



Vimala College (Autonomous), Thrissur

**Entrepreneurship Development Club,
and Health, Hygiene and Nutrition
Club, jointly organise**

Nutritious Payasam Making Competition



Celebrating Health Nutrition and Tradition



18-08-2025



Food Lab-Homescience



11:00 am

Prizes sponsored by
Manjilas Foods Private Ltd. Thrissur

**For competition registration and guidelines
contact the Department of Homescience**

Faculty Cordinators

Dr Thomas Ruby Mariamma
Dr Nisha Leela Jose

Student Coordinators

P R Saranya
Bhadra S Menon
Avanni PG
Amrutha K R

Nutritious Payasam Competition Celebrating Health, Tradition and Taste

Judging Criteria:

Our judges will evaluate each entry based on the following:

- 1) Nutritional Value (25 Points) – Healthy, wholesome ingredients, natural sweetness, free-from artificial additives and refined sugar
- 2) Taste and Flavour (20 Points) – Delicious well-balanced sweetness, overall palate appeal
- 3) Innovation and creativity (20 Points) – Unique ingredients, fusion of traditional and modern styles
- 4) Presentation and appearance (20 points) – Attractive plating and garnishing, use of eco-friendly serving materials
- 5) Texture and consistency (15 points) – Smooth, lump-free and well-cooked

Note to participants:

- * Ensure hygienic preparation
- * List all ingredients and methods used
- * Bring your payasam in ready-to-serve form