



A
Report
on

**One Week Workshop
Celebrating Indigenous Flavour: A Taste of Heritage**

Date: 30th January to 5th February, 2025

Submitted to
The Principal
Through
IQAC, Bijni College, Bijni



Submitted by
Convener

**Research, Innovation and Publication Cell
Bijni College::Bijni**

Details of the Programme

1. **Name of the Title** : *Celebrating Indigenous Flavour: A Taste of Heritage*
2. **Organised by** : Research, Innovation and Publication Cell, IQAC
3. **In Collaboration with** : IQAC, Bijni College, Bijni
4. **Date** : 30th January to 5th February, 2025
5. **Venue** : Bijni College, Bijni
6. **Time** : From 9:00 AM to 4:00 PM (for one week)
7. **Number of Participants:** 250 nos. (online registration)
8. **Delegates:**
 - Dr. Birhash Giri Basumatary, Principal, Bijni College
 - Sabita Ray, Vice Principal, Bijni College
 - Dr. Babul Basumatary, Coordinator, IQAC, Bijni College
9. **Resource Persons:**
 - Sabita Ray, HOD & Vice Principal, Dept. of Economics, Bijni College
 - Dr. Urmila Poddar, HOD, Dept. of Bengali, Bijni College
 - Dr. Sewali Pathak, Dept. of Zoology, Bijni College
 - Dr. Kusum Brahma, Dept. of Education, Bijni College
 - Binika Goyari, Dept. of Bodo, Bijni College

Concept Notes of the Workshop

The majority of research on traditional food access and local food systems has occupied the significant role in the northeast region because of its diverse ethnicity. Indigenous food systems ensure not only ecological and socio-economic sustainability but also provide health benefits. Recent studies indicate that many traditional food items provide a rich source of bioactive compounds and help in addressing food insecurity, while promoting well-being for future generations.

Indigenous foods reflect the specific collective capacities of community people who cultivate and consume their own biodiversity items for nourishment. This workshop was organised to give students, faculties, and other stakeholders knowledge about traditional foods & preparation methods practically, and to develop curiosity towards food culture.

Objective of the Workshop

The aim of the workshop was to experience traditional foods from local communities and to make them popular among indigenous people by providing exposure on methods of food preparation.

Activity

The registration of workshop is done through online and the inaugural session is announced by Dr. Prasanta Das, Convenor, Research Innovation and Publication Cell, Bijni College. The inaugural speech delivers by the chairperson Dr. Birhash Giri Basumatary Principal of Bijni College and also wishes by the advisory members Mrs. Sabita Ray, Vice Principal of Bijni College and Dr. Babul Basumatary, Coordinator,

IQAC, Bijni College with their brief speech. The first technical session of the workshop lead by the resource person Binika Goyari, Department of Bodo, Bijni College on the preparation of Bodo traditional food items. The second technical session lead by the resource person Dr. Urmila Podder, Department of Bengali, Bijni College on the preparation of Bengali traditional food items. The third technical session lead by the resource person Sabita Ray, Vice Principal, Department of Economics, Bijni College on the preparation of Rajbanshi traditional food items. The fourth technical session lead by the resource person Dr. Kusum Brahma, Department of Education, Bijni College on the preparation of Bodo traditional food items and the fifth technical session lead by the resource person Dr. Sewali Pathak, Department of Zoology, Bijni College on the preparation of Assamese food items. About more than 250 student-teacher participants has been recorded. The workshop is ended with valedictory session in presence of Principal, Vice Principal, Resources persons, Teachers and Students of Bijni College. The workshop is interacted with a good number of students participants and faculty members and all enjoyed the workshop. The participants are awarded certificate after completion the workshop.

Outcome of the Workshop:

The workshop resulted to explore the food habit of indigenous people and their cultural relationships based on traditional foods need restoration by building a vibrant initiative among the students. The new generation have got opportunity to learn preparation of traditional food items and their names from the workshop. Students have been motivated with skill and innovative practice on traditional food exposure.

Feedback of Participant:

Indigenous people may move in order to ensure their biodiversity, renewal, and sustainability of local resources from where they obtained foods. Currently, farming and gardening are the common occupation for the people of this country for which students can learn to respect inherited tradition. Majority of available food products are harvested during the appropriate season and thus students can gain knowledge of the crop yielding process. Moreover, food is profoundly meaningful for caring relationship with the mother earth that provides food security to all.

The workshop schedule

DAY-1 DATE: 30/01/2025 INAUGURAL SESSION		
Online Registration: https://forms.gle/d7mMGU8iYxQ3hv1V6		
9:00 am to 9:10 am	Workshop Announcement by Programme Convenor	Dr. Prasanta Das Convenor, Research Innovation and Publication Cell, Bijni College
9:15 am to 9:20 am	Inauguration & Welcome Speech by the Chairperson	Dr. Birhash Giri Basumatary Principal, Bijni College
9:50 am to 9:55	Speech by Advisory Member	Sabita Ray Vice Principal, Bijni College
9:55 am to 10:00 am	Speech by Advisory Member	Dr. Babul Basumatary Coordinator, IQAC, Bijni College
Technical Session I Day-1: 30-01-2025		
10:30 am to 3:30 pm	Topic: Bodo Traditional Food items- Pitha laodwm, Anthab	Binika Goyari, Department of Bodo, Bijni College
Technical Session II Day-2: 01-02-2025		

9:00 am to 3:30 pm	Topic: Bengali Traditional Food items- Patishapta pitha, Chittoi pitha, Dudh Puli pitha, Malpua	Dr. Urmila Poddar, Department of Bengali, Bijni College
Technical Session III Day-3: 03-02-2025		
9:00 am to 3:30 pm	Topic: Rajbanshi Traditional Food items- Boil Laddu, Coconut Laddu, Til pitha, Liquid gur, Prasad	Sabita Ray Vice Principal, Department of Economics, Bijni College
Technical Session IV Day-4: 04-02-2025		
9:00 am to 3:30 pm	Topic: Bodo Traditional Food items- Sithou, Idli stand boil pitha, Sabudana pitha, Wngkham Maibra homnai	Dr. Kusum Brahma, Department of Education, Bijni College
Technical Session V Day-5: 05-02-2025		
9:00 am to 3:30 pm	Topic: Assamese Traditional Food items- Laupalla pitha, Suji-Coconut Laddu, Chunga pitha	Dr. Sewali Pathak Department of Zoology, Bijni College
Valedictory Session 06-02-2025		
10:00 am to 11:00 am	Speech of Dignitaries	Dr. Birhash Giri Basumatary, Principal, Bijni College, Bijni Sabita Ray, Vice Principal, Bijni College, Bijni Dr. Prasanta Das, Convenor, Research Innovation and Publication Cell, Bijni College
	Feedback from Teachers, Students & Resource persons	Dr. Urmila Poddar, Department of Bengali, Bijni College Dr. Sewali Pathak Department of Zoology, Bijni College Dr. Kusum Brahma, Department of Education, Bijni College
11:00 am to 11:30 am	Certificate Distribution	Online Distribution
Vote of Thanks		
Dr. Laimwn Basumatary, Member, Research Innovation and Publication Cell, Bijni College		

Workshop Activity at a Glance













LIST OF PARTICIPANTS

Day-1

One Week Workshop

Date: 30/01/2025

Celebrating Indigenous Flavour :
A Taste of Heritage.

Organised by
Research, Innovation & Publication Cell
IQAC, Bijni College, Bijni

Signature of Resource Persons	Designation
1. Kusum Borah	Assistant Professor
2. Sabita Roy	Associate professor
3. Urula Boller	Associate Professor
4. Savita Panik	Associate professor
5. Binika Goyari	Assistant professor
Signature of Guest: Birkash Giri Basumatary	
Signature of Participants / Guest	Designation
1. Rudip Barak	
2. Anu Sarkar	
3. Dr. Mananita Talukdar	Assistant prof.
4. Dr. Babul Basumatary	
5. Bibhira Basumatary	
6. Mohitayee Baruah	
7. Bika Das	
8. Archana Nandai	
9. Lipika Chakraborty	
10. Saini Mallik	
11. Rajsan Basumatary	
12. Sabita Roy	
13. Indrajit Baruah	
14. Sutish Choudan	
15. Devottari Sam	
16. Malag. Mr. Chand	
17. Abhijit Roy	
18. Jayshree Narzany	
19. Gopal Sarkar	
20. Pranita Das	
21. Meigen Barman	

30/01/2025

Day - 1

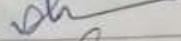

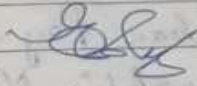





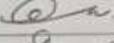
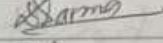

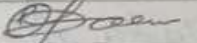




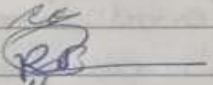

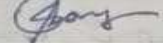
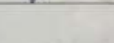

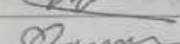

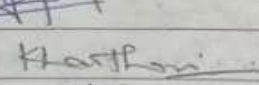

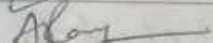



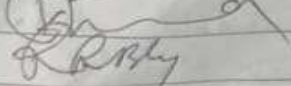
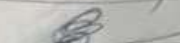


Participants name	Class/Sem	Designation	Institution
22. Monosh Dainary	B.A 2nd Sem.		Bijni College
23. Benenang Brahmte Machhary	B.A 4th Sem		Bijni College
24. Khushi Muchahary	B.A 6th Semester		Bijni College
25. Anjali Basumatary	P.G 4th Semester		Bijni College
26. Anjali Basumatary	M.A 4th Semester		Bijni College
27. Hem Bahadur Chetry	B.A 2nd Semester		Bijni College
28. Mourmita Saha	B.A 2nd Semester		Bijni College
29. Bidanta Narzary	B.A 2nd Semester		Bijni College
30. Bidanta Narzary	B.A 2nd Semester		Bijni College
31. Samaina Basumatary	B.A 2nd Semester		Bijni College
32. Moitreyee D Baruah		Assistant Professor	Bijni College
33. Dr Anupam Kalita		Assistant Professor	Cyanpeth Bijni College
34. Tania Ghosh	UG 2nd Semester		Bijni College
35. Dr Jumi Das		Assistant Professor	Bijni College
36. Anishma Parbin	6th Semester		Bijni College
37. Deba Saha	B.A 2nd Semester		Bijni College
38. Rakeeh Mallick	2nd Semester		Bijni College
39. Babita Basumatary	UG 6th Semester		Bijni college
40. Dr. Guzwam Bnatma Kachary		Assistant Professor	Bijni College
41. Dr. Indrajit Brahma		Assistant Professor	Bijni College
42. Dr. Jabin Chandna Ray		Dr. Bodo Assistant Professor	Bijni College
43. Bhanisha Das	2nd Semester		Bijni college
44. Binsing Boro	2nd Semester		Bijni college
45. Biki Das		Guest Faculty (Dept of Bengali)	Bijni College
46. Dr Mahanta Talukdar		Assistant Professor	Bijni College
47. Dr Unmila Poddar		Associate Professor	Bijni College
48. Sudip Basak		Guest Faculty	Bijni College
49. Syed Jawahar Hussain		Assistant Professor	Bijni college
50. Dipak Bhattacharyya		Assistant Professor	Bijni College
51. Manab Pratik Das		Assistant Professor	Bijni College
52. Ismina Khatun	B.Sc 2nd Semester department of zoology	B.Sc	Bijni College
53. Mandeepr Brahma	4th Semester		Bijni College
54. Alomybari Croyary	4th Semester		Bijni College
55. Lob Mazumder	B.A 2nd Semester		Bijni College
56. Arpita Saha	B.A 2nd Semester		Bijni College
57. Sushmita Saha	B.A 2nd Semester		Bijni College

Participant Name	Class/Sem	Designation	Institution
58 Rita Das	2nd Semester		Bijni College
59 Payel Talukder	2nd Semester		Bijni College
60 Lob Mazumder	B.A 2nd Semester		Bijni College
61 Rahul Zahed Hussain	PL4th Semester		Bijni College
62 Omasa Faruk Ali	VI 2nd Semester		Bijni College
63 Astomi Das	6th Semester		Bijni College
64 Tanu Shree Modak	6th Semester		Bijni College
65 Manti Goswami	2nd Semester		Bijni College
66 Tanu Shree Modak	6th Semester		Bijni College
67 Dr. Subash Chandra Das		Associate Professor	Bijni College
68 Susmita Saha	B.A 2nd Semester		Bijni College
69 Pempy Mahapatra	B.A 2nd Semester		Bijni College
70 Moushumi Sutradhar	B.A 2nd Semester		Bijni College
71. Susmita Hazra	B.A 6th Semester		Bijni College
72 Monomata Anjya	B.A 6th Semester		Bijni College
73 Dipa Mazumder	B.A 6th Semester		Bijni College
74 Tultuli Das	B.A 6th Semester		Bijni College
75 Prity Basak	B.A 6th Semester		Bijni College
76 Susmita Saha	B.A 2nd Semester		Bijni College
77 Susmita Saha	BA 2nd Semester		Bijni College
78 Dr. Laimon Basumatary		Assistant Professor	Bijni College
79 Babita Borca	B.A 6th Semester		Bijni College
80 Lakhi Rani Paul	B.A 4th Semester		Bijni College
81 Pempy Singha	B.A 4th Semester		Bijni College
82 Prity Das	B.A 4th Semester		Bijni College
83 Riya Biswas			Bijni College
84 Saini Mallick		Assistant Professor	Bijni College
85 Ruma Das			Bijni College
86 Sayad Masak Khandukan	2nd Semester		Bijni College
87 Prityanka Basumatary		Guest Faculty	Bijni College
88 Anuradha Basumatary		Guest Faculty	Bijni College
89 Riga Basumatary		Assistant Professor	Bijni College
90 Riga Basumatary		Assistant Professor	Bijni College
91 Mr. Pratas Hojary		Guest Faculty	Bijni College
92 Bannai Basumatary		Guest Faculty	Bijni College
93 Sumana Sarkar	B.A 2nd Semester		Bijni College

Day-3

03/02/2025

Signature of participants:

- | | |
|------------------------------|---|
| 1. Umananda Basumatary |  |
| 2. Sulekh Chandra Jn. |  |
| 3. Gobinda Baishya |  |
| 4. Biki Das |  |
| 5. Dr. Mahanta Mahanta |  |
| 6. Pragnya Basumatary |  |
| 7. Sudip Barua |  |
| 8. Anu Barua |  |
| 9. Prasanta Das |  |
| 10. Darshana Sarma |  |
| 11. Mridgen Dasman |  |
| 12. Gourbo Dasmani |  |
| 13. Indrajit Barua |  |
| 14. Devipati Saha |  |
| 15. Subita Basumatary |  |
| 16. Charming Nayyar |  |
| 17. Ringson Borahne. |  |
| 18. Mahimur Kabra |  |
| 19. Venkatesh Das Ray |  |
| 20. Rabi Karm Mukherjee |  |
| 21. Eragadas Nayyar |  |
| 22. Saptarishi Bayan |  |
| 23. Pwilaro Hajary |  |
| 24. Kartikai Basumatary |  |
| 25. Dr. Leimur Basumatary |  |
| 26. Abhiraj Ray |  |
| 27. Saubhikha Marandi |  |
| 28. Malay Kr. Chandra |  |
| 29. Kusuma Brahma |  |
| 30. Roshmee Rekha Basumatary |  |
| 31. Ringson Basumatary |  |
| 32. Gopal Sankar |  |
| 33. Mamani Das |  |

Day-4

04/02/2025




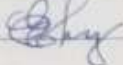
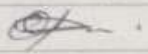






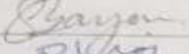
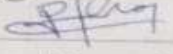


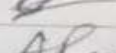



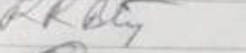






Signature of participants / Guest -

1. Deepali M. Choudhury ✓ Excellent
2. Anirban Ray ✓ Excellent
3. Saurabhi Marandi ✓ Excellent
4. Kamata Raj Barman ✓
5. Prayasha Basumatary ✓
6. Sybil Das ✓
7. Joy Som ✓
8. Prasanta Das ✓
9. Dr. Mahanta Talukdar ✓
10. Dapshana Sarma ✓
11. Gobinda Baishya ✓
12. Mriten Barman ✓
13. Anurbo Dasari ✓
14. Indrajit Barman ✓
15. Devindi Sam ✓
16. Subita Basumatary ✓
17. Charming Nazary ✓
18. Ringar Barman ✓
19. Mahizur Rahman ✓
20. Sankar Barman ✓
21. Eragdas Nazary ✓
- 22) Saptarshi Barman ✓
- 23) Pnilas Hojary ✓
- 24) Kharthai Basumatary ✓
25. A Bahadur Jeswara ✓
26. Abhijit Ray ✓
27. Dr. Laxman Basumatary ✓
28. Saurabhi Marandi ✓
29. Malay Kr. Mond ✓
30. Kusum Barman ✓
31. Roshmee Rekha Basumatary ✓
32. Ringar Basumatary ✓
33. Umantada Basumatary ✓

Day - 5

05/02/2025

Signature of Participants

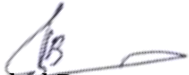
1. Sukhot Chandra M. 
2. Ringan Basumatary 
3. Sarfati Samo 
4. Gobinda Baishya 
5. Pradyumna Basumatary
6. Basanta M.
7. De Mahanta Talukdar
8. Sudip Barua
9. Anup Sarkar
10. Darshana Sarma
11. Mridgen Barman
12. Gurbho Datta 
13. Gurbho Barman
14. Sukita Basumatary 
15. Channing Narayan 
16. Rangson B. Bhowmik 
17. Mahimya Babbar 
18. Sankeer Dev Raut 
19. Kabi Rami Muchhary
20. Eragada Narayan 
21. Saptarishi Bora 
22. Dilao Hajary 
23. Kanchai Basumatary 
24. De Laimon Basumatary 
25. Baladur Jeswara 
26. Abhiraj Kay 
27. Saubhik Marandi 
28. Malay B. Chandra 
29. Kushon Bhowmik 
30. Roshmee Rakha Basumatary 
31. Ringan Basumatary 
32. Umananda Basumatary 
33. Gopal Sarkar 
34. Kabi Ghosh 
35. Kanchai Basumatary 

Concluding Remark:

The people have a unique relationship with food, one that is deeply rooted in tradition and culture. For many indigenous peoples, cuisine is more than just a means of sustenance. It is a vital aspect of their identity and connection to the land. However, the impacts of western modernization other factors have threatened the preservation of traditional food knowledge and practices among indigenous communities. In this workshop, we have explored the role of food items in cultural preservation among indigenous communities, including the historical context, current challenges, and efforts being made to preserve and revitalize traditional food systems.

Submitted by

Dr. Prasanta Das
Convenor, Research, Innovation and Publication Cell
Bijni College

Quality Assured by

Dr. Babul Basumatary
Co-ordinator, IQAC, Bijni College
Co-Ordinator
IQAC
Bijni College, Bijni

**Received By**

Dr. Birhash Giri Basumatary
Principal, IQAC, Bijni College
Principal
Bijni College, Bijni

Date: 12.02. 2025 Place: Bijni College
Bijni College :: Bijni