

HOSPITIUM

*A Publication on Hospitality and Tourism by the
Faculty of Hospitality Management and Catering Technology*



RESEARCH AND INNOVATION



COVER STORY:

Blue Hues, Green Benefits-

**“Exploring Blue-tea Infused Edibles for
Palatability”**



HOSPITIUM

“The ancient Greco-Roman concept of hospitality,
A divine right of the guest and a divine duty of the host.”

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FOREWORD



PROFESSOR ABBY MATHEW

Dean of Faculty of Hospitality Management and Catering Technology
(FHMCT) MSRUEAS, Bangalore

New Year 2024 greetings to all the readers!

Pleased to foreword this Volume 5, Issue 2 of Hospitium, which is the dedicated contribution of the editorial board and authors. This issue comprises of the hospitality research project articles, that are proposed by the Bachelor of Hotel Management (BHM) students of Batch 2020 of FHMCT, RUAS as their final year group projects.

The students' articles are based on their literature review done during their VII semester, which is admirable and should be motivated by your feedback.

The student editor Mr. Soumalya Barua's work and Dr. Sweety Jamgade's editorial work are appreciated. I urge all to read this issue to understand the multiple research ideas that can be developed in the hospitality and tourism industry.

The industry and alumni article are a good read for budding hospitality professionals.

FROM THE EDITOR-IN-CHIEF'S DESK



DR. SWEETY JAMGADE

Editor-in-Chief, HoD-Management Studies, Associate Professor,
FHMCT, MSRUEAS, Bangalore

Dear Readers,

New Year 2024 Greetings!

I am contented to present this Volume 5, Issue 2 with the broad theme of 'Research and Innovative Ideas in the Hospitality and Tourism industry'.

As usual, this is a unique compilation of several research that are the 'working articles' conducted by the students of the Bachelor of Hotel Management (BHM), Batch 2020 of FHMCT, RUAS.

The BHM students were encouraged to write their group project ideas as the articles as a part of their continuous evaluation. The best articles were selected for publication in this issue. You will be amazed to read a variety of innovative ideas related to culinary applications, healthy beverages, technology and sustainability in the hospitality and tourism industry. The students have contributed to this issue after completing their literature review during their VII semester.

Ms. Subhra's article as the industry expert has urged students to ask questions indicating as the signs of knowledge acquisition and growth. Ms. Eva's contribution to the alumni speak section is admired.

I highly praise the contribution of Mr. Soumalya Barua as the student editor for his design work in the magazine.

Lastly, I would like to thank all the authors and readers for your continuous support and patronizing of the magazine. Your suggestions and feedback are most welcome.

Keep reading and widen your horizons!

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Cover Story

BLUE HUES, GREEN BENEFITS

“Exploring Blue-tea Infused Edibles for Palatability”

-Anish Cherian, John Zachariah, Nishchith V.P and Rohit Sadashivan

INTRODUCTION

The realm of culinary innovation continually seeks novel ingredients that not only tantalize the taste buds but also captivate the eyes. One such intriguing addition to the palette of edible glees is the Butterfly Pea Flower (*Clitoria ternatea*).

Known for its stunning natural blue pigment, this flower has gained attention as a potential ingredient for developing visually appealing and naturally vibrant edible products.

The vivid blue color of the butterfly pea flower is attributed to anthocyanins, dominant antioxidants that not only contribute to its eye-catching hue but also offer definitive health benefits.

In recent years, researchers and food enthusiasts alike have turned their attention to unlocking the culinary potential of this flower, exploring its use in a variety of edible products.

This research's idea is to delve into the development of edible products using the unique blue color of the butterfly pea flower. This exploration involves investigating the stability of the pigment in different culinary processes, understanding its flavor profile, and evaluating potential health-enhancing properties. The overarching goal is to create a miniature yet diverse range of appealing and innovative food products that not only highlight the visual allure of the butterfly pea flower but also deliver a delightful gastronomic experience.

In the ever-evolving landscape of gastronomy, where visual appeal is as crucial as taste, researchers and culinary enthusiasts alike are continuously seeking novel ways to elevate dining experiences around the world.

A fascinating addition to this quest is the butterfly pea flower (*Clitoria ternatea*), a botanical marvel renowned for its brilliant blue hue derived from anthocyanins, a class of potent antioxidants. The captivating blue pigment of this flower has piqued the interest of researchers, chefs, and food scientists, sparking an exploration into its potential as a transformative ingredient in the development of edible products due to its natural aurora.

The butterfly pea flower, native to Southeast Asia, has long been celebrated for its ornamental beauty and traditional medicinal uses. In recent years, however, it has transcended its conventional roles and stepped into the spotlight of culinary innovation.

The deep blue color, reminiscent of a sapphire gem, is a result of anthocyanins reacting to changes in pH, making it an ideal candidate for experimentation in the realm of the food and beverage industry.

Anthocyanins not only contribute to the visual spectacle but also boast antioxidant properties, aligning with the contemporary consumer's growing interest in functional and health-conscious food. As the culinary world embraces the fusion of aesthetics and nutrition, the butterfly pea flower emerges as a candidate for exploration and experimentation. (Lekshmi SG, et al 2023).



EXPLORATION ROAD MAP

The principal direction of this research is to carefully explore and harness the culinary potential of the butterfly pea flower's blue pigment.

The investigation spans various dimensions, including the stability of the color under different processing conditions, the flavor profile imparted to the products, and the balance of dried blue-tea leaves' essence in the preparation of various edibles.

Understanding the behavior of the butterfly pea flower's blue pigment during various culinary processes is crucial. Researchers aim to identify the optimal conditions that preserve the vibrancy of the color, ensuring that it remains visually appealing throughout the production of different edible products.

Beyond its visual allure, the butterfly pea flower introduces a unique flavor profile. Research endeavors to characterize the taste and aroma imparted by the flower, considering how it complements or enhances the existing flavors in a wide array of edible products.

The anthocyanins present in the butterfly pea flower have been associated with numerous health benefits, including anti-inflammatory effects. This research seeks to contribute valuable insights to the intersection of culinary arts and nutrition.

METHODOLOGY TANGENT

This research adopts a multidisciplinary approach, integrating principles from food science, chemistry, and culinary arts. Experiments are designed to meticulously examine the influence of different processing techniques, such as baking, boiling, and extraction, on the stability of the blue pigment.

Sensory evaluation, involving trained panels and consumer taste tests will be conducted to discern the impact of the butterfly pea flower on the flavor and aroma profiles of the edible products.

This not only informs the optimization of recipes but also ensures that the introduction of the flower enhances, rather than overwhelms the overall gastronomic experience.

POTENTIAL BLUE APPLICATIONS

The versatility of the butterfly pea flower's blue pigment opens the door to a myriad of culinary possibilities. From artisanal pastries and desserts to beverages, savory dishes, and even functional foods, the applications are diverse and exciting.

The goal is not only to create visually stunning products but also to introduce a natural and vibrant element to the culinary landscape, aligning with the increasing demand for plant-based, sustainable, and visually appealing offerings. (Soedirga, L., Matita, I. C., & Sidharta, J. 2023).

IN A NUTSHELL

As the gastronomic world evolves, driven by a dynamic interplay of science and creativity, the butterfly pea flower emerges as a symbol of innovation. This research, rooted in the exploration of its blue pigment, aims to contribute to the ongoing conversation on the intersection of aesthetics, nutrition, and sustainability in culinary arts.

By unlocking the potential of the butterfly pea flower, we embark on a journey to redefine the boundaries of edible creativity, bringing forth a new era where the vibrancy of nature converges with the artistry of culinary craft, creating an unforgettable symphony of flavor, color, and health benefits on the plate.

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Promotion of Nutritional Culinary Importance of Indigenous Balanced Meal of Attappadi, Kerala

Hospitium Volume 5, Issue 2.0

Page 4

-Ajith PV, Ritesh Kumar, Saloni Pradyumna and Shakti Priya



INTRODUCTION

Nestled amidst the lush landscapes of Kerala, the tribal region of Attappaddi stands as a bastion of cultural richness and biodiversity, offering a unique tapestry of flavors that define its culinary heritage.

This research study embarks on a journey to unravel the intricate nuances of Attappaddi's tribal cuisine and delve into its correlation with balanced diets beyond its geographical confines.

In doing so, we aim to shed light on the profound nutritional culinary significance embedded in the gastronomic traditions of this vibrant community.

Attappaddi situated in the Palakkad district of Kerala boasts a rich tribal heritage dominated by communities like the Iruvars, Mudugas, and Kurumbar.

The cuisine of Attappaddi is a mirror reflecting the symbiotic relationship between the indigenous people and their natural surroundings.

From the fertile soils of this region emerge a plethora of ingredients that form the backbone of the local culinary traditions with a particular emphasis on locally sourced, seasonal produce and age-old cooking techniques that have withstood the test of time (Sreeni K., 2023).





FOCUS OF THE STUDY

The focus of this study extends beyond the confines of Attappaddi seeking to draw comparisons between the tribal cuisine of this region and the dietary practices prevalent in the broader spectrum.

In a world grappling with the challenges of malnutrition, obesity, and lifestyle diseases, understanding the dietary habits of communities like Attappaddi becomes crucial.

By exploring the synergies and divergences between tribal diets and mainstream nutritional paradigms we aim to unravel valuable insights that could potentially inform and enrich contemporary approaches to balanced nutrition (Poirier B. and Neufeld H., 2023).

At the heart of this exploration lies the intricate relation of tradition and modernity as Attappaddi's tribal cuisine navigates the delicate balance between preserving age-old recipes and adapting to the changing dietary landscapes.

The traditional tribal diet against modern dietary trends raises questions about the sustainability of culinary traditions and their role in shaping healthier, more holistic food practices.

Cultural significance forms an integral part of the culinary identity in Attappaddi, as food becomes a living testament to the community's history, rituals, and social bonds.

The meticulous preparation of dishes, often passed down through generations, becomes a cultural inheritance, fostering a sense of unity and continuity (Neenthamadathil N, Stanislaus C, 2022).

AIM OF THE STUDY

This study aims to unravel the stories of the culinary significance of Attappaddi exploring how food serves, not only as sustenance but as a channel for cultural expression and preservation. The nutritional value of Attappaddi's tribal cuisine is a crucial aspect that cannot be overlooked.

As we compare the dietary habits of this community with those outside Attappaddi, we aim to understand the unique nutritional benefits derived from their traditional food. This research seeks to describe the nutritional advantages of Attappaddi's culinary practices and assess how these can be integrated into broader discussions on promoting well-being and balanced meals.

CONCLUSION

In conclusion, the exploration of Attappaddi's tribal cuisine and its correlation with balanced diets beyond its borders is a journey into the heart of culinary diversity and nutritional wisdom.

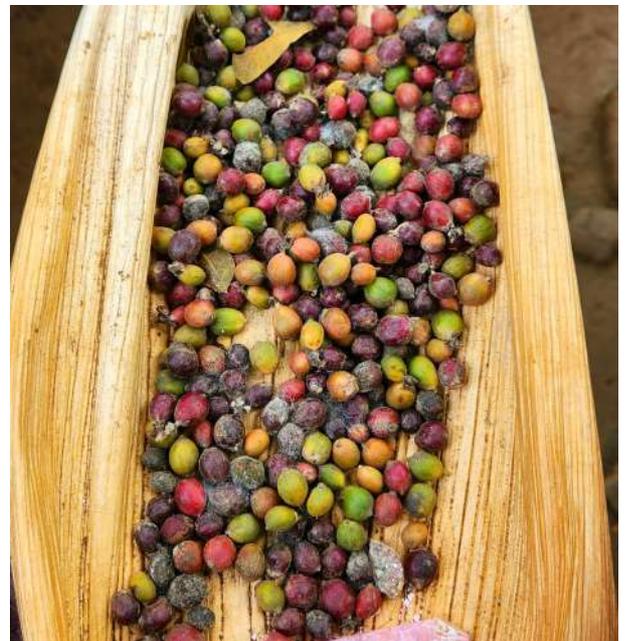
By examining the correlation between tradition and modernity and by acknowledging the links between food and culture, this research endeavors to contribute to a more nuanced understanding of nutrition and culinary practices. As we embark on this gastronomic journey, we anticipate uncovering insights that transcend geographical boundaries, fostering a deeper appreciation for the intricate connections between food, culture, and well-being.

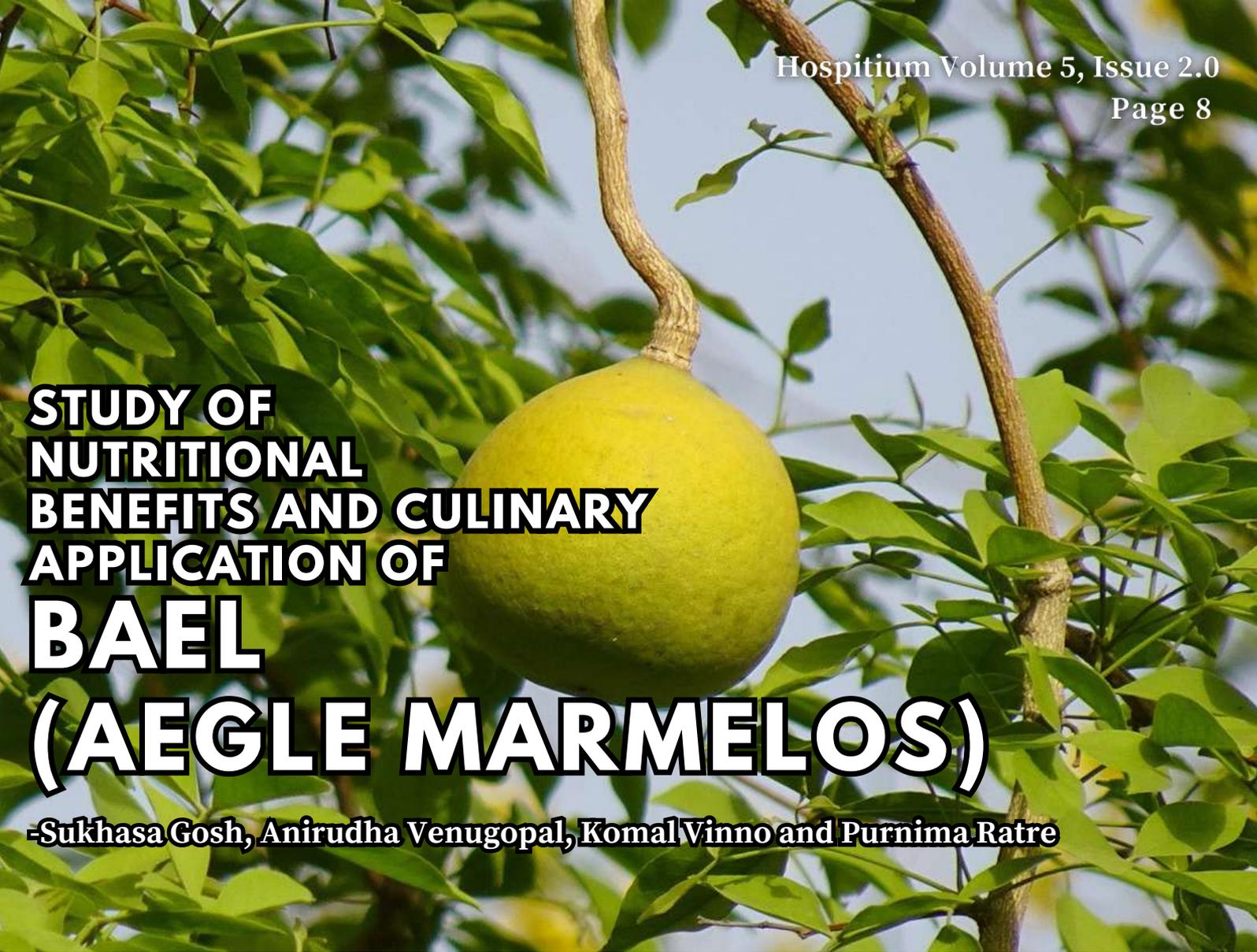
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STUDY OF NUTRITIONAL BENEFITS AND CULINARY APPLICATION OF BAEL (AEGLE MARMELLOS)

-Sukhasa Gosh, Anirudha Venugopal, Komal Vinno and Purnima Ratre

INTRODUCTION

Bael fruit, scientifically known as *Aegle Marmelos*, is a tropical fruit that transcends its culinary significance to embody a rich tapestry of cultural, medicinal, and religious significance.

Native to the Indian subcontinent, this distinctive fruit has woven itself into the fabric of various traditions and practices, garnering attention not only for its unique flavor but also for its multifaceted contributions to health and spirituality.

The Bael fruit presents itself as a curious orb with a tough, woody shell that belies the treasures hidden within.

Its botanical identity as *Aegle Marmelos* places it within the Rutaceae family, and its distinctive appearance has earned it various colloquial names such as "wood apple" and "stone apple."

The fruit's outer shell, resembling a coarse stone, conceals a sweet, aromatic pulp that exudes a unique blend of citrus and floral notes. Its singular taste, a harmonious marriage of sweetness and a subtle tang distinguishes it from a myriad of other tropical fruits. Understanding the botanical intricacies of the Bael fruit serves as a foundational step in unraveling its significance across different realms (Biswas S. et al. 2023).

HISTORY

The historical roots of the Bael fruit are deeply embedded in the cultural tapestry of the Indian subcontinent. References to this fruit can be traced back to ancient texts such as the Vedas and Puranas, where it is extolled for its sacred attributes.

Beyond its religious connotations, the Bael fruit has found a place in traditional medicine, adding another layer to its significance.

Ayurveda, the ancient Indian system of medicine, recognizes the therapeutic potential of various parts of the Bael tree. The fruit is revered for its digestive properties and is believed to alleviate conditions such as constipation and indigestion.

The medicinal applications of the Bael fruit extend beyond the realms of digestion, with its extracts being explored for their antimicrobial, anti-inflammatory, and antioxidant properties.

Unveiling the historical and cultural dimensions of the Bael fruit opens avenues for understanding its role as more than just culinary curiosity.



CULTURE

Culturally, the Bael fruit serves as a symbol of hospitality and sharing. Its unique taste and the laborious process of extracting the pulp have turned the consumption of Bael into a communal activity, fostering connections among people.

Traditional recipes, like the renowned Bael Sharbat, highlight the fruit's versatility in the culinary domain. The preparation of this beverage involves skillfully extracting the essence of the fruit, creating a refreshing drink that embodies the essence of the tropical climate where the Bael tree flourishes.

The cultural significance of the Bael fruit is not confined to the Indian subcontinent; it has traversed geographical boundaries, finding resonance in various communities that have embraced its unique charm.

CULINARY

In certain regions, the pulp finds its way into jams, jellies, and sweets, adding its distinctive flavor to a variety of culinary creations. When the fruit is green, it can be sliced and sun-dried to make a sour, tangy snack known as "Bel Murabba."

This preserved form of the fruit is not only delicious, but is also believed to have cooling properties, making it a popular choice during the scorching summer months in India.

Beyond its culinary charm, the Bael fruit is renowned for its medicinal properties, deeply rooted in traditional medicine, particularly in Ayurveda.

Believed to own digestive and carminative qualities, the fruit is traditionally used to address various digestive disorders. Additionally, the leaves of the Bael tree are incorporated into herbal formulations, contributing to treatments for respiratory conditions.

NUTRITION

The nutritional value of the Bael fruit is one of its key attributes. It is packed with essential vitamins, minerals, and antioxidants, making it a wholesome addition to one's diet. The pulp of the fruit is a rich source of dietary fiber, providing relief from digestive issues and promoting a healthy gut. Additionally, it is abundant in vitamin C, which supports the immune system and aids in the body's absorption of iron.

The Bael fruit also holds various B vitamins, particularly vitamin B1 (thiamine) and vitamin B2 (riboflavin), which are essential for energy metabolism and overall health. (Bhar K., Mondal S., Suresh P. 2019).

Apart from vitamins, the Bael fruit is a valuable source of minerals, including calcium, phosphorus, and iron.

These minerals play a vital role in supporting bone health, ensuring proper cell function, and preventing anemia. The presence of antioxidants in the fruit helps protect cells from oxidative stress, which is essential for long-term health.

HEALTH

In traditional medicine, the Bael fruit has been revered for its healing properties for centuries. Practitioners of Ayurveda, an ancient system of medicine originating in India, have long recognized the therapeutic potential of the Bael fruit.

It is often used to treat a variety of ailments, including gastrointestinal issues, respiratory problems, and skin conditions. The fruit's high fiber content aids in relieving constipation and promoting regular bowel movements.

The antibacterial and anti-inflammatory properties of Bael fruit have made it a popular remedy for various digestive disorders, such as diarrhea and dysentery.





The Bael fruit's impact on respiratory health is another remarkable aspect. The pulp of the fruit, when consumed or applied topically, is believed to alleviate symptoms of respiratory conditions like asthma and bronchitis.

Its natural expectorant properties help in clearing mucus and congestion in the respiratory tract. This makes the Bael fruit a sought-after remedy for individuals suffering from respiratory discomfort.

The Bael fruit's skin and leaves are also harnessed for their medicinal benefits. The leaves are often used to make a concoction that can help manage diabetes by regulating blood sugar levels.

The extract from the leaves is also used to treat skin disorders like eczema and psoriasis. Furthermore, the fruit's bark, when boiled and turned into a decoction, has been employed in the treatment of fevers, particularly during the monsoon season.

CONCLUSION

In conclusion, the Bael fruit, with its rich history, nutritional value, and diverse applications, is a remarkable fruit that has left an indelible mark on the cultural, culinary, and medicinal landscape of South Asia.

From its ancient roots in traditional medicine and religious rituals to its modern-day popularity in global cuisine, the Bael fruit continues to be celebrated for its many virtues. Whether enjoyed as a refreshing juice, employed as a remedy for digestive ailments, or used in religious ceremonies, the Bael fruit remains an enduring symbol of the multifaceted relationship between nature and human culture.

It is a fascinating journey from a humble tree in the arid regions of South Asia to a cherished fruit worldwide that serves as a testament to the enduring power of nature and the timeless wisdom of traditional knowledge.

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STUDY OF POMEGRANATE PEEL BY-PRODUCTS AND DEVELOPMENT OF INNOVATIVE FOOD PRODUCTS

-AYUSH S SETTY, MANOJ, DARSHAN R
SHEKAR, BRIJESH AND KUSHAL M

INTRODUCTION

The study of pomegranate peel by-products and the development of innovative food products stand for a dynamic intersection of agricultural sustainability, waste reduction, and culinary creativity. Pomegranate, scientifically known as *Punica granatum*, is a versatile fruit revered for its vibrant arils, but often, its nutrient-rich peel is overlooked (Muhammad A., et al 2023).

This research endeavors to explore the untapped potential of pomegranate peel by-products, aiming to harness their inherent nutritional benefits and devise novel food applications.





AIM OF THE STUDY

Pomegranate peels, constituting a massive part of the fruit's weight, are abundant in bioactive compounds such as polyphenols, flavonoids, and antioxidants.

These compounds have been associated with various health benefits, including anti-inflammatory and anti-cancer properties.

Despite this, a substantial amount of pomegranate peels is discarded as waste, contributing to environmental concerns. The study, therefore, looks to address this issue by investigating methods to efficiently extract and use the valuable components present in the peel.

RESEARCH

The first phase of the research involves a comprehensive analysis of pomegranate peel composition. Innovative techniques, such as chromatography and spectrophotometry, are employed to find and quantify the bioactive compounds. Understanding the chemical profile of the peel lays the foundation for developing extraction methods that maximize the yield of these compounds.

Once the extraction process is perfected, the focus shifts to the development of innovative food products. This involves collaboration between food scientists, chefs, and nutritionists to create a diverse range of edible items that incorporate pomegranate peel extracts.

The goal is not only to enhance the nutritional value of these products but also to elevate their sensory attributes, ensuring widespread consumer acceptance.

One avenue of exploration is the incorporation of pomegranate peel extracts into beverages. This could range from antioxidant-rich juices to infused teas and functional drinks. The unique flavor profile of the peel adds a distinctive twist to traditional beverages, appealing to consumers looking for novel and health-conscious options. (Ranjitha J., et al. 2018).

Furthermore, the study delves into the integration of pomegranate peel extracts in solid food products. This may include baked goods, snacks, and even savory items.

The challenge lies in striking a balance between the beneficial compounds from the peel and the overall taste and texture of the final product. Through meticulous formulation and culinary ability, researchers aim to create items that are not only nutritionally fortified but also palatable to a broad audience.

CONCLUSION

The implications of this research extend beyond the realm of culinary innovation. By repurposing pomegranate peel by-products, the agricultural industry stands to reduce waste and environmental impact.

Additionally, the development of value-added products contributes to the economic viability of pomegranate cultivation, helping farmers and stakeholders.

In conclusion, the study of pomegranate peel by-products and the later development of innovative food products exemplify a comprehensive approach to sustainability, nutrition, and culinary advancement.

This interdisciplinary research not only uncovers the hidden potential of a commonly discarded agricultural by-product but also paves the way for a more sustainable and flavorful future in the realm of food science.

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SMART PANTRY SYSTEM FOR HOTEL HOUSEKEEPING

-Melbin John, Adithya T S, Aneesh M Goudar and Manikanta J Urs



INTRODUCTION

A smart pantry system is an innovation that will transform the way we manage and organize pantry supplies. In this world where technology is integrated into almost every aspect of our lives, it is only a matter of time before we can implement this technology for the housekeeping pantry.

This interconnected system combines numbers and software to optimize the way we use our pantry supplies.

The only available smart pantry system is the kitchen smart pantry system which is a groundbreaking advancement in household technology.

This intelligent system uses sensors, AI and the internet to create a sophisticated food storage management solution. This promotes efficient consumption and reduces wastage (Pavithra, R., Karthigha, M., Hema, A.M., Bharathi, K.R., & Madhumitha, A. 2021).

FOCUS

Many companies are entering the smart pantry market offering a variety of solutions defined to just one organization.

Since we all know that the internet is a vast and diverse product, we can make use of the same internet to create something that helps the housekeeping fraternity.

This makes it easier for housekeepers to stay organized and focused on their core responsibilities. Hence, THE TEAM focused on creating a smart pantry system based on the IoT (Internet of Things) application.

People are looking for ways to simplify their daily routines to enhance their quality of life and contribute to sustainability effort.

The housekeeping pantry is one of the most frequently used spaces in a hotel, keeping this in mind it has been a focal point for this technological innovation.

Security and privacy are essential considerations in the design of the housekeeping smart pantry system. The sensitive data generated and processed by these systems must be protected to prevent unauthorized access and misuse.

We as a team would implement encryption with regular system updates to ensure the safety of your pantry related data.

CONCLUSION

In conclusion, the smart pantry system represents a significant step in the evolution of how the housekeeping department functions. By using IoT, it offers an innovative way to manage and optimize pantry supplies in the hotel.

With its real time inventory management solution, one gets to know the challenges faced by the housekeeper in the hotel.

The smart pantry system is not just a gadget, it's a smart and practical addition to our housekeeping pantry that aligns with industrial needs and values.

REFERENCE

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Fermented Beverages and Cocktails

-Pranav Vivek, Roshan Kumar, Madhav Mukhil A and Kushal P

INTRODUCTION

In this world where culinary creativity meets the need for a healthy lifestyle, the spotlight is increasingly switching towards fermented beverages and fresh fruit mocktails.

Fermentation as a process is as ancient as civilization itself and has re-emerged as an important play in the new world of the culinary field, offering flavourful and healthful options to consumers.

Fresh fruit mocktails, represent a celebration of the nature's beauty in a glass. As drink enthusiasts increasingly seek options to traditional cocktails and mocktails, fresh fruit mocktails have become a favourite choice.

These non-alcoholic delights are made using a wide range of fresh fruits other natural ingredients to create a depth of flavours, colour and aromas. From watermelon basil cooler kvass to pineapple mint sparklers, the possibilities are as innumerable as the ocean of fruits available.

Fresh fruit mocktails made of fermented beverages are a very creative take on traditional cocktails. They are gaining fame as a very vibrant, non-alcoholic alternative that appeals to both sets of consumers one for the health-conscious individuals and the other for those who simply seek a refreshing and exotic beverage experience.



Fermented beverages often affiliated with the production of drinks with alcohol like beer and wine, have transcended their conventional limitations.

FERMENTATION PROCESS

The fermentation process involves the conversion of sugars into alcohol by microorganisms like yeast and bacteria. This change not only adds to the unique taste, flavor, and aroma of these beverages but also reveals various health benefits.

The traditionally consumed kombucha and kefir offer ways to experimental drinks like fermented fruit sodas. So, our team's interest in fermented beverages is partially driven by the expanding awareness of gut health. Fermented drinks are rich in probiotics, which are beneficial bacteria that support digestive health and enhance the immune system (Leeuwendal NK., 2022). Fermentation adds a delightful fizzy quality to the drinks, just like the carbonated sodas without the artificial additives and sugars.



CONCLUSION

Fermented beverages and fresh fruit mocktails captivate the essence of modern beverage trends in the bartending industry, blending tradition with innovation and health consciousness which is most required.

Fermented drinks offer a diverse range of options, from the tangy notes of kombucha to the creamy richness of kefir, all while promoting gut health and providing a refreshing alternative to conventional sodas.

Fresh fruit mocktails, on the other hand, showcase the versatility of fruits in a non-alcoholic approach, appealing to those who seek a healthier and alcohol-free beverage option for their consumption.

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EXPERIMENTAL-BASED RESEARCH OF FLAVOR INFUSION AND MIXOLOGY OF NEERA

**-Bharath Kumar H, Chandan N D,
Gagan Kumar and Arun Gowda**

INTRODUCTION

Neera, often called "palm nectar", is a unique and natural beverage derived from the sap of various palm tree species. This age-old elixir has been consumed for centuries in different parts of the world, particularly in Asia and Africa, where palm trees thrive.

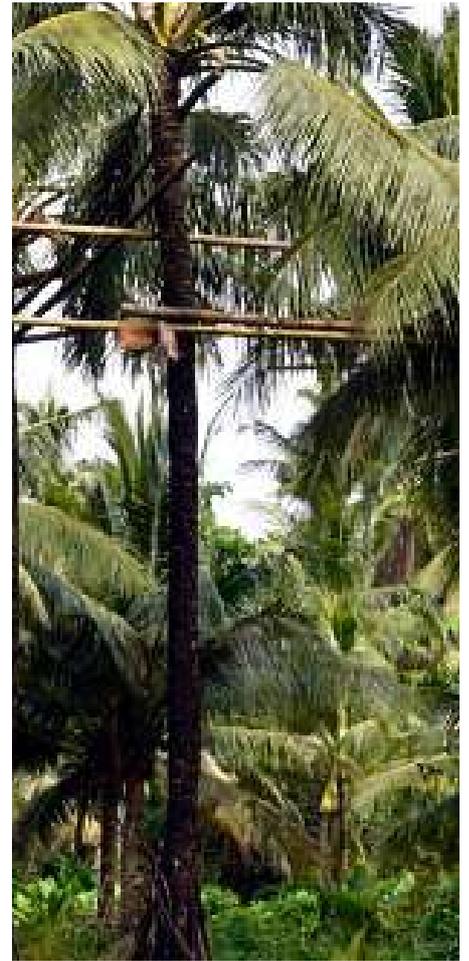
Neera holds cultural significance and has evolved from a traditional drink into a versatile ingredient that finds its way into various culinary and wellness applications.

EXTRACTION

The process of extracting Neera involves tapping into the sap-producing part of the palm tree, typically the inflorescence or flower stalk (Gunawan W., 2020).

The sap collected is a sweet, translucent liquid with a distinct flavor profile that ranges from mildly sweet to subtly tangy, depending on the type of palm tree and the region in which it is harvested. The most common palms used for Neera extraction include the date palm, coconut palm, and various species of toddy palms.





One of the fascinating aspects of Neera is its rich nutritional composition. It is a natural source of sugars, mainly sucrose, and essential vitamins and minerals. This makes Neera not only a refreshing beverage but also a potential energy booster.

The sap is often consumed fresh, and in some cases, it is left to ferment, transforming into a mildly alcoholic beverage known as toddy or palm wine.

The fermentation process adds another layer of complexity to the flavor profile, creating a drink enjoyed for its unique taste and cultural significance

STORY NOW

In recent years, Neera has gained recognition beyond its traditional roots and has found its way into the global market.

As awareness of natural and organic products grows, Neera is increasingly being embraced for its health benefits and sustainable production methods.

It is often marketed as a healthier alternative to refined sugars and artificial sweeteners, tapping into the rising demand for natural and unprocessed food and beverages.

Neera represents more than just a beverage – it is a cultural symbol, a nutritional powerhouse, and a versatile ingredient with the potential to redefine the culinary and wellness landscape.

As we continue to explore and appreciate the diverse offerings of nature, Neera stands out in the enduring connection between humans and the bounties of the palm tree.

CONCLUSION

The exploration of Neera in experimental-based research is a journey of flavors that this natural sap holds. Traditional methods of tapping and collecting the sap from palm trees are being reimagined as scientists, chefs, and mixologists collaborate to understand the detailed taste profiles of Neera.

Chefs are incorporating Neera into various dishes, from desserts and sauces to marinades and glazes. Its unique flavor profile adds depth and character to culinary creations, introducing a tropical and exotic twist to both traditional and contemporary recipes (Toko Y., Bandyopadhyay A., Ghosh D K., 2019).

In the world of mixology, Neera presents an exciting opportunity for bartenders and beverage connoisseurs to craft unique and enriching drinks. Its natural sugars, vitamins, and minerals provide a foundation for beverages that not just tantalize the taste buds but also offer a healthier alternative to conventional sugary cocktails.

Neera-infused cocktails are gaining popularity for their exotic flavors and as a sustainable, organic ingredient.

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**Promotion of Eco-Travel and
Entrepreneurial Opportunities at**

BANANTHIMARI BETTA, KARNATAKA

-Bhuvan Prasad, Chinmaya Nayak, Sukesh Reddy and Darshan Ravi.

INTRODUCTION

Nestled in the heart of Karnataka, Bananthimari Betta holds the promise of unexplored natural beauty and untapped potential. This study focuses on promoting eco-travel, camping, and trekking activities while identifying entrepreneurial opportunities at Bananthimari Betta, Karnataka.

The goal is to uncover the eco-travel potential of this area and encourage sustainable practices through self-driven trekking communities. Additionally, the study aims to train and propose entrepreneurial avenues for the local population, ensuring a harmonious blend of economic benefits and environmental responsibility.

Through collaborations with private communities and residents, the study aims to establish sustainable and economically beneficial interactions in the realm of eco-travel, including camping and trekking.

EXPLORING ECO-TRAVEL POTENTIAL

Our first goal is to delve into the eco-travel potential of Bananthimari Betta. What makes this place unique? How can we harness its beauty without harming its delicate ecosystem? By identifying these aspects, we aim to lay the foundation for responsible and sustainable tourism.

EMPOWERING SELF-DRIVEN TREKKING COMMUNITIES

To make eco-travel a reality, we believe in the power of self-driven trekking communities. These communities not only bring enthusiasts closer to nature but also act as stewards of the environment.

By fostering these groups, we aim to create a sense of responsibility and connection to the natural wonders of Bananthimari Betta.



ENTREPRENEURIAL OPPORTUNITIES FOR LOCALS

Our study goes beyond appreciating the scenic landscapes. We envision Bananthimari Betta as a hub of local entrepreneurship. Through training programs and tailored suggestions, we aim to empower the local population to seize opportunities within the tourism sector. This ensures that the benefits of eco-travel extend to the very heart of the community.

PROMOTING 'BANANTHIMARI BETTA' AS AN ECOTOURISM DESTINATION

The core of our study is the aspiration to position Bananthimari Betta as a premier ecotourism destination. We aim to display its natural wonders while promoting sustainable practices. By aligning tourism activities with environmental responsibility, we hope to create a model that other destinations can emulate.



COMMUNITY INVOLVEMENT FOR SUSTAINABLE INTERACTIONS

A key aspect of our approach is to foster sustainable and economically beneficial interactions. We understand that eco-travel, including adventure activities like camping and trekking can thrive with the involvement of both private communities and the local populace (Bhoir B, 2022). This collaborative effort ensures that the economic benefits of tourism are distributed equitably while preserving the cultural and environmental integrity of Bananthimari Betta.

PLANNING FOR FREE ECO-TRAVEL ACTIVITIES

Recognizing the importance of inclusivity, our strategy includes planning for free eco-travel activities. These activities are designed to allow visitors to experience the natural beauty of Bananthimari Betta without financial barriers. Whether it is guided nature walks, bird watching sessions, or community-led cultural experiences, these free activities aim to make eco-travel accessible to a broader audience.



CONCLUSION

In conclusion, our study is not just about promoting eco-travel; it is about cultivating a harmonious relationship between tourism, nature, and the local community. By unlocking the eco-travel potential of Bananthimari Betta and intertwining it with entrepreneurial opportunities, we hope to create a sustainable and enriching experience for all those who venture into this pristine landscape (Bushra H., 2018).

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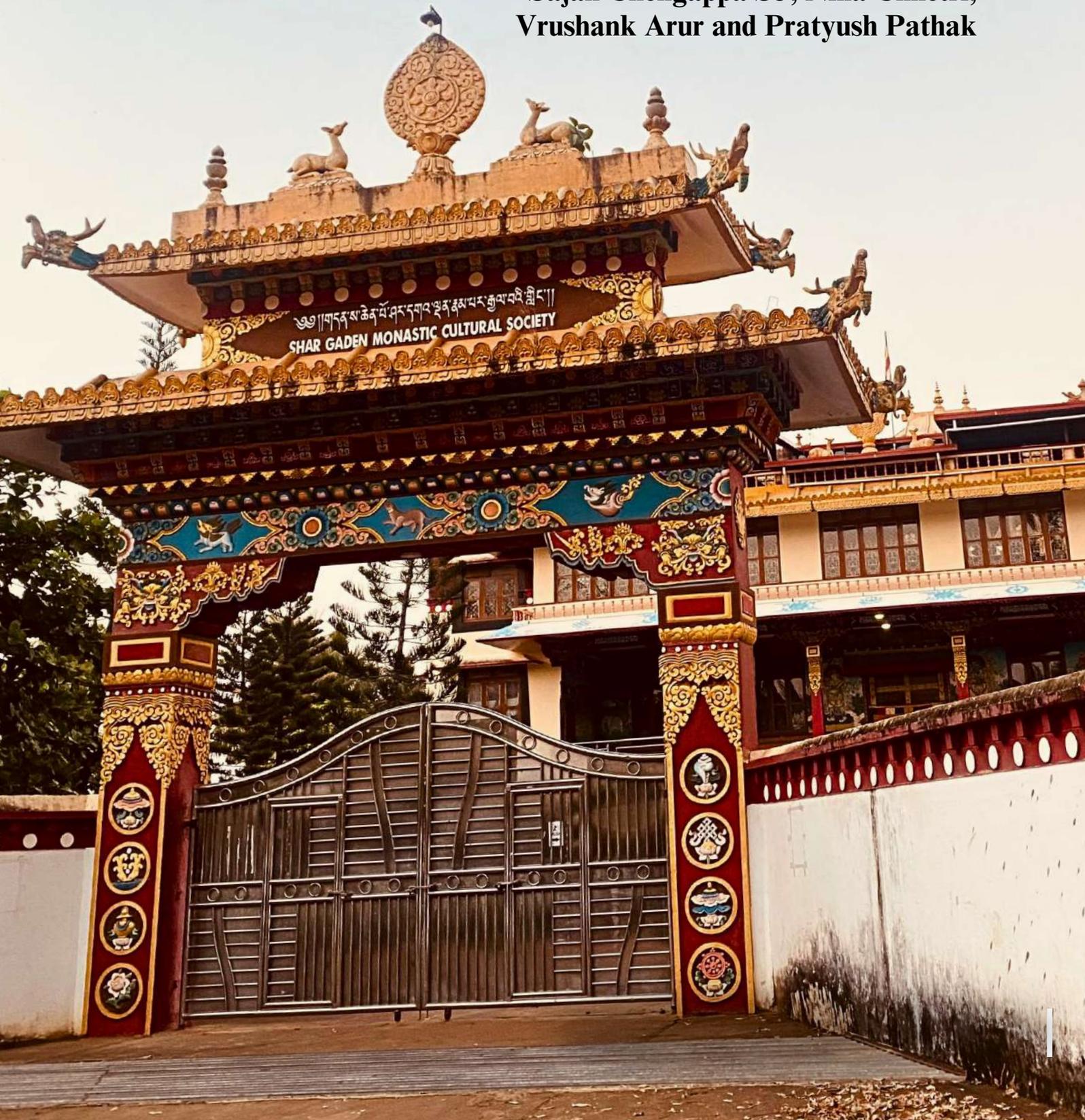
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Awareness and promotion of Mini-Tibet's Cultural tourism in *Mundgod, Karnataka*

-Sajan Chengappa SJ, Niha Chhetri,
Vrushank Arur and Pratyush Pathak



HISTORY

In 1960s, India offered land for Tibetan refugees to settle in some areas. While Dharamshala is the most famous for Tibetan settlements, Karnataka itself has four such colonies.

However, the Doeguling settlement of the Tibetans in Mundgod is by far the largest of them. Mundgod is a town in the Uttara Kannada district of Karnataka, India.

It gained prominence as a significant center of Tibetan Buddhism in South India. The settlement hosts several monastic institutions, including Drepung Loseling Monastery and Drepung Gomang Monastery, housing Tibetan refugees.

These institutions play a crucial role in preserving Tibetan culture, tradition, and religious practices.

Mundgod's landscape is dotted with monastic structures, stupas, and prayer halls, creating a unique blend of Indian and Tibetan influences.

The town has become a focal point for spiritual learning, cultural exchange, and a testament to the resilience of the Tibetan community in exile (Walia S., 2018).





PRESENT

Mundgod has several schools, hospitals, health centers and seven monasteries. The monastery itself was like the ones seen in Bhutan. Mundgod has been known as a miniature Tibet, thanks to the rich cultural legacy of the Tibetan refugees who have settled here. The town is a thriving center for spiritual and cultural exploration.

Tourists are warmly welcomed here, and many small shops sell all kinds of souvenirs, from prayer wheels to robes, incense sticks, and wood carvings. There is also a small eatery serving local Tibetan cuisine. However, be careful when planning your trip to Mungod as there are fewer hotels and homestay accommodations.

A key component of cultural discovery is culinary experiences. From savoring aromatic Tibetan butter tea and momos to indulging in South Indian delicacies like dosas and idlis, every meal narrates a tale of cultural fusion and culinary harmony.

The flavors tantalize taste buds while reflecting the confluence of diverse culinary traditions that have thrived in the region. Festivals in Mundgod are an embodiment of its cultural vibrancy.

Losar, the Tibetan New Year, Diwali, and other celebrations transform the town into a canvas painted with colors, music, and exuberant celebrations. Drumbeats, dance performances, and intricate rituals bring communities together, inviting visitors to partake in the joyous festivities and witness the unifying spirit that transcends cultural boundaries. Overall, a place worth visiting.



CONCLUSION

In this captivating town, the fusion of Tibetan culture and Indian influences paints a vibrant picture of cultural diversity. However, Mundgod needs to take a diversified approach, if it is to become a popular destination for cultural tourism.

We can realize the town's full potential to create a harmonious blend of spiritual exploration, cultural appreciation, and sustainable tourism that benefits both the local community and tourists from around the world by raising awareness and promoting the town's distinctive cultural heritage.

It is essential to concentrate on increasing knowledge and promotion of cultural tourism to fully realize Mundgod's distinctive cultural landscape. Hence this project aims to highlight Mundgod's importance as a shelter for Tibetan refugees and providing tourists with a window into their past, present, and enduring resilience should be the first step in the awareness campaign.

To engage both the local population and visitors through the educational programs, workshops, and cultural events can be planned to promote cultural appreciation and understanding.

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FROM PLATES TO PLANET: UNVEILING THE VEGAN REVOLUTION

-Aniruddha Alur, Bhanu Anil Raj and Karuna Salian



INTRODUCTION

In recent years, the vegan diet has transcended its status as a mere nutritional choice, transforming into a cultural phenomenon and lifestyle that advocates sustainability and ethical consumption. The roots of this dietary shift trace back to ancient civilizations, where vegetarianism and plant-based diets found favor for assorted reasons. However, it is the contemporary surge in veganism that has garnered global attention, sparking a revolution in how we perceive food, health, and our impact on the planet.



The rise of veganism in the modern era can be attributed to a convergence of factors. Health consciousness plays a pivotal role, supported by a growing body of scientific research linking plant-based diets to reduced risks of chronic diseases such as heart disease, diabetes, and certain types of cancer. Celebrities and influencers, armed with expansive social media platforms, have further popularized the vegan lifestyle, highlighting not only its health benefits but also its alignment with compassion for animals and environmental sustainability.

INFLUENCE OF THE TREND

The influence of documentaries like "Forks Over Knives," "What the Health," and "Cowspiracy" cannot be overstated in discussions about the surge in veganism.

These films have acted as catalysts, bringing the ethical and environmental implications of animal agriculture to the forefront of public consciousness.

Cited studies and expert interviews within these documentaries have added credibility to the vegan movement, prompting individuals to reconsider their dietary choices for personal and planetary well-being.

The concept of a vegan diet has evolved beyond the mere avoidance of animal products. Today, the trend encompasses a broader spectrum of ethical consumerism, extending to cruelty-free fashion, beauty products, and a heightened awareness of the environmental footprint associated with food choices.

The term "plant-based" has become synonymous with this lifestyle, emphasizing a focus on whole, minimally processed foods originating from plants.



Social media platforms have become powerful advocates for the vegan movement, with Instagram, TikTok, and YouTube flooded with visually appealing, shareable content highlighting the diversity and vibrancy of plant-based living.

Influencers and everyday individuals contribute to this narrative by sharing recipes, grocery hauls, and transformation stories, fostering a sense of community and support for those embarking on a vegan journey.



HEALTH CONCERNS

However, amidst the celebration of the positive aspects of veganism, it is crucial to acknowledge potential health risks associated with adopting a plant-based diet.

Critics argue that without careful planning, vegans may be susceptible to certain health concerns.

Cardiovascular health is a prominent issue, as some studies suggest that a poorly balanced vegan diet might lack essential nutrients like omega-3 fatty acids, crucial for heart health.

Vitamin deficiencies also pose a potential risk for those on a vegan diet. Vitamin B12, primarily found in animal products, is critical for neurological function, and its deficiency can lead to fatigue, anemia, and nerve damage.

Vigilance is required among vegans to source alternative B12 sources or consider supplementation (Bali A, Naik R. 2023).

Another concern revolves around the claim that fractures may occur more easily among those on a vegan diet due to potential lower calcium intake in the absence of dairy products.

However, it is crucial to note that a well-planned vegan diet can provide sufficient calcium through fortified plant milk, tofu, and leafy green vegetables.

Mental health considerations have entered the discourse surrounding veganism, with some critics suggesting a link between restrictive diets, including veganism, and an increased risk of mental health issues.

The restrictive nature of certain diets can potentially lead to feelings of deprivation, impacting psychological well-being. However, individual experiences vary, and many vegans report positive mental health outcomes, attributing them to a sense of purpose and ethical alignment.

CONCLUSION

As the vegan movement continues to grow, addressing these health concerns becomes integral to its sustainability and acceptance. Advocates argue that a well-balanced vegan diet, fortified with essential nutrients, can meet nutritional needs, and contribute to overall health.

Understanding and addressing these potential risks is crucial for individuals considering or currently following a vegan lifestyle, ensuring that they make informed choices for their well-being.

In the broader context, the impact of the vegan diet extends beyond individual health considerations.

Major food chains responding to the demand for plant-based options contribute to decreased greenhouse gas emissions, deforestation, and water usage associated with animal agriculture.

This aligns with the environmental imperative driving the vegan movement, highlighting its potential to mitigate the ecological footprint of our dietary choices.

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Development of Chocolate products using Jackfruit Seeds Flour

-Yatharth R, Krupa Shree, Yogesh Raja and Sai Shreyas

INTRODUCTION

Jackfruit seeds flour, derived from the seeds of the jackfruit, is a nutritious ingredient that can offer various health benefits when incorporated into products.

Here are some potential health benefits:

Rich in Nutrients: Jackfruit seeds are a good source of protein, dietary fiber, and various essential nutrients such as potassium, magnesium, and vitamins. Hence, incorporating jackfruit seed flour into products can enhance their nutritional profile.

Protein Content: Jackfruit seed flour is known to have a relatively high protein content. Protein is essential for various body functions, including muscle repair, immune system support, and the production of enzymes and hormones.

Dietary Fiber: The flour contains dietary fiber, which can aid in digestion, promote a feeling of fullness, and help regulate blood sugar levels. Adequate fiber intake is crucial for a healthy digestive system.

Gluten-Free Option: Jackfruit seed flour is naturally gluten-free, making it suitable for individuals with gluten sensitivities or celiac disease. This can provide a gluten-free alternative in various food products.

Antioxidant Properties: Jackfruit seeds contain antioxidants, such as phenolic compounds, which can help neutralize free radicals in the body. Antioxidants play a role in reducing oxidative stress and inflammation.

Blood Sugar Regulation: The dietary fiber in jackfruit seed flour may contribute to better blood sugar control. It can slow down the absorption of glucose, potentially benefiting individuals with diabetes or those at risk of developing diabetes.

Heart Health: Some components in jackfruit seeds, such as potassium, may contribute to heart health by helping regulate blood pressure. Additionally, the fiber content can contribute to a healthy cardiovascular system.

Weight Management: The combination of protein and fiber in jackfruit seed flour may support weight management by promoting satiety and reducing overall calorie intake.

Bone Health: Jackfruit seeds contain minerals like magnesium, which is essential for bone health. Including jackfruit seed flour in products may contribute to overall bone strength and density.

Prebiotic Properties: The fiber in jackfruit seeds can act as a prebiotic, promoting the growth of beneficial gut bacteria. A healthy gut microbiome is associated with various aspects of overall health. It's important to note that jackfruit seed flour can offer these potential health benefits.

MAKING OF JACKFRUIT SEEDS FLOUR CHOCOLATE

Our project journey begins with the humble jackfruit seeds, often discarded as waste. However, these seeds hold a treasure trove of nutrients and possibilities. After being collected and thoroughly cleaned, the seeds undergo a meticulous process to transform them into fine flour.

This flour serves as the base for our chocolate products, adding a distinct flavor profile and nutritional boost. Jackfruit seeds are a rich source of protein, fiber, and essential nutrients. By incorporating jackfruit seeds flour into chocolate, we not only enhance the taste but also introduce these nutritional benefits to the consumer.

Protein content promotes muscle health, while fiber aids digestion and supports overall well-being. Additionally, jackfruit seeds contain antioxidants that contribute to a healthy immune system, making this chocolate option a wholesome choice for those seeking both pleasure and nutrition.

One of the key aspects that sets jackfruit seed flour chocolate apart is its sustainability. Jackfruit is known for being a low-maintenance, high-yield crop that thrives in various climates.

Utilizing the seeds, which are typically discarded, reduces waste and maximizes the utility of the entire fruit.

This approach aligns with the growing consumer preference for eco-friendly and sustainable food options, making jackfruit seed flour chocolate a responsible choice for those who care about the environmental impact of their food choices.

The chocolate crafted from jackfruit seeds flour boasts a distinctive flavor profile that sets it apart from traditional cocoa-based treats. The subtle nuttiness of jackfruit seeds adds depth and complexity to the chocolate, creating a satisfying blend of sweetness and earthiness.



This unique taste experience appeals to those seeking something new and exciting in the world of chocolate confections.

Beyond being a standalone treat, jackfruit seed flour chocolate offers versatility in culinary applications.

It can be used in various recipes, from baked goods to desserts, adding a nutritional boost to a wide array of dishes.

The adaptability of jackfruit seed flour chocolate makes it a valuable ingredient for creative chefs and home cooks looking to experiment with new flavors and textures (Waghmare, R., et al. 2019).

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CONCLUSION

In conclusion, chocolate products made from jackfruit seeds flour present a delightful fusion of indulgence and nutrition. From the meticulous process of transforming jackfruit seeds into a fine flour to the unique flavor profile and sustainable practices, these chocolates offer a holistic experience for consumers. Embrace innovation, savor the taste, and contribute to a more sustainable and flavorful future with jackfruit seed flour chocolate.

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STUDY OF GREEN BUILDING PRACTICES AND GREEN TOURISM FRAMEWORK AT TOURIST PLACE: JATAYU EARTH'S CENTER, KERALA

-Andre Silvester, Aqueel K Haris, Cristen Sunny and Vettuvelil Anil Praveen

INTRODUCTION

Green building and green tourism stand as pillars of sustainability, embodying a commitment to minimizing ecological footprints, fostering practices that contribute to environmental preservation and community well-being. Sustainable building can be regarded as an integral design, that focuses more on balancing environmental, economic, and social benefits over the life cycle of the asset (Tianqi Liu, et al. 2022).

Green building, also known as sustainable or environmentally friendly construction, is a comprehensive approach aimed at mitigating the environmental impact of buildings throughout their lifecycle. This involves the efficient utilization of resources, eco-friendly materials and the integration of design strategies promoting healthier indoor environments.

GOALS

The goal is to reduce the environmental footprint of buildings, contributing to conservation efforts, lowering operating costs, and creating healthier spaces for occupants. Key requirements for green building encompass a spectrum of eco-conscious practices.

The use of energy-efficient technologies takes precedence, emphasizing the integration of systems that minimize energy consumption and reduce the carbon footprint of buildings.

Water-saving features are paramount, promoting sustainability in water usage. Sustainable materials minimize environmental degradation and contribute to resource conservation.

Practices such as waste reduction, considerations for indoor environmental quality, and the utilization of renewable resources contribute to the holistic sustainability of green buildings.

Certification programs such as LEED (Leadership in Energy and Environmental Design) play a pivotal role in evaluating and recognizing the sustainability of buildings. LEED sets specific criteria, providing a standardized framework to assess the environmental performance of constructed spaces and encouraging the widespread adoption of green building practices.

RISE IN ENVIRONMENTAL AWARENESS

The rise in environmental awareness campaigns states the need for a low-carbon era, and green tourism should be considered as the future direction for tourism development (Markose N. 2022). Simultaneously green tourism or eco-tourism represents a parallel commitment to responsible travel practices that mitigate the negative impact of tourism on the environment.

This involves conscientious choices in selecting destinations, accommodations, and activities that prioritize sustainability, conservation, and community engagement.



Its aim is to offer a positive travel experience for both tourists and local communities while safeguarding the ecological integrity of the destination. Requirements for green tourism align with environmentally responsible practices and sustainable approaches.

Selecting destinations and accommodations that prioritize conservation, community engagement, and minimal environmental impact is crucial.

This entails supporting local economies, promoting cultural sensitivity and encouraging eco-friendly practices such as waste reduction and responsible wildlife interactions.

Certification programs like Earth Check, Green Key, etc. establish standards for sustainable tourism operations ensuring that the travel industry aligns with responsible and eco-conscious practices.

SYNERGY

The synergies between green building and green tourism are evident in their shared overarching goal of minimizing ecological footprints.

Certification processes and guidelines are integral to both domains and play a vital role in ensuring that these practices are consistently applied and recognized, fostering a global culture of sustainability.

The benefits of green building and green tourism are multifaceted and extend beyond environmental conservation. In green building, practices such as energy efficiency and the use of sustainable materials not only reduce operational costs and environmental impact but also enhance indoor air quality, positively impacting the health and well-being of occupants.

Moreover, green buildings often experience increased property values and economic gains. In the context of green tourism, ethical travel methods support community involvement, resource protection, and cultural heritage preservation. This aligns with global initiatives towards a more sustainable future.

THE PRESENT

Recent years have witnessed remarkable strides in green building initiatives with a notable embrace of net-zero construction, use of circular economy principles, smart building technologies, and biophilic design.

These advancements emphasize not only energy self-sufficiency and waste reduction but also technological efficiency and human well-being.

Concurrently green tourism has undergone a transformative shift towards regenerative practices leveraging digital innovations for responsible tourism, empowering local communities, and exploring carbon offsetting strategies.

So, as a team we recognize the significance of these initiatives and commit to further research into emerging green practices.

Our exploration will extend beyond the boundaries of this thematic introduction, delving into the evolving landscape of sustainability, technological solutions, and their positive impacts on both the built environment and the destinations visited.

CONCLUSION

To acquire more in-depth knowledge and direct experiences, our team has chosen to carry out study at the Jatayu Earth's Center.

It is well-known for its commitment to environmentally friendly practices and is perfect for experiential learning. We aim to analyze the distinct 'Green Tourism and Green Building' policies implemented by both the State Government of Kerala and the Central Government of India.

Additionally, we will investigate the distinctive features of the Jatayu Earth Center, a unique Green Building in Kerala. Our goal is to propose an innovative Green Tourism Framework tailored for sustainability at the Jatayu Earth Center.

At present various sustainability research has limitations, including regional bias and a narrow focus. Our study integrates green building and tourism globally aiming to provide insights and develop adaptable frameworks for long-term sustainability.

Green building research faces issues like definitional ambiguity and neglect of occupant perspectives, emphasizing the need for interdisciplinary approaches and public education in future studies.

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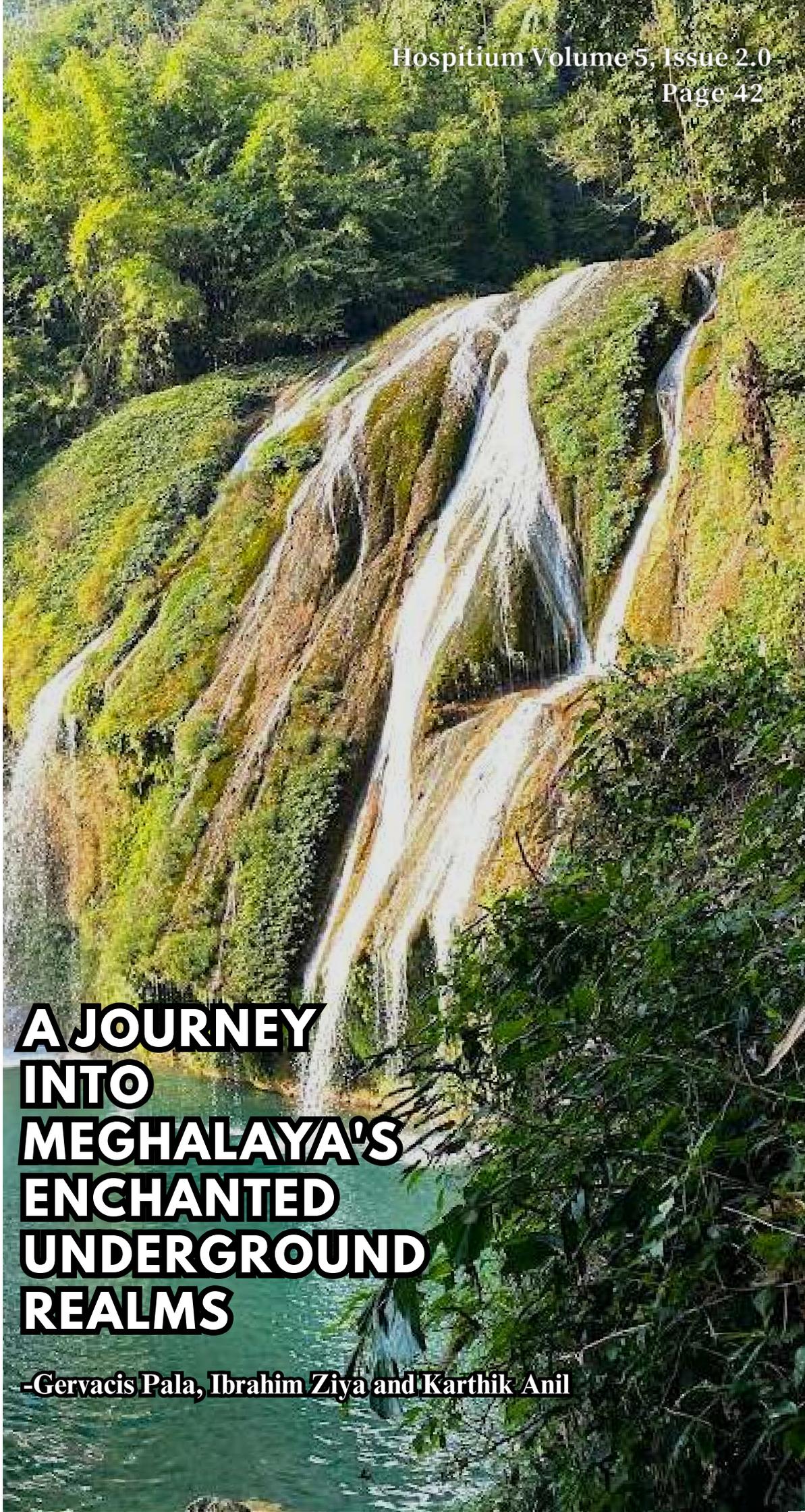
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KREM CHYMPRE

A JOURNEY INTO MEGHALAYA'S ENCHANTED UNDERGROUND REALMS

-Gervacis Pala, Ibrahim Ziya and Karthik Anil



In the remote and mystical land of Meghalaya, nestled in the northeastern region of India, there exists a realm hidden from the sun's gaze, a world of captivating beauty and enigmatic darkness. This world is Krem Chympe, a labyrinth of subterranean passages and hidden chambers, where nature's artistry meets geological wonder. This article will take you deep into the heart of this mesmerizing cave ecosystem, unveiling the secrets concealed beneath the Earth's surface, and exploring the extraordinary beauty, natural diversity that thrives within.

INTRODUCTION

Meghalaya, often referred to as the "Abode of Clouds," is renowned for its breathtaking landscapes, lush green hills, and cascading waterfalls.

This Indian state is also celebrated for its unique cultural diversity and vibrant traditions. But beyond the surface, Meghalaya holds an astonishing geological treasure, that has been sculpted over millions of years by the subtle hands of time.

This treasure is none other than the intricate network of caves and among them Krem Chympe stands out as a jewel in Meghalaya's crown.

HISTORY

As we venture into the depths of Krem Chympe, we will be embarking on a journey through time, that will take us millions of years back in the Earth's history.

The caves of Meghalaya, including Krem Chympe, are renowned for their rich geological history, sculpted by the relentless action of water over eons. The name "Krem Chympe" itself is rooted in the native Khasi language, where "Krem" translates to cave and "Chympe" means tiger bestowing upon it an aura of mystique and intrigue.

These caves are more than just geological formations; they are living, breathing ecosystems where nature has thrived in the perpetual darkness, away from the sun's rays.

It is a realm that offers a stark contrast to the vibrant, sun-kissed landscapes above ground. The caves of Meghalaya, including Krem Chympe, host a wealth of unique and often elusive species that have adapted to life in this subterranean realm.

Cave-dwelling creatures like blind fish, cave crickets, and translucent cave shrimps have evolved unique traits to navigate the inky blackness, highlighting the incredible resilience of life (Shankar S. 2023).

The formation of these underground wonders is a testament to the sculpting power of water.

Over millions of years, percolating rainwater laden with dissolved minerals has seeped into the limestone bedrock, gradually enlarging the cracks and cavities to form the intricate cave system we see today.



CONCLUSION

Krem Chympe, like other caves in Meghalaya, also stands as a repository of India's geological history, with its rocks preserving the ancient secrets of our planet.

As we explore its hidden chambers, we will meet formations that have taken shape over countless millennia, carrying with them clues about the Earth's ever-evolving story.

In these caves, geologists have found traces of ancient oceans, marine life, and past climatic conditions, offering invaluable insights into our planet's history.

But Krem Chympe is not just a geological wonder or a haven for unique cave-dwelling creatures; it is also a place of intrigue and folklore. Local legends tell tales of the caves being inhabited by spirits and otherworldly entities.

The echoing chambers and eerie silence of the underground world have given rise to countless stories that continue to captivate the imagination of those who venture within.

As we embark on our exploration of Krem Chympe, we will not only uncover the geological and biological marvels but also immerse ourselves in the stories and mysteries that shroud this underground realm.

We will see the interplay of light and shadow on the intricate formations, listen to the echoes of time, and marvel at the intricate dance between nature and geology.

So, join us in our research project as we step into the darkness to unveil the hidden beauty and secrets of Krem Chympe, a testament to the enchanting underground realms of Meghalaya.

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INDUSTRY SPEAKS

Ms.
Subhra
Banerjee

Founder- Encovate

HIGHLIGHTS OF THE ARTICLE

- PROFESSIONAL JOURNEY AND EXPERIENCE
- BEST PRACTICES AND WAY FORWARD IN THE HOTEL INDUSTRY
- ADVICE OR SUGGESTIONS TO THE BUDDING HOSPITALITY PROFESSIONALS



- **Please tell us about your professional journey and experiences:**

My professional journey has been a dynamic and enriching one, evolving over two decades in the hospitality industry. I graduated from IHM Kolkata in the year 2000 and ventured into the corporate realm, where I honed my skills in operations, sales, and people management across renowned organizations such as Oberoi Hotels, Sahara Airlines, and Yatra.com.

I was fortunate to begin under the wings of the Oberoi Hotels & Resorts, pre-opening The Oberoi Amarvilas Agra, rated as one of the world's best 50 hotels today. Later, moved to Sales and marketing with Sahara Airlines managing the loyalty program and Corporate Sales for the airlines. It was a great learning experience as I successfully handled two stark segments, Govt PSU and embassies. I eventually got back to Oberoi Hotels & Resorts, this time in Sales, managing a diverse portfolio of corporates for both Regional and Unit Hotels of the Group.

During my tenure at Yatra.com, I assumed a pivotal role as the National Head, spearheading the growth of the Corporate Hotel Travel business. This experience allowed me to function as an intrapreneur, contributing significantly to the establishment and expansion of business operations. I successfully navigated the challenges of setting up businesses, achieving remarkable milestones, that included steering the business from 0 to 200 Crores, securing large account commitments from notable entities such as Bosch, Reliance Industries, AstraZeneca, HCL, Accenture etc. I excelled in developing innovative strategies for account penetration and tapping into new vertical segments.

Passionate about both the industry and the development of individuals within it, I leveraged my extensive experience to establish Encovate, a SkillTech startup dedicated to addressing skill gaps in the hospitality sector. Incubated at NSRCEL, IIM Bangalore and Nasscom, Encovate stands as India's first blended learning solution for the hospitality industry. Through a unique combination of online and offline learning methodologies, we have successfully trained over 2000 hospitality organization employees, emphasizing outcome-driven learning solutions for both individuals and organizations. Recently launched the second phase of Encovate that is geared to empower hospitality students and professionals to accelerate their careers in Hospitality.

I am also been a certified Dale Carnegie Trainer and an advisor to a Sustainable luxury resort, The Ibnii Coorg.

In essence, my professional journey reflects a commitment to leadership, strategic innovation, and a profound dedication to the growth and development of individuals within the hospitality sector.

- **What are the best practices and way forward in the hotel industry?**

Some of the best practices and way forward in the hotel industry that I foresee are:

- A significant culture shift in Hospitality from bending backs to smart serving
- A Higher Technology integration and adoption
- Leaning on adopting Sustainability initiatives
- Customer centric approach driving the competitive edge
- Multiskilled workforce and leaner organization structures
- Diversity and inclusion
- Collaborations and Partnerships

The future of the hotel industry lies in a harmonious blend of personalized guest experiences, sustainable practices, technological innovation, and a commitment to the well-being of both guests and staff. The industry's evolution will be shaped by the ability to embrace change, leverage technology, and consistently deliver exceptional hospitality experiences.

- **What would you like to give advice or suggestions to the budding hospitality professionals?**

The growth prospects for the hospitality industry in the coming years are promising, presenting numerous opportunities in hospitality and allied sectors. Three advice that I would like to share with budding hospitality professional, to make the most of their career journey, would be:

- Inculcate a habit of asking questions: Don't accept things the way they are, if you are not sure of things the way they are, always ask WHY however politely. Everything has a purpose of being there, know about it and think of better ways of presenting it. Asking questions is a sign of growth in knowledge.
- Always surround yourself with a company of friends and colleagues who are better than you. That ways you challenge yourself to grow very fast in knowledge and good habits
- Stay on with a company where you get to learn and grow: Its important to learn in the beginning years of career and if a company invests in your learning growth show them the loyalty and stick on for further learning. Ask for feedback of your performance/personality from mentors and seek course corrections.

These three suggestions as learned from life experiences and my mentors have helped me to navigate my career journey and I am sure would be handy for most readers too.

ALUMNI SPEAKS

Eva Mariani

**CO-FOUNDER
AND CHEF**

**AMBER'S
BAKEHOUSE,
BENGALURU
(A UNIT OF ESBH
HOSPITALITY
LLP).**



- **Please tell us about your professional journey and experiences:**

I completed my BHM at Ramaiah in 2018 after which I was selected to work at The Oberoi, Bengaluru through campus placements. My interests lay in bakery and pastry initially but at The Oberoi, Bengaluru I unexpectedly ended up working in the Garde Manger and that is where my love for salads truly began. Under the guidance of some brilliant chefs who further shaped my understanding of food, flavor and the importance of food quality and ethics. Ever since, there has been no looking back and my mission is to make people realize that salads are not boring and can be packed with much flavor and be a wholesome, well-balanced meal.

With these learnings and values, Amber's Bakehouse was started in 2022 with a vision to introduce superior quality baked products, smoked meats, wholesome salads, gourmet sandwiches, etc., and to provide singularly distinct customized service to our patrons.

- **About your college memories:**

My experience at FHMCT has been a memorable one. I am incredibly grateful for all the wonderful teachers at FHMCT who prepared me for the real world of hospitality.

The opportunities and encouragement we got as students to take part and organize events, participate in competitions and also be a part of research projects over 4 years has added immeasurable value to my journey of learning.

- **Any message/suggestions to juniors:**

The hospitality industry is a very challenging one but if you stay focused on your goals, work hard, be open to change and never miss any opportunity to learn anywhere, this wonderful yet crazy world of hospitality takes you, then there is nothing else that will be more fulfilling and memorable. Be kind, stay humble and never forget the hopes and dreams with which you started your hospitality journey.

WELCOME

TO THE FACULTY OF HOSPITALITY MANAGEMENT AND CATERING TECHNOLOGY, M S RAMAIAH UNIVERSITY OF APPLIED SCIENCES, BENGALURU

- M S Ramaiah group of Educational Institutions established in 1962 is a pioneer in the field of technical and professional education in India with 24+ institutions of higher education under its umbrella.
- The College of Hotel Management was established in 1993 and is currently in its 30th year of operation as Faculty of Hospitality Management and Catering Technology (FHMCT) under Ramaiah University of Applied Sciences (MSRUAS)

ALUMNI

Our Alumni are currently placed in many senior positions around the world



Pallavi Patnaik
(2007-2011)
Learning Manager,
Hyatt Centric Sector 17,
Chandigarh



Raunak Charania
(2004-2008)
Project Manager E-Learning
(Food & Beverage)
Wood Wyant
(Groupe Sani Marc Group) ,
Canada



Saad Pasha
(2009-2013)
Landscaping Entrepreneur,
Planters Paradise



Adarsh Nair
(2005-2009)
Director of Sales Grand
Hyatt, Gurgaon



Aishwarya Shindogi
(2007-2011)
Indian Film Actress,
Kannada Film Industry



Manoj Nair
(1998-2001)
Executive Sous Chef,
The Grand York Hotel,
New York



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