

COOKING WITHOUT GAS



,B.Ed. 1st year students of GAIST Rohini, had a inter group competition on cooking without fire .The competition started at 11:45 am. The competition was about exhibiting culinary skills and innovative ideas for cooking without gas.

The competition was mandatory for all. The students participated in the competition with full zeal and enthusiasm. Everybody did exhaustive research on the background of the relevant recipes which were later chosen by them. It was a team based task. Each team had four members. It also helped the students to coordinate with each other as a team member. Everybody had their innovative ideas regarding their recipes. Food items displayed on the table were visual treat and were presented in an artistic and aesthetic style by all participants.

All the Dishes were judged on taste and presentation by esteemed judges. Principle Ma'am visited and interacted with each participant about the recipes which they all had prepared. At 1:25 pm, both Garima Ma'am, and Seema Ma'am judged after interacting with the students to find out about the ingredients of the recipes, nutritional values, and the reason why they had chosen the dish. Then each team member introduced little about the dishes they prepared. Then after tasting feedback regarding the dishes were announced.

The student enjoyed the competition which turned out to be a healthy competition. The event not only provided a platform to the students to foster and improve their creativity and also to build

their decision making skills, and explore their hidden talent. It also helped them to discover new areas of interest. The Event Commenced With Happy Faces at 1:20 PM.

