



Seniors Enjoy Restaurant Kitchen Experience at Unmukt Festival - Westin CookFest

City Air News Author(s):



Hyderabad, November 14, 2018: The senior years are the ideal time to celebrate life by doing things one enjoys and loves to do. To this end Unmukt Festival, India's biggest event showcasing solutions for senior living, today organised "CookFest" in partnership with The Westin Hyderabad Mindspace as part of the Unmukt Knowledge Series.

The Cookfest opened up a fully equipped restaurant kitchen to 21 senior citizens, who together with professional chefs from The Westin 'cooked up a storm' with dream dishes for family and friends to enjoy.

Padma Duvvuri, Kalpana Dhannarapu, Veda Ramchandra Reddy, Gowri Ramakrishna, Gita Sudhakar Rao, Vijayalakshmi, Nandini Raju, Ambani Manjula, Nirmala Madhav

Rao, Ranasanjeeva Reddy, Shanta Prasad, Pamela Kamath participated

Under Executive Chef Mahesh Padala, entire gathering of senior citizens was divided into four groups led by chefs Vijay Bandari, Shashi Gopal, Pramod and Marylane. The four teams made pizzas, Deserts, Soup & Salad and Pasta. The event held at Prego, Italian Restaurant in Westin. And they prepared Italian food.

They were given one hour time to prepare their dishes which they complied with.

At the end all had their lunch together, talking and enjoying.

It was very nice. Though we know cooking but I have learnt few tips in preparing Italian dishes shares Vijayalakshmi

Kalpana made pizzas first time. I enjoyed doing time. The chef was very supporting and encouraging she said. Amani who was Soups and Salads team says she learnt dressing and presenting skills of the dishes.

Savita Mahajan, former Dy Dean ISB was an observer. Italian cooking what I saw here is different from what we cook at home

Gowri retired ECIL employees said all these years with career I haven't focused much on cooking and I caught up with it and enjoyed.

Mahesh Padala, Executive chef observed that they were very curious, inquisitive, involved and were open to learn. They had a very good interaction with their supporting chefs. Together it was a great pleasure working with seniors, he added.

Rohit Dhar, GM The Westin and Monimita Sarkar, MD KW Conferences graced the event.

"There is a cook hidden in each of us. While some are aware of this talent there are others who only discover it when given a chance. The Unmukt - Westin Cookfest was an unique opportunity for our senior citizens to try their hand at cooking and that too in royal style" informs Monimita Sarkar, MD KW Conferences

"Cookfest was conceived in line with the belief of the Unmukt Festival. 'Unmukt' means 'unfettered' or 'free' which is how we believe life is meant to be lived, at every age. I am sure it was an unique and enriching experience for all the participants. We all age but the key is to do so gracefully and without losing the zest for life," she added.

"Cooking and sharing food with friends, family and loved ones gives lot of joy and motivates one to experiment with different ingredients and cook new dishes. For most of us daily cooking is mundane and a boring ritual. The Unmukt-Westin Cookfest was an attempt to make the boring more fun so our senior citizens could join our chefs and together make some delicious and creative dishes. I am sure both learnt some tricks from each other" informed, The Westin, Hyderabad Mindspace

The CookFest is the second event of the 'Unmukt Knowledge Series'. The first event, that was a huge success, was held at the Google premises in Hyderabad on 9 October 2018 on the topic 'Online Safety for Seniors – Protect yourselves and your loved ones'

The Unmukt Festival to be held at HITEX, in the city, on 15 & 16 December 2018 will bridge the gap between the solution providers for senior citizens and the audience, for whom they are meant, in a real-time, experiential environment. The festival is supported by Google, Apollo Hospitals, HelpAge India, Heritage Foundation India and others.

UNMUKT means 'unfettered' or 'free' and the first UNMUKT Festival will help free the senior citizens from the possible challenges and obstacles they may face by acquainting them with lifestyle solutions in the space of health & wellness, home-based care, assisted and independent living, travel & leisure, financial planning as well as technology.

Entry to the event is free and shall benefit the retired, the pre-retired and the younger generation that is looking for solutions for its parents and grandparents.

Date:

Wednesday, November 14, 2018