



## **Mittal Institute of Education**

(Approved by NCTE, New Delhi & Affiliated to BU, Bhopal M.P.)

Opposite Bhopal Memorial Hospital & Research Center Nabi Bagh, Bhopal – 38  
Ph. 0755-298003

E-mail: [miebpl2009@gmail.com](mailto:miebpl2009@gmail.com)

Session 2022-23



### **REPORT ON FERMENTED FOOD FESTIVAL**

**DATED – 23 & 24 FEBRUARY 2023**

**VENUE – MIE SEMINAR HALL**

**TIMING – 10:00AM**

Fermented foods have been with us since humans arrived on earth. They are of great significance because they provide and preserve vast quantities of nutritious food in a wide diversity of flavours, aromas and textures which enrich the human diet.

Life Science Department Mittal Institute of Education, Bhopal organised an activity named Fermented Food Festival for 2 days.

On day first 20<sup>th</sup> February 2023 a PowerPoint presentation was given by Ms. Rohini Chourasiya, Faculty of Clinical Nutrition on fermented foods in which she described about the process of fermentation, health benefits of eating fermented and different recipes prepared by using the process of fermentation.

36 students of B.Sc. from life science department were there during the presentation.

1. Pragati Bhargava	19. Aniket Rajput
2. Amrita Thakur	20. Shubham Ojha
3. Ritika Bhargava	21. Shubham Lodhi
4. Shalu Lodhi	22. Gulshan Lodhi
5. Laxmi Thakur	23. Abhishek Lodhi
6. Saloni Rajput	24. Praveen Lodhi
7. Roshni Dangi	25. Aditya Shakya
8. Rimjhim Sahu	26. Narendra Lodhi
9. Ragni Rajput	27. Sachin Yadav
10. Sanjana Thakur	28. Sahil Khan
11. Shivani Shilpkar	29. Vikas Yadav
12. Neha Thakur	30. Anshu Prajapati
13. Sandhya Rajput	31. Anup Dwivedi
14. Roshni Lodhi	32. Devendra Yadav
15. Jyoti Gupta	33. Deepak Meena
16. Khushi Rao	34. Vandana Jat
17. Soniya Gupta	35. Hirendra Dangi
18. Vivek Rajput	36. Deeksha Lodhi

On day second 24<sup>th</sup> February 2023 presentation of recipes' which are made by the process of fermentation was done by the students. 16 students presented recipes. There were 2 students in each group.

### DIFFERENT FERMENTED DISHES PREPARED BY STUDENTS:-

S.No	GROUPS	NAME OF THE FERMENTED FOOD
1.	Group 1	Tri Colour Idli
2.	Group 2	Lassi from home set curd
3.	Group 3	Fermented Rice
4.	Group 4	Uttapam
5.	Group 5	Jalebi
6.	Group 6	Dahi Vada
7.	Group 7	Dhokla
8.	Group 8	Dosa

The program went as per the plan, students enjoyed a lot while presenting the dishes and learned a lot about the process of fermentation.

In this way whole programme was organised nicely and ended happily.

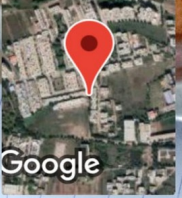
To indulge these recipes MIE invited all MGI dignitaries, staff members and students.







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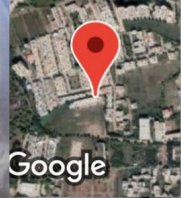
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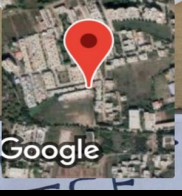
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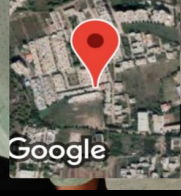
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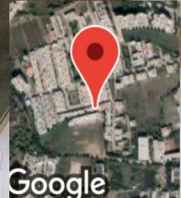
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