



**SWAMINARAYAN
UNIVERSITY**
THE RESERVOIR OF ALL KNOWLEDGE



Report on Celebration of **MILLET FOOD FEST** NATIONAL NUTRITION WEEK



INTERNATIONAL YEAR OF
MILLETS
2023

ORGANIZED BY
Department of Swasthavritta & Yoga
Shree Swaminarayan Ayurvedic College

MILLET RECIPE COMPETITION

The Millet Recipe Competition was a captivating and informative event held during **MILLET FOOD FEST** as part of our Nutrition Week celebration. The competition aimed to promote awareness about healthy eating habits among students while fostering their culinary creativity. Students were tasked with preparing healthy dishes and presenting their nutritional benefits.

EVENT DETAILS

Date: 05 September 2023

Location: Shree Swaminarayan Ayurvedic College

Organizers: Department of Swasthavritta & Yoga

Participants: Two teams - 11 participants

COMPETITION FORMAT

Pre-Event Preparation:

- Students were encouraged to research and choose recipes that emphasized health and nutrition.
- Ingredients were decided well in advance, allowing participants to plan their dishes.
- The primary ingredient of each dish was millets. However, participants were allowed to use other ingredients for flavoring, seasoning, and garnishing.

Dish Diversity:

- Participants were encouraged to showcase a variety of dishes, including appetizers, main courses, desserts, and beverages to demonstrate the versatility of millets in different culinary applications.

Cooking Phase:

- Participants had provided 1hr 15 m time to cook their dishes and were judged on their cooking skills, presentation, and nutritional value
- All participants adhered to strict food safety and hygiene standards during preparation and cooking. Proper handwashing, food handling, and storage practices were followed to ensure the safety of attendees.

Presentation:

- After cooking, each team had the opportunity to present their dish to the judges and the audience.
- They explained the ingredients used, their nutritional benefits, and how the dish contributed to a balanced diet.

Judging Criteria:

1. Effective incorporation of millets: 10 points
2. Taste and Flavor: 10 points
3. Presentation and Creativity: 10 points
4. Nutritional Value and Benefits: 10 points
5. Cooking Technique: 10 points

WINNERS

First Prize

Devada Birшти & Team won the **Master Chef Millet trophy**.
Winners also received certificates of appreciation and prizes.



Second Prize

Dave Prerna & Team awarded with certificates of appreciation



The Millet Recipe Competition during our Nutrition Week celebration was a resounding success. It not only showcased the culinary talents of our students but also educated them about the importance of making healthy food choices. By combining creativity with nutrition, the event left a lasting impact on our students, inspiring healthier eating habits among students.

This competition served as a reminder that healthy eating can be both delicious and satisfying. We look forward to more such events in the future, fostering a culture of wellness and nutrition in our community.

ACKNOWLEDGEMENT

We would like to extend our heartfelt gratitude to all the participants and our institute who made the Millet Recipe Competition during our Nutrition Week celebration possible.

To our Principal Sir: Your generous support and commitment to promoting healthy living and nutrition education have been instrumental in the success of this event.

To the Department of Rasashastra: Your contributions not only helped in organizing this competition but also in spreading awareness about the importance of healthy cooking. We are deeply thankful for your dedication to our cause.

To our Judges: Your expertise and discerning palates played a vital role in determining the winners of the competition. Your time and valuable insights were greatly appreciated, ensuring that the dishes not only tasted amazing but also offered significant nutritional benefits. Your involvement added credibility and prestige to our event.

To our Participants: You are the heart and soul of this competition. Your enthusiasm, creativity, and passion for preparing healthy dishes were truly commendable. Your presentations not only showcased your culinary talents but also educated all of us about the positive impacts of nutritious eating. Your efforts have inspired your peers and the entire community to embrace healthier food choices.

GLIMPSE OF THE EVENT

