



Christian Medical College Vellore

NEWSLINE

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Glory to God in the highest, and on earth peace to men on whom his favour rests. Luke 2:14

Cookery Competition organised by the Department of Endocrinology



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The Department of Endocrinology, CMC Vellore organised a cookery competition on the theme “Diabetic Bedtime Snacks” on the evening of 24th September, 2022, which was a melange to exhibit the culinary skills of the people of Vellore. The meeting was presided by Dr. Asha HS, Professor, Department of Endocrinology and Metabolism, CMC Vellore. The Chief Guest for the event was Dr. Bala Seetharaman, Nursing Superintendent, Head of Department of Medical and Surgical Nursing. In her welcome address, the Chief Guest stressed the importance of early dinner at home, the contribution of all family members in a healthy diet at home and protein rich bedtime snacks as an important component of diet in patients on insulin.

Dr. Ashish Gupta, Head of Plastic Surgery at CMC Vellore, stressed the need for young men to participate in cooking at home and that a healthy 'diabetic diet' is a healthy diet not only for those with diabetes but for the general population at large. The other judges were Mrs. Bharathy, Associate Professor, Medical Nursing, CMC Vellore, Mrs. Nalini Prasad, Vice President, Tangent India, Mrs. Kavitha and Mrs. Sandhya. They congratulated all the contestants for their enthusiasm and zeal in participation.

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Cookery Competition on the theme “Diabetic Bedtime Snacks”

The event witnessed the participation of 33 teams, which included school children, teachers from various schools and colleges, staff from CMC Vellore and home makers. They have showcased innovative ideas to make different kinds of delicious and nutritious diabetic bedtime snacks. The recipes were evaluated on the basis of nutritive and calorific value, cost of ingredients, time duration of cooking, and taste.

A special prize was awarded to Ms. Deepa. R. and Ms. Gopika C, B.Sc. Nutrition student from Muthurangam Arts College, Vellore for the recipe “Sprouted Momos”.

The first prize was bagged by Ms. Jasme M. and Keerthana S. from KNICU, CMC Vellore for the recipe “Karamani Cutlet”.

The second prize was won by Ms. Joyce Beulah and Ms. Madhumitha B. from Oncology Department CMC Vellore for the recipe “Jowar pearl millet ollai kolakkatai” and Ms. Revathi K and Ms. Reena S. from OR Day care, CMC Vellore for the recipe “Cabbage Cutlet”.

Three consolation prizes were also awarded to Mr. Kathir and Ms. Ajith Kumar from Addon Institute Faculty, Dr. Uma Mageshwari and Dr. Beulah Suresh faculty from Auxilium College [AP], Christina Devi and Ms. Nandhini S. from Labour Room.

The cash prizes and trophies will be awarded to the winners during the valedictory function to be held in December 2022.

For the Pictures and Videos kindly visit the following link :

<https://www.cmcendovellore.org/world-diabetes-day-celebration-2022/>

