



WORLD VEG COUNCIL

(Formerly The Indian Vegetarian Congress)

Since 1959

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Shri N.Tarachand Dugar
International President

Shri S.Srinivasan
International Secretary

Shri K.Subhashchand Ranka
International Treasurer

COOKERY COMPETITION

Venue: **Raja Muthiah Hall,
18 D Rukmini Lakshmipathi Road, Egmore Chennai - 600008**

Date: **20-09-2013** **Submission of entries from 10.30 am to 11.30 am.**

Competition	Time	Standard	Venue
Cookery Competition	11-30 am onwards	Open to all age Group	Raja Muthiah Hall

DISPLAY FOR VISITORS FROM 2 PM

INDIAN

(Any State Dish from India Viz. South Indian, Punjabi, Rajasthani, Gujarathi, Bengali etc)

INTERNATIONAL CUISINE

(Swiss, American, Lebanese, Italian, Mexican, French, Japanese, Thai, Chinese, Malaysian etc.)

DESERTS AND SWEETS OF THE WORLD

Competitions will be for 3 categories with Three Separate Prizes (I, II, III Prizes) for each Category

Rules and Regulations governing the contest and display

1. Registration: No fees. Each applicant should fill in the Entry Form and send it to The World Veg Council at above mentioned office address on or before 3.00 p.m. of 19th September 2013 or by online through website www.vegcongress.org.
2. One member is eligible for one entry in each category.
3. The dishes should be 100% Vegetarian (Addition of Egg in any form is prohibited)
4. The Food for display should be capable of lasting for 8-10 hours.
5. Each participant should bring the prepared dish **not less than 500 grams in a plate** covered with clear transparent food wrap and should be handed over to our volunteers at the venue between 10.30 am to 11-30 am. Items and the container are not returnable.
6. Only one entry form from each participant will be allowed.
7. Two copies of type written recipes should be enclosed with each entry in English on A4 size paper, one copy of recipe should be laminated for display purpose.
8. Prizes will be awarded for innovation, Taste, Nutrient Value and Presentation.
9. No name shall be written on the Recipe, as separate numbers will be given.
10. The results will be announced and the prize distribution will be at 6.00 p.m. on 20th September, 2013.
11. Each participant will be given participation certificate and a Memento
12. The recipe will be sole property of the World Veg Council.
13. The decision of the Judges will be final.

Shri. Sanjay Bhansali
Co-Chairman
Cookery Competitions

Mrs.R. Shanthi Sarvothaman
Chairperson
Cookery Competitions
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