

Vegan
- the new ethics of eating



featuring the Fab
foodies in Alumni
Column

This Issue

Words from the Editor's desk...

*Alice: How long is forever?
White Rabbit: Sometimes, just one second.
- Lewis Carroll, Alice in Wonderland*



CFTRI, a land of dreams with its delicate beauty and magical charm, is nothing less than any Wonderland. Enchanted in its charm we hardly notice how time flies here. Time just seemed to fly and before we realized, a year has passed. The moments when we first looked at 'Fab Foodies' with nervous eyes are still fresh and now we already have said our goodbyes, with tears in our eyes. However painful goodbyes may be, they must be said one day, after all life is not meant to be lived in one place.

With lots of love and well wishes Team Abhyuday proudly presents, 'Abhyuday, 10th edition' to celebrate our seniors, with a 'Fab Foodies Scrapbook' a special column featuring the Fab Foodies, in the place of Alumni Column. As said by Yann Martel, 'It's important in life to conclude things properly. Only then can you let go. Otherwise you are left with words you should have said but never did, and your heart is heavy with remorse', so to conclude we have a collection of our seniors messages before they depart.

Dear readers, this edition of 'Abhyuday' also has a 'special vegan treat' in Cover Story. If 'vegan' is not your thing, worry not, there is 'Magic Plate' in 'What the Food' which magically changes your normal diet to a healthy one. 'Want to know what's hot in Food Industry?' we give you Industry buzz; 'Want to know what's happening in CFTRI campus?' there's 'KampusKhabar'. Tasty Careers are waiting for you in 'Career Corner'. Get refreshed in Games Section.

We are once again proud and happy to present this intellectual and visual treat, 'Abhyuday'. We always love hearing from you; kindly do write to us and give us your words of appreciation and guidance.

Happy reading!!

Warm regards
Editor-in-Chief
Nithya A

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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.

IRCTC, CFTRI JOIN HANDS FOR TRANSFER OF FOOD PROCESSING TECHNOLOGY.

DATE: 4 JULY, 2016

INDIAN RAILWAY CATERING AND TOURISM CORPORATION (IRCTC), AN INDIAN RAILWAYS PSU, HAS SIGNED AN MOU WITH CENTRAL FOOD TECHNOLOGICAL RESEARCH INSTITUTE (CFTRI) TO GET TECHNOLOGY TO PROVIDE HYGIENIC FOOD PRODUCTS AND SERVICES TO THE TRAIN PASSENGERS. IRCTC CHAIRMAN AND MANAGING DIRECTOR DR. A K MANOCHA AND CFTRI DIRECTOR PROF. RAM RAJASEKARAN SIGNED THE MOU WHICH AIMS TO PROVIDE TECHNOLOGY TO IRCTC TO PROVIDE ENHANCED HEALTH, SAFETY, DIVERSE REGION-SPECIFIC FOOD PRODUCTS AND EXTENDED SHELF-LIFE OF IDENTIFIED FOOD PRODUCTS FOR RAIL TRAVELLERS. APART FROM THESE, THE IRCTC AND THE CFTRI ALSO AGREED TO FINALIZE THE LIST OF PRODUCTS AND SERVICES FOR WHICH CFTRI WOULD PROVIDE ITS TECHNOLOGY TO IRCTC, A PSU OF INDIAN RAILWAYS.

FOR MORE INFORMATION LOG ON TO: [HTTP://INDIATODAY.INTODAY.IN/STORY/IRCTC-CF-TRI-JOIN-HANDS-FOR-TRANSFER-OF-FOOD-PROCESSING-TECH/1/707382.HTML](http://indiatoday.intoday.in/story/irctc-cf-tri-join-hands-for-transfer-of-food-processing-tech/1/707382.html)

FCI RECEIVES ANOTHER 25000 CR FOR SMOOTH OPERATIONS.

DATE: 4 JULY, 2016

FCI (FOOD CORPORATION OF INDIA) HAS RECEIVED ANOTHER LOT OF SUBSIDY OF RS 25,000 CRORE FROM THE FINANCE MINISTRY FOR THE SECOND TIME IN A QUARTER THIS FISCAL, A MONTH EARLIER THAN THE TIMING PLANNED. ACCORDING TO A SENIOR OFFICIAL WITH THE DEPARTMENT OF PUBLIC DISTRIBUTION, IT WAS DONE TO MAKE FCI OPERATIONS SMOOTH. THE BODY HAS BEEN FACING FINANCIAL CRUNCH DUE TO AN OVERBURDEN OF EXPENSES FOR IMPLEMENTING THE FOOD SAFETY LEGISLATION. IT WAS STATED BY THE DEPARTMENT OF PUBLIC DISTRIBUTION THAT TAKEN TOGETHER THESE FUNDS WOULD SERVE AS SUFFICIENT RESOURCES TO MANAGE THE RABI PROCUREMENT, WHEREIN THE FCI WAS AIMING TO PROCURE AROUND 300 LAKH TONNE OF WHEAT. HOWEVER, WITHIN THREE MONTHS TIME, THE MONETARY RESOURCES WERE EXHAUSTED AND FCI REQUIRED MORE FUNDS.

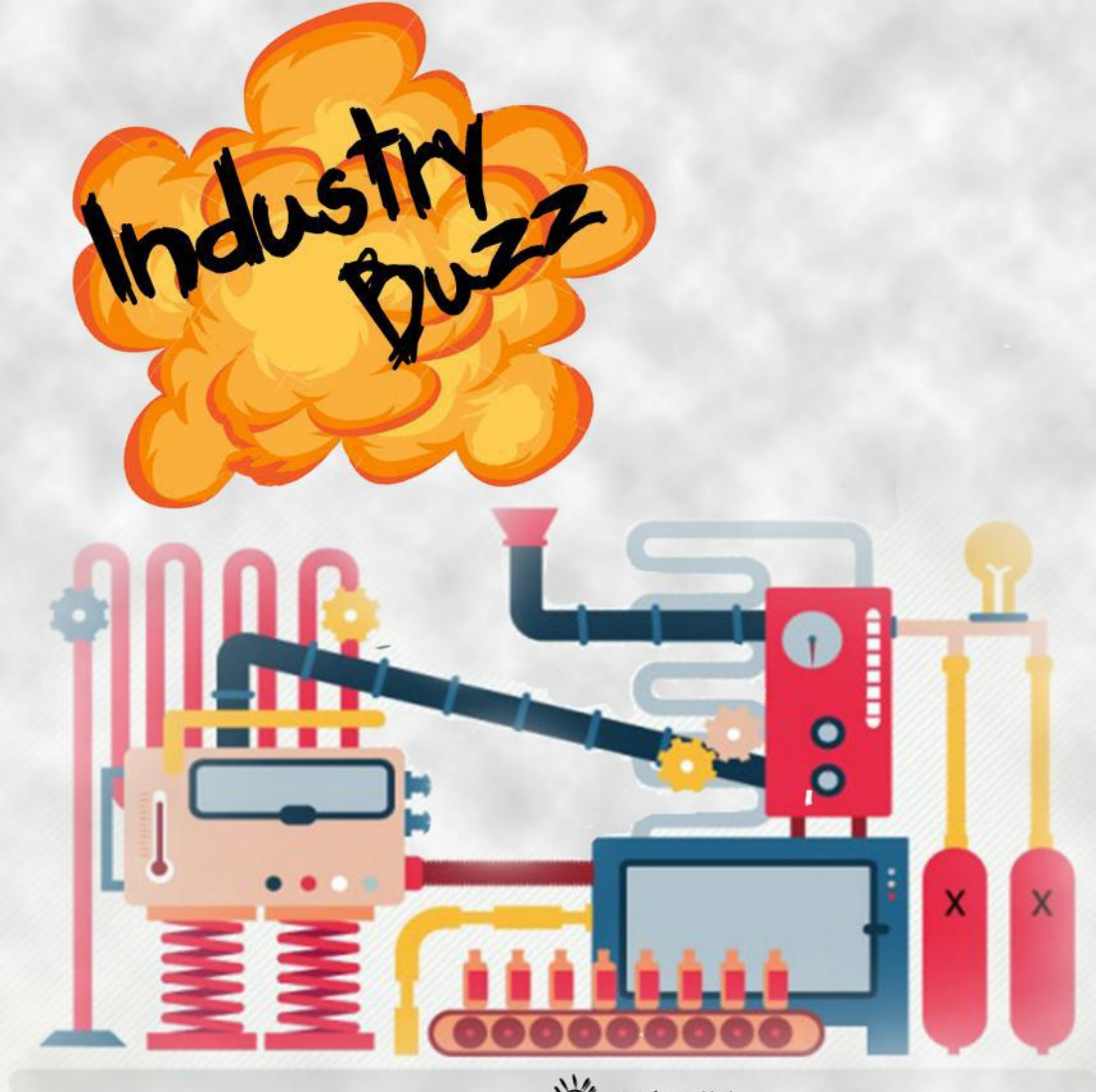
FOR MORE INFORMATION LOG ON TO: [HTTP://WWW.FNBNEWS.COM/TOP-NEWS/FCI-RECEIVES-ANOTHER-25000-CR-FOR-SMOOTH-OPERATIONS-39175](http://www.fnbnews.com/top-news/fci-receives-another-25000-cr-for-smooth-operations-39175)

CULINARY PROFESSIONALS SHOWCASED THEIR SKILLS AT AHP HOSPITALITY CHALLENGE 2016

DATE: 7 JULY, 2016

ASSOCIATION OF HOSPITALITY PROFESSIONALS (AHP) ORGANIZED THE THIRD EDITION OF AHP HOSPITALITY CHALLENGE 2016 FOR YOUNG HOSPITALITY PROFESSIONALS FROM PROMINENT HOTELS ACROSS DELHI & NCR TO DISPLAY THEIR HOSPITALITY SKILLS. ONE OF THE CHALLENGES WAS CULINARY CHALLENGE WHICH GAVE AN OPPORTUNITY TO THE POTENTIAL/BUDDING CHEFS TO ILLUSTRATE THEIR KNOWLEDGE AND INNOVATIONS IN DIFFERENT TYPES OF CUISINES. THE CULINARY CHALLENGE WAS ORGANIZED FOR THREE DAYS AT DELHI INSTITUTE OF HOTEL MANAGEMENT, NEW DELHI. OVER 90 YOUNG CHEFS FROM 20 EMINENT HOTELS CAME TO THIS PLATFORM TO PARTICIPATE IN THE CULINARY CHALLENGE AND DEMONSTRATED THEIR CREATIVITY.

FOR MORE INFORMATION LOG ON TO: [HTTP://WWW.THEHOTELTIMES.IN/INDEX.PHP/EXTRAS/JSTUFF/CONTENT-VIEWS/CATEGORY-LIST-VIEW/3627-CULINARY-PROFESSIONALS-SHOWCASED-THEIR-INCREDIBLE-SKILLS-AT-AHP-HOSPITALITY-CHALLENGE-2016](http://www.thehoteltimes.in/index.php/extras/jstuff/content-views/category-list-view/3627-culinary-professionals-showcased-their-incredible-skills-at-ahp-hospitality-challenge-2016)



FINEST QUALITY POHA FROM ASBAH.

DATE: 11 JULY, 2016

ASBAH, A BRAND OWNED BY DCP INDIA (P) LTD LAUNCHES ITS FINEST QUALITY "POHA" (RICE FLAKES) BRITTLE, CRISPY, EASY TO DIGEST AND FULL OF NUTRIENTS TO START THE DAY. ASBAH "POHA" IS EASILY AVAILABLE AT RETAIL COUNTERS AND HYPER- MARKETS LIKE V-MART, VISHAL MEGA MART, HOME STORE AND MODERN BAZAAR. ASBAH "POHA" MAKES FOR A WHOLESOME BREAKFAST DISH TO ENERGIZE YOUR DAY. THE PRODUCT IS ALSO AVAILABLE ON E-COMMERCE SITES LIKE AMAZON, BIG BASKET, SANGAM DIRECT AND SHOP FILO. RETAILERS CAN DIRECTLY BUY IT ON B2B PORTAL LIKE "JUSTBUYLIVE". IT IS HYGIENICALLY PACKED IN 500GMS POUCH.

FOR MORE INFORMATION LOG ON TO: [HTTP://WWW.FNBNEWS.COM/TOPT-NEWS/ASBAH-INTRODUCES--POHA-AVAILA-
BLE-AT-RETAIL-STORES--ECOMMERCE-WEBSITE-39203](http://www.fnbnews.com/top-news/asbah-introduces--poha-avai-able-at-retail-stores--ecommerce-website-39203)

INDIA RANKS THIRD IN PRODUCTION OF DRIED AND PRESERVED VEGETABLES

DATE-14 JULY,2016

INDIA IS THE WORLD'S SECOND-LARGEST PRODUCER OF VEGETABLES IN THE WORLD NEXT ONLY TO CHINA. BUT FRUIT AND VEGETABLE INDUSTRY IS HIGHLY DECENTRALIZED GENERALLY HAVING SMALL CAPACITIES OF 250 TONS PER HOUR. IN DRIED AND PRESERVED VEGETABLE MARKET HIGH RETURN IS USUALLY IN THE EXPORT MARKET, ESPECIALLY EUROPE. THE EXPORT CUSTOMERS ARE MOSTLY READY-TO-EAT FOOD MANUFACTURERS AND HOTEL CHAINS IN THOSE COUNTRIES. THE DRIED AND PRESERVED VEGETABLES MARKET OF INDIA IS EXPECTED TO GROW AT A CAGR OF 16% BY THE YEAR 2020. THE SUPPORTIVE AGRO-CLIMATIC CONDITIONS, POTENTIAL DOMESTIC MARKET, COST-COMPETITIVENESS, AND GOVERNMENT SUPPORT ARE SOME OF THE KEY FACTORS WHICH WILL DRIVE THE GROWTH OF THIS INDUSTRY.

FOR MORE INFORMATION LOG ON TO:[HTTP://WWW.FNBNEWS.COM/TOPT-NEWS/INDIA-RANKS-THIRD-IN-PROD-
UCTION-OF-DRIED-AND-PRESERVED-VEGETABLES-REPORT-39219](http://www.fnbnews.com/top-news/india-ranks-third-in-prod-uction-of-dried-and-preserved-vegetables-report-39219)

KERALA TO INTRODUCE 'FAT TAX': 14.5% TO BE LEVIED ON FAST FOOD CHAINS LIKE MCDONALD'S

DATE-14 JULY , 2016

UNLIKE ITS WESTERN COUNTERPARTS, INDIA IS STILL NEW TO THE CONCEPT OF 'FAT TAX' .THE NEWLY-ELECTED LDF GOVERNMENT IMPOSED 14.5% TAX ON BRANDED RESTAURANTS SELLING ITEMS LIKE TACOS, PIZZAS, BURGERS, SANDWICHES, AMONG OTHERS. THE ANNOUNCEMENT WAS MADE BY STATE FINANCE MINISTER THOMAS ISAAC AS A PART OF THE NEWLY-ELECTED LDF GOVERNMENT'S FIRST STATE BUDGET PRESENTATION AFTER BEING ELECTED TO POWER. MEANWHILE, THE STATE GOVERNMENT HAS ALSO MADE CONSUMPTION OF READY-TO-EAT CHAPATTIS DEARER WITH THE INTRODUCTION OF 5% TAX ON WHEAT PRODUCTS IN PACKETS. ALONG WITH THIS, 5% TAX HAS BEEN IMPOSED ON PACKAGED BASMATI RICE AND COCONUT OIL. DISPOSABLE GLASSES MADE OUT OF PLASTIC ARE SET TO BE TAXED AT A WHOPPING 20%.

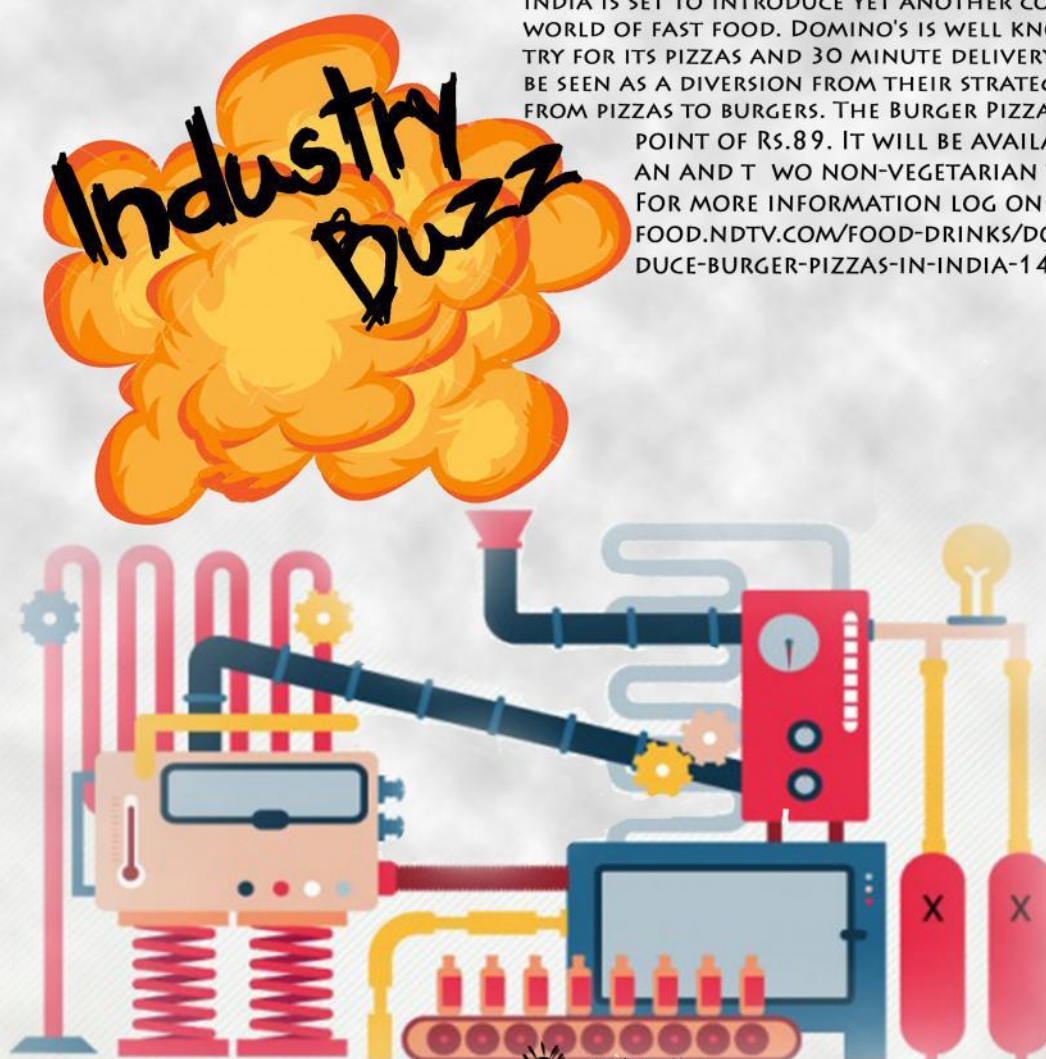
FOR MORE INFORMATION LOG ON TO:[HTTP://FOOD.NDTV.COM/FOOD-DRINKS/KERALA-TO-INTRO-
DUCE-FAT-TAX-14-5-TO-BE-LEVIED-ON-FAST-FOOD-CHAINS-LIKE-MCDONALDS-1429427](http://food.ndtv.com/food-drinks/kerala-to-intro-duce-fat-tax-14-5-to-be-levied-on-fast-food-chains-like-mcdonalds-1429427)

DOMINO'S TO INTRODUCE 'BURGER PIZZAS' IN INDIA

DATE- 13 JULY , 2016

IT'S A BURGER, IT'S A PIZZA, OH WAIT, IT'S A BURGER PIZZA! DOMINO'S INDIA IS SET TO INTRODUCE YET ANOTHER CONFUSED HYBRID IN THE WORLD OF FAST FOOD. DOMINO'S IS WELL KNOWN ACROSS THE COUNTRY FOR ITS PIZZAS AND 30 MINUTE DELIVERY GUARANTEE. THIS MAY BE SEEN AS A DIVERSION FROM THEIR STRATEGY, TO SHIFT FOCUS FROM PIZZAS TO BURGERS. THE BURGER PIZZA WILL START AT A PRICE POINT OF RS.89. IT WILL BE AVAILABLE IN TWO VEGETARIAN AND TWO NON-VEGETARIAN VARIANTS.

FOR MORE INFORMATION LOG ON TO:[HTTP://-
FOOD.NDTV.COM/FOOD-DRINKS/DOMINOS-TO-INTRO-
DUCE-BURGER-PIZZAS-IN-INDIA-1431044](http://food.ndtv.com/food-drinks/dominos-to-intro-duce-burger-pizzas-in-india-1431044)



Vegan – the new ethics of eating

- By Aditi Arya

"Nothing will benefit human health and increase chances for survival on Earth as much as the evolution to a vegetarian diet" – Albert Einstein

Think of all the people you know – from world leaders to a beloved relative – whose lives have been diminished by heart disease, or who have died of a heart attack or stroke. Think of the complex surgeries they undergo, the shelves of drugs they may consume, the bills we all share in paying and the grievances for sure. Here lies the irony wherein we consider all these things as normal but "normal" really means long life and many years of good health.

We have been prey to several diseases because of our own deeds. In our pursuit of the good life, we have piled our plates high with meats and creamy sauces. We believe in drinking big glasses of milk even as grownups. In fast – food restaurants, we choose meat, egg, cheese and high – fat foods from the appealing pictures. Apparently the diet of prosperity has turned out to be a killer. A high – fat animal based diet is the single most significant cause of death from heart disease. The effective way of rolling down all these physiological conditions is to say yes to plant based foods and no to animal products. The concept of veganism can certainly throw some light on it.

Veganism is both the practice of abstaining from the use of animal products, particularly in diet and an associated philosophy that rejects the commodity status of animals. A follower of either the diet or the philosophy is known as vegan. The term vegan was coined in 1944 by Donald Watson when he cofounded the Vegan Society in England at first to mean "non-dairy vegetarian" and later "the doctrine that man should live without exploiting animals." The first meeting of the society was held in early November at Attic Club, London. So to mark the society's creation World Vegan Day is held every 1st November. Interest in veganism increased in the 2010s; vegan stores opened, and vegan options became available in more supermarkets and restaurants in many countries.

The main difference between a vegan and vegetarian diet is that vegans exclude eggs and dairy products. Ethical vegans avoid them on the premise that their production causes animal suffering and premature death. Veganism is not only a new means of enhancing one's health but also it pays a huge emphasis on the miserable plight of the animals. For example, in egg production, most male chicks are culled because they do not lay eggs. To obtain milk from dairy cattle, cows are made pregnant to induce lactation; they are kept pregnant and lactating for three to seven years, then slaughtered. Also, female calves are separated from their mothers within 24 hours of birth, and fed milk replacer to retain the cow's milk for human consumption and male calves are slaughtered at birth, sent for veal production, or reared for beef. Vegans often embrace the desire to live in harmony with all other living organisms. Thus this also involves the avoidance of wearing clothing or using items that are made from animal products, such as leather, fur, and silk. Many vegans choose this lifestyle to promote a more humane and caring world.

A vegan diet often gives people the benefit of a clear conscience, knowing that they are not contributing to practices that harm or use animals in any way. Vegan's food choices may also benefit the environment by reducing global warming. This positive result is a natural result of not contributing to or supporting the practice of animal agriculture. Animal agricultural methods are known to have a negative impact on the environment. A number of health benefits are also associated with veganism. People who follow this diet consume less saturated fat and more fiber. This type of diet usually results in lower cholesterol levels and blood pressure. Vegans also have a lower risk of heart disease, Type 2 diabetes, gallstones and some cancers, such as colon cancer. Although not every vegan is slim, people following this type of diet tend to weigh less than those who eat a typical diet that includes meat. Another advantage of vegan diet is that vegans often explore a wide variety of new and unusual fruits, vegetables, grains, and beans as they embrace this alternative diet.

Common vegan foods include oatmeal, stir-fried vegetables, cereal, toast, orange juice, peanut butter on whole wheat bread, frozen fruit desserts, lentil soup, salad bar items like chickpeas and three bean salad, dates, apples, macaroni, fruit smoothies, popcorn, spaghetti, vegetarian baked beans, guacamole, chili...vegans also eat tofu, eggless pancakes, eggless cookies, soy ice cream and yoghurt, rice pudding, banana muffins and a lot more delicacies which makes a vegan diet tasty and tempting too.

There is another related term known as raw veganism. It means a diet that combines the concepts of veganism and raw foodism. It excludes all food and products of animal origin, as well as food cooked at a temperature above 48 °C (118 °F). A raw vegan diet includes raw vegetables and fruits, nuts and nut pastes, grain and legume sprouts, seeds, plant oils, sea vegetables, herbs and fresh juices.

Apart from various other benefits, a common myth persists that a vegan struggles to get enough nutrition. It is being assumed that vegan diets are low in proteins, fat, vit B12, ω-3 fatty acid, iron, zinc, calcium and vit D. But all these deficiencies can be met easily by following the given practices.

Protein

It is very easy for a vegan diet to meet the recommendations for protein without following a strict protein planning or a combination. Almost all foods except for alcohol, sugar, and fats provide some protein. Vegan sources include: lentils, chickpeas, tofu, peas, peanut butter, soy milk, almonds, spinach, rice, whole wheat bread, potatoes, broccoli and kale.

Fat

Vegan diets are free of cholesterol and are generally low in saturated fat. Thus eating a vegan diet reduces the risk associated to cardiovascular diseases. High-fat foods, which should be used sparingly, can be included like oils, margarine, nuts, nut butters, seed butters, avocado, and coconut.

Vitamin D

Vitamin D is not found in the vegan diet but can be made by humans following exposure to sunlight. At least ten to fifteen minutes of exposure, two to three times a week is recommended for adults so that vitamin D production can occur. Food sources of vitamin D include vitamin D-fortified soy milk and rice milk.

Calcium

Calcium, needed for strong bones, is found in dark green vegetables, tofu made with calcium sulfate, calcium-fortified soy milk and orange juice, and many other foods commonly eaten by vegans. Vegans should eat foods that are high in calcium and/or use a calcium supplement.

Zinc

Vegan diets can provide zinc at levels close to or even higher than the RDA. Zinc is found in grains, legumes, and nuts.

Iron

Dried beans and dark green leafy vegetables are especially good sources of iron, better on a per calorie basis than meat. Iron absorption is increased markedly by eating foods containing vitamin C along with foods containing iron. Common sources of iron include soybeans, lentils, kidney beans, chickpeas, tempeh, black beans, prune juice, beet greens, tahini and peas.

Vitamin B12

There exist no reliable plant source for getting Vitamin B12 thus vegans either need to take its supplements or should go for vitamin B12 fortified soy milk or vitamin B12 fortified - meat analogues

Omega-3 Fatty Acids

In order to maximize production of DHA and EPA (omega-3 fatty acids), vegans should include good sources of alpha-linolenic acid in their diets such as flaxseed, flaxseed oil, canola oil, tofu, soybeans, and walnuts.

Vegan diet is full of health and also protects the environment and inhumane killing of animals for food use. But on the economical front this dietary regimen does not seem to be viable. The hike in the rates of pulses, oilseeds and other fruits and vegetables need no introduction, as they are quite visible. With hike in the prices of these commodities how can we assume that a person following a vegan diet would be able to meet his nutritional requirements by just relying on plant sources? We all know that animal based products are concentrated sources of nutrients and can easily fit in the budget of a middle class family. Plant sources are generally deficient in vit D, B12 and other micronutrients. Thus a vegan then needs some supplements of calcium and vitamin B12 in order to meet his/her RDA. If the supplements are not taken then it may lead to low bone mineral density. Also, the indiscriminate use of pesticides and fungicides on crops diminishes all the remaining health benefits that they may offer. Being an agricultural country the present scenario of India is not hidden. There is lack of agricultural lands and also a shift has been seen from people leaving agriculture and moving to other occupations. In such case how can one adopt veganism in his/her life? A possible solution can be to follow some sort of permutation and combination among various dietary regimes and this solely depends on the health status as well as the financial status of the individual. With increasing health based disorders there would be surely an immediate need of modified diets in the coming future.

References

1. <http://www.vrg.org/nutshell/vegan.htm>
2. <http://www.dentistryplymouth.com/health-benefits-of-a-vegan-diet>
3. Am J Clin Nutr-2009-Craig-1627S-33S.pdf
4. Vegan%20The%20New%20Ethics%20of%20Earth





Santa and Banta are serious for the first time in their life.

Do you know why??

Because they are feeling that their stomach is becoming like a tyre because of oily, greasy and fatty foods. They were determined to consume only fat free food till they get healthy but they couldn't continue that.

Oops!!!

Actually the above story is not just about Santa and Banta but it's about 33% populations of world who are suffering from obesity but unable to control their food habit because of the tempting fatty foods.

In Thailand, which is one of the leading countries in obesity, BBDO Bangkok, in collaboration with the Thai Health Promotion Foundation found a solution for it by removing excess calories from food without compromising with its taste, texture and flavour.

As magical as it sounds, as real it is!!

"Small design that makes the big health impact"

Absorb Plate

How is it different from normal plate??

An easy washable plate with 500 perforations just like sponge, it absorbs excess oil from food before eating. It can reduce up to 7 ml of grease. As excess fat equates to excess calories it removes approximately 30 calories per plate of yours without any change in your everyday diet.

Just 30 calories does not seem like much. But a reduction of 30 calories from every meal does add up to make you healthier. Now that perfect figure you always dreamt of is only an 'absorb plate' away!

References:-

*<http://elitedaily.com/envision/plate-cuts-calories-oil/1497073/>

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*<http://metro.co.uk/2016/05/20/this-magical-plate-absorbs-excess-calories-and-grease-from-your-food-5893828/>

*<http://www.dailystar.co.uk/diet-fitness/517647/Absorb-Plate-magic-plate-absorb-calories-grease-oil>



KAMPUS KHABAR

MOCK INTERVIEWS

As a part of the quest sessions, a series of mock interviews were organized for M.Sc first years to give them an experience of the placement session. Panel members for the session were Major. Raghavender Singh, Miss Pallavi Shriyan S, Mr. Karan Arora, Miss Nancy Tyagi and the session was moderated by Mr. K A Chakradhar. The feedbacks and suggestions given by the panel members proved to be valuable to all the participants and will help them face their big interviews in the upcoming placement session in next semester.

IFT CLUB ELECTIONS

With yet another passing year, elections for various posts of the eminent IFT club were conducted among the first years on 10th of June. After voting, based on the results following posts were designated

President – Mr. Vijaykumar Matti

Cultural Secretary – Miss Manisha Thakur

Assistant Cultural Secretary – Miss Shweta Srivastava

Sports Secretary – Mr. Prathamesh Rajesh Bharane

CEO of Quest – Mr. Abhishek Panwar

Treasurer – Miss Dinta Sebastian



TRIP TO GRS

The President of IFT before ending his term organized one fun filled trip to GRS Waterpark for M.Sc students on 18th of June. The juniors were glad to go on this trip as it gave them one last chance to spend a wonderful day with their seniors. Everyone had a gala time splashing and dancing in water and screaming and sliding through the swashbuckling rides.

FAREWELL NIGHT

The Kung Food Pandas organized "SAARANG" a splendid farewell night, to bid adieu to their lovely seniors the "FAB FOODIES" on 23rd June at IFTTC Auditorium. The Chief guest for the evening was Prof. Ram Rajasekharan, Director-CFTRI. The Guests of Honour were Mrs. Nirmala Shahpurkar and Mr. Hakim Ashrar Ahmed.

The cultural extravaganza included an enchanting couple dance, a captivating southern fusion dance and the girl's bollywood dance. Highlight of the evening was Contest for the title of Mr. and Miss. CFTRI. After exhibiting their creativity and presence of mind through 4 rounds, Mr. K A Chakradhar and Miss Shahana Salar were crowned Mister and Miss CFTRI by the Director. The evening also included short chucklesome skits enacted by Kung Food Pandas, providing a glimpse into the life of FAB FOODIES. The evening ended with screening of a heart warming documentary and DJ night.



FAREWELL PARTY

The FAB FOODIES treated their juniors to a dinner party for one last time at the Kings Kourt hotel on 24th June. The juniors and seniors had a marvellous time together. They shared their experiences about their stay in CFTRI with everyone and created an emotional atmosphere, leaving everyone teary eyed.



The article is a sequel of the lip smacking and enthralling careers in the Food and Beverage industries.

CAREER CORNER



1. PRODUCT DEVELOPMENT TECHNOLOGIST

WHAT'S IT ALL ABOUT?

New Product Development technologists work in the food industry to create food that is safe and attractive to customers. One is concerned with planning the large scale manufacture of food products and this will involve producing samples and designing the processes that will enable the food products to be made in large quantities without any loss of quality or taste. One could work to improve existing recipes or help with the invention of new ones.

Very often one will work alongside development chefs, to produce or amend kitchen samples into recipes that can be easily produced in large volume through the design of processes and machineries to make these products. Of course all of this must be done within a strict and ever-changing regulatory framework around the treatment of foodstuffs.

WHAT MIGHT I BE DOING?

One's role as a New Product Development technologist will vary depending on the size of the company one is working for, the sub-sector they operate in and quite possibly, the customer for whom you're developing products. However, tasks common to the job are likely to include:

- Modifying current products and processes and developing new ones
- Continually researching markets and technologies to develop new product concepts
- Selecting raw materials and other ingredients from suppliers
- Preparing product costing to ensure profitable products
- Auditing suppliers or managing internal audits from customers
- Coordinating launches of new products or running trials
- Dealing with any customer complaint investigations or product issues
- Drawing up product specifications and ensuring new products can be manufactured profitably and safely
- Working with range of colleagues within the company to ensure that your products will have a successful launch and manufacturing life
- Developing the ability to repeat processes to ensure consistency and safety
- Working with official food inspection and hygiene agencies
- Working with engineering/production to develop solutions to production issues whilst maintaining food safety

WHAT WILL BE EXPECTED?

One needs to have an interest in the chemistry of foods and the science of food preparation and its application to the food development process. The job involves paying a lot of attention to detail and also need to have good written and verbal skills to prepare reports and present ideas to customers.

One needs to deal with lots of people in this role and definitely need to be the sort of person who enjoys meeting others and discussing new ideas.

As a new product development technologist, one is expected to keep right on top of any changes in food-related legislation and possible impacts on one's company - and also should be a stickler for food safety and hygiene.

WHAT QUALIFICATIONS DOES ONE NEED TO GET IN?

A food-related degree is required as the preferred entry qualification for the job of product development technologist. A bachelor's degree in Food Technology is one of the entry level requirements. Investigations and dissertations in product development, process development, scale up operations; sensory science offers candidates a competitive edge

Candidates are expected to have significant exposure in areas such as Food Standards and Regulations, microbial criteria of foods and risk assessment.

2. PACKAGING DESIGNER

WHAT'S IT ALL ABOUT THEN?

Packaging Designer is responsible for the creation of attractive, functional packaging for food products made by one's company.

One will probably spend about a third to a half of one's time actually designing packaging - and the rest working on production costs, meeting with colleagues to discuss your work and meeting with customers to fine-tune one's designing.

WHAT MIGHT I BE DOING?

On a day-to-day basis, it will be down to you to:

- Develop the primary and secondary packaging for new food products
- Initiate the qualification of new packaging materials and formats
- Conduct shelf-life studies and make recommendations based on findings
- Manage the testing of packaging materials with independent laboratories to ensure packaging integrity meets specifications
- Follow all company food safety protocols and government regulations
- Perform your role in a way that promotes and protects food safety
- Liaise with senior management in order to ensure that company legal and ethical requirements are adhered to.

WHAT WILL BE EXPECTED?

As a food Packaging Designer, one needs to have a good understanding of the qualities of the product that one is working on and be able to work within the guidelines as drawn up in the packaging specifications for the product.

When a new product is created, the developer will be involved with the team involved with working out how to package the product.

Knowledge of food production technology and food science are vital to perceive the properties of what has been developed - this will have an impact on the way in which it needs to be packed or wrapped.

One is responsible for the actual look and feel of the packaged product and finding the most economical options available for the packaging and may also be involved with the development of new packaging methods, shelf-life studies and so on.

WHAT QUALIFICATIONS DOES ONE NEED TO GET IN

One should strongly consider degrees in Food Technology and Food Science and other related subjects, particularly those courses that offer modules in packaging related areas.

WHAT ABOUT FURTHER TRAINING?

Postgraduate degrees are available in Packaging. The skills one will need are summarized as follows:

- Knowledge of basic budgeting
- Able to work effectively as part of a team
- Thorough knowledge and understanding of the packaging process and maintenance related processes
- Expert knowledge of national and regional food safety regulations
- Able to balance product packaging needs - including ecological, economical, increased shelf-life, visual appeal and transportation efficiency



FAB FOODIES

SCRAPBOOK

From meeting milestones to withstanding failures, from making promises to breaking them, from dying for friendships to burning the midnight oil... it was an era well lived and well cherished.. I remember thinking that when the time comes, it would be hard to say goodbye and trust me, it is!! Looking forward to reaching higher paradigms, solving bigger and more complex Rubic's cubes and wondering what our purposes in life is... Whatever little I am today, it's been a recipe of your love, support and concern... Will miss you guys and of course will miss CFTRI!! But, yeah will carry a part of it wherever I go... That's it!!

- Aakriti



CFTRI..... For me it is a changing flower.... and we, the Kings and Queens of Fab Foodies have really enjoyed our life in this beautiful balace. But, now it is time to say alvida... Happy to say that I am leaving with my heart full of memories. Where ever or whatever I will be I can proudly say "I am a Cftrian".

Thanks to Fab Foodies for everything.... I will miss you all... and best wishes to our dear juniors "Kung Food Pandas"!!!!

- Anjali V



SMILE

DREAM

LIFE



2 years is not enough time to explore a place, but with CFTRI it has a vibe, the people are so energetic that you don't stop moving, working, exploring. Every day started with inquisitiveness and ended with contentment. The awesomeness of the weather, the cultural diversity, the serene environment and the people around you complete the 24 hours. The maturity and the experience achieved in the 2 years in itself speak a lot. This won't have been possible without CFTRI!!!

- Ankita Kataria

"Dear seniors, we would like to hear from you how you felt last two years in CFTRI, please write a few words for alumni column", read Aditi's message in my inbox, it was a reminder, Yes!!!! I am leaving this place, for a new life where CFTI and fabfoodies are not around me.... It was not a pleasant thought at all, the last two years have molded me in such a way that if I woke up at any other place other than B 10 my life is not complete, the happiness won't be doubled until unless I share it with kungfood pandas and fabfoodies, jokes cannot be enjoyed fully until unless they were cracked on the mess table, Parties are incomplete without those last minute rush, selfies, and DJ. I'm going to miss all those precious moments we had, and my lovely juniors. All the best KungFood Pandas.

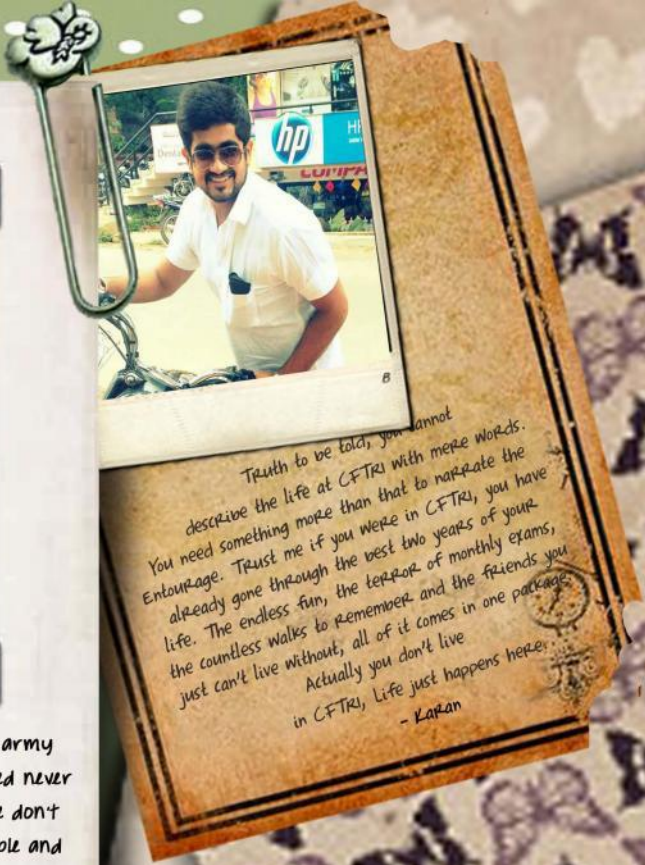
- Ashwathi S L





I am being nostalgic writing it today... But there is a history to it... A raw army man among the breed of intellectuals... Finding himself out of place... But this breed never let me alone, carried me along and ultimately made me a food technologist (please don't test it)... Moments, light and enjoyable and never forgettable. Chirps on dining table and slog on study table... Learnt a lot... Will miss this fraternity always and ever. Lovely matrs, learned seniors and adorable juniors, I assure you that you deserve a special corner in my heart. Least to mention, the lovely weather of mysore, Chamundi Hills and the daring night outs...CFTRI you will be missed

- Major Raghavender Singh



Truth to be told, you cannot describe the life at CFTRI with mere words. You need something more than that to narrate the Entourage. Trust me if you were in CFTRI, you have already gone through the best two years of your life. The endless fun, the terror of monthly exams, the countless walks to remember and the friends you just can't live without, all of it comes in one package. Actually you don't live in CFTRI, Life just happens here.

- Karan



CFTRI, I can proudly call you my second home and M. Sir, my family. I can recall every single day that I have spent here, since every new day was different and worth waking up for. I never felt homesick, seriously, even on weekends we had one program or another to cherish our stay at CFTRI. I have earned a lot of things here. Earlier, I used to think why do people who left here years ago, still want to come back to her. But now I know why. I love you CFTRI and I owe you lot many things.

- Rita Devi



CFTRI... Place where I learned & lived each n every moment happily... I got wonderful people here like my seniors, friends (FabFoodies) and my juniors who made my life more lovely... Thank you so much for ur love...It is not easy to say bye to CFTRI but we have to... and proud to be a CFTRI-an... I will miss you all!!! All the best "Kung Food Pandas"!!!

- Priyanka Rathi



CFTRI - a magic box
The feeling through which I am going while writing this message is inexplicable. Tears are rolling down my eyes because this is a place where I got a basket full of happiness and joy. I have lived my life to cent percent in this place and the memories which I gathered will be there in my heart till the end point of my life... I can say that CFTRI is my second home and this is because I got greatest friends and this message is dedicated to those friends... Love you rathi, Rita, Karan

- Divya Goswami



Life in CFTRI is complete. The first day I came to CFTRI, I was nervous. I couldn't look into any one's face. It took two days to interact with few people. But intros

made the interaction with all seniors and classmates. We had enough time in CFTRI to spend with friends and rain around Mysore, but we never had time to submit records, assignments and to study for exams. Time flies when the exam schedule comes. The time I spent on the trips with all my friends and classmates is memorable throughout my life. I will surely miss all my friends and juniors. Love you all.

- Pochineni Sahaja



If I were to paint the means for CFTRI with a quill dipped in the ink from all the world's oceans with a paper as vast as this journey but a lifetime world of happiness A short & sweet journey but a lifetime world of happiness and learning. Will miss you!
-Kasane Anjali, Calicut



Many more to learn and many more to add in memory. That's CFTRI. Seriously... no words to I found out myself and realized I am in CFTRI... CFTRI will make u realize u

-Shahana S



LOVE

JOY

HOPE



I want to express my gratitude for Abhoday team for completing a year of Abhoday I wish that abhoday continues for many more editions I hope that all the abhoday readers will have a blissful life ahead
G VARUN REDDY



C-CARE-F-FUNT-TALENT-R-ROCK-I-IMAGINARY-CFTRI DAYS WERE JUST ANVE-SOME IT HAS GIVEN SO MANY MEMORIES. KNOWLEDGE. WONDERFUL JUNIORS... WE WILL MISS ALL... FINALLY BIG THANKS TO CFTRI - SUCHARANI



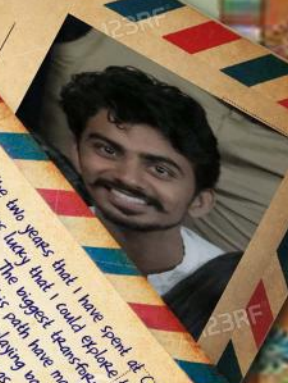
CFTRI, the only place which created memories that lasts for lifetime. Starting from the day I joined every single moment was beautiful with all the friends (Nivertha, saha ja, Chaitradhar, Murali, Sudha, Rite, Divya, Samarth, Hinarshu, Gautam, Sheetal, Varun and shehane), Juniors (Aditi, Muthu, Sristy, Manisha, Nithya, Darshan, Prathamesh, Saloni, Suprit, Gopika, Tripathi & Shwetha) and seniors (Breezha Akka & all). When I turn back, CFTRI is nothing for me without all these people. Each day at CFTRI gave me confidence, love, dreams to carry, true friends and good people around to remember them forever. Two years of M.Sc life shaped me to a person how I have to be for the rest of my life. A small message for the upcoming juniors. Study smart, gain knowledge, enjoy the trips, express yourself, do parties and have all the fun to the extent you say 'Enough'. Take only the good memories from CFTRI when you leave, not the regrets. Best of luck!!!
- Baghya Nisha





The most beautiful days of my life were during the two years that I have spent at CFTRI... Gods bless me and in the process discovered my best buddies. A lot of memories on this path have made me more mature towards the aspects of life. So many dreams like photography, sketching, playing badminton and guitar from people in my surroundings. The love given by seniors and juniors and the affection I got was out of this world. Many memories, a mixture of pleasant experiences I had during my stay at CFTRI. The presence at CFTRI I am overwhelmed by so many feelings that are creating a puzzle of words in my mind, making it difficult to express my experience. Being a part of social life not only with humans but also dedicating time for animals was one of the pleasant experiences I had during my stay at CFTRI. The beautiful campus of CFTRI who have engraved their names in my heart. Leaving CFTRI was tough but people whom I met in my eyes and pain in my heart. Changing is nature's rule. Nothing stays permanently so with tears in my eyes and pain in my heart, I have accepted the end of this journey here. Wish you all the best my dear friend, junior friends and my senior friends... Thank u so much for being there. Be happy and stay blessed. Love U and will miss u forever.

- Dimple Samarth Vaidya



CFTRI is a carnival of different cultures, festivals, religions and regions. These two years of his celebration, studies and interactions with people has the ability to produce true gems. Will never forget each year and every moment I had here.

- Himadri



CFTRI for me has been a place where an introvert like me found a chance to come out of my shell and explore my ambitions, my passions, my interests and learn so much about life from the legions of CFTRI'ans. I'll cherish my days here forever.

- Rashmi



"What's your one word for CFTRI?" "Colourful". I looked up at all the 26 seniors sitting in front of me, during one of the midnight introduction sessions, anticipating them to ask me for an explanation. Instead, they all nodded their heads in unison. Two years later, my answer still remains the same. Personally, these two years were a roller coaster ride for me. Before I realized, duties of being the cultural executive took over. Ganpati, freshers, farewell, stress busters, welcoming the juniors, farewell, stress busters, numerous other functions taught me so much; most importantly I learnt that you should accept help whenever you get it. Apart from this, those late night talks on the slope, early morning walks around the campus, dancing with seniors in the rain, exploring Mysore restaurants, backpacking in and around Karnataka, my association with People for Animals, treats with juniors, learning new skills, heartbreaks, placement, birthday parties, uncountable gifts, tears of joy, moments of doubt, learning diplomacy...all have been branded in my memory and in my heart. I have made some friends here that I can never delete from my life. They don't call this a trailer of the life outside for no reason. Will miss every drop of it.

- Ishita Roy

It feels great to be a part of CFTRI and known as CFTRI'ian. It provides a mix of fun and responsibilities. I will miss The Royal Campus, walks after dinner, late night maggi parties to name a few. Two years seem to be such a short period of time now...

- Nancy Tyagi



Don't be dismayed at goodbyes. A farewell is necessary before you can meet again. And meeting again, after moments or lifetimes, is certain for those who are friends.

Birthdays

S.N O.	NAME	BATCH	DATE OF BIRTH	EMAIL.ID
1.	A. Swaminathan	1980-82	19 th June	swaminathan29@yahoo.co.in
2.	A.Chokkalingam Pillai.(A.C.Pillai)	1982-84	01st June	ac_pillai@yahoo.com
3.	Ambili Johnson	1990-92	17th June	ambilijohnson@gmail.com
4.	Anwasha Sarkar	2003-05	3rd June	anweshas1981@yahoo.com
5.	Bhosle Balaji Maratrao	2000-02	15th June	bmbhosle@yahoo.com
6.	Brijesh Kumar Tiwari	2001-03	16th June	brijesh_t27@rediffmail.com
7.	chaitra nayaka M.K.	2007-09	02nd June	nayaka_chaitra@yahoo.com
8.	Dangre Samarth Vidhyadhar	2014-16	03rd June	samarthdangre@gmail.com
9.	D. S. Shekhawat	1977-79	01st June	shekhawat_ds@hotmail.com
10.	Dhruva Jyoti Sanyal	1990-92	30th June	dhruvasanyal@yahoo.co.in
11.	Farhana Shabnam Rahman	2000-02	4th June	fshabnam78@yahoo.com
12.	June Odelia Swer	2000-02	25th June	jswer@yahoo.com
13.	K Ganapathy	1997-99	16th June	k.ganapathy@dsm.com
14.	N.Vikram Singh	1999 - 2001	12th June	vik_tory2000@yahoo.com
15.	Nilabh Singh	1986-88	10th June	singhnilabh@yahoo.com
16.	Panda Durga Prasad	2001-03	18th June	panda_cftri@yahoo.com
17.	Prakash S. Jagtap	2002 - 2004	29th June	prakashjag@gmail.com
18.	Puneet Malhotra	2003-2005	11th June	malhotra_puneet@hotmail.com
19.	Satish Kumar	2011-13	09th June	satskumar5555@yahoo.com
20.	Sreekanth Morla	2005-2007	01st June	mskanth_dt@rediffmail.com
21.	T.K.Varadarajan	1978-80	16th June	tk_varadarajan@yahoo.com
22.	Umarani.J	1999-2001	13th June	uma136@yahoo.com , umacavin@gmail.com , umarani.j@cavinkare.com
23.	Venkatesh K Sridharan	1998-00	15th June	kundumanisvenkatesh@gmail.com
24.	Yamini Sarnaik/ Pradhan	2000-02	20th June	yamini_sarnaik.pradhan@ymail.com, meenuyamini@yahoo.com

Birthdays

JULY BIRTHDAYS				
1.	Amaresh Chakrasali	1996-98	01st July	amareshchakrasali@yahoo.co.in
2.	Anjna Devi	1998-2000	05th July	anjna5777@yahoo.com
3.	Ashwani Khajuria	1992-94	15th July	kajuria99@yahoo.com
4.	Chandra Mouli Kuravi	1999 - 2001	7th July	kcmouli75@yahoo.com
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6.	K Rajendra Kumar	1984-86	02nd July	kumarkr_62@yahoo.com
7.	Lakshmi. K. Thunga	2001-03	14th July	lakbabs@yahoo.com
8.	L.Gopika	2015-17	27th July	Gopika027@gmail.com
9.	Manjunath P	2001-03	1st July	manjup710@rediffmail.com
10.	Manjunath.H	1998-2000	15th July	manju146@yahoo.com
11.	N.S.Krishnamachari	1977 - 79	30th July	krish134@yahoo.co.in
12.	Neha Srivastava	2006-08	25th July	neha_cftri@yahoo.co.in
13.	Prashanth S.J.	2004-2006	17th July	pachhi_cftri@rediffmail.com, prashanth.sj@himalayahealthcare.com, pachhi_cftri@gmail.com,
14.	Ramakanta Mishra	2002-04	1st July	rk_mishrain@yahoo.com
15.	Saloni Oza	2015-17	30th July	Salonioza30@gmail.com
16.	Shashikala Kamath	1993-95	13th July	shashi739@rediffmail.com
17.	Smita Gupta	1998-00	19th July	smitasmile19@yahoo.co.in
18.	Sudipta Nandi	1997-99	04th July	sudipta_nandi1@rediffmail.com , nandi005@yahoo.co.in
20.	Vivek M Dandekar	1975-77	1st July	vivek.dandekar@genmills.com

GAMES

A	F	G	N	U	T	M	E	G	C	F
Z	N	S	N	K	H	R	T	J	O	D
Y	R	E	Y	E	O	B	C	H	C	I
K	W	A	S	H	I	O	R	K	O	R
B	V	F	U	T	U	P	A	O	N	P
A	X	O	F	O	L	C	N	V	U	U
N	N	O	H	M	Y	E	B	E	T	L
A	E	D	T	A	R	M	E	G	W	S
N	T	G	R	T	D	K	R	N	A	E
A	U	C	D	O	A	V	R	A	T	U
C	L	T	H	P	H	C	Y	R	E	M
L	G	N	I	A	L	E	M	O	R	B

Answers for the following questions are given in the table above, but you have to search for it in all possible directions!
Happy Finding!!

1. WHEN TAKEN IN LARGE DOSES WORKS AS HALLUCINOGEN
2. IT CAN BE USED AS BLOOD PLASMA
3. RICH SOURCE OF OMEGA 3 FATTY ACIDS
4. PROTEIN ENERGY MALNUTRITION
5. UN DECLARES 2016 AS THE INTERNATIONAL YEAR OF
6. POOR MAN'S ORANGE IN INDIA
7. THE WORLD'S LARGEST PUBLIC FOOD AND BEVERAGE COMPANY ACCORDING TO THE ANNUAL LIST OF 'FORBES GLOBAL 2000' IN 2016
8. CONSUMPTION OF THIS FRUIT CAN FIGHT AGAINST DEPRESSION
9. ENZYME WHICH CAN DESTROY TASTE-BUDS AND BREAKDOWN PROTEIN
10. WHEAT PROTEIN WHICH CAUSES CELIAC DISEASE
11. THIS FRUIT, IF RIPEN CAN BOUNCE LIKE A RUBBER BALL
12. THE FRUIT WHICH CONTAINS FLAVONOIDS 'NARINGENIN'

A	F	G	1.N	U	T	M	E	G	2.C	F
Z	7.N	3.S	N	K	H	R	T	J	O	D
Y	R	E	Y	E	O	B	11.C	H	C	I
4.K	W	A	S	H	I	O	R	K	O	R
8.B	V	F	U	6.T	U	P	A	O	N	5.P
A	X	O	F	O	L	C	N	V	U	U
N	N	O	H	M	Y	E	B	E	T	L
A	E	D	T	A	R	M	E	G	W	S
N	T	G	R	T	D	K	R	N	A	E
A	U	C	D	O	A	V	R	A	T	U
C	L	T	H	P	H	C	Y	R	E	M
L	10.G	N	I	A	L	E	M	12.O	R	9.B

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