the pulao is cooked add the roasted cashewnuts and deshelled (skin removed) almonds and mix it well.

Chicken preparation-

- Wash and cut the chicken into standard sizes.
- In a pan add butter and cook the chicken till golden brown from both the sides .Then add the ginger, garlic paste and other spices (garam masala powder, red chilli powder, coriander powder and salt as per taste. Cook till it is done.
- Serve the chicken along with the hot creamy pulao.

Churro balls dipped in Chocolate and kiwi

Dessert-

Churro (Fried Dough/Rice) Balls dipped in Chocolate and Kiwi-

Ingredients-

- Rice flour -1 cup
- Dried fruits -5 gm
- White sugar -2 ½ tbsp
- Kiwi -1 no
- Salt -1/2 tbsp
- Butter -1-1 ½ cups
- Egg -2no
- Vanilla essence -1-2 drops
- Cocoa powder - ½ cup
- Milk -1 cup
- Water (lukewarm) -1cup
- Refine oil -1 cup
- Cinnamon powder -1tbsp

Method-

- In a saucepan add ½ cup butter and 1 cup water and bring it to boil. Stir it continuously until the butter melts completely.
- For Churro dough batter here instead of dough I am using rice flour to give a different twist. Add rice flour and salt. Stir vigorously until the mixture leaves the pan surface and give you the desired consistency. Remove from the heat and add egg at a time and mix well.
- Put the batter in the piping bag and deep fry the balls in oil until golden brown in a medium heat.
- For the chocolate sauce, melt butter along with the cocoa powder, milk, sugar, vanilla essence and add a pinch of salt. Boil in medium heat. Mix the sauce well. Add chopped dried fruits.
- Place the churro balls in the plate and individually on top with the help of spoon pour the chocolate sauce and sprinkle cinnamon powder on the top. And serve it with sliced kiwi.

By: Rishav Gurung
3rd Year

Tandoori Chicken Momo



Ingredients-

Tandoori Paste-

- Kashmiri Chilli powder - 1 tbsp
- Ginger & Garlic paste - 1 tbsp
- Lemon - 1 tbsp / 1no
- Curd - 100 ml
- Dough (for Momo /steam dumpling)
- Refined flour - 300 gm
- Salt - a pinch
- Oil (refined) - 1 tbsp

Stuffing-

- smooth paste.
- Now from the dough take a small even sized portion balls and roll it in a round shape. The momo cover has to be a little thick and big in size so that after steaming it can be inserted gently and easily in the skewer. Add the stuffing and close/seal it by giving a momo design.
- Oil the steamer and then add the momos and allow it to steam till half done (15-20 mins) only. Thereafter, remove momos and allow it to cool.
- Brush the momos outside by applying the tandoori paste. Followed by

- Minced chicken - 200 gm
- Onion (chopped) - 2 nos
- Ginger (chopped) - 1 tbsp
- Salt - as per taste

Momo Achar (Chutney)

- Red whole chillies (Dry) - 10 nos
- Ripe Tomatoes - 2 nos
- Garlic - 3-5 cloves
- Salt - to taste

Decoration/Presentation purpose-

- Cabbage (small size) - Shredded/sliced

Method-

- Prepare the dough for momo by mixing water in the flour with a pinch of salt. After the dough is ready, cover and keep it aside for 5-10 mins.
- For the momo stuffing in minced chicken add chopped onions and ginger and salt as per taste and mix well and keep it for later use.
- Prepare the momo achar/chutney by boiling red dry chillies and tomatoes together. After done put all these ingredients together in the mixer along with few cloves of garlic and salt as per taste and blend it well to make a

- inserting the momos gently and carefully in the skewers. Add 6-8 momos in one skewers.
- Put the momos inside the tandoor oven for 3-5 minutes or till golden brown. Remove it quickly so that it does not get burnt.
- Remove the momos gently and place it all over on the plate in the bed of shredded cabbage. Serve along with the momo achar/chutney which may be placed in the centre of the plate for better presentation.

By: Pushkar G.M
3rd Year

Mountain Biking

Mountain biking is the sport of riding bicycles off-road. Often this is done over rough terrain. Mountain biking uses specially designed mountain bikes. Mountain bikes are similar to other bikes, but have features designed to make them stronger and hold up in rough terrain. Mountain biking can generally be broken down into multiple categories. These include cross country, trail riding, all mountain (also referred to as "Enduro"), downhill, freeride and dirt jumping. However, the majority of mountain biking falls into the categories of trail and cross country riding styles.

This individual sport requires the rider to have endurance, core strength and balance. The rider also needs bike handling skills, and self-reliance. Advanced riders take on steep technical descents and high incline climbs. Mountain biking can be performed almost anywhere from a backyard to a gravel road, but the majority of mountain bikers ride off-road trails. Using the bike's brakes must be done carefully on a mountain bike, especially when going downhill. In order to work on rough terrain, mountain bikes have several gears from which to choose. It is recommended to use safety gear such as helmet, gloves, elbow and knee pads to avoid injuries

in rough terrain. Mountain biking should be done so as to enjoy the ride but not damage the environment.



According to a review published by the International Mountain Bicycling Association, the environmental impact of mountain biking, as a relatively new sport, is poorly understood. The review notes that "as with all recreational pursuits, it is clear that mountain biking contributes some degree of environmental degradation". Mountain biking can result in both soil and vegetation damage, which can be caused by skidding, but also by the construction of unauthorised features such as jumps and bridges, and trails themselves. Several studies have reported that a mountain bike's impact on a given length of trail surface is comparable to that of a hiker, and substantially less than that

of an equestrian or motorized off-road vehicle.

The environmental impacts of mountain biking can be greatly reduced by not riding on wet or sensitive trails, keeping speeds modest so as to minimize cornering forces and braking forces, not skidding, and by staying on the trail.

Sankalsh Bhatt
3rd Year

It's All Dark, I Can't Help.

A Stone Rolling Down Into Hell
Looking Outside The Window
As Everything Passes By
I Wanna Leave Everything Behind
Can't Really Spot Any light Out There
Maybe It's Out Somewhere
Waiting,
To being uncovered
Where I Find Myself Standing
Their Again,
If They Added Everyone Up, With
Full Of Grace.
It Wouldn't Come Close
Artists Is All About To Change .

By: **Naimish Tiwari**
3rd Year

Days Are Passing By

Days Are Passing By
And My Heart Cry
Thought It Could Be Better
Now Nothing Really Matter
I Wanna Fly Some Where Away
And I Would Be Not Another Day
In This World Full Of People
So Many I Am Surrounded By
Not That Single That Would Stay
Even The Sky Above It's Grace
Not That Single Day, I Didn't Cross
my Way.

By: **Naimish Tiwari**
3rd Year

Remembrance

Although, you're gone, I'm not alone and never shall I be.
The precious memories of the bond we shared will never be forgotten.
Sometimes, I see you in my dreams
And how I wish for it to be real.
Your love is irreplaceable
No one can ever take your place.
We sometimes look back on the memories we had
And at times, we smile even though it hurts so bad
Now you're gone, nothing will ever remain the same
We have to hide our heartaches, when someone speaks your name.
Oh! How I miss you and what a wonderful mother you were.

By: **Videsha Rai**
Trade Diploma in Food Production.

Enduring 2020 – the world did it, FINALLY!

In another year, the world might have made noise about Kim Jong-Un disappearing or Mount Everest growing. But in 2020, all that mattered was the survival of humankind.

On May 24th-2020, The New York Times devoted its entire six-column front page to mark one lakh COVID-related deaths in the United States, calling it ‘an incalculable loss’. In the far away tomorrows, this front page might become the first rough draft of what 2020 was all about – an incalculable loss.

By the time the world of 2020 stepped into December, it had forgotten that the year had begun with the death of over 500 million animals in the bushfires. Ironical enough, 2020 was declared by the UN as ‘International Year of Plant Health’. In a year filled by voluminous tragedies, such Australian bushfires became the mere footnotes, consequential but forgettable given the massive weight of everything else that 2020 dropped over our heads. It was a year when chaos overwhelmed existing orders. All of which resulted into the most soul-shaking visuals this generation ever came across. Be it people travelling long distances on feet on Indian highways, thousands of elderlies dying of COVID-19 in Care homes across Europe, or part of New York’s iconic Central Park transitioning into the burial place of unclaimed dead bodies of the people who lost their lives to COVID. It was a year that zeroed down as the year which deserved an obituary instead of usual eulogies.

On January 3rd last year, in an unprecedented geostrategic development, Qasem Soleimani, commander of Islamic Revolutionary Guards Corps’ Quds Force was assassinated in a precision US drone strike. On December 23rd, Karima Baloch, a pro-freedom activist from Pakistan-occupied Balochistan died a mysterious death in Canada, with Pakistani dissident groups accusing country’s intelligence agencies plotting Karima’s murder in a covert operation. From the beginning of the year to its end, the world changed in multiple details. On January 31st, Boris Johnson-led United Kingdom left European Union whose transition period ended before the Christmas of 2020. Somewhere in between all this, Africa freed itself of the much-feared wild polio and International Olympic Committee postponed Tokyo Olympics for the first time since second World War. Before it ended, in its last couple of months, 2020 took away MDH’s Mahashay Dharampal Gulati, esteemed novelist John Le Carre, and Diana Rigg of Game of Thrones fame.

However, the COVID-19 pandemic also overturned expected certainties. For most of the first half of 2020, Donald Trump was riding on a unique Thatcherism-type economic populism. But as the ballots opened in key battleground states, the US delivered its oldest president-elect and its first female Asian-American vice-president elect to the power. In an apocalyptic year, a Black man George Floyd died under the knee of a White policeman in Pennsylvania. Perhaps it was at that midpoint of 2020 that the Trump presidency ended.

2020 also saw one of the most decisive wars of conventional natures between Armenia and Azerbaijan over disputed Nagorno-Karabakh region, parts of which Armenians were forced to leave for Azeri control as per a Russian-mediated ‘peace deal’. Among others, Egypt became more authoritarian than ever in recent memory, Palestinians terminated their agreements with the US and Israel. Whereas, Jerusalem saw Knesset (Israeli parliament) being dissolved again as Israel prepared for its fourth general election in two years.

The year of incalculable losses came to an end with humankind’s swiftest scientific accomplishments with COVID vaccine approvals. In another year, the world might have made noise about Kim Jong-Un disappearing or Mount Everest growing. But in 2020, all that mattered was the survival of humankind.

Tarun Kumar Rout
3rd Year

At First Sight

I belonged from plains and he is
from mountains
We were always wide apart
But he was always in my cart
We were never together
But we missed one another
I didn't know what was going on...
But sometimes I felt I should walk
upon...
All seemed like a mystery
But I thought it was all going to be
a history
All it was just a confusion
But I don't know why
Sometimes it felt like an intuition...
I am still trying to come out of it...
I am still trying to just stop it
Just waiting for the divine timing..
I know, I will be left shining.

Kumari Kajal Roy
3rd Year

Save the Girl child

Was that solution right?
But I wanted to hold you both by
my side
Killing me still got you no shame
So you killed me for money or
fame
You thought I was breathless
So were the doctors playing
chess
My body got cuts with no stitch
Dad sorry I think my voice still
had no pitch
So you did not feel my pain
Mumma don't cry
My blood still flows in that dirty
drain

Sudeshna Chamling Rai
3rd Year

Check the Interview Preparation Tips: Body Language

During the interview, body language plays a very important role in making or breaking your career. The expression "Actions speak louder than Words" holds because of the way you present yourself leaves a significant impact on your interviewer.

Here are some useful tips for you to ensure you have a perfect body language to leave a good impression during the interview -

Eye contact -

During the interview, you should make eye contact with the other person. Making and maintaining eye contact is a must and it is one of the most vital aspects of your body language during the interview. It shows you are paying attention to your interviewer. Eye contact also suggests your engagement with the situation. However, it doesn't mean you pointlessly keep staring at your interviewer but you may try to hold eye contact for a couple of seconds at a time.

Sit up straight -

Sitting up in your chair shows an automatic signal of confidence and reliability. It is recommended not to slouch forward or backwards, you should have a very casual and not bothered attitude. During an interview, you should push down on your shoulders and maintain a steady balance of your upper while sitting. From the moment you arrive in the reception area, carry the upright straight posture.

Hand gestures -

Make use of your hands by way of subtle gestures. Hand movements such as touching fingertips, clasping palms, moving fingers as you speak are signs of honesty and openness. At a time, you can also try resting your hands in your lap. While speaking if you clench fists and wave hands it opines you are nervous and unpredictable. During the interview, biting your nails is a strict no as it will make you seem nervous and it may also distract at the same time.

Avoiding touching your face -

Touching your face frequently or in the form of playing with your hair or rubbing nose is not considered as a good body language technique. Instead of rubbing your head or neck which makes the other person think of you being bored or not interested, you should keep yourself relaxed and face the interviewer. It will show your involvement in the interview.

Smile -

You should keep smiling so that there is positivity in and around the interview room. Smiling once at a time shows you are comfortable and confident with the flow interview. You should maintain a fairly balanced smile neither too timid to seem timid or too exaggerating to seem ridiculous.

Stay at one spot -

Try to keep yourself at one spot from your fingertip movement to your legs. If you keep forgetting it may be considered as you are getting bored. It may show that you are impatient with the interview process. Staying at a spot will help you have your posture straight and focus would be on the interview and not elsewhere. It will also help you seem more focused on and interested in the session.

Mirror image -

Mirror image is one of the best job interview body language tips to do as the other person does. To quickly get in the good books of the interviewer, match with their positive body language. Moreover, do it so carefully that you are not too bold and it doesn't show that you are trying to copy them. You should be respectful and should keep professional personal attitude towards the interviewer. Show dignity towards the other person right from the initial help handshake to the graceful goodbye to earn brownie points.

Ayush Kumar Verma
3rd Year

The Mountains

Although I deeply love oceans, deserts and other wild landscape, it is only the mountains that beckon me with that sort of painful magnetic pull to walk deeper and deeper into their beauty.

Mountains are just not an elevated portion of the earth's crust but an inspiration from nature. Everytime I see mountains, I found it enchanting.

It inspires me to be stubborn even when the storms try to break me. I am from plains but I also wanted to be in mountains as the environment there is tranquil. This peace give an opportunity to realise my strength and talent. It teaches me to fight with my problems as climbing mountains is not easy.

I could only say that I am in love with these mountains as it teaches us that we all climb a mountain so that we can see the world and not so the world can see us.

Kumari Kajal
3rd Year

"Positivity Comes From Within Don't Look Around"

From deepest part of the blue liquid,
to the highest peak of the world,
Positive in every species,
Act as previous bond of gold.
Searching positivity in books and religion,
You are not less than a rabbit in a race,
Fighting with the negativity hooligans.
Round mother earth,
With beautiful nightingale in banyan trees,
Producing fresh beautiful pleasant sound,
Penetrate your mind and heart,
Feel that sound,
Positivity comes from within don't look around.

Ugen Palzang Lepcha
Trade Diploma In Food Production

LONG WAY

Peace and serenity are indeed,
Two of the things we all need
The ability to keep you cool,
When the whole world seems to go inaccurate
Work and worship, love and play,
The united power the entire day.
Sometimes people forget that,
Their actions too have an impact.
One small quarrel can actually kill
Some much of efforts down to nil?
Is war so much in need?
Can if justify every wrong deed?
Keep calm and let it go,
Let the positivity in you flow.
Life is worth a lot more,
Spread and wings and soar
In all situation always know
That we all have a very long way to go!

Enakshi Sengupta
3rd Year

GOOD BYE IHM

Time passes by as though it has wings
Suddenly the time has come to say
"Goodbye" a word which is full of
love, grief and tears.
Time has passed so fast that I
didn't realize how my three years
went so quickly but it bring
Great pain to my heart when
I think there will be no more
lectures from the teachers, no more
joy and no more tension about
exams, practical, grooming
I am very thankful to this
Institute because it has not
only given me education but
also taught me to be disciplined
to accept challenge, to over
come even the worst situation
I would like to thank all my
teachers, my friends and all
the members of I.H.M who
helped me all these years
I hope this Institute will progress
more in upcoming future
Lastly I would like to say
"I AM PROUD TO BE AN IHMITES"

Smita Tamang
3rd Year

OH TEACHER

You are so dear ,
I don't need to fear ,
I love you so much ,
I like you so much ,
I like your sweet smile ,
And your teaching style ,
I wish to have you ,
Always year after year ,
You remain even dear !

Priya Singh
2nd Year

CHANGE

Use the power of your will ,
and do things that will change your
life .

You are the only one
who can strengthen your will .
When change comes
relax , have total faith , know that
The change is all GOOD.

Priya Singh
2 Year

FRIENDSHIP

Friendship is one of the greatest bond
Anyone can ask for a good friendship,
A good friendship is shared between
two or more people
who have similar interest and feelings
. Friendship is the most beautiful gift
we can present to anyone . A real
friendship will always motivate and
cheer
for us , will always do crazy stuff like
bunking classes , laughing like crazy,
stealing ingredients from kitchen,
singing tuneless and songs. At the last
but not the least sleeping at the
corner of classroom and praying to
God,
don't let anyone catch us.
These memories will always be
cherished ...

Bhawana Rai
1st Year

THE CHEF

The chef is a creative allied
The skills he uses are art fully applied,
His creations are expressed with
Subtle or flourish
To satisfy the needs of senses that he
nourish

Highly skilled with a knife
Learning the hard way, in his tough life
With his sage, mysterious smile.
His graceful elegance, his gracious
style

A gentleman as regal as rose,
Whose each creation is a thing divine
If some rhymes are sour, I hope that
Most are sweet
You will try to please your taste and
so,
bon appetit !!

Palzang Nangyal Lepcha
2nd Year

HAPPINESS IS A WAY OF LIVING

Think of the things that make you happy, Not the things
that make you sad; Think of the kind and true in mankind,
Not its sordid side and bad; Think of the blessings that
surround you, Not the ones that are denied; Think of the
virtues of your friendships, Not the weak and faulty side;
Think of the gains you've made in business, Not the losses
you've incurred; Think of the good of you that's spoken,
Not some cruel, hostile word; Think of the days of health
and pleasure, Not the days of woe and pain; Think of the
days alive with sunshine, Not the dismal days of rain;
Think of the hopes that lie before you, Not the waste that
lies behind you; Think of the treasures you have gathered,
Not the ones you've failed to find; Think of the service
you may render, Not of serving self alone; Think of the
happiness of others And in this you'll find your own.

Chirag Bagga
3rd Year

WHEN LIFE GIVES YOU LEMON, MAKE LEMONADE

Life takes uncertain turns
Allowing your dreams into burns :
Your dear ones leave
And all you can do is leave ,
Promises are broken ,
Feels as though you have been choked
The soul feels heavy
The minds are do away
Heart are beatless
And the dreams are fruitless
Not even a single ray of hope beams
But that is when the strength gleams
Suffering makes us stronger
And give you confidence over yourself for long
When life gives thousand reasons to cry
Get up gather you hopes regain your strength and try
When life brings you low
Rather groom yourself and grow
We get lemon in life
But we can make it into lemonade and thrive .

Doma Sherpa
1st Year

TOP 5 FOOTBALL MOMENTS FANS WOULD KILL TO EXPERIENCE.

1. Greece Overcame Portugal in Euro 2004 Final

Greece has had very little to shout about over the last decade. The country's Euro 2004 victory is a miracle of modern football, something that seems all the more unlikely when you consider Spain's international dominance since the moment Angelos Charisteas' goal brought tears to the eyes of Cristiano Ronaldo. If the striker is to be remembered in Homeric epithet, surely the "match-winning" Charisteas is most apt. He netted three important goals on Greece's odyssey to the top, underlining a bullish defiance about the squad's entire tournament.

More impressively, Greece didn't win the competition by fluke. The nation racked up a group win against Portugal before eventually meeting the hosts in the final. Greece's schedule also saw them draw with Spain and rack up wins against France and the Czech Republic—both of which failed to score.

Euro 2004's conclusion revealed one of the greatest underdog stories in sport. While Greece's international football prospects have been miserable since, for this brief moment in time, the country made huge news around the world for all the right reasons.

2. Ronaldinho Applauded by Real Madrid Fans at the Bernabeu

Lionel Messi has scored a hatrick against Real Madrid. Even so, there's something very special about Ronaldinho's performance at the Bernabeu in November 2005.

This is mainly because the Brazilian's performance was nothing short of genius. His opposition included the likes of Iker Casillas, Roberto Carlos, David Beckham, Raul and Zinedine Zidane. None of these greats could get anywhere close to Ronaldinho's level on a day that saw him net two impressive goals and just about dominate every area of the pitch.

The man's energy, speed and creativity was insane. So much so, the Bernabeu rose to its feet after he scored Barcelona's third and final goal.

Could you ever imagine White Hart Lane standing up to applaud Thierry Henry? What about Fenerbahce fans giving former player Burak Yilmaz a rapturous reception after his brilliant season? Ronaldinho's performance transcended the boundaries of rivalry and received the respect it deserved. A truly magical sight in today's game.

3. Liverpool's Remarkable Comeback Secures Champions League Victory

Liverpool has an astonishing history. Although the Merseyside club's prospects have faded of late, it was only eight years ago that the famous Reds staged one of the greatest comebacks in football.

Trailing Milan 3-0 at half-time in the 2005 Champions League final, all hope was lost for the side from Anfield.

Rafa Benitez decided to sacrifice Steve Finnan at the interval, bringing Dietmar Hamman into a midfield that could now compete with Milan's incisive attacking threat.

Steven Gerrard's headed goal gave Liverpool distance hope. Vladimir Smicer added a second to get nerves jingling. Minutes after, Liverpool received a penalty after Gennaro Gattuso fouled Gerrard in the area. Xabi Alonso stepped up. Dida saved.

Luckily, Alonso remained in the box to tuck away an unlikely equaliser. He levelled the match, sending it to extra time that was also full of drama.

Jerzy Dudek wasn't always revered by Liverpool fans, but he made a truly stunning double save to keep his side in the tie. Andriy Shevchenko failed to secure victory after Dudek thwarted two excellent opportunities for glory.

Shortly after, the Polish keeper stood up to crush Shevchenko's dreams once more in the penalty shootout.

He got a left hand to the striker's decisive effort, thrusting Liverpool towards the mantle of European champions for the fifth time.

4. Sergio Aguero Delivers Manchester City's First Premier League Title

This one should be fresh in the memory for any Premier League fan. Martin Tyler has already made an appearance in this list. For Manchester City followers, the Sky Sports commentator's "Agueroooo screech" will bring nothing but joy. For Manchester United fans, that sinking feeling might reappear.

Sergio Aguero's last minute winner on the last day of the 2011-12 season was simply incredible. United—who believed they had just won the league with three points at Sunderland—watched in horror as the Argentinian forward smashed the ball into the QPR net.

Sheikh Mansour's mega-rich team received their first title. City's era of potential dominance began with the loudest possible bang.

No matter which allegiance you follow, all of English football celebrated a key victory that day: Joey Barton was shipped out to Marseille following his red card antics during the match.

5. Diego Maradona's Hand of God

Imagine being present for Diego Maradona's "Hand of God" moment at the 1986 World Cup.

The Argentina legend scored hordes of unbelievable goals throughout his career. Hell, he bagged goal of the century four minutes after poking the ball beyond Peter Shilton with his little pinky.

Maradona's brilliance that day almost deserved a little divine intervention.

Argentina went on to secure their second World Cup title, but it's Maradona's quick use of the hand that still has many people talking.

As far as memorable moments go, there isn't a more famous example of a split-second decision imprinting itself into the history of football.

EVENTS

Freshers Day 2021 was held on 6th January 2021 at the IHM Auditorium. The Chief Guest for the day was Mr. Kapil Meena (Administrator IHM / Director / Additional Secy, Tourism) and Mr. Pranit Pradhan (Deputy Secy, Administration), DoT & CAv was the Guest of Honour.



MR. & MS. FRESHER 2021



Mr. Patil Ajinkya Babalu & Ms. Doma Sherpa



Alumni Meet' 2020



‘Students of the Year’ 2019 - 2020 Batch



Ms. Lakpa Doma Bhutia and Mr. Hare Krishna Chaudhury (3rd yr. B.Sc. in H&HA students) were felicitated on World Tourism Day' 2019 by ex-Chief Secretary Shri A.K. Shrivastav at Chintan Bhawan, Gangtok, on 27th September 2019 organised by DoT & CAV in collaboration with TAAS, SAATO, SHRA and ASTHA.

Workshop on Cocktail & Mocktails



Ms. Tulsi Sharma, ex-student of IHM Gangtok, batch of 2004 of Trade Diploma in F&B Service and former Bar Tender of Carnival Cruise Line, USA was the Guest Speaker / Resource person for the above workshop for the final year student of Academic Batch 2020 - 2021.



Annual Sports Day 2021



IHM Gangtok and Pharmacy College students participated in the IHM Gangtok Annual Sports Day 2021 celebrations at IHM Campus on 1st March' 2021



IHM Basketball team participated in Sikkim Basketball League 2021 held on 26th March 2021, at Gymnasium Hall, Paljor Stadium, Gangtok.

Soft Skill Development Training program



A program on Soft Skill Training was conducted by Ms. Karishma Pradhan, founder of Karismatic Academy, P.S. Road, Gangtok, and organised by IHM Gangtok at IHM Campus from 22nd Feb - 17th March' 2021 for 3rd year B.Sc & Trade Diploma students.



Valedictory function for Soft Skill Development Training program



Valedictory function for Soft Skill Development program was organised on 23rd March' 2021 at IHM Gangtok. The Chief Guest for the event was Mr. Kuldeep Chettri (Secy. Tourism) while Mr. Tseten Dorji Bhutia (Director Accounts) DoT & CAV was present as Guest of Honour to grace the occasion and distribute the certificates & trophies to the students.



KEYSTONES OF SIKKIM CUISINE



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JUNE**

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UNDER EK BHARAT SHRESTHA BHARAT



**FRIDAY
3:00 PM**



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KEY SPEAKER

Mr. Karma C. Bhutia
LECTURER
IHM SAJONG
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Regional Director
(North East)



Mr. Roshan Shreshta
President of Sikkim Hotel
and Restaurant
Association



Chef Rahul Wall
R.W. Hospitality Services



Mr. Milon Shalom Rai
Faculty
IHM Gangtok

"YOU CAN SUBMIT YOUR REGISTRATION ON GOOGLE FORM"



मैं तुम्हारे पास ही हूँ..उस कोने में..हाँ,थोड़ी सी धुंधली नजर आ रही हो, पर तुम आज भी खूबसूरत लग रही हो...हाँ,बिल्कुल पहले की तरह... अच्छा,एक बात सुनो न-2, वो बहुत प्यार करता है क्या तुम्हें...तो ये बताओ तुम्हें बायीं और करवट लेकर सोना पसन्द नहीं ये बात पता है क्या उसे...वो जनता है की स्टारबक्स की कॉफी से ज्यादा तुम्हें टपरी वाली चाय पसन्द है... और तुम्हें सीफूड से एलर्जी है...ये बताया है क्या उसे भी...और क्या वो भी तुम्हारी बाहों में बाँहें डालकर सड़को पर यूँही रातों को बिना किसी की परवाह किये निकल जाता है, सिर्फ तुम्हारी चेहरे की बस उस मुस्कान को देखने के लिए...मैं भी क्या पूछ रहा...खैर,अब वो ही तो है जो तेरे साथ है... मैं तो बस तुम्हारे पास रहता हूँ हाँ उसी कोने में जहाँ से अब तुम थोड़ी धुंधली सी नज़र आने लगी हो...पर तुम आज भी खूबसूरत लग रही हो...हाँ, बिल्कुल पहले की तरह...

~ Kunal Kumar
3rd Year

एक लड़का था, लोग उसे लेखक कहते थे,लेकिन अब वो अपनी बातें लिख नहीं पाता है,एक लड़का था जो मुसाफिर था,लेकिन अब वो सफर में नहीं है, एक लड़का था जो कलाकार था,लेकिन अब कला से कोसों दूर है, एक लड़का था जो तस्वीरें लेता था, लेकिन उसे अब इल्म नहीं है इस रंगीन तस्वीरों का, एक लड़का था जो मुस्कुराता था, अब उसे मुस्कुराना नहीं आता, एक लड़का जो खुद की खोज में निकला था, पर अब वो खो गया है दुनिया की इस भीड़ में, एक लड़का था जो जीना चाहता था, पर अब वो जिंदा नहीं है...

~ Dedicated to Dipanker Kunte by Kunal Kumar
3rd Year

ART



Tenzing Gyalpo Tewari .
2nd Year



Chirag Bagga, 3rd Year



Susmita 1st Year



Rahul Das 2nd Year



Rahil Rai 3rd Year



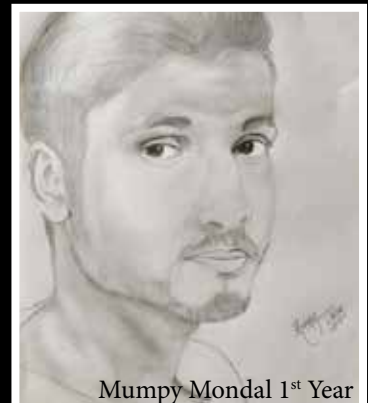
Victor Jigme 1st Year



Pretom Subba
Trade Diploma in Food
Production



Joshua M Freddy, 3rd Year



Mumpy Mondal 1st Year



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Hotel Mt. Jopuno

The Training Hotel of IHM, Gangtok Mt. Jopuno,
P.S. Road, Gangtok, Sikkim. Pin 737101
Phone: 03592-203502 M-9775963280, 9733271171

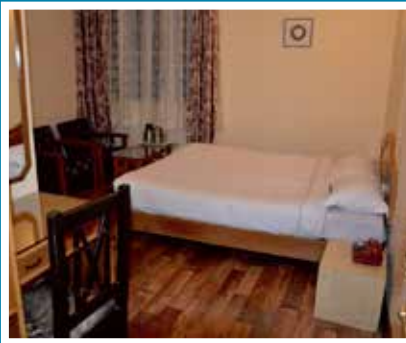
Location & Facilities: Located in the heart of the city at P.S. Road near STNM Hospital 5 mins walking distance from M.G Marg and SNT Bus stand.

All rooms are well ventilated, spacious and lighted with attached toilet having 24 hrs hot and cold running water. Room heater and other necessary facility and amenities are also available. There are 40 covers Multi cuisine Restaurant open for all inside and outside guest

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[40% off season discount on Rooms -July- September & February-March]



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Students are getting practical exposure while dealing with real time customer. They are also coming across with lot of guest and learning their subject and enriching their skill. The tariff and contact address are as follow:

Booking Procedure: Rooms can be booked over telephone, on-line booking through from the hotel website i.e.

www.jopunogangtok.com

and also through

www.makemytrip.com and www.yatra.com