

Celebrating the seniors

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Senior citizens participating at the cookery festival.

The years after retirement are the ideal time to celebrate life by doing things one enjoys the most. Saying the same, Unmukt Festival, India's biggest event showcasing solutions for senior living, organised "CookFest" in partnership with a star hotel in the city as part of the Unmukt Knowledge Series on Wednesday. The Cookfest opened up a fully equipped restaurant kitchen to 21 senior citizens, who together with professional chefs '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 were spotted participating. They were divided into four groups led by different professional chefs and the four teams made pizzas, deserts, soup, salad and pasta in the given one hour's time. The event concluded with all having lunch together, talking and enjoying. "Though we know cooking but I have learnt few tips in preparing Italian dishes," shares Vijayalakshmi.



Tags: [unmukt festival](#), [cookfest](#), [unmukt knowledge series](#)