

MARINE BUZZ

MARCH 2017

For Private Circulation Only



Best Business Hotel Award



Best Hotel Year 07-08 Sarovar Hotels & Resorts



ISO 22000-2005 Certification



Best 5 Star Hotel 2014 Epicurus Indian

From General Manager to you.....

Dear All,

It was a personally proud moment for me to have completed 10 years in Hotel Marine Plaza. I congratulate the people who have completed 20 and 5 years of service. It is only through this dedication and drive that the hotel stands far ahead of its' competition. The fiscal year gone by has proven HMP has outperformed its' competitors . Congratulations to all of you !!!

We have stiff targets in the coming fiscal year but the economic situation in the country is improving and I am confident we will do better than the budget again.

I congratulate Mr. Akshay Shinde (Front of the House) and Mr. Milind Taralkar (Back of the House) for getting the "Employee of the Year" on basis of their exemplary performance and dedication.

Thank you for all your efforts and I wish you and your families peace and good health.

Good Luck & Keep Smiling!!!



SANJEEV SHEKHAR
General Manager

Our Shining Stars of 2016..

JULY 2016

AUGUST 2016

SEPTEMBER 2016

INSIDE THIS ISSUE -

20 , 10 & 5 years of Service 2

8 Things People Use to Judge your Personality 3

You Are What Comes Out of Your Mouth 3

Me About Myself 4

Indo 4

Gratitude. *Hotel Marine Plaza* 4

Till we Meet Next....



ROHAN ALMEIDA
F & B Service



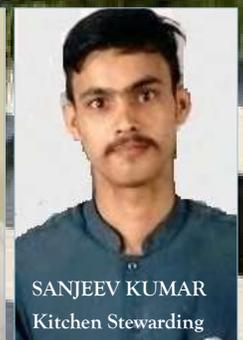
SHER BAHADUR MAGAR
F & B Production



SHRAVAN KUMAR
Engineering



JITAM NAIK
F & B Production



SANJEEV KUMAR
Kitchen Stewarding

OCTOBER 2016

NOVEMBER 2016

DECEMBER 2016



ABHISHEK NAYAK
Engineering



PAVAN MAHATO
F & B Service



PRASHANT SARWADE
F & B Production

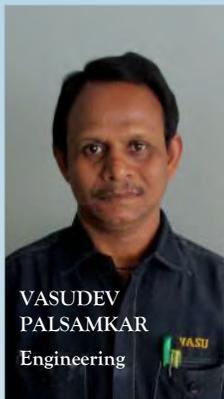


DILIP MAHARANA
Engineering

MARINE BUZZ



BALKRISHNA PARAB
Accounts



VASUDEV PALSAMKAR
Engineering



MILIND TARALKAR
Engineering



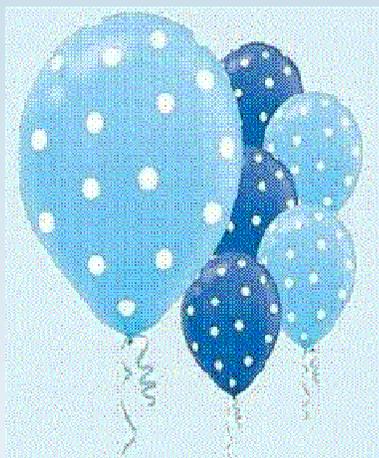
DILIP MAHARANA
Engineering



HUANG TE SING
Food Production



CARL D'COSTA
F & B Service



SANJEEV SHEKHAR
General Manager



BABULA GOUDA
Engineering



PANKAJ KADAM
Housekeeping



SANDRA D'SOUZA
Administration



VIDYA JADHAV
Housekeeping



AKSHAY SHINDE
Front Office



8 Small Things that People Use to Judge your Personality....

From the moment two people meet, they're sizing each other up, looking for signs of qualities like honesty, intelligence, and altruism. Whether it's a date or a job interview, the small stuff matters. We have highlighted some of the most common behaviors people use to judge you.

1. Your handshake



Strong handshake— Confident & Strong, Expressive

Weak handshake—Lack of confidence / Shy / Unsure about self

2. Whether you show up on time



Late for a meeting?— Negative impression, has laidback attitude

On / Before Time—Self-motivated, dependable, values others' time

3. How you treat hotel staff?



People observe how you treat people who do not matter personally to you like restaurant staff, bell boys, security guards and housekeeping staff. The ruder you are, you are considered less attractive as a person.

4. Where you look when you drink out of a cup?



In the cup—Focused, self-aware

Over the cup towards surroundings— Influenced by others, extroverted, carefree

Drink with eyes closed— In pain or discomfort, preoccupied

5. Whether you bite your nails?



Those who bite their nails (or pull their hair, or pick their skin) tend to be perfectionists, unable to fully relax.

6. Your handwriting



Large letters—People oriented,

Small letters—Introverted ;

Writing slanting towards right—Friendly and sentimental ;

No slant—Pragmatic in nature ;

Slant to left—Introspective



7. How often you check your phone?



You are judged by the way you talk on the phone and where you speak. People on phone continuously are pre-occupied and less attuned to their surroundings. You do not live in the moment and are emotionally unstable.

8. Whether you make eye contact



Lack of Steady Eye contact— Lack of Self-Control, required drive to follow through and lack of will

Steady Eye Contact— Confident / Self-Assured /Socially dominant

ACTIONS SPEAK LOUDER THAN WORDS...



You Are What Comes Out of Your Mouth.....

Once upon a time, an old man spread rumors that his neighbor was a thief. As a result, the young man was arrested. Days later he was proven innocent. After being released, he sued the old man for wrongly accusing him.

In court, the old man told the judge, "They were just comments, they didn't harm anyone."

The judges, before passing sentence on the case, told the old man, "write all the things you said about him on a piece of paper." "Cut it up into little pieces and on the way home, throw the pieces of paper out of your car window. Tomorrow, come back to hear the sentence."

The next day, the judge told the old man, "Before receiving the sentence, I want you to go out and gather up all the pieces of paper that you threw out of your car window yesterday."

Then the judge replied, "The same way, simple words and comments may destroy the honor of a person to such an extent that a person will not be able to fix it. If you can't speak well of someone, don't say anything at all. Let's all be masters of our mouths, so that we won't be slaves of our words."

The old man said, "I can't do that! The wind spread them all over the place and won't know where to find them"

WHO GOSSIPS TO YOU WILL GOSSIP ABOUT YOU.....





"Gossips are worse than thieves because they steal another person's dignity, honor, reputation and credibility which are impossible to restore. So remember this: when your feet slip, you can always recover your balance but when your tongue slips, you can never recover your words!"



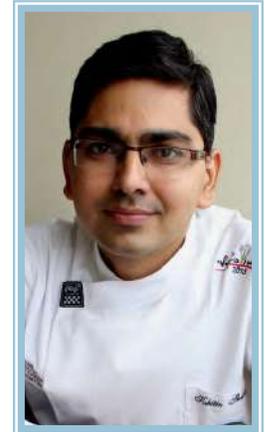
Me About Myself.....

I am extremely passionate about food and love to explore various new ingredients to create innovative recipes. It is what keeps me going after 15 years of working in reputed international & Indian hotel chains . I consider myself a task master, constantly guiding and training junior chefs to reach the efficacy in every menu and presentation. An extrovert by nature , consider myself calm and composed and forging strong relationships with people.

I am a Hotel Management Graduate from IHM, Orissa. I got an opportunity to work with ITC Grand Maratha Sheraton & Towers, Mumbai, at onset of my career as a Chef De Partie . I was awarded Nestle Young star chef in 2005. I , moved as a Sous Chef at Sheraton St. Louis City Center, USA. After spending few years abroad, I came back to India & joined Hotel Sahara Star as a Sous chef & was further promoted as Chef De Cuisine in Banquet Operations at what is one of the biggest banquets in Mumbai & talk of the town. I worked at The Intercontinental Marine Drive Mumbai as an Executive Sous Chef . I have joined Hotel Marine Plaza Mumbai in July 2016 as Executive Chef and am taking care of culinary division of F&B.

The pillar of my strength is my wife , Neeta, a home maker who ensures that my children Dhruv (8 years) and daughter, Kayra (1.5 years) are well cared for. It is thanks to them that I am able to pursue my passion and love for food. I love spending quality time with them and listening to music. I love home-cooked food & enjoy Lebanese cuisine.

I strongly believe that Hard work and Patience pays off and there are no short cuts in life.



KSHITIZ SHEKHAR
EXECUTIVE CHEF

Indoor Plants

A slice of greenery to enliven your space indoors. Not only do these plants liven up the place, they also purify the air. Some varieties of plants which can be easily grown and cared for indoors!!!!

	Areca palm Grows up to 7 feet indoor. Needs indirect sunlight		Aloe Vera Air purifier. Gel is great for skin. Minimal watering required.
Indian Basil/ Tulsi Medicinal. Purifies Air. Water regularly		Dracaena No direct sunlight required. Grows upto 12 feet	
	Spider Plants Combats impurities in air. Pet friendly.		Snake Plant Best for bathroom. Purifies air. Minimal watering
Ficus Slow growing plant. Can be shaped as required. Long lasting		Anthuriums Grow best in shades. Absorbs impure gases	

Gratitude.....

A rich landowner named Peter often rode around his vast estate so he could congratulate himself on his great wealth.

One day while riding along his estate , he saw Hans, an old tenant farmer. Hans was eating plain bread and cheese, sitting under a tree when Peter rode by. Hans said, "I was just thanking God for my food." Peter protested, "If that is all I had to eat , I wouldn't feel like thanking God."



Hans replied, "God has given me everything I need & I am thankful for it." The old farmer said, "It is strange that you should come by today because I had a dream last night. In my dream, a voice told me...the richest man in the valley will die tonight. I don't know what it means but I think you should know"

Peter snorted , "Dreams are nonsense" and rode away but couldn't forget Hans' words. He invited his doctor to examine him and told him about what Hans said. After thoroughly examining him , doctor said, " You are perfectly fine , Peter. There is no way you are going to die tonight."

At around 9 o'clock next morning, a messenger arrived at Peter's door ,who asked , " What is it?". The messenger said , "It's about Hans. He died last night"

You don't need money to be rich , be grateful for what you have in life and you will feel happier.

Till We Meet Next.....



Ships don't sink because of the water around them;

Ships sink because of the water that gets in them.

Don't let what's happening around you get inside you & weigh you down.

We welcome any suggestions / feedback from you.

Editors : Ms. Meghana Tendulkar (Executive Housekeeper) / Ms. Minakshi Gracias (Training Manager)

Hotel Marine Plaza | 29, Marine Drive, Mumbai 400 020

Phone :(022) 22851212, Fax: (022) 2282 8585 | www.hotelmarineplaza.com

