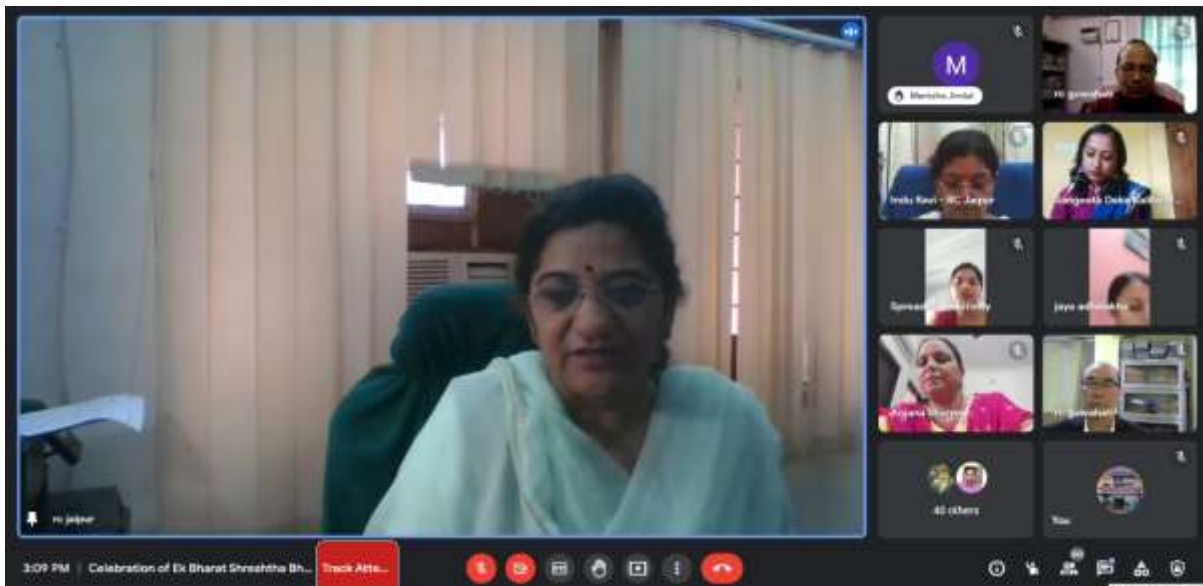


### Celebration of Ek Bharat Shrestha Bharat Week under Azadi Ka Amrit Mahotsav

A webinar was organized by Nodal RC Jaipur on 03<sup>rd</sup> March, 2022 by pairing the Learners of IGNOU Regional Centres i.e. Jaipur and Guwahati on the topic Local Cuisine of Rajasthan and Assam for Celebration of Ek Bharat Shrestha Bharat under Azadi Ka Amrit Mahotsav by Ministry of Education (MoE), Govt. of India. 54 students of M.Sc DFSM, DNHE programmes joined the webinar and presented their views. This webinar was coordinated by IGNOU Regional Centre Jaipur.

Dr. Mamta Bhatia, Regional Director welcomed the Regional Directors, Assistant Regional Director and Students of Regional Centre Jaipur and Guwahati. She briefed them about the concept of Ek Bharat Shrestha Bharat under Azadi Ka Amrit Mahotsav.



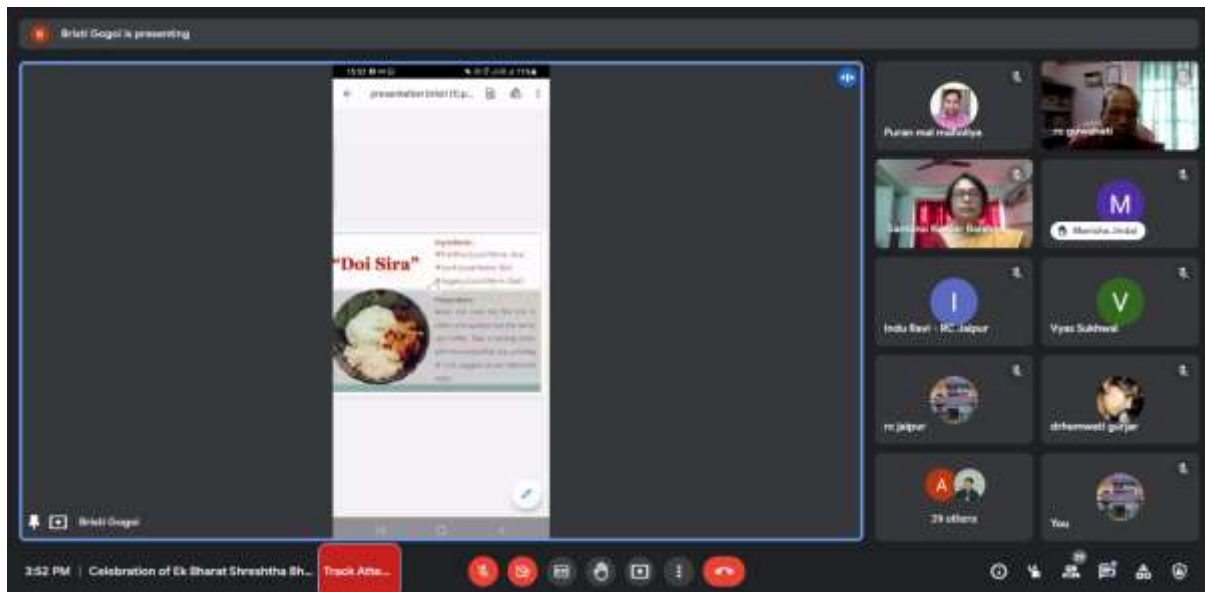
Sh. Joseph Somi, Regional Director, Regional Centre Guwahati, Assam addressed the participants and importance of Local food in our lives.



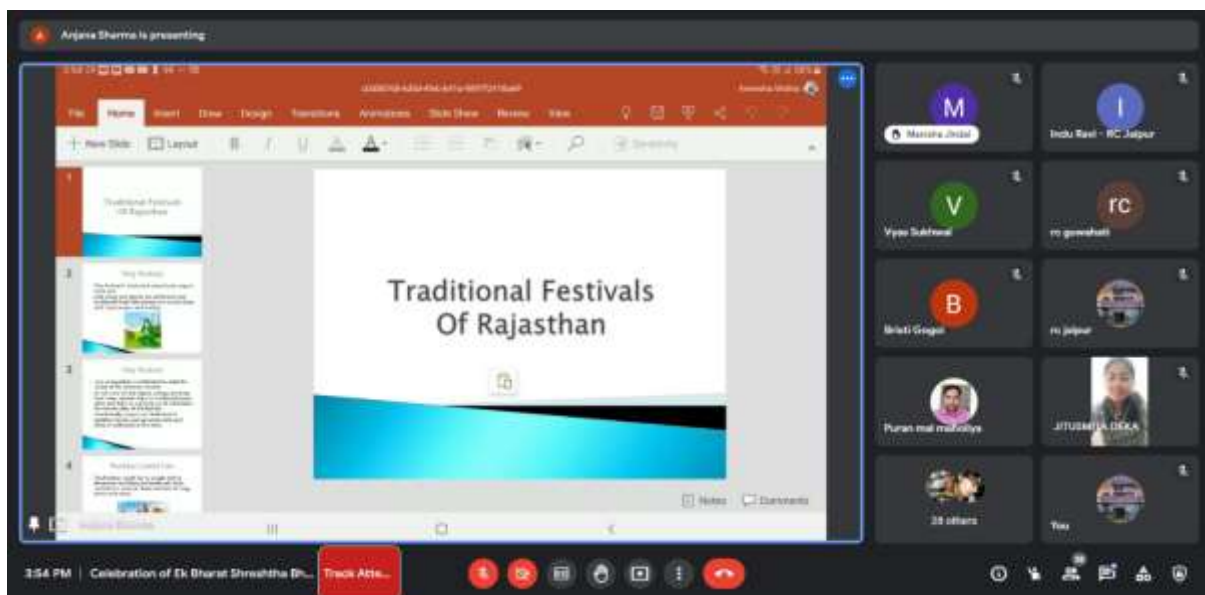
Dr. Md. Baniyamuddin, Assistant Regional Director, Regional Centre Guwahati motivated the learners to share the views about local cuisine of the respective regions.

05 Learners of Regional Centre Jaipur and 06 learners from RC Guwahati gave presentations on the local food/dishes of their respective region.

The ingredients used, cooking procedure and nutrition content of local food items of Assam such as Papaya Khar, Fish Tenga, Bhedalata Masor Anja, Poita Bhat, Rice Beer etc. were presented by Learners of RC Guwahati. The presenters of RC Guwahati were Ms. Sangeeta Deka, Ms. Lukima Borua, Ms. Bristisnata Gogoi, Ms. Jitusmita Deka, Ms. Ritusmita Shivam, Ms. Achal Pandit.



The local vegetation, culture, festivals and food prepared by the local people of Rajasthan were presented by the Learners of RC Jaipur. The local dishes such as Dal- Baati- Churma, Kachori, Gatte ki Sabji, Kair Sangri ki Sabji etc. were presented by Learners Ms. Anjana Singh, Ms. Anjana Mishra, Ms. Aditi Dubey, Mr. Puran Maholiya and Academic Counselor Dr. Isha Sukhwai gave a presentation on preparation of Vegetable from raw Turmeric.



Dr. Indu Ravi, Assistant Regional Director, IGNOU Regional Centre Jaipur moderated the programme and briefed the students about objectives of the programme.

Mr. Sher Singh, Assistant Regional Director, IGNOU Regional Centre Jaipur gave the vote of thanks.



The webinar ended with the National Anthem.

**Dr. Mamta Bhatia**  
**Regional Director**  
**IGNOU Regional Centre, Jaipur**