#### **AYURVEDA WEEK - 2021**

### Flameless Cooking Competition 29 Oct 2021

**Shri Baba Mastnath Ayurvedic College** 

**Asthal Bohar, Rohtak** 

### Shri Baba Mastnath Ayurvedic College

(Recognised by Ministry of AYUSH, NCISM New Delhi)

Notional Commission for Indian System of Medicine

Asthal Bohar, Rohtak, NH-10 NCR, Haryana



## Organizing



## Food Competition

Theme:-

Flameless Cooking



Friday, 29th Oct. 2021 | | 10:00 AM to 12:00 Noon Venue : Mini Auditorium, BMU Campus

> Exciting Prizes & Certificate Will Be Awarded

Co-ordinator
Dr. Rakesh Mohan

Co-ordinator

Dr. Sadanand Gupta

Dr Neeraj Kumar Khare (Convener)
Organizing Committee

Flameless cooking competition was organized on 29<sup>th</sup> Oct. 2021. Students made delicious dishes with having lots of Nutritional value.

#### Winners:

1<sup>st</sup> Position: - Radhika, Preeti, Ritu

2<sup>nd</sup> Position: - Kajal, Manisha, Sakshi

3<sup>rd</sup> Position: - (i) Himani

(ii)Ritika, Anshu, Latika





Brownie Fruity Cream, Pineapple Mango Smoothie, Twisty Veggie Roll

Made By:- Ritu, Rashika, Preeti

- RANDHAM - PT	and addition of my iccommon over it of
PAGE STATE:	make it is
The second secon	make it taste like have heaven
1. Buowno furity cream	The state of all the
2. Pineappee mango smoothie	- Phreathle and to my 1 (1 no notice to
1. Buourno fucity exam 2. Pineapple mango smoothie 3. Twisty wage roll	is good for brown sugar portunes.
The state of the s	It makes our some healthy
The 3 dicher made a complete med for 2	· Pineapple is good for Blood sugar patients. · It makes our some healthy · Rich in vit c · Antioxidants.
200 100 100 100 100 100 100 100 100 100	· A. Dould a de
1. Browno furity cheam ->	runoracius.
	Version 1
-> Ingredients ->	3. Rivite HOROSO PODD -
-> Transfer sugar	3. Twisty veggie Roll ->
· Funits [ Kiwi, apper, and f green grapes, lean, ]	- Contract of the contract of
Paris ( River, apple, that I green grapes, Kean, )	-> Theredients ->
Tomegrange	V
	white build
-> Benefits ->	- lassium / Red, wellow, green
· Fewellent source of witnesses minerals.	- Ingredients ->  · White bread  · Lapscium [Red; yellow, green]  · Oregano
Excellent source of vitamins minerals.	- origina -
marcin against desire	· Feel orean
· Natural maistraiser.	
Desire Colored	1777. 1 1-10 WAY WATER THE PARTY OF STATES
2. Kneapple mango sucoothis -	-> Benefits ->
2. Aneapple mange sucrothis	a Real and a second of the
-> Tuguedients ->	· Bread - with in Caubohydrates
· Pineapole	· Capscium -
· Kango	· relieves pain
	- Alasto fair
· fruits [Kiwi, apple, famegranato, grapes] · Duyfruits [cashew, almond	· autioudant
Thurse ( money, windered	Court Gran de Polarie
-> howers ->	· Lune inon deficiency  · Insproves motobolism
-> Benefits -> It is a unique blend of pine apple of mange it of nutricitions of butter in taste then other stake of smoothin	· Lupraies matabolism
wisa unique blend of pine apple 4 mango il	
nutritions of better in taste han other Shop of amother	and a support



#### Fruit Chaat, Sprauts, Lemon – Honey Tea

#### Made By :- Ritika, Latika, Anshu

1.) fauit chaat	o Onion
a.) Sprouds	· Tomato
3.) Lemon - Honey Tea	· Rock Salt
(0.03)	· lemon
1.) Fruit chaat ->	(CINOT)
the part of the second of the	3.) lemon - Honey Tea ->
-> Ingrediends	S.) Cernon - Money red.
· Apple · Pineapple · Kiwi	Ingrediends -
· Pineapple	Ingualends
· Kiwi	• (emon
· Pomegrapate	· Honey
August Augus	5 Place Pallage
-> Benefits ->	<ul> <li>Rlack leppes</li> <li>Hot leter</li> <li>Tulsi</li> </ul>
2 1 1 1 1 1 1 1 1	o Tulco
· facilits are high in fibre, antioxidants in	7(4)
hland .	Benelits →
They are low calorie and low fat.	
They are low calorie and low fat.  Brotiet against Cancer and other disease.  Bouwful antionidants that helps to protect  skin from cellular damage.	<ul> <li>Erusqy boostes.</li> <li>Promote digestion</li> <li>Uleight loss</li> <li>Baomote skin health and immunity boostes</li> </ul>
Powerful antioxidants that helps to protect	Para to dividing
skin from Cellular damagl.	- 1/21/4 / ac
- Control of the property of the period of t	- Carelont 1055
2.) Sprouds ->	. Isomote skin realth and immunity boostes
	The Shear is the
Spacuds cassy essential vitamins, minerals, Jibes and great source of antioxidants Partin sich so lose weight	
fiber and great source of antioxidants	Total Control Control Control Control
knotein rich so lose weight	trades to be street to be a seed to
Improve blood sugar level.	
Ingrediends -	
V	The state of the s
· Moong	
· Cucumber.	



#### Fruit Chaat and Sprauts

#### Made by - Kajal, Manisha, Sakshi

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Dis fruit Chat 0% fat	(i) अनार
TOWER THOUSE IS	· Brenia teral
. ક્ષાનર • કાંબીર	· good for stomach
. जनार - अंबरि . मीसभी - बादाम	· decuase choluteral
. सित्रा	· decrease stress
. सेव	(1) वादाम :- वाबी के विश अस्त्वा
100 For 19 191 112 110112 1 + 105 191 19	. पेट की पार्चन किया में ध्यानिस्य
O पायदे :	· helps in accity
(5) Hard :- hulp in constipation - Maintain was used	· contipation (divided) · control chalitud
hup in constipation	State of Sta
	(a) about the state of the stat
· Neight loss (help in)	(a) speods =
ं हृदम के स्वास्थ्य की बढ़ाता है	- । । न्यना स्पेर्ट मतर रूरी मति साम्य
. हरजीमी के लिए अस्प्जा थेता है	म् पुरुषिधा : - प्राप्त मार , हरी मूर्ज , टमाटर , त्याज
The second section of the second seco	नीब् । जन्म कार्या विकास के
भीसभी : पाचन के लिए सहस्वा	· Immonity (maintain)
immounty agil के विश	D. Mariles Of
्राण्या के विश्व अहसा ंग्रिकायी प्रमास्य के सेर अवसा दादान से	Benefils : Maintain BP
क्रजन व्यटीन मे	helps un digestive system
. Hydration के खिए	· helps un Weight loss
	· cancer का खतरा कम करता है
(ii) Ha = . whiti-oxidant	· good for eyes
पट-दुव मे	
. સ્લામી મે	good ûn pregnancy good fan haine
	· geod for twee
and the second of the second o	· Outi-oxidant to.
41771 : Anti-oxidant	· Good for liver cte.
C(II)	
. Bf (maintain)	Charles of the Charle
. incuare innuvity	0 1 20 1 0
, decuease calony	By - Kajal, Shakshi, Manisha
· help to treat cold & cough	



Hara Bhara Burger Made by – Aman, Kunal, Harsh

Hara Bhena Buegen
Hara Bhera Bueger
Ingredients -
Tomato
- Duion
Pancore
Cucumber
Comander
herron
Ketchup
togo Mayonnaise
oregano
Chilli flakes
Whole grain wheat Bread
Benefits ->
Pancer - Rich in Colcium
Bread - Rich in fibre & Conbohydrates
matumber meight loss, Balanced
Milli flakes -> Rich in Antiondant
Chieli flakes -> Rich in Antionedant
Comander - Kich in Ison
ouegano - stilbacterial agent



#### Veg Cheese Sandwich

#### Made by: - Shashikant, Yuvraj

Veg Cheese Sendwich 300  1. Ingrediente : Bread Slices, Chrese, finely chapped onions finely chapped tomataes, organia pounder, black pepper, chilli Hobes, program of the
Veg Chase Sandwich and Shares, threse finely chapped mions, finely chapped mions,
Ingrediente : Bread Slices , Chrese , finely chapped onions
funcly chapped to mateur of any chapped onione
happed tomatair organic privides
Clack so.
density as well as good for skin
density as well as good for skin
Temator indiet glow up skin, prevent cardiovarular diseases and good source of pottasium (micronutus)  Black pepper lowers cholestrol level, importante blood sugar, also have ancerfighting properties
3 Black pepper
blood sugar, also have level, important
blood sugar, also have ancerfighting properties
→ Cold Coffee
over coffee
Ingredients > Gram will the
Ingredients → Gream such milk, artificial succetner, coffee pounder, checaliter flavour symp
The factor of the symp
Benefits 1-
O Helps in boosting metabolism
@ lowers the risk of heard disease.
3 lowers the risk of Type II diabetes
(9) lefts your mood



# Healthy Choclate Cake Made by:- Himani

	Healthy. ch	oclaity cake	Date
Inquedients !	used - 1. Becon	n buead	
Tightearenes.	2 · <b>(1)</b>	Biscuits	
	3. Pean	ut butter	
	u Ni.ta	000	
	5. Dery	fourits (like	- Almonde,
	oro L	guti	Cashew,
	9		Peanuts)
	6. Nilk		
	7- wat		
	8. Hor		
	-1. Cax		
2. Biscuir		Bowel more in evolucing Also evoluces Low in calo	ments & helps cholesterol Hyperitension - vies ydecate, madernit are such source
	wheat or	mblex vitan	ins & distany
	libre.		
3. Pea nut	butter - Mainta	in BP, Blood	I sugar, cholestero
y. Nutella	- Perotect Imm	when bones	, contain calcium & teeth etc.
		inerals, the	re & vitamine etc
5. Day Lavie	to - Rich in m	0 -0	
5. Day fair	Rich source of	Ca, perolein	, ritamins etc.
5. Dry fair 6. rick -	Rich source of	ca, perblein	٠ -
5. Dry fair 6. rick -	Rich source of	ca, perblein	ants, Antibacteria

Onts - Blood sugar level (Lowers), Antéoxidants, cases contépation, manages weight etc.