



Inter Cultural Exchange Programme

**NORTH-EASTERN HILL UNIVERSITY
&
BABASAHEB BHIMRAO AMBEDKAR UNIVERSITY**

THEME: Indigenous Cuisine

Programme : Dated 7th March 2022

- 3:30 P.M. - Programme Introduction and Welcome :
Professor Naveen Arora, BBAU
- 3:32 P.M. - Glimpses of activities of EBSB, BBAU
- 3:36 P.M. - Demonstration on Tastes of Uttar Pradesh
- Qs & As
- 3:41 P.M. - Introducing the Resource Person from Meghalaya :
Professor Desmond L. Kharmawphlang NEHU
- 3:43 P.M. - Ethnic Delicacies of the Khasis of Meghalaya and
their Nutritional Value : Miss Mandari Blah
- 4:03 P.M. - Qs & As
- 4:05 P.M. - Vote of Thanks, Professor M.P.Pandey, NEHU

Meeting Link ID:

<https://us02web.zoom.us/j/83720495856?pwd=TTNRd2JjbVlZHDvd05aS3NxRnpkUT09>

Meeting ID: 837 2049 5856

Under the Aazadi Amrit Mohatsav umbrella programme and as part of the Ek Bharat Shrestha Bharat, an intercultural exchange was held between the Babasaheb Bhimrao Ambedkar University, Lucknow and North-Eastern Hill University, Shillong on 7th [March 2022](#) on the theme **Indigenous Cuisine**. The online programme featured presentations cum demonstrations of select indigenous cuisine of Uttar Pradesh and Meghalaya.

The programme was introduced by Professor Naveen Arora, Nodal Officer of EBSB, BBA University, Lucknow who also gave an account of the activities undertaken by BBA university under EBSB. This was followed by a presentation on Tastes of Uttar Pradesh presented by the students of the Nutritional Science department of the university.

This was followed by an introduction of the Resource Person from Meghalaya, Miss Mandari Mary Blah by Professor Desmond L. Kharmawphlang, committee member AAM, NEHU. Miss Blah, an Assistant Professor from the Department of Nutritional Science and Dietetics, St. Mary's college, Shillong, Meghalaya presented a talk supported by slideshows on the various rice cakes and salads used by the Khasis.

The programme was immensely beneficial to the faculty and students of both the partnering Universities and during the interactions it was decided that more such collaborative programmes may be taken up in the future.

The vote of thanks was offered by Professor M.P. Pandey, Chairman, AAM committee North-Eastern Hill University, Shillong