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EXCELLENT CAREER PROSPECTS FOR COTHM STUDENTS IN GERMANY



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For comments please write to us at:
HEAD OFFICE/CANAL CAMPUS:
185, Abu Bakar Block, Canal Road, New Garden Town, Lahore .
Mob: 0302- 4090092
Tel: 042 35913580-81-82-83
E-mail: office@hospitalityplus.com.pk

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AHMAD SHAFIQ | CHIEF EDITOR | shafiq@cothm.edu.pk

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•Hospitality Plus Magazine (ABC Certified Monthly Publication)
Chief Executive Officer:
•College of Tourism & Hotel Management (COTHM) Pakistan & Dubai
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•COTHM Travel Solutions
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TECHNICAL & VOCATIONAL EDUCATION A MUST FOR THE ECONOMIC DEVELOPMENT OF PAKISTAN



Technical and vocational education is of paramount importance in the economic development of any country. Pakistan, being a developing country, needs to focus on technical and vocational education to reduce the unemployment rate, increase productivity and meet the needs of the global market. According to recent research by the Higher Education Commission (HEC) of Pakistan, technical and vocational education plays a crucial role in the socio-economic development of the country.

The research highlights that the majority of the Pakistani population is below the age of 30, and the demand for skilled workers is increasing rapidly in the global market. Therefore, it is essential to promote technical and vocational education to provide skilled manpower to industries and businesses.

College of Tourism & Hotel Management (COTHM) is playing a significant role in promoting technical and vocational education in Pakistan. It has established its training schools in various parts of the country to provide training and skills development to the youth. COTHM has also collaborated with various local and international organizations to provide internships, apprenticeships, and job placements to the trained youth, making them market-ready.

Moreover, the government of Pakistan has allocated a significant portion of its budget to the development of technical and vocational education. This allocation of resources reflects the government's commitment to promote technical and vocational education in the country.

Technical and vocational education is not only essential for the economic development of Pakistan but also for the personal growth and development of individuals. It provides an opportunity to youth to learn the skills that can be used to start their businesses, become entrepreneurs, and contribute to the economy of the country.

In conclusion, the importance of technical and vocational education cannot be overstated. It is vital for the economic and personal development of individuals and the country as a whole. The government of Pakistan needs to continue to invest in this sector to ensure the development of skilled and competent manpower for the future.

EXCELLENT CAREER PROSPECTS FOR COTHM STUDENTS IN GERMANY



Germany's largest private education group F+U Group visited COTHM to explore some possible avenues of collaboration between the two organizations. The purpose behind this important visit was just to uplift the hospitality education in Pakistan.

F+U Group President Hans-Dieter Sauer accompanied by Cathrin Jongen; International Recruiting Head, and Waseem Butt, the Minister of Parliament of Heidelberg, Germany, visited COTHM Head Office in Lahore to ink the strategic partnership. A Memorandum-of-Cooperation (MoC) was signed between F+U Group Germany and COTHM Pakistan & Dubai to provide Pakistani skilled youth with amazing career pathways and placement opportunities.

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GROUP OF COLLEGES

F+U
Academy of Languages
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A Memorandum-of-Cooperation (MoC) has been signed between F+U Group Germany and COTHM Pakistan & Dubai to provide Pakistani skilled youth with amazing career pathways and placement opportunities.

The delegates from Germany were accorded a warm welcome on their arrival at the Head Office of COTHM in Lahore. The President of F+U Group expressed his optimism on having brilliant graduates of COTHM to be a part of the hospitality and tourism industry of Germany to meet the challenges of workforce shortages. Being the largest private sector education group of Germany, it has the capacity to create countless career opportunities for the young graduates of Pakistan.

International Recruiting Head, Cathrin Jongen, organized an interview session with the students who had completed their course from COTHM along with B1 level of German Language certification. COTHM has also proposed the F+U Group to get Pakistani students enrolled in their





> **The MoC between F+U Group and COTHM would unveil immense opportunities for Pakistani students to avail quality education, training, internship, apprenticeship programs, cultural exchange programs and career pathways in Germany, says COTHM CEO Ahmad Shafiq**

apprenticeship program so that they may utilize their youthful energies for the better interest of both the countries. After completing their B1 level of German Language, the students of COTHM can proceed for three years apprenticeship program in Germany which leads them to full time job, permanent residence and nationality of Germany.

On this occasion, the Founder and CEO of COTHM Pakistan & Dubai, Ahmad Shafiq said, "this MoC has been signed to develop cooperation and collaboration between the two organizations to unveil immense opportunities for Pakistani students to avail quality education, training, internship, apprenticeship programs,











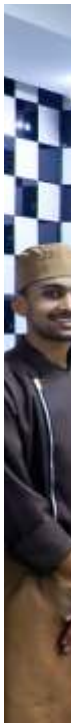
cultural exchange programs and career pathways in Germany". He also said that this collaboration would allow our students to expand their knowledge and skills and enhance their employability prospects."

While talking to media, Waseem Butt said that COTHM Pakistan is a leading hospitality and tourism management institute in Pakistan, while F+U Group is the largest private education group in Germany and their collaboration can create an innovative educational platform that can benefit both the countries. He added that through this collaboration, students and faculties from both institutes would have the opportunity to participate in exchange programs, joint research projects, and academic seminars. The partnership might also offer students the opportunity to pursue international degrees and certifications, he further said.

F+U Educational Group International Recruiting Head Jongen Tatjana Cathrin said that she is truly impressed by the hospitality of Pakistani people and she would definitely love to work with COTHM.

F+U Educational Group Germany Chairman Hans-Dieter Sauer said that he knows COTHM and its CEO Ahmad Shafiq since last many years for their service to the hospitality industry. He further said that Pakistani youth is amazingly talented and their skills can be perfectly utilised in Germany. He also said that COTHM and F+U may collaborate in multiple areas to get Pakistani youth accommodated in the





German Ambassador to Pakistan Alfred Grannas appreciates COTHM and F+U Group for thinking about the future of skillful Pakistani youth and assures full facilitation to COTHM students in the German Apprenticeship program.













educational system of Germany. He also expressed his keen interest in setting up a language school in collaboration with COTHM Pakistan & Dubai.

The delegation comprising Ahmad Shafiq, Hans-Dieter Sauer, Jongen Tatjana Cathrin, Waseem Butt, and COTHM Director International Development Babar Sheikh also met Alfred Grannas the ambassador of Germany to Pakistan. Waseem Butt apprised the ambassador of the purpose and prospects of the F+U Group's visit to Pakistan and requested him to support the cause for generating excellent career opportunities for Pakistani students in Germany. The ambassador appreciated both the organisations for thinking about the future of skillful Pakistani youth and assured full facilitation to COTHM students in the German Apprenticeship program.

Punjab Governor Baleegh ur Rehman acknowledges the services of COTHM for producing skillful workforce and assures his full support to COTHM for the uplift of the Pakistani youth.

German Ambassador to Pakistan Alfred Grannas appreciated COTHM and F+U Group for thinking about the future of skillful Pakistani youth and assured full facilitation to COTHM students in the German Apprenticeship program.

In a bid to publicise Lahore as 'UNESCO's City of Literature', City Parliament Heidelberg Germany Member Waseem Butt along with Ahmad Shafiq, Jongen Tatjana Cathrin, former Lahore mayor Col. (r) Mubashir Javed and COTHM Director Media & Marketing Fraaz Kasuri called upon Punjab Governor Baleegh ur Rehman where they discussed the dynamics of skills education in the province and discussed matters relating to the professional studies in both the countries. While talking to the governor, Ahmad Shafiq said that Pakistan is blessed with a huge number of young people and we need to put them on the path of skills education. He also presented the copy of Hospitality Plus Magazine to the governor that he accepted with acknowledgments. Waseem Butt apprised the governor of the rising needs of the skilled manpower in Germany and advised the governor to let the Pakistani youth know about the career opportunities they could


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HOW TO ADVERTISE YOUR HOTEL WITH A LOW BUDGET



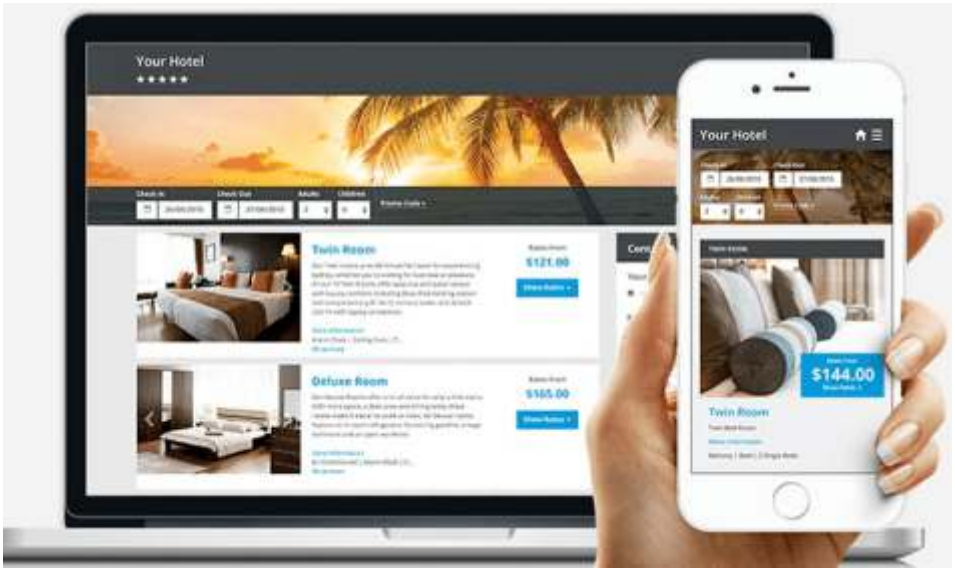
Raise your visibility with highly qualified travelers throughout various stages of their journey with display advertising solution.

Whether you're marketing a global hotel brand or a local bed and breakfast, every property shares the same goal: filling all their rooms. But when you have a limited hotel marketing budget, it can be difficult to determine how to best use your funds. How can you maximize your marketing campaign and extend your brand's visibility without blowing your budget? These tips can help you in this regard.

Reach your target audience with TravelAds sponsored listings

TravelAds is an easy to use, pay-per-click solution that connects hotel advertisers with highly qualified travel shoppers across Expedia Group's global portfolio of travel brands. No long-term commitment is required, which means you can quickly test and optimize your marketing campaigns. Another cost-effective aspect with TravelAds is that your ads only appear when rooms are available.

With TravelAds you can also reach potential guests with advanced targeting capabilities that allow you to connect with travelers based on how they search and interact with our 200+ travel sites. And you can make the most of your budget with real-time reporting that monitors ad performance, travel windows, room nights booked, and more to ensure that you know exactly what kind of traction you're getting with what you're spending.







Maximize advertising efforts with co-op campaigns

Expedia Group Media Solutions offers co-op campaigns that allow hotel marketers to maximize their marketing spend by participating in customized campaigns with other brands in the region that have similar goals. These collaborative campaigns use our solutions to reach highly qualified travelers while aligning with each advertisers' marketing budgets and business objectives. With co-op campaigns, hotel marketers stay informed throughout the campaign process — from start to finish — without having to do any heavy lifting. Whether partners are looking to drive awareness and engagement or drive bookings and conversions, co-op campaigns can be flexible and customizable to meet collective marketing goals and needs.

Boost brand awareness with Accelerator

If you're looking to fill rooms within a specific date range, Accelerator can help maximize your property's bookings and revenue by targeting certain booking windows. The solution serves as a budget-friendly model that increases visibility and helps hotels reach travelers when they're ready to book.

With its pay-per-stay structure, Accelerator boosts a property's position in search results within the selected check-in window, making it easier for highly engaged travelers to find and book the property.

Payment is made with the compensation received for the booking, which means a marketing budget isn't required. Marketers can also pause at any time to assess the predicted results to ensure the ads are performing effectively.

With its pay-per-stay structure, Accelerator boosts a property's position in search results within the selected check-in window, making it easier for highly engaged travelers to find and book the property.



Targeting multiple channels with Display Advertising

Raise your visibility with highly qualified travelers throughout various stages of their journey with display advertising solution.

With display advertising, hotel advertisers work with our team to create custom user experiences that align with a brand's budget and goals. Here's how our display advertising solutions can enhance a hotel's marketing campaign:

- **Display ads on mobile apps:** Connect with high-intent travelers through our branded mobile apps. Its first-party data enables precise audience targeting to ensure that a hotel is getting in front of the right people.

- **Branded emails:** Showcase promotions and travel deals with emails that reach and engage highly qualified travelers. This includes recent shoppers, loyalty members, frequent travelers, and more.

The size of your marketing budget shouldn't determine the success of your hotel's advertising campaign. If there are fluctuations in the market, some hotels don't have the flexibility to expand their advertising budgets to meet increased levels of demand.

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COTHM JAIL ROAD:
5-C, Main Gulberg II, Ayesha Saddiqa Road, Jail Road, Lahore. Tel: +92-42-35870012-13, 35875851
Mob: 0322- 4090092 Email: info@cothm.edu.pk

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COTHM CEO AHMAD SHAFIQ REPRESENTS PAKISTAN AT EURHODIP

EXECUTIVE BOARD MEETING HELD IN MOROCCO



The 58th Executive Board Meeting was attended by representatives from different EURHODIP member states including Pakistan.

*****

EURHODIP is a leading international association founded in Brussels in 1988 to help the Schools of Hospitality and Tourism, to integrate the dimension of a truly European education. Currently, it represents more than a hundred and a half institutions from more than thirty countries around the world.

The association focuses mainly on the quality, vitality, and public standing of hospitality and tourism education. This forum is an excellent source of information on how education programs are changing in order to meet the needs of the new global economy, general education reform, student learning outcomes assessment, diversity in education, and global issues in education.

To review the last year engagements and to plan further, the Board of Directors (BoD) of EURHODIP met in Tangier, Morocco, on May 12-13, 2023. The 58th Executive Board Meeting was attended by representatives from different EURHODIP member states including Pakistan. COTHM Founder & CEO Ahmad Shafiq who is one of the directors of EURHODIP's executive board represented Pakistan at the most prestigious European think tank of hospitality and tourism education.

The BoD approved the EURHODIP Strategic Plan for 2023-2027, which sets out the organization's goals and objectives for the next five years. The BoD also approved the EURHODIP Work Programme for 2023-24, which outlines the organization's activities for the coming year. The work programme includes a number of initiatives to support the implementation of the EURHODIP Strategic Plan. The directors also visited different public and private sector organisations working in the field of hospitality and tourism to exchange views and experiences. They also held meetings with different government bodies for the uplift of hospitality and tourism education in the region and globally.

The BoD meeting was a valuable opportunity for the members to come together and discuss the future of EURHODIP.





















































UNDER-CABINET LIGHTING IDEAS TO BRIGHTEN UP YOUR KITCHEN

Under-cabinet lighting may be subtle and it can brighten up your countertops, making the precision tasks of slicing and chopping a lot easier and safer.

By: Ramsha Sadiq

A well-lit kitchen is not just aesthetically pleasing but also incredibly functional. Your ceiling fixtures and chandeliers may provide ambient lighting sufficient to illuminate the room, but they are simply not enough. The same goes for fancy pendant lights and wall sconces, which may provide accent lighting to the room, but don't add much to the practicality of your cooking space. So, what should you do to brighten up your kitchen without paying for a full-scale remodel? Well, the answer is pretty simple: you should look into under-cabinet lighting ideas.

Now, under-cabinet lighting may be subtle and not draw as much attention as a chandelier hanging from the ceiling, but it can brighten up your countertops, making the precision tasks of slicing and chopping a lot easier and safer. They are also rather inexpensive.

Popular under-cabinet lighting ideas

These are the most popular types of under-cabinet lights to give any kitchen a much-needed glow-up.

LED strip lights

If you are looking for affordable under-



cabinet lighting ideas, opting for mounted LED strip lights is probably your best option. These budget-friendly strips provide the best type of lighting for the kitchen and are rather easy to install.

LED strip lights comprise small bulbs mounted on a rope-like strip with peel-and-stick tape at the back. All you need to do is measure the area under your cabinet and cut these strips accordingly. You can then stick them to the underside of the shelves right above the countertops. Once done, just plug the cord into the nearest electric outlet to light up your workspace.

Puck lights

Puck lights are yet another great option for brightening up your kitchen – especially if you are looking for wireless under-cabinet lighting ideas. These lights are round in shape and use halogen or LED bulbs to emit task lighting, which is focused on one spot. Most puck lights are battery-operated and don't require any wire extensions. You only need to install them under your cabinets using a screwdriver or stick them to the surface using a suitable adhesive.

Moreover, you can turn these lights on and off with a single tap. However, you may be able to find some newer models in the market that are operated with remote control.

Fluorescent tube lights

Unlike the large fluorescent tube lights that were used to adorn the walls of every household in Pakistan back in the 90s, these modern tube lights are relatively compact and emit a cooler and brighter glow. You can easily install them under your cabinets and plug their cord into the nearest electrical outlet.

However, unlike puck lights and LED strips, fluorescent tube lights require more space and aren't dimmable.



> If you are looking for affordable under-cabinet lighting ideas, opting for mounted LED strip lights is probably your best option. These budget-friendly strips provide the best type of lighting for the kitchen and are rather easy to install.

Installation of under-cabinet lighting in your kitchen

There are two main installation methods of under-cabinet lighting in the kitchen.

DIY under-cabinet lighting

If you want to go the quick DIY route, installing plug-in lights may be your easiest option. To install these lights, you'll have to attach your selected light fixtures to the underside of the kitchen cabinets using screws or adhesive. Then, you will attach the cords attached to each fixture to a wire extension before plugging it into an electrical outlet. You can turn the lights on and off directly through the switch.

The only downside to this type of installation is that you'll have to manually turn each light on and off as needed. Moreover, the wires attached to each fixture will be completely exposed.

Hardwired under-cabinet lighting

For a cleaner and more seamless look, consider hiring a professional to install hardwired light fixtures in your kitchen. This will also help hide all the wires and lower the risk of any short circuits and prevent other electrical hazards. On a side note, if you want to install recessed lighting in your kitchen, you may have to hire both an electrician and a carpenter to modify your cabinets.

Types of bulbs for under-cabinet lighting





Since there are so many different types of light bulbs available in the market these days, choosing the right one for your home may seem a little confusing. So, to make a smart decision, you must understand the basic differences between each option.

Usually, hardware stores in Pakistan offer four main types of light bulbs:

Incandescent light bulbs

They are rather budget-friendly and cast a warm and bright light. However, they have the shortest lifespan compared to other types of bulbs.

Halogen light bulbs

These are smaller in size and emit a bright, crisp and white light. Halogen bulbs are the most popular option for under-cabinet lighting in the kitchen.

LED bulbs

These bulbs consume a lot less energy and generate the least amount of heat. Although they are relatively expensive, under-cabinet LED lights have the longest lifespan.

Fluorescent light bulbs

Also known as energy savers, fluorescent light bulbs come in all shapes, sizes, shades and temperatures. They also last for a long time and are very energy efficient. This brings us to the end of our guide on under-cabinet lighting ideas for your kitchen.



Cheezious Pakistan

A PLACE WHERE YOU ENJOY FOOD & SERVICE BOTH

If you want to enjoy fast food and that also in a fine dining style, Cheezious Pakistan is the first as well as the last option

Cheezious Pakistan was the name I was hearing from everywhere as it had become the talk of town right after the opening of its first branch in Lahore. For quite some time, I had been thinking of paying a visit to Cheezious just to know what was so special about the fast food brand.

On a pleasant Sunday around 4PM, we the family planned to eat out at Cheezious Pakistan's main outlet that is located at the Joher Town's G1 Market. As I had already heard about the waiting queues at Cheezious, I got my seat reserved on the rooftop before leaving the home.

As expected, the parking area was full but the valet team was courteous enough to handle the situation without any hesitation. As soon as I told the restaurant manager about my reservation, a royal treatment of its kind just started off; beautiful Cheezious balloons were gifted to my kids. The floor manager with a pleasing smile escorted us to the lift and then to the reserved table; impressive by the way.



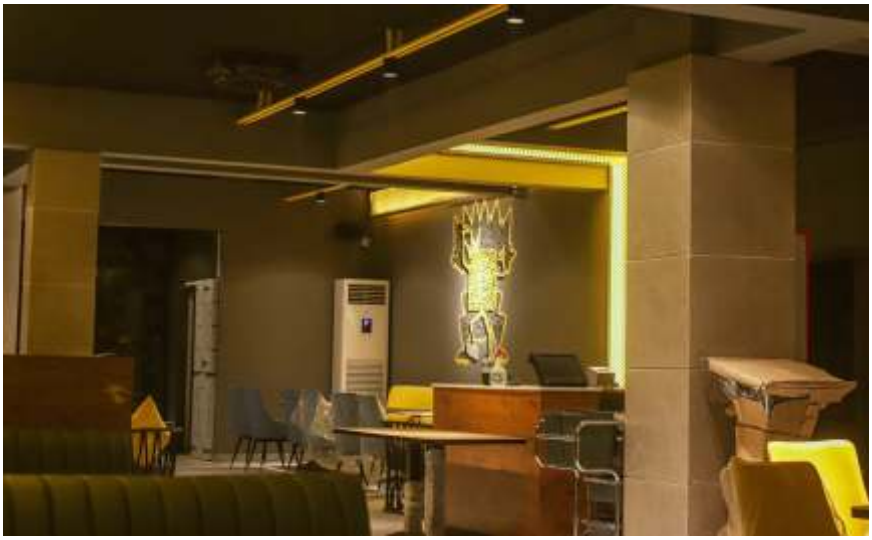




A boy along the table was already waiting for us as if we were his personal guests. As we got settled there, he respectfully offered the menu and waited until we made him write the order. As starters, we ordered Cheezious Behari Spin Rolls, Flaming Wings and Nuggets while, in the main course, we ordered Cheezy Tikka Pizza, Fried Chicken, Euro Sandwich and Flaming Wings.

The order was served a little earlier than the promised time. To our surprise, the freshness, quality, hygiene, presentation, and taste of the food was matchless; everything served had different aroma and flavor. Even the sauces and ketchup







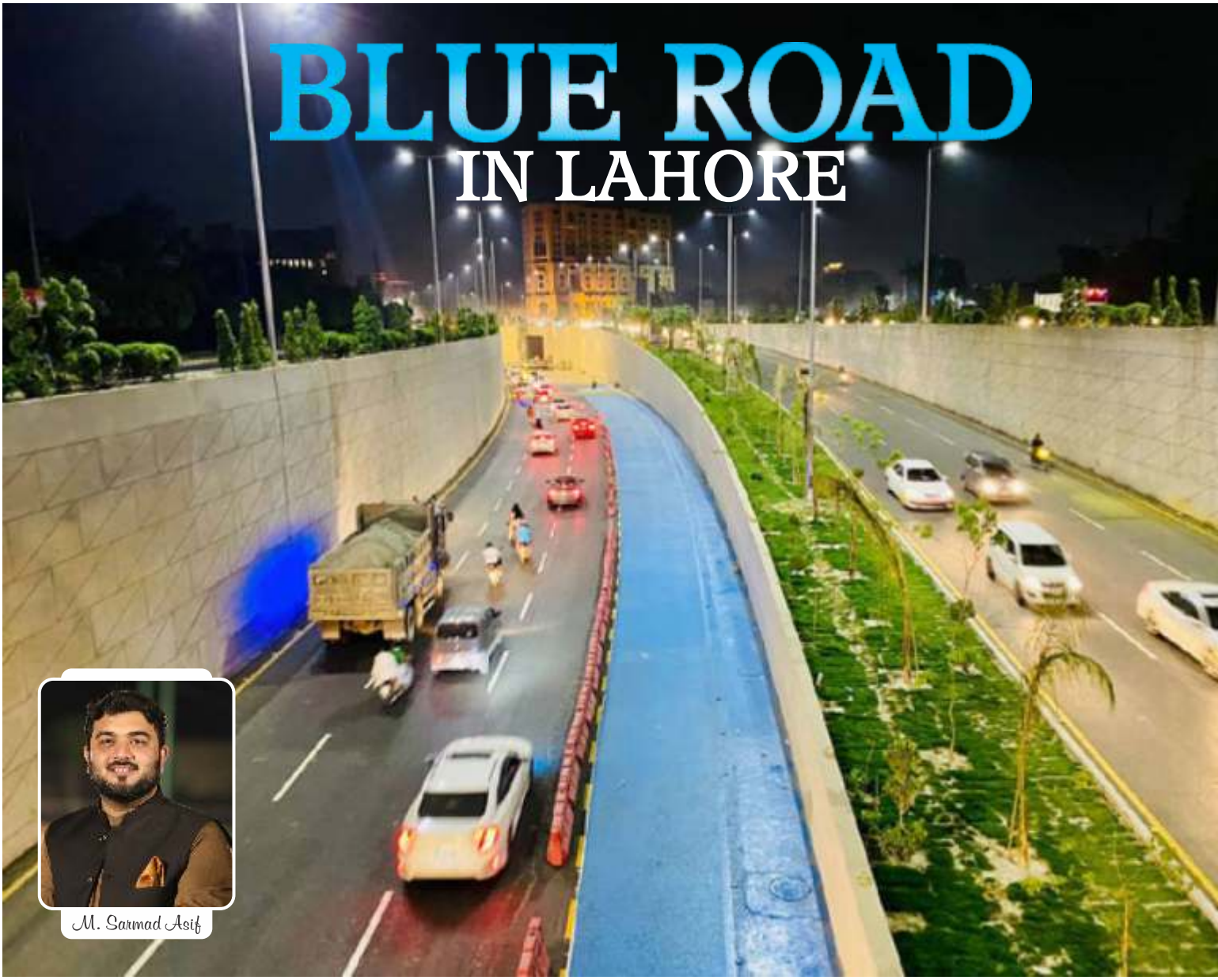




were also exclusively developed with unique Cheezious recipes. We had our food in leisure and enjoyed every second spent at the restaurant. The boy who was attending us specially came to us twice just to ask about our experience at the place; great job.

The atmosphere at the restaurant was also very calm and pleasant. All the tables were booked but there was no rush inside; guest management was being done quite amicably. To cut it short, we not only loved the food but also enjoyed the service offered by Cheezious Pakistan.

BLUE ROAD IN LAHORE



M. Sarmad Asif

Built by using a permeable material that allows rainwater to seep through it, blue road is designed to be more eco-friendly.

Pakistan has recently made history by launching its first-ever "blue road" in Lahore, a city located in the province of Punjab. The blue road, which has been designed and constructed by the Lahore Development Authority (LDA), is a groundbreaking project that is set to revolutionize transportation in the country.

So, what exactly is a blue road? Essentially, a blue road is a special type of road that is designed to be more eco-friendly than traditional roads. The road is built using a permeable material that allows rainwater to seep through it and be absorbed by the ground underneath. This helps to reduce the risk of flooding, while also replenishing the groundwater table.

The blue road in Lahore is a 1.3-kilometer stretch of road that runs through the city's Gulberg area. The road has been built using a unique type of permeable concrete that was developed by researchers at the National University of Sciences and Technology (NUST) in Islamabad. The material used in the construction of the blue road is said to be more durable than traditional concrete, and it is expected to last longer.

The blue road in Lahore is not only environmentally friendly but also aesthetically pleasing. The road is colored blue, which gives it a unique look and sets it apart from other roads in the city. The blue color of the road is achieved using a special pigment that is mixed in with the

The road has been built using a unique type of permeable concrete that was developed by researchers at the National University of Sciences and Technology (NUST) in Islamabad.







concrete during the construction process. One of the main benefits of the blue road is its ability to reduce the risk of flooding. In cities like Lahore, which are prone to heavy rainfall, flooding is a major problem that can cause significant damage to homes and businesses.

By allowing rainwater to seep through the road and be absorbed by the ground, the blue road helps to reduce the amount of water that runs off into the streets and causes flooding.

Another benefit of the blue road is its ability to replenish the groundwater table. In many cities around the world, groundwater levels are declining rapidly due to over-extraction and pollution. The blue road in Lahore is designed to help replenish the groundwater table by allowing rainwater to seep through it and be absorbed by the ground.

> **Blue road helps to reduce the amount of water that runs off into the streets and causes flooding**

The blue road in Lahore is not just an innovative project but also a symbol of Pakistan's commitment to sustainable development. The project has been widely praised by experts and policymakers, who see it as a model for other cities in the country to follow. The blue road is a testament to Pakistan's potential to lead the way in sustainable development and to create a better future for its citizens.

In conclusion, the blue road in Lahore is a groundbreaking project that is set to revolutionize transportation in the country. The road is designed to be eco-friendly, aesthetically pleasing, and durable. It helps to reduce the risk of flooding, while also replenishing the groundwater table. The blue road is a symbol of Pakistan's commitment to sustainable development and its potential to lead the way in creating a better future for its citizens.









COTHM MAKING

PAKISTANI YOUTH EMPLOYED:

PUNJAB IG PRISONS MIAN FAROOQ NAZIR

Punjab Inspector General (IG) Police Prisons Mian Farooq Nazir today visited College of Tourism and Hotel Management (COTHM) Lahore where COTHM CEO Ahmad Shafiq gave him a detailed orientation to the college's teaching faculties and departments.

"COTHM is serving Pakistan well by making students skilled in culinary, baking, tourism, aviation and hospitality sectors and thus making the youth employed. Students after graduating from here will be able to serve Pakistan by launching their own startups", IG said. COTHM is contributing to Pakistan in real sense. It is not only serving Pakistan but its graduates are also serving all over the world, he further said by adding that same approach would be made to rehabilitate prisoners.

Ahmad Shafiq briefed him about different courses being offered at COTHM. He also highlighted the importance of personal hygiene, food safety, and nutrition value of food.

"I am much impressed by the courses taught here. COTHM has state of the art facilities for students and it equips them with skills. This institute offers degree with skills and thus makes the youth employed.

COTHM has much more to offer for students. It



will be easier for them to get a job or start their own online business after the completion of their degree program, he added.

COTHM CEO Ahmad Shafiq also gave Nazir a tour to the Chocolate Academy where Chocolate Academy CEO Ms. Zainab Shafiq welcomed him. She briefed him about Chocolate Academy and courses being offered here. She said that in Chocolate Academy children are taught to make Chocolates. It creates a sense of giving, sharing and caring among children while adults are equipped with hand on training for entrepreneurship.

In the last, he thanked COTHM CEO Ahmad Shafiq for inviting him to visit the college.















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HOW TO GET REIMBURSED IF YOUR LUGGAGE IS LOST, DAMAGED OR DELAYED?

By: Danielle Braff

The easiest way to prevent lost luggage is to skip checking your bags altogether and bring them as carry-ons. This is the smartest way to travel, if possible.

If you've finally booked that long-anticipated trip post-COVID, you're not alone. The demand for flights has soared by 79% over the past year, which is great news in some ways but not others. Airlines have been struggling to keep up with travel demands, which has resulted in delayed and canceled flights, as well as a higher incidence of luggage getting delayed, damaged and lost. According to the U.S.

Department of Transportation (DOT), approximately .38 out of 100 bags were lost, damaged, delayed or stolen in May 2021 and that number jumped to .56 per 100 bags in May 2022. That might not sound like a lot, but it translates to 400,000 bags.

While you might not get your lost luggage by the end of a mini vacation, you could be partially compensated for your troubles and even be reimbursed for certain items you buy while you're away, whether you're dealing with budget airlines or major ones. If you didn't realize this, chalk it up to the things airlines don't tell you but you definitely should know. Once you're up to speed, you'll also want to learn how to get a refund for a canceled flight.

Do airlines have to compensate you for lost luggage?

The airline has to reimburse you for your bag and its contents up to the maximum liability amount set for domestic and international flights, though this is dependent on your claim, says Keri Baugh, a New England–based travel writer who runs the family travel blog Bon Voyage with Kids. You will also be reimbursed for any checked-bag fees. For domestic flights, the maximum liability amount is $3,800, according to DOT regulations, while it's around $1,780 for international flights. Airlines may decide to reimburse you for more than this, but they aren't required to do so.

Do airlines have to compensate you for delayed luggage?

Airlines have sophisticated tracking systems, and whether they lose your luggage at one of the busiest airports in the world or a small one, they usually find it eventually. That said, you should let them know that your luggage is missing by filing a claim with the airline ASAP.

In the meantime, the airline is required to compensate you for any incidental expenses you incur while you wait, such as toothpaste and a new bathing suit. (Remember to keep all your receipts!) The maximum liability for a damaged or delayed bag is $3,800 for a domestic flight; for international flights, it's around $1,780. Yes, this is the same amount of reimbursement they offer for a lost bag, so don't expect to receive all of it if your luggage is delayed or damaged. The reality is that the airline is likely to reimburse you for a few necessary items, but don't go on a shopping spree.

How do I get a refund if my luggage is lost?

As soon as you realize your bag is missing, go to the baggage claim desk to file a claim. Put in a request for delivery to your home, hotel or airline, Baugh says. Also remember to request a baggage-fee refund and inquire about the policies for incidental compensation. Many airlines will allow this after 24 hours.

Next, get the tracking number for your bag, go to your airline's website and track your missing luggage until it's safely in your possession. If it never arrives, contact the airline after a few days to inquire if it's lost, and ask about claim filing procedures. Wait—didn't you already file a claim? Yes, and now you have to file another one. Initially, your luggage was considered delayed, but now it's officially lost. In this new claim, you'll have to detail everything in the bag for reimbursement. If you have any receipts for the items you lost, definitely include them.

Keep receipts of any incidentals for reimbursement. If your bag does arrive, check it for damaged or missing items, and file another claim for damaged luggage with your specific airline, if necessary.

Keep receipts of any incidentals for reimbursement. If your bag does arrive, check it for damaged or missing items, and file another claim for damaged luggage with your specific airline, if necessary.

How long does it take to get lost luggage returned?

This depends on a number of factors, Baugh says. The first is how many airlines are involved; if you're dealing with multiple airlines because of connecting flights, things could be trickier. Another factor involves the individual airline's tracking mechanism. The better the tracking system, the faster they'll be able to find your luggage.

The thing is, your bag could be anywhere: Maybe it never got on the flight, or maybe it was placed on the wrong plane. But most airlines consider your luggage to be officially lost—rather than delayed—between five and 14 days post-flight.

What's the best way to prevent lost luggage?

The easiest way to prevent lost luggage is to skip checking your bags altogether and bring them as carry-ons. This is the smartest way to travel, if possible. But when you really do need to check your luggage, you can also minimize the potential for problems by booking the best flights to avoid cancellations, flying direct, labeling your luggage inside and outside in case the tag falls off, and using a Tile or an Apple Airtag so you can track your bags yourself.

Also, if the worst does happen and the airline loses your luggage, it won't be quite as bad if you plan ahead: Before you check your bags, take pictures of the contents of your suitcase, as well as the outside of your bags. This way, you'll be able to make your lost luggage reimbursement claims much easier, and the airline will be able to identify the lost bags.



PAKISTAN SHOWCASES RICH TOURISM POTENTIAL AT ARABIAN TRAVEL MART 2023

Arabian Travel Market (ATM) is one of the leading global events for the inbound and outbound travel industry in the Middle East. For the last twenty-eight years, this annual event has connected tourism service providers from around the globe with buyers and travel trade visitors at the Dubai World Trade Centre. More than 160 countries and 2,000+ exhibitors from around the world participated in this year's edition of ATM at Dubai from March 1 to 4.

A 25-member delegation from Pakistan under the leadership of Awan Chaudhry, Advisor to Prime Minister on Tourism and Sports participated in ATM Dubai 2023 to showcase the rich tourism potential of Pakistan.

Pakistan Tourism Development Corporation (PTDC) put up a nice pavilion along with partner organizations such as TDAP, Pearl Continental Hotels, Hashoo Group, Legend Hotels and Resorts, ComfiTrav Tourism, Meezab Group, Waljis Travels, Zeb Travels, Eventica, Black Glacier Tours and College of Tourism and Hotel Management (COTHM).

Awan Chaudhry, Advisor to Prime Minister on Tourism and Sports and Faisal Niaz Tirmizi, Ambassador of Pakistan in UAE jointly inaugurated Pakistan's Pavilion at ATM 2023, Dubai. Speaking on the occasion, Awn Chaudhry applauded the efforts of PTDC for the promotion of tourism in Pakistan and encouraged the participation of private sector in ATM Dubai 2023 to enhance business to business linkages with the Middle East and other countries.

He also appreciated the support Pakistan Embassy in UAE and Trade Development Authority of Pakistan (TDAP) provided to Pakistani exhibitors who participated in ATM 2023.

Faisal Niaz Tirmizi at the inauguration ceremony stated that participation of Pakistan in Arabian Travel Market after a long gap is very significant and it will help the country promote inbound tourism and also create the soft image of Pakistan at global level. It will provide more business-related opportunities to the private sector stakeholders and bring in foreign investment from the Middle East.

Aftab Rana, Managing Director of PTDC informed that Pakistan is blessed with breath-taking natural beauty, rich culture and heritage and great diversity of landscape offering an un-matched tourism potential. He said, Government of Pakistan is committed to promote tourism for the socio-economic development and employment generation in the county. The participation of Pakistan in Arabian Travel Mart will certainly enhance the influx of foreign tourists to explore the rich touristic potential of the country, he said.

During the four days event, Pakistan Pavilion attracted a large number of trade visitors, exhibitors, tour operators, social media influencers and media persons who exchanged contacts with Pakistani exhibitors and got information about Pakistan's rich tourism potential and tour packages.















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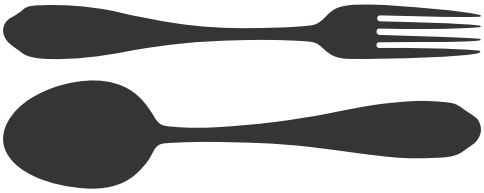
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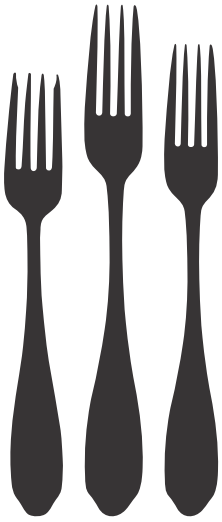
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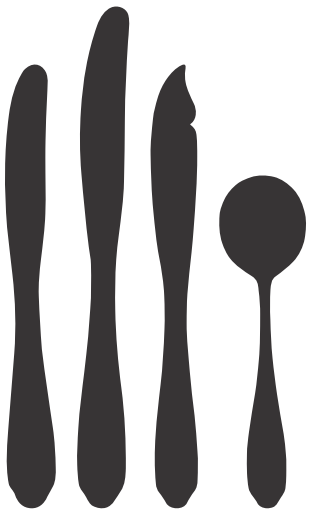
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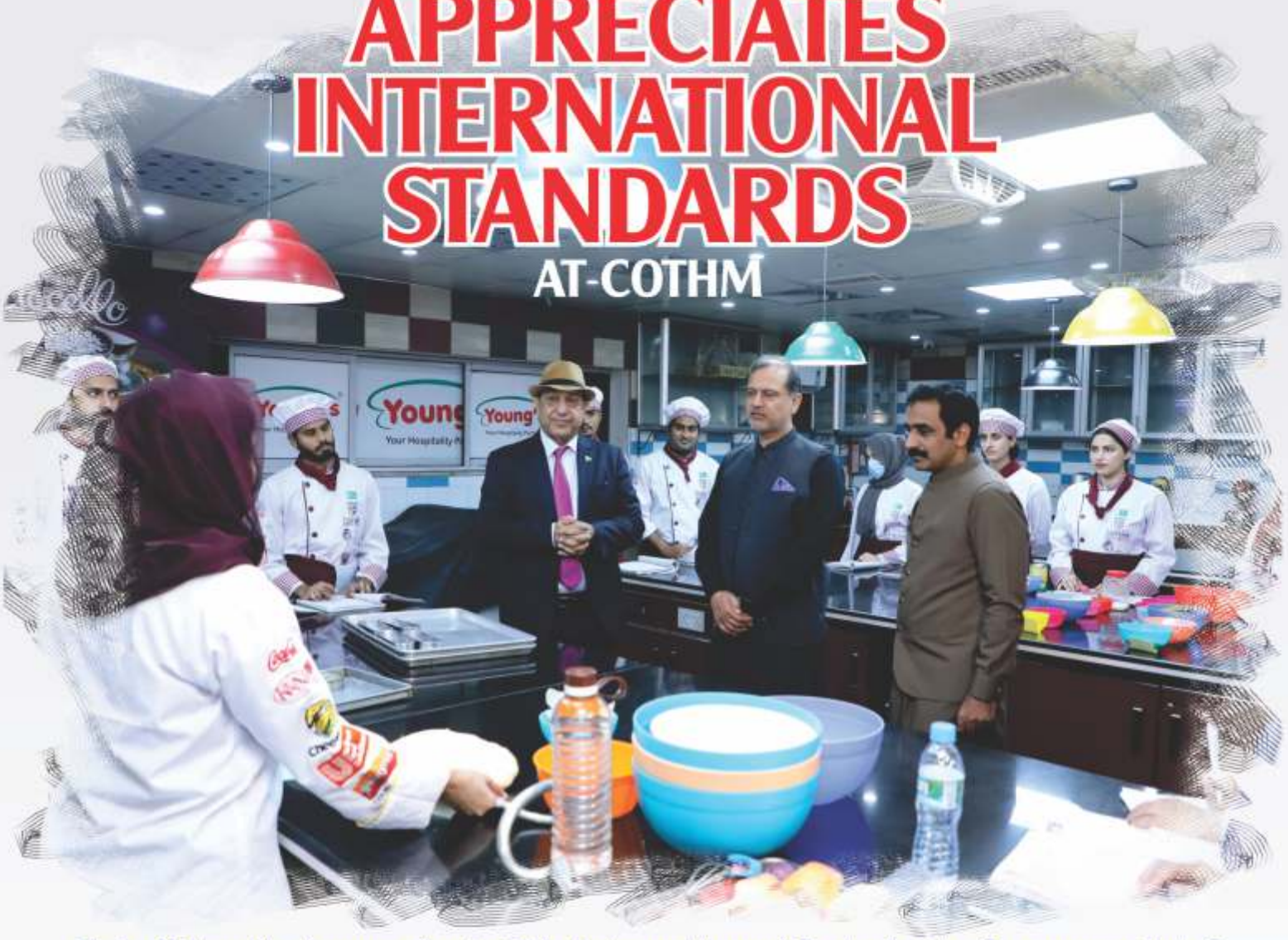
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PFA DG RAJA JAHANGIR ANWAR

APPRECIATES INTERNATIONAL STANDARDS AT-COTHM



Raja Jahangir Anwar during his interaction with students also appreciated their skills and expertise in cooking and hospitality management.

*****

Punjab Food Authority Director General Raja Jahangir Anwar appreciated the international level facilities and standards at College of Tourism and Hotel Management (COTHM) during his visit to the campus.

COTHM CEO Ahmad Shafiq gave him a tour to COTHM's all departments and teaching facilities. He also briefed him about different courses offered at COTHM and told him about COTHM graduates working in different hotels and restaurants across the world.

DG also visited live cooking and baking classes. During his interaction with students, he appreciated their skills and













It is your responsibility to take care of nutritional value of food. Provision of healthy food from your side will also lessen the rush in hospitals as many diseases are caused due to low quality food, DG said.

expertise in cooking and hospitality management. Anwar also gave students and young chefs useful tips regarding food safety and hygiene. He said, "You are the warriors of kitchen. Never compromise on quality and always try to provide the best and healthy food to the customer. No matter, how much it costs but quality standards must be followed."

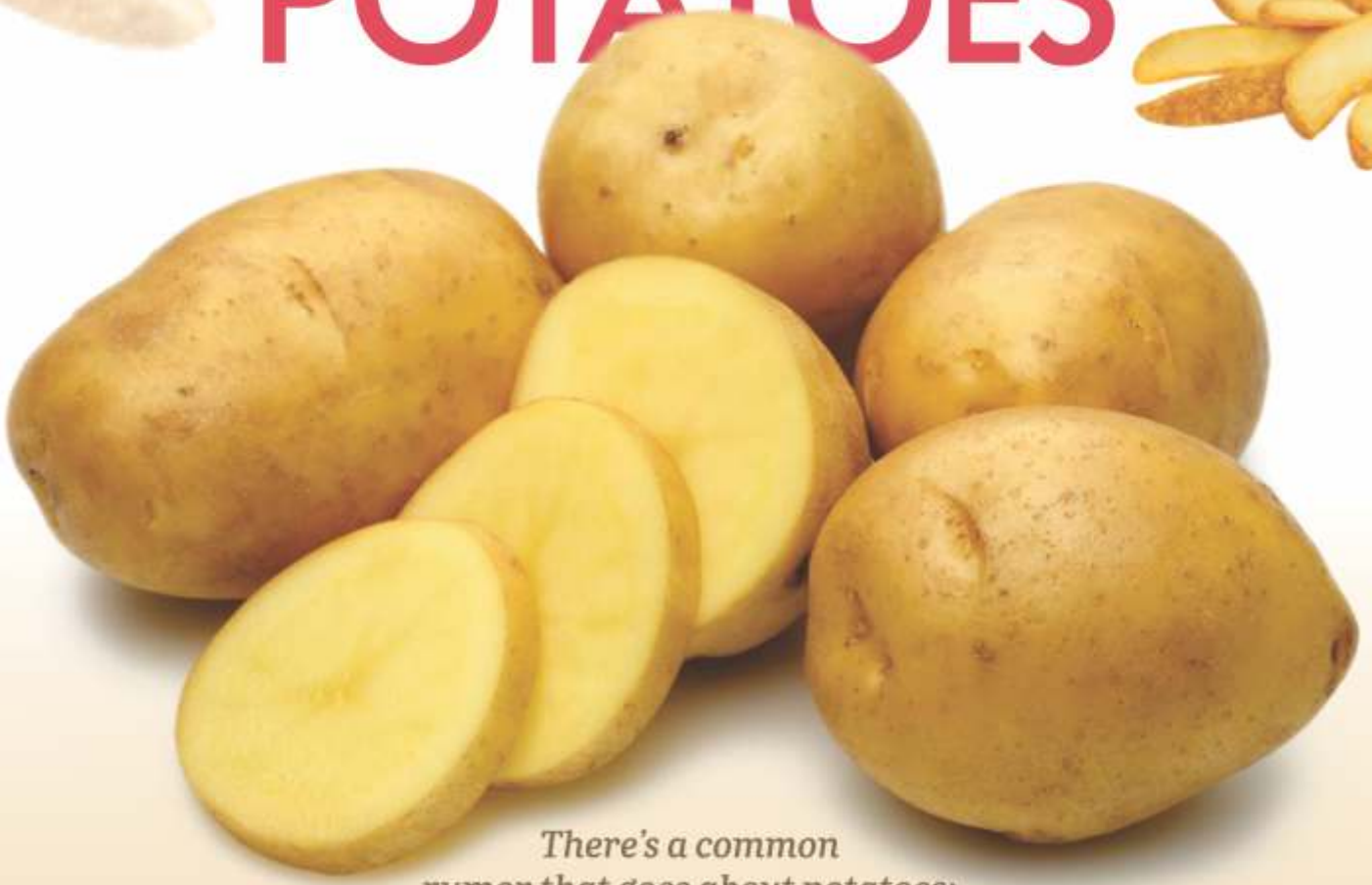
It is your responsibility to take care of nutritional value of food; he further said adding that provision of healthy food from your side will also lessen the rush in hospitals as many diseases are caused due to low quality food.

Anwar also visited Chocolate Academy and Diet Studio. In Chocolate Academy, its CEO, Zainab Shafiq briefed him about different courses and workshops offered at Chocolate Academy for young children and adults.

The food industry has much more potential to grow. PFA stands with those hotels, restaurants and food companies which are following food safety standards and always keep a check on quality control, Anwar said.

Anwar expressed his views by saying that Punjab Food Authority will also make it necessary for hotels and restaurants that their staff and chefs must be aware of allergens and have complete knowledge about it. In the last, he thanked COTHM CEO Ahmad Shafiq for inviting him to visit.

EVERYTHING YOU SHOULD KNOW ABOUT POTATOES



There's a common rumor that goes about potatoes; if you want to stay healthy, maintain a safe distance from this carb-filled vegetable. Well, let us inform you, that's not entirely true!

No one, literally, no one in this world can hate potatoes. These heavenly vegetables produce such glorious, satisfying meals, such as fries, potato crisps, baked potatoes, and so much more. Potato is the only go-to option that helps you survive through the thick and thin of a food-passionate life.

Need a quick snack? Get yourself some fries or crisps. Need to prepare an easy item for tea? Make some potato-filled sandwiches or pinwheels. Need to satisfy your midnight cravings? Boil some potatoes, mash them with a weapon of choice, pour in bulks of butter or cheese, add teeny weeny salt, and voila! Your life just got better.

Well, it is quite undeniable and undebatable that potatoes are the tastiest vegetables. But did you know that they are healthy too? Huh, told you, potatoes are indeed the best. Read further to find amazing potato facts that will help deepen your love for them!

Potato & its varieties

By definition, potato is a root vegetable, which is native to America.



(No wonder, almost all the finger-licking good potato recipes are present in the American cuisine!) It is an integral part of various cuisines and food cultures—also, the fourth-largest crop of the world. Due to extensive consumption, almost every country produces its own

potato harvest. Hence, attributing to the presence of 5000 different potato types. Here are some primary and easily accessible types with features.

- **Red – It has a thin skin and remains firm when cooked.**
- **Russet – It has thick skin with a fluffy and light center.**
- **Yellow – It has a creamy texture and a buttery flavor.**
- **Purple – It has vibrant and moderately thick skin with an earthly flavor.**
- **White – It has thin skin, nutty flavor, and remains firm when cooked.**

Nutrition

Potatoes happen to be a complete pack of energy. An average-sized potato brings you a substantial boost of energy. Plus, it brings that fulfilling feeling almost immediately. Well, that's because an average potato promises 20.1 grams of carbohydrates and 87 calories. It also makes it one of the foodstuffs with a high glycemic index. Thus, it's not very suitable for diabetic patients.

Moreover, it provides with 1.8 grams of fiber and 1.9 grams of protein. As compared to the carb content, this is not really high. However, it still is a considerable amount and benefits the body greatly. In terms of minerals and vitamins, it provides:

- **Vitamin C**
- **Vitamin B6**
- **Folate**
- **Potassium**

Even more, it provides several plant compounds, including Lutein. Note that it is the skin of the potato that contains the highest nutrient density.

Health benefits of potato



There's a common rumor that goes about potatoes; if you want to stay healthy, maintain a safe distance from this carb-filled vegetable. Well, let us inform you, that's not entirely true!

Yes, there's some truth to it. But only in the sense that if you consume too much of potatoes. Over-consumption of any foodstuff can be harmful to health, so that doesn't qualify as a valid argument.



On the positive side, consuming potatoes is perfectly health-friendly. If you consume standard or recommended amount of potatoes, you take in the carbs that provide energy for rest of the day. Thus, potatoes keep you from snacking now and then to get that refill of energy. Consequently, it assists in weight loss and the development of a healthier body.

Potential side effects



Although potatoes are generally safe and healthy to eat, potential side effects may occur in some cases. The following are some potential side effects of potato consumption.

Potato Allergy– Yes, it is very rare, but some individuals may be allergic to the protein in potato called Patatin. People with latex sensitivity may also be allergic to potatoes.

Acrylamides- When cooked at higher temperatures, potatoes develop containments called acrylamides. Usually, these harmful compounds are present in roasted, baked, or fried potatoes. However, there is rarely formation in boiled and steamed ones. Long-term exposure to these containments may lead to cancer development and nervous system damage.

Diet Studio
Seasoned with Health



DIET STUDIO UNLEASHES THE FLAVORFUL WORLD OF HEALTHY STEAKS AT TENDERLICIOUS STEAK WORKSHOP

With the objective to introduce healthy & nutritious meals to educate the people about different healthy & calorie counted recipes by using healthy ingredients, Diet studio organized a one day workshop titled "Tenderlicious Steak Workshop" at its New Garden Town office.

Chef Jahanzaib with the coordination of experienced dietitians and food experts made 5 different steaks recipes such as Napoleon Chicken Steak, Chicken Mushroom Steak, Tuscan Beef Steak, Texas Barbecue Steak and Garlic Butter Tenderloin Beef Steak. This workshop was full of hands-on learning experience. A large number of professional and home chefs, culinary arts students, housewives and foodies joined the workshop and experienced new and tasty steak recipes. At the end, participation certificates were also distributed among the participants.

It is noteworthy to mention here that run by professional dietitians and nutritionists, the Diet Studio is sister organization of College of Tourism and Hotel Management Lahore. It is also offering nutrition consultancy and calorie counted meals.













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By: Ayqa Shabbir

REDUCING AND MANAGING FRUIT AND VEGETABLE WASTE



We can save around $1,000 year if we minimize the amount of food we produce, which will also allow us to use less water and gasoline.

Fruits and vegetables are wasted to an approximate 50%. Losses of $48.3 billion are incurred in the USA as a result. Water usage in agriculture is high. Water use for the production of food that is wasted is about 50%. The supply of water in nature is limited. Particularly in California, several farmers tried drilling deeper into the earth in an effort to access water. Eruptions are more likely because it disturbs the earth's surface. Food waste can be reduced and managed, which will result in less food being produced overall and less water being used.

Gas is used to move products such as fruits and vegetables. We can lower the cost of gasoline for transportation if food output is reduced. Managing and minimizing fruit and vegetable waste can help achieve this.

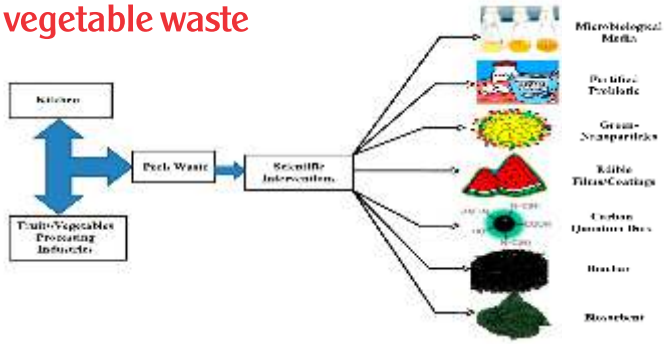
The concept of carbon footprint is well known. Let's discuss food print. We can save around

$1,000 year if we minimize the amount of food we produce, which will also allow us to use less water and gasoline. Ruvi can help us lower our food footprint. Ruvi is a tasty beverage made from freeze-dried fruits and vegetables that is high in phytochemicals, vitamins, and minerals. It regularly enhances our nutrition. Fresh fruits and veggies are preferable, but if we combine them with ruvi, we may cover in any nutritional shortages as well as lessen the demand for fresh fruit and vegetable produce. Drinking Ruvi is good for the environment, your budget, and your health.

We can manage fruit and vegetable waste to make it cost-effective by turning it into value- added goods.

"Throwing away food is like stealing from the table of those who are poor and hungry" (Pope Francis)

How to reduce and manage fruits and vegetable waste



The peels and seeds of many fruits and vegetables, including citrus berries, mangoes, onions, potatoes, tomatoes, and sugar beets, have higher concentrations of phenolics and other bioactive substances than their corresponding edible tissues, indicating that these wastes could be a significant source for isolating bio-active compounds.

These sources contain phytochemicals and other bioactive elements with anti-cancer and antioxidant properties, such as polyphenols. The incidence of heart disease and capillary fragility is decreased, platelet aggregation is decreased, and vertebrates are shielded from thrombosis, oxidative stress, osteoporosis, and diabetes as a result of their protective effects.

In the pharmaceutical industry, penta-O-galloyl-glucoside (PGG), which is found in mango seed kernel extract and mango peel and has anti-tumor, antioxidant, and anti-cardiovascular actions, is used. Banana leaves contain terpenoids and flavonoids that have



Ruvi is a tasty beverage made from freeze-dried fruits and vegetables that is high in phytochemicals, vitamins, and minerals. It regularly enhances our nutrition.

anthelmintic effects. Because they contain pectin, carotenoids, and bound antioxidants, fruit and vegetable purees such as apple, pear, orange, peach, onion, raspberry, tomato, and carrot, as well as durian seeds (which act as gelling and thickening agents), mango peels, date pits, cauliflower trimmings, empty pea pods, and okra, are used as dietary fiber supplements and as functional components in processed foods.

The pulp from beet roots and the carotenoid in carrots are two examples of fruit and vegetable wastes that make excellent bio pigments. Excellent sources of edible oil rich in polyunsaturated fatty acids include tomato seeds, banana peels, mango, passion fruit, black currant, and date pits.

The substrate for the generation of organic acids (citric, lactic acid), single cell proteins, bio- ethanol/methanol, bio-pesticides, bio-degradable polymers, bio-fertilizers, and bio- preservatives is a range of fruit and vegetable wastes. It can be used to incinerate waste to create biogas.

Home practices to reduce and manage fruit and vegetable waste

By putting these strategies into practice, we can reduce wastage of fruit and vegetables:

1. Repurpose fruits and vegetable waste

Carrot peels, for instance, can be used in salads. To make apple skin chips, we can deep fry apple skins. Chips made from potato skin are an option. Apple skins can be dried and used as seasoning in the form of a powder. To prepare a paste for cleaning silverware, banana peels and water are combined. This paste is used to scrape the silverware, which is then washed in water to give it a glossy and shiny appearance. Leftover lemon or citrus can be frozen and used to flavor drinks and other recipes.

2. Regrow fruits and vegetables

Fruits and vegetables can be grown again using leftover fruit and vegetable scraps. For instance, by putting root tubers in a soil or water container, we can re-grow carrots, potatoes, and other green leafy crops.



3. Puree of fruits/vegetables

Overripe fruits and vegetables can be frozen and added to smoothies, soups, and other dishes. They can be combined with honey and baked to create fruit leather.

Fruit and vegetable peels good to use?

Several nutrients, including vitamins, minerals, and antioxidants can be found in the peels of fruits and vegetables. People may occasionally worry because of the use of pesticides. By

thoroughly washing fruits and vegetables, the amount of pesticides in the peels can be reduced, which would alleviate the problem.

*****

Ayqa Shabbir is a student at the University of Veterinary and Animal Sciences in Lahore studying Food Science and Technology. She is skilled in conducting research, developing new products, supervising the manufacturing of food products, and guaranteeing their quality and safety. She likes writing about food, food safety, food security, and other related topics. You can contact her at ayqashabbir4412@gmail.com.



1 OMAN AIR ANNOUNCES DOUBLE DAILY FLIGHTS TO ISTANBUL & TRABZON



With summer approaching, Oman Air, the national airline of the Sultanate of Oman, has announced the expansion of its flight offerings to Turkey. In response to the growing demand for travel to this popular destination, the airline has re-launched its popular Trabzon route and is increasing the frequency of its flights to Istanbul, providing guests with more options and flexibility during the peak season.

As of June, holiday-goers can choose from twice daily flights to Istanbul as well as daily flights to Trabzon, at convenient timings. Whether travellers are seeking to explore the cultural and historic sites of Istanbul or soak up the breathtaking landscapes of Trabzon, the airline is committed to delivering a seamless and enjoyable travel experience. With the new flight options, guests can plan an unforgettable trip to Turkey with ease.

Guests travelling to Turkey should ensure they are aware of official requirements to enter or transit through the country.

2 FAISAL QAYYUM KHAN JOINS SERENA HOTELS GILGIT-BALTISTAN AS GM





Faisal Qayyum Khan; a renowned hospitality expert and hotelier has joined as the General Manager of North Serena Hotels Gilgit-Baltistan. He is amongst the very few senior managers who was moved to various positions during the last 10 years with the intent to sharpen his operational skills, in addition to his forte of sales and marketing.

Faisal joined Serena Hotels in the year 2001 and later got further promoted to senior roles within the organization. In September 2013 he was transferred as General Manager Gilgit Serena Hotel & Hunza Serena Inn in September 2015.

Faisal joined the Corporate Office in April 2017 as GM Sales and Marketing and later was promoted to Corporate Director Sales & Marketing in March 2020. He has now been assigned the responsibility of General Manager North and his responsibility is to look after the operations of Serena Hotels in Gilgit-Baltistan.



PIA SEEKS A BAILOUT PACKAGE OF RS 45B

3



Pakistan International Airlines (PIA) has sought yet another Rs45 billion bailout package from the government to pay for interest costs and finance its operations. The demands were placed before Finance Minister Ishaq Dar who did not immediately commit to any additional financial support, said the sources. Dar instead asked the management to make a viable business plan, sources added.

The PIA has asked for a Rs22 billion federal injection to pay off interest on its loans, Rs15.6 billion in the shape of additional sovereign guarantees to take more loans, and another Rs7 billion to buy an aircraft, according to the sources. A finance ministry handout stated that Dar chaired a meeting on matters of Railways and Aviation that was also attended by the Federal Minister for Railways and Aviation Khawaja Saad Rafique. "The meeting also discussed the restructuring of PIACL in order to enhance its performance and make it compatible with international standards," according to the ministry. The finance minister promised to support the timely execution of the Civil Aviation, PIA, and Pakistan Railways projects, it added.

DET LAUNCHES NEW CAMPAIGN FOR PAKISTANI TRAVELERS

4



With the use of a YouTube series, Dubai Economy & Tourism (DET) has started a new campaign aimed towards Pakistani tourists. The campaign aims to raise awareness of the wide variety of services that are offered to visitors throughout the year in Dubai. The campaign's focal point is a YouTube series that emphasizes Dubai's accessibility and affordability to Pakistani tourists. Its ultimate objective is to inspire more Pakistani tourists to visit the city and take in all of its beauty, excitement, and charm.

Travellers from Pakistan are invited to experience the city's intriguing history, cutting-edge architecture, and thrilling leisure and entertainment alternatives in the three-part series, which lasts approximately 9 minutes per episode.



SRI LANKA TOURISM EARNS $700M IN Q1 2023, UP 17.8% YOY

5







Sri Lanka's tourism brought in almost $700 million in the first quarter of 2023, an increase of 17.8% YoY from the same period last year, reported by officials. Sri Lanka Tourism Development Authority (SLTDA) Chairman Priantha Fernando told the media that the country earned $166.5m from tourism in April.

Sri Lanka has received 335,679 tourists in the first three months of this year, the monthly tourist arrivals report from the SLTDA revealed. Sri Lanka's tourism industry has raised its target for 2023 from 1.5m to 2m visitors, based on the encouraging trend in the first quarter of the year, Fernando said last month. However, the sector, which is a major source of foreign exchange for the country, has faced many challenges since the COVID-19 pandemic and the economic and political instability in Sri Lanka.

WEGO AND EGYPTIAN TOURISM AUTHORITY SIGN NEW DEAL

6





Wego, a leading online travel marketplace in the Mena region has recently signed a new partnership with Egyptian Tourism Authority as part of its efforts to boost tourism in the region. This partnership is aimed at promoting Egypt's rich history, culture, and tourism opportunities. Through this campaign under the theme "In Egypt, your expectations are history", Wego will work closely with Egyptian Tourism Authority to promote this campaign on all its marketing channels and bring travelers the best of Egypt's summer and Eid Al Adha celebrations, including festivals, events, and attractions.

Mamoun Hmedan, CCO and MD, Mena and India, Wego, said: "We are thrilled to announce our new partnership with Egyptian Tourism Authority. Egypt is a perfect destination for travelers looking for a mix of history, culture, and adventure. Summer and Eid Al Adha are the ideal times to visit Egypt. We have recorded over 24 million searches from Mena to Egypt between 1 January to 27 April 2023 and we expect to see a surge around the Eid Al Adha period."



RADISSON HOTEL GROUP PLANS 100 HOTELS IN SAUDI ARABIA, SAYS TOP OFFICIAL

7





With Saudi Arabia's travel and tourism sector buzzing with activities offering immense investment opportunities, a top official of the Radisson Hotel Group has revealed that the company is planning to expand its presence in the Kingdom with a total of 100 properties in the next five years.

Talking to media on the sidelines of the Future Hospitality Summit, Elie Younes, executive vice president, and global chief development officer at Radisson Hotel Group, said the planned expansion will help create more job opportunities in Saudi Arabia.

"Currently we have around 50 hotels almost actually in Saudi Arabia; 25 hotels open and 25 hotels under construction as we speak. Our plan for the next five years is to double that. And that means to have almost 100 hotels across Saudi Arabia," Younes said.

The top executive said if every hotel has 200 rooms, each property "will employ 150 people, more or less. And if you are opening another 50 hotels, you can imagine the multiplying effect this will have on the economy and on job creation."

ZINDIGI PARTNERS WITH AJK GOVT TO PROMOTE TOURISM IN PAKISTAN

8





Zindigi, powered by JS Bank, has entered a strategic partnership with the government of Azad Kashmir to promote and develop sustainable tourism in the northern Areas of Pakistan. The first step in this collaboration is the development of a Tourism Facilitation Centre (TFC) at the entry point of Neelum Valley, Pakistan's most popular tourism destination.

The inauguration of the facility was undertaken by dignitaries from all key partners including Imran H. Shaikh - COO JS Bank, Noman Azhar- Chief Officer Zindigi as well as Masood-ur-Rehman- Senior Special Secretary Prime Minister Secretariat AJK, Adnan Khurshid - Commissioner Muzaffarabad Division, Tahir Mumtaz - Deputy Commissioner Muzaffarabad, Amir Ahmed Sheikh- Inspector-General of Police (IGP) AJK, Tahir Mahmood Qureshi- Additional IGP AJK, Yasin Qureshi- DIG Reserves/Rangers Police, Irfan Masood Kashfi- DIG Region Muzaffarabad, Sajjad Hussain-DIG Traffic, Jameel Ahmed Jameel- DIG Special Branch, and Zahid Mirza- SSP Muzaffarabad.



9 PTDC SHOWCASES PAKISTAN'S RICH TOURISM POTENTIAL AT KOREA'S FAIR





The Pakistan Tourism Development Cooperation (PTDC) showcased Pakistan's rich tourism potential at the biggest tourism fair of Korea "Seoul International Travel Fair 2023" which was from May 04 to 07. The fair was continuing in collaboration with the Pakistan Embassy at Seoul and Trade Development Authority of Pakistan (TDAP), said a press release.

Pakistan Embassy in the Republic of Korea, Trade Development Authority of Pakistan (TDAP), Trip Trails, Pakistan Sitara Travel and Tours to Central Asia were participated from the country. Tourism stakeholders explored the beauty and diversity of our country at the Pakistan Pavilion along with great business opportunities. The Korea World Travel Fair (KOTFA) is, with its 34-year history, the largest international travel fair in Korea where 70 countries are participating to promote their tourism resources and cultures.

10 NORWEGIAN-PAKISTANI BIKER'S WORLD TOUR PROMOTES TOURISM IN PAKISTAN





Ziyauddin Shinwari, a 59-year-old Pakistani-Norwegian biker, started his world tour on his motorbike from Oslo, Norway, in an effort to boost tourism in Pakistan. Shinwari said that he is actually from Pirokhel, a tiny town in Landi kotal, and has been residing in Oslo for the past twenty years.

Despite having traveled to numerous places by airline and bus, Shinwari stated that he has always wanted to travel the world by road, and he hopes to accomplish it on his motorbike called Leo. He believes that the trip would inspire others to participate in this economical form of tourism.

Shinwari aims to visit every historical and tourist site in Pakistan. He is a content creator, storyteller, and passionate tourist, aiming to document his experiences on his vlogs to reflect a tourist-friendly picture of Pakistan. Shinwari underwent six months of instruction in bike riding, photography, and videography in Oslo before leaving on his trip to ensure a professional presentation of his tour.

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BEST RESORTS IN HAWAII FOR THE IDEAL ISLAND VACATION

By: Lauren Dana Ellman

From quaint boutique properties to sprawling, beachfront full-service hotels, the best Hawaii resorts offer something special for everyone



While there's really no "bad" time to visit the Aloha State, the best time to visit Hawaii is during shoulder season (March through mid-May and September through November), when you can enjoy fewer crowds and lower prices on airfare and hotels. If you're a first-time visitor to Hawaii, consider traveling to one of the main islands such as Maui, Oahu, The Big Island and Kauai, all of which are a quick, easy flight from one another

Once you've purchased plane tickets to this bucket-list-worthy destination, it's time to start thinking about where to stay. If you're looking for something other than an all-inclusive resort in Hawaii, there is an abundance of other top-notch Hawaii resorts to choose from. Near the best beaches in Hawaii, these picks are sure to include something to suit your specific budget, travel style and needs. To help make things a bit easier, with so many options to choose from, we've narrowed down the top resorts in Hawaii for every traveler.

> **"Encompassing 1,300 acres complete with five miles of pristine coastline and several warm-water beaches, Turtle Bay Resort is one of the best Hawaii resorts for adventure lovers, because it offers an abundance of land, ocean and aerial options."**

Best overall

The Royal Hawaiian



Also known as the "Pink Palace of the Pacific," the Royal Hawaiian hotel—famous for its pink facade—occupies a prime stretch of sand on Waikiki Beach in Oahu. The iconic oceanfront hotel is also within walking distance of many shops, bars and restaurants. Each of the 500-plus rooms and suites is elegantly appointed, and some even have private lanais and pretty pink-hued accents.

There are also two pools to choose from. One has an interactive fountain area, water chaise lounges and a water slide. The other has a quieter vibe and is lined with pink cabanas, available for hotel guests to rent at an additional cost, along with beach chairs and umbrellas.

The four on-site eateries are also delicious. Order the pink pancakes at Surf Lanai, the banana bread at the Royal Hawaiian Bakery, the signature drink at the al fresco Mai Tai Bar or any of the extravagant dinner offerings at Azure.

Best for multigenerational travel

Grand Hyatt Kauai Resort & Spa



The Grand Hyatt Kauai Resort & Spa has an idyllic setting along one of America's best beaches, making it one of the most spectacular Hawaii resorts. Located on the island of Kauai, this property offers something for everyone in the family.

Little ones will have loads of fun floating down the lava-rock-lined lazy river or zipping down the waterslide, while parents and grandparents can hit the spa for a rejuvenating massage. Grown-ups can also lounge by the adults-only pool or rent a cabana (for an additional cost).

Families can partake in group activities like volleyball and basketball, as well.

Best for families with young children

Aulani, a Disney Resort & Spa



Located on Oahu, the expansive Aulani Hawaii resort is a popular vacation spot chock-full of family-friendly features and amenities, including a lazy river, two waterslides, a fish-filled lagoon for snorkeling and a handful of pools and water play areas, including a splash pad. Out on the sheltered man-made lagoon (excellent for swimming), families can take advantage of free chair and umbrella rentals, as well as boogie boards and sand toys.

The Hawaiian design elements—found in the playful Disney-inspired guest rooms and common areas—only add to the tropical ambience.

And since this is a Disney resort, you can expect five-star service and tons of magical touches, including character experiences and Mickey-shaped sweet treats. Best of all, the complimentary Aunty's Beach House (the on-site kids club) will keep children ages 4 through 12 entertained all day long.

Best for adventure lovers

Turtle Bay Resort



Turtle Bay Resort is located along Oahu's North Shore, which is known for its incredible surfing waves. Encompassing 1,300 acres complete with five miles of pristine coastline and several warm-water beaches, this renowned property is one of the best Hawaii resorts for adventure lovers, because it offers an abundance of land, ocean and aerial options.

Amenities and activities include painting, horseback riding, tennis, pickleball, golfing, surfing and stand-up paddle boarding.

When they're not soaking up the sun on the beach or lounging in the ocean-view guest rooms or bungalows, guests can take advantage of four swimming pools, 12 miles of hiking and biking trails, golfing and the 11,000-square-foot spa.


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