

T. A. Pai Management Institute, Manipal

Report

Webinar on occasion of EBSB DAY

Name of the Activity – Webinar on ‘All about the Pahadi Cuisine’

Activity Start Date – 13th June 2020

Number of Presenters – 2

Members of EBSB Club, TAPMI

Report Description:

The EBSB club of TAPMI hosted its first EBSB day on 13th June 2020. The members of the club held a webinar session for group of students introducing them to the Pahadi cuisine of Uttarakhand.

The session started with a brief introduction about the work of the club and proceeded on to the various staple food items of the state. Different kinds of ingredients used in the food like Jakhiya or Cleome Viscosa seeds, Fiddlehead fern, Bhaang, pluses like Gahat or horse gram and white and black soybean were first introduced and then main course items like Palak (spinach) ka kaapa, Special raita, Bhaang ki Chutney, Bhatt ke dubuke, Bhatt ki chutney, Madua Ragi and (finger millet) roti were explained.

Then, the discussion moved on to talk about the famous sweets. Baal Mithai, famous of Kheem Singh’s shop of Almora, Asra which is made during all auspicious occasions in Garhwal, Singodi and the Makarsankranti special Ghugute were the sweets that were mentioned.

The session ended on a positive note and the participants gave some suggestions about what more they want to know about Uttarakhand in the future sessions like places to visit, dance forms and local culture.

Activity End Date – 13th June 2020

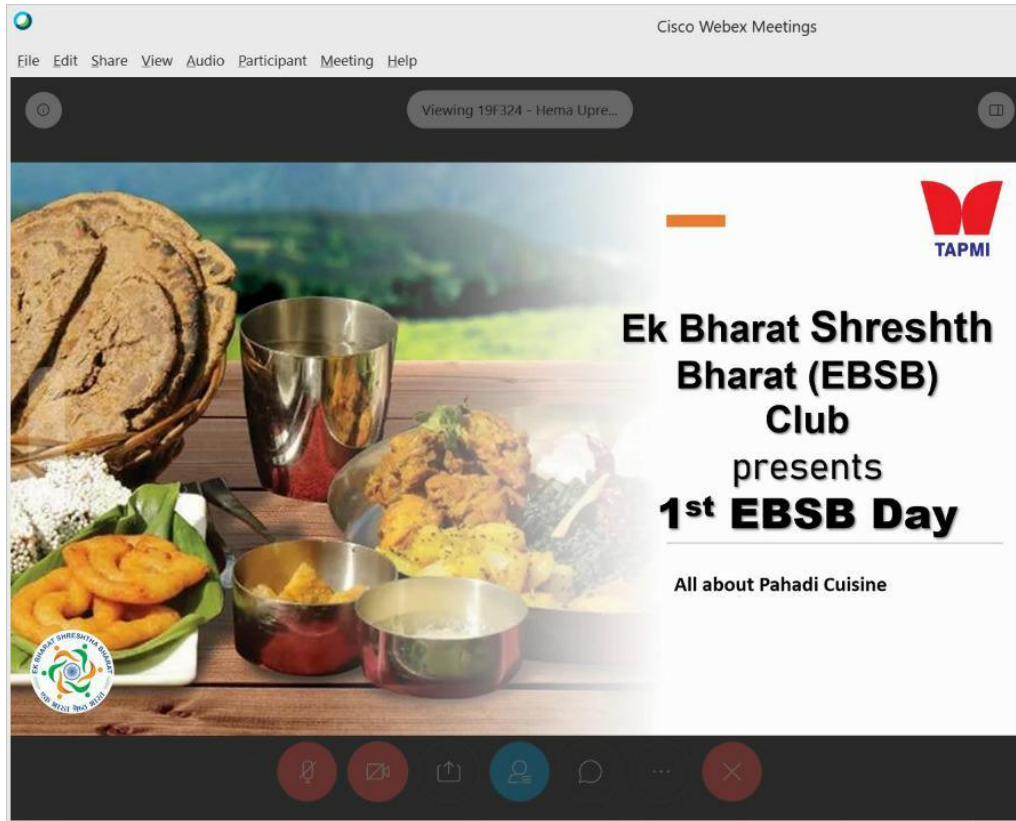
Number of participants in webinar – 25

Platform for webinar – Zoom Meetings

Report name – Webinar on ‘All about the Pahadi Cuisine’ by EBSB Club, TAPMI

Pictures of the webinar –

1. Presentation-



2. Participants-

