

# 2

## ZERO HUNGER



END HUNGER

ACHIEVE FOOD  
SECURITY

IMPROVE NUTRITION

PROMOTE  
SUSTAINABLE  
AGRICULTURE



### July 2025 - June 2026

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| Event details       |                                                                                                                                          |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| Event Type          |                                                                                                                                          |
| Topic               | Royal Kitchen Uncovered: Mastering Dum Pukht Cuisine                                                                                     |
| Date                | 2025-07-14 to 2025-07-16                                                                                                                 |
| Mode                | Offline                                                                                                                                  |
| Venue               | Indian kitchen - 1st floor Escoffier block (Chitkara University, Chandigarh Patiala national highway (nh-64), Chandigarh, Punjab 140401) |
| Organizer Name      | Chef Divya Mehta                                                                                                                         |
| Resource Person     | Chef Athar Ali, Master Chef                                                                                                              |
| No. Of Participants | 41                                                                                                                                       |
| SDG no              | SDG 2: Zero Hunger, SDG 3: Good Health and Well-Being, SDG 4: Quality Education, SDG 12: Responsible Consumption and Production          |

## **OBJECTIVE**

1. Learn Dum Pukht cooking technique
2. Practice hands-on culinary skills
3. Promote use of local and seasonal ingredients
4. Understand the cultural roots of royal cuisine
5. Enhance food presentation and serving techniques

## **DESCRIPTION**

Royal Kitchen Uncovered: Mastering Dum Pukht Cuisine Discover the Secrets of Royal Indian Cooking Join us for a unique culinary event, “Royal Kitchen Uncovered: Mastering Dum Pukht Cuisine,” where tradition meets flavor. This workshop will take you back in time to the royal kitchens of India, where the Dum Pukht cooking style was born. Dum Pukht is a special slow-cooking method where food is sealed in a pot and cooked on low heat. This helps the ingredients cook in their own juices, making the food rich, flavorful, and healthy. In this event, you will learn how to prepare delicious royal dishes using this ancient technique. This hands-on session is perfect for culinary students, chefs, and anyone who loves cooking.



You will get to work with seasonal and local ingredients while learning how to reduce food waste and cook with care. The dishes you make will include traditional biryanis, kebabs, and stews that were once served in royal courts. You will also learn about the history and culture behind this cooking style, how meals were served in royal households, and why Dum Pukht cooking is still loved today. This event is a great chance to improve your cooking skills, explore India's rich food heritage, and enjoy a fun, informative experience with like-minded people. Whether you are new to cooking or already experienced, this workshop will leave you inspired and hungry for more!

## **OUTCOMES**

1. Mastery of Dum Pukht technique.
  2. Improved culinary creativity and skills Enhanced.
  3. Deeper appreciation for Indian food heritage.
  4. Awareness of sustainable cooking practices.
  5. Better presentation and plating skills
- Ability to present dishes with elegance, inspired by royal dining styles.





|                      |                                                             |
|----------------------|-------------------------------------------------------------|
| Event Name           | Youth Skill Mela 2025 (Empowering Youth Through Skills)     |
| Date                 | 15 July 2025                                                |
| Venue                | Foyer Area, Rockefeller Block                               |
| Organizer            | Chitkara University Centre of Excellence for Sustainability |
| Resource Person      | Dr. Kanika & Dr. Ravi Dandotiya                             |
| Total no of students | 90                                                          |
| SDGs Covered         | 2,3,9,11 & 12                                               |

## **Objective**

To empower youth by enhancing their practical skills and creativity through hands-on learning and project showcasing, fostering innovation and sustainability in various fields.

## **Description**

The Youth Skill Mela 2025, organized by the Centre of Excellence for Sustainability at Chitkara University, is designed to celebrate and nurture youth talent under the theme “Empowering Youth Through Skills.” The event features five thematic zones that reflect the core values of sustainability, creativity, and innovation.

Held on 15th July 2025, the Youth Skill Mela serves as a collaborative platform for students to demonstrate their skills, exchange ideas, and learn from one another — fostering a culture of innovation, inclusivity, and sustainability.



The event features five thematic zones focused on sustainability and innovation:

### **Technology Zone**

This zone highlights the transformative power of digital innovation. Students will showcase projects in coding, robotics, artificial intelligence, and mobile app development that address real-world challenges. Interactive demonstrations will allow visitors to experience how technology can be leveraged to create smarter, more sustainable communities. The zone encourages participants to think critically, innovate responsibly, and embrace technology as a tool for social good.

## **Healthcare Zone**

Focusing on well-being and community health, this zone provides hands-on demonstrations of basic first aid, CPR techniques, and emergency response practices. Participants will gain practical knowledge about saving lives, managing minor injuries, and promoting hygiene and preventive care. By blending medical awareness with practical training, the zone aims to cultivate a generation that values health literacy and compassion in service to others.

## **Arts & Craft Zone**

Creativity meets sustainability in this vibrant zone where students display handmade crafts, recycled art, and eco-friendly décor. Workshops on DIY art, upcycling, and sustainable design will inspire visitors to express themselves artistically while being mindful of the environment. This space celebrates cultural heritage, innovation, and the role of creativity in driving sustainable lifestyles.

## **Entrepreneur Zone**

This zone celebrates the spirit of innovation and entrepreneurship among youth. Budding entrepreneurs will present their startups, prototypes, and business ideas that offer sustainable and market-ready solutions. Through interactive sessions and networking opportunities, participants will learn about idea incubation, business ethics, and leadership. The zone aims to foster an entrepreneurial mindset that combines creativity with social responsibility.

## **Sustainable Living Zone**

Dedicated to promoting green habits and conscious consumerism, this zone showcases eco-friendly products, organic food stalls, and sustainable living practices. From waste segregation and composting to renewable energy and sustainable diets, participants will explore practical ways to reduce their ecological footprint. The zone reinforces the importance of individual actions in building a more sustainable future.

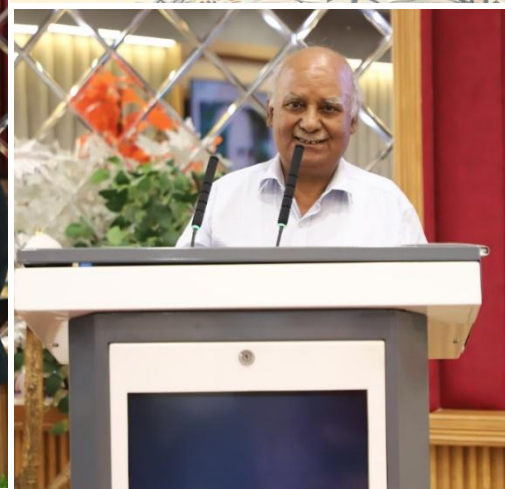
## **Outcomes**

Enhanced skill development and innovation among youth in diverse disciplines.  
Increased awareness of sustainability and eco-conscious practices.  
Encouragement for entrepreneurship and creative problem-solving.  
Strengthened collaboration and knowledge exchange among students.

## Conclusion

The Youth Skill Mela 2025 successfully provided a vibrant platform for young innovators to exhibit their talents, creativity, and sustainable ideas. By integrating technology, health, arts, entrepreneurship, and sustainable living, the event reinforced Chitkara University's commitment to fostering skill-based education and empowering youth as agents of sustainable change.





|                        |                                                              |
|------------------------|--------------------------------------------------------------|
| Event Name             | Prioritize Breastfeeding: Create Sustainable Support Systems |
| Date                   | 01–07 August 2025                                            |
| Number of Participants | 04                                                           |
| Name of Faculty        | Ms. Vidhi Paul & Ms. Lakshita Sharma                         |
| POs                    | PO2, PO3, PO8, PO10                                          |

### **Objective**

1. To raise awareness about the importance of exclusive breastfeeding for maternity and child health.
2. To highlight the role of families, communities, and healthcare systems in supporting breastfeeding mothers.
3. To provide practical guidance to new mothers on positioning, latching, and overcoming common breastfeeding challenges.
4. To dispel the myths and misconceptions related to breastfeeding.
5. To promote breastfeeding as a sustainable, cost-effective, and life-saving practice.

### **Description**

World Breastfeeding Week 2025 was celebrated through a special Radio Talk on Chitkara Radio 107.8 FM, conducted from 01–07 August 2025 at the Picasso Block. The theme of the program was “Priorities Breastfeeding: Create Sustainable Support Systems.” The session was jointly organized by Ms. Vidhi Paul (Assistant Professor) and Ms. Lakshita Sharma (Nursing Tutor), along with B.Sc. Nursing 5<sup>th</sup> Semester students – Ms. Kanwalpreet Kaur, Ms. Kiran Preet Kaur, Ms. Gur Simrat Kaur, and Mr. Shubham Sharma from the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab.

The purpose of the talk was to spread awareness in the community about the vital role of breastfeeding, its benefits for both mother and child, and the necessity of building strong support systems to encourage and sustain this practice.

Participants discussed how exclusive breastfeeding for the first six months provides essential nutrients, strengthens immunity, and enhances cognitive development in infants. The maternal benefits, including reduced risks of breast and ovarian cancer, faster postpartum recovery, and emotional bonding, were emphasized.

Practical aspects were also shared, such as proper positioning, ensuring correct latching, and managing common issues like sore nipples, engorgement, and insufficient milk supply. The conversation also highlighted the need for supportive workplaces, family involvement, and healthcare initiatives to ensure mothers can successfully continue breastfeeding. Several myths—such as “breast milk is insufficient for the first six months” and “formula feeding is equivalent to breast milk”—were clarified with scientific evidence. Participants further encouraged adopting community-based support programs to normalize and promote breastfeeding practices.

The talk concluded by reinforcing breastfeeding as a sustainable and natural practice that not only improves child survival rates but also reduces healthcare costs and supports environmental sustainability.

### **Outcomes**

1. Enhanced awareness among listeners about the significance of exclusive breastfeeding.
2. Myths and misconceptions regarding breastfeeding were effectively addressed and clarified.
3. Mothers received practical tips on adopting correct breastfeeding techniques.
4. The importance of family, workplace, and community support in sustaining breastfeeding practices was emphasized.
5. The event contributed to the global initiative of promoting maternal and child health through breastfeeding.



| Event details       |                                                                                                                                                                                 |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Event type          | Exposure Visit                                                                                                                                                                  |
| Topic               | A field Trip to Nik Bakers                                                                                                                                                      |
| Date                | 2025-08-05 to 2025-08-05                                                                                                                                                        |
| Mode                | Offline                                                                                                                                                                         |
| Venue               | Nik baker (plot no. B-29, phase 3, industrial area, sector 58, Sahibzada Ajit Singh Nagar, Punjab 160055, India)                                                                |
| Organizer name      | Chitkara College of hospitality management                                                                                                                                      |
| Resource person     | Chef Kavesh Attary, Associate Professor                                                                                                                                         |
| No. Of participants | 44                                                                                                                                                                              |
| SDG no              | SDG 2: Zero Hunger, SDG 4: Quality Education, SDG 9: Industry, Innovation and Infrastructure, SDG 12: Responsible Consumption and Production, SDG 17: Partnership for the Goals |

## **OBJECTIVE**

Understand professional bakery operations  
 Observe real-time food production techniques  
 Learn about hygiene and quality standards  
 Gain insights into brand and customer management  
 Connect classroom learning with industry practices

## **DESCRIPTION**

Chitkara University is proud to organize a field trip to Nik Baker's, a renowned name in India's culinary and bakery industry. This educational visit is part of our ongoing commitment to providing experiential learning opportunities that bridge academic knowledge with industry practices. Nik Baker's, founded by celebrated chef Nikhil Mittal, has established itself as a premium destination for gourmet bakery products and international café-style dining. The field trip offers students a unique chance to explore the behind-the-scenes workings of a successful commercial bakery and café chain. They will observe real-time production of baked goods, understand supply chain dynamics, and witness how international standards of hygiene, consistency, and innovation are maintained in a high-volume setup. The visit will also provide insights into the operational, marketing, and customer service strategies that have contributed to the brand's growth and loyal customer base. Through guided tours and interactive sessions with the team, students will develop a deeper appreciation for the technical, managerial, and

creative aspects of the bakery and hospitality sector. This field trip aligns with Chitkara University's focus on holistic development, practical exposure, and industry integration. It is especially relevant for students pursuing studies in Culinary Arts, Hospitality Management, and Food Entrepreneurship.

## **OUTCOMES**

Enhanced understanding of commercial bakery operations

Improved awareness of industry hygiene and quality standards

Exposure to brand management and customer service strategies

Inspiration for future career paths in the food and beverage industry





|                    |                                                                                                        |
|--------------------|--------------------------------------------------------------------------------------------------------|
| Event/Session Name | Birthday Celebrations at Dew Drops                                                                     |
| Event/Session Date | September–December 2025                                                                                |
| Venue              | Dew Drops Creche, Chitkara University                                                                  |
| Organizers         | Office of Administration                                                                               |
| Resource Person    | Capt. Ravinder Singh, Asst. Director<br>Mr. Gurjeet Singh, Manager<br>Mr. Mandeep Singh, Asst. Manager |
| SDGs Covered       | 2,3,8                                                                                                  |

### **Overview**

Continuing its tradition of celebrating childhood milestones, the Office of Administration organized birthday celebrations at Dew Drops for children between September and December 2025. The initiative aimed to create joyful experiences for the children while fostering a nurturing environment rooted in care, warmth, and a strong sense of community.

### **Celebration Highlights**

Each celebration was conducted in a cheerful and welcoming setting, with parents actively participating alongside the Dew Drops team. Children were presented with goodies such as chocolates and return gifts, making the occasion memorable and exciting for them.

The presence and support of the building administration, including Mr. Gurjeet Singh, Manager, further highlighted the collaborative and caring spirit surrounding Dew Drops.

### **Birthdays Celebrated**

The following children celebrated their birthdays in a joyful and nurturing environment at Dew Drops:

### **Conclusion**

These celebrations reflected Dew Drops' commitment to emotional well-being and holistic childhood development. By celebrating milestones together with families, the initiative fostered joy, belonging, and lasting memories for both children and parents.



|                        |                                                                                                                 |
|------------------------|-----------------------------------------------------------------------------------------------------------------|
| Event Name             | National Nutrition Week                                                                                         |
| Date                   | 1 <sup>st</sup> Sept to 11 <sup>th</sup> Sept 2025                                                              |
| Venue                  | Pierre Hall, Le Corbusier Chitkara University Punjab                                                            |
| Organizer              | Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab              |
| Resource Persons       | 1. Dr Abha Sandhu, Dietician, AIMS Mohali, Punjab<br>2. Ms. Diksha, Dietician, Neelam Hospital, Rajpura, Punjab |
| Number of Participants | 98                                                                                                              |
| SDG Number             | 2,3,4,5,17                                                                                                      |
| Duration               | 5 days                                                                                                          |

## Description of Event

The Department of Nutrition and Dietetics, Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Punjab, celebrated National Nutrition Week 2025 with great enthusiasm and active participation from students and faculty. The week-long event aimed to promote awareness about nutrition across all age groups and to encourage innovative approaches for achieving optimal health through balanced diets. The celebrations commenced on 1st September 2025 with an expert talk by Dr. Abha, Dietitian, AIMS, Mohali, on “Impact of Prenatal Nutrition on Neurodevelopment and Cognitive Outcomes.” The session was followed by a quiz competition on “Nutrition for Prenatal and Postnatal Care, Infancy, and Childhood,” engaging students from multiple batches.



On 2nd September, creative events such as a Leaflet Design Competition on “Role of Nutrition in Adolescents” and a 2-Minute Video Challenge – NutriFlicks: Fueling Future Champions\* encouraged students to spread nutrition awareness through visual and digital media. A field visit to PGI was organized on 9th September, giving students practical exposure to clinical nutrition practices. The highlight of Day 4 (10th September) was an insightful expert talk by

Dietitian Diksha Sharma from Neelam Hospital on “Thriving Through Change: Nutritional Care in Peri & Post Menopause”, followed by a nutritional counselling session on “Holistic Health for Women.” The week concluded with a Cafeteria event and a special session “Meet the Innovator” in collaboration with Herbal Confexion, showcasing healthy food innovations. Overall, National Nutrition Week 2025 successfully fostered awareness, creativity, and collaboration, motivating students to apply their knowledge towards improving community health and promoting nutritious food for all age groups.



| Event details       |                                                                                                                                                                         |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Event type          | Competition                                                                                                                                                             |
| Topic               | Collabathon: Celebrating International Year of Cooperatives                                                                                                             |
| Date                | 2025-09-12 to 2025-09-12                                                                                                                                                |
| Mode                | Offline                                                                                                                                                                 |
| Organizer name      | Dr. Rashmi Aggarwal                                                                                                                                                     |
| No. Of participants | 110                                                                                                                                                                     |
| SDG no              | SDG 2: Zero Hunger, SDG 4: Quality Education, SDG 8: Decent Work and Economic Growth, SDG 12: Responsible Consumption and Production, SDG 17: Partnership for the Goals |
| University charter  | Let's educate our students to become globally competitive                                                                                                               |

## **OBJECTIVE**

1. To enhance students' knowledge and awareness about the cooperative movement and its contribution to society.
2. To encourage critical thinking, analytical ability, and effective communication among participants.
3. To provide a platform for showcasing creativity, research skills, and innovative ideas.
4. To promote healthy competition, teamwork, and a spirit of collaboration among students.

## **DESCRIPTION**

B. Com and BBA FinTech Departments of Chitkara Business School, in collaboration with NAFED, are organizing “Collabathon: Celebrating International Year of Cooperatives” on 12th September 2025 from 1:00 PM onwards in offline mode, Rockefeller Block. The event is aimed at creating awareness about the significance of cooperatives in driving economic and social development, while also encouraging students to engage in thought-provoking discussions and activities. To make this learning process interactive and competitive, three major competitions will be held—Quiz, Debate, and Essay Writing. The Quiz Competition on Cooperative Movement & Its Impact will test participants' knowledge of the history, growth, and role of cooperatives in shaping communities and economies. The Debate Competition on Cooperatives for Sustainable Development will challenge students to think critically, articulate their viewpoints, and engage in healthy argumentation, encouraging them to analyze both the opportunities and challenges of cooperatives in today's world. The Essay Writing Competition on Role of Cooperatives in Improving Lives will provide a platform for participants to express their ideas creatively and reflect deeply on how cooperatives can enhance livelihoods and

promote inclusive growth. Each competition will offer attractive cash prizes—₹3500 for first place, ₹2500 for second place, ₹1500 for third place, and ₹1000 as a consolation prize—making the event not just a learning experience but also a celebration of talent and effort. With a balance of knowledge, creativity, and analytical skills, Collabathon promises to be a vibrant academic event, and students are encouraged to participate wholeheartedly to make it a grand success.

## OUTCOMES

1. Students will gain deeper insights into the role of cooperatives in sustainable development and community welfare.
2. Participants will develop confidence in public speaking, writing, and problem-solving.
3. The competitions will nurture leadership qualities, teamwork, and decision-making skills.
4. Students will be motivated to apply classroom learning to real-world issues, broadening their perspective beyond academics.





| Event details       |                                                                                                                                                                                                                                                                                |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Event type          | Workshop                                                                                                                                                                                                                                                                       |
| Topic               | Mediterranean Classics Reimagined: Innovation and Sustainability on a Plate                                                                                                                                                                                                    |
| Date                | 2025-09-17 to 2025-09-18                                                                                                                                                                                                                                                       |
| Mode                | Offline                                                                                                                                                                                                                                                                        |
| Venue               | International cuisine kitchen, 2nd floor, Escoffier block (Chitkara University, Punjab)                                                                                                                                                                                        |
| Organizer name      | Chitkara College of hospitality management                                                                                                                                                                                                                                     |
| Resource person     | Chef Shridula Chatterjee, head chef                                                                                                                                                                                                                                            |
| No. Of participants | 31                                                                                                                                                                                                                                                                             |
| SDG no              | SDG 2: Zero Hunger, SDG 3: Good health and Well-Being, SDG 4: Quality Education, SDG 12: Responsible Consumption and Production                                                                                                                                                |
| University charter  | Let's educate our students for brilliant futures, let's educate our students to become globally competitive, let's encourage our students to think out of the box, let's infuse leadership skills in our students, let's ingrain spirit of entrepreneurship among our students |

## **OBJECTIVE**

- Explore Mediterranean and Moroccan cuisine.
- Reimagine traditional recipes innovatively.
- Promote sustainable ingredient use.
- Enhance practical cooking and presentation skills.

## **DESCRIPTION**

The workshop “Mediterranean Classics Reimagined: Innovation and Sustainability on a Plate” offers participants an immersive experience into the rich culinary heritage of the Mediterranean region, reinterpreted through modern techniques and sustainable practices. Mediterranean cuisine, known for its vibrant Flavors, fresh ingredients, and balanced nutrition, provides an ideal foundation for exploring how traditional recipes can be adapted to



contemporary dining trends. Throughout the session, participants will engage with a variety of classic dishes, learning how to preserve authenticity while introducing innovative elements, such as creative flavour pairings, alternative cooking methods, and modern plating techniques. Emphasis will also be placed on sustainability—selecting seasonal and locally sourced ingredients, minimizing food waste, and making eco-conscious choices in the kitchen. Practical demonstrations will guide participants through the preparation of dishes including Mediterranean vegetarian stews, seafood tagines, and reimagined meat recipes, highlighting both flavour development and presentation. Additionally, the workshop will discuss nutritional considerations, ingredient versatility, and ways to incorporate these principles into everyday cooking or professional culinary practice. By the end of the workshop, participants will have gained a deeper understanding of Mediterranean culinary traditions, enhanced their skills in innovative cooking techniques, and learned how to approach recipe development with both creativity and sustainability in mind. This session is designed for culinary students, professional chefs, and food enthusiasts seeking inspiration to elevate classic dishes while embracing responsible and modern culinary practices.

## OUTCOMES

- Gain practical skills in preparing Mediterranean and Moroccan dishes.
- Learn to innovate traditional recipes with modern techniques.
- Understand sustainable ingredient selection and eco-friendly cooking practices.
- Enhance presentation and plating skills for contemporary cuisine.





| Event details       |                                                                                                                                                                                                           |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Event type          | Competition                                                                                                                                                                                               |
| Topic               | Baker of the year 2025                                                                                                                                                                                    |
| Date                | 2025-09-26 to 2025-09-26                                                                                                                                                                                  |
| Mode                | Offline                                                                                                                                                                                                   |
| Venue               | Bakery lab, Escoffier block (Chitkara University, Rajpura, Punjab)                                                                                                                                        |
| Organizer name      | Chitkara College of hospitality manager                                                                                                                                                                   |
| No. Of participants | 6                                                                                                                                                                                                         |
| SDG no              | SDG 2: Zero Hunger, SDG 3: Good Health and Well-Being, SDG 12: Responsible Consumption and Production, SDG 13: Climate Action                                                                             |
| Po number(s)        | Po1, po2, po6, po7, po8, po10, po12                                                                                                                                                                       |
| University charter  | Let's inculcate team spirit and camaraderie among our students, let's infuse leadership skills in our students, let's educate our students for brilliant futures, let's prepare our students for industry |

## **OBJECTIVE**

1. To honor baking excellence via the "Baker of the Year 2025" award.
2. To promote collaboration and leadership among the three organizing student clubs.
3. To reinforce the importance of sustainable development goals in hospitality.
4. To provide students with crucial event management operational experience.
5. To inspire and celebrate student culinary talent and dedication.

## **DESCRIPTION**

Chitkara College of Hospitality Management successfully hosted the highly anticipated "Star Awards 2025" on September 26, 2025. The event, organized collaboratively by the Flavor Fusion Club, The Rising Chefs Club, and Yuva Tourism Club, was a vibrant celebration of



culinary talent and dedication within the university. The ceremony took place from 9:00 AM to 12:30 PM in the state-of-the-art Bakery on the 2nd Floor of the Escoffier Block. The atmosphere was charged with excitement as students and faculty gathered to honor excellence in the baking industry. The main highlight of the day was the prestigious "Baker of the Year 2025" award, which recognized a student who demonstrated exceptional skill, creativity, and knowledge in the art of baking. This year's awards underscored the college's commitment to the UN Sustainable Development Goals (SDGs), with visible alignment to goals like Good Health and Well-being (SDG 3), Responsible Consumption and Production (SDG 12), and Climate Action (SDG 13), reinforcing the importance of sustainable practices in the hospitality sector. The event served as an inspirational platform, encouraging students to pursue mastery in their chosen field. The organizing clubs received widespread praise for their flawless execution of the awards, highlighting strong student leadership and collaboration. The Star Awards 2025 was a resounding success, solidifying its place as a cornerstone event for the Chitkara College of Hospitality Management.

## OUTCOMES

1. Successful students were recognized, elevating their professional profile and motivating peers.
2. Practical skills in event management and logistics were successfully demonstrated by student clubs.
3. Cross-club collaboration enhanced student teamwork and leadership abilities.
4. Awareness of sustainable practices within the bakery domain was reinforced.
5. The college's reputation for fostering culinary excellence and industry readiness was strengthened.





| Event details       |                                                                                                                                                                                                            |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Event type          | Competition                                                                                                                                                                                                |
| Topic               | Virasat-e-Zaika- Legacy of Flavors, chef of the year 2025                                                                                                                                                  |
| Date                | 2025-09-26 to 2025-09-26                                                                                                                                                                                   |
| Mode                | Offline                                                                                                                                                                                                    |
| Venue               | BTK, Escoffier Block (BTK Escoffier Block, Chitkara University)                                                                                                                                            |
| Organizer name      | Flavor fusion club, CCHM                                                                                                                                                                                   |
| No. Of participants | 5                                                                                                                                                                                                          |
| SDG no              | SDG 2: Zero Hunger, SDG 3: Good Health and Well-Being, SDG 12: Responsible Consumption and Production, SDG 13: Climate Action                                                                              |
| Po number(s)        | Po1, po2, po5, po6, po7, po8, po9                                                                                                                                                                          |
| University charter  | Let's educate our students for brilliant futures, let's prepare our students for industry, let's encourage our students to think out of the box, let's educate our students to become globally competitive |

## **OBJECTIVE**

1. Preserve Heritage: To celebrate and preserve the rich culinary heritage of India.
2. Recognize Talent: To identify and recognize exceptional student talent with the "Chef of the Year 2025" title.
3. Drive Innovation: To challenge students to blend traditional recipes with contemporary, innovative techniques.
4. Develop Expertise: To provide a competitive platform to demonstrate expertise in operational efficiency, presentation, and hygiene.
5. Prepare for Industry: To stimulate scholarly energy and professionalism, preparing students for the competitive food sector.

## **DESCRIPTION**

The Chitkara College of Hospitality Management (CCHM) successfully hosted its prestigious culinary event, the "Star Awards: Virast-E- Zaika - Legacy of Flavors," on September 26, 2025. Organized jointly by the Flavor Fusion Club, The Rising Chefs Club, and the Yuva Tourism Club, the event aimed to celebrate and preserve the rich culinary heritage of India while recognizing exceptional talent among the student body. The competition, which ran from 9:00 AM to 12:30 PM, was held in the state-of-the-art BTK, Escoffier Block.

## OUTCOMES

1. Students successfully demonstrated high-level culinary expertise in flavor balancing and presentation under a competitive setting.
2. The event facilitated the application of operational efficiency and planning required for professional kitchen environments.
3. Participants successfully blended traditional heritage recipes with contemporary, innovative techniques.
4. The competition instilled a deeper sense of pride in Indian culinary heritage and stimulated scholarly energy and diligence.
5. Students received valuable performance evaluation and feedback from a panel of distinguished industry experts and faculty.





| Event Details       |                                                                                                                                                                                                                                                                                                                       |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Event Type          | Competition                                                                                                                                                                                                                                                                                                           |
| Topic               | Budding Baker of The Year 2025                                                                                                                                                                                                                                                                                        |
| Date                | 2025-09-26 To 2025-09-26                                                                                                                                                                                                                                                                                              |
| Mode                | Offline                                                                                                                                                                                                                                                                                                               |
| Venue               | Bakery Lab- Escoffier Block (Chitkara University, Rajpura, Punjab)                                                                                                                                                                                                                                                    |
| Organizer Name      | Chitkara College Of Hospitality Manager                                                                                                                                                                                                                                                                               |
| No. Of Participants | 18                                                                                                                                                                                                                                                                                                                    |
| SDG No              | SDG 2: Zero Hunger, SDG 3: Good Health and Well-Being, SDG 12: Responsible Consumption and Production, SDG 13: Climate Action                                                                                                                                                                                         |
| Po Number(S)        | Po1, Po2, Po4, Po6, Po8, Po12                                                                                                                                                                                                                                                                                         |
| University Charter  | Let's Educate Our Students for Brilliant Futures, Let's Prepare Our Students for Industry, Let's Inculcate Team Spirit and Camaraderie Among Our Students, Let's Foster Civic Engagement in Our Students, Let's Ingrain Spirit of Entrepreneurship Among Our Students, Let's Infuse Leadership Skills in Our Students |

## **OBJECTIVE**

1. To celebrate and inspire emerging talent in the culinary arts.
2. To honour excellence with the "Budding Baker of the Year 2025" title.
3. To reinforce the college's commitment to UN Sustainable Development Goals.
4. To demonstrate student project management and operational capabilities.
5. To foster teamwork and collaboration among the organizing student clubs.



## **DESCRIPTION**

Chitkara College of Hospitality Management successfully concluded the prestigious "Star Awards 2025," an event designed to recognize and inspire emerging talent in the culinary arts. The ceremony, held from 9:00 AM to 12:30 PM in the state-of-the-art Bakery on the 2nd Floor of the Escoffier Block, was the result of a collaborative effort by the Flavour Fusion Club, The Rising Chefs Club, and Yuva Tourism Club. The highlight of the morning was the distribution of awards, chief among them the coveted title of "Budding Baker of the Year 2025." This award celebrated a student who demonstrated exceptional creativity, technical skill, and passion, signalling their readiness to become a professional artisan in the baking industry. The event served as a significant motivational platform, encouraging all participants to strive for mastery. Beyond recognizing individual achievement, the Star Awards actively integrated the college's commitment to responsible global citizenship. The entire event was planned to align with the UN Sustainable Development Goals, specifically promoting Good Health and Well-being (SDG 3), Responsible Consumption and Production (SDG 12), and Climate Action (SDG 13), demonstrating how sustainability can be woven into the hospitality sector. The seamless execution by the organizing clubs highlighted the students' project management capabilities and their effective teamwork. The Star Awards 2025 was a resounding success, fulfilling its objective of celebrating talent while instilling professional values and collaborative spirit in the next generation of hospitality leaders.

## **OUTCOMES**

1. The "Budding Baker of the Year 2025" award was successfully distributed, inspiring future artisans.
2. Student clubs successfully executed a major event, showcasing project management capabilities.
3. Cross-club collaboration enhanced student teamwork and leadership skills.
4. Commitment to sustainable development goals (SDGs 3, 12, 13) was actively demonstrated.
5. The event reinforced professional values and collaborative spirit in students.



| Event Details       |                                                                                                                                                                                                                                                                         |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Event Type          | Competition                                                                                                                                                                                                                                                             |
| Topic               | Virasat-E-Zaika- Legacy of Flavors, Budding Chef of the Year                                                                                                                                                                                                            |
| Date                | 2025-09-26 To 2025-09-26                                                                                                                                                                                                                                                |
| Mode                | Offline                                                                                                                                                                                                                                                                 |
| Venue               | BTK, Escoffier Block (Chitkara University, Rajpura University)                                                                                                                                                                                                          |
| Organizer Name      | Flavor Fusion Club, CCHM                                                                                                                                                                                                                                                |
| No. Of Participants | 39                                                                                                                                                                                                                                                                      |
| SDG No              | SDG 2: Zero Hunger, SDG 3: Good Health and Well-Being, SDG 12: Responsible Consumption and Production, SDG 13: Climate Action                                                                                                                                           |
| Po Number(S)        | Po1, Po2, Po5, Po6, Po7, Po8, Po9                                                                                                                                                                                                                                       |
| University Charter  | Let's Educate Our Students for Brilliant Futures, Let's Prepare Our Students for Industry, Let's Encourage Our Students to Think Out of the Box, Let's Educate Our Students to Become Globally Competitive, Let's Ingrain Spirit of Entrepreneurship Among Our Students |

## **OBJECTIVE**

1. Nurture Early Talent by providing competitive exposure.
2. Preserve Heritage through reinterpreting traditional Indian recipes.
3. Foster Innovation by applying modern techniques and presentations.
4. Instil Discipline in operational hygiene and meticulous planning.
5. Prepare Graduates for industry standards and competitive culinary roles.



## **DESCRIPTION**

The Chitkara College of Hospitality Management (CCHM) successfully hosted its prestigious culinary talent hunt, the "Star Awards: Virasat-E- Zaika - Legacy of Flavors," on September 26,

2025. Organized by the Flavour Fusion Club, The Rising Chefs Club, and the Yuva Tourism Club, this Level 1 Activity was specifically aimed at spotting and nurturing early-stage talent among students through the highly contested title of "Budding Chef of the Year 2025." The event, running from 9:00 AM to 12:30 PM, was held in the dedicated culinary space of the BTK, Escoffier Block

## OUTCOMES

1. Students gained initial exposure to professional kitchen pressures.
2. Participants successfully reinterpreted traditional Indian recipes with modern flair.
3. The competition instilled a high standard of operational hygiene and planning.
4. Young talent was spotted and celebrated with the "Budding Chef" title.
5. Students reinforced their entrepreneurial and innovative thinking skills.



| Event Details       |                                                                                                                                          |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| Event Type          | Competition                                                                                                                              |
| Topic               | No Fire Cooking Competition by Psy grow                                                                                                  |
| Date                | 2025-10-08 To 2025-10-08                                                                                                                 |
| Mode                | Offline                                                                                                                                  |
| Organizer Name      | Chitkara School Of Psychology and Counselling                                                                                            |
| No. Of Participants | 14                                                                                                                                       |
| SDG No              | SDG 2: Zero Hunger, SDG 3: Good Health and Well-Being, SDG 12: Responsible Consumption and Production, SDG 17: Partnership for the Goals |
| University Charter  | Let's Encourage Our Students to Think Out of The Box                                                                                     |

## **OBJECTIVE**

Promote Healthy Eating: Encourage participants to develop quick, healthy, and nutritious recipes suitable for busy schedules.

Foster Creativity & Culture: Stimulate creative food preparation using no-fire methods while incorporating cultural or personal food narratives.

Develop Nutritional Awareness: Practice identifying and presenting the nutritional value and ingredients of prepared dishes.

## **DESCRIPTION**

On October 8, 2025, the Psy Grow Club at Chitkara School of Psychology and Counselling hosted an exciting No-Fire Cooking Competition for both students and faculty. The unique challenge focused on creating quick, healthy recipes that fit into busy lives, encouraging participants to add a dash of their culture, state, or personal comfort food experience. The competition theme was: ""Every dish tells a story... because good food is healthy food!"" Participants showcased ingenuity in crafting appetizing items without fire, adhering to the instruction of displaying ingredients and their nutritional value. The event successfully promoted healthy eating habits, creativity, and the importance of nutritional awareness."

## OUTCOMES

**Recipe Development:** Students and faculty successfully created and presented original, healthy, no-fire recipes.

**Applied Nutrition:** Participants effectively analysed and communicated the nutritional benefits of their chosen ingredients and dishes.

**Cultural Integration:** The event showcased ingenuity and cultural diversity through varied food preparations and personalized food stories.



| Event Details       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Event Type          | Social Event                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Topic               | SDG s Challenge - A Global Perspective                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Date                | 2025-10-13 To 2025-10-14                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Mode                | Offline                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Organizer Name      | Chitkara School Of Psychology and Counselling                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| No. Of Participants | 125                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| SDG No              | SDG 2: Zero Hunger, SDG 1: No Poverty, SDG 3: Good Health And Well-Being, SDG 4: Quality Education, SDG 5: Gender Equality, SDG 6: Clean Water And Sanitation, SDG 7: Affordable And Clean Energy, SDG 8: Decent Work And Economic Growth, SDG 9: Industry, Innovation And Infrastructure, SDG 10: Reduced Inequalities, SDG 11: Sustainable Cities And Communities, SDG 12: Responsible Consumption And Production, SDG 13: Climate Action, SDG 14: Life Below Water, SDG 15: Life On Land, SDG 16: Peace, Justice And Strong Institutions, SDG 17: Partnership For The Goals |
| University Charter  | Let's Educate Our Students for Brilliant Futures, Let's Empower Our Students with Great Communication Skills                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

## **OBJECTIVE**

Understand the SDGs: Gain a deep understanding of the United Nations' Sustainable Development Goals (SDGs), including their targets and critical role.

Research and Analyze Implementation: Research and analyze the implementation strategies and progress of the SDGs by the Government of India and the UN.

Develop Communication Skills: Practice communicating complex information clearly through high-quality visual aids (PowerPoint presentations and posters).

## DESCRIPTION

"In commemoration of World Sustainability Day and Campus Sustainability Month, the Chitkara School of Psychology and Counselling, in collaboration with the Chitkara College of Pharmacy, successfully organized the two-day ""SDGs Challenge - A Global Perspective"" event series on 13th and 14th October 2025. This enlightening event fostered a deeper understanding and appreciation of the United Nations' Sustainable Development Goals (SDGs) and their critical role in shaping a sustainable future. Students showcased their dedication by presenting in-depth research through engaging PowerPoint presentations and informative posters. Their work meticulously detailed the goals, targets, and the implementation steps taken by both the Government of India and the UN."

## OUTCOMES

**SDG Knowledge:** Students can identify, explain, and appreciate the significance of the 17 SDGs.

**Contextual Application:** Participants can detail and compare the implementation steps taken by national (India) and global (UN) bodies toward achieving the SDGs.

**Presentation & Design:** Students successfully created and delivered in-depth research using effective presentation and poster design skills.





| Event Details       |                                                                                                                                                                                                                                                                                                   |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Event Type          |                                                                                                                                                                                                                                                                                                   |
| Topic               | Heritage On a Plate: Innovation with Tribal Cuisine                                                                                                                                                                                                                                               |
| Date                | 2025-10-15 To 2025-10-16                                                                                                                                                                                                                                                                          |
| Mode                | Offline                                                                                                                                                                                                                                                                                           |
| Venue               | BTK, Fourth Floor, Escoffier Block (Chitkara University, Rajpura, Punjab)                                                                                                                                                                                                                         |
| Organizer Name      | Chitkara College Of Hospitality Management                                                                                                                                                                                                                                                        |
| No. Of Participants | 56                                                                                                                                                                                                                                                                                                |
| SDG No              | SDG 2: Zero Hunger, SDG 3: Good Health and Well-Being, SDG 11: Sustainable Cities and Communities, SDG 12: Responsible Consumption and Production                                                                                                                                                 |
| Po Number(S)        | Po1, Po4, Po5, Po9, Po10                                                                                                                                                                                                                                                                          |
| University Charter  | Let's Prepare Our Students for Industry, Let's Enthuse Patriotic Fervor & Pride for Our Heritage in Our Students, Let's Educate Our Students to Become Globally Competitive, Let's Encourage Our Students to Think Out of the Box, Let's Stimulate Scholarly Energy and Diligence in Our Students |

## OBJECTIVE

1. To introduce students to the rich culinary heritage and traditions of tribal communities in India.
2. To develop hands-on skills in preparing innovative dishes using indigenous and sustainable ingredients.
3. To encourage creative adaptation of traditional tribal recipes for modern hospitality requirements.
4. To enhance understanding of eco-friendly cooking practices aligned with sustainable gastronomy.
5. To promote cultural appreciation and respect for regional diversity within Indian cuisine.



## **DESCRIPTION**

Chitkara College of Hospitality Management successfully organized a Level 4 Activity titled “Heritage on a Plate: Innovation with Tribal Cuisine” on 15th and 16th October 2025 at the Basic Training Kitchen, Escoffier Block. The session was conducted under the expert guidance of Chef Aditya Saksena, Assistant Professor, Chitkara College of Hospitality Management, and coordinated by Chef Manpreet Singh, Assistant Professor. The primary objective of this event was to explore India’s rich tribal food traditions and bring forth innovation in presenting indigenous culinary heritage in a contemporary manner. Tribes across India have preserved ancient cooking practices, sustainable food sourcing techniques, and natural ingredient usage. This workshop enabled students to discover these unique aspects while understanding the cultural stories and regional diversity associated with tribal cuisine. During the two-day workshop, students were introduced to lesser-known tribal ingredients, preparation methods, and authentic cooking tools traditionally used by tribal communities. Chef Aditya demonstrated various tribal dishes that incorporate forest produce, millet-based preparations, fermentation techniques, and slow-cooking processes. Participants gained knowledge on how traditional tribal recipes can be modernized to meet the expectations of present-day hospitality industries while retaining authenticity and nutritional value. The event also emphasized sustainability in gastronomy through mindful ingredient utilization and eco-friendly culinary practices — aligning strongly with the United Nations Sustainable Development Goals (SDGs), particularly related to responsible consumption and preserving cultural heritage. Students actively participated in hands-on activities, showcasing creativity and teamwork while preparing innovative tribal delicacies. The workshop proved to be highly insightful and enriching, enhancing culinary skills, cultural appreciation, and understanding of rural food ecosystems. Overall, “Heritage on a Plate: Innovation with Tribal Cuisine” was a remarkable experiential learning initiative that successfully fostered respect for traditional food wisdom and inspired students to integrate sustainable and indigenous cuisines into modern hospitality trends.

## OUTCOMES

1. Students gained hands-on expertise in preparing authentic and innovative tribal dishes.
2. Participants developed awareness of indigenous ingredients and sustainable cooking methods.
3. The event enhanced cultural sensitivity and appreciation for tribal culinary heritage.
4. Students improved their creativity and adaptability in recipe development.
5. The workshop strengthened practical culinary skills required for the modern food and beverage industry.





| Event Details           |                                   |
|-------------------------|-----------------------------------|
| Title of the Event      | A visit to Old Age Home - Patiala |
| Date of the Event       | 16 <sup>th</sup> October 2025     |
| Venue                   | Patiala Old Age Home              |
| SDG no                  | 2, 4, 11, 15, 17                  |
| No. of Student Attended | 40                                |

## **OBJECTIVE**

- To spread joy and compassion by celebrating Diwali with the elderly residents of the Old Age Home.
- To promote awareness about food security and sharing on World Food Day.
- To encourage students to practice empathy, gratitude, and community service.

The National Service Scheme (NSS) unit of Chitkara University, Punjab, in collaboration with the Department of Computer Applications and CUIET-Applied Engineering, organized a charity visit to the Old Age Home, Patiala on 16th October 2025, marking the observance of World Food Day and the celebration of Diwali.



The event aimed to promote the values of kindness, generosity, and human connection. Volunteers from the university collected and distributed essential food items, groceries, and other daily-use materials among the elderly residents. Along with the distribution, students interacted warmly with the senior citizens, listening to their life experiences and sharing moments of happiness and laughter.

The visit not only brightened the festive spirit of the elderly but also sensitized students toward social responsibility and the importance of giving back to the community. The smiles and blessings received during the event made the celebration truly meaningful.

## Outcomes

- i) Enhanced awareness about the importance of food security and sharing resources.
- ii) Strengthened the university's culture of social empathy and volunteerism.
- iii) Created cherished memories for both the students and the elderly residents.



### Event Details

|                     |                                                                          |
|---------------------|--------------------------------------------------------------------------|
| Event Type          | Social Event                                                             |
| Topic               | Sneheal Prayas: Donation Drive                                           |
| Date                | 2025-10-27 To 2025-10-31                                                 |
| Mode                | Offline                                                                  |
| Venue               | Outside Square One (Chitkara University, Punjab Campus)                  |
| Organizer Name      | NSS                                                                      |
| Resource Person     | Dr Neeraj Singla, Assistant Professor, Chitkara University               |
| No. Of Participants | 21                                                                       |
| SDG No              | SDG 1: No Poverty, SDG 2: Zero Hunger, SDG 3: Good Health and Well-Being |
| Po Number(S)        | Po2, Po3                                                                 |
| University Charter  | Let's Install Discipline, Integrity and Honesty in Our Students          |

### OBJECTIVE

- To support underprivileged communities by collecting and distributing essential items such as food, clothing, and monetary donations.
- To instil a sense of social responsibility, compassion, and active citizenship among students and faculty members.
- To encourage community engagement within the university by promoting collective participation in humanitarian causes.
- To raise awareness about poverty, hunger, and inequality, emphasizing the importance of consistent social contribution and empathy-driven action.
- To foster a culture of giving and mutual care, aligning with the institution's values of inclusivity and societal development.



## DESCRIPTION

The drive not only served as a channel for material aid but also created an environment of empathy and collaboration across the campus. Many participants shared personal reflections and encouraged peers to take part, reinforcing the spirit of community welfare. Overall, Sneheal Prayas stood as a meaningful reminder of how small contributions can collectively create a lasting social impact, strengthening the sense of humanity and solidarity within the university community.



## OUTCOMES

- **Increased Social Awareness:** Students and faculty developed a stronger understanding of social issues such as poverty and hunger, recognizing their role in addressing them.
- **Enhanced Student Participation:** The event witnessed enthusiastic participation across departments, encouraging teamwork and volunteerism.
- **Tangible Community Support:** Large quantities of food, clothing, and essentials were distributed, directly benefiting underprivileged families and individuals.
- **Strengthened Institutional Values:** The initiative reinforced the university's commitment to social responsibility, empathy, and inclusive growth.
- **Sustained Engagement:** The success of the drive motivated participants to continue supporting similar community-cantered activities in the future.



|                        |                                                                                                                                           |
|------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| Event Name             | Sustain X Tech: Industry Leadership Forum on Integrated Waste Management Solutions                                                        |
| Date                   | 11 <sup>th</sup> Nov., 2025                                                                                                               |
| Venue                  | Hyatt Centric, Sector -17 Chandigarh                                                                                                      |
| Department             | CURIN                                                                                                                                     |
| Resource Person        | 1) Industry Leaders   Chief Guest: Er. Pritpal Singh Executive Director Punjab State Council for Science & Technology (PSCST), Chandigarh |
| Number of Participants | 75                                                                                                                                        |
| SDGs Covered           | 1,2,3,6,7,8,9,11,13,14,15,16,17                                                                                                           |
| Duration               | One Day Event                                                                                                                             |

## **OBJECTIVE**

Sustain X Tech event aims to target the industry leaders to enable creativity in the products and target the niche marketplace. The event will bring together ISARG Partners (Industry, Service Providers, Aggregators, Researchers and Government Representatives). This event was being organised under the Centre of Excellence on Full Cycle Processing of Agriculture Waste to Wealth (PAWW) and hosted by CURIN, Chitkara University, Punjab.

Key Highlights of the Event “Sustain Tech: Industry Leadership Forum on Integrated Waste Management Solutions”

Sustain X Tech 2025 is a Unique platform from Chitkara University Research and Innovation Network (CURIN) where the ISARG (Industries, Service-providers, Aggregators, Researchers and Government-officials) brought together under one roof.

The event was hosted by Chitkara University, Punjab in partnership with NDRI Karnal, PAU Ludhiana, PSCST Chandigarh, and PRSC, Punjab was organized under COE on Agriculture Residue Management. The industry academia networking event was held at Hyatt Centric Chandigarh on 11th November 2025 which witnessed 32 Industry Leaders, 14 Senior Government Officials and Policy Makers, 2 NGOs, 26 Researchers and with a total of 74 participants.

The event featured thought-provoking discussions, industry presentations, recognition of sustainability champions, and demonstrations of cutting-edge facilities. The event was graced by Hon'ble Pro-Chancellor Dr. Madhu Chitkara, who inspired everyone with her vision for sustainability and innovation.

## **OUTCOMES**

Sustain X Tech has truly strengthened the bridge between researchers, industries and Government to co-create impactful, technology-driven waste management solutions. Sustain X sparked new ideas and plenty of appreciation for impactful collaboration.

## **Glimpse of the Event**





| Event Details       |                                                                                                                |
|---------------------|----------------------------------------------------------------------------------------------------------------|
| Event Name          | Children's Day                                                                                                 |
| Topic               | Nutritional Assessment                                                                                         |
| Date                | 14 <sup>th</sup> November, 2025                                                                                |
| Mode                | Offline                                                                                                        |
| Venue               | Crutch, Block                                                                                                  |
| Organizer Name      | Ms. Deeksha Sharma (Assistant professor), Ms. Manreet Kaur (Nursing Tutor), CSHS, Chitkara University, Punjab. |
| No. of Participants | 5                                                                                                              |
| SDG No              | 2,3,4                                                                                                          |
| SDG Details         | SDG 2: Zero hunger    SDG 3: Good Health and Well-being<br>SDG 4: Quality education                            |
| PO                  | PO2, PO3, PO4, PO5                                                                                             |

## **OBJECTIVE**

1. To assess nutritional status (Height, weight, MUAC, Dietary intake of all children.
2. To promote optimal growth and prevent nutrition related morbidities through periodic health checkups.
3. To assess hygiene practices & access to safe drinking water at creche level & implement WASH education to prevent infection – related malnutrition.
4. To ensure equal health nutrition assessment, care, & feeding opportunities for both girls and boys.

On Children's Day, the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, organized a nutritional assessment on 14<sup>th</sup> November, 2025. The event aimed to encourage students to explore their creative potential skills by demonstration. Children's Day celebrates the importance of children as the foundation of a healthy and progressive nation. This Nutritional assessment emphasized to promote awareness regarding balanced diet and hygiene practices among parents and caregivers. Students enthusiastically participated and demonstrated the skills to carried out systematically anthropometric measurements to objectively assess the growth and nutrition status of each child. The children were assessed in a friendly and playful

manner to ensure cooperation and comfort throughout the process. The Nutritional assessment activity helped the students to gain practical experience in growth monitoring, interpretation of data and preventive Paediatric care. The care givers were informed about the child's growth results. Their efforts reflected a deep understanding of the subject while demonstrating remarkable skills. One of the key highlights of the nutritional assessment was how it fostered important skills beyond artistic creativity. Furthermore, by participating in this initiative, students developed a greater sense of responsibility towards the nutritional health. The Nutrition assessment successfully combined education, creativity, and awareness, reinforcing the idea that every child deserves balanced, high-quality, and quantity of nutrition. The students demonstrated excellent teamwork and communication skills while engaging with the children's. In conclusion, the event was a resounding success, leaving a lasting impact on both participants and spectators. Overall, the nutritional assessment served as a vital screening tool and contribute to the early identification of children at nutritional risk. It aligned with the academic goals of the nursing curriculum and contributed to holistic learning through experiential engagement. The Department of Nursing at Chitkara School of Health Sciences looks forward to organizing more such engaging and educational competitions in the future, continuing its commitment to promoting health awareness and skill development among students.

## **OUTCOMES**

- Encouraged Creative Expression – The competition provided students with a platform to showcase their creativity, artistic skills, and innovative thinking through posters.
- Enhanced Awareness of Nutrition & Balanced diet – Participants gained deeper knowledge about nutrition, micronutrients deficiencies, WHO dietary recommendations including safety, quality, and nurturing care, reinforcing their understanding of nutritional health.
- Fostered Confidence and Teamwork – By participating in the event, students-built self-confidence and developed teamwork skills as they collaborated, shared ideas, and learned from one another.
- Developed Decision-Making and Presentation Skills – The process of conceptualizing and making posters helped students refine their decision-making, problem-solving, and presentation abilities, which are essential in nursing and healthcare communication.
- Inspired Future Participation in Competitions – The success of the competition motivated students to take part in similar activities, encouraging them to continue exploring their talents and interests in creative and academic fields.



|                    |                                                         |
|--------------------|---------------------------------------------------------|
| Event Name         | World Soil Day Celebration                              |
| Dated              | 5 <sup>th</sup> December 2025                           |
| Number Of Students | 100                                                     |
| Faculty            | Prof. (Dr.) Anurag Tewari, Mr. Sube Singh & Miss Simran |
| Theory             | Importance & Necessity of Organic Farming in Punjab     |
| Practical          | Plantation Of Indigenous Species of Punjab Forest       |

Report On Lecture on Organic Farming & Plantation for Students From Ss School, Mohi Khurd, Rajpura, Patiala, Punjab

**Aspects Covered:** Necessity of Organic Farming in Punjab. Importance of organic farming. Advantages of organic farming. Agri inputs are used in organic farming.

**Activities:** Address to students about organic farming. Plantation of indigenous species of Punjab in Senior Secondary School, Mohi Khurd, Rajpura





### Event Details

|                     |                                                                                                              |
|---------------------|--------------------------------------------------------------------------------------------------------------|
| Event Name          | Role Play                                                                                                    |
| Topic               | Exclusive Breast Feeding                                                                                     |
| Date                | 18 <sup>th</sup> December, 2025                                                                              |
| Mode                | Offline                                                                                                      |
| Venue               | Mata Kaushalya Hospital                                                                                      |
| Organizer Name      | Ms. Deeksha Sharma (Assistant professor), Dr. Ashok (Assistant Professor, CSHS, Chitkara University, Punjab. |
| No. of Participants | 28                                                                                                           |
| SDG No              | 2,3,4                                                                                                        |
| SDG Details         | SDG 2: Zero hunger SDG 3: Good Health and Well-being<br>SDG 4: Quality education                             |
| PO                  | PO2, PO3, PO4, PO5                                                                                           |

### **OBJECTIVE**

- Educate mothers, families, and communities about the importance of exclusive breastfeeding for the first six months.
- Highlight benefits such as improved immunity, reduced infant morbidity/mortality, and optimal growth.
- Train healthcare providers (nurses, students, and staff) in effective counselling techniques through simulated scenarios.
- Build confidence in addressing common challenges like cultural barriers, misconceptions, and formula marketing influences.
- Encourage mothers to adopt and sustain exclusive breastfeeding practices.
- Demonstrate practical solutions for common issues (e.g., lacking difficulties)

During the clinical posting of 5<sup>th</sup> semester at Mata Kaushalya Hospital for the subject child Health Nursing-I, the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, organized a Role Play on Exclusive Breast Feeding on 18<sup>th</sup> December, 2025. The event aimed to encourage students to Educate mothers, families, and communities about the importance of exclusive breastfeeding for the first six months. Highlight benefits such as improved immunity, reduced infant morbidity/mortality and explore their creative potential, skills by demonstration. Breast milk contains the perfect balance of proteins, fats, carbohydrates, vitamins, and minerals needed for the baby's growth and development in the first six months. No additional food or water is required. Rich in antibodies that protect infants against infections like diarrhoea, pneumonia, and respiratory illnesses. Reduces infant mortality and hospital admissions. Always clean, safe, and available, especially important in areas with poor sanitation

or unsafe water supplies. The role plays successfully combined education, creativity, and awareness, reinforcing the idea that every child deserves balanced nutrition through exclusive breastfeeding. It served as a vital educational tool, contributing to early identification of breastfeeding challenges and promoting preventive pediatric care. Students showcased excellent teamwork and creativity in designing realistic scenarios. Their efforts reflected a deep understanding of the subject while demonstrating remarkable counselling skills. The role play fostered essential skills beyond academic knowledge. Students demonstrated effective communication, empathy, and problem-solving while addressing common breastfeeding challenges such as latching difficulties and misconceptions about milk insufficiency. By involving caregivers and family members in role play, the activity reinforced the supportive role of families in sustaining exclusive breastfeeding. The dramatization helped dispel myths and encouraged positive behavioural change. The event was a resounding success, leaving a lasting impact on both participants and spectators. It aligned with the academic goals of the nursing curriculum and contributed to holistic learning through experiential engagement. The Department of Nursing at Mata Kaushalya Hospital looks forward to organizing more such engaging and educational role plays in the future, continuing its commitment to promoting maternal-child health awareness and skill development among students.

## **OUTCOMES**

1. Encouraged Creative Expression
2. Enhanced Awareness of Exclusive Breastfeeding
3. Fostered Confidence and Teamwork
4. Developed Decision-Making and Communication Skills
5. Inspired Future Participation in Health Education Activities.





| Event Details       |                                                                                                                      |
|---------------------|----------------------------------------------------------------------------------------------------------------------|
| Event Name          | Nukkad Natak Awareness                                                                                               |
| Topic               | Complementary Feeding                                                                                                |
| Date                | 18 <sup>th</sup> December, 2025                                                                                      |
| Mode                | Offline                                                                                                              |
| Venue               | Mata Kaushalya Hospital                                                                                              |
| Organizer Name      | Dr. Ashok Bairwa (Assistant professor), Ms. Deeksha Sharma (Assistant professor), CSHS, Chitkara University, Punjab. |
| No. of Participants | 28                                                                                                                   |
| SDG No              | 2,3,4                                                                                                                |
| SDG Details         | SDG 2: Zero hunger    SDG 3: Good Health and Well-being<br>SDG 4: Quality education                                  |
| PO                  | PO2, PO3, PO4, PO5                                                                                                   |

## **OBJECTIVE**

- Raise awareness about the importance of introducing safe, age-appropriate complementary foods after six months, while continuing breastfeeding.
- Emphasize improved immunity, reduced risk of malnutrition, and optimal growth when complementary feeding is practiced correctly
- Enable nurses, students, and staff to practice effective counselling techniques through dramatized scenarios, focusing on complementary feeding challenges.
- Equip learners to handle cultural barriers, misconceptions (e.g., giving water or junk food too early), and marketing influences of processed foods.
- Motivate mothers to sustain breastfeeding while introducing nutrient-rich complementary foods like cereals, pulses, fruits, and vegetables.
- Use dramatization to dispel myths such as “only milk is enough after six months” or “packaged foods are better.”

During the clinical posting of 5<sup>th</sup> semester at Mata Kaushalya Hospital for the subject child Health Nursing-I, the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, organized a Nukad Natak on Complementary Feeding on 18<sup>th</sup> December, 2025. The event aimed to encourage students to Educate mothers, families, and communities about the importance of complementary feeding. Highlight benefits such as improved immunity, reduced infant morbidity/mortality, and optimal growth. Complementary feeding is important as by 6 months, breast milk alone cannot provide enough energy, protein, iron, zinc, and vitamins for rapid growth. Complementary foods bridge this nutritional gap and

prevent deficiencies. Supporting Growth and Development The period from 6–23 months is a window of opportunity for physical and cognitive development. Proper complementary feeding reduces risks of stunting, wasting, and undernutrition. Nutritious complementary foods enhance immunity, reducing vulnerability to diarrhea, pneumonia, and anemia. Safe food preparation and hygiene practices lower infection risks. Introducing a variety of family foods (cereals, pulses, fruits, vegetables, eggs, dairy) ensure balanced nutrition. Early exposure to diverse tastes helps establish healthy eating habits. Proper complementary feeding leads to: Better school performance and productivity in adulthood. Lower risk of chronic diseases later in life. Improved overall health and well-being. Students enacted **realistic scenarios** depicting common challenges: Misconceptions like “breast milk alone is enough after 6 months.” Cultural myths discouraging certain foods. Practical issues such as refusal to eat or improper consistency of food. The key highlight of Nukad Natak was that the start of complementary feeding at 6 months while continuing breastfeeding. Introduce soft, mashed, and nutrient-rich foods (cereals, pulses, fruits, vegetables). Ensure hygiene and safe preparation of food to prevent infections. Avoid delayed initiation or reliance on packaged/junk foods. Highlight the role of family support in sustaining healthy feeding practices. The event was a resounding success, leaving a lasting impact on both participants and spectators. It aligned with the academic goals of the nursing curriculum and contributed to holistic learning through experiential engagement. The Department of Nursing at Mata Kaushalya Hospital looks forward to organizing more engaging and educational Nukkad Natak in the future, continuing its commitment to promoting maternal-child health awareness and skill development among students.

## OUTCOMES

- Encouraged Creative Expression
- Enhanced Awareness of Complementary Feeding
- Fostered Confidence and Teamwork
- Developed Decision-Making and Communication Skills
- Inspired Future Participation in Health Education Activities.





|                    |                                                                                                        |
|--------------------|--------------------------------------------------------------------------------------------------------|
| Event/Session Name | Birthday Celebrations at Dew Drops                                                                     |
| Event/Session Date | September–December 2025                                                                                |
| Venue              | Dew Drops Creche, Chitkara University                                                                  |
| Organizers         | Office of Administration                                                                               |
| Resource Person    | Capt. Ravinder Singh, Asst. Director<br>Mr. Gurjeet Singh, Manager<br>Mr. Mandeep Singh, Asst. Manager |
| SDGs Covered       | 2,3,8                                                                                                  |

### **Overview**

Continuing its tradition of celebrating childhood milestones, the Office of Administration organized birthday celebrations at Dew Drops for children between September and December 2025. The initiative aimed to create joyful experiences for the children while fostering a nurturing environment rooted in care, warmth, and a strong sense of community.

### **Celebration Highlights**

Each celebration was conducted in a cheerful and welcoming setting, with parents actively participating alongside the Dew Drops team. Children were presented with goodies such as chocolates and return gifts, making the occasion memorable and exciting for them.

The presence and support of the building administration, including Mr. Gurjeet Singh, Manager, further highlighted the collaborative and caring spirit surrounding Dew Drops.

### **Birthdays Celebrated**

The following children celebrated their birthdays in a joyful and nurturing environment at Dew Drops:

### **Conclusion**

These celebrations reflected Dew Drops' commitment to emotional well-being and holistic childhood development. By celebrating milestones together with families, the initiative fostered joy, belonging, and lasting memories for both children and parents.



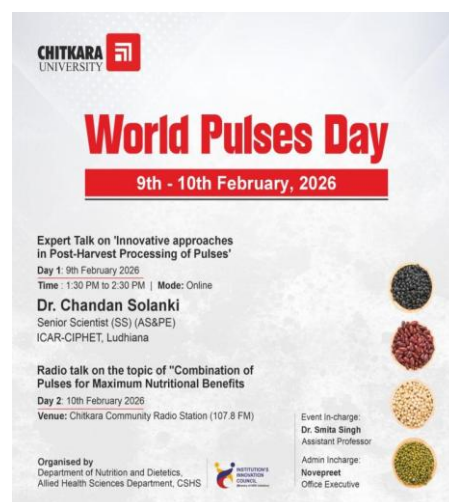
|                        |                                                                                                    |
|------------------------|----------------------------------------------------------------------------------------------------|
| Event Name             | World Pulses Day 2026                                                                              |
| Date                   | 09 <sup>th</sup> February 2026                                                                     |
| Venue                  | GB 304, Galileo Block, Chitkara University, Punjab                                                 |
| Organizer              | Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab |
| Resource Person        | Dr. Chandan Solanki, Senior Scientist, ICAR-CIPHET, Ludhiana                                       |
| Number of Participants | 80                                                                                                 |
| SDG Number             | 2,3,4                                                                                              |
| Duration               | 2 hours in Online mode                                                                             |

## **DESCRIPTION**

Nutrition and Dietetics, Allied Health Science Department, CSHS celebrated World Pulses Day 2026 on 9<sup>th</sup> February 2026 with an expert talk on the topic “Innovative Approaches in the Post-Harvest Processing of Pulses.” The session was delivered by Dr. Chandan Solanki, Senior Scientist, ICAR-CIPHET, Ludhiana. The event, organized for the B. Sc (H) students (2023, 2024, and 2025 batches).

The primary objective of the program was to deepen students’ understanding of modern post-harvest processing techniques and their significance in improving the quality, safety, and nutritional value of pulses. Dr. Solanki elaborated on various aspects of pulse processing, including milling technologies, grading, de husking, and storage practices. He also discussed the impact of processing methods on the physical and nutritional characteristics of pulses, enabling students to appreciate the science behind commonly consumed pulse products.

A key highlight of the session was the comparison between traditional processing methods and advanced machinery used in pre- and post-harvest stages. Dr. Solanki introduced innovative technologies, particularly emphasizing the role of microwave processing and other emerging techniques that enhance efficiency, reduce losses, and improve product quality.



The interactive session provided students with valuable exposure to current industry practices and research advancements. Overall, the event proved to be highly informative and inspiring, fostering professional growth, critical thinking, and a spirit of innovation among Nutrition and Dietetics students. It encouraged them to explore emerging opportunities and strive for excellence in the field of food processing and technology.



**Protein content in seeds of different pulses**

| Pulses    | Protein range (%) |
|-----------|-------------------|
| Chickpea  | 18.0-30.6         |
| Pigeonpea | 18.8-28.5         |
| Mungbean  | 20.8-31.8         |
| Urdbean   | 21.2-31.3         |
| Lentil    | 20.4-30.5         |
| Peas      | 21.2-32.0         |



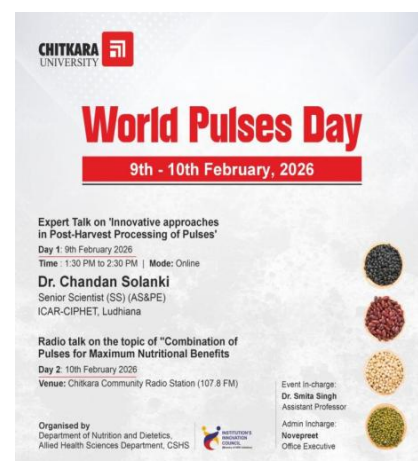
|                        |                                                                                                    |
|------------------------|----------------------------------------------------------------------------------------------------|
| Event Name             | Radio talk on “Combinations of Pulses for maximum Nutritional Benefits”                            |
| Date                   | 10 <sup>th</sup> February 2026                                                                     |
| Venue                  | Chitkara Radio Station 107.8 FM                                                                    |
| Organizer              | Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab |
| Number of Participants | 4                                                                                                  |
| SDG Number             | 2,3,4                                                                                              |
| Duration               | 1 hour                                                                                             |

## **Description**

Nutrition and Dietetics, Allied Health Science Department, CSHS celebrated World Pulses Day 2026 on 10<sup>th</sup> February 2026 with a radio talk on the topic “Combinations of Pulses for maximum Nutritional Benefits” and actively involved B.Sc. (H) Nutrition and Dietetics students, providing them with a practical platform to enhance their communication and subject knowledge.

The radio talk was hosted by students from the 2023 batch- Jeeya, Dhriti, Chanchal, Vrinda, and Vinal who effectively presented valuable insights into the nutritional importance of pulses. They discussed various types of pulses, highlighting their rich nutrient profiles, including proteins, dietary fiber, vitamins, and minerals. The speakers emphasized how combining different pulses can improve the overall quality of protein intake by ensuring a better balance of essential amino acids.

In addition, the students elaborated on the role of pre-processing techniques such as soaking, sprouting, and fermentation in enhancing the bioavailability and digestibility of nutrients. They also brought attention to various government initiatives and policies that promote pulse consumption as a sustainable and economical means of meeting daily protein requirements, especially in the Indian context.



The session concluded with an emphasis on incorporating appropriate pulse combinations into daily diets to achieve balanced nutrition. Overall, the radio talk was informative and impactful, successfully raising awareness about the nutritional significance of pulses while fostering confidence, teamwork, and public speaking skills among the students.



| Event Details       |                                                                                                                                                                                                                                                                                                                                                    |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Event Type          | Expert Talk                                                                                                                                                                                                                                                                                                                                        |
| Topic               | Greener Kitchen Better Future - Carbon Footprint Awareness in Culinary Kitchens                                                                                                                                                                                                                                                                    |
| Date                | 2026-03-18 To 2026-03-18                                                                                                                                                                                                                                                                                                                           |
| Mode                | Offline                                                                                                                                                                                                                                                                                                                                            |
| Venue               | Lh-11 (Chitkara University, Rajpura)                                                                                                                                                                                                                                                                                                               |
| Organizer Name      | Chitkara College Of Hospitality Management                                                                                                                                                                                                                                                                                                         |
| Resource Person     | Dr. Pooja Mahajan, Associate Professor                                                                                                                                                                                                                                                                                                             |
| No. Of Participants | 52                                                                                                                                                                                                                                                                                                                                                 |
| SDG No              | SDG 1: No Poverty, SDG 2: Zero Hunger, SDG 3: Good Health and Well-Being, SDG 4: Quality Education, SDG 5: Gender Equality, SDG 7: Affordable and Clean Energy, SDG 8: Decent Work and Economic Growth, SDG 9: Industry, Innovation and Infrastructure, SDG 11: Sustainable Cities and Communities, SDG 12: Responsible Consumption and Production |
| Po Number(S)        | Po1, Po2, Po3, Po4, Po5, Po8, Po9, Po11, Po12                                                                                                                                                                                                                                                                                                      |
| University Charter  | Let's Prepare Our Students for Industry, Let's Foster Civic Engagement in Our Students, Let's Educate Our Students to Become Globally Competitive, Let's Encourage Our Students to Think Out of the Box, Let's Infuse Leadership Skills in Our Students                                                                                            |

## **OBJECTIVE**

1. To create awareness about carbon footprint in culinary kitchens and its environmental impact.
2. To introduce students to sustainable and eco-friendly kitchen practices.
3. To enhance knowledge of energy efficiency, waste management, and resource conservation.
4. To encourage innovative thinking for implementing green practices in hospitality operations.
5. To prepare students for industry expectations related to sustainability and responsible kitchen management.

## DESCRIPTION

The event titled “Greener Kitchen, Better Future: Carbon Footprint Awareness in Culinary Kitchens” was successfully organized by the Chitkara College of Hospitality Management under the aegis of the Institution’s Innovation Council. The session was conducted on 18th March 2026 from 2:30 PM to 4:00 PM at LH-11, Escoffier Block. The resource person for the event was Dr. Pooja Mahajan, Associate Professor, who shared her expertise on sustainable practices in culinary operations. The primary objective of the session was to create awareness among students about the environmental impact of kitchen operations and the importance of reducing carbon footprints in the hospitality industry. Dr. Mahajan elaborated on how energy consumption, food wastage, water usage, and sourcing practices contribute significantly to environmental degradation. She emphasized the need for adopting eco-friendly techniques such as efficient energy use, waste segregation, sustainable sourcing, and minimizing food wastage. The session was highly interactive, encouraging students to reflect on their daily culinary practices and explore innovative solutions to make kitchens more sustainable. Practical examples and case studies were discussed, enabling students to understand real-world applications of green kitchen concepts. The speaker also highlighted global trends and industry expectations, preparing students for responsible professional practices. Overall, the event proved to be insightful and impactful, enhancing students’ understanding of sustainability in culinary arts. It motivated participants to adopt environmentally conscious practices in their future careers and contribute positively towards building a greener hospitality industry.



## OUTCOMES

1. Developed awareness of carbon footprint and sustainability in culinary operations.
2. Gained knowledge of eco-friendly kitchen practices and waste reduction techniques.
3. Improved ability to apply sustainable solutions in real-world hospitality scenarios.
4. Understood global trends and industry expectations in sustainable hospitality.
5. Adopted a responsible and ethical approach towards environmental conservation in kitchens.



| Event Details       |                                                                                                                        |
|---------------------|------------------------------------------------------------------------------------------------------------------------|
| Event Name          | Nutritious Nosh competition                                                                                            |
| Topic/Theme         | Nutritious Nosh (Balanced Plate Challenge) On Nurses Week Celebration                                                  |
| Date                | 6 <sup>th</sup> May, 2026                                                                                              |
| Mode                | Offline                                                                                                                |
| Venue               | GB-105, Nutrition Lab, Galileo Block                                                                                   |
| Organizer Name      | Ms. Jigyasha Sharma (Assistant Professor), Ms. Monika Kumari (Assistant Professor), CSHS, Chitkara University, Punjab. |
| No. of Participants | 10                                                                                                                     |
| SDG No              | 02,03,04,17                                                                                                            |
| SDG Details         | No.2:(Zero hunger), No.3(Good Health and Wellbeing), No.4(Quality, Education), No.17-Partnership for the goals.        |
| PO                  | PO2, PO3, PO4, PO5                                                                                                     |

## **OBJECTIVE**

1. To promote awareness regarding the importance of balanced nutrition and healthy eating habits.
2. To encourage participants to prepare and present nutritious and well-balanced meal plates.
3. To enhance knowledge about the nutritional value of different food groups and their role in maintaining health.
4. To develop creativity and practical skills in meal planning and food presentation.
5. To emphasize the importance of nutrition in disease prevention, health promotion, and patient care.
6. To motivate students to adopt healthy dietary practices in their personal and professional lives.

As part of the Nurses Week Celebration, the “Nutritious Nosh (Balanced Plate Challenge)” competition was organized on 6<sup>th</sup> May, 2026 with the aim of promoting awareness regarding healthy eating habits and balanced nutrition among nursing students. The event was conducted under the guidance of faculty members and witnessed enthusiastic participation from students. The program began with a welcome address highlighting the importance of proper nutrition in

maintaining physical and mental well-being. The organizing committee explained the rules and objectives of the competition and emphasized the role of balanced diet in disease prevention, health promotion, and patient care. Participants prepared and presented a variety of nutritious meal plates that included appropriate portions of carbohydrates, proteins, vitamins, minerals, fiber, and healthy fats. The students demonstrated creativity and innovation in designing balanced plates using healthy food items such as fruits, vegetables, whole grains, pulses, dairy products, and protein-rich foods. Each participant also explained the nutritional value and health benefits of the items included in their plates. The competition was judged based on nutritional balance, creativity, presentation, hygiene, and communication skills. The judges appreciated the efforts of the participants and encouraged them to continue practicing and promoting healthy dietary habits in their daily lives and future nursing practice. The event created awareness among students regarding the importance of nutritious food and encouraged them to make healthier lifestyle choices. It also provided an opportunity for students to improve their practical knowledge about meal planning and dietary management. At the end of the competition, the winners were announced and awarded prizes and certificates in recognition of their excellent performance. The event concluded with a vote of thanks, expressing gratitude to the organizers, judges, faculty members, and participants for making the competition successful. Overall, the “Nutritious Nosh (Balanced Plate Challenge)” competition was informative, interactive, and beneficial in promoting the significance of balanced nutrition and healthy living among nursing students during the Nurses Week Celebration. Our esteemed judges, Ms. Timsy (Associate Professor), and Ms. Priya Thakur (Assistant Professor) carefully observed and tasted the freshly prepared nutritious dishes presented by the students. They evaluated the participants based on nutritional balance, taste, creativity, presentation, hygiene, and overall understanding of healthy meal planning before making their final judgment.

## **OUTCOMES**

1. Increased awareness among students regarding the importance of balanced nutrition and healthy eating habits.
2. Enhanced knowledge about the nutritional value of various food items and balanced meal planning.
3. Improved creativity and presentation skills in preparing healthy and attractive food plates.
4. Encourage students to adopt healthier dietary practices in their daily lives.
5. Strengthened understanding of the role of nutrition in health promotion, disease prevention, and patient care.
6. Developed confidence, teamwork, and communication skills among participants.
7. Motivated nursing students promote healthy lifestyle practices within the community and healthcare settings.



| Event Details       |                                                                                                                            |
|---------------------|----------------------------------------------------------------------------------------------------------------------------|
| Event Name          | World Food Safety Day: Nutri Safe Menu Fiesta                                                                              |
| Topic               | From Burden to Solutions-Safe Food Everywhere                                                                              |
| Date                | 4 <sup>th</sup> June, 2026                                                                                                 |
| Time                | 10:00 A.M. to 1:00 P.M.                                                                                                    |
| Venue               | Nutrition Lab (GB-105)                                                                                                     |
| Organizers          | Ms. Gurpreet Kaur (Assistant Professor)<br>Ms. Amanpreet Kaur (Assistant Professor)<br>Ms. Priyanka Thakur (Nursing Tutor) |
| No. of participants | B.Sc. Nursing 2 <sup>nd</sup> Semester (60 Students)                                                                       |
| SDG No.             | SDG 2: No Hunger, SDG 3: Good Health & well-being,<br>SDG 12: Responsible Consumption and Production                       |
| PO                  | PO5, PO8 & PO12                                                                                                            |

## **OBJECTIVE**

1. To create awareness among nursing students regarding the importance of food safety and hygiene in preventing food-borne diseases.
2. To educate students about safe food handling, preparation, storage, and consumption practices in healthcare and community settings.
3. To promote understanding of the global theme “From Burden to Solutions: Safe Food Everywhere” and encourage responsible food practices.
4. To enhance students’ knowledge regarding the role of healthcare professionals in ensuring food safety and public health promotion.

## **DESCRIPTION**

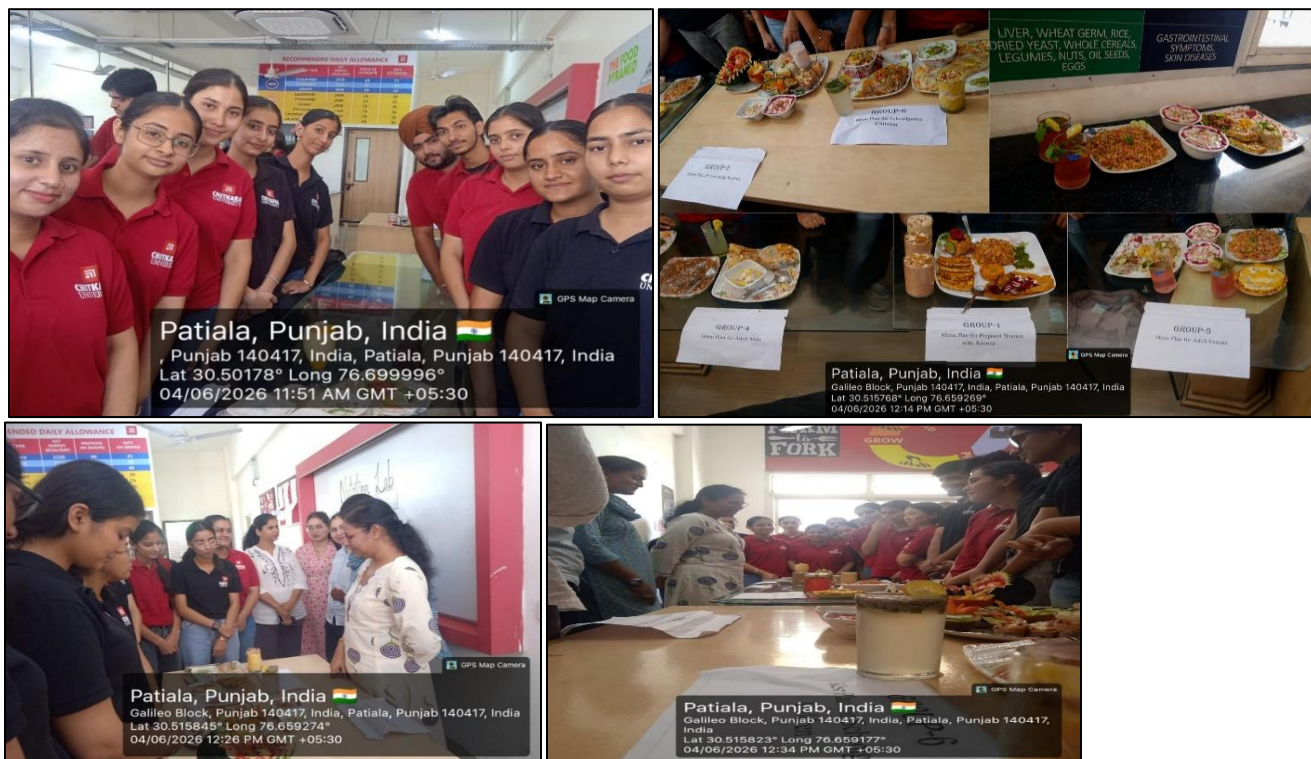
The Department of Nursing, Chitkara School of Health Sciences, organized a World Food Safety Day Celebration on 4th June 2026 in the Nutrition Lab (GB-105) for B.Sc. Nursing 2nd Semester students under the theme “From Burden to Solutions: Safe Food Everywhere.” The event was conducted under the guidance of Ms. Gurpreet Kaur (Assistant Professor), Ms. Amanpreet Kaur (Assistant Professor), and Ms. Priyanka Thakur (Nursing Tutor). Around 60 students actively participated and were divided into six groups of ten students each. The activity, titled “Nutri Safe Menu Fiesta,” focused on meal planning for different population groups while ensuring food safety and hygiene practices. The group-wise topics included: Group 1: Menu Plan for Pregnant Women with Anemia, Group 2: Menu Plan for Lactating Women, Group 3: Menu Plan for Elderly Women, Group 4: Menu Plan for Adult Male, Group 5: Menu Plan for Adult Female & Group 6: Menu Plan for School-going Children. Each group prepared nutritious meals tailored to the specific nutritional requirements of their assigned population.

Students strictly followed food safety measures such as proper hand washing, safe handling of ingredients, maintaining cleanliness during food preparation, and hygienic serving practices. The event provided practical exposure to balanced meal planning, healthy cooking techniques, and safe food preparation. Faculty members guided the students throughout the activity, while interactive discussions and demonstrations were conducted on food contamination, food storage, and responsible consumption practices.

The program successfully enhanced students' knowledge of nutrition, food safety, and hygiene. It also emphasized the vital role of healthcare professionals in promoting healthy dietary habits and supported Sustainable Development Goals (SDGs) including Zero Hunger, Good Health and Well-being, and Responsible Consumption and Production.

## OUTCOMES

1. Students gained practical knowledge regarding safe food handling and hygienic meal preparation practices.
2. Participants improved their teamwork, communication, and collaborative learning skills through group activities.
3. Students developed awareness regarding balanced nutrition, responsible food consumption, and prevention of food contamination.
4. The activity enhanced students' confidence in promoting food safety awareness in healthcare and community settings.



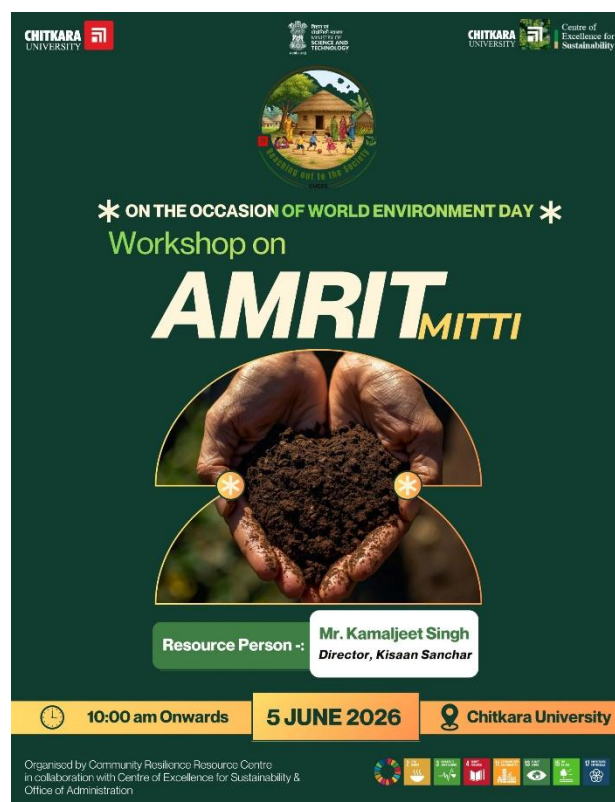
|                                |                                                                                                                                                    |
|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| Event Name                     | Workshop on Amrit Mitti: Promoting Sustainable Soil and Water Conservation                                                                         |
| Date                           | 06 June 2026                                                                                                                                       |
| Venue                          | Yellow Point Farm & Nearby Villages, Chitkara University, Punjab                                                                                   |
| Organizer                      | Community Resilience Resource Centre (CRRC) in collaboration with the Centre of Excellence for Sustainability (CUCES) and Office of Administration |
| Resource Person                | Mr. Kamaljeet Singh, Director, Kisaan Sanchar                                                                                                      |
| Facilitators                   | Dr. Shivani Malhotra, Dr. Nitin Saluja, Sqn LDR (Dr.) Rina Angel                                                                                   |
| Total number of Participations | 55                                                                                                                                                 |
| SDGs Covered                   | 2,3,4,11,13,15 & 17                                                                                                                                |
| Duration                       | 2 Hours                                                                                                                                            |

## **OBJECTIVE**

The objective of the Workshop on Amrit Miti was to create awareness among nearby **villagers** about the significance of Amrit Miti and Amrit Jal as sustainable approaches for improving soil fertility, conserving water resources, and promoting environmentally responsible agricultural practices. The workshop aimed to empower participants with practical knowledge that encourages the restoration of **soil health**, efficient utilization of natural resources, and adoption of eco-friendly farming methods for long-term environmental sustainability.

## **DESCRIPTION**

On World Environment Day, the Community Resilience Resource Centre (CRRC), in collaboration with the Centre of Excellence for Sustainability (CUCES) and the Office of Administration, successfully organized a Workshop



on Amrit Mitti on 05 June 2026 to spread awareness among nearby villagers regarding sustainable soil and water conservation practices.

The workshop was conducted by Mr. Kamaljeet Singh, Director, Kisaan Sanchar, who delivered informative theoretical and practical sessions on the concepts of Amrit Mitti and Amrit Jal. He explained the importance of maintaining healthy soil ecosystems, conserving water resources, and adopting sustainable agricultural techniques that improve productivity while protecting the environment. Through interactive discussions, participants gained valuable insights into soil enrichment, natural resource conservation, and environmentally responsible farming practices.

The programme was facilitated by Dr. Shivani Malhotra, Dean, Department of ECE, Dr. Nitin Saluja, Senior Director, CURIN and Sqn. Ldr (Dr.) Rina Angel, Vice President Infrastructure Enhancement, Chairperson, Centre of Excellence for Sustainability who actively guided participants throughout the awareness session. The practical demonstration was conducted by Dr. Anurag Tiwari, Dean, Agriculture Program at the Yellow Point Farm, where villagers observed the practical application of sustainable soil management techniques and learned methods for enhancing soil quality using eco-friendly practices.

The workshop emphasized the importance of preserving soil as a valuable natural resource and highlighted how healthy soil and efficient water management play a crucial role in ensuring food security, environmental conservation, and climate resilience. Participants were encouraged to adopt sustainable agricultural practices that reduce environmental degradation, improve biodiversity, and promote responsible utilization of natural resources for future generations.

## **OUTCOMES**

- Enhanced awareness among villagers regarding the importance of Amrit Miti and **Amrit Jal** for sustainable agriculture.
- Improved understanding of soil conservation, water management, and eco-friendly farming practices.
- Encouraged adoption of sustainable agricultural techniques for improving soil fertility and environmental health.
- Promoted responsible utilization and conservation of natural resources to strengthen climate resilience.
- Fostered community participation in environmental conservation and sustainable rural development.

- Strengthened collaborative efforts towards achieving SDGs 2,3,4,11,13,15 and 17.





