

I am happy to share that with God Grace and blessings & support of my family and friends like family and the faculty members and students of the department, today my one more book entitled “**Assortment of Recipes for Haryanvi Cuisine**” has been released during the inaugural session of International Seminar on 'Sustainable Development and Global Issues' organized by the UGC Human Resource & Development Centre of our university.

The book was released by the Prof. Sudesh Chikara, Hon'ble Vice Chancellor, Bhagat Phool Singh Mahila Vishwavidyalaya, Dr. Pankaj Mittal –Secretary, AIU, New Delhi & Former Vice Chancellor of Bhagat Phool Singh Mahila Vishwavidyalaya, Shri. Atul Kothari- National Secretary- SSUN, New Delhi, Prof. Alok Chakarwal- Hon'ble Vice Chancellor GGCU, Bilaspur, Dr. Richa Sharma- Deputy Director, ICSSR, New Delhi, Dr. Neelam Malik, Registrar and Dr. Shafali Nagpal Director UGC-HRDC of the university.

Haryana is famous for its strength and vigor. Food habits play an important role in improving immunity and strengthening the body, mind, and soul. It is a famous Indian proverb, “*Desa mein des Haryana, jit doodh dahi ka khana*”. It means Haryana is a blessed land with healthy food habits that include the consumption of a nutritious diet especially focused on proteins, multivitamins, and calcium (Milk and curd). Haryanvi recipes are exclusively famous for their health benefits, taste, and spices. The ingredients used in the preparation of Haryanvi dishes are easily available across the globe. Therefore, they attract the interest of every food lover. Probably, this would be the first recipe book of its type that comprises an assortment of popular Haryanvi recipes.

Probably, this would be the first recipe book of its type that comprises an assortment of popular Haryanvi recipes. This book alienates the interests of its readers toward Indian culture by spreading awareness about the rich legacy of Indian especially Haryanvi food. This recipe book is a modest effort to conserve the tradition and taste of Haryana for future generations.

Further, the picturesque representation of the recipes will give the readers a real-life experience. The book is written, especially for the people of the Indian subcontinent and those who have an interest in Indian culture. The book is a rare collection of the following sections focused on Haryanvi foods i.e., Lentils/ *Dals*, Vegetables, types Breads, Rice, Millets/ *Bajra preparations*, Curd preparations/ *Raitas*, assorted Pickles & Chutnies, Beverages and Sweet Dishes.