

# SLITHM talk MAGAZINE

**Volume 21**  
July - December  
**2024**

**Sri Lanka Institute of Tourism & Hotel Management**



**D**egree accreditation  
not only meets the demand  
for higher qualifications but also enhances  
the mobility of SLITHM  
graduates on the global stage ...

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**SRI LANKA INSTITUTE OF  
TOURISM & HOTEL MANAGEMENT**  
Taking Sri Lanka to Global Heights  
Excellence In Hospitality Training In Sri Lanka



# Tourism News

## 2M Tourist Arrival

Sri Lanka celebrated a historic milestone in 2024, Welcoming its 2 millionth tourist Mr. and Mrs. Prasanth from Bangkok, Thailand. The Visitors, visiting for the first time, were greeted with a grand reception at Bandaranaike International Airport. Furthermore, the Dpty. Minister of Tourism Hon. Ruwan Ranasinghe, the Chairman of SLITHM & SLCB Mr. Dheera Hettiarachchi and Chairman of SLTDA & SLTPB Mr. Buddhika Hewawasam participated receiving the tourists in this occasion



## Tourism awards -2025

What a Night to remember at the Sri Lanka Tourism Awards 2024! From celebrating incredible achievements to sharing inspiring stories, the event truly honoured the heart and soul of Sri Lanka Tourism Industry. This gorgeous occasion was held on December 20, 2024 at the Cinnamon Life Hotel premises in a grand manner.

Members of SLITHM also participated in this gaudy event.



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## DEVELOP THE LEADERSHIP AND BALANCE OF THE WORK-LIFE



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**Volume 21**  
July - December 2024

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& Hotel Management



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



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our website

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



# EDITOR'S MESSAGE



*Ganga Walpola*

Assistant Director - Librarian  
**EDITOR**



**Good leaders create a vision, articulate a vision and passionately own a vision and turn it into a reality” - Jack Welch.**

Welcome to the 02nd quarter, the 21st edition of the annual magazine of the SLITHM. We are really proud and exuberant to acclaim that we are ready with all new hopes and hues to bring out the 21st issue, which is going to surely unfold the unraveled world of the most unforgettable and precious moments of the school.

**“A writer is unfair to himself when he is unable to be hard on himself” – Marianne Moore.**

Putting pen to paper seems to be a more arduous task than using the gift of the gab. But when you put pen to paper, you see a side of yourself that doesn't otherwise reveal itself in conversation or thought. On behalf of the editorial board, I present this magazine, which serves as an attempt not only to record the events that have taken place during the quarter but also to highlight the achievements of every SLITHM student.

This magazine is published school-wide and has the works of all students. It is a good way for the students to get recognition. Even if the students haven't contributed to the magazine, just reading the magazine and seeing the work of their peers can motivate them to contribute, and I have seen this happening in my tenure as an editorial head. Parents also come to know about the various activities going on in the school through “campus activities news”.

I being the editor, make a promise to the institute that through our determination, perseverance and hard work, would undertake any task entrusted to us by the school authorities and fulfil it in the best possible way.



*Ramesh Perera*

Senior Lecturer  
**WRITER / PROOFREADER**

Coming to the school magazine, I expect full cooperation from my peers. New ideas and new sections in the issue of SLITHM-Talk Magazine are always welcome by the Editorial Board. The editorial board is looking forward to making this magazine a vehicle for students to express their innermost thoughts. I hope this magazine goes on to become the mirror our school. It gives me immense pleasure to ensure that this magazine has successfully accomplished its objective.

As we all know, a magazine mirrors a school, its aims and objectives. It also highlights events, activities and academic prowess and achievements. In this edition, we have tried to capture this quarter's excitement and activities. I do hope that the magazine encourages many more people to use it as a platform to express their creativity.

Though the mission of the magazine remains grounded in the continual quest for innovative approaches to education, we've made some changes we feel better to serve the depth of our reader's emotional and intellectual interests. Teaching, after all, is one of the few professions in which the whole sentient being is required.

I'd like to finish by thanking everybody who has contributed to this magazine, whether directly by writing for this issue, or indirectly by taking part in events happening in the SLITHM community. I hope it brings you as much pleasure reading about the achievements and experiences written through the eyes of various members of the SLITHM Family as it brought us in writing these many articles for you.

Lastly, always remember that “there are no limits to what you can accomplish, except the limits you place on your own thinking.”

Happy reading!



# Why SLITHM

## Obtained the Degree Status



**SLITHM now became a degree awarding institute for “Bachelor of Hotel and Resort Management Honours” (four year 120 credits).**

Sri Lanka Institute of Tourism and Hotel Management, has 60 years of long history (1964-2024) been a leader in providing skilled human resources to the Tourism & Hospitality industry, both locally and internationally. Over the years, the institute has consistently adapted to meet the evolving demands of the sector, providing specialized training that aligns with the growing needs of the industry. As the global hospitality landscape

continues to transformation, SLITHM has recognized the necessity to evolve further to maintain its relevance and competitiveness. One significant development in this evolution is the attainment of degree status for the existing three year management programs at SLITHM.

The global hospitality industry is undergoing a transformation, with increasing emphasis on professionals who possess a deeper understanding of management, leadership, and advanced business principles. As the industry grows and becomes more interconnected, both local and international hotel chains now require candidates with higher academic qualifications, particularly bachelor's degrees, for managerial and

leadership roles. The uniqueness of this degree programme is more practical oriented modification that effective leadership in hospitality demands a solid foundation in business strategy, critical thinking, and adaptability in the face of rapidly changing market conditions. Therefore, it is a vital step to ensure that graduates possess the knowledge and skills needed to succeed in this evolving environment.

Degree accreditation not only meets the demand for higher qualifications but also enhances the mobility of SLITHM graduates on the global stage. Graduates from institutions with recognized degree programs are more competitive in securing roles abroad, making this







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The Gazette of the Democratic Socialist Republic of Sri Lanka

EXTRAORDINARY

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(Published by Authority)

## PART I : SECTION (I) — GENERAL

### Government Notifications

UNIVERSITIES ACT, No. 16 OF 1978

#### Order under Section 25A

BY virtue of powers vested in me by Section 25A of the Universities Act, No. 16 of 1978, I, Dr. Harini Amarasuriya, the Minister of Education, Higher Education and Vocational Education having obtained a report under Section 70C of the aforesaid Act, in respect of the "Sri Lanka Institute of Tourism and Hotel Management", established by the Tourism Act, No. 38 of 2005, and located at No. 78, Galle Road, Colombo 03 do by this Order subject to such conditions as specified in Schedule I hereto, recognize the "Sri Lanka Institute of Tourism and Hotel Management" as a Degree Awarding Institute for the purpose of developing Higher Education therein, leading to the award of the Degree specified in Column I of the Schedule II hereto, of which the abbreviation is set out in the corresponding entry in Column II of the Schedule II hereto:-

#### SCHEDULE I

##### CONDITIONS

1. Sri Lanka Institute of Tourism and Hotel Management (hereinafter referred to as the "institute") shall, when admitting students for the degree programme specified in Schedule II hereto in respect of the Bachelor of Hotel and Resort Management Honours with a minimum of 120 Credits (SLQF Level 6), adhere to the minimum entry qualification of;
  - (a) Three (3) simple passes (S) in any stream in one and the same sitting at G.C.E. (Advance Level) Examination conducted by the Department of Examination of Sri Lanka or equivalent qualification.



1A-PG 7056 - 284 (03/2025)

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global mobility a significant benefit for students. Additionally, the recognition of SLITHM's degree programs can address the country's current need for foreign currency both retention of local and attraction of foreign students for the programme. The five years ago, SLITHM saw enrollments of over 100 students in Intermediate/ Advance level programs, but today, the enrollment stands at just 50-60 students. This change underscores the growing preference for degree qualifications, which SLITHM is now poised to meet.

While degree programs offer a comprehensive and holistic educational experience, SLITHM

for Advanced Level qualified students also continues to offer NVQ 4,5,6 certifications for other programs with Ordinary Level qualification to maintaining a strong focus on application oriented diploma and higher diploma programmes. These diplomas will continue to cater to those who seek specialized skills in hospitality management without pursuing a degree. This enriched curriculum ensures that graduates are prepared for diverse roles within the sector, equipped with both theoretical knowledge and practical experience.

Further, obtaining degree status allows SLITHM to enhance its credibility and form stronger partner-

ships with reputable educational institutions in local, global and with international hotel chains. Such collaborations could lead to joint programs, research initiatives, and exchange opportunities, enriching the educational experience for SLITHM lecturers and students. This accreditation also ensures that SLITHM's academic offerings for degree programme align with the standards set by the Ministry of Education (Non State Division), University Grants Commission (UGC), ensuring the institute meets national academic regulations.

Stakeholders, including alumni, industry experts, employers, passed out and current students, have expressed support for SLITHM's move toward degree accreditation. Their feedback emphasizes the increasing importance of degree programs in shaping the future of the hospitality industry and ensuring that graduates are well-prepared for the challenges of the emerging market.

SLITHM as a leader in producing highly skilled professionals for the hospitality sector. As the industry evolves, SLITHM's degree programs will help meet the growing demand for qualified professionals and ensure the institute's continued leadership in the field. Proposed degree programme will be commenced in January 2026 onwards.



# LECTURER -TURNED- CHAIRMAN

## Mr. Dheera Hettiarachchi

Mr. Dheera Hettiarachchi is the new Chairman at the Sri Lanka Institute of Tourism & Hotel Management (SLITHM). It is in the history, that a person we have worked with as a teaching colleague who later became our Chairman, and one should know such a promotion can mean positive changes to the teaching and supporting staff. Considering that a teacher-turned-Chairman has experience with the rigors and demands of the classroom/institute, who else could be better qualified to work with and support their colleagues?

Having personally worked with teachers who went on to become outstanding administrators, the idea that a teacher-turned-Chairman is a plus for the teaching and supportive staff, brings true for us.

It's no exaggeration to say that he never thought to leave the classroom, but had the intention of becoming an administrator only a continuing drive to grow and learn and see where that would take him. This job seemed to offer the challenges he was looking to push himself toward next. He will be leading a team of adults, spanning on various specialized areas in education and profession. His impact could be great, hopefully even greater than the impact that he had in the classroom. He could be a part of real change.

conversation, confidence and knowledge about the

possibilities are what he think won him the position. Replacing his teacher's hat with his new leadership that has been more challenging than anticipated. As a Lecturer, he became adept at thinking about how he would lead differently.

Being the new SLITHM leader is exciting, rewarding and challenging – but challenging in a different way from being a classroom teacher. Workings with talented adults bring new complications. It's hard to go from a position where one feel masterful at his/her practice to a role where one should know he/she have a lot to learn – not just about the role itself, but about the culture of employees. Being this green almost made him feel like he had a target on his back.

The Chairman acts as an important link between the Board and the organization's management via the Director General/CEO. From providing leadership and setting expectations to facilitating effective communication and ensuring good corporate governance, his role as the Chairman is far from superficial.

Under the theme of 'A Thriving Nation and a Beautiful Life', he commits himself to fulfill the expectations of the current National People's Power (NPP) Government.



# Questions posed by the SLITHM-Talk Magazine to newly appointed Chairman Mr. Dheerā Hettiarāchchi

**01. Do you have faith in that your educational qualifications will contribute to the advancement of this institution? Can you provide some information about your job history and experience?**

*I think so. Because I am a graduate from the University of Rajarata & also the University of Colombo with a bachelor's degree & a postgraduate degree. In the context of the tourism sector, my educational qualifications will be able to contribute well to the growth and development of this institution by applying strategies that enhance visitor experiences, optimize operational efficiency, and improve customer satisfaction. I have increased knowledge in areas such as sustainable tourism, destination management, marketing, and cultural understanding, which are essential in today's competitive tourism industry. Specifically, our Institute provides human resource training for the tourism and hospitality industry.*

*As well, I worked 20 years in the tourism sector, from 2005 to 2011 at the Tourist Board (SLTDA), and since 2012 at SLITHM as a lecturer & cluster head in travel & tourism. Now I am the chairman of this institute. This is the great opportunity to subsidize the Tourism and Hospitality sector to me.*

**02. Why do you feel you are a good candidate for this role and what makes you unique?**

*Actually, I believe, I am a strong candidate for this role due to my combination of education, hands-on experience, and passion for the Tourism and Hospitality industry. My ability to adapt quickly, problem-solve creatively, and work collaboratively with diverse teams sets me apart. What makes me unique is my deep commitment to providing exceptional guest experiences and my focus on sustainable practices, ensuring long-term success for the institution. I am driven to endlessly learn, innovate, and bring fresh perspectives that align with the evolving needs of the tourism and hospitality sectors.*

**03. Can you describe a time when you had to give constructive feedback to an experienced Lecturer?**

*Of course, It is a great honor and pride for me to serve as a lecturer at SLITHM. While the lecturer had vast knowledge and expertise, some students, including myself, struggled to connect with certain teaching methods. During that time, in addition to the teaching and learning process, the experiences I gained from interacting with students and other Colleagues have become a huge of knowledge that goes beyond my educational qualifications. I then suggested that incorporating more real-world examples and interactive activities might help engage students better and enhance understanding. I also offered to collaborate on ideas for future lessons to make the content more accessible and relatable. I at all times thought that incorporating more real-world examples and interactive activities could help*



*better engage students and improve understanding. I also offered to collaborate on ideas for future lessons to make the content more accessible and relevant.*

**04. What do you know about this campus' improvement plan and how can you contribute to it? What is your vision for the future of the school, and how do you plan to achieve it?**

*I understand that the Hotel School's improvement plan focuses on improving the quality of education, aligning it with job opportunities, and preparing students for the rapidly evolving hospitality sector. This includes fostering industry partnerships and promoting sustainability in hospitality management, which are the most practical training. The plan also emphasizes expanding digital learning platforms and ensuring students have hands-on experience with the latest hospitality technologies. My vision for the future of the school is to position it as a leader in hospitality education, known for its innovative curriculum, strong industry connections, and commitment to producing skilled professionals with a strong sense of identity. I plan to achieve this by fostering collaboration between students, faculty, and industry partners, promoting continuous improvement through feedback and evaluation, and ensuring that the school adapts to changing industry needs. In addition, I advocate for the development of leadership and professional skills training, which are key attributes for success in hospitality roles.*

**05. What role do you see employee morale playing in the success of the SLITHM?**

*Employee morale plays a critical role in the success of SLITHM by fostering a positive work environment that boosts productivity, engagement, and collaboration. Motivated staff, everyone from senior management to*

*academic and non-academic staff must work together like the links in a diamond chain. specially faculty, are more likely to deliver high-quality teaching and support students effectively, directly impacting the institution's reputation and success. High morale also reduces turnover, improves teamwork, and attracts top talent, contributing to the overall growth and sustainability of SLITHM.*

**06. How do you build a positive school culture or climate? What would you implement at the SLITHM to continue success? As Chairman, what role do you envision playing in shaping the culture of the school?**

*Building a positive school culture begins with fostering a sense of respect and values for the school. At SLITHM, I focus on creating an environment where students, faculty, and staff feel valued and empowered. I encourage open communication, and my ultimate goal is to create an environment where everyone is heard and feels equal. Maintaining a student-centered approach will help build trust and morale. To continue the school's success, I implement initiatives such as mentoring programs where experienced educators guide students and staff, and ensure ongoing professional development for all members of the school. Continuous evaluation and adaptation of the curriculum also helps foster a culture of continuous improvement. As the Chairman, my role in shaping the institutional culture is to lead by example by demonstrating integrity, a commitment to excellence, and a proactive approach to problem solving. I work closely with the faculty and all staff to ensure that the values of the school are consistently upheld and to find ways to bridge any gaps between industry trends and academic offerings. I aim*





to ensure that the school's culture supports the personal and professional growth of everyone involved, by fostering a balance of education with practical experience to create a well-rounded and inspiring environment that is aligned with the evolving needs of the hospitality sector, fostering transparent leadership and collaboration.

**07. How do you guarantee that each staff and faculty member understand their role in student and campus success, and what steps would you take to recognize individual contributions, efforts and accomplishments campus-wide?**

To ensure that every staff and faculty member understands their role in student and university success, I implement clear communication, a sense of direction, and alignment of responsibilities with the institution's vision and mission. This begins by ensuring that everyone, from faculty, staff to administrative staff, understands how their individual contributions impact the overall student body and university culture. I encourage faculty and staff to actively participate in setting and reviewing school goals to develop a sense of responsibility and the future of the institution. Clear job descriptions and emotional development help ensure that everyone is focused on their roles while aligning with the school's vision and mission. I establish a culture of appreciation through both formal and informal recognition to recognize individual contributions, efforts, and achievements. I create opportunities for staff and faculty to celebrate each other's successes. Holding events that honor achievements in any area, whether academics, extracurricular involvement, or community service, contributes to a positive environment where every team member feels valued. I strongly believe that by fostering a culture that acknowledges contributions, we impact the future of the institution by creating a motivating and supportive environment that leads to continued campus success. I am constantly dedicated to that.

**08. What inspired you to pursue a career in educational leadership?**

Having worked in SLITHM for many years as an educational expert and lecturer, I can imagine what would motivate someone to pursue an educational leadership career. For many, it is about the opportunity to make a lasting impact on the lives of students and to influence the education system in a meaningful way. The strong desire to improve access to quality education, foster inclusive environments and support teachers and staff has been a strong motivator for me. Some consider it a great privilege in my life to have been able to work for the betterment of society at large, without compromising my knowledge and experience.

**09. How would you advocate additional resources or support from state level?**

The tourism and hospitality sector are currently the largest revenue generator in Sri Lanka. In order to attract additional resources to our institution at the state level, I hope to focus on highlighting the contribution and importance of our school to the state economy and workforce development. Emphasize how investing in the hotel school will strengthen the hospitality industry, create jobs, and improve the state's competitiveness in the tourism industry. Clearly state specific needs such as updated facilities, more qualified faculty, expanded curricula, and stronger industry partnerships for practical student training. We hope to engage stakeholders such as local business leaders, alumni, and industry partners to demonstrate broad support and align your request with state priorities such as economic growth and workforce development. By presenting clear, compelling arguments that relate to government goals, we can increase our chances of obtaining the necessary government support.

**10. How will you go about doing a "needs assessment" for SLITHM? Who would you involve in doing the needs assessment? What other things will be essential for you to do in your first 90 days at SLITHM?**

To conduct a needs assessment for SLITHM, I will begin by gathering input from key participants, including faculty, staff, students, industry partners, and alumni. This will include surveys, interviews, and focus groups to identify gaps in resources, facilities, curriculum, and industry partnerships, as well as staffing issues. I will also analyze student performance data, enrollment trends, and employer feedback and employee requests to understand workforce readiness. Engaging with local tourism and hospitality businesses will provide insight into industry needs. During the first 90 days, it will be essential to build relationships with these participants, review existing programs, assess current challenges, and prioritize actions for improvement. This will directly impact SLITHM's needs assessment strategic planning.

**11. Mr. Hettiarachchi, the last question is, what do you think about SLITHM Talk magazine?**

I have an immortal history about that too. Because I was the one who named it SLITHM Talk. At that time, I worked as a member of the editorial board there. SLITHM Talk is a haven that takes our Institute's identity international. In particular, my special thanks go to Mr. Buddhika Hewawasam, currently the Chairman of SLTDA, who, as the former Director General of SLITHM, supported the establishment of this publication in 2017. Further, I would like to thank the librarian Ms. Ganga Walpola, editor of the magazine and the senior lecturer, Mr. Ramesh Perera, writer and proofreader of the SLITHM Talk, for carrying out this important mission on behalf of our institution.

Sixty years and still shining.

# Celebrating 60 years of Excellence!

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

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

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

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

Starting and growing an establishment is tough stuff. Achieving a major company

milestone is certainly a reason to celebrate, and acclaiming 60 years in business definitely qualifies as "major".

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

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

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

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





Established in 1964 as the “Ceylon Hotel School”, the Sri Lanka Institute of Tourism and Hotel Management, has made an indelible mark in Sri Lanka. To commemorate the proud 60th anniversary of that proud journey, SLITHM family has organized a Pitith chanting and almsgiving programme was held on the 15th and 16th of August 2024 at the SLITHM Head office in a grand manner. A large number of invited guests, including staff and students, attended the occasion.

# SLITHM Colombo







# Anuradhapura





# Almsgiving



## Donation of Educational Needs

To Celebrating 60 years' anniversary - We are pleased to announce that SLITHM Buddhist association has donated to Polwaththa Pirivena. This contribution is specifically intended to support the educational needs of the 16 Samanera monks by providing them with necessary stationery items. We hope this donation will help enhance their studies and contribute to their academic success.



# Diverse Religious Celebrations

"Celebrating 60 years of SLITHM, United in blessings from diverse religious communities, fostering peace and harmony as one family for continued success."

## Christian







# Hindu



# Islam





# SLITHM Towards NVQ

## Malinda Wijenayake

Wing Commander (Retired)  
Registrar  
Sri Lanka Institute of Tourism &  
Hotel Management (SLITHM)

**As** the Sri Lanka Institute of Tourism & Hotel Management (SLITHM) celebrates 60 years of excellence, we take immense pride in our contribution to the nation's tourism and hospitality sector. Over the decades, SLITHM has expanded its programs, strengthening the national economy and equipping professionals with industry-relevant skills.

With a strong network of provincial colleges, we provide competency-based education up to NVQ Level 6, ensuring students gain practical expertise in hospitality management, accommodation operations, food and beverage services, event management, and tourism-related courses. Our Higher National Diploma (NVQ 6) covers a broad spectrum, including Chauffeur Guide Courses, National Guide Courses, Area Tourism Courses, Tourist Driver Courses, and refresher courses for continuous training and development within the tourism industry.

Our students have not only excelled academically

but have also won many prestigious awards, demonstrating their capabilities and passion for the field. We take great pride in the fact that SLITHM graduates are 100% employable, achieving success in diverse roles across the tourism and hospitality industry. They continue to contribute to the sector by striving for innovative developments and advancing their careers with cutting-edge skills.

In addition to classroom-based learning, industry professionals with significant experience can qualify for NVQ Level 6 through the Mature Candidate pathway without attending regular classes. Our Recognition of Prior Learning (RPL) initiative and fast-track NVQ Level 5 program further support professionals in upgrading their qualifications efficiently and advancing their careers.

SLITHM graduates are successfully employed both locally and globally, contributing to the tourism and hospitality sector while strengthening our economy. As we embrace hybrid learning models and industry trends, SLITHM remains committed to developing a skilled, globally competitive workforce.

We congratulate our graduates and encourage them to uphold the highest standards of professionalism, innovation, and service excellence as they contribute to the future of tourism.



# “RACE THE PEARL”

## *An island-wide cycling tour*

Mr. Nuwan Wiranga a lecturer at the SLITHM Colombo lecturer panel, recently completed the “Race the Pearl” an island-wide cycling tour (Jaffna to Galle) covering an impressive 605 km in 24 hours a truly remarkable and self-motivated achievement in the SLITHM history.



### Organisation de la course

Depart samedi soir à partir de 23h30,

**Race start**  
POINT PEDRO

1<sup>ère</sup> étape : 145 km  
**Pascal**

2<sup>ème</sup> étape : 100 km  
**Kapi**

3<sup>ème</sup> étape : 111 km  
**Krish**

4<sup>ème</sup> étape : 118 km  
**Philippe**

5<sup>ème</sup> étape : 144 km  
**Nuwan**

**Race finish**  
POINT DONDRA

La distance approximative entre Point Dondra et Point Pedro est de plus de 600 km sur de superbes routes pavées. La distance peut varier légèrement en fonction des points de contrôle et des postes de secours des partenaires. Vous traverserez des villes animées, mais vous serez principalement entouré de verdure, de rizières, de montagnes et de descentes, des fameux vents contraires de la province du Nord et de pluies torrentielles occasionnelles. L'itinéraire est adjacent à deux parcs animaliers et il n'est pas rare d'apercevoir des paons colorés et un éléphant occasionnel. L'itinéraire est parsemé de nombreux restaurants locaux en bord de route vous offrant des options de restauration multiculturelles et des boissons froides et chaudes pour vous permettre de continuer avec un applaudissement fréquent ou une tape dans le dos pour vous encourager. Cet itinéraire est une aventure écrite partout.



# BEYOND THE CUP: NEW POTENTIAL AREAS TRANSFORMING TEA AS A BEVERAGE



By-  
**Dharshana Jayasinghe**  
Lecturer  
Food & Beverage



Tea has long been cherished for its cultural significance and health benefits. However, evolving consumer preferences are reshaping the industry. From sustainability to mixology, tea is undergoing a transformation that extends beyond its traditional roots. This article explores five key areas where tea is making a global impact.

## *Sustainable and Ethical Tea Brands*

Sustainability is increasingly central to the tea industry, with ethical sourcing and environmental consciousness shaping consumer choices. Many brands now prioritize fair wages, organic cultivation, and eco-friendly packaging.

Sri Lanka's Ceylon tea industry is a prime example of this shift. Emphasizing sustainability, local tea producers are turning to organic, single-origin teas packaged in biodegradable materials. Certifications like Rainforest Alliance, Fairtrade, and UTZ Certified are gaining recognition, ensuring responsible sourcing and better livelihoods for tea farmers.

Dilmah Tea stands out for reinvesting profits into community development through the MJF Foundation, which provides education, healthcare, and welfare for plantation workers. Similarly, Teatulia integrates

regenerative farming while empowering local women in Bangladesh, reinforcing tea's role in social responsibility.

Ethical tea production is also influencing consumer purchasing decisions. Shoppers are willing to pay a premium for transparency and sustainability, leading brands to adopt carbon-neutral production, compostable tea bags, and direct trade sourcing. Companies like Pukka Herbs and Numi Organic Tea emphasize holistic sustainability by integrating renewable energy into production and supporting reforestation projects.

With growing environmental concerns, the demand for sustainable tea brands continues to rise, securing their place in the future of the industry.

## *Functional and Wellness Teas*

Health-conscious consumers are driving demand for teas with wellness benefits. Herbal infusions with turmeric, ginger, Ashwagandha, and Ginseng are sought after for their anti-inflammatory and stress-relieving properties. Green tea and matcha remain popular due to their antioxidant and metabolism-boosting benefits.

An emerging trend is CBD-infused tea, combining cannabidiol with herbal blends for relaxation and pain



relief. As natural wellness products gain traction, functional teas are expected to remain a strong market segment.

### *Cold Brew and Ready-to-Drink (RTD) Teas*

Convenience is key, leading to the rise of cold brew and RTD teas. Cold brew tea offers a smoother taste, while RTD brands are innovating with organic, sugar-free, and exotic flavors. Kombucha, a fermented tea rich in probiotics, has gained popularity for gut health benefits.

Leading brands like Pure Leaf, Arizona, and Honest Tea are investing in sustainable packaging, such as glass bottles and recyclable cartons, aligning with eco-conscious consumer preferences.

### *Tea Cocktails and Mocktails*

Tea is becoming a staple ingredient in mixology, with tea-infused cocktails and mocktails gaining popularity. Signature drinks like the Earl Grey Martini and Chai Old Fashioned offer sophisticated alternatives, while non-alcoholic tea mocktails appeal to health-conscious consumers.

Luxury tea brands now offer syrups and concentrates, enabling consumers to create tea-based beverages at home, further expanding tea's role in the culinary world.

### *Tea-Based Dairy Alternatives*

As plant-based diets rise, tea-infused dairy alternatives are emerging. Matcha-infused almond milk and chai-spiced oat milk provide unique, dairy-free options ideal for lattes and smoothies. Companies like Califia Farms and Minor Figures are leading this trend with ready-to-drink tea lattes made from plant-based milk.

### *Conclusion*

The tea industry is evolving with sustainability, wellness, convenience, and culinary creativity at its core. Ethical brands are driving consumer loyalty, while wellness teas, RTD beverages, mixology, and plant-based alternatives expand market possibilities.

No longer just a traditional beverage, tea is becoming a dynamic, health-focused, and sustainable choice for the future.







# SLITHM Innovation Fair 2024

“Discover the Future  
of Tourism”

Venue **SLITHM**  
Date **13<sup>th</sup> of September 2024**  
Time **9.00 am onwards**

SLITHM students showcased their talents through new concepts and innovative product development for srilanka's hospitality industry. Their fresh ideas and creative solutions highlight their dedication to advancing the industry, blending tradition with modern trends to enhance the country's hospitality and culinary experience.





# SLITHM Innovation fair 2024





# SRI LANKA'S *Largest Cake* 2024



This one-of-a-kind occasion, which took place on December 31, 2024, united local cooks and artists to produce a huge cake that has now earned a spot in the national record books.

“Pelwatte” Dairy was the main sponsor of Sri Lanka’s Largest Cake event, a noteworthy and historic endeavor put together by Swarnavahini in association with Sri Lanka Institute of Tourism & Hotel Management (SLITHM).

“Pelwatte” Dairy, a company that takes pride in its high standards and commitment to the community, was instrumental in making this event a success.

This remarkable creation, crafted with the expertise of 41 local cooks under the

leadership of Chef Pamal Pinidiya, was unveiled in a grand ceremony graced by local dignitaries and artists. The cake weighed an impressive 850 kilograms and 455 grams, measured 12 meters and 81 centimeters in length, 8 centimeters in height, and 1 meter and 12 centimeters in width.

After the celebration, the cake was shared with various institutions, including charitable organizations and dedicated members of government defense sectors, spreading joy and gratitude across the community. The entire process was carefully monitored by officials from Serendib World Records, ensuring it met strict hygiene standards and was safe for everyone to enjoy.



## *Sri Lanka's Largest Cake 2024*





# SLITHM Students' Sports and Welfare Association:

## Fostering Unity and Engagement



The Sri Lanka Institute of Tourism & Hotel Management (SLITHM) is not just a premier institution for hospitality education; it is also a vibrant hub of student engagement, where extracurricular activities enhance learning and personal development. At the heart of these initiatives is the SLITHM Students' Sports and Welfare Association, which plays a pivotal role in fostering unity, leadership, and community service. With a strong emphasis on student involvement, the association organizes numerous events, sports tournaments, and cultural celebrations, offering students a platform to showcase

their talents and contribute to society.

### Shramadana Campaign: Giving Back to Society

A significant initiative under the Welfare Association is the Shramadana Campaign, an annual event that brings together students to clean and beautify the SLITHM Colombo and surrounding area. More than just a cleanup effort, this campaign teaches students the value of environmental responsibility and civic duty. Equipped with brooms, gloves, and garbage bags, students actively engage in removing litter, and restoring public spaces. Their

**By: Tharinda Weeraratne**

Lecturer-in-Charge SLITHM Students' Sports and Welfare Association - Colombo

enthusiastic participation demonstrates a collective commitment to sustainability and social welfare, reinforcing the spirit of teamwork and service.

### Cricket Matches: Fostering Team Spirit

Sports are an integral part of student life at SLITHM, and cricket is undoubtedly one of the most anticipated activities. The Welfare Association organizes inter-class cricket tournaments,







where students form teams, train rigorously, and compete with high spirits. These matches not only provide students with a chance to unwind from academic pressures but also instill discipline, teamwork, and perseverance. The roaring cheers from spectators, the excitement of every boundary hit, and the determination on the players' faces make these tournaments one of the most celebrated events on campus.

#### **Avurudu Celebrations:**

##### **Preserving Cultural Traditions**

The Sinhala and Tamil New Year (Avurudu) is a time of festivity and tradition, and SLITHM students embrace it with great enthusiasm. Organized with the support of the Welfare Association, the Avurudu celebrations feature traditional games, music, and dance performances that highlight Sri Lanka's cultural heritage. Students dress in traditional attire, prepare sweet delicacies, and engage in spirited competitions such as 'kana mutti' (pot-breaking), tug-of-war, and pillow flight, SLITHM avurudu kumara and kumariya. This event is a reminder of the importance of cultural identity and unity, strengthening bonds among students and faculty members alike.

**Vesak Celebrations: A Time for Reflection and Giving** The Vesak

Festival, which commemorates the birth, enlightenment, and passing away of Lord Buddha, holds a special place in the SLITHM calendar. Students come together to organize lantern-making competitions, alms-giving programs, bakthi gee session and meditation sessions. The campus is transformed into a luminous spectacle, with colorful lanterns and serene Buddhist chants creating an atmosphere of peace and reflection. More than a religious event, Vesak celebrations encourage students to practice compassion, mindfulness, and generosity.

#### **Expanding Student Engagement: Notable Activities**

Over the years, the SLITHM Students' Sports and Welfare Association has expanded its initiatives, offering students numerous avenues to showcase their skills and contribute to meaningful causes. Some of the most notable events include:

- **SLITHM Walk & Vehicle Parade** – A grand event aimed at promoting unity and raising awareness about the institute's contributions to the hospitality and tourism industry.
- **Rhythm of SLITHM** – A spectacular talent show where students display their artistic, musical, and performance skills, celebrating creativity and

self-expression.

- **Essential Drug Supply** to Apeksha Hospital Maharagama – A humanitarian initiative where students actively participate in fundraising and providing much-needed medical supplies to patients.

#### **Student Clubs: Encouraging Passion and Growth**

The Welfare Association also oversees several student-led clubs that cater to different interests, providing students with opportunities to explore their passions, develop skills, and engage in industry-related activities.

- **Cycling Club:** Led by Lecturer Mr. Nuwan Viranga, an expert cyclist who participated in the Race the Pearl Cycling Challenge in November 2024, this club encourages students to embrace fitness and adventure through long-distance cycling expeditions.
- **Tourism Club:** Under the guidance of Lecturer Mr. Hanasaka, this club exposes students to real-world tourism experiences, organizing educational visits to tourism attraction, Webinar and seminars on Tourism, and Tourism workshops.

- **Nature and Wildlife Club:** Managed by Mr. Ruwantha



Prasad, a passionate advocate for nature and wildlife conservation, this club engages in environmental projects, nature excursions, and awareness campaigns.

#### Leadership and Organization

At the core of the SLITHM Students' Sports and Welfare Association is a dedicated leadership team that ensures seamless coordination of activities and student welfare. The

- Vice President: Mr. Thiyahku Shangeethan
- Secretary: Ms. Reshani Wijesiriwardane
- Treasurer: Ms. Budara Wijenayake

A Platform for Growth and Networking

More than just an extracurricular initiative, the SLITHM Students' Sports and Welfare Association serves as a platform for leadership development,

future careers in hospitality and tourism. Whether they are leading a campaign, performing on stage, or representing the institute in a competition, SLITHM students develop confidence, creativity, and professionalism that set them apart.

The SLITHM Students' Sports and Welfare Association stands as a shining example of holistic education, where students are encouraged to engage beyond academics and contribute to the community. By participating in sports, cultural celebrations, welfare initiatives, and student clubs, SLITHM students cultivate invaluable skills and build cherished memories. These experiences not only shape their academic journey but also mold them into responsible, well-rounded professionals in the hospitality and tourism industry.

With a strong foundation of leadership, teamwork, and social service, SLITHM students continue to uphold the values of excellence and unity, making their mark as future leaders in Sri Lanka's thriving hospitality sector.



association is guided by Mr. Tharinda Weeraratne, the lecturer-in-charge, and an enthusiastic Executive Committee - 2025, which includes:

- President: Mr. Menendra Ratwatte

networking, and personal growth. Through organizing events, managing logistics, and collaborating with peers and industry professionals, students gain invaluable hands-on experience that prepares them for



# Mindfulness

## Managing Pressure and Cultivating Mental Well-being



Imani Gamage  
SLITHM Library

In a world full of distractions, mindfulness is a peaceful oasis. While it may seem simple to an outsider, it is a profound practice that opens our souls. Mindfulness can be considered a powerful tool for unlocking inner peace, creativity, and resilience in our busy and fast-paced lives. Simply stated, mindfulness is the mental practice of focusing solely on the present moment, without thinking about immediate events or future plans.

This practice is crucial in reducing procrastination, regret, and stress, and is a way to live life with a deeper happiness. Mindfulness greatly enhances the connection between our body, mind, and emotions, and the time we spend understanding our lives. Accordingly, consistent with the national program for training in mindfulness, the program to introduce mindfulness training began at our institution on the last Vesak Poya Day and was implemented as a twelve-month training course. The primary objective of this program is to provide mental health to the staff and students of our institution for educational and organizational efficiency, as well as to provide the country with a sensitive individual who can control negative thoughts and carry out daily activities with positive thoughts.

### The art of living in the present

Imagine you are riding a bus in the rainy season. Strong winds are blowing, shaking the trees and the sky is shining brightly. Large drops of water fall to the ground. You also see people walking around in a hurry. For many, this moment is fleeting. Our minds are busy thinking about something that

needs to be done in the future or something that happened in the past. This way, you miss the beauty of the rain. This is where mindfulness comes in - bringing our attention to the here and now without judging it or getting distracted is the art of living in the present. Simply put, it is being aware of what is happening around us. It takes constant effort and awareness to practice mindfulness.

### Mindfulness in Action - More than Meditation

Although many people suggest that meditation is the best way to cultivate mindfulness, mindfulness is much more than that. Meditation helps to calm the mind, but mindfulness can be integrated into any aspect of life. It can be practiced in any daily activity, such as walking, standing, sitting, sleeping. When you are listening to a song, stop scrolling through your phone, thinking about an office task, or thinking about another event. Think about the melody of the song you are listening to, the language used, the hidden meaning of the song. By doing this, you will be able to enjoy the present moment. It is more of a practice of mindfulness than a meditation during your day.

### Mindfulness in everyday life

One of the most striking features of mindfulness is its accessibility. It does not require any special equipment or skills. It can be practiced from any place in a comfortable position. It can be practiced at home, in the office, even on the bus. Here are some ways to incorporate mindfulness into your daily routine.

1. Mindful breathing - Breathe in very deeply. Just be aware of your breath going up and down. Think about how your body parts are moving. This helps you stay in the present.

2. Mindful walking - Think about how your feet touch the floor at home, in the office, or when you go to a shop. Think about the pain in your joints, how your body is moving. This keeps your mindfulness alive in the present moment

3. Mindful listening - The biggest mistake we make in many conversations is not listening attentively to what the other person is saying. You can hear a lot more in the present moment by listening intently to what the person is saying, without paying attention to their facial expressions or surroundings at that moment.

### The journey forward with the mind

Mindfulness is not a destination but a long-term journey. It is a beautiful journey that evolves over time. It is learning not to overdo anything that arises rather than living comfortably in the present. It is learning not to worry about the past or the future. By maintaining the right mindfulness, you can find out Who are you. You can listen to your body. You can listen to the sound of silence. You can develop the resilience of the mind. This can transform you into a calm and fully alive human being. Forget the past and the future and enjoy the present moment. Make mindfulness your best friend.

As per the government circulation for the Buddha Rashmi National Vesak Festival 2024, SLITHM first established a Buddhist Association to introduce Mindfulness to government institutions. Further than, The Mindfulness programme initiated with the provision of the Nissarana Wanya Aranya Senasanaya in Meethirigala. This is a 12-month course and will end next Vesak festival. This programme is grateful for the serene journey at Mindfulness Meditation, where SLITHM students and staff members are united in mindfulness and inner peace. Together, we embraced tranquility, enhancing focus and self-awareness.

## SLITHM Colombo





# SLITHM Kurunegala



# SLITHM Kandy





# Improving the leadership and balance of the work life - OBT 2024

**The annual outbound training programme of SLITHM was held at the stunning Club Palm Bay Hotel in Marawila on 06th December 2025. From engaging activities that sharpened leadership skills and enhanced management competencies to moments of laughter and bonding, the event created memories that will last a lifetime. Beyond skill-building, this remarkable occasion fostered friendship, harmony and mutual understanding, strengthening the bonds that make SLITHM a truly united Family. Extra curriculum activities, nutritious meals largely sourced from the environment that developed situational leadership were some of our memorable experience of the OBT.**









# SLITHM SPORTSMANSHIP

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## SLITHM Kandy



## SLITHM Anuradhapura





# SLITHM Bandarawela

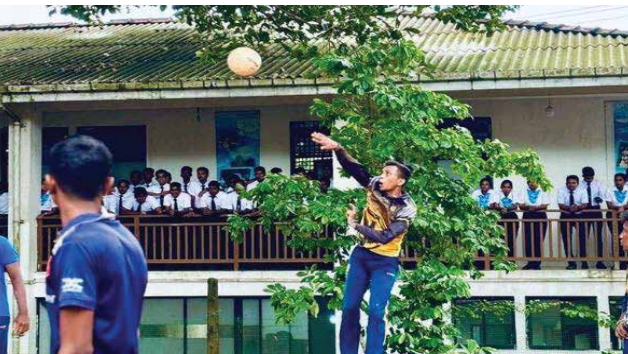


# SLITHM Kurunegala





## SLITHM Koggala



## SLITHM Ratnapura





# Awareness Programme

## SLITHM Kandy



### Student Counselling Program



### “Brand value of SLITHM and industry opportunities worldwide”

Conducted by Mr Rushdy Raheem Director of Cascades Pvt Ltd., Senior Lecturer ACBT  
(Visiting) Training and Motivational Specialist (Cascades)



### Special Guest Lecture

Special Guest lecture conducted by Mr. Haleem General Manager Hunas Falls Hotel, Kandy

## SLITHM Jaffna



Conducted Awareness programs for O/L and A/L students in the Northern Region about Career Opportunities in the Tourism and Hospitality industry and about SLITHM courses.

## SLITHM Ratnapura



## SLITHM Koggala



Fire fighting programme



# INAUGURATION PROGRAMMES

## SLITHM Colombo

### *Certificate Level Program*

" We are thrilled to announce the commencement of our Certificate Level Program, a significant step leading to a Diploma in Hotel & Catering Operations.



### *National Diploma in Hospitality Management, Craft Level, and National Tour Guide program*

We welcome our new students to the National Diploma in Hospitality Management, Craft Level, and National Tour Guide programs. As you embark on this journey, we are excited to support you in developing the skills and knowledge essential for success in hospitality and tourism. Here's to a future of excellence!



## SLITHM Batticaloa



## SLITHM Kurunegala



## SLITHM Kandy

*Certificate Level - 037 Batch*



*Craft Level - 026 Batch*





# TALK WITH EXTRA EVENTS OF SLITHM

## SLITHM Colombo

### Italian Chef Session

The Week of Italian Cuisine in the World live training session Italian Chef Mr. Daniele Cinel. That is awesome to have a visiting Italian chef and a team teaching to the SLITHM.



### Pink Day Celebration

"SLITHM's PINK Day brought us together to raise awareness and support the fight against breast cancer. Through education and unity, we stand stronger in the journey toward hope, early detection, and a cure. Together, let's keep spreading awareness!"





### "Visit us" Programme

Bringing Hospitality Dreams Closer to School Students! The Sri Lanka Institute of Tourism and Hotel Management (SLITHM) proudly present the "Visit Us" program, crafted to inspire and educate school students about hotel operations and the exciting world of hospitality.



### Christmas Carols

Sri Lanka Tourism marked the festive season with a spectacular Christmas celebration bringing together the spirit of joy, unity and hospitality.





## SLITHM Kandy

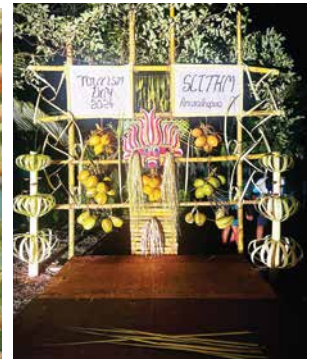
### “Shades of SLITHM” talent show



### Tourism Day Celebration



## SLITHM Anuradhapura





# SLITHM Jaffna

## Familiarization Visit



SLITHM Jaffna visited Jaffna Jetwing Hotel.



## Tourism Day Celebration



# SLITHM Batticaloa

## Familiarization Visit



SLITHM Batticaloa visited  
Sun Siyam Hotel





# SLITHM Kurunegala

## Award Ceremony

Certificate awarding ceremony in  
Professional Telephone Skills and Etiquette



## Blood Donation Camp



## Shramadhana Campaign





# SLITHM Ratnapura

## Tourism Day Celebration



## Teacher's Day Celebration



## Donation for Cancer Unit



# SLITHM Bandarawela

## Teacher's Day



## Tourism Day Celebration





# SLITHM Koggala

EXTRA EVENTS OF  
**SLITHM**



## Floral Designing Training Programme



## Practical for Students



## Tourism Day Celebration





# ARTIFICIAL INTELLIGENCE IN FRONT OFFICE OPERATIONS

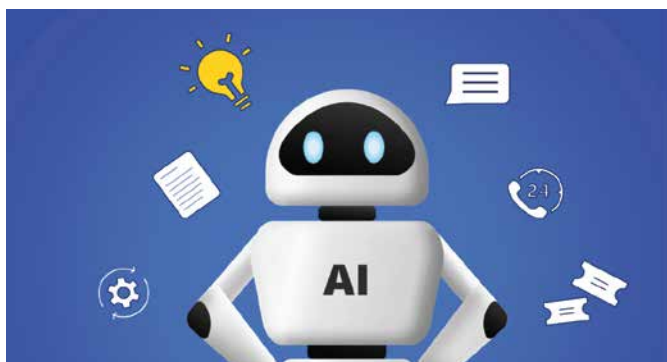


Thilantha Senarathne  
Cluster Head – Front Office

Artificial Intelligence plays a significant role in helping hotel operations run smoothly. It streamlines a variety of processes, enhances efficiency, and contributes to both guest satisfaction and cost savings.

Artificial Intelligence (AI) plays a crucial role in the front office operations of a hotel too by enhancing efficiency, improving customer experiences, and reducing operational costs. Here are some key ways AI impacts front office operations in hotels.

AI assures Improved Customer Service such as Chatbots and Virtual Assistants. AI powered chatbots can answer guest queries round the clock, assisting with room bookings, check-ins & check-outs, and answering frequently asked questions. This reduces wait times and offers a more personalized experience. In Concierge service there is an AI-Powered Concierge. Virtual concierge systems can provide guests with recommendations for local attractions, restaurants, and services based on their preferences, improving guest satisfaction. AI helps in Personalization of Guest Experience. AI analyzes data from previous guest interactions (bookings, preferences, reviews) to personalize future stays. For example, it can tailor room settings (temperature, lighting) based on individual preferences, enhancing guest comfort. AI also can help hotels identify repeat customers and offer special deals, loyalty rewards, or personalized greetings based on the guest's history.



Streamlining Check-in and Check-out processes is another advantage of Artificial Intelligence. Self-service kiosks are there because AI allows guests to check in and check out with minimal interaction with front desk staff, streamlining the process and reducing congestion. Some hotels use AI-driven facial recognition systems to speed up the check-in process, providing an almost seamless experience for guests.

AI helps optimize room assignments by analyzing guest data and preferences to ensure better occupancy and room allocation, which can also aid in pricing strategies. Predictive analytics help forecast demand and adjust pricing dynamically, maximizing revenue. This can be especially

useful in busy periods or during large events. AI can analyze booking patterns, market trends, and competitor pricing to suggest optimal pricing strategies. Therefore, it helps revenue management in hotels & this dynamic pricing approach helps maximize room rates, ensuring the hotel stays competitive in a crowded market.



AI can automate routine tasks such as data entry, report generation, and guest communications, allowing front office staff to focus on more important guest interactions. AI can analyze historical data to optimize staffing levels during peak and off-peak times, ensuring that the hotel runs efficiently without overstaffing or understaffing.

AI tools can analyze guest reviews and feedback from various channels (social media, review platforms, surveys) to gauge guest sentiment. This helps identify areas of improvement and respond quickly to any negative experiences. AI can help detect patterns in hotel equipment performance (e.g., HVAC, elevators) to predict when maintenance is needed, reducing downtime and improving the overall guest experience by preventing issues before they arise.

AI facilitates communication between departments (e.g., front desk, housekeeping, maintenance) by providing real-time updates and alerts ensuring everyone is on the same page and that tasks are handled promptly.

By automating repetitive tasks, optimizing staffing levels, and ensuring that resources are used efficiently, AI helps reduce operational costs. This allows hotels to offer competitive pricing while maintaining high levels of service.

In summary, AI is revolutionizing front office operations in hotels by enabling more personalized services, enhancing operational efficiency, optimizing pricing, and improving the overall guest experience. It helps hotels stay competitive in a fast-evolving market by automating tasks, predicting trends, and providing actionable insights.



# HOW CHEFS STRUGGLE WITH THE RISING COST OF INGREDIENTS?



**Managing the Rising Cost of Ingredients in the Restaurant Industry.** The restaurant industry is grappling with the rising cost of ingredients. From inflation and supply chain disruptions to unpredictable market shifts, chefs and restaurant managers face significant challenges in maintaining food quality, guest satisfaction and profitability.

This overview explores the struggles chefs face and strategic solutions to manage ingredient costs effectively.

## **The Challenges Chefs Face Due to Rising Ingredients Costs:**

**Escalating Ingredient Prices** – Inflation, supply chain disruptions and seasonal fluctuations drive up raw material costs.

**Menu Pricing Pressures** – Higher costs can lead to resistance from customers if price hikes are passed onto them, affecting guest retention and sales.

**Higher Food Cost Margins** – As expenses rise, profit margins are squeezed, making it harder to sustain profitability.

**Maintaining Food Quality & Guest Satisfaction** –

## **Ramesh Perera**

**Senior Lecturer  
Writer/Proofreader-SLITHM Talk**

Balancing quality with affordability while meeting guest expectations is increasingly difficult.

**Competition from Hotels & Chain Restaurants** – Large-scale competitors benefit from bulk purchasing power, making it difficult for independent restaurants to compete on price.

**Supply Chain instability** – Delays and inconsistent supply affect menu availability and consistency.

**Staff Theft & Fraud** – Internal issues like collusion between receiving clerks and suppliers, unauthorized food waste and theft from inventory harm profitability.

**Poor Portion Control & Kitchen Waste** – Overproduction, improper portioning and food wastage contribute to rising costs.

**Energy & Operational Costs** – Higher utility bills, packaging costs and transportation fees add to the financial burden.

## **Strategic Solutions to Combat Rising Costs:**

### **01. Smart Menu Engineering & Cost Control**

**Redesign the menu.** Focus on high-margin dishes, seasonal and local ingredients and profitable substitutions.

**Dynamic Pricing** – Implement cost-adjusted pricing strategies, combo offers and flexible portion options to maintain profitability.

### **Reduce waste and inventory costs.**

**Supply Negotiation & Alternative Sourcing** – Build strong relationships with multiple suppliers, negotiate bulk discounts and explore local sourcing options.

**Batch Cooking & Pre-Portioning** – Control portions using pre-measured ingredients to reduce waste.

## 02. Enhanced Kitchen & Inventory Management

**Strict Receiving Protocols** – Implement checks to prevent supplier collusion, ensuring correct weight, price and quality.

**Advanced Inventory Tracking** – Use software to track stock movement, set recorder points and monitor real-time consumption.

**FIFO System (First In, First Out)** – Rotate stock effectively to prevent spoilage and unnecessary waste.

**Staff Training & Accountability** – Educate kitchen staff on cost awareness, portioning techniques and fraud prevention.

**Minimize Theft & Misuse** – Install CCTV, conduct random stock audits and enforce strict kitchen access policies.



## 03. Operational Efficiency & Cost Optimization

**Energy & Utility Reduction** – Optimize kitchen equipment usage, maintain appliances and implement eco-friendly practices to reduce energy consumption.

**Reducing Waste through Reuse & Repurposing** – Utilize vegetable trimmings for stocks, repurposes leftover proteins and use food scraps creatively.

**Controlled Staff Meals** – Establish policies on staff meals on prevent overuse and unauthorized consumption.

**Regular Cost Reviews** – Monitor and analyze food costs monthly to adjust strategies accordingly

## 04. Enhancing Guest Perception & Value Proposition

**Transparency with Guests** – Educate diners on sustainable sourcing and justify price increases with quality enhancements.



**Creative Marketing & Promotions** – Offer value-based promotions such as chef's specials, loyalty programs and meal bundles.

**Exceptional Dining** – Improve the dining experience through storytelling, plating and service enhancements to justify premium pricing.

## Way Forward – Adapting & Innovating in a Challenging Market

### **Adopt Technology** –

Use digital menus, AI-driven inventory systems and analytics to optimize costs and forecast needs.

### **Build Strong Supplier Relationships** –

Partner with ethical and reliable vendors who provide consistent quality and fair pricing.

### **Train & Motivate Staff** –

Create incentives for staff to reduce waste, ensure portion control and maintain honesty in inventory management.

### **Focus on Sustainability** –

Implement farm-to-table strategies, use seasonal ingredients and minimize waste for long-term sustainability.

### **Diversify Revenue Streams** –

Explore catering, meal kits and online food sales to increase profitability and offset rising costs.

By proactively managing ingredient costs, minimizing waste and optimizing operations, chefs and restaurant owners can navigate the challenges of rising ingredient prices while maintaining profitability and guest satisfaction. Strategic innovation and sustainability will be key to success in the competitive and evolving culinary landscape.



**SLITHM** students recently showcased their professional culinary skills at the junior chef competition held at Excel World, Colombo. By winning prestigious medals in culinary management, they have demonstrated their potential to become the future leaders of modern hospitality in Sri Lanka, ensuring a stable and prosperous industry for generations to come.

# *Congratulations*

## Junior Chefs' of the SLITHM





# Congratulations!!!

All the winners for bringing honor to SLITHM and setting a benchmark for excellence in the culinary arts as - Winner of the Cake Icing Competition, 1st Runner of Fruit Carving, 2nd Runner of Mixology Competition & Winner of the Chef competition. "The World Food Competition 2025 " Hosted by the Guru Nanak Institute of Hotel Management in Kolkata -India.



## Upcoming on 22nd Volume...



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

Taking Sri Lanka to Global Heights  
Excellence In Hospitality Training In Sri Lanka

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