

Parikrma Newsletter For February 2023

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FOS 2023Parikrma
Humanity
Foundation

Festival of Science 23



Food is the basic fuel for all living beings! However, food is more too! Food is culture, family and community! How we cook and eat is how we express ourselves and, more importantly, how we connect with each other. Our relationship with food is remarkably intertwined with science. In fact, science is the foundation to how we grow food, where we grow food, who grows food and how we consume food.

This year, we dug into this vast menu: The evolution of food, the growers, and the innovators dishing yumminess full of culture and change. Highlighting the relevance of natural resources and changing climate, we also addressed the economic, social and environmental impacts of buying, ordering and consuming and (wasting) food.

Over three days, children from 23 schools across the country explored the “future of food” by familiarising themselves with its ingredients, unlearning and learning new flavours, and most importantly, finding an appetite for science and technology behind this fascinating world of taste and its social and economic relevance.

Extra Sambar, please!

And why not! The ingenious, floating pot of flavour, the humble Sambar is the heavy-duty vein connecting this year’s Festival of Science, themed FOOD.

Besides the hackathon, and food mandi, we also took government school children on a field trip to our very own Oxygen as a pre-festival initiative. We honoured **Dr Vandana Shiva** - the Indian scholar, Environmental Activist, Food Sovereignty Advocate & Ecofeminist. Shiva was also the keynote speaker for the event.

Speakers:

Dr Vandana Shiva

Professor Padmanabhan Balaram: Indian biochemist and a former director of the Indian Institute of Science

Chef Thomas Zacharias: Founder of The Locavore

Chef Nayantara Bagla: Functional Nutrition Coach

Anand Babu Reddy: Farmer practicing wildlife-friendly agriculture

Raja Subramaniam: VP, Country Director for Synopsys South Asia

MASHAV, Consulate General of Israel to South India

Ashok Sethurao: Quality Assurance Manager at Nestle India Ltd.

Panel discussion: "Whose biryani is it anyway"

Aslam Gafoor (Moderator): hospitality professional

Jayanth Narayanan - Founder & Director, Mani's Dum Biryani

Raunak Kundu - Founder, Bangalore Foodies Club

Shakir Haq - CEO, Empire

Vikash Prasad - Partner, Meghana Foods

We thank our long-term sponsor and supporter **Synopsys** and **Jawaharlal Nehru Centre for Advanced Scientific Research** for sharing their campus for the event, and all the speakers.



Winners!



At the interschool competition held by Rotary Club involving 50 schools - Parikrma children bagged the first prize for their song - where they explained what peace means to them!

Watch [here](#)

Empathy and learning



Our children visited Dr SR Chandrashhekar Institute of Speech and Hearing and interacted with specially-abled students using sign language and actions. They teamed up and completed a few fun activities together!

We are constantly creating opportunities for our children to experience compassion in action. Our NIOS students hosted children from ASHA Foundation at our school. The children interacted with differently-abled children - organised games and fun activities, where everyone helped and supported each other.

Learning Outside the Classroom



A world of wonder opened up for our children, who got an opportunity to see the sun, moon, Venus, Mars, Jupiter, and even comets through four telescopes set up by the team from IISc (Indian Institute of Science)

Thank you



A big shout out and thank you to **Kintetsu World Express** for donating a 7-seater Maruti Suzuki Eeco van to one of our schools. This has made it easy for our children and teachers to travel across the city and participate in competitions, workshops, teacher training sessions etc.

#donorsmakingadifference

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