

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)

Asthal Bohar, Rohtak, NH-10 NCR, Haryana



National Commission for
Indian System of Medicine



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 29th Oct. 2021. Students made delicious dishes with having lots of Nutritional value.

Winners:

- 1st Position: - Radhika, Preeti, Ritu
2nd Position: - Kajal, Manisha, Sakshi
3rd Position: - (i) Himani
(ii) Ritika, Anshu, Latika





Brownie Fruity Cream, Pineapple Mango Smoothie, Twisty Veggie Roll

Made By:- Ritu, Rashika, Preeti

RAJSHANI
PAGE: _____
DATE: ____/____/____

1. Brownie fruity cream
2. Pineapple mango smoothie
3. Twisty veggie roll

The 3 dishes made a complete meal for 2.

1. Brownie fruity cream →

→ Ingredients →

- Royal fresh cream
- Brownie
- Fruits [kiwi, apple, red & green grapes, Pear,]
Pomegranate

→ Benefits →

- Fruits are high in fibre, antioxidants.
- Excellent source of vitamins & minerals.
- Protected against cancer, heart disease
- Natural moisturizer.
- An

2. Pineapple mango smoothie →

→ Ingredients →

- Pineapple
- Mango
- Fruits [kiwi, apple, pomegranate, grapes]
- Dried fruits [cashews, almond]

→ Benefits →

It is a unique blend of pineapple & mango is nutritious & better in taste than other shake & smoothie

and addition of any icecreams over it, it make it taste like ~~heaven~~ heaven.

- Pineapple is good for blood sugar patients.
- It makes our ~~some~~ healthy.
- Rich in vit C
- Antioxidants.

3. Twisty veggie roll →

→ Ingredients →

- white bread
- Capsicum [Red, yellow, green]
- Brogans
- Fresh cream

→ Benefits →

- breads → rich in carbohydrates
- Capsicum →
 - relieves pain
 - antioxidant
 - Cures iron deficiency
 - Improves metabolism



Fruit Chaat, Sprouts, Lemon – Honey Tea

Made By :- Ritika, Latika, Anshu

- 1.) Fruit chaat
- 2.) Sprouts
- 3.) Lemon - Honey Tea

1.) Fruit Chaat →

→ Ingredients

- Apple
- Pineapple
- Kiwi
- Pomegranate

→ Benefits →

- Fruits are high in fibre, antioxidants in blood.
- They are low calorie and low fat.
- Protect against cancer and other disease.
- Powerful antioxidants that helps to protect skin from cellular damage.

2.) Sprouts →

- Sprouts carry essential vitamins, minerals, fibres and great source of antioxidants.
- Protein rich so lose weight.
- Improve blood sugar level.

Ingredients -

- Moong
- Cucumber

- Onion
- Tomato
- Rock salt
- Lemon

3.) Lemon - Honey Tea →

Ingredients -

- Lemon
- Honey
- Black Pepper
- Hot Water
- Tulsi

Benefits →

- Energy booster
- Promote digestion
- Weight loss
- Promote skin health and immunity booster



Fruit Chaat and Sprouts

Made by - Kajal, Manisha, Sakshi

① Fruit Chaat [0% fat]

- अनार
- मौसमी
- संतरा
- सेब
- अंजीर
- बादाम

② फायदे :-

(i) अंजीर :-

- help in constipation
- Maintain sugar level
- Weight loss (help in)
- हृदय के स्वास्थ्य को बढ़ाता है
- हड्डी को लोहा से भरवाता है

(ii) मौसमी :-

- पाचन के लिए अच्छा
- Immunity बढ़ाने के लिए
- खवसन संबंधी समस्या के लिए
- बजन घटाने में
- Hydration के लिए

(iii) सेब :-

- Anti-oxidant
- पेट-दर्द में
- एलर्जी में

(iv) संतरा :-

- Anti-oxidant
- BP (maintain)
- increase immunity
- decrease colony
- help to treat cold & cough

(v) अनार :-

- रक्त द्रव्य की बीमारी का खतरा कम करता है
- anemia treat
- good for stomach
- decrease cholesterol
- decrease stress

(vi) बादाम :-

- बालों के लिए अच्छा
- पेट की पाचन क्रिया में helpful
- helps in acidity
- constipation (decrease)
- control cholesterol

③ Sprouts :-

Ingredient :- चना, सफेद मटर, हरी मूँग, उमरु, प्याज, सेंधा नमक, पौर्णिमा, व्यंजीक प्याजिया, नींबू।

Benefit :-

- Immunity (maintain)
- Maintain BP
- helps in digestive system
- helps in weight loss
- cancer का खतरा कम करता है
- good for eyes
- good in pregnancy
- good for hair
- Anti-oxidant
- Good for liver

By = Kajal, Sakshi, Manisha



Hara Bhara Burger

Made by – Aman, Kunal, Harsh

Hara Bhara Burger

Ingredients →

Tomato
onion
Paneer
Cucumber
Coriander
Lemon
Ketchup
Lego Mayonnaise
oregano
Cheese flakes
Whole grain wheat bread

Benefits →

Paneer → Rich in Calcium
Bread → Rich in fibre & Carbohydrates
Cucumber → helps in weight loss, Balanced hydration, blood sugar level.
Cheese flakes → Rich in Antioxidant
Coriander → Rich in Iron
oregano → Antibacterial agent



Veg Cheese Sandwich

Made by: - Shashikant, Yuvraj

⇒ Veg Cheese Sandwich ⇒

↳ Ingredients → Bread Slices, Cheese, finely chopped onions, finely chopped tomatoes, oregano powder, black pepper, chilli flakes, coriander leaves, chopped cucumber

Benefits :-

- ① Onions help to control blood sugar, boost bone density as well as good for skin
- ② Tomatoes in diet glow up skin, prevent cardiovascular diseases and good source of potassium (micronutrient)
- ③ Black pepper lowers cholesterol level, improve blood sugar, also have anticancer fighting properties

⇒ Cold Coffee

Ingredients → Cream rich milk, artificial sweetener, coffee powder, chocolate flavour syrup

Benefits :-

- ① Helps in boosting metabolism
- ② lowers the risk of heart disease.
- ③ lowers the risk of Type II diabetes
- ④ lifts your mood



Healthy Chocolate Cake

Made by:- Himani

Healthy chocolatey cake

Date.....

Ingredients used -

1. Brown bread
2. ~~Wheat~~ Biscuits
3. Peanut butter
4. Nutella
5. Dried fruits (like - Almonds, Cashew, Peanuts)
6. Milk
7. Water
8. Honey
9. Oats

Benefits -

1. Brown bread - Have fibres, vitamins & minerals which helps keep Blood sugar level in check, regulates Bowel movements & helps in reducing cholesterol. Also reduces Hypertension. Low in calories.
2. Biscuits - quick source of carbohydrate, made with wheat or oats which are rich source of B-complex vitamins & dietary fibre.
3. Peanut butter - Maintain BP, Blood sugar, cholesterol level.
4. Nutella - Protect Immune system, contain calcium which strengthen bones & teeth etc.
5. Dried fruits - Rich in minerals, fibre & vitamins etc.
6. Milk - Rich source of Ca, protein, vitamins etc.
7. Water - digestion, normal B.P etc.
8. Honey - Boost immunity, Anti oxidants, Antibacterial etc.

Oats - Blood sugar level (Lowers), Anti oxidants, eases constipation, manages weight etc.