

On the 25th of July, the EBSB club in association with department of HomeScience of Vimala College (Autonomous), Thrissur, conducted an International online **Video cooking Contest** for College students titled **“ZEST”, on the theme “Immunity boost-up recipes”**. 30 team participated in the competition. The topic on Food and immunity has become immensely important during these pandemic times. Thus, the cookery competition served to enlighten the community on the need to focus on eating healthy.

Name of the student coordinators:-Vismaya Vinod,Sona Porinju,Grace Susan Binoy,Anna Mary Joy,Anu Mariya Paulson,Edweena Raju,Surya Gayathri

Link: [<http://forms.gle/38h5a2j5FLp8X59g6>]

The image displays two documents related to the ZEST competition. On the left is a poster for the 'ZEST' International Level Online Video Cooking Contest. The poster features the Vimala College logo, the text 'VIMALA COLLEGE (AUTONOMOUS) THRISSUR-800005, KERALA, INDIA', and 'DEPARTMENT OF HOME SCIENCE IN ASSOCIATION WITH EK-BHARATH-SHRESTHA-BHARAT(EBSB CLUB) PRESENTS'. It includes a list of guidelines for participants, such as video duration (1-3 minutes), ingredients, and health benefits. On the right is a 'CERTIFICATE OF APPRECIATION' from Vimala College (Autonomous), awarded to a student for participating in the ZEST International Online Cooking Competition. The certificate lists the organizers: Dr. Mimi Mani Panakkal (EBSB Coordinator), Mony Geege (Organizer), Dr. Sr. Beena Jose (Principal), and Dr. Thomas Ruby Mariamma (Head of the Department).