

## REPORT OF THE ARUSUVAI (Cookery Club) ACTIVITIES

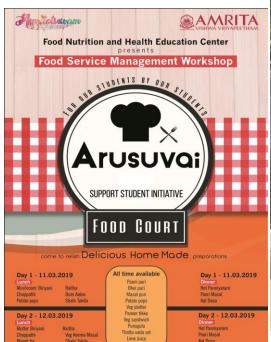
The cookery club focuses on creating awareness about cooking healthy foods among the students. The students from various states learn the art of cooking simple food items of different states.

- 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





### **WORLD CANCER DAY Celebrations)**

### **DIET CLINIC- National Nutrition Week Celebrations)**



#### **AMRITA**



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

3 per team Exciting cash prizes

For Registration Contact Likhitha: 9677832119 Abhishek: 8897425061 JUDGING CRITERIA

NUTRITIOUS
RECIPES

CREATIVITY

USE OF DIVERSE
FOOD GROUPS

Limited registrations...