



Program
on Food Without
Fire

22/09/2025

Organised by
FoLS

Faculty of Liberal Arts
ATMIYA University, Rajkot

Venue:- Prayer Hall

Faculty's Co-Ordinator
Dr. Ashish Vora

Program Details

1. Activity Information

Title of Activity: Food Without Fire – A Practical Insight into Resource Economics

Type of Activity: Experiential Learning / Student Activity

Level of Activity/Event: University

Date: 22/09/2025

Time: 9:50 am to 1:00pm

Venue: Prayer Hall

Organized by: Faculty of Liberal Studies (FoLS), Atmiya University, Rajkot

Participants: Liberal Studies / Economics Students

Total No. of Participants: 9

Coordinated by: Dr. Ashish Vora

2. Objective of the Session

The objective of the Food Without Fire event was to encourage students to understand the economic aspects of food preparation, resource utilization, cost efficiency, and sustainability. By engaging in a creative, zero-flame cooking activity, students learned how resource-saving methods influence household budgets, food industries, and sustainable consumption patterns. The session aimed to integrate concepts of microeconomics, production, pricing, and consumer behavior through a simple, hands-on activity.

3. Activity Details

The Faculty of Liberal Studies organized a Food Without Fire activity designed to blend creativity with economic understanding. Students prepared a variety of dishes without using fire, relying on raw ingredients, minimal resources, and innovative combinations. This practical approach helped them analyze the role of inputs, cost structures, and efficiency in everyday decision-making. During the session, faculty members explained how Food Without Fire connects with core economic concepts such as:

Resource Optimization: Using limited resources to create value-rich products.

Cost Minimization: Understanding how reducing fuel, time, and complex ingredients lowers production costs.

Production Function: Demonstrating how inputs (labor, ingredients, time) affect the final output.

Consumer Preferences: Preparing dishes that are visually appealing, healthy, and low-cost, reflecting real market trends.

Sustainability: Highlighting eco-friendly cooking practices and a reduced carbon footprint.

Entrepreneurial Thinking: Exploring how simple no-flame recipes can become profitable small-business ideas.

Students enthusiastically participated in teams, presenting creative dishes such as salads, sandwiches, cold desserts, and beverages. They also discussed cost calculations, pricing strategies, and the potential marketability of their creations.

The event successfully connected classroom learning with practical experiences, helping students understand economic decision-making through the lens of food preparation, resource management, and innovation.

4. Gallery

