

OE2104

OLD & OLDEN: FOOD WISDOM



INSTRUCTOR

SONAL CHAUHAN

NATIONAL INSTITUTE OF DESIGN

Ms. Sonal Chauhan is Associate Senior Faculty and Discipline Lead, Apparel Design program at National Institute of Design. She enjoys working with Traditional Textiles and Crafts; believes in and practices Sustainable Design. Some of her recent work revolves around Emotionally Durable Design, Slow Consumption, Conscious Clothing, and Co-Design.

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CO-INSTRUCTOR

CARMINA FERNANDES

Carmina Fernandes is Textile Designer, Design Educator, and NID alumna. During her long work tenure, she has worked directly with artisans, headed training workshops aimed at providing income generation opportunities to the artisans & mainly women artisans

OVERVIEW

Food is the first basic essential for survival. Food being the source of energy, we all must eat to live. Food (and food conversations) brings people together. Ayurveda places special emphasis on “Ahara” (diet) and “Anna” (food) as a means to a good life, health, and wellness. By choosing our food wisely we can stay healthy, wealthy, and may live longer. Indigenous food wisdom is lost, led by migration, urbanization & fast-paced life. This workshop allows queries in form of playful interactions and fun/ intense conversations with the people to discover local food practices of their past and present.

OBJECTIVE

The workshop participants will be encouraged to explore the followings 1. Traditional food practices (Cooking, Eating, and Sharing/ Serving) 2. Food & Celebrations 3. Food and culture/ Anthropology 4. Food and Seasons 5. Food memories & Nostalgia 6. Food Tales / Discoveries 7. Food for Thought 8. Food & Habitat 9. Food Morality 10. AnnaDaan 11. Food & play 12. Food as "Prasadam" 13. Food facts 14. Food Remedies 15. Food Myths 16. Food & Material Culture 17. Food for Fasting

METHODOLOGY

Lecture and presentations Interactions with food enthusiasts Group & individual activities - research-driven tasks Hands-on activities

KEYWORDS

Local, Cultural Traditional, Seasonal, Indigenous Knowledge

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