

Evaluation

The evaluation will be done on the basis of

- Maintenance of hygiene during the procedure
- Clarity of instructions
- Style of presentation
- Quality of recording
- Choice of recipe
- Health benefits of recipe

Proposed amount of prize

First Prize = 01 Lakh

Second Prize = 75 Thousand

Third Prize = 50 Thousand

The above prizes will be awarded in each (6) category

Competition will open from 31st March 2022 and close at 10th

April 2022 mid night. Results of screening round will be declared

on 13th April. Dates of final round will be communicated afterwards.

Chairs

Directors

Pro (Dr) Tanuja Nesari, AIIA
Pro (Dr) K Satya Lakshmi, NIN
Dr Raghavendra Rao M, CCRYN

Coordinators

Dr Sujata Kadam, AIIA
Dr Medha Kulkarni, AIIA
Dr Sarvesh Agrawal, NIA
Dr Varsha Solanki, ITRA
Dr Charu Bansal, GAC, Bhopal
Dr Shivkumar Harti, AIIA
Dr Prashant Gupta, AIIA
Dr Nidhi Sharma, AIIA
Dr Mukta, NIA

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https://docs.google.com/forms/d/1SKIG2DBEdjsPx8tUscIMTO-92H8cl4TCnulfz_kgWc/viewform?chromeless=1&edit_requested=true



आयुष मंत्रालय
Ministry of Ayush

Ayush Chef Competition for Global AYUSH Investment and Innovation Summit, Gandhinagar



Co-ordinated by
All India Institute of Ayurveda (AIIA), New Delhi

In association with

National Institute of Naturopathy, Pune
&
Central Council For Research in Yoga & Naturopathy



तुष्टिः पुष्टिर्बलं मेधा सर्वमन्त्रे प्रतिष्ठितम् । चरकसंहिता
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Background

AYUSH, traditional systems of medicine, are based on concrete concepts of food, food habits and therapeutic food for better health. The principle of nutrition provides the well established relationships between seasons, regions and constitution of individual. AYUSH food covers a plethora of diversity and also shows its positive health effects. The epistemic perspective on health and nutrition in AYUSH is different from that of biomedicine and modern nutrition. This initiative is designed to push the boundaries of food and contemporary cooking for providing practical solutions for present life style based principles of AYUSH.

Objectives

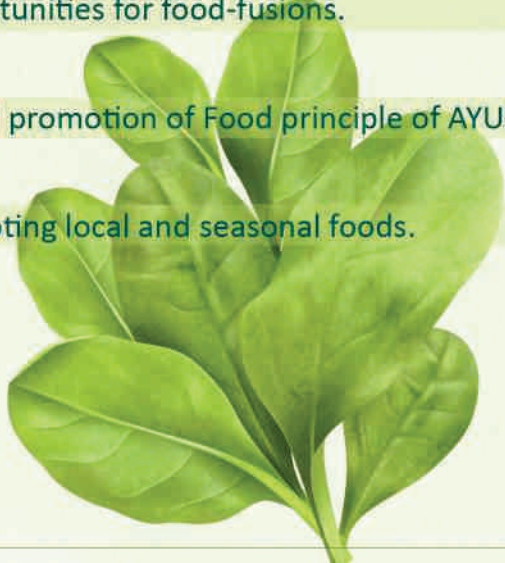
Promoting and reinventing the AYUSH ethos for food.

Providing an international food platform for diverse and inclusive culture, heritage of Indian foods.

Opportunities for food-fusions.

Global promotion of Food principle of AYUSH.

Promoting local and seasonal foods.



Theme: Ahara for Poshan

Categories:

- Cereal based preparations
- Millets based preparations
- Nuts/Pulses based preparations
- Fruits/Vegetables based preparations
- Dairy product preparations
- Fusion

Note: Necessary condiments may be added to the preparations.

Eligibility criteria: Open for all above the age of 18 years.

Registration: Applications would be invited through google forms.

Regulations for competition: This competition is open for all but recipes should be in consonance with the dietary principles of AYUSH streams.

The recipe should be prepared from natural resources. No artificial colours, flavours or preservatives will be allowed.

- Registration will be done via google form with uploading the recipe videos with 5-7 minutes of duration.
- The video should mention method of preparation and health benefits of the recipe.

- Language of the video should be Hindi/English.
- There is no entry fee for registration.
- There is a restriction to one entry from one person only.
- In case of any conflict of interest, that candidate will be rejected from competition.
- After screening round, Five candidates will be shortlisted in each category.
- All participants must give consent to be present physically the main event if he/she is selected in screening round.
- Top 5 recipes will be selected for the final round in each category.
- Shortlisted candidates will participate physically at the main event (Global Summit, Gandhinagar).
- At the main event the stall will be provided to participants free of cost.
- TA will be provided by the organising committee on production of tickets.
- The selected participants working in institutions will be provided TA as per entitlement.
- For all other selected participants TA will be paid on production of tickets subject to maximum of AC 3 tier/ AC chair Car by train.

