

29TH EDITION

MARCH 2022



Abhyudaya

Reliving the Legacy



VEGAN

Redefine Animal Protein

This Issue

Words from the Editor's desk...

"It's only the beginning now,
A pathway yet unknown,
At times the sound of others steps,
Sometimes we walk alone.
The best beginnings of our lives,
May sometimes end in sorrow,
But even on our darkest days,
The sun will shine tomorrow."

This spring, we, PAVrangers cordially welcome the new spring of CFTRI, "CORNquerors" (M.Sc. Food Technology, 57th batch). By dedicating this poem of Hamsa Elfarash, I wish CORNquerors, a great beginning of their new journey and have a great time ahead.

To all the distinguished readers

On behalf of the team Abhyuday, I humbly present to you the 29th edition of the magazine put together by the 56th batch of M.Sc Food Technology, the "PAVrangers".

Know everything about plant-based protein, a new trend in the global food industry, in the Cover Story.

Scroll down to Industry Buzz and get yourself updated with new innovations in the food industry.

Dive into the good old days with Kampus Khabar, where we present to you the exciting celebrations in the campus.

"MARS" is the world's leading manufacturer of chocolates, chewing gums, mints, and fruity confectionery. In the section of Food Incorporated, we hereby take you through the sweet story of your favorite confectionery.

Ever thought of tasting food by licking the display of your TV? Yes, you read it right! Get to know more about the lickable TV in What the Food!

Walk with Dr. N G Iboyaima Singh (batch 1987-89) in ALLUMN COLUMN as he takes you through his trail of beautiful memories on the campus.

As this is not an information age but an age of network intelligence, so, head onto Career Corner to give your LinkedIn networking skills a boost!

Let's congratulate our dear PIETHons for stepping into a new milestone in their career in the Placement section.

Kalakriti, a newly introduced section is here to awaken the hosteller artist within you. Enjoy the artistic presentations by PAVrangers!

Brainstorm yourself by solving the crossword puzzle in the Games section.

Time travel to CFTRI through the Photography section and witness the breathtaking beauty of the campus.

Have a blissful reading!



Regards
RASHMITA G

2	About Abhyuday
3	Cover Story
6	Industry Buzz
9	Kampus Khabar
11	Food Incorporated
13	WTF
14	Alumn Column
17	Career Corner
19	Placements
20	Kalakriti
22	Games
23	Photography
24	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.



VEGAN VENTURE

An attempt to redefine animal proteins

“ Since the outbreak of Covid-19 plant-based eating has increased dramatically as consumers around the world try to reduce the amount of animal-based products they consume due to concerns over health and the environment. ”

Novel protein sources are the sustainable alternatives to conventional meat, eggs, and dairy. Proteins may be differentiated on the basis of their plant, non-animal cell, and recombinant protein sources, but “plant-based” may encompass one or a combination of these sources to create a sans-animal product. Accordingly, “plant-based” may mean something different to everyone. Plant-based is designed to at least meet the organoleptic experience (i.e., flavor, aroma, texture, bite, moisture, mouthfeel, appearance, and color) of its animal-based counterpart. Traditional meat, eggs, and dairy have dominated and continue to dominate our food landscape. Animal-based products undeniably meet the three primary drivers of consumer eating and purchasing behavior: taste, price, and convenience. The success of plant-based products depends on their ability to deliver on these three drivers. Ingredients selection is the key to addressing these challenges. The meat alternatives space is still in the early stages of development (think of the Nokia keypad phone from a decade ago to the smartphones of today). **Since the outbreak of Covid-19 plant-based eating has increased dramatically as consumers around the world try to reduce the amount of animal-based products they consume due to concerns over health, disease, animal welfare, and the environment.** According to the DuPont Nutrition and Health study from 2018, more than half of consumers said they ate plant-based food because it makes them feel better. In 2020, the plant-based food sector experienced an average growth of 148% across all food categories. The refrigerated plant-based meats (burgers, nuggets, and sausages), saw the fastest growth of 241% compared to 2019. In the UAE, sales of Beyond Meat burgers have increased despite the restrictions on the hospitality sector. According to Al Arabiya English, “More customers are opting for vegan food and the coronavirus pandemic is accelerating the trend.

PLANT BASED FORMULATION

If there is one rule to food innovation, it is to deliver on taste. The taste may be defined by a plethora of attributes that constitute a product’s organoleptic experience. For plant-based products, formulation aims to at least reach organoleptic equivalence to their animal-based counterparts. What this means for the food scientist is striking the right balance between the project’s parameters and the functional and nutritional quality of non-animal ingredients. Around the world, more than 800 companies and brands either primarily focus on plant-based foods that directly replace animal products or have a business unit or product line focused on such products.

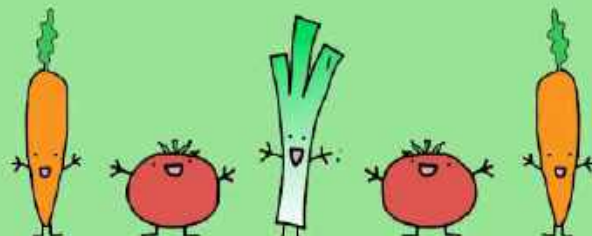
PLANT PROTEINS

Plant proteins are mainly derived from cereal and legume crops and are offered in whole and fractionated ingredient forms. Fractionated protein forms may encompass flours, concentrates, isolates, and hydrolysates. As a result of various approaches in physical, chemical, and biological processing, plant protein sources will gain further traction through their ability to meet key parameters in the industry. Plant-based proteins concentrate, isolate, and hydrolysate may impart the full range of functional characteristics, including solubility, viscosity, gelling, emulsification, foaming, and dough formation. Generally, the closer the finished material is to its native form, the more apparent its aroma and flavor (e.g., beany notes in legume-derived protein sources decrease from flour to isolate forms). Hydration, shearing, and cooking are also characteristic of extrusion, which has been valuable in reducing undesirable aromas and flavors in the creation of plant-based meat. The creation of hydrolyzed proteins (aka protein hydrolysates) from isolate fractions also aids protein functionality.



STARCH AND FIBER

To believe that only protein fractions held the solution to innovative plant-based food products would be a major misconception. Major components of plant protein sources —starches and fibers—can deliver on some of the same functionalities while filling in where proteins fall short. New sources of starch, especially the derivatives of legume proteins, present unique characteristics that may translate to clean label, functional alternatives to hydrocolloids. In their native forms, legume-derived starches (such as pea starch) present functionality that other starches lack. Starch contributes a means of reducing and controlling the expulsion of free water or brine (a process formally referred to as syneresis) and thereby reducing the water activity, which has direct role in spoilage caused by microbes. Fibers offer a new means of imparting viscosity, gelation, and stringiness while addressing clean label concerns and yielding nutritional benefits. In seafood products like surimi, starch contributes to water management alongside texture, process improvement, and cost reduction.



PLANT PROTEIN OPPURTUNITIES

A variety of companies are working to expand the ability to use plant-based proteins. For example, Chile-based startup NotCo recently secured \$30 million to further develop its machine learning platform that maps the molecular properties of plants. The company uses this database for comparison to the molecular structure of animal-based foods, determining which plant-based proteins can replicate the original structure in color, taste, and texture. Plant breeding companies, such as Equinom and Benson Hill Biosystems, are also developing crops optimized for plant-based meat, egg, and dairy applications. 3D printing can improve manufacturing precision and flexibility, enabling the fabrication of highly sophisticated products that mimic whole-muscle meat cuts. Several startups such as Open Meals, NovaMeat, Redefine Meat are exploring 3D printing for applications in plant-based meat.



REFERENCES

- https://www.pfndai.org/Document/Association_News/healthy-tomorrow/Innovation_in_Plant-Based_Protein_In_India_-_Mr_Varun_Deshpande.pdf
- Luallen, T. 2004. "Utilizing Starches in Product Development." Chpt. 13 in Starch in Food, edited by A.-C. Eliasson. Lund: Woodhead Publishing.
<https://www.sciencedirect.com/book/9781855737310/starch-in-food>

**Keep calm!
it's animal-free,
so keep your vegan mood on!**



Food Industry Buzz



iD Fresh Food Launches Homestyle Whole Wheat Triangular Parathas

iD Fresh Food, one of India's largest fresh food brands, announced the launch of its much-awaited, homestyle whole wheat parathas.

After a huge success with their Malabar parota and whole wheat lachha parathas, iD continues to strengthen its presence in the growing healthy food market in India, with the launch of these homestyle whole wheat parathas.

The product will be launched starting with the Bengaluru market, followed by the rest of the regions. The uniquely triangular-shaped parathas are made with 100 percent whole wheat, with completely natural ingredients and no added chemicals or preservatives. They are tasty and healthy, with a limited shelf life. The light and soft bite of these parathas, make them suitable for regular consumption at home. All you have to do is unpack and heat to make it ready to eat and enjoy it with your favorite curry or sukhi sabzi.



The Bengaluru-based brand's extensive natural and organic product range includes Idly and Dosa Batter, Ragi Idly and Dosa Batter, Rice Rava Idly Batter, Malabar Parota, Wheat Parota, Sandwich White bread, Wheat Sliced bread, Wheat Chapati, Natural Paneer, Natural Thick Curd, 'Squeeze and Fry' Vada Batter, Smart Sip Tender Coconut, Grated Coconut and three customized blends of Instant Filter Coffee Liquid.

Mondelēz International to launch Philadelphia plant-based alternative

This new variation, which will sit alongside the original, underscores Mondelēz International's ongoing commitment to offering consumers greater choice.

Developed over two years, this recipe has been rigorously tested to ensure it delivers the same levels of taste and quality as the other products in the Philadelphia range. A combination of oats and almonds creates the creaminess of Philadelphia without the dairy.

Philadelphia Plant-Based will be launched in the brand's 100% recyclable packaging, soon to be made with recycled plastic later in 2022.

Food Industry Buzz



Philadelphia's commitment to advancing packaging innovation is part of Mondelez International's long-term sustainability and well-being targets, which are focused on driving positive impact and meaningful change at scale.

Louise Stigant, UK Managing Director, Mondelez International, commented: "With over half a million people taking part in this year's Veganuary, the appetite for plant-based alternatives has never been more apparent. We've worked hard to make sure the new Philadelphia Plant-Based really delivers the same great taste and creaminess that people love and expect from Philadelphia and we're delighted that there's now a Philadelphia product for everyone - not a bagel or slice of toasted sourdough ever needs to go without again!"



Slay Coffee introduces Holiday Special Cinnamon Coffee Brews

To add extra spice and warmth to the chilly festivity, Slay Coffee, one of India's prominent coffee brands, has introduced cinnamon as the hero ingredient in their cuppas and baked goodies this holiday season.

The brand is inspired constantly by its patrons - be it for their coffees on the menu or the packaging artwork. This festive season, the brand asked its customers for flavour suggestions that they would like to see on the menu, and after over more than 500 entries, cinnamon won hands down as the most popular flavour.

With this in mind, the brand has launched two new cinnamon-infused coffees - the iconic Spiced Cinnamon Latte and the Irish Creme Cinnamon Cold Coffee. While the Spiced Cinnamon Latte consists of their signature espresso shot and cinnamon flavour, the Irish Creme Cinnamon Cold Coffee includes signature espresso shot and cinnamon flavour, along with Vanilla Ice-cream and Irish creme to light one up like a Christmas tree! In addition to the aromatic cinnamon coffee brews, they have also introduced mouthwatering goodies to savour, like the Apple Cinnamon Pie, Plum Cake, and Ginger Bread Cookies to their menu.

New Regulation on Milk Analogues, exclusive 'Dairy Logo' and standards for ghee

On 27th December 2021 FSSAI published a regulation called the Food Safety and Standards (Food Products Standards and Food Additives) Sixth Amendment Regulations through which FSSAI has included regulation on milk analogues.

The regulation has made it mandatory for all milk and milk products, including composite milk products to have the 'Milk logo' and the milk analogues to have a declaration "Contains....." and the blank to be filled with the name of the constituent that was not derived from milk along with its source. FBOs should comply with the standards in the regulation by 1st July 2022.

Food businesses to mention License No. on invoices with effect from 1st October 2021

FSSAI had made it mandatory for food business operations in the country, which are largely micro, small, and mid-sized enterprises to mention their 14-digit FSSAI license/registration number on receipts, invoices or bills on sale of products with effect from 1st October 2021.

In the order, the food Authority mentioned, " Presently FSSAI number is compulsory to be displayed on packaged food labels but the issue lies especially in case of establishments such as restaurants, mithai shops, caterers, even retail stores, etc."

Permitting the use of recycled plastics as food contact materials

FSSAI has issued directions regarding the use of recycled plastics under Section 16 (5) of Food Safety and Standards Act, 2006, related to the operationalization of Draft Food Safety and Standards (Packaging) Amendment Regulations 2022, permitting the use of recycled plastics as food contact materials based on the Plastic Waste Management.

Products made of recycled plastics including carry bags may be used for packaging, storing, carrying, or dispensing of food products as and when standards and guidelines are framed by the Food Authority.

In mechanical recycling process operation, PET Flakes are washed, melted, extruded, and pelletized without a process step to remove contaminants. A conventional recycling process should not be used as it does not have the decontamination process step and it does not apply to industrially rejected PET bottles. The recycling process which transforms post-consumer PET bottles to food-grade recycled resins suitable for packaging materials for bottling and packaging is preferred.



KAMPUS HABAR

Onam Celebration



Onam was celebrated on 21st August 2021. It started with a Pookalam (floral rangoli) in front of the hostel mess followed by a rangoli competition, where teams were allotted to individual blocks of the IFTTC hostel. Different teams made rangoli full of colors and creativity based on the theme, "Kerala and Onam". After the rangoli competition, the photo session added beauty to the celebration, where all PAVrangers wore traditional costumes. The next day, games were conducted making it a fun-filled weekend. Overall, it was an awesome celebration!



World Food Day

On the occasion of World Food Day, International Food Technology (IFT) club organized a quiz for the students of M.Sc. Food Technology on 30th October. The event comprised of various fun-filled activities, ranging from the visual identification of popular food products, brand logos, television advertisements to a delicious rapid-fire round. Students participated actively in all the rounds and the competition was won by the Team "Food Techies" (Mr. Ram Prasad Naik K, Ms. Diya Jyothis, Ms. Sinni Mishra, Ms. Kadam Anagha Sunil and, Ms. Shivani Dhaka).

Chamundi Trip With Cornquerors

After our New Year celebration with our Juniors, on 4th January 2022, we PAVrangers took our juniors CORNquerors to Chamundi hills as a part of our legacy. We took the shower of the almighty's blessings followed by capturing our moment of the first togetherness in front of the Mahishasura statue. We enjoyed the beauty of Mysuru in viewpoint, had breakfast, and returned to campus with a sense of blissfulness.



Dussehra

Dussehra is a 10-day royal festival celebrated with a lot of grace in Mysuru. PAVrangers were excited to experience the Dussehra lights which sparkled the entire Mysuru city. Seeing the glistening Mysuru Palace was truly a wonderful treat to the eyes. Dusshera Pooja was conducted on 15th October in the IFT room, and the celebration was followed by dancing to the core of dandiya beats.

Deepavali



Deepavali, the festival of lights is one of the most awaited and the most celebrated festivals of India. On 4th November 2021, IFT Club organized a Laxmi Pooja in the IFT Club room, which was decorated with colorful flowers, rangoli, and lights. Lord Ganesha and

Goddess Laxmi were worshipped in the evening. Diyas were lit all around the IFTTC complex and the beautiful evening was concluded by firing crackers, lighting sky lanterns, and grooving to the DJ beats. The next day IFT club organized a Deepavali dinner where our alumni from the batch IncreDIBLES 30- Miss Nikhitha Katta, Mr. Utkal Ranjan Sahoo, and Mr. Amal Mani, and French Toast Mafia- Mr. Sharath Chandra K C, Mr. Abhimanyu Singh, Mr. Abhishek Gowda, and Mr. Bhanuprakash C V added grace to the celebration by their presence.

Christmas

Christmas was celebrated with a lot of joy and happiness by PAVrangers together with CORNquerors, a new addition to the CFTRI family.



CORNquerors showed their creativity by beautifully decorating the Christmas tree and the crib. Major Jabez Philip and Dr. Merin Philip embraced the occasion and enlightened us with the history behind the festival. They distributed the special Christmas plum cakes to each one of us. Later at midnight, we had a cake cutting ceremony and everyone enjoyed Christmas eve with Santa Claus and the blessings of Jesus.

New Year

On the last day of the year, we bid adieu to the beautiful year gone by, 2021. Everyone rocked the dancing floor with their moves and filled the air with fun and craziness. The first day of the year 2022 began on a special note where both PAVrangers and CORNquerors came together and played fun games like Bombing the city, Pass it on – a communication game, and Chain game. This was led by a cake cutting celebration and a burger and soft drinks party. The entire M.Sc. family sat together in a big circle and shared their vivid memories from 2021. Here's wishing you all a very happy and prosperous 2022!



MARS, INCORPORATED



**Work.
Rest.
Play Longer.**

Mars, Incorporated is an American multinational manufacturer of confectionery, pet food, and other food products and a provider of animal care services, with US \$40 billion of annual sales in 2020. It is the world's leading manufacturer of chocolate, chewing gum, mints and fruity confectionery. Mars operates in five business segments around the world: Mars Wrigley Confectionery, Petcare, Food, Drinks, and Symbioscience the company's life sciences division. Mars is a company known for the confectionery items that it creates, such as Mars bars, Milky Way bars, M&M's, Skittles, Snickers, and Twix. They also produce non-confectionery snacks, such as Combos, and other foods, including Ben's Original, and pasta sauce brand Dolmio, as well as pet foods, such as Pedigree, Whiskas, Nutro, and Royal Canin brands.

Orbit gum is among the most popular brands, managed by the Mars subsidiary brand Wrigley. During World War II, Wrigley was selling their eponymous gum only to soldiers, while Orbit was sold to the public. Though abandoned shortly after the war, about 30 years later Orbit made a comeback in America during the chewing gum craze.

MALTESERS

Maltesers consist of a spheroid malted milk centre surrounded by milk chocolate. Maltesers were created by the American Forrest Mars Sr. in England in 1936, and first sold in 1937. They were originally described as "energy balls" and aimed at slimming women.

The current Maltesers' slogan is "The lighter way to enjoy chocolate"

The ingredients are: sugar, skimmed milk powder, cocoa butter, glucose syrup, barley malt extract, cocoa mass, palm fat, lactose, demineralised whey powder, milk fat, wheat flour, emulsifiers (E442, soya lecithin, E492), palm oil, raising agents (E500, E501, E341), salt, gelling agent (pectin) and flavouring agent. Different formulations are followed in different countries.



m&m's

m&m's are multi-colored button-shaped chocolates consisting of a candy shell surrounding a filling which varies depending upon the variety of m&m's. The original candy has a semi-sweet chocolate filling which, upon introduction of other variations, was branded as the "plain, normal" variety. Peanut M&M's, which feature a peanut coated in milk chocolate, and finally a candy shell, were the first variation to be introduced, and they remain a regular variety. Numerous other variations have been introduced, some of which are regular widespread varieties (peanut butter, almond, pretzel, crispy, dark chocolate, and caramel) while others are limited in duration or geographic availability. M&M's are the flagship product of the Mars Wrigley Confectionery division of Mars, Incorporated.



SNICKERS

Snickers is a chocolate bar, consisting of nougat topped with caramel and peanuts that have been enrobed in milk chocolate.

There are several Snickers products such as Snickers mini, dark chocolate, ice cream bars, Snickers with almonds, Snickers with hazelnuts, Snickers with pecans, Snickers peanut butter bars, Snickers protein, and Snickers with Extra Caramel, as well as espresso, fiery, and sweet & salty versions.

The ingredients used to make Snickers are milk chocolate (sugar, cocoa butter, chocolate, skim milk, lactose, milk fat, soy lecithin, artificial flavour), peanuts, corn syrup, sugar, palm oil, skim milk, lactose, salt, egg whites, artificial flavour.



3 MUSKETEERS

3 Musketeers is a candy bar consisting of chocolate-covered, fluffy, whipped mousse. The 3 Musketeers Bar was the third brand produced and manufactured by M&M/Mars, introduced in 1932. Originally, it had three pieces in one package, flavored chocolate, strawberry, and vanilla, hence the name, which was derived from the 1844 novel *The Three Musketeers* by Alexandre Dumas. The candy is made of a whipped mousse covered with milk chocolate. The nougat chocolate center is first formed into very large slabs, which are cut to size, and after the centers are formed they are coated with milk chocolate through a process called "enrobing" wherein the centers pass through a continuous flowing vertical "sheet" of chocolate while, at the same time, a rotating, chocolate-covered wheel beneath the mesh belt coats the base of the bar. The bar is then cooled and prepared for wrapping.



WHAT THE FOOD!!

JUST LIKE MUSIC, TASTES CAN BE DOWNLOADED IN THE FUTURE.

Your days of wondering what the delicious food on cooking channels tastes like may well be over. We can now envisage a completely new future of making a platform where tastes from all over the world can be distributed as 'taste content'. It's the same as watching a movie or listening to a song that you like. In the future, people can download and enjoy the flavors of the food from the restaurants they fancy, regardless of where they are based.

Homei Miyashita, a Japanese professor at Meiji University in Tokyo has developed a prototype of a lickable TV screen that allows to create different flavor profiles of foods. With this device, all one needs to do to taste the food on the display is to lick the screen.

The device is called Taste the TV (TTTV) and involves 10 flavor canisters spraying a combination of flavors onto a plastic film that's layered onto a flat-screen TV, in an attempt to recreate the taste of a food item. The goal is to make it possible for people to have the experience of something like eating at a restaurant on the other side of the world, even while sitting at home. The professor added that this device might be useful for budding sommeliers and chefs — who need to taste things while honing their craft but are at a disadvantage because of remote learning.



Meiji University professor Homei Miyashita fills flavor canisters as he demonstrates Taste the TV



Yuki Hou, a student at Meiji University in Tokyo, demonstrates the Taste the TV lickable screen

According to the professor, a commercial version of the tasty TV could cost about \$874 to make. The device could allow cooks to learn about new flavors remotely or let you show off your tasting skills in a quiz with friends. The professor's food inventions don't end here. Miyashita is also working on a special spray that can add a pizza or chocolate flavor to a slice of toasted bread.

Alumn Column

Dr. Ng. Iboyaima Singh
Chief Scientist.
Traditional Food and
Sensory Science
CSIR-CFTRI, Mysuru



Q1. What was your batch name and is there any interesting story behind it?

I am from the 1987-89 batch. Our batch did not have any batch name. Batch name were introduced recently. The uniqueness of our batch:

Our batch introduced many sports activities under the IFT-club-like swimming

Q2. How does it feel to be connected with your alma mater?

I have been working at CFTRI since Dec 1990, so I had an opportunity to meet the alumni members who visited the institute including the senior-most from the first batch to the junior-most alumni. I am always happy to interact with them. I feel proud that many of our alumni are in the top position in their careers. I always planned and conducted meetings to connect with the alma mater by organizing get together on campus. This was the most memorable moment for all of us.

Q3. A most vivid memory of being a student at CFTRI?

A Strike on "Food poisoning at CFTRI Mess" was launched because a few of our classmates got loose motion and they blamed the hostel mess committee. For that, a mass procession was made from the CFTRI main gate to the main building. The management committee immediately closed the mess for 10 days and we had to order food from a Gujarati-based hotel in Mysore. The strike was triggered as the mess fee was increased slightly during that month. It was a memorable experience we faced.

Q4. In this beautiful campus, which spot mesmerizes you the most?

Swimming pool, Cricket ground, lounge (in front of the Main building), and Sapota orchard (by the side of Main gate, where we used to practice martial arts with ISMT students).

Q5. How CFTRI has helped you to shape your career?

It has given me a lot: fulfilled my ambition to be a teacher. I was able to raise my career right from Junior Scientist to Chief Scientist in a span of 31 years of service in the CFTRI itself. Got deputation to France for 16 months for advanced training in the area of Membrane processing of fruit juices.

Q6. Any hilarious incident you came across in class?

Not a particular incident but a few of my classmates were so talented to imitate the actions of a few scientists and faculties like Prof. K.R. Kumar (Packaging), Dr. Ramakrishna (food Engineering), Dr. Ranganna (HRD), etc.

Q7. Hostels are the core zone of CFTRI life. Which block marks the most memorable moments of your stay in the hostel?

I was in "C" block (now D block) room no. 11 (first year). The room is just opposite "A" block (girls' block). I was a late-night reader, so many comments (like whole night light on, only reading-no sleep Singh, etc.) came from "A"-block. So, I shifted my room to No. 14. It was better even though I had to tolerate the sounds of movement of vehicles the whole night. We enjoyed the birthday parties, colours of the Holi festival, Ganesh puja, and bonfire in front of the mess during Diwali.

Q8. How would you like to describe the changes in CFTRI over the years?

i. **Classroom location:** Classrooms have been shifted from ISMT block (MPD block) to the Main mansion (just above the bank). And no labs are attached to the classrooms.

ii. **Mode of Selection:** Selection of candidates for admission was on the merit list (one from each state) without a written entrance exam. Then one candidate from each state with a written entrance exam. Now any candidate with merit on the written entrance exam conducted by CFTRI at different centers (not compulsory from each state).

iii. **Degree award:** Award Degree was affiliated with the University of Mysore, Mysore. Now, awarded by AcSIR.

iv. **Syllabus and Teaching:** Changed drastically along with teaching patterns (from blackboard to whiteboard and finally to ppts).The syllabus is focused mainly on research and technology-oriented topics are very limited.

v. **Alumni Meet:** Alumni who have completed about 25 to 50 years after their degree were invited in special batches. Others were a farewell function for second-year students, Go green, Felicitation of senior alumni, guides, etc.,Entertainment programs, Games, etc. was included .



Q9. How would you like to describe intro sessions as a junior and senior?

As a junior: A simple gathering was arranged at the IFTTC auditorium by the seniors (86-88 batch). We all first-year students were asked to pick up a chit, read and perform the same. The introductory session was very simple and friendly. As a senior: We also followed the same pattern for our juniors.

Q10. As alumni any message to your juniors?

Three options after completion of the degree:

1. If you want to get placement in the food industry, focus on practical experience, collect information on the trends in the intended industries. Industry wants practical experience, innovative ideas, creative minds, and, hardworking candidates. The degree is not important to them.

ii. If you want to go for Ph.D., maintain your grade marks in all the semesters and prepare for competitive exams for fellowships in the country (CSIR, UGC, ICMR, Inspire, DBT, etc.) or abroad.

iii. If you want to become an entrepreneur, look for schemes like start-ups and join an incubation center and come out with your innovative product. Establish the chain: farmer/producer – Processor– Retailer. Then forget to seek a job instead, be a job giver.

ALL THE BEST.



HOW TO NETWORK ON LinkedIn™

-The Five Most Popular Ways

Networking on LinkedIn is one of the main features of this platform. But, if you're just starting out, networking on LinkedIn can be confusing. If done well, networking on LinkedIn can provide a ton of benefits, whether you're looking for a new job or want to start generating leads.

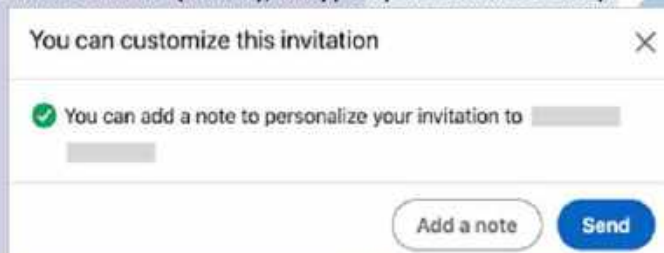
With over 760+ million users on the platform, you can start networking with people all over the world today. And with a meaningful connection request, you can connect with most people whether you know them personally or not.

How do you find new people to connect with? How do you communicate without being annoying? What do you write in your connection request or follow-ups to get people to reply?

These are all valid questions you might have as a beginner and we'll explore them in-depth below.

1. Connection requests

Sending a connection request is the most obvious and direct way to connect with someone on LinkedIn. To send one, all you have to do is head on over to someone's profile and click on the Connect button. Though, make sure you always include a personalized note (ideally, a hyper-personalized one)!



2. LinkedIn searches

This may also seem obvious but we can take it one step further to make sure you're connecting with leads you might not have access to otherwise. As you might know, you can filter your LinkedIn search results to connect with even more specific people. For example, you can filter for people who work in digital marketing and are based in the same city as you; people who work in a specific company, industry, or provide a specific service. But one thing many people don't know is that you can use advanced LinkedIn search filters to narrow down your search results even more.

You can even use the following Boolean operators to further narrow down your searches:

- AND – If you want to see results that include all items in a list, e.g., “marketing AND LinkedIn” for people who mainly work with LinkedIn marketing.
- NOT – To exclude a search term from your results, e.g., “sales NOT manager”.
- OR – To see results that include one or more items in a list, e.g., “marketing OR growth-hacking”.

Depending on your target audience, you can customize these filters and network with people relevant to you.

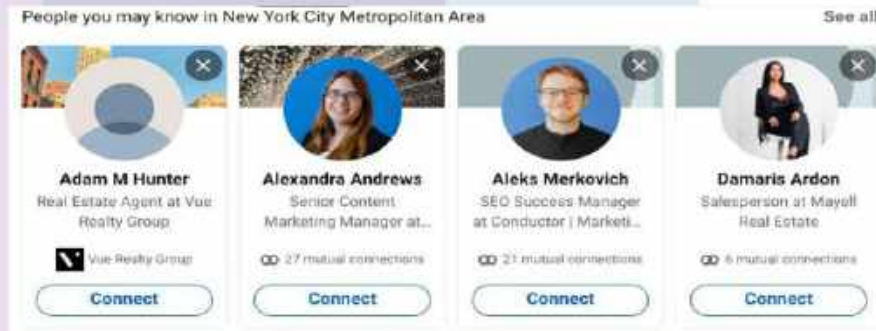
3. "People you may know" section

Once you start gathering some connections, you can use this networking hack to find more people instantly. Simply go to My Network and scroll down until you see the "people you may know" section.

Here, you'll find:

- People you may know from your university (if your education section is filled in).
- People you may know from similar job roles.
- People you may know from mutual LinkedIn groups.
- People in the same industry as you.
- People you may know based on your profile (LinkedIn's recommendations).

This is a great 'quality over quantity' approach as you're more likely to find relevant people worth networking from your niche here.



4. LinkedIn events

LinkedIn events are one of the best ways to network on LinkedIn because nothing is holding you back from connecting with most people who attended the same event as you. This is especially the case if you're new to LinkedIn and not sure where to find like-minded people. Simply, go to My Network and scroll down until you find the "Online events for you" section.

If your LinkedIn profile is filled in and you already have a couple of connections, LinkedIn would suggest some events for you based on your industry.

5. LinkedIn groups

Last but not the least, LinkedIn groups is another popular networking tactic. LinkedIn groups allow you to reach a targeted audience of industry professionals and establish relationships with people you have something in common.

All you have to do is type in the keywords related to your industry and you'll find loads of LinkedIn groups to choose from.

Do's and Don'ts to Consider While Networking on LinkedIn

Do's

- Do optimize your profile
- Do write content
- Do engage with personal connections
- Do leverage outreach and growth-hacks



Don'ts

- Not engaging in comments
- Not sharing posts
- Not personalizing your outreach
- Not using automation



So, hop on to your computers and use these tips and tricks to amp up your LinkedIn profile!

PLACEMENTS



GIRISH N



POOJA S T



THANUJA B J



KAVITHABAI S

KALAKRITI



DIVYA AGGARWAL

Living in the glistering rays of hope and peace



ANKITA JHA

Duality is the ultimate truth



AMAL BOSS

Story of an inflorescence with the bottle



SHAILAJA H POOJARI

Life is a beautiful art of living



MUSKAN WADHWA

Solace

MESMERIZING ELEGANCE OF CFTRI

- Bhageerathi Kalyani

“India is land of beauty”

The way Mysuru adorns Karnataka
CFTRI adorns Mysuru with its palatial heritage
The very first time I came to CFTRI,
I wondered is this research institute or tourist place?
The spring with blooming Gulmohar trees,
“Flame tree” do some say, but “Beauty tree” do I say.

It is a mystery to see
the vivid colored petals of Gulmohar,
bedazzling the Gulmohar avenue road
Cheluvamba mansion staring at sky
filled with brilliant hues of fairy red, yellow and blue
with clouds floating across the sky.
There is beauty around every corner of CFTRI!

Can we skip to the best part ----- Hostel ...!!

The place which brings together unity in diversity,
Has now become a synonym for family.
Cultural diversity starting from New year, Pongal, Holi,
Bihu, Onam, Ganesh Chaturthi and so forth
bring the greatest joy to us.
Journey started here with a cheerful Freshers-day for PAVrangers,
many thanks to the Seniors.
Pleasant birthday surprises, lockdown reels,
never opened swimming pool and gymkhanas,
“Clothes in washing machine are done” messages,
serious cricket matches, fully cleaned mess with rats running inside,
made life notable and worthwhile.

Then comes Academics...!!!

It all started with
“Am I audible? CR’s please respond” online classes
and ended with “turn on your cameras” in exams.
In between the offline, rocket science theory classes
to everlasting practical classes, and
“Are you from? to we are from CFTRI” at the End.

GAMES

CROSSWORD PUZZLE

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



INSTRUCTIONS: Solve the jumbled words below and find them in the grid

- | | |
|----------------|---------------------------|
| 1. GSLRNPIE | - A Potato Based Crisp |
| 2. ENKENIHE | - Lager beer |
| 3. NYDOLDNRIOA | - Premium Icecream |
| 4. BORLONETE | - Swiss Chocolate Brand |
| 5. SNADRAYFATK | - Double Chocolate Cookie |
| 6. MOTNREPA | - Instant Noodles |
| 7. BCAGRLESR | - Danish Brewing Company |
| 8. IDSOROT | - Tortilla Chips |
| 9. AWNDMEIONUT | - Carbonated Soft Drink |
| 10. LLRUEBVION | - Premium Dark Chocolate |

- ANSWERS**
1. PRINGLES
 2. HEINEKEN
 3. LONDON DAIRY
 4. TOBLERONE
 5. DARK FANTASY
 6. TOP RAMEN
 7. CARLSBERG
 8. DORITOS
 9. MOUNTAIN DEW
 10. BOURNVILLE

P
H
O
T
O
G
R
A
P
H
Y



EDITOR-IN-CHIEF: RASHMITA G
COVER STORY: SINNI MISHRA

ALUMN COLUMN MUSKAN WADHWA,
SHIVANI DHAKA

INDUSTRY BUZZ SHAILAJA H POOJARI,
SINNI MISHRA,
ANANGHA KADAM

FSSAI POLICIES AND REGULATIONS MEGHANA M,
BHAGEERATHI KALYANI

KAMPUS KHABAR A SUREKHA, YAMINI SEMWAL,
AKSHAY V, MEGHANA H V

FOOD INCORPORATED AMAL BOSS,
SHREYA KHALAI,
ASHNA XAVIER

(WHAT THE FOOD) SAMIKSHA JAYGADKAR,
DIYA JYOTHIS,
LEKSHMI VIJAYAN R

CAREER CORNER RAM PRASAD NAIK K,
BHAWNA CHUGH,
ASFIYA TABASSUM

PHOTOGRAPHY ANKITA JHA, MANOJ U

KALAKRITI YASHMITA GROVER,
DIVYA AGGARWAL

GAMES HAFSATH BEEVI V T,
SULTHANA HUMAYOON

DESIGN TEAM

DIYA JYOTHIS, SULTHANA HUMAYOON, SWATHI K
AMAL BOSS, ASHNA XAVIER, SHALINI SINHA
LEKSHMI VIJAYAN R, MEGHANA M, ASFIYA TABASSUM