



RajaRajeswari College of Engineering
(An Autonomous Institute, Affiliated Visvesvaraya Technological University, Belagavi,
Approved by AICTE, UGC & GoK, Accredited by ISO 9001-2015 Certified Institution)
Sponsored by: MOOGAMBIGAI CHARITABLE AND EDUCATIONAL TRUST



Department of Electrical & Electronics Engineering

Date: 05/11/2024

Beat the Heat-2K24

1. Type of Event : **Beat the Heat-2K24**
2. Event Name : **“Cooking without fire”**
3. Date of Organization: **Tuesday, 5th November 2024**
4. Event Coordinator: 1. Prof. Kiruthika K
2. Prof. Prutha G

5. Outcome of the Event:

The event was conducted Afternoon on 5th of November, 2024 where 3rd year Electrical and Electronics Engineering students took part for the event Cooking Without Fire.

Cooking without fire is a fun and creative approach to food preparation. It encourages the use of fresh, raw ingredients and simple techniques, focusing on preserving natural flavors and nutrients. This method is great for young chefs, beginners, or anyone looking to make quick, easy, and healthy meals without the hassle of cooking.

Benefits of Cooking Without Fire

- **Retains Nutrients:** Cooking without heat helps preserve vitamins and minerals that may be lost during traditional cooking.
- **Quick and Convenient:** These recipes are usually simple and take minimal time to prepare.
- **Energy Efficient:** Since no cooking appliances are required, it saves electricity or gas.
- **Perfect for Summer:** Cold dishes like salads, smoothies, and fruit bowls are refreshing and hydrating, ideal for hot days.

6. All the students from 3rd year students – 69 participated in the event very actively made the Heritage walk and craft a grand success.

Campus: #14, Ramohalli Cross, Kumbalgodu, Mysore Road, Bengaluru – 560074

Phone: +91-80-28437124 / 28437375

Email Id: hodeee@rrce.org

Website: <https://www.rrce.org>



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Event Photos

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Department of Electrical & Electronics Engineering

Beat the Heat -2K24

@ 12:45 pm onwards
November 5th, 2024

Venue: EEE Department

Program Coordinators :
Dr. R. Balakrishna Principal Dr. P. Ebby Darney HOD-EEE Prof. Kiruthika K Assistant Professor Prof. Prutha G Assistant Professor

CET CODE: E145/ COMED-K: E099/ PG CET: T858
contact: 9008845678 www.rrce.org

Beat the Heat-2K24 Poster



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Faculties giving their guidelines in Beat the Heat-2K24



Students presenting their Vairties of Foods in Beat the Heat-2K24

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Hod Sir speaking to the students in Beat the Heat-2K24

Program Coordinator

HOD-EEE

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