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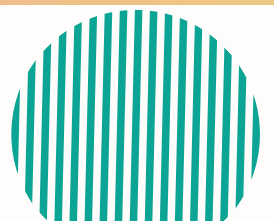


**Food
fest**

**Report of
FOOD FEST
TRADITIONAL CUISINES
COMPETITION**

Celebration

**NATIONAL NUTRITION
WEEK 2024**



Shree Swaminarayan Ayurvedic College

NATIONAL NUTRITION WEEK 2024

TRADITIONAL CUISINES COMPETITION

To mark the celebration of National Nutrition Week, Shree Swaminarayan Ayurveda College, Faculty of Ayurveda at Swaminarayan University, organized a vibrant and engaging **"Food Fest - Traditional Cuisines Competition"** on the 04th September, 2024. The event aimed to raise awareness about the nutritional significance of Indian traditional foods, promote the cultural heritage of various Indian states, and encourage the integration of healthy, traditional eating habits into daily life.

Event Inauguration

The event commenced with a formal inauguration ceremony by the esteemed Shastri Swami Premswarupdasji, President of Swaminarayan University, who was accompanied by Swami Bhaktavatsal dasji, Swami Bhaktinandan dasji, Swami Satyaswarup Dasji, Swami Nityaswarup dasji of Shree Swaminarayan Vishvamangal Gurukul. The inauguration was further honored by the presence of Prof. Dr. M. Sreedhar Rao, I/c Provost of Swaminarayan University; Dr. Ajit Gangawane, Registrar, Swaminarayan University; Dr. Ravikumar K, Dean Academics, Swaminarayan University and Dr. Rohit Gokarn, Dean of the Faculty of Ayurveda.





Shastri Swami Premswarupdasji emphasized the importance of traditional Indian food in maintaining health and well-being. Swamiji remarked, "Our ancient Indian food practices have always been rooted in balance and holistic health. Through this event, we hope to reconnect our younger generation with the nutritional wisdom of our ancestors and inspire them to embrace these practices in their everyday lives."



Prof. Dr. M. Sreedhar Rao, in his address, highlighted the unique diversity of Indian cuisines and their potential health benefits. "Every state in India has its own unique food culture, rich with ingredients that are naturally nourishing and beneficial for health. This competition is not just about cooking; it is about rediscovering our roots and understanding the science behind these traditional dishes," he said.



In his address, Dr. Ajit Gangawane spoke about the growing importance of healthy eating habits among today's youth. He stated, "In a time when lifestyle diseases are on the rise, events like these encourage young people to adopt nutritious and balanced diets. The aim is to bring a shift from processed foods to wholesome, traditional meals", he said in his remarks.

Dr. Rohit Gokarn focused on the educational aspect of the event, noting, "This food fest is an opportunity for our students to apply their knowledge of Ayurveda and nutrition to real-world situations. It is through such experiential learning that they can truly appreciate the value of traditional food in health promotion and disease prevention."



Competition Overview:

The "Food Fest - Traditional Cuisines Competition" featured ten teams, each composed of Five-Six students. The theme centered around traditional Indian food dishes, with each team representing a different state of India. Participants were tasked with preparing dishes that adhered strictly to the guidelines of authenticity, nutritional value, and presentation.

The students showcased their culinary skills by preparing a variety of traditional dishes, including Kathiawadi delicacies from Gujarat, spicy treats from Maharashtra, rich flavors from Bihar, and hearty dishes from Madhya Pradesh, among others. The participants went beyond the kitchen to create visually appealing displays, incorporating cultural elements such as traditional utensils, decorations, and regional attire to enhance the presentation of their dishes.



Judging and Evaluation

The judging panel included Dr. Anita Ratnavat, Professor, and Dr. Sarin T, Associate Professor, who evaluated the dishes based on a set of predetermined criteria. These criteria encompassed the taste and flavor of the dish, presentation, creativity, adherence to the theme, nutritional content, and the use of traditional ingredients and cooking methods. The judges praised the participants for their efforts, creativity, and the authenticity of the dishes presented.



Results and Winners

The competition concluded with an awards ceremony recognizing the top-performing teams. The winners were awarded trophies and certificates in recognition of their creativity, culinary skills, and adherence to the theme.

First Prize



First Prize: Kathiawadi Dish

Team members : Karotara Nishit, Vasava Zinal, Pandya Priyanka, Prajapati Hetal and Revad Drashti

First Prize: Team No. 10 (Kathiawadi Dish) – Their menu included a delightful array of Gujarati dishes, such as 'Bajara Na Rotalo', 'Baigan na Bharata', 'Stuffed Chilly', etc which impressed the judges with their authenticity, taste, and presentation.

Second Prize



Second Prize: Maharashtra Thali

Team Members: Virja Dhruvi, Delvadiya Siddhi, Malada Muskan, Parmar Mahina & Lalani Vini

Second Prize: Team No.6 (Maharashtra Thali) – Featuring a mix of 'Puran Poli', 'Modak', and 'Aamti' etc, this team was praised for its creative use of local ingredients and vibrant flavors that represented the rich culinary tradition of Maharashtra and for their traditional attire representing Maharashtra.

Third Prize



Third Prize: Bihar Dish

Team Members : Kriti Mishra, Krina Patel, Jahanavi Prajapti, Neha Verma & Jigyasa Singh

Third Prize: Team No. 2 (Bihar Dish) Their presentation included 'Litti Chokha', 'Sattu Paratha', 'Thekua', etc highlighting the robust flavors and unique cooking techniques of Bihar.

Encouragement Prize



Encouragement Prize: Madhyapradesh Dish

Team Members : Chaudhary Khushi, Vasu Patel, Puwar Bhavya, Bhanderi Aayushi, Pathan Aashnabanu & Prajapati Himani

Encouragement Prize: Team 7 (Madhya Pradesh Dish) – The team was recognized for their efforts in presenting 'Poha', 'Dal Bafla', 'Palak Puri', etc bringing to life the diverse culinary flavors of Madhya Pradesh.

Organizing Team

The event was jointly organized by the Department of Swasthavritta and the Department of Rasashastra and Bhaishajyakalpana. The organizing committee included Dr. Amol Koshti, Associate Professor; Dr. Ayana R, Assistant Professor; and Dr. Krishnendu Nambiar, Assistant Professor, who worked tirelessly to ensure that every aspect of the event was meticulously planned and executed.

Conclusion

The "Food Fest - Traditional Cuisines Competition" was a tremendous success, providing a platform for students to showcase their culinary talents while emphasizing the importance of traditional Indian cuisine in promoting health and wellness. The event fostered a sense of camaraderie among students and highlighted the relevance of traditional dietary practices in today's fast-paced world.

The celebration was not only an engaging and educational experience but also a meaningful tribute to the diversity and richness of Indian culture and cuisine. It successfully brought together the academic community in a celebration of food, health, and heritage, marking a memorable observance of National Nutrition Week at Shree Swaminarayan Ayurvedic College, Swaminarayan University.

Glimpses of the event

