

# SLITHM talk MAGAZINE

Sri Lanka Institute of Tourism & Hotel Management  
Volume 16 | April - June 2022



SRI LANKA INSTITUTE OF  
TOURISM & HOTEL MANAGEMENT  
Taking Sri Lanka to Global Heights  
A Journey Towards Excellence in Sri Lankan Hospitality

# LEAGUE OF SLITHM

COLOMBO 2022



# Contents

## Features

- P.04** League of SLITHM 2022
- P.08** Rediscover serenity at the 98 Acres Resort and Spa; see life from a different perspective
- P.12** Peppercorn Seared Yellow Fin Tuna
- P.14** Questions to be Posed to a Hotel General Manager
- P.16** The culinary industry is a very interesting field to work in
- P.17** New Appointment of Minister of Tourism Sector
- P.18** New appointments from Minister of Tourism Harin Fernando
- P.20** It's not a hotel; it's a way of life
- P.21** You don't have to be a doctor to save a life: Just donate blood
- P.22** 2<sup>nd</sup> Industry Interactive Applied Research Symposium
- P.24** News and Events April - June 2022
- P.36** A tale of two soups



**Volume 16**  
April - June 2022

**CONNECT**  
WITH US



Sri Lanka Institute of Tourism  
& Hotel Management



@slithm



@slithm



**SRI LANKA INSTITUTE OF  
TOURISM & HOTEL MANAGEMENT**  
Taking Sri Lanka to Global Heights  
A JOURNEY TOWARDS EXCELLENCE IN SRI LANKAN HOSPITALITY



Scan to view  
our website

[www.slithm.edu.lk](http://www.slithm.edu.lk)

# EDITOR'S NOTE

Dear Readers,

It is indeed a great honour to be the Editor for the SLITHM-Talk Magazine and it is an immense pleasure to launch this 02<sup>nd</sup> edition for 2022.

Serving as the magazine editor has always been a part of my role that I have loved, and I take great pride in creating a quality publication that accurately reflects the institution it represents.

In this issue, we will recount the various projects and activities in which the SLITHM members were actively involved from April to June until the 02<sup>nd</sup> quarter of 2022.

In order to keep the readers widely interested and updated, we have, of course, continued the traditions of communicating significant events and activities of the SLITHM and from a prestigious hotel property in the country.

We should find better articles that discuss new ideas and research directions, original articles that can create deep interest in the readership of the journal and content that the researchers do not want to miss. It requires a lot of effort and commitment from the Editor to do this evaluation.

We are working hard to enhance the quality of papers, reduce the turnaround time for manuscripts, and provide fair



reviews. We wish to take the journal in a direction where it encompasses all the emerging areas, reflecting the research-oriented approach, which is an essential link between academic research and professional practice in the field of hospitality.

And as we roll out new regular features and expand our areas of coverage in the months ahead, the magazine is where you'll find the best of our daily offerings. Remember, this newsletter is our voice and all readers are welcome to contribute.

A huge thank you to all the persons who contributed to writing the wonderful and inspiring articles, without which there wouldn't have been this newsletter issue. I am fortunate to be supported by a highly effective team. ♦

**GANGA WALPOLA**

*Assistant Director - Librarian*

**EDITOR**

---

## EDITORIAL BOARD



**RAMESH PERERA**

*Senior Lecturer*

**WRITER / PROOFREADER**

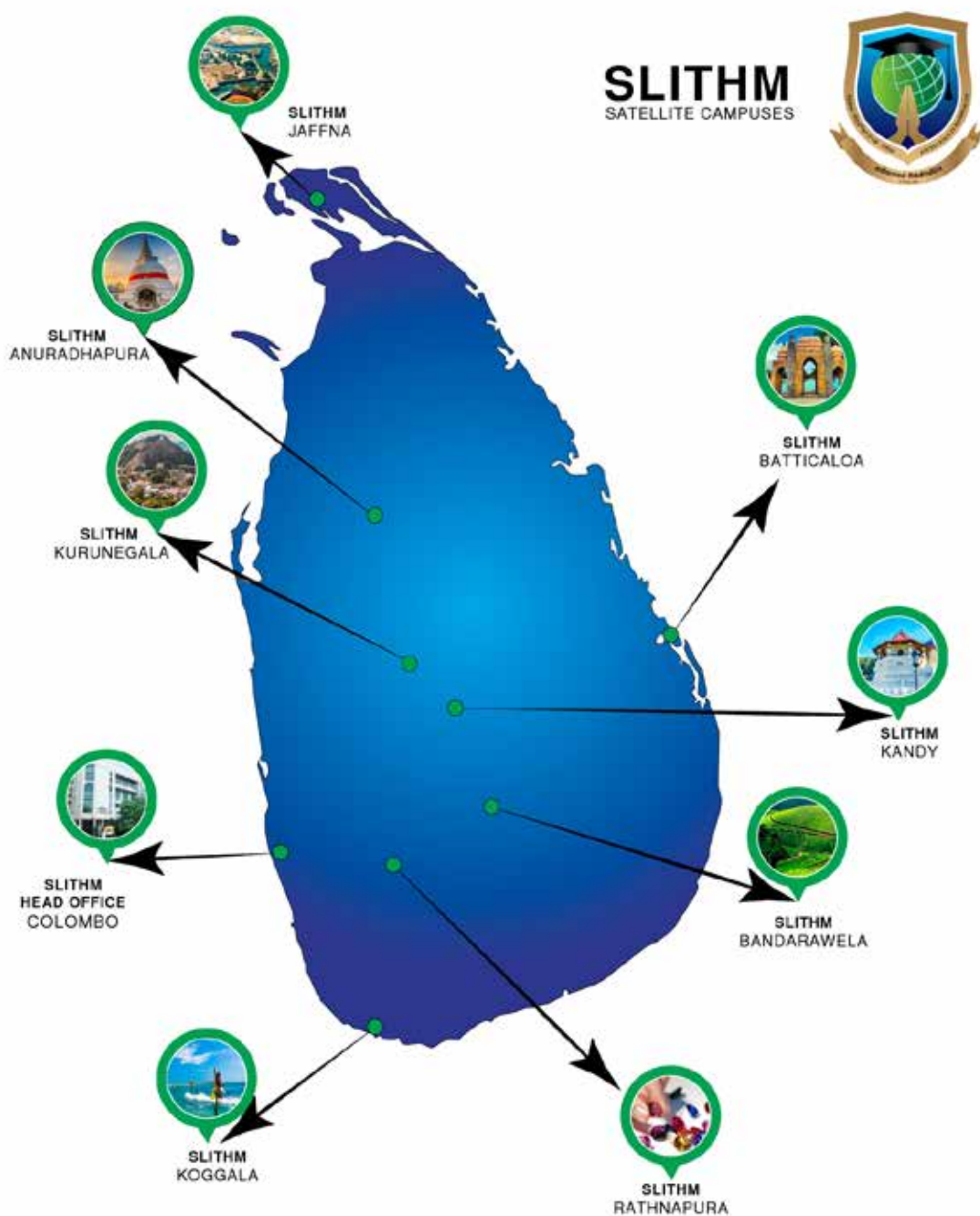


**DILHANI ALLES**

*MA-Library-SLITHM*

**INFORMATION COORDINATOR**

# SLITHM MAIN CAMPUS & PROVINCIAL COLLEGES NETWORK



SCHOOL	PRINCIPAL	ADDRESS	TELEPHONE NUMBER
<b>COLOMBO</b>	Mr. Saman Hathurusinghe	No: 78, Galle Road, Colombo 03	071/8120907
<b>ANURADHAPURA</b>	Mr. Lal Seneviratne	Sri Maha Bodhi Mw., Anuradhapura	071/4430359
<b>BANDARAWELA</b>	Mr. Chaminda Tennakoon	Golf Link Rd., Bandarawela	071/2876698
<b>KANDY</b>	Mrs. Kumudini Wickramasinghe	Warapitiya, Kundasale, Kandy	070/3816214
<b>RATHNAPURA</b>	Mr. Kanishka Jayatunga	New Town, Colombo Rd., Ratnapura	071/2849555
<b>KOGGALA</b>	Dr. Lenard Ranchagoda	BOI Project, Koggala, Habaraduwa	0777/911053
<b>KURUNEGALA</b>	Mr. Rienzie Jayawardane	Maguruoyawatte, Boyagane, Kurunegala	071/8239442
<b>BATTICALOA</b>	Mr. A.M. Risan	No.7, Sebastian Street, Arasady, Batticaloa	072/6223629
<b>JAFFNA</b>	Mrs. Niranjala Bastiansz	No: 88, 03rd Cross Street, Jaffna	077/5956119





# LEAGUE OF SLITHM

COLOMBO 2022



ONE DAY CRICKET TOURNAMENT ORGANIZED BY THE STUDENTS' SPORTS AND WELFARE ASSOCIATION OF SLITHM COLOMBO





With the commencement of another new year, the Students Sports and Welfare Association was able to successfully organize and host the cricket tournament as the first event for the year 2022. This year's tournament the "League of SLITHM" was held on the 31<sup>st</sup> of March 2022 at the S. D. S. Jayasinghe grounds,

Dehiwala. With over 250 participants including the DG, DDG, Principal, Lecturers of the faculty, administrative staff, students from each discipline and many few past pupils, the opening ceremony of the event was done by the lighting of the traditional oil lamp, flag hosting as a part of our cultural function practices which was then followed

by a speech delivered by the Lecturer-in-Charge Mr. Chaman Perera and the President Mr. Ravindu Mendis (Intermediate Level Food & Beverage) of the Students Sports and Welfare Association for the year 2022.

14 teams were participating inclusive of a team of lecturers from









the Faculty of SLITHM Colombo therefore the tournament was a very intense and interesting one as everyone had a good memorable time after quite a while breaking free from the pandemic situation that held back all extracurricular and welfare activities and many more for the past 2 years. Adding more, there were many cheering squads in each discipline which brought out to us the value of teamwork and most importantly the culture we protect at SLITHM –togetherness.

The award ceremony took place

after a valuable speech delivered by the Director General Mrs. N. Wataliyadda and the Deputy Director General Mr. Kanishka Jayathunge to the Certificate Level Professional Cookery (Champions) and the Samudra Hotel (Runner's-up) and the best batsman award was won by Dumidu Gamage (Certificate Professional Cookery), the best bowler award was won by Buddi Jayasena (Certificate Professional Cookery).

Last but not least, our deepest gratitude and thanks go to our sponsors

the Nestle and Unilever official beverage partner, ITN official media partner, People's Bank and Sano-care Pharmaceuticals (Pvt.) Ltd., for their generous contribution to making the event a success.♦



**CHAMAN PERERA**

*Lecturer-in-Charge – Students' Sports & Welfare Association*





*98 Acres Resort and Spa is a resort consist of 32 rooms in a tranquil hideout ideally located on a scenic ninety-eight acre live tea plantation. Nestled in picturesque Ella of Sri Lanka, it enjoys a superb location overlooking the small Adam's peak of Ella, Sri Lanka. The unique location of the resort gives its visitors access to a refreshing experience of the natural splendor of Sri Lanka's less traversed countryside, qualifying it as a perfect retreat to unwind and relax in cool climate, comfy weather and a most preferred number one choice hotel in Ella where Sri Lanka has to offer. The resort is built on a unique concept with discarded railway sleepers and dried illuk and entwining luxury with eco-friendly holidaying, which reflect our passion for conservation and love for nature. The resort provides with humble and courtesy service from well dedicated employees who will make your stay a memorable and unforgettable holiday in your life.*





## REDISCOVER SERENITY AT THE 98 ACRES RESORT AND SPA SEE LIFE FROM A DIFFERENT PERSPECTIVE



Set amidst the lush Green tea estate in a moderate cool and salubrious region of Ella, 98 Acres Resort and Spa's modest beginning dates back to 2012 with 12 rooms and a restaurant. The locality with the scenic beauty that surrounds it augmented with the architecture that fascinates the present day travelers was expanded due to the high demand over the period of ten years. At present, the Hotel is equipped With 32 rooms restaurant & fully fledged Bar, a spa and proudly boasts of an annual occupancy of 96%.

The Hotel has become a landmark in Ella and a driving key factor too for Ella to become the most sought after travel destination in Sri Lanka. Blessed with a beautiful environmental surrounding and a well-balanced weather it is a definite advantage that makes the travelers seeking this destination. With many historical and expedition sites in close vicinities, gives the traveler to experience their desire for hiking, biking or trekking in and



“  
The Hotel  
has become  
a landmark  
in Ella and a  
driving key  
factor”

around Ella with many patronizing the Restaurant for a quench and a sumptuous meal.

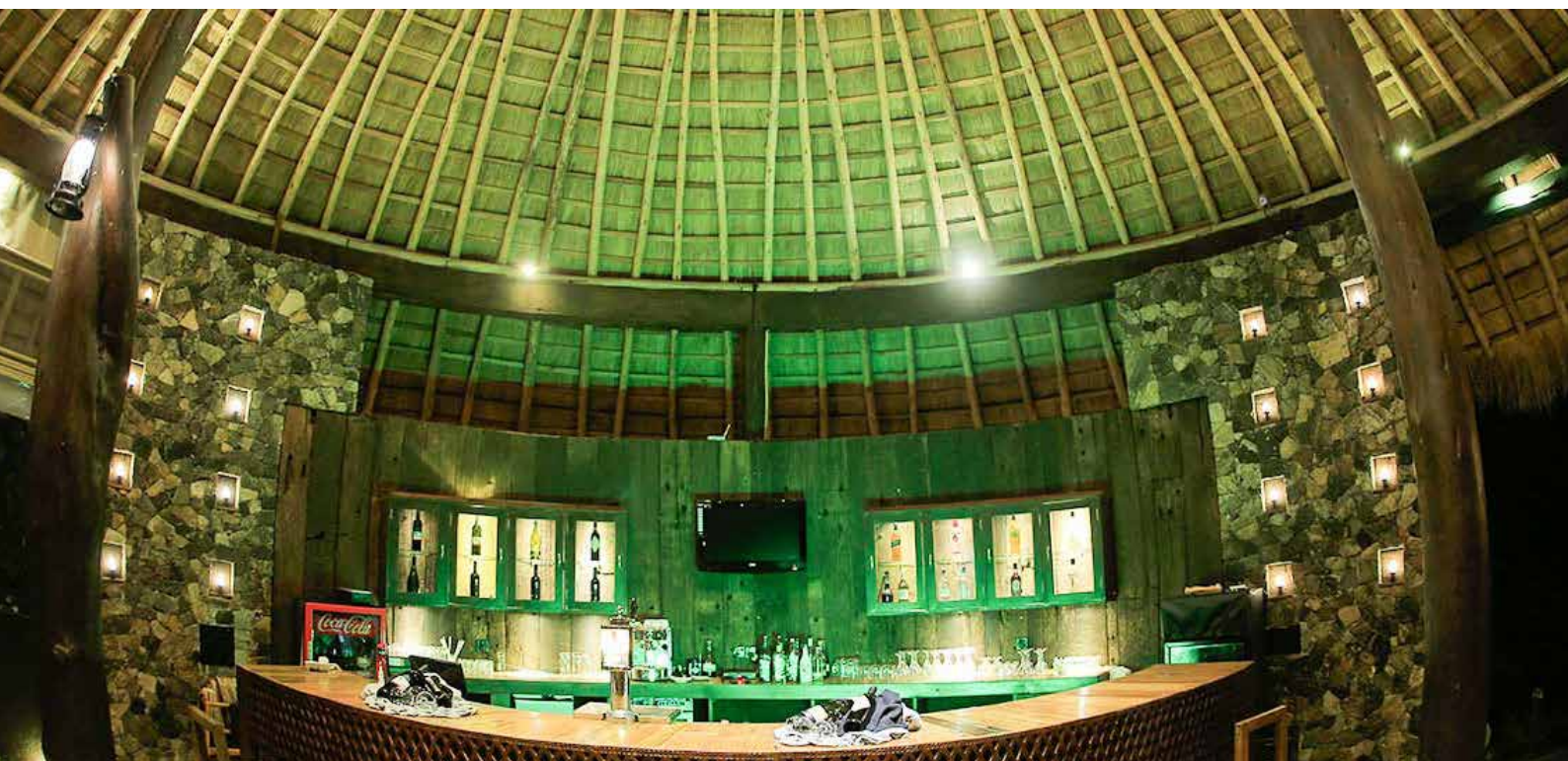
From the inception of the Hotel, the principle factor that has been advocated and practiced by the Chairman together with the Board of Directors is mutual respect for the team and the need to work as a chain closely linked. At 98 Acres Resort and Spa, human resource is considered the most valuable and important asset measuring to none. It is the team that makes the experience of the guests staying at the Hotel become memorable and live.

As the saying “Strength is in the unity of the Team”, the core factors that have led the Hotel to move from strength to strength is the unity between the directors and the top management. They are dynamic, passionate and most of all focused on the strategic directions to think beyond the paradigm of innovativeness which resulted in what the Hotel proudly stands today. This is evidenced with the concept, design and layout of the entire hotel from the rooms to the restaurant, the spa, the swimming pool etc. It clearly portrays the optimization of nature’s beauty captured to provide

an exhilarating experience to the guests. Their strength and capability of strategic direction was not confined to the hardware component of the Hotel, but it also reached out to the software component which is sourcing of correct, competent and passionate team. Starting from the Group General Manager, who leads the team. A versatile Hotelier with wide exposure in many Hotel chains, he is competent and equipped with the best management skills to lead and guide the team.

The Directorate together with the senior management following the core Sustainable Development Goals made it a priority to recruit majority of the staff from the surrounding areas, whereby it helps to increase the income and upgrade the living standards while ensuring the poverty is minimized. Stemming from the Chairman down the hierarchy, the team is extremely polite, accommodative and helpful not only to the guests who patronize the hotel but even travelers who trod to the Mini Adams peak or walk around the estate for sight-seeing.

Due to the self-motivation of the team members as well as their dedication, they do earn comparatively







more than their previous jobs. As it is a known fact, when turbulence hit be it nature, economic or political, the hospitality industry was the first and most severely affected. However, even during the recent pandemic which is still prevalent and the road to recovery is hampered with the economic crisis, one of the staff were terminated as the management deeply considers that human

resources are the most important and valuable resource that 98 Acres Resort and Spa owns

The Hotel offers a vivid and classy service par excellence be it accommodation, food or a service and our prime aim is to provide an experience of the highest degree which is beyond the expectation of our guests and this is justified with the

vast increase in the repeat clientele every year. ♦



**KINGSLY SANTIAGO**  
Asst. Resort Manager





# PEPPERCORN SEARED YELLOW FIN TUNA

Dressed with Soy 'N' Wasabi dressing & wasabi Mayonnaise Served with  
Pickled Ginger, up country Freshy garden mixed greens leaf with Carrots 'N'  
bell pepper sprinkled with Lemon oil



# RECIPE FOR 5 PORTIONS

## TUNA PREPARATION

- 800 gr. tuna fish
- 100 gr. whole black peppercorn crushed
- 10 gr. salt
- First, add the salt to tuna fish
- Roll the tuna fish in the crushed black pepper.
- Cook the tuna fish on the grill for 10 seconds on each side.
- Keep cool; cut the tuna into small slices. (40 gr. by each slice, per portion 4 slices)
- Wasabi soy dressing
- 10 gr. wasabi powder
- 125 gr. dark soy sauce
- 20 gr. onion
- 30 gr. rice vinegar
- 20 gr. salad oil
- Mix all the ingredients in a blender.
- Ready to use

## WASABI SOY DRESSING

- 10 gr. wasabi powder
- 125 gr. dark soy sauce
- 20 gr. onion
- 30 gr. rice vinegar
- 20 gr. salad oil
- Mix all the ingredients in a blender.
- Ready to use
- Wasabi mayonnaise
- 200 gr. mayonnaise
- 05 gr. wasabi powder
- Mix these two ingredients together.
- Ready to use

## HERB GRISSINI RECIPE

- 7 gr. Dry yeast
- 10 gr. White sugar
- 315 gr. Warm water
- 500 gr. Flour
- 5 gr. salt
- 60 gr. Olive oil
- 15 gr. Chopped parsley
- 15 gr. chopped basil

Rock salt

Mix warm water with sugar and yeast until sugar melt  
Keep a side for 10 minutes until foam form

## METHOD OF PREPARATION

In a mixer bowl put flour with salt Add yeast mix and olive oil and mix until have a dough (add water if necessary) Mix a speed 2 for 10 minutes until soft and elastic Add chopped parsley and basil, mix well during 2 minutes Put the dough inside a bowl and keep at room temperature for 1 hour or until double in size Preheat the oven to 230C Take the dough and knead for 1 minute Take small pieces and form mini stick Put on tray with baking paper Brush with water and spread rock salt on top Bake 15 minutes until golden brown Remove and cool Ready to use

## GARNISHING

- Assorted garden lettuce or rocket salad leaf
- 15 gr. coriander
- 100 gr. carrots thinly shredded
- 25 gr. pickled ginger
- Shredded bell pepper
- Lemon oil
- Herbs grissini

Place salad on the plate, arrange assorted garden lettuce and shredded carrot, bell pepper on top with lovely coriander leaves and sliced pickled ginger.

Place the tuna around the salad.

Sprinkled wasabi soy vinaigrette and lemon oil, put the wasabi mayonnaise inside a separate porcelain spoon and presented with herbs grissini on top.

## NUTRITION VALUE PER PORTIONS

Calories from fat: 9

Calories: 281

Total fat: 0.17 gm.

Saturated fat: 7.3 gm.

Cholesterol: 100 mg.

Sodium: 660 mg.

Potassium: 890 mg.

Total carbohydrates: 7.7 gm.

Protein: 5.2 gm.

Fiber: 2.8 gm.

Water: 17%

Carbs: 2.9 gm.

Sugar: 1.5 gm.

Provides: 39

Energy: 38kcal



**PRADEEP LAKSIRI**  
*Executive Chef*



# Q AND A



## QUESTIONS TO BE POSED TO A HOTEL GENERAL MANAGER



A realistic, yet optimistic overview of how the hospitality industry and institutions will adapt, survive and re-emerge from the pandemic. Invaluable insights from Mr. Intrikab Alam of 98 Acres Resort & Spa in Sri Lanka range from the importance of soft skills such as empathy and communication to pragmatic crisis and team management.

### **Q.1 WHAT MADE YOU DECIDE TO PURSUE A CAREER IN THE HOSPITALITY INDUSTRY?**

*It's my childhood liking towards cooking and to become a chef made me to pursue in the hospitality industry*

### **Q.2 CAN YOU TELL ME ABOUT YOUR FIRST JOB IN THE HOSPITALITY INDUSTRY?**

*My first job was at Riverina Hotel joined as a Management trainee on the 13<sup>th</sup> Feb 1992, I was first placed at the front office department and continued to get trained in all departments in the resort including all other main departments for period of 02 years.*

### **Q.3 IN YOUR OPINION, WHAT IS THE MOST CHALLENGING ASPECT OF A HOTEL MANAGER'S JOB?**

*As a manager my opinion is the retaining of trained staff is the main challenging part of a manager's job.*

### **Q.4 WHAT DO YOU CONSIDER TO BE THE BIGGEST CHALLENGES OUR INDUSTRY FACES TODAY?**

*Mainly retention of trained staff, it is not only in our country the entire world has the same challenge in this trade. The other challenge is the country's unstable situation.*

### **Q.5 HOW WELL-PREPARED WAS THE HOSPITALITY INDUSTRY FOR A CRISIS LIKE THIS? HAD IT DONE ITS HOMEWORK?**

*Retention of staff:*

*Yes to a certain level, but I feel it is not well prepared to face this crisis what I do suggest the hospitality education should be included in to our education system from ordinary level which will create a liking to the students from their young age further the basic salaries and the labor laws are not updated towards the hospitality sector.*





*“We will bounce back and more demand will be created towards our country and tourism arrivals will increase.”*

**Q.6 BUSINESS CONTINUITY IS CURRENTLY A BIG WORD. WHAT DOES THIS MEAN FOR A HOTEL BUSINESS WHOSE OPERATIONS ARE PARALYZED AND THE WORKFORCE IS LAID OFF OR 100% ON PART-TIME?**

*It is a big issue grooming towards part time will make the quality decreases in service and consistency of food quality, having staff with a fear of falling business continuity will make the business fall*

**Q.7 THE INDUSTRY IS CURRENTLY IN CRISIS MANAGEMENT MODE. IF YOU LOOK TO THE FUTURE, POST-COVID, WHAT TRENDS DO YOU SEE?**

*There was a possibility of a positive future but again the country economic crisis made it again to a down fall*

**Q.8 WHAT LESSONS DO WE AS AN INDUSTRY HAVE TO LEARN FROM THIS GLOBAL LOCKDOWN?**

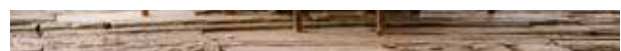
*All owners should have a plan how to finance when on lockdown or similar situations, using the same staff for other productivity works such as refurbishments or cultivations to keep them and to have a worth for the salary what is paid by the owners by doing this both parties benefit.*

**Q.9 WHERE DO YOU SEE YOURSELF IN FIVE YEARS?**

*We will bounce back and more demand will be created towards our country and tourism arrivals will increase.*

**Q.10 MR. ALAM, A SIMPLE BUT DIFFICULT QUESTION AT THE END: IF THIS CRISIS IS SHORT AND INTENSE, IT WILL PASS. OR WILL THE ECONOMY, AND TOURISM, IN PARTICULAR, HAVE TO LIVE WITH THE CONSEQUENCES FOR A LONG TIME TO COME?**

*No we are a country who have faced more difficult situation like this and we have bounced back therefore we will pass this crisis very soon and will bounce back. ♦*





# The Culinary INDUSTRY IS A VERY INTERESTING FIELD TO WORK IN

BY CHEF BORHAN

Every person in the hospitality industry has a role to play in order to deliver the ultimate service result. Culinary science is one of the professions of this industry where you have to satisfy multiple senses at different levels with one interaction making a reality. Here are some of the important points for anyone who chooses to

progress in a successful career and become a chef.

Formal training is invaluable as it provides the technical skills required to perform cooking tasks. Therefore, on-the-job training is essential for anybody who wants to become a professional chef. As a chef myself, I guarantee that by constant learning you will confidently become an accomplished chef.

Just like it is a part of a people-oriented industry, cookery is a creative art. Like a good chef, you should have the talent of creating something tasty, be it food, drink or an experience. And there is always scope to dream up new ways of making things more enjoyable for your customers. This, however, does not come without its challenges; you should possess both the mental discipline and the physical capability required to perform well under a lot of stress in this competitive, and at times brutal industry. You must have the ability to work long hours on your feet throughout the day while having to do different things on different days. However, if you have the enthusiasm you will gain the ability to cope with the pressure of working in typical kitchen operations.

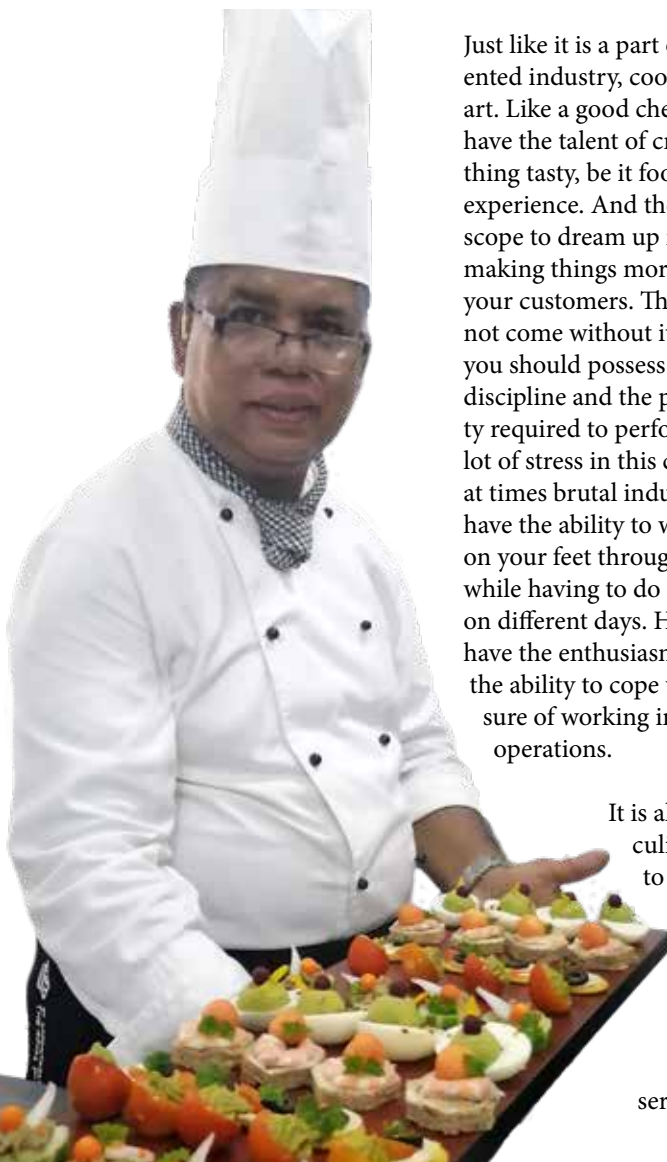
It is also important for culinary specialists to have a proper understanding of how culinary arts connect with the food & beverage service industry.

Carefully prepared food can be insignificant if it is not served properly. Thus, it is paramount for chefs to know how to coordinate food production and food service functions smoothly to serve the customer efficiently. Today, modern technology has developed equipment that enables advanced techniques to be used for creating remarkable dishes quite conveniently. This means that as a chef, you have a wide choice of obtaining such appliances that are suitable for an establishment's cookery operation.

Attending a hotel school for culinary education is a very good investment where you can gain a good foundation for your career. It will be a great way to get professional guidance, including several techniques that will be useful for practical cookery tasks in the industry. Such training will in turn help you to proceed in the right direction to ultimately achieve your goals in the future.

After you put your foot inside the door of your career path, you can progress in your field further by working in catering operations around the world. Through such experience, you can gain first-hand knowledge about cuisines that are unique to different regions too.

My genuine aspiration as a professional chef is that I want young chefs to grow up with the professional knowledge that is needed to excel in the culinary world, and I extend my heartfelt wishes to them for the very best. ♦







# THE NEW APPOINTMENT OF MINISTER OF TOURISM

A new appointment have been made to Ministry of Tourism by the President in 20<sup>th</sup> May 2022

Mr. Harin Fernando has been appointed as the Minister for the Ministry of Tourism & Lands

With the signing the new post  
*“I expect to lead the industry to great success in a short period of time with my, planning, organizing, directing skills and previous experiences.”* newly appointed hon. minister Mr. Harin Fernando said. ♦



# TOURISM SECTOR



**SHIRANTHA PEIRIS**  
*Chairman SLITHM*



**THISUM JAYASURIYA**  
*Chairman SLCB*

## NEW APPOINTMENTS FROM MINISTER OF TOURISM HARIN FERNANDO

New appointments have been made to key institutions of the Tourism Sector by Minister Harin Fernando.

Shirantha Peiris has been appointed as the Chairman of the Sri Lanka Institute of Tourism and Hotel Management (SLITHM).

Shirantha Peiris, MBA /CHRP, is a Seasoned Business Professional, Management Consultant, and Service Excellence Guru with extensive experience entrusted to deliver at the senior level in the corporate world. Spanning over thirty-five years of experience, working for two national airlines, SriLankan Air-

lines, and in the management team of one of the largest airlines, Etihad Airways, the National Airline of the United Arab Emirates where apart from his training tasks and leading and managing large teams, he was also able to initiate projects related to product differentiation and creating a competitive advantage.

Priantha Fernando has been appointed as the Chairman of the Sri Lanka Tourism Development Authority (SLTDA).

Priantha Fernando is a multi-talented and skilled tourism professional, accounting for over 50 years of experience. He has got his MSc. In Tourism Marketing, University

of Surrey, UK, Diploma in Hotel Management and Tourism, Belair College, UK. Also, his work experience is extended from positions in public and private sector organizations to senior positions in INGOs. He is working currently as a Tourism Marketing Specialist on the development of the Bangladesh, Tourism Master Plan for the Bangladesh Tourist Board, funded by the government of Bangladesh through IPE Global of India.

Chalaka Gajabahu has been appointed as the Chairman of the Sri Lanka Tourism Promotion Board (SLTPB).





**CHALAKA GAJABAHU**  
*Chairman SLTPB*



**PRIANTHA FERNANDO**  
*Chairman SLTDA*

With over 27 plus years of experience in a wide variety of professional capacities in Corporate Sri Lanka; Chalaka Gajabahu's responsibilities in the numerous roles played have involved driving profitability and efficiency, developing new business opportunities and expansion, and the growth and development of high performing teams. He has held senior positions in many leading business organizations such as PHOENIX Ogilvy, Grant Maccann, LOWE LDB, EBC Broadcasting, Saatchi & Saatchi, Dentsu Grants & DAN TV network. The evidence of his success is manifested in the many brand custodians that over the year have entrusted their brands

to his counsel. As a well-reputed senior manager, trained and skilled to work in fast-paced, highly challenging work environments he will be a true brand champion to revive the tourism industry in a crisis, the Minister said.

Thisum Jayasuriya has been appointed as the Chairman of the Sri Lanka Convention Bureau (SLCB).

With a career spanning over 25+ years in aviation and tourism, Thisum Jayasuriya is a veteran with a conviction and clear cut vision for responsible tourism development in Sri Lanka. His career started in 1999 with the global carrier Emirates

Airlines and subsequently, Qatar Airways, where he had 5+ years of preliminary exposure to the nuances of global travel and the greater business world.

Minister Harin Fernando said all four of them were the most experienced and knowledgeable persons in the tourism industry who had a vast scale of international exposure too.

"I expect them to lead the industry to great success in a short period of time with their planning skills and former experiences. I wish them all the success in their future challenges," he added. ♦



# IT'S NOT A HOTEL; IT'S A WAY OF LIFE.



Newly established Industrial Training Unit of SLITHM, headed by Mrs Nirmalie Mendis organized online interviews for the industrial training of cookery and pastry and bakery students for one of the leading and famous hotels in Doha Qatar, Radisson Blu. 40 students participated via Zoom and interviews conducted by the Human Resource executive of the hotel.

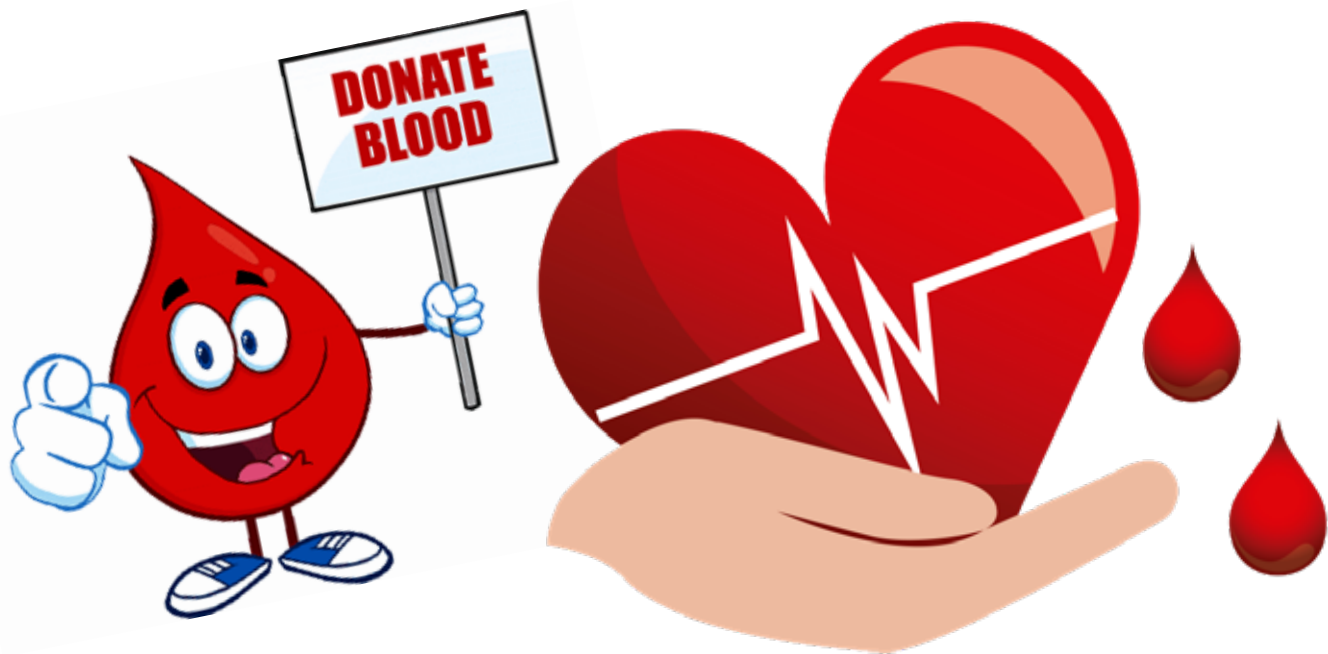
Interviews were conducted on June 08th, 10th and 15th respectively, and the second physical interviews was conducted in July by the Human Resources Manager of radisson Blu.

As the result, employment opportunities at the famous Radisson Blu Hotel in Doha Qatar have been secured for 25 students of Sri Lanka Institute of Tourism & Hotel Management (SLITHM). Their employment period will be extended depending on their performances and skills. They will be flying to Qatar in the second week of September.

Speaking about the success of this programme, Chairman Mr. Shirantha Peris noted that it was important for SLITHM as the country's pioneer hospitality trainer to innovate and adapt to the optioning requirements of the country situation and also for developing of the tourism industry.

It also makes sense for SLITHM to collaborate with international in offering this opportunity which is value addition for both the hotelier as well as the students. Therefore I congratulate the students who have successfully obtained this valuable job training," the chairman said. ♦





YOU DON'T HAVE TO BE A DOCTOR TO SAVE A LIFE

# JUST DONATE BLOOD+

**B**lood Donation Camp at SLITHM, Colombo, Main Campus on 17<sup>th</sup> May, 2022.

As we all know donating blood has many benefits. People require blood for many reasons. It may be illness, or also an accident. Nonetheless, it is important that the blood is being donated could help a person in need. This noble act is not only helps a specific person but also contributes to a responsible gesture toward society. Moreover, it enhances the health of the donor. As the cell depletion allows a way for production, and revitalize the body for better health.

In this context, the students of Sports and Welfare Association of SLITHM, Colombo main Campus organized a highly successful blood donation camp on 17<sup>th</sup> May, 2022 at

Samudra Training Hotel venue with the blessings of Director General and Deputy Director Generals both academic and non-academic. This was amply supported by the faculty members and the non-faculty members.

More than seventy students plus about ten to fifteen staff from SLITHM and SLTDA together, donated their precious blood to save the lives of needy people. Team spirit was highly expressed by all executive committee members of the students welfare in order to organize the event in many ways : such as food and drinks to the donors and the blood bank staff, Coordinating with the blood bank, organizing the venue, communicating to blood donors from all students and other officers etc.. About fifteen staff from blood bank, from Narahenpita,

rendered their service to obtain the blood.

I take this opportunity to thanks all the executive committee members of students sports and welfare association of SLITHM, Colombo main Campus for organizing this precious event, especially in the month of May, where the world is celebrating Vesak. ♦



**CHAMAN PERERA**

*Senior Lecturer/Lecturer-in-Charge , Students Sports and Welfare Association 2022, SLITHM. Colombo*





# 2<sup>ND</sup> INDUSTRY INTERACTIVE APPLIED RESEARCH SYMPOSIUM-SLITHM



Sri Lanka Institute of Tourism and Hotel Management (SLITHM), the premier professional organisation of Tourism and Hotel Management professionals in Sri Lanka, successfully concluded, the 2nd Industry Interactive Applied Research Symposium held on 30th April, 2022 at the SLITHM Auditorium from 9:00 am onwards organized by the Faculty of Accommodation Management. Mainly, this event has handled by Mr Udena Shilpathilaka-Senior lecturer cluster head Front Office Operations, Mr Lenard Pereira - Senior lecturer cluster head Housekeeping Operations and Mr. Rasika Jayasinghe, Assistant Lecturer – Cluster of

Housekeeping Operations.

The event was graced by the Chairperson of Sri Lanka Tourism, Mrs. Kimarlie Fernando, Mrs. Nadeeka Wataliyadda-Director General and Mr. Kanishka Jayathunga Deputy Director General Academic of Sri Lanka Institute of Tourism and Hotel Management.

Key note speech done by Professor Suranga Silva, Department of Economics, University of Colombo. Technical sessions were chaired by Dr. Binushi Narangoda, Business School, Sri Lanka Technological Campus, Dr. D.A. Shamini Perera

Head of Business School, Sri Lanka Technological Campus, Dr. Prasansa Kumari Senior Lecturer, Department of Economics, University of Kelaniya, Dr. Charika Wickramarathne, Senior Lecturer Department of Sport Science & Physical Education, University of Kelaniya, Dr. Nadeeka Jayasooriya, University of Sri Jayawardenapura and Dr. Lenard Ranchagoda, Principal, SLITHM, Koggala.

The validation speech was done by Dr. Shweta Chandra, Manager Learning and Development, Taj Samudra. ♦



# FOREIGN LANGUAGE COURSES

## AT SLITHM

*With languages, you are at home anywhere*

**COURSES AVAILABLE (CERTIFICATE LEVEL)**

- ✓ German
- ✓ French
- ✓ Japanese
- ✓ Chinese
- ✓ Korean
- ✓ English
- ✓ Russian

📍 SLITHM - Colombo  
☎ +94 112208312  
📞 +94 707 500 100 (Messages Only)

**COURSE FEE**  
**30,000 LKR**

**DURATION - 5 MONTHS**  
SATURDAYS, 120HRS

LIMITED SEATS AVAILABLE

**APPLY NOW**

[www.slithm.edu.lk](http://www.slithm.edu.lk)

**Sri Lanka Institute of Tourism and Hotel Management**  
(Ministry of Tourism and Lands)  
No. 78, Galle Road, Colombo 03.



## FIVE STAR LUNCH AT SLITHM

**ENJOY**

- Appetisers
- Main course
- Soup
- Dessert

ON TUESDAYS, WEDNESDAYS & THURSDAYS  
FROM 12.30 PM ONWARDS

**RESERVE YOUR SEATS NOW!**

**SMS 0714382045**

At SLITHM Restaurant,  
78, Galle Road,  
Colombo 03.

**BRING A LOVED ONE!**

3 course meal including mocktail  
Rs. 2000 only + Rs.1000 for cocktails

## PASTRY & BAKERY

**FOUNDATION PROGRAMME AT SLITHM**

**AREAS COVERED**

- ✓ Bread Products: Bread Varieties, Buns, Pizzas, Doughnuts
- ✓ Pastry Products: Cheesecake, Fruit Pastries, Tart and Pies
- ✓ Cakes and Biscuits: Basic Cakes, Cookies and Muffins
- ✓ Desserts: Mousses, Puddings and More Hot and Cold Desserts
- ✓ Other Preparation: Sandwiches, Fillings, Icings, Sauces and Much More

SLITHM  
Colombo  
Kandy  
Anuradhapura  
☎ +94 112 208 312  
📞 +94 707 500 100 (Messages Only)

**Sri Lanka Institute of Tourism and Hotel Management**  
(Ministry of Tourism and Lands)  
No. 78, Galle Road, Colombo 03.

**COURSE FEE**  
**45,000 LKR**

**DURATION**  
**96 HRS**  
16 WEEKENDS

**NO AGE LIMIT**  
**LIMITED SEATS AVAILABLE**

**APPLY NOW**

[www.slithm.edu.lk](http://www.slithm.edu.lk)







# NEWS AND EVENTS

APRIL - JUNE 2022



# SLITHM ANURADHAPURA



**REPORTER**  
**NUWAN DISSANAYAKE**  
*Assistant Lecturer Anuradhapura*



**FIELD VISIT KANDALAMA HOTEL / HABARANA VILLAGE**



**HANDING OVER AN OIL LAMP BY 2022,  
032 WELFARE BATCH LAL SENEVIRATNE/ ASELA  
RATHNAYAKA/ WELFARE PRESIDENT**



**NAME TAGS HAND OVER BY WELFARE 032 BATCH  
2022**



**TRAINING - TABLE ETIQUETTE PROGRAMME**



NEW YEAR





## SLITHM JAFFNA



REPORTER  
**NIRANJALA ALEX**  
*Lecturer in Charge Jaffna*



Mrs. Niranjala Alex, Lecturer-in-Charge SLITHM Jaffna attended the board meeting which held on June 2022 in Northern Tourism Bureau to represent SLITHM. Hotel Association - Jaffna, members also attended the meeting and the current economical crisis was discussed.





## SLITHM – KANDY



**REPORTER**  
**G .BRIAN BENEDICT**  
*Assistant Lecturer, SLITHM-Kandy*

**BAKMAHA UDANAYA**

The festive season brings joy, peace, and harmony to everyone, SLITHM Kandy Students' Sports and Welfare Association organized a Bakmaha Udanaya Avurudu program on the school premises. Rituals, Avurudu Traditions, and Traditional games graced the occasion with a touch of the spiritual significance of the new year. It was well organized with the guidance and the commendable support extended.

**INTER-CLASS CRICKET TOURNAMENT**

Games and sports have tremendous significance in the life of men. Cricket is the most famous outdoor game played throughout the globe, it is a passionate game played with a bat and a ball on a large oval shape ground between two teams each team comprises eleven players SLITHM Kandy Students' Sports and Welfare Association organized an Inter class cricket tournament on 28<sup>th</sup> May 2022 at Aruppola grounds- Kandy. The Pastry and Bakery class team became the Winners of the Tournament by defeating the Food & Beverage class team.





### DINING ETIQUETTES ONE-DAY WORKSHOP FOR SLAF

“Table Manners play an important part in making a favorable impression” Leading hospitality training institute of central province SLITHM- Kandy conducted a special one-day workshop on dining etiquette and fine dining service for Sri Lanka Airforce Sigiriya base Ground Steward Officers.



### COMMUNITY-BASED EDUCATIONAL TRAINING PROGRAMS

The Pioneer hospitality training institute SLITHM Kandy organizes community-based educational training programs these training sessions are designed for the benefit of Rural youths and government sector professionals, SLITHM Kandy recently conducted two training sessions on

- Personality and confidence development training session for Kundasale police training school police officers.
- Cookery Demonstration and Soft Skill training program for the Pilawala Central College students



### S4IG TOT PROFESSIONAL SKILL DEVELOPMENT PROGRAM

S4IG Foundation organized the following one-week residential workshop on

- Functional English for English Instructors Training – 20<sup>th</sup> to 24<sup>th</sup> June at Cinnamon Lodge in Habarana.
- Professional Cookery TOT – June 22<sup>nd</sup> – June 30<sup>th</sup> at Hotel Galadari Colombo

Two lecturers from the Kandy faculty got the privilege to participate in the above programs and they are Mr. Janaka Perera (Cookery training program) and G.Brian (English training program)





## SLITHM KOGGALA



**REPORTER**  
ANUSHA SAMANMALIE  
*Assistant Lecturer- Koggala*

**A GUEST LECTURE**

A Guest Lecture conducted by Mr. Sanchitha Uduwevidana-HR Executive of Marriot Hotel.

Participants: Certificate Level students

Purpose: make awareness of tourism and its international potentials to develop their career.

**CRICKET MATCH**

Battle of Hoteliers 2022 Organized by Students' Sports & Welfare Association 032.





### ASSESSMENT- NVQ LEVEL 4

For the 01<sup>st</sup> time in SLITHM history, we have successfully conducted a NVQ level 4 assessment for 58 students of Professional Cookery, Food & Beverage and Front Office.



### A GUEST LECTURE

A Guest Lecture conducted by Mr. Deepal Gamage - Group Training Manager, Browns Hotel & Resorts.



### AWARENESS PROGRAMME

Awareness programme of Toursim industry and career developments for the team of Parish Priest of the Holy Rosary Cathedral - Galle.





## SLITHM KURUNEGALA



REPORTER  
AMALEE RAJAPAKSHA  
MA-Kurunegala

### AWARENESS PROGRAMME CONDUCTED FOR THE STUDENTS WELAGEDARA NATIONAL SCHOOLS

20 students and teachers from the Welagedara National Schools in Malkaduwwa Kurunegala



### BLOOD DONATION PROGRAMME

26 students participated in the blood donation programme in Teaching Hospital Kurunegala



### CRICKET TOURNAMENT

Organized by Students' Sports & Welfare Association SLITHM Kurunegala held at National Schools in Malkaduwwa Kurunegala





**APPRENTICESHIP HOTEL OPERATION COURSE LUNCH PRACTICAL**

Students of Apprenticeship Hotel Operation Course

**GUEST LECTURER PROGRAMME**

Conducted by Mr. Indika Gamage General Manager of Jetwing Lake Hotel, Dambulla.





## SLITHM RATNAPURA



**REPORTER**  
**SHERAN PIERIS**  
*Assistant Lecturer- Ratnapura*

**PROJECT PRATHISTHA -ROTARACT CLUB OF THE UNIVERSITY OF KELANIYA**

Project Prathistha is organized by the Rotaract Club of the University of Kelaniya, on the 25<sup>th</sup> of April 2022 and we distributed information about the school and the courses.






## SPECIAL INSPIRATIONAL AND MOTIVATIONAL GUEST LECTURE PROGRAM ORGANIZED BY CHSGA

Special Inspirational and Motivational guest lecture program organized by CHSGA for the students of SLITHM Rathnapura. This program was conducted by Mr. Patrick Pereira and Mr. Lalith Rajapaksha on 19<sup>th</sup> April 2022.





A close-up photograph of two bowls of soup. The bowl in the foreground is filled with a clear broth, shredded chicken, green onions, and orange carrot slices. A pair of chopsticks is lifting a piece of chicken. The bowl in the background is also filled with soup and has a blue and white patterned rim. The background is a solid yellow color.

# A Tale of Two Soups

Etiquette experts tell us that we ‘eat’ rather than ‘drink’ soup because it is part of the meal.

As explained by John Ayto in his book ‘An A-Z of Food and Drink’, “The etymological idea underlying the word soup is that of soaking. It goes back to an unrecorded post-classical Latin verb ‘suppare soak’, from it was derived the noun suppa, which passed into French as soupe. This meant a piece of bread soaked in liquid and, by extension, broth poured onto the bread. Until the arrival of the term soup, such food had been termed broth.”

Interestingly, we now toss pieces of toast known as croutons into the soup.

We know then that the word ‘soup’ is derived from the old French word ‘sope’ and ‘soupe’. Up until the end of the middle ages, the French derivative was called and used in England as ‘sop’...and with good reason.

Eleanor and Terence Scully, in their book ‘Early French Cookery’, shed more light on the use of the word ‘sop’. “When cooks in the Middle Ages spoke of soup, what they and the people for whom they were cooking understood was a dish, comprising primarily of a piece of bread or toast soaked in a liquid or over which liquid had been poured. The bread or toast was an important, even vital, part of the dish. It was a means by which a diner could consume the liquid efficiently by sopping it up. The bread or toast was, in effect, an alternative to using a spoon. Soups were important in the medieval diet, but the dish that the cook prepared was often a sop

that consisted of both nutritious liquid and the means to eat it”. Thankfully, sop has been restored to been called in its original form as - ‘soup’. This makes sense, because; nowadays a soup is certainly not a sop.

Andrew Martin in his article ‘Why Thomas Edison required job applicants to eat soup in front of him, tells us how the inventor of the movie camera, phonograph and alkaline storage batteries, to name but a few of his many inventions hired the best employees to help him in his research labs. In order to assemble a large and talented staff, and to make certain that he was hiring the ‘right’ people, Edison, who was there to personally select staff whenever a new position opened, had a unique way of picking the ‘right’ person. His way was to offer them a bowl of soup and observe how they ate it - before they were considered fit for the job.

As Martin explains “The reason for this soup test was that the famous inventor wanted to see if the applicants added salt and pepper before tasting what was in their bowl or if they waited until they tasted it before proceeding with the seasoning. This was not a situation where candidates, interviewed in an office, suddenly had a bowl of soup thrust in front of them. Instead, they were invited out for a meal and soup would be ordered for those present, putting the applicant under the spotlight to unwittingly show their true colours by how they went at the starter”.

Those who seasoned the soup before even tasting it were immediately rejected. Edison did not want people

who had pre-conceived assumptions, where he felt that the absence of curiosity and the willingness to test the water or ask questions were barriers to innovation. For Edison, the best employees were those whose second nature was to be consistent with how they approached life. If they showed impatience or a rush to judgment in eating, imagine the damage they could potentially cause with the many projects they would be entrusted to develop and bring to fruition.

Salting a perfectly seasoned soup before trying it might result in a completely ruined meal and those who did it – especially in front of Edison, found out that it was a high-risk strategy and as we all know, the world wasn’t built by people who always played it safe. Edison’s soup test may be out of the ordinary, but then again he was not looking for the ordinary, and his method worked well. His record of innovation where he obtained 1093 patents speaks for itself.

The next time you are called out to have a meal during an interview for a job, be careful about how and when you season your food, and of course, make sure to use the soup spoon when eating, (yes, not drinking)... the soup. ♦

Written by:

**SHAFEEK WAHAB**

*Editor, Hospitality Sri Lanka,  
Consultant, Trainer, Ex-Hotelier*

Moderated by:

**RAMESH PERERA**

*Writer/Proofreader:  
Publication Committee*





**LAUNDRY & DRY CLEANING SERVICE**

Managed by Sri Lanka Institute of Tourism & Hotel Management

# PROFESSIONAL DRY CLEANING & LAUNDERERS

Samudra Laundry & Dry Cleaning service is the foremost launderette for its excellent service and satisfied clientele.



- ✓ Dry cleaning & washing of all ladies & gents garments
- ✓ Dry cleaning & pressing of bridal dresses & sarees
- ✓ Bed linen
- ✓ Same day service (with extra charges)
- ✓ Normal service delivery within two days
- ✓ One hour express pressing service (with extra charges)



Conveniently located at  
**No 78, Galle Road, Colombo 03**

Parking facilities available for our  
valuable customers

**0112 208 382**

**0771 306 216**

[laundry@slithm.edu.lk](mailto:laundry@slithm.edu.lk)



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

Taking Sri Lanka to Global Heights  
A Journey Towards Excellence in Sri Lankan Hospitality

**SLITHM**  
**talk**  
**MAGAZINE**  
Sri Lanka Institute of Tourism & Hotel Management