

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



Sign. of Treasurer



Sign. of Member Secretary

**HIMALAYAN COLLEGE OF NURSING
SWAMI RAMA HIMALAYAN UNIVERSITY
JOLLYGRANT, DEHRADUN**

DATE: 18 June 2025

NOTICE

NUTRITION DEMONSTRATION

Cooking Club in collaboration with Himalayan College of Nursing is organizing a Nutrition Demonstration on 26 and 27 June 2025 from 8:30 am in nutrition lab. Students of Post Basic B.Sc. (N) First Year have to perform the demonstration.



Dr. Kanchan Bala
Chairperson,
Cooking Club
HCN, SRHU

**HIMALAYAN COLLEGE OF NURSING
SWAMI RAMA HIMALAYAN UNIVERSITY**

COOKING CLUB

REPORT ON NUTRITION DEMONSTRATION

Name of Activity: Nutrition Demonstration

Date: 26 & 27 June 2025

Time: 8:30 am to 1:30 Pm

Venue: Nutrition Lab

No. of beneficiaries: 24

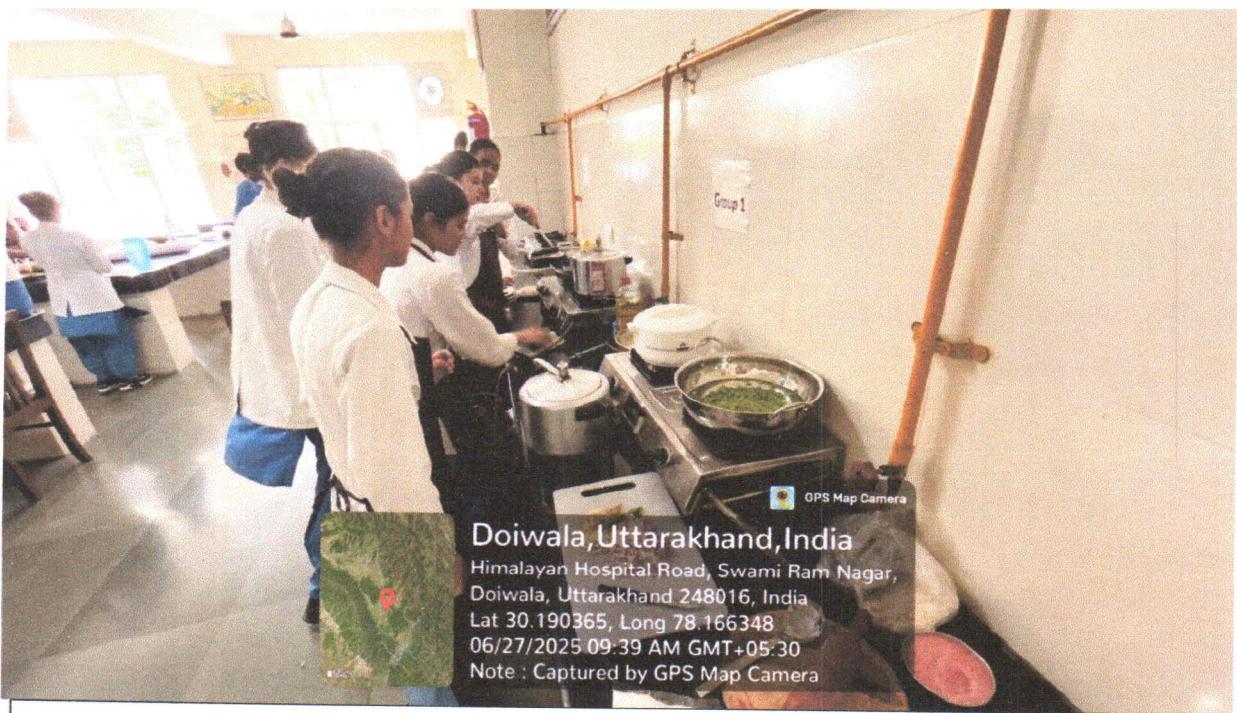
Organised by: Cooking Club, SRHU

In Collaboration with: Himalayan College of Nursing

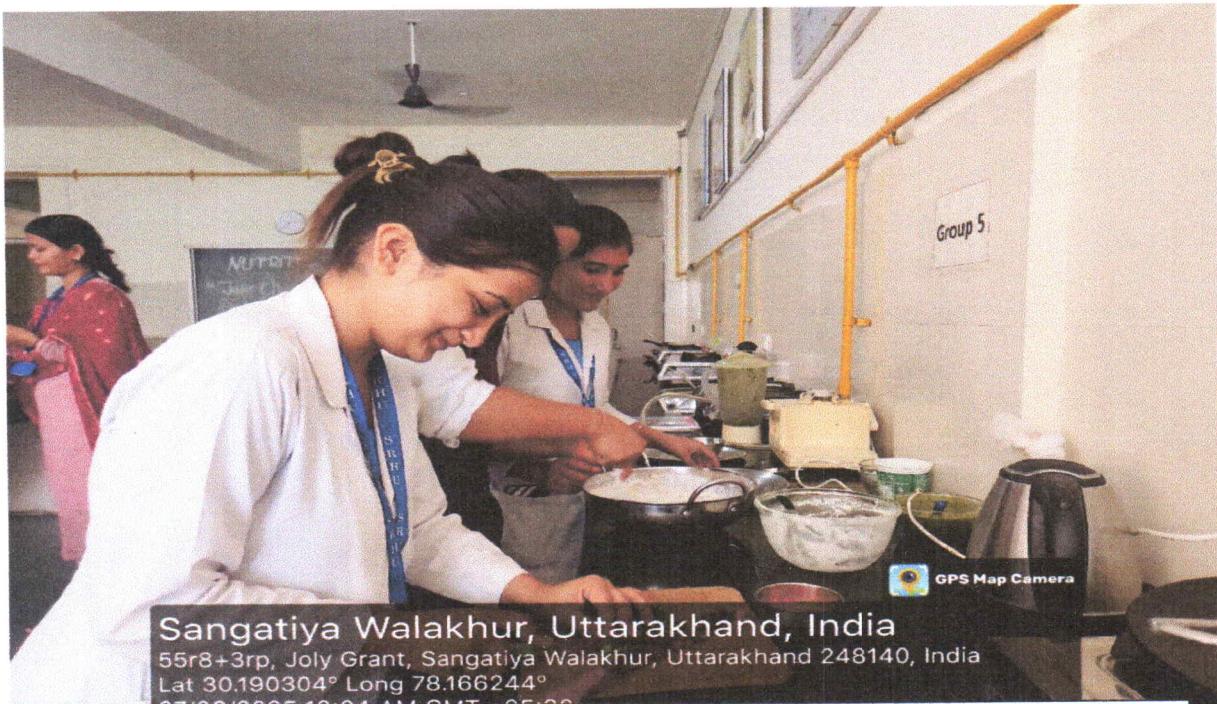
The Post Basic B.Sc. Nursing 1st Year students of Himalayan College of Nursing, SRHU, conducted a nutrition demonstration in the Nutrition Lab, focusing on the nutritional requirements of pregnant women. The session aimed to deepen students' understanding of maternal nutrition and improve their ability to create balanced diet plans that promote maternal and fetal well-being guided by faculty from the Department of Nutrition and the Cooking Club, students prepared a variety of nutrient-rich meals tailored for different stages of pregnancy. Emphasis was placed on iron, folic acid, calcium, protein, and other essential nutrients critical for the health of both mother and baby. Special attention was also given to food safety, cultural preferences, and daily caloric needs during pregnancy. The students developed meal plans and diet charts, demonstrating practical and affordable food options suitable for pregnant women. Each group presented their dishes and explained the nutritional significance of the ingredients used. Recipes included iron-rich preparations, high-protein meals, calcium-fortified snacks, and hydrating beverages. Faculty members evaluated the demonstrations on the basis of nutritional completeness, presentation, practical application, and clarity of explanation. Constructive feedback was given to help students refine their diet planning skills. This hands-on activity allowed students to apply theoretical knowledge in a practical context, reinforcing the role of diet in preventing maternal complications and ensuring healthy pregnancy outcomes. The demonstration reflected SRHU's commitment to high-quality nursing education and evidence-based, patient-focused care.



Pic. 1 Students are cutting the vegetables and doing the preparation for cooking.



Pic. 2 Students are cooking the diet for pregnant women.



Sangatiya Walakhur, Uttarakhand, India

55r8+3rp, Joly Grant, Sangatiya Walakhur, Uttarakhand 248140, India
Lat 30.190304° Long 78.166244°

27/06/2025 10:01 AM GMT - 05:00

Pic 3: Students are performing nutrition demonstration along with faculty


Member Secretary


Chairperson

**HIMALAYAN COLLEGE OF NURSING
SWAMI RAMA HIMALAYAN UNIVERSITY
JOLLYGRANT, DEHRADUN**

DATE: 4th February 2025

NOTICE

NUTRITION DEMONSTRATION

Cooking Club in collaboration with Himalayan College of Nursing is organizing a Nutrition Demonstration on 6th & 7th February 2025 from 8:30 am in community setting. Students of B.Sc. (N) VI Semester have to perform the demonstration.



Dr. Kanchan Bala
Chairperson,
Cooking Club
HCN, SRHU

**HIMALAYAN COLLEGE OF NURSING
SWAMI RAMA HIMALAYAN UNIVERSITY**

COOKING CLUB

REPORT ON NUTRITION DEMONSTRATION

Name of Activity: Nutrition Demonstration

Date: 6th & 7th February 2025

Time: 8:30 am to 1:30 Pm

Venue: Community Area

No. of beneficiaries: 75

Organised by: **Cooking Club, SRHU**

In Collaboration with: **Himalayan College of Nursing**

On 6th and 7th February 2025, the Cooking Club in collaboration with Himalayan College of Nursing, SRHU, conducted a Nutrition Demonstration in a community health setting from 8:30 AM to 1:30 PM. The primary objective of this initiative was to raise awareness among nursing students and community members about therapeutic diets, with a specific emphasis on the nutritional needs of pregnant women. A total of 75 nursing students actively participated in this outreach program and gained valuable hands-on experience. The session focused on the preparation and demonstration of therapeutic diet plans designed for different stages of pregnancy, highlighting key nutrients such as iron, folic acid, calcium, and protein. In addition to dietary preparation, students addressed caloric requirements, cultural dietary practices, and food safety considerations for pregnant women within the community. Participants developed balanced, culturally appropriate, and practical meal options suitable for local populations. The demonstration allowed students to translate classroom knowledge into practical community-based skills, as they created and presented diet charts, cooked therapeutic meals, and explained the rationale behind each dietary plan. Faculty members provided supervision, evaluating the nutritional adequacy, clinical relevance, and presentation of the plans and dishes. This community-based educational activity played a vital role in strengthening nursing students' understanding of maternal nutrition and therapeutic diet planning, while promoting patient-centred care and health education outreach. The initiative aligns with SRHU's commitment to high-quality nursing education and community health engagement.



Pic 1: Student is performing nutrition demonstration in community.



Pic 2: Students are performing nutrition demonstration in community along with faculty


Member Secretary


Chairperson

**HIMALAYAN COLLEGE OF NURSING
SWAMI RAMA HIMALAYAN UNIVERSITY
JOLLYGRANT, DEHRADUN**

DATE: 17 June 2024

NOTICE

NUTRITION DEMONSTRATION

Cooking Club in collaboration with Himalayan College of Nursing is organizing a Nutrition Demonstration on 20 June 2024 from 8:30 am in Nutrition Lab, HCN, SRHU. Students of B.Sc. Nursing II Sem. have to perform the demonstration.



Dr. Kanchan Bala
Chairperson,
Cooking Club
HCN, SRHU

**HIMALAYAN COLLEGE OF NURSING
SWAMI RAMA HIMALAYAN UNIVERSITY**

COOKING CLUB

REPORT ON NUTRITION DEMONSTRATION

Name of Activity: Nutrition Demonstration

Date: 20 June 2024

Time: 8:30 am to 1:30 Pm

Venue: Nutrition Lab, HCN

No. of beneficiaries: 72

Organised by: Cooking Club, SRHU

In Collaboration with: Himalayan College of Nursing

On 20 June 2024, the B.Sc. Nursing 2nd Semester students of Himalayan College of Nursing, SRHU, conducted a nutrition demonstration in the Nutrition Lab, focusing on dietary management for diabetic patients. The session aimed to improve students' practical skills in planning and preparing therapeutic diets suitable for individuals with diabetes. Under the guidance of faculty from the Department of Nutrition and the Cooking Club, students prepared balanced, low-glycemic meals designed to control blood sugar levels. Emphasis was placed on portion control, complex carbohydrates, high fiber foods, and healthy fats to support optimal glucose regulation. Groups presented detailed diet charts and explained the nutritional principles behind their meal plans, including strategies to avoid simple sugars and promote steady energy release. Faculty assessed the presentations based on nutritional adequacy, clinical relevance, and clarity, providing valuable feedback to enhance learning. This hands-on activity successfully combined theoretical knowledge with practical application, reinforcing individualized diet therapy and preventive health education, consistent with SRHU's dedication to patient-centered nursing care.



Pic. 1 Students are preparing diet for malnourished adult and faculty is evaluating their activity.


Member Secretary


Chairperson

**HIMALAYAN COLLEGE OF NURSING
SWAMI RAMA HIMALAYAN UNIVERSITY
JOLLYGRANT, DEHRADUN**

DATE: 15 June 2024

NOTICE

NUTRITION DEMONSTARTION

Cooking Club in collaboration with Himalayan College of Nursing is organizing a Nutrition Demonstration on 19 June 2024 from 8:30 am in Nutrition Lab, HCN, SRHU. Students of B.Sc. Nursing II Sem. have to perform the demonstration.



Dr. Kanchan Bala
Chairperson,
Cooking Club
HCN, SRHU

**HIMALAYAN COLLEGE OF NURSING
SWAMI RAMA HIMALAYAN UNIVERSITY**

COOKING CLUB

REPORT ON NUTRITION DEMONSTRATION

Name of Activity: Nutrition Demonstration

Date: 19 June 2024

Time: 8:30 am to 1:30 Pm

Venue: Nutrition Lab, HCN

No. of beneficiaries: 71

Organized by: Cooking Club, SRHU

In Collaboration with: Himalayan College of Nursing

On 19 June 2024 B.Sc. Nursing 2nd Semester students of Himalayan College of Nursing, SRHU, conducted a nutrition demonstration in the Nutrition Lab, focusing on dietary management for malnourished patients. The session aimed to enhance students' practical skills in preparing therapeutic diets tailored for these conditions. Under faculty supervision from the Department of Nutrition and the Cooking Club, Students prepared nutrient-dense, calorie-rich meals designed to meet the increased energy and protein needs of malnourished individuals. They emphasized easy-to-digest, fortified foods with adequate vitamins and minerals to support weight gain and recovery. Groups presented diet charts and explained the nutritional principles behind their meal plans. Faculty evaluated their work based on nutritional adequacy, presentation, and clinical relevance, providing constructive feedback. This activity effectively integrated theory with practice, emphasizing individualized diet therapy and preventive care, in line with SRHU's commitment to patient-centred nursing education.



Pic. 1 Students are preparing diet for malnourished adult and faculty is evaluating their activity.


Member Secretary


Chairperson

**HIMALAYAN COLLEGE OF NURSING
SWAMI RAMA HIMALAYAN UNIVERSITY
JOLLYGRANT, DEHRADUN**

DATE: 15 June 2024

NOTICE

NUTRITION DEMONSTRATION

Cooking Club in collaboration with Himalayan College of Nursing is organizing a Nutrition Demonstration on 18 June 2024 from 8:30 am in Nutrition Lab, HCN, SRHU. Student of Post Basic B.Sc. (N) 1st Year have to perform the demonstration.



Dr. Kanchan Bala
Chairperson,
Cooking Club
HCN, SRHU

**HIMALAYAN COLLEGE OF NURSING
SWAMI RAMA HIMALAYAN UNIVERSITY**

COOKING CLUB

REPORT ON NUTRITION DEMONSTRATION

Name of Activity: Nutrition Demonstration

Date: 18 June 2024

Time: 8:30 am to 1:30 Pm

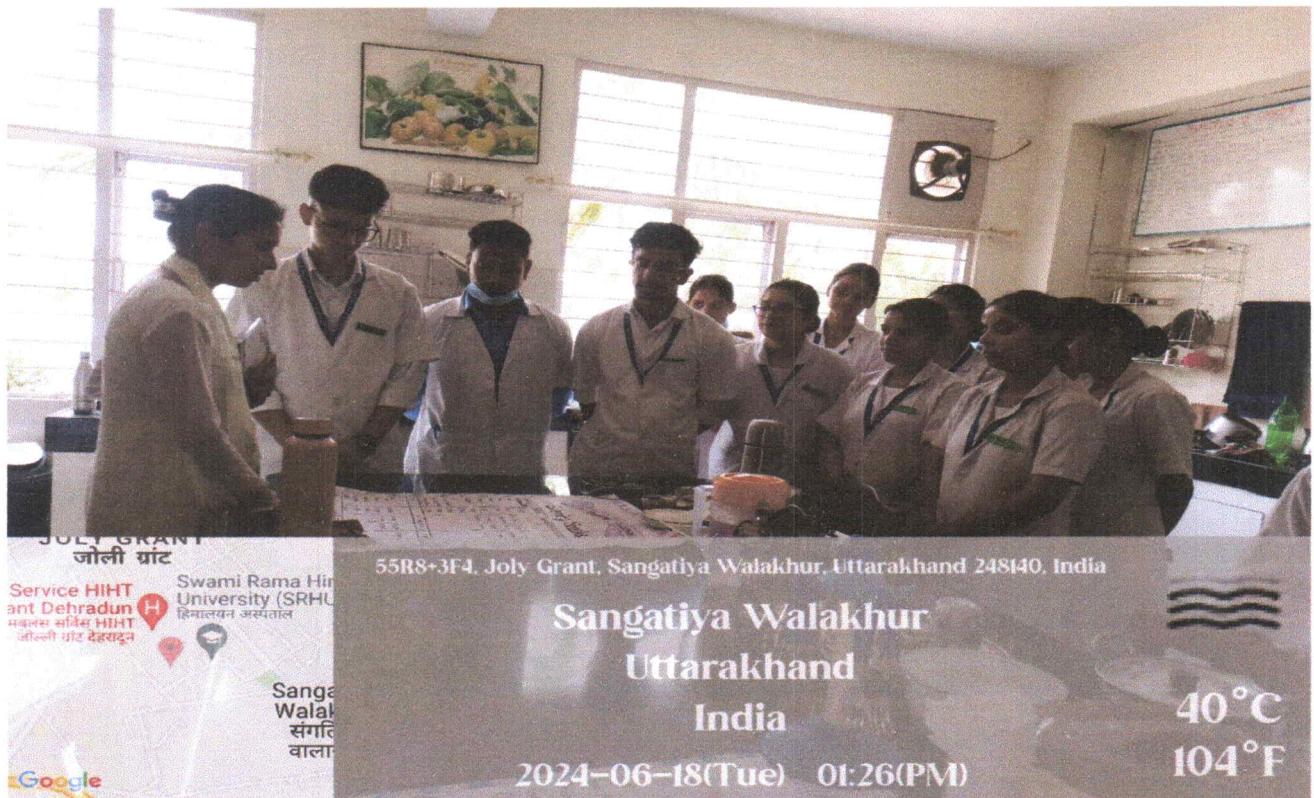
Venue: Nutrition Lab, HCN

No. of beneficiaries: 10

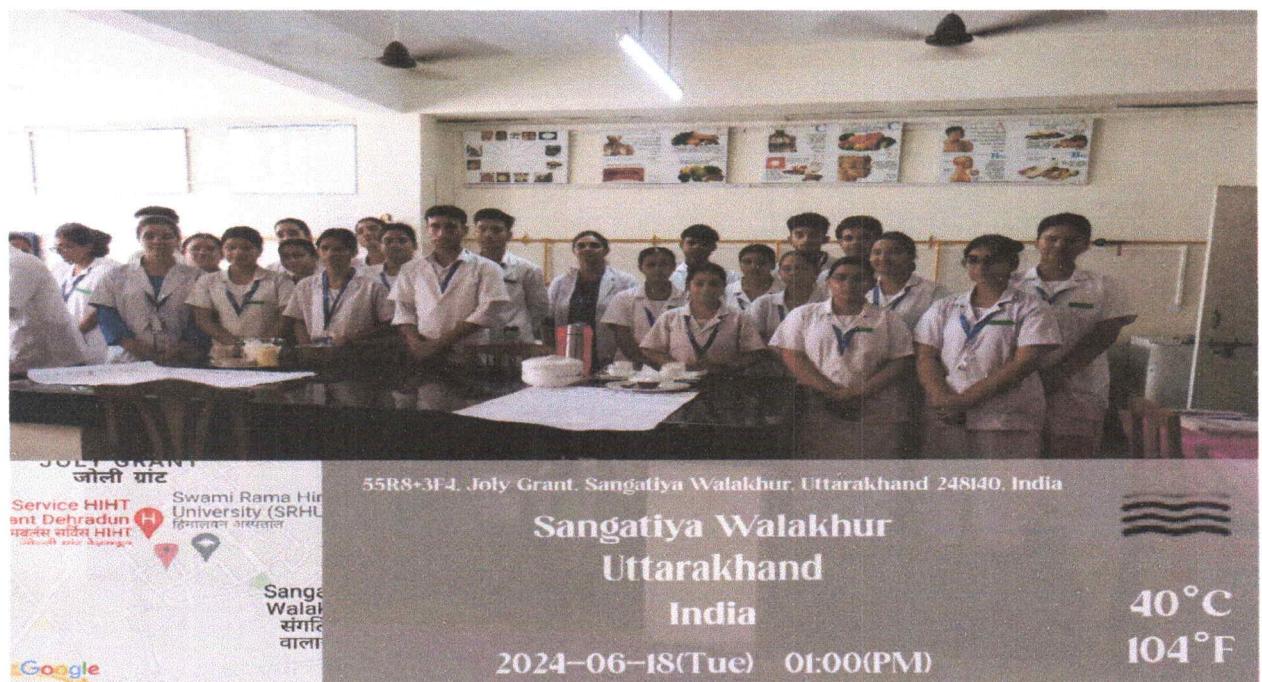
Organized by: Cooking Club, SRHU

In Collaboration with: Himalayan College of Nursing

The Post Basic B.Sc. Nursing First Year students of Himalayan College of Nursing, SRHU, organized a Nutrition Demonstration in the Nutrition Lab as part of the club activity on 18 June, 2024. The focus of this activity was on the dietary management of hypertension, aiming to enhance students' understanding of therapeutic nutrition and the role of diet in managing chronic lifestyle-related conditions. The main objective of the demonstration was to educate nursing students on planning and preparing therapeutic diets specifically tailored for individuals with hypertension. The event offered a hands-on opportunity to apply theoretical knowledge in a practical setting under the supervision of faculty from the Department of Nutrition and cooking club. During the session, students developed and prepared various hypertensive diet plans focusing on reducing sodium intake, incorporating potassium-rich foods, increasing fibre and antioxidants, limiting saturated fats and processed foods, and using herbs and natural flavourings instead of salt. They prepared heart-healthy, low-sodium dishes such as vegetable soups, whole grain salads, steamed meals, and fresh fruit snacks. Each group presented a diet chart and meal plan, explaining the nutritional reasoning behind their choices. Faculty evaluated their work on nutritional adequacy, presentation, clarity, and clinical relevance, providing constructive feedback. This activity emphasized the importance of personalized diet planning and enhanced students' ability to apply nutrition principles in clinical practice. It also supported SRHU's mission to foster evidence-based, patient-centred nursing care and preventive health education.



Pic 1: Students are performing nutrition demonstration in front of faculty.



Pic 2: Students are being evaluated for their nutrition demonstration by faculty.


Member Secretary


Chairperson