

27TH EDITION

JUNE 2021



Abh yuday

Reliving the Legacy



BEATING PANDEMIC BLUES:

ROLE OF FOOD IN TACKLING COVID-19

This Issue

Words from the Editor's desk...

Leaving all the pain behind,
Taking rays of hope in our eyes
Let's wish for these things to get kind
And our immunity levels would rise
May almighty bless us with the healthy boon
So that those good old days retain
With dark clouds vanished soon
And the sun will start glistening again

- Divya Aggarwal

To all the distinguished readers



On behalf of the team Abhyuday, I humbly present to you the most awaited 27th edition of the magazine portrayed by the 56th batch of M. Sc. Food Technology, the "PAVrangers"

In the current unprecedented situation, wishing you hope and courage to deal with these tough times. Here, the "COVER STORY", "Beating Pandemic Blues: Role of food in tackling COVID-19" dictates about the food, a potent medicine to this devastating disease.

Let's scour the "INDUSTRY BUZZ" column to get the latest updates on innovations and launches of new food products.

"KAMPUS KHABAR" takes you for a round around the campus to relish the events and festivals being celebrated in the campus.

Amul is the most trusted and favorite brand of people. "FOOD INCORPORATED" walks you through the utterly butterly delicious story of Amul, The Taste of India.

Check out an amazing delicacy prepared from the nest of a bird. Yes, it's the edible nest soup. Sounds bizarre? Catch into the "WHAT THE FOOD" column.

What's your weakness? The section "CAREER CORNER" guides you to answer one of the crucial questions often asked in an interview

"ALUMN COLUMN" features an exclusive talk with Ms. Vasundhara from 2012-14 batch, working for Nestle India. Listen to her glorious days in the campus and what advice she has to confer upon us.

The "PLACEMENT" section congratulates our beloved PIethons for stepping into their career and bagging the positions in esteemed food companies.

"GAMES" section will encourage you to solve the rhyming riddles and unlock the names of the foods.

Want to relive the memories with red blossoms? "PHOTOGRAPHY" column is to freshen up those moments!

We would be delighted to receive your valuable suggestions and feedbacks on this and previous editions so that we can improve ourselves in coming ones. We would be glad to hear from you.

Keep flipping. Enjoy reading.

Regards
DIVYA AGGARWAL

2	About Abhyuday
3	Cover Story
6	Industry Buzz
9	Kampus Khabar
11	Food Incorporated
13	WT7
15	Alumn Column
17	Career Corner
19	Placements
21	Games
22	Photography
23	Editorial Team

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...

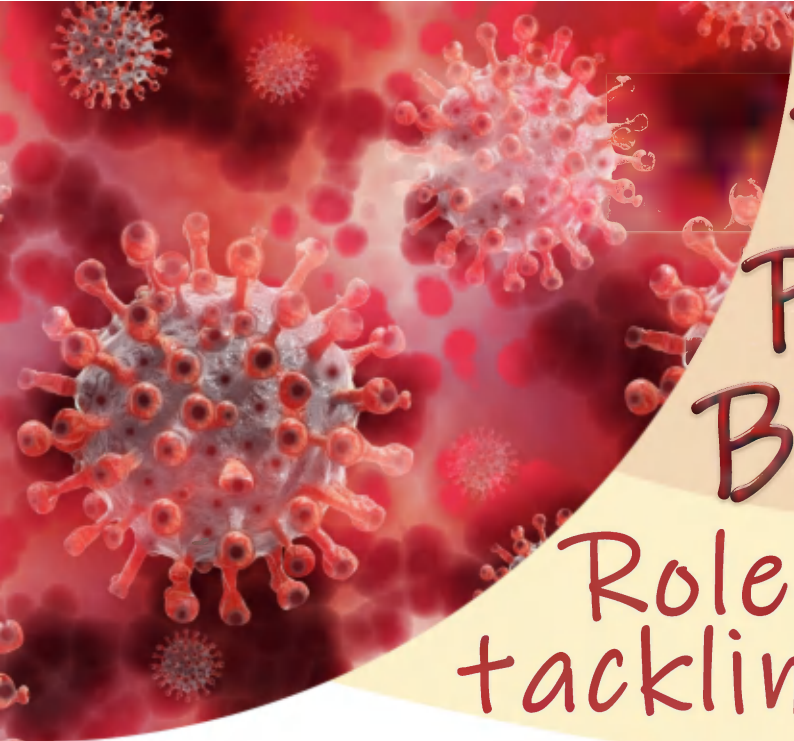
Awakening for re-inventing the vigour and strength by breaking away from the shackles of mediocrity and sombreness...Awakening for being the change and leading the way...

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.



BEATING PANDEMIC BLUES:

Role of food in tackling COVID-19

“ The only sustainable way to survive in the current context is to strengthen the immune system. A proper and healthy diet can ensure a robust immune system that can resist any onslaught by the virus. ”

The world is grappling with an invisible, deadly enemy, trying to understand how to live with the threat posed by the Coronavirus. It is a novel virus that causes respiratory disease, COVID-19, which transmits from one person to another through air and physical contact.

Nowadays, it is an unprecedented situation wherein people are struggling even to breathe in an open environment. Did we ever think of buying oxygen for our survival? Yes, oxygen! With a surge in the number of severe cases, people are literally gasping to breathe.

However, this cover story highlights the role of food in tackling the deadly disease, Covid-19. The food we eat plays a crucial role in building our immunity. Several micronutrients, including vitamins and minerals, participate in significant metabolic reactions and thereby, serve as food supplements in counteracting COVID 19.

Vitamin C is an essential dietary supplement and a potent antioxidant, quenching free radicals while getting oxidized to dehydro-ascorbic acid. It has numerous pharmacological, anti-oxidant, antiviral, anti-inflammatory, and immunomodulatory properties, making it a possible therapeutic alternative for COVID-19 management.

Vitamin D is suggested to enhance cellular innate immunity by invading pathogens, including Gram-positive and Gram-negative bacteria, enveloped and unenveloped viruses, and fungi, by destroying the cell membranes and neutralizing the biological activities of endotoxins, thereby this vitamin may prove helpful in lessening the risk of infections.

Selenium supplementation in the regular diet has been found to be effective in alleviating the risk of infections and mortality against several pathogenic RNA viruses including COVID-19. Its impact is exerted by incorporating into selenoproteins that play significant roles in cells, including thyroid hormone metabolism, immune modulation, preventing oxidative stress, and maintaining redox homeostasis.

Zinc exhibits immunomodulatory effect, and is suggested to be used as a potential supplement in treating COVID-19 by inhibiting SARS-CoV-2 replication in infected cells.



HERBS AND SPICES

India is home to a plethora of magical herbs and spices, the aromatic and flavourful ingredients used in culinary preparations. Being the largest producer of medicinal herbs and spices, India is often regarded as the botanical garden of the world.

Turmeric is widely used as a culinary spice in culinary preparations. It has also been used as a traditional therapeutic medicine to treat various digestive, intestinal, liver, and skin disorders. Owing to its rich phytochemical composition including the essential polyphenol curcumin, it is considered a potent antioxidant, anti-inflammatory, immunomodulatory, antimicrobial, and anticancer agent.

Ginger is one of the important spices and is often used for medicinal purposes. It is known to be a valuable source of several bioactive compounds that exhibit antipyretic, analgesic, antiarthritic, and anti-inflammatory properties. It has also been proven that ginger and its bioactive compounds show effective antiviral activity against SARS-CoV-2, Influenza virus, Herpes simplex virus, Human respiratory syncytial virus, Chikungunya virus, and so on.

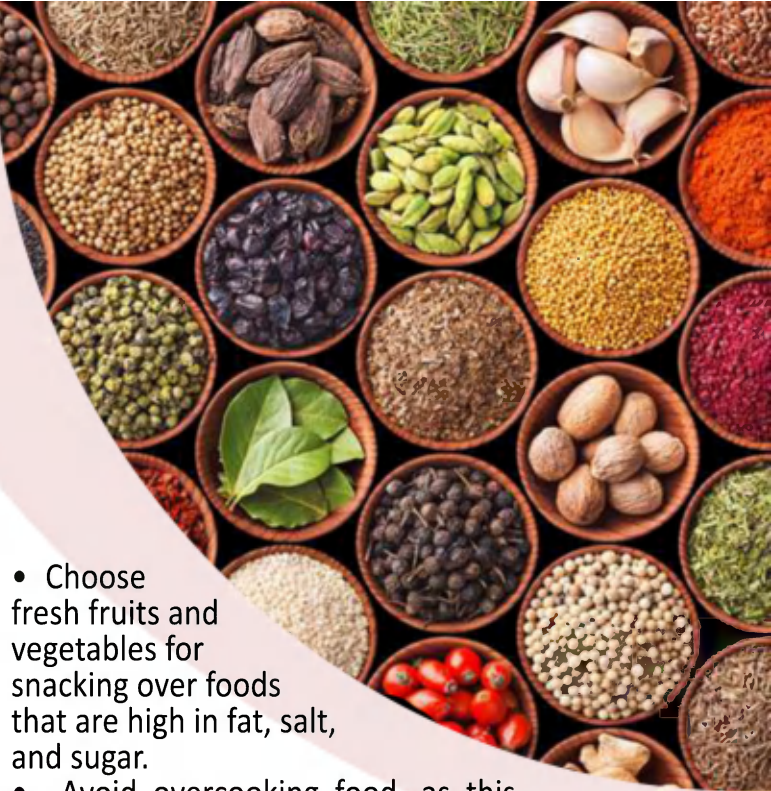
Although respiratory droplets are considered to be the main source of transmitting SARS-CoV-2 infection, the gastrointestinal tract may also contribute a major role in the pathogenesis of COVID-19. Certain foods including probiotics like yoghurt are excellent sources to rejuvenate the composition of healthy gut bacteria, which is important for nutrient absorption by the body.

NUTRITION AND FOOD SAFETY

The other first line of defence is to choose a healthy lifestyle. Consumption of healthy, diverse, nutritious, and robust food is a crucial part of health and nutrition response to Covid-19.

Proper hydration and nutrition are essential for a healthy life. Thus, one should consume a variety of fresh and unprocessed food every day to get the vitamins, fiber, antioxidants, minerals, and protein that the body needs. Given below is the Nutrition Advice for Adults during the Covid-19 pandemic, given by WHO:

1. Eat fresh and unprocessed foods every day: Eat fruits, vegetables, legumes, nuts and whole grains, and foods from animal sources (e.g., meat, milk, eggs, and fish).



- Choose fresh fruits and vegetables for snacking over foods that are high in fat, salt, and sugar.
- Avoid overcooking food, as this can lead to a loss of vital nutrients.

2. Drink enough water every day: Water is essential for maintaining life. It regulates the body temperature, transports nutrients and compounds in the blood, removes waste from the body, and cushions and lubricates the joints.

- Drink 8-10 cups of water every day
- Be careful not to consume too much caffeine and avoid fruit juices and concentrates, fizzy and still drinks, because they all contain sugar.

3. Consume moderate amounts of fat and oil: Consume unsaturated fats (e.g., found in fish, avocado, nuts, olive oil, and corn oil) rather than saturated fats (e.g., found in fatty meat, butter, cream, cheese, and ghee).

- Choose white meat and fish over red meat.
- Avoid processed meats because they are high in fat and salt.
- Where possible, opt for low-fat versions of milk and dairy products.
- Avoid industrially produced trans-fat, usually found in processed food, fast food, snacks, and cookies.

4. Eat less salt and sugar: While preparing food, limit the amount of salt and high-sodium condiments.

- Limit your daily salt intake to less than 5g and use iodized salt.
- Limit your intake of soft drinks and sodas.

5. Avoid eating out: Eat at home to reduce your contact with other people and lower your chance of being exposed to Covid-19.

• Take advantage of the wealth of freely available information, and experiment with the ingredients you can access, but remember to keep in mind the principles for eating healthy.

LOOKING AHEAD

Hippocrates said:

“Let food be thy medicine and medicine be thy food.”

The only sustainable way to survive in the current context is to strengthen the immune system. Individuals consuming well-balanced diets appear to be safer with better immune systems and lower incidence of chronic diseases and infections.

When dealing with a devious disease like Covid 19, it is best to take a firm stand that prevention is better than cure. Make sure that hygiene practices are in place, eat and stay healthy, avoid crowded places, and close contact interactions. Many countries around the world have already enforced movement restrictions including working from home, so take no chances, and stay safe.

REFERENCES

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INDUSTRY BUZZ...

Nestle develops lower carbon coffee beans – Zero Emissions by 2050

Between 2025 and 2030, Nestle intends to work towards a 50% reduction to achieve zero emissions by 2050. It has developed two lower-carbon types of coffee beans. Generally, green beans accounted for up to 80% of the CO₂ emissions of a cup of coffee whereas the newly introduced Robusta coffee varieties give up to 30% reduction in the carbon dioxide equivalent footprint. These are created through classical non-GMO breeding and by harnessing the plant's natural biodiversity and deliver up to 50% higher yields per tree as more coffee can be produced using the same amount of land, fertilizer and energy. It is also developing higher-yielding Arabica varieties of coffee beans, with the aim of making them more resistant to *Hemileia vastatrix* – a devastating disease also known as coffee leaf rust. Furthermore, Nestlé is trialling a drought-resistant coffee variety in central Africa. It is supposed to deliver up to 50% higher yields per plant under moderate to severe water stress. This will support the continuation of coffee cultivation in regions impacted by climate.



Mondelez International and Olam Food Ingredients in partnership to Create World's Largest Cocoa Farm

Mondelez International, a global leader in snacking, and Olam Food Ingredients (OFI), a leading supplier of cocoa beans and cocoa ingredients, have announced a new collaboration in Indonesia to create the world's single largest sustainable commercial cocoa farm. From sensors in fields to irrigation systems, the project will use advanced climate-smart and plant science technology. Combining their respective expertise in cocoa growing research and development, sustainable cocoa farm management, and good agricultural practices, Mondelez International and OFI will tackle the problems of rising temperatures, low yields and crop disease by improving the livelihoods of partner cocoa farmers, empowering communities and restoring the environmental productivity of a previously deforested landscape.



Pepsi Mango is the brand's first permanent flavored cola in five years

Pepsi has declared the nationwide rollout of the brand's first permanent flavoured cola made up of mango, one of the most popular fruits in the world, thereby creating an irresistible combination that fans can enjoy everywhere throughout the year. The company has created a surprisingly perfect match with Pepsi Mango, combining the delicious taste of rich caramel notes of an ice-cold Pepsi with the flavor of a bright, sweet, and juicy mango. The flavour of the drink is available in both zero sugar and regular version of the drink.



Pioneering oats: Start-up Bevry aims to be the Oatly of India

Oat milk start-up Bevry claims to be the first brand in India to manufacture and sell oat milk in the country. The company has set its sights on becoming the 'Oatly of India' with soon-to-be-launched cold brew coffee series. Currently, it retails three oat milk products in original, chocolate and vanilla variations. Bevry is set to launch a cold brew coffee series with oat milk comprising of classic (original), vanilla latte, mocha and hazelnut. It is also working on expanding the product range to include ready to eat meal, oat yoghurt and dried fruits which will be launched by the end of this year.



Mondelez India launches Cadbury Oreo Milkshake Mix; expands milk food drink offering

Mondelez India, the makers and bakers of some of India's favourite snacking brands has launched an all new product innovation – Cadbury Oreo Milkshake Mix. After launching of various unique products like Cadbury Dairy Milk Silk Oreo, Cadbury Dairy Milk in Lickables, Oreo Cadbury Dipped etc., this new product marks the coming together of two of Mondelez International's power brands – Cadbury and Oreo, yet again. This product will exclusively be available in modern trade and on e-commerce.





FSSAI POLICIES AND REGULATIONS

FSSAI PONDERING ABOUT FORTIFICATION OF BAKERY FOOD PRODUCTS

According to FSSAI, there are several food products that are being fortified such as salt, milk, atta, maida, oil and raw rice. Recently, fortification of bakery foods is doing the rounds and its two essential ingredients -wheat flour and maida can be fortified with minerals like folic acid, zinc and vitamins including Vitamin A, B1, B2, B3, B6. Oil is also one of the vital ingredients used in the bakery industry and according to FSSAI, it can be fortified with Vitamin A and D. Since a lot of research work still needs to be done on stability and quality of fortified baked goods, fortifying raw ingredients as of now would increase the nutritional quality of the baked foods and would also give valuable nutritional claims.

After years of considerations, the Food Safety and Standards Authority of India (FSSAI) has finally laid down a standardised and valid protocol for determining iron fillings in tea that are found during the manufacture of tea and are responsible for hampering its quality. The test method involves gravimetric estimation of iron particles using a magnet with the strength of around 1,000 gauss. All the food testing laboratories are advised to follow this method and any issues related to it can be forwarded to a scientific panel on methods of sampling & analysis.

FSSAI TO APPROVE THE METHOD OF DETERMINATION OF IRON FILLINGS IN TEA

FSSAI DEMANDING GM FREE CERTIFICATES FOR FOOD IMPORTS.

On 21 August 2020, The Food Safety and Standards Authority of India (FSSAI) issued an order under Section 22 of the Food Safety and Standards Act, requiring a “genetically modified (GM) - free and non - GM origin certificate for imports of 24 food products to India from 1st March,2021. Some of these crops include apple, eggplant, maize, wheat, melon, pineapple, papaya, plum, potato, rice, soyabean, sugarcane, and tomato etc. The tolerance limit for “unintentional or incidental presence” of Genetically Modified Organisms (GMOs) at 1% is permissible in imported food crops consignments. Several countries have started issuing non-GM certificates and have agreed to comply with the regulation.

KAMPUS KHABAR



Vasant Panchami

Vasant Panchami is the festival when we worship goddess Saraswati and seek her blessings. On 16th February, 2021, IFT club organised it in the IFT room that was decorated with colourful flowers and lights. Goddess Saraswati was worshipped in both, morning and evening. Books were also kept for pooja along with the idol since goddess Saraswati is affiliated with learning and art. Yellow colour sweets, i.e., peda were distributed to everyone since it is believed to be the favourite colour of goddess Saraswati. Mr. Amal Mani of the Incredible 30 batch (2016-18), Mr. Abhimanyu Singh Rathore, and Mr. R. Aswin of the French Toast Mafia batch (2017-19), and Ms. Rushda H. of Soupastars batch (2018-2020) also added grace to the celebration by their presence.



Shivratri

Shivratri, one of the Hindu festivals is celebrated annually in honour of Lord Shiva. On 11th March 2021, the IFT Club organised an evening Pooja in IFT room. A beautifully painted Shivalinga was made using clay prior a day to the celebration. The room was decorated using lights and flowers, especially bael flowers which are generally offered to Mahadeva. Watermelon juice was prepared and distributed along with the sweets. Everyone felt divine after seeking the blessing of the supreme power of the universe.

Singing Competition

The most awaited event of the year, AALAP, the Hindi singing competition was organized on 12th March 2021 in the IFTTC Auditorium. Eleven participants put forth their enthralling performances. The judges of the event were Mr. Saayed Shah, Mrs. Rekha N.M., Mr. R.P. Singh (ex-Coordinator, M. Sc. Food Technology). Ms. Anagha Priya won the first prize followed by Mr. Anirudh N. (first runner up), and Ms. Ipsitha Jena (second runner up). The audience was entertained with the funny games planned for them. PAVrangers, the first year M. Sc. Food Technology students brought colours to this event with their absolutely apt and joyous organization. Sinni Mishra and Bhageerathi Kalyani cohosted the event, and Diya Jyothis managed the music system.





Get Together party

Each and every event in CFTRI is a tradition created by our Alumni and has a strong purpose behind its celebration. One such tradition is the get-together where seniors and juniors come forward to relish their memories and share a good bond by interacting with each other. On 28th March 2021, French Toast Mafia, 2017-19 batch and Soup-A-Stars, 2018-2020 batch organised the event at the “By the way” restaurant. PIETHons (2019-2021) and PAVrangers (2020-2022) batch were invited for the celebration by the former President of IFT Club, Mr. Sharath Chandra K.C. of French Toast Mafia batch. The day was full of enjoyment when seniors shared their blissful moments spent in the campus. Several performances were displayed including dance, singing, acting and performing skit. It was a great pleasure for everyone to be a part of such get together.



Ugadi

On 18th April 2021, PIETHons and PAVrangers celebrated the beginning of the auspicious new year. Bevu, a healthy and delicious drink was prepared using several fruits like apple, watermelon with a tinge of tamarind and jaggery. It was served in paper cups clipped with the Ugadi wishing letters. It was distributed alongwith the appetizing sweets, jahangir. Everybody shared warm wishes of their cultural festivals, referring to Ugadi but also Gudi Padva, Baisakhi, Bihu, and the holy night in the Islamic calender – Shab-E-Mehraj. It was indeed a very auspicious day when different cultures across india celebrated it as an inception of their new calender. CFTRI, being a home to all these diverse cultures, celebrates the events in a unique way.





FOOD INCORPORATED

Amul
The Taste of India

AMUL (Anand Milk United Limited), is an Indian dairy cooperative society, based at Anand, Gujarat managed by a cooperative body, the Gujarat Co-operative Milk Marketing Federation Ltd. (GCMMF). Amul is ranked 8th in the list of top 20 global dairy processors released by the International Farm Comparison Network (IFCN). It has been awarded the most trusted brand of India by TRA's (Trusted Advisory) Brand Trust Report, India Study 2019.

Tribhuvandas Kishibhai Patel founded the Kaira District Co-operative Milk Producers' Union in 1946, later renamed Amul.



The product range of Amul is very wide that comprises of milk, milk powder, health beverages, ghee, butter, cheese, ice cream, paneer, chocolates, bakery products, and traditional Indian sweets etc.

It is one of the few organizations that kept its supply chain intact during the global pandemic and launched several new products to raise the immunity of people. Amul, which usually launches 10-12 products every quarter, decided to triple the number of products reaching the market. Launches in the last few months include immunity beverages like 'Haldi Doodh' and even 'Panchamrit' along with a series of launches under the bakery, ice-cream, and cheese category.

THE "ARE-YOU-WITH-IT" DRINK: THE AMUL SELTZERS



'Amul' the dairy giant researched deep and gave birth to India's first carbonated dairy beverage THE AMUL SELTZERS came in the market in October 2020. We can think of it as, a whirlwind dance between milk solids and a fizzy hyper soda with exciting real fruits swirling and bubbling around. Switching from sugary beverages to healthier options, this product seems to be a good alternative. Seltzer is an extension of Amul's tru range of fruit juices that hit the Indian market in February 2019. Amul's tru range is available in four flavours – apple, litchi, mango and orange whereas the fizzy seltzers are available in lemon, orange, cola, jeera and apple flavours to rock your taste buds.



AMUL HAPPY TREATS

Amul adds zing to its kitty with its 'happy treat' the frozen ready to cook and serve snack range. These snacks are made using real, fresh ingredients like farm potatoes, amul masti dahi and amul paneer with no artificial flavours or colours added, indicating as 100% natural product. These provide six varieties in the frozen potato snacks category, including aloo tikki, french fries, potato wedges and veggie stix, among others priced at a competitive rate.



AMUL CHOCO

The first of its kind in India, the Amul launched its sweet-tasting butter, choco buttery spread in April 2019. The product comes with the goodness of real Amul butter and chocolate which gives it a smoother texture and better taste. With its current availability only in Ahmedabad, the dairy giant plans to make it available pan India.



PANCHAMRIT

Panchamrit is an integral part of Indian culture made by mixing milk, curd, honey, sugar and ghee and what could be better if the sacred recipe comes with an assurance of safety and convenience of packets. Amul's Panchamrit is the first of its kind ready to consume panchamrit in 10ml portion packs to be first available in July 2020.



AMUL PRO

Amul got into the brown beverage market in April 2012 with its product 'Amul PRO', the whey protein malt beverage. It is marketed as a milk additive that not only enhances milk's nutritive value but also adds taste to the conventional milk. It is fortified with 27 vital nutrients including whey protein and DHA, docosahexanoic acid that is an essential fatty acid which is required for optimal development and functioning of brain.



ROTI SOFTENER

The roti softener is 100% natural milk-based product, launched in March, 2019, is rich in milk protein and lactose that tenderizes the dough and softens your rotis. The roti softener improves the softness of rotis, parathas and poories; increases water uptake of flour; improves sheeting and mouth feel, and hence, contributes to good health.

WHAT AT THE FOOD!

THE CAPTIVATING “CAVIAR OF THE EAST”

“Caviar of the east? what is that?” you may ask. "Caviar" actually comes from the Persian word "khav-yar" which means "cake of strength" or "cake of power", because the people of Persia attributed many medicinal powers to caviar. Here, the caviar we are talking about is very interesting and captivating because what you expect to be either a source of strength or fascination is nothing but a *bird's nest!*

Yes, you heard it right. It's a bird's nest, but what makes it so special is that it is an edible bird's nest and one of the most highly valued of the food products of South East Asia. Being first consumed and traded in China more than 1,500 years ago during the Tang Dynasty. It was considered a rare royal food.

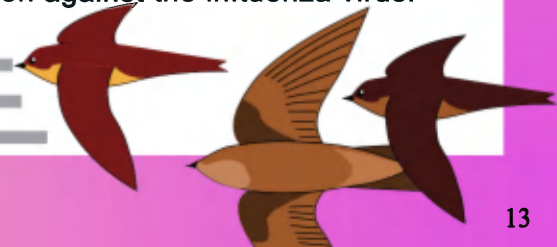


Edible bird's nest (EBN) is the nest made by certain species of swiftlets native to Southeast Asia, especially the white nest swiftlet (*Aerodramus fuciphagus*) and the Black-nest swiftlet (*Aerodramus maximus*), regarded as the heavily exploited species. They have a pair of salivary glands under their tongue which produce a high-protein glutinous secretion that hardens on exposure after the bird has shaped it into a cup-shaped nest. The secretion also serves to glue the nest to the ceiling of the cave or behind waterfalls in which the birds live, mate and raise their young ones in the nest. These nests are exclusively constructed by the male swiftlets.

BIRD'S NEST SOUP--A HEALTHY DELICACY



When it comes to the edible bird's nest tradition, it is double boiled with rock sugar to make a gastronomic delicacy known as 'Bird's nest soup'. This soup is especially valued not just as a pleasant food to be enjoyed but is also consumed as a food tonic that is believed to provide certain health benefits, such as aiding digestion, raising libido, improving voice and concentration, and alleviating the risk of harmful diseases including asthma, The nest extracts are also known to have hemagglutination inhibiting action against the influenza virus.



WHAT THE FOOD!

Bird's nest contains glycoprotein and certain amino acids. It is also rich in minerals such as calcium, potassium, phosphorus, iron, and iodine.

These nutrients have many benefits to the body, such as improve metabolism, tissue, and cell growth; and enrich vital energy. They are also known to have three main functions like in enhancing the rebirth of cells and tissues, improving the immune system and strengthening the body health, and accelerate recovery from illness. It also has anti-aging properties.

'ROYAL' FOOD!

According to a recent study, a good bowl of bird's nest soup at a restaurant may cost over \$100 (6006 INR). Moreover, the retail costs vary according to their grades, ranging from \$2000 to \$10,000 for white and red blood nests respectively. "What makes it that much expensive?", you might wonder. the answer is its process that makes it a highly-priced food. The entire process of construction of the nest by a Swiftlet itself takes around 30 days. Isn't it a royal food for a reason?



CONSUMING AS A 'SUPER'FOOD



Bird nest and bird nest soup can be consumed daily. An average person can consume around 3 to 5 grams of dried bird nest. The body will discharge any excess consumption. It is best to take a spoon of bird nest in the morning when the body is fresh and the stomach is empty, ready to take full benefit of bird nest. It is also best before sleep, as the rich antioxidants will help the body to eradicate free radicals as the body heals during our sleep. Empress Dowager of China had been consuming bird nest before bedtime as a royal ritual.

To conclude, Bird's nest soup is a food with a lot of health benefits, which serves as antioxidant, anti-aging, strengthening food, immunity booster and so on. But it may be too heavy for your pocket and is indeed a rare royal food and caviar of the east. 🌀





Alumn Column

Ms. Vasundhra
Manager-Regulatory and
Scientific affairs (Nestle India LTD).



1. What was your batch name? Is there any interesting story behind it?

Answer: I was a part of 2012-14 batch AKA "The Cereal Killers". We wanted it to be relevant, i.e. relating to Food, yet quirky. Everyone in the batch suggested names and this was the one we all liked the most and that's how we became The Cereal Killers .

2. Which were your favorite places to hang out in the beautiful campus?

Answer: My room B -19. It was on the top floor and had a lovely view of the campus, especially when it rained.

3. Life at CFTRI is full of twists and turns. How would you describe your 2 year here?

Answer: I believe that the twists & turns are what make life interesting and keep us going something new to look forward to and So was life at CFTRI. The 2 years spent @CFTRI were beautiful and extremely memorable. From learning new things happening in the world of food, being taught by country's best scientists to knowing different cultures and making new friends. I remember organizing events, sitting in the mess for hours altogether, trips to Corner House late at night to landing up the dream job. The 2 years at CFTRI prepared us to not only be good at our subject but also to face the world.



4. The intros-session are an integral part of the CFTRI legacy. Please share your most vivid memory regarding the experience?

Answer: Truly said. Intro sessions are an integral part of the CFTRI Legacy. The most memorable part of intro sessions is to remember names of everyone in your batch and seniors. I was the first in my batch to remember all the names of seniors and batchmates, even the tough ones. One such name was "Panikutira Bhavya Kuttappa" and she happens to be one of my best friends till date. I would rather say family now.



5. When you reflect on your days at CFTRI, which memories do you cherish the most?

Answer: There are many memories that I cherish from my times at CFTRI. One of them is the times me and my friends Bhavya & Shikha used to study together for exams in my room. We used to divide topics and teach each other and after every 30 mins we used to take a break where I used to make a snack, Bhavya used to help me and Shikha used to clean up everything.

Another fond one is from our graduation day, where I remember looking at my mom with a big smile seeing me, living our dream.



6. How did CFTRI prepare you for your career?

Answer: Apart from equipping me with knowledge and experience, CFTRI provided me a platform to launch my career as a respected and trusted professional. All because of the legacy and reputation established by our scientists and alumni.

7. How would you describe the "gossip sessions" with your besties?

Answer: My room was the gossip hub and a lot of gossip used to happen over a bowl of Maggi, and sometimes during the evening walks in campus. Great fun and stress release.



8. CFTRI is a place which pushes you out of your comfort zone. Is there something you did after coming to CFTRI which you never thought you would do?

Answer: Although I never had stage fright, I was not very comfortable taking part in Drama, but as a part of our freshers' program, I participated in an act as "Mother Earth". A big thanks to my gang – Shikha, Bhavya & Harish for always encouraging me and pushing me out of my comfort zone.

9. Any last bits of advice that you would give to the students?

Answer: Build strong basics, stay updated and network & connect with the people around. Make the most of your time at CFTRI.





Turn Your Weakness into Strength

Weakness, the word which we come across frequently while facing an interview.

A series of questions may be asked in an interview. The interviewer may often ask about your strengths and weaknesses. Sometimes, the latter gets challenging to answer but it shows how well you're prepared for the interview and the characteristics on which you're working for improving your weaknesses.

We possess a blend of strengths and weaknesses. These are two opposite terms, but they complement each other in a way that helps a person to know themselves better when they are able to figure out their weaknesses as well as strengths.

We are all weak in certain ways whether physically, mentally or economically. A man can define himself through his weakness and strength.

As said by Susan Gale, sometimes you don't realize your own strength until you come face to face with your own weakness.

Suppose if a man is angry, lack of temperament denotes that the man is weak in nature, and he has no control over his wrath. But it is also true that if we transform our weakness into strength, it will obviously become fruitful.

Weakness is not a negative thing, instead it highlights the strength in a person just like how the brightest light forms the darkest shadow.

How to answer your weaknesses?

The best strategy to be followed is a simple formula. First, state your weakness. Second, add additional

context and a specific example or story of how this trait has emerged in your professional life. That context will give potential employers insight into your level of self-awareness and commitment to professional growth.

• *Example 1: "Although I always met my deadlines, I used to have a problem with procrastination, and I'd end up working really long days as a deadline approached. I decided that I needed to deal with the issue, so I took classes on project management and time management. I learned how to organize my days and attack bigger projects in manageable chunks. Now, I put together a plan as soon as I get a new assignment, and I often beat my deadlines."*

• *Example 2: "I've always been on the design side of things and haven't had much experience with content development, so I'd say that's a weakness for me. However, I'm a quick learner, and I believe I could improve my writing skills if I ever needed to for my job."*

Ways to convert weakness into strengths:

"Every weakness contains within itself a strength", this quote says that we all have strength within our weakness.

There are some ways to convert our weakness into strength.

✓ **Recognize and accept your weakness:** You can't turn a weakness into a strength if you are busy denying the weakness exists. So, your assignment is to recognize that you have weaknesses and determine what they are. This process requires you to be honest with yourself.

✓ **Be well prepared:** Sometimes the best defense against a weakness is to overcompensate with excellent preparation. This helps to overcome a weakness.

✓ **Get advice from others:** Many weaknesses do not have to be overcome alone. It can be helpful to get advice from others having more experience or even just a different perspective. Before making a choice, getting clarity with sufficient information is always a good idea.

✓ **Seek to improve your skills:** You can't change what you were born with, but you can change how you perform it instead of spending all your time wishing you were good at something. The way is to spend your time in practicing and learning the skills you lack. You can ask help from the people you trust, they may empower you with improving the skills.

✓ **Stop procrastinating:** Avoid giving excuses to learn something which helps you to overcome a weakness. Be focused and commit yourself to the task you've decided to do. Also, you may ask someone to check up on you for your better performance.

✓ **Leverage your strength:** While you work on building your skills surround yourself with opportunities to use your other strengths that can amplify your sense of accomplishment and boost your confidence even more.

Don't wait until everything is just right. It will never be perfect. We should always be ready to face challenges and impediments. This is the time to get started. With each difficult step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident and more and more successful. If we spend too much time talking about creep, it's easy to dig us into a grave.

10 Reasons to Focus on Your Strengths

No Matter What Your Job Description Says

A growing body of research is finding that people who use their strengths more at work:

1
Are happier
Studies have found they report lower levels of depression, higher levels of vitality and good mental health.

2
Experience less stress
Studies have found they report higher levels of positivity, and in particular the character strengths of Kindness, Social Intelligence, Self-regulation and Perspective appear to create a buffer against the negative effects of stress and trauma.

3
Feel healthier & have more energy
Studies have found that greater endorsement of character strengths is associated with a number of healthy behaviors including leading an active life, pursuing enjoyable activities and eating well.

4
Feel more satisfied with their lives
Individuals who are satisfied with life are good problem-solvers, show better work performance, tend to be more resistant to stress and experience better physical health.

5
Are more confident
Studies have found that both strengths knowledge and strengths-use are significantly associated with self-efficacy, self-esteem, self-acceptance and self-confidence.

6
Experience faster growth & development
Studies have found that positive self-monitoring and strengths building are particularly suited to circumstances when you're learning something new, something difficult or something perceived as difficult.

7
Are more creative and agile at work
The feelings of authenticity, vitality and concentration created by developing strengths help people to better adapt to change, engage in more creative and proactive behaviors, pay more attention to detail and work harder.

8
Feel more satisfied and experience more meaning in their work
Studies have found that people who use four or more of their top character strengths at work are more likely to experience job satisfaction, pleasure, engagement and meaning in their work.

9
Are more engaged in their work
Studies have found that employees who have the opportunity to regularly use their strengths at work each day are up to six times more engaged in what they're doing.

10
And managers who focus on people's strengths experience improved team performance

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

----- Thomas A Edison

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GAMES

FOOD RIDDLES

**1. It's the name of a type of fish
That's packed in a can so tight
It sounds like the name of someone
Who makes a piano sound right?**

**2. It's a symbol and a fruit,
For man's folly, evil's root.
But also a great inspiration,
and famous application..**

**3. Not born,
but from a Mother's body drawn,
I hang until half of me is gone
I sleep in a cave until I grow old,
then valued for my hardened gold.
What am I?**

**4. Boil meat and veggies
And I taste just right,
If you're not feeling well ,
I can ease your appetite**

**6. This fruit is made of
two words conjoined.
The first part of it is a tree
The second part is a different fruit
And goes on a pizza from Hawaii**

**5. This is a type of small fruit
Which is smaller than your hand
Fuzzy outside, green inside
Often comes from New Zealand**

**7. In marble halls as white as milk,
lined with skin as soft as silk,
Within a fountain crystal clear,
a golden apple appears.
No doors there are to this strong
hold. Yet thieves break in a
nd steal the gold.**

**8. A time when they're green
and a time when they're brown.
But both of these times,
cause me to frown.
But just in between,
for a very short while.
They're perfect and yellow
and cause me to smile.**

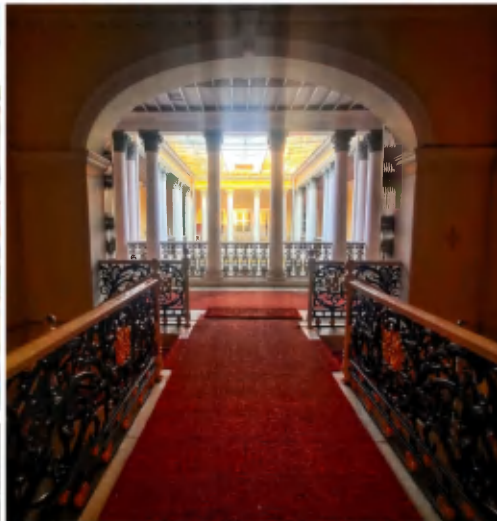
4. SOUP
8. GRAPES

3. CHEESE
7. EGG

2. APPLE
6. PINEAPPLE

1. TUNA
5. KIMCHI

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