

34th EDITION

DECEMBER 2023



**SMART BITES, HEALTHY LIFE;
MILLETS ON YOUR PLATE**



This Issue

Words from the Editor's desk...

In millets grace, a tale unfolds,
Success is in every grain it holds.
From soil to plate, a journey grand,
In every field, they stand firmly.
Inspiring us to reach our height,
Millets whisper of endless flight.



In the whispers of millets,

We, samuRYEs heartfelt wishes to our accomplished "CORNquorus" as they embark on their professional endeavors. A warm welcome to 59th batch of M.Sc. Food Technology, CFTRI. May your new chapter be marked with growth, learning, and countless achievements. Here's to bright beginnings and abundant success ahead!

To all distinguished readers

On behalf of the team Abhyuday, I humbly present to you the 34th edition of the magazine put together by the 58th batch of M.Sc. Food Technology, the samuRYEs.

Explore the nutritious realm of millets for a balanced, eco-friendly lifestyle in our "Cover Story"

Step into a nostalgic journey with Satyabadi Behera in the "Alumn Column" Walk down memory lane for a delightful stroll through cherished moments.

Stay updated on "Industry Buzz" tempting your taste buds with the latest millet offerings in the market.

Explore the Slurry Farm's innovative approach to reintroducing sustainable, nutrient-dense food in the "Food Incorporated".

Strap in your seat belts for a nostalgic journey back to the golden era of Mr. Jagdeep Marahar from the 1995-1997 batch at CFTRI, and glean the wisdom he has to impart upon us in the "Experience Talk".

Funky and intriguing, what's the scoop on the latest food trends under "WTF (What The Food)".

Explore CFTRI's dynamic essence with an exclusive peek into recent events through the "Kampus Khabar".

Let's pause and engage our minds with the captivating puzzles that await in the "Games Section".

"Kalakriti Section" Showcase: A Canvas of Artistry Unveiling the Brilliance of Our Talented Creators.

Get ready to be mesmerized and bewitched by the beauty of the campus in our "Photography Section"

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Regards
Editor in Chief
KAJAL SAHU

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.

International Year of Millets-2023

The declaration of 2023 as the International Year of Millets typically comes from international organizations like the United Nations Food and Agriculture Organization (FAO). This significant recognition underscores the importance of millets in promoting food security, sustainable agriculture, and biodiversity preservation on a global scale.



Objectives:

- o Awareness of the contribution of millet to Food security and nutrition.
- o Inspire stakeholders to improve sustainable production and quality of millets.
- o Focus on enhanced investment in research and development and extension services to achieve the other two aims.

Some of the millet-based technologies developed by CFTRI include:



RAGI SNACK

COOKIES (RAGI & BAJRA)



RAGI FLAKES



MULTI GRAIN SWEET MIX (HALWA)

BREAD (RAGI & BAJRA)



RAGI RUSK

CONVENIENCE FLOUR FOR MUDDU



Reference- <https://www.cftri.res.in/>

Significance:

Nutritionally Superior:

Millets, abundant in protein, fibre, vitamins, and minerals such as iron, stand as economical and highly nutritious alternatives to wheat and rice. Ragi, for instance, excels in calcium content. These grains ensure nutritional security, combating deficiencies, particularly in children and women, addressing prevalent issues anemia effectively.

Gluten-free a low glycemic index:

Millets can help tackle lifestyle problems and health challenges such as obesity and diabetes as they are gluten-free and have a low glycemic index (a relative ranking of carbohydrate in foods according to how they affect blood glucose levels).

Climate Resilient:

Millets are the backbone for dry land agriculture. They are hardy, resilient crops that have a low carbon and water footprint, can withstand high temperatures, grow on poor soils with little or no external inputs and are thus termed as the 'miracle grains' or 'crops of the future'. In times of climate change, they are the most secure crops to small farmers as they are the hardiest, most resilient and climate adaptable crops in harsh, hot and drought environments.



ALUMN COLUMN

MR. SATYABADI BEHERA
Nissin Foods, Japan
Batch: 2010-12

1. How do you describe the two years in CFTRI?

CFTRI life was truly transformative, offering a unique journey filled with challenges that shaped my personal growth. Reflecting on those crucial two years, I yearn to relive the remarkable experiences that fueled my achievements. Grateful for the lessons learned, CFTRI holds a special place in my heart.

2. What is your current position and how did CFTRI prepare you for career?

I currently serve as a Production and Food Expertise Consultant at Nissin Foods Pvt. Ltd. in Tokyo, Japan—the world's first instant noodles company. CFTRI played an indispensable role in realising my dream in the food industry, providing motivation and inspiration. The dedicated scientists acted as pillars in my career, fostering confidence, while the empowering environment encouraged me to dream big and achieve global success.

3. What was the biggest challenge you faced in CFTRI as an Agriculture Graduate and how did you overcome that?

Every day presented new technical challenges in my journey, especially as I delved into unfamiliar subjects like engineering mathematics and applied technology in my new course. As an Agriculture Graduate, tackling engineering-related topics such as engineering mathematics and engineering drawing was initially daunting. Fortunately, I was surrounded by incredible scientists, supportive friends and seniors who played a pivotal role in helping me overcome these challenges.

4. Could you share a moment in CFTRI that you want to relive again?

Oh, the memories! The day India clinched the Cricket World Cup in 2011 remains etched in my mind. Spending the entire night in the hostel TV hall with my friends, the excitement of the match, the cheers, and the overwhelming joy created an unforgettable experience. It truly stands out as one of the best days of my life.

5. Which legacy of CFTRI would you like to acknowledge?

CFTRI's most significant legacy lies in the robust network it has cultivated among academics and industry professionals, not only in India but globally. Graduates from CFTRI are making remarkable contributions in the field of food across the world. Legacies can take various forms—some positive, some negative. It's important to note that it's not always necessary to follow an existing legacy; we have the power to create our own. Building a legacy through daily hard work and self-motivation is equally impactful and enduring.

6. Which is your favorite spot in CFTRI Campus and why?

The gossip point in front of Cheluvamba mansion holds a special place. The sweet conversations with friends every day after dinner, surrounded by the calm and quiet atmosphere, made it my all-time favorite spot. The allure of the air and the serene environment was truly captivating.

7. What skills or qualities do you believe are crucial for success in the food industry, considering your own journey and observations?

In my perspective, key qualities essential for success in the food industry include a continuous learning approach, the ability to handle pressure (which CFTRI adeptly trains for), Effective networking skills (already honed at CFTRI), Patience, hard work, honesty, and loyalty emerge as crucial elements for success. Throughout my journey, I've encountered failures, but I've consistently learned from them, never allowing setbacks to deter my progress. The confidence gained from overcoming challenges fuels my ambition to achieve success on a global scale.

8. What are the biggest challenges the food technologists face in today's industry and suggest how to work and stay ahead of those challenges?

The primary challenge confronting food technologists today is the swift evolution of technologies, requiring constant efforts to keep pace. The key mantra is recognizing that these advancements stem from basic science. With a foundation of strong fundamentals, as provided by CFTRI, professionals can navigate the rapid pace of evolving technologies and stay at the forefront of the field.

9. What advice you would give to CFTRIans?

CFTRIANS, embrace your dreams with resilience. Regardless of the struggles, stand tall and avoid comparing yourself to others. You are unique and special. Soar high, stay focused, maintain a positive mindset, and always remember, you deserve the best.

INDUSTRY BUZZ

01

Tata Soulfull launches Ragi Bites Choco Sticks



Savour the exquisite blend of taste and nutrition with Tata Soulfull's newest sensation: Ragi Bites Choco Sticks. A crispy, millet-based wafer enveloping a velvety core of chocolate cream. Each bite is a moment of pure bliss, a symphony of flavours that captures the essence of indulgence.

Yet, these Choco Sticks are more than just a delightful treat; they are a testament to Tata Soulfull's dedication to our well-being. It is made without refined flour, they harness the power of millets, which are renowned for their nutritional richness. With significantly lower added sugar content than competitors, they offer guilt-free indulgence for discerning families. For just Rs.5, we can enjoy a single stick of this delectable delight or opt for the convenience of a jar containing 30 sticks, priced at an affordable Rs.150/-. Tata Soulfull ensures accessibility through its vast general trade channel, making this wholesome indulgence available to every household. We can elevate our snacking experience. Let the rich taste of chocolate and the wholesomeness of millets redefine our moments of joy. Ragi Bites Choco Sticks – where taste meets nourishment in every bite.

02

Nestle launches tasty and nutritious millet-based porridges

Nestle brings a culinary delight with a+ Masala Millet Porridges, a perfect fusion of ancient grains, local flavors, and nourishment. Crafted with care, these porridges feature millet and sorghum blended with locally sourced ingredients, including pearl millet and barley, infused with a medley of 10 spices. It is available in two tantalising variants, Tangy Tomato and Veggie Masala, these porridges are not just a feast for the taste buds but also a wholesome choice. It is quick to prepare in just 2 minutes, they're rich in fibre, preservative-free, and boast 30% fewer calories than typical cereal-based breakfasts.



03

Kamanda Matured Indian Spice Rum launched in Madhya Pradesh



The House of Khemani proudly presents Kamanda Matured Indian Spice Rum, a pinnacle of craftsmanship and innovation. Infused with the richness of ginseng and authentic Indian spices, this exquisite spirit promises an unparalleled and revitalising drinking experience. Positioned in the realm of affordable luxury, Kamanda Spice Rum is tailored for discerning enthusiasts, priced at Rs.615/- (750ml), Rs.310/- (375ml), Rs.150/- (180ml), and Rs.75/- (90ml). Let's Indulge in the art of fine spirits with Kamanda, where tradition meets taste.

SUNPURE Multigrain Atta



Sunpure, South India's culinary pride, presents Sunpure Multigrain Atta, a culinary marvel meticulously crafted for well-being. It is Packed with a rich blend of 12 cereals, pulses, and millets, this atta is a treasure trove of health benefits. With a remarkable 15% multigrain content, it stands as a symbol of both taste and nourishment.

This nutritional powerhouse features fenugreek, foxtail millet, pearl millet, oats, ragi, barley, sorghum, little millet, and psyllium husk, each ingredient carefully selected for its unique health benefits. From diabetes prevention to cholesterol management and aiding weight loss, this atta is a holistic approach to wellness. Rich in dietary fibre, it not only boosts immune system but also promotes a healthy digestive system.

Moreover, by choosing Sunpure Multigrain Atta, We are making an eco-conscious choice. Millets, the heart of this blend, come with a low carbon and water footprint, making our mealtime not just delicious but also environmentally responsible.

Available conveniently online and in select retail stores across South India, Sunpure Multigrain Atta is gateway to a healthier lifestyle. Elevate culinary experience and nurture our well-being with this exceptional blend, where goodness meets great taste.



Ferrero India introduces kinder schoko-bons crispy



Ferrero India, renowned for its delectable confectionery, introduces 'Kinder Schoko-Bons Crispy', a delightful addition to the Kinder family. This innovative treat combines a heavenly milky and cocoa cream inside a crispy wafer, topped with cocoa sprinkles, promising a delightful multisensory experience for all. Perfect for moments of joy and sharing, Kinder Schoko-Bons Crispy comes in affordable 'Shareable Packs', starting at just Rs.40/-, available in packs of 4 and 12 pieces. Embrace the sweetness of togetherness with this delectable indulgence!



Bisleri International's premium beverage category



Vedica, the epitome of Himalayan Spring Water, introduces 'Vedica Himalayan Sparkling Water,' a tribute to the wild beauty of the Himalayas. This sparkling elixir, a blend of effervescent bubbles and balanced minerals, promises unparalleled refreshment.

Designed for health-conscious consumers, it comes in elegant 300ml glass bottles, priced at Rs.175/-. This premium offering ensures top-notch quality, available through HoReCa, Modern & General Trade, Q-commerce, and Bisleri @Doorstep App.

Versatile and luxurious, it can be savoured alone or mixed into creative concoctions. It's unique mineral composition complements diverse cuisines, enhancing gastronomic adventures. Vedica Himalayan Sparkling Water – where purity and indulgence meet, enhancing your quality of life.



Aashirvaad Svasti Daily



Amid rising food prices and reduced milk consumption, Aashirvaad Svasti, a consumer-focused brand, offers a solution. Introducing 'Aashirvaad Svasti Daily,' a nutrition-packed milk option rich in protein, calcium, Vitamin A, and D. Perfect for daily consumption and ideal for tea/coffee, it ensures quality without compromise. Priced at just Rs.20 for a 470ml pouch, it's available at 4000+ outlets in West Bengal, reaffirming the brand's commitment to providing top-notch, affordable milk options to consumers.

Modi Naturals launches JYNX instant drink mixes

Indulge your senses with JYNX, the latest masterpiece from Modi Naturals! Dive into a world of flavors, from the zing of Lemon Iced Tea to the sophistication of Classic Mojito, and the tropical delights of Mango and Orange variants. JYNX's classic mojito, infused with real lemon, is a party essential, while the mango and orange mixes offer a burst of fruity freshness perfect for summer. Crafted with the finest Assam tea, the timeless Lemon Iced Tea is a blend of tradition and taste. Conveniently packaged in sizes of 125g, 500g, 400g, and 65g, JYNX brings a touch of luxury to your daily refreshment. Elevate your beverage experience with JYNX – where every sip is a celebration!



Comte De Grasse launches two spirits in India



44°N Gin: Created to capture the luminous depth of the sea and the windswept aromas of the Mediterranean in every drop, this gin embodies the light of the region. The goal of the liquid development process was to capture "light as a flavour and illumination as a scent." After a 15-month-long R&D journey to study over 200 botanicals, 44°N Gin was launched in 2018, with a flavour layering formula inspired by the perfume industry.

The 500 ml ABV (Alcohol by Volume) of 44% is available at MRP (Maximum Retail Price) in different regions: Rs.11,230/- in Delhi, Rs.9,800/- in Haryana, and Rs.8,910/- in Uttar Pradesh.



06 Vodka Rosé: A 100% French Vodka Rosé, 06 is a celebration of Provence's natural beauty combined with modern distillation and extraction methods. This Super-Premium vodka is created using an extract of the finest Organic Rosé wine from Chateau Vert, AOP 'Côte de Provence,' infused into smooth, French winter wheat Vodka. It encapsulates the essence of the French Riviera, delivering an exquisite sensory experience.

The 700 ml (ABV: 37.5%) is available at MRP for different regions: Rs.6540 /- Delhi; Rs.5800 /- Haryana; and Rs.5640 /- Uttar Pradesh.

FSSAI POLICIES AND REGULATIONS

FSSAI amends alcoholic beverage norms; says no nutritional info on label except energy content

The Food Safety and Standards Authority of India (FSSAI) has introduced the 'Food Safety and Standards (Alcoholic Beverages) First Amendment Regulations, 2023', set to be enforced from March 1, 2024. According to the amendment, alcoholic beverages must not display any nutritional information on the label, except for the voluntary declaration of energy content in kcal. Additionally, FSSAI has defined both single malt whiskey and single grain whiskey. Single grain whisky, as per the regulation, shall not encompass single malt whisky, blended malt whisky, or blended grain whisky.

FSSAI bans protein binders in milk and milk products

In October 2023, the Food Safety and Standards Authority of India (FSSAI) clarified that the addition of protein binders or any other additives is not permitted in milk and milk products, as specified in Appendix A of the Food Safety and Standards (Food Products Standards and Food Additives) Regulation, 2011. Protein binders, biological agents crucial for creating various semi-solid or solid foods, have seen misuse by some, especially in dairy products like curd, for a thicker texture. However, these additives can affect protein digestibility, thus influencing the biological and nutritive value of milk proteins and the bioavailability and distribution of active compounds. Every dairy product possesses distinct and widely accepted textural and sensory characteristics. Therefore, adding binding materials such as protein binders to milk and milk products is unnecessary and not justified for altering their textural or sensory parameters.

FSSAI revises Fees and Timeline for use of Pre-Printed

On August 2, 2023, the Food Safety and Standards Authority of India (FSSAI) issued an Order revising fees and timelines for the use of non-compliant pre-printed packaging material under the FSS (Labelling & Display) Regulation, 2020, and its amendments. FSSAI responded to requests from Food Business Operators (FBOs) seeking permission to use such materials. As a one-time allowance until December 31, 2023, FBOs are temporarily permitted to utilize existing packaging materials while ensuring compliance adjustments. The revised fees for using pre-printed packaging material are as follows: Rs. 30,000/- + GST for central license holders and Rs. 12,000/- + GST for state license holders.

FOOD INCORPORATED



An alarming number of children are developing health problems and allergies related to unhealthy diets. Childhood obesity is on the rise and children are at a greater risk of developing lifestyle disorders. The pattern of eating and the nutrition content of our meals have dramatically changed, negatively impacting both human health and the health of our planet.

"Slurrp Farm was born out of the above mentioned problems."

The parent company of the award-winning children's food brand, Slurrp Farm, is Wholesome Foods.

Slurrp Farm was founded by two mothers who realised that the current food system is broken and requires innovation and creativity to re-introduce sustainable, nutrient dense and diverse ingredients back into our children's diet. This is the best way to ensure that kids, farmers and the planet stay happy. A range of product categories is offered by Slurrp Farm, including Noodles and Pasta, Toddler cereals, Milk Mixes, Kids Cereals, Pan Cakes, Dosa, Super Foods.

Products are crafted using a variety of nutrient dense ingredients such as Ragi, Jowar, Foxtail Millet, Lentils, Oats, Amaranth, Nuts, along with good fats such as real Butter, real Fruits and Vegetable. Natural sweeteners like Jaggery and Honey are incorporated into the making of these products.



The latest addition to Slurrp Farm's portfolio

New millet instant noodles are being introduced, providing a delicious and healthy alternative in the hugely popular kids' snacking category. The goodness of millets is incorporated into this childhood classic and it's air-dried (not fried!), free of ultra-processed Maida, and preservatives.



Transforming food systems sustainably

The International Year of Millets offers a timely and unparalleled opportunity to harness the potential of these remarkable grains. Slurrp Farm, with a commitment to incorporating diverse grains and a specific focus on millets in all its products, has been recognized and awarded by the Ministry of Food Processing Industries (MoFPI). A grant of up to Rs 40 crore over the next 5 years has been approved by MoFPI to support sustainable food production and consumption initiatives. Sustainable practices will be further promoted, creating a positive impact in the food industry.

EXPERIENCE TALK



MR. JAGDEEP MARAHAR
BATCH: 1995-97

Managing Director, Nestle R&D Centre, India

1. Sir, can you please take us briefly through your journey in the Food Industry, after graduating from CFTRI?

Many thanks for inviting me to be part of this edition of experience talk. My professional career, since graduating from CFTRI in 1997, has been fairly straight forward, in the context of having worked with the same organization that I got placed out of the campus. It has been a privilege to be associated with Nestle for more than 26 years now and though on face of it is the same company, it has been super exciting with multitude of experiences in different roles in extending across geographies and functional areas like operations, product development, factory management before moving into my current role as head of Nestle R&D India.

2. What is it like being in one company for so long? Why have you not considered switching companies, which happens to be a very common practice in the Food Industry?

Every career journey is unique and there is no common code that works for all – As I mentioned, on face of it my career has indeed been with a single organization, the profile of the role has changed every few years and opportunities across different functions and geographies have provided diverse and enriching experiences.

In my view there are three important aspects in the way we look at our careers and therefore the drivers behind switching organisations.

Firstly, how well an individual connects with the organization value systems and culture. Second is about the experiences and growth opportunities that includes the diversity of roles culminating into new learning cycles and thirdly the work environment and people that you have an opportunity to work with.

There is nothing wrong in switching jobs as long as the drivers and motivations are clear – Any mismatch in either of the above areas that makes it a more straight forward decision eg if the value systems don't match or there are no personal or professional growth opportunities despite good remuneration would present a strong case. There will always be equally good or better opportunities but it helps if see it from the perspective of what you are trying to achieve from the change beyond only monetary considerations.

3. How has the training and education in CFTRI prepared you for the job requirements of the corporate world?

I have really fond memories of my time at CFTRI and consider myself fortunate to have had this opportunity. It was an aspiration to be a part of this well renowned institute and selection to the course was therefore a dream come true. Not many institutes have the track record in terms of the contributions in the field of food technology and the credibility with industry that translates into holistic development of the students. Learning is an experience that goes beyond what is taught and the experience being part of a close knit student community from different parts of the country, was a unique and cherished experience. The numerous platforms to get involved in different events help with an all round growth - An opportunity to preside over the IFT club provided learnings in organizing events, building networks and building confidence that stays with you as you move forward.

I look back with a strong sense of pride in being part of this ecosystem that in addition to the depth of knowledge imparted by an outstanding faculty, it provided a unique diversity of thought process that built a strong foundation for my professional career.

4. Please share with us the differences you have observed in the practices of the Food Industry between United Kingdom and India. How should a person aspiring to bag a job abroad train themselves differently from that in our country?

I worked in the UK in our Product Technology Center for chocolates and confectionery - Located in city of York, it happens to be the place where Kit Kat was born and the opportunity to head the global innovation team for Kit Kat has been one of the highlights of my career.

Every geography is unique and it is important to understand that the consumers are very different and their behaviors determine the opportunities. I found Food industry in the UK to be much more evolved and one of the key differences was scale at which the food processing industry operates and the range of product offerings available. It is a much more dynamic and demanding market that is strongly driven by innovation in not only what the technology can deliver but what the consumer wants.

Some key differences specific to UK were the need for convenience owing to busy lifestyles – This often led to unique requirements in terms of packaging or product attributes, constant push for variety and organic/ responsible sourcing. The other standout was in terms of trade dynamics as market is a lot more driven by organized trade – As a reference, there are more than 12 million outlets selling FMCG products in India with growing but limited organized trade, whereas in the UK the top four or five retailers, which will cover 80% of your sales.

The second part of your question on how we can prepare for careers outside the country. The core for a successful career does not change though the number of opportunities available may vary – Irrespective of the geography, a successful career is always built around the functional expertise, ability to go beyond your role with an ability to learn, unlearn and relearn, and more importantly the soft skills and leadership capabilities.

A number of our fellow Food Technologists have been highly successful abroad – It is important to highlight that a career in any new geography needs an understanding of the local context with our ability to adapt and imbibe the local culture. It is important to train ourselves on our communication skills, empathizing and respecting the culture one would like to be a part of makes it much easier to adapt.

Though it is a personal choice, an additional part I would urge you to consider is that India of today presents huge growth opportunities for young food technologists with not only its large consumer base but with the economic change that is happening around us.

The category penetration for food products in India is super low at approx. a quarter of that in China and presents very huge opportunity for us to build successful careers and entrepreneurial ventures. My advice would be to keep the options open and choose what works the best for you.

5. Tell us about the impact of your diploma course in Chocolate and Confectionary Manufacture from the German Central School of Confectionary Manufacturing in your profession?

The diploma course at ZDS Solingen, was a part of my development within the organization as I was moving from operations into product development. This was two month rigorous hands on training in development for chocolates, sugar confectionery and bakery products that followed a six months exposure in product development in Australian market.

The course trained me in working like a professional confectioner, giving a complete hands-on feel with rolled up sleeves of how these products are manufactured whether in small boutiques or on industrial scale. This provided me with a perspective to see the opportunities from a different lens and was an invaluable experience laid a strong foundation, helping in my subsequent roles, helping explore new opportunities and bring new ideas to life.

6. This question you may answer as discretely as possible. As an R&D head of an MNC like Nestle, what are some of the thrilling projects you have worked on, or are working on and what you hope to achieve from them?

Nestle invests approx. 2% of its turnover globally into R&D and new products/ categories has been the cornerstone of the organization over past 150+ years.

R&D in any organization is an exciting world and I can speak about a couple of areas that we have been working on, while making you wait a bit more for the ones that are going to come your way. Key focus area for our team at R&D India is Noodles and you would have already seen a few of the new product launches in the category that our teams have worked on. We have recently started expanding to new opportunity spaces with local grains and I want to mention our recent launch of Nestle a+ masala millets and Oats Millet Noodles.

These are part of the range of Millet based product offerings in the International Year of Millets. Nestle a+ Masala Millets has been launched in North and Western geographies, and soon will also flow into the other regions. Millets though nutritious are difficult ingredients to transform and it is the first time where we have been able to include a significantly high amount of pearl millet into a recipe offering a healthy convenient snack in two great tastes. This was recently awarded as the top Industry initiative in mainstreaming millets. We are working on the a number of similar exciting offerings as part of our pipeline which you will see as they move forward in new innovation spaces.

Another important area supported by R&D teams is on new solutions that go beyond product innovations to new manufacturing technologies in operations driving improvements in areas like food safety, sustainability and packing materials etc. We have just completed a launch of biodegradable fork for our cup noodles format that is fully compostable and also redesigned our manufacturing processes to drive step changes in energy efficiencies.

We will also be coming forth with quite a few other exciting propositions in the near future.

7. Lastly, from your understanding, what feedback or suggestions or advices do you have for the fresher's about to begin their journey in the Food Industry and how should they prepare for it?

My advice to the budding food technologists is to work on building well rounded capabilities in areas both in functional expertise as well as softer skills. Try to leverage and seek opportunities to go beyond the regular studies to accelerate their learning journey.

New technologies like digital, not only impacting our day to day lives but also the future of work - Agility to adapt, learn, unlearn and relearn becomes critical and is something that we should anticipate and prepare ourselves for. An important element for a successful career, beyond functional expertise, is built on our capabilities to work with people – Leadership is a learnt trait and it is important that we embark on this journey at early stages. One thing that helped me was to define a role model and trying to step in their shoes to see the world from a different perspective.

Another important point I would like to stress upon here is to build an attitude of constructively challenging status quo and going the extra mile to achieve the desired outcomes - It is important to dream big and follow it up with rigor and with actions. In today's world of fast gratification, we are not necessarily very patient and want instant results. Be confident of your capabilities, what the future holds and have patience for the results to come. It is a good idea to look at your learning journey in the same way as a seed grows into a crop – There is no short cut for time to grow, and there will be a good crop as long as we continue to till the soil and nurture it properly.

Once again thanks for having me here - Seasons greetings and good luck to you all.

WHAT THE FOOD

Haejang-guk

Haejang-guk, or hangover soup in Korean cuisine, is a cure-all soup. It typically includes dried napa cabbage, vegetables, and meat in a hearty beef broth. Varieties like seonjiguk contain congealed ox blood, while sundaeguk features blood sausage. Each region has its own unique version; Seoul's haejangguk is a tojanguk made with kongnamul, radish, and ox blood simmered with tojang and ox bones for hours.



Nettle Pudding

Nettle pudding, an ancient recipe spanning 8,000 years, is a culinary treasure. Despite its stinging reputation, it transforms into a green delicacy when cooked, perfectly complementing bread and meat. Once a star at feasts, this British dish embodies both history and exquisite taste, making it a truly remarkable culinary tradition.



Cricket Pasta

Cricket Pasta is an unparalleled culinary delight: a superfood comprising 20% cricket flour, a unique innovation in the rapidly expanding market of edible insect-based food products. This pasta boasts exceptional nutritional values, including high levels of protein, calcium, iron, vitamin B12, and Omega 3, attributed to the cricket flour's properties. It is a blend of durum semolina flour, wheat flour, and cricket flour sourced from selected suppliers. The distinctive brown color, attributed to cricket flour, matches the earthy taste often associated with roasted almonds.



Mithun

The Food Safety and Standards Authority of India (FSSAI) has recognised Mithun, a culturally significant bovine species in Northeast India, as a 'food animal.' This decision allows for the commercial use of Mithun meat, promising economic growth while preserving local heritage. Mithun, deeply tied to indigenous communities, thrives in eco-friendly forest ecosystems, aligning with sustainable practices. This recognition opens economic opportunities for farmers by offering low-fat, premium meat products. Diversification into various Mithun products aims to broaden the market presence and conserve this unique species.



Get Together

The get-together party is a great celebration among CFTRIians, where three batches meet and enjoy. The PAVrangers organised a gathering for the CORNquerors and samuRYEs on July 25, 2023. It was a wonderful evening filled with a cherished memories. The atmosphere was made even more delightful with games, followed by a wonderful dinner. Both samuRYEs and PAVrangers performed group dances, adding to the festive spirit of the night. The event concluded with cake cutting and a group photo, capturing the joy and camaraderie of the day.



IFT Trip

Here is a glimpse of the IFT Club's Bettada Bairaveswara Temple Trek—a place where ancient divinity meets untouched wilderness. As we arrived at the foot of the majestic hills, the imposing silhouette of the Bettada Bairaveswara Temple came into view. Standing tall and proud, this sacred sanctuary is known for its spiritual significance and architectural grandeur. But our exploration doesn't end at the temple's doorstep. Our adventure truly begins as we embark on a thrilling trek through nature's wonderland. As we ascend higher, the trail unveils breathtaking panoramas at every turn. We pause at strategic viewpoints, taking in the awe-inspiring vistas that stretch as far as the eye can see while capturing these precious moments through the lenses of our cameras. We shared stories, exchanged insights, and encouraged one another as we conquered challenging terrain and navigated winding paths.

"Forever grateful to IFT club members for organising such an amazing trip on 1st July, 2023"



One Week One Lab (OWOL)

A one-week-long programme witnessed the introduction of 20 new technologies from CFTRI, interactive sessions with insightful delegates, and various exhibitions, nurturing students for real-world challenges and dynamic professional environments. On the last day of the OWOL programme, there was a cultural night. During this event, CFTRI students represented different states of India, showcasing its diversity through various dance forms and traditional costumes.



Alumni Meet

It was an absolutely delightful day at CFTRI, Our seniors CORNquerors organised a grand food feast to samuRYES, and it was an event to remember. We got a break from hostel food. As we arrived at venue with our batchmates, we were greeted by the seniors with a warm smile and hearty welcome.

The setup was nothing short of amazing. Colourful tents were arranged with long tables, each filled with a variety of dishes. Our seniors made sure that we had plenty of options to choose from. The feast ended with a group photo, capturing the joy, and camaraderie of the day.



Good Food Denge (GFD) Feast

The alumni meet was conducted in the IFTTC Auditorium on July 6, 2023. The chief guest of the event was Dr. Dilip Kulkarni, President of Jain Irrigation Systems Limited, Jalgaon, Maharashtra (Golden Jubilee Alumni). The event was graced by the presence of Dr. Sridevi Annapurna Singh and Dr. P.S. Negi, President of the CFTRI Alumni Association and Head of HRD. The Golden Jubilee (1972-74) and Silver Jubilee (1996-98) alumni were felicitated.

In the evening, we gathered again for some games that brought nostalgia to the alumni. The samuRYES batch performed a group dance. Later, the alumni and the present batch enjoyed a poolside dinner.

Farewell: SAYONARA, a-MAIZE-ing memories

The farewell night for the outgoing batch of CORNquerors, the 57th batch of M.Sc. Food Technology (2021-23), was organised by samuRYEs on July 23, 2023, in the IFTTC Auditorium. The event started with an official function presided over by Dr. Sridevi Annapurna Singh, followed by Dr. P. S. Negi (Head, HRD), and others.

The CORNquerors batch shared fun moments with games, nostalgic videos, etc. The event resumed after dinner, organised in the TV Hall, with dance performances by both batches. The outgoing batch of CORNquerors was presented with a legacy gift of a photo frame.

The celebration served as a reminder that our journey as CFTRIans continues beyond the institute's gates. As we step into the world, we are ready to conquer new challenges and create a brighter future together.



National Sugar Institute (NSI) Visit

1st year students of CFTRI got the chance to have a Study Tour to National Sugar Institute, Kanpur from 26th July 2023 to 28th July 2023, which let them a vast exposure to industrial and practical knowledge.



CAREER CORNER

SOFT SKILLS

Soft skills generally pertain to interpersonal skills and other personality traits that can use to communicate and work with others. And sometimes called 'transferable skills' because they can be applied to any job and any industry, quite literally—you can take them with you. They are not necessarily measurable, so we can't quantify them.

In the food industry, where teamwork and customer satisfaction are paramount, the following soft skills are crucial:

Communication

Excellent communication skills are essential for effective collaboration with team members, clear instructions to kitchen staff, and providing exceptional customer service.

Adaptability

The food industry is fast-paced and ever-changing. Being able to adapt to new situations, handle pressure, and embrace change is key to success.

Time Management

Juggling multiple tasks, coordinating with food manufacturers and suppliers, and meeting deadlines require strong time management skills. Efficiently managing time ensures smooth operations and customer satisfaction.

Problem-Solving

The ability to think on your feet and find creative solutions to challenges is highly valued in the food industry. From managing inventory to addressing customer complaints, problem-solving skills are vital.

Leadership

As you progress in your career, leadership skills become essential. Being able to motivate and guide a team, improve productivity, delegate tasks and make decisions will set you apart as a leader in the industry.



TRANSFERABLE SKILLS

Transferable skills are abilities that can be applied across various industries and job roles. In the food industry, these skills can enhance the performance and open up new opportunities:

Customer Service

Exceptional customer service skills are indispensable in the food industry. Being able to understand and fulfil customer needs is essential.

Teamwork

Collaboration and teamwork are at the heart of any Food company. The ability to work well with others, delegate tasks, and contribute to a positive work environment is highly valued.

Problem-Solving

Transferable problem-solving skills can be applied to any situation. Being resourceful, analytical, and solution-oriented will help you overcome challenges effectively.

Organisation

Strong organisational skills are beneficial across the food industry. From managing inventory and schedules to maintaining cleanliness and orderliness, being organised ensures efficiency and effectiveness.

TECHNICAL SKILLS

Technical skills are specific abilities related to a particular field. In the food industry, these skills revolve around food safety, and the use of technology:

Food Safety and Hygiene

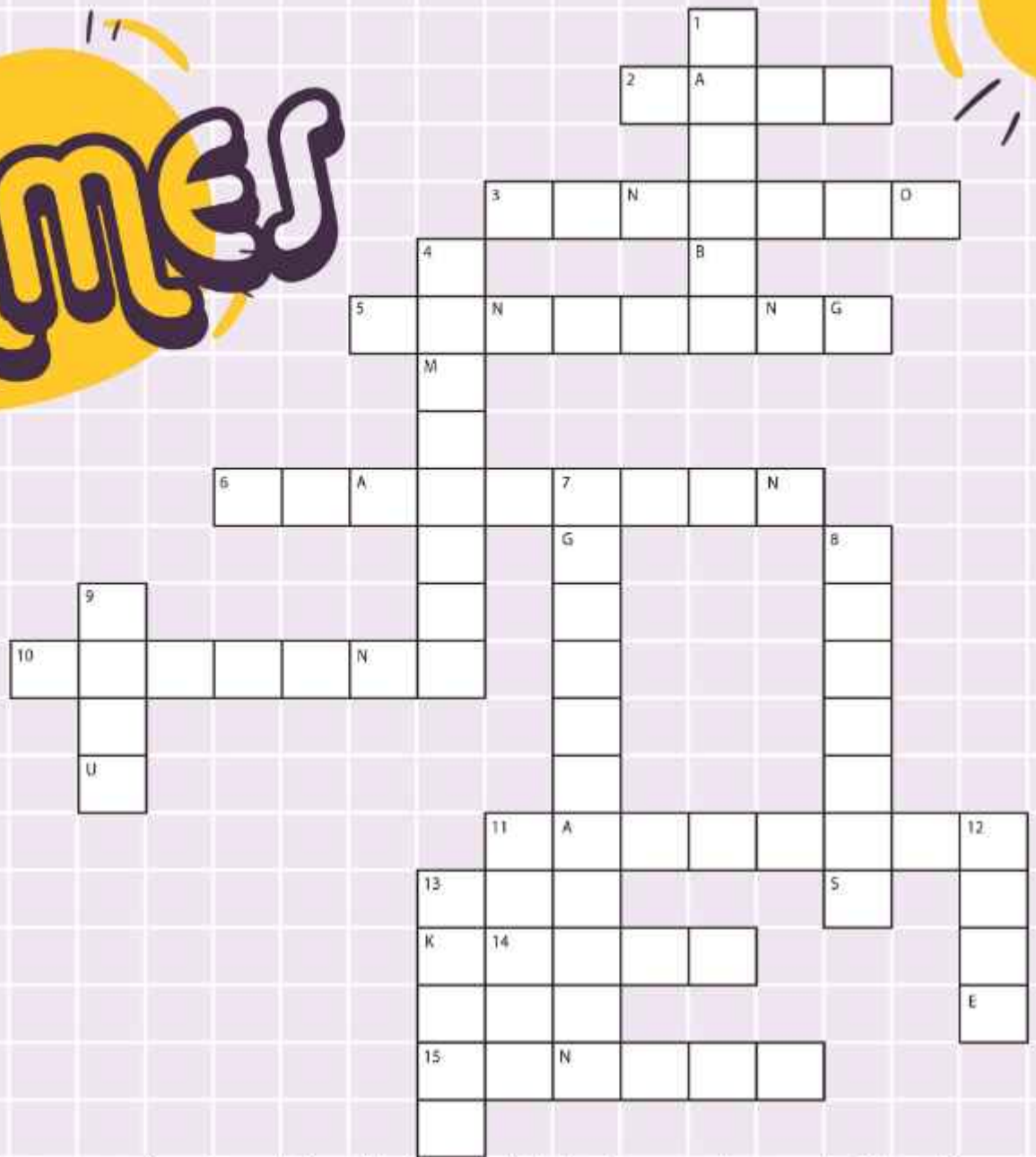
Understanding and implementing proper food safety and hygiene practices is non-negotiable. Knowledge of HACCP (Hazard Analysis Critical Control Point) principles and proper handling of food helps prevent contamination and ensures consumer safety.

Technology and Data Literacy

Being tech-savvy and having proficiency in using various software and digital tools is essential. This includes knowledge of inventory management systems, online ordering platforms, social media marketing etc. Additionally, understanding data analytics and leveraging it to make informed business decisions can give you a competitive edge.

Skills are integral to every aspect of the food industry. Ability to consistently deliver high-quality food, adapt to changing trends, and maintain food safety standards is essential for the success and reputation of businesses within this industry.

GAMES



QUESTIONS

1. A pungent, green Japanese condiment made from the horseradish plant, commonly served with sushi.
2. Gelatinized starch globule from tapioca.
3. Colourant used in butter.
4. A fermented tea beverage known for its effervescence and probiotic benefits.
5. Surface creeping mixing and agitation from a few hours to few days in chocolates.
6. Sweetest known substance.
7. Major defect in UHT milk storage.
8. Cooked sausages made from a blend of meats, often served in a bun with various toppings and condiments.
9. A soy-based protein with a soft texture, often used as a meat substitute in vegetarian and vegan dishes.
10. A type of lunch meat made from finely ground beef, pork, or a combination of both.
11. Ground meat mixed with spices, stuffed into casings, and available in various flavors and types.
12. Japanese rice wine.
13. Insoluble pulp that remain after milk and tofu extraction from soya bean.
14. A traditional Japanese seasoning made from fermented soybeans, used to make soup and marinades.
15. Protein digesting enzyme that curdles milk by transforming caseinogen to insoluble casein.

ANSWERS

- 1.Wasabi 2. Sago 3. Annatto 4.Kombucha 5.conching 6.Thaumatin 7.Age gelation 8.Hotdogs 9.Tofu
10.Bologna 11.Sausages 12.Sake 13.Okara 14.Miso 15.Rennin

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