



**REPORT  
ON**

**TASTE OF SIKKIM**

Event	TASTE OF SIKKIM
In-Charge	Dr. Monu Singh
Participation	BBA, BCA, MBA, BJMC
Date	30.06.2022
Timing	2 PM
Venue	Multipurpose Hall, PG building, TIAS
No. Of Beneficiary	66



**Objectives:**

- To Learn about the types of food eaten by the people of Sikkim State.
- To Learn how people acquired what they ate in Sikkim State.
- To Learn about the utensils and dishes people used to prepare and serve food in the State of Sikkim.
- To Learn about seasonal variability in food of Sikkim State.

**Report:**

EBSB club of Tecnia Institute of advances studies organized an event “Taste Of Sikkim” on 30/06/2022 on Physical mode (off-line). All the students of BBA, BAJMC, BCA and MCA participated in this event. They have gained insight on this day i.e.,

What is the cuisine of Sikkim? How do they prepare and serve? What is the seasonal variability in food in Sikkim state?

Sikkim's cuisine encompasses a unique selection of flavors and a multi-ethnic mix of people and beliefs. This diversity is reflected in the delectable food of Sikkim, including Indian, Bhutanese, Nepalese, and Tibetan cuisines. Known as an organic state, the people of Sikkim tend to prefer fruits, vegetables, eggs, and meat from local farmers that are organically cultivated. Most ingredients are found locally, and many different taste combinations which would not typically be used in Indian cuisine, make the food alternatives a thrill. When the flavors of Sikkim come together in this fantastic intermix of flavors, the result is a wide range of tasty meals. Even though Thukpas, Sha Phaley, and Gundruk are popular and widely consumed, Sikkim is famous for its Momos. Sikkim Momos have earned a name for themselves across the country.

TIAS has celebrated this day as a Taste of Sikkim. The nodal officer, Dr Monu Singh has delivered a short and crisp lecture on the Cuisine of Sikkim including recipes.

### A glimpse of the day:



**Learning Outcomes:****Students have learnt about:**

1. To Appreciate Diversity,
2. To Celebrate and build community,
3. The Value Cuisine.
4. To understand different perspectives within the country in which we live.

**List of Volunteers:**

1	AARTI SHARMA	4517002421	BA JMC
2	PRATHAM ADHIKARI	12017001721	BBA
3	VANSH	5021302421	BAJMC
4	PAAVAN BHASIN	35317001721	BBA
5	AMAN GUPTA	3121301721	BBA
6	ANJALI CHOUDHARY	7721301721	BBA
7	SHIVAM SHARMA	8417001721	BBA
8	DHRUV SHARMA	11821301721	BBA
9	DHRUV GUPTA	35917001721	BBA
10	SANJINI LAYEK	162130172	BBA
11	RICHA YADAV	9017001721	BBA
12	ADITYA PAWAR	9621301721	BBA
13	HARSHIT SANAN	35121302421	BA(JMC)
14	DHRUV RATHORE	2017002021	BCA
15	MAHESH PATHAK	11121301721	BBA

**List of Participants/ Beneficiary**  
**Ek bharat shreshtha bharat club, tias**

S.NO	Name of students	Enrolment number	Department
1.	MANVI GOEL	00'12130172	BBA
2.	TANYA GERA	36321301721	BBA
3.	NEHA MANDAL	00'717001721	BBA
4.	ARYAN SHARMA	0'5017001721	BBA
5.	MANEESHA	0'7917001721	BBA
6.	SRISHTI BHARDWAJ	0'3321301721	BBA
7.	VISHESH LOHMOD	0'3817001721	BBA
8.	SHIVANSH GARG	0'5917001721	BBA
9.	ANISHA SHARMA	0'3417001721	BBA
10.	AYUSH JAIN	00'151501721	BBA
11.	TRIPTI KHANDELWAL	0'5417001721	BBA
12.	BHAVYA	15117002421	BAJMC

13.	SURAKSHA MAGGU	00'917002421	BAJMC
14.	SHREYA	0'2021302421	BA(JMC)
15.	NEHAL SAHNI	0'2621302421	BA(JMC)
16.	AVNI JAIN	0'5121302421	BA(JMC)
17.	MAHESH PATHAK	11121301721	BBA
18.	MANVI GOEL	00'12130172	BBA
19.	TANYA GERA	36321301721	BBA
20.	SRISHTI BHARDWAJ	0'5017001721	BBA
21.	MIRZA SAAD BAIG	12121301721	BBA
22.	PURUSHARTH SHARMA	15017001721	BBA
23.	HARSH GUPTA	0'1217001721	BBA
24.	PALAK SONI	36817001721	BBA
25.	VANSHITA SHARMA	14217001721	BBA
26.	AMAN ANIL TYAGI	0'4921301721	BBA
27.	ANSHITA SHARMA	14117001721	BBA
28.	HARSHIT MALIK	11617001721	BBA
29.	SHUBH GUPTA	11421301721	BBA
30.	KANISHK KAPOOR	10021301721	BBA
31.	GAURAV BANSAL	0'3717001721	BBA
32.	AJAY SINGH	0'6521301721	BBA
33.	DHRUV JAIN	00'517001721	BBA
34.	SAMYAK JAIN	0'4917001721	BBA
35.	SATYAM BANSAL	00'917001721	BBA
36.	NATASHA GUPTA	0'2717001721	BBA
37.	AMRITA TAAK	0'7321301721	BBA
38.	RIA KOCHER	0'8917001721	BBA
39.	VANSHIKA BANSAL	0'7617001721	BBA
40.	MUSKAAN DHAMIJA	0'9417001721	BBA
41.	DEV CHAWLA	0'7317001721	BBA
42.	MOHMAD SUHAIL	14521301721	BBA
43.	SNEHA SRIVASTAVA	0'7417001721	BBA

44.	RAKSHIT CHAUDHARY	7452948944	BBA
45.	YAJAT KHANNA	14317001721	BBA
46.	LOKESH MISHRA	0'3117001721	BBA
47.	TANISHA KANDOI	35117001721	BBA
48.	YASH TIWARI	15321301721	BBA
49.	TAVISH BHANDARI	00'521301721	BBA
50.	SAMBHAV JAIN	0'6717001721	BBA
51.	SALONI KHANDELWAL	14621301721	BBA
52.	YASH GOYAL	0'3921301721	BBA
53.	NAMIT UPPAL	35817001721	BBA
54.	SYED HUSSAIN HAIDER	10517001721	BBA
55.	SURAJ	15021301721	BBA
56.	ARYAN CHHABRA	36121301721	BBA
57.	RIYA JAIN	0'2617001721	BBA
58.	VAANYA KANSAL	14017001721	BBA
59.	SHRUTI BHANDARI	0'8017001721	BBA
60.	MAYANK SIKKA	0'8717001721	BBA
61.	ANANT TYAGI	0'5617001721	BBA
62.	KRITI VERMA	00'817001721	BBA
63.	UDIT JAISWAL	13221301721	BBA
64.	RAHUL GOEL	0'2421301721	BBA
65.	KANUSHI TANEJA	0'4021301721	BBA
66.	RAHUL CHOUDHARY	0'4717001721	BBA

