

Young Chef Olympiad 2025 opens with a glittering ceremony on the banks of the Mandovi

The largest competition of young chefs in the world to culminate in Kolkata with a grand finale

The power of food as a key ingredient of solidarity brought together student chefs and their mentors at the opening ceremony of IHHM's Young Chef Olympiad, to kickstart a week of competition and collaboration, among 50 student chefs from 50 countries, on the banks of the Mandovi in Panjim, Goa.

The 11th edition of the Young Chefs Olympiad, was declared open by Dr. Suborno Bose, Chairman of International Hospitality Council (IHC) and Founder YCO, and Chairman IHHM.

In his opening remarks Dr Bose said "YCO continues to, in its 11th year, pursue shared goals of an inclusive, sustainable world, and IHHM aligns itself with Honourable Prime Minister Modi's vision of "Viksit Bharat 2047" (Developed India 2047), Skill India, Atmanirbhar Bharat (Self-Reliant India), sustainable tourism & cultural diplomacy."

Today is 'Saraswati Puja', a day devoted to the Goddess of learning Saraswati. It's a very auspicious day for all students and learners. In India, we believe in starting something new and meaningful on such a day and we are really happy that the YCO opening ceremony falls on Saraswati puja.

Thanking Chef Students from all over the world Dr Bose said "It is this



Chairman IHHM and YCO Dr Suborno Bose unveils the trophy that the Champion Young Chef of the world will receive, along with the legendary hospitality educator and Chairman of the YCO jury Prof David Foskett OBE

trust in the organisation of the YCO that has drawn Young Chef Olympians and their mentors to India to spend over week. Thank you, Culinary Olympians for reposing this belief that you will be cared for and looked after, and given a safe friendly environment to display your skills and make friends for life.

It is a testament to this trust that has led to the YCO experience reaching to many small and beautiful countries who the world got to know better."

Prior to the Opening ceremony, one of the key elements in this years YCO was unveiled with the release of Dr Suborno Bose's book on the A to Z



of hospitality and hospitality education, "Harmonizing Human Touch and AI, Tourism & Hospitality" followed by a panel discussion.

Dr Bose outlined AI as "Advanced Intelligence". He emphasized the integration of the AI in hospitality education, hospitality and tourism as a whole as "our goal and our responsibility". Prof David Foskett Chairman of the YCO Jury, underlined how AI only enabled us to be more humane, friendly and inclusive. He advised everyone to use AI as "enabler and not a taker of jobs".

Sarah Harnet, renowned chef from the UK, spoke of how simple the book was to

read as aspects of hospitality were divided across all letters of the alphabet with an explainer on how each function could be better enhanced through AI.

Neil Rippington, International Director IHHM wished the 50 plus generation was born 30 years earlier because the current generation are already ambassadors of AI.

At the end of the opening ceremony, contestants, mentors and judges took oath through their representatives to abide by the rules, play and respect the true spirit of hospitality.

Held under the aegis of the International Institute of Hotel Management (IIHM) in partnership with

the International Hospitality Council (IHC) London, YCO 2025, will witness the first round of competitions in Goa, Bangalore, Delhi, Pune Hyderabad before the Young Chef Olympians move to Kolkata for three competitions.

The competition rounds will start, at the IIHM campus kitchens, from Feb 3, in Goa, and from Feb 4 in Delhi, Pune, Hyderabad and Bengaluru. The top 10 Young Chef Olympians' as per the scores of the two rounds, will compete in the Grand Finale of YCO 2025 in Kolkata on February 8, 2025. However there is also the plate trophy and the Dr Suborno Bose Culinary International Challenge prize up for grabs.

DKA's literary competition prize distribution held

The Dalgado Konknni Akademi (DKA) held a prize distribution ceremony for the Konkani Literature Contest on the occasion of the 76th Republic Day celebrations at the Reginald Conference Hall, DKA, Panjim. Agnelo Alcasoas, and Dr Aida Dourado, lecturer at Mount Mary's Higher Secondary School, Chinchinim, were the chief guest and guest of honour, respectively.

As part of its constant efforts to enrich Konkani in the Roman script and encourage young writers, DKA organizes various literary competitions every year. The literary competition, Fr Conceicao D'Silva Sahityik Spordha, is named after the late vice president of DKA.

In the poem category, Fr Alvison Fernandes, Patsmenia A F D Costa, and Quilon Pereira secured the first, second, and third prizes, respectively. Benjamin Francisco Vaz and Slifon Simoes received consolation prizes. In the essays category, Aleixinho Fernandes, Nigel Noel Pereira, and Alvaro Gomes won the first, second, and third prizes, respectively. Agnelo Pires, Malisha F Fernandes, and Sigrid Jane da Cunha secured the first, second, and third prizes, respectively, for short story writing. In the one-act play category, Gabriel (GR) Crasto, Richardson Colaco, and Stancio Fernandes won the first, second, and third prizes, respectively.

In the Song Lyrics category, Godwin



T Afonso, Maria M Monteiro, and Sr Aida Rodrigues secured the first, second, and third prizes, respectively, for a song composed in the Konkani language. Pedru Rodrigues received a consolation prize. For song lyrics based on any other topic, Avito Pires de Menezes won the first prize, Edwin (Eddie) Fernandes secured the second prize, and Freddy I D'Souza won the third prize. Luiza Pereira e Luis and Vicente F R Menezes received consolation prizes.

Secretary Fr Myron Barreto reminded the audience of the importance of every citizen's right to express their point of view and thoughts through written literature. He called upon the gathering to write and produce Konkani literature to protect Goa's identity.

Agnelo Alcasoas stressed the need to work together to produce Konkani

literature and to make efforts to give equal status to Roman Konkani in the Official Language Act while Dr Aida Dourado expressed pride in India's 76th Republic Day and highlighted Goa's rich culture, which is admired globally. Dr Dourado praised DKA's efforts in preserving Goa's language and culture through literary arts, noting their dedication to safeguarding these traditions for future generations.

DKA President Celso Fernandes congratulated the winners of the Konkani literary competition and reminded them of their duty to come forward and write and protect Roman Konkani literature. Vice-President William Fernandes proposed the vote of thanks, while Sonia Gomes compered the function. The programme concluded with the singing of the National Anthem.

Applications invited for Zomnivele Khell

Tiatr Academy of Goa has taken an initiative to support all directors by taking at least one director to each of Goa's 40 constituencies. The Khells will be presented prior to this carnival season. The detailed rules and regulations of Zomnivele Khell along with application form are available in the office of TAG and on TAG's

website: <https://tiatracademyofgoa.com>. All the directors interested in presenting their Khells may apply to TAG on the prescribed form. Incomplete or late applications will not be considered.

Venue: TAG's office, Campal, Panjim
Date: The completed application forms must reach by February 10

Healing and Deliverance through Holy Eucharist

Healing and Deliverance Service through Holy Eucharist led by Fr Anthony Lopez and team is being held every first Wednesday of the Month at Velim. The service begins with Rosary, Mass, Praise and Worship, Word of God and Eucharistic Adoration.

Venue: St Rock Church, Tollecano, Velim
Date: February 5
Time: 5pm to 8pm

Trendy chia seeds go back to ancient civilisations

Chia seeds are popular for their nutrition. These seeds are rich in omega-3s, fibre, and antioxidants. They blend into many dishes without altering their flavour because they are tasteless. Chia seeds, small but mighty, have a long and rich history. Ancient civilisations like the Aztecs and Mayans valued these seeds for their nutrition and utility. These days, modern kitchens feature chia seeds for their adaptability and health benefits. For their adaptability and health advantages, smoothies and baked products feature these seeds rather often. Added to liquids, chia seeds gel is perfect for thickening soups or substituting eggs.

A SUPERFOOD

Chia seeds earned the title of superfood due to their high concentration of essential nutrients. Each seed is packed with protein, fibre, antioxidants, and omega-3 fatty acids. The fact that they can be consumed raw without losing any nutritional value makes them an efficient source of energy. Their ability to absorb liquid and expand in size also makes them an excellent addition to a wide range of recipes. From smoothies to baked goods, chia seeds have become a modern staple in health-conscious kitchens.

ADD TO SALADS

Chia seeds can be sprinkled on your salad to give it some texture and a healthy boost. Simply mix them in and add your favorite salad vegetables. You can also add chia seeds to your salad dressing. Making your own dressing can be a much more nutrient-dense alternative.



WAYS TO CONSUME CHIA SEEDS

CHIA WATER

To make chia water, soak 1/4 cup of chia seeds in 4 cups of water for 20-30 minutes. To give your drink some flavor, you can add chopped fruit or squeeze in a lemon, lime, or orange.

JUICE-SOAKED CHIA

Add 1/4 cup of chia seeds to 4 cups of fruit juice and soak for 30 minutes to make a drink that's full of fiber and minerals. This recipe gives you several servings of juice. Just make sure to choose 100 percent fruit juice and limit your intake to 4 ounces per day, as fruit juice contains lots of sugar.

CHIA PUDDING

Chia pudding makes a delicious dish that can be eaten for breakfast or as dessert. You can make chia pudding as you would chia water. For a thicker, pudding-like texture, add more seeds and let the mixture soak longer. You can make this treat with juice or milk, including flavorings like vanilla and cocoa.



AS A CRISPY CRUMB COATING FOR MEAT OR FISH

Another fun way to use chia seeds is as a coating for meat or fish. Ground into a fine powder, the seeds can be mixed with your usual breadcrumb coating or used to substitute it altogether, depending on your preference.

IN BREAKFAST BARS

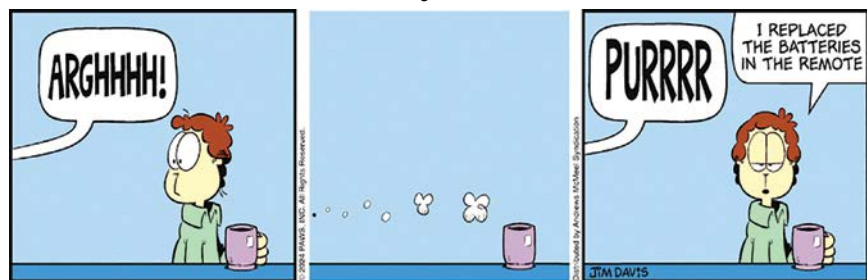
Breakfast bars can be very high in sugar. In fact, some contain as much sugar as a candy bar. But making your own with chia is quite easy, and you're able to customize the sugar content. Chia seeds are a versatile and tasty ingredient. They can be added to numerous foods and recipes for a boost of protein, antioxidants, and fiber.

Herald Gaming Console

Dilbert



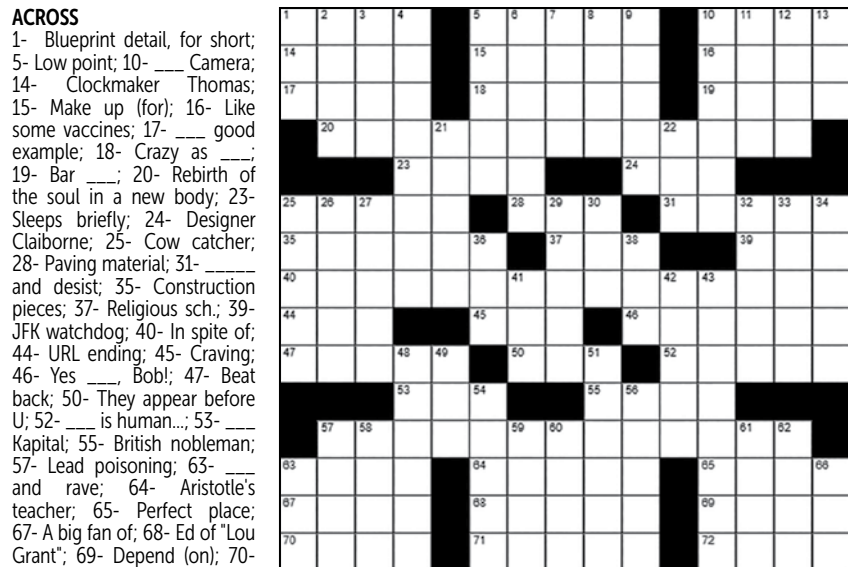
Garfield



Wizard of id



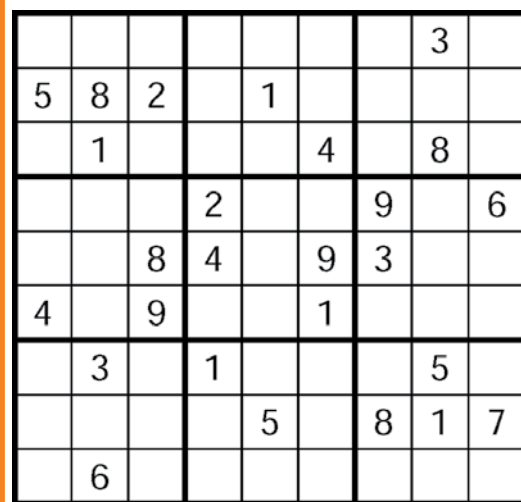
crossword 4759



ACROSS
1- Blueprint detail, for short; 5- Low point; 10- Camera; 14- Clockmaker; 15- Make up (for); 16- Like some vaccines; 17- Good example; 18- Crazy as; 19- Bar; 20- Rebirth of the soul in a new body; 23- Sleeps briefly; 24- Designer Claiborne; 25- Cow catcher; 28- Paving material; 31- and desist; 35- Construction pieces; 37- Religious sch.; 39- JFK watchdog; 40- In spite of; 44- URL ending; 45- Craving; 46- Yes; 47- Beat back; 50- They appear before U; 52- is human.; 53- Capital; 55- British nobleman; 57- Lead poisoning; 63- and rave; 64- Aristotle's teacher; 65- Perfect place; 67- A big fan of; 68- Ed of 'Lou Grant'; 69- Depend (on); 70- Doe or fawn; 71- Spoken for; 72- Bush alma mater;
DOWN
1- Puncture sound; 2- Jury member; 3- Novel conclusion; 4- Woodcutter power tool; 5- Civil rights org.; 6- Finally; 7- Entrance; 8- Party to; 9- Of the kidneys; 10- Remove an electron, say; 11- Suffix with buck; 12- Jazz flutist Herbie; 13- Beer; 21- Wynonna's mother; 22- Little spasm; 25- Cruise ship; 26- Home; 27- Frame; 29- Orgs;

solution 4758
L A S S C E E S T
A P P T H E L P S A D A R
T I E A A L L A T N E R O
E N C L O S E M O O N L I T
R A I S E D B E L A T A T E S
L A S T S B E L A L E A K
E R E S A R A I L A G E
S O R E S E S E A I S L E
S N E E R S A T S T R E E T
R A I M E R E
E A S I E S T I T A L I A N
A T L E T A I N T A L L A
S O A R S P R E E N E A P
E N T E S S E D A I S

sudoku 4759



Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4758

8	9	7	3	6	5	4	1	2
6	4	2	8	9	1	7	3	5
5	1	3	4	2	7	9	6	8
4	2	1	6	7	9	5	8	3
7	5	8	2	1	3	6	9	4
9	3	6	5	4	8	1	2	7
2	6	9	7	3	4	8	5	1
3	8	4	1	5	6	2	7	9
1	7	5	9	8	2	3	4	6