

Abhyuday



Is Organic “really organic ?”

Kampus Khabar

Alumn column



*Words from the Editor's desk...*

# This Issue



## Dear Reader

Believe you me but Mr. Sundar Pichai, CEO of Google, learnt the theory of self-development from a cockroach. How and when is intriguing. It goes this way: On his visit to a restaurant in US, he saw a group of ladies creating pandemonium over a cockroach, a tiny creature that, somehow, found its way into the restaurant. Utterly confused, it flew and sat on the waiter (who was observing all this) and to its surprise, he didn't panic at all. Rather, he stood calm, waited for the creature to stabilize, carefully picked it up by hand and released it back into the outside, yet safe world. The story highlights a beautiful way to understand life – one should not react but always respond to the disturbances caused in one's life.

***"One who is HAPPY is not so because Everything is RIGHT in his LIFE...  
HE is HAPPY because his Attitude towards Everything in his LIFE is RIGHT..!!"***

As a flag bearer it was really important for me to give a new yet viable direction to the readers of this magazine. I, Aditi, the new Editor-in-chief, on behalf of Team Abhyuday, present you the 8th edition of our beloved e – newsletter.

To enlighten you, cover story addresses the critical issue about the authenticity of organic foods - Are organic foods really organic? Do these foods really justify their name? All the myths get busted with this cover story.

Have you ever thought that you'll be eating your spoons and forks along with your meal sometime sooner? It may definitely sound inane, but after going through "What the Food" (WTF) all your doubts would be cleared.

In continuance to the previous editions, the career corner provides insights into the Masters programme in Food Science offered by University of Helsinki, Finland.

Alumn Column will feature an email conversation with Ms. Mitu Sarma, working for Mondelez India. She reminisces her good times at CFTRI and shares her funniest and scariest memories.

As always, we humbly request you to shower your love and affection by writing back to us your kind views/ suggestions/ ideas/ feedback/ appreciation/ criticism on this and previous editions. We would be happy to hear from you.

**Have a joyful reading...**

Regards  
Aditi

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# About Abhyuday.....

Emerging as a pioneer in food research in 1950 and continuing to provide an impetus to the food and allied sectors, CFTRI is the backbone of food-based scientific as well as industrial developments in India. The genesis of Abhyuday owes itself to the heritage that was created by the great minds that have been a part of this institution ever since the beginning and emerged from here as successful individuals spreading the glory of this place far and wide.

Abhyuday is a Sanskrit word which means beginning or awakening...

Awakening for re-inventing the vigour and strength by breaking away from the shackles of mediocrity and sombreness...Awakening for being the change and leading the way...

The e-newsletter, it is expected, would try and achieve its goal of promoting dissemination of the right and benign knowledge and act like an umbilical cord that would keep us connected to our mother institution.

Industry Buzz will include the past months developments in food industry viz. M&A, new product launches, new market entrants, market reviews, inventions and innovations etc. The Cover-Story will track one most important development of the month in the food industry with a detailed analysis from all the quarters. What The Food! will shed light on the interesting and lesser known facts about food. Kampus Khabar will attempt to track the campus news, developments, conference and seminars, tech-talks by our alumni. Career Corner would be the space where articles related to interpersonal and communication skill development, interview etiquette, CV writing skills etc. would be stressed.

The most exclusive of all the sections would be the Alumn Column which will feature technical articles, literary and artistic works, tweets and blogposts, creative and memorable contributions by our distinguished alumni. Also, we shall run a feature on one prominent CFTRIian in any field in each edition.

Besides, updates regarding upcoming seminars and events, congratulatory messages on birthdays and anniversaries, placements and promotions of alumni will also be featured. Advertisements from industries and entrepreneurs will also be featured for free. With a view to ensure the involvement of the readers and make the experience worthwhile, some games like crosswords, food quiz, jigsaw puzzles, riddles etc. would also be incorporated.



# INDUSTRY

# BUZZ

## **75% vendors display food without covering; food exposed to dust: Analysis**

Saturday, 26 March, 2016

CSIR-CFTRI and the Academy of Scientific & Innovative Research (AcSIR) have reported that 75% of the street vendors displayed food without covering, which is a major area of safety concern. Further, majority of food vendors are found too close to thoroughfare, which exposes food to dust and particulate matter and do not meet proper hygienic standards thus may result in food-borne illnesses. The survey was conducted by AcSIR doctoral students of CSIR-CFTRI, Mysore. The main objective of the present study was to assess the adherence to food hygiene practices and FSSAI (Food Safety & Standards Authority of India) guidelines by street food vendors in Mysuru city. Key findings of the survey revealed that major serving from the carts included chats such as "pani puri", south Indian food like dosa and idli and Chinese items like "gobi manchurian". The period of survey was between February 15 and March 3, 2016. Earlier this week, CSIR-CFTRI organized a half-day workshop on 'Ensuring Safe Street Food' in India's Cleanest City.

<http://www.fnbnews.com/Top-News/75-vendors-display-food-without-covering-food-exposed-to-dust-analysis-38685>

## **Mahindra & Mahindra forays into dairy business with Saboro in 4 variants**

Tuesday, 22 March, 2016

The agri business vertical of Mahindra & Mahindra has now forayed into dairy market with the launch of Saboro milk. The company's plant in Dewas (near Indore, Madhya Pradesh) has a processing capacity of 10,000 litres of milk per day. It will be made available in four variants: double toned milk, full cream milk, protein rich milk, and cream rich milk. The brand is available only in Indore, but the company expects to launch a range of fresh dairy products in Madhya Pradesh over the next one year. The company said that Saboro is derived from the Spanish word Sabor which means taste. The company has put in place a technologically advanced milk collection supply chain in around 70 villages near Indore where it works directly with farmers with an aim of ensuring that they get the best value for their milk and the consumers get milk that is of highest quality.

<http://www.fnbnews.com/Top-News/mahindra--mahindra-forays-into-dairy-business-with-saboro-in-4-variants-38684>

<http://www.thehindubusinessline.com/companies/mm-forays-into-dairy-biz-with-saboro/article8385577.ece>

## **Bisleri ties up with Grofers to make Bisleri Pop available on platform**

Sunday, 20 March, 2016

Bisleri International is launching its four flavored beverage range, Bisleri Pop, only on Grofers, an on-demand delivery service mobile platform. As part of the tie-up, every time a consumer clicks on Bisleri advertisements, he/she will be directed to the Grofers app. Consumer packaged goods marketers are embracing a mix of m-commerce and new distribution methods to get closer to their consumers. Bisleri International, which has re-entered the soft drink segment, is launching its four variants, Limonata, Fonzo, Pina Colada and Spyci on the platform under the 'Bisleri Pop' portfolio. The new range has been launched across the country priced at Rs 10 for 200 ml bottle, Rs 15 for 300 ml bottle and Rs 20 for 250 ml can.

<http://www.fnbnews.com/Top-News/bisleri-ties-up-with-grofers-to-make-bisleri-pop-available-on-platform-38676>



# INDUSTRY BUZZ



## Elanpro announces launch of SPM Beverage Dispensers, Ice o Matic at Industrial fair

Wednesday, 30 March, 2016

Elanpro, a refrigeration solutions company, introduced SPM Beverage Dispensers and Ice o Matic ice machines at the recently-held F&B and hospitality industries fair "Aahar". The company has teamed up with SPM for the distribution of their product in India. SPM is an Italian brand and is known for its beverage and frozen products solutions. The company has also joined hands with America's Ice machine brand, Ice O Matic. Also, it has recently opened experience centres to provide a first-hand experience of its products to its customers, across India. With opening of eight of them in Pune, Delhi, Lucknow, Agra, Varanasi and Chandigarh, it is aiming to open 50 such centres by the end of 2017.

<http://www.fnbnews.com/Top-News/elanpro-announces-launch-of-spm-beverage-dispensers-ice-o-matic-at-aahar-38700>

## Whiskin Spirits launches Whiskin Craft Whisky

Wednesday, 30 March, 2016

Whiskin Spirits Pvt. Ltd, a known name in manufacture of alcohol and spirits, has announced the launch of Whiskin Craft Whisky, a premium Scotch Blended Whisky crafted in India with international flavors. Whiskin Craft is a confluence of premium Imported Scotch, rich Indian malts and premium grain spirit made via a triple distillation process which lends it a velvety smooth taste. It has natural flavors of toasted dry fruits, honey and dark chocolate leaving a long, lingering taste and a smooth finish, characteristic of Scotch Blended Whisky. Founded in 2013, Whiskin Spirits introduced its products in Delhi in October 2014 and has recently launched its products in the state of Haryana.

<http://www.fnbnews.com/Top-News/whiskin-spirits-launches-whiskin-craft-whisky-distilled--bottled-in-india-38697>

## Government initiates work on policy related to FDI in food retail business

Tuesday, 29 March, 2016

In a recent development, the Union government has initiated the process for framing the policy with respect to foreign direct investment (FDI) in food retail business. The department of industrial policy promotion (DIPP) has been entrusted to chalk out plan for the investment through FIPB route. According to Union minister for food processing industries Harsimrat Kaur Badal, the ministry is getting a lot of queries regarding FDI, ever since the policy initiative was announced by the Finance minister in the Budget. The food processing minister claimed that 100% FDI would help farmers in increasing their income while giving much-needed fillip to the food processing sector and development of infrastructure.

<http://www.fnbnews.com/Top-News/government-initiates-work-on-policy-related-to-fdi-in-food-retail-business-38696>

## Agriculture SSC wins Best Sector Skill Award at Assocham Skills Summit 2016

Tuesday, 15 March, 2016

Agriculture Skill Council of India (ASCI) has won the Best Sector Skill Council Award at the 2nd Assocham Skills Summit on 15th March 2016 held in New Delhi. The Award was instituted by Assocham to acknowledge the Indian Sector Skill Councils who have demonstrated an outstanding commitment to the skills agenda in India - one of the most important challenges the country is facing today. The award was conferred at the opening ceremony of the Summit by Mr. Rajiv Pratap Rudy, Hon'ble Minister for Skill Development and Entrepreneurship (independent charge) to Mr. Satendra Singh Arya, CEO, Agriculture Sector Skill Council.

<http://timesofindia.indiatimes.com/city/mumbai/Agriculture-SSC-wins-Best-Sector-Skill-Award-at-Assocham-Skills-Summit-2016/articleshow/51412427.cms>



# Is Organic “really organic”?



By: K.A.Chakradhar | kac.cftri50@gmail.com

Much before Patanjali became a phenomenon to reckon with, organic foods were hardwired into the Indian DNA right at the turn of the millennium. While the fervent advocates fight tirelessly to legitimise its Indian pedigree, the very idea of what makes organic organic is a grail quest in itself, if their arbitrarily-defined standards and partial-exceptions<sup>1</sup> (towards certain pesticides like copper sulphate, borates etc. which are hazardous to human health) is anything to go by. The decisions, it is rumored, are made in a murky process that combines agronomy, lobbying, and fundamentalism. Nevertheless, subscribing to organics is like “back-to-nature’s way” no matter how penny-pinching it might seem.

## Definition

USDA Study Team on Organic Farming defines organic farming as “a system which *avoids or largely excludes the use of synthetic inputs* (such as fertilizers, pesticides, hormones, feed additives etc.) and to the maximum extent *feasibly relies upon crop rotations, crop residues, animal manures, off-farm organic waste, mineral grade rock additives and biological system of nutrient mobilization and plant protection.*”

But, “organic” *does not* automatically mean “*pesticide-free*” or “*chemical-free*”. It means that these pesticides, if used, *must be derived from natural sources*, not synthetically manufactured. Also, these *pesticides must be applied using equipment* that has *not been used to apply any synthetic materials* for the past *three years*, and the *land being planted cannot have been treated with synthetic materials* for that period either.

## USP of Organic foods=

There are two key aspects at the heart of food industry- safe & hygienic production and sanitary methods of processing & holding till consumption. Organics focus answering more of the former and less of the latter. Their *USP is bred on the fear psychosis* in the minds of the consumers over the ever-increasing number of *synthetic pesticide residues* finding their way into the highly-structured food chain, *in seemingly unavoidable levels*, with the potential of unleashing a lethal cocktail of *carcinogenic and teratogenic health hazards* to mention a few.

## How healthy are they?

1. With regards to pesticides, the *evidence is pretty conclusive - chances of getting pesticide residues are much less with organic food*
2. In the most comprehensive to-date meta-data analysis on organic foods organized by researchers at Stanford University’s Center for Health Policy found *little significant difference in health benefits between organic and conventional foods*. No consistent differences were seen in the vitamin content of organic products, and *only one nutrient — phosphorus — was significantly higher in organic versus conventionally grown produce*.
3. Some studies have shown *higher levels of certain anti-oxidants*, but the *significance* of that, if any, is unknown. It may even be undesirable; recent medical research has shown that the *administration of anti-oxidants blunts the strength-enhancing effects of exercise*.
4. Studies show *no significant flavour difference* between organically grown and conventionally grown foods. Instead, taste differences appear to come from the food variety, its growing conditions, and its maturity and harvest time.

## Indian Scenario

- Presently, India ranks *10th among the top ten countries in terms of cultivable land under organic certification.*

-The certified area includes *%15 cultivable area* with 0.72 million Hectare and rest 3.99 million Hectare) is *forest and wild area* for collection of minor forest produces. The total area under organic certification is *4.72 million hectares* (14-2013).

-While *Sikkim* achieved the unique distinction of being *%100 land under organic cultivation* (certification questionable?), *Madhya Pradesh leads the list* with the largest area under organic certification.

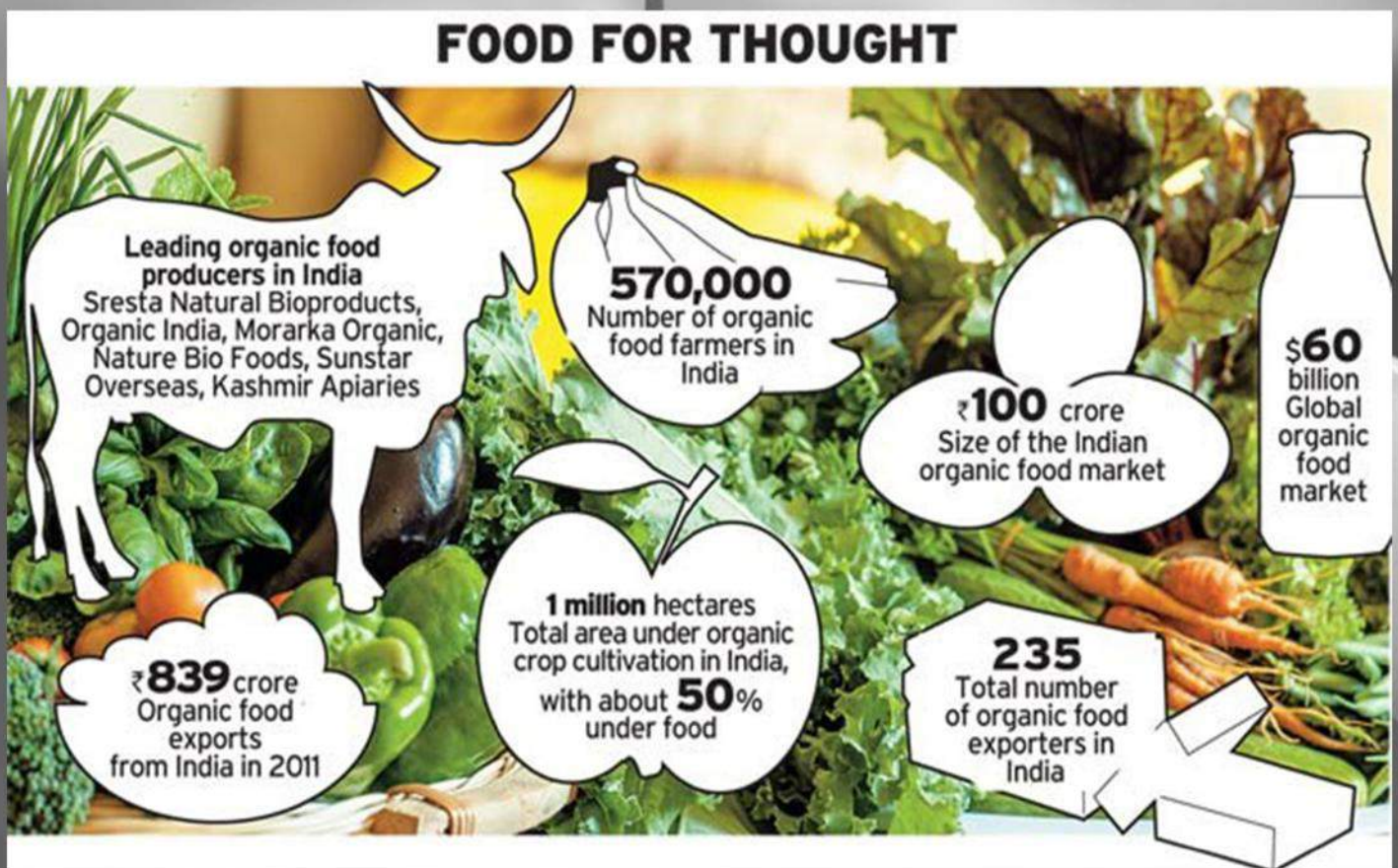
-In India, organic foods are certified by *National Programme for Organic Produce (NPOP)*, comes under APEDA, and has been recognized by European Commission and Switzerland as equivalent to their country standards.

### -Present categories

- Cultivated Crops
- Wild Collection
- Processed food products (single/multi ingredients)
- Chain of custody (traders, storage, transport, export)

### -New categories (standards are in the process for notification under NPOP)

- Aquaculture
- Livestock
- Textiles



Organic Market in India (Assocham, 2015)

## Conclusion

The overzealous attitude of some in promoting organic foods without informing its pseudo-health benefits is as hollow an argument as promoting smoking without informing its adverse effects. One thing is for sure- while the cost of organic food production is high due to the capital and labour intensive system of its cultivation, even in the most developed of the economies like USA where yields of organic cultivation haven't been comparable to conventional practices, farmers have started realizing that organic agriculture isn't improving their bottom line. While suggesting a time-line until when organics will no longer be in the vogue in India would be difficult, endorsing the efficacy of the production systems and establishing standards for organic produce seems to be a far cry.

-Until then, the best approach is to **STAY INFORMED** about **WHAT IS ORGANIC?** Here's a quick guide to labelling that dichotomizes between what is organic and what isn't:

-"**100 organic**": No synthetic ingredients are allowed by law.

-"**Organic**": At least %95 of ingredients are organically produced.

-"**Made with organic ingredients**": At least %70 of ingredients are organic; the other %30 are from a list approved by the USDA.

-"**Natural**" or "**All Natural**": Doesn't mean organic. No standard definition, except for meat or poultry products, which may not contain any artificial flavoring, colors, chemical preservatives, or synthetic ingredients. Claims aren't checked.

(The views expressed are author's personal.)

## References -

1. List of approved synthetic substances allowed for cultivation of organic crops - <http://www.ecfr.gov/cgi-bin/text-idx?c=ecfr&SID=9874504b6f1025eb0e6b67cadf9d3b40&rgn=div6&view=text&node=7:3.1.1.9.32.7&idno=7>
2. About organic produce - <https://www.ocf.berkeley.edu/~lhom/organictext.html>
3. Little evidence of health benefits from Organic Foods - <https://med.stanford.edu/news/all-news/09/2012/little-evidence-of-health-benefits-from-organic-foods-study-finds.html>
4. Pesticides versus organically grown foods - <https://ag.arizona.edu/pubs/health/foodsafety/az1079.html>
5. Organic products - [http://apeda.gov.in/apedawebsite/organic/Organic\\_Products.htm](http://apeda.gov.in/apedawebsite/organic/Organic_Products.htm)



# What The Food?



*Hmmmm.....!!!  
Finish Your  
Food and Eat  
Your Cutlery*



Just think your mom saying “finish your meal along with your cutlery.” Doesn't it sound absurd? Yes for a while, but will not be so with the advent of edible cutlery.

At birthday parties or many other events and mostly at street stalls cutleries are unavoidable. Any type of plastic is made with certain chemicals that can leach into food. India uses about 120 billion pieces of disposable cutlery every year.

**Narayana Peesapati**, the founder and Managing Director of Bakey's Food Private Limited has discovered edible cutlery in the form of spoons, forks. Bakey's edible cutlery is made from a mix of jowar (sorghum) blended with rice and wheat, without preservatives just like dehydrated vegetable it has shelf life of 3 years. The spoons and chopsticks do not get soggy if placed in water and food. They only soften after some time (10-15 minutes), and thus can be eaten easily at the end of the meal. Even if discarded, they decompose within five to six days, if not eaten by insects or rodents.

To add a splash of color, they mix in spinach, beetroot or carrot pulp.

Bakey's edible cutlery is made in different flavours: Sugar, Ginger-cinnamon, Ginger-garlic, Mint-ginger, Celery- black pepper-cumin, Carrot-beetroot.

There are no emulsifiers, additives, fats or preservatives – only natural ingredients. The dough is baked at high temperatures in moulds in semi-automatic machines. You may think they're fragile but jowar gives them a hard and crisp texture

The nutritive quality and manufacturing process of edible cutlery	
Nutrition aspect	Amount ( per 100 g)
Energy	34.86 cal
Protein	1.06 micro g
Fat	0.12 micro g
Minerals	0.13 micro g
Carbohydrate	7.64 micro g
Fiber	0.19 micro g

Advantages of edible cutlery

- Less generation of waste
- Reduction in the use of plastics
- Since made from multi grains, when consumed enhance the nutritional quality of our diet
- Last but not the least reduced workload on our mothers



# KAMPUS KHABAR

## STRESS BUSTER

IFT Club had organised the game of "tambola" on 20th March. Everyone had a fun filled afternoon, as the game generated huge interest in the audiences, with their excitement and suspense reaching boiling levels at times. After four rounds and winning countless chocolates in the game, everyone left feeling happy and wanting more.



## BURA NA MANO HOLI HAI!!!!!!

Holi was celebrated by M.Sc. students on 25th March and the celebration was organized by IFT Club. The sound of typical Bollywood music was heard from every corner as the celebration began in front of mess at 9 in the morning and continued till mid-afternoon. Everyone applied colors and hurled each other into the muddy pit that was specially made for the occasion. All the students danced amongst a riot of colours. By early afternoon, they all had turned into a variety of shades where everyone was covered, from head to toe with brightly coloured "gulaal" and were drenched with water.

They all invariably ended up being undistinguishable.



# CAREER CORNER

## UNIVERSITY OF HELSINKI

The University of Helsinki is the oldest and largest institution of academic education in Finland, an international scientific community of 40,000 students and researchers. In international university rankings, the University of Helsinki typically ranks among the top 100. The University of Helsinki seeks solutions for global challenges and creates new ways of thinking for the best of humanity. Through the power of science, the University has contributed to society, education and welfare since 1640.

The university offers the following course in food technology: M.Sc. food science

### STRUCTURE

The course duration is of 2 years which includes completion of an individual laboratory project in the area of chosen specialist option (Food Safety or Food Bioprocessing). Duration of the laboratory work is about 3 months followed by a preparation of a coherent, written master's thesis report. The master's thesis is divided into a review of relevant literature and a detailed report of the laboratory work with results, discussion and conclusions. Each student must perform a maturity examination after the master's thesis has been submitted for evaluation.

### ENTRY REQUIREMENTS

Master's Degree Programme in Food Sciences will admit a maximum of 15 students who satisfy the admission criteria. The MScFood programme offers one major subject, Food Science, with two specialist options: 1) Food Safety and 2) Food Bioprocessing. Applicants must apply to one of these specialist options. Each specialist option can admit a maximum of eight students; however, the total for the two subjects cannot exceed 15 students.

The Master's Degree Programme is open to applicants who have completed a suitable Bachelor's degree or an equivalent degree in Finland or abroad. Also eligible are applicants who will have completed a suitable Bachelor's degree or an equivalent degree by the set date.

### Admission Criteria

Admissions will primarily be based on

- Previous academic performance
- The relevance of previously completed studies
- The study plan
- The motivation letter written by the applicant
- The laboratory skills of the applicant

Generally, application period is between December end and January starting.

Reference -

<https://www.helsinki.fi/en/masters-admission-food-sciences-master-of-science-food-sciences-2-years/1.2.246.562.20.7662114970>





# Alumn Column



**Mitu Sarma** sounds giggly and geek in the first encounter. From being an avid reader to being a culinary expert in Chinese & Indian cuisine to work for Mondelez India, this Assamy girl, although clearly scared of Holi, paints for us, on the caricature of Alumn Column, a beautiful picture of the good-old days of hers at CFTRI exclusively for our readers, when she got into touch with Ms. Shweta, our Alumn Column correspondent.

**1) Your favourite place in the campus?**

Spending time in the Mughal garden after dinner...how I miss it even today

**2) What do you miss the most??**

Pintoo- my pet cat in CFTRI

**3) Some funkiest gossips you ever heard/ knew about??**

Seniors telling us spooky stories about Princess Cheluvamba and ghosts playing violins behind C block in the night (well I tried but never heard that!!)

**4) How were the placements during your time?**

It was a much better year for us than a few very bad ones for our seniors. Started in April with 88% of us placed....not bad!

**5) Three things which you thought would've made your stay at CFTRI better??**

Good Mess food definitely, Wi-Fi of course and better labs perhaps in HRD

**6) Favourite spot in campus?**

Has to be Mughal Garden

**7) Best memories with seniors and juniors?**

First trip to Balmuri with seniors .....great fun and ice breaker trip.  
With juniors, I guess the birthday celebrations at night

**8) Favourite Festival celebration in campus?**

We had Ganesh Chaturthi celebrations even before our classes started in 1st semester. Although we had barely settled down in the campus at that time, we were already bonding over the preparations and by the end of the festival some of us had become good friends which made the journey ahead easier in the next 2 years

**9) Something you did in CFTRI but never done before?**

Dancing and playing with colours on a truck during Ganesh visarjan.....it was simply awesome

**10) Best take away experience/message from CFTRI?**

Work hard, play harder....and that's the way of life. So many exams, classes, practicals and on the other hand festivals, parties, late night gossiping....miss it all!

**11) What was your batch name & was there any story behind it?**

Zeal Fosters....why??...well lemme check with my batch mates

**12) Share something about your fresher's & farewell?**

Freshers: The grand Fashion Show we did with the seniors

Farewell: Mixed feelings...leaving behind some unforgettable memories and at the same time looking forward to a new job, a new life

**13) You besties name and your group name if any?**

Salome was my bestie and we belonged to the Non D (Delhi) Gang...because 6 in our batch were from DU and rest of us were, well, Non D Gang

**14) Your Maggie moments?**

During many many exams that we have, Maggie would always be the only happy things during those difficult days....and best part was the way we make Maggie- on a heater, in a kettle...creative ways

**15) Any embarrassing moment in CFTRI?**

Nah... I couldn't recall any

**16) During your time how was holi celebrated?**

Holi has always been crazy, to the extent of guys tearing off each other's t shirts and hanging them on the tree in front of boy's hostel...I used to lock myself in the room.

**17) Any special holi memories?**

Trying to escape and then later going about finding my mug and bucket everywhere as they would take away all buckets from the bathrooms.

On behalf of Team Abhyuday, we thank her for contributing to the e-mag. We wish her best of health and happiness in her personal and professional life.

May you kiss the zenith of success in all your endeavours...

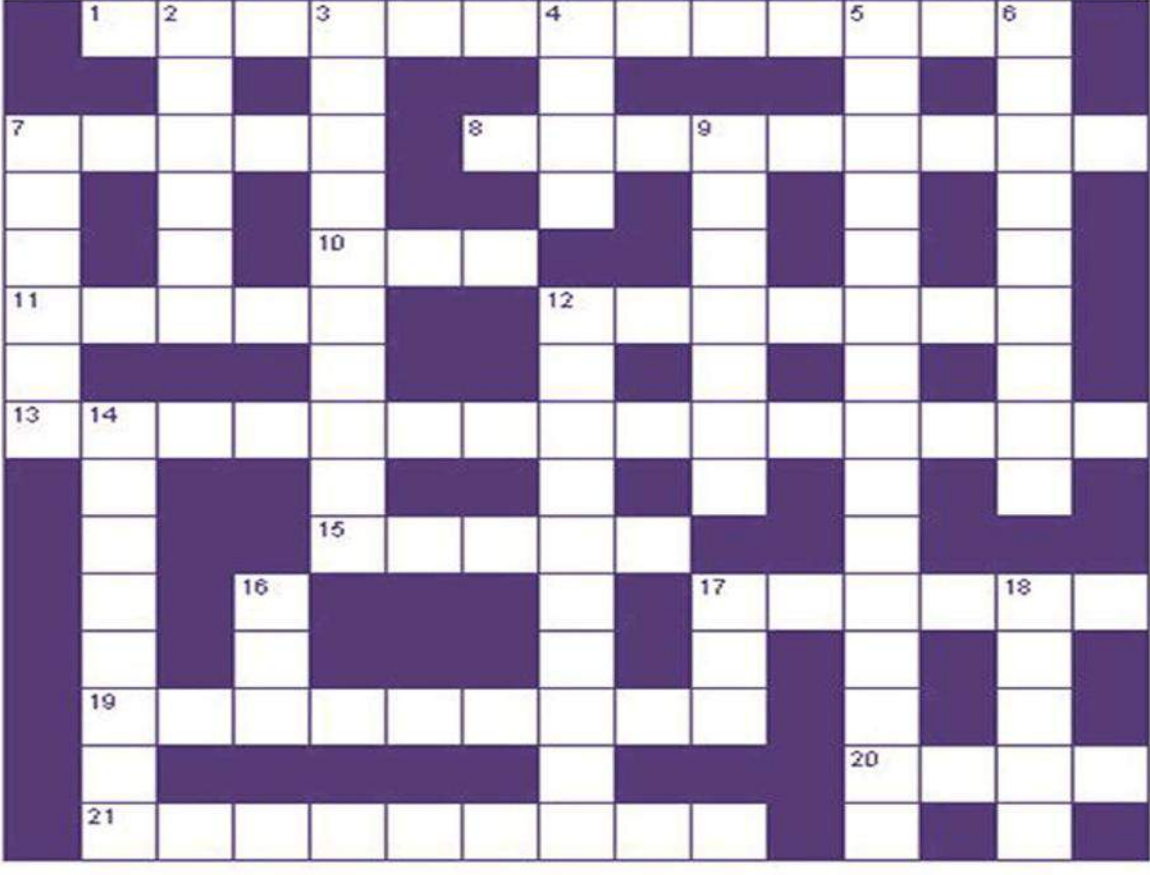


# Birthdays

The Alumn Column hereby sends their heartiest wishes in advance to the following alumni on account of their birthday.

S.No	Name	Batch	Date of birth	Email id
1	Anil Somani	1989-91	14 <sup>th</sup> April	<a href="mailto:anil.foodtech.cftri@gmail.com">anil.foodtech.cftri@gmail.com</a> , <a href="mailto:anil_foodtech_cftri@yahoo.co.in">anil_foodtech_cftri@yahoo.co.in</a>
2	Atanu Haldar	1996-98	19 <sup>th</sup> April	<a href="mailto:atanuhal@rediffmail.com">atanuhal@rediffmail.com</a>
3	Bhagya Nisha	2014-16	12 <sup>th</sup> April	<a href="mailto:bhagyanisha@gmail.com">bhagyanisha@gmail.com</a>
4	C.Kavitha	2001-2003	30 <sup>th</sup> April	<a href="mailto:agrikavi@rediffmail.com">agrikavi@rediffmail.com</a>
5	Champa D. M.	2004-06	3 <sup>rd</sup> April	<a href="mailto:champs_34@yahoo.co.in">champs_34@yahoo.co.in</a>
6	Chithra Nair	2000-02	10 <sup>th</sup> April	<a href="mailto:chithravn@hotmail.com">chithravn@hotmail.com</a>
7	Chitra M	1999-2001	2 <sup>nd</sup> April	<a href="mailto:Chitra_m_1979@yahoo.com">Chitra_m_1979@yahoo.com</a>
8	Gopa Sarkar	2006-2008	16 <sup>th</sup> April	<a href="mailto:gopa_sandipacft@yahoo.com">gopa_sandipacft@yahoo.com</a>
9	GopiRaman	1993-95	2 <sup>nd</sup> April	<a href="mailto:t_gopiraman@rediffmail.com">t_gopiraman@rediffmail.com</a>
10	Jitha.K.K (Ms)	1996-98	3 <sup>rd</sup> April	<a href="mailto:jithakk@rediffmail.com">jithakk@rediffmail.com</a>
11	Josen George	1979-81	29 <sup>th</sup> April	<a href="mailto:Josen@eim.ae">Josen@eim.ae</a>
12	Kalidas.M	83-85	5 <sup>th</sup> April	<a href="mailto:KALI.DASM@SBI.CO.IN">KALI.DASM@SBI.CO.IN</a>
13	Kailash Kakani	1988-90	21 <sup>st</sup> April	<a href="mailto:kkakani2002@yahoo.com">kkakani2002@yahoo.com</a>
14	Karuna Jayakrishna	2003-05	04 <sup>th</sup> April	<a href="mailto:karubob83@gmail.com">karubob83@gmail.com</a>
15	Kumar Vasist (C. V. Srinivasakumar)	1970-72	14 <sup>th</sup> April	<a href="mailto:kcvasist@yahoo.com">kcvasist@yahoo.com</a>
16	Kunapuli Madhusudhan	1976-78	10 <sup>th</sup> April	<a href="mailto:ktmadhusudhan2000@yahoo.com">ktmadhusudhan2000@yahoo.com</a>
17	Major Mohit Arora	2014-16	29 <sup>th</sup> April	<a href="mailto:Mohit4army@gmail.com">Mohit4army@gmail.com</a>
18	Mustakim Ahmad Ansari	1999-2001	28 <sup>th</sup> April	<a href="mailto:mustakim88@yahoo.com">mustakim88@yahoo.com</a> , <a href="mailto:mustakim.ansari@tatachemicals.com">mustakim.ansari@tatachemicals.com</a>
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# GAMES



### ACROSS

- 1 American classic still red inside
- 7 Another name for rapeseed
- 8 Lamb leg suitable for roasting
- 10 A male swan, or a small round brown loaf
- 11 Thin piece of wood or cardboard tipped with combustible chemical; ignites with friction
- 12 A village in Italy or a chicken dish
- 13 Red sheep on foil label insures authenticity
- 15 A fungus; source of medicinally important alkaloids and of lysergic acid
- 17 Preserve, kipper, souse
- 19 Softer, rounder flavor than a ruby port.
- 20 Russian fish soup frequently clarified with caviar
- 21 French for 'between dishes' or 'side dishes' with milk

### DOWN

- 3 A boy with his finger in a dike might have nibbled on this ball
- 4 Goes with Chandon
- 5 A crisp yellow fruit with a tasteful name
- 6 A cut of beef or veal from the fleshy hindquarters of the animal
- 7 A city of Alsace famous for its sauerkraut
- 9 Member of the ratite family whose meat is compared to lean beef.
- 12 A bone used especially in flavoring soup.
- 14 Called arboulastre d'oeufs during the Middle Ages
- 16 Elsie
- 17 The single, central kernel or stone of certain fruits
- 18 Low in alcohol



## SOLUTION



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