

Hello, everyone!

My name is Minami Tarumi, a third-year student in the School of Integrated Arts and Sciences at Hiroshima University. I am currently studying for a semester at Birla Institute of Technology and Science (BITS) Pilani in India. In this article, I want to share insights that go beyond the fact sheets and provide a glimpse into real-life experiences. Today, I'll focus on a topic that many of you might be curious about—the food here on campus!

Messes on Campus

BITS Pilani's campus has several messes, with vegetarian menus being the norm. Most meals here are plant-based because of vegetarian culture.

When you think of Indian cuisine, curry is probably the first thing that comes to mind. However, the messes offer not just curries but also a variety of dishes from different regions of India, making every meal an exciting experience!



Lunch one day



My favorite: Dosa from South India

On occasion (roughly once every one or two weeks), non-vegetarian options such as chicken curry are also served. While my stomach was initially burning because of the spices, I've grown to enjoy the flavorful meals here!

A Wide Variety of Food Options

Beyond the messes, the campus also has a range of restaurants and food stalls offering not only Indian dishes but also pizza, pasta, and Chinese cuisine. These options are perfect for those moments when you're craving something other than Indian food or vegetarian dishes.

Interestingly, even non-Indian cuisines are often adapted to be vegetarian or given a unique Indian twist, which adds a layer of cultural discovery to every meal.



Instagrammable vegetarian pizza

A Hands-On Dining Experience

One distinctive feature of dining in India compared to Japan is the absence of chopsticks in most places. Instead, you'll get the chance to try eating with your hands!

While it might feel challenging at first, it becomes enjoyable once you get used to it. Of course, spoons are also available in messes and most restaurants, so no need to worry!

Building Connections Through Food

Sharing meals with local students and experiencing Indian food culture firsthand are wonderful ways to connect with the students and dive into Indian culture. These dining experiences provide opportunities for deeper cultural exchange and a better understanding of the local way of life. It makes the dining experience one of the most enriching aspects of my study abroad experience!

Sharing meals with local students and experiencing Indian food culture firsthand are wonderful ways to connect with the students and dive into Indian culture.

These dining experiences provide opportunities for deeper cultural exchange and a better understanding of the local way of life.

【FAQs About Dining at BITS Pilani】

Q: I love curry. Can I eat it for all three meals every day?

A: Absolutely!

Curry is a staple in the messes, and if you ever find yourself wanting more, you can always grab some from the food stalls on campus. With the variety of curries available, you can enjoy a “three-curry-a-day” lifestyle without getting bored!

Q: I’m a bodybuilder. Will I be able to meet my protein needs?

A: You might need a little help from your protein powder.

While vegetarian meals here include options like lentils and beans, which are good sources of protein, they might not fully meet the nutritional needs of someone on a bodybuilder’s regimen. I recommend bringing protein supplements to maintain your gains.

Personally, I’ve focused on incorporating legumes and lentils into my diet to supplement my protein intake.