

07 - Days Certified Training Program on Traditional Cuisine
Organized by
Department of Tourism and Civil Aviation Department, Government of Sikkim
Duration: 50 hours
Participants: 30
Venue: IHM, Sajong, Rumtek -Gangtok
28th August – 5th September, 2024

Background

Sikkim has witnessed remarkable growth in tourism, presenting substantial opportunities for non-farm wage employment and entrepreneurship. Despite this, the shift in employment patterns has not kept pace with economic changes, especially for women and youth. With over 70% of Sikkim's workforce still engaged in agriculture, there is a pressing need for a stronger, more integrated approach to non-farm sectors that increases local involvement and benefits.

The ongoing World Bank Program titled “Integrated Service Provision and Innovation for Reviving Economies Program” (INSPIRES) in Sikkim aims to boost economic inclusion for women and youth in non-farm sectors. INSPIRES also creates a platform to make tourism more robust, competitive, and sustainable. Further, in line with the project’s objectives and to support Sikkim INSPIRES, initiated by the World Bank, the Department of Tourism and Civil Aviation, Government of Sikkim organizes several training programmes on tourism and hospitality management (including food production), several adventure courses (hard & soft adventure activities), travel agents and tour operators, for women and youth in tourism sectors.

Vision

Our vision is to lead an educational program that sets the benchmark for excellence in tourism and hospitality industry training in Sikkim, aligning with SDG Goals 4, 5, and 8. We aim to empower Sikkim's tourism and hospitality industry stakeholders, particularly youth and women, by developing knowledgeable, innovative, and customer-centric professionals. Promoting continuous learning and adaptability, we envision our trained tourism stakeholders of Sikkim leading successful tourism services that inspire trust, deliver exceptional services, and create memorable experiences for travelers worldwide.

Mission

To equip participants with the comprehensive knowledge and practical skills necessary to excel in the tourism and hospitality industry in Sikkim. Through an in-depth exploration of industry

operations, sales, and marketing strategies, customer service excellence, and innovative trends, this course will empower tourism professionals to build successful and sustainable businesses that can adapt to the evolving demands of the global tourism market.

Target group and beneficiaries

The training program aims to develop the skills of hotel and restaurant staff and homestay operators.

TRAINING OUTLINE

Training Outcome

1. Participants will gain a deep understanding of the cultural and historical context of Sikkim's ethnic cuisine.
2. Participants will be able to articulate the cultural importance of traditional dishes and ingredients in Sikkimese cuisine.
3. Participants will be able to design authentic Sikkimese breakfast menus that accommodate various dietary preferences, including vegetarian and gluten-free options.

Module 1: Introduction to Traditional Cuisine (10 hours)

- Concept of Gastronomy tourism, Introduction of Sikkim's Ethnic Cuisines (foods of different local communities). Sikkim's rich tradition and cultural heritage, Understanding the connection between food, culture, tradition, and its importance.

Module 2: Understanding Local Ingredients (10 hours)

- Key ingredients used in traditional recipes. Source local and seasonal ingredients to ensure freshness. Builds a reputation for authenticity

Module 3: Designing a Traditional Breakfast Menu (15 hours)

- Composition of traditional menu cards (Breakfast, lunch, dinner), menu variations, adaptation of traditional dishes for dietary restrictions, presentation tips, and serving styles that enhance guest perception.

Module 4: Operation and SOPs (15 hours)

- Code of conduct and Standard operating procedures SOPs, legal and regulatory requirements for homestay registration.

Module 5: Hands-on Experience cum Exposure Trips (15 hours)

Practical Workshops, and Exposure Trips

Detailed Curriculum Outline

| Modules | Topics | Hours | Resource Person |
|---|--|-----------------------|--|
| <p style="text-align: center;">Introduction to Traditional Cuisine</p> | <ul style="list-style-type: none"> i. Concept of Gastronomy tourism ii. Introduction to Sikkim’s ethnic cuisines, <ul style="list-style-type: none"> • The cultural and historical context of Sikkim's ethnic cuisine, • Recognizing the influences of Sikkim's cuisines including Nepalese, Bhutia, and Lepcha communities. iii. Sikkim’s rich tradition and cultural heritage. <ul style="list-style-type: none"> • Cultural diversity and historical background of Sikkim. iv. Understanding the connection between food, culture, tradition, and its importance. <ul style="list-style-type: none"> • The concept of food as a cultural artifact, • The impact of globalization on traditional food practices. | <p>7 hours</p> | <p>Mr. Kunga Bhutia Dean, (Students Welfare and Faculty Development) Medhavi Skills University, Singtam</p> |
| <p style="text-align: center;">Understanding Local Ingredients</p> | <ul style="list-style-type: none"> i. Key ingredients used in traditional recipes <ul style="list-style-type: none"> • Sel Roti, Honeycomb, Khabje, Various Newari pickles, Khuri, Chamrey, Pakku, and various Sikkimese food items. • Handmade noodles, Local Style Thukpa, Chowmein, Fried Noodles with Tangy Sauce, Kodo ko Roti with Achaar, Dhido etc. ii. Source local and seasonal ingredients to ensure freshness. <ul style="list-style-type: none"> • Importance of local and seasonal ingredients and why they matter for freshness, flavor, and sustainability. | <p>7 hours</p> | <p>Mr. Sudhakar Sahoo (HOD, IHM, Gangtok)</p> <p>Mrs. Asha Pradhan (Proprietor)</p> <p>Mr. Karma C Bhutia (Sr. Faculty, IHM, Gangtok)</p> <p>Mr. Milon Rai (Faculty, IHM, Gangtok)</p> |

| | | | |
|---|--|----------------|--|
| | <ul style="list-style-type: none"> • Enhance local economics and Support local farmers and producers. iii. Builds a reputation for authenticity. <ul style="list-style-type: none"> • Cultural and historical Accuracy, • Traditional Practices and Recipes, • Local Partnerships, • Storytelling (share stories about the local culture, traditions, and local cuisine) | | |
| Designing a Traditional Cuisine Menu | <ol style="list-style-type: none"> i. Designing of a Traditional Menu Card for Breakfast/Lunch/Dinner. (Overview of common traditional dishes, Balancing nutrition with authenticity), ii. Menu Variations (Offering regional variations to cater to diverse guest preferences, iii. Adapting traditional dishes for dietary restrictions (e.g., vegetarian, gluten-free). iv. Presentation Tips (Emphasizing the visual appeal of traditional dishes, v. Serving styles that enhance guest perception (e.g., communal servings, individual portions) | 7 hours | Miss T. Donka (Faculty, IHM, Gangtok) Mr. Karma C Bhutia (Sr. Faculty, IHM, Gangtok) Mr. Milon Rai (Faculty, IHM, Gangtok) |
| Operation and SOPs | Code of conduct and Standard operating procedures, legal and regulatory requirement, & basics of digital marketing | 7 hours | Dr. Prerma Chamling Adl. Secretary, (DoT&Cav) Mr. Vikash Rai Sr. CHA, (DoT&Cav) Mr. Nirmal Cintury Deputy Director (DoT&Cav) |

| | | | |
|---|---|----------------|---|
| | | | |
| Hands-on Experience cum Exposure Trips | Practical Workshops on Creating a breakfast menu, and Exposure Trips. | 8 hours | Mr. Karma C Bhutia (Sr. Faculty, IHM, Gangtok) Mr. Milon Rai (Faculty, IHM, Gangtok) |
| Debriefing, Evaluation, and Feedback Session | | | |