



Dear AOGS members,
Its been a pleasant and mouthwatering journey for us and an honour to have judged AOGS cooking competition celebrating The Poshan Maah . We received 20 extraordinary innovative recipes. Its said one eats with the eyes and this time it actually came true due to ongoing pandemic.

We have judged the recipes on following five parameters

- innovation
- ingredients and recipe
- health quotient
- final presentation
- pictures and video attached

It was indeed tough as everyone has done an outstanding job but here are the final winners:

Female Gynec SuperChef



1st Prize: Palak Paneer Veg Biryani by Dr Archana Shah



2nd prize: Indian Laksa Soup by Dr. Kanthi Bansal



3rd Prize: Vegetable Handvo by Dr. Jagruti Sanghvi



3rd Prize: Carrot cupcakes by Dr Sonal Kotdawala



Consolation Prizes:
Rice pops by Dr Trupti Shah



Usal Tikki by Dr Nivedita Vaja

Male Gynec Superchef



1st Prize: Multigrain Upma by Dr Kale



2nd prize: Panchratna Dhokla by Dr Kunjan Shah



3rd Prize: No fry Dahiwada by Dr. Maulesh Modi

Judges and Coordinators: Dr Parul Bansal Sharda & Dr Nahid Ansari
In considering the ranking, if one person has submitted more than one recipe,
we have considered the better recipe for awarding the rank.

Congratulations all winners and participants.
We shall publish recipes in AOGS E-times.

Dr Rajal Thaker - President
Dr Sunil Shah - Hon Sec
19/9/2020