

Academic Year 2022-23

2.3

Student Hunger

2.3.1 Student Food Insecurity and Hunger

MRIIRS Weblink to SDG 2:

https://mriirs.edu.in/sdg02-zero-hunger/



Student Food Insecurity and Hunger

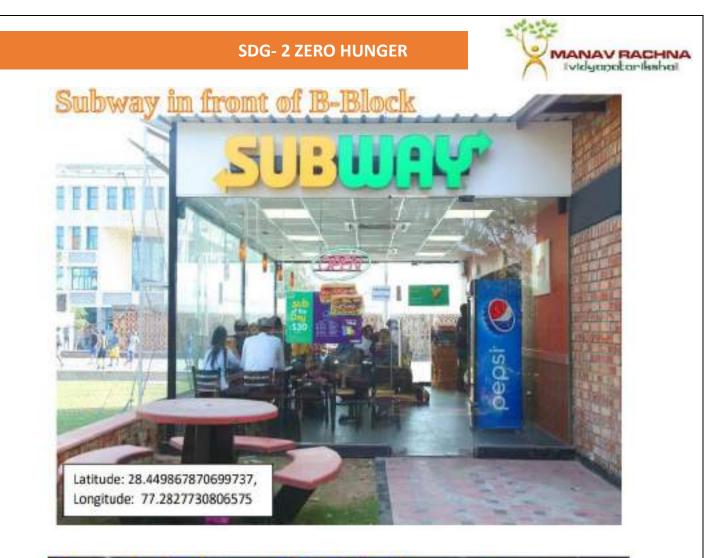
MRIIRS population has access to the food outlets for multiple

Food Choices on campus. Manav Rachna International Institute of Research and Studies further always help the community in achieving the good health through **Nutrition health camps** at different areas 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 to save the planet. Apart from this **many start-ups** are also been launched like 1) **Helestein Food Lab**: non-preservative beverages and food items. 2) **Naturoplast:** Biodegradable packaging film using banana peel as a replacement of plastic 3) **Nutrifresh:** mouth freshener developed by basil seeds etc.

A. 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
 - ✓ HUSH Food Court
 - ✓ Chai Garam
 - ✓ Nescafe
 - ✓ Red Brick Bistro
 - ✓ Hotel Management Café etc.

https://mriirs.edu.in/cafeterias/















HOSTEL KITCHEN AND HYGIENEFood Service









B. Awareness Programmes/ Nutrition Health Camps/ Courses on Food & Nutrition / Start-ups incubated:

Manav Rachna International Institute of Research and Studies further 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 to save the planet.

These courses run with following Objectives:

- To create students who are having the knowledge of nutrition and will be able to create the diets according to person's need.
- To create awareness related to balance diet and its importance by using ICT tools.
- To be able to calculate the nutritive value of any food and will be able to prepare nutritious dishes.
- 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 (underutilized crop)





Nanowrap from Banana Peel waste

✓ As evidence document in support to 2.3.1 detailed report for all the programmes along with photographs are provided.

B.1 Initiatives to create Awareness:

Many programmes have been launched to spread nutrition information throughout the campus community and eventually, globally. **Faculty members and students are also equipped through trainings to address the Student Food Intervention and Hunger.**

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

https://www.linkedin.com/posts/manav-rachna-educationalinstitutions manavrachna-millets-milletsfest-activity-6971308235437817856-BvRz/?trk=public profile like view&originalSubdomain=in



The Department of Nutrition and Dietetics, Faculty of Allied Health Science in association with ICAR- Indian Institute of Millet Research, Hyderabad organized a oneday 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



2. 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



3. 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



4. 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



5. 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 food



6. BREAST FEEDING WEEK, 2023

Women should not have to choose between breastfeeding their children and their work. World Breastfeeding Week is celebrated in the first week of August every year, supported by WHO, UNICEF and many Ministries of Health and civil society partners. This year's theme is focusing on breastfeeding and work, providing a strategic opportunity to advocate for essential maternity rights that support breastfeeding, maternity leave for a minimum of 18 weeks, ideally more than 6 months, and workplace accommodations after this point. In view of this, School of Allied Health topics covering the breastfeeding importance, rights of mother (working/non-working), disadvantages of non-breastfeeding to mother and infant, government initiatives to promote breastfeeding etc.The experts from various fields Sciences, Department of nutrition & Dietetics, MRIIRS has initiated awareness by conducting a webinar series (Zoom platform), poster competition and a panel discussion on various such as nutritionist, paediatrician, gynaecologist and ministry personnel had delivered the talk.







Breast feeding Week 2023

VIANAV RACHN



Participants in the event

7. RALLY ON STOP MALNUTRITION

Department of Nutrition and Dietetics, School of Allied Health Sciences, MRIIRS conducted a rally on STOP MALNUTRITION on 18th August 2023. The students of BSc Nutrition and Dietetics 5th semester along with faculty member Ms. Ankita Sharma, Assistant professor and Dr Divya Sanghi, Head of the Department, Department of Nutrition and Dietetics conducted a rally on STOP MALNUTRITION to create awareness among the masses regarding the ill effects of malnutrition. India as a country is still fighting with problem of malnutrition. The prime causes are poverty; unemployment; ignorance and lack of education; unhealthy lifestyle; lack of access to nutritious food, safe water, sanitation and hygiene; non-availability of reliable and timely data, and sufficient funds; and unimpressive performance by the government in the implementation of schemes. Most of the reasons for the occurrence of malnutrition, as well as the solutions to overcome the challenges, are known. Attention, however, needs to be paid to understanding what prevents the nation from achieving its goals related to nutrition. Keeping these problems in mind, the students of BSc Nutrition and Dietetics 5th semester through this rally made people aware about the three types



of malnutrition namely, underweight, overweight and obesity. The causes, symptoms and preventive strategies were showcased by the students. The rally was done at various sites of the university to spread the message effectively to large number of people.

Overall the students enjoyed the activity disseminating this important message.



Students started the rally on Combat Malnutrition



Students addressed the triple burden of India



8. UTTAM POSHAN UTTAM JEEVAN PLEDGE

Department of Nutrition and Dietetics, School of Allied Health Sciences, MRIIRS conducted a Uttam Poshan Uttam Jeevan pledge on 18th August 2023. This government initiative is taken by all the students of Department of Nutrition and Physiotherapy.

The pledge was as following:

• On this day I take a pledge that i will protect ourselves and our beloved from the curse of malnutrition. I pledge that

I will keep myself well nourished and protect others from malnutrition.

- I will not purchase, promote, use or gift junk foods and unhealthy soft drinks
- I will take and promote balanced diet
- I will adopt and promote safe cooking and eating habits
- I will keep myself informed about healthy foods and food habits
- I will not waste food
- I pledge to be physically active by participating in outdoor games/ sports/ exercises and yoga on a regular basis and sleep for at least 8 hours
- I pledge to conserve water and not dirty any water bodies.

Link: https://pledge.mygov.in/uttam-poshan-uttam-jeevan/





Certificate Received by students



Certificate Received by students





Students while taking pledge

9. 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 twoday 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".



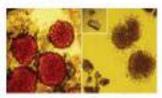


SCOPE OF THE CONFERENCE

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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 "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.



Media Coverage:



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https://manavrachna.edu.in/paryavaran/2020/02/01/international-conference-onenvironmental-challenges-and-solutions-receives-enthusiastic-participation-fromthousands/





Home >

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



🚺 LISTEN THIS NEWS



Imanavrachna.edu.in/paryavarar/2020/02/01/international-conference-on-environmental-challenges-and-solutions-receives-enthusiasti



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The fuses-day long international conference on "Environment Challenges and Solutions' being organized jointly by Manay Packea International Institute of Reveards and Studies (MRIIPA), SubchafamicritUCthasNyaze (SSUN) and Dakaina Foundation was insugarated today in the presence of thousands of enfouriastic students, researchers, scientists, international delegates, entrepreneurs and heads of various institutions.

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The insugural event new the extremed presence of the Chief Overt Shri O C Pati, Chaiman, COWB, Gol; Shri And Kothan, National Secretary, SSUN; Dr. Prashast Bialla, President, Mante Rachas Educational Institutions, Shri Gopal Arya, National Coordinator of Environment Activity, RashtriyaSwayamewickSangh; Dr O V R. Robb, Scientist, DST, Oct; Shri Sangay Swami, Environment Education, SSUN; Dr. SSV Ramakumar, Director IOCL, R&D; Faridabad; Dr. Anni Bhalla, Vice President, MRE1, SantUpana, Aggarwal, Founder & Director, Dokolana Foundation, Dr. Alokoleep, Dr. Sanjay Srivesteva, VC, MRTIRS, Dr N C Wadhwa, DG, MRE1 and second other eminent schedars.

She Atal Ketheri while appreciating the crucating role of Manay Rachina for the protection of the environment east. "If universities have to truly understand their role, they must follow what Manay Rachina has been doing because it is only when environment consciousness is woven into the education system can we expect long-term solutions".

Mr. 5 5 V Ramakumas emiliated confidence that good start-up ideas by students will be supported by the Indian Oil Corporation. He extreme that are single volution non-solve environmental shallenges and therefore more and more ideas must be floated and tested.

As the Chairman of the Central Oround Water Board, the Chief Quest Mr. G C Pati stressed upon the urgent interventions needed to address the country's depleting water levels.

The sourcease of the Dakahina Foundation was released on the occasion



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

3 October - 2022 by Deepak Sharma





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

https://manavrachna.edu.in/manav-rachna-centre-formedicinal-plant-pathology/

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.



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

https://manavrachna.edu.in/newgeniedc/ongoingstartups/#:~:text=Tricho%20Agronica%20Pvt.&text=Tricho%20A gronica%20Pvt%20Ltd%2C%20the,to%20Land%2D%20an%20e cofriendly%20approach.

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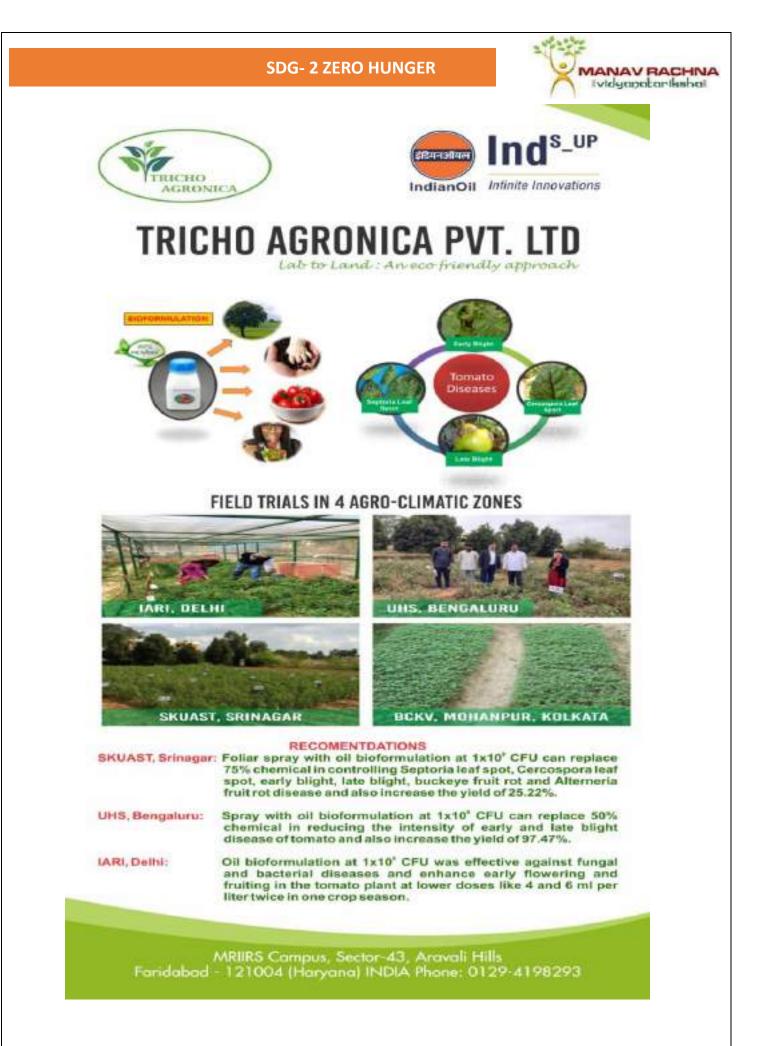


M/s Team Tricho Agronica Pvt. Ltd

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 Tricho Agronica 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 Tricho Agronica 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





12. 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.

The objective of Diet and Nutrition clinic was to provide nutrition support with regard to nutritional assessment, nutritional awareness, providing guidelines to prevent communicable and non-communicable disease and providing treatment of various metabolic disorder. Many patients of different ailments were catered such as hypothyroidism, diabetes, kidney disorder, liver disorder, hyperlipidaemia, hypertension, obesity, weight gain and many more. Health camps are organized at regular intervals to different areas of Delhi, NCR so as to reach out to those people who are unable to visit in OPD. In camps, we provide free consultation and assessments to people who are in need. We explain them about their conditions and guide them dos and don'ts with nutrition perspective.



Diet and Nutriton Clinic

https://mriirs.edu.in/international-institute-of-research-andstudies/allied-health-sciences/department-of-nutrition-anddietetics/diet-and-nutrition-clinic/



13. Health Camps

As part of the Health for All mission 29 community health camp were organized by **Manav Rachna International Institute of Research and Studies in collaboration with O.P. Bhalla Foundation in year 2022-23**. The motto of these health camps is to fulfil the dreams of nation-building and concentrate on the development and upliftment of the underprivileged and marginalized section of society. Keeping this motto various steps have been taken for the upliftment of patients who have been suffering and cannot afford to go to hospitals. The camp was free of cost and open for all.

Various department of MRIIRS participate in these camps and provide their services. Department of Physiotherapy, Nutrition and Dietetics, Psychology department and Faculty of dental sciences participate in these health camp. Approximately 22 to 25 students and 6-8 faculty member with OP Bhalla Foundation team participates in each camp with same motive.

Nutrition and Dietetics department participate in all these camp with the objective of identification of nutritional problems, assessment of nutritional status and to provide nutritional counselling for overall health and wellness. Malnutrition and its impact information, guidance and even solutions are provided in all the health camps. Awareness regarding hunger and its impact on nutritional status of an individual is discussed by one to one counselling. Measurement of various health parameters like height, weight and body mass index (BMI), % fat, muscle mass, %water were done in each camp. People were advised to eat healthy balanced and to keep themselves clean. Children came for the health checkup were advised not be lured by fast food, colored drinks and cold drinks. The participants were provided with personalized diet counselling, counselling on lifestyle modification and strategies to prevent or control the diseases. All adults were counselled for hypertension, diabetes, PCOD, and obesity and diet counselling was provided according to the type of diseases they were suffering from.





Nutrition counselling by Msc Nutrition and Dietetics students and faculty members



Anthropometric measurement of the participants



14. Ek Mutthi Daan - Dry Grains Collection https://dropbhallafoundation.org/ek-mutthi-daan/

The ISR arm of MRIIRS - Dr. OP Bhalla Foundation through its ISR activities tried to create a content society. The Ek Mutthi Daan campaign program has been drawn from the life and times of the Founder Chancellor of MRIIRS, Dr. O P Bhalla. The Ek Mutthi Daan campaign started on Friday, March 28, 2014. Ever since then, the Ek Mutthi Daan initiative has been taken up by all constituents of the MRIIRS family, to keep the noble movement going, so that 'no one sleeps hungry'. The foundation stands firmly committed to the cause of mass welfare and instilling the spirit of social and moral responsibility amongst the students.

Till date, we have donated 93498 kgs of Dry Grains to the underprivileged. Last year alone, during the celebrations of our Silver Jubilee year, we had collected 27000 kgs of dry grains, which were donated to not only 15 NGOs but also our in-campus housekeeping staff, gardeners, security guards, construction workers etc. Their blessings after receiving the grains will remain with all of us forever. Now that it's been a year to this donation drive, we again intend to do this Mega Donation Activity on 16th September 2022

S. No	Name of Organisation	Details	Number of Beneficiaries	Donation (kgs)
1	SHEOWS	Old Age Home	80	1500
2	Tau Devi Lal Old Age Home	Old Age Home	70	500
3	Red Cross De- addiction Center	De-addiction Center	8	240
4	Dayalpur Gurudwara	Langar	2400	1000
5	Hostel for Resued Boys	Orphanage	65	1800
6	Global Orphanage Trust	Orphanage	30	500
7	Parnav Karuna Sangha	Orphanage	25	500

List of Organization



8	Earth Savior Foundation	Old Age Home	500	2500
9	Prabhat an awakening	Home for underpriviledged special kids	20	500
10	People for Animals	Animal Shelter	25	500
11	Housekeeping team at MR campus	Housekeeping staff	200	3284
12	Housekeeping on rolls at MR campus	Housekeeping staff	10	150
13	Security Team at MR Campus	Security Staff	65	975
14	Gardeners at MR Campus	Gardeners	25	400
15	Maintenence Team at MR campus	Central admin and maintenance	150	2250
16	MR Transport	Drivers	25	400
17	Construction workers at MR campus	Labour	190	2850
			TOTAL	19849



Ek Mutthi Daan - Dry Grains Collection



15. Awards and Recognitions

 Dr.Lakhvinder Kaur, Associate Professor, Department of Nutrition and Dietetics, SAHS, MRIIRS is beimg a mentor to the team FRESHMETER, who secured 1st place in Manage Agri Eureka 2022.

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1.	CERTIFICATE OF APPRECIATION	1
	This certificate is given to :	
	Dr. Lakhvinder Kaur for being mentor to the team FRESHOMETER who secured first place in MANAGE Agri Eureka 2022, a National level Agri Innovation and Business Flon Challenge conducted at MANAGE, Hyderabad from Nov 3 - 7, 2022	
10-	(saravanan Raj) Director (Agricollural Extensi MANAGE	

 Devansh Rajpurohit and Dr. Lakhvinder Kaur participated in Anveshan :2022-2023 and received 1st prize

-	0	DESIGNATION OF DESIGN CONTRACTORS	
	-	STUDENT RESEARCH CONVENTION February 22"-23", 2023	
	NRIERS	Certificate of Award Devenshi Rojpumlit	a Tarihi daning bi ad di sat Panang (10.1 Km
URST PRIZE	- Linned Law	Health Science	no many JAK many
- Color			NUL CARACTERISTICS