The Berar General Education Society, Akola
Shri R.L.T College of Science, Akola

Department of Microbiology & Biochemistry
Report on "Fermented Food Festival"

Fermented Food Festival of Microbiology Department on 22nd August 2023

Food is any substance consumed by an organism for nutritional support. Food is usually of plant, animal, or microbial origin and contains essential nutrients such as carbohydrates, fats, proteins, vitamins, or minerals. Microorganisms are of great significance as microorganisms are used to manufacture a wide variety of food products. Fermented foods are a diverse group of food products that have undergone a natural process called fermentation, which involves the metabolic activity of microorganisms such as bacteria, yeast, and molds. This process transforms raw ingredients into flavourful, preserved, and often more nutritious foods. Important fermented food items produced in whole or in part by the biochemical activities of microorganisms include pickles, soy sauce, cheese, and many fermented milk products such as yogurt and curd.

Fermented foods owe their unique flavours, textures, and health benefits to the intricate interplay of microorganisms and biochemical reactions during the fermentation process. For understanding the importance of microorganism in fermentation, the curriculum of M.Sc.II year includes a paper on Fermentation technology. To enhance participative learning, the PG Department of Microbiology organized the fermented food festival on 22/08/2023. All the students from the M.Sc. II had participated in the preparation of various fermented foods. Dr. V.D. Nanoty (Principal, Shri R.L.T College of Science, Akola) was the chief guest of the organised event. The students prepared innovative fermented food products such as Idli (from fermented rice and black gram), Dhokla (from fermented chickpeas), Uttapam (from fermented rice and rawa), Appum (from fermented rice and green gram), Sweetened Yogurt (from fermented milk) flavoured with pomegranate, rose petals (gulkand), vanilla essence, Cheddar Cheese (from fermented milk) and many more dishes.

During the event the students explained the recipe of the dishes they made and explained the precedence of microorganisms in fermented foods. In the course of the explanation, Dr. V.D. Nanoty asked the students few questions on the dishes they prepared during the program and also the actual application that can be made out of that fermented foods. He congratulated the organising committee and the students for organising such a wonderful event. He also appreciated their efforts and encouraged the department to conduct such events in future. Dr. H.S.Malpani (Head, Department of Microbiology) also praised the students for their outstanding work. Ms. S.N. Gawande (Assistant Professor, Department of Microbiology) acknowledged the talent of students.

The students participated in a very enthusiastic way from preparing the fermented food to serving the faculty members, non teaching staff and students of M.Sc. I. By the active participation of all the faculty members, non teaching staff and the students made this event memorable and successful.

Fermented Food Festival of Biochemistry Department on 5th September 2023

Food contains nutrients essential for the growth, repair, and maintenance of body tissues and for the regulation of vital processes. Nutrients are divided into six major groups namely carbohydrates, fats, proteins, minerals, vitamins, and water. These nutrients provide energy to the body and perform many essential functions. Fermentation is widely used in various industries. Fermentation can make food nutritious, digestible and flavoured. Fermentation can make food nutritious, digestible and flavoured. There are many benefits of consuming fermented food. It improves digestion and helps to maintain intestinal bacteria. Many fermented food products such as cheese, soy sauce, vinegar, kefir, Yogurt are used in various cuisines worldwide.

Biochemistry plays an important role in food fermentation. Fermented foods owe their unique flavours, textures, and health benefits to the biochemical reactions during the fermentation process. For understanding the importance of biochemistry in fermentation, the curriculum of M.Sc. II year includes a paper on Industrial Biochemistry. To enhance active learning, the PG Department of Biochemistry organized the fermented food festival on 05/09/2023. All the students from the M.Sc. II had participated in the preparation of various fermented foods. Dr. V.D. Nanoty (Principal, Shri R.L.T College of Science, Akola) was the chief guest of the organised event. The students prepared innovative fermented food products such as Uttapam (from fermented rice and rawa), Appum (from fermented rice and green gram), Sweetened Yogurt (from fermented milk), Dahiwada (from fermented black gram), Butter milk (from flavoured curd), Noodles (from fermented soy sauce), kefir (from fermented milk), Jalebi (from fermented refined wheat flour), Aambil (from fermented jawar flour), and Cake (from refined wheat flour).

On the occasion of fermented food festival, students also celebrated “Teacher’s Day”. Dr H. S. Malpani (Head, Department of Biochemistry), Ms Sonali Gawande (Asstt. Prof.) and all the staff members of Biochemistry and Microbiology were present. Dr H.S. Malpani guided the students on the fermented food and its nutritional importance. He also addressed the importance of teachers in student’s life. Ms. Shreya Bhute anchored the events, Ms. Komal Morkhade and Ms.Rinkal Fulari expressed their gratitude on Teacher’s day, and Ms. Shivani Indoriya proposed vote of thanks.

The event was successfully accomplished by the kind cooperation of Teachers, Non-teaching staff and the outstanding performance of students.

Dr. H.S. Malpani

Head

Department of Microbiology & Biochemistry

Students and faculty members on the ocassion

Dr. V.D.Nanoty and Dr.H.S.Malpani tasting the dishes

Students explaing the importance of fermented food

Food prepared by students