

## AYUR FOOD FEST

On the occasion of World Food Day 2021 with theme “Safe food now for a Healthy tomorrow” & National Ayurveda Day 2021 with theme “Ayurveda for Poshan” Department of Swasthavritta & Yoga, Parul Institute of Ayurveda arranged the event AYUR FOOD FEST 2021. We are very much grateful to the Department of Samhita and Siddhanta for their immense help for making the event a great success.

This 2nd Ayur food fest 2021 was held on October 20, 2021 by the Department of Swasthavritta & Yoga with the goal of increasing student understanding of Ayurvedic dietetics and putting the preaching of pathyahara into reality. Ayur food fest was held in Parul Institute of Ayurveda as a state-level Ayurvedic dietary competition with the theme Traditional Millets Recipe. One from Jalaram Ayurvedic College Godhra and five from Government Ayurvedic College Panigate were among the 25 participants.

The competition started at 9:30 am in RSBK lab of PIA and it was conducted in two sessions. Each participant was given 40 minutes to prepare the recipe. It was followed by exhibition of all recipes in the Rog Nidana lab. Dr. Hemant Toshikhane, Dean, Faculty of Ayurved, Parul University, Mr Satish Jha Sir, Dean, Faculty of Hotel Management, Parul University, and Vd. Hiten Vaja Sir were present during the exhibition's inauguration and lamp lighting. Ayurvedic faculty, as well as UG and PG students, joined us. Dr. Daivat Vora, Professor, Dept. of Swasthavritta & Yoga, Mrs Anushka Singh, Faculty of Food Technology, and Mrs Khyati Vaja, Nutritionist from Ahmadabad served as judges for the competition. Millet Maharaja, Jivanti Thepala, Guduchi Undhiyu, and other recipes were among those entered in the competition. It was also extremely difficult for the judges to render an impartial decision.

The second session was held in the PIA Auditorium. For the second session, Vd. Hiten Vaja sir, Founder Atrey Shasan Ayurved Chikitsa Kendra, gave a guest lecture on the theme of Applied Ayurvedic Dietetics and Aahar Kalpana in the Modern Era. The lecture was quite educational. The talk includes some very original concepts such as Prajananusar aahar, Anapan lakshyank, and Nalarandhana Vidhi. Vd Vaja sir is greeted by Dean sir, who presents him with an appreciation award and a memento.

Dr. Aparna Bagul, HOD, Dept. of Swasthavritta, PIA, presented the program's theme and report.

During the function, the competition winners were announced, and first, second, and third place winners received mementos and certificates.

First prize - Dr. Shradha Detroja (Pg Kaumarbhritya dept.PIA)forRagi Uttapam

Second prize – Dr. Seema Virangama (Pg Dravyaguna dept.,Panigate) Guduchi for Undhiyu

Dr Madhavi Bhat (Pg Dravyaguna dept., Panigate) for Jivanti Thepala

Third prize – Dr. Khushbu Kurkutiya (Pg Kaumarbhriya dept.) for Ragi Halwa

Dr Khushboo Desai (Pg Dravyaguna dept, PIA) for Bajari Kuler

The judges' certificate for the recipe competition was given out.

Dr Kavita Singh, a PG Scholar from the Rachana Sharer Department, served as the session's anchor.

The event came to a close at 4:00 p.m. with the national anthem.











