

EK BHARAT SHRESHTHA BHART ACTIVITIES – IHMCT, THIRUVANANTHAPURAM

REPORT FOR THE MONTH JUNE 2020

Sr. No	Activities by IHM, THIRUVANANTHAPURAM	Month of Activity	Proposed Activity	Details of the Activity	Paired States involved	No. of Participants / Attendees	Any other relevant information
1.	Cooking Video Competition	June 2020	Cooking video Competition for the students of the Institute	Cooking video competition on innovative / authentic recipe from Kerala or Himachal Pradesh Cuisine for the students of IHMCT, Thiruvananthapuram was conducted. (30/06/2020)	Himachal Pradesh	3	

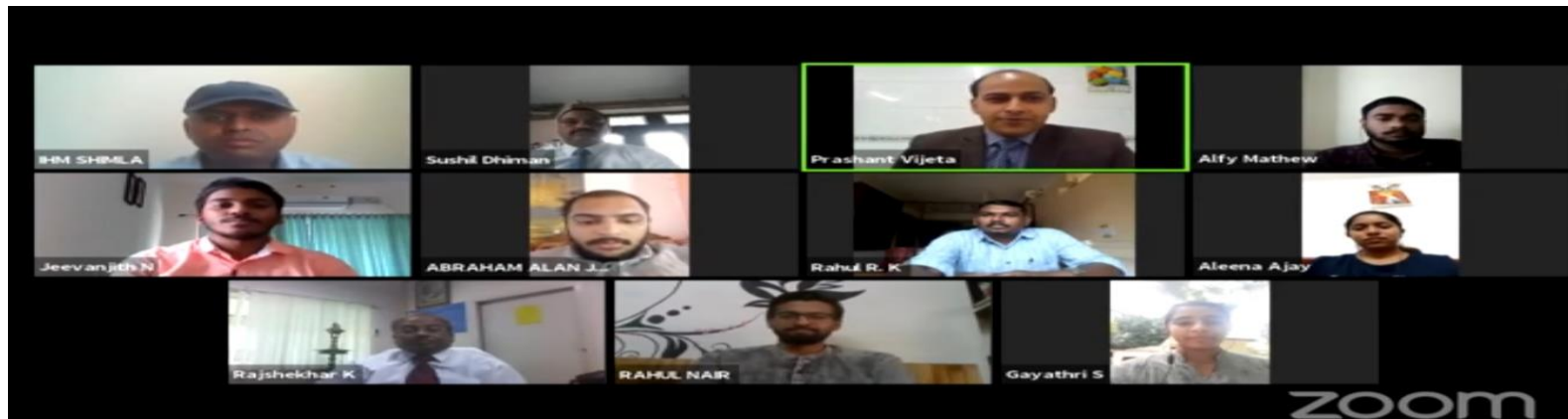
(के. राजशेखर)
प्राचार्य



"Live Cooking Demo on Himachali Cuisine"
UNDER
EK BHARAT SHRESHTHA BHARAT
INITIATIVE
03 JUNE 2020 11:00 AM



1. LIVE DEMO COOKING BY IHM SHIMLA STUDENT - 3RD JUNE 2020



1.IHMCT THIRUVANANTHAPURAM FACULTY & STUDENTS ATTENDING THE LIVE DEMO COOKING OF IHM
SHIMLA STUDENT - 3RD JUNE 2020

A promotional poster for a cooking video competition. The background features a hand holding a fork over a plate of food. At the top, there are four logos: '150 YEARS OF CELEBRATING THE BIRTH OF INDIA', 'EK BHARAT SHRESHTHA BHARAT', 'LEARN AND SERVE', and 'अतुल्य! भारत Incredible India'. The main title 'COOKING VIDEO COMPETITION' is written in large, blue, hand-drawn letters. Below it, the text 'Under EK BHARAT SHRESHTHA BHARAT initiative' is in orange, and 'Organized by IHMCT, Thiruvananthapuram' is in purple. The 'RULES' section is in black text, listing four conditions. Contact information for enquiries is provided at the bottom right.

**COOKING VIDEO
COMPETITION**

Under
EK BHARAT SHRESHTHA BHARAT
initiative

Organized by
IHMCT, Thiruvananthapuram

RULES

- * Only for IHMCT, Thiruvananthapuram students
- * An innovative/authentic recipe from Kerala or Himachali cuisine
- * Chef's video and audio should be clear.
- * Video should not exceed 5 minutes.
- * Video should send to principal@ihmctkovalam.org before 30/06/2020

For enquiries
9074668673/9995966381
Rahul.R.K, Faculty

2. COOKING VIDEO COMPETITION FOR IHMCT, TVPM STUDENTS



अतुल्य! भारत
Incredible India



WEBINAR ON "GOD'S OWN COUNTRY" -DESTINATION KERALA

Jointly hosted by
India Tourism, Kochi
and
IHMCT, Thiruvananthapuram



02 JULY 2020
9.45 AM



Mr. Sreevats Sanjay
Deputy Director General,
Regional Director (South),
Ministry of Tourism,
Govt. of India




Mr. K. Rajshekhar
Principal
IHMCT, Thiruvananthapuram



Speaker
Ms. Sandhya Haridas
Manager
India Tourism, Kochi

3. WEBINAR ON "GOD'S OWN COUNTRY DESTINATION KERALA" 2ND JULY 2020

Kerala - History

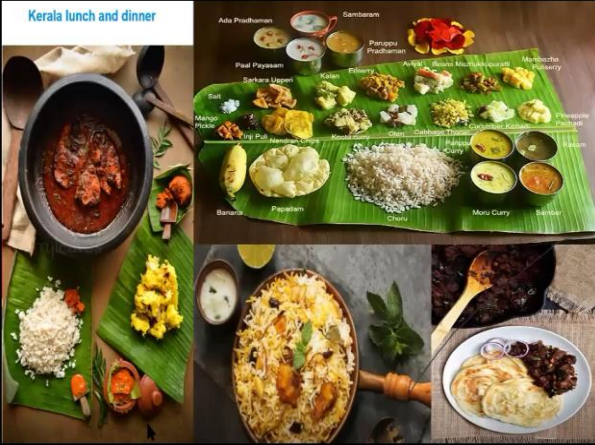


The ancient history of Kerala is shrouded in the mythology. The most popular legend is that the land of Kerala was raised from the depths of the ocean. Parasurama, the avatar (incarnation) of Lord Vishnu, had waged an epic series of vengeful wars on the Kshatriyas. Parasurama was struck by remorse at the wanton annihilation he had wrought. He offered severe penance atop the mountain heights. In a mood of profound atonement, the sage heaved his mighty axes into the midst of the distant ocean. The waves foamed and frothed as a prawn-shaped land, extending from Gokarnam to Kanyakumari surfaced from the depths of the sea to form the state and hence the sobriquet - "Gods own Country".

Kerala's history is closely linked with its spice trade. Celebrated as the Spice Coast of India, ancient Kerala played host to travellers and traders from across the world including the Greeks, Romans, Arabs, Chinese, Portuguese, Dutch, French and the British. Almost all of them have left their imprints on this land in some form or the other.

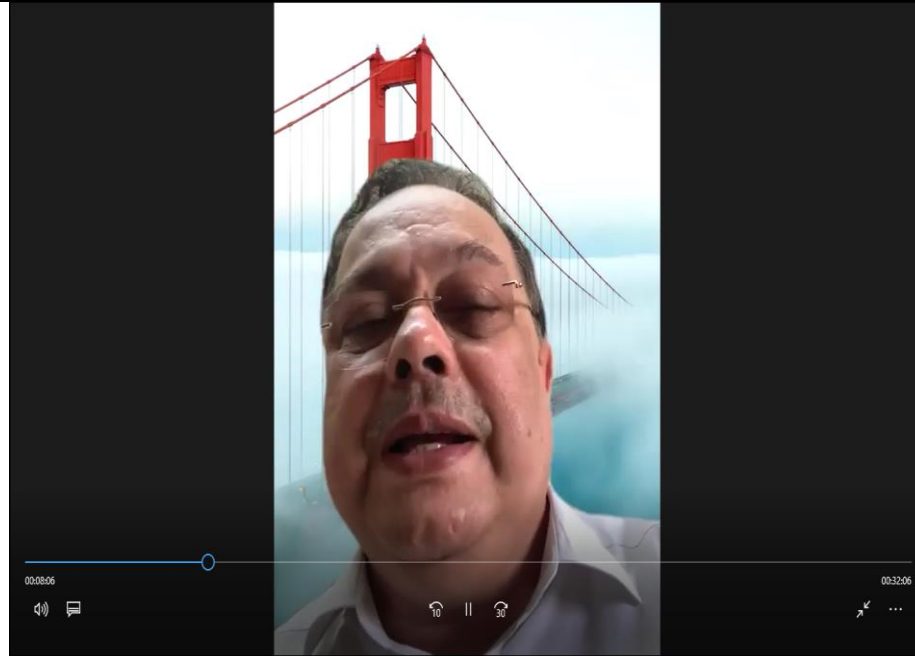
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Kerala lunch and dinner



00:26:14 00:13:58

3. MS SANDHYA HARIDAS, MANAGER, INDIA TOURISM, KOCHI - SPEAKER OF THE WEBINAR - 2ND JULY 2020



**3. Shri. Sreevats Sanjay, Dy. Director General,
Regional Director(South), Ministry of Tourism,
Govt. of India attending webinar - 2nd July 2020**



**3. Shri.K Rajshekhar, Principal, IHMCT,
Thiruvananthapuram attending the webinar - 2nd
July 2020**

