

## **'Workshop on Shaam ki Chhoti Bhook'**

by Prof. Anahita Garrad, Ms. Isha Kakade & Prof. Sonaali Borkar

*During the workshop, the resource persons, our own Teachers and student, shared quick and easy to make tasty recipes of snacks. The idea behind 'Shaam ki Chhoti Bhook' workshop was to motivate students to try make their own healthy snack options so that they do not have to rely on parents and the basic cooking must be known to all students as it will be required if they go away from for higher studies or jobs. All the resource persons have shared a variety of recipes that can be tried for curbing our evening hunger pangs. The activity was a stress-buster session, motivating students to try cooking their own snacks.*

### **Invitees:**

1. Prof. Sonaali Borkar, FE In-Charge, VIT
2. Prof. Anahita Garrad, Assistant Professor, FE, VIT
3. Ms. Isha Kakade, SE BIOM student, VIT

### **Shaam ki Chhoti Bhook: Introduction**

In this three days' workshop on the quick and easy to make evening snacks recipes, the three resource persons highlighted their passion for cooking. The speakers introduced importance of cooking healthy yet tasty evening snacks. Prof. Sonaali Borkar introduced the concept of workshop on the day 1. She explained how important it is to pay attention to food that we eat. She had explained the most dreaded time of the day for students or rather for all of us is when you're quickly wrapping up for the day of online lectures. The seemingly never-ending gap between your afternoon meal and dinner-time gnarls in your tummy and lures you into picking any junk on to satiate those hunger pangs. With this brief introduction the session was started.

On day 1, Prof. Anahita Garrad started the session by explaining her innate passion for cooking and her journey that lead to developing interest in cooking. She presented three different recipes for snacks which included Multigrain pancakes, Cheesy vegetable krokes & banana fritters. All her recipes were a perfect snacking option for people of every age group. In session 1, Prof Rugved Deolekar was a surprise chef. He presented a traditional Maharashtrian dish called Dadpe Pohe.

On day 2 of the workshop, Ms Isha Kakade, had presented 2 quick and tasty recipes. The Mini Nutella Treats and White sauce pasta presented by Isha, were highly praised by the participants. She also had spoken about her passion in cooking and how she started cooking at the age of 15. In session 2, we had 2 surprise chefs, one Dr. Deepali Vora and other our SE EXTC student Ms Priyanka Kulkarni. Deepali madam had presented a quick, crunchy recipe called French Toast whereas Ms Priyanka shown a traditional dish with modern touch that is Instant Masala Appe.

In the third and last session of the workshop, Prof Sonaali Borkar had presented 4 recipes, one of it being an instant recipe. The four delicacies shown by her are Dora cake, Flavored paneer, potato pancakes and a No name pancake recipe. Madam tried to make the session interactive by telling to give the name to last No name pancake recipe. She rightly explained the chemistry in the cooking processes. In this last session, we had 2 surprise chefs, Prof. Amaya Pethe and Dr. Sachin Bojewar. Their recipes had enriched our workshop.

### **Key Takeaways**

Our three resource persons gave an informative & interactive workshop session on Shaam ki Chhoti Bhook.

Every speaker presented 2-3 quick and easy to make evening snacks recipes. In every session, there were some surprise recipes by faculty members in institute. The workshop concluded with Question and answer session. The speaker gave very important tricks and tips to cook healthy snacks at home. Overall, it was very informative workshop where participants got information on cooking from speaker. The workshop has given a wide variety of recipes for snacks ranging from traditional recipes like Dadpe Pohe & Thaleepith to modernized dishes like pasta, pancakes, etc.

Compiled by – Prof. Nilima Main and Prof. Ishan Upadhyay of Vidyalankar Institute of Technology