



**Department: DEPARTMENT OF BIOCHEMISTRY**

**Program:** One Day District Level Intercollegiate Competition on "Cooking without Fire" themed "International Year of Millets"

**Date:** 15.09.2023

**Time:** 9:00 am onwards

**Coordinator:** Dr. Wethroe Kapfo, Assistant Professor and Head, Department of Biochemistry

**Co-Coordinator:** Dr Chaitanya Pandit, Assistant professor, Department of Biochemistry

**Student Coordinator:** Ms. Sonu C, III BSc. BM

**Student Co-coordinator:** Ms. Radhika N, II BSc BM

**Chief Guest, Inaugurator and Judge:** Dr. Shobharani P, MD, Genespy Research Solutions Pvt Ltd, Mysuru and Founder, Livith Eatnutri, Mysuru

**Guest of Honor:** Prof. Nayanakumari, Principal, MMK and SDM PU College.

**Second Judge:** Smt Anupama Bevkal, YouTube Vlogger

**Venue:** College Auditorium

**Total Participants:** 70 (29 teams)

**Students Volunteers:** 37

**Introduction:** The United Nations declared 2023 as International Year of Millets as recommended by the Govt of India. Millets, a native crop and food of India and many other Asian and African countries is rich in nutrients and requires less water during cultivation. This crop therefore is beneficial in both nutrition and Agriculture. The Department of Biochemistry Proposed to have an extension activity for PUC students belonging to Science, Arts and Commerce streams of various colleges in the form of a "Cooking without Fire" competition to bring an awareness of the health benefits of the crop. The prerequisite for the dish was inclusion of one raw or precooked millet as an ingredient and present the health benefits of the millet used.

**Program Objectives:**

1. Bring awareness on the health benefits of millets to PUC students of Mysore District
2. Extension Activity in educating through fun activity.

**Proceedings of the program:** The students of I and II PUC of colleges namely Saradavilas College, JSS Girls PU college, Marimallapa College, Sri Satya Sai Baba College, Pramati PU College, Sadvidya College and MMK and SDM Girls PU College participated. There were 29 teams comprising of 2 or 3 team members. A total of 70 PUC students participated in the competition.

Dr. Shobharani P was the Chief Guest, inaugurator and judge of the event. Prof. Nayanakumari, Principal of MMK and SDM PUC College, was Guest of Honor for Inauguration Function. Smt Anupama Bevkal was the second judge. Each team was judged based on the preparation and presentation of the dish, and their clarity in explaining the benefits of the millet.

After the judging event, Dr. Shobharani P gave a talk on "From Forgotten Crops to Global Superstars; How Millets are transforming the Culinary Landscape in the International Millets Year". She highlighted the health benefits of millets and her research findings using

*Bharathi N*  
PRINCIPAL

millets as source of nutraceuticals.

The prizes were distributed during the valedictory function. The winners were

1. I Prize: Harshitha M and Aishwarya S, Notredame PU College, Mysuru.
2. II Prize: Pavan Jain, Karthik Yadav and Maruth, Marimallapa's PU College, Mysuru.
3. III Prize: Shrimayi and Harshitha, JSS Women's PU College, Mysuru.
4. Consolation Prize-1: Varshini S and Monya, Pramati PU College, Mysuru
5. Consolation Prize- 2: Chaitra, Apeksha and Harshada, Pramati PU College, Mysuru.

**Program Outcome:**

1. The competition was a forum to highlight the culinary skills of the students.
2. The nutritive value of millets was deliberated.
3. Ms. Harshitha of JSS Women's PU College, who won III Place, has joined BBA in our college.



Inauguration Program of the Competition on "Cooking without Fire" themed  
"International Year of Millets"

*Bharathi N*  
PRINCIPAL  
MMK & SDM Mahila Mahavidyalaya  
Krishnamurthypuram, Mysore-570 004



**Dr. Shobharani P and Smt. Anupama Bevkal judging the event**



**Dr. Shobharani P delivering the talk "From Forgotten Crops to Global Superstars; How Millets are transforming the Culinary Landscape in the International Millets Year"**

*Bharathi N*

**PRINCIPAL**

**MMK & SDM Mahila Mahavidyalaya  
Krishnamurthypuram, Mysore-570 004**



Group photo of the Prize Winners at the Valedictory Function



Group Photo of Guest of Honor, Prof. Nayaakumari, Principal of MMK and SDM Girls PUC College, judges, organizers and participants

*Bhuvathi N*  
 PRINCIPAL

MMK & SDM Mahila Mahavidyalaya  
 Krishnamurthypuram, Mysore-570 004



**MMK & SDM MAHILA MAHA VIDYALAYA**

Krishnamurthypuram, Mysuru. 570004

Managed By: SDME Society, Uive / President: Padma Vishahana Patappa Dr. D.Veerendra Hegade

Vision: Empowerment of women to face the Global Challenges.

(Affiliated to University of Mysore, Mysuru - NAAC Accredited with 'B' Grade)



**IQAC and  
Department of Biochemistry  
Cordially invites you to the  
District level  
Cooking Without Fire Competition  
15.09.2023**

**On the theme  
International Year of Millets**

**Dr Shobha Rani**  
MD, Genespy research solutions private limited  
and founder of Livith Eatnutri company  
*Will be the Chief Guest*

**Prof. Sainath Malligemadu**  
Principal  
*Will Preside*

**Prof. Nayanakumari**  
Principal,  
MMK & SDM PU College  
*Will be Guest of Honor*

Venue: College Auditorium

Date: 15.09.2023

Time: 11.30am

**In the presence of**

**Dr Chaitanya Pandit**  
Co-Coordinator  
Assistant professor  
Dept of Biochemistry

**Smt Sukrutha K S**  
IQAC Coordinator  
Head & Associate Professor  
Dept of Computer Science

**Dr Wethroe Kapfo**  
Coordinator  
Head & Assistant Professor  
Dept of Biochemistry

**Invitation of Intercollegiate Cooking Without Fire Competition**

*Bharathi N*  
**PRINCIPAL**

**MMK & SDM Mahila Mahavidyalaya  
Krishnamurthypuram, Mysore-570 004**

19/09/23

# ಸಿರಿಧಾನ್ಯ ಅರಿವು ಮೂಡಿಸಿದ ಕುಕಿಂಗ್ ವಿತೌಟ್ ಫೈರ್‌ಸರ್ಧೆ

## ಅಂತಾರಾಷ್ಟ್ರೀಯ ಸಿರಿಧಾನ್ಯಗಳ ವರ್ಷ ಅಂಗವಾಗಿ ಆಯೋಜನೆ



ಅಂತಾರಾಷ್ಟ್ರೀಯ ಸಿರಿಧಾನ್ಯಗಳ ವರ್ಷ ಅಂಗವಾಗಿ ಸಿರಿಧಾನ್ಯ ಅರಿವು ಮೂಡಿಸಿದ ಕುಕಿಂಗ್ ವಿತೌಟ್ ಫೈರ್‌ಸರ್ಧೆ ಆಯೋಜಿಸಲಾಗಿದೆ.

**• ಕನ್ನಡ ಪ್ರಭ ವಾರ್ಡ್ ಮೈಸೂರು**

ಅಂತಾರಾಷ್ಟ್ರೀಯ ಸಿರಿಧಾನ್ಯಗಳ ವರ್ಷ ಅಂಗವಾಗಿ ಮೈಸೂರು ಜಿಲ್ಲೆಯ ಬದಲಿ ಭಾರ್ವ ಮತ್ತು ವಿದ್ಯಾರ್ಥಿಗಳಿಗಾಗಿ ನಡೆದ ಎಂಎಂಕೆ ಮತ್ತು ಎಸ್.ಡಿ.ಎಂ ಮಹಿಳಾ ಕಾಲೇಜು ಚೇರವನಾಪುರವನ್ನು ವಿಭಾಗದಿಂದ ಕುಕಿಂಗ್ ವಿತೌಟ್ ಫೈರ್‌ಎಂಬ ಸರ್ಧೆ ಆಯೋಜಿಸಿತ್ತು.

ಈ ಸರ್ಧೆಯಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳು ಸಿರಿ ಧಾನ್ಯವನ್ನು ಒಂದು ಬದಾರ್ಥವಾಗಿ ಬಳಸುವುದರೊಂದಿಗೆ ಅಹಾರದ ಕಿಂಡಿ ಕೆಲಸ ತಯಾರಿಸಿದರು. ವಿದ್ಯಾರ್ಥಿಗಳು ಮೊದಲೇ ಜೇಯಾದ ಸಿರಿಧಾನ್ಯದೊಂದಿಗೆ ಆಗಮು ಎವಿಧ ಖಾದ್ಯಗಳನ್ನು ತಯಾರಿಸಿ ಸರ್ಧೆಯಲ್ಲಿ ಪಾಲ್ಗೊಂಡರು.

ಜಿ.ಸಿ. ರಾಜ್ ಸಂಶೋಧನಾ ಸಂಸ್ಥೆಯ ಎಂಪಿ ಮತ್ತು ಕುಕಿಂಗ್ ಸ್ಕೂಲ್, ಕಂಪನಿಯ ಸಂಸ್ಥಾಪಕಿ ಡಾ.ಸಿ.

ಶೋಭಾರಾಜ್, ಮುಖ್ಯ ಅರ್ಥಮತ್ತು ಪ್ರಶಸ್ತಿ ಜ್ಯೂರಿ ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿ ಕೀರ್ತಿಯನ್ನು ನೀಡಿದರು.

ಮೈಸೂರು ನಗರದ 10 ವಿವಿಧ ಓಯು ಕಾಲೇಜುಗಳಿಂದ 69 ಸರ್ಧೆಗಳನ್ನು ಒಳಗೊಂಡ ಒಟ್ಟು 29 ತಂಡಗಳು ಸರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದವು. ವಾರ್ಡ್ ಮತ್ತು ಎಂ.ಎಂ.ಕೆ ಕಾಲೇಜಿನ ಎಂ. ಹರ್ಷಿತಾ ಮತ್ತು ಎಸ್. ರಶ್ಮಿ (ಪ್ರಥಮ), ಮನಿಷ್ಕಾ ಮತ್ತು ಕಾಲೇಜಿನ ಪ್ರಥಮಾ ಶೈಲಿ, ಕಾರ್ತಿಕ್ ಯಾದವ್, ಮುರುಕ್ (ದ್ವಿತೀಯ) ಹಾಗೂ ಜೆಎಸ್‌ಎಸ್ ಮಹಿಳಾ ಓಯು ಕಾಲೇಜಿನ ಪ್ರಥಮ ಮತ್ತು ಹರ್ಷಿತಾ (ತೃತೀಯ), ಪ್ರಮತಿ ಓಯು ಕಾಲೇಜಿನ ಎಸ್. ವರ್ಷಿಣಿ, ಮಾನ್ಯ, ಲಕ್ಷ್ಮಿ, ಅವೀಶ್ವ ಮತ್ತು ಹರ್ಷಿತಾ ಸಮಾಧಾನಕರ ಒಂದುಮನೆ ಪಡೆದರು.

ಇವರೂ ಮುಖ್ಯ ಡಾ. ಶೋಭಾರಾಜ್ ಮಾತನಾಡಿ, ನಮ್ಮ ದಿನವಿಡಿದ ಉಣ್ಣೆ ಸಿರಿಧಾನ್ಯಗಳನ್ನು ಬಳಸಬೇಕು. ರಾಗಿ ಧಾನ್ಯದ ಸೇವೆಯಿಂದ ದೇಹದ ಹಲವು ಸಮಸ್ಯೆಗಳಿಗೆ ದಿವ್ಯ ಔಷಧವಾಗುತ್ತದೆ. ಸ್ವಲ್ಪ ಕಾಯಿಲೆ ಮತ್ತು ಸ್ವಲ್ಪಕಾಯದಂತಹ ಸಮಸ್ಯೆಗಳಿಗೆ ರಾಗಿ ಸೇವೆಯಿಂದ ವಿವಿಧ ಆರೋಗ್ಯ ಪ್ರಯೋಜನಗಳನ್ನು ಪಡೆಯಬಹುದು ಎಂದೇ ಹೇಳಿದರು.

ಕಾಲೇಜಿನ ಪ್ರಾಂಶುಪಾಲ ವೈ. ನಾಯಕಪ್ಪಾ ಮಲ್ಲಿಗೆಮಾಡು ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿದ್ದರು. ಎಂಎಂಕೆ ಮತ್ತು ಎಸ್.ಡಿ.ಎಂ ಕಾಲೇಜಿನ ಪ್ರಾಂಶುಪಾಲೆ ನಯನಾ ಕುಮಾರಿ, ವ್ಯಕ್ತಿ ಎಸ್ ಸಂಯೋಜಕಿ ಕೆ.ಎಸ್. ಸುಲತಾ, ಸಂಯೋಜಕಿಯಾದ ಡಾ. ವೈಶ್ಯೇಶ್ವರಿ, ಡಾ. ಚೈತನ್ಯ ಪ್ರಾಂಶುಪಾಲರು.

Kannada Prabha, 18-9-2023  
19/09/23

'Kannada Prabha' 18-09-2023

Press Note of the Competition published in Kannada Newspaper, Kannada Prabha, on 18.09.2024

*Bharathi N*  
PRINCIPAL

MMK & SDM Mahila Mahavidyalaya  
Krishnamurthypuram, Mysore-570 004

English Translated Version of the Press Note Published by Kannada Prabha on 18.09.2023

**Cooking without Fire Competition to Raise Awareness on Millets on the occasion of International Year of Millets**

SDM MMK, Mysuru had organised "Cooking without Fire" from the Department of Biochemistry on occasion of International Year of Millets for PUC students of Mysore District. In this competition, students prepared food and snacks using any one of the millets. Students came along with pre-cooked millets for the competition to prepare different dishes.

MD of Genespy Research Services and founder of LivithEatnutri, Dr. P Shobharani and YouTuber and Food Vlogger, AnupamaBevkal were the judges.

69 participants from 10 different colleges had taken part by preparing 29 different dishes in the competition. Harshitha and Aishwarya of Notredame PU College (First), Pranav Jain, KarthikYadav and Maruth of Marimallapa's PU College (Second), Shrimayi and Harshita of JSS Women's PU College (Third), S Varshini, Manya, Chaitra, Apeksha and Harshitha of Pramati PU College received Consolation Prize.

Prior to this Dr Shobharani said we should add millets in our daily meals. Consumption of ragi has become a divine medicine for many problems in our body. Various health benefits can be derived from consumption of millets, especially for the persons suffering from diabetes and atherosclerosis.

The program was presided by Prof. SainathMalligemadu, Principal of SDM MMK. Nayankumari, Principal of SDM PU College, IQAC Coordinator, KS Sukrutha, Coordinator Dr.WethroeKapfo and Dr.ChaitanyaPandit were present.

  
PRINCIPAL

MMK & SDM Mahila Maha Vidyalaya  
Krishnamurthypuram, Mysuru-570004

# VOLUNTEERS LIST

Attendance List of Intercollegiate Competition on  
Cooking Without Fire  
15.09.2023

MMK AND SDM WOMENS COLLEGE MYSORE  
I B.SC B.BT-2023-2024

SINo	ROLL NO	Name				
1	23153	CHANDANA H(K)				Chandana H
2	23154	HARSHITHA D P(K)				Harshitha D.P
3	23155	KEERTANA(K)				Keertana
4	23156	KSHAMA(H)				Kshama
5	23157	RITHU ARYA H S(K)				Rithu Arya H S
6	23158	SHREEDEVI AMRUTH SRINIVASA(H)				Shreedevi
7	23159	SNEHA S(K)				Sneha S
8	23160	THEJASWINI(K)				Thejaswini

MMK AND SDM MAHILA MAHA VIDYALAYA, MYSORE  
I B.SC-B M-2023-2024

SINo	ROLL NO.	Name				
1	23161	BI BI HUMERA(S)				Bi Bi Humera
2	23162	PRATHIMA C N(K)				Prathima C N
3	23163	REETHU R(K)				Reethu R.
4	23164	SPANDANA D M(K)				Spandana D M
5	23165	SUKANYA GOWDA(K)				Sukanya Gowda

MMK AND SDM WOMENS COLLEGE MYSORE  
I B.SC-M.BT 2023-2024

SINo	ROLL NO.	Name				
1	23166	ANUSHKA H(S)				Anushka H
2	23167	CHAITHRA L(K)				Chaithra L
3	23168	CHINMA YISHREE J(K)				ABSENT
4	23169	E RUCHITHA(S)				Ruchitha S.
5	23170	KHUSHI I SAVADATTI(K)				Khushi I Savadatti
6	23171	MARIA ANISHA A(K)				Maria Anisha A
7	23172	PANNA SHREE K D(K)				ABSENT
8	23173	SANJANA M P(K)				Sanjana M P
9	23174	SHREE RAKSHA M S(K)				Shree Raksha M S
10	23175	V ANANYA(K)				Ananya V

*Bharathi R*  
PRINCIPAL

MMK & SDM Mahila Maha Vidyalaya,  
Krishnamurthypuram, Mysuru-570004



MMK AND SDM MAHILA MAHA VIDYALAYA, MYSORE  
II B.SC-BIOCHEMISTRY, MICROBIOLOGY-2023-2024

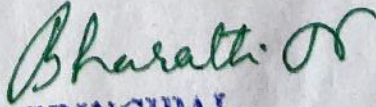
SL. NO	ROLL NO.	NAME	
01	22129	ANUSHA M L(K)	Anusha M L
02	22130	CHANDANA K(K)	Chandana K
03	22131	HARSHITHA(K)	Harshitha
04	22132	JAYALAKSHMI N S(K)	Jaya
05	22134	MOHITHA S(K)	Mohitha S.
06	22135	MUKTHA JAIN G R(K)	Muktha G
07	22136	POOJA M(K)	Pooja
08	22137	PRIYANKA S(K)	Priyanka S
09	22138	RADHIKA N(K)	Radhika N
10	22139	SWATHI K(K)	Swathi K
11	22140	VANI S(H)	Vani S

MMK AND SDM MAHILA MAHA VIDYALAYA, MYSORE  
II B.SC-MICROBIOLOGY BIOTECHNOLOGY-2023-2024

SL. NO	ROLL NO.	NAME	
01	22143	KHUSHI DEVASI(H)	/
02	22144	MANSI B R(H)	
03	22145	NANDINI(K)	
04	22146	NUTHANA S(H)	
05	22147	RACHANA C B(K)	
06	22148	SHREYANKA A V(K)	
07	22149	THARIKA C G(K)	

MMK AND SDM MAHILA MAHA VIDYALAYA, MYSORE  
II B.SC-BIOCHEMISTRY, BIOTECHNOLOGY-2023-2024

SL. NO	ROLL NO.	NAME	
			Hitesh

  
**PRINCIPAL**  
 MMK & SDM Mahila Maha Vidyalaya  
 Krishnamurthypuram, Mysuru-570004

MMK AND SDM MAHILA MAHA VIDYALAYA, MYSORE

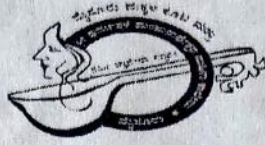
II B.SC-BTBM 2023-2024

Sl No	Roll No.	Student Name	DATE	SIGNATURE
1	21100	ANANYA. K. R(K)		—
2	21102	ANU S P		—
3	21103	ARCHANA. K. R(K)		—
4	21105	HARSHITHA. U(K)		—
5	21106	JAHNAVI. G. BEDRE(K)		—
6	21107	K. M. NISHKA(H)		K.M. Nishka
7	21108	KUSHI. JAIN. D(H)		—
8	21109	LOURDKOURNIKOVA A(H)		—
9	21110	M G. SANVI. GOWRAMMA(H)		—
10	21111	MONISHA. S. GOWDA(K)		—
11	21113	NAGASHREE. M(K)		—
12	21114	NANDINI. C(K)		Nandini
13	21115	NIKITHA. K(K)		—
14	21116	NISARGA. R(K)RAJASHEKAR		—
15	21117	NISARGA. R(K)RAMESHA		—
16	21118	NISARGA. R(K)RAVICHANDRA		—
17	21119	PRATHIKSHA. H. G(K)		—
18	21120	PRIYANKA. U(K)		—
19	21121	PRUTHVI. K(K)		—
20	21122	RIDHI. NAGARAJ(K)		—
21	21123	RUCHITHA. M. R(K)		—
22	21124	SAHANA. H. S(K)		—
23	21125	SAHANA. P(FK)		Sahana P
24	21126	SANJANA K N		Sanjana
25	21127	SHILPA. B. P(K)		—
26	21128	SIHI SATHISH M S		—
27	21129	SNEHA. H. S(K)		—
28	21130	SONU. C(K)		Sonu
29	21131	SPANDANA. B. S(K)		—
30	21132	SUCHITHA. SHREE. H(K)		—
31	21133	SUPRITHA. B(K)		—
32	21134	SURAKSHA R(K)		—
33	21135	TEJASWINI. T. G(K)		—
34	21136	USHA. M(K)		—
35	21137	YASHASWINI. G. K(K)		—

Total Student Volunteers = 37

Bharathi N

PRINCIPAL  
MMK & SDM Mahila Maha Vidyalaya  
Krishnamurthypuram, Mysuru-570004



MMK AND SDM Mahila Mahavidyalaya  
IQAC & Department of Biochemistry  
Competition on Cooking without Fire  
15.09.2023

LIST OF REGISTERED TEAMS

NAMES OF TEAM MEMBERS	CLASS	COLLEGE NAME	SIGNATURE
Syed uzair , Shahid shariff	2nd puc	Sarada Vilas pu college	Syed uzair
SA PRAKALYA, vijayalakshmi, thanmayi	1st puc	Sadvidya semi residential	Sa. Prakalya
Rakshith KU Kumar, Rakshitha C N, Ranjitha B	2nd puc	Sadvidya semi residential	Ranjitha C. N.
Pavan Jain, Karthik yadav-J , Maruth.CR	2nd PUC	Marimallappa's PU collage	Pavan Jain
Shreyakiran. N.K and Manasa. M	1st puc	Seshadhripuram PU college	Shreyakiran
Shruthi.S and Bhavana Rao	2nd Puc	JSS girls PU college	Shruthi S
Rakshith.P, Sowmyashree, B.V, Srinichana B.P	2nd puc	Marimallappa's PU college	Sowmyashree
Sanjana B , sanjana DR	1 st puc	Sri satya sai baba pu college jayalakshmpuram mysuru	—
K.Bhavani Pathange, Ganavi.N, Bhoomika M Gowda	2nd PUC	Marimallappa's Pre University college	Bhoomika M
Rachana.N.R,Punyashree.s, Ramya C	2nd PUC	MMK and SDM PU College	Rachana N.R.

Bharathi N

PRINCIPAL  
MMK & SDM Mahila Maha Vidyalaya  
Krishnamurthypuram, Mysuru-570001

Sanjana V Shetty, Prerana D, Varshini G	1st PUC	Notre Dame PU College	<del>Prerana</del> Sanjana V Shetty Varshini G
Neha Stephen, Sinchana M, Nanditha G.A	1st PUC	PRAMATI PU COLLEGE	<del>Neha</del> Sinchana M
Hema Sri K, Deepthi S	1st PUC	SRI SATYA SAI BABA PU COLLEGE JAILAXMIPURAM	<del>Deepthi</del> Hema Sri K
M Rudula M, Brunda K B	1st PUC	SRIM SATYAM SAI BAMBA PU COLLEGE JAILAXMIPURAM	Brunda K.B. M Rudula M
Harshitha M, Aishwarya S	2nd PUC	Notre dame PU college	<del>Aishwarya</del> Harshitha
Anagha Prashanth, Amogha Prashanth, Tejaswini M B	2nd PUC	Notre dame PU college	<del>Amogha</del> Tejaswini M B
Saria, Honna	2nd PUC	JSS PU College for Women	<del>Saria</del> Honna
Shrimayi, Harshita	2nd PUC	JSS PU College for Women	<del>Shrimayi</del> Harshita
Meghana N, Pallavi L G, Pavani N Rao	2nd PUC	Pramati PU College	<del>Meghana N</del> Pallavi L G Pavani N Rao
Yogita Anthony, Vaishnavi R	2nd PUC	MMK and SDM PU College	<del>Yogita Anthony</del> Vaishnavi R
Sneha D.N, Poojapalatha M	2nd PUC	Berhadripuram college	<del>Sneha D.N</del> Poojapalatha M
Chyithra, Apeksha & Harshada	2PU	Pramati PU College	<del>Chyithra</del> Apeksha Harshada
Varshini S, Manya P	2PU	Berhadripuram college	<del>Varshini S</del> Manya P
Shritha K.S, Dhanubee LN	2PU	MMK and SDM	<del>Shritha K.S</del> Dhanubee LN
Nagashree	1PU 'B'	GSE	<del>Nagashree</del>
Poojitha, Nanditha	2PU		<del>Poojitha</del> Nanditha
Parinitha			<del>Parinitha</del>
Soujanya C pruthvi phanushka B	2 PUC		<del>Soujanya C pruthvi</del> phanushka B

Sarika, Ganesh, Thirisha } 2 PUC  
 Bharathi } PRINCIPAL  
 Sarika, Thirisha }  
 Mitthal, N. Nayak }  
 Saduridya Sena }  
 Nikhil Gowda } IEN  
 Sujana B }  
 MMK & SDM Mahila Maha Vidyalaya  
 Krishnamurthypuram, Mysuru  
 Mitthal, Nikhil }

# PRIZE WINNERS LIST

SI.NO	PRIZE	TEAM MEMBERS	COLLEGE NAME
01	I	Harshitha M. Arshwarya S.	Notre dame PU college
02	II	Pavan Jain Kanthik Yadav, Maruth	Maximallappa's PU college
03	III	Shruthi, Harshita	JSS PU college for women
04	CONSOLATION PRIZE -1	Varshini S. Monya	Pranamati PU college.
05	CONSOLATION PRIZE-2	Chaitra, Apaksha, Harshada.	Pranamati PU college.

JUDGE 1; Name: Dr. SHOBHA RANI. P  
Signature: Shobha Rani

JUDGE 2; Name: Anupama B.  
Signature: Anusai

PLACE: Mysore.

DATE: 15-9-23

Bharathi  
PRINCIPAL  
MMK & SDM Mahila Maha Vidyalaya  
Krishnamurthypuram, Mysuru-570004



# MMK & SDM MAHILA MAHA VIDYALAYA

Krishnamurthypuram, Mysuru. 570004

(Affiliated to University of Mysore, Mysuru - NAAC Accredited with "B" Grade)

Managed By: SDME Society, Ujire - President: Padma Vibushana Poojya Dr. D.Veerendra Heggade

Vision: Empowerment of women to face the Global Challenges.



## COOKING WITHOUT FIRE COMPETITION

### Department of Biochemistry, In association with IQAC

INTERNATIONAL YEAR OF MILLETS

2023

only for PUC Students  
Mysore

**3 Cash Prizes**  
& certificate for all participants

Venue : College Auditorium on 15.9.2023 at 9:00 am

REGISTRATION  
FEES  
PER HEAD

Rs. 100/-



Scan to PAY



**LAST  
DAY  
FOR**

**Registration  
12.9.2023**



Dr Wethroe Kapfo  
Coordinator

Dr Chaitanya Pandit  
Co-coordinator

Prof. Sainath Malligemadu  
Principal

### General Rules

- The competition is for PUC students of Mysore district only
- This is a group competition. The group should have a minimum of 2 or a maximum of 3 participants
- A maximum of 3 groups are allowed to participate from each college
- One of the ingredient used should include any pre-cooked or raw millet
- 60 minutes will be provided for preparing and presenting the dish
- Each group should give a brief 1 minute talk (Kannada OR English) about the importance and health benefits of the millet that is used in their dish before presenting their dish to the judges
- Judges may ask any questions about the general and specific health benefits of millets
- The competition is not restricted to students from biology background. Students from any background (commerce, arts, computer science, etc) are welcome to participate in the competition
- Registration fees per participant (not group) is 100 rupees
- Judges decision will be final



Scan for  
Registration

**Contact** Dr Wethroe Kapfo 9986781441 Dr Chaitanya Pandit 9738411302  
Student Coordinators Sonu C. 8105688058 Radhika. 9686245810

# MMK & SDM MAHILA MAHA VIDYALAYA

Krishnamurthypuram, Mysuru. 570004

(Affiliated to University of Mysore, Mysuru - NAAC Accredited with "B" Grade)

Managed By: SDME Society, Ujire - President: Padma Vibushana Poojya Dr. D.Veerendra Heggade

*Vision: Empowerment of women to face the Global Challenges.*

## IQAC & DEPARTMENT OF BIOCHEMISTRY

# CERTIFICATE

This is to certify that HARSHITHA M, NOTRE DAME PU COLLEGE, MYSURU



has won I/II/III/ Consolation Prize in the District Level Intercollegiate Competition on "Cooking without Fire" under the theme

"International Year of Millets" organised by Department of Biochemistry and IQAC on 15<sup>th</sup> September, 2023.

  
Dr. Wethroe Kapfo

Coordinator / Head of Department

  
K.S. Sukrutha

Smt. KS Sukrutha  
HOD, Computer Science  
IQAC Coordinator

  
Prof. Sainath Malligemadu

Principal



How satisfied were you with the competition?	How relevant and helpful do you think it was for you?	What were your key take aways from this event?	How satisfied were you with the logistics? [Accommodations]	How satisfied were you with the logistics? [Communication from organizers]	How satisfied were you with the logistics? [Venue]	How satisfied were you with the logistics? [Formal Ceremony]	How satisfied were you with the presentation on International Year of Millets?	Any overall feedback for the event?	Name	Class	Name of College
5	5	Millets play a very important role on our health.	3	3	3	3	5	Well organised.	Shreyakran, N K	I PUC/XI	Sankarapuram PU college
5	5	The volunteer are very kind and helpful.	5	5	3	5	5		Shahid Shabirif	II PUC/ XII	Sarada villas pu college
3	5	Some good words	3	3	1	3	5		Sarjana b	I PUC/XI	Sri satya sai beba olg
4	4	Importance of millets	4	4	4	4	4		Syed uzair	II PUC/ XII	SVC college
5	5		5	4	5	5	5		Paran jain	II PUC/ XII	Marmalappa Pre-university college
5	5	How millets can be consumed in our daily bases	5	5	5	5	5	Had a very good experience. All were very cooperative and had a very much patience in	Ashwarya S	II PUC/ XII	Notre Dame PU College
5	5		5	5	5	5	5	Excellent	Harshitha M	II PUC/ XII	Notre dame PU college
5	4	How millets is useful to us and who we can make it good	4	5	5	5	4		Sa prakalya	I PUC/XI	Sahydra semi residential
5	5		4	4	4	4	5	It was nice we learnt more about Millets which we don't know.	Ranjitha B	II PUC/ XII	Sahydra semi residential college
5	5		3	3	3	2	5	Good	Manya, P	II PUC/ XII	Pramati
5	5		5	5	5	5	5	Aweesome	Shrimeji, Harshita, Homra, Saris	II PUC/ XII	JSS PU College for women
1	1	Not much fulfilled	1	1	1	1	1	Not bad	Karthick yadav	II PUC/ XII	Marmalappa's college
3	4		4	3	4	3	4		Genavi	II PUC/ XII	Marmalappa
3	4		4	2	5	4	4		Rakshith	II PUC/ XII	Sahydra semi residential pu college
4	4		5	5	5	5	5	volunteer were very helpful with good communication and encouraging all the participanis. special thanks for us	Rakshitha C.N	II PUC/ XII	Sahydra semi residential pu college
4	5	Participation	3	3	3	3	4	Nice	Meghana N, Pallavi L, G, Pavana N Rao	II PUC/ XII	Pramati
5	5	Team work and friendship, confidence	5	5	5	5	5	Nice and had a great opportunity spending time with all of you and gain the knowledge about millets	Sarjana v shetty	I PUC/XI	Notre dame pu college mysore
5	5	I personally got so much information about millets due to Shobha ma/ma/s presentation.	5	5	5	5	5	Event was informative and i enjoyed it personally, being with my friends	Varshini S	II PUC/ XII	Pramati hillview academy, Mysuru
5	5	How millets can be used in many ways instead of salads many other dishes can be made.	5	5	5	4	5	Thanking You for all your arrangements and support given to us to present our dishes and bring a smile in all your faces ☺	Ashwarya S	II PUC/ XII	Notre Dame PU College
4	5	Nice	3	4	4	4	4	Not bad	Brunda K.B	II PUC/ XII	Sri Sahya Sai Baba pu college jwalakshipuram mysore

*Bharathi*

PRINCIPAL

MMK & SDM Mabila Maha Vidyapeeth  
Krishnamurthypuram, Mysuru-575004