

**MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA  
(MACFAST)**



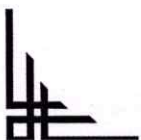
**MACFAST**<sup>TM</sup>  
Igniting wisdom since 2001

**Food Fest  
2016-17 to 2020-21**

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**MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA(MACFAST)**

**Tiruvalla, Pathanamthitta, Kerala 689 101**



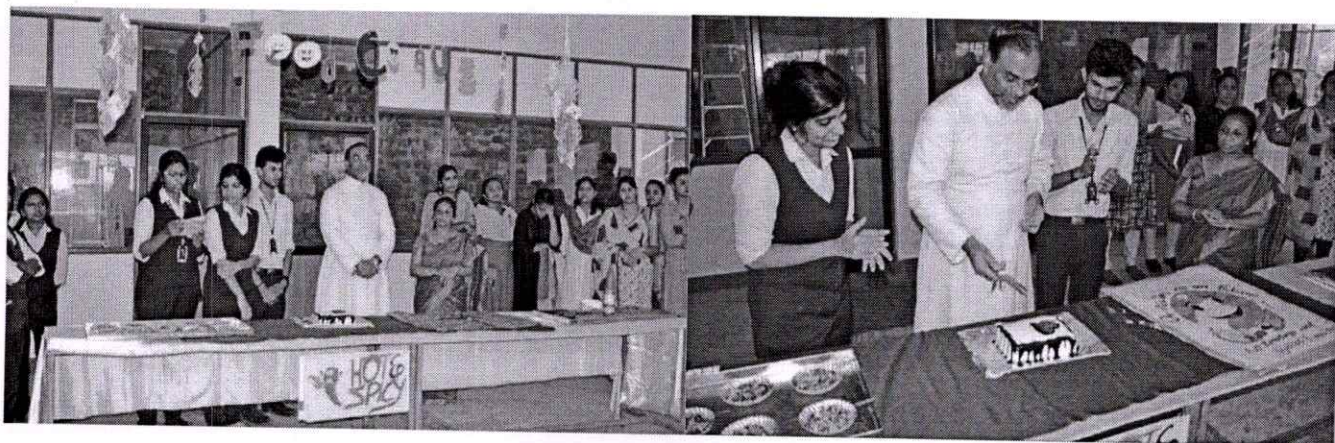
Every year in connection with the World Food Day programme the School of Biosciences organised food fest in order to create public awareness about the food stuffs - their nutritive value, therapeutic uses and value added products. In this fest we display various food related posters to inculcate awareness among the students-what good food means, where it comes from, how it impacts both our health and the planet. It creates a unique opportunity to get people thinking about how and why we eat the way we do, in a fun and creative format. The aim of the fest is for tasting and experiencing new things sharing delicious food and drink.

### 2019

The School of Biosciences organised a food fest in connection with World Food Day programme in the campus on 2-11-2019. The main goal of World Food Day is to create public awareness about hunger challenges and encourage people worldwide to take action in the fight against hunger. The theme for this year 2019 was "Our actions are our future; Healthy Diets for a Zero Hunger World- A Zero Hunger World by 2030.

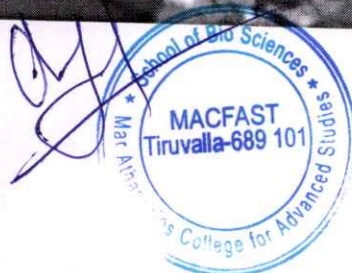


The programme commenced at 11.00 am in the college lobby. The Principal Rev. Fr. Dr. Cherian J. Kottayil, inaugurated the function and delivered a message regarding World Food Day. The annual celebrations of World Food Day emphasizes, in today's international context, the needs and hopes of millions of persons who lack bread each day. Increasingly, there are more people who sadly make up part of that great number of human beings who have nothing or almost nothing to eat.

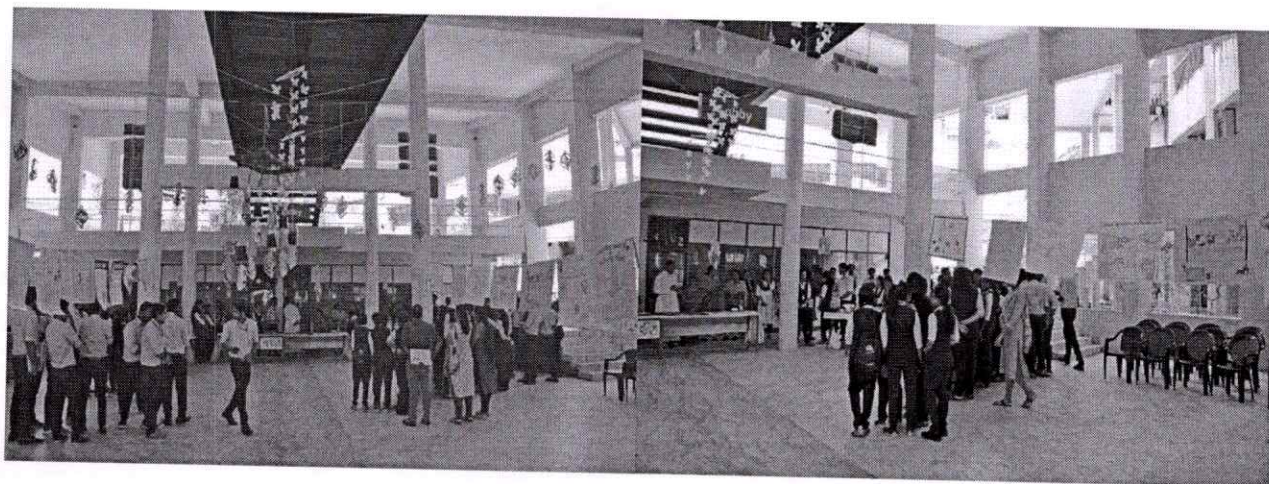


The theme that concerns us this year. Our actions are our future; A zero Hunger World by 2030 is possible becomes an urgent call to responsibility on the part of all those actors who are in agreement with the objectives of the 2030 Agenda for sustainable development a rallying cry to wake us from the slumber that often paralyzes and inhibits us.

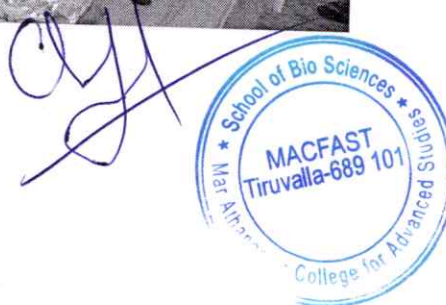
The Director Radio MACFAST, Rev Fr. Dr. Thomaskutty Pathinnatil, Prof. Beena Cherian (Dean School of Biosciences) all the faculty members and students of the School of Biosciences participated in this programme.



As part of the programme more than 30 posters emphasizing importance of food to alleviate poverty hunger, safety and processing aspects, were displayed by the students. A fabulous food stall with variety of dishes was arranged for commercialization. Delicious dishes like pani puri, hot and spicy chicken cutlet, chocolate cake, gulab Jamun with ice-cream, batura, pizza, dates burfi etc., prepared by the students and sold.

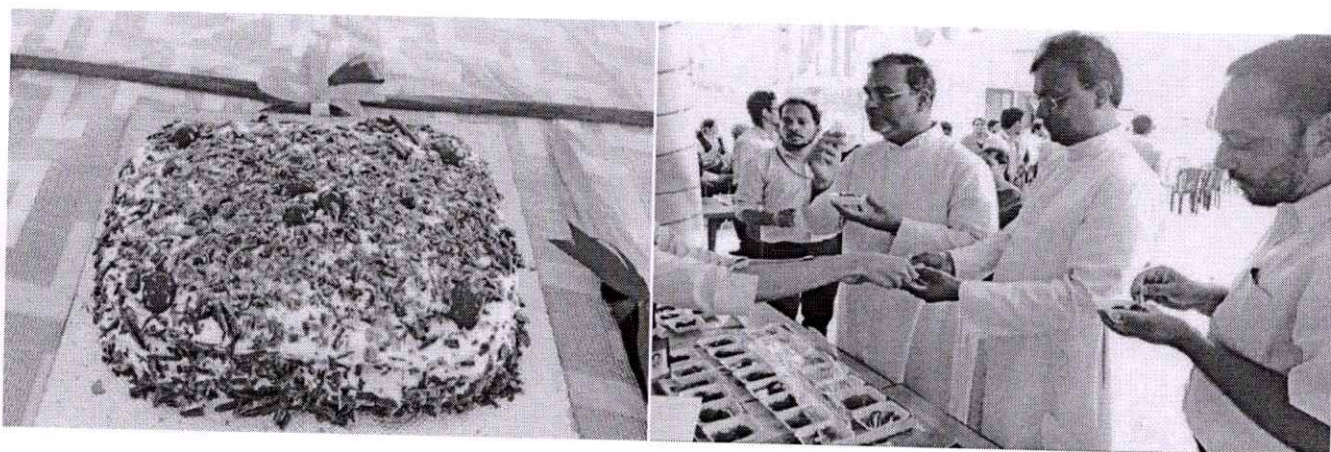


The staff members from MBA, MCA, Radio, non teaching staffs visited the stall and gave supportive and encouraging comments regarding the stall. Our Deputy Director Saneesh Varghese witnessed the function and gave valuable suggestions for conducting such fest in future. More than 200 participants visited the stall and made this programme a grand success.



2018

The School Of Biosciences organised the food fest “KHAANA PEENA 2K18” on 22-11-18 at the college campus. This years World food day slogan is ‘ Our actions are our future.-The programme commenced at 11.00 a.m. at the college lobby. Rev. Fr. Dr.Cherian.J.Kottayil, Principal MACFAST college inaugurated the function by cutting the cake and addressed the gathering. Dr. Thomas Pathinettil, Dr. Sudheep. B.Chandramana (HOD, Department of Management Studies), Prof. Beena Cherian (Dean Biosciences) witnessed the function and gave valuable suggestions for conducting such fest in future. All the faculty members and students of MACFAST College also participated in this programme.



As part of the programme more than 30 posters emphasizing importance of food to alleviate poverty hunger, safety and processing aspects, were displayed by the students. A fabulous food stall with variety of dishes was arranged for commercialization. Delicious dishes like pani puri, hot and spicy chicken cutlet, chicken roll, pudding, shawarma roll, bread pizza, cream bread, sandwich, baji, biriyani (beef & chicken), banana fill, chocolate cake, gulab jamun, ice-cream etc. was prepared by the students and sold.



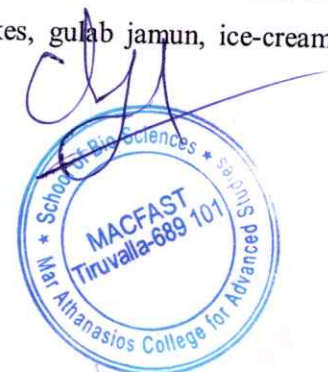
The staff members from MBA, MCA, Radio, Library, Office staffs, non-teaching staffs visited the stall and gave supportive and encouraging comments regarding the stall. More than 200 participants visited the stall and made this programme a grand success.

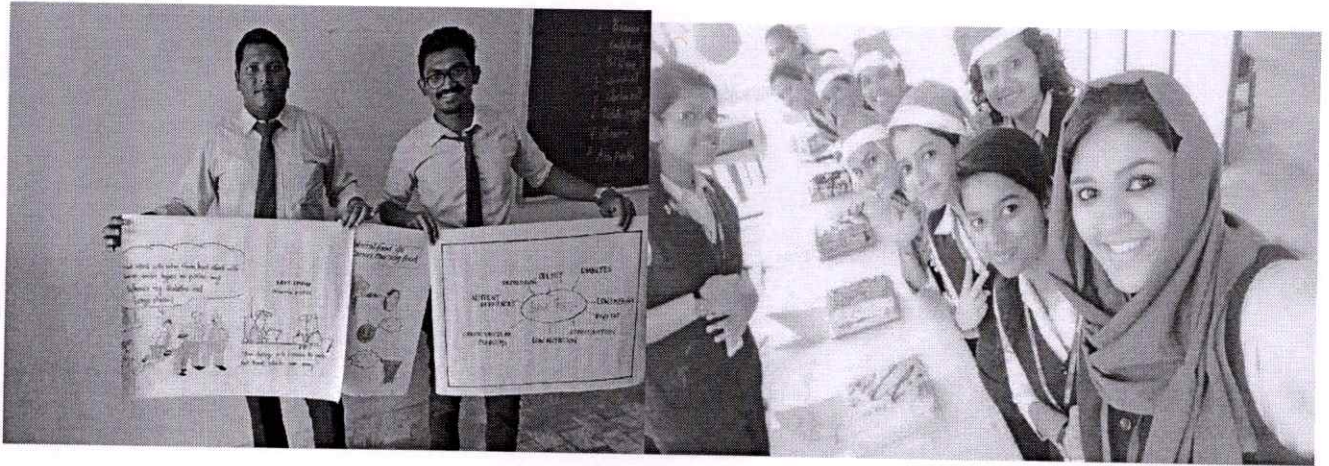
2017

The School Of Biosciences organised the cake fest on 21-12-17 at the college campus. The programme commenced at 11.00 a.m at the college lobby. Rev. Fr.Pradeep Vazhatharamalayil , Principal MACFAST college inaugurated the function by cutting the cake and addressed the gathering. Prof.Saneesh Varghese Dr. Sudheep. B.Chandramana (HOD, Department of Management Studies), Tiji Thomas,Samuel Prof. Beena Cherian (Dean Biosciences) witnessed the function and gave valuable suggestions for conducting such fest in future. All the faculty members and students of MACFAST College also participated in this programme.



As part of the programme more than 35 posters were displayed in the lobby focuses on climate change and sustainable agriculture. The theme of World Food day 2016 is Climate is changing ,food and agriculture must too. A fabulous food stall with variety of dishes was arranged for commercialization. Different varieties of cakes like chocolate cake, Vanilla cake, red velvet, Black forest, White forest, Cup cakes, gulab jamun, ice-cream and butter scotch etc. was prepared by the students and sold.





The staff members from MBA, MCA, Radio, Library, Office staffs, non-teaching staffs visited the stall and gave supportive and encouraging comments regarding the stall. More than 300 participants visited the stall and made this programme a grand success.



**Jackfruit -mango fest- 2019**

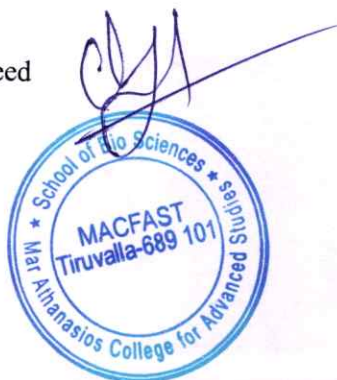
**28<sup>th</sup> May-3<sup>rd</sup> June, 2019**

The School of Bioscience, Mar Athanasios College for Advanced Studies Tiruvalla in association with YMCA Thiruvalla and Bodhana organized a six days Jack Fruit –Mango-fest at YMCA Hall in Tiruvalla from May 28<sup>th</sup> to 5<sup>th</sup> June, 2019. This programme aims to give an opportunity for the students to develop value added food products from cheap and locally available food materials. In this exhibition, a stall was arranged by our students. 79 students from school of Biosciences were actively participated in this programme. More than 20 value added products from jack fruit and mango were displayed and sold in the fest. In additions to this, students were also actively involved in giving an awareness to public on how to set up a micro, small and medium scale industries utilizing these raw materials.



**List of value added products developed from jackfruit & mango**

- |                         |                                          |
|-------------------------|------------------------------------------|
| 1. Dried jackfruit bulb | 13. Cake                                 |
| 2. Jackfruit flour      | 14. Cool drinks from mango and jackfruit |
| 3. Dried Jackfruit seed | 15. Halwa                                |
| 4. Candy                | 16. Pakoda                               |
| 5. Preserve             | 17. Payasam                              |
| 6. Mixture              | 18. Cupcake                              |
| 7. Chips                | 19. Chocolates                           |
| 8. Leather              | 20. Chakka Nirav                         |
| 9. Jelly                | 21. Jackfruit seed avalosu podi          |





- 10. Pickle
- 11. Cutlet
- 12. Pudding

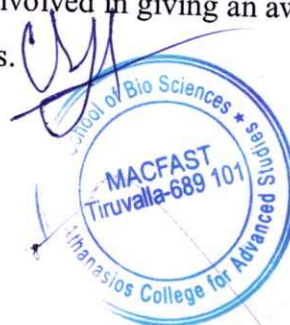
- 22. Jam
- 23. Squash

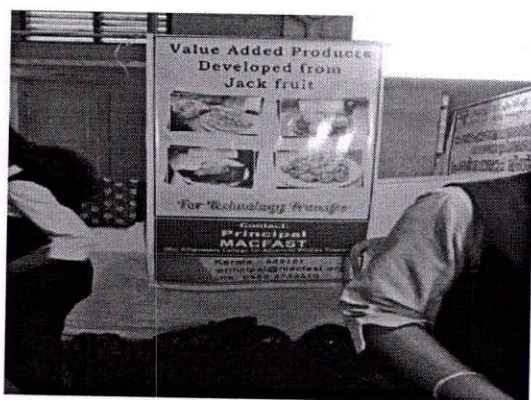


### Jack Fruit –Mango-Pappaya fest 2018

28<sup>th</sup> May-3<sup>rd</sup> June, 2018

Mar Athanasios College for Advanced Studies Tiruvalla in association with YMCA Thiruvalla organized a Jack Fruit –Mango-Pappaya fest at YMCA Hall in Tiruvalla from 23 to 28 May, 2018. 79 students from school of Bioscience were actively participated in this programme. Fest give an opportunity for the students to develop value added food products from cheap and locally available food materials such as Jack Fruit, and Mango. In this exhibition, a stall was arranged by our students. 23 value added products such as Mango Jam, Jack fruit paysam, hot and spicy jackfruit cutlets, Jack fruit samoosa, Jack fruit mixture, Jack seed burfy etc. were displayed and sold in the fest. As part of this programme. Mrs. Beena Cherian assigned as the resource person for conducting the seminar on the topic ‘Value added products from Jack Fruit and Mango’ on 26<sup>th</sup> May, 2018. The seminar was inaugurated by Honorable Minister Mathew T Thomas. In additions to this, students were also actively involved in giving an awareness to start a house-hold industry by using underutilized raw materials.





**Jackfruit Mango Pappaya Fest 2017**  
**9<sup>th</sup> -14<sup>th</sup> May 2017**

Mar Athanasios College for Advanced Studies Tiruvalla in association with YMCA Thiruvalla organized a Jackfruit –Mango-Pappaya fest at YMCA Hall in Tiruvalla from 9<sup>th</sup> May to 14<sup>th</sup> May, 2017. Event was inaugurated by Most Rev Dr. Philipose Mar Chrysostom. Fest give an opportunity for the students to develop value added food products from cheap and locally available food materials such as Jack Fruit, Mango and pappaya. The school of Biosciences arranged a food stall and exhibited 18 edible items developed from these raw materials. 62 students from school of Biosciences were actively involved in this programme.



**List of value added products developed from jackfruit, pappaya and mango.**

1. Jelly
2. Jam
3. Squash
4. Cool drinks from mango and jackfruit
5. Pickle
6. Dried jackfruit bulb
7. Jackfruit flour
8. Dried Jackfruit seed
9. Chakka Nirav
10. Pudding
11. Cutlet
12. Halwa
13. Leather
14. Payasam
15. Jackfruit seed avalosu podi
16. Mixture
17. Chips
18. Pakoda

