GUARDIAN ANGEL

INSTITUTE OF HOTEL MANAGEMENT AND CATERING TECHNOLOGY

EMPOWER

2025 MAGAZINE











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HISTORY OF GAIHMCT

Guardian Angel Institute of Hotel Management and Catering Technology founded in the year 1997 by Pilar Fathers and is run by Xaverian Education Society of the Goa Province of the Society of Pilar. It is a Christian Religious Minority Educational Institution Vide F. No. 246 OF 2008/30777 and is governed by Article 30 [1] of the Constitution of India.

Guardian Angel IHMCT, Curchorem completed 26 years of its establishment on 24th January 2023. This has been a pioneering venture in South Goa by the Society of Pilar [PILAR FATHERS] in the year 1997 Who have done yeomen services in these remote areas since 1952. Guardian Angel IHMCT.

OUR INSTITUTION HISTORY

Society of Pilar and Guardian Angels – "An Institution of High Ideals"

In the year 1951, Pilar Fathers took up the challenging Mission of Sanguem (Missao Central de Sanguem). When Sanguem Taluka was taken up for mission work, it had only a military Chapel at Sanguem, blessed in 1853, which at first had been affiliated to then Zambaulim Church, in the Deanery of Quepem.

In 1858 the chapel was raised and a small edifice for the Church building was constructed at Government expense, however until 1920 Sanguem baptisms were all recorded in the books of Tilamol Church.

By the provision no 16/51 dated 20th April 1951, the then Archbishop Patriarch D. Jose Da Costa Nunes, detached Sanguem from Kepem (Quepem) Deanery, and constituted it into a Central Mission Station entrusted to the Society of Pilar under a Mission Superior, with powers of a Dean.



HISTORY OF GAIHMCT

The Chaplain was in the forefront in fighting against injustice and in attending to their spiritual, moral and religious needs.

It comprised the entire Sanguem Taluka and some bordering parts of Kepem Taluka, and covered the then existing mission parishes of Sanvordem and Rivona and the outposts of Colem and Dabal. Members of the Society prior to its reorganization, had already pioneered there, but as they died out diocesan priests had taken over.

These continued to work there for some time. Initially the society's member Fr. Thomas Mascarenhas was appointed the Superior of the Mission of Sanguem, Fr. Aureliano Rodrigues was sent as chaplain of Uguem and Fr Roque Fernandes as Chaplain of Kurdi. In 1952, the parish of Rivona was taken over by the society, 1953 that of Sanvordem, in 1966 Dabal and in 1967 Colem.

Soon after Pilar Fathers entered Sanguem, there was an upsurge in mining industry in the Region and thousands of laborers flocked to this area.

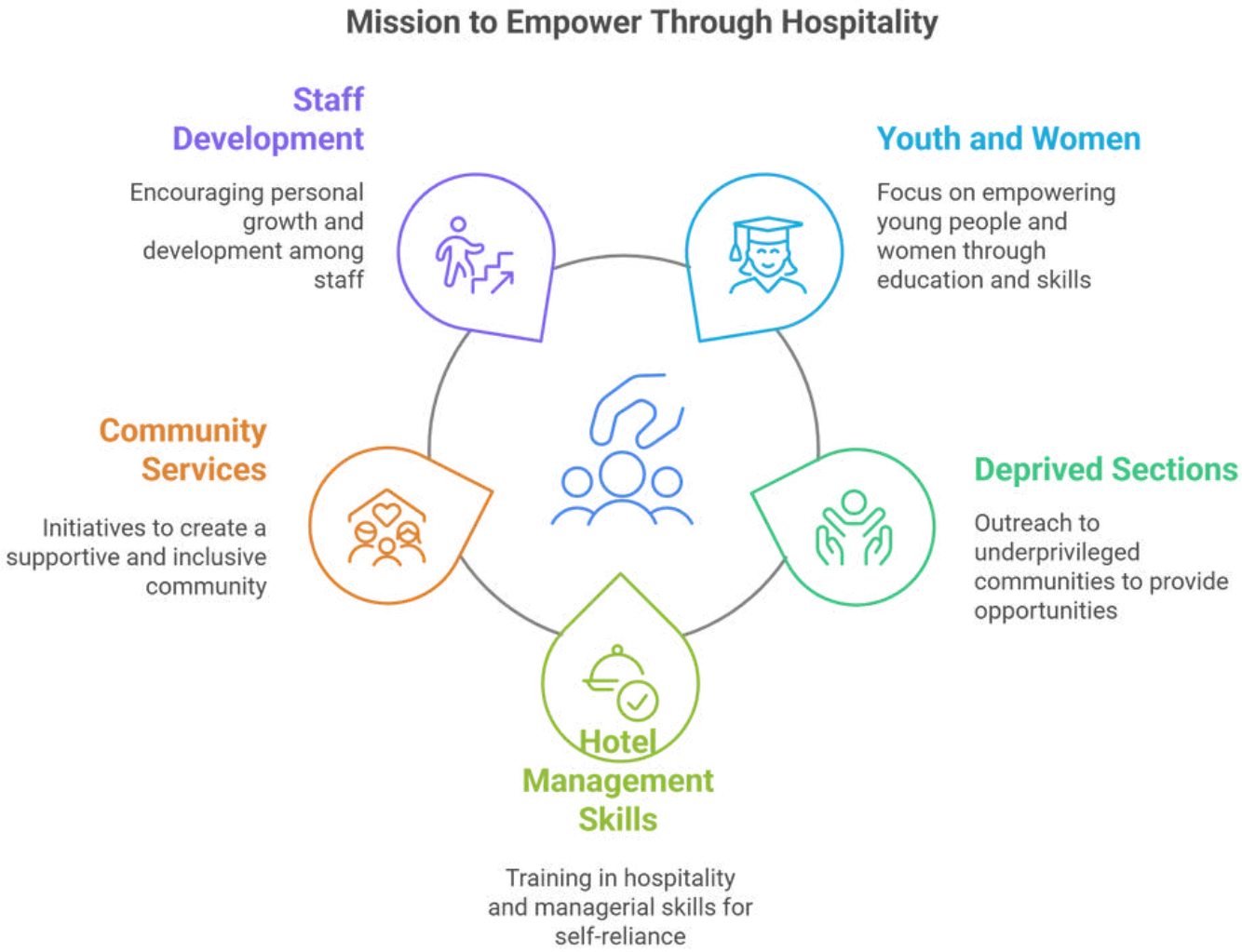
Sanguem became a big mining belt form Salginim and Netrolim to Costi, Dodomarg, Rivona, Dabal etc. From 1956 the Patriarch appointed one of the Pilar Fathers as Chaplain of the mines, with personal jurisdiction over the people working in the mines.

These people had to face lot of problems due to the brutalization of man by machines. The Chaplain was in the forefront in fighting against injustice and in attending to their spiritual, moral and religious needs.



VISION / MISSION

Our Vision




I AM FOR PEACE THROUGH TOURISM!
GOA
WORLD TOURISM DAY 2024

VATICAN CITY MESSAGE

WORLD TOURISM DAY 2024

> "The cultural exchange between peoples, which finds a privileged form in tourism, can also turn into a concrete commitment to peace"

World Tourism Day is celebrated annually on 27 September. Ahead of the celebration this year, on the theme "Tourism and Peace", the Dicastery for Evangelisation has released a message, highlighting the connection between precisely those two things: tourism and peace.

In the message, Archbishop Rino Fisichella, the pro-Prefect of the Dicastery, underscores the essential role that cultural exchange through tourism can play in fostering peace. "The cultural exchange between peoples, which finds a privileged form in tourism, can also turn into a concrete commitment to peace," he says. In light of this, Archbishop Fisichella acknowledges the devastating impact of war on tourism, warning that "the absence of tourists creates an additional expression of poverty among the population that loses a necessary form of livelihood to live with due dignity".

It is for this reason, continues Archbishop Fisichella, that the Dicastery for Evangelisation seeks to contribute to the spread of the peace message, especially among those working in the tourism sector.

He then extends his gratitude to the many priests and laypeople dedicated to enhancing tourism and pilgrimages, despite the challenges posed by security restrictions.

He encourages them to "open themselves to new paths, keeping alive the possibility that the pilgrimage routes to countries that traditionally hold the richness of our faith and history will soon resume."

The message for World Tourism Day also reflects on Pope Francis's advocacy for a culture of encounter. Archbishop Fisichella writes that "the interest that moves millions of tourists can be easily combined with the commitment to brotherhood, thus creating a network of 'messengers of peace,'", echoing the Pope's call for an "adequate and authentic openness to the world... with the capacity to open up to the neighbour, in a family of nations".

Turning then to the upcoming Jubilee in 2025, Archbishop Fisichella notes that the Holy Year, starting with the opening of the Holy Door, holds special significance, as it will allow millions of pilgrims to experience the jubilee indulgence, carrying with them the hope of peace and reconciliation.

Bringing his letter to a close, Archbishop Fisichella notes that as the world faces ongoing conflicts and challenges, the call for peace resonates more than ever. Once again he echoes Pope Francis' words when he asked, "Is it too much to dream that the weapons will be silenced and stop bringing destruction and death?"

With this in mind, Archbishop Rino Fisichella concludes his letter by emphasising that "tourism and peace united with hope become the compelling message for this World Tourism Day 2024, for those who are operators in tourism and for those who undertake the journey with feelings and desire for serenity and harmony."

GUARDIAN ANGEL FAMILY

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3	REV. FR. ROMEO D'SILVA, SFX	VICE CHAIRMAN
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5	REV. FR. IVO FERNANDES, SFX	MEMBER
6	REV. FR. WILSON PAUL, SFX	TREASURER
7	REV. FR. AUGUSTINE A.S. D'SOUZA, SFX	MEMBER

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3	MR. RAYNOLD D'SOUZA	OFFICIATING PRINCIPAL
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5	MR. KARL FRANCIS CORREIA	LECTURER
6	MR. GUILERMO DA GAMA	LECTURER
7	MR. NICKY FERNANDES	ASSISTANT LECTURER
8	MRS. REMETINA COUTINHO	ASSISTANT LECTURER
9	MR. RAHUL KALANGUTKAR	ASSISTANT LECTURER
10	MR. STEPHAN GODFREY MASCARENHAS	ASSISTANT LECTURER

NON-TEACHING /SUPPORTINGSTAFF		
Sr.	**Name**	**Designation**
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2	MRS. JOHNCIA CRUZ	LDC/ACCOUNTANT
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6	MRS. IRENE HILARIO	GENERAL ATTENDANT
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MANAGING COMMITTEE 2025-2029

Sr.	NAME	DESIGNATION
1	REV. FR. JOAQUIM REBELLO	CHAIRMAN XES
2	REV. FR. ROMEO D'SILVA	VICE CHAIRMAN
3	MR. RAYNOLD D'SOUZA	OFFICIATING PRINCIPAL, MEMBER SECRETARY
4	REV. FR. JERRY VAZ	LDS, PRERNA COMMUNITY
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9	REV. FR. DR. FREDRICK RODRIGUES	REPRESENTATIVE FROM EDUCATION FRATERNITY, MEMBER
10	DR. VIVEK KAMAT	DIRECTOR, DIRECTORATE OF TECHNICAL EDUCATION GOA STATE OR HIS NOMINEE
11	DR. DIPAK C.S. GAITONDE	CHAIRMAN, DEGREE/ DIPLOMA ADMISSIONS, DTE OR HIS NOMINEE
12	MR. TONY MENEZES	REPRESENTATIVE FROM EDUCATION FRATERNITY, MEMBER
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14	MR. S. K. MUKHERJEE	REPRESENTATIVE OF HOTEL INDUSTRY, MEMBER
15	MR. GUITRY VELHO	REPRESENTATIVE OF HOTEL INDUSTRY, MEMBER
16	MS. SHEETAL BALE	REPRESENTATIVE OF HOTEL INDUSTRY, MEMBER
17	MR. BRANDON V FERNANDES	REPRESENTATIVE OF HOTEL INDUSTRY, MEMBER

INTERNSHIPS & PLACEMENTS

We are proud to mention that our students have bagged reputed internships and placements in Industry renowned entities such as mentioned below.

We are affirmative that our students, will ensure that these organisations will carry forward their vision as our students journey with them

"An Organisational partnership with the young minds and the experienced leaders, is a mutual win for all"

TRIDENT
Nariman Point, Mumbai

TAJ
EXOTICA RESORT & SPA
GOA

KENILWORTH
RESORT & SPA
GOA

Holiday Inn Resort
AN IHG HOTEL
GOA

AlilA DIWA GOA . INDIA

The Zuri
White Sands, Goa
Resort & Casino

ST REGIS
HOTELS & RESORTS

ph
planet hollywood
BEACH RESORT • GOA

SUPERIOR GENERAL'S MESSAGE

They chose this profession of hotel management and catering technology as their means of livelihood. One can also view their response to the demands of catering in Goa as their humble contribution towards enhancing the economy of the State.



Fr. Nazareth Fernandes, SFX
Superior General

I am pleased to learn that the Guardian Angel Institute of Hotel Management and Catering Technology is once again gearing up to publish its annual magazine EMPOWER 2025.

In our world today, one witnesses a dynamic growth of specialization in various areas of employment. Hotel Management and Catering Technology is one such field that has taken centre stage in Goa, being one of the leading destinations that attract tourists. Facilitating the availability of good and delicious food is an important factor of making the tourists' stay enjoyable and memorable. It generates the felt need of rendering professional and specialized assistance to tourists and the people at large.

The Guardian Angel Institute of Hotel Management and Catering Technology is celebrating twenty-eight years of its laudable service of training hospitality professionals. Down the years many have passed out from its portals.

They chose this profession of hotel management and catering technology as their means of livelihood. One can also view their response to the demands of catering in Goa as their humble contribution towards enhancing the economy of the State.

Thus, the Guardian Angel Institute has certainly made its mark in facilitating the numerous youth, especially of South Goa, to satisfying their desire for this choice of livelihood. On behalf of the General Administration and of the Society of Pilar at large, I extend my warm felicitation to the Management, Staff and Students of the Guardian Institute for its contribution to society, and wish it God's blessings to continue flourishing in its mission.

PROVINCIAL SUPERIOR'S MESSAGE

It is with immense pride and pleasure that I extend my warm greetings to you as we embark on the journey of presenting EMPOWER 2025, the annual magazine of Guardian Angel Institute. This publication stands as a testament to the remarkable achievements, inspiring aspirations and exceptional talents of our Management, staff and students.

As we delve into the vibrant pages of EMPOWER 2025, we are presented with a tapestry of success stories, innovative endeavours and unwavering dedication that have defined our Institute's journey towards excellence in hospitality education.

Guardian Angel IHMCT leadership has inspired countless individuals to reach new heights and realize their full potential within the realm of hospitality and catering industry.



Fr. Joaquim Rebello, SFX
Provincial Superior

It is a reflection of the collective efforts and synergies that drive Guardian Angel's mission of youth empowerment and industry contribution.

Through this magazine, we have the opportunity to shine a spotlight on the invaluable contributions that Guardian Angel has made to the field of hospitality education and the wider sector since 1997. Our commitment to nurturing young minds, fostering creativity and instilling a passion for service excellence is exemplified through the myriad accomplishments featured in EMPOWER 2025.

Guardian Angel IHMCT leadership, vision and unwavering dedication have been instrumental in shaping the Institute into a beacon of educational excellence and industry relevance.

Their guidance has inspired countless individuals to reach new heights and realize their full potential within the realm of hospitality and catering industry. Mr. D'Souza, your inspiring leadership and relentless commitment will elevate our Institute to new levels of success.

As we celebrate the spirit of achievement and innovation showcased in EMPOWER 2025, let us renew our commitment to fostering a culture of continuous learning, growth and empowerment. Together, we can continue to pave the way for a brighter future for our students, staff and the hospitality industry at large.

I extend my heartfelt gratitude to all our collaborators especially our staff members for their passion and dedication to the mission of Society of Pilar. May EMPOWER 2025 serve as a beacon of inspiration and motivation for all those who seek to excel in the field of hospitality education. God bless! With warm regards and best wishes,

DIRECTOR'S MESSAGE

(Technical Education - Govt. of Goa)

28 successful years of providing value based education to the students and empowering them to face the challenges of the Hospitality Industry.

Guardian Angel Institute of Hotel Management and Catering Technology, Curchorem has completed 28 successful years of providing value based education to the students and empowering them to face the challenges of the Hospitality Industry.

On this occasion, I wish continued success to Guardian Angel Institute of Hotel Management and Catering Technology in all its future endeavours.



Dr. Vivek B. Kamat

Director of Technical Education

Govt. of Goa

CHAIRMAN'S MESSAGE

(Admission Committee- Govt of Goa)

The institution is prepared to face bigger challenges to reach the zenith in Hospitality Education, thereby fulfilling its vision, accomplishing its mission and objective.



Dr. Dipak Gaitonde

Chairman, Admission Committee

Directorate of Technical Education - Govt. of Goa

Heartiest congratulations to the Principal, Staff members & the Management of the Institute for completing 28 glorious years of excellence in the field of Hospitality Education.

This is indeed a milestone in the life of an Institution, a time for celebration, as well as for reflection, so that the institution is prepared to face bigger challenges to reach the zenith in Hospitality Education, thereby fulfilling its vision, accomplishing its mission and objective.

The Institution has been truly rendering yeoman service to Society, by skilling rural youth, enabling them to earn their livelihoods, thereby contributing to the socio-economic development of the State.

God has been faithful to the Institution, just as the Principal, Staff and Management have been faithful in dispensing their services to humanity.

I wish all Stakeholders associated with the Institute throughout this journey of 28 years of success, all the very best.

MLA'S MESSAGE

(Curchorem Constituency)

Students be given ample opportunities to showcase their creativity and competency which will help the state to grow with new ideas from the young minds so as they can focus on startups or employment opportunities available in hospitality in the State



Shri. Nilesh Cabral

MLA Curchorem Constituency

My Warm Greetings and Good Wishes to the management, teaching and non-teaching staff and students of Guardian Angel Institute of Hotel Management and catering Technology.

I congratulate the management the teaching and non-teaching staff and students of Guardian Angel Institute of Hotel Management and Catering Technology for completing 28 years of establishment & bringing out a Souvenir Magazine EMPOWER 2025.

My Good wishes to the teaching staf for their dedication and selfless service to the management for implanting discipline and skill among the students and the yeoman service by the management in imparting education to the hotel management students from Curchorem and surrounding areas is to be highly appreciated.

i impress on the management to ensure that students be given ample opportunities to showcase their creativity and competency which will help the state to grow with new ideas from the young minds so as they can focus on startups or employment opportunities available in hospitality in the state.

I wish each and every one of you all the very best and a bright future.

LOCAL SUPERIOR'S MESSAGE

Guardian Institute of Hotel Management and Catering Technology serves as a platform to celebrate achievement, creativity and dedication of the students and the faculty.



Fr. Richard Crasto, SFX
Local Superior

Management and Catering Technology. I feel so thrilled looking at the progress of the Institution. I appreciate the hard work and dedication of Administrator Rev Fr Ivo Fernandes and officiating Principal Mr. Raynold D'Souza along with the Staff, Students of this Institution

Guardian Institute of Hotel Management and Catering Technology serves as a platform to celebrate achievement, creativity and dedication of the students and the faculty.

In a competitive world the Hospitality and Tourism Industry continues to evolve, demanding adaptability and a forward thinking approach which we see from years back and now this Institution has advanced in its approach

I extend my heartfelt appreciation to the editorial board who work tirelessly to bring this magazine to life.

May the Guardian Angel in whose name the institution blossoms may inspire and motivate everyone to strive for greatness in their journey within Guardian Angel Institute of Hotel Management and Catering Technology.

In a competitive world the Hospitality and Tourism Industry continues to evolve, demanding adaptability and a forward thinking approach which we see from years back and now this Institution has advanced in its approach

ADMINISTRATOR'S MESSAGE

"Hospitality means primarily the creation of free space where the stranger can enter and become a friend instead of an enemy. Hospitality is not to change people, but to offer them space where change can take place. It is not to bring men and women to our side, but to offer freedom not disturbed by divided lines."
– Henri Nouwen



Fr. Ivo Fernandes, SFX
Administrator (GAIHMCT)

It is indeed a privilege to be a part of such an aspiring institute. Watching youthful minds getting seasoned with the finest skills and the creativity quotient, fill me with immense contentment. As technology rapidly makes its way into our lives, hospitality is the mother whose affection cannot be compared to technology.

At Guardian Angel Institute of Hotel Management and Catering Technology, we infuse in our students a passion for inventiveness, originality, perfection and commitment even to the simplest task entrusted to them. Remember, courteous treatment will make a customer a walking advertisement.

We, just like you, believe in holistic education for your child, encompassing- academics, co-curricular activities, sports education, and life skills learning.

Experience brings taste to perfection. Each year, our dedicated and experienced faculty aims to furnish every student to present themselves with confidence and sincerity in any given situation. Throughout the academic years, we remind our students that education is not just about gobbling up what is taught, instead it is about savoring the concept with understanding and zeal.

Prospering with the latest equipment and facilities, we offer the best in every possible way. In the coming year, we hope and promise to keep up to the same enthusiasm in learning and producing the best which was the moto of those who established this prime institute with a vision.

I take this opportunity to appreciate all our esteemed faculty members, staff, parents and students for being a warm member of our wonderful family. Hard work, dedication and perseverance are the most important traits in a person that lead to success. The future belongs to you, may we be the guiding angels in your path to success.

MANAGER'S MESSAGE

With the growing hospitality industry in Goa and sensing the need for skill based education, the Society started Guardian Angel Institute of Hotel Management and Catering Technology, to empower and uplift the youth of Sanguem, Quepem and other remote parts of Goa



Fr. Walter Miranda, SFX
Manager (GAIHMCT)

It gives me immense joy as I pen this message for a "EMPOWER 2025" magazine of the Guardian Angel Institute of Hotel Management and Catering Technology (GAIHMCT), as it celebrates its 28 years of its glorious existence.

The Guardian Angel Primary and Secondary section started way back in 1940. Initially an institution in a remote taluka, was a daunting effort and a visionary step of the church, taken to cater to the needs of the youth by empowering them through education.

Late Rev. Fr. Gervasio Pinto took over the reign of the school in 1953, as it was being handed over to the Society of Pilar. He could see a bright future for the youth of this locality as he tirelessly worked to start Guardian Angel Higher Secondary in 1975 with Science, Arts, Commerce and later Vocational Stream in 1988. With the growing hospitality industry in Goa and sensing the need for skill based education, the Society started Guardian Angel Institute of Hotel Management and Catering Technology, to empower and uplift the youth of Sanguem, Quepem and other remote parts of Goa.

It has proved to be a stepping stone, especially for the youth of the marginalized section of the Society. Today, this institution excel at all levels, be it academics, sports, co-curricular activities etc. Thanks to the hard works of Management, PTA, Staff and students.

May this magazine "EMPOWER 2025" serve as a source of inspiration and motivation, celebrating the achievements and aspirations of all associated to this institution.

I would like to congratulate the Management, PTA, Teaching and Non-Teaching staff for their dedication and selfless services they render to the institute, in imparting knowledge and values to students, thus contributing towards the growth and empowerment of the youth.

I pray for God's abundant blessings on the institution, the staff and students. May they continue to scale greater heights of excellence in the hospitality industry.

MANAGER'S MESSAGE

In our world today, one witnesses a dynamic growth of specialization in various areas of employment. Hotel Management and Catering Technology is one such field that has taken centre stage in Goa



Fr. Thomas Gonsalves, SFX
Manager, Guardian Angel Schools

Once again the annual magazine EMPOWER 2025 of the Guardian Angel Institute of Hotel Management and Catering Technology (GAIHMCT) is to see the light of day. I am pleased to be invited to give a message expressing my sentiments.

Being part of the campus I am a close witness to the excellent management and the spirit of eager learning that prevails among the students.

In our world today, one witnesses a dynamic growth of specialization in various areas of employment. Hotel Management and Catering Technology is one such field that has taken centre stage in Goa, being one of the leading destinations that attract tourists.

Facilitating the availability of good and delicious food is an important factor of making the tourists' stay enjoyable and memorable. It generates the felt need of rendering professional and specialized assistance to tourists and the people at large.

The Guardian Angel Institute of Hotel Management and Catering Technology is celebrating twenty-eight years of its laudable service of training hospitality professionals. Down the years many have passed out from its portals. They chose this profession of hotel management and catering technology as their means of livelihood. One can also view their response to the demands of catering in Goa as their humble contribution towards enhancing the economy of the State.

Hats off to the acting Principal Mr. Raynold D'souza and staff for their dedicated service in leaving no stone unturned in providing the best to the students.

PRINCIPAL'S MESSAGE

Guardian Angel IHMCT was founded in Curchorem with a noble mission—to uplift the local community by providing quality education in hospitality. Our faculty takes immense pride in shaping students for the industry's demands, ensuring they are well-prepared both mentally and physically.



Raynold D' souza
Officiating Principal
Guardian Angel IHMCT

With immense pride and gratitude, I share this message for our college magazine, reflecting on the journey that has brought me back to my alma mater, Guardian Angel IHMCT. As a student of the second batch in 1998, just a year after the institute's establishment, I have always felt a deep-rooted connection with this institution. My professional journey began at Holiday Inn Goa, followed by enriching experiences at The Oberoi Mumbai and Celebrity Cruises. Now, having come full circle, I am honored to serve the very institution that shaped my foundation.

My association with Guardian Angel IHMCT resumed in 2016 as a visiting faculty member, and in 2017, I transitioned into a full-time role. By 2021, I was privileged to be confirmed as the Head of the Food & Beverage Department. Today, I am deeply humbled and grateful to the management for entrusting me with the responsibility of leading this esteemed institute as the officiating Principal since November 1, 2024.

Over the years, we have witnessed a significant generational shift in learning styles, attitudes, and aspirations. From a time when students relied on library resources for research to today's instant access to information at their fingertips, the evolution is evident. While technology has brought convenience, it has also introduced distractions—social media and gaming often take precedence over focus, passion, and dedication. Our challenge as educators is to guide students toward utilizing their time effectively for self-development and career growth.

Guardian Angel IHMCT was founded in Curchorem with a noble mission—to uplift the local community by providing quality education in hospitality. Our faculty takes immense pride in shaping students for the industry's demands, ensuring they are well-prepared both mentally and physically. Strong communication skills, soft skill training, and structured career guidance remain at the core of our teaching approach, helping our students not only meet but exceed industry expectations.

PRINCIPAL'S MESSAGE

Unlike metropolitan institutions where students often enroll with a defined career path, our student base primarily consists of individuals from smaller towns who require additional mentoring and confidence-building.

Recognizing this need, we have incorporated structured soft skill training—similar to Toastmasters—into our curriculum, focusing on public speaking and confidence-building exercises. This initiative equips our graduates with the assurance and professionalism required to thrive in the industry.

Campus Excellence

Today, I take immense pride in leading an institution located in a remote part of Goa, yet offering some of the finest infrastructural facilities in the state. Our recently inaugurated campus is equipped with a modern conference hall, a dedicated boardroom, a fully equipped training restaurant and kitchen, a state-of-the-art library, and comprehensive front office and housekeeping departments.

In keeping with industry trends and digitalization, each classroom is equipped with smart boards, enhancing the learning experience. Our attendance software allows faculty, students, and parents to track performance in real-time.

Additionally, the continuous upgrading of our website and active presence on social media ensures that we remain competitive in the ever-evolving hospitality landscape.

Career and Industry Collaborations

On the career front, our partnerships with leading hospitality brands provide students with premier industry exposure. Tie-ups with star properties facilitate direct placements, while our MoU with Vira International ensures access to overseas opportunities, allowing our students to step into the global hospitality arena with confidence.

I am proud to be part of an institution that continuously nurtures and shapes aspiring hospitality professionals, supported by a dedicated faculty team that tirelessly mentors and guides students. As we move forward, we remain steadfast in our commitment to delivering quality education, fostering industry readiness, and instilling confidence in every student who walks through our doors.

Together, let us continue to elevate Guardian Angel IHMCT as a beacon of excellence in hospitality education.

I am proud to be part of an institution that continuously nurtures and shapes aspiring hospitality professionals, supported by a dedicated faculty team that tirelessly mentors and guides students.



GUARDIAN ANGEL

INSTITUTE OF HOTEL MANAGEMENT AND CATERING TECHNOLOGY

Curchorem - Sanvordem, Goa

BOARD OF TECHNICAL EDUCATION, GOA STATE

APRIL 2024 RESULT

CONGRATULATIONS

FINAL YEAR STUDENTS FOR THE EXCELLENT RESULTS



Mr. Austin Anthony Coutinho
78.76%



Mr. Sunny Cardozo
78.11%



Ms. Dasha Olesia Fernandes
77.11%

THE LATE ANTONIO LORETO DA COSTA MEMORIAL AWARDS

This Award is presented to the top three final year students of our Institute based on their performance in the Final Examinations.



Late Mr. Antonio Loreto Da Costa, an alumnus of our Institute from Curtorim, Goa, inspires this award through his hardwork, dedication, passion and love he put towards his work with all his heart.

The initiative for this honour comes from his parents Mr. Oscar and Mrs Umbelina Da Costa and his sisters Lucrecia and Lara Maria.



THE POWER OF KINDNESS IN EVERY DAY LIFE

Coral Deirdre Mascarenhas

Kindness is something that can make a big difference in our daily lives, even if it seems small. As a student in Hotel Management, I've learned that being kind to others can create a positive environment around us, especially in college.

Being a Councillor has allowed me to see how a kind word or a helping hand can change someone's day. Whether it's helping a classmate with their work or organising events to bring students together, kindness helps create a sense of community and support. I've also realised that showing kindness to my juniors, like oering them dinner or just listening to them, makes them feel valued and appreciated.

These simple acts bring us closer and help create a friendly and welcoming atmosphere in college. Even in my hobbies like dancing and singing, kindness plays an important role. When working with others in a group, kindness builds trust and encourages cooperation, making it easier for everyone to work together and have fun.

In the busy moments of daily life, it's easy to forget the importance of kindness. But I've found that taking the time to show kindness, no matter how small, can brighten both someone else's day and your own. In a world that moves fast, kindness is a powerful tool that we should all carry with us, sharing it wherever we go.

As the famous author Aesop once said, "No act of kindness, no matter how small, is ever wasted." In the end, it's the small acts of kindness that make a big dierence in our college life.

It reminds us that we're all human, and a little kindness can help make the world a better place, one simple gesture at a time.

STUDENT MESSAGE

In recent times we have seen many road accident people losing their lifes because of silly mistakes and do you know why it's happening?? Let me tell you why it's because of not following the road safety protocols as well as having no proper knowledge about safe driving

Road safety refers to the practices and measures that keep people safe while driving, crossing the road, or using public transportation.

Road safety is an important aspect which we all need to take it very seriously while driving the vehicle on the road because if we are not following the road safety rules and regulations it may cause fetal injuries to us and also it may take our life because of our own mistake and carelessness



ROAD SAFETY

Vansh Gaonkar

Life is very precious and we all should take care of our life as well as of other's life while driving vehicles on the road

Following are the road safety rules and regulations.

- **Wear a seatbelt**
- **Avoid distractions**
- **Follow traffic signals**
- **Maintain a safe distance**
- **Don't exceed speed limits**
- **Do not drink and drive**

How we can practice road safety?

- **Follow traffic rules:** Obey speed limits, traffic signals, and lane discipline.
- **Avoid distractions:** Don't use your phone, eat, or engage in other activities while driving.
- **Be aware of your surroundings**: Be cautious of road conditions, especially in bad weather.
- **Take regular breaks:** Long hours on the road can lead to fatigue.
- **Wear a seatbelt:** Always wear a seatbelt.
- **Service your car regularly:** Check your brakes, tires, lights, and other critical components.
- **Secure your load:** Ensure that your cargo is properly secured.

In Conclusion, Life is very precious and we all should take care of our life as well as of other's life while driving vehicle on road and being a responsible citizen we should practice and promote safe driving by following the rules and regulations properly



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EX-STUDENT MESSAGE

My journey in Guardian Angel Institute of Hotel Management and Catering Technology (IHMCT) situated in Curchorem, Goa, was an unexpected yet life-changing journey for me. When I first got in, I felt lucky but also nervous about the 1 hour and 30-minute daily commute. Traveling such a long distance seemed exhausting, but over time, I got used to it, and soon, I started looking forward to my college days.

From the very first day, the faculty and non-teaching staff greeted us with big smiles and warmth, making us feel at home. My first impression of the college was overwhelmingly positive. The environment was welcoming, professional, and filled with opportunities to learn and grow.

One of the best aspects of Guardian Angel IHMCT was meeting students from different talukas and states. It was exciting to interact with people from diverse backgrounds, make new friends, and learn together as one big family.



MY EXPERIENCE IN COLLEGE

Dasha Fernandes

From the very first day, the faculty and non-teaching staff greeted us with big smiles and warmth, making us feel at home

I had the best batchmates, and everyone was friendly, supportive, and always ready to work as a team. Initially, I joined the college thinking I would pursue a career in the front office. However, as my teacher once said, "Your mind will change as you experience all the departments." And he was right! I found myself drawn to the food and beverage service department, and I absolutely loved it.

Under the guidance of Sir Raynold, I discovered my passion for F&B service. His professionalism, expertise, and leadership helped shape us into skilled professionals. Our main focus was ensuring the success of events, as everything—from planning the menu to the final service—depended on the F&B team. We had a strong, hardworking team, and together, we made sure that every event left guests happy.

Guardian Angel IHMCT provided state-of-the-art practical spaces where we gained hands-on experience in Learning to prepare dishes from different cuisines under the guidance of Chef Guillermo, Chef Karl, and Chef Nicky was an exciting experience. Our kitchen practicals were intense, fun, and full of learning. Food and beverage service led by Sir Raynold, this was where I found my passion and learned the art of service and event execution.

EX-STUDENT MESSAGE

Thanks to Miss Betty, we mastered the importance of cleanliness, bed-making, flower arrangements, and maintaining a welcoming environment.

Sir Rahul taught us that the front office desk creates the first and last impression on a guest, making it a crucial department in hospitality. Ah, yes! The one subject that made most of us cry—accounts. To be honest, I dreaded it, but Miss Tina had this magical ability to make even debit and credit entries sound easy! She made accounts so simple that even the "math-haters" among us survived!

To prepare us for real-world experiences, the college sent students for internships at five-star hotels and top resorts. We also got opportunities to work in outdoor catering, which gave us first-hand exposure to the hospitality industry. Additionally, Guardian Angel IHMCT conducted certified courses on campus, allowing students to gain extra skills and industry-recognized qualifications.

Our college wasn't just about studies—we had numerous extra-curricular activities and participated in many competitions, often bringing home victories. The faculty actively encouraged us to pitch ideas, plan events, and execute them successfully. Our entire college worked as one big team to ensure that every event was a grand success.

We also had the opportunity to interact with hospitality professionals, who were invited to give industry talks, sharing insights on current trends and career opportunities. These interactions helped us understand the realities of the industry beyond what we learned in class.

College life wasn't always easy—we had to balance theory, practicals, extra activities, and personal commitments. However, our faculty guided us through every challenge, teaching us time management, stress management, and teamwork.

One of the most valuable lessons I learned at Guardian Angel IHMCT was the importance of good communication skills. The faculty helped us build confidence, improve public speaking, and overcome stage fear, ensuring that we were ready to face the world of hospitality with poise and professionalism.

Looking back, my time at Guardian Angel IHMCT was unexpected yet unforgettable. The amazing faculty, hands-on learning, teamwork, and friendships made my college experience truly special. Every challenge helped me grow, and every lesson shaped me into a stronger, more confident individual.

Guardian Angel IHMCT wasn't just a college; it was a home, a family, and the foundation of my future in hospitality. I will always cherish these years, the memories made, and the lessons learned.





May Empower 2025 **inspire**, **enlighten**
& bring **joy** to all who read it. Blessings of **creativity** & **wisdom**.
God bless Guardian Angel IHMCT, Goa.

BARTOLOMEU & LEONORA REBELLO & CHILDREN,
FR. JOAQUIM REBELLO SFX, BOLWIN/SHARON,
FRANCY/MARCUS, JOAO(JOHN)/MELISSA,
GRANDCHILDREN - NATHAN, RUBEN, ASIEL, AIMEE & NORA

Pschology of Guest Satisfaction and Building Repeat Guests

Elita Pereira



Familiarity with a hotel's services and atmosphere helps guests feel at ease, making it more likely they will return. Hotels that understand this can build strong relationships with guests, ensuring loyalty.

In the hospitality industry, the key to success isn't just about providing a service; it's about creating an emotional connection with your guests.

Understanding the psychology of guest satisfaction is essential for hotel businesses looking to thrive and build a loyal clientele. By tapping into the factors that influence a guest's experience, hoteliers can ensure not only satisfaction but also repeat visits.

Factors That Drive Guest Satisfaction

Guest satisfaction is the emotional outcome of the service provided, shaped by expectations and experiences. From the moment a guest steps into a hotel, their journey begins. Key elements like service quality, ambience, and personalized attention contribute directly to their satisfaction. Service that is friendly, efficient, and tailored to individual needs can leave a lasting positive impression. A clean and inviting environment is just as crucial, providing comfort and aesthetic pleasure.

However, the most crucial aspect of satisfaction lies in meeting or exceeding the guest's expectations. The better the experience is compared to their anticipations, the higher the level of satisfaction. For hoteliers, consistency in delivering quality service is key—failure to do so can lead to disappointed guests who may not return.

Emotional Drivers Behind Satisfaction

At the heart of guest satisfaction are emotional triggers. Guests want to feel recognized, cared for, and special.

Personalization plays a huge role in this. Remembering a guest's preferences, greeting them by name, or offering custom services can make them feel valued. Similarly, the ability to show empathy and care can go a long way in ensuring they leave with a positive impression.

Additionally, recognition plays a huge part. A loyal guest who returns regularly appreciates it when a hotel remembers them. Whether it's offering a special perk, a personalized welcome, or a loyalty reward, these gestures go beyond simple service—they foster emotional bonds.

Psychological Insights into Satisfaction

Psychologists have long studied the human need for satisfaction. The Expectancy Disconfirmation Theory explains how guests assess their experiences by comparing them with expectations. If a guest's experience exceeds their expectations, the outcome is positive disconfirmation—boosting satisfaction. On the other hand, if the experience is underwhelming, negative disconfirmation leads to dissatisfaction.

Drawing from Maslow's Hierarchy of Needs, it's clear that satisfaction starts with basic needs like comfort and security. However, once those are met, guests are more likely to seek out higher-level emotional needs—such as recognition and social connection. This explains why repeat guests, who feel a deeper sense of connection, are more likely to return to a hotel they trust.

The Power of Repeat Guests

Why do some guests return while others don't? The answer lies in familiarity, comfort, and connection. Familiarity with a hotel's services and atmosphere helps guests feel at ease, making it more likely they will return. Hotels that understand this can build strong relationships with guests, ensuring loyalty. Loyalty programs, personalized communications, and special offers are all tools that can enhance the guest's emotional connection to the brand.

An interesting concept is psychological ownership, which occurs when guests feel a sense of attachment to a hotel, making them feel as if it's their personal place. This feeling of "ownership" not only boosts loyalty but also the chances of repeat visits.

The Technology Factor

In today's digital world, technology plays an increasingly important role in enhancing guest satisfaction. Automated check-ins, mobile room keys, and AI-driven services make the guest experience seamless and efficient. However, while technology can streamline processes, it's the personal connection that guests value most.

A balance between technological convenience and human interaction is essential for keeping the emotional bond strong.

Conclusion

The psychology of guest satisfaction is more than just good service—it's about creating meaningful experiences that resonate emotionally.

By focusing on personalization, empathy, and consistent service, hotels can build lasting relationships with their guests.

When guests feel cared for and valued, they are not only more likely to return—they'll become brand advocates, recommending the hotel to others and ensuring long-term success.

In the competitive world of hospitality, understanding and applying the principles of guest satisfaction is the path to building a loyal and happy customer base.





World Tourism day Celebration

EVOLVING LANDSCAPE OF HOSPITALITY

A Journey into the Future

As a dynamic industry, we must embrace change, stay ahead of trends, and most importantly, uphold the true essence of hospitality—creating memorable experiences for guests

The hospitality industry is one of the most dynamic and ever-evolving fields, continuously adapting to new trends, technologies, and guest expectations. As students of hotel management, we are not just learning about service; we are preparing to be the architects of unforgettable experiences. From luxurious hotels to cozy cafés, from fine dining to adventure tourism, the opportunities in hospitality are limitless.

The Art of Personalization

In today's digital age, personalization is the key to guest satisfaction. Hotels and restaurants are leveraging artificial intelligence (AI) and data analytics to understand guest preferences and create tailor-made experiences. Imagine a hotel that remembers your favorite room temperature, preferred pillow type, and even your morning coffee order—all before you even ask! As future hospitality professionals, mastering the art of personalization will set us apart.

Sustainability: The Future of Hospitality

Sustainability is no longer an option; it's a necessity. Eco-friendly hotels, zero-waste kitchens, and responsible sourcing of ingredients are becoming industry standards. From energy-efficient buildings to farm-to-table dining, the hospitality sector is embracing sustainability to reduce its carbon footprint. As students, we must be aware of these practices and incorporate them into our future workplaces.

Technology Meets Hospitality

Technology is revolutionizing the way we interact with guests. Contactless check-ins, robotic room service, and virtual reality (VR) tours are just a few examples of how hotels are enhancing customer experience. Learning how to integrate technology with traditional hospitality will be a game-changer in our careers.



Zuriel Rebello

STUDENT MESSAGE

Evolving Landscape.. Contd

The Power of Soft Skills

While technology and innovation are transforming the industry, the heart of hospitality remains unchanged—service with a smile. Communication, empathy, problem-solving, and leadership are essential soft skills that define successful hospitality professionals. These qualities ensure that every guest feels valued and cared for, creating lasting impressions.

Opportunities Beyond Hotels

A degree in hotel management opens doors to diverse career paths. Event management, cruise ship operations, luxury brand management, airline catering, and even entrepreneurship are exciting options. The world of hospitality extends far beyond hotels, offering endless possibilities to explore.

Conclusion

As we step into this dynamic industry, we must embrace change, stay ahead of trends, and most importantly, uphold the true essence of hospitality—creating memorable experiences for guests. The future of hospitality is bright, and as aspiring professionals, we hold the key to shaping it.

Let's step forward with passion, innovation, and a commitment to excellence.

Field Trip to Manali





BEST WISHES

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Let's Embrace the challenges, chase our dreams and make most of our college journey.

The Best is yet to come!

Best Wishes
Ardian Rebello

STUDENT MESSAGE

GAIHMCT

SHAPING FUTURE LEADERS

Life of a Hotel Management Student is a World of Endless Possibilities. As a hotel management student, life is a whirlwind of excitement, challenges, and endless learning opportunities. From the intricacies of hospitality law to the art of crafting the perfect cocktail, hotel management students are groomed to become the ultimate hosts, ensuring that every guest feels like royalty.

A Typical Day at GAIHMCT, for a student begins early, with lectures on subjects like food and beverage management, front office operations, and housekeeping. Theoretical knowledge is supplemented with practical training, where students get to hone their skills in real-world settings.

Practical training is an integral part of hotel management education. Students are required to complete internships in various departments of a hotel, such as the kitchen, front desk, or housekeeping. This hands-on experience not only helps students develop their skills but also gives them a taste of what to expect in the real world. The students are bombarded with skills and knowledge by faculty members who are professionals and well adequate. They make learning more fun and intresting.

At GAIHMCT, students are also taught essential soft skills like communication, teamwork, and problem-solving. These skills are crucial in the hospitality industry, where providing exceptional customer service is paramount.

Life on campus is vibrant and engaging, with numerous extracurricular activities and events that help students develop their skills and build their network. From culinary competitions to hospitality conferences, fun week, Theme dinner, canteen service, interclass sports etc there's always something happening on campus.

The career prospects for hotel management students are vast and exciting. With Campus Interviews, Students can expect to work in various roles, from front office managers to executive chefs, in top 5 star hotels and resorts around the world.

Practical training is an integral part of hotel management education. Students are required to complete internships in various departments of a hotel, such as the kitchen, front desk, or housekeeping

While the life of a hotel management student can be challenging, the rewards are well worth it. From the satisfaction of seeing a guest enjoy a meal to the thrill of working in a fast-paced environment, hotel management students are groomed to become passionate professionals who thrive in the hospitality industry.

STUDENT MESSAGE

SHAPING LEADERS.. Contd

For those aspiring to pursue a career in hotel management, here are a few words of advice:

- Be passionate: A career in hotel management requires passion, dedication, and a love for serving others.
- Develop your skills: Focus on developing your communication, teamwork, and problem-solving skills.
- Gain practical experience: Seek out internships and practical training opportunities to gain hands-on experience.
- Network: Build relationships with professionals in the industry and attend industry events to stay connected.

In conclusion, the life of a hotel management student is a journey of discovery, growth, and endless possibilities.

With the right attitude, skills, and passion, aspiring hotel management students can look forward to a rewarding and exciting career in the hospitality industry. GAIHMCT is true to its principles and aims at producing Honest, Skilled and Passionate individuals.



Lionel Fernandes

MEMORABLE EXPERIENCE AT THE ENZO HOUSEKEEPING OLYMPIAD

Eliseus Jose Niasso

Competing at the Enzo Housekeeping Olympiad was an enriching and unforgettable experience. Organized by Better Kitchen and hosted at Manipal University Jaipur, this prestigious event took place on February 28, 2025 and brought together hospitality students from across the country to showcase their housekeeping expertise.

The Competition Rounds

1. Pen and Paper Test: The first challenge was a 30-minute written test assessing theoretical knowledge of housekeeping operations.
2. Flower Arrangement: Participants were given a choice of four themes, and I selected the “New Wedding Theme” to create an elegant floral arrangement within 45 minutes.
3. Table Setup Corner: This round required us to design a themed table setup corner. I opted for the “Newborn Baby Theme” and had 20 minutes to execute my concept.
4. Creative Housekeeping Items: The final task involved crafting two ‘Do Not Disturb’ cards, two knob cards, and two napkin folds, all within a 45-minute timeframe.

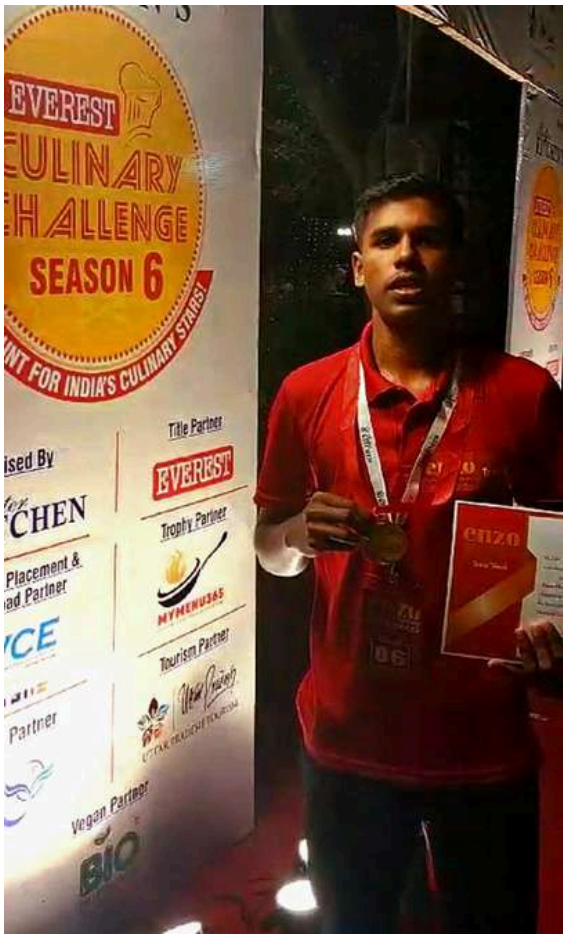
Throughout the competition, judges evaluated our work, offering insights and feedback while asking us to elaborate on our creative choices.

A Rewarding Experiencee

Participating in the Enzo Housekeeping Olympiad was an invaluable opportunity to test my skills, gain fresh perspectives, and refine my craft. The event not only encouraged innovation but also reinforced the importance of attention to detail in housekeeping—a crucial aspect of the hospitality industry.

I am deeply grateful to my college, principal, and faculty for their guidance and for giving me the chance to represent Guardian Angel IHMCT on this esteemed platform. This experience has inspired me to continue pushing boundaries in hospitality and strive for excellence in my career.

It was an invaluable opportunity to test my skills, gain fresh perspectives, and refine my craft. The event not only encouraged innovation but also reinforced the importance of attention to detail in housekeeping




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THE GRAND FINALE CELEBRATIONS F&B, YOUNG COMPETITION

Jayson Mathew Khothkar

The Food & Beverage Young Competition by Better Kitchen was an extraordinary event that brought together some of the most talented young professionals in the hospitality industry. With 12 students from 17 different states competing in the final round, the competition showcased diversity, creativity, and excellence in food and beverage service.

I, Jayson Mathew Khothkar, had the honor of participating in this prestigious event, and I extend my deepest gratitude to my college, Guardian Angel IHMCT, and my Mentor Mr. Nikky Fernandes, for his unwavering support and guidance. His mentorship played a crucial role in preparing me for this intense competition, which tested both our theoretical knowledge and practical skills.

The Journey Through the Finale Rounds

The final round of the competition was structured to assess different aspects of food and beverage service, from technical expertise to presentation skills.

Round 1: Pen & Paper Test :

The competition began with a written test, evaluating our theoretical knowledge of the food and beverage industry. This round ensured that participants had a strong foundation in hospitality concepts, service techniques, and industry standards.

Round 2: Table Setup :

Following the written test, participants had 30 minutes to create a table setup for two pax, selecting from one of these themes:

- Rustic Farmhouse
- Boho Chic
- Vintage Tea Party
- Holiday Festivities
- Elegant Black and White

Competing in this national-level event, alongside 12 talented students from 17 different states, was an experience I will always cherish. The competition pushed my skills, creativity, and confidence to new heights. I am deeply grateful to Guardian Angel IHMCT for equipping me with the knowledge and training to perform at this level.



STUDENT MESSAGE

F&B Celebrations.. Contd

This round challenged our ability to execute theme-based table presentations, use crockery effectively, and enhance the overall aesthetic appeal of the dining experience. Being allowed to bring our own materials helped in personalizing our setup.

Round 3: Mystery Basket – Mocktail Making
The third round was a mocktail-making challenge, where we had 10 minutes to craft a unique drink using ingredients provided in a mystery basket. This round tested our flavor balancing skills, creativity, and presentation. Bringing our own glassware allowed for a polished final touch.

Round 4: Flair Bartending
One of the most thrilling rounds of the competition was flair bartending, where we demonstrated our flairing skills. Participants could choose from or mix the following techniques:

- Battling
- Two-Handed Flair
- One-Handed Flair
- Bottle Manipulation

With only 2 minutes to perform, this round required confidence, dexterity, and showmanship. Using our own flair bottles helped ensure precision while performing.

Bonus: Types of Napkin Foldings
Another key aspect of the competition was napkin folding, an essential skill in fine dining. This segment tested our ability to create intricate and professional folds, elevating the overall dining experience.

Gratitude and Takeaways
Competing in this national-level event, alongside 12 talented students from 17 different states, was an experience I will always cherish.

The competition pushed my skills, creativity, and confidence to new heights. I am deeply grateful to Guardian Angel IHMCT for equipping me with the knowledge and training to perform at this level.

A special thank you to Principal Raynold D'Souza, whose encouragement and leadership have been instrumental in my journey.



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STUDENT MESSAGE

FARM TO TABLE
A NEW PARADIGM IN FARM &FOOD CULTURE

Coming from a farming background, cultivation and agriculture hold a special place in my heart. Yet, the hard reality of the farming community and agriculture in India has often been painted in negative hues.

I remember the words of Mahatma Gandhi: "Agriculture is the backbone of our nation."

Perhaps this is why we never turn back to see this backbone and allow it to suffer. The struggles of agriculture in India are manifold, from unpredictable weather patterns and inadequate infrastructure to fluctuating market prices and limited access to advanced farming techniques.

Despite these challenges, now is the time when the farming community and agriculture are finally receiving the attention they deserve. We need to create and increase the value of the products produced. Thus, the concept of "Farm-to-Table" presents itself as a new paradigm in both farm culture and food culture.

Concept of Farm-to-Table

The "Farm-to-Table" movement emphasizes the direct relationship between farmers and consumers. It focuses on delivering fresh, locally sourced food straight from the farm to the dining table, reducing the distance food travels and minimizing the involvement of intermediaries. The significance of this concept is manifold.

Significance and Purpose

The primary purpose of Farm-to-Table is to ensure that consumers receive fresh and nutritious food while supporting local farmers.

This movement aims to bridge the gap between urban consumers and rural producers, fostering a sense of community and mutual respect. It seeks to educate consumers about the origins of their food, promoting transparency and trust in the food supply chain.

Benefits of Farm-to-Table

Cultural Values: Farm-to-Table upholds cultural values by preserving traditional farming practices and promoting local cuisine. It encourages the use of indigenous crops and farming methods, which are often more sustainable and environmentally friendly.

This movement aims to bridge the gap between urban consumers and rural producers, fostering a sense of community and mutual respect.

Geographical Implications: Geographically, the movement can help diversify the agricultural landscape. By focusing on local produce, it can reduce the reliance on monoculture and promote the cultivation of a wider variety of crops suited to the local climate and soil.

Economic Impact: Economically, Farm-to-Table can provide a significant boost to local economies. Farmers receive fair prices for their produce, eliminating the need for middlemen who often exploit them.

STUDENT MESSAGE

FARM TO FOOD CULTURE .. Contd

This direct trade can increase farmers' income and improve their livelihoods.

Environmental Benefits: Environmentally, the movement reduces the carbon footprint associated with transporting food over long distances. It promotes sustainable farming practices, such as organic farming, which are less harmful to the environment.

Advantages and Disadvantages
While the advantages are numerous, such as fresher produce, better taste, and supporting local economies, there are also challenges. One disadvantage is that local produce might be more expensive than mass-produced food due to smaller scales of production. Additionally, the availability of certain products may be seasonal, limiting consumer choices.

Promotion and Success Rate
Promoting Farm-to-Table requiresawareness campaigns and education. Restaurants and food businesses can play a crucial role by sourcing ingredients locally and highlighting this in their marketing. Farmers' markets, community-supported agriculture (CSA) programs, and food cooperatives are excellent platforms to connect farmers with consumers.

The success rate of Farm-to-Table initiatives can be measured by the increased income of farmers, the freshness and quality of food available to consumers, and the reduction in environmental impact. Community engagement and consumer willingness to support local produce are also key indicators of success.

Conclusion
Farm-to-Table is more than just a trend; it's a sustainable approach to food consumption that benefits farmers, consumers, and the environment.

By embracing this concept, we can create a resilient and equitable food system that honours the hard work of our farmers and provides nourishing food to all.



Andrew Joseph. A

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HOME BAKER

Umbelina Menezes e Da Costa, is an example of a person who has a vision. When her aunt in law Inês Maria Do Carmo Costa became a widower, she came up with an idea to support her family. Thus 'Bolache Nezita' or biscuits and cakes. After Umbelina's marriage in 1989 she thought of carrying forward the business.

Since Umbelina's husband didn't want her to work, he suggested that she could take over her aunt's business. Although she changed the name to 'Nezita', she wanted to continue with the same concept and brand.

Following in her aunt in law's footsteps, Umbelina took up this initiative for supporting her family, and funding the education of her children

Initially she started with bebincas, and slowly began preparing other sweets like Chana Doce, Batica, Bolinha, Dodol and others. Currently she bakes seven products.

When she took over her aunt in law's business, she also thought about how other women can easily bake the sweets at home but choose to buy it from shops instead.

Apart from focusing solely on her business, she went out of her way to teach other women also to bake these goods.

She thus created a method for the neighbouring women to do something on their own, rather than relying on their husbands. Umbelina's motivation has gone a long way in helping the neighboourhood to enjoy the goods they bake.

She created a method for the neighbouring women to do something on their own, rather than rely on their husbands.



In Fond Memory of



Born
13/10/1939

Died
08/02/2025

Rosario Coutinho





Born
31/05/1970

Died
13/01/2025

Benny Coutinho

If tears could be a stairway &
memories were a lane,
We could go right up to heaven and
Bring you'll back again

Best Wishes From:

Cajetan & Kelly
Juliao

REVOLUTIONIZING HOSPITALITY

The Rise of Robotics and Automation in India's Hotel Industry

Stephen Mascarenhas

The hospitality industry in India is undergoing a significant transformation, driven by the increasing adoption of robotics and automation. As the country's tourism sector continues to grow, hotels and restaurants are leveraging cutting-edge technology to enhance guest experiences, improve operational efficiency, and reduce costs. In this article, we will explore the current state of robotics and automation in the Indian hospitality industry, its benefits, and the future prospects of this emerging trend.

Current State of Robotics and Automation in Hospitality:

Robotics and automation are being increasingly used in various aspects of the hospitality industry, including:

1. Front Desk and Reception: Automated check-in and check-out systems, powered by artificial intelligence (AI) and machine learning (ML), are becoming common in Indian hotels. These systems enable guests to quickly and effortlessly complete the check-in process, reducing wait times and enhancing the overall experience
.
2. Room Service and Food Delivery: Robots are being used to deliver food and beverages to guest rooms, minimizing the need for human interaction and reducing labor costs. For example, the ITC Grand Chola in Chennai has introduced a robotic butler that can deliver food, drinks, and even laundry to guest rooms.

3. Housekeeping and Cleaning: Autonomous cleaning robots are being used to maintain the cleanliness and hygiene of hotel rooms, corridors, and public areas. These robots are equipped with advanced navigation systems and can efficiently clean large areas with minimal human intervention.

4. Customer Service: Chatbots and virtual assistants are being used to provide 24/7 customer support, answering guest queries, and helping with room bookings and other services.

Benefits of Robotics and Automation in Hospitality:

The adoption of robotics and automation in the hospitality industry offers numerous benefits, including:

1. Enhanced Guest Experience: Robotics and automation enable hotels to provide personalized and efficient services, leading to increased guest satisfaction and loyalty.

2. Improved Operational Efficiency: Automation of repetitive tasks frees up human staff to focus on more complex and high-value tasks, leading to improved productivity and efficiency.

3. Reduced Labor Costs: Robotics and automation can help hotels reduce labor costs, which are a significant component of their operational expenses.

4. Increased Accuracy and Consistency: Automated systems can perform tasks with greater accuracy

robotics . Contd

Future Prospects:

The future of robotics and automation in the Indian hospitality industry looks promising, with several trends and technologies expected to shape the sector:

1. Increased Adoption of AI and ML: Hotels are expected to leverage AI and ML to analyze guest data, preferences, and behavior, enabling them to provide more personalized and tailored experiences.

2. Rise of Autonomous Robots: Autonomous robots are expected to become more prevalent in hotels, taking over tasks such as room service, housekeeping, and concierge services.

3. Integration with IoT: The integration of robotics and automation with the Internet of Things (IoT) is expected to enable hotels to create more seamless and connected experiences for guests.

4. Growing Demand for Robotics and Automation: As the Indian hospitality industry continues to grow, the demand for robotics and automation is expected to increase, driving innovation and investment in the sector.

Conclusion:

The adoption of robotics and automation in the Indian hospitality industry is transforming the way hotels and restaurants operate, enhancing guest experiences, and improving operational efficiency. As the sector continues to evolve, we can expect to see more innovative applications of robotics and automation, driving growth, and competitiveness in the industry.

Whether you're a hotel owner, operator, or guest, the future of hospitality in India is certainly exciting, and robotics and automation are set to play a key role in shaping it.



Chef Stephen Mascarenhas

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MANAGING FRONT DESK

During Peak Seasons in the Hotels

Rahul Kalangutkar

As the heart of any hotel or hospitality establishment, the Front Desk is a bustling hub of activity, especially during peak season. Whether it's the summer vacation rush, holiday festivities, or special events, Front Desk staff are pivotal in shaping guest experiences. This article explores key strategies for optimizing Front Desk operations during peak season, ensuring efficiency while maintaining excellent customer service.

Peak season can vary depending on geographic location, local events, and the type of establishment. Understanding when these busy periods occur is the first step in preparation. Data analysis from previous years regarding occupancy rates, reservation trends, and customer feedback can help anticipate demand and tailor operations accordingly.

1. Staffing Smartly: Hiring and Training

A well-staffed Front Desk is crucial during peak times. Consider the following strategies:

- Seasonal Hiring: Recruit temporary staff or interns familiar with hospitality operations. Make sure they receive adequate training to blend seamlessly with your team.
- Cross-Training: Empower existing staff members with cross-training opportunities so they can handle various roles, providing flexibility during high-demand periods.
- Onboarding and Training Modules: Implement comprehensive onboarding processes that include simulations of peak season scenarios, equipping staff to handle high-pressure situations effectively.

2. Streamlining Check-In and Check-Out Processes

Efficiency is key during busy times. Implement these tactics:

- Pre-Arrival Check-In: Encourage guests to check in online before arrival, reducing congestion at the Front Desk.
- Express Check-Out Options: Offer express check-out via mobile apps or kiosks, allowing guests to easily settle bills and avoid long queues.
- Clearly Defined Front Desk Stations: Designate specific areas for concierge services, assisting guests without overloading the check-in desk.

3. Leveraging Technology

Utilizing technology can help streamline operations and enhance guest experiences:

- Property Management Systems (PMS): An efficient PMS can handle reservations, check-ins, and billing seamlessly, enabling staff to focus on guest interactions.
- Mobile Apps: Implementing mobile apps for guests can facilitate requests, provide information, and assist with common inquiries without requiring Front Desk involvement.
- Chatbots and AI Assistance: Consider using chatbots for FAQs, freeing staff from routine questions to focus on personalized guest interactions.

4. Communication is Key

Clear communication between departments is essential for smooth operations during peak season:

- Daily Briefings: Hold morning meetings with the Front Desk and other relevant departments (housekeeping, maintenance) to align on goals, occupancy, and special requests.
- Utilize Walkie-Talkies or Apps: Ensure that staff can communicate in real-time to swiftly address guest needs and resolve issues.

5. Fostering a Culturally Inclusive Environment

During busy times, Front Desk staff may encounter diverse guests. To effectively manage this:

- Cultural Sensitivity Training: Equip your team with knowledge about various cultures and languages, enhancing guest interactions and minimizing misunderstandings.
- Multilingual Staff: Consider hiring or training staff who speak multiple languages, or provide resources (like translation apps) to assist in communication.

6. Feedback and Continuous Improvement

Learn from each peak season to improve the next:

- Gather Guest Feedback: Use surveys or digital feedback forms after check-out to gauge guest satisfaction and areas needing improvement.
- Post-Season Reviews: Conduct team debriefs to discuss what worked, what didn't, and how processes can be enhanced for the future.

In conclusion, managing Front Desk operations during peak season is a balancing act that requires strategy, preparation, and a commitment to customer service. By staffing smartly, using technology to streamline processes, maintaining clear communication, and enhancing cultural sensitivity, establishments can ensure a positive experience for guests and an efficient working environment for staff.

Preparing for the rush with these strategies not only boosts operations during busy times but also sets the foundation for long-term success and guest loyalty.



Rahul Kalangutkar

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IS TECHNOLOGY MAKING US LONELY?

Over the past few decades, technology like smartphones and social media, has forever changed the way we interact with one another. But during that same period, studies have found that people have grown more and more lonely, and which is having negative effects on societies around the world. So, we can't help but wonder: Could technology be responsible?

The effects of loneliness

Everyone feels lonely sometimes. After all, loneliness is an unfulfilled need for meaningful personal connection, and that need can hit you whether you're home alone, or in a crowded room. But if that feeling of loneliness persists, it can have dangerous effects on your physical, mental, and emotional health.

Some experts believe loneliness is as physically dangerous as obesity or smoking fifteen cigarettes a day. Studies have shown that it lowers your brain's neuron count, and alters some brain function. Loneliness has also been linked to heart disease, diabetes, substance abuse, and even early death. On top of all that, experts have also found that it affects people across all walks of life, regardless of gender, age, race, or social skills.

Many nations have declared a loneliness epidemic, as it burdens their healthcare systems, lowers productivity, and diminishes overall quality of life. One study reported that 47 percent of Americans feel they don't have any meaningful personal connections.

The United Kingdom's loneliness problem has become so prevalent, that they created the Ministry of Loneliness to handle the problem. Other nations like China and Japan are also dealing with widespread social isolation.

A 2017 study found that heavy social media users were three times more likely to feel socially isolated than casual users



Remetina Coutinho

technology.. Contd

How technology may be a problem

So what's behind the spike in loneliness? Although no one is exactly sure, the widespread use of digital screens likely has something to do with it.

Many experts believe that having constant access to technology, specifically smartphones, can prevent us from making personal connections. For many people, it's become a habit to reach for a smartphone any time they have a free moment, and this behavior could be making our loneliness worse. A University of Arizona study supported this idea, finding that smartphone dependence predicted a higher rate of loneliness and depression in young adults.

Experts also confirmed that too much social media usage can cause emotional harm. A 2017 study found that heavy social media users were three times more likely to feel socially isolated than casual users. Social media can also make people feel like they're missing out on meaningful social events, leading to feelings of exclusion, stress, and insecurity

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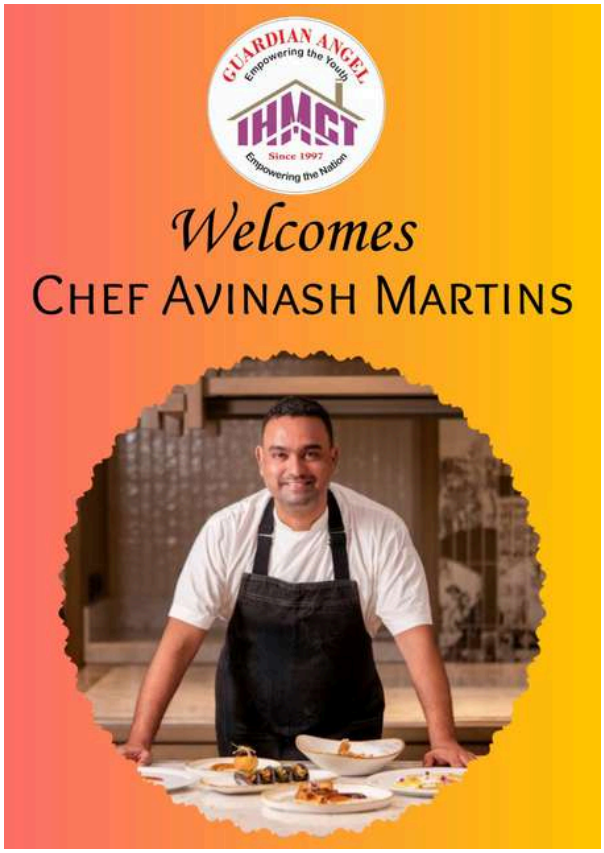
Social isolation can also lead some people down troublesome paths online. Individuals with extreme beliefs often seek out lonely people on social media and discussion forums to spread harmful worldviews. Extremism takes advantage of people's loneliness and anger, giving them a sense of belonging and community while flooding them with hostile content.

How technology can be a solution

While no one should rely on technology to meet all of their social needs, it can be a great starting point that leads to more fulfilling connections.

First of all, balanced social media usage can help combat loneliness, especially in populations that have a hard time meeting people face-to-face, such as the elderly. People can also use technology to meet up with a group that shares their interests

Speaking with someone can be the next best thing to meeting someone in person.Try to maintain a healthy balance between technology and developing personal connections. No matter who you are or where you're from, those connections can make a big difference.



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STAFF WELLNESS

Prioritizing the Well-Being of Housekeeping Teams

Betty Rebello

Housekeeping is one of the most physically demanding roles in a hotel. Ensuring the mental and physical well-being of the housekeeping staff is essential to maintaining their productivity, morale and overall job satisfaction. Here's a detailed look at strategies and initiatives hotels can adopt:

1. Promoting Physical Wellness:

- Ergonomic Support: provide housekeeping staff with ergonomic tools and equipment (light weight vacuums, adjustable cleaning carts) to reduce strain on their bodies.
- Health Check-ups: Organise regular health screenings and fitness camps to ensure employees are physically fit for the demands of their jobs.
- Break Policies: Enforce mandatory break periods during shifts, especially during peak seasons, to prevent burnout.
- Stretching Exercises: Begin shifts with group stretching exercises to minimise the risk of injuries caused by repetitive movements.

2. Addressing Mental Health:

- Stress Management Programs: Offer workshops and sessions on managing stress, mindfulness and relaxation techniques.
- Open-door policy: Encourage staff to discuss their concerns with managers without fear of judgement or repercussions.
- Mental Health Days: Allow staff to take days off specifically for mental health if needed.

Employee Assistance Programs: (EAPs) Provide access to counselling and support for those dealing with personal or professional challenges.

3. Building A Positive Work Culture:

- Recognition and Rewards: Acknowledge staff achievements, whether it's through employee of the month programs, shout-outs in team meetings, or small tokens of appreciation.
- Team- Building Activities: Organise social events, outings, or team building exercises to foster camaraderie among staff.
- Feedback mechanisms: Create platforms where employees can share suggestions and feedback, ensuring their voices are heard and valued.

4. Training and Development:

- Skills enhancement: Offer training programs that teach advanced housekeeping techniques, safety protocols, and interpersonal skills.
- Career growth: Provide opportunities for promotion and lateral moves to other departments, allowing staff to envision long – term careers within the hotels.
- Cross-Training: Encourage staff to learn about other hotel operations, which can add variety to their work and improve overall team collaboration.

Staff Wellness.. Contd

5. Ensuring Work place Safety:

- Protective gear: equip staff with gloves, masks, and other safety gear to protect them from chemicals and allergens.
- Safe work practices: Regularly train staff on safe liftin techniques and chemical handling procedures.
- Incident Reporting Systems: Establish a clear and supportive process for reporting work place or accidents or safety concerns.

6.Financial and Social Support:

- Fair Wages: Ensure competitive pay and overtime compensation, recognizing the hard work that housekeeping entails.
- Emergency funds: Provide financial assistance programs for staff in times of crisis.

Community Involvement: Organise events or programs That allows staff to give back to the community, which can boost the morale and a sense of purpose.

7.Encouraging Work-Life Balance:

- Flexible scheduling: Accommodate shift preferences whenever possible to help staff balance work with personal commitments.
- Vacation Policies: Ensure staff can take their entitled vacation days without pressure to work during their time off.
- Family Support: Offer childcare assistance or family wellness days to support employees with families.

8. Measuring Wellness Initiatives:

- Employee Surveys: Regularly conduct surveys to understand staff satisfaction and identify areas for improvement.
- Wellness Committees: Form committees that include housekeeping staff to oversee and suggest wellness initiatives.
- Retention Rates: Track turnover rates and correlate them with Implemented wellness programs to measure effectiveness.

Benefits of Focusing on Staff Wellness

- Improved Morale: Happy and healthy staff are more motivated and productive.
- Enhanced Guest Experience: A positive work environment translates to better service and attentiveness towards guests.
- Reduced Turnover: Wellness programs demonstrate that the organisation values its employees, leading to increased loyalty.
- Stronger Reputation: A hotel known for treating its staff well attracts both quality employees and guests who appreciate ethical business practices.



Betty Rebello


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INDIAN CUISINE

A Symphony of Flavours

Nicky Fernandes

India is a land of rich diversity, with numerous states, languages, and culinary styles. This immense variety ensures that every meal across the country is a delightful and palatable treat. Indian cuisine is a composition of mouth-watering regional cuisines, each with its own identity, characteristics, and uniqueness.

North India: Known for wheat-based dishes like roti and rich gravies, North Indian cuisine is heavily influenced by Mughal and Persian traditions. Think of dishes like butter chicken, kebabs, and biryanis that are aromatic and flavorful.

South India: This region focuses on rice-based staples like dosa, idli, and sambar. The use of coconut, curry leaves, and tamarind gives South Indian cuisine its distinct taste. A quintessential South Indian breakfast would be a crisp dosa served with coconut chutney and tangy sambar.

Coastal Areas: With access to fresh seafood, coastal regions emphasize dishes like fish curry, prawn masala, and crab fry. The coastal cuisine of Goa, for instance, is famous for its tangy and spicy fish curries and prawn balchao.

East India: This region highlights rice and fish-based cuisine. Bengali cuisine, for example, is known for its delicate balance of flavors, with dishes like macher jhol (fish curry) and rosogolla (a sweet dessert made from chenna).

West India: Western regions showcase vegetarian delights like dhokla, thepla, and pav bhaji. Gujarati cuisine is known for its subtle flavors and the use of sweet and sour elements in dishes.

Indian food is known for being rich but not necessarily fatty. The cooking process often involves expelling excess fat, ensuring that the dishes are flavorful without being greasy. Indian cuisine makes use of exotic spices for their special flavor and aroma. Red chilies are used at one's own discretion, allowing for a balance of spice.

Dum: A technique that involves cooking food in its own steam, ensuring that the delicacy retains all its flavor and aroma. An example is the famous Hyderabadi biryani, which is cooked using the dum method to achieve its signature taste.

Bhuna: A combination of stewing, sautéing, and stir-frying. This method is used to make dishes like bhuna gosht, where meat is cooked over medium to high heat with yogurt and spices until it becomes tender and flavorful.

Talna (Frying): In Indian cooking, frying is done in a kadai (wok) rather than a deep fryer. This method ensures even frying and is used for dishes like pakoras (fritters) and puris (deep-fried bread).

Indian Cuisine.. Contd

Bagar/Tadka/Chonkna (Tempering): Hot oil is used to extract and retain the essence, aroma, and flavor of spices and herbs. This process is performed either at the beginning or the end of cooking. A simple tadka can elevate the taste of dal (lentil soup) by adding mustard seeds, cumin seeds, and curry leaves.

Dhuanaar (Smoking): A technique used to smoke dry meat delicacies, usually done at the end of cooking. The process involves charcoal, ghee, and a dry spice like cloves, imparting a unique smoky flavor to dishes.

Bhuna (Roasting): Roasting is often done in a tandoor (clay oven), which imparts a flavor that is unique in the world of cuisine. Tandoori chicken, with its charred exterior and juicy interior, is a prime example of this technique.

Indian food is celebrated for its delicious flavors and diverse dishes. It makes use of fresh ingredients, low saturated fat, and is high in antioxidants, fiber, and protein. Spices like cumin, turmeric, and coriander are packed with antioxidants and anti-inflammatory properties.

One of the most important ingredients in Indian cooking is love. When food is cooked at home, it is infused with care and affection, making it even more special.

In conclusion, Indian cuisine is a true celebration of flavors, techniques, and traditions. It's no wonder that Indian food is considered some of the best in the world. So, next time you savor a plate of Indian cuisine, remember that it’s not just food—it's a labor of love, history, and culture.

Indian cuisine is a composition of mouth-watering regional cuisines, each with its own identity, characteristics, and uniqueness.



Nicky Fernandes

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The ART OF SOUS VIDE COOKING

A Guide to Precision And Perfection

Sous vide cooking, a method once reserved for high-end restaurants, has become increasingly accessible to home cooks. This innovative technique involves sealing food in airtight bags and cooking it in a water bath at a precisely controlled temperature. The result is a culinary experience that is both precise and perfect.

The Benefits of Sous Vide Cooking

Sous vide cooking offers several advantages over traditional cooking methods. By sealing food in airtight bags, flavours and nutrients are locked in, ensuring that your dishes are both healthy and delicious. Additionally, the precise temperature control afforded by sous vide machines eliminates the risk of overcooking or undercooking, making it an ideal method for cooking delicate proteins like eggs, fish, and poultry

Getting Started with Sous Vide Cooking

While sous vide cooking may seem intimidating, it is surprisingly easy to get started. All you need is a sous vide machine, a vacuum sealer, and a few basic ingredients. Simply season your food, seal it in a bag, and cook it in the water bath at the desired temperature. The machine will take care of the rest, ensuring that your food is cooked to perfection.

Exploring the Possibilities of Sous Vide Cooking

From tender steaks to perfectly cooked vegetables, the possibilities of sous vide cooking are endless.



Chef Karl Francis Correia

Sous Cooking.. Contd

Whether you're a seasoned chef or a curious home cook, sous vide cooking is an exciting and rewarding technique to explore. Some popular dishes to try include:

- Sous vide eggs with truffle oil and parmesan cheese
- Sous vide steak with roasted garlic and rosemary
- Sous vide salmon with lemon and dill
- Sous vide vegetables with olive oil and herbs

Tips and Tricks for Sous Vide Cooking

- Use high-quality ingredients to ensure the best flavor and texture.
- Experiment with different seasonings and marinades to add depth and complexity to your dishes.
- Don't overcrowd the water bath, as this can affect the temperature and cooking time.
- Use a thermometer to ensure that your food is cooked to a safe internal temperature.

Conclusion

Sous vide cooking is a game-changing technique that offers precision, flexibility, and delicious results. Whether you're a seasoned chef or a curious home cook, sous vide cooking is an exciting and rewarding technique to explore. With its many benefits and endless possibilities, sous vide cooking is sure to become your new favourite way to cook.

Whether you're a seasoned chef or a curious home cook, sous vide cooking is an exciting and rewarding technique to explore



The ART OF GOAN BAKING

A Tradition that Transcends Time

Guilermo Da Gama

Goa, a coastal state in western India, is renowned for its sun-kissed beaches, vibrant culture, and rich history. But beyond its scenic beauty, one of the lesser-known gems of this region is its unique tradition of baking.

The Goan baker, locally known as the pader, and the bakery, known as padero, are integral to the daily life of Goans. These bakeries are not just places that churn out delicious food, but rather, they are symbolic of Goa's colonial past and its blend of Portuguese and Indian cultures.

The history of Goan baking, rooted in centuries-old traditions, offers a fascinating insight into the evolution of Goan cuisine and its impact on local society.

The Origins of Goan Baking

The origins of Goan baking can be traced back to the Portuguese colonial period, which lasted from the early 1500s until 1961. During this time, Goa became a melting pot of various cultures, with Portuguese influences gradually merging with native Goan customs. The Portuguese brought with them their culinary expertise, including their skills in baking, which had a lasting impact on the region.

One of the earliest and most notable contributions of the Portuguese to Goan cuisine was the introduction of bread. While bread was a staple in Europe, it was not widely consumed in India before the arrival of the Portuguese. The introduction of various forms of bread and baking techniques during this period laid the foundation for the distinctive Goan bread culture that exists today.

These bakeries are not just places that churn out delicious food, but rather, they are symbolic of Goa's colonial past and its blend of Portuguese and Indian cultures

The Role of the Goan Pader

The pader, or baker, is a beloved figure in Goan society. Traditionally, bakers were highly regarded, and their work was essential to the daily lives of Goans. The pader would rise early in the morning, long before sunrise, to prepare dough and bake bread in large wood-fired ovens called chulhas. These ovens, which were often found in the back of the bakery, gave the bread a unique flavor and texture that was prized by locals.

The bread baked by the pader was an essential part of the Goan diet. The most popular type of bread in Goa is pao, a round or oval-shaped loaf that is soft on the inside with a crisp, golden crust. The pao was often consumed with a variety of accompaniments, such as sorpotel (a spicy pork curry), xaléo (a seafood dish), or feijoada (a bean and pork stew). Pao was also enjoyed with butter or used to make sandwiches. It was a versatile food item that could be paired with virtually any Goan dish.

In addition to pao, other popular baked goods in Goa included sannas (fluffy, slightly sweet steamed bread), bebinca (a rich, layered coconut dessert), and rossom (a type of sweet rice cake).

Goan Baking .. Contd

The Influence of Portuguese Culture on Goan Baking

The Portuguese influence on Goan baking is most evident in the various sweets and pastries that are popular in the region. For instance, bebinca, a traditional Goan dessert, is a multi-layered coconut pudding that is a hallmark of Goan festive occasions. While the exact origins of bebinca are debated, its method of preparation and use of coconut, sugar, and eggs reflects Portuguese baking techniques. Similarly, Goan doce (sweets), such as kulkul and neureo, are also influenced by Portuguese confectionery.

Goan bakeries also adopted techniques from Portuguese pastries, incorporating European methods of making cakes and other sweet treats, such as bolo de arroz (rice cakes) and tarts. The Portuguese custom of making cakes for festive occasions also became a part of Goan culture, with cakes being prepared for weddings, birthdays, and other celebrations.

The Decline of Traditional Bakeries

Over the years, however, the traditional Goan bakery has faced several challenges. With the advent of supermarkets, packaged bread, and mass-produced baked goods, the number of traditional bakeries has steadily declined. The rise of multinational fast-food chains and modern conveniences has further contributed to the erosion of this once-thriving industry.

Many younger Goans, particularly in urban areas, have become accustomed to the convenience of store-bought bread and snacks, and the tradition of visiting the padero early in the morning has gradually diminished. As a result, many older bakeries in Goa have shut down, and the skills of the pader are at risk of disappearing.

Moreover, the changing tastes and demands of modern consumers have made it increasingly difficult for traditional bakeries to survive. The younger generation is less likely to appreciate the traditional methods of baking that have been passed down through generations. Commercial bakeries, which rely on advanced machinery and modern ingredients, can produce bread at a fraction of the cost and in much larger quantities than the traditional wood-fired bakeries.



Guilermo Da Gama

Goan Baking .. Contd

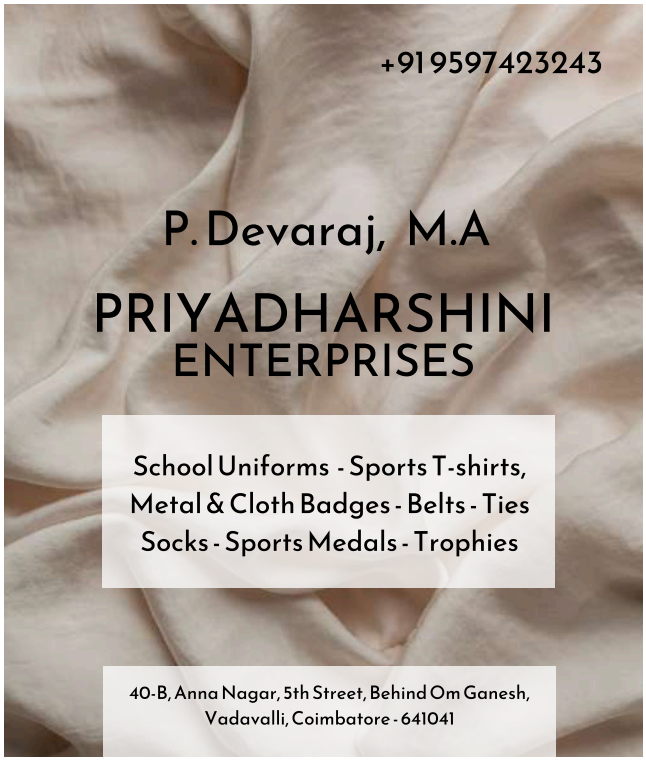
Preserving the Tradition

Despite these challenges, a handful of passionate Goan bakers are striving to preserve the legacy of Goan baking. Many of these bakers continue to use traditional methods and locally sourced ingredients, keeping the art of Goan baking alive. These artisans are committed to ensuring that the flavors and techniques of their forefathers are passed down to future generations.

Some Goan bakers are also embracing modern technology while staying true to their roots. By diversifying their products and offering innovative twists on traditional recipes, they are finding ways to adapt to contemporary tastes without compromising the authenticity of Goan baking.

Conclusion

Goan baking is much more than just a culinary tradition; it is a cultural heritage that reflects the region's unique blend of Portuguese and Indian influences. From the early morning bread deliveries to the sweet treats enjoyed during festivals, the pader has played a crucial role in shaping the gastronomic identity of Goa. Though faced with numerous challenges, the tradition of Goan baking continues to endure, thanks to the dedication of the bakers who are determined to keep this delicious part of Goa's history alive for future generations.











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Study Tour To Nasik (31/01/2025 to 5/02/2025) :

The Guardian Angel Institute of Hotel Management & Catering Technology organized its Annual Study Tour to Nashik from 31st January to 5th February 2024, providing students with an enriching exposure to the world of viticulture, winemaking, and food processing.

The tour commenced with a visit to Reveilo Winery, where students gained valuable insights through the Grape to Wine session and explored India's largest wine collection.

The second day featured an educational visit to Sahyadri Farm Food Processing Unit, followed by an afternoon session at Chandon Winery, where students were briefed on the intricate processes of wine production.

The third day offered an exciting brewery tour at Topchi Brewery, complemented by a tasting session, before proceeding to York Winery and the renowned Sula Vineyards for an in-depth understanding of their winemaking techniques.

"The tour commenced with a visit to Reveilo Winery, where students gained valuable insights through the Grape to Wine session and explored India's largest wine collection"

The tour proved to be an exceptional learning experience, allowing students to grasp the nuances of winery operations and the distillation process. It was a perfect blend of education and enjoyment, as both students and faculty immersed themselves in the world of wines, gaining industry-relevant knowledge in a dynamic and interactive environment.



VISIT BY HR. DIRECTOR AND F&B MANAGER OF CARAVELA BEACH RESORT VARCA (16/08/2024)

On 16th August 2024, Mr. Pravin Karmali (HR Director) and Mr. Ajay Pusty (F&B Manager) of Caravela Beach Resort, Varca, visited GAIHMCT, Curchorem, for an insightful industry session.

They showcased the resort's brand and shared valuable industry insights, reinforcing their commitment to mentoring future hospitality professionals.

A TRIP TO ALILA DIWA (28/08/2024)

On 28th August 2024, GAIHMCT, Curchorem, organized an industry visit for One-Year Diploma and FY DHMCT students to Hotel Alila Diwa Goa. Mr. Issac Panicker and Ms. Melanie Pinto from the Learning & Development team provided insights into the hotel's history, luxury amenities, and operations.

Students explored the restaurants, spa, mini-theatre, gym, yoga zone, conference hall, and Diwa Club, a "Resort within a Resort" concept. The visit offered a valuable real-world learning experience in hospitality excellence.

GANESH CHATURTHI CELEBRATION (29/08/2024)

GAIHMCT, Curchorem, celebrated Ganesh Chaturthi with a festive lunch on 29th August 2024. The cafeteria was beautifully adorned with vibrant decorations, intricate rangoli, and festive lighting, creating a spiritual ambiance.

An Arti thali was placed beside the rangoli, symbolizing devotion and gratitude. Students embraced the festivities in traditional Indian attire, enhancing the cultural essence of the celebration. A special festive lunch was curated to mark the occasion

TEACHERS DAY CELEBRATION (30/08/2024)

On 30th August 2024, GAIHMCT, Curchorem, celebrated Teachers' Day with great enthusiasm. Organized by the Cultural Team, the event began with a warm floral welcome in the Lawn Area.

The celebration commenced at 3:00 p.m. with a Goan-style wedding march and penguin dance, followed by a prayer service and cake-cutting ceremony. A heartfelt welcome song, composed and performed by the students, added a memorable touch to the occasion.



INTER-CLASS FOOTBALL (13/09/2024)

In-order to attract the students towards sports activities, GAIHMCT organised inter-class football tournament on 13/09/2024 on the Pontemol ground Curchorem

WORLD TOURISM DAY (26/09/2024)

GAIHMCT, Curchorem-Goa, proudly hosted the "Hospitality Olympics 2024" on 26th September 2024, in celebration of International World Tourism Day under the UNWTO theme – "Tourism and Peace."

The event featured seven dynamic competitions—Tariff Card Making, Floral Arrangement, Rural Goan Cooking, Fruit & Vegetable Carving, Painting, Mocktail Making, and Dessert Making. A total of 18 Higher Secondary Schools participated, competing for the prestigious Best Secondary Championship Trophy.

The event was graced by Chief Guest Shri. Vishesh Gokuldas Naik, Senior Marketing Manager, GTDC, along with Guest of Honour Engg. Roque Virgilio Mascarenhas, General Manager, Beleza by the Beach. Esteemed dignitaries included Mr. Prasanna Bhende, Rev. Fr. Walter Miranda, Rev. Fr. Romeo D'Silva, Rev. Fr. Thomas Gonsalves, Mrs. Clementina Fernandes, Mrs. Yolanda Pereira, Shri Girish Chodankar, and Mr. Mubarak Ali. The Hospitality Olympics 2024 was a grand showcase of culinary artistry and creative excellence.

CLEANLINESS DRIVE (30/09/2024)

GAIHMCT, Curchorem-Goa, organized a Cleanliness Drive on 30th September 2024 to commemorate the National Cleanliness Initiative – "Swachh Bharat Abhiyan." Led by Housekeeping Senior Lecturer, Madam Betty Rebello, along with faculty and students, the initiative aimed to promote hygiene and sustainability.

Students, grouped with staff members, actively participated in assigned cleaning tasks on and beyond the campus, showcasing enthusiasm and teamwork. The drive concluded successfully at 12:30 PM, followed by refreshments for all participants.

VASUDHAIVA KUTUMBAKAM

GAIHMCT, Curchorem-Goa, celebrated Vasudhaiva Kutumbakam, a tribute to solidarity and unity, in collaboration with Prerna Niwas Community, Society of Pilar, Sadbhav & Solidarity Forum, and Guardian Angel Education Complex.

The event featured esteemed speakers, including Rev. Fr. Joaquim Rebello, Rev. Fr. Elvis Fernandes, Mr. Mubarak Ali, Mr. Avin Naik, and Ms. Gayathri Rao Konkar, who emphasized the philosophy of "The World is One Family."

Dignitaries were welcomed with a traditional aarti tika and escorted by the Front Office Team. The session commenced at 10:45 AM, with Master Emmanuel delivering the welcome address and highlighting the essence of Vasudhaiva Kutumbakam



DIWALI CELEBRATION AT GAIHMCT (20/10/2024)

GAIHMCT, Curchorem-Goa, celebrated Diwali with joy and festivity on 29th October 2024 at the institute campus, bringing together students, faculty, and management.

The celebration featured karaoke, fun games, and dance performances, with both students and faculty showcasing their talents. A traditional festive buffet paired with refreshing mocktails was served, enhancing the spirit of togetherness and celebration.

CAKE MIXING CEREMONY (14/11/2024)

GAIHMCT, Curchorem-Goa, celebrated its Annual Cake-Mixing Ceremony on 14th November 2024, marking Children's Day with festive cheer.

Chef Khabir Moraes (Head Chef at Oceanwide Expedition Cruises, Musician, and Social Media Influencer) graced the occasion as Chief Guest. The event commenced at 3:15 PM, with students, faculty, and special invitees joining in the tradition.

Miss Elita Pereira (TY GAIHMCT) warmly welcomed the gathering, setting the tone for an evening of unity and joy. Mr. Raynold D'Souza (Officiating Principal, GAIHMCT) addressed the audience, appreciating their participation, while Mr. Zuriel Rebelo (TY GAIHMCT) shared insights into the historical significance of cake mixing.

Mr. Guilermo Da Gama (Lecturer, GAIHMCT) introduced Chef Khabir Moraes, highlighting his contributions to Goan cuisine and culture. He was felicitated by Mr. Raynold D'Souza, Rev. Fr. Walter Miranda, and Rev. Fr. Thomas Gonsalves.

In his address, Chef Khabir Moraes emphasized the importance of community traditions like cake mixing in fostering togetherness, while also reflecting on how digital advancements, though convenient, have distanced people from real-life connections.

FUN DAYS (12-13/12/2024)

GAIHMCT Celebrates Fun Days with Enthusiasm and Energy

Guardian Angel IHMCT came alive with excitement as Fun Days were celebrated on 12th and 13th December 2024, creating unforgettable memories filled with joy and camaraderie.

The festivities began with Traditional Day on 12th December, where students showcased their cultural heritage in elegant ethnic attire, adding vibrance and charm to the campus.
On 13th December, Mismatch Day brought creativity to the forefront as students donned quirky outfits, sparking laughter and admiration.

Both days featured exciting games, a stylish fashion show, and a delectable spread, with a special menu on the second day that left everyone delighted. The celebrations concluded on a high note with a live band performance, filling the air with music and energy, bringing everyone to the dance floor.



THEME DINNER (20/12/2-24)

GAIHMCT Hosts Spectacular Annual Theme Dinner – “La Fête de Noël”

Guardian Angel Institute of Hotel Management and Catering Technology hosted its Annual Theme Dinner on 20th December 2024, embracing the festive theme “La Fête de Noël.”

Final-year students, under faculty guidance, meticulously organized the event as part of their curriculum, with first-year students providing support. The evening commenced at 7:30 PM with a welcome speech by Mr. Guilermo Da Gama (Lecturer, GAIHMCT), emphasizing the essence of Christmas. The celebration featured Christmas carols, cultural performances, and an exquisite service of cocktails, mocktails, and snacks.

Chief Guest Mr. Nilesh Cabral (Hon’ble MLA, Curchorem Constituency) and Special Guest Mr. Pravin Karmali (HR Director, Caravela Beach Resort, Goa) graced the occasion, alongside parents, alumni, faculty, and esteemed guests from the Pilar Society and other congregations.

Mr. Raynold D’Souza (Principal, GAIHMCT) welcomed the dignitaries and presented the Annual Report, while Rev. Fr. Joaquim Rebello (Ex-Principal, GAIHMCT) and Rev. Fr. Ivo Fernandes (Administrator, GAIHMCT) officially launched the college video.

Mr. Cabral commended the students and faculty for their efforts and encouraged students to explore career opportunities in Goa’s thriving tourism industry, emphasizing the benefits of staying close to family.

The culinary highlight was an international menu crafted by students under the guidance of Chef Karl Correia and Chef Stephen Mascarenhas. The evening featured live carving of roast chicken, a lavish buffet, and a beautifully presented live crib.

The event concluded at 10:00 PM with a vote of thanks by Madam Betty Rebello (Senior Lecturer, GAIHMCT). The evening was a resounding success, leaving guests with cherished memories of a festive celebration, gourmet excellence, and cultural vibrance.



SESSION ON DRUGS, GADGETS, TOBACCO & ROAD SAFETY (03/01/2025)





Various sessions were conducted at the institute to create awareness about tobacco and drug menance , Road safety and use of mobile phones and its ill effects on health. Dr.Sridhar Acharya from JCI Curchorem gave talk on drugs and tobacco. He emphasised on health hazards created by usage of tobacco and drugs.

Mrs. Josephine Sequeira, a course Trainer, conducted a session for first and third year students on Over use of mobile gadgets . She gave her inputs on the problems created by the excessive usage of mobile and also explained how it is affecting our mental health when we get addicted to its use. She conducted various games to make the students understand that without mobile, they can spend their valuable time in doing some creative activities.

A head constable from traffic cell,Mr Shashi Rathod had interaction with the students during the session conducted on road safety. He explained in detail why helmet should be used all the time while riding and use seat belts while driving. He also explained different traffic rules to avoid road accidents and requested all to use the helmet and to follow the traffic rules in order to reduce road accidents.

A BAKERY SESSION BY CHEF PRATIK ROY (7/1/2025)



For third year students by my. Pratik Roy a pastry chef with more than 25 years of experience in 5 star hotels. Now co-owner of ONCO a bakery and Pastry Boutique in margao .He gave his insights add shared his experience with the students and he prepared breads,desserts ,baked Alaska,meringue etc.

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76TH REPUBLIC DAY CELEBRATION – GUARDIAN ANGEL HIGHER SCHOOL COMPLEX, CURCHOREM (26/01/2025)

The 76th Republic Day was celebrated with pride at Guardian Angel Higher School Complex, Curchorem. Madam Sayonara Telles-Laad, President of the Children's Court, Goa, and an esteemed alumna, unfurled the national flag.

A vibrant cultural program followed, featuring patriotic performances, including a song by FY DHMCT students.

Mr. Pritam Naik highlighted the significance of Republic Day and women empowerment. The Chief Guest urged students to uphold national values and focus on their studies.

The event, graced by distinguished guests, concluded with a vote of thanks by Rev. Fr. Walter Miranda.

A BETTER KITCHEN COMPETITION (25/01/2025)

On 25th Jan 2025 better kitchen competition was held at the Agnel Institute of food crafts and culinary sciences.

Our students from 3rd Year participated in the competition. Eliseus Jose Niasso secured first place in housekeeping, Jayson Mathew Khotkar secured first place in F&B and Keagan Abubakar and Rahul Khadka earned 3rd Place.



VINTAGE VALENTINE" Wine Dinner in Association with Sula Wines & Pilar Music Academy (14/02/2025)

Margao, February 14, 2025 – Guardian Angel Institute of Hotel Management and Catering Technology (IHMCT) orchestrated an unforgettable evening of romance, fine wine, and gourmet dining at the "Vintage Valentine" sit-down food and wine pairing dinner. This exquisite event, held at Pilar Music Academy, was an ode to love, elegance, and the timeless charm of vintage hospitality.

Bringing together wine enthusiasts, hospitality professionals, academics, and members of the wine appreciation community, the evening was a celebration of refined taste and culinary artistry. The Pilar Music Academy set the perfect ambiance with melodious live performances, elevating the experience for the distinguished guests.

Guiding attendees through the nuances of wine appreciation and pairing, Sula Vineyards' sommelier, Pratush, shared expert insights into the sensory pleasures of fine wine. Each meticulously curated dish was harmonized with premium selections from Sula Vineyards, enhancing the flavors and textures of the gourmet offerings.

The specially crafted menu featured a delectable journey through four exquisite courses, each paired with a complementing Sula wine:

Starters: Pesto Prawns with Mango & Jalapeño Salsa or Tapenade Crostini, paired with Sula Zinfandel Rosé

Soup/Salad: Creamy Pumpkin Soup or Arugula & Feta Salad, paired with Sula Riesling Main Course: Red Snapper with Ratatouille & Creamy Mustard Sauce, Chicken Cordon Bleu, or Spinach & Ricotta Cannelloni, paired with Sula The Source Sauvignon

Dessert: Vanilla Panna Cotta with Berry Compote or Cherries Jubilee flambéed table-side, paired with The Source Moscato

Set in a nostalgic, vintage ambiance, the event not only highlighted the culinary finesse of Guardian Angel IHMCT's budding chefs but also reinforced the institute's commitment to promoting gastronomic excellence and wine education.

Priced at ₹1999/-, this exclusive evening left guests mesmerized with its perfect blend of flavors, music, and ambiance, making "Vintage Valentine" a signature event in Goa's hospitality calendar.



Guardian Angel Institute Clinches Victory in IDS Futsal Tournament (15/02/2024)

The IDS Futsal Tournament 2025, organized by Guardian Angel Institute of Hotel Management and Catering Technology, Curchorem, concluded successfully at D'Costa Sports Arena, Quepem. The tournament, played in a league format, began on Friday, 15th February 2025, featuring six teams competing for the championship.

After intense league-stage matches, the semi-finals and finals were held on Saturday, 22nd February 2025. The grand finale saw Guardian Angel Institute of Hotel Management and Catering Technology go head-to-head against Agnel Polytechnic, Verna in an exhilarating contest. Displaying outstanding teamwork, strategy, and skill, Guardian Angel Institute secured a decisive 3-0 victory, claiming the championship title, while Agnel Polytechnic, Verna, finished as the runner-up.

The tournament not only highlighted the talent and competitive spirit of the participants but also promoted teamwork, discipline, and sportsmanship. Guardian Angel Institute extends its appreciation to all participating teams, organizers, and supporters for making the event a grand success.

Sessions by Firefly Evolution. (15/02/2025)

The five-day interview training session conducted by our college was an insightful and valuable experience for all participants. The training was led by Ms. Josephine from Firefly Company, a seasoned expert in professional development, under the guidance of our respected principal, Mr. Raynold Dsouza. The session focused on equipping students with essential interview techniques, enhancing their confidence, and improving communication skills. Various interactive activities, including mock interviews and real-time feedback, helped participants refine their responses and body language.

One of the key highlights of the training was the introduction of structured answering methods such as the STAR (Situation, Task, Action, Result) and OCEAN (Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism) methods.

These frameworks provided students with a clear approach to answering behavioral and personality-based questions effectively. Ms. Josephine's expert guidance and engaging teaching style made the sessions highly informative and practical. The training successfully prepared students for real-world interview scenarios, making it a highly beneficial initiative by the college



Visit by Industrial Personnel from Taj Exotica (27/02/2025)

On Friday 27th Feb,2025 resource personnel from Taj Exotica visited GAIHMCT
Mr Reuben Ramos is a distinguished professional who began his journey with a strong academic foundation, earning his Bachelor of science in hospitality and hotel administration from Institute of hotel management, catering technology and applied Nutrition, Goa.explained in detail the history and grrowth of Taj Exotica .He also answered the different questions asked by the students during his interaction with the students.

Rohan Madgaonkar is an accomplished IT professional with over 20 years of experience specializing in IT infrastructure management within the hospitality industry.

Currently serving as the Information Technology Manager at Taj Exotica Resort & Spa, Goa, he has been instrumental in overseeing IT operations, ensuring seamless network infrastructure, and implementing technology solutions to enhance operational efficiency.

Mr.Madgaonkar explained in details different cyber crimes happening and also gave his insights how to overcome this issue when it come to social media.

Students were all excited to know about the different cyber crimes happening nowadays and were very happy to know the different preventive measures to tackle this issue.



GRATITUDE



Dear Team TY Gaihmct,
Your valuable contribution and support has lead to the success of this publication.
Regards - Management and Staff



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