



**Culinary Club**  
**St. Edmund's College,**  
**Shillong 793003**

**Annual Report**  
**2022**

## Teacher – In – Charge and Members

Dr. Dipankar Shome-----Incharge

Dr. Jasmine T. Sawian-----Member

Dr Rituparna Rajendra----- Member

Larihun Jeengaph -----Member

Ainamlin Dkhar-----Member

## EXECUTIVE COMMITTEE MEMBERS

Aarti Gurung                    B.Sc 6th Semester (EVS)

Shristi Chakraborty        B.Sc 6th Semester (Physics)

Arijit Endow                    BCA 6th Semester

Saurav Jyoti Kakoti        B.Com 6th Semester

## Events organised during the Year

| Date               | Event   |
|--------------------|---|
| 5th April, 2022    | Food Fest   |
| 7th September 2022 | Webinar On Importance of Healthy Diet In Our Life |
| 17th December 2022 | Pre-Christmas Food Stalls                         |

## REPORT ON FOOD FEST

|        |  |
|--------|--|
| DATE:  | 5th April, 2022                        |
| TIME:  | 10 am-3 Pm                             |
| VENUE: | Botanical Garden, St. Edmund's College |

# Food Fest



Apr  
05



ST. EDMUNDS COLLEGE

THE CULINARY CLUB INVITES ALL STUDENTS WITH AN INSATIABLE APPETITE TO JOIN THE FEST



### CATEGORIES FOR STALLS

1. Traditional
2. Continental
3. Desserts
4. Snacks
5. Salads
6. Bakery

## "IT'S TIME TO DUNK ON HUNGER"

### Contact for REGISTRATION

Arijit Endow- 8132096958

Arati Gurung- 7029791571

Sourav Kakati- 7005432210

Shrishti Chakraborty- 9862607123

Deepanjan Ghosh -87944 50163

Pranjal Karmakar- 80117 03473

On the occasion of College week of 2022 better known as ‘Edblazon’; a food fest was organized by the Culinary Club, St. Edmund’s College on 5th April 2022 at the botanical garden. The event was inaugurated at 10 am by our Honourable Principal Dr. S Lamare in presence of the teachers-in-charge, animators along with other teachers and students present at the venue. In all, there were 20 stalls which were divided into categories of Traditional, Bakery, Snacks and Desserts. Initially judgement of the food preparations took place with our judges visiting the various food stalls and giving score as per the set criteria which were concept, knowledge of recipe, taste, flavour and overall presentation/appearance. This continued for around two hours. On the basis of scores given by them the winners for each category were declared later on.

At around 12 noon the event was opened for visitors to visit the stall and purchase and taste the various food stuffs. There was a huge gathering and the visitors liked taste and delicacy of the foods preparations. They also appreciated the entire effort made by the animators and volunteers that could make the entire show a successful one. The enthusiasm and passion among participants were impeccable throughout the event. Though each stall had a lot to offer there would be only three winners from each category, except for ‘Desserts’ which had only 1 winner. The list is tabulated below.

#### FOOD FEST WINNER CATEGORY

| <b>CATEGORIES</b> | <b>WINNER</b>   |
|-------------------|---|
| a) TRADITIONAL    | 1st- Stall Number 1 (Manipuri Stall)<br>2nd-Stall Number 2 (Khasi Stall)<br>3rd- Stall Number 14 (Garo Stall)               |
| b) BAKERY         | 1st- Stall Number 7 (Luella’s Bakes)<br>2nd-Stall Number 19 (The Bakery Stall)<br>3rd- Stall Number 17 (The Food Spotlight) |
| c) SNACKS         | 1st- Stall Number 16 (Snack Pot)<br>2nd- Stall Number 15 (Russ’s Stall)<br>3rd- Stall Number 24 (The Shillong Mother)       |
| d) DESSERTS       | 1st - Stall Number 5 (Homemade Chocolates)  |

#### OTHER DETAILS

##### Teacher’s-in-charge

- Dr. Dipankar Shome
- Prof. Dr. J.T. Sawain
- Prof. Audrey Dohling
- Prof. B. Manners
- Prof. Wanrihun Diengdoh
- Prof. P.W. Shangplian

## Animators

- Arijit Endow- Bca 6th Sem
- Arati Gurung- Evs 6th Sem
- Deepanjan Ghosh (Assistant Animator) - Bca 6th Sem

## Volunteers

Shabnam Barbhuiya- Bio-Tech 6th Sem

Paromita Chakraborty- Bcom 6th Sem

Monti Paul- Bcom 6th Sem

Neha Borah - Bcom 6th Sem

Sejal Thapa - Bcom 6th Sem

Tanushree Karmakar- Bcom 6th Sem

Shiva Deb - Bcom 6th Sem

Sourav Kakoti - Bcom 6th Sem

Pranjal Karmakar- Bcom 6th Sem

Arundhati Das- Bca 6th Sem

Gourav Poddar- Bca 6th Sem

## **Pictures of the event**









## **WEBINAR ON “IMPORTANCE OF HEALTHY DIET IN OUR LIFE” (In Collaboration with IQAC, St. Edmund’s College)**

|                      |   |
|----------------------|---|
| Date:                | 07-09-2022  |
| Online link :        | <a href="https://meet.google.com/ddf-ijrt-nds">https://meet.google.com/ddf-ijrt-nds</a> |
| Duration:            | 2-3 Hours   |
| Nature of Activity:  | Co-Curricular   |
| No. of Participants: | 60 (Students) 5 (Staff)   |

A webinar on Importance Of Healthy Diet In Our Life was organised by the Culinary Club, St. Edmunds College on 7<sup>th</sup> September 2022. The program started with introduction of the club by its president Mr. Debanjan Tarafdar, followed by a speech by Dr. B.W Nongbri, Dean of college.

The session commenced with introduction of the resource person Ms. Balasara S. Lyngdoh, Assistant Dietician, NEIGRIHMS; by the club president. The session was taken over by resource person who explained about balanced diet and why is it important to follow throughout. She stated that ‘balanced diet is a diet that enables us to obtain optimum health, fewer illnesses and health complications and it emphasizes on increased energy levels for physical activity, helps in weight loss and keeps us mentally aware’. It concluded with an interactive session with resource person involving active participation from students, teachers and the members of the culinary club followed by vote of thanks given by the teacher in-charge of the club, Dr. Dipankar Shome.

### **Some key highlights:**

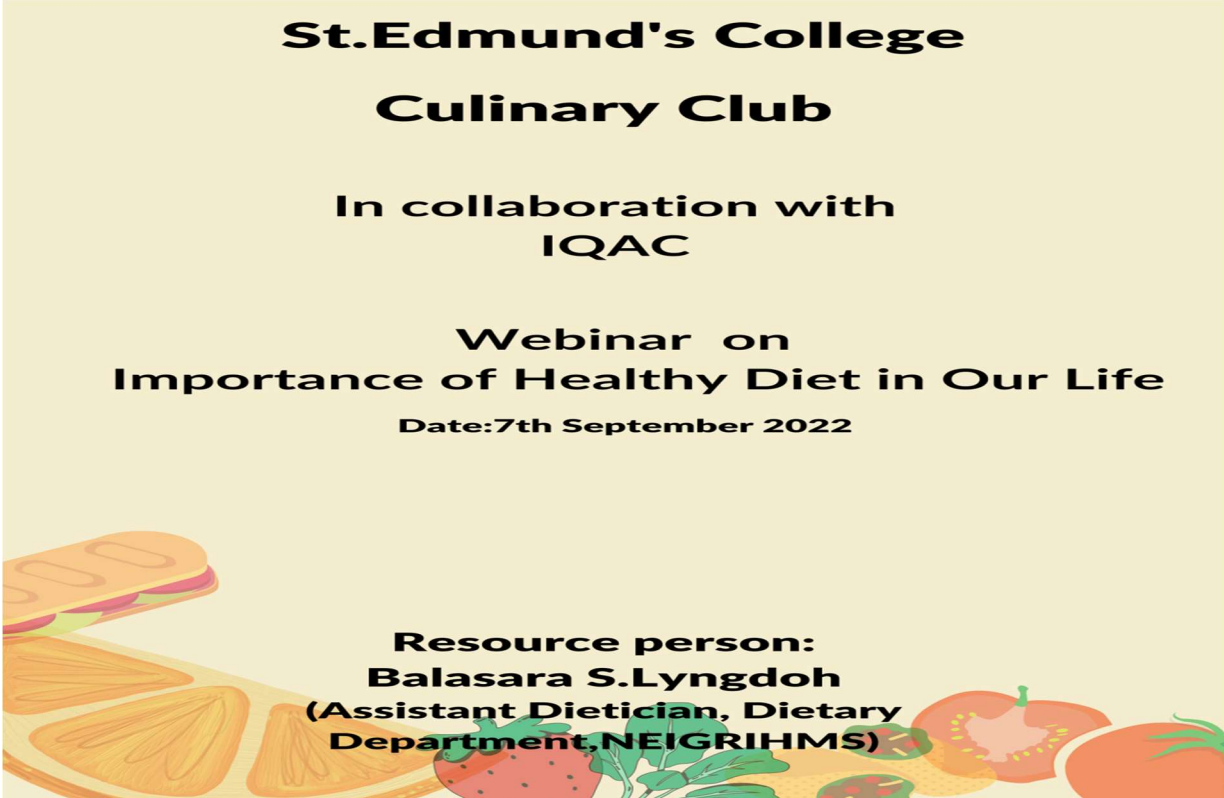
- Never blindly follow whatever is given in YouTube, rather research properly in the internet or ask a certified nutritionist or a dietician. To have the right kind of balanced diet always know what is your body type.
- The concept of healthy eating constitutes three important aspects. They are
  - (a) a balance in the meal we consume,
  - (b) to eat food in moderation and not any excessive or less in consumption, and
  - (c) to have a variety of foods in the diet, resulting in proper and ample nutrients that is beneficial to our body.
- Intermittent fasting is not for pregnant and lactating women, and those suffering from diabetic, kidney stones, gastro esophageal reflux or other medical problems.
- Eating mindfully and planning appropriately while eating and having a balanced diet are the few steps to healthy eating habits and there is no shortcut to it.
- Balanced diet is one of the most important constituent of healthy life. It should contain pulses, cereals, vegetables, pulses and meat in such quantities and proportions that the need of calories,



proteins, vitamins and minerals are adequately met. It should provide energy to the body, help in body building and also protect us from harmful diseases.

- Junk food contains chemicals like monosodium glutamate, sulphites, caramels, nitrate and nitrite of sodium, butylated hydroxyanisole (BHA), tartrazine and ponceau which if taken regularly can cause adverse health problems like obesity, high blood pressure, type II diabetes, etc. Hence, they should be prohibited.

## Brochure



**St. Edmund's College**  
**Culinary Club**

In collaboration with  
**IQAC**

**Webinar on**  
**Importance of Healthy Diet in Our Life**  
Date: 7th September 2022

**Resource person:**  
**Balasar S. Lyngdoh**  
(Assistant Dietician, Dietary  
Department, NEIGRIHMS)

The brochure features a light yellow background with a decorative border at the bottom consisting of illustrations of a sandwich, orange slices, a strawberry, and tomatoes.

# Participants List

|    | A                               | B                         | C         | D                 | E        | F                              | G | H | I |
|----|---------------------------------|---------------------------|-----------|-------------------|----------|--------------------------------|---|---|---|
| 1  | Timestamp                       | Full name                 | Student c | Department        | Semester | Email address                  |   |   |   |
| 2  | 2022/09/06 10:59:27 AM GMT+5:30 | Wanpyndapbiang Marngar.   | Student   | Political Science | Third    | wmarngar2001@gmail.com         |   |   |   |
| 3  | 2022/09/06 11:28:35 AM GMT+5:30 | Emida oo paya Sumer       | Teacher   | EVS               |          | esumer.evs@gmail.com           |   |   |   |
| 4  | 2022/09/06 11:36:24 AM GMT+5:30 | Nafisha Malngiang         | Student   | Bsw               | Third    | nafishamalngiang8@gmail.com    |   |   |   |
| 5  | 2022/09/06 12:11:01 PM GMT+5:30 | Akash Kumar Mishra        | Student   | Commerce (BCOM)   | Fifth    | akashkrmishra9366@gmail.com    |   |   |   |
| 6  | 2022/09/06 12:12:12 PM GMT+5:30 | Ashruta Dutta             | Student   | Sociology         | Third    | duttaashrutaa8359@gmail.com    |   |   |   |
| 7  | 2022/09/06 12:15:39 PM GMT+5:30 | Joyjit Swargiary          | Student   | Sociology         | First    | swargiaryjoyjit@gmail.com      |   |   |   |
| 8  | 2022/09/06 12:22:51 PM GMT+5:30 | Sultana Begum Ali         | Student   | Bcom              | Third    | sultana17120510@gmail.com      |   |   |   |
| 9  | 2022/09/06 12:42:39 PM GMT+5:30 | Mebalari Donmon           | Student   | Botany            | Fifth    | mebadana06@gmail.com           |   |   |   |
| 10 | 2022/09/06 12:51:58 PM GMT+5:30 | Mebalari Donmon           | Student   | Botany            | Fifth    | mebadaba06@gmail.com           |   |   |   |
| 11 | 2022/09/06 12:57:45 PM GMT+5:30 | Ruth vescy jones suiam    | Student   | Botany            | Fifth    | joneszelia9@gmail.com          |   |   |   |
| 12 | 2022/09/06 12:59:38 PM GMT+5:30 | Afia Zaheen Bora          | Student   | Sociology         | Fifth    | afiazaheenbora@gmail.com       |   |   |   |
| 13 | 2022/09/06 1:13:47 PM GMT+5:30  | Niangthiankim             | Student   | Commerce          | Fifth    | niangthiank@gmail.com          |   |   |   |
| 14 | 2022/09/06 1:21:33 PM GMT+5:30  | Evanzara L Marshallong    | Student   | MSW               | Third    | evanlyngdoh04@gmail.com        |   |   |   |
| 15 | 2022/09/06 1:21:59 PM GMT+5:30  | Khrawkuper Roywan         | Student   | MSW               | Third    | judgedanny9@gmail.com          |   |   |   |
| 16 | 2022/09/06 1:22:10 PM GMT+5:30  | SUKKYNJAI SYIEM           | Student   | MSW               | Third    | sukkynjais@gmail.com           |   |   |   |
| 17 | 2022/09/06 1:35:55 PM GMT+5:30  | Rohan Dey                 | Student   | BCA               | Fifth    | deyohan678@gmail.com           |   |   |   |
| 18 | 2022/09/06 1:59:00 PM GMT+5:30  | Baishali Deb              | Student   | Ccommerce         | Third    | riyaaaaad03@gmail.com          |   |   |   |
| 19 | 2022/09/06 2:00:34 PM GMT+5:30  | Denisha Devi              | Student   | Sociology         | Third    | devidenisha7@gmail.com         |   |   |   |
| 20 | 2022/09/06 2:30:40 PM GMT+5:30  | ShooheI Akhtar M Khan     | Student   | BCA               | First    | shooheI876@gmail.com           |   |   |   |
| 21 | 2022/09/06 2:58:33 PM GMT+5:30  | Luckyia Evenica Kharlong  | Student   | BSW               | Third    | luckyiakharlong@gmail.com      |   |   |   |
| 22 | 2022/09/06 3:56:38 PM GMT+5:30  | Babiangporshisha Marbanii | Student   | Geography         | Fifth    | babiangm@gmail.com             |   |   |   |
| 23 | 2022/09/06 3:57:58 PM GMT+5:30  | Shabana Nax               | Student   | Commerce          | First    | nazshabana855@gmail.com        |   |   |   |
| 24 | 2022/09/06 4:12:40 PM GMT+5:30  | Sharmynrap Biam           | Student   | Economics         | Third    | sharmynrapb@gmail.com          |   |   |   |
| 25 | 2022/09/06 4:16:38 PM GMT+5:30  | Ruchita Chakraborty       | Teacher   | Commerce          |          | ruchitachakraborty1@gmail.com  |   |   |   |
| 26 | 2022/09/06 4:18:25 PM GMT+5:30  | Krishna Sharma            | Student   | Econimics         | Third    | krishnasharma4952@gmail.com    |   |   |   |
| 27 | 2022/09/06 4:31:58 PM GMT+5:30  | Badapbiang Tariang        | Student   | Political science | First    | badapbiangtariang@gmail.com    |   |   |   |
| 28 | 2022/09/06 4:34:39 PM GMT+5:30  | Pulchia R Marak           | Student   | Commerce          | Fifth    | pulchiaraksam@gmail.com        |   |   |   |
| 29 | 2022/09/06 4:35:12 PM GMT+5:30  | Virginia Dhar             | Student   | Khasi             | Fifth    | dharvinia3@gmail.com           |   |   |   |
| 30 | 2022/09/06 4:54:02 PM GMT+5:30  | Ribanlin Lyngdoh          | Student   | MSW               | Third    | ribanlinlyngdoh07@gmail.com    |   |   |   |
| 31 | 2022/09/06 4:54:21 PM GMT+5:30  | Ribanshem Lyngdoh Mawna   | Student   | Environmental sci | Fifth    | lyngdohribanshem@gmail.com     |   |   |   |
| 32 | 2022/09/06 5:03:12 PM GMT+5:30  | Esther Khongsai           | Student   | Bcom              | Fifth    | ekhongsai2@gmail.com           |   |   |   |
| 33 | 2022/09/06 5:18:20 PM GMT+5:30  | Subhash Kumar Rai         | Student   | Commerce          | Fifth    | subhashkumarrai59@gmail.com    |   |   |   |
| 34 | 2022/09/06 5:20:00 PM GMT+5:30  | Jitender-singh            | Student   | Economic's        | Third    | Singhjatnder102@gmail.com      |   |   |   |
| 35 | 2022/09/06 5:36:31 PM GMT+5:30  | Sengnachi Rangsa Marak    | Student   | Economics         | First    | sengnachirangsa@gmail.com      |   |   |   |
| 36 | 2022/09/06 5:39:24 PM GMT+5:30  | Bannangiaitei Iymba       | Student   | Geography         | First    | bannangiaiteiIymba64@gmail.com |   |   |   |
| 37 | 2022/09/06 6:12:56 PM GMT+5:30  | MIJAMBERG R MARAK         | Student   | Commerce          | First    | remamijam@gmail.com            |   |   |   |
| 38 | 2022/09/06 6:20:42 PM GMT+5:30  | Dr. Rosa Mystica Mawlong  | Teacher   | Khasi             |          | rmmawlong@gmail.com            |   |   |   |

Participants-webinar



P4



fx

|    | A                               | B                          | C       | D                         | E     | F                                      | G | H | I | J | K |
|----|---------------------------------|----------------------------|---------|---------------------------|-------|--|---|---|---|---|---|
| 36 | 2022/09/06 5:39:24 PM GMT+5:30  | Bannangiaitei Iymba        | Student | Geography                 | First | bannangiaiteilymba64@gmail.com         |   |   |   |   |   |
| 37 | 2022/09/06 6:12:56 PM GMT+5:30  | MIJAMBERG R MARAK          | Student | Commerce                  | First | remamijam@gmail.com                    |   |   |   |   |   |
| 38 | 2022/09/06 6:20:42 PM GMT+5:30  | Dr. Rosa Mystica Mawlong   | Teacher | Khasi                     |       | rmmawlong@gmail.com                    |   |   |   |   |   |
| 39 | 2022/09/06 6:40:12 PM GMT+5:30  | Kanduaklung MG             | Student | Geography                 | First | kanduaklunggangmei@gmail.com           |   |   |   |   |   |
| 40 | 2022/09/06 6:46:41 PM GMT+5:30  | Jennifer Lyngdoh Nonglait  | Student | BSW                       | First | jenlyngdohnonglait@gmail.com           |   |   |   |   |   |
| 41 | 2022/09/06 6:57:20 PM GMT+5:30  | Insharai Iaphi Wankhar     | Student | BSW                       | Third | wankharinsharai@gmail.com              |   |   |   |   |   |
| 42 | 2022/09/06 6:58:06 PM GMT+5:30  | Ibalahun Marpna            | Student | Bsw                       | Third | ibalahunmarpna7@gmail.com              |   |   |   |   |   |
| 43 | 2022/09/06 7:09:22 PM GMT+5:30  | Thmumaya Sungoh            | Student | Physics                   | Third | thmumayasungoh@gmail.com               |   |   |   |   |   |
| 44 | 2022/09/06 7:09:54 PM GMT+5:30  | Thmumaya Sungoh            | Student | Physics                   | Third | thmumayasungoh@gmail.com               |   |   |   |   |   |
| 45 | 2022/09/06 7:11:07 PM GMT+5:30  | Sataveek Das               | Student | Physics                   | First | sataveekcool@gmail.com                 |   |   |   |   |   |
| 46 | 2022/09/06 7:14:42 PM GMT+5:30  | Ainamlin Dkhar             | Teacher | Department of Social Work |       | ainamlin@gmail.com                     |   |   |   |   |   |
| 47 | 2022/09/06 8:26:15 PM GMT+5:30  | Eiweimanki Sumer           | Student | Zoology                   | Fifth | eiweimankis@gmail.com                  |   |   |   |   |   |
| 48 | 2022/09/06 8:36:08 PM GMT+5:30  | Latpiuchui gangmei         | Student | Physics                   | Third | Achuyzey@gmail.com                     |   |   |   |   |   |
| 49 | 2022/09/06 8:36:49 PM GMT+5:30  | Kritika Sharma             | Student | Bcom                      | First | kritikasharma0229@gmail.com            |   |   |   |   |   |
| 50 | 2022/09/06 8:40:36 PM GMT+5:30  | Emerene kharpran           | Student | Commerce                  | First | emerenekharpran546@gmail.com           |   |   |   |   |   |
| 51 | 2022/09/06 9:49:40 PM GMT+5:30  | sareozasoon@gmail.com      | Student | Sociology                 | Fifth | sareozasoon@gmail.com                  |   |   |   |   |   |
| 52 | 2022/09/06 9:59:39 PM GMT+5:30  | Dathrang ika muruh         | Student | BSW                       | First | mdathrangika@gmail.com                 |   |   |   |   |   |
| 53 | 2022/09/06 10:56:42 PM GMT+5:30 | Ramphila A Shatsang        | Student | Geography                 | Fifth | shatsangramphila@gmail.com             |   |   |   |   |   |
| 54 | 2022/09/06 11:06:26 PM GMT+5:30 | Dr Anika M W Kshiar Shadar | Teacher | Economics                 |       | anikakshiar@gmail.com                  |   |   |   |   |   |
| 55 | 2022/09/07 7:38:09 AM GMT+5:30  | Bliss Thangrokim Changsan  | Student | Zoology                   | First | blisschangsan@gmail.com                |   |   |   |   |   |
| 56 | 2022/09/07 9:08:49 AM GMT+5:30  | Mitali Dey                 | Teacher | Commerce                  |       | mitali.sec@gmail.com                   |   |   |   |   |   |
| 57 | 2022/09/07 10:11:57 AM GMT+5:30 | Rangse Sangma              | Student | Commerce                  | First | rangsessangma@gmail.com                |   |   |   |   |   |
| 58 | 2022/09/07 10:15:27 AM GMT+5:30 | Deep chanda                | Student | Bcom                      | First | deepchanda69@gmail.com                 |   |   |   |   |   |
| 59 | 2022/09/07 10:15:31 AM GMT+5:30 | Nikita Nath                | Student | Commerce                  | First | nathnikita16@gmail.com                 |   |   |   |   |   |
| 60 | 2022/09/07 10:19:03 AM GMT+5:30 | Hamari Reang               | Student | Commerce                  | First | reanghamari@gmail.com                  |   |   |   |   |   |
| 61 | 2022/09/07 10:19:12 AM GMT+5:30 | Sanjhana lama              | Student | Bcom commerce             | First | lamananjana074@gmail.com               |   |   |   |   |   |
| 62 | 2022/09/07 10:21:26 AM GMT+5:30 | Raheli Reang               | Student | Commerce                  | First | zrahelv@gmail.com                      |   |   |   |   |   |
| 63 | 2022/09/07 10:23:12 AM GMT+5:30 | Sonigirl Tongper           | Student | Commerce                  | First | sonigirltongper1@gmail.com             |   |   |   |   |   |
| 64 | 2022/09/07 10:24:54 AM GMT+5:30 | Shelly Debbarma            | Student | Bcom                      | First | debbarmashelly188@gmail.com            |   |   |   |   |   |
| 65 | 2022/09/07 10:45:57 AM GMT+5:30 | Philumlin Kharnaier        | Student | Social Work               |       | philumlin14@gmail.com                  |   |   |   |   |   |
| 66 | 2022/09/07 11:22:50 AM GMT+5:30 | NAFINIA MARWEIN            | Student | BSW                       | First | mnafinia@gmail.com                     |   |   |   |   |   |
| 67 | 2022/09/07 11:49:34 AM GMT+5:30 | Dr KP Pallavi              | Teacher | VP Academics              |       | vpacademics.stedmundscollege@gmail.com |   |   |   |   |   |
| 68 | 2022/09/07 12:01:57 PM GMT+5:30 | Rebecca Kimneihthieng      | Student | Commerce                  | First | rebeccagangte482@gmail.com             |   |   |   |   |   |
| 69 | 2022/09/07 12:02:10 PM GMT+5:30 | Risawa Marboh              | Student | Commerce                  | First | risamarboh1201@gmail.com               |   |   |   |   |   |
| 70 | 2022/09/07 12:02:29 PM GMT+5:30 | Rebecca Kimneihthieng      | Student | Commerce                  | First | rebeccagangte482@gmail.com             |   |   |   |   |   |
| 71 | 2022/09/07 12:06:44 PM GMT+5:30 | Ibarisha Mawtyllup         | Student | BSW                       | First | ibarisham@gmail.com                    |   |   |   |   |   |
| 72 | 2022/09/07 12:08:29 PM GMT+5:30 | Phibanseisoh Nongbet       | Student | Commerce                  | First | nongbetphibanseisoh@gmail.com          |   |   |   |   |   |
| 73 | 2022/09/07 12:21:15 PM GMT+5:30 | Hamesha Dorine pariat      | Student | Bcom                      | First | pariathameshadorine@gmail.com          |   |   |   |   |   |

Participants-webinar



# E-Certificate



## ST. EDMUND'S COLLEGE, SHILLONG



**CULINARY CLUB**

Certificate of Participation

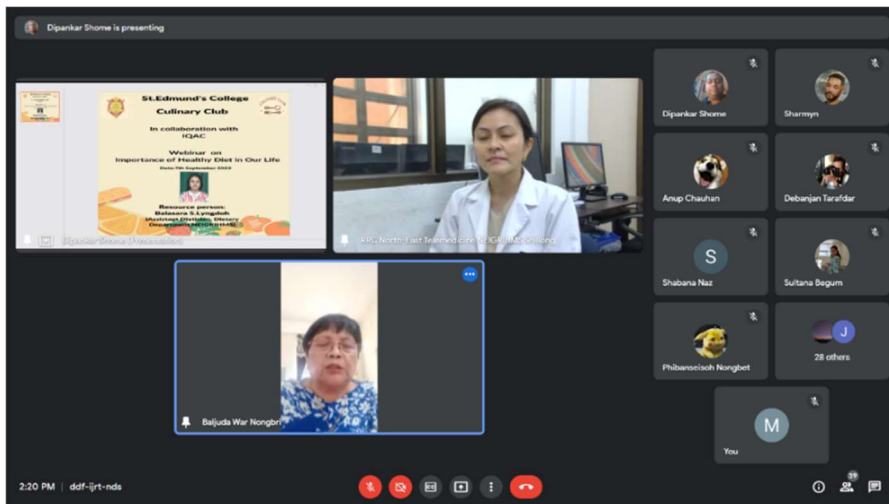
Certified that \_\_\_\_\_  
of \_\_\_\_\_ Department  
has actively participated in a webinar entitled  
**"SIGNIFICANCE OF HEALTHY DIET IN OUR LIFE"**  
Organized by the Culinary Club in collaboration with  
Internal Quality Assurance Cell (IQAC) St. Edmund's College, Shillong.  
Presented by Ms. Balasara S. Lyngdoh (Assistant Dietician) NEIGRIHMS.  
On 7th of September 2022.

  
\_\_\_\_\_  
**Dr. Sylvanus Lamare**  
(Principal)

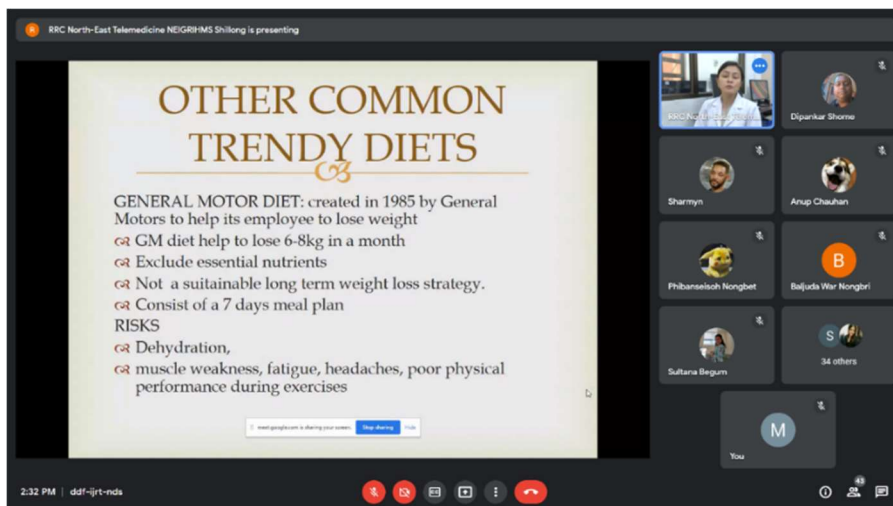
  
\_\_\_\_\_  
**Prof. Sumit Deb**  
(IQAC Co-ordinator)

  
\_\_\_\_\_  
**Dr. Dipankar Shome**  
(Teacher-in-charge)

## Screenshots of the Webinar



The screenshot shows a Zoom meeting interface. The main window displays a presentation slide with the following text: "ST. Edmund's College Culinary Club In collaboration with IQAC Webinar on Importance of Healthy Diet In Our Life". Below the slide, a smaller video window shows a participant named Baljuda War Nongbril. On the right side, there is a grid of participant icons, including Dipankar Shome, Sharmyn, Anup Chauhan, Debanjan Tarafdar, Shabana Naz, Sultana Begum, Phibanseloch Nongbril, and 28 others. The bottom status bar shows the time as 2:20 PM and the meeting ID as ddf-ijrt-nds.



The screenshot shows a Zoom meeting interface. The main window displays a presentation slide titled "OTHER COMMON TRENDY DIETS". The slide content includes: "GENERAL MOTOR DIET: created in 1985 by General Motors to help its employee to lose weight", "CM diet help to lose 6-8kg in a month", "Exclude essential nutrients", "Not a sustainable long term weight loss strategy.", "Consist of a 7 days meal plan", "RISKS", "Dehydration,", "muscle weakness, fatigue, headaches, poor physical performance during exercises". Below the slide, a smaller video window shows a participant named Dipankar Shome. On the right side, there is a grid of participant icons, including Sharmyn, Anup Chauhan, Phibanseloch Nongbril, Baljuda War Nongbril, Sultana Begum, and 34 others. The bottom status bar shows the time as 2:32 PM and the meeting ID as ddf-ijrt-nds.

RRC North-East Telemedicine NEIGRIHMS Shillong is presenting

|             |                   |           |      |                        |                                   |  |                              |
|-------------|-------------------|-----------|------|------------------------|-----------------------------------|--|------------------------------|
| Fat loss    | Healthyme 5       | Instagram | 102K | Awesome fat loss       | Whey protein *                    | Why protein supplementation during diet-induced weight loss does not have clinically important therapeutic effects | (Smith et al. 2018) [11]     |
| Fat loss    | Saxoflaender rice | Instagram | 1992 | Bat-boning saorotue    | Cerelary cucumber apple           | Juice based diet altered the intestinal microbiota, and decreased the lipid oxidation.                             | (Hanning, S. M. et al. 2017) |
| Weight loss | TaMadam           | YouTube   | 78K  | 5 kg in 2 weeks        | Cumin seeds                       | Cumin has anti-obesity effect on obese people.   | (Makwana, F. 2021)           |
| Weight loss | God News          | YouTube   | 1.8K | Weight loss tips       | Whole grains *                    | Significant decrease in body mass seen by including whole grain rich diet.   | (Wu et al. 2020)             |
| Fat loss    | Verevle Vicky     | YouTube   | 2.7K | Fat burner             | Black coffee                      | No such scientific data is present   |                              |
| Weight loss | Weight loss world | Instagram | 55K  | LOSE weight in 9-5 job | Fasting until 1 pm <sup>off</sup> | Fasting is not a sustainable way for weight loss   | (Johnstone, A. 2015)         |

2:31 PM | ddf-ijrt-nds

RRC North-East Telemedicine NEIGRIHMS Shillong is presenting

## WHAT IS IMPORTANT IN HEALTHY EATING

- There is no short cut to healthy eating.
- Every individual has a unique body type and composition.
- Strive for long term or sustainable weight loss.
- Eating mindfully and planning appropriate meal while eating.
- The step to healthy eating is a balanced diet.

2:41 PM | ddf-ijrt-nds

## Conclusion

The webinar was informative as it helped the participants to know how to handle balance diet. Resource person has enlightened on how to keep our body healthy and how much amount of food in terms of quantity should we consume. The participants were looking forward for more of such events related to food, like live seminars of this type.



## PRE-CHRISTMAS FOOD STALLS

**Date:** 17-12-2022

**Venue:** College Cafeteria, St. Edmund's College, Shillong

**No. of Participating Students:** 9

On 17th December 2022, on the occasion of Pre-Christmas evening by music society, food stalls were put on by the executive members of Culinary Club, SEC as a part of the extension activity. These Food stalls were put on at the venue with space allocated by college authorities. Infrastructural facilities of Canopy and furniture were also provided by them. Preparations included Red Tea, Masala Tea, Chop, Chocolate Cake and Momos. All the food stuffs were prepared by club members and arrangements were made to serve hot for foodstuffs like Momos; that also acted as a means for sales enhancement.

The stalls were opened from 2 Pm and remained in place till the conclusion of programme. Foodstuffs quality was appreciated by all (mainly the chocolate cake). The buyers also liked the way of these foodstuffs were served like providing warm momos. They stated that they also looked forward for setting up such stalls by culinary club during the other upcoming events at college campus.

### Brochure



**SEC CULINARY CLUB PRESENTS**

# **CHRISTMAS FOOD STALLS 2022**

**CELEBRATING FOOD-CULTURE SINCE 2021**

ON THE EVE OF PRE-CHRISTMAS CELEBRATION ON 17TH OF DECEMBER, 2022. WE ARE ALSO BRINGING SWEET TOOTH AND SALTY TONGUE ITEMS TO THE TABLE TO MAKE IT MEMORABLE FOR YOU ALL.

**17 DECEMBER 2022 | OPEN AT 1 PM  
NEAR CAFETERIA**

MORE INFO CONTACT 9774659711, 9774127417

## List of Participants

| S. No | Name                    | Designation       | Course | Semester        | Contact no | Signature     |
|-------|-------------------------|-------------------|--------|-----------------|------------|---------------|
| 1     | Mousumi Chanda          | Secretary (Asst)  | Bcom   | 6 <sup>th</sup> | 6009672926 | M. Chanda     |
| 2     | Abhishek Chakran        | Secretary (Asst)  | BCA    | 6 <sup>th</sup> | 7640868789 |               |
| 3     | Mebam L. Khatmawphlang  | General Secretary | BCA    | 6 <sup>th</sup> | 9774127417 |               |
| 4     | Rinky Bheri             | vice president    | B.COM  | 6 <sup>th</sup> | 9774659211 | Rinky Bheri   |
| 5     | Debanjan Tarafdar       | President         | B.COM  | 6 <sup>th</sup> | 7005865539 | Debanjan      |
| 6     | Zekun Kwanmika Pakynten | Member            | BA     | 4 <sup>th</sup> | 9485391302 | Z.R. Pakynten |
| 7     | Melani Dorman           | "                 | BSC    | 6 <sup>th</sup> | 9774819350 | Melani        |
| 8     | Ruth vesy Jones Swam    | "                 | B.Sc   | 6 <sup>th</sup> | 6009387126 | R. Swam       |
| 9     | Debanjan Tarafdar       | "                 | "      | "               | "          | "             |
| 10    | Rohit Dey               | "                 | BCA    | 6 <sup>th</sup> | 8259008699 | Rohit Dey     |

## Certificate

| ST. EDMUND'S COLLEGE, SHILLONG   |   |
|--|---|
| CULINARY CLUB  |   |
| <p>This is to certify that _____</p> <p>of _____ Department</p> <p>has actively participated in hosting a food stall set up by the Culinary Club, in event</p> <p>of the "Pre Christmas Celebration" on the 17th of December 2022.</p> |   |
| <br>Dr. Sylvanus Lamare<br>(Principal)   | <br>Dr. Dipankar Shome<br>(Teacher-in-charge) |



## Geo tagged Photos





