



REPORT OF THE ARUSUVAI (Cookery Club) ACTIVITIES

The cookery club focuses on creating awareness about cooking healthy foods among the students. The students from various states learn the art of cooking simple food items of different states.

- World Cancer Day Celebrations - Mr. Devarajan (Cancer Survivor) delivered a lecture on awareness on cancer to the student community. Balloon release was done in the main ground by the students with attractive cancer preventive slogans.
- National Nutrition Week – DIET Clinic was organized which enabled faculty, staff and student community to know their BMI, Body fat and understand the facts behind better food choices by exhibiting posters on health and nutrition. Dr.Mohan Prasad (VGM Hospital) delivered a lecture on better eating habits for Adolescents
- Cooking Competition - Master Cook- this was organized to bring out the cooking talents from the student community
- ARUSUVAI- FOOD COURT- Hands on training on Food Service and Management was given to the student community- As part of it student run Food Court was organized which served nutritious and delicious recipes to the student community.

CLUB INDUCTION



**Glimpse of the Cookery
Club Activity - 2018-2019**

AMRITA
VISHVA VIDYAPEETHAM

Food Nutrition and Health Education Center
presents
Food Service Management Workshop

FOR OUR STUDENTS BY OUR STUDENTS

Arusuvai
SUPPORT STUDENT INITIATIVE

FOOD COURT

come to relish **Delicious Home Made** preparations

Day 1 - 11.03.2019 Lunch Mushroom Biryani Chappathi Potato paps	All time available Paane puri Bhel puri Masal puri Potato paps Veg platter Paneer tikka Veg sandwich Pongulu Thattu vada set Lime Juice Buttermilk	Day 1 - 11.03.2019 Dinner Hot Panniyaram Pooori Masal Kai Dosa
Day 2 - 12.03.2019 Lunch Muttar Biryani Chappathi Bhendi fry	All time available Paane puri Bhel puri Masal puri Potato paps Veg platter Paneer tikka Veg sandwich Pongulu Thattu vada set Lime Juice Buttermilk	Day 2 - 12.03.2019 Dinner Hot Panniyaram Pooori Masal Kai Dosa

Venue : Food Science Lab (AB2)



WORLD CANCER DAY Celebrations)

DIET CLINIC- National Nutrition Week Celebrations)



Arusuvai's



FEB 14-15 | 9:30AM TO 11:30 AM
VENUE: FOOD SCIENCE LAB

3 per team
Exciting cash prizes

For Registration Contact
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- JUDGING CRITERIA**
- > NUTRITIOUS RECIPES
 - > CREATIVITY
 - > USE OF DIVERSE FOOD GROUPS

*Limited registrations...

