

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

COOKING CLUB (Personal Development Club)

1. Introduction

The Cooking Club brings together food enthusiasts to explore, learn, and enjoy the art of cooking. It promotes creativity, cultural exchange, and healthy eating while fostering fun, teamwork, and shared experiences through culinary activities.

2. Objectives

The objectives of the Club are:

- Enhance practical cooking skills.
- Promote healthy and mindful eating.
- Explore diverse cuisines and cultures.
- Encourage teamwork and culinary creativity.

3. Club Committee

The Club shall be governed by a committee comprising the following members:

Composition	Roles
Dr. Kanchan Bala, Associate Professor, HCN	Chairperson
Mrs. Upma George, Associate Professor, HCN	Treasurer
Mrs. Laxmi Kumar, Assistant Professor, HCN	Member Secretary
Ms. Riya	Student Member

Students Detail:

S.No.	Student Name	Registration No.	Enrollment No.	Programme Name
1.	Kanishka	DD2113302060	SRHU21000502	B.Sc Nursing
2.	Khushi Dhanai	DD2113302063	SRHU21000505	B.Sc Nursing
3.	Himani	DD231103302001	SRHU23000148	Post Basic B.Sc Nursing
4.	Isha	DD231103302002	SRHU23000149	Post Basic B.Sc Nursing
5.	Manoj Sanhara	DD231103302004	SRHU23000151	Post Basic B.Sc Nursing
6.	Riya	DD231103302007	SRHU23000154	Post Basic B.Sc Nursing
7.	Kalpana Gayatri	DD241103302004	SRHU24001413	Post Basic B.Sc Nursing
8.	Kanchan	DD241103302005	SRHU24001414	Post Basic B.Sc Nursing
9.	Riya Pal	DD241103302013	SRHU24001422	Post Basic B.Sc Nursing
10.	Saksham Tomar	DD231103301100	SRHU23000102	B.Sc Nursing
11.	Saniya	DD231103301105	SRHU23000107	B.Sc Nursing
12.	Sanjana Rana	DD231103301107	SRHU23000109	B.Sc Nursing
13.	Varsha Bhatt	DD231103301143	SRHU23000145	B.Sc Nursing
14.	Vedhanshi Ramola	DD231103301145	SRHU23000147	B.Sc Nursing
15.	Shivank Jethuri	DD231103301117	SRHU23000119	B.Sc Nursing

*Note: Preferred roles in the clubs is defined by Club coordinator

4. Terms and Conditions

Sr. No.	Clause	Details
1.	Quorum	50% of the total members
2.	Tenure of the Club	Perpetual
3.	Tenure of the Chairperson	3 years
4.	Tenure of the Members	2-3 years
5.	Frequency of Meetings	<i>Preferably once per quarter.</i>
6.	Meeting Notice and Agenda	The member secretary with prior approval of Chairperson shall circulate the Meeting Notice and Agenda to all the members at least seven (7) working days prior to date of the meeting.
7.	Minutes of the Meeting	The Secretary records the minutes, which are signed by the Chairperson and Secretary. A signed copy is forwarded to members within three (3) working days of the meeting.
8.	Duties and function	(a) Planning and helping manage events at the University level in accordance with the spirit and ethos of the institute. (b) Promoting and arranging club activities to bring out the talents of students in the performing the activities. (c) To plan and organize competitions at the University, Regional and State Level.
9.	Funding and Resources	a. Institutional budget allocation b. Donations and sponsorships
10.	Amendments	Any amendment to this club must be proposed in writing and approved by a two-thirds majority of the Club Committee.
11.	Dissolution	In the event of dissolution, the assets and liabilities of the Club shall be transferred to the Swami Rama Himalayan University.

5. Services Offered

- **Theme-Based Cooking Days** – Explore cuisines like Indian, Italian, or Street Food.
- **Quick Recipe Challenges** – Prepare dishes with limited ingredients and time.
- **No-Fire Cooking** – Safe, fun recipes without the use of a stove or oven.
- **Cooking with a Cause** – Prepare meals for charity events or campus initiatives.
- **Budget Meal Challenges** – Cook an entire meal under a set cost limit.
- **Food Art & Plating Skills** – Learn the aesthetics of presenting food beautifully.
- **Interactive Cooking Quizzes & Games** – Fun food trivia during or after cooking.
- **Healthy Cooking Workshops** – Focus on nutritious, balanced, and budget-friendly meals.
- **Cultural Cuisine Days** – Learn to cook authentic dishes from different regions or countries.
- **Zero-Waste Cooking** – Teach how to use leftovers and minimize food waste creatively.
- **Dessert-Only Days** – A sweet exploration of puddings, pastries, and confections.



Sign. of Chairperson

Chairperson
Cooking Club
Swami Rama Himalayan University



Sign. of Treasurer



Sign. of Member Secretary

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NOTICE COOKING CLUB (Academic & Professional Development Clubs)

SRHU/PDC/CC/2024/01

28th May 2024

This is to inform all students of the Cooking Club is going to organize a Nutrition Demonstration event to introduce with a focus on the dietary management of hypertension.

Details of the Meeting:

- Event : Nutrition Demonstration
- Date : 19th June 2024
- Time : 8:30 a.m. to 1:30 p.m
- Venue : Nutrition Lab, Swami Rama Himalayan University
- Organized by :Cooking Club, SRHU
- Eligibility : All students and interested trainees

All students are encouraged to participate actively in the discussion to strengthen their clinical understanding and professional competencies. Attendance of registered club members is mandatory.

For further details, please contact the Club Coordinator or respective Batch representatives.

Learn, Discuss, and Grow



Chairperson

Chairperson
Cooking Club
Swami Rama Himalayan University

Copy to:

Hon'ble President
Hon'ble Vice Chancellor
Director General (Academic Development)
Pro-Vice Chancellor
Registrar
Dean, HSMS
Heads of Departments
Finance Officer
Members of the club – For necessary arrangements and action



for kind information please

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

REPORT

Organized by	: Cooking Club, Swami Rama Himalayan University
Date	: 19 th June 2024
Venue	: Nutrition Lab, Swami Rama Himalayan University
Time	: 08:30AM - 01:30PM

The Cooking Club of Swami Rama Himalayan University, in collaboration with the Himalayan College of Nursing, organized a Nutrition Demonstration on 19th June 2024 from 8:30 a.m. to 1:30 p.m. at the Nutrition Lab, HCN. A total of 10 beneficiaries participated in the activity. The demonstration was conducted by Post Basic B.Sc. Nursing First Year students as part of their club activity, with a focus on the dietary management of hypertension. The aim of the session was to strengthen students' practical understanding of therapeutic nutrition and to emphasize the significance of diet in managing chronic lifestyle-related diseases. Under the guidance of faculty members from the Department of Nutrition and the Cooking Club, students engaged in planning and preparing therapeutic diets specifically tailored for individuals with hypertension.

Throughout the session, participants created a variety of heart-healthy, low-sodium dishes designed to meet the nutritional needs of hypertensive individuals. They incorporated principles such as reducing sodium intake, increasing potassium-rich foods, enhancing fibre and antioxidant consumption, minimizing saturated fats, and avoiding processed foods. Students also learned to replace salt with herbs and natural flavourings to maintain taste while supporting cardiovascular health. Dishes prepared included vegetable-based soups, whole grain salads, steamed preparations, and fresh fruit snacks. Each group presented their diet chart and meal plan, explaining the nutritional rationale behind their choices. Faculty members evaluated their work based on nutritional adequacy, presentation, clarity, and clinical relevance, and provided constructive feedback.

The activity successfully enhanced participants' competency in therapeutic diet planning and reinforced the importance of individualized nutrition care. It also aligned with SRHU's mission of promoting evidence-based, patient-centred healthcare and preventive health education, ensuring that nursing students gain hands-on experience essential for clinical practice.



Ms. Kanchan Bala
Chairperson

Chairperson
Cooking Club
Swami Rama Himalayan University

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Uttarakhand 248016

EVENT HIGHLIGHT



Students are preparing diet for malnourished adult and faculty is evaluating their activity


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NOTICE COOKING CLUB (Academic & Professional Development Clubs)

SRHU/PDC/CC/2024/02

29th May 2024

This is to inform all students of the Cooking Club is going to organize a Nutrition Demonstration event to introduce with a focus on the dietary management of hypertension.

Details of the Meeting:

- Event : Nutrition Demonstration
- Date : 20th June 2024
- Time : 8:30 a.m. to 1:30 p.m
- Venue : Nutrition Lab, Swami Rama Himalayan University
- Organized by : Cooking Club, SRHU
- Eligibility : All students and interested trainees

All students are encouraged to participate actively in the discussion to strengthen their clinical understanding and professional competencies. Attendance of registered club members is mandatory.

For further details, please contact the Club Coordinator or respective Batch representatives.

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REPORT

Organized by : Cooking Club, Swami Rama Himalayan University
Date : 20th June 2024
Venue : Nutrition Lab, Swami Rama Himalayan University
Time : 08:30AM - 01:30PM

The Cooking Club of Swami Rama Himalayan University, in collaboration with the Himalayan College of Nursing, organized a Nutrition Demonstration on 20th June 2024 from 8:30 a.m. to 1:30 p.m. at the Nutrition Lab, HCN, benefiting a total of 71 participants. The demonstration was conducted by the B.Sc. Nursing 2nd Semester students, focusing on dietary management for malnourished patients. The activity aimed to strengthen students' practical understanding of therapeutic nutrition and enhance their ability to design diet plans tailored to the needs of individuals suffering from malnutrition. Under the supervision of faculty members from the Department of Nutrition and the Cooking Club, students prepared nutrient-dense, calorie-rich meals formulated to meet the increased energy and protein requirements essential for recovery. Emphasis was placed on preparing easily digestible fortified foods rich in vitamins and minerals to support weight gain and overall nutritional improvement.

During the session, student groups presented detailed diet charts and explained the nutritional principles underlying their meal choices. Faculty members evaluated their work based on parameters such as nutritional adequacy, presentation, clarity, and clinical applicability, and provided constructive feedback to support learning. This activity successfully bridged theoretical knowledge with practical application, reinforcing the importance of individualized diet therapy and preventive nutritional care. It further reflected SRHU's commitment to promoting patient-centred nursing education and fostering competent future healthcare professionals equipped with essential clinical nutrition skills.



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