

KRISTU JAYANTI (DEEMED TO BE UNIVERSITY) | DEPARTMENT OF MEDIA STUDIES



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THE CAFÉ THAT  
TURNS EVERY DESSERT INTO  
A HANDWRITTEN STORY

WHERE HOT DESSERTS, SUSTAINABILITY, AND COMMUNITY MEET IN EVERY BITE.

# LETTER FROM THE EDITOR



NIKON D3000, ISO - 200,  
Aperture - f3.5; Shutter Speed: 1/50

## EDITORIAL

IN BENGALURU, FOOD ISN'T JUST EATEN; IT'S SHARED, REMEMBERED, AND LIVED; A LANGUAGE THAT BINDS THE CITY TOGETHER.

# BENGALURU: A THREAD THAT CONNECTS EVERYONE

- *Almas Ilyas Taj*

Bengaluru has always been a city of ideas — of technology, art, and youthful spirit. Yet, in recent years, it has become a city that speaks through food. From sizzling street stalls to cosy cafés, food here is more than nourishment; it is identity, memory, and a language of belonging.

The crunch of bhajjis on a rainy evening or a plate of masala dosa shared among friends isn't just about taste, it's about connection. These small yet vivid moments shape how people experience the city before they truly understand it.

What makes Bengaluru's food culture unique is its blend of tradition and innovation. Age-old recipes thrive beside creative fusions and global flavours. Street food, more than any restaurant, reflects this spirit; open, evolving, and deeply human.

Each plate carries not only flavour but also a story of resilience, of hands that labour and hearts that endure. In celebrating Bengaluru's street food, we honour the people and histories that make the city's pulse alive — one plate at a time.

## MEET THE TEAM

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*Kathleen Francis*

# TAMARIND TO TULSI

THE ESSENCE OF SOUTH INDIAN FLAVOURS



NIKON D7500, ISO - 8000, Aperture - F5.6  
Shutter Speed: 1/125

Indian cuisine is a vibrant tapestry, and there is no better illustration of its regional diversity than the contrast between a North Indian platter and a South Indian thali. These two culinary traditions, shaped by distinct

climates and agricultural histories offer completely different experiences of balance and flavour. The core difference lies in the staple carbohydrate: The South is inherently rice-centric, while the North relies heavily on wheat-based breads.

The South Indian meal places rice at the centre, surrounded by accompaniments like sambar and rasam - light, soupy preparations that rely on lentils, tamarind for tang, and copious amounts of coconut and fresh curry leaves.

Cooking often uses sesame or coconut oil, resulting in a lighter texture and a flavour profile dominated by heat, sourness, and fresh herbs. This style emphasises quick-cooking, vegetable-heavy dishes and a variety of small, balanced portions served on a banana leaf or steel plate.

In contrast, the North Indian approach emphasizes warmth and richness.



NIKON D7500, ISO 6400, Aperture f6.3  
Shutter Speed: 1/160

*Chopping fresh roots for flavour, happiness and out of love*



NIKON D7500, ISO 5000,  
Aperture f8, Shutter Speed: 1/250



NIKON D7500, ISO 5000, Aperture f5.6  
Shutter Speed: 1/125

*With every stir, flavours come alive and hearts gather.*

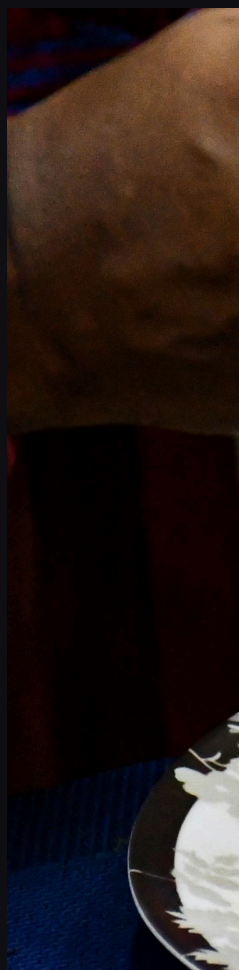
Staple items include naan, roti, and paratha, all made from wheat flour. The flavour base shifts dramatically, incorporating generous use of ghee, cream, and butter to create thick, opulent gravies for dishes like paneer curries or lentil dals. Strong, warming spices like cardamom and cloves are preferred, and the use of the tandoor (clay oven) is central, adding smoky depth to grilled meats and vegetables. While the South seeks tanginess, the North achieves satisfaction through richness and aromatic complexity.

Ultimately, both platters showcase India's fundamental philosophy that a meal must achieve a perfect harmony of tastes. Though they travel different paths - one through cream and wheat, the other through coconut and rice, both traditions result in a deeply satisfying and communal culinary experience.



*A mother's hunger is fed by watching her family relish the meal she's made.*

NIKON D7500, ISO 8000, Aperture f5.6  
Shutter Speed: 1/125



*Her greatest joy is*

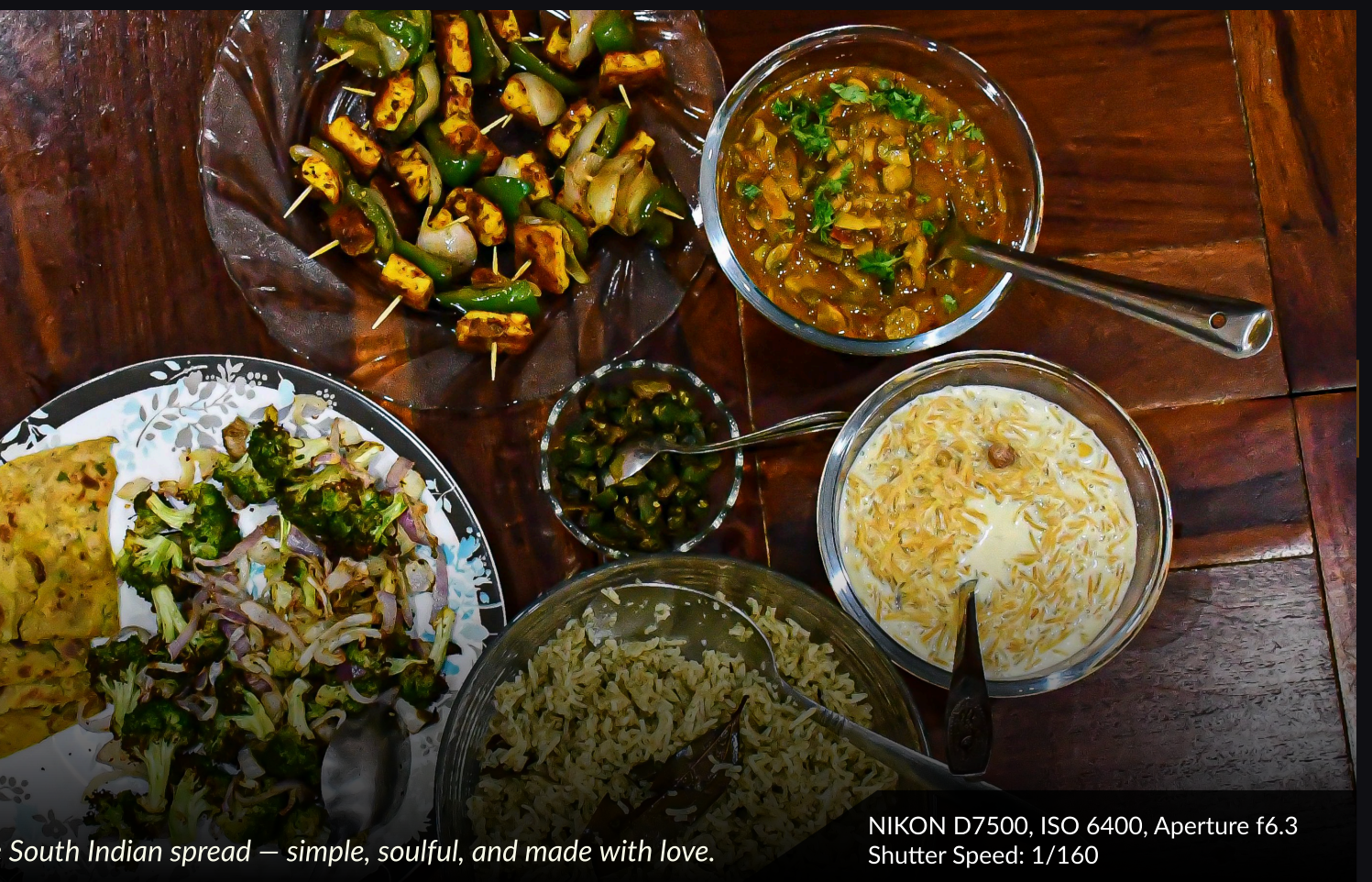


*A wholesome*



NIKON E7500, ISO - 8000, Aperture - F5.6  
Shutter Speed: 1/125

*s in serving and seeing smiles bloom with every bite.*



NIKON D7500, ISO 6400, Aperture f6.3  
Shutter Speed: 1/160

*South Indian spread — simple, soulful, and made with love.*

*Kathleen Francis*

# HIGHLAND BITES

FERMENTED FLAVOURS OF INDIA



NIKON D3000, ISO - 1600, Aperture - F4.8  
Shutter Speed: 1/125

In the mountainous Northeast, food often features powerful, intense flavours designed to be hearty and strong. The **Angami Naga dish Galuo** beautifully embodies this regional character. It is a deeply savoury broth cooked with smoked meat,

primarily pork or beef - that gains its complexity from pungent ingredients like fermented soya bean paste, ginger, garlic, green chillies, and salt. This rich, smoky, and warming dish reflects the need for sustaining comfort in a cold, rugged landscape.

During special occasions like festivals, this meal is traditionally presented on a **banana leaf** - a practice that symbolizes core community values: unity, togetherness, and love.

Just like Galuo on a banana leaf; the South Indian Thali is also often served on a banana leaf, reinforcing the **shared cultural importance of gathering, sharing, and community.**



NIKON D3000, ISO - 800,  
Aperture - f5; Shutter Speed: 1/125

*Smoked duck meat, rich in flavor, forms the hearty base of Galho.*



NIKON D3000, ISO - 1600,  
Aperture - f4.8; Shutter Speed: 1/125

*Fermented soya bean paste adds depth and tradition to the simmering broth.*



NIKON D3000, ISO - 1100, Aperture - f4.8; Shutter Speed: 1/125



NIKON D3000, ISO - 900, Aperture - f4.2; Shutter Speed: 1/30

*Every feast begins with a simple prayer; for the food, the hands that made it, and moments like this.*

G Gowri Parvathy

# BAKING NOSTALGIA

THE CAFÉ THAT TURNS EVERY DESSERT INTO A  
HANDWRITTEN STORY

**T**he beloved dessert shop Mug Full of Stories opened its doors in 2017 - venture born when two siblings, armed with business degrees, chose passion over the corporate "mandate." They quickly established a cozy, snug spot

designed as a quiet retreat from the city's noise, specializing in unique hot desserts: oven-baked mug cakes and churros - a brand-new concept for Bangalore at the time. Their initial success was swift, proving the business was viable from the very first month, despite starting with a minimal investment of just three lakh.



NIKON D3000, ISO - 1250, Aperture - f4.2, Shutter Speed: 1/125

*A complete spread of savourful joys*

The shop's core appeal lies in its genuine connection with customers. They pioneered a unique storytelling element: each mug cake was initially served with a small, relatable story about nostalgia, aiming to revive storytelling and build a sense of community.

This personal touch turned patrons into passionate loyalists, with many so fond of the café that they became its best marketers - often "gatekeeping" the spot as their own secret treasure. This communal spirit



*Where stories brew louder than coffee*



NIKON D3000, ISO - 1250, Aperture - f4.2  
Shutter Speed: 1/160



NIKON D3000, ISO - 1600, Aperture - f4.2  
Shutter Speed: 1/125

*A colorful collection of whispered thoughts and shared memories.*

is vividly reinforced by the cafe's distinctive wall of customer feedback, covered in colourful sticky notes. Every guest contributes a personal, handwritten message, becoming part of the shop's evolving décor and ongoing story.

Beyond the sweet treats, the owners have emphasized a strong commitment to ethics and sustainability. The menu is intentionally kept small to ensure zero food wastage. In a major step toward environmental



NIKON D3000, ISO - 1250, Aperture - f4.5,  
Shutter Speed: 1/125

*Sweetness on the spoon and nurture for the soul.*

responsibility, they partnered with an agency to convert all used cooking oil into biodiesel for clean disposal. They previously championed a creative sustainability initiative in which their mug cakes were served in clay mugs packaged with seeds and cocoa peat - encouraging customers to grow their own miniature garden and reuse the vessel.

Almas Ilyas Taj

# SIZZLE AND SPARKLE

VV PURAM'S FOOD STREET COMES ALIVE IN THE RAIN

**W**hen it rains in VV Puram, the food street doesn't slow down - it sparkles even brighter. The air transforms into a rich, warm cloud, pulling people in with the irresistible scent of sizzling butter, sharp spice, and hot

oil. Umbrellas drop as patrons hurry from the downpour straight to the comforting glow of the stalls. Every stall becomes a beacon of warmth. Hot food sizzles vigorously on large tawas, sending plumes of aromatic steam into the cool night air. Under the neon lights,

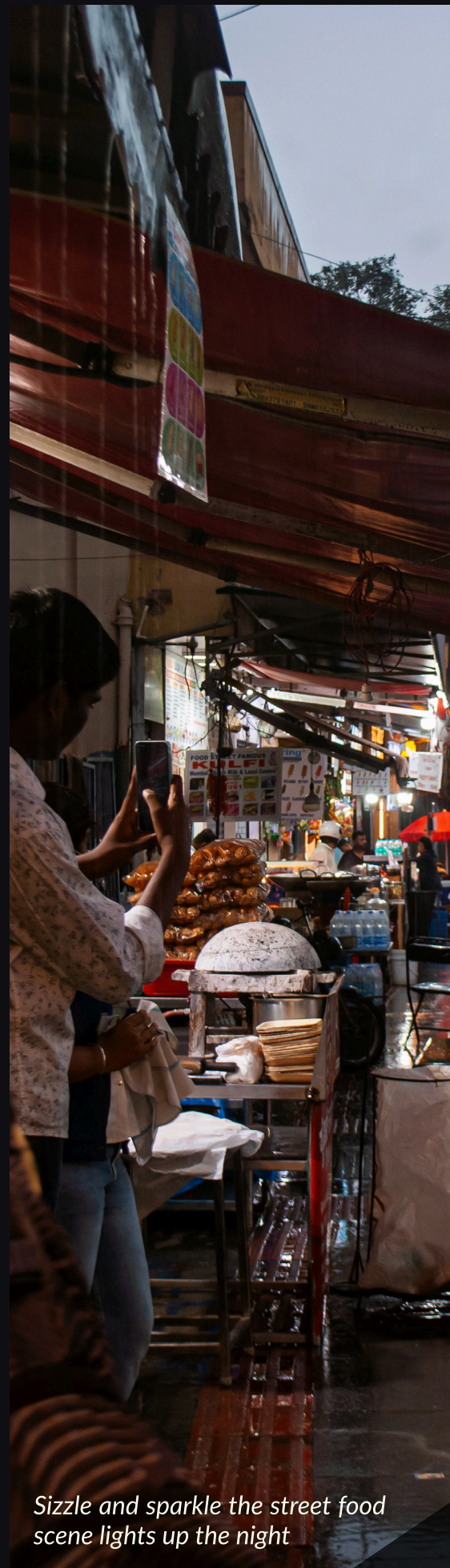


NIKON D3000, ISO - 400, Aperture - f4, Shutter Speed: 1/125

*Hot delicious comfort on a rainy day*

golden sweets drip with syrup that catches the rain's reflection, while crispy snacks are pulled from the fryer and handed immediately to eager customers queuing patiently in line. It's a fast-paced ballet of heat and craving.

The heart of VV Puram's flavour, however, lies not just in the food but in its people. Many of the cooks are of Rajasthani origin, and their deep-seated love for hospitality and cooking shines through in every action. It's visible in their quick, busy hands, in their easy



*Sizzle and sparkle the street food scene lights up the night*



NIKON D3000, ISO - 320, Aperture - f5,  
Shutter Speed: 1/125



NIKON D3000, ISO - 200, Aperture - f4  
Shutter Speed: 1/125

*Fueling the street with golden flavours*

laughter as they plate orders, and in the obvious pride they take when a customer returns to praise their work.

The rainy atmosphere simply enhances this unique charm. Families huddle around tiny tables, expertly shielding their plates from stray drops, while groups of friends share bites and stories, their voices rising above the sound of the rain. Steam billows higher from cups of hot tea, mixing with the misty air.



NIKON D3000, ISO - 125, Aperture - f5.6,  
Shutter Speed: 1/125

*Hot rotis on the griddle, shared under neon lights.*

The crowd doesn't mind getting a little drenched here. Under the neon-lit canopy of the stalls, food becomes the ultimate celebration. Each scene tells a simple story of human warmth - dedicated cooks pouring passion into their work, and strangers finding comfort and joy together in the shared act of eating under the rain.

G Gowri Parvathy

# MANY CULTURES, ONE STORY

FUSION FEST UNITES THOUSANDS AT KOTHANUR VENUE



CANONEOS 200D, ISO - 2000, Aperture - f4, Shutter Speed: 1/200

Celebrating India's music, colors, and energy all on one vibrant stage



CANONEOS 200D, ISO - 3200, Aperture - f4.5, Shutter Speed: 1/200

Serving love in every bite at this cozy outdoor food fest.

The Crossroad Bangalore successfully hosted the much-anticipated Fusion Fest 2025, drawing a large and diverse crowd to the

Wings Arenas in North Bengaluru for an evening of cross-cultural celebration.

The free-entry cultural festival, operating under the banner "Many Cultures, One Story," took place on Saturday, from 4:00 PM to 10:00 PM at the Wings Arenas on Hennur Bagalur Road, Kothanur. The event was a large-scale collective effort organized by



CANONEOS 200D, ISO - 4000, Aperture - f4.5, Shutter Speed: 1/200

Cute couple behind the counter ready to serve yummy baked goods at the Golden Glove stall.

The Crossroad Bangalore and supported by sponsors including Eulogia Technology Solutions and ELMEASURE, aiming to actively promote community unity and celebrate the confluence of Indian cultural and culinary traditions. The festival was executed with a comprehensive and diverse itinerary, ensuring broad public appeal.

Attendees experienced a vibrant blend of over 10 activities, including a dynamic fashion show, a multi-cuisine food court with BBQ, live performances by bands such as Rohaani Band and The Crossroad Band, and a combined choir performance by the Bangalore Mizo Christian Fellowship.

The fusion fest also featured traditional games, cultural dance displays, a kids' zone, and food-eating competitions for Idli, pani puri, and Samosas.

The organizers managed to execute this sprawling, high-traffic event was through meticulous planning and community collaboration, providing a platform for numerous local businesses - from pottery and art stalls to bakeries and coffee vendors - to engage the public.

Fusion Fest 2025 has cemented its position as a major annual event, effectively bringing together diverse linguistic, cultural, and geographic communities within the Bengaluru.



CANONEOS 200D, ISO - 500, Aperture - f4, Shutter Speed: 1/500

*Paws and palette,cute portraits adding cuteness to the space*



CANONEOS 200D, ISO - 1600, Aperture - f5, Shutter Speed: 1/250

*Celebrating diversity, embracing oneness.*



CANONEOS6D, ISO - 5000, Aperture - F5

*Sizzling chicken at the grill*



CANONEOS 200D, ISO - 4000, Aperture - f4.5, Shutter Speed: 1/200

*Team Cherich Brook mental health care center spreading awareness also sideways spreading culture*

Almas Ilyas Taj

# BEYOND THE BOUNDARY



**T**he Jayantian Cup 2025, the national-level intercollegiate sports tournament, marked its largest edition yet, concluding a successful three-day run at Kristu Jayanti (Deemed to be University), Bengaluru. Formally inaugurated on a Wednesday by the Centre for Physical Education and Fitness, the event brought together over 100 teams, including participants from outstation colleges, solidifying its growing stature in the national

sports calendar. In his inaugural address, Vice Chancellor Fr. Dr. Augustine George emphasized the intrinsic role of athletics in holistic student development, noting that sports cultivate crucial qualities such as character, resilience, leadership, and teamwork - values that transcend the boundaries of the playing field.



NIKON D5600, ISO - 400, Aperture - f7.1  
Shutter Speed: 1/200

*Gleaming trophies await champions of the Jayantian Cup 2025.*



NIKON D3000, ISO - 100 Aperture - f8, Shutter Speed: 1/250

*Players huddle, uniting strategy and spirit on court.*



NIKON D3000, ISO - 100 Aperture - f7.1, Shutter Speed: 1/200

*The court stands ready, set for moments of triumph.*

The tournament featured competitive fixtures in basketball, football (9-a-side), and Throwball for both men and women, held across the university's main campus court, sports arena, and the Mantri Football Turf. The finals showcased high-intensity performances, culminating in a series of tightly contested matches.

The competition saw several institutions rise to glory. In football, Christ University, Kengeri, and Reva University secured the men's and women's championships, respectively, each overcoming a strong challenge from Kristu Jayanti University (finalists).

Kristu Jayanti University lifts the men's trophy against St. Joseph's University in Throwball, while BMS College for Women triumphed in the women's division. The basketball titles were claimed by Christ University, BCC (men), and Providence College (women).

Individual brilliance was also celebrated with the Most Valuable Player awards, recognizing stellar athletes across all categories.

The Jayantian Cup 2025 not only crowned new champions but also successfully fostered a spirit of unity and competitive excellence, reaffirming Kristu Jayanti University's dedication to promoting sports as a vital platform for student growth.



NIKON D5200, ISO - 450, Aperture - f4.2; Shutter Speed: 1/1000

*Girl in red, a power player!*



*Intense moments as players battle it out on the basketball court.*



Nikon D3000, ISO - 100, Aperture - f7.1; Shutter Speed: 1/250



CANONEOS 700D, ISO - 6400, Aperture - F4.6; Shutter Speed: 1/250

*KJU team listens as their coach reviews the final game moments.*



CANONEOS 700D, ISO - 6400, Aperture - F4.6; Shutter Speed: 1/500

*Every move counts as the teams face off in a nail-biting final.*



# KRISTU JAYANTI

(DEEMED TO BE UNIVERSITY)

Under Section 3 of UGC Act 1956

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“

**I THINK FOOD, CULTURE,  
PEOPLE AND LANDSCAPE  
ARE ALL ABSOLUTELY  
INSEPARABLE.**

**– ANTHONY BOURDAIN**

”

**SCHOOL OF HUMANITIES & SOCIAL SCIENCES  
DEPARTMENT OF MEDIA STUDIES**