



DEVI AHILYA VISHWAVIDYALAYA, INDORE (M.P.)
Deen Dayal Upadhyay Kaushal Kendra (DDU-KK)



Assorted Cookies

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A **Handbook on Nutrition: Treasure of Health** was inaugurated on 15th August 2020 by Hon`ble Vice Chancellor Prof. Renu Jain, Dr. Maya Ingle Director, DDU-KK with other dignitaries. This issue is focused on making some items from the recipes covered in this book. Some guests have sent us their feedbacks after preparing some items and those are included in this issue.

The launch of the DDU-KK, DAVV E-Bulletin, a synchronization with modern learning, will prove to be a historical document of reform and growth of the University.

The new era of visible learning, conveying information and facilitating communication. A vision to encouraging sharing and team work among students.

The valuable publication will provide opportunities for the students to show their creative talents thus making the University an interesting center

My congratulations on the launch and best wishes for future progress.



Dr. Shekhar D Rao
Former President IMA,
Indore

Peanut Chikki Rich in Vitamin B3

- Helps in call metabolism
- Deficiency of niacin can cause weakness headache, skin diseases and loss of appetite.



Mrs. Aprajita Gupta
(Riya Gupta's Aunt)

I came across this beautiful **Hand Book on Nutrition**. All the recipes in this are really very interesting and easy to prepare, with locally available ingredients. These are tasty as well as nutritious recipes. I have tried making **Peanut Chikki**, it came out very well the Chikki was very healthy even enjoyed this during my navratra fast. It was a healthy option to give my 3 year old daughter instead of her chocolates and candies, She really liked it and enjoyed feasting on them and I can also give these to her without worrying. Also the meal plans in this book are very helpful and I can easily prepare tailored meal for every individual in my family according to nutritional requirements. Thanks to DDU-KK Team!!!



Banana Oatmeal Cookies Rich in Vitamin D

- Helps in bone formation.
- Helps in calcium absorption.
- Prevents swelling of joints- knee, ankle, wrist.
- Prevents from auto immune disease, gum bleeding and rickets.

Cookies were delicious, crispy and tasty. Easy to make. All the recipes in the book are amazing not only the recipes but the diet plans are also very useful. Thank you for sharing such an amazing and informative book with us.



Mrs. Vidhi Virani
(Nishita Mulchandani's Aunt)





Mrs. Vishakha Pare
(*Twinkle Yadav's Aunt*)

Banana Almond Shake Rich in Vitamin B2

- Helps in preventing dryness of skin.
- Prevents from cheilosis (cracks at the corner of lips).
- Helps in growth and development in children.

Banana Shake has always been my first choice but I never made it on my own I always went outside for the shake. But this recipe from the book was so delicious and easy to prepare that from now onwards I can easily have it at my home. Also, I am surely gonna follow the diet plans given in the book they are really amazing. Thank you for such a healthy recipe book.



Carrot Beetroot Halwa Rich in Vitamin A

- Improves eye sight.
- Helps in tissue growth.
- Helps in reproduction.
- Prevents from infection, cardiovascular disease and gastrointestinal inflammation.

Kudos to the team! It's a great initiative taken by the department of nutrition/health in this pandemic period. The diet plans for various professionals are very mindfully and interestingly put up. Definitely, these simple and delicious recipes will be helpful to all those who are new to cooking and, also to those who want an easy diet plan. Godspeeds to all the participants!!!



Mrs. Prajкта Phatak
(*Radhika Godbole's Aunt*)



Mrs. Kinnari Lodaya & Mrs. Vaishali Lodaya
(*Online website visitor*)

It is a great help from the online book "**A Handbook on Nutrition: Treasure of Health**" which is full of nutritious recipes on the website of Deen Dayal Upadhyay Kaushal Kendra. We are housewives from **Ahmedabad, Gujarat**. While searching for the nutritious recipes during post Pandemic Covid-19, we found the availability of nutrition health book and contacted the department of DAVV, Indore for the book and are thankful to the students for the simple and healthy recipes. There are many simple recipes in the book which can be prepared easily and help us to boost our immunity power. We appreciate the innovative initiative of nutrition recipe book from the learning students. Our best wishes for the success and learning ahead to the team of DDU-KK department for providing the online facility.

Editorial Team

Ms. Mona Dharamsey
Co-ordinator, DDU-KK

Ms. Anshika Jain
Multi-Tasking Staff, DDU-KK

Deen Dayal Upadhyay Kaushal Kendra (DDU-KK)

2nd Floor, Vigyan Bhawan, Takshashila Campus, Khandwa Road, Indore (MP)-452001,
Contact: +91 9424889872, 9424450170 e-mail: ddukkdavy@gmail.com