



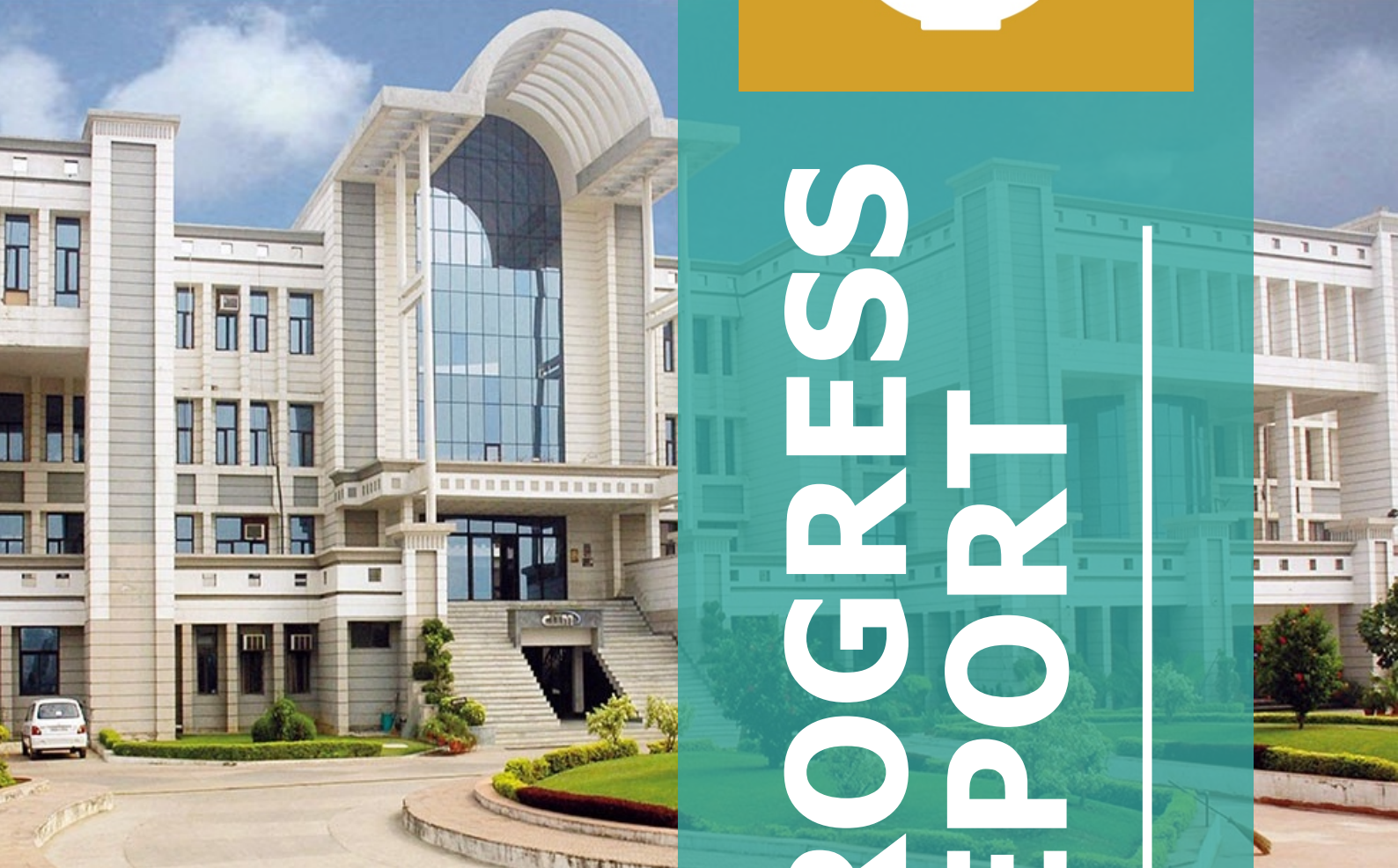
Manav Rachna International Institute of Research and Studies
(Deemed to be University under section 3 of the UGC Act,1956)

ZERO HUNGER

2 ZERO HUNGER



PROGRESS REPORT



Introduction

Food is important for all the living being but increased population and our irresponsible behaviour towards the environment has changed the cycle. Our earth has given us a tremendous resource, but millions of people are starving due to unequal access and ineffective management. With the use of cutting-edge technologies and equitable distribution methods, we can support the global population and ensure that no one will ever again be hungry.

Campus Food Waste tracking

MRIIRS do follow a food wastage tracking program based on Sustainable Food policy. **Food nutrition and wastage audit committee** has been constituted at the Institute level as per the '**Sustainable Food Policy of MRIIRS' laid down in 2018**. The roles and responsibilities of this committee includes conduct of awareness sessions to minimize the food wastage, collate and analyze the food wastage records, draft the strategies to minimize the food waste, sustainable disposition of generated food waste, monitor waste food management, to ensure the availability of sustainable, healthy and affordable food choices on campus, conduct awareness on sustainable farming practices, training on sustainable technical agricultural aspects, etc.

This food waste tracking process provides better identification of areas for improvement and makes team members more aware about the food wastage. Food waste at all the outlets of the campus including Hostel Mess is recorded on the daily basis through MIS and kept in record for making future strategies. The analysis of food waste is evaluated and based on the statistics further measures including rigorous sensitization towards NO FOOD WASTE etc. are planned.

A. Process of food waste tracking at MRIIRS

MRIIRS do follow a food wastage tracking program based on Sustainable Food policy. This food waste tracking process provides a better identification of areas for improvement and makes team members more aware about the food wastage.

- ✓ **Food nutrition and wastage audit committee** has been constituted at the Institute level as per the '**Sustainable Food Policy of MRIIRS' laid down in 2018**.
- ✓ **Food waste at all the outlet of the campus is recorded on the daily basis through MIS**(<https://forms.gle/ZCF165Rda1wPEQcu6>) as per the Annexure B of Sustainable Food Policy and kept in record for making future strategies.
- ✓ The **access to MIS has been provided at the end of member secretary** (presently Dr.Mahak Sharma- Associate Professor, FAHS) of **Food nutrition and wastage audit committee of MRIIRS**.
- ✓ All the food waste records as obtained on daily basis through MIS are analyzed during the monthly meeting of **Food nutrition and wastage audit committee of MRIIRS**. This analysis majorly includes:

- Analyzing the amount of dry and wet food waste.
 - Amount of food waste during transportation.
 - Management of food waste at the respective outlets which may include amount of food waste sent for Animal Feed, amount of food waste sent for Organic Compost, amount of food waste sent to shelter homes through Dr. O. P. Bhalla Foundation, amount of food waste sent to Food Unit of Manav Rachna Innovation and Incubation Centre.
- ✓ The **recommendation of this committee** as provided on the food wastage reports of are shared with the respective stakeholders for further interventions.

The analysis of food waste is thus evaluated as per the above process and based on the statistics further measures including rigorous sensitization towards NO FOOD WASTE etc. are planned.

Further, following regular measures have been incorporated to ensure the minimized food wastage:

We at Manav Rachna Education Institutions aim to minimizing the food wastage in order to overcome the global issue.

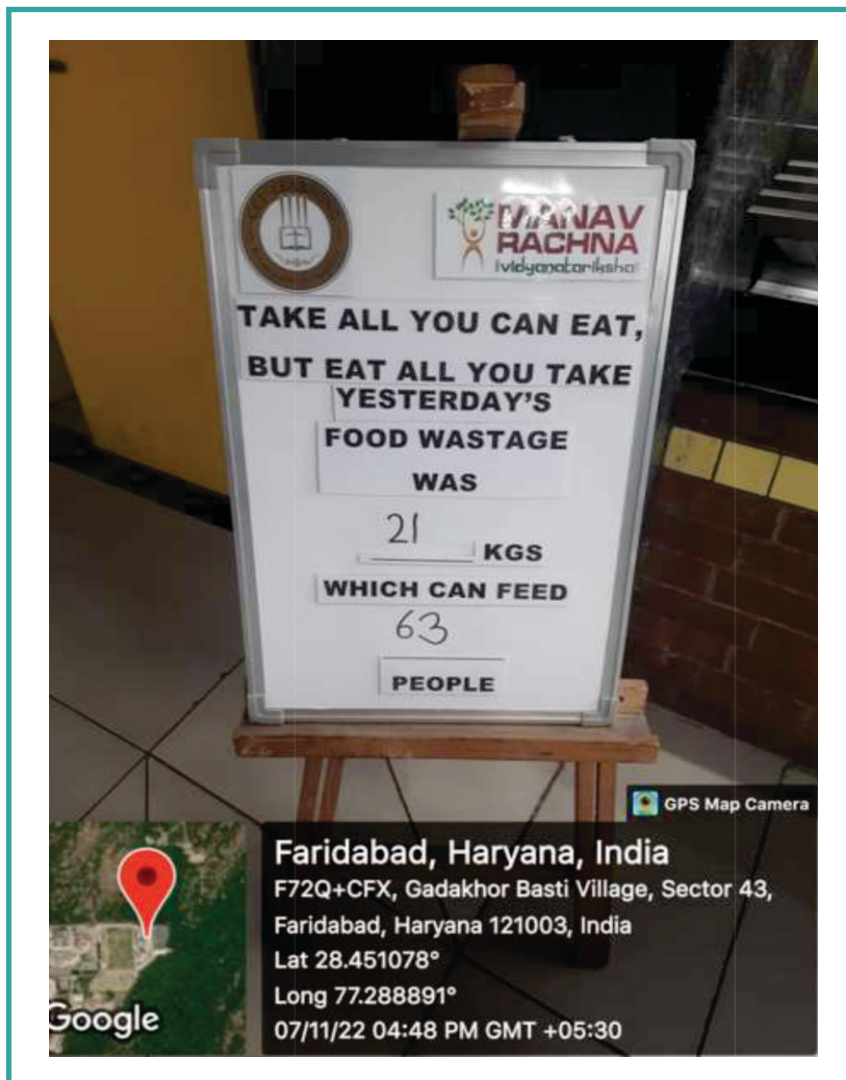
- Students and all peers are always sensitized about the food wastage. Multiple processes have been designed and being followed to ensure minimization of food wastage.
- Cyclic menu helps in planning the material supply and inventory.
- Raw food material and ingredients are always being procured from definite vendors which have already being identified on the basis of their quality service.
- Portion control dishes are being used in order to control the food portion to minimize the wastage.
- Regular audits are also done to understand the wastage of specific food type if any.
- We also use to recycle the amount of food waste to create compost and to feed stray animals as the motto of zero hunger exist to help out every species in any way possible.
- Sensor taps have been installed to control water wastage as well. Dish washers have been installed for second screening of food wastage.
- Deep and huge freezers have also been installed to store surplus raw and processed food to avoid food wastage.
- Regular audits and inspections from internal committee also ensure the follow up of the sustainable food policies in the most efficient manner.

1. Regular food inventory audit

For instance, based on the statistics, it could be concluded that an excessive amount of expired produce is being disposed of. In order to ensure that products are used before they expire, the food nutrition and wastage audit committee decides to alter how frequently the team analyses inventory. This makes a significant contribution to achieving future goals and expectations about food waste.

2. Daily Student Wastage Awareness

Daily student wastage awareness notice boards are updated to sensitize the students on Food Wastage, the geotagged photograph of notice boards for daily student wastage awareness is as provided below:



DAILY STUDENT WASTAGE AWARENESS
(Notice Board to make student aware about wastage)

3. Awareness through Banners/rallies/Awareness Sessions across the Campus:



Food waste management is sustainable and advantageous for both the economy and the environment. By identifying strategies to reduce waste, we are able to reduce the energy and labour expenses associated with tossing out good food and products. The amount of food that ends up in local landfills is decreased while also safeguarding the environment through the reduction of food waste through production methods and overproduction measures. By opting and following these measures we were able to not only minimize the food waste but also to identify the best sustainable ways possible to manage the wet food waste.

A. Sample monthly records as obtained through MIS at MRIIRS

Food waste at all the outlets of the campus including Hostel Mess is recorded on the daily basis through MIS and kept in record for making future strategies. Sample monthly records of Food wastage in Kgs are provided for the following food outlets:

- Annexure 1: Boys Mess
- Annexure II: On-Campus Food Outlet of MRIIRS – SUBWAY
- Annexure III: On-Campus Food Outlet of MRIIRS- Chai Garam
- Annexure IV On-Campus Food Outlet of MRIIRS- Red Brick Bistro

Management of food waste at the respective outlets which includes whether

- food waste sent for **Animal Feed,**
- food waste sent for **Organic Compost,**
- food waste sent to **shelter homes through Dr. O. P. Bhalla Foundation,**
- food waste sent to **Food Unit of Manav Rachna Innovation and Incubation Centre** is also consolidated in the Remarks section of the report.

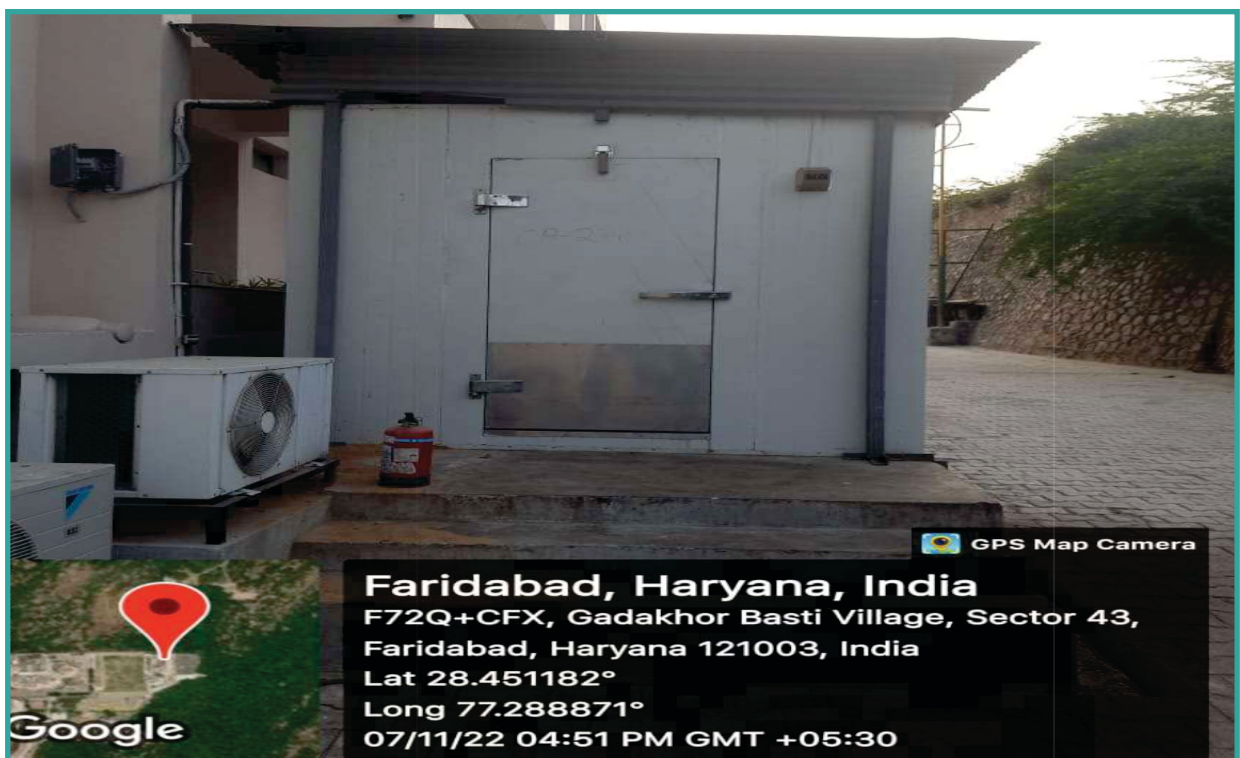
C. Management of Food Waste



On-Campus Bio-composter installed to manage Food Waste



C. Management of Food Waste



COLD STORAGE ROOM 27 FOR FOOD WASTAGE
(Walk-in to keep all food wastage at correct temp for future Process)



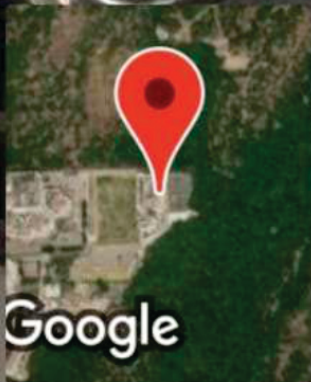
Washing Area to dispose Dry and Wet wastage Separately



plates before entering the Machine



GPS Map Camera



Faridabad, Haryana, India

F72Q+9GG, Gadakhor Basti Village, Sector 43,
Faridabad, Haryana 121003, India

Lat 28.451065°

Long 77.288902°

07/11/22 04:50 PM GMT +05:30

A. Annexure I: RECORDS OF BOY MESS (EVERY MONTH)

Manav Rachna International Institute of Research and Studies					
BOYS MESS RECORD					
Month: August 2022					
FOOD WASTAGE RECORD					
DATE	PAX	Dry wastage/kg	Wet wastage/kg	ACTION TAKEN	REMARKS
Aug-01	200	10	19	Educated Students	50% used for Animal feeds & 50% used for compost
Aug-02	190	12	19	Spoke to warden	
Aug-03	180	13	18	Educated Students	
Aug-04	188	14	21	Educated Students	
Aug-05	150	15	20	Need Smaller Plates	
Aug-06	160	15	21	Educated Students	
Aug-07	150	16	22	Educated Students	
Aug-08	200	14	20	Educated Students	
Aug-09	180	13	18	Faculty duty to check	
Aug-10	170	14	23	Educated Students	
Aug-11	200	15	25	Report to Operatinal Manage	
Aug-12	160	17	13	Educated Students	
Aug-13	188	18	14	Spoke to warden	
Aug-14	170	9	14	Educated Students	
Aug-15	160	12	15	Educated Students	
Aug-16	155	14	20	Educated Students	
Aug-17	145	12	21	Use ladle for portioning	
Aug-18	145	10	20	Educated Students	
Aug-19	150	12	23	Educated Students	
Aug-20	166	13	22	Report to Operational Manag	
Aug-21	190	14	25	Educated Students	
Aug-22	170	15	19	Report to Operational Manag	
Aug-23	188	15	20	Educated Students	
Aug-24	190	16	19	Report to Operational Manag	
Aug-25	190	12	18	Educated Students	
Aug-26	150	12	19	Report to Operational Manag	
Aug-27	190	15	19	Educated Students	
Aug-28	190	15	20	Report to O. Manager	
Aug-29	178	15	19	Educated Students	
Aug-30	180	14	21	Spoke to warden and student	
Aug-31	190	10	15	Educated Students	
Total	5413	421	587		

B. Annexure II: RECORDS OF VARIOUS FOOD OUTLET OF MRIIRS (EVERY MONTH)

- Analysis Food Wastage at Subway

Manav Rachna International Institute of Research and Studies					
Subway					
FOOD WASTAGE RECORD					
DATE	PAX	Dry wastage/kg	Wet wastage/kg	ACTION TAKEN	REMARKS
01.03.2022	102	4	0	Creating awareness among customers	Food wastage was used for Animal feed
02.03.2022	98	4	2	Creating awareness among customers	
03.03.2022	105	4.5	2.5	Creating awareness among customers	
04.03.2022	120	6	2	Creating awareness among customers	
05.03.2022	125	6	2	Creating awareness among customers	
06.03.2022	Sunday	0	0		
07.03.2022	97	3.5	1	Creating awareness among customers	
08.03.2022	109	5	2.5	Creating awareness among customers	
09.03.2022	115	6	4.5	Creating awareness among customers	
10.03.2022	165	7	3	Creating awareness among customers	
11.03.2022	156	6.5	3.5	Creating awareness among customers	
12.03.2022	Closed	0	0		
13.03.2022	Sunday	0	0		
14.03.2022	99	4	1.5	Creating awareness among customers	
15.03.2022	106	4.5	2	Creating awareness among customers	
16.03.2022	189	7	3.5	Creating awareness among customers	
17.03.2022	180	7	3	Creating awareness among customers	
18.03.2022	Closed	0	0		
19.03.2022	Closed	0	0		
20.03.2022	Sunday	0	0		
21.03.2022	106	4	2.5	Creating awareness among customers	
22.03.2022	110	5	2.5	Creating awareness among customers	
23.03.2022	115	5.5	3	Creating awareness among customers	
24.03.2022	78	3	1	Creating awareness among customers	
25.03.2022	97	4	4	Creating awareness among customers	
26.03.2022	Closed	0	0		
27.03.2022	Sunday	0	0		
28.03.2022	99	4	2	Creating awareness among customers	
29.03.2022	102	4	2.5	Creating awareness among customers	
30.03.2022	122	4.5	2.5	Creating awareness among customers	
31.03.2022	68	2	1	Creating awareness among customers	
Total	2663	111	54		

- Analysis Food Wasteage at Chai Garam

Manav Rachna International Institute of Research and Studies Chai Garam					
FOOD WASTAGE RECORD					
DATE	PAX	Dry wastage/kg	Wet wastage/kg	ACTION TAKEN	REMARKS
01.05.2022	Sunday	0	0	0	Food wastage was used for Animal feed
02.05.2022	60	3	0	Portion Control and sensitizing customer	
03.05.2022	95	2	1	Portion Control and sensitizing customer	
04.05.2022	89	3.5	1	Portion Control and sensitizing customer	
05.05.2022	50	2.5	0	Portion Control and sensitizing customer	
06.05.2022	54	2.5	0	Portion Control and sensitizing customer	
07.05.2022	Closed	0	0		
08.05.2022	Sunday	0	0		
09.05.2022	97	4	2	Portion Control and sensitizing customer	
10.05.2022	78	3.5	1	Portion Control and sensitizing customer	
11.05.2022	86	3.5	1.5	Portion Control and sensitizing customer	
12.05.2022	60	3	2	Portion Control and sensitizing customer	
13.05.2022	55	2.5	1	Portion Control and sensitizing customer	
14.05.2022	54	2.5	1.5	Portion Control and sensitizing customer	
15.05.2022	Sunday	0	0		
16.05.2022	42	2	0	Portion Control and sensitizing customer	
17.05.2022	56	2.5	0	Portion Control and sensitizing customer	
18.05.2022	46	2	0	Portion Control and sensitizing customer	
19.05.2022	56	1.5	0	Portion Control and sensitizing customer	
20.05.2022	78	3	2.5	Portion Control and sensitizing customer	
21.05.2022	Closed	0	0		
22.05.2022	Sunday	0	0		
23.05.2022	95	4	2.5	Portion Control and sensitizing customer	
24.05.2022	94	4	1	Portion Control and sensitizing customer	
25.05.2022	56	2	0	Portion Control and sensitizing customer	
26.05.2022	79	3	1.5	Portion Control and sensitizing customer	
27.05.2022	64	0.5	3	Portion Control and sensitizing customer	
28.05.2022	34	1.5	0.5	Portion Control and sensitizing customer	
29.05.2022	Sunday	0	0		
30.05.2022	59	1	2	Portion Control and sensitizing customer	
31.05.2022	67	1.5	1	Portion Control and sensitizing customer	
Total	1604	61	25		

- Analysis Food Wasteage at Red Brick Bistro

Manav Rachna International Institute of Research and Studies Red Brick Bistro					
FOOD WASTAGE RECORD					
DATE	PAX	Dry wastage/kg	Wet wastage/kg	ACTION TAKEN	REMARKS
01.06.2022	70	3	1	Animal Feed, Composting the waste & Sensitizing Customers	Food wastage was used for Animal feed and Composting
02.06.2022	68	3	0	Animal Feed, Composting the waste & Sensitizing Customers	
03.06.2022	75	2	0	Animal Feed, Composting the waste & Sensitizing Customers	
04.06.2022	48	1	0		
05.06.2022	Sunday	0	0	Animal Feed, Composting the waste & Sensitizing Customers	
06.06.2022	75	3	0.5	Animal Feed, Composting the waste & Sensitizing Customers	
07.06.2022	78	2.5	0	Animal Feed, Composting the waste & Sensitizing Customers	
08.06.2022	95	2.5	1.5	Animal Feed, Composting the waste & Sensitizing Customers	
09.06.2022	58	0.5	0	Animal Feed, Composting the waste & Sensitizing Customers	
10.06.2022	86	2.5	0		
11.06.2022	Closed	0	0		
12.06.2022	Sunday	0	2	& Sensitizing Customers	
13.06.2022	86	1	1	& Sensitizing Customers	
14.06.2022	84	2	0	& Sensitizing Customers	
15.06.2022	56	2	2	Animal Feed, Composting the waste & Sensitizing Customers	
16.06.2022	75	3	2	Animal Feed, Composting the waste & Sensitizing Customers	
17.06.2022	78	1.5	0.5	Animal Feed, Composting the waste & Sensitizing Customers	
18.06.2022	48	2	1	Animal Feed, Composting the waste & Sensitizing Customers	
19.06.2022	Sunday	0	0		
20.06.2022	96	1.5	0.5	Animal Feed, Composting the waste & Sensitizing Customers	
21.06.2022	37	3	2	Animal Feed, Composting the waste & Sensitizing Customers	
22.06.2022	94	3	1	Animal Feed, Composting the waste & Sensitizing Customers	
23.06.2022	56	3	2	Animal Feed, Composting the waste & Sensitizing Customers	
24.06.2022	64	2.5	0	Animal Feed, Composting the waste & Sensitizing Customers	
25.06.2022	Closed	0	0		
26.06.2022	Sunday	0	0		
27.06.2022	84	2	1.5	Animal Feed, Composting the waste & Sensitizing Customers	
28.06.2022	59	2.5	0.5	Animal Feed, Composting the waste & Sensitizing Customers	
29.06.2022	56	2.5	0.5	Animal Feed, Composting the waste & Sensitizing Customers	
30.06.2022	54	0.5	1.5	Animal Feed, Composting the waste & Sensitizing Customers	
Total	1738	52	21		

3. Student Food Insecurity and Hunger

Manav Rachna International Institute of Research and Studies always help the community in achieving the good health through Nutrition health camps at different -different area of Faridabad and its outskirts. Institute runs many courses in field of nutrition and health such as Fundamental of food and nutrition, family meal management, Institutional Service management, community Nutrition, food science and technology, Food hygiene and sanitation to encourage the students to take a step forward and work towards this novel work of save the planet. These courses run with following Objectives:

- A. To create students who are having the knowledge of nutrition and will be able to create the diets according to person's need.
- B. To create awareness related to balance diet and its importance by using ICT tools.
- C. To be able to calculate the nutritive value of any food and will be able to prepare nutritious dishes.
- D. New innovative product can also be developed to overcome the malnutrition of the community

Apart from this **many start ups** are also been launched like 1) **Helestein Food Lab**: non-preservative beverages and food items, use waste like cocum rind, Mango peel, to develop various nutritious food products. 2) **Naturoplast**: Biodegradable packaging film using banana peel as a replacement of plastic 3) **Nutrifresh**: mouth freshener developed by basil seeds. Recent Start-ups are 1) **Eat Me**: focussed on waste management of water melon rind in to edible cutlery. 2) **Poshan twigs**: Nutritious solution of the breakfast using millets (under utilized crop)



Helestein Food Lab presenting cocum drink produce from waste

Initiatives to create Awareness:

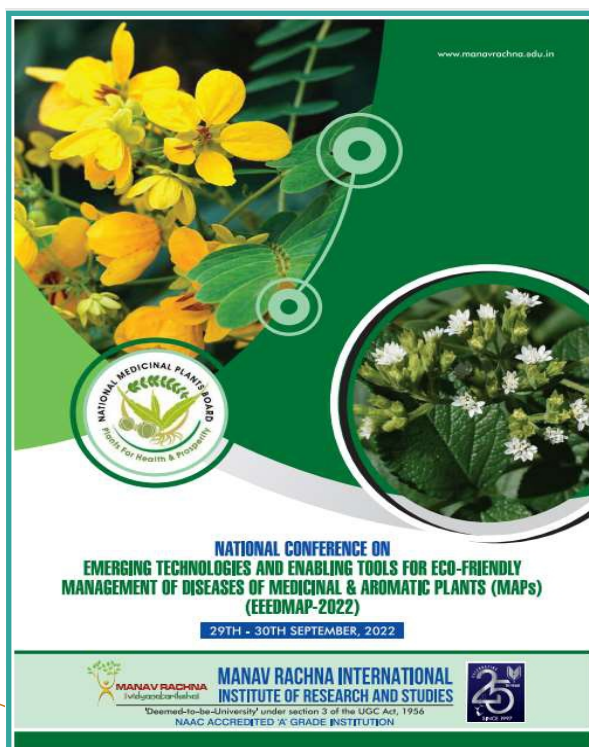
Many programmes have been launched to spread nutrition information throughout the community and, eventually, globally.

A. NATIONAL PROGRAMME CONDUCTED ON HUNGER

- **National Conference On "Emerging Technologies and Enabling Tools For Eco-Friendly Management Of Diseases In Medicinal & Aromatic Plants" (EEEDMAP 2022)**

Department of Biotechnology and MR Centre For Medicinal Plant Pathology (MR-CMPP) FET, Manav Rachna International Institute of Research and Studies organized a two-day National Conference on "Emerging Technologies and Enabling Tools for Eco-Friendly Management of Diseases in Medicinal & Aromatic Plants" (EEEDMAP 2022) which was supported by the National Medicinal Plants Board (NMPB), Ministry of AYUSH, Government of India (GOI). The conference was attended by students, faculty members, local farmers and participants from all over India, viz CSIR-NIScPR, Pusa, University of Patanjali, Haridwar, University of Delhi, Delhi, BanasthaliVidhyapeeth, Madurai Kamraj University, Tamil Nadu, JNV University, Jodhpur, UPES, Dehradun, MIT, Pune, JP Institute of Technology, Noida, JECRC University, Jaipur, Shoolini University, Solan, HP, Banaras Hindu University, Banaras, GGSIP University, Delhi, and MDU, Rohtak.

The inaugural session was graced by the Chief Guest Dr. Chandrashekhar Sanwal, Deputy CEO, IFS, NMPB, Ministry of AYUSH, GOI. The ceremony also witnessed the presence of Hon'ble Keynote Speaker, Prof. P.C. Trivedi, Former Vice Chancellor- 5 Universities; Dr Sanjay Srivastava, Vice Chancellor, MRIIRS; Dr. Pradeep Kumar, Pro-Vice Chancellor and Dean, Faculty of Engineering and Technology; Mr. R. K Arora, Registrar MRIIRS. Prof. (Dr.) Nidhi Didwania , Convener, highlighted the objective of the conference "Health of Healthy Plants".



Prof. P.C. Trivedi gave an insight about the phytodiversity and talked about the Eco-Friendly Management of Diseases of Medicinal & Aromatic Plants. This was followed by two sessions which were conducted by Dr. A N Shukla, Scientist E, Biodiversity Division of the Ministry of Environment, Forest and Climate Change (MoEF& CC), New Delhi; Dr. Jeetendra Kumar Vaishya, Research Officer (Medicinal Plants / Agronomy), National Medicinal Plants Board, Ministry of AYUSH, Government of India, Mr. Sameer Kant Ahuja, Chief Manager, Regulatory Multani Pharmaceuticals Ltd. and Mrs. Reeva Sood, Director, Tanishka Herbals.

On the second day, the progressive farmers from Faridabad & Palwal, Mr. Bijendra Singh Dalal & team participated in the conference with full enthusiasm and are interested in cultivation of Medicinal Plants with the support of MR-CMPP, MRIIRS and NMPB. This was followed by a lecture session (invited talk) by Eminent Scientist, Professor N K Dubey, Head, Department of Botany, Faculty of Science, Banaras Hindu University, Varanasi. He delivered an exceptional talk in which he emphasized the importance of botanical pesticides with reference to the origin of mycotoxin and how nature had played the role of doctor in the absence of advancement in the past.

Following this Dr. A. A. Ansari, Former Scientist E, Botanical Survey of India (BSI), famously known as the "Crotalaria Man", delivered a detailed overview on plant pathogens on different species of medicinal plants.

Dr. Jeetendra Vaishya, National Medicinal Plants Board (NMPB) highlighted the following recommendations made by the participants: Strategies should be in place for the post-harvest management of the medicinal plant produce; Need of inventorization and taxonomic identification of biodiversity in the Aravalli ranges for conservation of Medicinal Plants; and Special attention is to be made to the utilization of resources (agro-economics) whereby farmers should be made aware of the expensive medicinal plants so that they may expand their cultivation.


NMPB supported the recommendations and agreed to extend full support for carrying out research and extension activities in the newly established Manav Rachna Centre for Medicinal Plant Pathology (MR-CMPP).

The proposed conference provided a platform to discuss and provide a framework for the conservation and sustainable use of Medicinal & Aromatic plants.

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By Dinesh Bhardwaj - October 3, 2022 115 0

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Faridabad Hindustan ab tak/Dinesh Bhardwaj : 3 अक्टूबर। डिपार्टमेंट ऑफ बायोटेक्नोलॉजी एंड एमआर सेंटर फॉर मेडिसिनल प्लांट पैथोलॉजी (एमआर - सीएमपीपी) फैकल्टी ऑफ इंजीनियरिंग एंड टेक्नोलॉजी मानव रचना इंटरनेशनल

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By Spbharat — On Oct 3, 2022



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3 October - 2022 by Deepak Sharma

- **Manav Rachna Centre for Medicinal Plant Pathology (MR-CMPP)**

Quality Council of India (QCI) (established by the Government of India) has invited Manav Rachna Centre For Medicinal Plant Pathology (MR-CMPP) for sponsored collaborative research under Voluntary Certification Scheme for Medicinal Plant Produce (VCSMPP). This also has a reference from the State Medicinal Plants Board (SMPB), Haryana.

They intend to have a partnership comprising the following 4 aspects:

1. Experts to develop packages of practices for cultivation and collection of the various medicinal plant species
2. Certification of Demo Plots (Group certification) for medicinal plants growers, collectors, and areas.
3. Training and sensitization workshops for producers, consumers, Government Departments, State Forest Department officers etc.
4. One day Training program (Workshop) on GAP or GFCP of Medicinal Plants

Under this collaboration a capacity building cum sensitization training under the Voluntary Certification Scheme for Medicinal Plant Produce (VCSMPP) is scheduled in Manav Rachna International Institute of Research and Studies on 19th November 2022 One (1) day training program (Workshop) on GAP or GFCP for Medicinal Plant and caters to 50 farmers (majorly) from NCR Haryana.

- **Manav Rachna Start-up Initiatives For Sustainable Agriculture And Support Farmers**

TRICHO AGRONICA PVT. LTD
Lab to Land: An eco friendly approach

TRICHO AGRONICA
IndianOil Infinite Innovations

Tomato Diseases

FIELD TRIALS IN 4 AGRO-CLIMATIC ZONES

IARI, DELHI
UHS, BENGALURU
SKUAST, SRINAGAR
BCKV, MOHANPUR, KOLKATA

RECOMENDATIONS

SKUAST, Srinagar: Foliar spray with oil bioformulation at 1×10^8 CFU can replace 75% chemical in controlling Septoria leaf spot, Cercospora leaf spot, early blight, late blight, buckeye fruit rot and Alternaria fruit rot disease and also increase the yield of 25.22%.

UHS, Bengaluru: Spray with oil bioformulation at 1×10^8 CFU can replace 50% chemical in reducing the intensity of early and late blight disease of tomato and also increase the yield of 57.47%.

IARI, Delhi: Oil bioformulation at 1×10^8 CFU was effective against fungal and bacterial diseases and enhance early flowering and fruiting in the tomato plant at lower doses like 4 and 8 ml per liter twice in one crop season.

MRIIRS Campus, Sector-43, Aravali Hills
Faridabad - 121004 (Haryana) INDIA Phone: 0129-4198293



M/s TrichoAgronica Pvt. Ltd


In the recent years there has been a heart warming paradigm shift of demographics in the Indian corporate landscape and the country has witnessed a titanic surge in the number of women entering the economic wave. M/s TrichoAgronica Pvt Ltd, Department of Biotechnology, Faculty of Engineering & Technology, MRIIRS is the Start-Up company have all women team members as stake holders. The Start-Up has received a grant of Rs 172 lacs under Indian Oil Startup Scheme (IOSUS), a "Start-up India" initiative that aims to support innovative ideas that have significant business potential, social relevance and/or are focused on environment protection. Further, such validated PoCs may be supported for commercialization through equity participation. The vision of the company is to provide Lab to Land- an eco-friendly approach. It aims to promote, develop and provide eco friendly products and technologies in safer, cost effective and sustainable manner. The mission of the company involves an eco friendly approach for sustainable agriculture understanding the nature of market, farmer's aspirations and providing appropriate solution to them through organic farming keeping in mind the environment and health issues. Injudicious and long period utilization of synthetic agrochemicals in agriculture has led to toxic pesticide residues, appearance of pests, resistance and resurgence, environmental contaminations, negative impacts on human health and non-target organisms thus, leading to pernicious effects on food chain of the ecosystem. This has forced the researchers and pesticide industries to shift their focus to more reliable, sustainable and eco-friendly products. Bio formulations are a potential alternative to currently used agrochemicals and the need of the hour. The global biopesticides market was worth US\$3.3 billion in 2017 and the opportunity in the market is projected to surge to a valuation of US\$9.5 billion by 2025. The market is anticipated to rise at an impressive CAGR of 13.9% during the forecast period 2017–2025. Keeping these perspectives in view the company has designed its first bio formulation product „Bio elixir“ which is a remedy for bull's eye pathogen at low cost. The synergistic effect of the bio elixir constituents has the capability to increase systemic resistance in plants by increasing photosynthesis process in plants. It is the bio fertilizer and a bio fungicide organic formulation which is available in the powder form. It is a non-chemical based formulation to reduce disease of tomato plant combining with features for enhancing soil structure and fertility, maintaining soil biological activities and promoting plant growth & biomass. The farmers will be highly benefited as it is very effective against those Alternaria isolates which has developed resistance against chemical fungicides. This will not only promote biodynamic agriculture but will also encourage eco-friendly sustainable lifestyle. M/s TrichoAgronica Pvt. Ltd. stands in spirit to this endeavor and is also committed for consolidating efforts towards improving crop productivity leading to food security with enhanced organic footprints. Dr. Nidhi Didwania-Managing Director Dr. Sarita Sachdeva-Director Dr. Abhilasha Shourie-Director Ms. Deepti Sadana-Director

B. INTERNATIONAL PROGRAMME CONDUCTED ON HUNGER


- **International Conference on Virtual International Conference on Role of Micronutrients: Immunity and Health**

Department of Nutrition and Dietetics Faculty of Allied Health Sciences organized a 2 Day – Virtual International Conference on Role of Micronutrients: Immunity and Health. The conference is being organized to focus on the importance of micronutrients and its role in health and disease.

The objective of the conference is to update with latest research and development in role of micronutrients in various physiological age groups, disease conditions etc. Scientists from all the corner of India and abroad has shared their ideas and knowledge and made this conference a huge success. Students also participated very enthusiastically in paper presentation and share their new ideas with the panellist.



MANAV RACHNA
[vidyayogakarthi]shah



Manav Rachna International Institute of Research & Studies
Faculty of Allied Health Sciences
Department of Nutrition & Dietetics
Organises

**Two Day Virtual International Conference
on
Role of Micronutrients: Immunity & Health**

18-19 June 2021



MANAV RACHNA
 vidyapariksha

Manav Rachna Educational Institutions (MREI)
 Celebrate Silver Jubilee Year

**International Conference on
 Sustainability of Food:
 A Global Perspective**

**17-18 SEPTEMBER, 2021
 FRIDAY-SATURDAY**

- **International Conference on Virtual International Conference on Sustainability of Food-A Global Perspective**

The Department of Nutrition and Dietetics, Faculty of Allied Health Sciences, Manav Rachna International Institute of Research & Studies in collaboration with Manav Rachna Centre for Peace and Sustainability, Manav Rachna University has organized

the Virtual International Conference on **Sustainability of Food-A Global Perspective** from 17th – 18th September, 2021. The conference focus was on food sustainability SDGs of 2015, to disseminate and discuss the strategies of agriculture and food systems, achievement of food security, improved nutrition and promote sustainable agricultural practices. A sustainable food system lies at the heart of the United Nations' Sustainable Development Goals (SDGs).

The objective of the conference was to collaborate with industries, governments, and academicians to develop sustainable solutions to improving food security, focusing on sustainable food production, and supply chain resilience.

The Conference started with the inauguration ceremony and Saraswativandana conducted on a zoom platform with the gracious presence of eminent personalities and more than 200 participants. Prefatory remarks were spoken by **Prof. (Dr.) G.L Khanna, Pro Vice Chancellor, MRIIRS**. He reiterated that the need of the hour is to develop sustainable food systems that are socially, economically and environmentally adoptable. **Prof. (Dr.) I. K. Bhatt, Vice Chancellor, MRU**, highlighted the significance of how SDG2 i.e. zero hunger is interconnected with other SDGs and there is a requirement to deliberate and channelize action at local, national and international level. He spoke about responsible consumption as well as development of sustainable means to ensure food security.

The main Discussion of the conference was around the malnutrition, environment and social sustainability, Waste Management, Air and Water management, kitchen garden, zero budget farming, vegetarianism, Four pillars of food sustainability-availability, accessibility, utilization, stability of nutritious food is also discussed. Conference also focused on social environmental and economic impact of food wastage and urged the participants to incorporate circular economy to have a resource efficient system.



Guest of honor: Dr. G.C Shrotriya, IFFCO Kisan Sanchar Limited, New Delhi (Sustainable System for Food and Nutritional Security - An Indian Prescriptive) briefed about the Indian system of sustainability in the food system, Hunger Index, then discussed India's position in world Agriculture. He further elaborated various factors related to poverty scenario in India and malnutrition problem. He also talked about technologies and techniques for enhancing food production with sustainability.

- Faculty Development program on Integrative approach towards Current Practices in Food Product Development**

Department of Nutrition & Dietetics, FAHS successfully organized a 5-day Faculty Development Programme (29th April-4th May 2021).

Dr. Chindi Vasudevappa, Vice Chancellor NIFTEM was the guest of honour for the event. Dr. Chindi made audience ponder upon the idea of generation of food wastage especially in this pandemic situation and its effective utilization. Also, he focalized about the need to go for local, as preached by our Hon'ble Prime Minister.

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH & STUDIES (MRIIRS)
 (Deemed to be University under Section 3 of the UGC Act, 1956)
 (NAAC Accredited 'A' Grade)

**FACULTY OF ALLIED HEALTH SCIENCES (FAHS)
 DEPARTMENT OF NUTRITION & DIETETICS
 IS ORGANIZING**

Faculty Development Program (FDP)

**INTEGRATIVE APPROACH TOWARDS CURRENT PRACTICES IN
 FOOD PRODUCT DEVELOPMENT**

29th April to 4th May 2021

Prof. (Dr.) G. L. Khanna Pro Vice Chancellor MRIIRS	Guest of Honor Dr. Chindi Vasudevappa, Vice Chancellor, NIFTEM	Dr. S. K. Srivastava Vice Chancellor MRIIRS	Dr. Lakhwinder Kaur Associate Professor Food Science Tech, MRIIRS	Dr. Divya Sanghi Professor & HOD, N&D, MRIIRS	Professor Dr. M. R. Rizvi Dean, FAHS, MRIIRS

Eminent Speakers

Day 1 Dr. Chindi Vasudevappa Vice Chancellor, NIFTEM	Day 1 Dr. V.K Modi Professor & Head, Amity University, Noida
Day 2 Dr. M.K Saluja Prof & Dir, School of Agriculture, IGNOU	Day 2 Dr. A Madhavan Director at Centre for Quality & Food Safety
Day 3 Dr. Suneeti Tuteja Scientist E, Food & Agriculture Dept, BIS	Day 3 Dr. Tanweer Alam Director, Indian Institute of Packaging, Mumbai
Day 4 Dr. Anil Panghal Asst Scientist, College of Agricultural Tech, CCS	Day 4 Dr. Anju Sehwat Asst Director, Directorate of HR Management, CCS
Day 5 Dr. Bindu Agrawal Asst Prof- Finance & Entrepreneurship	Day 5 Mr. Nitesh IPR Associate, MRIIRS

The first day sessions were delivered by Dr. Ashutosh Upadhyay, Professor and Head at Department of Food Science & Technology, NIFTEM and Dr. V.K Modi, Professor and Director at Amity Institute of Food Technology, Amity University, Noida on 5-stage model of new product development and 'Consumer acceptance is a key to success in NPD'.

On the Day 2 of the FDP, the session started with the speaker Dr A. Madhavan (Director, Centre for Quality & Food Safety). The key message by the speaker was that a lack of safe food creates a vicious cycle of disease and malnutrition which overburdens public health services, disrupts social and economic progress and detracts from the quality of life.

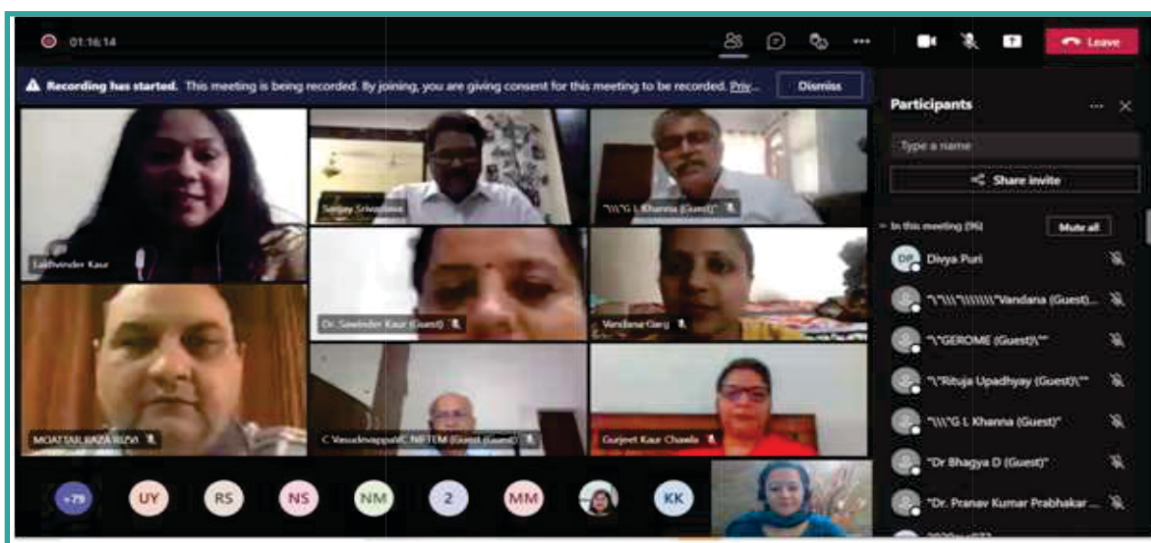
On the third day, the speaker of the sessions was Ms. Suneeti Toteja, Scientist E, Food & Agriculture Department, Bureau of Indian Standards. Ms. Suneeti Toteja explained various roles of FSSAI like regulation and monitoring of food, specifying limits for heavy metals, additives, pesticides, laying down food labeling standards, laying down methods of sampling, prescribing procedure and enforcement of quality control measures.

The sessions for the fourth day were taken up by Dr. Anil Panghal, Assistant Scientist at Department of Processing & Food Engineering College of Agricultural Technology, CCS, HAU, Dr. Anju Sehrawat Assistant Director, Directorate of Human Resource Management, CCS, HAU, and Dr. M.K Saluja Professor & Director, School of Agriculture, IGNOU. The sessions were concentrated on quality evaluation techniques in innovative processing and preservation technologies.

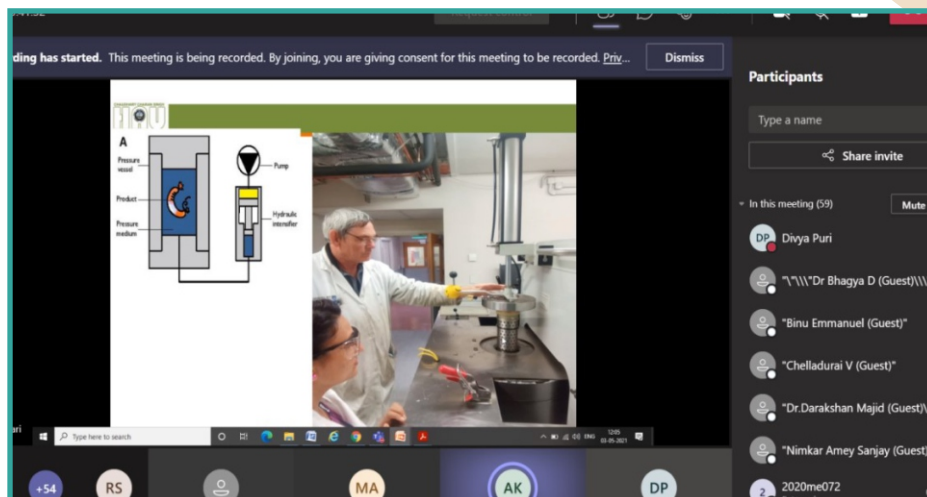
On the very last day Dr. Bindu Aggarwal (Head- IILM Centre for Entrepreneurship Development and Innovation, IILM, Gurugram) fascinated the participants by elaborating the role of entrepreneur, the risk factors involved while an entrepreneur starts a setup. The take away message to the participant was that Self-trust is an important for any entrepreneur to start.

The valedictory event was concluded by the Dr GL Khanna, Honorable PVC MRIIRS . He addressed all the participants and thanked all the esteemed speakers of the FDP.

There were a total of 114 participants from prestigious organizations of the country.



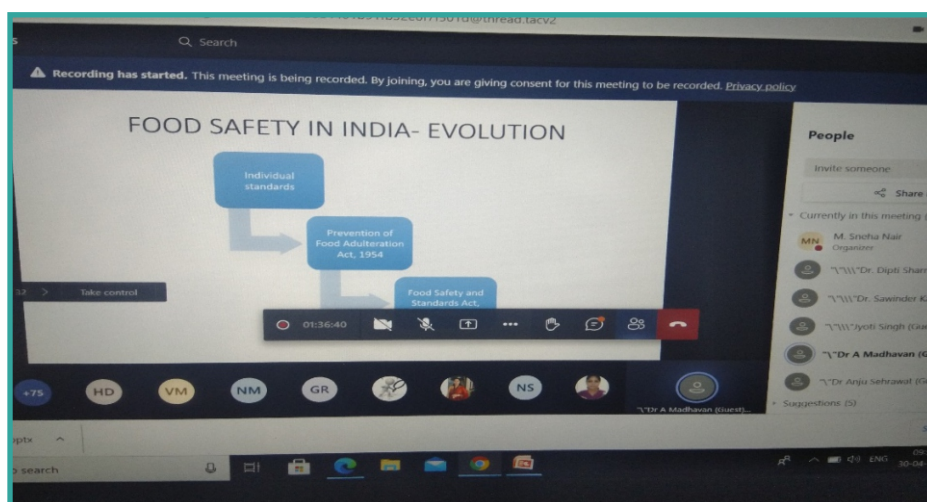
Faculty members from different organizations attending the FDP



Speaker addressing the audience



Question answer round with faculty members



Speaker addressing the issue of food safety

- **Workshop International Virtual Workshop on Food Safety and Security:**

Department of Nutrition and Dietetics is conducting an International Virtual Workshop on Food Safety and Security from 28th March 2022 to 30th March 2022.

The Honourable chief-guest of this event was Prof. Chindi Vasudevappa, VC, NIFTEEM, Haryana, He has explained various aspects of food safety, security and regulations. He clearly distinguished food safety and food Security by marking the importance of both in current scenario.

Followed by Inaugural session, Technical sessions was stated with the first speaker of the day, Dr. Indri Kusuma Dewi, Head of the department, Health Polytechnic of Surakarta, Ministry of Health, Surakarta, Indonesia. She started with what is functional foods and nutraceuticals; different bio-active compounds derived from our traditional foods and how they are being utilized in industry to formulate functional foods. In continuation, what safety measures have to be taken into consideration before and after using the active compounds.

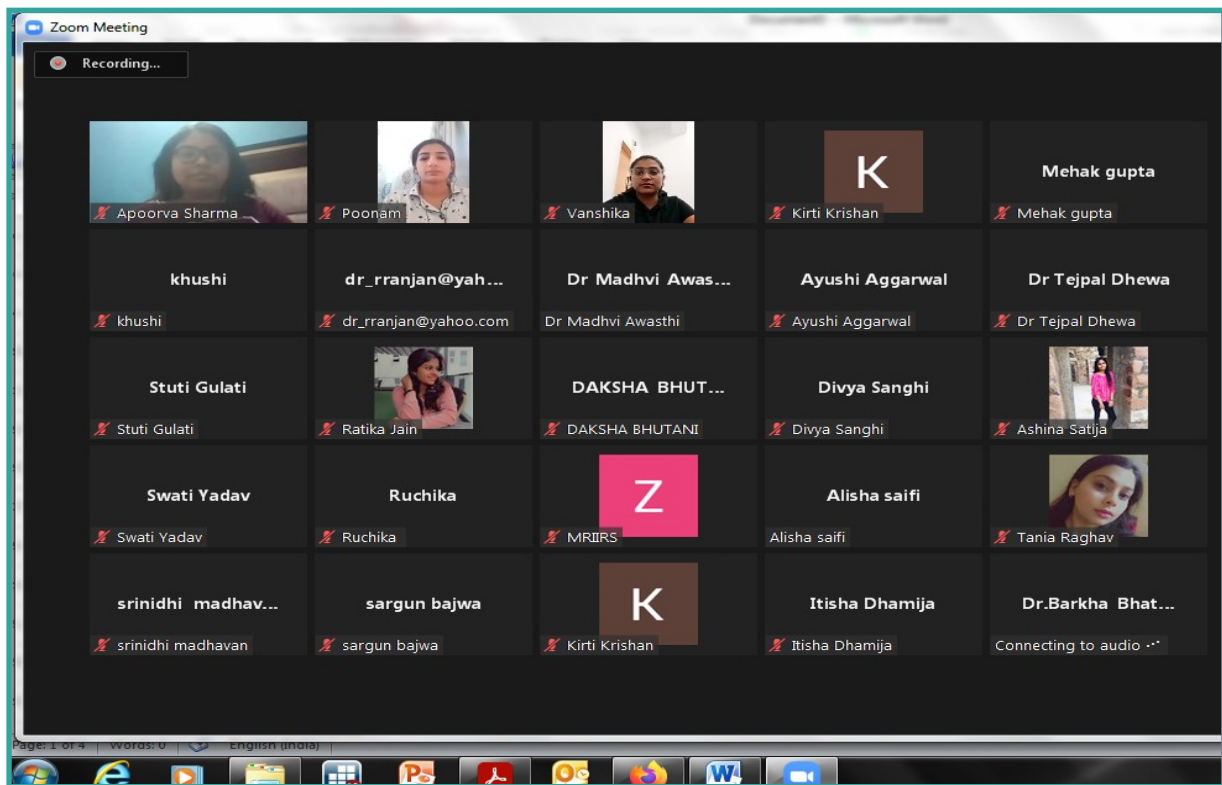
Further, Dr. Shalini Sehgal, Associate Professor and AFSTI President, Delhi Chapter, Bhaskaracharya Collge of Applied Sciences, Delhi, India was the second speaker of the event. She started her lecture by explainig about food safety, standards and regulations, their importance and about various hazzards which occur in the food. She elobrated preventive measures needed to avoid the possible contaminations in the food, guidelines what measures to be taken care in our daily life to avoid the contaminates in the food and make food safer.

Dr. Ravi Jadeja, Oklahoma, US highted the importance of HACCP by enumerating steps and its principles in very simple and comprehensible way. He also focused on benefits of crtical control analysis. Participants were informed about carrer prospectus on the field of food safety.

The second speaker Dr. A. Madhavan, Director, CQFS, New Delhi emphasized about various international standards of food saftey viz, Codex, FSMS, ISO 22000 including HACCP.

Dr. Shailendra Singh Gaurav, Dean, Faculty of Agriculture, Choudhary Charan Singh University, Meerut, UP enlightned the session by explaining about nanotechnology and its application in food science and allied sciences, Nano-emulions, Nano-edible coating and how nanoscience helps in detecting the adultrations and pesticide residues in food.

The Department of Nutrition & Dietetics organised one day Food safety training & certification (FOSTAC) Training govered by FSSAI . It is a large scale training programme of Food Safety & Standard authority of India. The aim of this training is to spread education and raise awareness on Food Safety & Standard Act, Rules & Regulation among food business operators. The training consists of three levels 1. Basic, 2. Advance and 3. Special. The Eminent speaker of the training was Dr Tejpal Dhewa, Assistant Professor, Dept. of Nutrition Sciences, Central University Haryana, India. The Session was attended by students, faculty members and research scholars from MRIIRS and outside universities.



Students Presence in the workshop



Invited Speaker addressing the students

- **ONE DAY WORKSHOP – HEALTHY DIETS FOR A ZERO HUNGER ON WORLD FOOD DAY**

The AFSTI-INDIA (Delhi Chapter) organized World Food Day 2019 in association with the Ministry of Food Processing and Industry, PHD Chamber of Commerce and Industry, Jamia Hamdard and the Department of Nutrition and Dietetics, FAS, MRIIRS.

The theme of the year was HEALTHY DIETS FOR A ZERO HUNGER WORLD. The celebration started with the lamp lightening ceremony and the Saraswati Vandana by the students accompanied by the welcome address by Dr. A Madhavan, president, AFSTI Delhi.

Shri V.N. Gaur, IAS (Retd), Former CEO, FSSAI graced the event as the chief guest.

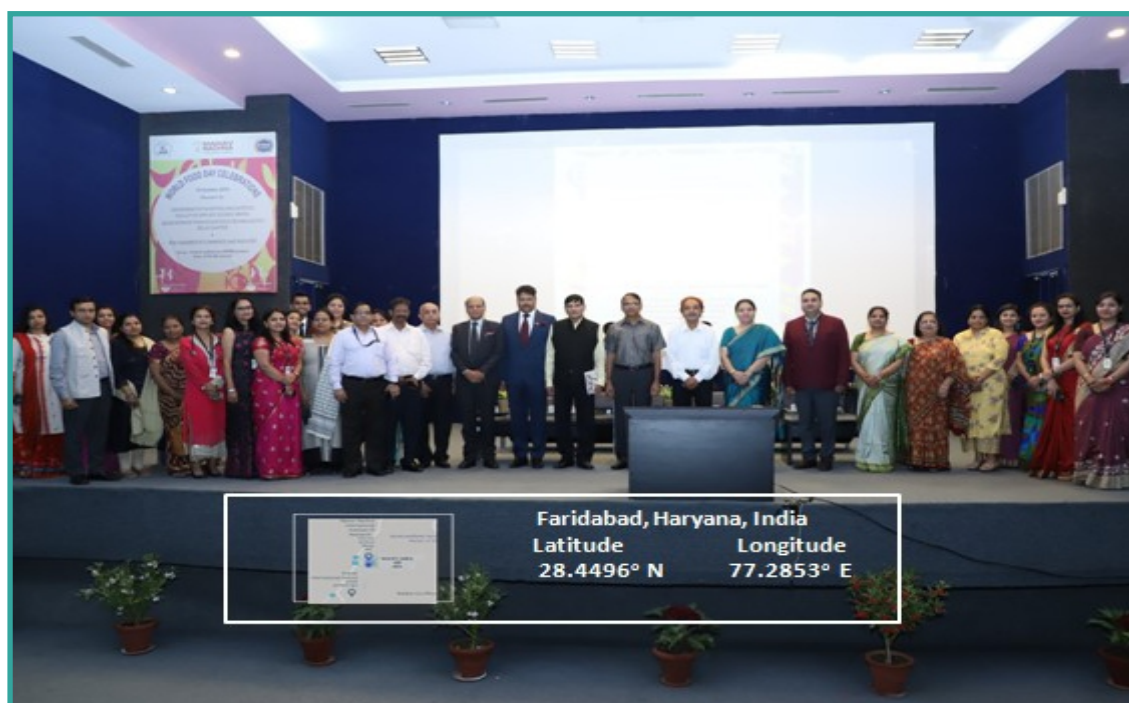
The event proceeded with addresses by guest of honor Dr. R S Khanna, Chairman, PHD CCI; Dr. N Bhaskar, Dr. Sanjay Srivastava, VC MRIIRS; and Dr. M.K. Soni, Pro-Vice-Chancellor, MRIIRS.

The first session of the workshop was concluded with the vote of thanks by Dr. Vasudha, Joint Secretary, ASFTI-INDIA(Delhi Chapter).

The second session was the Technical session 'Make Right, eat right, no waste'. The session was moderated by Prof. (Dr.) AfrozulHaq, Dean, SIST, Jamia Hamdard.

Dr. S SGhonkrokta, Director, Council for Traditional Food; Dr. Seema Puri, Associate Professor, IHE, DU; and Ms. Indu Kumari, IGSSS were the eminent speakers of the event.

They highlighted the current issues on food, hunger, under and over nutrition. Emphasis was given on the use of traditional and indigenous foods to eradicate the problem of hunger and nutrition-related disorders.



Dr. Sanjay Shrivastav, Vice Chancellor, MRIIRS at World Food Day event

- **MILLET FEST 2022**

The Department of Nutrition and Dietetics, Faculty of Allied Health Science in association with ICAR-Indian Institute of Millet Research, Hyderabad organized a one-day Millet Fest with the theme: **"MILLETS FOR NUTRITION, HEALTH, FITNESS AND SPORTS PERFORMANCE"** on 14 September 2022 during National Nutrition Month. The event was an initiative towards run up to the International Year of Millets 2023 led by Ministry of Agriculture and Farmers Welfare, Government of India and to promote production, consumption and create awareness about millets.

Many esteemed dignitaries the event namely Dr. Raj Bhandari, Member, National Technical Board on Nutrition, Niti Aayog as the chief guest, Dr B. Dayakar Rao, CEO- Nutrihub, ICAR-IIMR as the guest of honor Prof. (Dr) Arunangshu Mukherji, Director, CAWTM, MRIIRS, Dr Shweta Khandelwal, Head, Nutrition Research, PHFI and Dr Ashok Kumar, Dean, SGT University, Gurgaon. Mr RK Arora, Registrar, MRIIRS along with PVC Dr GL Khanna, Dean Dr MR Rizvi graced the occasion and welcomed the chief guest and the guest of honor.

Dr. Dayakar Rao, CEO-Nutrihub, IIMR, delivered the keynote address and disseminated the knowledge related millets, processing, health benefits, agribusiness linkages, and ongoing work at IIMR. A Panel discussion on Mainstreaming of Millets for nutrition, health, fitness and sports performance was conducted wherein all the guests discussed the importance of millets in day-to-day life. Dr. Raj Bhandari, Chief Guest chaired the panel discussion. Prof. Ashok Kumar provided his views on biofortification. Prof. Mukherjee provided his views on the cropping pattern in Haryana and sharing his life and live experiences. Dr. Shweta Khandelwal shared her views on the current scenario of malnutrition and thought-provoking insights on mainstreaming of millets in public health nutrition programs. Prof. G.L.Khanna, Pro -Vice Chancellor shared his insights on integration of millets in sports for fitness and performance.

Dr. Uma Chitra, Academic Consultant, NIN, Prof. Jagmeet Madan, National President, IDA and principal SVT college, Mumbai, Dr. Sheela Krishnaswany past national president, IDA, and senior consultant nutritionist, Goa Dr. Dharini Krishnan, Past national president, IDA, Chennai, Dr. Beena Arora, Chief Bariatric Dietitian, Delhi, Dr. S. Koushalya, Registrar, Avinasalingham University and Joint Secretary, Nutrition Society of India to delivered radio mana Rachna talks on various aspects of millets during the national nutrition month.

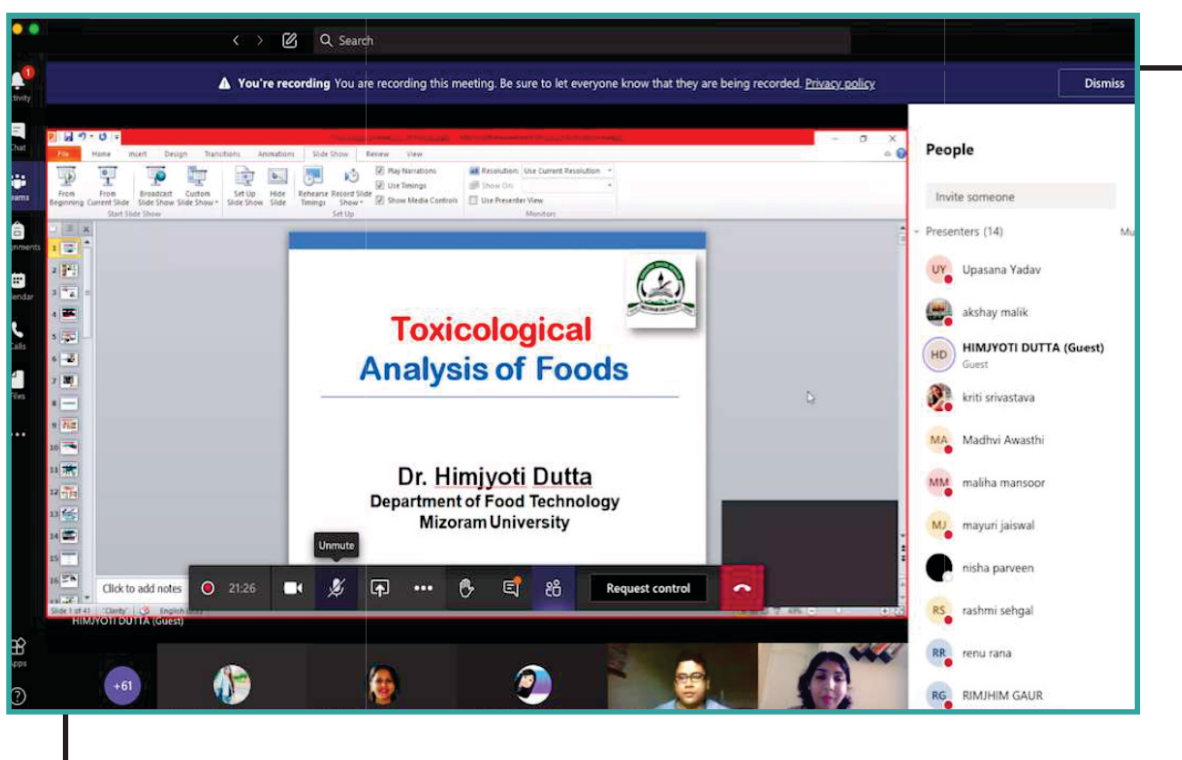
The millet fest has technical sessions, exhibitions of various startups, new products created by the students of Department of Nutrition and Dietetics and Faculty of Hotel Management. Recipe and poster competitions were conducted. Around 25 groups participated in the recipe competition from different universities and colleges and 20 groups participated in the poster competition from different schools and colleges in Delhi-NCR. Ms Rekha Raheja, food choreographer bagged the first prize for **B2 (Branyard& Beetroot) Burfi**. and MsMuskan Gupta and her group from Department of Nutrition and Dietetics, FAHS, MRIIRS bagged the second prize for **MixedMillet Momo's** in the Recipe competition. The technical session was attended by 300 participants from various colleges and universities participated namely Institute of Home Economics, University of Delhi, Jamia Hamdard, Gautam Budhha University, Banasthali Vidyapeeth to name a few. Earth spired has sponsored millet based goodies for the event and the start-ups Ancient golden millets, Sathguru Super Foods, Tasty Tribes and Dhingra Bakery displayed their products. It was a great enriching experience for all the participants and mutual learning for the delegates.

Expert lecture on Toxicological Analysis of Food

Department of Nutrition and Dietetics, Faculty of Allied Health Sciences conducted an Expert talk on "Toxicological Analysis of Food" on 11th August 2020 on Microsoft Teams Platform. The eminent speaker of the event was Dr. Himjyoti Dutta (Assistant Professor at the Department of Food Technology, Mizoram University, Aizawl, Mizoram.)

Dr. Himjyoti Dutta currently involved in research on grain processing technologies, new product development, starch and other biopolymers' technology and has recently has started investigation on nanoparticles synthesis from food industry wastes.

The event was successfully conducted by Dr. DivyaSanghi (HOD), Dr. Upasana Yadav and Dr. Pratibha Singh. More than 99 participants attended the expert talk, comprising of students of bachelors and post-graduation along with faculty members from Nutrition and Dietetics Department. Dr. Himjyoti Dutta gave insights about food toxins and elaborated how certain foods can be toxic to humans if consumed in high amounts and cause certain life-threatening diseases. He also talked about various types on microbial, chemical and natural food toxins. He focused on quantitative analysis of toxins present in food by various instrumental analysis like using GC, HPLC, LCMS, ELISA etc. giving details about principle and working of these instruments. The event proved to be successful as students had an interactive session and better understanding of toxicological analysis and its important in food processing.



Dr. Himjyoti Dutta addressing students

- **Diet and Nutrition Clinic:**

Manav Rachna International Institute of Research & studies has its own Diet and Nutrition Clinic. In Clinic, Nutrition counselling for different metabolic conditions is provided.

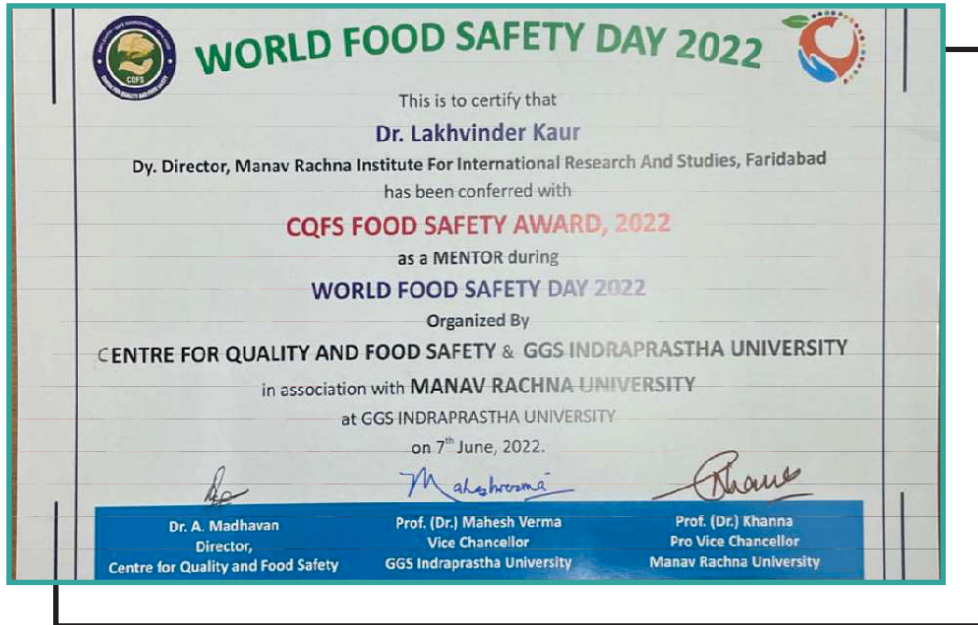
On regular intervals we plan camps to different areas to reach out to those people who are unable to visit in OPD. Our vision is to have a healthy and fit society.

The Clinic has facility to do nutritional assessment by anthropometric measurement and body composition analysis. We explain them about their conditions and guide them dos and don'ts with nutrition perspective. Population of all age groups are welcomed in a clinic. Nutrition consultations is provided on general health, obesity and overweight, diabetic, CVD, Hypertension, thyroid, kidney, and liver condition etc.



Awards and Recognitions

- Dr.Lakhvinder Kaur Deputy Director MRIIRS has been presented with CQFS Food Safety award ,2022 on World Food Safety Day 2022.



- Neha Chauhan ,Devansh and Lakhvinder Kaur participated in Anveshan :2021-2022 for creating App based on Intelligent packaging Film for food safety



- Indumati S has been awarded for best paper presentation for the Paper titled "Assessment of Awareness level of Food Safety Knowledge among School Teachers during Covid -19 Pandemic in Etawah District Uttar Pradesh



4. Student Food Insecurity and Hunger

The initiative taken by Manav Rachna International Institute of research and Studies was that they create a Sustainable Food Policy. The policy consists of many components which covers food waste monitoring, food waste strategies, application of balance meal diet and provision of nutritious food. The choice was provided between vegetarian and non-vegetarian food. Reduction in salt, sugar, fat, and meat products were emphasized. Red meat, trans fat are prohibited.

The cyclic menu is created for hostel mess and proper nutrition calculation was done to see the nutritional value of all the recipes and in totality for balance meal. Also, nutrition education is provided to consumers and personal waste management strategies. Other initiative taken by MRIIRS to create awareness of food insecurity, food sustainability, balance meals among students and faculty members through seminars, conferences, and workshops.

As Evidence of metric 2.3.2, Policy Document, List of Outlets , MOUs of Outlets and detailed reports of programmes conducted

Initiatives to create Awareness:

Many programmes have been launched to spread nutrition and food insecurity information throughout the community and, eventually, globally.

- **Ek MuthiDaan: No one Sleeps Hungry – A Movement... An Initiative for 2021**

Manav Rachna International Institute of Research and Studies is eager to make a difference for the impoverished people through Ek MUTTHI DAAN. The foundation stands firmly committed to the cause of mass welfare and instilling the spirit of social and moral responsibility amongst the students. Through this campaign, all constituents of the MRIIRS have come together to donate for the underprivileged sections of society. In this association with Dr. O P Bhalla Foundation, employees and students collectively donated 7489 kgs of grains (dals & rice) to mark 25 years of Manav Rachna’s existence under the Ek MutthiDaan campaign (No One Sleeps Hungry). These grains were donated to 17 NGOs that seek to help of the poor and underprivileged people.



- **Ek MuthiDaan: No one Sleeps Hungry – A Movement... An Initiative for 2020**

Manav Rachna International Institute of Research & Studies (MRIIRS) is steadily firmly committed to the goal of widespread welfare and fostering in students a sense of social and moral responsibility. All members of the MRIIRS have come together to support the impoverished segments of society through this initiative. Approximately 9730 kg of rice and 700 kg of wheat flour have been donated. Under the NO ONE SLEEPS HUNGRY CAMPAIGN, the objective is to feed as many people as possible in association with Dr.O.P.Bhalla Foundation.

Through its ISR initiatives, MRIIRS has given the community cause for optimism. This year, efforts were also undertaken to build a happy society. Major campaigns, Ek MutthiDaan, was started by Chief Patron MREI Ms. Satya Bhalla in March 2014 and is carried out annually for the benefit of the underprivileged and needy members of our society. Together with Team Dr. OP Bhalla Foundation, Manav Rachna Educational Institutions have always been devoted to the success of the campaign.



Similar to previous years, this year also excellent response from students, teachers and staff of MRIIRS have seen towards this admirable cause. Total 1348 students gave to this worthwhile charity.

5. Sustainable and Food choices in Campus

Manav Rachna International Institute of research and Studies has taken an initiative taken to create a Sustainable Food Policy. The strategy includes monitoring food waste, measures for reducing food waste, the use of a balanced meal diet, and the provision of wholesome food. There was a menu with both vegetarian and non-vegetarian options. Salt, sugar, fat, and meat product reduction was stressed. Trans fat and red meat are off limits.

Manav Rachna is huge campus having several food Courts and Outlets for different sustainable food choices available for students' academicians and visitors.

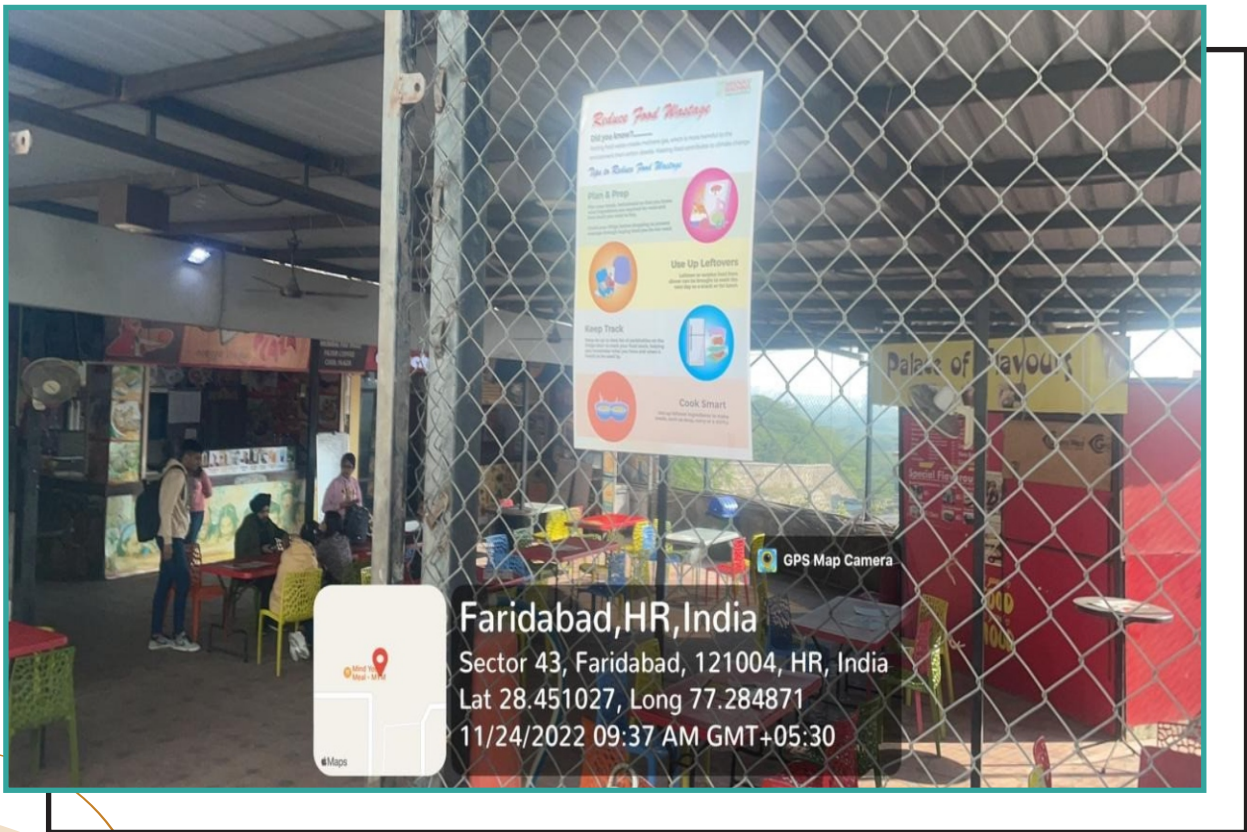
To maintain proper nutrition, balance cyclic meal menu has been implemented in the hostel mess.

Availability of outlets and mess

OUTLET/ MESS	LOCATION	Food Options Available
Boys Mess	Boys Hostel opposite Q block	Cyclic Menu
Girl Mess	Culinary Centre, MR	Cyclic Menu
Hush Food Court	Near F-block	South India, North Indian, Continental etc
RBB	Opposite T-Block	Bean rice, vegetable sandwiches, pav bhaji, shakes, yogurt, fruit smoothie.
Subway	Opposite B-Block	Subway sandwiches, pasta, oats cookies, salads, wraps etc
Nescafe	Opposite B-Block	Shakes, coffee, Ragi cookies, Vegetable wheat noodles and pasta



Subway



Hush Food Court



Nescafe

6. Healthy and Affordable Food Choices

Healthy and affordable food choices for all on campus, time to time healthy cafeteria and recipe competitions are organized in the campus.

For providing the Sustainable food choices on campus, aligned department always create awareness in the form of organizing nutritious café which include low-cost meals, nutritious modern recipes. Every time the theme of the café is different to create awareness on different angle of the food.

The theme for the **cafeteria is "Your own CP-cereal pulse"**, projecting Goodness of combination of Cereal and Pulses. The cafeteria focused on power of seeds which helps in not only maintaining the health but also boosting immunity. Following recipes were prepared:

1. Vegetable CP Momos
2. CP Tacos
3. Stuffed CP Dosa Sambhar
4. CP Fruit custard
5. Watermelon-Mint Slush.

The student organizers made everyone experience a delightful journey of flavours where all students from various departments and faculties from various departments of Manav Rachna enjoyed and relished the alluring experience of exotic food served.







• **Healthy food Cycle menu at Hostels of MRIIRS**

The good number of healthy choices has been included in the cyclic menu of mess.

A cyclic menu of hostel mess is planned in balanced and nutritional manner. Proper macronutrient calculation is done for each recipe to provide balanced meal.

MENU-1							
BREAKFAST- JAN-2020							
DATE	13-Jan-20	14-Jan-20	15-Jan-20	16-Jan-20	17-Jan-20	18-Jan-20	19-Jan-20
DAYS	MON	TUE	WED	THUR	FRI	SAT	SUN
EGG	MASALA OMLLETTE	VEG. KATHI ROLL	BOLD EGG	ALDO MOOJI PARANTHA	EGG BHARIB	SUZY VADA	POORI
HOT ITEM	VEG. SANDWICH	VEG. PCHA	MIX. VEG. PARANTHA	VEG. VERMICELLI	METHI PARANTHA	SAMBHAR	SHAJ
MILK		GREEN CHUTNEY	PICKLE	PICKLE	BHARI		SOOZY UPMA
HOT BEVERAGE	TEA	TEA	HOT MILK	HOT MILK	TEA	TEA	HOT MILK
LUNCH							
RAITA/SOUP	MIX. VEG. RAITA	MUSHROOM SOUP	KHIRI RAITA	HOT & SOUR SOUP	MIX. VEG. RAITA	TOMATO SOUP	BCONDRI RAITA
SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	Green Salad
DAL	BLACK MASOOR DAL	MOONG MASOOR DAL	RED MALKHA	KADHI PAKORA	BAHAR MASALA	MIX. DAL	DAL MALKHANI
YES-1	SOYA KEEMA MATAR	ALDO GOBHI	LAKSI KOFTA CURRY	SAMBHAR	SUM ALDO KADHAKI	VEG. MANCHURIAN	MIRCHI BUNGIAN KA SALAN
YES-2	ALDO BEANS	PASTA RED SAUCE	ALDO METHI	VEG. FORTHAL	BAIGAN BHARTA	ALDO GAAR MATAR	ACHARI ALDO
RICE	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE	VEG. BIRYANI
ROTI	TAWA ROTI	TAWA ROTI	TAWA ROTI	TAWA ROTI	TAWA ROTI	TAWA ROTI	ATWANI PARANTHA
SNACKS							
SNACKS	SANDOSA	VEG. SANDWICH	BHARI BHAR KEBAB	VADA PAAV	LYTTAPUM	VEG. PUFF	CHOWMINI
ACCOMPANIMENT	GREEN CHUTNEY	KETCHUP	KETCHUP	SOBHAY CHUTNEY	TOMATO CHUTNEY	KETCHUP	KETCHUP
HOT BEVERAGE	TEA	TEA	TEA	TEA	TEA	TEA	TEA
DINNER							
SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
DAL	MIX. DAL	ARHAR DAL TADKA	DAL FANICHEL	DAL FRY	CHANA DAL TADKA	DABHA DAL	LOBBIA DAL
VEG	SOYA CHAAP MASALA	CORN FRILEK	MATAR PANEER	TAWA KADHA VEG.	SARSON KA SAAG	ALDO GOBHI	KADHA PANEER
NON VEG/ PANEER	N/A	N/A	BUTTER CHICKEN	N/A	N/A	N/A	CHICKEN CURRY
RICE	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE
ROTI	TAWA ROTI	TAWA ROTI	TAWA ROTI	TAWA ROTI	TAWA ROTI	TAWA ROTI	TAWA ROTI
DESSERT	COCONUT LADDO	HOT RICE KHEER	TAWA ROTI	TAWA ROTI	GAUR HALWA	PAYASUM	HOT MILK
NIGHT MILK	HOT MILK	HOT MILK	HOT MILK	HOT MILK	HOT MILK	HOT MILK	HOT MILK

Shabli Shrivastava



Sample Cyclic menu for hostel mess

- Hostel Menu Calculation:**

To provide healthy and nutritious food calorie intake is calculated as per the Recommended Dietary Intake guidelines for daily requirement.

Standard Mess Cyclic Menu Cycle 1

Day	Breakfast (standard)	Lunch (Standard)	Snacks (Standard)	Dinner (Standard)	Calories (Kcal)	Fat (g)	Protein (g)
SUNDAY	Poori Bhaji	Boondi raita	chowmein	green salad	2469	42	69
	Upma/Poha	Green salad	Tea	lobiya dal			
	Hot Milk	Dal Makhani		kadhai paneer/chicken curry			
	Tea	Baingan salan/Achari aloo		steamed rice			
		Veg biryani		Tawa roti			
		Ajwaini paratha					
MONDAY	Masala Omlette	Mix Veg Raita	Samosa	Green Salad	2242	46	62
	Veg Sandwich	Green Salad	Tea	Mix Dal			
	Tea	Black Masoor Dal	Chutney	Soya Masala Chap			
		Soya Keema Matar/Aloo		Roti			
		Beans					
		Roti		Steam Rice			
		Steam Rice		Coconut Laddoo			
				Hot Milk			
TUESDAY	Vegetable poha	Mushroom soup	Vegetable sandwich	Arhar dal	2544	51	78
	Green chutney	Moong massordaal	Tea	Rice			
	Tea	Green salad		Roti			
	Vegetable kathi roll	Aloo gobhi		Hot kheer			
		Red sauce pasta		Hot milk			
	Rice Roti		Corn palak Green salad				
WEDNESDAY	Boiled egg	Cucumber raita	Hara bhara kabab	Green salad	2109	49	86
	Mix veg paratha	Rice	Tea	Dal Panchami			
	Tea	Red malka dal		Matar paneer			
		Lauki kofta curry		Steam rice			
		Aloo methi		Tawa roti			
	Tawa roti						
THURSDAY	Aloo mooli paratha	Green salad	Pav bhaji	Dal fry	2400	46	72
		Rice	Tea	Rice			

	Tea						
	Veg vermicelli	Kadhi pakora		Tawa roti			
		Tawa roti		Green salad			
		Sambhar		Tawa kadhai veg			
		Veg poriyal		Gulab jamun			
FRIDAY	Egg bhurji	Mix veg raita	Uttapam	Green salad	2468	53	76
	Methi paratha	Green salad		Chana dal tadka			
	Bhaji	Rajma masala		Sarson saag			
	Tea	Aloo dum masala		Steam rice			
		Bhainganbharta		Tawa roti			
		Steam rice		Gajar halwa			
		Tawa roti					
SATURDAY	Idli	Tomato soup	Veg puff	Dhaba dal	2428	56	73
	Wada	Green salad	Tea	Aloo gobhi			
	Sambhar	Mix daal		Steam rice			
	Tea	Veg Manchurian		Roti			
		Aloo gajarmatar		Paysum			
Cycle 2		Steam rice		Matar Paneer			
		Roti					
MONDAY	Boiled Egg	Kheera raita	Aloo bondo	Dal tadka	2050	41	66
	Aloo mooli paratha	Green salad	Tea	Veg kofta			
	Tea milk sugar	Black chana dal		steamed rice			
		Laukilab abdar		Tawa roti			
		Aloo hara pyaaz		Sooji halwa			
		Steamed rice		green salad			
		Tawa roti					
TUESDAY	Matarkulcha	Hot and sour soup	Uttapam	Green Salad	2203	48	64
	Vegetable poha	Green Salad	Tea	Dhaba dal			
	Green chutney	Red malka dal	Tomato Chutney	Aloo capsicum			
	Tea	Aloo palak		Steam rice			
		Soya keema matar		Jalebi			
		Steam Rice					
		Tawa roti					

WEDNESDAY	Omelette	Mix veg. raita	Mix pakoda	Green salad	2216	45	61
	Veg sandwich	Green salad	Tea	Dal lobhiya			
	Tea	Dal panchratan		Paneer tikka masala			
		Aloo semfali		Steamed rice			
		Kadhai vegetable		Tawa roti			
		Steamed rice					
Tawa roti							
THURSDAY	Mix veg. paratha	Sweet corn soup	Mix pakoda	Dal	2374	53	67
	Masala porridge	Cucumber salad	Tea	Salad			
	Tea	Kadhipakoda		Matar mushroom			
		Sambhar		Moong dal halwa			
		Tawa roti		Tawa roti			
		Steam rice		Steam rice			
FRIDAY	Egg bhurji	Mix veg. raita	Aloo tikki	Green salad	2388	44	71
	Methi paratha	Green salad	Tea	Dal fry			
	Tea	Black masoor dal		Matar mushroom			
		Aloo gajarmatar		Steam rice			
		Zimikandsabji		Tawa roti			
		Steam rice					
		Tawa roti					
SATURDAY	Idli	Dahipapdi	Dry Manchurian	Mix dal fry	2058	51	65
	Sambhar	Green salad	Tea	Aloo gobhi			
	Tea	Chole		Steam rice			
		Bhature		Tawa roti			
		Steam rice					
	Aloo jeera						

7. Access to Food Security Knowledge

Goal 2.5 of the Sustainable Development Agenda addresses the genetic diversity of domesticated and wild relatives of farmed plants and animals. In order to maintain genetic variety effectively, seed and plant banks are essential. One of these strategies needs to be in situ genetic resource management. SDG 2.5's remaining goals are related to getting access to these resources, participating in the rewards of using them, and applying related traditional knowledge. MRIIRS provide platform to the farmers to speak and discuss their problem, queries with experts from the field of agriculture and nutrition by the medium of conferences and seminar.

8. Events for Local farmers and food Producers

By recognising and categorising resources, types, and breeds, small-scale farmers with advanced agro-ecological knowledge, innovations, and practises can make a significant contribution to the success of SDG 2. Establishing equitable collaborations between pastoral and farming communities and the institutional plant science industry, including seed banks, is necessary. Small-scale farmers and their communities are likely to prioritise different resources depending on their personal needs. Through conferences and seminars, MRIIRS gives farmers a forum to meet with and ask questions of specialists in the fields of agriculture and nutrition.

9. University Access to Local farmers and food Producers

Small-scale farmers with sophisticated agro-ecological knowledge, technologies, and practises can significantly contribute to the achievement of SDG 2 by identifying and classifying resources, types, and breeds. It is essential to establish fair partnerships between pastoral and agricultural communities, the institutional plant science sector, and seed banks. Depending on their own needs, small-scale farmers and their communities are likely to give different resources a higher priority. MRIIRS provides farmers with a place to interact with and ask questions of experts in the domains of agriculture and nutrition through conferences and seminars.

10. Sustainable and Food choices in Campus

Manav Rachna International Institute of research and Studies has taken an initiative taken to create a Sustainable Food Policy. The strategy includes monitoring food waste, measures for reducing food waste, the use of a balanced meal diet, and the provision of wholesome food. There was a menu with both vegetarian and non-vegetarian options. Salt, sugar, fat, and meat product reduction was stressed. Trans fat and red meat are off limits.

Manav Rachna is huge campus having several food Courts and Outlets for different sustainable food choices available for students' academicians and visitors. To maintain proper nutrition, balance cyclic meal menu has been implemented in the hostel mess.



Manav Rachna International Institute of Research and Studies

(Deemed to be University under section 3 of the UGC Act, 1956)

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