

ISSUE NO 1 | VOLUME 10

ABHIVYAKTI

NIFTEM'S MAGAZINE



IN THIS ISSUE



JAN-MAY 2020

PATRON

Dr. Chindi Vasudevappa
Hon'ble Vice Chancellor

EDITORIAL BOARD

Dr. Sarika Yadav, Editor
Er Anand Kishore, Publication Officer

STUDENT'S EDITORIAL BOARD

Sameer Saroha (B.Tech 4th Year)
Harnoor Bhatia (B.Tech 4th Year)
Bhavika Sharma (B.Tech 3rd Year)
Donepudi Pratyusha (B.Tech 2nd Year)

Index

Potentials of Kombucha	4
Worsening Food Crisis Already on Knife Edge	7
Know a fruit: Jackfruit	9
Know Your Spice: Mace/ Javitri	12
Clean and Safe- Cold Plasma is here to stay	14
Grains are Gold	17
E-Summit 2020	19
Organic Food Fest	22
Convocation 2020	23
Alumni Meet 2020	24
26th January- Republic Day	25
Secrets of the Real Inspirers	26
Saarang Cultural Events Updates	30

From the Vice Chancellor's Desk



At the very onset, I am prompted to use a John Dewey's quote: "Education is not preparation for life; education is life itself" I believe that rigors of the contemporary world require professionals not to end their quest for knowledge along with their stay in the campus. The dynamics of the fast-changing world urges the academicians to give the right impetus for making life-long learners out of students. There is no denying the fact

that we are living in an age of rapid globalization and modernization of life. Our lives are propelled by the advancements in science, engineering and technology. Therefore, our aim is to provide the best possible environment for teaching, learning, research and public services as we strongly believe in the education of 'hand and heart' which gears the tempo of our civilization. At NIFTEM, we aspire for excellence in research and education to meet the shortfall of such skilled manpower in the food processing sector which is competent in both Food Technology and Entrepreneurial Management. It is our endeavour to provide you the most modern education in a world class learning environment. In view of this goal, NIFTEM has recruited talented and dedicated faculty members from India and Abroad. The faculty will be crucial in providing you exposure to latest academic material as well as practical experience to prepare you for global and challenging work environment.

Even amidst this coronavirus pandemic, I'm very sure that our competent students, faculty members and alumni are well endowed with the skillset and potential required to tackle this global challenge head-on. In addition to creating fertile minds for professional and personal success we have committed ourselves to create responsible citizens who are the epitome of highest ethics and social conduct. I can proudly state that we are fully equipped and motivated to handle this challenge and surely be successful under any circumstances.

Dr. Chindi Vasudevappa
(Honbl. Vice Chancellor, NIFTEM)

Potentials of Kombucha!- A Miracle Drink of the Ancient

Tea, mostly black tea, is the second most consumed drink in the world after water and well ahead of coffee, beer, wine and carbonated so drinks. The black tea infusion contains proteins, amino acids, volatile compounds, lipids, enzymes and polyphenols, which make it as a good fermentation medium. Microbial fermentation of black tea leads to production of Kombucha or tea cider, known to have therapeutic values. Tea cider also known as Kombucha (traditional fermented product), is a fermented tea that is often drunk for medicinal purposes. Kombucha tea has been used in Russia for several centuries. The modern form of Russian Kombucha tea is widely popular and is known as "tea kvass" or simply "kvass". This refreshing beverage tasting

like sparkling apple cider is often produced at home by fermentation using a tea fungus passed from house to-house.

This refreshing beverage tasting like sparkling apple cider is often produced at home by fermentation using a tea fungus passed from house to-house.

Fermented tea decoctions such as "Kombucha" have been prepared by co-fermentation with yeast and acetic acid bacteria, and are known to have health benefits. Most of the world population, especially people in highly developed countries, has demonstrated increased awareness and interest in functional food, i.e., food that positively effects upon bio-regulatory functions and human health. Such an interest lasted for a few decades, having great impact in the development of food industry. The consumption of Kombucha was first practiced in 220 B.C. in Manchuria, the tea was sought for its magical properties. As trade routes extended beyond the Far-East, It, then, spread to Russia where Kombucha is called teakwas. This beverage was introduced into Germany during World War II, in the 50's arrived into France and France-dominated North Africa (Blanc, 1996). Presently, Kombucha is popular in the United States, due to its refreshing power and curative effects.

Acetic acid bacteria (*Acetobacter xylinum*, *Acetobacter aceti*, *Acetobacter pasteurianus*, *Gluconobacter oxydans*) and yeast (*Saccharomyces* sp., *Zygosaccharomyces* sp., *Torulopsis* sp., *Pichia* sp., *Bre anomycetes* sp.) are the main microbes having the symbiosis in tea fungus responsible for kombucha



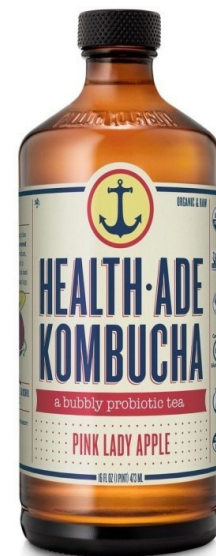
fermentation. The variation of its composition could be due to geographic, climatic and cultural conditions as well as depends on the types of wild yeast and bacteria that exist locally. The

“The recommended consumption of Kombucha ranges from 100 to 300 ml per day. The beverage has been claimed to be a prophylactic agent and to be beneficial to human health

fermentation is two steps fermentation in which, yeasts ferment the sugar to ethanol, which is further oxidised by the acetic acid bacteria to produce acetic acid in the second fermentation. The result is reduced pH of medium. Both ethanol and acetic acid have antimicrobial activity against pathogenic bacteria, thereby, providing protection against contamination of the tea fungus. Besides acetic acid, the fermented liquid contains gluconic, glucuronic and lactic acid. Glucuronic acid is the main therapeutic agent in Kombucha, as a detoxification agent. Many flavour compounds, including alcohols, aldehydes, ketones, esters and amino acids have been identified from fermented broth. A culture of Kombucha is a living organism exposed to many influences, which gives the final beverage a different chemical composition and taste. Brewed tea is the substrate on which the microorganisms grow to produce the final product that is Kombucha. Black tea is usually used for Kombucha preparation, green tea and herbs are also used. It has been shown that green tea has a more stimulating effect on the Kombucha fermentation than black tea, yielding the fermentation in a short time frame. Black tea and white sugar are the best substrates for the preparation of Kombucha although green tea can also be used. research on influence of black tea concentrate on Kombucha fermentation and reported that it is possible to perform Kombucha fermentation in substrates

with higher black tea concentration than is the traditional one, but metabolites content in fermentative liquids is not proportional to the amount of used tea and sucrose.

Tea leaves are added to boiling water and allowed to infuse for about 10 min after which the leaves are removed and sweetened with sucrose 50 to 150g/ml (5 to 15%). Sucrose is dissolved in the hot tea. This must is allowed to cool at room temperature. Tea is poured into a wide-mouthed clean vessel and the microbial mat or colony from previous



batch of Kombucha is added to the sweetened tea with about 100 ml of Kombucha from previous fermentation. Studies have reported that isolated strains of yeasts and acetic acid bacteria from tea fungus may be used as started cultures for obtaining of Kombucha. Further, it was revealed that, the fermentation was faster in medium inoculated with fermentation broth compared to the fermentation with the starter cultures. The fermentation time is dependent on initial count of yeasts cells. The tea fungus is laid on the tea surface, and the jar is carefully covered with a clean cloth and fastened properly. The preparation incubated at room temperature (between 20o and 30oC) for 7-10 days. If the fermentation is allowed

to continue beyond the 10 days, the acidity may rise to levels potentially harmful to consume. During fermentation, a daughter tea fungus is formed at the tea surface. The tea fungus is removed from the surface and kept in a small volume of fermented tea. The beverage is passed through cheese-cloth and stored in capped bottles at 40C. It has been reported the taste of the Kombucha changes during fermentation from a pleasant fruit sour-like lightly sparkling flavour after a few days, to a mild vinegar-like taste with prolonged incubation. Kombucha is traditionally prepared by fermentation of sweetened (sucrose) black tea. This medium (freshly prepared medium) is usually inoculated with cellulose pellicle formed during the previous cultivation and incubated statically under aerobic conditions for 7-10 days.

Tea cider (Kombucha) is associated with many health benefits. It possesses characteristics of functional food and known for a few thousand years. It originated in China, 220 BC, Korea and Japan. There, it was popular due to detoxifying and energizing properties as well as curing digestive problems. It contains liver detoxifiers, antioxidants, polyphenols, probiotics and free-form amino acids. Kombucha has been studied intensively since 1852; few of the health properties have been demonstrated by scientific and experimental studies. As a traditional medicine, the Kombucha drink was used as healing liquor in the treatment of many diseases, and at present it is considered to be a folk remedy. Hence, it is used as an alternative therapy. Beneficial effects a rebutted to consumption of Kombucha (mushroom) tea have included prevention of a few cancer, relief of arthritis, treatment of insomnia, hemorrhoids, digestive disorders, heart disease, allergies, asthma, decrease of blood pressure, increase of vitality, increase of T cell count and stimulation of re-growth of hair. Because, the tea is

believed to stimulate the immune system, it has become popular among the elderly persons.

The recommended consumption of Kombucha ranges from 100 to 300 ml per day. The beverage has been claimed to be a prophylactic agent and to be beneficial to human health as a diuretic in edemas, in atherosclerosis, in case of gout, sluggish bowels, for stones, etc. Fermentation also induces biosynthesis of ascorbic acid. Vitamin C is an important natural antioxidant, which serves as human health protector and a drug. One who has started with application of vitamin C as a drug was a leading vitamin C clinician. Activity of vitamin C as well as activities of other compounds present in Kombucha fermentation system is modified in a positive way by the chemical environment in the fermented beverage. For example, it has been reported that tocopherol and ascorbic acid exert strong synergetic effects on the antioxidant of tea catechins. Therefore, vitamin C and other constituents of Kombucha beverage protect human health more efficient than the same isolated compounds. Vitamin C is also an essential component of the human diet. It enhances iron adsorption, prevents megaloblastic anemia and reduces stomach cancer. Ascorbic acid inhibits iron absorption by tannins. Decreased tannins and increased ascorbic acid concentration, in fermented tea, are very useful for iron

Beneficial effects a rebutted to consumption of Kombucha (mushroom) tea have included prevention of a few cancer, relief of arthritis, treatment of insomnia, hemorrhoids, digestive disorders, heart disease, allergies, asthma, decrease of blood pressure, increase of vitality, increase of T cell count and stimulation of re-growth of hair

absorption and improved digestion. Due to the rich biomass in tea fungus (*Medusomyces gisevii*), it can be utilized as protein supplement in animal feed.

Worsening Food Crisis Already On Knife Edge

The post Covid-19 pandemic condition has not only brought about crisis in several sectors but it is also likely to push the already vulnerable groups facing food insecurity to further experience hunger and malnutrition.

So, discussing about dealing with this situation and eventually coping up is the need of the hour. This crisis exactly demonstrates why is the food industry the sunrise industry of India, why is it still necessary to have not just an effective supply chain management but also a safer one and also to have a production that can meet the local demands.

Food industry as quoted earlier has the potential to grow in India even in this pandemic condition as the global demand for food products is expected to see a boom. There is a challenge faced by the industry in marshalling the resources amidst the condition of growing food crisis and tackling the risk of having the contagion. Based on the existing scenario of the industry, arranging for the manpower and labour could be a challenge for which there is a dire necessity for the industry to gradually transform into automated ones which ensures less human contact with the commodity. Further, having drones at the farm level, using artificial intelligence at manufacturing operations and having a GPS tracking of commodities at the supply chain can ensure safety. However, this may change

our perception of the food industry as a more labour intensive and an employment generating one to an industry seeking skilled labour and food technologists with the knowhow of things.

Talking of the food supply chain let us know the forces that are fuelling the change. The ever changing consumer preference, rising volatility in supply, changing trade conditions and

outreaching for sustainability. An easy get away from this situation could be getting more self sufficient and encouraging the demand of local produces. A study claims that currently, 80% of the world's population lives in places which rely to some extent on the imported food. While local food supply plays a major role in reducing the scarcity, in the short term the food storage and increasing the shelf life may be a more important as food production is highly seasonal across various parts of globe. To meet the global demand, the agri production can shift towards relatively newer methods like aeroponics and hydroponics to increase the yield organically by maximizing utility of space.

These two new ways of growing agri produce, namely, , namely, the aeroponics and the hydroponics have the potential to eradicate current commercial food producing procedures, due to their ease of cultivation.

Food industry as has the potential to grow in India even in this pandemic condition as the global demand for food products is expected to see



Now, to grasp what makes them an ideal solution for the problem, it's necessary to know their facets. It addresses several issues regardless of the problems like : the problem of limited resources in growing crops, the problem of land shortages and the climatic conditions. Surely it is

"The food Supply chain is a complex web. True to its nature, it involves producers, consumers, agricultural and fishery unputs, processing and storage, transportation and marketing etc.

showing us a way to make our agricultural advancement in an organic way

The post covid'19 condition is expected to change several food consuming trends. Recently, the FAO carried out a macro view of the food & agriculture business post the lockdowns in most countries, and made quite an interesting observations. It drew a line between the trends post The World Financial Recession in 2008 and The Covid'19 Pandemic. The financial crisis of 2008 showed us what can happen when falling incomes and uncertainty make people spend less and results in shrinking demand thereby declining the sales. This in turn effected the production. Moreover, the most affected were forced to revert to negative coping strategies – such as selling of assets, less diverse diets, overfishing – to compensate for income constraints. Unlike this situation the onset of this pandemic has contrarily increased the demand for food perhaps out of the fear of possible scarcity.

In the wake of the pandemic, there is a possibility of a disproportionately higher decline in animal protein consumption due to fear of contagion, and other higher-valued products like fish, fruits and vegetables which may lead to price slumps. These fears can be particularly true for raw fish products supplied to restaurants

and hotels, including small and medium enterprises which may eventually lead to the transition in food habits like, growing importance to veganism, functional foods and immune boosting foods. Food demand in vulnerable countries is highly linked to income, and, here, loss of income-earning opportunities could impact on consumption. This could mean reduced visits to food markets, restaurants and one can expect to see a shift in how people buy and consume food – lower restaurant traffic, increased e-commerce deliveries, and dependency on homemade food will also increase.

The food supply chain is a complex web. True to its nature it involves producers, consumers, agricultural and fishery inputs, processing and storage, transportation and marketing, etc. Blockages to transport routes are particularly proving destructive for fresh produce. Transport restrictions and tight measures during quarantine are likely to obstruct farmers' and fishers' free access to markets, impeding their productive capacities and for selling their produce.

As the covid'19 pandemic upends our ways of life, each sector is looking for a constant change and the dynamics of the world are for sure changing. At this time, it may just sound apt if we look for ways to have a sustainable and safer growth.

By Pratyusha B.Tech 2nd Year



Know a Fruit: Jackfruit

Jackfruit (*Artocarpus heterophyllus*), is the largest tree borne fruit in the world. It belongs to Moraceae family and is native to tropical southwest India. On maturity, the tree attains 15 to 20 m height, leaves attain 15 to 20 cm length and are glossy green and the fruit attains 60 cm length as well.

The exterior of the fruit is green or yellow in color and is covered with numerous hard cone like points. The interior is composed of individual flowers whose fleshy petals and seeds are eaten. It is hence a multiple fruit.

Binomial name <i>Artocarpus heterophyllus</i>	
Scientific classification	
Kingdom	Plantae
Order	Rosales
Family	Moraceae
Genus	<i>Artocarpus</i>
Species	<i>A. heterophyllus</i>

History

History of jackfruit is still a mystery. The existing studies suggests that the fruit is native to the rainforests of the Western Ghats and later on propagated to other tropical lands.

The word "jackfruit" is believed to be derived from the Portuguese term 'jaca', which is in turn derived from the Malayalam term 'chakka'. It is also believed that the name "jackfruit" was named after William Jack who was a Scottish botanist who worked for the East India Company.

Propagation

Seeds: for propagation via seeds, it needs 3 to 8 weeks for germination. The seedlings are moved at a stage when leaves starts to appear, advanced seedling will have a delicate tap root making it difficult to

The existing studies suggests that the fruit is native to the rainforests of the Western Ghats and later on propagated to other tropical lands.

transplant.

Budding and grafting: techniques are often unsuccessful, but Forkert method of budding is considered to be feasible. Jackfruit seedlings serve as rootstocks and the grafting can be done at any time of year.

Inarching: also possess the same problem as that of transplanting but it can be aided by using the growth promoting hormones

Nutrient Content

Nutrient data for: 09144, Jackfruit, raw
Source: USDA National Nutrient Database
Report Run at: July 13, 2015

Nutrient	Unit	Value per 100 g
Proximates		
Water	g	73.46
Energy	kcal	95
Protein	g	1.72
Total lipid (fat)	g	0.64
Carbohydrate, by difference	g	23.25
Fiber, total dietary	g	1.5
Sugars, total	g	19.08
Minerals		
Calcium, Ca	mg	24
Iron, Fe	mg	0.23
Magnesium, Mg	mg	29
Phosphorus, P	mg	21
Potassium, K	mg	448
Sodium, Na	mg	2
Zinc, Zn	mg	0.13
Vitamins		
Vitamin C, total ascorbic acid	mg	13.7
Thiamin	mg	0.105
Riboflavin	mg	0.055
Niacin	mg	0.92
Vitamin B-6	mg	0.329
Folate, DFE	µg	24
Vitamin B-12	µg	0
Vitamin A, RAE	µg	5
Vitamin A, IU	IU	110
Vitamin E (alpha-tocopherol)	mg	0.34
Lipids		
Fatty acids, total saturated	g	0.195
Fatty acids, total monounsaturated	g	0.155
Fatty acids, total polyunsaturated	g	0.094

Footnotes

(b)"Folate value based on the analysis of 5-methyltetrahydrofolate"

(a)"Values based on analysis of cultivars grown in Florida."

Uses

•Food:

Full-grown but unripe stage of jackfruit is generally preferred by westerners because it has least objectionable odor. Jackfruits are cut into large chunks for cooking and are boiled in lightly salted water until tender and the delicious flesh and seeds are served as a vegetable. The flesh can also be canned in brine or in curry. Drying will keep it safe for a year. It can also be pickled with or without using spices.

Ripened stage bulbs are consumed raw, cooked or made into ice cream, chutney, jam, jelly, paste, papad, or canned with sugar or honey and citric acid. It can also be used to make jackfruit nectar along with the addition of synthetic flavoring—ethyl and n-butyl esters of 4-hydroxybutyric acid.

The method to produce orange colored custard from jackfruit is patented in India. The drain from the boiling of the jackfruit in milk forms a pleasant, orange colored custard.

The ripe bulbs can be fermented and distilled to produce liquor.

Seeds are either boiled or roasted and eaten. Canning and flour making are also some commonly suggested techniques.

Tender leaves and young male flower clusters are also cooked and served as vegetables.

Other uses:

Animal stock: Jackfruit rind and leaves are good stock food.

Food wrappers: the leaves can be used as food wrappers as well as plates in cooking

Household cement: heated latex is employed as a household cement for



mending chinaware and earthenware, and to caulk boats and holes in buckets.

Varnishes: the latex can be used in varnishes. It has bacteriolytic activity similar to that of papaya latex.

Timber: Jack wood is employed as timber as it is termite proof, resistant to fungal and bacterial decay, seasons with no difficulty, resembles mahogany and is superior to teakwood.

Medicinal Uses: The jackfruit pulp and seeds are considered to be tonic, cooling and nutritious. Biliousness can be relieved by using seed starch. Aphrodisiac properties are accounted for roasted seeds. Ulcers can be healed by ashes of leaves in corn and coconut shell along with coconut oil.

Facts Here!

- The jackfruit tree can produce 250 fruits in a year
- In some rare cases, it is known to grow fruits from the underground roots and the fruit cracks the ground to reveal itself!
- Jackfruit has a water content of 80%.
- A jackfruit generally contains about 100 to 500 seeds in it.
- The Jackfruit tree is a wonder because every part of it has its own use. The fruits are consumed as food, the leaves are fed to livestock, the tree and branches are valued for the manufacture of wood products and the roots are utilized as medicine.

- The common English name “jackfruit” is believed to have first used by physician and naturalist Garcia de Orta in his 1563 book “Coloquios dos simples e drogas da India.”
- Branches of the jackfruit tree are to be cut off in every 3 to 4 years in order to maintain its productivity.
- In Brazil, the jackfruit is considered as an invasive species in Brazil’s Tijuca Forest National Park in Rio de Janeiro.

The method to produce orange colored custard from jackfruit is patented in India

Know Your Spice: Mace (Javitri)

Mace is called javitri in Hindi. It is a spice which is obtained from the *Myristica fragrans* tree whose seed is the nutmeg. Mace is the net-like extra seed covering that covers the nutmeg's seed coat.

Though there are other species of *Myristica*, the nutmeg tree like *M. argentia*, *M. Malabarica* and *M. Fatua* which are cultivated for their nutmeg fruit, these are inferior to those obtained from the *M. Fragrans* tree in terms of both flavour and aroma. Mace has a higher concentration of the same essential oils that are present in nutmeg and therefore has a more intense flavour. It is therefore much more expensive than nutmeg. The fully ripe fruit splits open on its own revealing the mace-covered nutmeg seed. The spice mace is a crimson red colored thread-like material that envelops the nutmeg; it is removed carefully and then usually dried under the sun for a few days before it is sold either as whole blades or ground to a fine powder before selling. Compared to the nutmeg, mace should be added at the beginning of cooking to allow its full flavor to develop. Mace is spicy in taste somewhat like a combination of pepper and cinnamon with a strong aroma. To prepare it, at home, first clean the mace and then roast the whole mace till crisp. Cool and then grind it. Mace and nutmeg are native to the Banda islands of Indonesia/

Nutritional Information

Mace contains exceptionally high amounts of the minerals copper and iron providing 27.4% & 17.4% of the daily requirements of these minerals per 100 grams.

With several vitamins like vitamins A, C, B1, B2 and minerals like calcium, magnesium, phosphorus, manganese and

zinc also present in good amounts, Javitri along with its several essential volatile oils like safrole, myristicin, elemicin, and eugenol and the fixed oil trimyristine is a very healthy spice.

Medicinal Properties of Mace

According to Ayurveda, mace has the following medicinal properties:

- pungent bitter & astringent in taste
- hot in constitution
- mucolytic therefore removes mucus
- balances Vata & Kapha doshas
- mildly anthelmintic
- ruchikrut meaning it improves taste & appetite
- varnakrut meaning it improves skin tone & complexion
- hrudya meaning it is a tonic for the heart
- Mace also has antibacterial, antiviral, anticancer, anti-inflammatory, anti-diabetic, and hepatoprotective activities



Health Benefits

-Traditional Indian & Chinese medicine have used mace to treat nervous system issues as it calms the brain and also stimulates it. The compounds myristicin and elemicin provide these benefits-

-The eugenol in mace relieves toothache

-Massage with medicated oil of Javitri is beneficial when the limbs or the body gets cold sensations.

-Applied on the forehead as a paste it relieves insomnia

-Apply a paste made with milk to alleviate pimples and give the face a glow

-Relieves dysmenorrheal pain in women

-Benefits in colds cough and asthma Useful in dry cough as well

-Improves skin tone&complexion

-Relieves tiredness and fatigue

-Reduces nausea and vomiting

-Relieves loose motions gas flatulence and digestive tract infections

-Applied externally as mace oil it relieves rheumatic pains and eczema

With several vitamins like vitamins A,C,B1,B2 and minerals like calcium, magnesium, phosphorus, manganese and zinc also present in good amounts, Javitri along with its several essential volatile oils like safrole myristicin elemicin and eugenol and the fixed oil trimyristine is a very healthy spice.

Clean and Safe- Cold Plasma is here to stay

Non thermal plasma on becoming the new face of disinfection

Plasma, when you hear about it, is nothing short of being modern anomaly. Blood plasma, TV screens, a state of matter transcending the conventional threes.

Plasma, the fourth state of matter is the ordinary matter of space, whether it is interplanetary or interstellar. The question is, how well versed are we with it and its applications? Well, we do know that plasma is a mix of electrons, ions, reactive and neutral species which also generates UV light. While in thermal plasma, there is a thermal equilibrium between the electrons and neutral gases (approx.

“Cold plasma is being tested mainly as an antimicrobial due to its versatility in action.”

10000K), in non-thermal plasma this is not the case. Don't get confused by the term, Cold; it's comparative to the temperature of sun. The gases exist at room temperature. This feature of non-equilibrium plasma makes it ideal for cleaning, since the part is not exposed to high temperature

Cold plasma is a form of ionised gas where energetic electrons and ions coexist in non-thermal equilibrium. The technology only requires air and electricity to operate, typically using ten times less power than a household lightbulb. It is being tested extensively as an antimicrobial due to its versatility in action. The plasma affects a surface through multiple processes: ions are accelerated to the surface where impact causes chemical bonds to break;

reactive species react with the surface; UV light causes chemical reactions. So naturally it can be used for sterilisation purpose; its non-thermal nature being an added advantage.

In food processing, cold plasma is being researched as an antimicrobial treatment for fruits, vegetables and other sensitive surfaces which otherwise get degraded in thermal processing. Studies on cabbage, tomato and radishes have not shown expected results but in an experiment conducted on strawberries showed an increase in shelf life by four days, which in food industry means mountains.

Speaking of food quality, CP (cold plasma) treatments have shown minimal to no impact on the physical, chemical, nutritional and sensory aspects of varied food products. Benefits precede the limitations, former being;

- It requires short process time.
- It can be used as a disinfection treatment at various steps of food processing.
- It is a dry method, requiring very limited amount of energy. Dry method also ensures that there would not be the concern of removing the chemical disinfectant from the surface like in other methods.
- The unstable reactive gases degenerate to the original gas in a relatively short amount of time.

Speaking of food quality, CP treatments have shown minimal to no impact on the physical, chemical properties”

A research conducted in University of Liverpool tested the application of cold plasma as allergy relief. Airborne allergies are becoming prominent with time in metropolitan cities and so the use of a non-thermal plasma can be a saviour as a sure alternative to air purifiers. Where the latter removes the allergens, and of that we can never be too sure, cold plasma has a decontaminating effect on them. Whether it is household fungus or chemicals, cold plasma can destroy these allergens on contact. So, what really happens to microbes and their spores when they come in contact with the cold plasma? In an experiment conducted on ISS grown produce and on metallic instrumentation, SEM imaging showed that the spores underwent significant physical change after CP exposure. There was change in their texture and size due to shrinkage.

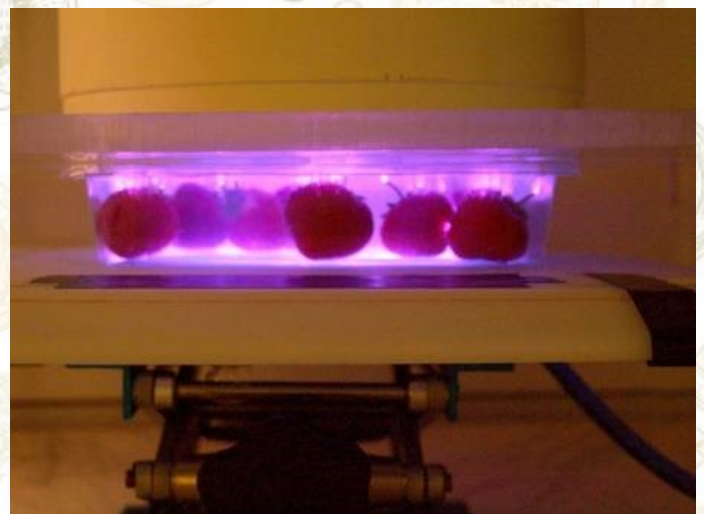
Plasma activated water or PAW, is a novel technology which is also being experimented on. The water is activated using atmospheric plasma and causes bactericidal effects due to the presence of reactive oxygen and nitrogen species. And after use, the water soon becomes normal as it is no longer activated by the plasma (as observed during storage). This has the potential of becoming a green alternative to conventional chemicals used for disinfection. Peroxynitrite was identified as a critical bioactive species, particularly under acidic conditions, originating from the synergistic plasma effects (like the reactions of H_2O_2 , NO_3 , NO_2 and other existing short-lived species like OH radicals in PAW). As a non-thermal and non-invasive treatment, the cold plasma auditions for the role in medicine as well, with casting in healing of non-healing wounds. Wounds such as caused in diabetes by bursting of blood vessels or slow cell regeneration due to age in the elderly, are a major concern for

the doctors to treat patients with them.

On treatment with cold plasma it was found, that while it has killing effect on microbes, it causes cell rejuvenation. Russian scientists say that it is because of the activation of natural destructive mechanism in human body called autophagy which removes damaged organelles from the cell and jumpstarts the metabolic processes. This could be a game changer in treatment of wounds caused as a result of HIV where there is no support from the immune system. But then again, this needs to be worked upon more for commercialisation.

In dentistry, regular check-ups half the time are concerning teeth cleaning. Non-thermal plasma is being tested in this industry as well, relieving the dentists and the patients alike from the use of critical water jets.

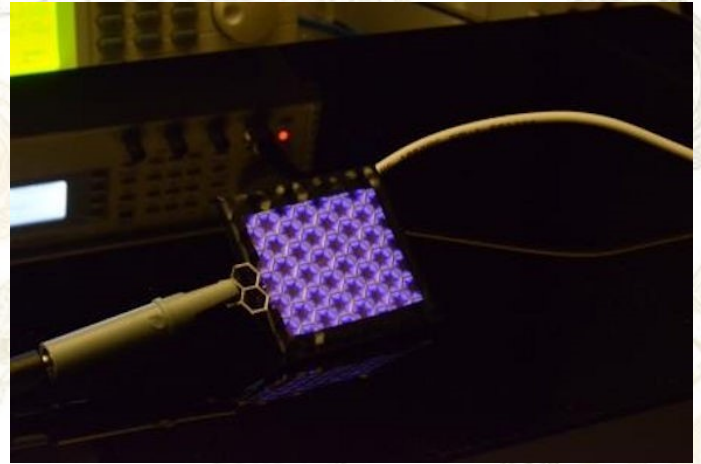
The act of cleaning brings a sense of security to the user and this sense is not misguided. Importance of cleaning cannot be overstated in this age of superbugs who have arms against our antibiotics (natural selection has progressed exponentially for them). But cellular self-harm, which the cold plasma causes in form of reactive oxygen species and ionised gases is still a safe haven for us as consumers against the microbes. They fall prey to their own chemistry.



Though there are many advantages of cold plasma's application as a disinfectant, it is still in its nascent stage and has long way to go before it becomes a norm in future reality. Though we all know, technological development has picked up its pace so maybe next time when you go to the dentist, he could be suggesting you to go for this new plasma treatment they have in store for their patients.

By Anudeep Kaur Badyal, Btech 3rd Year.

“Food, Medicine, Metallic instrumentation, Dentistry; cold plasma's application opens up avenues as a disinfectant.”



Grains are Gold

“Wheat is new gold”

True meaning of this axiom can be understood now more than ever, when world around you starts collapsing then gold is not true gold it's just a piece of metal that nobody cares about but grains are the new gold. In these uncertain times when no one knows when the world will return to normalcy one thing that keeps feeding us is our farmers, food industries and supply chain companies playing utmost important role during these time of crisis.



Impact on international trade

COVID 19 has adverse impact on supply chain as countries around the world is tightening their borders and sea ports. International transaction of goods has been plummeted to the lowest level of globalization. Self-sufficiency is the new mantra as people are more relied on local fruit vendor's, milkman and food companies operating in their respective regions. As governments imposed lockdown around the world people started panicking resulting in buying exorbitant amounts of food grains. This accidental surge of food created disruptions in the supply chain with empty shelves in the supermarkets. In these times of crisis governments around the world are coming forward with different food programmes to help the economically weaker section of the society to survive in this period of crisis.

Impact on multinationals

Food giants like Burger King Corp., Domino's Pizza Inc., KFC Corp., McDonald's Corp., PepsiCo Inc., Starbucks Corp., Subway Restaurants Inc., The Coca-Cola Co. had taken a major hit during this time of crisis as countries are under lockdown these companies are forced to shut down their operations round the globe. But FMCG's (Fast moving consumer goods) are on the rise there's

been increase of 10-15% post COVID-19 sales as people started piling staple foods like milk, milk products, biscuits etc. “We have seen an increase of 15-20% in our average daily sales across most product categories as consumers are stocking products like milk, butter, ghee, cheese and paneer,” said R.S. Sodhi, managing director, Gujarat Cooperative Milk Marketing Federation, which owns Amul. Restaurant business is completely down until and unless they can supply their deliveries directly to home. Tech giants like Zomato and Swiggy sales has taken a nose dive during this pandemic as people are now preferring food prepared at home rather ordering it online leading to exorbitant amount of revenue loss for these companies.

Poultry and meat industry

Every type of sector has been affected by COVID-19 but the most profound effect of these can be seen on poultry and meat sector. With news of possibilities that this disease has been originated from the wet markets in china and with some possibilities of its link to the bat people around the world are moving to vegan life style creating a whole new problem for the meat industry. People are having misconception about the meat, even the doctors said that well-cooked meat is safe to consume and is a good source of nutrients. But fake news among people has created a fear for the meat and meat

products creating a wider range of problems for poultry and meat industry in the country.

Local businesses

Now let's move to another part of food sector where situation is getting even worse. With movement restriction farmers are unable to reach markets throwing their produce on the roads or feeding to cattle to show their resentment. While there are strict social rules to be followed sugar mill owners are finding it difficult to open up their mills resulting in added

problems for farmers who wanted to sell their produce of sugarcane so that they can feed their families even if they find the buyers they are forced to sell at lower price as demand has gone down while the supply is steady. Government is trying to solve this issue by directly buying from farmers and distributing it to the economically weaker section of the society. But every cloud has a silver lining with imposed restrictions people are giving preference to local food vendors which helps in creating more self-sufficient and independent

communities as compared to pre-COVID19 world. This scenario is giving new market to farmers who can reach directly to homes to sell their produce of perishable items like milk, fruits and vegetables.

Ray of hope

But with all the rise and fall in different sectors of the food industry one thing is clear that these industries might face occasional hiccups but they will never go down as there is no substitute for food till now and with eternal supply and demand cycle for food, food industry is going to flourish even more in the post COVID world. Until then food industries is to just hold tight while we sail through this storm of thunder and lightning to see the bright sun shine at the other end.

By Chatenya Garg B.tech 2nd Year

Self-sufficiency is the new mantra as people are more relied on local fruit vendor's, milkman and food companies operating in their respective regions.

E-Summit 2020

Where Magic Happens!

E-summit is the annual flagship event organised by CED, NIFTEM. Starting from a humble beginning as a fledgling idea, it's surreal to see it's phenomenal rise in just the second year. It was a two-day conclave of Competitions, Workshops, Influencers' Meet and speeches from the most recognised names in the world of Entrepreneurship. This year, E-Summit was held on 14-15th February, and witnessed a footfall of 1500+ students with colleges from all across the country. E-Summit 2020 witnessed a robust participation from many colleges from Delhi NCR and neighbouring states. E-Summit commenced on an auspicious note on 14th February, with Mr. S. Nagarajan as the honble guest of honor and facilitation by the Vice Chancellor and the Registrar. Mr. Nagarajan, ex MD Mother Dairy, Advisor Tata Trust and Venture Partner Omnivore, with his (interesting) journey and experiences, kickstarted E-Summit 2020 and inspired the young entrepreneurial minds in the audience.

E-Summit was a two-day conclave of Competitions, Workshops, Influencers' Meet and speeches from the most recognized names in the world of Entrepreneurship

About Events:

1. GOOGLY- THE AUCTION:

Event especially for those who are passionate about the "Big Game", Googly this year witnessed over 250+ participants from colleges like Amity University, Bundelkhand University, DU and many

more colleges from Ranchi, Delhi NCR, Kerala and Hyderabad.

2. THE JURY ROOM:

The case study competition wherein participants were given a corporate situation and had step into the shoes of a founding member to present and defend their solution in a given time frame! The Jury Room this year was Co-Powered by Coca Cola and had over 300+ registrations from cities like Mohali, Jaipur, Kozhikode, Shillong, Bangalore and Delhi NCR.

3. PITCHERS:

The Business Plan making competition! It was further divided into two categories: Inside and Outside the Box. A total of 65 teams participated in this event and 10 (Outside the Box) + 11 (Inside the box) teams made it to the final round!

4. INFLUENCERS MEET:

The event witnessed participation of about 800 students, participants and faculties enjoyed the stories of young entrepreneurs and top influencers in the country. Karan Karamchandani, a 17-year-old entrepreneur. He runs an online advertising agency- Scalez Media, helped some incredible clients including ArtyOwl, TGameStrong and many more!

Paritosh Anand, a 20-year-old Filmmaker, Public Speaker and Entrepreneur with an audience of over 90,000 people all over the globe. He runs a travelogue on YouTube, along with being the host of a podcast - '2 Peas in A Pod' - which streams in the Top 10 comedy podcasts list in India.

Harsh Kedia, one of India's top motivational speakers and youngest speaker on The Outstanding Speakers Bureau, 3 time TEDx speaker and CEO of 3 companies and CMO at Mooch!

And last speaker in the line-up who indeed inspired everyone was Raj Shamani, a 22-year old entrepreneur and motivational speaker who has addressed more than 1 Million people across the globe till date. Raj is one of the youngest Indians to speak at the United Nations Assembly in Vienna and has given 4 TEDx talks and more than 200 keynotes in 23 countries!

5. E-CONCLAVE:

A networking event,organised for E-Cells of various colleges North India to discuss their achievements, problems, working body and relevant activities for effective functioning of both established and developing E-cells.Around 4 colleges were a part of this event.

6.START Ab- Expo

The Start-AbExpo, was organised for the first time and it was powered by Start-Up Haryana Gov. Start-ups like Beyond Passe, Mister Veg, Greenest, Bveg and many

others took part in this.

7. PANEL DISCUSSIONS:A concatenation of discussions on the very crucial, fast paced and ever-growing business niches, Panel discussions covered trends in almost every sector of entrepreneurship.

On the first day, an informative Mentor's Panel discussion was held with Mr Mayank Patel, CEO Cradle (EDII Incubation Centre); Mr Shivam Ahuja, CEO SkillCircle and Delhi Angels and Mr. Jitendra, Mentor at Startup Hararyana.

The Mentors discussed in-depth about the correlation between students and entrepreneurship and the relevant policies and also talked about the key early mistakes by young founders

The Second day witnessed another phenomenal panel of Young Entrepreneurs, comprising of Mr. King Siddharth, a Designer, Builder and a Public Speaker, serving millions of customers & solving Design, UX, & Product at Headout along with Mr Jayesh Hans ,an Internet Marketer, E-commerce Consultant and Founder at Prolixr. They shared their experiences and journeys and presented their take on the question of the decade-what it takes to Start Up!



8. FOOD WORKSHOP:

Designed as per the core mandate of NIFTEM, E-Summit organized a one-of-its kind food workshop involving a seminar by The Good Food Institute and visits to the NIFTEM Pilot Plant. The seminar was held on The Future of Protein, to increase the knowledge of students in food domain. The speakers in this seminar were- Varun (Managing director of Good Food Institute), Siddharth (Science and technology specialist), Shardul (Operation Specialist) and eminent founders of various start-ups such as Dr. Ritu Chhatwal (Beyond Passe), Mr Simarjeet Singh (Mister Veg), Gaurav Sharma (Greenest), Prateek Ghai (BVEG Foods) and Rahul Dewan (Four Pursuit Ventures).

9. STAR NIGHT:

To add some more magic and increase the fun in E-Summit, a stand-up act was performed by winner of Comicstaan season 2- Samay Raina!

10. Apart from these events, a workshop session was taken by Mr. Shivam Ahuja, a highly influential and awe-inspiring individual, focusing on the importance marketing digitally.

Various sessions by successful entrepreneurs such as Mr. Aanan Khurma, CEO Ketofy, Mr. Sam Baisla, CEO Startup India Foundation and Mr Amar Choudhary, Founder ChakhnaShots were also organized in order to foster and build the entrepreneurial ecosystem and inspire students to realize their potential and ideate!



Organic Food Fest

This year for the very first time The Ministry of Food Processing Industries (MoFPI) with the Ministry of Women and Child Development (MoWCD) hosted the first National Organic Food Festival in New Delhi between February 22 to February 24, 2020.

The organic food festival created an atmosphere of celebration in NIFTEM as it was organized by NIFTEM with Confederation of Indian Industry (CII) as the Industry Partner, at the Jawaharlal Nehru Stadium in New Delhi.

The most awaited event that was organised by NIFTEM took with great spirit aimed at strengthening the organic market and empower women entrepreneurs in the area of production and processing of organic products.

The Theme of the event was 'Unleashing India's Organic Market Potential'.

Women Entrepreneurs and Self Help groups (SHG's) hailing from different places all over the country exhibited their organic products in various segments such as fruit & vegetables, ready to eat products, spices and condiments, honey, cereals, dry fruits etc..

It also facilitated the business linkages and empowered women entrepreneurs through pre-arranged B2B and B2G meetings.

Saarang the cultural society of NIFTEM had the privilege to host the cultural program for the fest.

The extravagant dance performance resembled cultural dance forms of Kerala, Tamil Nadu, Gujarat, Rajasthan, Punjab and Maharashtra. It was a beautiful show put up by the students. The show was spectacular and vibrant with energy ,

everyone enjoyed the show.

The next day the cultural program had NukkadNatak(street play).

The theme of NukkadNatak was ' the role of women entrepreneurs in food technology'.

The play was filled with energy, knowledge, zing, and perfect music. It was the perfect blend of modern ideas and folk music supported by instruments such as cajon, tambourine, djembe, snare, hourglass drum(damaru) played by our students.

The play successfully showed the audience of the fest what all women can contribute to the food industry.

This food fest gave opportunity to many women entrepreneurs and small scale industries to showcase their innovation. Also it gave students from NIFTEM and IIFPT the opportunity to show new trends in food technology, various stalls were held by students and it was a privilege for being able to showcase our knowledge at such a platform.



Convocation

Convocation 2020 was held on February 10, 2020., commencing at 10:am on the arrival of Dignitaries in NIFTEM Campus. The event was graced by Smt Harsimrat Kaur Badal, Hon'ble Union Minister, MoFPI; Sh. Rameshwar Teli, Hon'ble Minister of State, MOFPI; Smt. Pushpa Subrahmanyam, Secretary, MoFPI and Chancellor NIFTEM and Sh. Suresh Narayanan, CMD Nestle India and other dignitaries.

The Convocation Procession then started, and arrived at the dais. Then, with the auspicious lamp lighting ceremony, the Chancellor declared The Convocation open. All the Dignitaries were felicitated with a bouquet and memento, as is a tradition at NIFTEM.

The Oath taking ceremony took place and the degrees were announced. Degrees for Bachelor of Technology, Master's of Technology, Master's in Business

Administration, and PhD are announced by the respective deans, in person and in absentia. Then, the gold medalists were felicitated, at the dais. Souvenir was released to the Dignitaries, at the dais.

And with a few special addresses to the present authorities and students, the Honbl. Chancellor declared the adjournment of the convocation ceremony followed by the National Anthem. After that, group photographs for different batches were facilitated, saving these memories forever, flaunting with their degrees in hand and faces brightened up with luminous smiles, students were on cloud nine. They were absolutely the moments to cherish forever.

Then there was a foundation stone laying ceremony of the infrastructure development project, under the second phase and all the dignitaries moved to the designated location near the students hostel. With this the event ended and was followed by the lunch served at the Honbl. Vice Chancellor's bungalow. The event ended in the right spirit and left us with valuable memories.



Alumni Meet

NIFTEM organized ALUMNI MEET 2020 on 9th February, 2020 (a day before convocation) to broaden its alumni network.

NIFTEM Alumni remains integral to the family of NIFTEM. As an effort to further strengthen the association with the extended family, the event was organized in close coincidence with the maiden convocation of NIFTEM.

The event commenced with the inaugural felicitation and lighting the lamp. The honbl. vice chancellor formally addressed the gathering. All the dignitaries shared their word on the importance of Alumni Meet and how to take it as an opportunity from the placements point of view. Each of them praised the institute for its curriculum and guidance that has led the Alumnus to excel in their respective fields and forward themselves to the development of the society.

Post this, the alumni were called upon to share their experiences and express their views. The representatives of the Alumni elaborated on the guidance provided to them by their alma mater. Extending their support and extending their commitment to the Alumni Association, they strived to be the leaders of the organization with each of them pledging their support.

Dean Academics- Undergraduate, Dr Ashutosh Upadhyay and Dean Student Welfare Professor Incharge- Dr. Kalyan Das highlighted on the importance of an Alumni Association and its long term mutual benefits. They also concluded on behalf of the organizing team, congratulating and thanking each of the Alumni for their august presence.

All and all, it was quite a successful event which saw a lot of members from the alumni and faculty coming together and sharing their views with the gathering. This event created just the right spirit amongst all of us before we geared up for the upcoming biggest event of NIFTEM, that is The Third Convocation of NIFTEM.



26th January- Republic Day

The 71st Republic Day of India was celebrated with gaiety and patriotic fervor at the enlightening point in NIFTEM. The ceremony took place in the presence of our honbl. Vice Chancellor Shri C.Vasudevappa, Hon' Registrar, HoDs of various departments, faculty, staff members and students.

The day started off by flag hoisting and national anthem and the Honbl. vice chancellor's speech addressing the victories and yet to overcome challenges of NIFTEM. He also gave an insight on the various achievements and accomplishments by college and motivated the students for bringing more laurels for the college through their contribution towards the society.

Later, the most awaited part of the celebration was carried out at the APJ Abdul Kalam Auditorium of NIFTEM where various other representations of the classical art forms in the different dances and songs performed by the students, giving a glimpse of the diversity in unity of the nation.

The republic day provided the stage for the hidden poets who expressed their love for the country. Amazing kathak dance

was performed by the BTech 1st year students.

The Atrangi club (theatrical club) of Saarang performed the most entertaining play as well as delivered a good message on Brotherhood (bhaichara).

The day was prominently witnessed by all of us was made possible with the joint effort of two societies namely, Saarang (cultural society) and Kalakriti society (fine arts).

The program ended with the great message to grow together as a single nation through collective efforts from each and every individual. The event ended with the sense of Indianess that filled our hearts and mind with joy.



Secrets of The Real Inspirers

(Presented to the students of NIFTEM by various societies)

Lockdown has physically distanced all the NIFTEmites but some of our societies have ensured that students are connected by conducting programmes like webinars, podcasts and electronic quizzes.

Here is a detailed report about the programmes conducted by various societies which are very much useful in keeping the students connected and maintain their motivational levels.

The Webinar Series By CED (Centre for Entrepreneurship Development)

Here's a little summary to all the web sessions CED's been hosting for its audience!

Speaker 1- Mr. Vishal Kumar

Not sure about pursuing MBA, visited many B-schools on a 100-day world tour itinerary, he dropped his MBA plan and invested his savings in starting a Start-up! He has been to 25 countries till date. Vishal's brainchild the "International Start-up Enrichment Tour" aims to help all start-ups get a global platform to extend their cross

border trade, E-investment and network. ISET'19 Singapore, the annual flagship event of LWT witnessed 72 winners participating from 38 premium colleges and institutions. He is also working on establishing E-Cells in schools and colleges where LWT is helping the students from "idea to incubation" (zero to one). The startups from these colleges gain a lot of exposure while travelling and participating in various national and international



e-summits.

He spoke on the topic - "Importance of travelling for an entrepreneur".

Speaker 2- Priyanka Madnani

The Founder & CEO of Easy To Pitch. To bridge the gap between founders and investors or mentors Easy To Pitch was launched in 2017 with a team of experts and IIM alumnus. It's a one-stop pitching solution for startups making founders pitch ready to ensure reducing the chances of rejections. So with this brilliant profile she featured in our webinar series to talk about "How to pitch to investors".



Speaker 3- Ashish Khare

The Founder of Mentor Kart.

He is an Entrepreneur, a Certified Business Coach, a Certified Life coach, a Public speaker and a Start-up mentor. He has more than 25 years' experience in successful business leadership, led teams and organizations to innovate, build, implement business solutions & products in the field of Information Technology and services for customers across 20+ countries. He also helps others gain self-

awareness, clarify goals, achieve their development objectives, unlock their potential, and act as a future leader. He helps others Solve specific situations in life, business and achieve specific results. On his webinar he took the topic- "Start Networking While Learning".

Speaker 4- Anu Meena**The Founder of AGROWAVE.**

She started AGROWAVE in 2017 to solve the problem of her grandfather and many farmers. She had been recognized by many media, also listed into Forbes 30 under 30 Asia, Top 10 innovator of India by India Today Magazine and many more. She is also a TEDx speaker. Her



profile speaks for her! She spoke about her life in her webinar session on the topic- "A Journey from village to an entrepreneur".

Speaker 5- Chirag Kenia**The Founder & Managing Partner at URBAN PLATTER.**

He is a Mumbai-based entrepreneur turned his passion for food into a successful business - Urban Platter (Founded in 2015) manufactures and sells gourmet food products mostly through online channels. He took the topic of "Plant-Based foods driving innovation and future consumer trends".

Speaker 6- Sakshi Chandraakar

Sakshi is a Career branding Coach, an image enhancer & a certified Soft skills trainer. She is working on a mission to help 100,000 Job seekers to create personal & professional growth opportunities & find right jobs for themselves by helping them create compelling & profitable Career Brands. She engaged in the topic- "Your Career & Personal Branding"

Speaker 7- Christian Nguyen Cadeoa capitalist, Ex-Google & Microsoft. He is currently the Managing Partner, Asia for

Big Idea Ventures. It is a new alternative protein venture capital fund & accelerator based in New York and Singapore. Prior to this Christian was a seasoned operator with experience in bringing US-based startups to Asia. His first startup was at AdMob which was eventually acquired by Google for US\$750MM.

The second startup was JUST which has raised US\$372MM from Founders Fund, Horizon Ventures. There he was the 1st employee in Asia-Pacific. He has extensive experience working at Google managing the Southeast Asia region for four years.

He spoke about a raging topic that is "ALTERNATIVE PROTEIN FDI IN INDIA".

Speaker 8- Varun Deshpande**Managing Director The Good Food Institute-India**

Varun is focused on building the future of food by working with scientists, foundations, governments, entrepreneurs, and corporations to advance the plant-based and cultivated protein sector. He spent several formative years studying Chemical and Biomedical Engineering at technology hub Carnegie Mellon University.

He understands the tremendous impact of industrial animal agriculture on the

world, and the imperative need to transition away from it using markets and technology. Varun aims to help build a more healthy, sustainable, and just global food system, starting right here in India. Mr. Deshpande continued on the topic- "ALTERNATIVE PROTEIN FDI IN INDIA"

Speaker 9- Kamaljeet Singh**The founder of Admirable Pro.**

Entrepreneur, FP&A Mentor, and Corporate Excel Trainer in Financial Planning and Analysis for various global companies based in the UK, India, and Singapore. Currently, he is managing his

Startup – Admirable Pro, wherein he helps businesses to grow Faster by providing them with Business Support Services in Financial Planning and Analysis, Remote Talent Recruitment. He spoke about the "Role of FP&A for the success of Start-ups!"

The Webinar Series By Vyaktitva

1) Mr. Harsh Johari (Executive Coach, Ex VP (Goldman Sachs), Ex captain Merchant Navy):



A Ship's captain turned investment banker turned leadership coach and a painter, Mr Harsh has a work experience of 25 years, across very diverse Industries such as shipping and Finance. He is currently working

as an Executive and Leadership coach and corporate trainer who coaches senior leaders in organizations to unlock their true leadership potential. He also helps them in areas such as career transition, building teams and developing new skills. His current clients include senior leaders across Industries such as finance, shipping, Consulting and Technology. His previous roles include Captain in the Merchant Navy and Senior Vice President (Goldman Sachs). He also is an ICF ACC-level Coach, certified Intelligent Leadership Coach (by John Mattone, former coach of Steve Jobs) & certified Happiness Coach (Berkeley Institute of Wellbeing)

2) Raj Shamani (Entrepreneur):

He is a Social media strategist who has addressed more than 1 Million people with over 200 speeches in 26 countries. Apart from being a TEDx speaker, he is also among the Top 10 Young Entrepreneurs and Top 5 Influencers of India.

Not only this, his podcast #figuringout is amongst the Top 10 Business Podcasts on iTunes. He already enthralled NIFTEMites during our E-Summit 2020 as he discussed "Nothing is Organic in this concrete jungle."



3) Anubhav Shrivastava (TedX and Keynote Speaker):

He has authored 'Letters in the Rain', 'One Last Time' and 'The Search Within' - that broke multiple records on Amazon India during the time of their release and became his three national bestsellers. Being extremely passionate about mentoring young & bright minds by helping them in every possible way, he shares his mantra of success during his TedX talks.

He is also the youngest alumnus of Manipal University to have been invited as the chief guest for the inauguration of their Annual Fest.

4) Nikita Chaudhary (Soft Skills Training Professional):

She is the Head of Communication and Personality Development Training at "Digiperform". Proficient in Business Communication, Soft Skills, and Personality Development Training, she also has an experience of working in Corporate organizations and the education management industry as a skills trainer. She completed her Master's degree focused on English Language and Literature from Amity Education Group. She is an avid reader, researcher and an active member of the Indian Society of Training and Development.

5) Corporate Diaries- Panel Discussion

A panel discussion was also organized by Vyaktitva roping in students of the final year to share their internship experience and share their views on how to excel in them with the junior batches. The panelists had a good experience in diversifying domains such as R&D, marketing, supply chain, operations and could help students to make up their minds on how to choose an internship. The panel included Shruti Tyagi (Marketing intern- ITC ABD), Gagandeep Verma (SPARC intern- ITC foods), Harnoor Kaur (iTaste Technical intern- Mondelez International), Aditya Gautam (Supply chain intern- ITC ABD), Yash Sharma (Intern at Inner Being Wellness).



6) Corporate Diaries:

“Corporate Diaries” was a series of webinar sessions especially designed and organized for the students with our worthy Alumni batch students to understand how the life takes a turn when a person starts working in a business setting and to get an insight about how they managed to get into prestigious organizations. Our alumni students such as Krishna Das Kaushik (Quality Executive at Suri Agro Fresh Foods), Rishabh Garg (Process Engineer at Tetra Pak India Pvt. Ltd.), Siddharth Rohilla (PGDM IIM-A student and now working in Sony Motion Picture network), Vasundhra Jain (Analyst, PwC India), Harshita Gupta (PGP- FABM IIM-A), Anusha Manchanda (Founder-Pyramid Eco-Friendly Packaging and R&D expert) were roped in to share their views and enlighten the students.



Saarang Cultural Events Update

Saarang the cultural society of NIFTEM is the most active society when it comes to keeping up the spirit of celebrating festivals together. Those events resonate the energy of the NIFTEM students and fill the college with a festive atmosphere. Here, are glimpses of few cultural events organised by the students of NIFTEM

well as evening. This occasion also marks the onset of spring, and as a part of the celebration Saraswati Vandana was very beautifully sung by the music group of NIFTEM. The event was graced by the presence of our Honbl. Vice Chancellor, faculty and all the students.

Lohri

This luminous festival of lohri marking the end of peak winter, and a widely celebrated festival in Northern part of India, was also celebrated in NIFTEM on 13th of January 2020. The traditional punjabi dance was performed to honour the festival. Bonfire was set up and peanuts and popcorn were distributed. The event was graced by the presence of our Honbl. Vice Chancellor, faculty and all the students. It was conducted with great pomp.



Makar Sankranti.

This colourful and joyful kite flying festival of India, was organised on 14th of January 2020 at 3pm to 5pm . We provided kites for the students so that they can enjoy the festival in college. It was a fun-filled evening where all the students gathered and had fun flying the kite.



Saraswati Puja.

The auspicious celebration of Vasant Panchami, celebrated to acknowledge the value of education and arts was celebrated in NIFTEM in a secular way. The pooja was conducted on 29th January at morning as

***For inquiries regarding Abhivyakti and submission
of articles,***

Contact- niftem.abhivyaktiofficial@gmail.com