



CIRCULAR



SCHOOL OF COMMERCE & MANAGEMENT

Department of Management

NOTICE

Ref No: AJU/SCoM/DoM/2025/900

Date: 04.01.2025

This is to inform all the students and staff of ARKA JAIN University, that the Department of Management (MBA) is organising its "Annual Management Fest — CREST" on 20th & 21st February 2024 in the university campus.

The scheduled for the event will be shared shortly.

Dr. Urvashi Thakur
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Copy for the information:

1. PS to the Vice-Chancellor
2. PS to the Director
3. PS to the Registrar
4. Controller of Examinations
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COOK WITHOUT FIRE – CREST 2025

Date of Event	21-02-2025
Name of the Event	Cook without Fire
Type of the Event	Cultural Competition (5.3.3)
Conducted by	MBA, Department of Management
Coordinated by	Mr. Arindam Mondal, Ms. Rana Iffat Perween
No. of Participants	14

OBJECTIVES:

The *Cook Without Fire* event aimed to showcase students' culinary creativity by challenging them to prepare delicious dishes without the use of fire or heat. The objective was to encourage participants to explore innovative cooking techniques, focusing on raw ingredients and alternative preparation methods. The event sought to promote healthy eating, sustainability, and creativity in the kitchen. Participants were encouraged to experiment with new flavors and textures while emphasizing the importance of nutritious ingredients and food presentation, providing a fun and interactive way to engage with culinary arts.

DETAILS:

The **Cook Without Fire** competition was a celebration of creativity, innovation, and healthy eating, where participants crafted delicious dishes without using fire or heat. Students experimented with raw ingredients, marinating, blending, and assembling flavorful combinations while focusing on **nutrition, sustainability, and presentation**.

The event showcased impressive culinary skills, with beautifully plated dishes that highlighted the versatility of fresh ingredients. It encouraged **out-of-the-box thinking** and promoted mindful eating habits, inspiring students to explore new food preparation techniques. The competition was not only engaging but also a unique learning experience in **sustainable and healthy cooking**.

TAKEAWAYS (OUTCOME)

- The *Cook Without Fire* event was a resounding success, with participants presenting a wide variety of delicious and creative dishes.
- Students demonstrated impressive culinary skills, using raw ingredients to prepare dishes that were both visually appealing and full of flavor.
- The competition encouraged participants to think outside the box, using alternative cooking methods such as marinating, blending, and fermenting to create unique flavors and textures.

- Many participants incorporated healthy ingredients such as fruits, vegetables, nuts, and seeds, promoting the importance of nutritious eating.
- Judges were impressed by the creativity and innovation displayed in the dishes, noting the use of fresh, seasonal ingredients and the attention to detail in presentation.
- The event allowed students to explore different culinary techniques and experiment with new flavors, enhancing their understanding of raw food preparation.
- The competition also emphasized the importance of food presentation, with many dishes beautifully arranged to create a visually striking display.
- The event promoted sustainability, as students were encouraged to use locally sourced and eco-friendly ingredients, aligning with global trends in sustainable cooking.
- Participants gained valuable experience in time management, as they had to prepare their dishes within a specific timeframe, ensuring that all components were ready for presentation.
- The event fostered a sense of collaboration, with participants exchanging ideas and learning from each other's creative approaches to cooking.
- The audience was highly engaged, with many spectators enjoying the opportunity to sample the dishes and learn about the different ingredients and techniques used.
- The competition highlighted the versatility of raw ingredients and demonstrated how simple food can be transformed into a gourmet experience.
- Participants gained confidence in their culinary abilities and were inspired to explore new food preparation techniques in their own kitchens.
- The *Cook Without Fire* event also helped raise awareness about healthy eating habits and the benefits of raw food, inspiring students to adopt more mindful eating practices.
- Overall, the event was a fun and educational experience, providing participants with an opportunity to showcase their cooking skills and creativity while promoting healthy and sustainable food choices.

POSTER OF THE EVENT



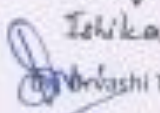


PHOTOS OF THE EVENT





LIST OF PARTICIPANTS

SL NO.	NAME OF THE STUDENT	INSTITUTE NAME	CONTACT NUMBER	SIGNATURE
<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;">  ARKA JAIN University Jharkhand </div> <div style="text-align: center;"> NAAC GRADE A </div> </div>				
DEPARTMENT OF MANAGEMENT (MBA)- CREST 2.0 NAME OF THE EVENT- COOK WITHOUT FIRE COMPETITION DATE- 21-02-2025				
Team 1)	1) Rashi Ringia	Tamshadpur Co-Operative College	9204442700	Rashi
	2) Shreya Tapadia	"	820 2377406	
	3) Swachitra Gupta	"	7667178132	
	4) Nishtha Gupta	"		
	5) Rahul Ranidas	"	7644904782	
Team 2)	1) Anamika Mandal	XITE	9431304439	Anamika
	2) Shweta Kumari	XITE	6092255192	Shweta Kumari
Team 3)	1) Manisha Sharma	Graduate College	8605423272	Manisha Sharma
	2) Divya Kumari	XITE	7761802506	Divya
	3. Shreya Paul	XITE		Shreya Paul
	4. Daliga Ghorai	XITE		Daliga Ghorai
Team 4)	1) Aastha Kumari	Anha Jain	9304906148	Aastha
	Sona Bindous	"		
	Tarun Mandal	"		
	Ishika Kumari	"		
	 Dr. Anvashi Thakur HOD, MBA Department of Management School of Commerce and Management ARKA JAIN University, Jharkhand			

