



**HANDS ON WORKSHOP ON VALUE ADDITION OF  
UNDEREXPLOITED FRUITS :  
STAR FRUIT (*AVERRHOA CARAMBOLA*)**

**HOSTED BY**

**SCHOOL OF FOOD SCIENCE AND TECHNOLOGY,  
MAHATMA GANDHI UNIVERSITY, KOTTAYAM**

**JULY 11 – 16, 2022**

**Free Registration**

**Registration link : <https://forms.gle/DgockiZ4TERMpGA66>**



### **About Mahatma Gandhi University**

Mahatma Gandhi University established in 1983, is an eminent collegiate public university in Kerala, approved by UGC, and accredited with NAAC “A” Grade, 3.24 CGPA. With its academic excellence, the University has bagged Chancellor’s Award thrice for the best University (2015-16, 2017-18 and 2019-20) within the state of Kerala. It has also secured 30th position in NIRF ranking (April 2019) and 11th position in India Today-MDRA ranking, 2018. CSIR has ranked the University 13th for its intellectual productivity and NISTADS has rated it as 19th in terms of h-index. At present, Mahatma Gandhi University offers research programs in forty disciplines through its own Schools and approved Research Centers. The university has around 300 affiliated colleges spread over five districts in central Kerala.

### **About School of Food Science and Technology**

School of Food Science and Technology is the new department of Mahatma Gandhi University to provide academic expertise to students in the areas of Food science, Food Technology, Nutrition and Dietetics. The research areas at School of Food Science and Technology includes new food product development, processing and packaging technology development, subjective and objective quality analysis of foods and microbiological analysis.

### **About *Averrhoa carambola***

An ‘Oxalidacea family’ member- *Averrhoa carambola*, well known as Starfruit, is an age old plant. The starfruit gets its name from the shape of a cross-section of the fruit. This unique feature earns itself a status in the exotic fruit league, and slices of this smooth, juicy, crispy and sour-sweet delight are often used in the adornment of cuisine and salads. Also known as “carambola”, which, in Portuguese meaning “food appetiser”, it is often consumed fresh, and also processed into jam, jelly, sweets, fresh juice and cordial concentrates.

## **Day 1 : 11 July 2022**

<b>10 AM</b>	<b>:</b>	<b>Welcome Address Dr. Anooja T Thomas, Co-ordinator, SFST</b>
<b>10.15 AM</b>	<b>:</b>	<b>Inaugural Address Dr. Jisha M S, (Hon.) Director, SFST.</b>
<b>10.30 AM</b>	<b>:</b>	<b>Course Description Ms. Veena S L Ms. Akshaya S Nair (Faculty)</b>
<b>11. AM</b>	<b>:</b>	<b>Vote of Thanks Ms. Jayasree V S (Faculty)</b>
<b>11.30 AM</b>	<b>:</b>	<b>Tea break</b>
<b>12 AM – 1 PM</b>	<b>:</b>	<b>Introductory class on New Product Development- I</b>
<b>1 – 2 PM</b>	<b>:</b>	<b>Lunch Break</b>
<b>2 – 5 PM</b>	<b>:</b>	<b>Practical session: Jam preparation and Sensory evaluation</b>

## **Day 2 : 12 July 2022**

<b>9 – 11 AM</b>	<b>:</b>	<b>Class on New Product Development- II</b>
<b>11 – 11.15 AM</b>	<b>:</b>	<b>Tea Break</b>
<b>11.15 – 1 PM</b>	<b>:</b>	<b>Practical session: Russian Salad preparation and sensory evaluation</b>
<b>1- 2 PM</b>	<b>:</b>	<b>Lunch Break</b>
<b>2 – 5 PM</b>	<b>:</b>	<b>Practical session: Preparation of shots and its sensory evaluation</b>

### **Day 3 : 13 July 2022**

<b>9-11 AM</b>	<b>:</b>	<b>Class on Entrepreneurship</b>
<b>11 – 11.15 AM</b>	<b>:</b>	<b>Tea break</b>
<b>11.15 – 1 PM</b>	<b>:</b>	<b>Practical session: Jelly preparation and sensory evaluation</b>
<b>1 – 2 PM</b>	<b>:</b>	<b>Lunch Break</b>
<b>2 – 5 PM</b>	<b>:</b>	<b>Practical session: Preparation of marmalade and its sensory evaluation</b>

### **Day 4 : 14 July 2022**

<b>9-11 AM</b>	<b>:</b>	<b>Class on Overview of <i>Averrhoa carambola</i> (Star fruit)</b>
<b>11 – 11.15 AM</b>	<b>:</b>	<b>Tea break</b>
<b>11.15 – 1 PM</b>	<b>:</b>	<b>Practical session: Candy preparation and sensory evaluation</b>
<b>1 – 2 PM</b>	<b>:</b>	<b>Lunch Break</b>
<b>2 – 5 PM</b>	<b>:</b>	<b>Preparation of pickle and its sensory evaluation</b>

**Day 5 : 15 July 2022**

- 9-11 AM : Class on standardization and recipe development**
- 11 – 11.15 AM : Tea break**
- 11.15 – 1 PM : Class on sensory evaluation methods**
- 1 – 2 PM : Lunch Break**
- 2 – 5 PM : Practical session: Tart preparation and sensory evaluation**

**Day 6 : 16 July 2022**

- 10-11 AM : Invited talk on food safety and certification**
- 11 – 11.15 AM : Tea break**
- 11.15 – 12.15 PM : Invited talk on financial support for Entrepreneur**
- 12.15 – 1 PM : Concluding session and certificate distribution**