

RIDS Program: Inspiring Food Preservation Demonstration by Alumnus Azhagiri Rajendran

On July 29, 2024, we had the special privilege of welcoming back one of our outstanding alumni, Mr. Azhagiri Rajendran, as part of the RIDS program organized by the British Council. Mr. Rajendran, who completed his schooling at Vanavani School and graduated in 2005., has had an impressive career as a sous chef with Carnival Cruise Line in the USA, and has gained over 15 years of culinary expertise.

During his visit, Mr. Rajendran shared his extensive knowledge of food preservation techniques from around the world. His career, which includes experience at the Taj Group of Hotels, the ITC Group, and travels to over 10 countries where he mastered more than 10 different cuisines, provided a fascinating backdrop for the day's events.



The session was hands-on and interactive, with Mr. Rajendran engaging us in preparing various dishes such as pasta, soup, and pancakes. He brought a range of cooking equipment and ingredients, turning the event into a lively culinary workshop. We had the chance to participate as junior chefs, learning new recipes and techniques directly from him.

A highlight of the day was Mr. Rajendran's detailed presentation on food preservation methods. Using a PowerPoint presentation, he explained both traditional and modern techniques from Germany, Qatar, and the USA. His explanations helped us understand the importance of food safety, longevity, and nutritional value.



The session ended with an exciting Q&A, where we could ask questions and learn even more about the topics discussed. The event was a great success, leaving us inspired and better informed about the culinary arts.

We are very grateful to Mr. Rajendran for making this experience memorable and to everyone who helped organize this wonderful event. The enthusiasm and curiosity shown by all of us made it a day to remember.

Visit to AAVIN: Exploring the World of Milk Processing

On August 1, 2024, students from classes 7 and 8 visited AAVIN, Sholinganallur, Chennai, as part of the Recognition of International Dimensions in Schools (RIDS) program. This visit aimed to provide students with insights into the food processing industry, focusing on dairy production.

During the visit, the students learned about the journey of milk from collection to packaging. They discovered the processes involved in ensuring milk is maintained at the right temperature and explored the different types of AAVIN milk products, including AAVIN Nice, AAVIN Delite, AAVIN Premium, and AAVIN Diet, each identified by distinct colors—blue, green, orange, and others.

The students were taken on a tour of the packaging unit, where they observed how milk is prepared for distribution, as well as the storage facilities that ensure milk remains fresh for consumption. The concept of Solid Non-Fat (SNF) was also introduced, giving students a deeper understanding of milk's nutritional components.

As part of the visit, the students enjoyed AAVIN ice cream, chocolate, and biscuits, which were covered by a nominal entry fee of ₹50 collected from each student. The visit also included discussions on milk shelf life and storage practices, enhancing the students' knowledge of dairy product sustainability.

This educational excursion provided a valuable hands-on learning experience, enriching the students' understanding of food processing and the importance of dairy products in everyday life.



RIDS Activity: Exploring Global Food Preservation Techniques

As part of the Recognition of International Dimensions in Schools (RIDS) program, we embarked on an exciting project to research food preservation techniques from different parts of the world, including India, the USA, Germany, and Qatar. Our task was to gather information about these techniques and present our findings in a video presentation.



We began by watching informative videos that showcased various food preservation methods used in these countries. After watching the videos, we completed a questionnaire to test our understanding and reinforce what we learned about these preservation techniques.



This activity was a fantastic way for us to gain insights into how food is preserved globally. It broadened our perspective and enhanced our research skills, helping us appreciate the diverse methods used to keep food fresh and safe around the world.

PowerPoint Presentation

As part of our RIDS activity, students from classes 7 and 8 visited the Aavin Milk Factory on August 1, 2024. Following the trip, they created and presented a PowerPoint presentation on August 13, 2024, highlighting their observations. The presentation focused on pasteurization methods used in various countries, including the USA, Qatar, and Germany, and included detailed information along with a video component. After viewing the presentation, the students participated in an oral questionnaire session to discuss and review their insights.



Comparative Analysis and Bar Graph Drawing

As part of our RIDS activity, students from classes 7 and 8 conducted a survey using a Google Form to gather data on preserved food products from approximately 20 individuals in the USA, Germany, and Qatar. Additionally, a similar survey was distributed to 20 people residing in India. On August 14, 2024, the students analyzed the collected data and created a bar graph to compare and present their findings.



Poster Making Competition

As part of our RIDS activity, Poster Making Competition was held on August 21, 2024, where students from classes 7 and 8 enthusiastically participated. The theme for the competition was "Preserve and Prosper," and the students showcased their creativity and understanding through their impressive poster designs. Esteemed judge Kanimozhi Viswanathan, a student from Anna University, graced the event with her presence and carefully evaluated the entries. In appreciation of her time and contribution, a memento was presented to her on behalf of the school. Additionally, a song was played for the students, illustrating the process of crop cultivation from start to finish.



RIDS FINAL



