

## Cooking Workshop Summary Report

**Name of Event** : Cooking Session for Visually Challenged Students

**Date of Event** : 4<sup>th</sup> November, 2018.

**Timing** : 9 am – 3pm

**Place of Event**: SIES College of Arts, Science and Commerce

**Number of Students attended** : 11 students & 7 volunteers

**Sponsoring Trust** : Voice Vision

**Contact Name** : Ms. Sushmeetha

**Email-Id** : sushmeetha@voicevision.in

**Conducted by** : Voice Vision



### Report

The main motive of this workshop was to provide knowledge and ideas about cooking to the visually students of Prajnya vision centre. Ms. Sushmeetha, a visually impaired conducted this workshop on cooking by providing many ideas and methods to make cooking easy. The students were taught how to switch on the stove, cut, slice vegetables, etc. They were also taught regarding the safety measures of cooking. The students were trained about how to hold the knife while cutting vegetables, knead the flour, how much quantities needed for a preparing particular food etc. The things were not only explained but she also trained the students to participate. The NSS volunteers assisted the students especially while cutting vegetables and cooking. Students cooked three food items – Chapati, Dal Rice and Poha Upma. The students were excited to cook They were fully involved in workshop as well as enjoyed.

The event was very useful for the students as they learned rudimentary things about cooking. It built confidence in them to cook. They were provided with many hints and precautionary measures while cooking in the kitchen.



Ms. Vidya  
Coordinator

