

REPORT ON ZAIKA FOOD FEST AT YBN UNIVERSITY

Introduction

The Zaika Food Fest, organized on April 26th at YBN University, Ranchi, was a vibrant celebration of food, culture, and scientific learning. The event aimed to bring together students, faculty members, and guests from various disciplines, offering an immersive experience into the diverse culinary traditions of India. Additionally, it provided an excellent platform to explore the science behind food preparation, nutrition, and food safety, aligning with the university's commitment to interdisciplinary education.

Food festivals serve as a bridge between culinary heritage and modern scientific understanding, allowing students to gain practical insights into food chemistry, sustainability, and traditional cooking techniques. The Zaika Food Fest successfully blended academic learning with hands-on experience, making it an enriching occasion for participants.

Inauguration & Participation

The fest was inaugurated by distinguished faculty members, industry experts, and guest speakers, who shared their thoughts on the importance of food science and the role of traditional cuisine in preserving cultural identity. Students from various departments—including Agricultural Science, YBNCTE, Pharmacy, Nursing, Legal Studies, Commerce and BHMS—actively participated, presenting regional and fusion dishes that highlighted India's rich culinary diversity.

Prominent chefs, nutritionists, and food technology researchers attended the fest, engaging in discussions about nutritional benefits, the role of food in health, and innovative food processing techniques. The festival not only showcased culinary talents but also encouraged scientific exploration of food ingredients, preservation techniques, and sustainable practices.



Event Highlights

- **Showcasing Regional Indian Cuisine** – Students displayed traditional dishes from various states, each accompanied by an explanation of its historical significance, nutritional value, and unique preparation techniques.
- **Live Cooking Demonstrations** – Expert chefs and students demonstrated the art of balancing flavors, enhancing texture, and applying food science principles to improve taste and presentation.
- **Scientific Discussions on Food Composition** – Faculty members led discussions on the chemistry of spices, antioxidants in food, and the health impact of cooking methods.
- **Competitions & Cultural Programs** – Cooking challenges and food presentation competitions were held, encouraging creativity and innovation among students.

A significant part of the fest was the interactive stalls, where students explained how different food ingredients react at a molecular level, emphasizing the scientific processes behind fermentation, emulsification, and preservation techniques.



Significance of the Fest

- The Zaika Food Fest was more than just a culinary gathering—it served as an educational initiative, reinforcing the importance of food science and interdisciplinary learning. The event helped students understand:
- The relationship between food and health – Demonstrating how balanced diets contribute to well-being.
- The chemistry of food ingredients – Exploring scientific principles behind cooking techniques.
- Food sustainability and waste reduction – Encouraging eco-friendly practices in food consumption.
- Cultural preservation through cuisine – Recognizing the role of traditional dishes in maintaining heritage.

By merging academic discussions with practical exposure, the festival inspired students to explore careers in food technology, nutrition, and culinary arts, contributing to advancements in food research and innovation.

Results:

- First Prize: YBN Public School, Dhurwa
- Second Prize: School of Agricultural Science
- Third Prize: Jointly awarded to School of Teacher Training, Law, and Commerce



Conclusion

The Zaika Food Fest at YBN University was a remarkable event, successfully combining cultural appreciation with scientific learning. It fostered a deeper understanding of food chemistry, nutrition, and sustainability, while also celebrating India's rich culinary traditions.

The event not only enriched academic discussions but also encouraged students to apply their knowledge practically, making learning engaging, impactful, and relevant. By hosting such festivals, YBN University continues to inspire young minds, reinforcing the importance of food science in shaping the future of health, nutrition, and sustainability.