

AAHAAR- THE FOOD SOCIETY

In the session 2024- 25, Aahaar, the food society of Shaheed Rajguru College of Applied Sciences for Women, University of Delhi, successfully organized a series of impactful events and initiatives, reinforcing its mission of promoting healthy eating habits and increasing food safety awareness within the college community.

In this session Aahaar played a pivotal role in encouraging the adoption of healthier food options in the college canteen, by taking an initiative for indulging our college campus under Eat Right Campaign.

The Eat Right Campaign is an initiative by the Food Safety and Standards Authority of India (FSSAI) aimed at promoting safe, healthy, and sustainable eating habits. It encourages individuals and institutions to make informed food choices, reduce food waste, and ensure proper hygiene in food preparation and consumption.

•On 16th of October, 2024 on the occasion of **World Food Day**, Aahaar in collaboration with Edesia- The department of Food Technology organized a speaker session on Exploring Mushrooms. The speaker of the session was Dr. Rekha Mehrotra, TIC of the Department of Microbiology, SRCASW, University of Delhi.

•On 26th of November, 2024 in collaboration with FT Professional Chapter of Lady Irwin College, University of Delhi we conducted an online quiz on the occasion of **National Milk day**.

•On 24th of January, 2025 we conducted a **workshop under Eat Right Campus** with our canteen staff in which we made them aware of the campaign and provided them with necessary kitchen stuff such as head gears, apron, gloves.



Delhi, Delhi, India
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Lat 28.598808° Long 77.322286°
24/01/25 03:16 PM GMT +05:30

•On 30th of January, 2025 Aahaar in collaboration with Mukhauta - the dramatics society of SRCASW, conducted **A Nukkad Natak for the awareness of THE EAT RIGHT CAMPUS CAMPAIGN** to make our college students aware of the Campaign.

•Also, we organized a **4 week campaign named as Clean up Chronicles**, engaging students in healthy and good food practices.



Aahaar, the food society of SRCASW, actively promotes food awareness through engaging newsletters in each trimester, insightful **Behind the Bites reels and canteen survey on weekly basis**, and exciting quiz series through our instagram handle. These initiatives explore food's cultural and nutritional significance, fostering a deeper understanding of healthy eating and encouraging informed dietary choices within the college community.

The highlight of Aahaar's activities for the session was

• **MITAHARA '25** , its annual fest held on February 24th, 2025. The event featured three major competitions:

•**Food-o-Shark Tank**, where participants pitched innovative food product ideas;

•**Act-Vertize**, a creative advertising contest; and

•**The Mystery Box Game**, challenging participants' culinary creativity under pressure.



Along with these activities we conducted

•**Drink it to 5**, a fun activity on 25th of February, 2025 which fascinated and engaged a lot of students.



Convenors: Dr. Prabhjot kaur sabharwal, Dr. Ranjana singh

AAHAAR COUNCIL FOR THE SESSION 2024-2025

NAME	Programme	Year	POSITION
Ms. Gurpreet Kaur	B. Sc(Hons) Food Technology	III	President
Ms. Kaushiki Srivastava	B. Sc(Hons) Food Technology	II	Vice- President
Ms. Mahak Gupta	BBA(FIA)	III	Treasurer
Ms. Mansi Varshney	B. Sc(Hons) Biomedical Sciences	III	Secretary
Ms. Soni Gupta	B. Sc(Hons) Food Technology	III	Event Head
Ms. Akanksha Sharma	B. Sc(Hons) Food Technology	III	PR Head
Ms. Sonali Singh	B. Sc(Hons) Food Technology	III	Graphics Head
Ms. Deepanjali Petshali	B. Sc(Hons) Food Technology	III	Editorial Head