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Provision of healthy and affordable food choices for all on campus

Manav Rachna International Institute of Research and Studies (MRIIRS) consistently supports the community in addressing malnutrition and promoting good health through nutrition health camps conducted in various areas of Faridabad and its surrounding regions. The institute offers several courses in the field of nutrition and health, including Fundamentals of Food and Nutrition, Family Meal Management, Institutional Service Management, Community Nutrition, Food Science and Technology, and Food Hygiene and Sanitation, encouraging students to actively engage in this important area. 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 individual requirement.
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

1.1 List of Food Outlets on Campus

Outlet/Mess	Location	Food Options Available
Boys Mess	Boys Hostel, Opposite Q-Block	Cyclic menu
Girls Mess	Culinary Centre, MR	Cyclic menu
RBB (Red Brick Bistro)	Opposite T-Block	Bean rice, vegetable sandwiches, pav bhaji, shakes, yogurt, fruit smoothie.
Chai Garam	Between E and F Blocks	Vegetable and Paneer Tikka Sandwiches, Pasta, Shakes, Wraps, Fries, etc.
Subway	Opposite B-Block	Subway sandwiches, Pasta, oats Cookies, Salads, Wraps etc.
Chicago Pizza	Opposite B-Block	Pizza
Nescafe	Opposite B-Block and behind Q Block	Shakes, Coffee, Ragi Cookies, vegetable wheat noodles and pasta

MRIIRS population has access to the following outlets for multiple Food Choices:

a. Hostel Mess (Boys and Girls)
b. Food Outlets at MRIIRS which includes
    - ✓ SUBWAY
    - ✓ Chai Garam
    - ✓ Nescafe (2 outlets)
    - ✓ Red Brick Bistro
    - ✓ Chicago Pizza
    - ✓ Hotel Management Café.

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Hotel Management run Café
in front of T-Block
Latitude: 28.450157331392216,
Longitude: 77.28636473264663


Chai Garam near E and F Blocks
CHAI GARAM
POCKET · CAFE
GPS Map Camera
Faridabad, Haryana, India
F72M+CM4, Gadakhor Basti Village, Sector 43, Faridabad, Haryana 121003, India
Lat 28.451163°
Long 77.284283°
23/09/23 12:39 PM GMT +05:30
Google

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HOSTEL KITCHEN AND HYGIENEFood Service

1.2 Cyclic menu of mess:

The good number of healthy choices has been included in the cyclic menu of mess. A cyclic menu of hostel mess in planned in balanced and nutritional manner. Proper macronutrient calculation is done for each recipe to provide balanced meal.

Cyclic Menu for Hostel Students, w.e.f. 15/7/22						
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**	**SUNDAY**
Breakfast (7:30 to 8:30)	**Breakfast (7:30 to 8:30)**	**Breakfast (7:30 to 8:30)**	**Breakfast (7:30 to 8:30)**	**Breakfast (7:30 to 8:30)**	**Breakfast (8:00 to 9:00 am)**	**Breakfast (8:00 to 9:00 am)**
Paratha Sabzi	Veg Vermicelli	Aloo Paratha	Pao Bhaji	Poha	Pyaz Paratha	Puri Sabzi
Bread with Butter/Jam	Bread with Butter/Jam	Bread with Butter/Jam	Bread with Butter/Jam	Bread with Butter/Jam	Bread with Butter/Jam	Bread with Butter/Jam
Boiled Eggs	Whole Fruit	Yoghurt		Egg Burjee	Yoghurt	
Tea	Tea	Tea	Tea	Tea	Tea	Tea
Lunch (12:00-1:45 pm)	**Lunch (12:00-1:45 pm)**	**Lunch (12:00-1:45 pm)**	**Lunch (12:00-1:45 pm)**	**Lunch (12:00-1:45 pm)**	**Lunch (12:00-1:45 pm)**	**Lunch (12:00-1:45 pm)**
Gobhi Adraki	Palak Paneer	Kadhai Subzi	Zeera Aloo	Vegetable Jalfrezi	Kadhai Paneer	Hing Dhaniye Ka Aloo
Rajma Masala	Dal Makhani	Dal Panchratni	Green Moong Dal	Kadhi Pakora	Channa Dal Tadka	Chole
Peas Pulao	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
Bundi Raita	Cucumber Raita	Mix Veg Raita	Boondi Raita	Cucumber Raita	Bundi Raita	Mix Veg Raita
Tandoori Roti	Tawa/Tandoori Roti	Tandoori Roti	Tawa/Tandoori Roti	Tandoori Roti	Tawa/Tandoori Roti	Tandoori Roti
Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad

MRIIRS- HEALTH AND WELL BEING

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Pickle	Pickle	Pickle	Pickle	Pickle	Pickle	Pickle
Evening Tea (5-5:30pm)	**Evening Tea (5-5:30pm)**	**Evening Tea (5-5:30pm)**	**Evening Tea (5-5:30pm)**	**Evening Tea (5-5:30pm)**	**Evening Tea (5-5:30pm)**	**Evening Tea (5-5:30pm)**
Vegetable Sandwich	Assorted Pakoda	Stuffed Kulcha	Bread Pakoda	Veg Patties	Coleslaw Sandwich	Samosa
Tea	Tea	Tea	Tea	Tea	Tea	Tea
Dinner (8-9pm)	**Dinner (8-9pm)**	**Dinner (8-9pm)**	**Dinner (8-9pm)**	**Dinner (8-9pm)**	**Dinner (8-9pm)**	**Dinner (8-9pm)**
				Egg Curry		Chicken Khada Masala
Soya Kheema Matar	Gatta Curry	Chicken Curry	Kadhai Soya Vegetable	Kofta Curry	Veg Manchurian	Paneer Do Pyaza
Yellow Dal Tadka	Hara Moong Dal	Panner Makhni	Chole Masala	Dal Do Rattan	Veg Noodles	Dal Amritsari
Steamed Rice	Steamed Rice	Yellow Dal Tadka	Peas Pulao	Steamed Rice	Veg Fried Rice	Steamed Rice
Tandoori Roti	Tawa/Tandoori Roti	Tandoori Roti	Tawa/Tandoori Roti	Tandoori Roti	Tawa/Tandoori Roti	Tandoori Roti
Green Salad	Green Salad	Tawa Roti	Green Salad	Green Salad	Seviyan	Green Salad
Pickle	Pickle	Pickle	Pickle	Pickle	Pickle	Pickle
Bread & Butter Pudding	Sooji Halwa	Green Salad	Pineapple Pastry	Fruit Custard		Rice Kheer
		Cake Sliced				
Post Dinner	**Post Dinner**	**Post Dinner**	**Post Dinner**	**Post Dinner**	**Post Dinner**	**Post Dinner**
Boiled Milk	Boiled Milk	Boiled Milk	Boiled Milk	Boiled Milk	Boiled Milk	Boiled Milk

Cyclic Menu for hostel mess

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Hostel Menu Calculation:

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

MONDAY	ENERGY (kCal)	PROTEIN (g)	FAT (g)
Breakfast (7:30 to 8:30)			
Paratha Sabzi	160	4.1	5.1
Bread with Butter/Jam	230	4.6	12
Boiled Eggs	97	7	7
Tea	**190**	**5**	**5**
Lunch (12:00-1:45 pm)			
Gobhi Adraki	34.8	0.77	0.11
Rajma Masala	157	7.5	5
Peas Pulao	115	6	4.3
Bundi Raita	142	4.4	5.3
Tandoori Roti	128	4.2	0.6
Green Salad	29	1.14	0.3
Pickle	17	0	1.5
Evening Tea (5-5:30pm)			
Vegetable Sandwich	284	5.7	15.8
Tea	**190**	**5**	**5**
Dinner (8-9pm)			
Soya Kheema Matar	160	7.7	5.2
Yellow Dal Tadka	120	7	2.5
Steamed Rice	178	3.82	0.26
Tandoori Roti	128	4.2	0.6
Green Salad	29	1.14	0.59
Pickle	17	0	1.5
Bread & Butter Pudding	313	4.3	15
Post Dinner			
Boiled Milk	**145**	**16**	**7.5**
Total	**2864**	**99**	**100.16**
TUESDAY	**ENERGY (kCal)**	**PROTEIN (g)**	**FAT (g)**
Breakfast (7:30 to 8:30)			
Veg Vermicelli	106	8	10
Bread with Butter/Jam	230	4.6	12
Whole Fruit	45	1	0
Tea	**190**	**5**	**5**
Lunch (12:00-1:45 pm)			

Palak Paneer	374	13.3	28.4
Dal Makhani	170	7.48	6.38
Steamed Rice	178	3.82	0.26
Cucumber Raita	61	3	3.6
Tawa/Tandoori Roti	128	4.2	0.6
Green Salad	29	1.14	0.59
Pickle	17	0	1.5
Evening Tea (5-5:30pm)			
Assorted Pakoda	257.5	6.5	12.4
Tea	**190**	**8**	**10**
Dinner (8-9pm)			
Gatta Curry	385	11.6	12.4
Hara Moong Dal	120	8	0.5
Steamed Rice	178	3.82	0.26
Tawa/Tandoori Roti	128	4.2	0.6
Green Salad	29	1.14	0.59
Pickle	17	0	1.5
Sooji Halwa	151.6	7.4	10.5
Post Dinner			
Boiled Milk	**145**	**16**	**7.5**
	3129	**118**	**124**
WEDNESDAY	**ENERGY (kCal)**	**PROTEIN (g)**	**FAT (g)**
Breakfast (7:30 to 8:30)			
Aloo Paratha	201	8.75	10
Bread with Butter/Jam	230	4.6	12
Yoghurt	136	4.1	4.6
Tea	**190**	**8**	**10**
Lunch (12:00-1:45 pm)			
Kadhai Subzi	101	3.73	4.3
Dal Panchratni	217	9.8	5
Steamed Rice	178	3.82	0.26
Mix Veg Raita	73	4.5	3.2
Tandoori Roti	128	4.2	0.6
Green Salad	29	1.14	0.59
Pickle	17	0	1.5
Evening Tea (5-5:30pm)			
Stuffed Kulcha	221	5.1	6
Tea	**190**	**8**	**10**
Dinner (8-9pm)			
Chicken Curry	385	28.63	27.3
Panner Makhni	180	11.6	

Yellow Dal Tadka	120	7	2.5
Tandoori Roti	128	4.2	0.6
Tawa Roti	128	4.2	0.6
Pickle	17	0	1.5
Green Salad	29	1.14	0.59
Cake Sliced	262	2	12
Post Dinner			
Boiled Milk	**145**	**16**	**7.5**
	3305	**140**	**120**
THURSDAY	**ENERGY (kCal)**	**PROTEIN (g)**	**FAT (g)**
Breakfast (7:30 to 8:30)			
Pao Bhaji	253	11.8	20
Bread with Butter/Jam	230	4.6	12
Tea	**190**	**8**	**10**
Lunch (12:00-1:45 pm)			
Zeera Aloo	436.2	8.7	5.63
Green Moong Dal	120	16	0.5
Steamed Rice	178	3.82	0.26
Boondi Raita	142	4.4	5.3
Tawa/Tandoori Roti	128	4.2	0.6
Green Salad	29	1.14	0.59
Pickle	17	0	1.5
Evening Tea (5-5:30pm)			
Bread Pakoda	177	4.3	9.2
Tea	**190**	**8**	**10**
Dinner (8-9pm)			
Kadhai Soya Vegetable	121	11.1	5.15
Chole Masala	49.3	3.78	0.43
Peas Pulao	231	6	4.3
Tawa/Tandoori Roti	128	4.2	0.6
Green Salad	29	1.14	0.59
Pickle	17	0	1.5
Pineapple Pastry	185	2.9	13
Post Dinner			
Boiled Milk	**145**	**16**	**7.5**
	2995.5	**120.6**	**108.5**
FRIDAY	**ENERGY (kCal)**	**PROTEIN (g)**	**FAT (g)**
Breakfast (7:30 to 8:30)			
Poha	202	5.25	5

Bread with Butter/Jam	230	4.6	12
Egg Burjee	200.14	13.01	15.87
Tea	**190**	**8**	**10**
Lunch (12:00-1:45 pm)			
Vegetable Jalfrezi	144	6	5.3
Kadhi Pakora	257.5	10.75	12.4
Steamed Rice	178	3.82	0.26
Cucumber Raita	61	3	3.6
Tandoori Roti	128	4.2	0.6
Green Salad	29	1.14	0.59
Pickle	17	0	1.5
Evening Tea (5-5:30pm)			
Veg Patties	252	5.4	12.6
Tea	**190**	**8**	**10**
Dinner (8-9pm)			
Egg Curry	208	7.8	17.3
Kofta Curry	316	7	20
Dal Do Rattan	120	16	0.5
Steamed Rice	178	3.82	0.26
Tandoori Roti	128	4.2	0.6
Green Salad	29	1.14	0.59
Pickle	17	0	1.5
Fruit Custard	225	6.9	3.9
Post Dinner			
Boiled Milk	**145**	**16**	**7.5**
	3572	**140**	**142.47**
SATURDAY	**ENERGY (kCal)**	**PROTEIN (g)**	**FAT (g)**
Breakfast (8:00 to 9:00 am)			
Pyaz Paratha	277	5.7	11
Bread with Butter/Jam	230	4.6	12
Yoghurt	136	4.1	4.6
Tea	**190**	**8**	**10**
Lunch (12:00-1:45 pm)			
Kadhai Paneer	255	7.9	15.7
Channa Dal Tadka	197	6.25	6.53
Steamed Rice	178	3.82	0.26
Bundi Raita	142	8.8	5.3
Tawa/Tandoori Roti	128	4.2	0.6
Green Salad	29	1.14	0.59
Pickle	17	0	1.5
Evening Tea (5-5:30pm)			

Coleslaw Sandwich	351	7.8	17.5
Tea	**190**	**8**	**10**
Dinner (8-9pm)			
Veg Manchurian	78	0.7	0
Veg Noodles	411	14.4	15.5
Veg Fried Rice	202	3.2	9
Tawa/Tandoori Roti	128	4.2	0.6
Seviyan	73	18	10
Pickle	17	0	1.5
Post Dinner			
Boiled Milk	**145**	**16**	**7.5**
	3374	**126**	**139**
SUNDAY	**ENERGY (kCal)**	**PROTEIN (g)**	**FAT (g)**
Breakfast (8:00 to 9:00 am)			
Puri Sabzi	141	2.3	9.8
Bread with Butter/Jam	230	4.6	12
Tea	**190**	**8**	**10**
Lunch (12:00-1:45 pm)			
Hing Dhaniye Ka Aloo	436.2	8.7	5.63
Chole	49.3	3.78	0.43
Steamed Rice	178	3.82	0.26
Mix Veg Raita	73	4.5	3.2
Tandoori Roti	128	4.2	0.6
Green Salad	29	1.14	0.59
Pickle	17	0	1.5
Evening Tea (5-5:30pm)			
Samosa	566	6.4	20
Tea	**190**	**8**	**10**
Dinner (8-9pm)			
Chicken Khada Masala	385	28.63	27.3
Paneer Do Pyaza	180	11.6	8.4
Dal Amritsari	181	4.6	5.01
Steamed Rice	178	3.82	0.26
Tandoori Roti	128	4.2	0.6
Green Salad	29	1.14	0.59
Pickle	17	0	1.5
Rice Kheer	100	4.8	
Post Dinner			
Boiled Milk	**145**	**16**	**7.5**
	3570	**130.23**	**125**

1.3 Sustainable food policy

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 stratergies, 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.

Link: https://mriirs.edu.in/sd02-sustainable-food-policy-and-standard-operating-procedures-of-mriirs/

1.4 Sustainable food choices through cafeterias

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 Cafetaria was **"Millet Mania", projecting Goodness of Millets.** Millets are highly nutritious and are used for human consumption in most of the developing countries, but their use has been primarily restricted to animal feed in developed countries. There are a variety of Millets like Sorghum, Pearl millet, Finger millet, Foxtail millet, Common millet, Little millet, Barnyard millet and Kodo millet.

The Menu included

1. Bindass Bhelpuri
2. Mammamia Pasta
3. Tangy Tikki
4. Mysterious Meal
5. Twerking Truffle
6. Tripsy Slush
7. Bal Banta

Students Preparing Food during Cafeteria on theme "Millet Mania"

Cafeteria on theme "Millet Mania"

1.5 Start ups have also been launched like

a. **Helestein Food Lab**: non-preservative beverages and food items, use waste like cocum rind, Mango peel, to develop various nutritious food products.
b. **Naturoplast:** Biodegradable packaging film using banana peel as a replacement of plastic
c. **Nutrifresh:** mouth freshener developed by basil seeds.
d. **Eat Me:** focussed on waste management of water melon rind in to edible cutlery.
e. **Poshan twigs:** Nutritious solution of the breakfast using millets (under utilized crop)

Start up: Naturoplast

Start up: Halestein Foodlab

Start up: Poshan Twigs

Start up: Eat Me

1.6 Expert talk/seminars/conferences:

The organisation conducts conferences, workshops, seminars, and training programmes for various stakeholders, such as students, community people, and farmers. The main focus of these activities to create awareness among students to for health food choices. A food fair is also held on campus from time to time to raise awareness.

The initiatives taken are as under:

a. Millet fest (Awareness programme for underutilized crops but having excellent nutritional quality)

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.

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.

Millet fest Celebration

Dr. G.L.Khanna, PVC, MRIIRS; Dr. Rizvi, Dean, FAHS and faculty members of FAHS

b. 7th National Ayurveda day

Department of Nutrition and Dietetics, Faculty of Allied Health Sciences and **Manav Rachna Center of Excellence: Food, Healthcare and Nutrition** have jointly organized 7th National Ayurveda Day on 19th Oct, 2022. This programme was organized with the special objective to promote the Ayurveda at household level. The day was started with the inauguration of Kitchen Garden by all the eminent people, Chief guest **Dr. Ishwar V. Basavaraddi**, Director, Morarji Desai National Institute of Yoga, Ministry of AYUSH, GOI, **Dr. Rajagopala S Bhat**, Associate Professor & Sr. Consultant, All India Institute of Ayurveda (AIIA), New Delhi; **Dr. Sasibhushan Vedula**, Senior Manager, R&D, Healthcare, Dabur India Ltd, Prof. (Dr.) Sanjay Shrivastva, Hon'ble Vice Chancellor, Prof. (Dr.) GL Khanna Pro-Vice Chancellor, Prof. (Dr.) Moattar Raza Rizvi, Dean and Prof (Dr.) Divya Sanghi, HOD, Department of Nutrition and Dietetics. This garden was established with the intention of introducing students

to the variety, significance, and uses of herbs in cooking. The department has held recipe and poster competitions as well to inspire students to use herbs and turn their attention to Ayurveda. The lectures were given by the experts. They shared information on current research and potential future prospects of ayurveda. They also encouraged students to utilized our ancient practices to improve many health conditions.

Herbal garden at Q Block

c. Dietetics Day 2023 - Workshop consist of Healthy Recipe Competition and demonstration of recipes created by Nestle

Department of Nutrition and Dietetics, Faculty of Allied Health Sciences celebrated Dietetics day 2023 in collaboration with Nestle Pvt. Ltd. On Dietetics day the department of Nutrition organized a recipes competition Entitled Meri Maggic Savory Challenge. The students have to prepare healthy recipes by using Maggic masala of Nestle. About 20 recipes were formulated and presented in from of Judges. Mr. Lee, Chef from culinary sciences, MRIIRS and Dr. Pratibha Singh, Professor, Department of Nutrition and Dietetics, MRIIRS judged the participants on taste, texture, concept, nutritional value and acceptability of the product. The competition was exciting for students and faculty members. Followed by recipe competition, demonstration of healthy recipes was done by the Ms. Vini, experts at Nestle. He demonstrated many recipes like carrot cake, healthy chart and many more by using Nestle products.

The demonstration was innovative and very interactive. They also provide oats cornflakes to be distributed among students of Department of Nutrition and Dietetics and Physiotherapy.

Chef Lee evaluating the food

d. Industrial Interaction: Exploring Opportunities in Nutrition Sector

Today's fast paced development and growth of industries in the field of food require the students to explore opportunities and job prospects in food, supplements industry. To keep this vision in mind, a one-day interaction was organized by Department of Nutrition and Dietetics, Faculty of Allied Health Sciences organized on 25th April 2023 to explore opportunities in Nutrition Sector. Dr Neerja has discussed about the various verticals and role of nutrition students in supplements and probiotics industries. She has stressed on quality education and gathering of multidisciplinary information to make their self fit for industry. She also discussed about zero calories products, low sodium products, product for high altitude and latitude etc and their research and development procedures.

Being in Probiotics industry she has given good insight of the probiotics, prebiotics and their role in improving the gut health. The session was ended with the vote of thanks by Dr. Usha Panjwani, Professor of Practice, FAHS. Students were very excited and asked many questions.

Dr. Neerja Hajela taking the session

e. Millet Recipe Competition

Department of Nutrition and Dietetics, Faculty of Allied Health Sciences in collaboration with Research and Development center, MRIIRS celebrated International Millet Year 2023. On 17th May 2023, the department of Nutrition and Dietetics organized a Millet Recipes competition with the theme of "Wonder Grains: Magical Millets". The students have to prepare healthy recipes by using Millet and created posters and pamphlets to describe the nutritional properties of recipe and their innovation techniques. About 17 recipes were formulated and presented in from of Judges. Dr. Veena Singh, Former Director General, Health Services, Haryana; Mr. Lee, Chef from culinary sciences, MRIIRS and Dr. M. Rizvi, Dean and Professor, Faculty of Allied Health Sciences, MRIIRS judged the participants on taste, texture, concept, nutritional value and acceptability of

the product. The competition was exciting for students and faculty members. Dr. Veena Singh and Chef Lee gave their expertise opinion and insight to improve their dishes or for developing a startup company. The winner was Ms. Muskan Gupta, student of MSc. Nutrition and Dietetics, Final Year. She created Momos by using millets in different colors and textures.

Dr. Veen Singh, DG, Health Services evaluating the recipe

f. Training Programme on Food Testing

The Department of Nutrition and Dietetics, School of Allied Health Science, Manav Rachna International Institute of Research & Studies in collaboration with NIFTEM, Sonipat organized a Five-days Training Programme on Food Testing. The Food Testing Training was conducted at the National Institute of Food Technology Entrepreneurship and Management (NIFTEM) from 3rd July 2023 to 7th July 2023. The primary objective of this training was to provide hands-on experience to the participating students in various food testing techniques, equipment usage, and analytical procedures.

During the training, demonstrations on equipment such as pH meters, moisture analyzers, and refractometers was provided. Hands on training was also provided on chemical analysis including chemical tests for nutrients like

proteins, fats, carbohydrates, and minerals, spectrophotometers for colorimetric analysis, titration techniques for determining acidity and alkalinity. Further, students were provided hands-on experience with advanced analytical instruments such as Gas Chromatography (GC) and High-Performance Liquid Chromatography (HPLC).

Students attending the Training Programme

1.7 Access to food security/ sustainable agriculture

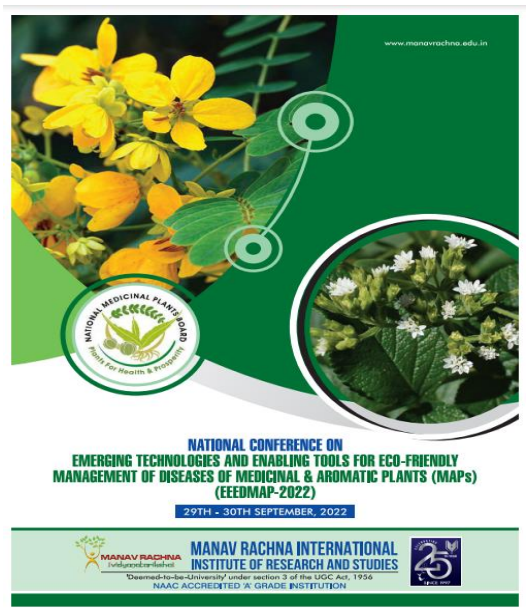
Programmes pertaining to access to food security knowledge, sustainable agriculture and aquaculture knowledge, skills, or technology to local farmers and producers are regularly conducted in the campus. Conferences, workshop, sessions were conducted by MRIIRS to provide information and create awareness among local farmers. MRIIRS provides a platform to the formers to speak and discuss their problem, queries with experts from the field of agriculture and nutrition by the medium of conferences and seminar.

a. National Conference On "Emerging Technologies and Enabling Tools For Eco-Friendly Management Of Diseases In Medicinal & Aromatic Plants" (EEEDMAP 2022): Access to food security/ sustainable agriculture

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, Banasthali Vidhyapeeth, 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".




SCOPE OF THE CONFERENCE

According to the Botanical Survey of India, India is home to more than 8,000 species of medicinal plants. The country has a rich history of traditional healing systems, many of which list the use of these plants. According to the WHO, at least 25% of all modern medicines are derived, either directly or indirectly, from medicinal plants. The Indian forests are the principal repositories of large number of medicinal and aromatic plants, from where the raw materials are collected predominantly for manufacture of drugs and perfumery products.

As one of the measures to conserve the precious species, commercial cultivation began which inadvertently brought the problem of pests and diseases leading to crop loss of various magnitudes. Also, too much emphasis has been put on the potential for discovering new wonder drugs, and meagre on the innumerable problems associated with the already known and cultivated MAPs. Medicinal plants are vulnerable to be attacked by several pathogens resulting crop loss in terms of both quantity as well as quality. Post-harvest loss is also a great problem of medicinal plants where toxins are produced by the pathogens. Thus, plant diseases create challenging problems in commercial agriculture and pose real economic threats. Therefore, the "health of these healthy plants" should be concerned. Medicinal plants being used in health-care system and chemical methods of management of pests and diseases are becoming obsolete. It is a must that non-chemical, eco-friendly safer methods of management are essential. Preparedness for combating against the biotic stresses of medicinal plants is prerequisite for horizontal expansion of medicinal plants acreage in future. The medicinal plants need to be conserved effectively for the future and the time is right to utilize the global demand for Indian Medicinal plants and their bioactive metabolites by sustainable production of healthy and diseases free quality plant material through emerging technologies, biopesticides & biotechnological tools. The proposed conference will provide a platform to discuss and provide a framework for the conservation and sustainable use of plants in medicine. The conference aims to bring together leading academic scientists, researchers and research scholars to exchange and share their experiences and research results on different aspects of Medicinal and Aromatic Plants. This will not only enlightens the young scientist, faculty, students, researchers, conservationists, academicians from different disciplines viz. Biological Sciences, Biotechnology, Ayurveda, Pharma & Medicine, Alternative medicine etc. about the supreme importance of Medicinal & Aromatic Plants but also will open their mind for the research work to be carried out in this highly potential field. It also provides a premier interdisciplinary platform for researchers, practitioners and educators to present and discuss the most recent innovations, trends, and concerns as well as practical challenges encountered and solutions adopted in the fields against major pathogens of Medicinal and Aromatic Plants. We hope to make this national gathering on medicinal and aromatic plants particularly educational and inspiring for young scientists who will get an opportunity to interact with leading experts.

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 were 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 "Crotolaria 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.

Participation of farmers and agricultural experts in National Conference

हिन्दुस्तान अब तक

Home › Faridabad NCR

Faridabad NCR | Haryana | Hindutan ab tak special

मानव रचना ने "औषधीय और सुगंधित पौधों में रोगों के इको-फ्रेंडली प्रबंधन के लिए इमर्जिंग टेक्नोलॉजीज एंड इनेबलिंग टूल्स" पर राष्ट्रीय सम्मेलन का किया आयोजन

By **Dinesh Bhardwaj** - October 3, 2022 115 0

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

सर्वप्रिय भारत

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मानव रचना ने "औषधीय और सुगंधित पौधों में रोगों के इको-फ्रेंडली प्रबंधन के लिए इमर्जिंग टेक्नोलॉजीज एंड इनेबलिंग टूल्स" पर राष्ट्रीय सम्मेलन का आयोजन किया

By **Spbharat** — On **Oct 3, 2022**

b. **Tricho Agronica Pvt Ltd:** 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.

Crop Cycle

Crop cycle at BCKV, Kalyani

Crop cycle at SKUAST, Srinagar

Appreciation given by Sh. Atul Kothari, Secretary, Shiksha Sanskriti Uttan Nyas, New Delhi and Sh. Subodh Bishnoi Ji, S K Rajasthan Agricultural University, Agriculture Research Station, Ganganagar

Exhibited Tricho Agronica Pvt. Ltd. at IASE University (Institute of Advanced Studies in Education) in Sadar Sahar, Rajasthan.

Link: https://manavrachna.edu.in/latest/manav-rachna-start-up-tricho-agronica-pvt-ltd-at-petrotech-2019

c. **Distribution of Hybrid Bajra Seeds to Local Farmers at Pali, Faridabad on 23rd May 2023 at Pali and Mohtabad Villages, Faridabad**

The distribution of hybrid bajra seeds to local farmers in Pali, Faridabad, was a successful event that aimed to enhance agricultural productivity and promote sustainable farming practices. The positive feedback received from the participating farmers indicates the potential for increased yields and improved

livelihoods in the region. However, it is essential to address the challenges faced and continuously support farmers in adopting modern agricultural techniques.

Organized By: MRCMPP & MRCAWTM, MRIIRS

1. The distribution event was held on *23rd May 2023* in Pali and Mohtabad villages, Faridabad. The choice of the venue ensured accessibility for a large number of local farmers.
2. The event saw the participation of approximately 100 local farmers from the Pali region, along with MRCMPP & MRCAWTM team members and volunteers. (Dr. Nidhi Didwania, Dr. A Mukherjee, Ms. Sneha Rai and Atal Bhujal Yojna team)
3. **Objectives:** The primary objectives of the distribution event were:
    - To provide local farmers with high-quality hybrid bajra seeds.
    - To educate farmers on the benefits of hybrid seeds in terms of yield and disease resistance.
    - To promote sustainable agricultural practices and crop diversification.
4. **Distribution Process:** The distribution process was well-organized and followed these steps:
    - Registration: Farmers were registered upon arrival, and their details were recorded for future reference.
    - Seed Distribution: Each registered farmer received a specified quantity of hybrid bajra seeds based on their landholding and requirements.
    - Training and Information: Before the distribution, an informative session was conducted to educate farmers about the advantages of hybrid seeds, proper planting techniques, and crop management practices.
    - Q&A Session: A question-and-answer session followed the training to address any queries and concerns from the farmers.

Seed Distribution Statistics:

- Total number of farmers who received seeds: [Total Number of Beneficiary Farmers]
- Total quantity of hybrid bajra seeds distributed: [Total Quantity in kg or bags]

- Average landholding per farmer: [Average Landholding in acres/hectares]
- Quantity of seeds distributed per farmer: [Quantity per Farmer in kg or bags]

Feedback and Impact:

Feedback from the participating farmers was overwhelmingly positive. They expressed appreciation for the initiative and the valuable knowledge shared during the training session. Farmers were enthusiastic about implementing the best practices discussed and expected higher yields in the upcoming harvest season.

Conclusion:

The distribution of hybrid bajra seeds to local farmers in Pali, Faridabad, was a successful event that aimed to enhance agricultural productivity and promote sustainable farming practices. The positive feedback received from the participating farmers indicates the potential for increased yields and improved livelihoods in the region. However, it is essential to address the challenges faced and continuously support farmers in adopting modern agricultural techniques.

This report serves as a record of the distribution event's activities and outcomes and will be valuable for planning future agricultural initiatives in the region.

MRIIRS- HEALTH AND WELL BEING

MANAV RACHNA
vidyanatariksha

D. Field visit for disease identification and management in tomato at Aurangabad, Palwal on 19th January 2023

A field visit was conducted on 19 January, 2023, in Aurangabad, Palwal, with the primary objective of identifying and managing diseases in tomato crops. The visit aimed to assess the prevailing disease situation in tomato fields and provide recommendations for effective disease management to improve crop yield and quality.

Participants:

- Local Farmers and Tomato Growers

Field Observations:

1. **Location and Climate:** Aurangabad, Palwal, is characterized by a subtropical climate, which is conducive to tomato cultivation. The region has experienced consistent rainfall in the past few weeks, creating favorable conditions for diseases.
2. **Crop Stage:** The tomato crops observed during the field visit were in various growth stages, from seedlings to mature fruit-bearing plants.
3. **Disease Symptoms:**

- **Early Blight (*Alternaria solani*):** Early blight symptoms were prevalent, characterized by circular brown lesions with dark concentric rings on the lower leaves of the tomato plants.
- **Late Blight (*Phytophthora infestans*):** Symptoms of late blight, including water-soaked lesions on leaves, stem, and fruits, were observed in some fields.
- **Bacterial Spot (*Xanthomonas campestris pv. vesicatoria*):** Bacterial spot symptoms included small, dark, raised lesions with a water-soaked appearance on leaves and fruits.
- **Tomato Yellow Leaf Curl Virus (TYLCV):** Some plants exhibited symptoms of TYLCV, including yellowing and curling of leaves.

4. **Cultural Practices:**

- Crop rotation was not consistently practiced, contributing to disease build up in some fields.
- Limited spacing between plants was observed, leading to poor air circulation and increased disease pressure.

Recommendations:

1. **Biofungicide and Bactericide Application:** Farmers should apply appropriate biofungicides and bactericides following recommended dosage and schedules to manage early blight, late blight, and bacterial spot. Consultation with MRCMPP is advised for product selection and application guidelines.
2. **Sanitation:** Remove and destroy infected plant debris to reduce disease inoculum. Proper sanitation practices can help minimize disease spread.
3. **Crop Rotation:** Encourage farmers to practice crop rotation to break disease cycles. Avoid planting tomatoes in the same field consecutively.
4. **Spacing:** Maintain adequate spacing between tomato plants to ensure better air circulation and reduce humidity, which can minimize disease incidence.
5. **Virus Management:** For TYLCV, control the vector (whiteflies) through bioinsecticide applications and the use of reflective mulch. Resistant tomato varieties may also be considered.
6. **Training and Awareness:** Conduct training sessions for local farmers on disease identification, prevention, and management practices to enhance their knowledge and skills.
7. **Regular Monitoring:** Farmers should regularly monitor their fields for disease symptoms and take timely action to prevent disease outbreaks.

Conclusion: The field visit to Aurangabad, Palwal, highlighted the presence of several tomato diseases, including early blight, late blight, bacterial spot, and TYLCV. Effective disease management strategies, such as timely application of fungicides and bactericides, crop rotation, proper spacing, and sanitation, are essential to mitigate the impact of these diseases on tomato crops. Furthermore, farmer education and awareness programs are crucial for long-term disease management and sustainable tomato cultivation in the region.

E. Good Agriculture Practices of Voluntary Certification Scheme for Medicinal Plant Produce

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. Under this collaboration a capacity building cum sensitization training under the Voluntary Certification Scheme 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.


Voluntary Certification Scheme for
Medicinal Plants Produce (VCSMPP)
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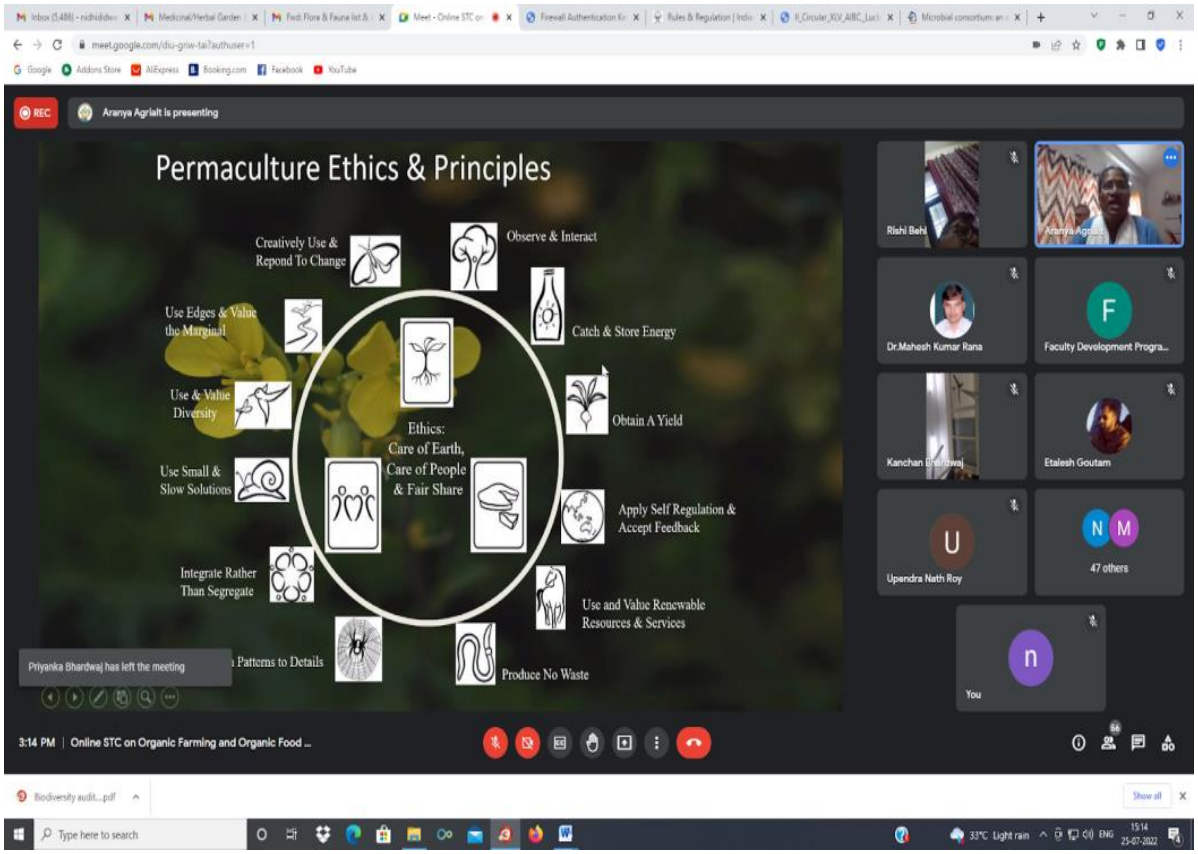
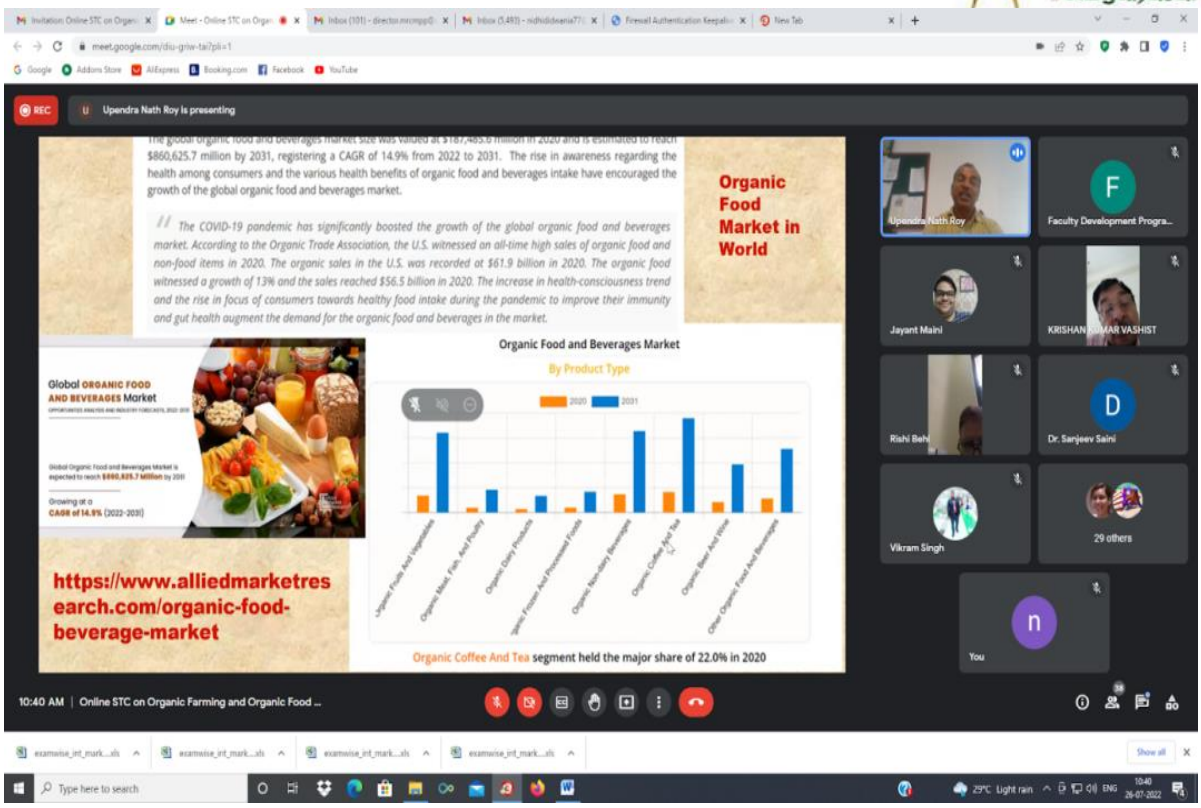
MRIIRS- HEALTH AND WELL BEING

F. FDP on Organic Farming and Food Marketing

A Five days' faculty development program on "Organic Farming and Food Marketing" in association with NITTR, Chandigarh was organized by Department of Biotechnology, Faculty of Engineering & Technology, MRIIRS from 25-29 July, 2022. The target audience for the FDP were faculty members of MRIIRS. **The aim of the FDP was to provide opportunities to educate the young as well as senior faculty members about the Organic Farming so that further they can impart the knowledge to the farmers through awareness sessions.** The week-long FDP covered various topics and challenges related to Organic Farming. The FDP started with a discussion on the history of farming where Rishi farming, traditional farming (using cow dung/compost), natural farming (proposed by Masanobu Fukuoka). Natural farming (one straw revolution) was highlighted, which was based on four principles which were no tillage, no fertilizers, no weeding and no chemicals.





Faculty members attending faculty development program on "Organic Farming and Food Marketing"