

UTASATHUM UNAVUM 2024

Date: 20.06.2024

Venue: Examination Hall, 3rd Floor, College Building

Total No. of Participants: 150

Total No. of Resource Persons: 02

Organized by: Department of Biochemistry, KIMS & RC

Event Report:

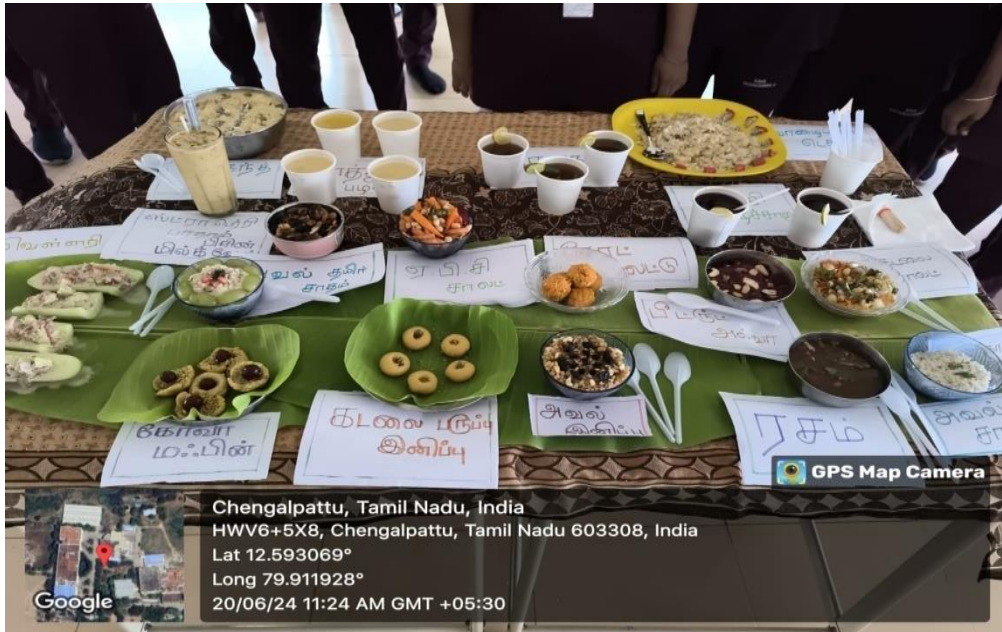
Nutrition plays a pivotal role in day-to-day life. As medicos it is very vital to be aware of nutritional value of different varieties of food. Eating junk food and food with less nutritional value is on the rise among young population. Eating vegetables and fruits has also come down. In order to create awareness of eating nutritional food and to reduce deep frying and cooking using flame, the Department of Biochemistry in coordination with cooking club organized a cooking competition, “UTASATHUM UNAVUM 2024” on 20th JUNE 2024 for Ist year MBBS students.

Students were randomly grouped into 5 teams of 30 members. On 19.06.2024 students were briefed on the rules and regulations.

On 20th June 2024, the program started at 10.00 AM. They were given one hour and thirty minute’s time to prepare the dishes.

The judging started at 11.30 AM. Scoring sheet was designed under various parameters. The judges gave their comments and announced the winners.

The program was ended by planting trees by the winning teams.





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Date: 20.06.2024

Time: 10.00AM to 1.00PM

Venue: Examination Hall, Third floor KIMS

PROGRAM SCHEDULE

Date: 20.06.2024

Time: 10.00 AM – 1.00 PM

Venue: Examination Hall, Third floor, KIMS

Rules & Regulations:

Cooking without flame, Permitted to use fresh vegetables, fruits,
Mixers, blenders, milk,

Judging team: Dr. A. Khadeja Bi

Professor, Department of Biochemistry, KIMS

Dr. Dharmisitha

Associate professor, Department of pathology

Dr. Abirami lakshmi

Professor, Department of Microbiology





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