



Sustaina Staff

**FDP on
FLAVOURS OF EXCELLENCE,
HANDS-ON WORKSHOP
FOR FACULTY AND STAFF**



Chef Manpreet Singh

Assistant Professor

Chef Yash Mehta

Assistant Professor



Scan to
Register

Registration Fee : ₹ 500/-

Last Date of Registration : **02/01/2026**

Organised by:

Chitkara College of Hospitality Management

in collaboration with

Centre of Excellence for Sustainability



8th-10th January 2026



9:00 AM to 1:00 PM



BTK1, Escoffier Block

Event Name	Sustain-A-Staff (Chapter III)
Date	08-10 Jan 2026
Venue	BTK1, Escoffier Block
Department	Chitkara College of Hospitality Management, in collaboration with the Centre of Excellence for Sustainability
Resource Person	Chef Manpreet Singh and Chef Yash Mehta
Number of Participants	5
SDGs Covered	2,4,8,17

Introduction

Chitkara College of Hospitality Management, in collaboration with the Centre of Excellence for Sustainability, successfully organized a three-day Faculty Development Programme (FDP) titled “**Flavours of Excellence**” – A Hands-on Workshop for Faculty and Staff from 8th to 10th January 2026 at BTK1, Escoffier Block, Chitkara University.

The FDP was conducted under the expert guidance of **Chef Manpreet Singh** and **Chef Yash Mehta**, Assistant Professors, who led the sessions with a perfect blend of professional expertise and academic insight.

Objectives

The programme aimed to:

- Enhance culinary competencies of faculty and staff
- Encourage innovation in traditional and contemporary Indian cuisine
- Integrate sustainability practices into kitchen operations
- Promote experiential, hands-on professional learning

The FDP reflected the university’s commitment to excellence in hospitality education while embedding sustainable principles into practical training.



Day-wise Workshop Highlights Workshop Highlights

Day 1: Traditional Excellence – Rice & Desserts *Advanced culinary techniques and flavor profiling*

The workshop commenced with a focus on classical Indian culinary craftsmanship.

Participants prepared:

- Biryani
- Gulab Jamun
- Phirni

The session emphasized flavor balancing, spice layering, rice cooking techniques, dessert texture control, and presentation finesse. Sustainable ingredient usage and waste minimization techniques were also discussed during preparation.



Day 2: Tandoor & Grilled Specialties

The second day focused on marination science, grilling techniques, and protein handling.

Participants prepared:

- **Paneer Tikka**
- **Kabab**

The chefs demonstrated advanced marination techniques, temperature control, and presentation aesthetics while reinforcing hygienic and sustainable kitchen practices.

Day 3: Indian Street Food Artistry

The final day celebrated the vibrancy of Indian street cuisine. Participants prepared:

- **Golgappa**
- **Raj Kachori**
- **Indian Chaat Varieties**

This session highlighted flavor contrasts, chutney preparation, crisp textures, plating innovation, and efficient batch preparation. The discussion also covered smart ingredient utilization to reduce wastage in high-volume food production.



Sustainability Integration

True to its title “SustainaStaff,” the workshop emphasized:

- Responsible sourcing of ingredients
- Minimization of food waste
- Smart utilization of seasonal and local produce
- Sustainable kitchen practices



The integration of sustainability principles reflected Chitkara University's ongoing mission to embed environmentally responsible practices within academic and professional training frameworks.

Participation and Engagement

The FDP witnessed enthusiastic participation from faculty and staff members who actively engaged in hands-on sessions, interactive discussions, and collaborative experimentation. The structured format, coupled with a nominal registration fee of ₹500, ensured accessibility and professional delivery.



Conclusion

The three-day FDP on "Flavours of Excellence" successfully blended culinary mastery with sustainable practices, enhancing the professional competencies of faculty and staff. The workshop concluded on a high note, leaving participants enriched with refined skills and renewed creativity.

The initiative was aligned with **SDG 2 (Zero Hunger)**, **SDG 4 (Quality Education)**, **SDG 8 (Decent Work and Economic Growth)**, and **SDG 17 (Partnerships for the Goals)**, reflecting the institution's commitment to sustainable and skill-driven academic excellence.

