



# SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY  
(UGC Approved) Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

## **The Stree Kitchen Project**

**Department of Nutrition & Dietetics, FAHS, Faculty  
of Hotel and Tourism Management and Faculty of  
Agricultural Sciences**

**Organized a Project: The Stree Kitchen**

**Date, Venue-**

**SGT University, Haryana**

**Date: 27 April to 31 August 2024**

**Venue: SGT University, Haryana**

The Department of Nutrition and Dietetics, Faculty of Allied Health Science with Faculty of Hotel and Tourism Management and Faculty of Agricultural Sciences organized project 'The Stree Kitchen'.



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FACULTY OF  
ALLIED HEALTH SCIENCES

FACULTY OF  
HOTEL & TOURISM MANAGEMENT

FACULTY OF  
AGRICULTURAL SCIENCES



Department Of Nutrition and Dietetics

## The STREET Kitchen

Inauguration

📅 Saturday, 27<sup>th</sup> April, 2024

📍 Faculty of Hotel and Tourism Management, SGT University

**convener**

Prof. (Dr.) M. Ejaz Hussain  
Dean  
Faculty of Allied Health Sciences  
SGT University

**co-convener**

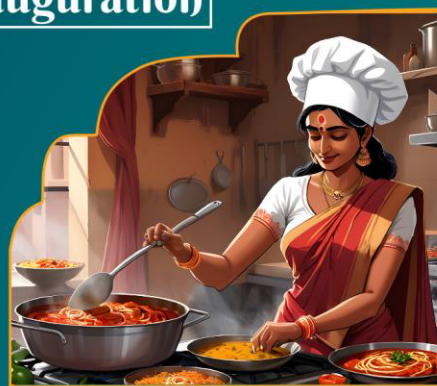
Mr. Sunil Jaglan  
Professor of Practice  
Faculty of Education  
SGT University

**coordinators**

Dr. Vatsala Saharan  
Assistant Professor  
Faculty of Allied Health Sciences  
Department of Nutrition & Dietetics  
SGT University

Chef. Kunal Sain & Chef. Ritwik Patnaik  
Assistant Professor  
Faculty of Hotel & Tourism Management  
SGT University

Dr. Manjeet  
Assistant Professor  
Faculty of Agricultural Sciences  
SGT University



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ALLIED HEALTH SCIENCES

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HOTEL & TOURISM MANAGEMENT

FACULTY OF  
AGRICULTURAL SCIENCES



Department Of Nutrition and Dietetics

## The STREET Kitchen

Closing Ceremony

📅 Saturday, 31<sup>st</sup> August, 2024

📍 Faculty of Hotel and Tourism Management, SGT University

**convener**

Prof. (Dr.) M. Ejaz Hussain  
Dean  
Faculty of Allied Health Sciences  
SGT University

**co-convener**

Mr. Sunil Jaglan  
Professor of Practice  
Faculty of Education  
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**coordinators**

Dr. Vatsala Saharan  
Assistant Professor  
Faculty of Allied Health Sciences  
Department of Nutrition & Dietetics  
SGT University

Chef. Kunal Sain & Chef. Ritwik Patnaik  
Assistant Professor  
Faculty of Hotel & Tourism Management  
SGT University

Dr. Manjeet  
Assistant Professor  
Faculty of Agricultural Sciences  
SGT University





**Organizers:** Department of Nutrition and Dietetics, Faculty of Allied Health Sciences, Faculty of Hotel and Tourism Management and Faculty of Agricultural Sciences, SGT University, Gurugram

**Report of the project:**

a) **Introduction:**

An initiative has been taken by the University to promote village women for entrepreneurship from two villages i.e Makdola and Jhurjhuri. The project was lead by the Department of Nutrition and Dietetics, FAHS in collaboration with Faculty of Hotel and Tourism Management and Faculty of Agricultural Sciences. It was started with an inaugural ceremony on 27 April 2024. They completed their training on 31 August 2024 with a healthy cooking competition and a closure ceremony.

b) **Objective of the webinar/ Event / FDP/Project:**

- To determine the need and status of village women for entrepreneurship
- To impart training on cooking skills, techniques, food packaging and food delivering
- To establish individual or group 'The STREE Kitchen 'set up at different villages
- To assess their success story and formulate them into a small scale industry

c) **Brief content of the Project:**

Women from two villages i.e Makdola and Jhuljuli were selected to impart training on different food items by the Faculty of Hotel and Tourism Management. They acquired skill on various food cuisine like bakery products, Chinese, Indian etc. The training was imparted by Chef. Kunal Sain, Chef. Ritwik Patnaik, Chef. Aishwarya Srivastava, Chef. Harish Kumar and Chef. Amit Gussain in the bakery laboratory of the faculty.

Dr. Vatsala Saharan communicate nutrition knowledge, facts, food values, best cooking practices etc. to the ladies. She also trained ladies about balanced diet, how to make meal healthy for different age groups in family and specially for pregnant, lactating and adolescents who are anemic. By this, they will further impart nutrition knowledge to nearby community.



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Dr. Manjeet taught them about kitchen gardening. He taught them about different kind of seeds to be sown at what time, temperature, soil type, etc. Different varieties of vegetables seeds were sown at their kitchen garden eg. Carrots, tomatoes, cauliflower etc. He also instructed them about pesticides/chemicals to be used what amount and at what time.

Ladies from both the villages Makdola and Jhuljuli put up a stall at Synergy 2024 Tech Fest mela with the names 'Hali ke Thali' and 'The Stree Kitchen'. It was a good experience for them to start their business. Ladies from Jhuljuli village are running their small scale business from their village and earning a good amount daily. Now, they call themselves as entrepreneur.

## Ladies learnt about:

- Different cooking skills
- Food packaging and food servicing
- Started small scale industry
- Nutritional knowledge
- Kitchen gardening knowledge

**Screenshots of Webinar/ Picture of Event: Good quality picture with legends is mandatory**





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Shot on OnePlus  
By Vatsala Saharan





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## Hands on training at Faculty of Hotel and Tourism Management Synergy Tech Fest 2024

**Total Number of Participants-** 76 (including faculty members)



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Name	
Dr. Vatsala Saharan	Assistant Professor
Dr. Manjeet	Assistant Professor
Chef. Kunal Sain	Assistant Professor
Chef. Ritwik Patnaik	Assistant Professor
Ms. Aishwarya Srivastava	Assistant Professor
Mr. Harish Kumar	Dean and HOD
Chef. Amit Gussain	Assistant Professor
Ms. Priyanka	Jhurjuri Village
Ms. Sunita	Jhurjuri Village
Ms. Rekha	Makdola Village
Ms. Nancy	Makdola Village
Ms. Asha Yadav	Jhurjuri Village
Ms. Gulshan	Jhurjuri Village
Ms. Preeti	Makdola Village
Ms. Sushila	Jhurjuri Village
Ms. Rashika	Jhurjuri Village



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**Total Number of Participants-** 18 (including faculty members)