

Academic Year 2022-23

2.3

Student Hunger

2.3.2 Student and staff hunger Interventions

MRIIRS Weblink to SDG 2:

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

Student and Staff Hunger Interventions

Many interventions have been taken by the MRIIRS in the concerned area:

- ✓ Sustainable Food Policy for MRIIRS has been adopted by the University. 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 cyclic menu is created for hostel mess and proper nutrition calculation is done to monitor 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, Sample of Cyclic menu as adopted by the Hostel Mess along with the calculated nutrition values, Provision of Nutrition Clinic, List of Outlets, MOUs of Outlets and detailed reports of programmes conducted are provided.

A. Sustainable Food Policy of MRIIRS



**MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH
AND STUDIES**

(FORMERLY MANAV RACHNA INTERNATIONAL UNIVERSITY)
Deemed to be University under section 3 of the UGC Act,1956

**Sustainable Food Policy
(Policy and standard Operating Procedures)**

Year 2018



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

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

Background: A sustainable food system focus on food availability that protect the environment, humanity and the economy. Food systems incorporate all the phases essential to feed the global population from production of raw material to actual food on plate. The Manav Rachna International Institute of Research & Studies (MRIIRS) promotes sustainable food system keeping in mind the health of its students, employees, guests and visitors. The objective of Sustainable Food Policy is to create a framework for Manav Rachna family to ensure that the raw material sourced and food produced, consumed and disposed by the university keeping in view to protect the environment, provides balanced meal to benefit the society and to promote Zero hunger.

Policy Statement

- Promotion of Plant based food in catering outlets, hostel mess and hospitality services.
- No consumption of red meat and less availability of lean meat (Chicken and egg), thrice a week in hostel mess and catering outlets. Meat free alternatives has to be provided as replacement.
- Raw materials like vegetables and fruits have to be sourced by local vendors and should be free from pesticides and insecticides.
- All dry products and packed products have to be FSSAI certified.
- Seasonal menu should be encouraged in catering outlets, hostel mess and hospitality services to promote the seasonal nutrient availability.
- Food waste need to be monitored, tracked and recorded as per the approved Standard Operating Procedures as listed in Annexure A.
- Composite plant and animal feed are allowed as Food waste management strategies.
- Waste management instruments need to be installed to promote healthy environment in kitchen.
- Well balance nutritious meal is a mandatory component. The food menu should be focused on providing appropriate proportion of macro and micronutrients in every meal provided by hostel mess.
- Use of trans fat and saturated fat are restricted.
- Provision of minimum two fruits in a day is promoted in hostel mess menu.

- Use of less salt, sugar and unsaturated fat content in freshly prepared menu is recommended.
- Nutrition education should be provided to consumers – students, employees, guest and visitors regarding balanced diet, food waste management strategies on personal level and benefits of nutrients in promotion of healthy human behavior and fitness.

Applicability

Faculty, employees, students, volunteers, trainees, supplemental staff employed through contract agencies or outside trade unions, vendors, guests, and visitors are all included in the scope of this policy's applicability.

Responsibility

To ensure this policy is followed consistently across the MRIIRS campus, everyone involved must treat each other with dignity and respect and work together.

Annexure A

For effective implementation of this Sustainable Food Policy, the Standard Operating Procedures as outlined in **Annexure A** shall be observed.

1. Food nutrition and wastage audit committee shall be constituted at the Institute level.
2. The roles and responsibilities of the food nutrition and wastage audit committee shall include 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.
3. Cyclic food menus shall be followed by all the hostel mess committees, sustainable-healthy and affordable food choices shall be offered by all food outlets including hostel mess.
4. The nutritive value of offered food menus and hostel mess shall be monitored by the committee.
5. Committee shall collate the records of campus food wastage on every day basis through MIS as per proforma approved as **Annexure B**.
6. The records shall be discussed on the monthly basis in the meeting of food nutrition and wastage audit committee meeting. The recommendations of the committee shall be shared with the respective representatives of the campus food outlets and hostel mess committee for the subsequent actions.
7. The Action Taken/Initiated Reports as submitted by the representatives of the campus food outlets and hostel mess committees shall be discussed during the subsequent meeting of food nutrition and wastage audit committee to monitor the progress and further interventions.

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MONTHLY CAMPUS FOOD WASTAGE AND MANAGEMENT TRACKING SYSTEM

Name of the Unit (Food Outlet Details/Hostel Mess Details)	
Name of the contact person	
Email ID	
Contact Number	
Location of the Unit	
Amount of Food waste during transportation (perishable items)(kgs.)	
Amount of Food waste during production of excess food (kgs.) A. Dry Waste B. Wet Waste	
Amount of Food waste from large portion size of food served (kgs.)	
How do you manage the food waste produced at your outlet?	<ul style="list-style-type: none"> • Animal Feed • Organic Compost • Food sent to shelter homes through Dr O. P. Bhalla Foundation • Sent to Food Unit of Manav Rachna Innovation and Incubation Centre

MRIIRS MIS link to record Food Wastage and Management:

<https://forms.gle/ZCF165Rda1wPEQcu6>

B. Sample of Cyclic menu as created for hostel mess and Nutrition value calculation

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.

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 Omllette	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 Beans		Roti			
		Roti		Steam Rice			
		Steam Rice		Coconut Laddoo			
				Hot Milk			
TUESDAY	Vegetable poha	Mushroom soup	Vegetable sandwich	Arhar dal	2544	51	78
	Green chutney	Moong massor daal	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

SDG- 2 ZERO HUNGER



	Tea	Rice	Tea	Rice			
	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			
		Bhaingan bharta		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 gajar matar		Paysum			
		Steam rice		Matar Paneer			
		Roti					
Cycle 2							
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			
		Lauki lababdar		Tawa roti			
		Aloo hara pyaaz		Sooji halwa			
		Steamed rice		green salad			
		Tawa roti					
TUESDAY	Matar kulcha	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					

SDG- 2 ZERO HUNGER



		Tawa roti					
THURSDAY	Mix veg. paratha	Sweet corn soup	Mix pakoda	Dal	2374	53	67
	Masala porridge	Cucumber salad	Tea	Salad			
	Tea	Kadhi pakoda		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 gajar matar		Steam rice			
		Zimikand sabji		Tawa roti			
		Steam rice					
Tawa roti							
SATURDAY	Idli	Dahi papdi	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					

C.Provision of Nutrition and Diet Clinic at MRIIRS

Diet and Nutrition Clinic at MRIIRS:

Apart from this institute is also having the inhouse **Nutrition and Diet clinic** to create awareness of balance diet and spread nutrition knowledge. 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 Nutrition Clinic at MRIIRS**

Weblink : [Click to view](#)

D. List of Food Outlets on Campus

List of Food Outlets on Campus

Availability of outlets and mess

OUTLET/ MESS	LOCATION	Food Options Available
Boys Mess	Boys Hostel opposite Q block	Cyclic Menu
Girl Mess	Culinary Center, 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

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.

The sample Lease Agreements for the food outlets and Hostel Mess caterer- Caterman are also provided:

1. [Hush Lease Agreement](#)
2. [Subway Lease Agreement](#)
3. [Caterman Lease Agreement](#)

Subway in front of B-Block



Nescafe in front of B-Block



Hotel Management run Café in front of T-Block



Latitude: 28.450157331392216,
Longitude: 77.28636473264663

Student Run Café Near E,F Blocks



Latitude:, 28.451170209359457
Longitude: 77.28442214277715

Hush Food Court Near F-Blocks



Latitude: 28.45117636648535
Longitude: 77.28493395098897

HOSTEL KITCHEN AND HYGIENE Food Service



E. Initiatives to create Awareness

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

1. Ek Mutthi Daan - Dry Grains Collection

<https://dropbhallaoundation.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

List of Organization

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

SDG- 2 ZERO HUNGER



6	Global Trust Orphanage	Orphanage	30	500
7	Parnav Sangha Karuna	Orphanage	25	500
8	Earth Foundation Savior	Old Age Home	500	2500
9	Prabhat awakening an	Home for underprivileged 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	Maintenance 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

Manav Rachna International Institute of Research and Studies, Faridabad



Ek Mutthi Daan:

No one Sleeps Hungry – A Movement... An Initiative

The Ek Mutthi Daan campaign program has been drawn from the life and times of founder Chancellor of MRJ, Dr. O P Bhatta. The Ek Mutthi Daan campaign was started on March 28, 2014, Friday. Chief patron of MRJ, Mrs. Saroja Bhatta inaugurated the campaign by donating the first handful of rice towards the 'Ek-Mutthi Daan'. Through this campaign, the foundation had urged everyone in the MRJ family to donate just a handful of rice. As a humble beginning, 1000 kgs rice collected during March- May 2014 had been donated to an NGO: Prayas. Ever since then, the Ek-Mutthi Daan initiative has been taken up by all constituents of the MRJ family, to keep the noble movement going, so that no one sleeps hungry.

The foundation stands fervently 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 MRJ family have come together to donate for the underprivileged sections of society. Till date approx. 6750 kg rice, 110 kg wheat flour has been contributed and donated to following NGOs Prayas, Sahakar, Naz Foundation.



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

https://www.linkedin.com/posts/manav-rachna-educational-institutions_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 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

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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

Manav Rachna International Institute of Research and Studies, Faridabad

3. 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

4. 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 front 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

5. 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

6. 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 front 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

7. 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.



World Breastfeeding week (1st-7th August)

ENABLING BREASTFEEDING
 Making a difference for working parents

Experts

WEBINAR SERIES
 1st-6th August 2023

 Dr Anita Gupta, CMD, LICMR & DTRH, MYPCH-IAPSM	 Ms Charu Dua Chhif Clinical nutritionist - Amrita hospital	 Ms Deepthi Kahtuja Head Clinical Nutritionist
 Dr Rashmi S. Kurlagi, Paediatrician & Neonatologist, MBBS (Gold Medalist), MD (Pediatrics), Associate Consultant Jaipur Children Hospital	 Dr Megha Consul, MD (Paediatrics), DNB (Paediatrics), Clinical Fellowship Neonatal & Perinatal Medicine, Senior Consultant & Unit Head-Neonatology	 Ms Richa Jainwal, Registered Dietician, PhD Scholar Surgical Disciplines AIIMS, New Delhi

Poster competition-7th August 2023 (12-1pm)

Registration Link
<https://forms.gle/9a2FdbxDVnPg8F6go>

MEETING LINK: Join Zoom Meeting
<https://manrvpl.zoom.us/j/94984946101>
 Meeting ID: 949 8494 6101



MANAV RACHNA
Ivityapariksha



World Breast Feeding week
(1st-7th August)



ENABLING BREASTFEEDING
Making a difference for working parents
WBAI | WORLD BREASTFEEDING WEEK 2023



Panel Discussion

Panel Experts:  **7th August 2023 (1:00-3:00 PM)**

 <p>Ms Purnima Thakur Assistant Director, MWCD, New Delhi</p>	 <p>Dr Divya Choudhary, Chief Clinical Nutritionist, Rajiv Gandhi Cancer Institute & Research Centre, New Delhi Life Time Member of IDA & IAPEN</p>	 <p>Dr. Megha Consul, MD (Pediatrics), DNB (Pediatrics), Clinical Fellowship Neonatal & Perinatal Medicine, Senior Consultant & Unit Head- Neonatology</p>	 <p>Ms Rohini Saran Lead - Nutrition (South Asia Hub)</p>
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Registration Link:
<https://forms.gle/9a2FdExDVnPg5F8g9>

MEETING LINK: Join Zoom Meeting
<https://mrvpl.zoom.us/j/94984948131>
Meeting ID: 949 8494 8131

Breast feeding Week 2023



Participants in the event

8. 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

9. 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

10. 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, 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".



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 Herbs.

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 "Crotonaria 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

Media Coverage:

Home > Faridabad NCR

Faridabad NCR

Haryana

Hindustan 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

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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

<https://manavrachna.edu.in/pariyavaran/2020/02/01/international-conference-on-environmental-challenges-and-solutions-receives-enthusiastic-participation-from-thousands/>



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



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manavrachna.edu.in/paryavaran/2020/02/01/international-conference-on-environmental-challenges-and-solutions-receives-enthusiastic

International Conference on 'Environmental Challenges and Solutions' receives enthusiastic participation from thousands



The three-day long international conference on 'Environment Challenges and Solutions' being organized jointly by Manav Rachna International Institute of Research and Studies (MIRRS), ShikshaKanshriUchhaNyasa (SSUN) and Dakshina Foundation was inaugurated today in the presence of thousands of enthusiastic students, researchers, scientists, international delegates, entrepreneurs and heads of various institutions.

The inaugural event saw the esteemed presence of the Chief Guest Shri D C Pati, Chairman, COWE, Goa; Shri Atul Kothari, National Secretary, SSUN; Dr. Prashant Khalla, President, Manav Rachna Educational Institutions; Shri Gopal Arya, National Coordinator of Environment Activity, RashtriyaSwayamsevakSangh; Dr. G V R Reddy, Scientist, DST, Goa; Shri Sanjay Swami, Environment Education, SSUN; Dr. SSV Ramakumar, Director IOCL, R&D, Faridabad; Dr. Amit Khalla, Vice President, MREI, Sanjivnagar Aggarwal, Founder & Director, Dakshina Foundation; Dr. Ajitkumar; Dr. Sanjay Srivastava, VC, MIRRS; Dr. G C Wadhwa, DG, MREI and several other eminent scholars.

Mr. Atul Kothari while appreciating the crucial role of Manav Rachna for the protection of the environment said, "If universities have to truly understand their role, they must follow what Manav Rachna has been doing because it is only when environment comes forward it comes into the education system and we expect long-term solutions."

Dr. S S V Ramakumar enthused confidence that good start-up ideas by students will be supported by the Indian Oil Corporation. He stressed that no single solution can solve environmental challenges and therefore more and more ideas must be floated and tested.

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

The presence of the Dakshina Foundation was released on the occasion.

The **Department of Environment, Pollution control** studies regarding the role of various stakeholders such as educational, environmentalists, politicians, industries, big firms, social workers, citizens etc., among others to arrive at solutions to protect the environment. This great initiative providing central systems and solutions, such as 1000 students from various private and government schools of INDIA and FROM abroad gathered upon their bases based on environmental challenges. Local, Regional and Global Scale, Multi-way Collaboration, Innovation Services and Leadership and their Vision/Inspiration, Success and Hope.

A great exhibition on 'Innovation Solutions' is in display in a well landscaped set up. The exhibition had the motto of 'Innovation, Jobs/Growth and Action' leading to the 5th edition of the green festival. Four massive startup ideas are on display and will be tested across India. These winners from various universities will be exhibiting their solutions through regular water resources that can be shared to use for the day.

More than 10 schools of Delhi NCR also participated and exhibited their ideas in the exhibition and the distribution of water was held at the exhibition.

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- Admissions
- Contact Us
- Fees and Examinations
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- International Business
- Test Dates

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
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3 October - 2022 by Deepak Sharma



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

<https://manavrachna.edu.in/manav-rachna-centre-for-medicinal-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.

12. Manav Rachna Start-up Initiatives for Sustainable Agriculture And Support Farmers

<https://manavrachna.edu.in/newgeniedc/ongoing-startups/#:~:text=Tricho%20Agronica%20Pvt.&text=Tricho%20Agronica%20Pvt%20Ltd%2C%20the,to%20Land%2D%20an%20ecofriendly%20approach.>

<https://www.educationworld.in/mriu-incubated-start-up-tricho-agronica-receives-rs-172-cr-grant-from-indian-oil/>



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

Awards and Recognitions

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



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

