

14th Edition

Feb-Mar'17



Abhyuday

Reliving the Legacy

Uprooting Malnutrition From Hunger to Obesity



Holi Special !



This Issue

Words from the Editor's desk...

***You dont have to be great to start,
But you have to start to be great.***

To all the distinguished readers

On behalf of team Abhyuday, humbly presenting you the first edition from a learner of 52nd batch of CFTRI-"IncrEDIBLEZ"

Being a photographer while I was walking in the beautiful Gulmohar avenue I wondered, what this magnanimous campus is going to enthrone me with along with studies. Then I started eliciting a fervent emotional string of attachment with the seniors and the esteemed alumni of CFTRI, where the tension in the string is respect given by the juniors to their elderly batches and the reverberations reciprocated as love to their juniors

It is astonishing that even after years of their passing out, how lively is the kinship among the batches, as we still hear their names and deeds echoing in the campus. This eventually led me finding the driving force of kinship is an 8-letter word "ABHYUDAY."

This contented edition of e-news letter is going to discuss about how hunger is going to be the best appetizer for nutrition.

Industrial buzz is roped with some glittering food tech news.

WTF is going to be patched up with our 52nd batch name IncrEDIBLEZ, telling you about a break-through innovative water packaging technology of "EDIBLE WATER BLOBS".

Career corner is going to give a sneak peek regarding a slew of innovative healthy snacking startups in India.

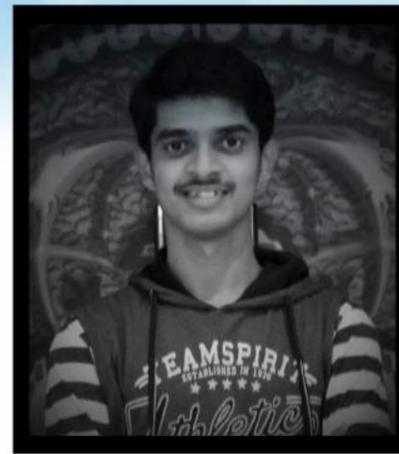
Photo page of the month is going to visually narrate the zest of the Holi celebrations in the campus.

Alumn column is up, to show you a relishing talk from soft spoken and pragmatic Nivetha. S from Fab Foodies 2014-16 CFTRIian batch.

At the end of this edition there is a page which cites the beginning of bright future students who chose their careers in esteemed food companies in campus placements, followed by an interesting food word puzzle.

My heartfelt appeal to all the ingenious readers, Team Abhyuday is profoundly liberal for receiving any queries, constructive criticism, insightful appreciation and information regarding the e-magazine.

People ought to adhere to creative rules
Painter to the canvas
Photographer to the frame size
Writer to the word limit



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**REGARDS
MOHITH ARAVIND**

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.

INDUSTRY

BUZZ

Subway displaces McDonald's as largest restaurant chain

Subway has surpassed McDonald's to become the largest restaurant chain on the planet and is now spread out more globally than McDonald's. The sandwich chain surpassed the world's largest hamburger chain in terms of number of stores in the US in 2002 and now it has taken the global lead. According to information released by the Securities and Exchange Commission (SEC) last month, Subway has a total of 33,749 restaurants around the world, compared to McDonald's 32,737.

Food processing industries ministry implements research & development scheme

The Ministry of Food Processing Industries (MoFPI) is implementing a scheme for research and development (R&D) in the food processing sector. As per the guidelines of the scheme, government organisations, institutions and universities are eligible for 100 per cent grant-in-aid for the cost of equipment, consumables and expenditure related to junior research fellows, senior research fellows and research associates, and private organisations, institutions and universities are eligible for 50 per cent grant-in-aid for the equipment cost in general areas and 70 per cent grant-in-aid in difficult areas for conducting such research activities.

Medclear launches Curclear: water-soluble, bio-available curcumin in syrup form

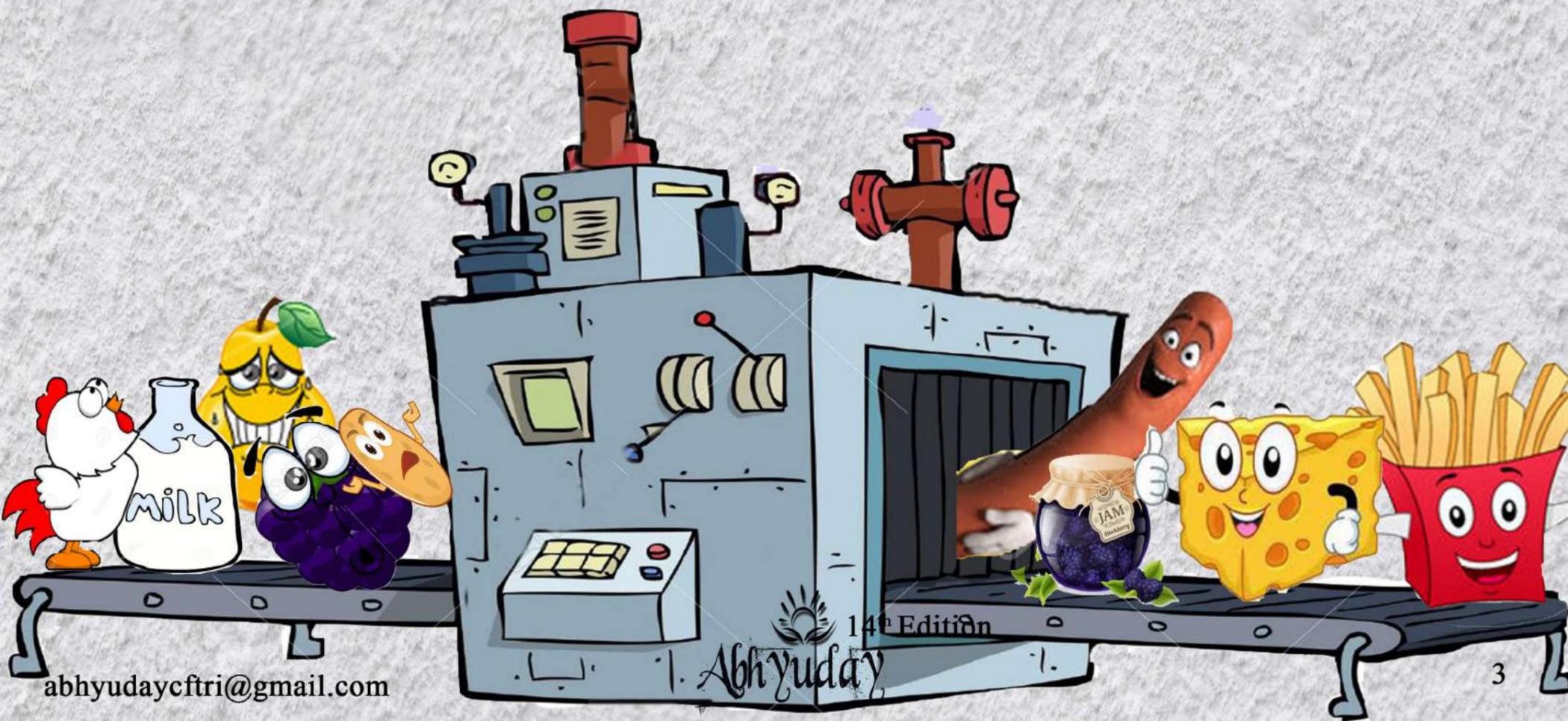
Medclear Healthcare has launched Curclear, completely water-soluble, bioavailable curcumin in the syrup form [patent filed (national and international, PCT), under progress.]

The most common applications of curcumin are as a dietary supplement, in cosmetics, as a food colouring and as flavouring for foods. But curcumin, available in the market in capsule and tablet form, exhibits poor bioavailability (less than one percent) due to insolubility in water, which affects absorption.

But Curclear, being a water-soluble syrup, bypasses the disintegration and dissolution processes which are associated with tablets and capsules, thus increasing bioavailability. It is free of gluten, wheat, dairy, soy, yeast, sugar (Sucralose, a non-nutritive sweetener is used instead, so it is suitable for diabetics also), colours, nano form, liposomal form, alcohol and other organic solvents.

It is recommended that 1ml of Curclear be added to a glass of cold water and mixed well before drinking.

The product, which is available online, is cheaper than other products available in the market. A 60ml PET bottle, with a 1ml dropper, is priced at Rs 460. Each 1ml contains a 50g Curcuma longa (Haridra) rhizome extract (std to 95 per cent curcuminoids). It is orange-flavoured and free from any unpleasant curcumin odour.



INDUSTRY

BUZZ

Mysuru's CSIR-CFTRI designs Smart Cart to empower street food vendors

CSIR-CFTRI has now designed a Smart Cart to empower the street food vendors to produce safe and hygienic foods. It has been designed as a novel and energy-efficient solar-powered modular street vending cart. The cart which is about four feet wide and six feet long with a modular design makes it easier to cook, hold and serve the food

"In a survey conducted by the Association of Scientific & Innovative Research (AcSIR) students last year, it was observed that the carts used by street vendors were inadequate in infrastructure and ergonomics. This is where our institute intervened by designing and developing a new mobile cart with features which ensure better hygiene, improved food safety, ease of operations and unique aesthetics," stated Ram Rajasekharan, director, CSIR-CFTRI.

Danone, Nestlé Waters join hands to develop renewable resources bottle

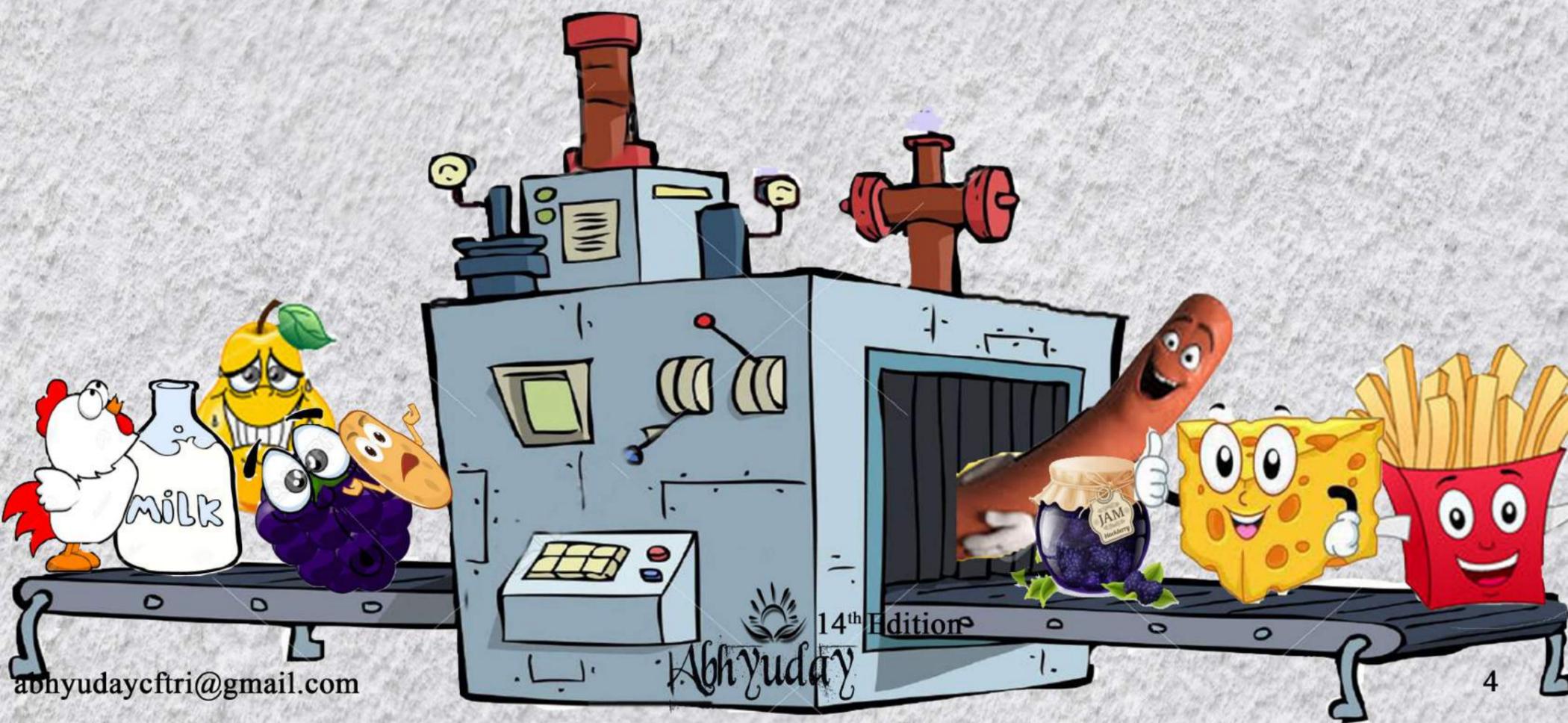
Danone and Nestlé Waters, the world's two largest bottled water companies, have joined forces with Origin Materials, a startup based in Sacramento, California, to form the NaturALL Bottle Alliance. Together, the three partners aim to develop and launch at commercial scale a PET plastic bottle made from bio-based material, i.e. 100% sustainable and renewable resources. The project uses biomass feedstocks, such as previously used cardboard and sawdust, so it does not divert resources or land from food production for human or animal consumption. The technology represents a scientific breakthrough for the sector, and the Alliance aims to make it available to the entire food and beverage industry.

Parle Agro's Frooti Fizz latest entrant in fruit plus fizz drink market

With an aim to expand its footprint in the beverage category, Parle Agro has launched Frooti Fizz, a new variant of its brand Frooti, to kick-start the summer. While Appy Fizz continues to dominate in the category it created, Frooti Fizz seeks to refresh the category, providing a perfect balance of the taste of real mango along with fizz, while keeping the drink light and refreshing.

As consumers look for alternatives to synthetic drinks and move towards fruit-based drinks, Frooti Fizz aims to provide consumers with a differentiated product. In the previous year, while facing a lacklustre year for the industry and the challenges of demonetisation, Frooti grew 13 per cent, while Appy Fizz closed the year at 27 per cent growth.

"Today, we hold the maximum market share in this category. The launch of Frooti Fizz is a step towards taking this category to the next level. Mango continues to be India's largest-consumed fruit flavor," Chauhan stated.



UPROOTING MALNUTRITION: FROM HUNGER TO OBESITY

Hunger is the best pickle – Benjamin Franklin

As rightly quoted by one of the Founding Fathers of the United States as well as a renowned author, politician and a civic activist, hunger is the best condiment to aggravate your taste buds. A tasteless food, tastes good when our belly is empty. But what if, there is not enough food or the one which is there is not able to suffice body's nutritional needs.

This problem is known as MALNUTRITION

According to World Health Organization (WHO), malnutrition refers to deficiencies, excesses or imbalances in a person's intake of energy and/or nutrients. Thus, malnutrition may be caused by too little food, too much food or consumption of inappropriate food. Scientific committee relates malnutrition as a synonym to under nutrition but technically it also refers to over nutrition, obesity and micronutrient deficiencies. In case of malnourishment, the diet does not provide adequate calories as well as protein for growth and maintenance or are under nourished due to the food being not utilized completely because of illness (leading to under nutrition) or consume too many calories (leading to over nutrition). Generally, malnutrition is of two types:

- i. Protein Energy Malnutrition (PEM) – resulting from deficiencies in any or all nutrients
- ii. Micronutrient deficiency diseases – resulting from a deficiency of specific micronutrients

Stunting is relatively common amongst people belonging to under – developed countries and is less severe than wasting. Stunting does not pose an immediate threat to life. On the contrary, wasting results from an acute shortage of food and has a relatively high mortality rate. But wasting can be reversed by refeeding. For these reasons, wasting is much more important form of malnutrition in human emergencies. Kwashiorkor and Marasmus are the two life – threatening emergencies under malnutrition. In Kwashiorkor, children suffer from acute Protein Energy Malnutrition leading to the development of oedema (accumulation of fluid in the tissue) especially in legs. It attains importance because the risk of death for children with kwashiorkor is higher than it is in children with just wasting or thinness. Other children develop thinness without oedema, resulting in marasmus

As stated earlier, malnutrition encompasses over nutrition which results from the consumption of one or more components in diet in excess amount. Over nutrition is associated with obesity and non – communicable diseases like heart disease, stroke, diabetes, cancer etc.

Malnutrition is a major problem in low economic countries and over nutrition is more common in high and intermediate level economic countries. In order to describe the hunger situation across the globe, Global Hunger Index is the statistical tool used for the measurement of either progress or failure in the world for their fight against hunger. Amongst the total 118 countries, India ranks at 97th position. This cannot be expected from a country like ours that is globally counted amongst the top cereal producing countries.

Malnutrition has been reported to be the reason for death of more than one third of children in the world. The most affected countries are Central Africa, Congo, Somalia, Burundi etc. Even though it's the fastest growing economy in the world, malnutrition in India still kills millions each year. The majorly affected states are Maharashtra, Uttar Pradesh, Rajasthan and Bihar. As per the National Family Health Survey (NFHS-3) carried out by Ministry of Health & Family Welfare, Govt. of India, 42.5% of the children under 5 years of age are underweight.

Paucity of food, less knowledge about nutrition, low birth weight, poor economic condition of the family, poor access to health care, unhealthy environment, insufficient child and nutritional care are main reasons for under nutrition, whereas attraction of people towards junk food, high sugar beverages and dense calorie foods are main reasons for over nutrition (obesity). In infants, inadequate access to breast feeding is also considered as one of the major reasons for occurrence of malnutrition in them.

Aware by the seriousness of this problem, CFTRI, Mysore organized a National Conference on "Malnutrition: Challenges, Success Stories and Way Forward" from March 3 - 4, 2017. The National Conference was aimed at deliberating various innovative public and private initiatives on combating malnutrition by bringing experts and representatives from Government, Private and NGOs onto a single platform.

There are plenty of schemes and initiatives brought in by the government to combat malnutrition such as Ministry of Health & Family Welfare, Govt. of India, is implementing Integrated Child Development Services (ICDS) Scheme, Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (RGSEAG) namely SABLA, and Indira Gandhi Matritva Sahyog Yojna (IGMSY) as direct targeted interventions.

In order to fight against acute malnutrition in children, WHO has come up with a simple, home-based formula named as Ready-to-use Therapeutic Food (RUTF). The advantage of this is that, it needs no water to be mixed with it, thus avoiding any risk of bacterial proliferation. It constitutes peanut butter, dried skimmed milk, vitamins and minerals. The product can be directly consumed by child and provides complete recovery. RUTF paste is already under way in several countries including Congo, Ethiopia, Malawi and Niger.

Thinking from the perspective of a food technologist, basic ingredient of RUTF is "peanut butter" which again can cause peanut allergy in children who are intolerant to this oilseed. Also, India has witnessed malnutrition right from the time of British rule and is still living with it. So many schemes and numerous programs brought in each time by elected governments in order to conquer and hike their vote banks, do nothing for the starving ones. This became evident last year with the death of 19 children belonging to Juang tribe, Nagada, in the eastern state of Odisha. The incident got reported when the country was preparing itself to celebrate its 70th Independence Day. Poor connecting roads and other transportation links are the main reasons for inaccessibility of government officials and their virtual schemes to reach out these poor tribes.

According to Article 47 of our Constitution, it is the duty of every state to raise the level of nutrition and the standard of living and to improve public health. But how many of us, though living in metropolitan cities get adequate supply of even clean drinking water? Talking about food would be a vague thought.

In 2011, the National Food Security Bill, popularly known as Right to Food Bill was proposed. In 2013, National Food Security Act was passed by the Indian Parliament. The Act guarantees subsidized food to 50% of the urban population and 75% of the rural population. The proposed legislation aimed to provide rice, wheat and coarse grain at very low prices to "priority households" through Public Distribution System. But as usual this distribution channel got riddled by irregularities and corruption.

The situation is grave... Earth is burning, people are starving, one who is dwelling happily on his three square of meals is unknowingly nutritionally insecure and hence the problem of malnutrition remains unsolved as long as we intervene.

Our role should be:

- Start with enrichment and fortification at affordable cost
- Come up with low cost weaning formula
- Development of sugar and fat free products for urban populations who unknowingly are suffering from lifestyle diseases
- Initiate effective programs for educating rural as well as urban populations regarding nutrition
- Very importantly, we all should be the real beneficiaries of government implemented schemes in order to avoid any future problem like the one happened in Nagada, Odisha.

"Healthy citizens are the greatest asset any country can have"

– Winston Churchill

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OOHO! EDIBLE WATER BLOB

What if someone told you that you can carry water around without having to worry about what to do with its container? That there is solution for the enormous amounts of empty plastic water containers, which never seems to stop accumulating? Vast majority might reason - Ahh *recycle or reuse*. But what if there was a way for us to consume even the water holding container?

Curious yet?

Let me introduce you to *Ooho- Water you can eat!*

Is it possible? Yes it is

The technique used is **SPHERIFICATION**, it is the process where sodium alginate a gelling agent is mixed with the preferred liquid, this mixture is then dropped into solution usually calcium chloride to create a thin gel shell. Ooho! Is the brainchild of the London-based Skipping Rocks Lab. The designers of Ooho are: Rodrigo Garcia Gonzalez, Pierre Paslier, and Guillaume Couche. This product has won the Lexus Design Award in 2014.

Mechanism :

Molecular gastronomy is basis for the birth of edible water blob. It is a subdiscipline of food science that seeks to investigate the physical and chemical transformations of ingredients that occur in cooking.

Where can it be used?

This process has since been used for preparing wine caviars and the juice filled pearls often added to bubble tea drinks.

Why should we go for this?

This edible water balloons can limit the environmental impact of plastic water bottles and carbon emissions. There are simple, low cost, biodegradable and hygienic.

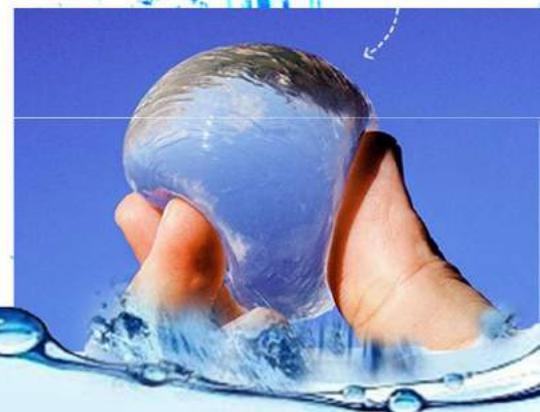
Limitations :

- >The membrane is thin and not strong enough to withstand shipping and handling on a large scale.
- > Drinking from it can be difficult because of its amorphous shape and lack of rigidity

These edible water blobs will imitate nature by capturing water in droplet shaped container that is earth friendly and can be eaten in pinch. Imagine how handy that would be on your next camping trip!

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KAMPUS KHABAR

Industrial Visit

On 10th January 2017, IncrEdiblez (First Years) and Kung Food Pandas (Second years) set out to Bangalore and Chennai respectively for 2-3 days to visit some well-established food industries.

IncrEdiblez started with Amrut Distilleries where we had the honour of meeting Mr. Surinder Kumar, Senior Vice-President and Master Distiller/Blender, who also happens to be a CFTRI Alumnus. Then onto being welcomed by the lovely aroma of bread baking at Modern Foods, followed by a visit to Nandini Milk (Karnataka Milk Producers Federation LTD) and MTR Foods in Bommasandra.

The Kung Food Pandas (M.Sc 2nd year) visited Aachi Foods and then Symrise, where they had the good fortune of meeting Anu Mathews Maam, Senior Flavourist at Symrise, who's also a CFTRI alumnus (1996-98). The next day they visited the world of Choco-Pie at Lotte India and ended their trip with a visit to Modern Bakery.



Tambola Night

On 18th February, soon after everyone returned from the vacation, a fun, light-hearted game of Tambola was organized. The game started at 9 pm (after dinner) and saw some enthusiastic participation. Chocolates were given as mini prizes to pique the players. The game ended with a cheerful spirit.



Visit to an Orphanage

On 26th February 2017, the IncrEdibleZ (M.Sc First year) visited the "Foundation for Human Dignity Restoration" in Jayanagar, Mysore. There were 12 girls staying there with ages ranging from 7-15 years. When they met them their enthusiasm and child-like energy was quite contagious. Introductions were initiated and sweets were distributed. All in all it was a lovely time spent with the girls, with plenty of pictures taken as memories of the visit.



Retirement of Dr. V.K Modi

Dr. V. K. Modi, Chief Scientist, MMS Dept. superannuated in February 2017. He was given a warm farewell by the MSc. Food Technology students (2015-17& 2016-18) batch. After his inspiring address he was presented with a farewell memento as a token of thanks from the M.Sc students.



Holi hai !!!!!

Holi one of the most widely and enthusiastically celebrated festival in India, which welcomes the arrival of spring. Holi was celebrated in IFTTC hostel campus with joyous abandon on 12th March, when everyone gathered in front of the mess at 9:30 am and were seen playing and dancing till past 1pm. The Glorious pit in front of the mess, is something which demands significance, as no one was spared the mud bath in the pit, and came out looking like mud splattered kids.

Everyone had a colourful, energetic morning playing holi, and returned to their rooms with their hearts full and a long bath to look forward to.

Photos of the Month



CAREER CORNER



The Indian food industry is growing at a very good pace in terms of sales from Rs 8,000 crores to a whopping Rs 47,000 crores since 2004. Even though the ransom share of the market is being held by multinational companies, start-ups are slowly edging into the market. The needs of the niche customers which are not being met by MNC's are being addressed by these start-ups. Their innovative products have left an imprint on their customers which draws them back again, again and again. Even though, the market share occupied by start-ups is very small, the profit margins are still very high, almost as high as 200%, isn't that interesting???. As food technologists taking up entrepreneurship as a career has its own advantages.

In India, snacking is almost like a ritual, whether you are from the north or the south. Though we love our snacks, eating them causes us to go on a guilt-trip, since they generally tend to be unhealthy. This is where the start-ups with their innovative ideas help the consumers in transitioning to a healthier and tastier options. A few start-ups are even attempting to replace the ubiquitous cola with a healthy drink. From the Himalayan Apple chips to kale chips to interesting health bars and snacks, these start-ups are incorporating healthier ingredients from different sources and are processing them in a safe and organic way.

There is a huge potential in the market for healthful foods which is being grabbed by some innovative start-ups which are running quite successfully, of which a few are being discussed below.

YOGA BAR

Started by sisters Suhasini and Anindita Sampat Kumar in August 2014, Yoga Bars came about after a rather gruelling and difficult hike. The duo were working in New York, where the market for on-the-go energy and snack bars is big and diverse. They realised they wanted to create something similar in India. They worked for two years with over 50 bakers across Bengaluru to finalise the recipe, the ingredients and the end products. After months of effort, Suhasini and Anindita were able to gather the needed capital, set up the manufacturing unit and it took around six months to bring in the right set of people on board. The aim of the start-up is to deliver consumers with an all-natural product at affordable prices, and without any compromise in taste.

REJOOV COLD PRESSERY

Rejoov Cold Pressery is the brain child of Anju Sood, Anu Berry, and Angie Mahtaney. Rejoov aims to offer an easy and convenient way to eat and drink healthy foods and beverages. Seeing the dearth of healthy, tasty and fresh foods in the beverages section, they came up with the idea of Rejoov Cold Pressery. Using the cold press technology, the juices are extracted from fresh fruits, seeds and vegetables. The team says that the pressure they use, allows the preservation of vitamins, minerals, antioxidants and live enzymes. These juices are sugar-free, and have no preservatives or artificial ingredients. Their core ingredients include blueberries, pomegranate, goji berry, amla, and spinach and chia seeds.



MOJOBAR

Maulik Mistry, an ex-Nestle employee, started MojoBar - a healthy snack bar. Maulik returned to India and saw that most people would consume snacks that are full of sugar, fat and salt. He realised that there was a need for nutrient-rich foods. That gave him the idea of MojoBar. There are three variants of MojoBar: Choco Almond and Protein, Nutty Apricot and Fibre, and Yoghurt Berry and Anti-Oxidants. These bars have the perfect proportion of good fat, vitamins, fibre, protein and carbohydrates that are generally recommended by nutritionists for snack time.

• VALENCIA NUTRITION

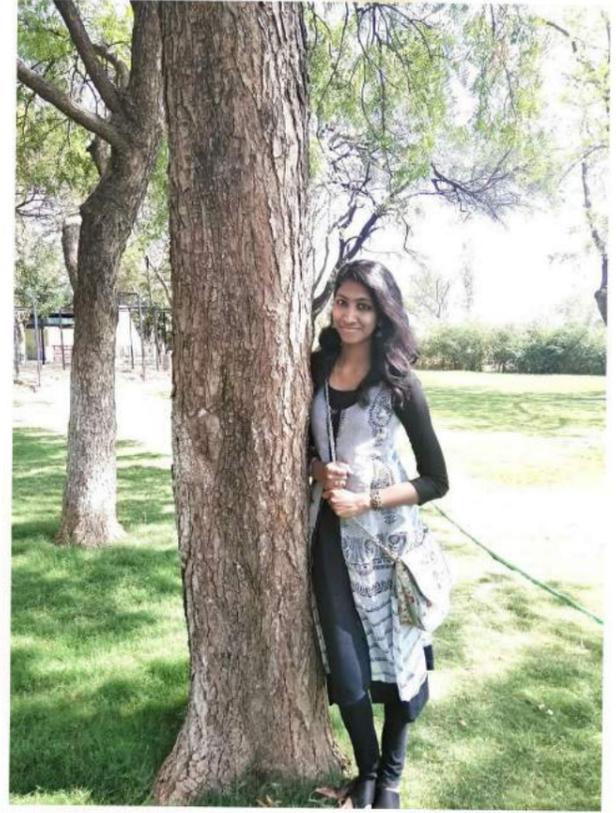
Valencia launched its flagship product, VitaMe, in January 2015. VitaMe, short for Vitalize Me, is a water-based functional beverage that comes in four flavours - Antioxidant Burst (Apple Twist), Unwind (Litchi-Mint), Electrolite (Guava) and Prebiotic (Watermelon). A clinical researcher by profession, Deepthi Anand exited Semler Research in December 2012 to start Valencia Nutrition. Her 14-year-old clinical research background brought her into the health and nutrition segment. Each of these flavours are loaded with nutrients like antioxidants, green tea, vitamin C and zinc. In Antioxidant Burst- L-theanine, chamomile extracts and multivitamins are added, in Unwind- electrolytes and multivitamins are added, in Electrolite- dietary fibre is added and B-complex vitamins and zinc are added in Prebiotic.

: MARKET SPACE

The behaviour of the average consumer with respect to snacking is rapidly changing, and the need to switch to healthier options is also rapidly growing. It is this very change that has attracted a growing number of players in the market. A PwC-FiCCI report stated that the nutrition foods, snacks, beverages and supplements market is growing at a CAGR of 10 to 12 percent in an Rs 14,500 to 15,000-crore market.

MEMORIES.....A WAY OF HOLDING ONTO THE THINGS YOU LOVE
.....THE THINGS YOU ARE
.....THE THINGS YOU NEVER WANT TO LOSE

Abhudhay Team would like to Thank Miss Nivetha S of 2014-16 batch, who is Trainee Manager-Emerging Technologies at Nagarjuna Fertilizers, Hyderabad for giving her precious time and for sharing her indelible CFTRI DAYS....



1) What was your batch name & was there any story behind it?

FabFoodies! All our classmates chose the name unanimously ...

2) Your memorable moment at CFTRI?

There are many!!! Birthday parties, Brainstorming sessions to make hand-made birthday cards, Dance practice sessions, Trips to Rameshwaram, Ooty, Coorg and Tirupathi with friends...

3) What do you miss the most??

My friends... They made every moment special and unforgettable!!...

4) Some funkiest gossips you ever heard/ knew about?

There are many spirits wandering in CFTRI, especially in 'A' block and 'C' block of Hostel Complex...

5) Favourite spot in campus?

Stone bench in front of the Main building.

6) Best memories with seniors and juniors?

Fresher' s and Farewell parties and DJ nights

7) Something you did in CFTRI but never done before?

Watched many movies with friends in theatres, atleast once in a month!
(Movies of almost all the languages that were released in Mysuru- Tamil, Telugu, Malayalam, Kannada, Hindi)

8) Share something about your fresher's & farewell?

Fresher' s party is one of the scintillating memories of CFTRI days!!The entire batch performed and it was a great opportunity to interact with many people and I was amazed by many extraordinary talents of our batch. The practice sessions were lot of fun!

Farewell party- A colourful day with all our dazzling classmates and juniors perfectly decked up! The juniors' performances were truly visual treats. But bidding goodbye was very painful!

9) Your besties names?

A huge list!!!-

ALUMN COLUMN

Nisha- the best companion with whom I spent maximum time;

Wake up call to late night talks, Laughing together to listening to my tantrums, Birthday card designing to Birthday treats, Over night exam preparations to Project work, Watching movies to Planning the Trips, She is the best partner...

Samarth- My tambii!!! No words could ever describe the inexplicable bond that we share!!He is an absolute personification of a brother 's love;

Murali -Who always stood by me through thick and thin;

Sahaja- A caring wall-mate in CFTRI and her role continues in Hyderabad too;

Chakradhar- A multi-talented friend who constantly motivates me;

Breetha Akka- Elegant, Talented and Inspiring Sis;

Kumara and Raja Anna-Bro' s who shower lot of love;

Nithya- An amazing sister who is endowed with lot of talents;

Himanshu and Pallavi- My well-wishers;

Sudha and Varun- Very silent and caring friends!

10) Your Maggie moments?

Preparing Maggie for birthday parties and placement treats were amazing, the days when we wanted to prove all our culinary skills!!

11)Any embarrassing moment in CFTRI?

I don' t remember any!

12) Favourite Festival celebration in campus?

Ganesh Chaturthi..



MEMORIES.....A WAY OF HOLDING ONTO THE THINGS YOU LOVE
.....THE THINGS YOU ARE
.....THE THINGS YOU NEVER WANT TO LOSE

13) *During your time how was Ganesh Chaturthi celebrated?*

There were lot of discussions and preparations for the celebration! We made sweets and the decorations reflected all our creativity. The last day, Visarjan was the most exciting part, with Aartis, colours and Dance. I saw such a grand and interesting GaneshChaturthi celebration for the first time.

14) *Three things which you thought would've made your stay at CFTRI better??*

Celebrating many festivals other than the usual celebrations like Ganesh Chaturthi, Christmas, etc.
Mess food and Wifi connectivity

15) *How were the placements during your time?*

It was a good combination of many reputed organisations who were past recruiters and many new companies that turned up for the first time. The placement was indeed successful because of the cooperation of entire batch!

16) *How was your feeling during classes?*

Practical classes were more interesting!

17) *How were your intro sessions and share some experience or memory regarding that?*

Intro session was a great ice-breaker. Interacting with people from different parts of the country and with different educational background was really interesting! I was bowled over by looking at the performances of many talented people from my batch during intro sessions.

18) *Best take away experience/message from CFTRI?*

Everyone is unique and endowed with different talents. Find the mountain that is right for u.. Give and receive support along the way; Be patient and persevere through ups and downs; And most importantly learn to enjoy the journey that you embark on.



PLACEMENTS



MUTHUKUMARAN S



MEETU PANDEY

MONDELEZ INDIA FOODS LIMITED



KUMARI NEHA

OLAM INTERNATIONAL

GAMES

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

Find the given words in the above box in the following directions:-

1) Horizontal 2) Vertical 3) Diagonal 4) Left to Right (or) Right to left

APPLE PIE
 BACON AND EGGS
 BEER
 BREAD
 BUTTER
 CHICKEN
 CHIPS
 CHOCOLATE
 COFFEE
 COKE
 CRISPS
 FISH

FRUIT
 HAM
 HAMBURGER
 HONEY
 ICE CREAM
 JAM
 JELLY
 LEMONADE
 MARMALADE
 MEAT
 MILKSHAKE
 ORANGE JUICE
 PASTA

PEPPER
 PIZZA
 POTATOES
 RICE
 SALT
 SAUSAGE
 SCONES
 SUGAR
 TEA
 VEGETABLES
 WATER
 WINE
 PEANUTS

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