

**EK BHARAT SHRESTHA BHARAT ACTIVITIES BY INSTITUTE OF HOTEL MANAGEMENT, SHILLONG
FOR THE MONTH OF NOVEMBER, 2020**

Sl. No	Activities by the Ministry	Month of Activity	Proposed Activity	Details of the Activity	Paired States involved	No of Participants/ Attendees	Any other relevant information
1	Virtual Competition	November,2020	Ek Bharat Shrestha Bharat	<p>As part of the Observance Of Ek Bharat Shrestha Bharat, the Institute of Hotel Management Catering Technology and Applied Nutrition, Shillong, has organised a Virtual Competition for the month of November 2020 on the topic “A Write up on UP Cuisine”.. The Virtual Competition was among the students of the Craftsmanship Course in Food Production and Patisserie of IHM, Shillong</p> <p>The Write Up were being reviewed by panel of judges and the winners are awarded with certificates. The lists are as follows:-</p> <p>1st Prize – Mr Wankitbok Ryntong</p> <p>2nd Prize – Ms. Bethsheba Kharshiing</p> <p>3rd Prize – Mr. Bashaibor Wahlang</p>	Uttar Pradesh	17 participants	

Name - Beeth Shaba Khanching
COURSE - Craftmanship certificate course in food Production and Pastiseries

U.P Cuisine

The cuisine of Uttar Pradesh is just as diverse as its geography. Ranging from every day classics like Sabziyon ki chutni to a princely Bakhiani spread, this diverse state carries the most exotic recipes in its kitty. Delectable delicacies like chaat, Samosa and pakora, + not to mention the most popular street food chaats in all of India, are native to this state. State cuisines from Uttar Pradesh have absorbed and adapted a variety of dishes to create an entire smorgasbord of authentic recipes. The state is famous for its royally delicious Nawabi food. Cooking techniques in Uttar Pradesh were greatly influenced by Mughal's. The cuisine of northern Uttar Pradesh is very different from the classic Mughalai food of Delhi. Apart from Native cuisines, Mughalai and Awadhi are two famous sub types of cuisine of the state.

Name - Nankitok Panting
course - Craftmanship certificate course in food Production and Pastiseries

U.P Cuisine

No talk on any culture can be rounded off without mentioning cuisines. Uttar Pradesh the melting pot of cultures, has its own set of cuisine and their source is the court of various emperors and rulers who have ruled the sugarcane fields of Gwalior and Agra. Presently, Uttar Pradesh is divided politically, geographically and by cuisines into 3 distinct zones, namely Western UP, Bund and Eastern Uttar Pradesh. The most illustrious region among these in terms of culture of cuisine is Bund or Awadh as it is called sometimes. The Bund region offers a range of options in terms of cuisines. The famous cuisines in Bund are Kabobs, Biryani and Nihari. Due to muslim dominance and influence on the culture and cuisine of this region, we will find the most of the items are meat based. Among the Kabobs Shami and Galawati Kabobs are the specialty of Lucknow and so are Kulecha, Nihari and Biryani. It should be kept in mind that the Biryani that is cooked in Bund is quite different from the cuisine of Hyderabad and Karachi in Pakistan. The Kanpur region being Kakori and Boti Kabobs. The most famous vegetarian dishes of this region are Tahri and Marghli. Tahri. While the former is cooked with rice and lentils the latter has a generous dose of cheese, khoya and saffron.