



Lagadu Singh Charitable Trust's (Regd.)

THAKUR COLLEGE OF ENGINEERING & TECHNOLOGY

Autonomous College Affiliated to University of Mumbai
Approved by All India Council for Technical Education (AICTE) and Government of Maharashtra (GoM)

Conferred Autonomous Status by University Grants Commission (UGC) for 10 years w.e.f. A.Y 2019-20
Amongst Top 200 Colleges in the Country, Ranked 193rd in NIRF India Ranking 2019 in Engineering College category
• ISO 9001:2015 Certified • Programmes Accredited by National Board of Accreditation (NBA), New Delhi
• Institute Accredited by National Assessment and Accreditation Council (NAAC), Bangalore

Website : www.tcetmumbai.in

Date: 1/5/2021

Report on

Food of India Recipe corner & Sentence of the day under “Ek Bharat Shreshtha Bharat”

Event Details:

As per the directives received from MHRD vide Office Memorandum 11018/02/2019-EBSB(Pt.I)-Part(1) dated 05 June 2020 issued by Under Secretary, EBSB Cell, Department of Higher Education, MHRD. NITI Aayog has prepared a compilation of 100 sentences in 21 different languages. The same is being displayed as one sentence every day with its translations in 21 different Indian languages, on the Ek Bharat Shreshtha Bharat website (ekbharat.gov.in). It has been decided that to encourage the faculty/ students and staff/ employees of the Institutions to learn other Indian languages, one sentence with its translation in 21 different languages should be uploaded every day on each institutions' Website.

TCET adopted Sentence of the day under “Ek Bharat Shreshtha Bharat” and initiates the same initiative from 22nd February 2021. Glimpses of the same are given below.

Glimpses:

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Bhagavad-Gita

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Admission Enquiry For A.Y.2021-2022

Ek Bharat Shreshtha Bharat Initiative

News Flash Stationary and Resource Books(All FE students) || News KT Results Second Half of December 2020 || News Fee Receipt Generati Read more

About TCET



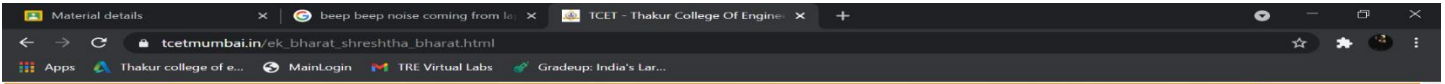
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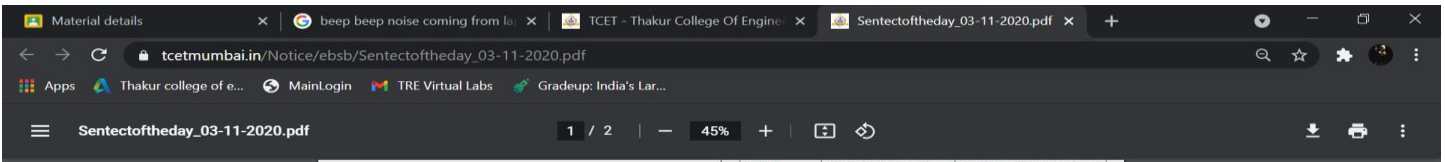
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Ek Bharat Shreshtha Bharat Initiative

Sentence of the day in 22 different indian languages

Sr No	Date	Sentence	Translation
46	23-4-2021	Will you help me fill this form?	
45	22-4-2021	I want to do PhD in science.	
44	21-4-2021	Is there a festival today?	
43	20-4-2021	Our college musical group is the best.	
42	19-4-2021	I returned to my house after the exam.	
41	16-4-2021	The hostel does not have a good bookstore.	
40	15-4-2021	Classes could not be held today due to rain.	



एक भारत श्रेष्ठ भारत

Aaj Ka Vaky
Let's learn one sentence every day in 22 different Indian Languages
61. Which Indian state do you belong to?

Language	Sentence	Translation
ASSAMESE	আপুনি কোনখন ৰাজ্যত বাসিনা?	Apuni Bharoter kunkhon rajyot basinda?
BENGALI	আপনি কোনখন কোন ৰাজ্যত বাসিনা?	Apni Bharoter kon rajyer basinda?
BODO	নীলাঙা কৰে ৰাজ্যটো ?	Nwngthanga mobay rajjwnei?
DOGRI	तुम भारत के किस राज्यात दे ओ ?	Tum Bharat dee kis riyasataa de o ?
GUJARATI	તમે કયા ભારતીય રાજ્યના છો ?	Tame kaya Bhatiya rajya na chho ?
HINDI	आप किस भारतीय राज्य से है?	Aap kis Bhatiya rajya se hain ?
KANNADA	ನೀವು ಯಾವ ರಾಜ್ಯದ ಸದಸ್ಯರಾಗಿದ್ದೀರಿ ?	Neevu Bharatada yaava rajyakke setidavaru ?
KASHMIRI	ہمارے کون سا ریاست ہے جس سے آپ تعلق رکھتے ہیں ؟	Bharateichi kaeth rijyaches saet chaw tuih taaluk thevaan?
KONKANI	तुं कोंकणी भाशीत राज्यांतलो?	Tum khaichyaa Bharatiya raajyaantlo?
MAITHILI	अहाँ भारतक कोन राज्य में छी ?	Ahan Bharatak kon rajya sa chhi ?
MALAYALAM	നിങ്ങളുടെ ഏത് ഇന്ത്യൻ സംസ്ഥാനത്താണ് നിങ്ങളുടെ വസതി ?	Ningal ethu Indian samathanathu ninnulla aalaamu?
MANIPURI	আপুনি কোনখনী ৰাজ্যত বাস কৰিছে ?	Adom Bharat ki karamba rajjadagino ?
MARATHI	तुम्ही भारतातील कोणत्या राज्यातील आहात ?	Tumhi Bhaartaatil konyaa rajyaatil aahat?
NEPALI	तपाईं भारतको राजको हुनुहुन्छ ?	Tapain Bharatko rajyako hunuhuncha?
ODIA	ଆପଣ କଣଦେଶ ଦେବେଁ କାହାଣୀ ପଢ଼ିବେଁ କହିବେଁ ?	Apana Bhaaratara keun rajyaku pratindhitwa karani ?
PUNJABI	ਤੂੰ ਕਿਸ ਭਾਰਤੀ ਰਾਜ ਤੋਲ ਸਾਂਬੰਧਿਤ ਹੈ ?	Tusi kis Bharati raj naal sambandhit ho?
SANSKRIT	भारते कस्य राज्यस्य वासिण्याः भवन्ति ?	Bharate kasya rajyaaya vasiyavil bhavanti ?
SANTALI	ସାମିତ୍ ବିହାରୀ ବିହାର୍ ଓଡ଼ିଶା ରାଜ୍ୟ କ୍ଷେତ୍ର ଆସୁ ଦେ ?	Bharot dishom riyak' oka rajya khon nam do ?
SINDHI	توھان کھو ٻھارتيا راجيا جا سھاندر آھيو ؟	Tawhan kahri Bhatiya rajya ja sahandra ahayo?
TAMIL	நீங்கள் இந்தியாவின் எந்த மாநிலத்தைச் சேர்ந்தவர்கள் ?	Neengal Indhiyavin endha maanilathai serndhavargal?
TELGUGU	మీరు భారతదేశంలో ఏ రాష్ట్రానికి చెందిన వారు ?	Miru Bhaaratadeshalo e rasiatniki cendina varu?
URDU	آپ بھارت کی کس ریاست سے تعلق رکھتے ہیں ؟	Aap Bharat ki kis riyasat se talluq rakhte hain?

As we know, India is a land with a rich diversity of cuisines. Each state, and even regions within states, have their own distinct style of food preparation. The cuisine of a region depends on its geography, climate, vegetation, nature of agricultural produce and also external influence the region has come under. Today, we find that some regional dishes have gained wide pan Indian popularity. However, there is a wealth of culinary treasure in different parts of our country still hidden from people in other parts of the country.



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Under Food of India Recipe corner initiatives TCET students submitted 7 recipes on MyGov Portal <https://innovate.mygov.in/ekbharatrecipe/>. Details are as follows:

1. Student Name: Aastha Shah

Branch/Class/Div: IT/TE/B

Recipe details:

Which State's recipe are you submitting?

Gujarat

What is the name of your recipe?

Surti Undhiyu

All ingredients of the recipe:

Ingredients for Masala Mix -

100 Grams Green Garlic Tops

1/3 cup Fresh Coconut Slices (Brown part removed)

1 tblsp Raw Peanuts

2 tblsps Coriander Leaves

1 1/2 tblsps Green Chilli Paste

1 tblsp Ginger Paste

1 tsp Dry Garlic Paste

1/2 tsp Turmeric Powder (Haldi Powder)

1 tblsp Coriander seeds and Cumin Seeds Powder (Dhaniya Jeera Powder)

1 tsp Garam Masala Powder

1 tsp Carrom Seeds (Ajwain)

1 tblsp Salt (or as per taste)

2 tblsps Dry Grated Coconut

2 tblsps Sugar

1 tblsp Sesame Seeds (Til)

1/2 tsp Asafoetida (Hing)

100 gram Green Garlic Leaves (Keep some aside for garnishing)

45 gram Coriander leaves Finely Chopped (3/4 of 1 medium bunch)

2 tblsps Oil

1/4 tsp Cooking Soda

Vegetables for Undhiyu -

500 gram Surti Papdi (Soaked in water for 1/2 hour with cooking soda)

1/2 cup Tuar Dana

1/2 cup Mutter (Green Peas)

100 gram Sweet Potatoes (Shakkariya)

200 gram Potatoes

150 gram Purple Yam (Ratalu Kand)

5 small Brinjals (Cut diagonally from top)

1 Raw unripe Banana (cut in 1 inch portions)

Ingredients for Undhiyu (for assembling all of above)

4-5 tblsps Oil for cooking in pressure cooker



- 1 tsp Carrom Seeds (Ajwain)
- 1/2 tsp Asafoetida (Hing)
- 1/2 tsp Green Chilli Paste
- 1/2 tsp Garlic Paste
- 1/2 tsp Ginger Paste
- 16 -17 Methi Muthiyas (Link to the recipe given above)
- 1 cup water (Rinsed from masala bowl)
- Coriander Leaves for garnishing
- Remaining Green Garlic for garnishing

Step by Step Instructions:

Prepping veggies:

1. String and pod the surti papdi beans. I used half-half of surti papdi (hyacinth beans) and valor papdi (fava beans). After stringing them and halving them, rinse very well. Strain and keep aside. I used 150 grams of beans which yielded 2 cups stringed and podded beans.
2. In a bowl of water, peel, rinse and place the other veggies – 10 to 12 baby potatoes, 1 medium sweet potato, 1.5 to 2 cups chopped purple yam. Also keep 8 to 10 small brinjals. Note that the only the upper stalk of the brinjals have been removed and they have not been slit. You can also just rinse and keep the brinjals aside.

Preparing methi muthia for Undhiyu

1. Take 1 cup tightly packed methi leaves, finely chopped and 1 cup besan or gram flour in a mixing bowl.
2. Add a pinch of baking soda, ¼ tsp turmeric powder, ¼ tsp red chili powder, ½ tsp cumin powder, ½ tsp coriander powder, ½ tbsp oil, ¾ to 1 tsp sugar or add as required, ½ tsp salt or add as required and 1 tbsp lemon juice.
3. Just mix everything and keep aside covered for 10 to 15 minutes.
4. Then add 1 to 1.5 tbsp water and mix really well. Keep the mixture slightly sticky, so that the methi muthia remains soft after cooking.
5. Apply some oil in your palms and shape the muthias. Keep aside covered with a bowl or lid. If you want you can also deep fry methi muthia. If fried then add lastly once the undhiyu is done and simmer for 4 to 5 minutes.

Green masala stuffing mixture for undhiyu

1. Take ½ cup tightly packed grated coconut and 3 tbsp finely chopped coriander leaves or ¼ cup finely chopped coriander leaves in another mixing bowl.
2. In a mortar-pestle crush to a paste, 1 to 1.5 inch ginger, 8 to 10 garlic cloves and 2 to 3 green chilies. You can also grind all three of them together. If using ready paste then add ½ tbsp ginger paste, ½ tbsp garlic paste, ½ tbsp green chili paste. You can also add garlic chives instead of garlic.
3. add 2 tbsp sesame seeds, ½ tbsp ginger paste, ½ tbsp garlic paste or green garlic chives paste, ½ tbsp green chili paste, ¼ to ½ tsp turmeric powder, ½ tsp red chili powder, 3 tsp coriander powder, 2 tsp cumin powder, 1 tbsp lemon juice, 1 tbsp sugar ¾ to 1 tsp salt.
4. Mix very well and then check the taste of the green masala. Add more lemon juice, salt or sugar if required. I have kept all the flavors balanced in the dish, but if you want you can have a more spicy or sweet or tangy taste in undhiyu.

5. From the base, give a criss cross slit to the brinjals and stuff the masala in it. In the same way also, stuff the masala in the potatoes. If you want you can stuff the masala in the raw bananas also. Keep the stuffed veggies aside. Some stuffing masala will be left. Keep this aside.

Making undhiyu

1. Heat 4 to 5 tbsp sesame oil or peanut oil in a pressure cooker. Add ½ tsp ajwain or carom seeds & ½ tsp cumin seeds. Stir and fry the ajwain and cumin seeds till they change their color. A few seconds. You can also use sunflower oil or safflower oil.
2. Then add ¼ tsp asafoetida/hing. Stir.
3. Now add the stringed and podded beans. If you are using fresh pigeon peas, you can add them at this step.
4. Stir well. To preserve the green color of the beans you can add a pinch of soda. I did not add.
5. Now add half a portion of the leftover coconut masala.
6. Again stir very well and saute for 3 minutes on a low to medium flame. Then lower the flame and make a neat layer of the beans at the bottom.
7. Then place the chopped purple yam in a neat layer.
8. Then make another layer of chopped unripe bananas and sweet potato.
9. Now sprinkle ¼ of the coconut masala evenly. Don't stir.
10. Make a next layer of the stuffed brinjals and potatoes.

Cooking undhiyu

11. Add ½ cup water from the sides. Don't stir.
12. Now gently place the prepared methi muthia in a layer. Sprinkle 2 to 3 pinches of salt all over.
13. Cover the pressure cooker with its lid and pressure cook on a medium to high flame for 2 whistles or for 8 to 10 minutes.
14. When the pressure settles down on its own, remove the lid and gently mix everything without breaking the stuffed veggies.
15. While serving if you want, you can garnish with chopped coriander leaves or some grated coconut. **Serve undhiyu** with pooris.

Image:





2. Student Name: Srishti Pandey

Branch/Class/Div: E&TC TE B 60

Recipe details:

Which State's recipe are you submitting?

Maharashtra

What is the name of your recipe?

Veg Schezwan Noodles

Nutritional value of the recipe: 277.76 Cal- 61% carbs, 18% protein, 21% fat

Season of the year when this food item is traditionally prepared: All season

All ingredients of the recipe:

For boiling noodles:

6 cup water

1 tsp salt

1 tsp oil

250 grams noodles

For veg schezwan noodles:

2 tbsp olive oil

3 clove garlic (finely chopped)

4 tbsp spring onion (chopped)

1/2 onion (finely chopped)

1/2 carrot (chopped)

4tbsp cabbage (shredded)

4 beans (chopped)

1/2 capsicum (chopped)

2 tbsp schezwan sauce

1/2 tsp salt

Step by Step Instructions:

1) Firstly, take a large pan and add 6 cups of water, 1 tsp salt, 1 tsp oil and boil it. Once the water starts boiling, add 250 gms noodles of your choice and boil it for 3-5 minutes (check the boiling time of your noodles on the packet).

2) Drain off the water and keep the noodles aside.

3) Now take a large pan and add 2 tbsp olive oil, 3 finely chopped garlic cloves, 2 tbsp chopped spring onion, and mix it well.

4) Now add 1/2 finely chopped onion and saute it well.

5) Add 1/2 chopped carrot, 4 tbsp shredded cabbage, 4 chopped beans, and 1/2 chopped capsicum and mix it all well.

6) Stir fry the vegetable mix on medium flame and see to it that don't overcook the vegetables.

- 7) Now, add 2 tbsp schetzwan sauce and 1/2 tsp salt and mix it all well.
- 8) Stir fry and mix all the sauces and the vegetables well.
- 9) Add the noodles and mix them well with the sauces and the vegetables and cook it for another 2-3 minutes on high flame.
- 10) Garnish with 2 tbsp spring online and serve it hot.

Any Medicinal/ Therapeutic properties: No

Image:



3. Student's Participation

Student Name: Riya Tak

Branch/Class/Div: E&TC TE B 61

Recipe details:

Which State's recipe are you submitting?

Maharashtra

What is the name of your recipe?

Cheese Balls

Nutritional Value : It provides carbohydrates and protien

Dish Seasons : All Season

Ingredients : 1) Boiled Potatoes 2) Chilli powder, salt 3) Tomato Ketchup

Method : Take some potatoes and boil them after boiling mash them until they become into small pieces. Now take those potatoes and put some salt according to your taste and some chili powder and even put little hot spice in it. If you love Chinese taste then you can even put some chili flakes and oregano. It will give a great taste to it. Now for the cheese, you can mesh cheese with the potato or you can make



potato balls and insert small cheese cubes inside it. I putt cheese cubes inside it. Putting cheese cubes inside will make them melt and will be loved by everyone

Any Medicinal/ Therapeutic properties : No

Image:



4. Student Name: Urvi Sharma
Branch/Class/Div: IT/TE/B

Recipe details:

Which State's recipe are you submitting?

Rajasthan

What is the name of your recipe?

Guna

All ingredients of the recipe. (Serving size - 2 adults):

Maida (refined wheat flour) - 250 g

Semolina (Suji) - 50 g

Ghee (melted) - 50 g (making dough) + 250 g (deep fry)

Sugar - 250 g

Water - 250 ml

Stepwise instructions for the recipe:

1. In a large bowl combine the maida, semolina and melted ghee to make a dough with the help of lukewarm water.
2. Once the dough comes together, start kneading the dough. Knead with the knuckles of your finger, applying pressure.
3. Keep kneading until the dough feels soft and pliable. If it feels hard/tight, add little water and knead again. If it feels too sticky/soft, add some dry flour and mix.
4. Divide the dough into small parts and start working with one ball, while keeping the remaining dough balls covered with a damp cloth so that they don't dry out. Take one of the balls and press it between your fingers to make it smooth.

5. Now take around 1/4 cup flour in a plate for dusting the roti while rolling it. Dip the prepared dough ball into the dry flour and dust it from all sides.
 6. Then start rolling the roti, using a rolling board and rolling pin.
 7. Roll it thick until you have a 5 to 6-inch diameter circular roti.
 8. Start cutting the roti with a knife making several stripes slightly less than an inch broad.
 9. Use your finger to roll the stripes and make rings not more than an inch in diameter.
 10. Secure each ring by slightly pressing it from the ends.
 11. Deep fry these rings in ghee and keep them aside to cool down.
 12. Prepare the 'chashni' by taking water and sugar in a pan (of the specified amount) and mixing it well till the sugar dissolves and the solution thickens.
 13. Turn off the flame. Dip and remove each ring prepared in step 11 into the chashni and let it cool down.
- Note: If the chashni becomes too thick to coat itself around the rings, warm it again on the gas stove to bring it to boil and continue step 13 till all the rings are coated.
14. Guna can be eaten right away and can be stored for up to a week in an airtight container.

Image:



5. Student's Participation

Student Name: Mukta Hole

Branch/Class/Div: CIVIL/TE/A

Recipe details:

Which State's recipe are you submitting?

Maharashtra

What is the name of your recipe?

PURAN POLI



All ingredients of the recipe:

- 1) 1/2 Cup of Chana Dal
- 2) 3/4 Cup of Jaggery
- 3) 1/4 TSP of cardamom powder and a pinch of nutmeg powder
- 4) 3/4 cup of maida for dough and dusting while rolling the Poli.
- 5) Ghee (for kneading the dough as well cooking purpose and serving)

Step by Step Instructions:

> Preparation of PURAN:

- 1) 1 cup Chana dal in a deep bowl. Check for stone and grits before use.
- 2) Add enough water to soak the Chana Dal.
- 3) Keep the Chana Dal for approx. 20-40 mins so that the Dal will be soft which will help cooking faster.
- 4) Drain the Dal afterwards.
- 5) Put the Dal in the pressure cooker with perfect amount of water in it and let it cook until 4 whistles.
- 6) Then, drain the Dal and check that Dal is not mushy at all.
- 7) Transfer the Dal into a pan or kadai.
- 8) Add jaggery. Jaggery will add sweetness to the puran poli. Some Maharashtrians also make the Puran poli with grain sugar.
- 9) Add nutmeg powder. Nutmeg has a sweet aroma and a distinct taste. Nutmeg also has lot of medicinal properties and is used in Ayurveda to cure ailments.
- 10) Add cardamom powder. Cardamom has a unique taste, with an intense aroma. It is widely used in Indian cooking especially to provide Mithais with a sweet aroma.
- 11) Mix well and cook on a medium flame for 5 to 7 minutes or until the jaggery melts.
- 12) Mash the mixture well with the help of a masher. The puran poli mixture should not have any grains of dal and should be dry enough. All the dal needs to be mashed well and combined with the jaggery.
- 13) Transfer the mixture into a plate and let it cool down.

> Preparation of DOUGH:

- 1) Take Maida in a bowl.
- 2) Add ghee for the soft texture.
- 3) Knead the dough with required water and Keep it aside by covering it for resting the dough.

> Preparation of PURAN POLI:

- 1) Divide the dough into dough balls.
- 2) Dust the rolling board and place one dough ball on it.
- 3) Roll the dough into small circle. Add portion of PURAN mixture in the centre of the dough circle.
- 4) Fold over the ends and gently press to seal the sides, make sure you don't apply pressure as it will make PURAN mixture to ooze out.
- 5) Roll out the Puran Poli into a bigger circle of 5-6 inches by applying light pressure.



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- 6) Take a tava/flat pan and put the. PURAN POLI on it and let one side of it cook until light brown spots occur on it. Repeat the procedure.
- 7) Serve the Puran Poli with ghee on top of it. One can have it with gulavni mixture of water and jaggery or amthi i.e. curry.

Image:



6. **Student Name:** Rashmi Rawat
Branch/Class/Div.: CIVIL/SE/B

Recipe details:

Which State's recipe are you submitting?

Arunachal Pradesh

What is the name of your recipe?

Pahadi Namak | Garlic salt (Hara namak)

Ingredients:

- 1) Mota namak/salt-1/4cup
- 2) Garlic leaves-1/2 cup
- 3) Cumin seeds-1teaspoon
- 4) Ajwain/carom seeds -1/2teaspoon
- 5) Green chilli-3-4
- 6) Coriander 1 cup

Stepwise instructions for the recipe:

- 1) Cut garlic leaves, green chilli into small pieces.
- 2) Switch on the mixture and add mota namak, cumin seeds, ajwain, garlic leaves and green chillies .Now grind everything together finely.
- 3) Remove it into a bowl.



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- 4) Its ready you can serve it with finely chopped coriander leaves or just grind it with everything else. Now just keep it in a closed air tight container and it is always ready to serve, enjoy!!

Image:



7. Student's Participation

Student Name: Akhila Shetty

Branch/Class/Div: ELEX/BE

Recipe details:

Which State's recipe are you submitting?

Karnataka

What is the name of your recipe?

Kalthappam

All ingredients of the recipe:

Raw rice : 2 cups

Jaggery : 300gm

Coconut oil : 2tbsp

Ghee : 2 tbsp

Cardamom grinded : 10 nos

Baking soda : 3pinch

Onion large : ½ piece sliced small

Coconut flakes : 2 tbsp sliced small

Grated coconut : 3tbsp

Boiled rice : 2tbsp

Step by Step Instructions:

1. Soak the raw rice in water for 1 to 1½ hour.



Lagdu Singh Charitable Trust's (Regd.)

THAKUR COLLEGE OF ENGINEERING & TECHNOLOGY

Autonomous College Affiliated to University of Mumbai

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2. After 1 hour wash the rice 3 to 4 times and blend it in a mixer along with boiled rice and grated coconut. (Use only ½ cup water for grinding)
3. Transfer the batter (should be grinded thoroughly) to a bowl, add baking soda and keep it aside.
4. In a pan warm the jaggery by adding one cup water to liquid form. Turn off the flame and allow it to cool.
5. Filter the jaggery through a sieve to the batter in the bowl, add cardamom powder and mix well.
6. In a pan warm the batter in low flame (Do not boil but stir it thoroughly while warming) and turn off the flame.
7. Meanwhile in a pressure cooker add coconut oil, ghee, sliced onion, coconut flakes and saute till coconut flakes becomes brownish. (use high flame)
8. Add the batter to the cooker and gently mix with the contents and cover the lid without putting the weight of the cooker.
9. Wait for the steam to escape and then turn the flame to minimum and cook for 20 minutes or until a toothpick inserted into the center of the Kalathappam comes out clean.
10. Separate it from the sides of the cooker using a flat spoon and serve it hot with a cup of tea.

Image:



Outcome:

Students and faculty members are aware about 21 Indian languages and recipes of different corners of India.

Dr. B.K.Mishra
Principal, TCET