



**TECNIA INSTITUTE OF ADVANCED STUDIES**

NAAC Accredited Grade 'A' Institute

**EBSB CLUB**



**Report  
on  
Fireless cooking on EBSB DAY**

**EVENT:** Fireless Cooking on EBSB DAY  
**Convener:** Dr.M.N.JHA  
**Participation:** BBA, BJMC, BCA, MBA, MCA  
**Date:** 21-10-2020  
**Venue:** Online platform (Microsoft team)  
**Timing:** 11:00 AM - 12:00 PM  
**Beneficiary:** 74



**Last date  
21<sup>st</sup>**

Nodal Officer  
Dr. M.N.Jha

**Competition on fireless cooking**

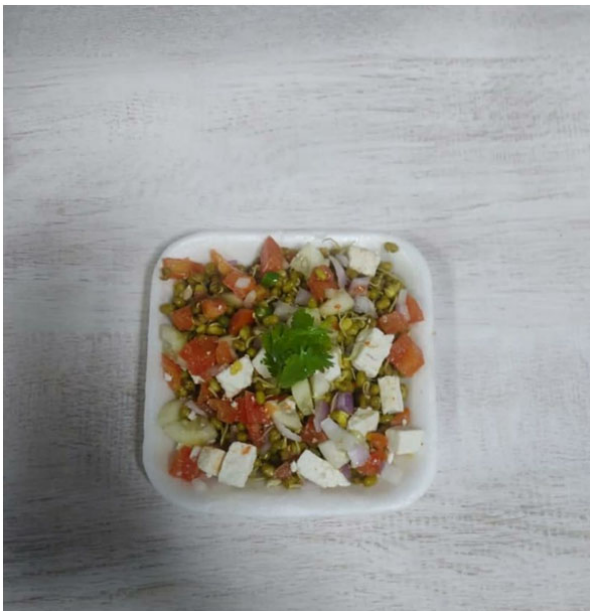
## OBJECTIVES OF THE EVENT:

- To create awareness about the nutritional value of food cooked without flame , the necessity and advantages of healthy eating and to encourage everyone to stay away from the junk food.
- To understand the importance of good hygiene.
- To understand the importance of healthy food

## REPORT

An event “Fireless cooking” was organized by EBSB Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 21-10-2020(Thursday) on virtual mode. All the students of BBA, BAJMC, BCA and MCA participated in this event. The Cooking video were shared with the paring institute SIST(Sikkim Institute of Science and Technology) state as per the mandate of the Govt. of India and directives of the UGC & AICTE. so that they can have understanding the different food of north India .

Institute’s EBSB Club is playing an important role in creating environmental awareness amongst the future generation. To create awareness among students TIAS EBSB Club organized an event “Fireless cooking”. The aim of the event was to provide a platform for students to showcase their talent and explore new areas of interest. It was organized by Dr. M.N.JHA encouraged students to participate in this event. The participants prepared healthy dishes like Sandwiches, Salad, Cakes, Lemonade and many more using easy and quick recipes. They showed their dishes in an artistic and aesthetic way virtually which was most appealing.





### **Students participate on fireless cooking**

This event provided not only a platform for the students to foster their creativity and decision making skills but also helped them to explore their hidden talents.

#### **Learning outcome**

Students have learnt about

- ❖ the nutritional value of food cooked without flame
- ❖ the necessity and advantages of healthy eating
- ❖ the importance of good hygiene.

**LIST OF STUDENTS**  
**Ek Bharat Shreshtha Bharat Club, TIAS**

<b>SR. NO.</b>	<b>Name of Students</b>	<b>Enrollment Number</b>	<b>Department</b>
1.	ANKIT GULATI	07817002419	BBA
2.	SHIVI MITTAL	04121301719	BBA
3.	PRITI CHAUDHARY	04421301718	BBA
4.	HARSHITA RAJPAL	06321302419	BBA
5.	HARDIK SHARMA	04421301718	BBA
6.	Umar Farooq	35221302419	BBA
7.	UMANG GUPTA	02317001718	BBA
8.	KHUSHI KOHLI	35221302419	BBA
9.	DEVANSH BORA	00121301718	BBA
10.	Pravar Gupta	08621302419	BBA
11.	SAURABH GARG	35421302419	BBA
12.	Gautam Sharma	41221301718	BBA
13.	AYUSHI GOEL	09121302419	BBA
14.	AYUSHI GOEL	08221302419	BBA
15.	KARANPREET SINGH	06517001718	BBA
16.	ARUSHI KAUSHIK	41321302418	BA (JMC)
17.	GEETIKA BISHT	04621301719	BA (JMC)
18.	JIGYASA SHARMA	02721301719	BA (JMC)
19.	ISHA PRASAD	02721301719	BA (JMC)
20.	ARUSHI KAUSHIK	01921301718	BA (JMC)
21.	Sumit Singh	35317002418	BBA
22.	SHOBHIT AGARWAL	04821301718	BBA
23.	PARVEEN PUROHIT	02621301718	BBA
24.	ARUN CHAUHAN	04721301718	BBA
25.	PREETI	04821301718	BBA
26.	MUSKAN SHARMA	35521302419	BBA
27.	SHREY AGGARWAL	10517002419	BBA
28.	ASHWIN ATRISH	08517002419	BBA
29.	ASHWIN ATRISH	08417002419	BBA
30.	PRATHAM CHAUHAN	02421301718	BBA
31.	MANVI JAIN	08321302419	BA (JMC)
32.	MAHESH SEHGAL	09917002419	BA (JMC)
33.	Mukul gupta	36117002419	MCA
34.	HARMAN VERMA	06417002419	BA (JMC)
35.	Deepak Gahlot	04917001719	BA (JMC)
36.	DHANYA MULPANA	35417002419	BA (JMC)
37.	KAREENA GABA	04317001719	BCA
38.	RIYA KATHAYAT	00517001719	BA (JMC)
39.	RACHITA BUDHIRAJA	03821301718	BBA
40.	Mridul Arora	05917001719	MCA
41.	AASHIMA NANDA	03817001718	BA (JMC)
42.	RUSHALI MEHROTRA	00113456588	BA (JMC)
43.	KUSH	05417001719	BA (JMC)
44.	SHIVANI TOMAR	02417001719	BA (JMC)

45.	Love Manchanda	00221301719	BA (JMC)
46.	ABHISHEK KUMAR	05621301729	MCA
47.	MUSKAAN ABROL	08021302419	BA (JMC)
48.	SIMRAN GUPTA	07817002419	BA (JMC)
49.	MUSKAN GUPTA	04121301719	BA (JMC)
50.	HIMANSHI RAGHAV	04421301718	BA (JMC)
51.	SARTHAK SAXENA	06321302419	BCA
52.	RIYA SAINI	04421301718	BA (JMC)
53.	PRATEEK ARORA	35221302419	MCA
54.	Sajal sharma	02317001718	BA (JMC)
55.	VANSHIKA SHARMA	35221302419	BA (JMC)
56.	RIYA SHARMA	00121301718	BA (JMC)
57.	Yatin Makkar	08621302419	BA (JMC)
58.	SHIVAM	35421302419	BA (JMC)
59.	KARTIK KAPOOR	41221301718	BCA
60.	VANSHIKA GUPTA	09121302419	BA (JMC)
61.	ABHIJEETH SP	08221302419	BA (JMC)
62.	AASTHA JAIN	06517001718	BA (JMC)
63.	NIHARIKA MAGGO	41321302418	BA (JMC)
64.	PAURUSH GROVER	04621301719	BA (JMC)
65.	AMISHA SACHDEVA	02721301719	BA (JMC)
66.	DEEPANSHU TOMAR	02721301719	BCA
67.	RISHABH AGRAWAL	01921301718	BA (JMC)
68.	NIHARIKA MAGGO	35317002418	BA (JMC)
69.	SOUMYA KUKRETI	04821301718	BA (JMC)
70.	RACHITA BUDHIRAJA	02621301718	BBA
71.	GRISHIKA JAGGI	04721301718	BA (JMC)
72.	PAMELA GUPTA	04821301718	BA (JMC)
73.	ROHIT MANGWANA	35521302419	BA (JMC)
74.	shailja Chaurasia	10517002419	BA (JMC)