
FOOD TECHNOLOGY DISCIPLINE

DEPARTMENT OF HOME SCIENCE

ADITI MAHAVIDYALAYA

UNIVERSITY OF DELHI

ACTIVITIES (2022-2023)

Tricolour Recipe Competition

The Food Technology (FT) along with Nutrition and Health Education (NHE) discipline, Aditi Mahavidyalaya, University of Delhi organized a recipe competition on the occasion of **75th Independence Day**, celebrating 'Aazadi ka Amrit Mahotsav - Har Ghar Tiranga'. The theme of the competition was **Tricolour Recipes**. The competition was organized on **12th August 2022**, at 11:30 am in NHE lab.

Recipes included: tricolour chocolates, spinach tikki, papaya burfi, oats pasta, tricolour idli, shahi paneer, tricolour momos etc.



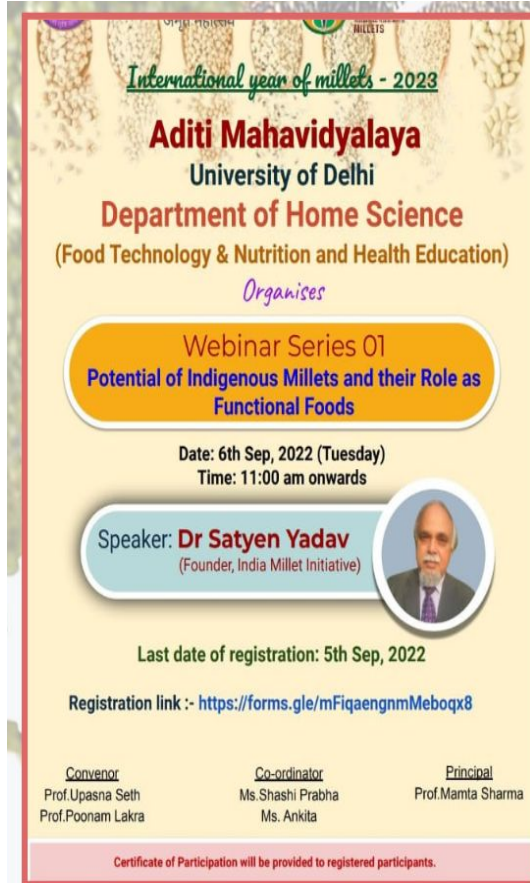
Teacher's Day Celebration - 2022

Teachers Day is a very special occasion for teachers and students. It is celebrated every year on 5 September to give respect and love to the teachers. To honour teachers' day, the food technology students put together a lovely celebration. Prof. Mamta Sharma, the principal, inaugurated the event and thanked the students for their outstanding work.



Webinar : International Millet Year - 2023

The Food Technology discipline organized a webinar to celebrate the 'International Millet Year- 2023'. The theme of the webinar was 'Potential of Indigenous Millets and their Role as Functional Food'. The webinar was organized on **6th September 2022**, at 11:00 am via Google meet. The speaker was **Dr Satyen Yadav, Founder, India Millet Initiative**. The guest of honour was Prof. Mamta Sharma, Principal, Aditi Mahavidyalaya, University of Delhi. Dr. Satyen Yadav spoke on the several types of millets, their nutritional worth and health advantages, their value addition to functional foods, strategies for raising awareness of millets and marketing them as a source of nutrition, and government programmes for doing so. In addition to thanking everyone, he invited recipes from Aditi Mahavidyalaya students for his cookbook of millets-based dishes.



International year of millets - 2023

Aditi Mahavidyalaya
University of Delhi
Department of Home Science
(Food Technology & Nutrition and Health Education)
Organises

Webinar Series 01
Potential of Indigenous Millets and their Role as Functional Foods

Date: 6th Sep, 2022 (Tuesday)
Time: 11:00 am onwards

Speaker: Dr Satyen Yadav
(Founder, India Millet Initiative)

Last date of registration: 5th Sep, 2022

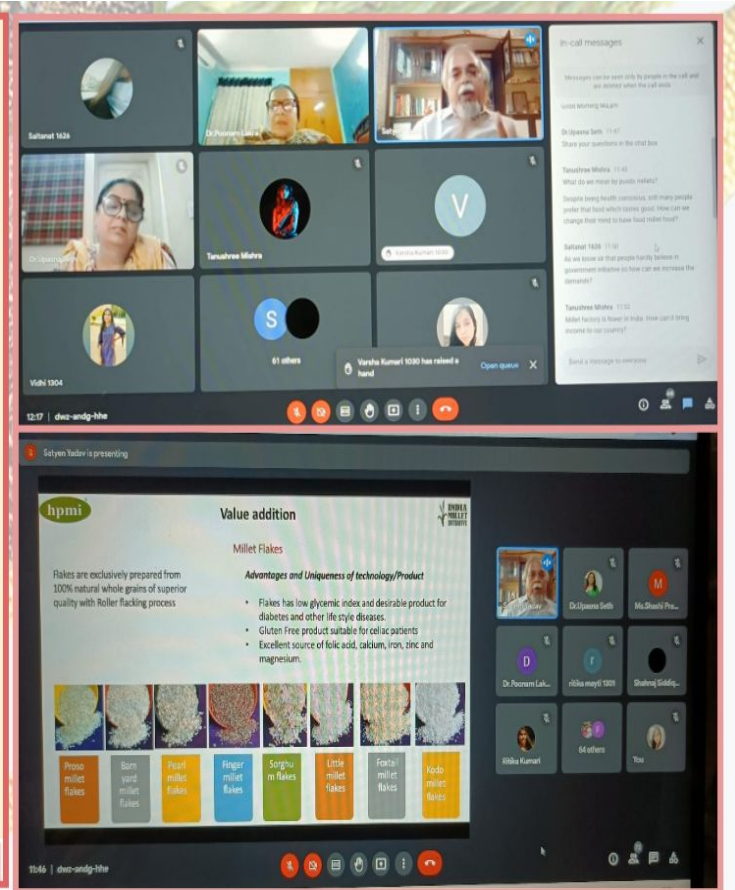
Registration link :- <https://forms.gle/mFigaengnmMeboqx8>

Convener
Prof. Upasna Seth
Prof. Poonam Lakra

Co-ordinator
Ms. Shashi Prabha
Ms. Anika

Principal
Prof. Mamta Sharma

Certificate of Participation will be provided to registered participants.



Value addition

Millet Flakes

Flakes are exclusively prepared from 100% natural whole grains of superior quality with Roller flaking process

Advantages and Uniqueness of technology/Product

- Flakes has low glycaemic index and desirable product for diabetes and other life style diseases.
- Gluten Free product suitable for celliac patients
- Excellent source of folic acid, calcium, iron, zinc and magnesium.

hpmi **INDIA MILLET INITIATIVE**

Puroso millet flakes **Barn yard millet flakes** **Pearl millet flakes** **Finger millet flakes** **Sorghum flakes** **Little millet flakes** **Foxtail millet flakes** **Kodo millet flakes**

PHILOSITOS CLUB FORMATION

Someone has rightly said that-

"Coming together is a beginning, staying together is a progress and working together is a success."

As everyone is aware, modern education focuses on helping students develop their practical abilities as well as their theoretical knowledge. Following this logic, we made the decision to create a food club that would work with the disciplines of Food Technology and Nutrition & Health Education in the Department of Home Science at Aditi Mahavidyalaya. The name of the club is -

PHILOSITOS. The cabinet of the club comprises:

- President - Ms Manya Sharma
- Treasurer - Ms Kashish Ponia
- General Secretary - Ms Bhumika
- Joint Secretary - Ms Vidhi Sharma
- Creative Head - Pinky & Ritika
- Organising Head - Jasmeen Chauhan
- Content Head - Tanushree & Saltanat



Poshan Maah - 2022' and 'International year of Millets - 2023:

The Department of Home Science (Food Technology (FT) & Nutrition and Health Education (NHE)), Aditi Mahavidyalaya, University of Delhi organised a recipe and poster making competition, celebrating '**Poshan Maah - 2022**' and '**International year of Millets - 2023**'. The theme of the recipe competition was '**Millets based healthy recipes**' and for poster making competition was '**Diversity in Indian Diet**'. The competitions were organised on **11th October 2022**, at 11:30 am in NHE lab.



Food Technology - Industrial Visit

In November, the third-year B.A. Prog. students in food technology paid a visit to the **Vita Milk Plant in Ambala, Haryana**. Students learned how milk and milk products like ghee, paneer, etc. are processed.



Food Fest - 2022

On **November 15, 2022**; the **Philositos Club** (Food technology and Nutrition & Health Education) organised '**FOOD FEST - 2022**' in the college.

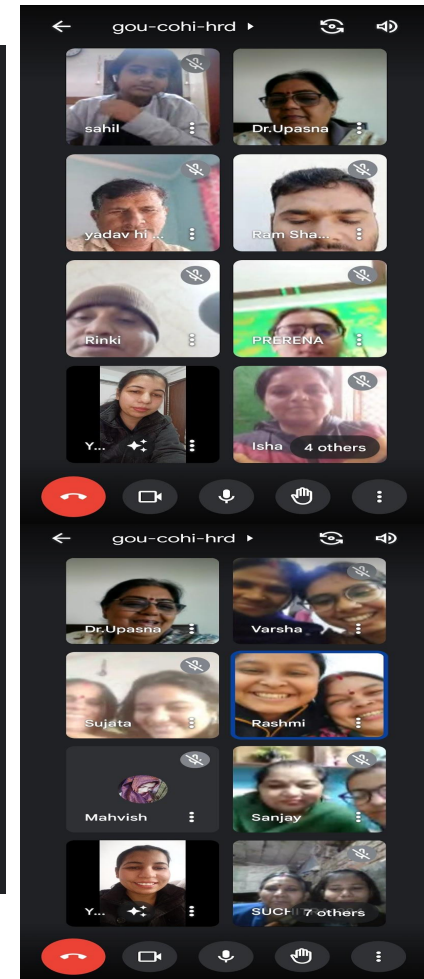
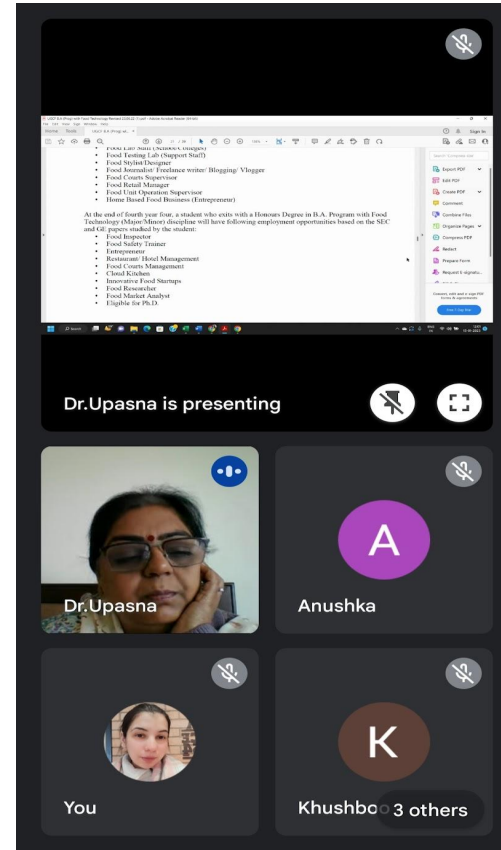


2023

Parent's teacher meeting (PTM)

The online parents teacher meeting of FT discipline of home science department for B.A Prog FT - 1st, 2nd and 3rd year students was held on 14th January 2023 at 11:30 am, 12:30 pm and 10:30am via Google meet.

Agenda: To discuss the students performance and to resolve queries of parents if any.



Rangoli Making Competition

Philositos Club of Department of Home Science (Food Technology (FT) & Nutrition and Health Education discipline (NHE), Aditi Mahavidyalaya, University of Delhi organized a rangoli making Competition. The competition is celebrated on the eve of “Republic Day” – 2023’.

The theme of rangoli making competition was ‘Nationalism ‘. The competition was organized on 25th of January 2023, at 1:00 pm at the Principal office corridor.

Rangoli making competition



Organised by Philositos Club





PHILOSITOS CLUB

Rubaru'23

BECAUSE ADVENTURE BEGINS WITH FRESHERS

Every student eagerly awaits right from their time of admission for their most remarkable event of the college "FRESHER'S PARTY". The 16th of February 2023 was as a memorable day in the life of every fresher of Food Technology and Nutrition & Health Education discipline at Aditi Mahavidyalaya, University of Delhi. The freshers day was filled with excitement, joy, music, enthusiasm, laughter and happiness.

FAREWELL`2023

Every student eagerly awaits right from the first year for their most remarkable event of the college "FAREWELL PARTY". The 4th May 2023 was as a memorable day in the life of every final year student of Food Technology and Nutrition & Health Education discipline at Aditi Mahavidyalaya, University of Delhi. Everyone was filled with excitement, joy, music, enthusiasm, laughter and happiness.



STUDENTS ACHIEVEMENTS



2nd year student, participated in the intercollege recipe formulation competition organized by Laxmi Bai College, DU and secured 2nd position.



First Prize-Makhani Kabab With Vegetable Salad, Laacha Paratha & Kesar Phirni
Ms Vidhi Sharma
(Aditi Mahavidyalaya)

Second Prize-Chilly Garlic Potato Bites & Paneer Tikka
Ms Misha
(Aditi Mahavidyalaya)



Students participated in recipe contest organised by Bhaskaracharya College of Applied Sciences & secured First and Second Positions

FT Student participated in Cooking without flame recipe competition organized Gitarattan International Business School, Delhi and secured 2nd position.

