

AAHAAR:

Aahaar, the food society of SRCASW, was established a couple of years ago and has since ingrained itself not only within the college community but also in the hearts of its members. Remarkably, it has carved out a distinct niche by diligently advocating for healthy dietary practices, fostering creative culinary concepts, raising awareness about foodborne illnesses, and exploring various dimensions of food.

Faculty Convenor: Prof. Ms. Saumya Chaturvedi

Faculty Co-convenor: Prof. Dr. Twinkle Sachchan

Aahaar Student Council:

Name of the student	Programme	Position
Ms. Geetanjali Chauhan	B.Sc. (H) Food Technology	President
Ms. Khushi Jain	BBA(FIA) DMFS	Vice President
Ms. Vanshika Verma	B.Sc. (H) Food Technology	Treasurer
Ms. Kaushiki Srivastava	B.Sc. (H) Food Technology	Joint Secretary
Kumari Saumya	B.Sc. (H) Food Technology	Event Head
Ms. Swati Singh	B.Sc. (H) Food Technology	Graphics Head
Ms. Gargi Dubey	B.Sc. (H) Statistics	Content Head
Ms. Gurpreet Kaur	B.Sc. (H) Food Technology	PR Head

Activities:

- **MITAHARA' 23 (23rd April 2023)** : An annual fest of AAHAAR comprises a lot of fun loving activities and events.
- **Poster Making competition (25th September 2023)** : Poster Making competition on the theme “Water is life, water is food and leave no one behind”. There were 10 students participated in it.
- **World Food Day (16th October 2023)** : World food day celebration in collaboration with EDESIA, The department of food Technology of SRCASW
 - A technical talk by Dr. Ravinder Kaur on the topic “Jalopchar”.

- Food Charades: A fun activity in which students were participating in pairs and showed their creativity and knowledge related to food. And there were more than 16 students participated in it.
- **Online Article writing competition (16 December 2023)** : Online Article writing competition on the theme “Operation Flood: A journey of milk”. There were 8 students participated in this.
- **Outreach Program (9th February 2024)** : Visited a government school and educated students and made them aware about nutrition and diseases which are associated with unhealthy eating habits. And the number of members volunteered this is 8.
- **Introduction of healthy snacks in Canteen (13th February 2024)**: Aahaar revolutionizes college snacking with the introduction of nutritious options like poha and sprouts in our canteen, promoting healthier choices for students.
- **MITAHARA' 24 (7th March 2024)** : MITAHARA'24 : An annual fest of Aahaar. The following events are conducted under this fest:
 - **Declamation**: A public speaking competition. And the number of participation in this event is 6
 - **Food-o-shark tank**: A competition where participants showcased their inventive ideas and discoveries in creating new food product. And the number of teams participated in this was 4
 - **Fun activity**: A lively event featured entertaining activities like food related quizzes and other crowd-pleasing games. There were many members present in our college, participated in this.
 - **Food Photography**: A photography competition where participants clicked pictures of food in a very creative and aesthetic manner in a particular time period and uploaded it on the given google form. And the number of participation in this was 10