

SLITHM talk MAGAZINE

Sri Lanka Institute of Tourism & Hotel Management
Volume 20 | January - June 2024



Sixty years and still shining.
Our bond grows stronger
every year.





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SRI LANKA INSTITUTE OF TOURISM & HOTEL MANAGEMENT

FORMER CEYLON HOTEL SCHOOL

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#SLITHM



SLITHM

Dedication for Future Generations - during 60 years of uninterrupted education and training service in the country



Highlights in 2024

“SLITHM 43rd Graduation - 2024”

There are no secrets to Success. It is the result of Preparation, Hard work, and Learning from failure

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Thank You CHS/ SLITHM!

Memories, Education and Foundation

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“Life is an Adventure... if not it is boring”

My Journey through Ceylon Hotel School between 1972 and 1975

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The First Decade

The Saga / Story / History of the Ceylon Hotel School

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January - June 2024

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**SRI LANKA INSTITUTE OF
TOURISM & HOTEL MANAGEMENT**

Taking Sri Lanka to Global Heights
A JOURNEY TOWARDS EXCELLENCE IN
SRI LANKAN HOSPITALITY



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Editorial Message



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Celebrating 60 years of Excellence!

When you think about the countless hours, tireless efforts, and sleepless nights invested in building a successful educational institution and ensuring its survival, it is therefore clear that commemorating its anniversary holds significant meaning.

It's our 60th anniversary and we couldn't be more excited to celebrate 60 years of educating youths. As we reflect on our history, we are full of gratitude for all of those who have supported us on this journey.

As we celebrate our 60th Diamond Jubilee, we reflect on the journey marked by hard work, dedication and unwavering commitment to building to improve lives. We have expanded our operations, diversified our portfolio, and are proud of our strong presence locally.

At the heart of our success lies our commitment to our core values. These values have guided us every step of the way, helping us build a culture of trust, respect, responsiveness and community partner. Our values are not just words on a page, but a way of life at SLITHM. They inspire us to go above and beyond with a personal approach, to push ourselves to new heights and deliver transformative results.

Starting and growing an establishment is tough stuff. Achieving a major company milestone is certainly a reason to celebrate, and acclaiming 60 years in business definitely qualifies as "major".

Behind our success is that we have great people! We share in the success and failure as a true partner. We care about each project mission and getting it accomplished at the best value. We deliver solutions with conviction to do the right thing, always. Our trust, respect and focus on details has enabled us to innovate, expand our reach, and create value from end-to-end for our customers/students and to improve outcomes.

For our team, it's about being part of something bigger than ourselves. Our work give the staff opportunities to connect with each other and work together, while feeling really good about the work they are doing. Our team also knows the more successful our institution is, the more we can give back to the community, and that motivates them.

As we remain committed to diversity and innovation, we will continue setting ourselves apart by investing in our people, culture and processes. We will continue to lead with the right expertise and maintain lasting relationships that change the world for the better.

Celebrating accomplishments can actually lead to more success

Andrea Williams

Thank you for allowing us to serve you for 60 years – here's to the next 60!

My journey through ceylon hotel school between 1972 and 1975

“Life is an adventure... if not it is boring”



Shafeek Wahab

FSLHGA



It was in 1971, the year I sat for my GCE (AL) examination, when I decided to halt my further studies. Leaving school, I was fortunate to quickly land a job at Ceylon Paints – a subsidiary of Collette’s Ltd. (Car Dealer for Holden), as a trainee laboratory assistant attached to their facility, located at the newly opened Industrial Zone in Ekala, Jaela. The unfortunate thing was that it meant a near two-hour daily commute to / from work, – each way, involving catching three buses (Dehiwela to Pettah to Jaela to Ekala and vice versa), including a 20 minute walk to the workplace after getting off the bus. Leaving home every day, Monday to Saturday at 6.00 am to return home after work at almost 7.30 pm (Saturday at 3.00 pm) completely wrecked my work/life balance. It was a harsh introduction to the ‘real world’ – but one that taught me ‘self-control’ at an early age, and the importance of spending every precious ‘free from work’ moment to the max. Soon though, I realised that I had to get off this bus to nowhere... if I was to catch up with my true destiny.

As fate would have it, I happened to meet Nirmo Thambapillai who befriended me after a cricket match we had played, some time earlier. He excitedly informed me that he was following a hotel management course at the Ceylon Hotel School. Nirmo spoke enthusiastically about the Programme and appeared thrilled to be learning the dynamics of hospitality. He advised me

to consider joining the hotel field as a profession. I guess listening to him talk about it, fuelled my curiosity towards this hardly known industry, little knowing that this chance meeting with him was, but a prelude of things to come...

The following week I went to watch the film ‘The French Connection’ at the Savoy Cinema. Usually, the main film is screened after the interval. Before that,, the audience is shown a preview of the ‘soon to be screened’ new movies, and a government propaganda release, titled ‘Weekly News by GFU’ (Government Film Unit). Coincidentally, what was shown that particular day, happened to be a short documentary about the Ceylon Hotel School –showing students smartly clad in uniforms, cooking in the state-of-the-art training kitchen, serving guests in an elegant restaurant and several classroom scenes. Fate or destiny it seemed was propelling me somehow towards hospitality.

By now, I had made a life-changing decision. I was somehow going to follow the management course at the hotel school. This contradicted my earlier decision, taken after leaving college, to discontinue with further studies. However, I had no clear vision or path to the future and realised that I must take charge of my own destiny. Reaching a decision only solves half the equation. One has to act on the decision, or it is no decision at all. I had to have a plan to get

myself selected for the next intake (in 1972), which I learned was four months away from when the call for applications is advertised. Learning that the principal at the school was a German and that the German government was awarding scholarships to Germany to the three students who topped-the -batch when graduating, for further training, I immediately enrolled to follow German language classes (2-hours -every Saturday).

No sooner applications were publicized; I submitted mine and was thrilled to be called for an interview. I had passed the first barrier of entry. I began preparing myself for the interview by practicing answers to as many imaginary questions I anticipated that might be thrown at me. There were three persons on the interviewing board when I went for my interview. I learnt their names later – they were Mr. Eardley Edirisinghe (Vice Principal), Mr. Desmond Fernando (Lecturer – Restaurant & Bar Services) and Mr. Napper (Instructor – Kitchen Operations), and who was an Englishman. As the interview began, that inevitable question, “why do you want to join the hotel Industry?” queried Mr. Napper. My reply, “I want to see the world and my first step towards that goal is to do well in my studies and win a scholarship to Germany”, was met with an “Aahhh...” from a grim looking Mr. Fernando, who then shot back a question, “Sprechen Sie Deutsch?,” (“Do you speak German?”), To which I replied “Guten Tag Meine Herren, Ja, aber ein bisschen, da ich noch die sprache studierer “, (Good day gentlemen, Yes, but a little as I’m still learning the language”). Mr. Fernando’s grin made my confidence level soar. Mr. Edirisinghe, who had been quiet until then, asked me “Mr. Wahab, tell us what you know about the hotel industry?” This was another question I had expected. Speaking in a measured tone, I said, “I know that people get to sleep, eat, drink and work or relax in a hotel – be it on business or holiday. But, that’s the tip of the iceberg as seen by a guest. I want to dive deep into its operations and learn everything about it!” I instinctively felt I had clinched a place when I saw the vigorous nods of approval from the interviewers. Two weeks later, I was notified of my selection to join the year 1972 intake to follow the 3-year Diploma Course in Hotel and Catering Operations. Vaya con diyos Ceylon paints...Ayurbowan Ceylon Hotel School!

The first week at Ceylon Hotel School was exciting. It was a new environment, new people and a new hope for the future. That week, there was no real study; we were talked through our course, introduced to our lecturers and generally oriented to what we can expect and were expected to do. Excitement soon turned to apprehension when in the second week we encountered the scourge of ‘ragging’ which somehow had crept into the hotel school. Ragging is a form of teasing aimed at breaking down barriers and making new students bond with seniors. Sadly, ragging in Sri Lankan universities has become a tool of violent action



Front Row (left to right):- Sunil Dissanayake, Chandana Amarawardane, the writer and Sumithra Gunesekera. All four went on to hold the office of President – Ceylon Hotel School Graduates Association in subsequent years.

and bullying – to satisfy the egos of seniors who see it as a means of humiliating the new students. Fortunately, the majority of our seniors were mature enough to prevent excesses.

Looking back, it had its moments of fun, although, there were times some batch mates found it a tad uncomfortable. I recall batchmate WKP coming to school on the 3rd day of ragging, with his arm in a sling and a long face - claiming that he fell off the bus and had badly bruised his elbow. Chris Isaac, a senior quickly saw that he was pretending, and he was punished - to walk around with a placard around his neck, with the words, “I tried to con my way out of the rag – please punish me”. Decent ragging develops ‘closeness’ with seniors- one that can last a lifetime. Most seniors turn into big brothers who one can count on whenever you join a new place.

Other hilarious anecdotes in my time at hotel school (too many to write down), include Mr. Dias Abeyasinghe, asking batchmate BR during restaurant service, to recommend a sweet red wine that would complement the main meat dish. BR blurted out ‘VAT 69’! Another time Coco Siriwardene, our French language teacher asked us to come prepared for the next lesson with a sentence that began with ‘Je sui.....!’ At a group study session, each of us picked up a sentence and practiced pronouncing it with the help of a few batch mates who knew some French. Came the next French class and we each rattled of our sentence fluently until it came to SG’s turn. Stuck momentarily with amnesia...he stuttered a bit and blurted out “Je sui un ventilateur” (“I am a fan”).

During our 1st year at hotel school, (each year consisted of two semesters), we focused mainly on the operational side of hospitality, including: kitchen, service, reception and housekeeping. The 2nd and 3rd years included a two-month stint of Industrial training (IT). IT was mandatory where students worked in a star category hotel to receive exposure in four major operational departments of the hotel, namely; - Front office, House

Keeping, Food & Beverage and Catering operations. This is training, where we get to sharpen our newly acquired knowledge and skills in a 'real world' working environment. The IT experience helps influence career plans including deciding on areas to specialize in when joining the industry after graduating.

Industrial training meant we received meals whilst on duty and accommodation (where needed), with no payment of any allowance. This was the understanding between the Hotel School and the hotels that agreed to provide IT. My first IT stint was at the Ceylon Intercontinental Hotel, where, together with my batch mate Rohan De Mel, we were assigned to work in the Kitchen. This was during December- January 1973/74 – a very busy period indeed. By the end of my IT period, I had decided that working in the kitchen was not in my career plan – although I had enjoyed every moment of it. To our surprise the hotel decided to pay Rohan and myself Rs. 900/- each (50% of the two months service charge aggregate). It was a hugely unexpected bonanza and I guess recognition that we both worked really hard and did the Hotel School proud. I immediately put aside this princely sum of money to pay for my monthly school fee right until the completion of my entire course without burdening my parents. My 2nd IT stint was at the Blue Lagoon Hotel in Negombo where I chose to work at the Front Office.

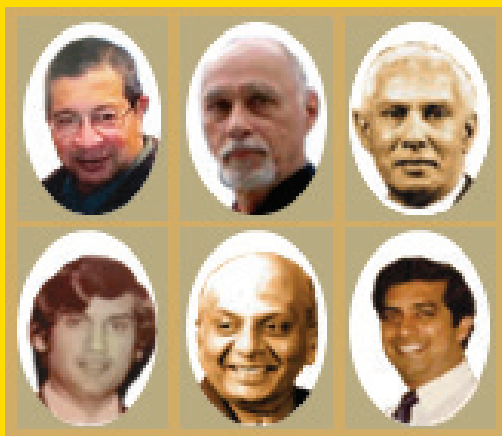
The teaching staff during our time was symbolic of the best that the Ceylon Hotel School had to offer. In particular, the six past Graduates of the Ceylon Hotel School, who after following further training in Germany, returned to lecture at the Ceylon hotel school. Namely; Mr. Rohan Dias Abeysinghe, Mr. Felix Bartholomeuze, Mr. Desmond Fernando, Mr. Rohan De Silva Jayasundera, Mr. Kumar Thambiyah and the Late Sahinda Wegodapola.

Although relatively young, they demonstrated extraordinary capabilities of synergizing insights,

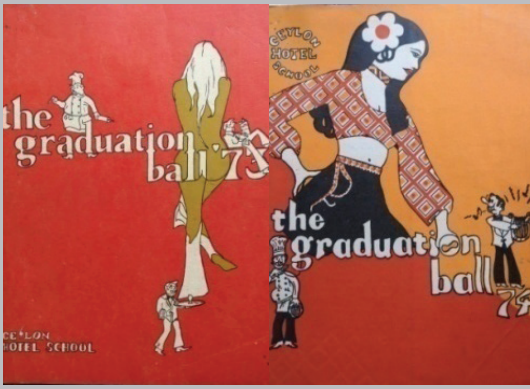
outside of their specific disciplines with their own areas of knowledge. They instilled in us an understanding of the bigger picture and the ability to think critically, both in the local and global context. The methods of teaching they did, the way of life they exemplified and the part they played in shaping our destinies, best illustrated the central purpose of an excellent educational institution. Another was Mr. Eardley Edirisinghe, who was fond of quoting extensively from Dale Carnegie's bestseller 'How to win friends and influence people'. Mr. Edirisinghe was a master orator. Once, when seated at his table during lunch, he told me "Communicating is easily the single most important job of leaders. If leadership is mostly about influence, then, the ability to communicate a vision and motivate people to move towards that vision is the single most important characteristic a leader can have. The problem is, communication is hard. Sometimes people don't understand the message we want to communicate. Sometimes we do a really poor job of expressing what we mean"- words that stuck forever in my mind. As testament to their unique teaching pedagogy, hotel employers were consistently impressed by the quality of students nurtured by the Ceylon Hotel School - where the graduates enjoyed a consistently high rate of employment close to 100%.

Studying at the Ceylon Hotel School opened a new horizon in front of me and the lessons I learned, did not come only from the books we read, the classes we followed and the practical's that we underwent - both in the training kitchen and restaurant. It went far beyond. Sticking to the timetable; homework, and projects; exam revision and exams, industrial training; participating in sports, welfare and social activities including getting involved in organizing the 'Graduation Ball' (for the passing out graduates)... was all very much part of the mix. There were exciting moments and some turbulent ones. They all came together and changed me from the person I was at the start of my academic education to becoming a better human being when I completed my three years at Ceylon hotel school.

Getting involved in extra-curricular activities ensured that we struck a healthy balance between studying and developing our skills and knowledge in different contexts. The organizing of the 'Graduation Ball' which was the responsibility of the 1st and 2nd year students was one great opportunity. My appointment in my 2nd year as the Chairman of the 'Graduation Ball 1974 - Organizing Committee was a further opening to develop transferable skills such as communication, teamwork, organisation, problem solving, event and time management, not forgetting the associated element of fun! By then I had realised that holding a position of authority in one of the 'biggest' hospitality-related social events (as the 'Graduation Ball' was then considered in Colombo's annual social calendar- (where tickets were 'sold out' no sooner available), would enhance my resume when looking for jobs.



Left to Right Top Row: Mr. Rohan Dias Abeysinghe, Mr. Felix Bartholomeuze, Mr. Desmond Fernando, Bottom Row: Mr. Rohan De Silva Jayasundera, Kumar Thambiyah, and Mr. Sahinda Wegodapola



Cover pages; 'Graduation Ball'73' and 'Graduation Ball'74'



Graduation Ball'74 Entrance ticket priced at Rs.15/- per person inclusive of dinner and complimentary beverages

Despite all that was happening around me each day, my determination to win a scholarship to Germany remained unwavering. Throughout my entire time at Ceylon Hotel School, I never allowed the events and unfolding circumstances to distract my perspective of 'always beginning with the end in mind!'



The writer presenting the 'Vote of Thanks' at the 1975 Graduation Ceremony

What started as an aspiration to attend the Ceylon Hotel School 49 years ago, after making a decision on a career path... culminated 3 years later with a final walk across the stage to collect my Diploma, receive the 'Riches Trophy' for the Most Outstanding Student of the 3-year Diploma Course; be awarded a Scholarship to Germany and to present the 'Vote of Thanks' at my own Graduation Ceremony. My time at the Ceylon Hotel School was truly an amazing and adventurous journey.

When students were asked to submit designs for the dance souvenir cover, with the winner receiving a complimentary ticket for the Dance, my artwork was selected as the best entry for the 1973 and 1974 dance souvenirs, respectively. Artwork for the entrance ticket from yours truly was also accepted. There was no technology in those days to support digital artwork, etc. It had to be all drawn and painted by hand.



The writer receiving the 'Riches Cup' for the 'Most Outstanding Student of the 3-year Diploma Course in 1975



Felix Bartholomeuze



Rohan Dias Abeysinghe



Rohan De Silva Jayasundara



Desmond Fernando



Late Sahinda Wegodapola



Kumar Thambyah

SLITHM 43rd Graduation Ceremony

**“There are no secrets to success.
It is the result of preparation,
hard work, and learning from failure.”**



43rd Graduation ceremony of SLITHM was held on 22nd March 2024 at the Bandaranaike Memorial International Conference Hall. A lot of people including local & foreign dignitaries, staff and students participated in this special event of SLITHM. Mrs. T.T. Samarawickrama was Most Outstanding Student in 04 year Management Diploma and Mr. O.S. Benedict was Most Outstanding Student in 03 year Management Diploma - 43rd Graduation.





Taj Bentota Resort & Spa

“Tribute to Tranquility”

Mahinda Ihala Kodippilige

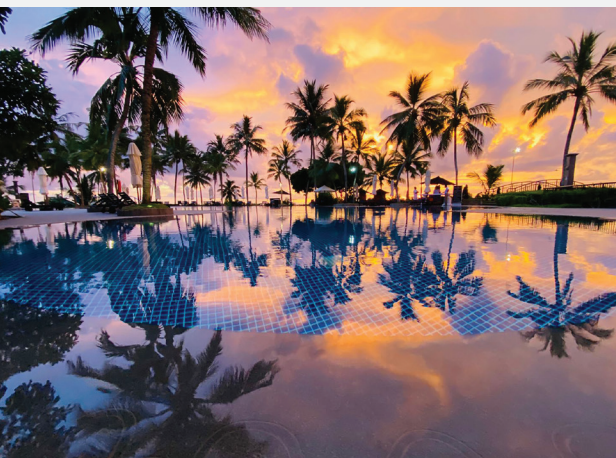
Duty Manager

Bentota, set beautifully by the seaside in Southern Sri Lanka, is the prototypical serene coastal escape, with an endless stretch of beach to relax on, sheltered by waving palms.

The Environment

We are proud, the world's leading environmental certification and benchmarking program for the travel and tourism industry Certified the Taj Bentota Resort & Spa as a Platinum Level Certified Hotel, under the Earth Check Certification.

Taj Bentota Resort & Spa is constructed on a 33,184.25 m² plot of land with a natural mound of about 30 meters high. Part of the structure of the hotel is built on that natural mound, The hotel pool is situated on top of it and provides magnificent view of the mysteriously wonderful Indian ocean and the lush green of our beautiful gardens, out of 160 rooms of the hotel, the majority are facing the 500 to a 600-meter unspoiled beach with soft white sands of the ever-Reverberating Ocean. This stretch of the beach up to Kosgoda is famous as the nesting grounds for five endangered species out of seven endangered marine turtles in the world, to support this natural phenomenon our associates make sure that our stretch of the beach is in pristine condition for the turtles to lay eggs on. 200 to 250.



"Vetakeiya"(Pandanus tectorius) plants provide protection from the hot sun to guests who wants to relax on lie low on the beach with a young Coconut or a soothing mocktail on the side. 214 coconut trees are planted in the garden and out of which 160 are being harvested for hotel use and all are kept clean and trimmed for guest safety. The entire hotel garden, especially the driveway from the main entrance to the hotel porch is shaded by "Budilla" (Baritonia Asiatica), "Kaduru" (Cerbera odollam) and "Äraliya" (Plumeria obtusa) trees providing a natural umbrella to all who enjoys a quiet walk. "Jiva" The hotel Spa is situated outside the main building, and the path leading to the spa is through a small cluster of above floras giving a feeling of walking through a small jungle supporting an army of Squirrels, several breeding pairs of "Kirala" (Venellus Indicus) and few monitor lizards (Varanus bengalensis

The inner courtyard of Taj Bentota Resort & Spa

The inner courtyard of Taj Bentota Resort & Spa has become a guest hotspot, especially amongst the children, whenever they come to the lobby with their parents, the children make a point to stop at the courtyard and spend a few minutes looking at the colourful fish and an occasional crane or a kingfisher perched on a leaf of the palm tree looking at the fish with so much of false love.



Beauty of the Bentota Beach

On the south coast, the fine sands of Bentota Beach are backed by palm trees, while its clear waters and lively waves make it ideal for both swimming and surfing

Sea Turtles

The associates of the hotel make it their responsibility to keep the beach in pristine condition due to several reasons. One of the very important reasons for Taj Bentota associates to commit so much to the beach is that this stretch of the beach up to Kosgoda is a famous nesting ground for turtles.

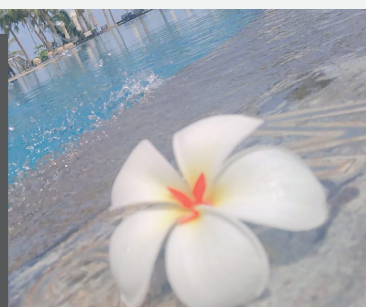
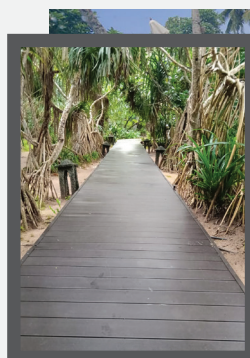
Sea turtles have been particularly hard struck by many of the same factors that threaten island ecosystems around the world. Many of the beaches where they nest have been upended by coastal development. Foot traffic tramples eggs, and dogs and alien species consume them. Discarded fishing lines and other trash pose a choking or entanglement threat. People still hunt sea turtles and gather their eggs for sustenance in some places.

To help conserve the dwindling turtle population, the associates of Taj Bentota Resort & Spa inform the closest turtle hatchery of the observed nesting and provide protection to the eggs until the hatchery collects the eggs for natural incubation in a protected area. We hope that this magnificent creature will survive for our future generations to see.

Jiva Spa

The brand-new Jiva Spa creates a haven in the midst of a lively metro and gives you a soothing blend of contemporary massages and aromatherapy for holistic rejuvenation. Inspired by ancient Indian healing wisdom, JIVA believes that a spa unfolds a holistic path of life. You are always most welcome.

We always awaiting to serve you for your Home away from home experience and will ensure that wonderful memories never erase from your heart forever. Our only expectation, encouraging jovial experiences that accommodate to the interests and demands of the ultimate holidaymaker.





Bhatti da Kukkad (Clay Oven roasted chicken)

Recipe for two portions: (Two pieces per portion)

<u>Ingredients</u>	<u>Unit</u>	<u>Quantity</u>
Whole chicken, cleaned and cut into four pieces	gms	900
Kashmiri chili powder	tsp	03
Cumin powder	tsp	01
Bhatti masala	tsp	03
Garam masala powder	tsp	02
Amchur powder	tsp	01
Mustard oil	tsp	02
Lemon juice	tsp	02
Black salt	one	pinch
Fresh mint leaves	For garnish	
Whole dry red chili	For garnish	1 no:
Fried fresh curry leaves	For garnish	3 to 4 no:
Chat masala powder	One	Pinch
Ginger garlic paste	tsp	04
Salt		To taste

Preparation:

- Whole chicken cut into four pieces (skinless breast and leg). Use a sharp knife and make small cuts on the chicken apply ginger garlic paste, salt, lemon juice, Kashmiri chili powder and Bhatti masala and rest aside for one hour.

- In a bowl add yogurt and mix well add all the dry spices powder, mustard oil and lemon juice. Rub this mixture over then add chicken pieces, keep for 4 to 6 hours in the marination.

- Thread the chicken on to a tandoor skewer and cook in tandoor it will take 12 to 15 minutes depending to temperature. While cooking keep basting with

melted butter. Once cooked, check at the joints of the bone with the help of a knife, make sure no blood is visible. Let the cooked chicken rest for two minutes before plating. Sprinkle pinch of chat masala, pinch of Bhatti masala powder, lemon juice and melted on the chicken. Garnish the chicken with a fresh sprig of mint leaf. Serve with mint chutney, lime wedge and onions rings tossed in salt and red chili powder.

Per portion nutritional value

2067 Kcal | 84 g protein
103 g fat | 8 g carbohydrates

<u>Ingredients for Bhatti masala</u>	<u>Unite</u>	<u>Quantity</u>
Black pepper corn	tsp	01
Dry pomegranate seeds	tsp	02
Cumin seeds	tsp	02
Coriander seeds	tsp	02
Mace	tsp	01
Nutmeg	tsp	01
Cinnamon stick	No:	01
Green cardamon	tsp	01
Black cardamon	No:	02
Piper cubeba	tsp	01
Dry rose petal	tsp	01
Kalpasi (Black stone flower)	tsp	01

Preparation:

- *Bhatti ka masala is usually a closely guarded whole spices powder chef secret recipe. All ingredients you must dry roast over the low heat pan till fragrant, then cool and grind into a fine powder then transfer into an airtight container and use as required.*

<u>Ingredients for mint chutney</u>	<u>Unite</u>	<u>Quantity</u>
Fresh mint	gms	100
Fresh coriander	gms	200
Green chili	gms	30
Curd	gms	50
Salt	To taste	01
Lime juice	No:	02
Ginger	gms	30
Chat masala	tsp	01
Garlic	gms	20
Sugar	tsp	01

Preparation:

- *Pluck mint leaves, avoid the stalks as it will discolor your chutney. Pick tender and young coriander leaves, stalks are fine if tender.*
- *Rinse three to four times in cold water and drain all the water.*
- *Along with mint and coriander leaves add all the remaining ingredients in a blender and blend to a smooth puree consistency.*

- *Do not over grind as it might get discolored. Preserve in chiller and serve as in when required.*



Cultural Celebrations of SLITHM

New year Celebration

සත්කාරයේ අවුරුද්ද

For the Sinhala and Tamil New Year, the students, lecturers and staff of SLITHM schools all over the island organized New Year celebrations grandly and artistically. These festivals were graced with various folk sports and cultural elements.

Colombo



Ratnapura



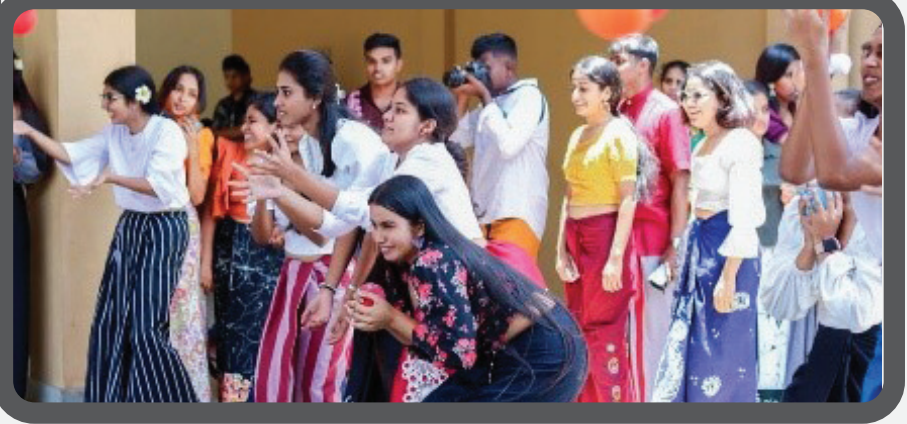
Anuradhapura



Bandarawela



Kandy



Koggala

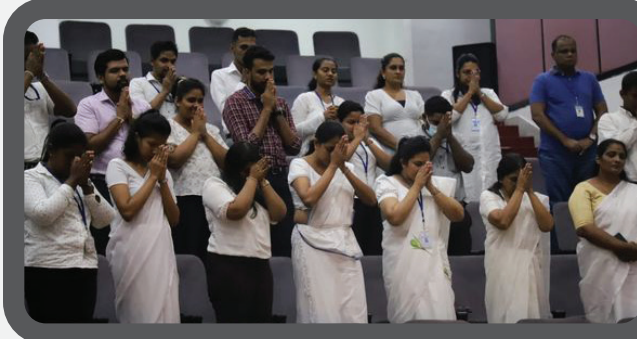
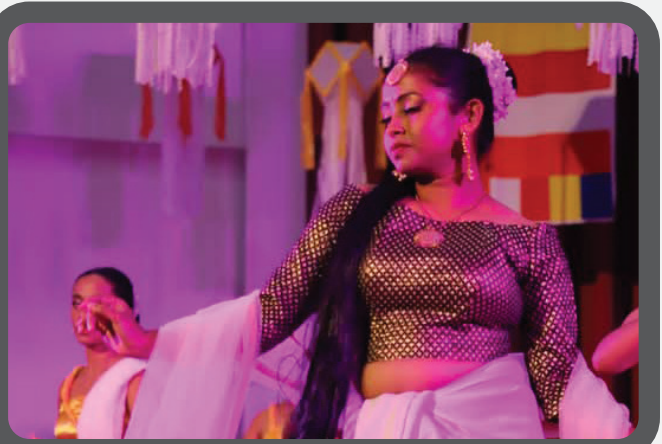
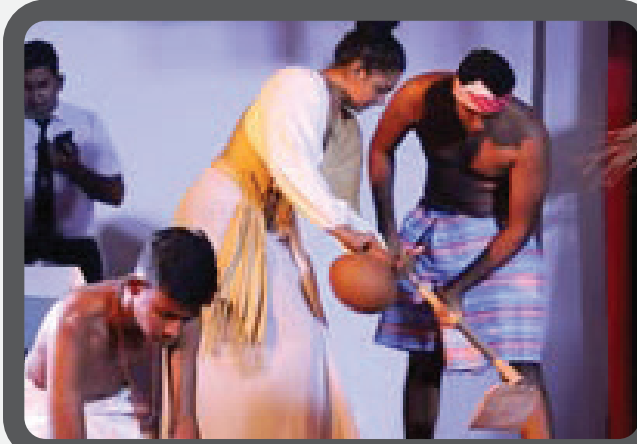


SLITHM Vesak Celebrations

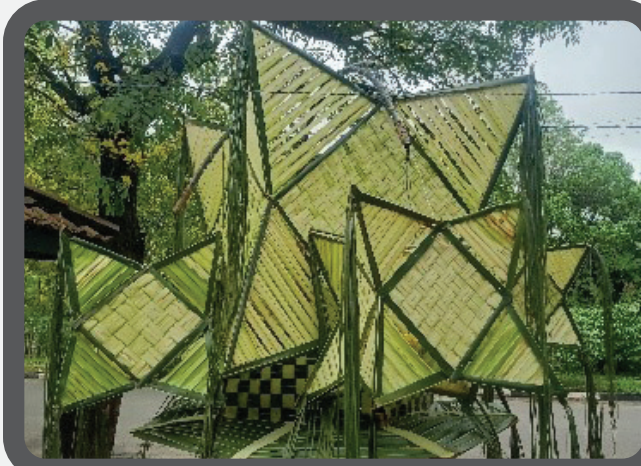
Peace, Passion and Goodwill

On the occasion of the National Vesak Festival, members of SLITHM family organized Bakthi geetha, Dansal and various type of Buddhist programs to commemorate the Lord Buddha's Birth, Enlightenment and Passed away.

Colombo

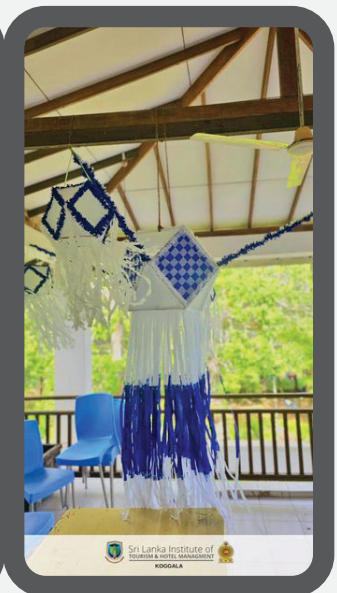


Anuradhapura



Koggala

According to the National Vesak Festival SLITHM Koggala has organized a Vesak lantern competition. Here, there were very attractive and creative Vesak lanterns made by the students of SLITHM Koggala.



SLITHM Poson Celebrations

Anuradhapura

SLITHM Anuradhapura organized a "Sisil Pan Dansala" To commemorate the arrival of Arahath Mahinda Thero in the poson festival.



Koggala

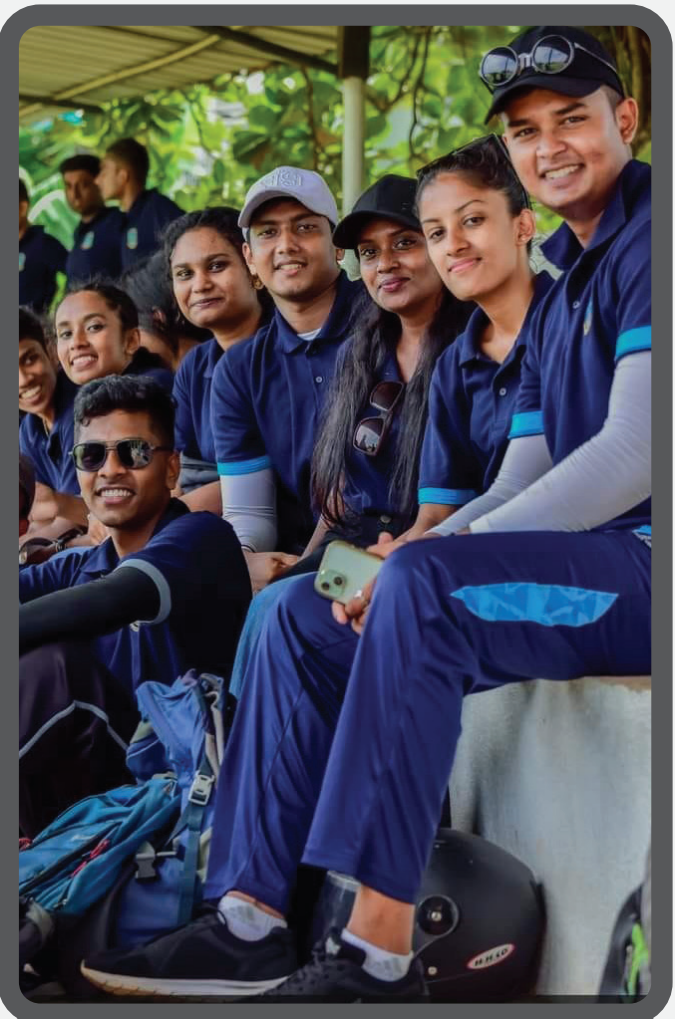
SLITHM Koggala has organized a bana ceremony for students and staff.



Sportsmanship of **SLITHM**

SLITHM education was not only limited to books but various games were organized to develop such as Endurance, Leadership, Patience and Development of Interpersonal relationships through sports.

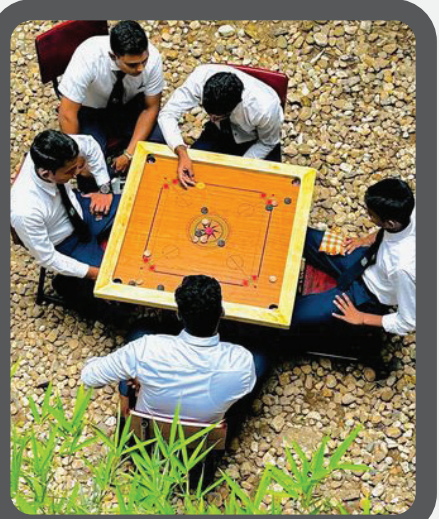
Colombo



Kandy



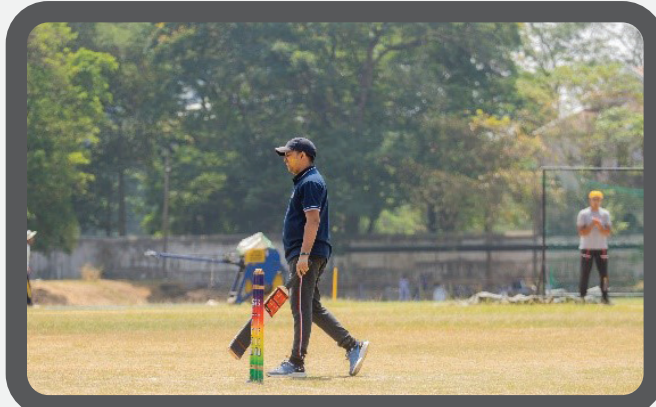
Bandarawela



Koggala



Kurunegala



Ratnapura



AI & Tourism Education



G.P. Mihiruchi Gamage

Assistant Lecturer - SLITHM Colombo

Today immensely competitive business environment is growing rapidly with high tech new innovations and advancements.

In a larger portion here in the new millennial world in house hold works as well the technology takes the lead in creating comfort and making day today human activities streamline and comfortable.

In terms of black side of technology we can identify very easily as addiction to malpractices and worst side, specially amongst younger generation addiction and social media multi-access interfier with sexually intended web addresses etc.

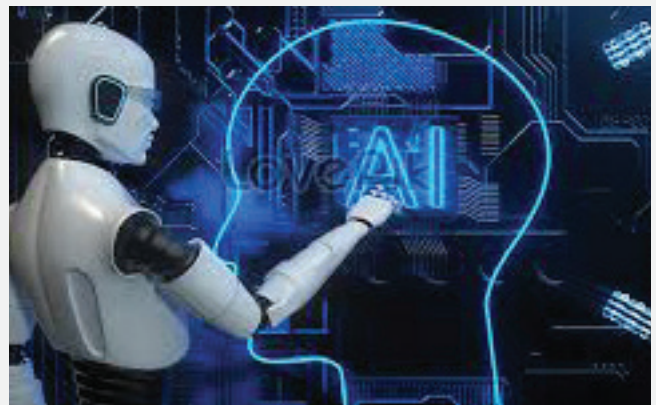
A vast varied top level newest creation among a few nasty advancing creations is Artificial Intelligence.

These new high tech features already have acquired imminence of specialties and advancements like voice video creations duplication in exactly the same art image ect creations. We can identify sound recording sound duplication video duplication and creation instant web search instant write ups creation.

In tourism it is a mix of wide cross section of the universe as activities human capital attractions and in other words it is an inter linked and connected activities mix and truly have to digest and admit that hence it is truly open in numerous ways to the outer world of the general public that it might get diverted to the wrong side of the public relations having access to newest tech support.

As explained above as what the nature of the industry it is and might be vulnerable to so many misbehavior practices and the extra built intelligence of the current young crowd the upper mentioned technology called AI - is a huge uncontrolled key which might lead crowd to black side break less down flow speedy activation.

AI which is bi-sided operational and creation tool actually does have a little or no control in barriers or standers maintenance whereas that minus mark will lead the authorities concern unable to distribute even constructive fruitful techno driven education operation and control.



AI & Tourism Education

Specially as the SLITHM diverts and as they newly uplifts their educational era and pathways as with introduction of research component to the teaching and learning process The A-I will surely lead the seen and best to select as a helping hi tech tool. But why and what the sad and unfortunate story will become is what we mentioned prior minus part of A--I as what degree of wrong side innovative brain capacity usage amount of practice of current young society is becoming (technology over taking human brain and human capability) through AI

- I. E. 1. Account handling duplication
- II. Voice duplication
- III. Image duplication
- IV. Wrong and dangerous wrong duplicated communication as indeed real genuine

As to overcome

- I. Innovative proactive advanced procedures in no delay
- II. Procure and secure controlling tools duplicate apps
- III. Invisible web security where high degree of no hijack access is inculcated
- IV. cyber education for target education crowd

Will have to take the real practical lead and forefront placement.

Otherwise mothers will loose daughters and will pay dolor for several sons and daughters including majority fake of artificial voice cuts.

International Women's Day of **SLITHM**

According to the international women's day, organized with a series of awareness speeches and vibrant cultural performances, the occasion served as a platform to highlight the importance of gender equality and women's empowerment. Every cultural item presented during the festivities was a testament to the talent and creativity of the students of SLITHM, showcasing diverse traditions and narratives.

Anuradhapura



Kurunegala



Language Day Program of **SLITHM**

The language Day and the purpose of this day is to raise awareness of language, cultural diversity and multilingualism around the world. Our student and lecturers are actively involved in language day celebration where they display an appreciation of multicultural world.

The world is a melting pot of cultural diversity today. This make foreign languages a key to growth and understanding this globally divers domain. SLITHM makes earnest efforts to create a student community that is not only knowledgeable but also culturally aware through an early introduction to foreign languages. We believe that exposing students to multiple languages enchances their access to people and resources, to better communication and fruitful travel travel and hospitality experiences.



Memories, Education and Foundation:

Thank You CHS/SLITHM!



Dr. Chandana (Chandi) Jayawardena

DPhil, FSLHGA

In Search of my Pearl

On October 11, 1971, I embarked on a journey that would shape the course of my life and career. That day, I entered the Ceylon Hotel School (CHS, now SLITHM) as a first-year student in the three-year Diploma Program in Hotel & Catering Operations. The program, a cornerstone of CHS since 1966, had gained a reputation for excellence, producing global hoteliers. Inspired by the possibilities ahead, I set out to dream big, work hard, and find my pearl in the vast ocean of opportunities. But as I soon discovered, the road to success was far from smooth, fraught with challenges that would test my resolve.

A Rude Awakening

On that first day, I didn't need an alarm clock to wake me up. The task was rudely taken over by a group of loud second-year students, including Kamal Hapuwatte (who would later become the Principal of CHS). These designated ragging leaders, determined to assert their dominance, had us out of bed at 5:00 am, lined up on the hostel's basketball court for a grueling round of 50 push-ups. When they learned I was a Judo fighter, the ragging escalated—100 push-ups became my daily ritual during that notorious week.

Our introduction to CHS was anything but glamorous. After a cold, communal shower in a partition less bathroom with 20 shower heads (a harsher experience than my cadet days at Diyatalawa), we dressed, had breakfast, and were ordered to line up in pairs. Under the watchful eyes of the senior students, we marched from the CHS hostel at 78 Galle Road, Colombo 3 (now the site of SLTDA and SLITHM), to the Samudra Hotel



An aerial shot of CHS and the Hotel Samudra building in 1971.

building opposite the Galle Face Green (now the Taj Samudra Hotel). During this daily march, we were required to salute every woman we passed—a ritual that added to the already intense atmosphere.

The Historic CHS Building

We entered CHS, housed in a 100-year-old colonial building that also included a 10-room Samudra Hotel, both managed by the Ceylon Tourist Board. Unbeknownst to us, this was the original home of the Colombo Club, one of Ceylon's oldest and most exclusive gentlemen's clubs, built in 1871. The current Galle Face Green had once been a racecourse, and our school's premises had served as the Colpity Racecourse Grandstand. It wasn't until my father shared this history with me days later that I realized the significance of the place where I would spend the next three years of my life.

A German Welcome

"Guten Morgen!" We were greeted at CHS by its stern German Principal, Herr Reinhold Sterner, flanked by two German lecturers and a Swiss-German Maître d'hôtel. One glance at my long curly hair, moustache, sideburns, thick belt, and bell-bottoms, and I could tell Herr Sterner was not impressed. By the end of the day, I was forced to shave my moustache and cut my hair. In contrast, the Sri Lankan faculty, led by Vice Principal Mr. Eardley Edrisinha, provided a warm welcome. I was particularly impressed when Mr. Edrisinha memorized the

full names of all 28 of us newcomers—except mine. Perhaps my poor interview performance and my youthful inexperience at 17 had marked me as unsuitable for CHS.

Later, we met four 1969 graduates from the inaugural CHS batch who had recently returned from their scholarships in West Germany to join the faculty. Fluent in German and fashionably dressed, they inspired us with their stories and accomplishments. Among the students, they were affectionately known as Batha, Dias Abey, Silva Sir, and Desma. Despite the presence of several excellent part-time faculty, it was the young and beautiful German lecturer, with her long blond hair and fashionable miniskirts, who captured most of our attention.

Culture Shock

Teaching hospitality students in Western countries is relatively straightforward—they're already familiar with Western culture, food, wines, cheeses, formal dressing, and the use of different types of cutlery and glassware. But for us, everything was new. Many of us had eaten all our meals at home with our fingers, never tasted wine, and rarely worn ties. All communication at CHS was in English, though we often switched to Sinhala at the hostel. One surprising moment came when a young lecturer, Mr. Rohan De Silva Jayasundera, offered us cigarettes at his table. Smoking in public, once taboo for us, suddenly became a symbol of adulthood.

In the Germanic style of education, CHS was a hands-on school, with practical training sessions every day—International Cookery, Ceylonese Cookery, and Restaurant Service were part of our routine. On alternate weeks, we dined in the training restaurant or washed dishes, a task I despised. I was skeptical when told that washing dishes was a good starting point for anyone aspiring to become a Hotel General Manager.

Fifty years later, I understand the value of that experience. As a Director of Food & Beverage and later a General Manager of five-star hotels, I was responsible for Kitchen Stewarding Departments. My brief stint as a dish washer at CHS gave me a deep appreciation for the hard work of Kitchen Stewards, which in turn made me a better, more empathetic manager. I learned that every job in a hotel, from Dishwasher to General Manager, is crucial in ensuring customer satisfaction and business success.

The Ragging and Friendships

After the rigors of ragging week in 1971, hostel life at CHS gradually became more enjoyable, and we formed lifelong friendships. By October 1972, my batchmates and I had graduated from "Freshers" to "Lord Veterans," a title that has endured over the years.

One memorable incident occurred when our Principal, Herr Sterner, returned from his summer vacation in West Germany with a new crew cut, which we dubbed "The Sterner Cut." Inspired by this, my friend and fellow student, Neil Maurice, who had learned hairdressing over the summer, decided to practice his skills on the new batch of students. After a few shots of Gal Arrack, Neil's first haircut was a disaster, and to fix it, he inadvertently gave the student a near-bald look, reminiscent of Sterner's style. We joked, "It's the Sterner Cut!" Three hours later, 28 first-year students had matching haircuts.

The next morning, when they marched into CHS, the baffled Principal asked, "What happened?" We replied in unison, "Sterner Cut, Sir!" Though Sterner was not amused, we quickly realized we had crossed the line. Later that day, a complaint was lodged in the Sri Lankan Parliament regarding human rights violations by the second-year students of CHS. Realizing we had overstepped; we organized a welcome party to end the ragging week and bonded with the new students.



My batch mates in the CHS kitchen, learning the basics.



'The Clean Dozen' - The team of 12 who guided my batch during our first year at CHS.

Most Memorable Moments

A great hotel school is more than just its location, facilities, and curriculum; it's defined by the quality of its faculty. CHS was blessed with dedicated teachers who left a lasting impact on us. As I reflect on my time at CHS, I'm reminded of the 12 individuals who guided my batch during our first year—whom I fondly call 'The Clean Dozen.' Each of them left an indelible mark on my journey.

(from left to right)

Mr. Desmond Fernando – Lecturer in Restaurant and Bar Service

A great human being who treated the students as adults and with respect. He joined five of my batchmates and me on a week-long cycling trip around Sri Lanka in 1974. I still cherish his company when we travel together for CHSGA AGMs.

Mr. Rohan Dias Abeysinghe – Lecturer in Restaurant and Bar Service

We worked seamlessly as colleagues in the early 1980s when I was a Senior Lecturer in Food & Beverage Operations. He managed the training restaurant while I handled the training bar. We even carpooled to work, sharing stories and advice.

Mr. Stanley Goonatilake – Hostel Warden

He tolerated my pranks throughout my three years at the CHS hostel, though he did lose his cool once when the Kollupitiya Police woke him up around midnight, suspecting streakers from the CHS hostel. Little did he know, I was the culprit!

Mr. Jorge Müller – ILO Expert Maître d'hôtel (Swiss)

In the early 1990s, we became colleagues again at Schiller International University (SIU) Hotel Schools. He lectured in Engelberg, Switzerland, while I was based at the SIU Hotel School in London, England as its Acting Director. We shared many fond memories, often reminiscing about our time at CHS.

Mr. Lothar Kollmann – Expert Lecturer in Restaurant and Bar Service (West German)

Often came to our class and said, "I need five volunteers." As this was for extra hard work, we never wanted to volunteer. Therefore, we would look down to avoid eye contact with him. Annoyed with this reaction, on one occasion, he waited for one minute and then turned red in anger. He pointed his index finger and ordered, "You, you and three of you, Kommen Sie, NOW!"

Mr. Eardley Edrisinha – Vice Principal

The best teacher I met. A distinguished gentleman who became a friend after our years at CHS. In 1991, when I founded the International Hotel School as the Managing Director, he joined my team. We maintained a warm relationship until his passing in 2010.

Mr. Reinhold Sterner – Principal (West German)

Although stern and exacting, he was deeply committed to shaping competent professionals. His influence extended beyond the classroom, leaving a lasting impression on our approach to work and life.

Mrs. Carmen Gomes – Lecturer in Ceylonese Cookery

Called all of us, "Boys!" Every time I took a dish to present to her, she made a face of disgust and disapproval, before giving me a low mark. One day, as a prank I sent the same dish previously rejected by her, for the second time, through the best student of my batch - W. D. T. Anton. Mrs. Gomes tasted the dish and told Anton, "Perfect! Well done, Anton!"

Mr. Helmut Belling – Expert Lecturer in Kitchen Operations (West German)

The Chef was a fun-loving nice guy. One day he had seen that I stole a cube of cheese from a refrigerator and quickly ate it during a kitchen practical. After that he had replaced the remaining cheese cubes with a bar of yellow Sunlight soap cut in similar sized cubes. He laughed for a long time when I tasted the soap in my mouth at my second attempt to steal cheese.

Mr. Robert Napper – ILO Expert in Kitchen Operations (British)

One day towards the end of the kitchen practical, the water supply stopped. We were happy thinking that we do not have to wash the kitchen that day. Chef Napper asked each of us to pick a large pot or an empty garbage can, and march behind him across the Galle Face Green to the Indian Ocean. That day we washed the kitchen with salt water!

Mr. Felix Bartholomeusz – Lecturer in Cookery

In 2013, after he retired in Australia, he kindly volunteered to help SLITHM kitchen operations, and was staying at the Kandy Hotel School. At the same time, I did four consulting assignments for SLITHM. Having interviewed over 50 teaching staff of SLITHM, I felt that I must meet Mr. Bartholomeusz before completing my assignment reports. I went to Kandy to meet him. He bitterly complained about badly planned kitchens, poor logistics and coordination between Colombo campus and satellite campuses of SLITHM. His suggestions and continuing passion for teaching enhanced my report.

Mr. Rohan De Silva Jayasundera – Lecturer in Front Office and Housekeeping

In 1972 I was surprised when he gave me a temporary title as the 'Cleaning Supervisor' and allocated a group of my batch mates to work with me. He assigned all tasks to me and empowered me to get those tasks done through my team of peers. I quite enjoyed that and ended up not doing any manual work, but just supervision. Decades later he told me, "Chandana, I knew that you would not do any work. I did not mind it as I was sure that you will get the job done through others."

The Lessons Learned

Half a century has passed since I graduated from CHS, but the lessons I learned there continue to resonate. From understanding the importance of every role within a hotel to the value of lifelong friendships, the experiences I gained at CHS have shaped both my career and my character. As I look back, I realize that CHS was not just a school but a foundation—a place where dreams were nurtured, challenges were overcome, and the future was forged.

Thank you, CHS/SLITHM, for the memories, the education, and the foundation that has guided me through five decades. I am forever grateful.

Awareness Programs of **SLITHM**

Terrorism Awareness Program - SLITHM Kandy

A special program to youth about Counter Terrorism Awareness was conducted recently by Mr. Ravindra Senavirathne and Mr. Rasika Athukorala at the school auditorium to educate the youth on how to act in an emergency in the hotel.



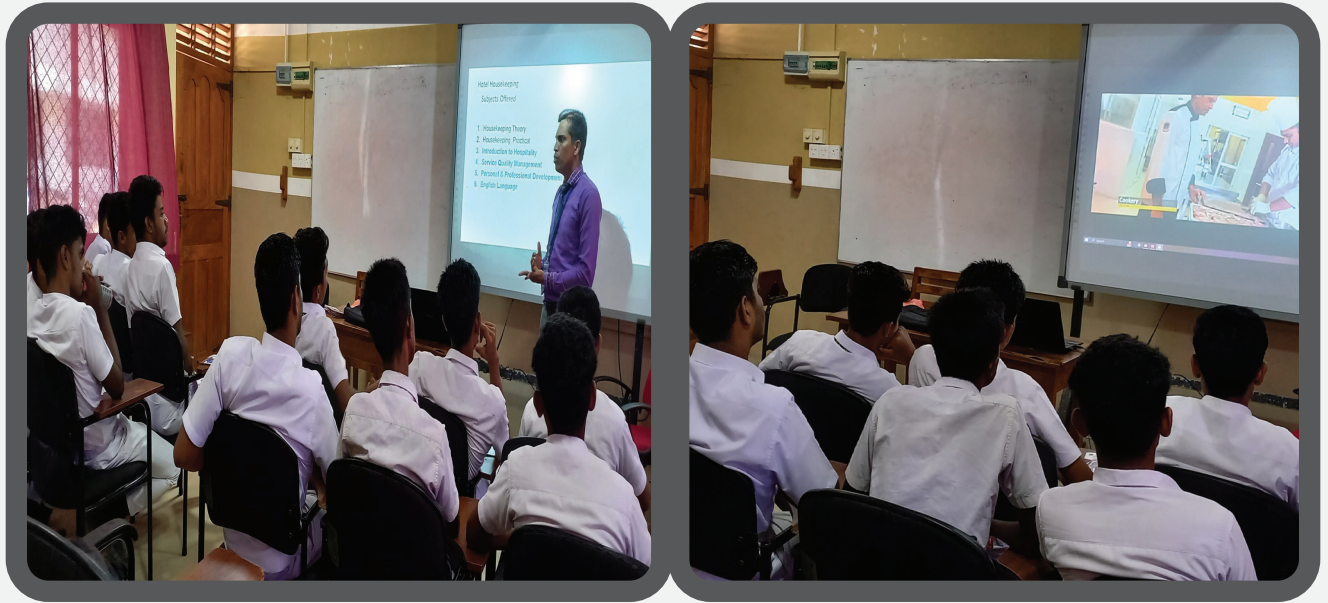
Mental Health Awareness Program- SLITHM Kurunegala

SLITHM Kurunegala Students' Sports and Welfare Association – PL036 has organized Students' awareness of mental health programme.



Awareness Program- SLITHM Batticaloa

SLITHM Batticaloa has organized awareness programmed for 13 years students at Bt. Kattankudy Central College.



Drugs and Narcotics Awareness Program- SLITHM Koggala

SLITHM Koggala student's welfare association has organized an awareness programme on Drugs and Narcotics for students.



Inauguration Programs of **SLITHM**

SLITHM Kandy

SLITHM Kandy has conducted the certificate level 036 batch & Craft level 025 batch inauguration program.



SLITHM Kurunegala

SLITHM Kurunegala has conducted the certificate level 036 and Craft level 035 batch inauguration program.



SLITHM Colombo

The inauguration ceremony of Certificate Level students was held at SLITHM Colombo auditorium.



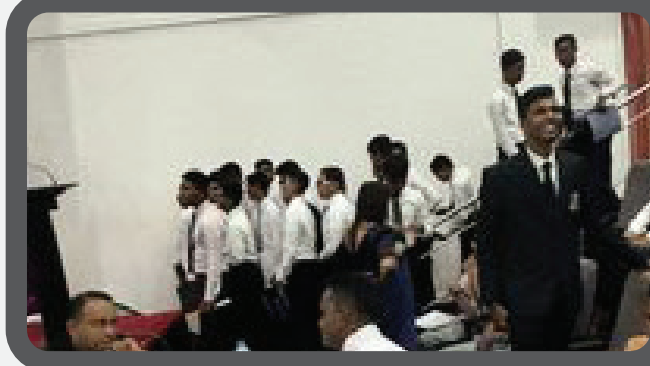
SLITHM Anuradhapura

The Inauguration ceremony of Certificate Level students 2024 was successfully conducted at Velimaluwa ,Ruwanwelisaya.



Recruitments Day of **SLITHM**

Recruitment day is the priceless opportunity for the Craft & Certificate level students to find their work place where they can grow up as professionals in future hospitality sector of Sri Lanka. This program was held at SLITHM Colombo auditorium.



The Saga / Story / History of the Ceylon Hotel School

The First Decade



Vijitha Nugegoda
2nd Batch CHS



The beginning

In the first half of the 1960's tourism in Sri Lanka was based primarily to the arrival of foreign visitors by cruise liners to Colombo, visitors from the Indian sub-continent coming through Thalaimannar port and a few Europeans arriving by plane to Katunayaka. They would be taken to Kandy and Nuwara Eliya, Hikkaduwa and Galle and the ancient cities in big American cars and they would stay in what are known today as Classical Old Hotels for a night or two.

Yet the government of that time (1960-1965) saw the potential of developing tourism as an industry. As the preliminary step in this direction, they decided to set up an institute to train a group of young people in the skills needed to attract and handle a larger number of foreign visitors. The initial focus was on the preparation of food desired by tourists and the service of food and beverage. Since there were no qualified people in Sri Lanka to teach these subjects, the government had to hire experts from the UK and Canada.

The first batch of 11 trainees was taken in 1965. Almost all of them were from the south-western part of Sri Lanka. The admission criteria for trainees were lax as it was difficult to attract young people to venture into this unfamiliar territory. The students were also provided with food and accommodation for a very nominal fee. Some of these pioneers occupied very high positions in some of the most glamorous hotels in the world, during their careers.

With the change in government in 1965 dramatic changes were made in the Tourism /hospitality sector. One of them was the establishment of the Ceylon Hotel School with a new

mandate. The curriculum was changed to cover all aspects of hospitality management. The school was to function under the Ceylon Tourist Board. Colombo Plan and the West German government agreed to provide assistance to the school. Lecturers came from Canada and West Germany and an ILO expert arrived from Switzerland. The West German government donated kitchen equipment and a minibus to the school. Experts from various hospitality-related fields were recruited to teach their respective subjects like; Organizational Management, Hygiene, Nutrition, Hotel Accounting and Hospitality Engineering. French and German languages were also included in the curriculum along with English.

A new batch of 11 students was taken in October 1966 and amalgamated with the first batch of 11. This group was then called Batch Number 1. The CHS was originally located at "Samudra" the old Colombo Club building in Galle Face.. Accommodation for the students was in a barrack-like building behind the Tourist Board office, adjacent to the SL Army's former football grounds.

The next batch (Batch No 2) of 14 students was admitted in 1967. This group of students came from all over Sri Lanka, Colombo, Kandy, Negombo, Kurunegala, Galle, Jaffna and Ratnapura. The message of hospitality training was delivered to the whole country by this group. After a brief period of mild ragging led by Rag Master 'Kalu Muna' who got us to march on the Galle Face Green during the morning rush hour, wearing our white uniform shirt back to front shouting the names of potato dishes that he had to memorize like Matchstick potato, Marquis potato, Duchess potato We became friends with the seniors very quickly.

After a few months, the student's hostel was shifted to 'Seften' a single-story Dutch period bungalow with a large lawn and tall trees and rooms cool and airy at No: 72 Galle Road Kollupitiya. Seften was large enough to accommodate both batches plus Batch No: 3 that were due in 1968. We rushed through the doors to select a room to be together with our close friends and a compatible 'bunk-mate' Seften soon became our 'Sweet Home' and sanctuary. The warden was a very kind person but he would have been a highly traumatized person living with his young family in the same premises with thirty young men. Anyway, he made sure that every student got an egg every morning. Some of the eggs went straight to the kiosk next door to be bartered for '4 Aces' The cook / caretaker at Seften was very good at Book-Keeping. Thanks to him there were no failures in the subject, amongst us.



An aerial shot of CHS and the Hotel Samudra building in 1971.



In the historic building just before I was compelled to shave off my moustache.

The faculty both local and foreign comprised of highly competent teachers. Their main challenge would have been trying to teach subjects which were completely alien to all of us. We didn't have a clue of Western dishes or wines or service standards. In addition, the students had to grapple with the low esteem our chosen vocation was perceived by our friends and society in general. Hospitality is a way of life. Only a very good teacher could transform high-spirited boys into cultured and sophisticated adults. We are proud to say that our teachers made it happen.

Some of the lecturers were very strict in the classroom but they were very friendly and carefree off-hours. We used to jump into the boot of the British cookery lecturer's wagon, straight after classes, to go to Kinross for a swim and get on his shoulders to engage in water fights. One of our lecturers even took some of us to India.

While at the school, we are asked to serve at dinners and cocktail parties hosted by the Ceylon Tourist Board. We would go dressed in black bows and monkey jackets to carry heavy silver trays full of canapés and drinks and serve Colombo's elite. It was also an opportunity for us to get to know the taste of expensive spirits. We particularly liked to serve at parties on board ships –merchant vessels- docked in the Colombo harbour. Some ships were berthed alongside, some were away and we had to go by tug to the ship. The ship crews were always very generous with food and drinks. We used to hope that more ships of the Hansa-Bremen Line would call at Colombo Port and that we could go onboard, by courtesy of our German Principal and the local Shipping Agent.

Since there were no hotels other than the Grand Old ones, our in-training was confined to Rest Houses scattered around the country or to industrial kitchens in Colombo. By going through this training, twice during our training period, we gained invaluable knowledge about people and human relations which became very useful in our line of work later in life.

We cooked, we served, we played, we studied, and we faced exams, some did well, some not so. Some got scholarships, some dropped out. We bathed in the sea, we climbed Adams Peak. We all left the school richer and wiser, a brother to a hundred brothers.

The writer was a student of one of the early batches.

Achievements & Activities of SLITHM

National Bartender Competition

Raising the Bar with a Stellar 1st place win at the Bartender competition. Grateful for the support from our principals, Lecturers and Amazing community of SLITHM Koggala.



Celebrating Culinary Brilliance

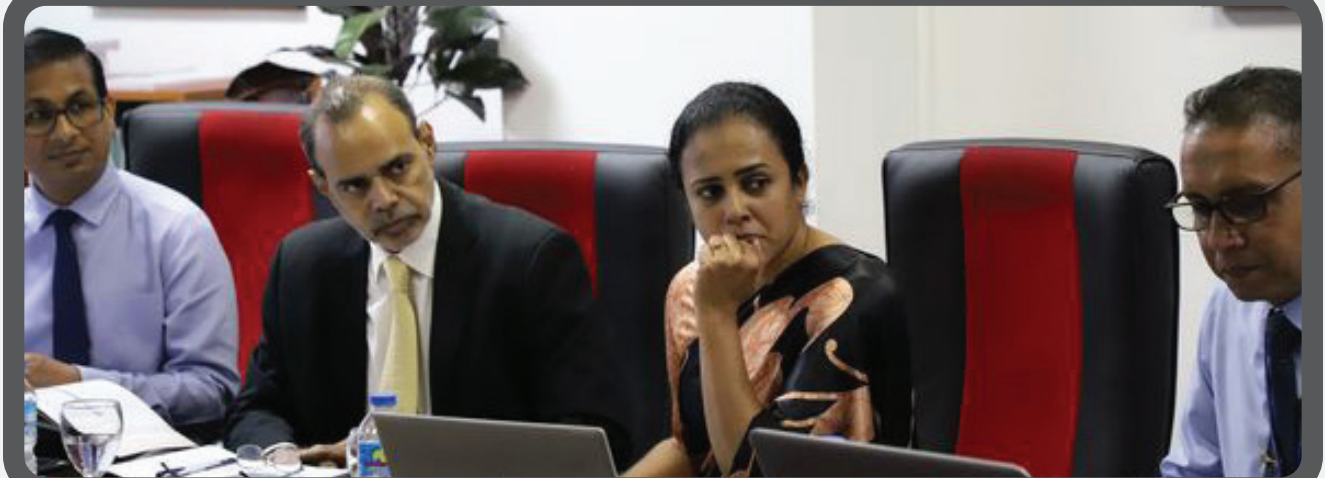
An epic culinary extravaganza as the 21st edition of the Culinary Art Food Expo 2024 (CAFE), Spearheaded by chefs Guild Lanka (CGL), descend upon Colombo Taking place from June 7th to 9th,2024, at Bandaranaike Memorial International Conference (BMICH), this event promises an international sensation, showcasing the very best of Culinary Artistry.

Celebrating Culinary Brilliance! At the Chef Guild Competition held at BMICH from June 7th to 9th ,2024,our talented students were dazzled in the celebrating this event in grandeur scale. CAFE 2024 with its pinnacle of culinary excellence offers a comprehensive showcase of food products and services. From the journey of food processing, spanning from plantation to table and consumption, every aspect of culinary art will be celebrated and explored. With the participation of esteemed international Food & Beverage and Hospitality brands, CAFE has cemented its status as the ultimate platform for innovation in the hospitality industry.



Subject Review Audit Meeting

The Year 2024 holds great hopes for SLITHM, to establish the Institution's position as a degree-awarding Body. Having complete institutional review successfully to prove its readiness to confer degrees, SLITHM also faced the subject review conducted by a panel of eminent scholars appointed by the Ministry of Higher Education. With the necessary amendments to the Tourism Act No.38 of 2005, the aim is to launch the Honours Degree Programme in Hotel and Resort Management in the year 2025. The term 'University' is used in a company or trading name with permission from the Government of Sri Lanka, as the term is deemed sensitive under the business and company name regulations. SLITHM is in the process of acquiring this qualification from the University Grants Commission (UGC) and it will be recognized as a degree-awarding Institution in Sri Lanka, which will be another milestone in the history of SLITHM.

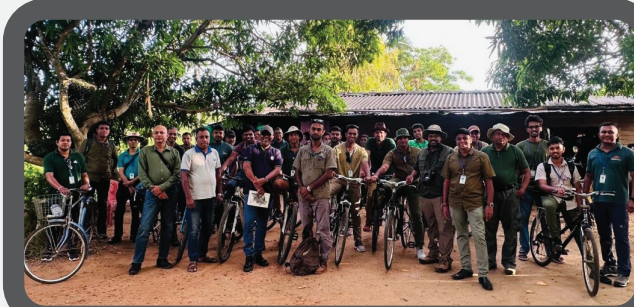


Extra Events of SLITHM

SLITHM Anuradhapura

Workshop for Tourist Guide

The main objective of this workshop is to enhance the environmental knowledge among tourist guides and encourage them to engage in ecotourism activities. Additionally, the program aims to increase the capacity of tourist guides to conduct nature based tourism activities in the North Central Province with a proper understanding of the biodiversity of the Malwathu Oya river basin, as well as the flora and fauna of the area.



Chauffeur Tourist Guide Training Program

Sri Lanka Institute of Tourism and Hotel Management (SLITHM) Anuradhapura started Chauffeur Tourist Guide Training Programme on 27th May 2024 first time out of Colombo. This program is designed to address the growing demand for skilled chauffeur tourist guides in the region, while also contributing to the diversification and expansion of SLITHM's training offerings.



SLITHM Kandy

“Jayagamu Sri Lanka” Exhibition

SLITHM Kandy has represented Sri Lanka Career Guidance Exhibition and job fair at Bogambara Old Prison premises.



SLITHM Batticaloa

Career Guidance Program

SLITHM Batticaloa has conducted Career Guidance for Craft Level R&B Service ongoing batch students, Conducted by Mr. Suranga Jaysinghe, Leadership and Skills trainer.



SLITHM Kurunegala

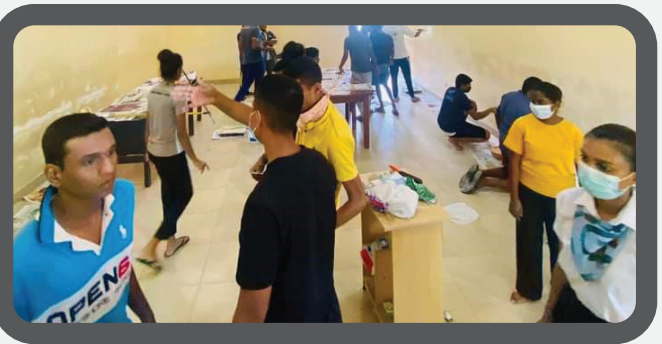
Familiarization Visit

SLITHM Kurunegala has visited Araliya Red Hotel Nuwaraeliya.



Shramadhana Campaign

A shramadhana campaign has organized by SLITHM Kurunegala student's welfare association.



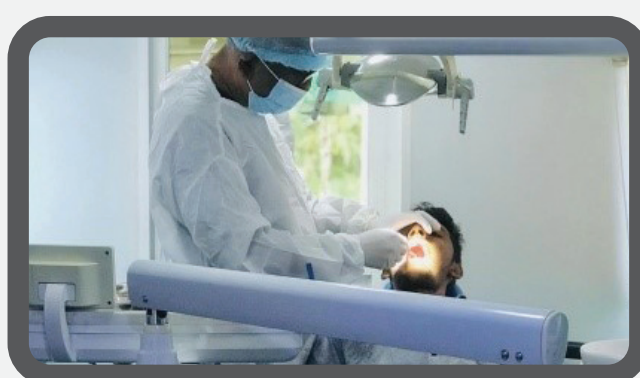
Certificate Awarding Ceremony

Certificate Awarding Ceremony in Short-term courses (BARISTA, PASTRY & DESSERT, TELEPHONE SKILLS)



Dental Clinical Program

Link Sudantha Dental Clinic organized by the Student's Welfare Association for certificate level batch 036



SLITHM Koggala

Familiarization Visit

SLITHM Koggala has visited tour of Inside Hotel Ahangama and Koggala Beach resort.



Practical's for student

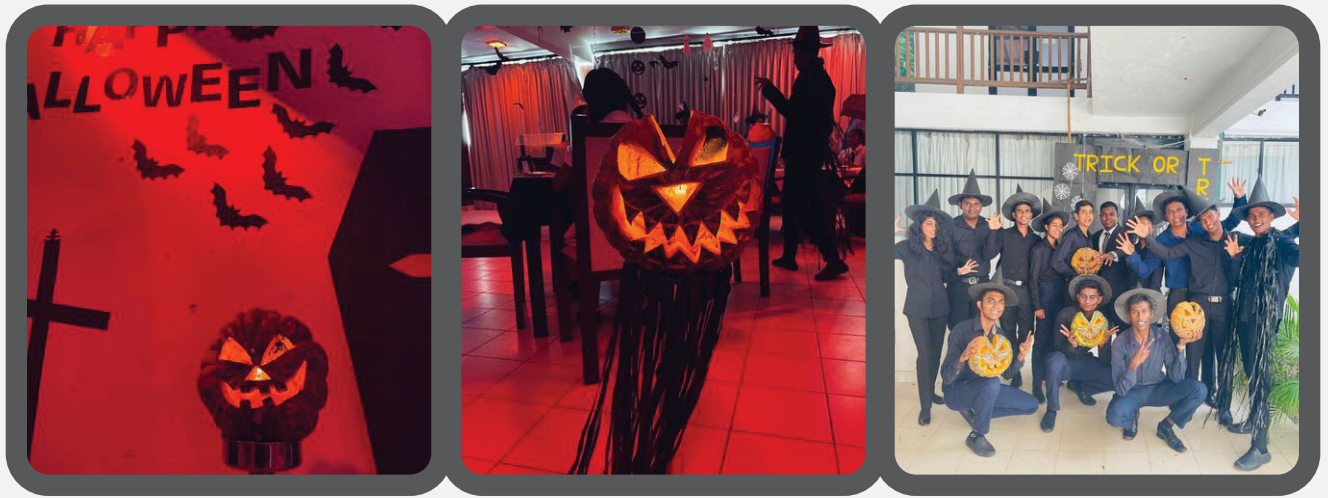
Yagaya



Holi Festival



Halloween



Lover's Paradise



Oktoberfest



Final Pastry Buffet



Wedding



Floral Designing Training Programme

Completed floral designs training programme on 4th June 2024. The session's outcome shows the hidden creativity of the future Housekeepers of the industry.



Smart Youth Exhibition @ Galle



FAP Youth Camp



Some dining etiquette rules that are partially broken or totally ignored

Writer : Lizaf Keefahs

Moderated/Developed by : Ramesh Perera

How many of you have flashbacks of your mother yelling at you "Don't put your elbows on the table" when dining? I bet many of us 'ole timers' do. Is this an old-fashioned rule that has lost relevance in modern dining etiquette? In France, it is considered polite to keep your hands on the table, whereas to have your elbows on the table whilst eating will raise eyebrows in Germany. And yet...people follow the rule without learning the sense behind it.

In medieval times, it was common sense. Because a table was a loose plank on top of a tree stump (later on trestles topped with wooden tops), and putting one's weight on one's elbows meant unbalancing the table and sending everyone's food and drinks crashing to the ground. Modern tables are solid enough to rest one's elbows on. And yet... many people continue to learn the rule without the sense behind it.

Ahoy there...putting elbows on the table it seems originally began when sailors, when eating on ships, would put their elbows on the table to keep their plate from sliding during rougher seas. And that...did make sense.

A middle-of-the-road approach would be to avoid elbows on the dining table while eating or when food is being served. However, doing so between courses or at the end of a meal when the table has been cleared is not a 'faux pas'.

What about the rule that requires you to ensure that the menu when received from the server needs to be placed, even partly, on the table when flipping through the pages? What's wrong with bringing it closer to the face, especially if it is someone who has a slight vision problem that makes it hard to read? The suggestion that one should then bring oneself closer to the menu would not appeal to someone with a posture problem that makes it hard to lean forward.

I get that the menu is not a novel...but some fonts on printed menus are so tiny that they heighten the effects of 'disfluency' (Disfluency is just a subjective feeling of difficulty associated with any mental task). So, if something is hard to see or hear, it feels disfluent. And that's something older people often encounter. The only reason I wouldn't bring the menu close to my face is because it is the most germ-filled item in the restaurant.

In the days gone by, that well-intentioned though condescending gesture, of certain fine-dining

restaurants, presenting ladies' menus without prices- because the gentleman paid the bill, has thankfully disappeared. I say thankfully...because I bet you, nowadays most ladies would burst a blood vessel if they received a menu with no prices. This got me thinking as to which ladies-first rules are practised in-depth and how relevant are they today.



Restaurants used to always take the ladies' orders before the gents. Veteran restaurant operators and culinary instructors would insist that it is proper etiquette backed by generations of history (notwithstanding delays when some women are undecided, especially where there is a large table). However, several modern-day restaurateurs say the ordering process doesn't need to begin with women.

It's the same with serving orders. Many servers place dishes based on the order they come out of the kitchen (some dishes are prepared quicker than others), or each guest's position at the table. In this case, common sense appears to rule over gender etiquette. As one restaurant operator explains, "Sometimes it's better and less intrusive to serve a large table quickly rather than insisting on serving all the women first."

Take for example three couples who are dining at a restaurant, where one diner (male) orders a bottle of wine to be shared amongst the six of them. The server first pours the first taste to the person (male) who ordered it, then begins to serve the three ladies, clockwise around the table, then the two men and finally the host. In all, the server makes two and a half trips around the table to pour one bottle of wine to six diners - all in the name of gender-based etiquette.

Now, there are many "unwritten rules" for dining and many savour having those rules followed when eating an expensive meal in an upscale restaurant. Some don't mind when the rules are bent or broken if they can potentially eliminate those moments that rupture the enjoyment of dining. Which one would you subscribe to?

I'll leave you to be the judge.

Food expiration dates don't have much science behind them

Written by : **Jill Roberts** - Associate Professor of Global Health, University of South Florida

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A food safety researcher explains another way to know what's too old to eat.

Avoiding unseen food hazards is the reason people often check the dates on food packaging, and printed with the month and year is often one of a dizzying array of phrases: "best by," "use by," "best if used before," "best if used by," "guaranteed fresh until," "freeze by" and even a "born on" label applied to some beer.

People think of them as expiration dates or the date at which food should go in the trash. But the dates have little to do with when food expires or becomes less safe to eat. A more science-based product dating system could make it easier for people to different foods they can safely eat from those that could be hazardous.

Costly Confusion

The United States Department of Agriculture reports that in 2022 the average American household spent 12% of its income on food. But a lot of food is simply thrown away, despite being perfectly safe to eat. The USDA Economic Research Center reports that nearly 31% of all available food is never consumed. Historically high food prices make the problem of waste seem all the more alarming.

The current food labelling system may be to blame for much of the waste. The FDA reports consumer confusion around product dating labels is likely responsible for around 20% of the food wasted in the home, costing an estimated US\$161 billion per year.

It's logical to believe that date labels are there for safety reasons since the federal government enforces rules for including nutrition and ingredient information on food labels. Passed in 1938 and continuously modified since, the Food, Drug and Cosmetics Act requires food labels to inform consumers of nutrition and ingredients in packaged foods, including the amount of salt, sugar and fat it contains.

However, the Food and Drug Administration does not regulate the dates on those food packages. Rather, they come from food producers. And they may not be based on food safety science.

For example, a food producer may survey consumers in a focus group to pick a "use by" date that is six months after the product was produced because 60% of the focus group no longer liked the taste. Smaller manufacturers of similar food might play copycats and put the same date on their products.

More Interpretations

One industry group, the Food Marketing Institute and Grocery Manufacturers Association, suggests that its members mark food "best if used by" to indicate how long the food is safe to eat, and "use by" to indicate when food becomes unsafe. But using these more nuanced marks is voluntary, and although the recommendation is motivated by

a desire to cut down on food waste, it is not yet clear if this recommended change has had any impact.

A joint study by the Harvard Food Law and Policy Clinic and the National Resources Defense Council recommends the elimination of dates aimed at consumers, citing potential confusion and waste. Instead, the research suggests manufacturers and distributors use "production" or "pack" dates, along with "sell-by" dates, aimed at supermarkets and other retailers. The dates would indicate to retailers the amount of time a product will remain of high quality.

The FDA considers some products "potentially hazardous foods" if they have characteristics that allow microbes to flourish, like moisture and an abundance of nutrients that feed microbes. These foods include chicken, milk and sliced tomatoes, all of which have been linked to serious food-borne outbreaks. But there is currently no difference between the date labelling used on these foods and that used on more stable food items.

Scientific Formula

Infant formula is the only food product with a "use by" date that is both government regulated and scientifically determined. It is routinely lab tested for contamination. But infant formula also undergoes nutrition tests to determine how long the nutrients - particularly protein - take to break down. To prevent malnutrition in babies, the "use by" date on a baby formula indicates when it's no longer nutritious.

Nutrients in foods are relatively easy to measure. The FDA already does this regularly. The agency issues warnings to food producers when the nutrient contents listed on their labels don't match what FDA's lab finds.

Microbial studies, like the ones we food safety researchers work on, are also a scientific approach to meaningful date labelling on foods. In our lab, a microbial study might involve leaving perishable food out to spoil and measuring how much bacteria grows in it over time. Scientists also do another kind of microbial study by watching how long it takes microbes like *Listeria* to grow to dangerous levels after intentionally adding the microbes to food to watch what they do, noting such details as growth in the number of bacteria over time and [when there's enough to cause illness].

Consumers on their own

Determining the shelf life of food with scientific data on its nutrition and safety could drastically decrease waste and save money as food gets more expensive.

But in the absence of a uniform food dating system, consumers could rely on their eyes and noses, deciding to discard the fuzzy bread, green cheese or off-smelling bag of salad. People also might pay close attention to the dates for more perishable foods, like cold cuts, in which microbes grow easily.



Last night in a restaurant I ordered a glass of wine with my meal and the waiter asked for my ID. I replied, "Do I look that young?" and the waiter said, "No, I just wanted to see if you qualified for the Senior Citizen discount".

When I get a headache, I take two paracetamol and keep it away from children, as it says on the packet.

Husband and Wife fought.
Wife called Mom : He fought with me again, I am coming to you.
Mom : No Dear, he must pay for his mistake, I am coming to stay with you.

A wise man once told his son: My boy, when you accumulate the understanding to know why a pizza is made round, to be put in a square box, and is eaten in triangles, then and only then will you be able to understand women.



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