

18TH EDITION

OCTOBER 2018


Abhaya

Reliving the Legacy



Sugar is the new Cigarette!

DUSSEHRA

edition

About Mysuru Dussehra

Dussehra meaning “ten day” festival symbolizes ten colorful celebrating nights of our culture. This edition brings out our hard work to serve you with special columns to tighten up the bonds of the CFTRI hive.

Let us embrace the good and cast out the bad in us, irrespective of culture and lands we entangle with love. We dedicate this heartwarming memory to our beloved readers with a little wish called

“Happy Dussehra!!”



Words from the Editor's desk...

This Issue



To all the distinguished readers

"Awake, arise and educate to smash traditions for liberation"
-Savitribai Phule

We the 'French Toast Mafia' 53rd batch of CFTRI, heartwarmingly presenting the 18th edition of Abhyuday on memorable occasion of Dussehra. Embrace yourself for a merry celebration we will walk you to glorious events happened in our CFTRI. I dedicate this Dussehra edition mainly to our Abhyuday team, their sleepless nights and enthusiasm which have made our CFTRI family so proud.

These Dussehra nights sewed our bonds with our beloved juniors and alumni, fun chats over mess, dandiya nights, roaming on eye sparkling streets of Mysuru, exploring food mela and many more. These are little things warmed our hearts closer. I like our readers to join for these wonderful moments and be a part of us.

This edition will definitely bring diet conscious to sweet tooth people over their sweet cravings; behold with our jaw dropping cover story "Sugar is the new cigarette".

Industry buzz will tempt your tongue to grab the newly popped products in the market.

What the food will surely surprise taste buds as well your neurons with a theme "Wealth out of waste".

The concept of LEARN, UNLEARN & RELEARN in career corner promisingly polishes our soft skills and trains up to be a perfect professional.

The intriguing column for our alumni "kampus khabar" will tap your subconscious memories of CFTRI.

Get ready to hack our alumni Mr. Kosana Anjani Chakradhar of 2014-16th batch, currently working in Mondelēz International, Inc., for his adventurous tales and recollection of CFTRI memories.

The eye candy column, I mean the photography section will be a good feast for lovers of photography and not forgetting to mention the gaming section is going jam your neuron circuits with RIDDLES.

At last we are still learners on this journey of CFTRI; groom and nourish us with your sincere feed backs....

Now scroll down

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TEJAS N**

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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 talk about a mind boggling relationship between food and our mind. 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. Also, we shall run a feature on one prominent CFTRIian in any field in each edition in Alumn Column.

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.

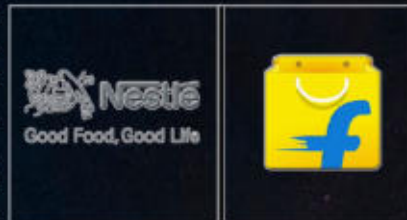
INDUSTRY BUZZ

Nestle India & Flipkart tie up to launch Maggi Special Masala noodles

Thursday, 23 August, 2018

Nestle India has announced that it will partner with Flipkart to launch Maggi Special Masala Noodles, which epitomises the flavours of India and brings with it the goodness of 20 finely ground and whole spices, roasted to perfection. As a part of the partnership, consumers can now pre-book Maggi Special Masala Noodles on Flipkart. This product will also be available exclusively on Flipkart between August 25 and 30, 2018, following which it will be available nationwide through Nestle's strong distribution reach.

For more information log on to: <http://www.fnbnews.com/Top-News/nestle-india-flipkart-tie-up-to-launch-maggi-special-masala-noodles-43630>



Coca-Cola to take minority ownership stake in hydration drink Bodyarmor

Saturday, 18 August, 2018

Coca-Cola will take a minority ownership stake in Bodyarmor, a fast-growing line of premium sports performance and hydration beverages, according to a recent statement by the companies. Through this strategic relationship, Bodyarmor will



remain an independent company and gain access to the expansive Coca-Cola bottling and distribution system. The initial investment, which will be a part of the Coca-Cola North America Venturing and Emerging Brands (VEB) investment portfolio, is structured to create value for both companies and allow Coca-Cola to increase its ownership stake over time.

For more information log on to: <http://www.fnbnews.com/Top-News/cocacola-to-take-minority-ownership-stake-in-hydration-drink-bodyarmor-43608>

Havmor introduces ice cream in Fresh Jamun and Zafrani Zaika flavours

Tuesday, 21 August, 2018

Havmor Ice Cream, which is made with fresh and pure milk, has introduced three new ice cream flavours - Fresh Jamun, Zafrani Zaika and Chocovita - for this season. They are available nationwide in scoops and family packs. Fresh Jamun, a fusion of fresh pulpy and tangy blackberries is a seasonal flavour. Zafrani Zaika, an innovative flavour of this season, is a blend of saffron and rich cream topped with almond, raisins and chironji (also known as charoli). Chocovita comprises a crispy dark chocolate wafer biscuit, and roasted cashews, blended with malt-flavoured ice cream. Havmor is a leading pure milk ice cream brand in India, known for its innovative offerings and a wide range of ice cream flavours. Every season, it unveils entices distinctive offerings with an indigenous twist.



For more information log on to: <http://www.fnbnews.com/Top-News/havmor-introduces-ice-cream-in-fresh-jamun-and-zafrani-zaika-flavours-43619>

Policies and Regulations

FSSAI facilitates CII & IADSA to set up nutraceutical resource centre

Thursday, 16 August, 2018

With a view to bring in the best global practices towards the harmonisation of nutraceutical regulations, FSSAI, the country's apex food regulator, has facilitated the Confederation of Indian Industry (CII) to establish a Resource Centre for Health Supplements and Nutraceuticals (ReCHaN) in partnership with the International Alliance of Dietary/Food Supplement Associations (IADSA), particularly on vitamin and mineral content in health supplements in India. In July 2018, FSSAI had signed a Memorandum of Understanding (MoU) with ReCHaN to support the best practices and enable effective science-based standards and regulations in the country. The resource centre, established by CII and IADSA, over the last one year, has been working efficiently to help establish a robust ecosystem towards maximising the full potential of the health supplement and nutraceutical sector.

For more information log on to: <http://www.fnbnews.com/Top-News/fssai-facilitates-cii-iadsa-to-set-up-nutraceutical-resource-centre-43602>

FSSAI permits FBOs to use ethephon for artificial ripening of fruits

Monday, 20 August, 2018

FSSAI has clarified that food business operators (FBOs) can use ethephon as a source of ethylene gas for artificial ripening of fruits. In addition to this, the country's apex food regulator has also issued a detailed guidance note for traders on artificial ripening of fruits. Lately, it had come to FSSAI's notice that stakeholders were not abiding by the provision to use ethylene gas. Several issues have been raised relating to the modalities of using ethylene gas to ripen fruits. The regulator has been actively considering an alternate to calcium carbide use for ripening process. Traders, in order to avoid spoilage during transportation, harvest raw fruits and ripen them before sale. Further, FSSAI received several representation on whether ethephon can be used to ripen fruits. After taking due consideration, FSSAI clarified ethephon in powder form could be used, provided that it is packed in sachets, and these sachets do not come in direct contact with the fruit.

For more information log on to: <http://www.fnbnews.com/Top-News/fssai-permits-fbos-to-use-ethephon-for-artificial-ripening-of-fruits-43617>

FSSAI constitutes expert panel to look into draft labelling regulations

Monday, 20 August, 2018

FSSAI has announced the formation of an expert panel to look into the draft Food Safety and Standards (Labelling and Display) Regulations, 2018, which were announced by the country's apex food regulator in April 2018. The regulations currently are at the stage of consideration by the Ministry of Health and Family Welfare. Pawan Kumar Agarwal, chief executive officer, FSSAI, said that labels formed an important part of the packaging and are required for people to make aware choices about food, while addressing a stakeholders' consultation meet organised by CUTS International in participation with FSSAI.

For more information log on to: <http://www.fnbnews.com/Top-News/fssai-constitutes-expert-panel-to-look-into-draft-labelling-regulations-43616>

FSSAI notifies Food Fortification Regulations; FBOs must comply by Jan 1, 2019

Tuesday, 21 August, 2018

FSSAI has notified the Food Fortification Regulations, 2018, while food business operators (FBOs) need to comply with the provisions of these regulations by January 1, 2019. "The provisions of these regulations shall supersede the standards for fortification of food set out in any regulations, orders, or guidelines issued under the Act," said the notification. The new standards now provide a minimum and maximum range for fortification of staples like wheat flour (atta), maida, rice, salt, vegetable oil and milk, while the dosage of the micronutrients has been adjusted to provide 30 to 50 per cent of the daily requirements. In milk and oil, the unit of dosage has been changed to microgram Retinol Equivalent for Vitamin A and microgram for Vitamin D from IU. In wheat flour and rice fortification, other sources of iron have been added, while vanaspati fortification has been excluded. According to the country's apex food regulator, since the adoption of the standards, 62 top companies and their 110 brands of all five fortified staples are available in the open market across the nation. Leading the movement, the oil and milk industry, with 47 per cent packaged refined edible oil industry and 21 per cent of the organised milk industry is fortifying their products as per FSSAI standards.

For more information log on to: <http://www.fnbnews.com/Top-News/fssai-notifies-food-fortification-regulations-fbos-must-comply-by-jan-1-43622>

Sugar is the New Cigarette!

“Sugar is eight times as addictive as cocaine”

Quotes of this type often draw our attention and make us look into the most important aspect of having large quantities of sugar and salt in our diets. Right from the lemonade made in our home to the potato chips brought from the market, sugar and salt dominates most of the foods.

Taking sugar and salt out of our products isn't easy and it will take time. Ultimately they are treats to people and they expect them to taste great, but the food processors have to work hard to find innovative solutions that provide more choice without compromising on their renowned taste and quality.

Our body needs less than one gram of sodium a day. That's less than half a teaspoon of table salt. But most of us consume up to four times that amount. The result is increased risk of high blood pressure, heart disease, and stroke. As for added sugar, most of us consume more than twice the recommended daily amount, increasing the risk of obesity, diabetes, and even depression. In the report by Harvard Medical School, dozens of foods with "hidden" sodium and sugar are exposed.



In the last few years, evidence has mounted that, too much of these appealing ingredients often invisibly insinuated into beverages, processed foods, and restaurant fares that harms health for example, in children one sweetened beverage a day fuels a 60 % increase in the risk of obesity.

Health impacts of overconsumption:

It is well established that a poor diet (including high in fats, sugars and salt) is associated with increased risk of cardiovascular disease and some cancers (stomach and colorectal) . A person with high salt levels is at risk of raised blood pressure which increases the risk of heart disease and stroke. A systematic review concluded that there is a relationship between increased salt consumption and subsequent risk of cardiovascular disease.

Excessive consumption of sugar has been linked to several

metabolic abnormalities and adverse health conditions including diabetes and cardiovascular disease. The link between excess intake of sugar and obesity is more contentious as it is difficult to isolate individual contributing factors, although there is new evidence that intake of free sugars or sugar sweetened beverages is a determinant of body weight. The most consistent association has been between a high intake of sugar sweetened drinks and the development of obesity and increased risk of type 2 diabetes.

There are many food processing industries all over the world which come up with the need of this current issue in accordance with guidelines issued by their government.

The Spanish health ministry has partnered with more than 500 food and beverage companies to reduce salt, sugar and fat levels in more than 3,500 products by 2020. As part of the plan, catering companies will improve the quality of meals offered in schools and hospital cafeterias: processed and fried products will be reduced, and more fish, vegetables and fruit will be offered.

The announcement follows a similar move by the Lithuanian government, which has united with food manufacturers to reduce salt and sugar content in products instead of introducing a sugar tax. British Foods has introduced two low-sugar granolas through its Jordan's Cereals brand, responding to consumer concern over sugar intake. They said it is responding to a report from Diabetes it shows that 75% of British adults wanted food manufacturers to reduce the amount of saturated fat, salt and added sugar in their products.

PepsiCo Spain has announced its progress in improving the nutritional value of some of its bestselling products in line with its 'Results with Responsibility' initiative.

In line with the FSSAI's Eat Right Movement, Aaj Se Thoda Kam which is built on two broad pillars - "Eat Healthy and "Eat Safe". "Eat Healthy" is about making healthy food choices. "Eat Safe" is about ensuring food safety from procurement to consumption and disposal of food.

There are many innovative products coming to the market and such innovations are really required in our country so that consumers can make healthy choices without compromising on taste.





PepsiCo India has cut the amount of sodium included in its Lays crisps in order to promote healthier diet choices for consumers. PepsiCo said that it plans to reduce sodium up to 75% of its food products by 2025. This appeal to the growth of health-conscious consumers who seek healthier alternatives in snacks typically viewed as being unhealthy. Mondelez International is set to release several new 'low-sugar' confectionery products in the UK over the next two years, including a new Cadbury Dairy Milk bar containing 30% less sugar.

It claims that the new recipe is "the most significant innovation in the history of its brand", as the bar retains the unique texture and taste profile of conventional Cadbury Dairy Milk bars. The new bar will be available alongside standard bar on shelves, and Mondelez International says that if the bar is successful with consumers, then it could apply this approach to other Cadbury Dairy Milk products. The company will also look to offer low sugar variants across its confectionery range over the next two years, including a high-protein extension to its Boost product line called Cadbury Boost+ Protein.

Cadbury Boost+ Protein will contain 12g of protein per bar and 32% less sugar than the standard Boost bar, according to the company. Mondelez will also release '30% less sugar' variants of its MaynardsBassetts hero, Wine Gums and Jelly Babies products, and also introduce a '40% less sugar' line extension for its BelVita breakfast biscuit brand.

How reduction can play its role?

Reducing salt intake reduces blood pressure in adults and children and lowers the risk of cardiovascular disease, stroke and coronary health disease in adults. This is critical because children with elevated blood pressure often lead to adults with elevated blood pressure.

Studies in children and adults have found that reducing sugary drink consumption can lead to better weight control among those who are initially overweight.

"As the trend is changing towards the healthier foods throughout the world, there arises a need of reducing salt and sugar in food products without compromising their taste and this becomes the major hurdle for acceptability of these kinds of products in the market. Nevertheless, it would take a long time for these products for dominating the markets; it's the time that will draw light on the journey of success of these innovations".



KAMPUS KHABAR

Awards Day – 2018 organized at CFTRI

Valedictory function was organized for the students of M.Sc. Food Technology and ISMT on 6 July 2018. Prof. T.N. Nagabhushan, Principal, Sri Jaychamarajendra College of Engineering, Mysuru was invited as the Chief Guest for the occasion, which was presided by Dr. R. Subramanian, chief Scientist and Advisor, CSIR-CFTRI. The Program began at 3:30 PM; Dr. R.P Singh, Coordinator of M.Sc Food Technology welcomed the gathering. Awards and certificates were presented to students. Ms. Aditi (M.Sc. Food Technology, 2015-17 batch) was conferred with 6 Gold medals, Mr.

Mohammed Usmad K. and Ms. Meetu Pandey were conferred with Gold medal each for scoring highest marks in the subject Technology & Infestation Control of Plantation Products & Flavours. Ms. Shweta Srivastava was conferred with the silver medal. Mr. Hizurrehman was awarded with the G.K Jalan Gold medal for securing highest marks in ISMT Course.

Major Vishwamitra Angarika was awarded with Ranganna-Setty memorial award for best dissertation Thesis titled 'Refractance Window Drying of fruits and Vegetables: A Critical Appraisal'. Mr. Varun Arora was awarded the Ranganna-Setty memorial award for best investigation on 'Extraction of polyphenols from coconut testa for food and allied application'. Mr. Monu Chaurasiya, Mr. Sharath Chandra K.C., Ms. Shibina P. and Ms. Divya Chaudary students of M.Sc. Food Technology 2017-19 batch were awarded with the M/s Food Ingredients Specialities Ltd., Chennai Scholarship.

IFT Club elections to appoint new office bearers

Elections for the IFT club for various posts were conducted by the outgoing Office bearers of IFT club. Mr. Sharath Chandra K.C. was elected as the President of the club. Ms. Shibina P was elected as the Treasurer. Ms. Shweta, Ms. Jyotsana Budhiraja and Mr. Abhimanyu Singh were elected as Cultural Secretary, Assistant Cultural Secretary and Sports Secretary respectively. Mr. Macdonald Ropmay was elected as the DJ of the batch for the second term. Mr. Kartikeya Srinivasan was appointed as Quest CEO.

Research Scholars organize Students' Symposium

A Students' Symposium on 'Advances in Biological Sciences' was organized by the Research Scholars of CFTRI and AFST(I), Mysuru on 13 July 2018. The Symposium was inaugurated by Shri Jitendra J Jadhav, then Director, CSIR-CFTRI. The Symposium included special talks by various invited speakers, Oral and Poster presentation by students and also the cultural programs. Dr. Subramanian R (Chief Scientist, Department of Food Engineering, Mysuru), Dr. Aashitosh A Inamdar (Hon. Secretary, AFST(I) CSIR-CFTRI, Mysuru), Dr. Sachindra N. M. (Co-Ordinator, AcSIR CSIR-CFTRI, Mysuru), Dr. Nandini P Shetty (Co-Ordinator, UoM CSIR-CFTRI, Mysuru) were also present at the Symposium.



Relief work @ CFTRI



CFTRI dispatched ready to eat and ready to cook food to flood affected areas of Kerala and Kodagu. Students from M.Sc. (Food Technology), Nutrition biology, Research scholars, scientists and staff actively participated in preparations proving the proverb 'Tough times bring people together'. The preparations were carried out in FMBCT, GST, FVT and DTS pilot plant. Protein rich biscuits, Upma, imli Poha, Pickle, Juices, Chapathi were dispatched. DFRL also dispatched three tomato rice and upma. The food was air lifted in association with DRDO from the Mysuru airport.

Eid and Onam Celebrations !!!!!

Eid ul Adha was celebrated in campus on 22nd August, Rushda M, a student of First year M.Sc. (Food Technology) threw light upon the significance of Eid.

Onam was also celebrated on the same week, the celebrations kick started at 10:30 AM with students dressing up in traditional attire followed by exciting photo session. Pookalam, the traditional flower rangoli of Onam marked the celebration. A rangoli competition was also organized for the new batch(2018-20), "Soupastars". Dr, R.P Singh and Capt. Vishal Kanaujia were invited as judges for the competition. Competitions on various fun games like paper dance were also organized.



Adhyayam- Freshers Night



The freshers night "Adhyayam" was organized for the junior batch (2018-20) 'Soupastars' by the French Toast Mafia (2017-19) on 22 September. The pompous celebration began with an inaugural address by Dr. R.P Singh followed by supercalifragilisticexpialidocious cultural performances by the Soupastars. A competition was also conducted to elect Mr. and Ms. Fresher. Rameez P.M and Anushree G.V were awarded the title of Mr. and Ms. Fresher. DJ night was also held after dinner.

#IFCoN Curtain Raiser

The 8th International Food convention will soon be organized by AFST(I) in association with CSIR-CFTRI and DRDO-DFRL on December 12-15 with the theme HASHTAG “Holistic Approaches, for Start-Ups, Human Resource Training for Agriculture and Food Industry Gemmation.” A curtain raiser event was held at IFTTC auditorium on 24th October. The dignitaries present were Dr. Jitendra Jadhav (then Director, CSIR-CFTRI), Dr. G. K. Sharma (Director, DFRL) Dr. Subramanian, Dr. A. D. Semwal, Dr. Sridevi Annapurna Singh, Dr. Suresh D. Sakhare and Dr. Inamdar. IFCon website, Mobile application, facebook page and twitter handle were also launched on this occasion.



Ganesh Chaturthi Celebrations

Following the tradition of CFTRI, Ganesh Chaturthi was celebrated with grandeur. The celebrations began with decoration of the IFT room. On 13th of September sthaapana of the idol was done followed by pooja at 9:30 AM. Students from ISMT and Nutrition Biology and research scholars were also present during the occasion. The celebration was carried out with great pomp. After three days of pooja and celebrations, Visarjan of the idol was done on 15th evening, everyone bid farewell to Ganesha.....until next time.



New Director of CSIR-CFTRI

Dr. K.S.M.S. Ragahavrao assumed charge as the new Director of CSIR-CFTRI, Mysuru. Dr. Raghavrao who is working as chief scientist in the department of food engineering is very well known amongst M.Sc. (Food Technology) Alumni. He has guided many students in their dissertation and investigation. A charge handover ceremony was held on 9th October in the Auditorium, Cheluvamba mansion.



WHAT THE FOOD

WEALTH OUT OF WASTE



Have you ever wondered what happens to the used cooking oil? Is it a waste or can we reuse it?

McDonald's is the first company in the Indian food industry taking a step towards a sustainable future by recycling its used cooking oil into biodiesel to power the company's refrigerated supply delivery trucks. With 75% less carbon emission than diesel, the resultant biodiesel is eco-friendly.

Hardcastle Restaurants Pvt Ltd (HRPL), the franchise of McDonald in South and West India is now using this biodiesel to empower all its trucks and refrigeration equipment in Mumbai. The company started this as a pilot and today, the company is converting over 35,000 litre of used cooking oil every month into biodiesel giving a saving of over 420,000 litres of crude oil annually. This is being used to power 20-25 trucks that make trips to around 275 restaurants carrying supplies from its distribution centre. The long-term plan is to cover nearly 500 stores in four years in the two markets (west and south), implying that biodiesel production would have to be increased even more.

How it works:

1. The process of conversion begins at the restaurant by collecting the cooking oil from them by the team of distribution centre.
2. Collected oil is taken to the converting facilities in the tanker.
3. Oil is converted into biodiesel and sent to the distribution centres.
4. It is then used in dedicated refrigerated trucks for McDonald's supply logistics in Mumbai.

HRPL is looking at expanding its restaurant footprint to 450-500 over the next four years, which means using about 15 lakh litres of used oil to make biodiesel for running its refrigerated delivery trucks. That is a reduction of over 4,000 MT of carbon emissions equal to planting about two lakh trees.

HRPL has become the first restaurant chain in the country to implement sustainable biodiesel by successfully recycling its used cooking oil. HRPL and Unicon Biofuels have been working for the past one year to convert used cooking oil to biodiesel as per the Bureau of Indian Standards. The Biodiesel Association of India encourages all food companies to learn from this initiative and apply it in their own business model. McDonald's initiative could goad other restaurant majors to follow suit at a broader level, as the need to protect the environment grows.



In recent years, McDonald's has been pushing the peddle on a number of sustainable initiatives in India, including sourcing fresh food straight from farms as well as reducing sodium, oil and fats in its menu. The effort on biofuels comes as McDonald's globally commits to reducing greenhouse gas emissions by 36 per cent across restaurants by 2030, as well as lowering emission

intensity per metric tonne of food and packaging by 31 per cent.

The company got the opportunity to present its biodiesel initiative to FSSAI, the country's apex food regulator. The effort has been very well received and acknowledged by the regulator as a step that should be emulated by others.

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CAREER CORNER

LEARN, UNLEARN AND RELEARN



As the world looks back to look ahead, nothing could ring more true today than Alvin Toffler's prophecy: "The illiterate of the twenty-first century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn."

Adult education experts estimate that up to 40% of what tertiary students are learning will be obsolete a decade from now when they will be working in jobs that have yet to be created. Indeed, the top 10 most in-demand jobs today didn't even exist 10 years ago. To say that we live in a changing world understates the speed of both the pace and the scope of ongoing change.

So, the three key steps to make sure your skills stay relevant are

Stage 1: Learning

We're all born with an intense desire to learn, somewhere along the line many of us lose our passion for learning. Whatever the reasons, once the basics are covered, many people tend to stick with what they know and avoid situations or challenges where they may mess up or be forced to learn something new, thus creating a safe, secure and comfortable (and confining) world for themselves. Here, they do their best to mould the changes going on around them—in people, events and the general environment—to fit with their current 'mental maps.' They may say they're open to change, but actually do their best to avoid it. For a while, that strategy can work fairly well. What it doesn't do is prepare them to adapt to a future that may well require an entirely new set of maps.

Learning agility is the name of the game. Where the rules are changing fast, your ability to be agile in letting go of old rules and learning new ones is increasingly important. Learning agility is the key to unlocking your change proficiency and succeeding in an uncertain, unpredictable and constantly evolving environment, both personally and professionally. Learning cannot be imposed, it needs to be experienced. It is not about just adding knowledge but about removing a part of it.

Stage 2: Unlearning

Unlearning is about moving away from something—letting go—rather than acquiring. It's like stripping old paint. It lays the foundation for the new layer of fresh learning to be acquired and to stick. But like the painter who needs to prepare a surface, stripping the paint is 70% of the work while repainting is only 30%.

Unlearning doesn't require you to toss out all your accumulated experiences or



presume previous know-how will keep you from success. Rather, it asks that you stay open to different ways of getting things done. The first step towards becoming an “unlearner” is not just to have a thirst for knowledge but to question our knowledge.

Discussing our knowledge with those who are competent in a particular field, being challenged constantly, and being ready to be proved wrong will help us understand whether what we have learnt is still relevant or obsolete.

Stage 3: Re-learning

Relearning can be more accurately described as refocused learning.

People who find opportunities in a changing environment are those who are actively looking for them. The choice is simple: act or be acted upon. Since change is the only constant one can truly rely upon, learning to navigate and adapt to it is not just important to one's survival, it's essential for us to thrive in the bigger game of life. Many of the jobs and competencies needed in today's workplace did not exist five years ago, meaning that all who were successful in them had to unlearn and relearn at some point in their careers.

Learning, unlearning and relearning is an integral and foundational process to build a culture capable of mastering change. The future holds no promises, only possibilities. So, this can begin by shifting our focus from, “What did I learn today?” to “What did I unlearn today?”



ALUMN COLUMN

Alumn Column would like to thank Mr. Kosana Anjani Chakradhar of 2014-16 batch currently working in Mondelez International, Inc., India for giving us his valuable time and sharing some of his nostalgic moments in CFTRI.

1. What was your batch's name and was there any story behind it?

- Our batch's name is Fab Foodies. There's an interesting story behind it. It was our Freshers Day and we were all dressed-up and sitting inside the auditorium. Manisha Rawat (DCR of the senior batch) walked towards us and asked if we had a name for our batch. We were caught by surprise. Since, we had to come-up with something almost instantly, Ishita & I came up with a fusion of two words FAB(ulous) &FOODIES, and the rest is history.



2. How do you feel: being an editor to Abhyuday to one being interviewed for alumn column now?

- Frankly speaking, I knew this moment would arrive, but didn't know it'd fall into my lap so early on. Alumn column was originally conceived to be the cynosure of Abhyuday. This was the only section which had received unanimous endorsement from all the founding members. In fact, I always kept a close tab on Alumn column, irrespective of whichever section or team that I was working with. I feel humbled and delighted to being featured alongside the many giants who've been hosted in here.

3. How were your intro sessions and can you share some experiences or memories of the same?

- Intro sessions were ice-breakers in every sense. I came from a not-so-famous University and the kind of stories I'd heard about the sort of talent that flows-in into CFTRI from the nook and cranny of this country, I was a bit overwhelmed, I must admit. All those stories came out to be true.

A funny incident that I remember till date: We were staging a short skit. Gautam forgot his dialogues and I was badly trying to cover-up. Shahana improvised it so well, eventually, the skit ended with a completely opposite message. While we all were clueless about this faux-pas, we did receive a thunderous applause for the over-acting, and improvisation, of course.

4. One word you'd like to associate CFTRI with, and why?

- I've been scouting for the most apt adjective for CFTRI for a while now. But, I'm always left with the word 'melting-pot'. Call it the far-sightedness of the founders of this course or our good-fortunes, the blend of different cultures, nationalities, educational backgrounds or the benign presence of Indian Army candidates, CFTRI is, in every sense, a melting pot.

5. Some incident, not necessarily from CFTRI, that has inspired you?

- It was 2013, and I was interning at Visakha Dairy. I was in-charge of the production of Powder Plant for the night-shift and had taken a hand-over from the predecessor. 30 minutes into the shift and we had a massive problem. We were stranded for 30+ hours in the plant trying to resolve the issue. Tempers were high and having exhausted all the possible solutions, all it took was the presence of mind of one shift executive to bail us out. I learnt two great lessons that day, and which I carry along to this moment-

- a. Opinion, small or big, matters, irrespective of wherever in hierarchy or level of knowledge it comes from.
- b. Listen. Observe. Absorb.

6. Your most memorable moment(s) at CFTRI?

- Actually two. First was when, after countless iterations and brainstorming sessions, we launched Abhyuday to our Alumni. Second, when PrepGuru4CFTRI went live in April, 2015.

7. Favorite spot in the campus?

- Badminton Court. All thanks to Maj. Raghavender Singh Sir.

8. Share something about your Freshers and Farewell.

- Walking down the ramp cladding a mundu- I could've never pulled that trick ever in my life had Aswathi&Murali not been there during Freshers. The roaring applause Nivetha, Ishita and I received dancing to a South Indian number still reverberates in my ears. Alas, being adjudged as Mr. Freshers was like icing on the cake.

Farewell was equally entertaining, if not more. Of all, two things stood-out. First was the packed auditorium and the presence of Director (which was his first ever attendance to any M.Sc. event) till late in the evening- signifying the strong bonding our batch sewed up with the denizens of CFTRI. Second was the videocast which our juniors had made, tracing our journey of two years. To this day, this is the most valuable gift I've ever received.

9. What motivated you to start PrepGuru4CFTRI?

- I was motivated to prepare for CFTRI Entrance by Morla Srikanth Sir (2005-2007). Although I'd heard of CFTRI's eminence before, the vast expanse of syllabus it tests one on, I simply had no idea on how to gather the literature. Khuswantsinh Rathore Sir (2013-2015) helped me with understanding the pattern of question paper, but that wasn't a substitute to sound preparation strategy. 20 days to exam, and I was still gathering all the possible literature under the sun. But, I managed to crack the entrance.

Self-reflection pointed out three key insights to crack CFTRI entrance- motivation, direction and availability of literature. And through PrepGuru4CFTRI, I wanted to provide a similar experience to every aspirant. I'm happy to share, through our concerted efforts, we have been able to assist close to 15+ students in realizing their dream to pursue Masters from CFTRI, since 2015. That's like a giant leap for us.

10. How were the placements driven during your times?

- Placements are like culmination of all the hard-work one puts-in to enter this campus and survive the rigorous schedule. A good celestial arrangement of our stars ensured each one of us had ample opportunities to screen for the company of our choice. I was lucky to have been placed right at the beginning of the placement season at Mondelez International in December 2015. Without an iota of doubt, I'd credit these good times in our lives to our placement committee comprising Nivetha, Pallavi, Himanshu and Murali who coordinated meticulously with companies and HRD. Also noteworthy were the efforts of Dr. (Mrs.) M N Shashirekha, former HRD Head.

11. Best take-aways or experiences from CFTRI?

- I volunteered – be it celebrations, studies, research, sports or miscellaneous activities and I gained immensely
- I listened to and absorbed– from every quarter or source, be it Scientists, researchers, Ph.Ds, seniors, juniors
- I met – Major Mohit Arora & Dr. KSMS Raghavarao who add immense value to my life

12. How has your journey been after CFTRI and how's the experience been like?

- I recently concluded my Technical Trainee-ship at Mondelez International and got confirmed as Scientist I. It has been a wonderful journey (un-/re-) learning technical nuances of product development & commercial part of a business. Working on some of the brands which people have loved and grown-up with gives immense satisfaction. But I believe, the best is yet to come.

13. Any messages for the juniors?

- I am short of experience and accomplishments to answer this question. Nevertheless, some mantras which I stick to –

Experiment: If you shy away from exploring, you're losing out on a wonderful learning opportunity

Network: Connect with scientists, seniors, researchers, juniors, vendors, suppliers and take-in their perspective

Choose: A mentor or guiding light who'll serve as your professional or moral compass and devil's advocate

~ ~ Thanks to the entire TEAM ABHYUDAY for your infectious enthusiasm and tigerish zeal in carrying forward this rich legacy ~ ~

GAMES

RIDDLES



1. Take off my skin and I won't cry, but you will. Who am I?
2. What looks green, opens red; what you eat is red but spit away the black?
3. What you call a witch at a beach?
4. What do you break before you use it?
5. What has no beginning, end or middle?
6. What is orange and sounds like a parrot?
7. What day is potato's least favourite?
8. What starts with "T", ends with "T" and is filled with "T"?
9. You throw away the outside and cook the inside, then you eat the outside and throw away the inside; what did you eat?
10. What fruit is friendly and likely to meet people?



1. Onion
2. Watermelon
3. Sandwich
4. Egg
5. Donut
6. Carrot
7. Friday
8. Tea-pot
9. Corn
10. Date

ANSWERS

A glimpse of

MYSURU DUSSEHRA



3D lights @ KRS

to Hassan

to KRS
Bindavan Gardens

Infosys Campus

GRS Fantasy Park

to Bangalore

SH
17

to Srirangapatna
Mar...
Ban...



Torch Light Parade

Ring Road

to Hunsur
Madikeri
Mangalore

SH
86



Photo Exhibition



Food Mela



3-D Mapping

Ring Road

Folklore Museum

Railway Museum

CFTRI

Railway Station

St. Philomena's Church

Bus Stand
KSRTC

Kutkarahalli
Lake

Ratamangala
Mysore

City Bus Stand

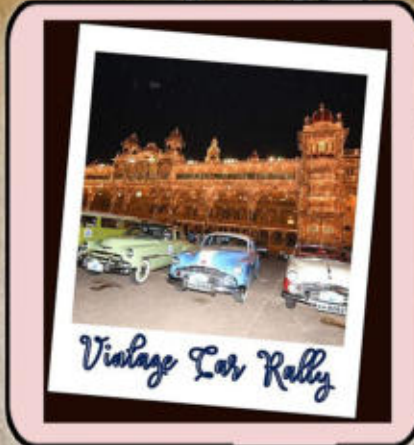
Mundali Stadium

Regional Museum

SH



Open Street festival



Vintage Car Rally



Flower Show



Gravel festival



Kite festival



View from Chamundi hills



University of Mysore
Mysore Palace
Oriental Research Institute

Department of Natural History

Zoo
Karsel Lake

Lalitha Mahal

Chamundeshwari Temple

Ring Road

to Kabin Dam
Wayanad

to Chamrajnagar

NH 86

NH 212

to Kanakapura
Bangalore

to T.Narsipur





*Let's make way for the 54th batch of
M.Sc. Food Technology*



Soup-a-stars

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DIVYA

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HAARIS, ASWIN,
BHANUPRAKASH

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ALUMN COLUMN
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