



**CHITKARA**  
UNIVERSITY

**CHITKARA**  
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Centre of  
Excellence for  
Sustainability

**2** ZERO  
HUNGER



**Jul 2023 - June 2024**

## ZERO HUNGER

An overview of Chitkara University's efforts to reduce food wastage and support local communities, aligning with Sustainable Development Goals (SDGs), particularly SDG 2 (Zero Hunger) and SDG 12 (Responsible Consumption and Production). These initiatives aim to reduce environmental impact, promote sustainability, and contribute to the university's Corporate Social Responsibility (CSR) efforts.

**Total Participants: - 2078**

### Key Initiatives:

1. Publications: - 246

**2. Food Wastage Handling Process:** Chitkara University implemented an efficient food waste management system. Leftover cooked food is distributed to labourers as part of the university's CSR initiative, and waste from dustbins is given to piggery vendors. These efforts reduce environmental impact while promoting sustainability in food resource management.

**3. Classes & Tree Plantation Drive:** This drive took place at Yellow Point Farms, where students participated in planting fruit species along with vegetables. The drive fostered organic farming practices and aligned with multiple SDGs including SDG 2, contributing to sustainable agricultural practices.

**4. World Food Day:** An interactive session on food sanitization and hygiene was organized for students and government school children. NSS volunteers also conducted a food distribution drive for labourers on campus. The event raised awareness about food security and the importance of sanitation in preventing hunger, supporting SDG 2.

**5. National Nutrition Week:** This week-long event focused on promoting better nutrition and sustainable practices. Activities included a poster competition, expert talks on therapeutic nutrition, and a workshop on the benefits of millets. The event also featured a visit to a hospital dietetics department, a street play on food saving, and a quiz competition, promoting awareness of food conservation and the health benefits of proper nutrition.

**6. Relevance of Innovation in South Indian Cuisine:** This event focused on traditional South Indian dishes where students learned to apply innovative practices to improve nutrition while maintaining authenticity. The use of wild rice for these dishes was emphasized, and participants learned to create sustainable variations of traditional recipes.

## 7. Community Field Visits:

- **Seelai Centre:** Students from the Nutrition and Dietetics program visited Seelai Centre and provided nutrition counselling to women. They conducted BMI and blood pressure assessments and advised on disease management through dietary changes.
- **Community Health Centre (Kalomajra):** Students interacted with postpartum women, offering guidance on maintaining a balanced diet. They also familiarized themselves with health services available at community health centres.

**8. Diwali Community Lunch:** This event aimed at fostering community engagement by serving lunch to construction workers on campus. Around 500 workers were served, and coats were distributed to their children.

**9. Vertical Farming Demonstration:** A demonstration on turmeric vertical farming took place in Kurukshetra. Vertical farming, which maximizes land use efficiency, was shown to produce higher crop yields. The project aimed to promote sustainable agricultural practices aligned with SDG 2.

**10. Organic Farming Training:** A training program on organic vegetable production was held in collaboration with Mi Lifestyle Pvt Ltd, promoting the use of NOP & NPOP-certified agricultural products. This program emphasized the health benefits of organic farming and its role in ensuring food security, supporting SDG 2 and SDG 1.

**11. Community Visit to Old Age Home:** Students visited an old age home to assess the nutritional well-being of elderly residents. They reviewed the food being served and provided suggestions for dietary improvements to enhance the health of the elderly.

**12. Consultancy for Agri Research Centre:** Chitkara University provided consultancy to GRM Overseas Ltd for setting up an Agri Research Centre in Panipat. Field trials were conducted on new rice varieties, contributing to the promotion of food security and national health.

**13. Industrial Field Visit to Verka UHT Milk Plant:** Students visited the Verka UHT Milk Plant to learn about the ultra-high temperature techniques used in milk processing. The visit provided insights into the production of milk-based products, emphasizing their role in nutrition and disease resistance.

**14. World Pulses Day:** A workshop on the importance of pulses in diet was organized for the female supporting staff of the university. The event included demonstrations on processing soybeans into tofu and other nutritious meals, raising awareness about the role of pulses in preventing malnutrition.

**15. Workshop on Indian Sweets & Snacks:** This hands-on workshop taught students about traditional Indian spices, grains, and cooking techniques. Participants explored innovative ways to modify traditional recipes while maintaining their nutritional value. The event promoted SDG 2 by emphasizing healthy, sustainable cooking practices.

**16. Industrial Field Visit to Department of Microbiology:** Students learned about the health benefits of fermented foods and the role of gut bacteria in preventing diseases. The visit covered industrial and food fermentation processes, aligning with SDG 2 by promoting better nutritional practices.

**17. Preconference Workshop on Nutritional Disease Diagnosis:** This workshop discussed the use of AI and machine learning in improving nutrition-related disease diagnosis. Participants explored how personalized nutrition can enhance food security and prevent malnutrition.

**18. Fireless Cooking Competition:** Held during International Nurses Week, this competition promoted healthy eating by encouraging students to prepare nutritious, fireless meals. The event highlighted the benefits of quick, nutritious cooking as a means to reduce hunger and improve health.

**19. Chitkara Mandi Exhibition:** A two-day event aimed at promoting sustainable goals through entrepreneurship. Students procured materials from villagers, fostering economic growth while supporting SDGs 1 to 17 through sustainable business practices.

**20. World Food Safety Day Cooking Competition:** This competition focused on creating kid-friendly, nutritious meals. It encouraged students to showcase their culinary skills and develop healthy recipes, promoting SDG 2 by focusing on the importance of safe and nutritious food.

Chitkara University's food waste management program not only reduces food wastage but also fosters a culture of sustainability, social responsibility, and community engagement. By redistributing food to those in need, repurposing food waste for compost or animal feed, and educating stakeholders, the university sets an example of responsible consumption. These initiatives contribute to achieving global sustainability goals, reinforcing the university's commitment to environmental stewardship and social welfare.

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Event Details	
Topic	Relevance of innovation in building a dish: Focus on South Indian cuisine
Date	18-08-2023
Mode	Offline
Organizer name	Toastmaster International Club
Resource person	Chef Manpreet Singh
No. of participants	73
SDG No.	2,12

### **Objective**

1. To learn the traditional recipes for Masala Dosa, Medu Wada, Masala Uttapam, Sambhar, Idli, Coconut Chutney, Tomato Chutney, and Mint Chutney.
2. To explore innovative food practices that can be applied to traditional South Indian dishes.
3. To understand how to blend authenticity with new culinary methods.
4. To enhance practical culinary skills relevant to the food production department.

### **Description**

The Chef demonstrated Masala Dosa, Medu Wada, Masala Uttapam, Sambhar, Idli, Coconut Chutney, Tomato Chutney, and Mint Chutney dishes to the students and how innovative food practices can be used to make authentic, traditional and nutritious recipes using the new methods. It was a great learning experience for the students and enhanced their knowledge, which would help them in their future endeavors in the food production department.

### **Outcomes**

1. Students can prepare traditional South Indian dishes such as Masala Dosa, Medu Wada, Masala Uttapam, Sambhar, Idli, and various chutneys. They learned to make these dishes with the help of wild rice which is organic and nutritious
2. Participants will implement innovative food practices to enhance traditional recipes.
3. Attendees will skillfully combine authentic recipes with new culinary techniques to create sustainable and modern variations.
4. Students will utilize their enhanced culinary knowledge and skills to excel in their future endeavors in the food production department.

Event Name	National Nutrition Week
Date	01/09/2023 to 08/09/2023
Venue	Chitkara University
Organizer	Nutrition and Dietetics, Allied Health Sciences Department
Resource Person	Dr Poonam Khanna (Associate Professor), PGIMER, Chandigarh Dr. Rakesh Gupta, President SIPHER Mr. Sukhwinder Singh, Designated Officer cum Licensing Authority, FSSAI, Chandigarh Chef Vikash Chawla, Core Hospitality Solutions, Chandigarh were the resource person Dt Deepika Rani (Dietitian), Neelam Hospital
Number of Participants	18
SDG Number	2, 3, 17
Duration	1 week

### About the Activity

Nutrition and Dietetics, Allied Health Sciences Department, CSHS organized an event on the theme- Innovation in Promoting Better Nutrition from 1<sup>st</sup> - 8<sup>th</sup> September 2023 as National Nutrition Week on the eve of National Nutrition Month. Day 1 started with a Poster and Healthy Recipe competition examined by a panel of judges. On day 2, an expert talked with Dt. Deepika Rani, Neelam Hospital, Rajpura. The talk was on “Therapeutic Nutrition and Hospital Diet”. On Day 3, a workshop was conducted on Millets. Dr. Rakesh Gupta, President SIPHER, Dr. Poonam Khanna, Associate Professor DCM & SPH, PGIMER, Mr. Sukhwinder Singh, Designated Officer cum Licensing Authority, FSSAI, Chandigarh and Chef Vikash Chawla, Core Hospitality Solutions, Chandigarh were the



resource persons. The staff members and students explained the benefits of using millet in their daily diet and its health benefits.

Day 4, students were taken for a visit to the Department of Dietetics, Nehru Hospital, PGIMER. The students had a talk with the Chief Dietician, Dr. Nancy about hospital diets, menus, and future perspectives. Day 5 of this event consisted of Nukkad Natak performed

by 2nd-year students of B.Sc (H) Nutrition and Dietetics on the concept of saving food, and saving the future followed by a quiz competition. The event concluded with the distribution of prizes to students in various categories and a motivational address on the importance of nutrition in daily life and how malnutrition affects our energy levels, and physical and mental health by having an impact on an individual's overall quality of life by the Dean of CSHS Dr. Sonika Bakshi.



### **Glimpse of the activity**





Event Name: -	World Food Day
Venue: -	Chitkara University, Punjab and Government Elementary School, Jhansla
Date: -	17 <sup>th</sup> & 18 <sup>th</sup> October, 2023
SDG Number, Name, and NEP: -	2-Zero Hunger, NEP-1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Attendees: -	22
Duration: -	One Day

### **Description of Event**

In this event, we organized a Food Distribution Drive for the labourers working hard at our university. The NSS volunteers went to the construction site in the university to distribute the same. By organizing this event we were overwhelmed by seeing the genuine happiness on their faces.

World Food Day has been used to promote the idea of feeding the world and eliminating poverty in rural areas. World Food Day, celebrated annually on October 16th, is a global initiative dedicated to raising awareness about the critical importance of food security and access to nutritious sustenance for people all around the world. This day serves as a poignant reminder of the need to combat hunger, poverty, and malnutrition while promoting sustainable agriculture and food production practices. It is a moment to reflect on the alarming fact that millions of people still go to bed hungry every day and to recognize the role each of us can play in achieving a world where everyone has enough to eat. World Food Day is a call to action, emphasizing that it is our collective responsibility to ensure that no one goes hungry and that we work towards a future where food is abundant, equitable, and sustainable for generations to come.

**National Service Scheme (NSS), Chitkara University, Punjab**, in collaboration with Chitkara College of Hospitality Management (CCHM), orchestrated an enlightening session on "**Food Sanitization and Hygiene**" to mark the occasion of **World Food Day** on the 17 October 2023.

The event served as a beacon of education and awareness, shedding light on the importance of maintaining impeccable food sanitization and hygiene practices in our daily lives.

Chef Aditya Saxena, a distinguished faculty member at CCHM, Chitkara University, graced the event as the esteemed Resource Person. His expertise and passion for culinary arts made him the perfect guide to impart knowledge on this vital subject.

The NSS volunteers played a pivotal role in engaging with the students from the Government Elementary School in Jhansla, Chitkara's adopted village. They sensitized the young minds about the significance of food safety and hygiene, emphasizing that these practices are not only essential for individual well-being but also for the overall health of the community.

To ensure that the message of food sanitization and hygiene resonated deeply, the students received food packets lovingly prepared by their peers from Chitkara College of Hospitality Management. These food packets were not only a delicious treat but also a testament to the commitment of the university to promote healthy eating habits.

This initiative stood as a commendable endeavour, embodying the spirit of giving back to the community and fostering meaningful connections. It was a powerful reminder that education and awareness are potent tools that can bridge gaps, raise living standards, and create a sense of togetherness. Through this event, NSS, Chitkara University, and CCHM not only promoted food awareness and hygiene but also brought communities together, spreading the joy of sharing.

As the session concluded, the students departed with a deeper understanding of the importance of food safety and hygiene. They carried with them not just knowledge but also a sense of responsibility towards themselves and their community. This collaborative effort between the university and its adopted village exemplified the spirit of World Food Day and served as an inspiring model for creating a positive impact through education and outreach.



Compassionate Food Distribution Drive on World Food Day



NSS volunteers serve and empathize by distributing food on World Food Day



Snapshot of the Food Distribution Drive in full swing, highlighting volunteers' dedication and teamwork



NSS volunteers take a moment to pose for a group picture at the location of the drive



Informative session on food sanitation and hygiene for school students, emphasizing their importance in hospitality



Event Name	Community Field Visit to Seelai Centre (Jhansla)
Date	18/10/2023
Venue	Seelai Center (Jhansla)
Organizer	Nutrition and Dietetics, Allied Health Sciences Department
Resource Person	Dr Shweta Sharma
Number of Participants	18
SDG Number	2, 3, 17
Duration	2 hours

**About the activity**

The B.Sc. (H) 2022 batch of Nutrition and Dietetics visited the Seelai Centre at Village-Jhansla, where they interacted and assessed the BMI and Blood pressure of the female participants. The women participants of the Seelai centers also discussed health ailments like high blood pressure, diabetes, and overweight. The students provided nutrition counseling to the ladies related to the diseases and dietary management they can do for the same. They sensitized them on how malnutrition can adversely affect their health and how they can avoid nutritional risks by taking proper food.



Event Name	Community Field Visit to Community Health Center (Kalomajra)
Date	27/10/2023
Venue	Community Health Center (Kalomajra)
Organizer	Nutrition and Dietetics, Allied Health Sciences Department
Resource Person	Dr. Gurmehar, Medical Officer, Kalomajra
Number of Participants	18
SDG Number	2, 3, 17
Duration	2 hours

### **About the activity**

As a part of their curriculum students of B.Sc. (H) Nutrition and Dietetics 3<sup>rd</sup> semester visited the Community Health Centre (Kalomajra) BSc. Dr Gurmehar, MO, CHC, Kalomajra gave a brief about the CHC and its facilities available.

Students visited different wards including the obstetrics and gynecology ward, where they met the postpartum women and interacted with them about the diet they were following. They sensitized them on how malnutrition can adversely affect their health and how they can avoid nutritional risks by taking proper food. Students also checked the BMI of the patients. Students were made aware of the facilities available at the community health centers like medical stores, labs, and biochemical testing for the diagnosis of different health parameters.



Event Details	
Topic	Diwali Community Lunch
Date	08/11/2023
Mode	Offline
Organizer name	Chitkara College Of Hospitality Management
Resource person	Dr. Siddharth Bedi
No. of participants	500
SDG No.	SDG 2: Zero hunger, SDG 17: Partnership for goals, SDG 8: Decent work and economic growth, SDG 12: Responsible Consumption and Production

**Objective**

1. Promote Community Engagement
2. Foster Appreciation and Recognition
3. Facilitate Collaboration and Partnership
4. Empowerment through Social Responsibility

**Description**

Instilling the value of the members who support an ecosystem to thrive and prosper is the ethos behind organizing the Diwali Community Lunch year after year.

Keeping this tradition alive, academic teams from Chitkara College of Hospitality Management, along with students, in collaboration with The Office of Infrastructure Development & National Service Scheme, Chitkara University, Punjab, organized a Community Lunch for the internal

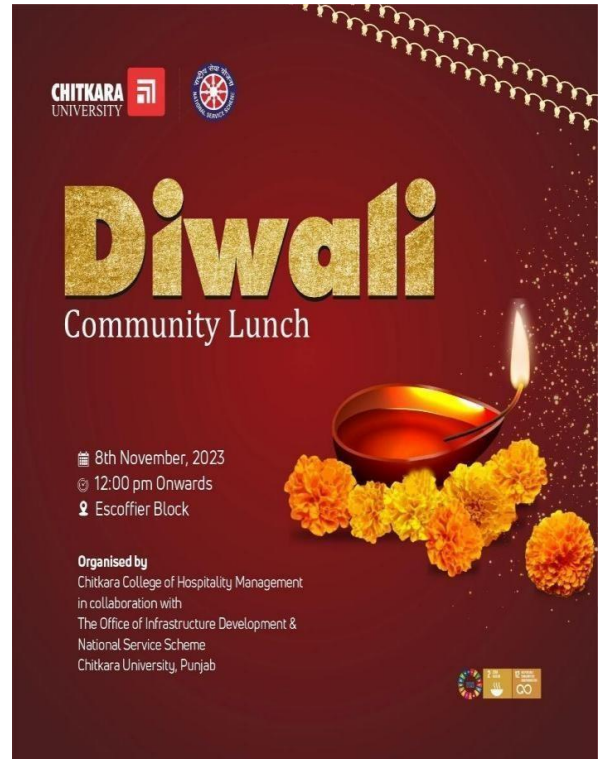




guests of the university, who help shape the entire ecosystem under the guidance of the Office of Infrastructure. A small effort to make them feel important and valued, celebrating the joy of the festival of lights - Diwali. The total number of construction workers served was 500. The National Service Scheme, Chitkara University, Punjab contributed by giving coats to the children of the construction workers.

### **Outcomes**

1. Enhance leadership and organizational skills by planning and executing social responsibility projects, such as providing essential items and food to undernourished and disadvantaged individuals or communities.
2. Foster a sense of belonging and connection among internal stakeholders,
3. Gain an understanding of the importance of community involvement and its impact on creating a supportive and inclusive environment
4. Cultivate a mindset of gratitude and appreciation towards individuals who contribute to the university ecosystem, regardless of their role or position.



EVENT:	Demonstration of Vertical Farming of Turmeric		
Date / Time:	16th Nov 23 /1100-1430 hrs	Mode:	Offline
Location / Link:	Village Amin, Kurukshetra		
Activity In-charge:	Dr Anurag Tewari & Mr. Sube Singh		
No. of Participants:	52 Farmers		
Resource Person	Dr Anurag Tewari		
SDG:	1, 2, 3, 9, 12, 13, & 17		

**Event Details**

The objective of vertical farming is to achieve superior production & quality in lesser areas.

Vertical farming is a highly profitable method involving the production of plants in vertically stacked structures to maximize land utilization and also to overcome the problem of scarcity of resources. Generally, turmeric with high curcumin content is grown in vertical farming under protected cultivation. This ensures us a total production of 50 acres from just a one-acre area. To carry things forward a small demonstration program was organized at the vertical farming unit at Kurukshetra, Haryana.



Observations being made by Yellow Point Farm Team at Vertical Farming Unit in Kurukshetra, Haryana

EVENT:	Training Program on ORGANIC FARMING in Mi LIFESTYLE Pvt Ltd		
Date / Time:	16 <sup>th</sup> Nov /1100-1430 hrs	Mode:	Offline
Location / Link:	Kurukshetra, Haryana		
Activity In-charge:	Dr Anurag Tewari & Mr. Sube Singh		
No. of Participants:	800 Participants		
Resource Person	Dr Anurag Tewari		
SDG:	1, 2, 3, 4, 5, 9, 12, 13, 15, & 17		

## **Event Details**

### **Organic Vegetable Production**

In addition to being a source of highly digestible carbohydrates and nutritionally complete protein, vegetables are also an excellent source of essential nutrients, glucosinolates, antioxidants, fiber, and vitamins, particularly niacin, riboflavin, Thiamin and



vitamins A and C, etc. Green leafy Vegetables such as amaranth, bathua and spinach, etc., are cheaper source of folic acid. Vegetables are the best resource for overcoming micronutrient deficiencies. A judicious mix of vegetables can provide the recommended daily allowance for vitamins, folate, and significant amounts of other essential mineral nutrients required for human health.

Mi Lifestyle is a direct marketing company. They are into various cosmetics as well as agriculture inputs. Their entire agriculture products are NOP & NPOP certified products. Hence, they all can be used in organic farming. In this context, Mi Lifestyle Company frequently organizes training programs for its sales team. In a few training programs, I have been the main speaker wherein I have shared my experiences & viewpoints regarding their products and how they are involved in social welfare.

Organic vegetable production plays a pivotal role in advancing Sustainable Development Goal 1, which aims to end poverty in all its forms everywhere. By promoting sustainable agricultural practices, organic farming not only ensures food security but also generates income for small-scale farmers, empowering them to achieve economic independence.



Event Name	Community Field Visit to Old Age Home (Rajpura)
Date	21/11/2023
Venue	Old Age Home (Rajpura)
Organizer	Nutrition and Dietetics, Allied Health Sciences Department
Resource Person	Dr Shweta Sharma
Number of Participants	18
SDG Number	2, 3, 17
Duration	2 hours

**About the activity**

The B.Sc. (H) 2022 batch of Nutrition and Dietetics visited the old age home at Rajpura, where they interacted with and assessed the BMI of the old age people. To observe the menu and kind of diet given to the geriatric members of the old age home, students also visited the kitchen facility and observed the menu being served to the old age people which included daal khichdi, chappati, rice, and daals in most of the meals. During the visit students individually met the old age home members, asked about their food preferences, and suggested to them the dietary modification required to maintain their well-being. They sensitized them on how malnutrition can adversely affect their health and how they can avoid nutritional risks by taking proper food.



## Event Details

EVENT:	Plantation drive led by Dr V P Sharma Director, Directorate of Mushroom Research		
Date / Time:	26 <sup>th</sup> November 23 /1100-1430 hrs	Mode:	Offline
Location / Link:	Yellow Point Farm, Chitkara University, Punjab		
Activity In-charge:	Dr Anurag Tewari		
No. of Participants:	225 Students		
Resource Person	Dr Anurag Tewari		
SDG:	2,3,5,9,11,13,15,17		

The signing of MoUs has been on the agenda of CHITKARA UNIVERSITY for long. We have already signed an MoU in the field of Agriculture Tourism. Moving ahead on this front we are inching closer to signing MoUs with various like-minded organizations. Amongst these the premier institutions are as follows: Directorate of Mushroom Research (DMR), Solan, Himachal Pradesh.

Dr. V P Sharma (Director – DMR) was kind enough to visit CHITKARA UNIVERSITY, Rajpura campus, Punjab on 26<sup>th</sup> Nov 23. He addressed the students present at Yellow Point Farm & led the plantation drive comprising a variety of fruit saplings such as guava, pomegranate & dragon fruit, etc. Green manure was used for a better crop.

EVENT:	Consultancy provided to GRM OVERSEAS Ltd for setting up an Agri Research Centre MESSIUM group of companies		
Date / Time:	26 <sup>th</sup> Jan 24 /1100-1430 hrs 01 <sup>st</sup> Apr 24 /1100-1430 hrs	Mode:	Offline
Location / Link:	PANIPAT INDIA WHEAT TRIALS		
Activity In-charge:	Dr Anurag Tewari & Mr. Sube Singh		
No. of Participants:	12 Officials 52 Clients		
Resource Person	Dr Anurag Tewari		
SDG:	1,2,16,17		

### **Event Details**

GRM Overseas is one of the largest basmati rice processors & exporters in our country where intricacies of rice crop production technology at their Agri research Centre is done through Chitkara University. Various field trials on new rice varieties are done here contributing to social welfare and overall national health. These field trials are visited by nearby farmers in Panipat district of Haryana. The Agri-research Centre has been established under supervision of an official from Chitkara University, Dr. Anurag Tewari.





Further, as a Chief Consultant in Rising Roots Agriculture Pvt Ltd., Dr. Tewari provides services to several progressive farmers as well as private companies. Rising Roots develops and executes agribusiness, food processing infrastructure, and retail distribution projects worldwide across the agriculture sector. The company works diligently to improve the economic status of the farmers and elevate India to the ranks of the world's developing countries





Event Name	Industrial Field Visit to Verka Ultra High-Temperature Milk Plant
Date	6 <sup>th</sup> Feb 2024
Venue	Verka UHT Milk Processing Plant, Chandigarh
Organizer	Nutrition and Dietetics, Allied Health Sciences Department
Resource Person	Ms Pooja, Trainee, Verka
Number of Participants	18
SDG Number	2, 3
Duration	3 Hours

### **About the Activity**

Industrial field visit conducted on 6/02/24 of BSc. (H) Nutrition and Dietetics batch 2022 to Verka (Ultra High-Temperature Food Processing Plant) at Industrial Phase I, Chandigarh. Students were acquainted with different milk-based processed products and their preparation in the commercial processing plant.

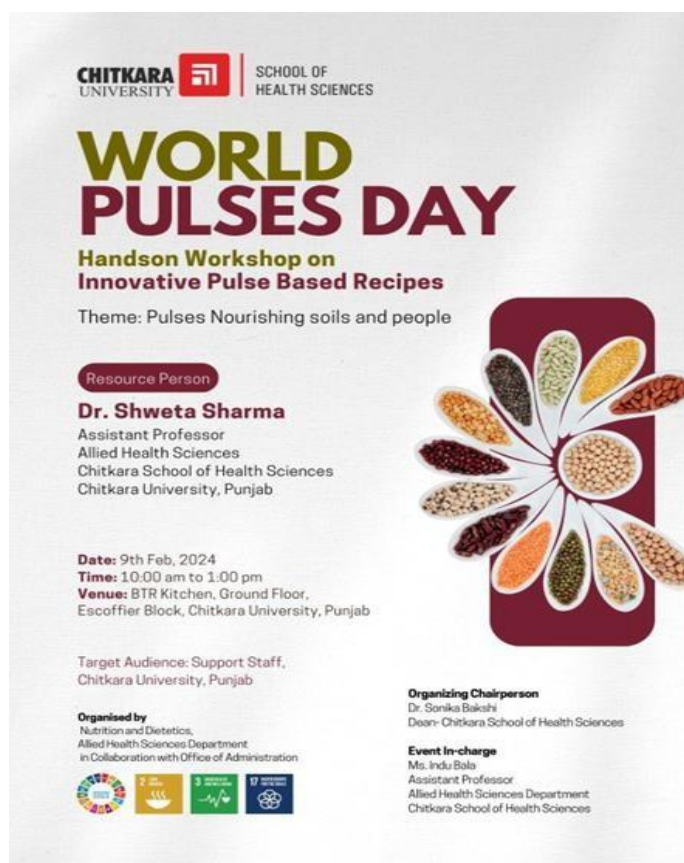
The students observed the use of ultra-high temperature techniques for the processing of milk and milk-based products like ice creams, barfi, and sweets. The information regarding the supply chain and the other Verka plants and their products was also shared with the students during the visit. Milk is high in nutritional value and plays an important role in building resistance against diseases.



Event Name	World Pulse Day
Date	9 <sup>th</sup> Feb 2024
Venue	BTR Kitchen, Ground Floor
Organizer	Nutrition and Dietetics, Allied Health Sciences Department
Resource Person	Dr Shweta Sharma
Number of Participants	20
SDG Number	2, 3, 17
Duration	3 Hours

### About the Activity

The Department of Nutrition and Dietetics, AHS organized a workshop on Innovative Pulse Recipes on the occasion of "World Pulses Day" on 9/02/24. The target group of the event was the female supporting staff of Chitkara University. The event aimed to generate awareness regarding the importance of pulses in diet. The workshop focused on the nutritious ways of preparing recipes using pulses and beans. The supporting staff learned the processing of soybean into soymilk, soy paneer (Tofu), Okara, Salad, and healthy Moong dal poha. They also learned that malnutrition could harm their health.



**CHITKARA UNIVERSITY** | SCHOOL OF HEALTH SCIENCES

# WORLD PULSES DAY

**Handson Workshop on Innovative Pulse Based Recipes**

Theme: Pulses Nourishing soils and people

**Resource Person**  
**Dr. Shweta Sharma**  
Assistant Professor  
Allied Health Sciences  
Chitkara School of Health Sciences  
Chitkara University, Punjab

**Date:** 9th Feb, 2024  
**Time:** 10:00 am to 1:00 pm  
**Venue:** BTR Kitchen, Ground Floor, Escoffier Block, Chitkara University, Punjab

Target Audience: Support Staff, Chitkara University, Punjab

**Organised by**  
Nutrition and Dietetics,  
Allied Health Sciences Department  
in Collaboration with Office of Administration

**Organizing Chairperson**  
Dr. Sonika Bakshi  
Dean- Chitkara School of Health Sciences

**Event In-charge**  
Ms. Indu Bala  
Assistant Professor  
Allied Health Sciences Department  
Chitkara School of Health Sciences

**Glimpse of the Event:**



Event Details	
Topic	Workshop on Indian sweets and snacks
Date	13 <sup>th</sup> March 2024
Mode	Offline
Organizer name	Chitkara College Of Hospitality Management
Resource person	Chef Manpreet Singh   Assistant Professor
No. of participants	45
SDG No.	SDG 2: SDG 12:

1. Learn about common Indian spices, vegetables, and grains used in cooking.
2. Practice cooking methods like tempering (tadka), frying, and simmering to achieve authentic flavors.
3. Gain the ability to modify recipes to suit personal taste preferences and dietary restrictions.
4. Explore the diverse culinary traditions of different Indian states, understanding variations in flavors and ingredients.
5. Enhance presentation techniques to create visually appealing dishes. of presentation, serving etiquette & guest-handling techniques.

**Description**

The objective of this workshop is to achieve mastery in the skills of pasta making, including many culinary techniques, and cater to persons of all proficiency levels in the culinary field for ambitious beginners. The diversity of fresh pasta is evident in its ability to attain a delicate balance when cooked al dente, paired with complementary sauces, and handled with expertise in terms of presentation, serving etiquettes & guest handling techniques. Practical Experience: Lerner engages in a hands-on activity by actively participating in the process of making various Italian sauces with precision, cooking methods, fresh pasta making, garnishing, and plating. Diverse Pasta Tasting: Immerse yourself in a unique tasting experience featuring an array of pasta varieties from around



the globe. Discover the distinct textures, shapes, and flavors that make each pasta style a work of art on its own. Live Pasta-Making Demonstrations:

**Outcomes**

1. Identify and describe common Indian spices, organic vegetables, and grains used in cooking.
2. Recognize the impact of each cooking method on the flavor and texture of dishes.
3. Successfully adjust recipes by substituting or omitting ingredients while maintaining nutrition, flavor, and Texture Balance.

Apply principles of food presentation to create visually appealing dishes, considering color, texture, and arrangement.



Demonstration on ‘Tofu’ Preparation



Event Name	Industrial Field Visit to the Department of Microbiology, Punjab University
Date	2nd April 2024
Venue	Department of Microbiology, Punjab University
Organizer	Nutrition and Dietetics, Allied Health Sciences Department
Resource Person	Dr Naveen, Chairperson, Department of Microbiology, Punjab University, Pb
Number of Participants	18
SDG Number	2, 3
Duration	3 Hours

### **About the Activity**

Industrial field visit conducted on 2/04/24 for the students of BSc. (Hon) Nutrition and Dietetics, 4th semester to Department of Microbiology, Punjab University, Chandigarh. Students visited the Food Fermentation lab, Industrial Microbiology lab, medical microbiology lab, and Probiotics Lab. The students learned about enzymes, bioethanol production, and different capacity fermenters, and solid-state fermenters. Research suggests that there are some health benefits to eating fermented foods. They may help the balance of helpful bacteria that live in your intestines and help you digest food. These microbes also help your immune system fight off harmful bacteria. The students were also made aware of the concepts of gut bacteria and their role in obesity, infertility, probiotics, and waste valorization using different enzymes. The department also gave a briefing about the consultation projects it had achieved with the government.



Event Name	Preconference workshop on “Augmenting Nutritional Disease Diagnosis using Machine Learning and Design Thinking
Date	14 <sup>th</sup> April 2024
Venue	LH-1, Picaso Block, Chitkara University
Organizer	Allied Health Sciences Department, CSHS
Resource Person	Dr. Poonam Khanna, Dr. Rachna Srivastava, Savitesh Kushwaha
Number of Participants	18
SDG Number	2, 3
Duration	2 Hours

### About the activity

A preconference workshop was conducted on the 14<sup>th</sup> of April 2024 as a part of the 12<sup>th</sup> International ADT conference. The first talk was given by Dr Poonam Khanna, Additional Professor, PGIMER, Chandigarh. She discussed how AI has the potential to revolutionize the field of nutrition by providing personalized recommendations, improving food analysis techniques, and driving innovation in food product development for food security. The second talk was given by Dr Rachna Srivastava, Scientist, PGIMER, she discussed about how Planning precision nutrition for individuals with diabetes requires a comprehensive understanding of their unique metabolic needs, lifestyle factors, and medical history. She also informed the participants that maintaining proper nutrition would help them build resistance against illnesses. The last talk and demonstration were given by Mr. Savitesh Kushwaha, who demonstrated coding and programming in the development and deployment of healthcare-related apps.





## Glimpse of the activity



Group photo of the event



Expert talk On App development

## DEPARTMENT OF NURSING

<b>Event Details</b>	
Event Name	International Nurses Week Celebration
Topic	Fireless Cooking Competition
Date	08.05.2024
Mode	Offline
Venue	Nutrition Lab, GB105, Galileo Block
Organizer Name	Ms. Navpreet Kaur, Associate Professor, Department of Nursing, CSHS  Ms. Eenu, Associate Professor, Department of Nursing, CSHS
No. of Participants	28
Under SDG no.	2, 3
SDG Details	SDG 2: Zero hunger  SDG 3: Good health and well-being

### Objectives

- To create awareness regarding the necessity and advantages of healthy eating.
- To encourage the students to stay away from the junk food.
- To provide a platform for students to showcase their talent and explore new areas of interest.
- To encourage students to learn from others and compete on their skills and expertise.

On the occasion of the International Nurses Week Celebration Fireless cooking competition was organized by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab on 8<sup>th</sup> May 2024. The theme of the Fireless cooking competition was “Good Food, Good Mood.” Students prepared yummy bhel puri, sandwiches, healthy biscuits, Indian puddings, mango lassi, etc., and participated

with full zeal and enthusiasm. Dishes were judged based on taste, presentation, creativity, and unique name of the dish by esteemed judges Ms. Gagandeep Kaur and Ms. Amanpreet Kaur, Assistant Professors, Department of Nursing. Judges were overawed by the efforts of the participants. The event not only provided a platform for the students to foster their creativity but also fostered their decision-making skills.



Students preparing their dishes in the Fireless Cooking Competition on 8<sup>th</sup> May 2024



Judges evaluating the dishes of the participants in Fireless Cooking Competition on 8<sup>th</sup> May 2024



Group Photo of all the participants in the Fireless Cooking Competition on 8<sup>th</sup> May 2024

## Outcome

- The competition helped the students explore their hidden talents and discover new areas of interest.
- The students enjoyed the day enthusiastically while taking part in this competition.
- The students learned to prepare nutritious food instantly, to pacify their hunger
- Organic vegetables from farms can be used in this type of cooking

Event Name	Exhibition: Chitkara Mandi
Date	10-11 <sup>th</sup> May, 2024
Venue	VR Punjab, Mohali
Organizer	Dr. Rashmi Aggarwal
Resource Person	Mr. Siddaq Singh
Number of Participants	80
SDGs Covered	1 to 17
Duration	2 days

### About the Activity

The "Chitkaramandi" summer Carnival 2024 was a well-run, interesting workshop with a social cause. Throughout the workshop, the students engaged in a variety of activities that demanded their complete focus and participation and produced a variety of learning outcomes. The students procured most of the material from villagers directly thus providing them with business opportunities. With the aid of various exercises, students defined all of the sustainable goals during the workshop. Students engaged in a variety of interesting activities, such as flash mob dances, bhangra, and *nukkadnatak*, to draw attention to the event in the PVR mall, Mohali. Overall, it was a thorough learning experience with lessons in collaboration and creativity.



<b>Event Details</b>	
Event Name	Cooking Competition on World Food Safety Day
Topic	Kid-Friendly Kitchen Creation
Date	7 <sup>th</sup> June 2024
Mode	Offline
Venue	Nutrition Lab, GB105, Galileo Block
Time	10:00 AM - 12.00 PM
Organizer Name	Ms. Sonali Katoch, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	08
Under SDG no.	2, 3
SDG Details	SDG 2, SDG 3

## **Objectives**

- To create awareness regarding the necessity and advantages of healthy eating.
- To encourage the students to stay away from the junk food.
- To provide a platform for students to showcase their talent and explore new areas of interest.
- To encourage students to learn from others and compete on their skills and expertise.

On the occasion of “World Food Safety Day” a cooking competition was organized by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab on 7<sup>th</sup> June 2024. The theme of this cooking competition was “Kid-Friendly Kitchen Creation”. Students prepared various yummy dishes and participated with full zeal and enthusiasm. Dishes were judged based on taste, presentation, and creativity of the dish by esteemed judges Ms. Kanika Sharma and Ms. Jigyasha Sharma, Nursing

Tutor, Department of Nursing. Judges were overawed by the efforts of the participants. The event not only provided a platform for the students to foster their creativity but also fostered their decision-making skills.



Students preparing their dishes in a cooking Competition on 7<sup>th</sup> June 2024



Judges evaluating the dishes of the participants in the Cooking Competition on 7<sup>th</sup> June 2024

### Outcome

- The competition helped the students explore their hidden talents and discover new areas of interest.
- The students enjoyed the day enthusiastically while taking part in this competition.
- The students learned to prepare nutritious food instantly, to pacify their hunger
- Organic vegetables from farms can be used in this type of cooking

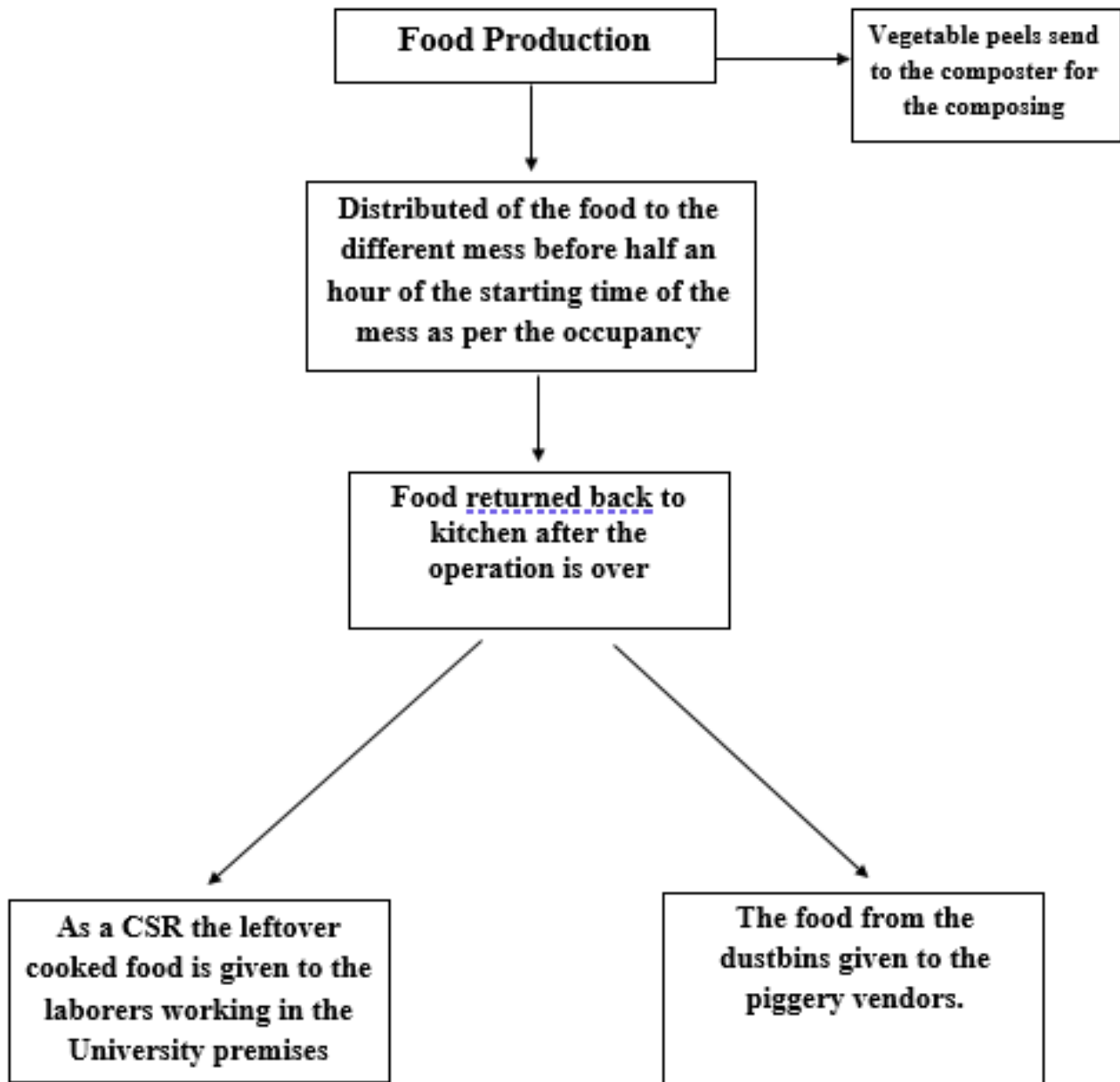
## Stop Food Wastage

Food wastage is a significant concern globally, with institutions like universities playing a very important role in addressing this issue. Therefore, implementing efficient food waste handling processes at Chitkara University not only reduces environmental impact but also fosters a culture of sustainability among students and staff.

At Chitkara University, the food production process begins with the preparation of meals, during which vegetable peels and other organic waste are separated for composting. These vegetable peels are then sent to the in-house composter to be composted into nutrient-rich soil. Once meals are prepared, they are distributed to different mess halls approximately half an hour before the scheduled start time, with portions adjusted based on the expected occupancy of each mess hall. After the meal service is completed, any leftover food is returned to the kitchen for further processing. As part of the university's corporate social responsibility (CSR) initiatives, any remaining cooked food is distributed to laborers working on university premises, ensuring that it does not go to waste. Additionally, any food found in the dustbins is collected and given to piggery vendors, contributing to the circular economy by repurposing food waste as feed for animals. Through these practices, the university strives to minimize food waste and promote sustainability in its operations.



## Food Wastage handling process at Chitkara University



## **"Chitkara University's Commitment to SDGs: Effective Food Wastage Awareness & Reduction program and Community Support"**

**Introduction:** In alignment with the United Nations Sustainable Development Goals (SDGs), particularly SDG 2 (Zero Hunger) and SDG 12 (Responsible Consumption and Production), Chitkara university has implemented a commendable Corporate Social Responsibility (CSR) initiative. These initiatives focus on reducing food waste while contributing to the welfare of labourers working in the university premises.

**Background:** Food waste is a significant global issue contributing to environmental degradation and food insecurity. According to the Food and Agriculture Organization (FAO), approximately 1.3 billion tons of food are wasted annually worldwide. Meanwhile, millions of people suffer from hunger and malnutrition. Recognizing this dual challenge, Chitkara University sought to address both environmental and social issues through a practical initiative. Where daily basis the University is feeding around 25-30 labourers as a corporate social responsibility.

**Initiative Description:** Chitkara University is very much committed to make sure that there is a proper utilization of the food resources used in the university premises. In alignment with this commitment, the university has implemented a systematic approach to make sure to make aware all the stakeholders ( students , staff) about the importance of these resources and also to make sure the there is a proper system where the leftover cooked food is being collected and redistributed from the campus dining facilities. And also, there is a proper system has been formulated where the food wastage from the bins can be reused and disposed properly.

## 1. Technology-Driven Food Preparation

**Objective:** To ensure accurate food preparation and minimize wastage based on real-time student data.

### Implementation:

- The Office of Food & Beverages (Mess Department) utilizes advanced technology to access on-the-spot data regarding student presence in university hostels.
- This data allows the chef in charge to accurately estimate the number of meals required, thus reducing food wastage by preparing quantities that match actual demand.

### Link to SDGs:

- **SDG 12: Responsible Consumption and Production** - By improving food preparation efficiency and minimizing wastage, the program supports sustainable consumption practices.

## 2. Awareness and Education

**Objective:** To educate students and staff on the importance of reducing food wastage and promote sustainable practices.

### Implementation:

- Regular awareness sessions are conducted in collaboration with the University Sustainability Group.
- These sessions aim to inform all stakeholders about the significance of food conservation and the impact of food wastage on the environment and community

### Link to SDGs:

- **SDG 4: Quality Education** - Provides education and promotes learning about sustainable practices and responsible consumption.
- **SDG 12: Responsible Consumption and Production** - Encourages behavioral change towards reduced food waste.

## 3. Transparency and Accountability

**Objective:** To foster a culture of accountability regarding food wastage and enhance awareness.

**Implementation:**

- Whiteboards are strategically placed in dining areas to display data on the previous day's food wastage.
- This practice promotes transparency and encourages stakeholders to be mindful of their food consumption, thereby contributing to waste reduction efforts.

**Link to SDGs:**

- **SDG 12: Responsible Consumption and Production** - Enhances transparency and accountability, fostering a culture of waste reduction.

#### **4. Food Waste Management**

**Objective:** To convert food waste into valuable compost and reduce the overall waste footprint.

**Implementation:**

- Vegetable peels and food waste from the bins in the dining areas are collected and processed using the in-house composter.
- This process converts organic waste into compost, which can be used to enrich the university's gardens and landscaping.

**Link to SDGs:**

- **SDG 12: Responsible Consumption and Production** - Manages food waste effectively by converting it into compost.

#### **5. Proper Disposal of Food Waste**

**Objective:** To ensure responsible disposal of food waste by providing it to local vendors.

**Implementation:**

- Food waste from bins is collected and provided to local piggery vendors.
- This approach ensures that food waste is properly disposed of and repurposed for animal feed, thereby minimizing environmental impact.

### Link to SDGs:

- **SDG 2: Zero Hunger** - Supports local agriculture by repurposing food waste for animal feed.
- **SDG 12: Responsible Consumption and Production** - Ensures proper disposal and reuse of food waste.

### 6. Redistribution of Leftover Food

- **Objective:** To ensure that leftover food is distributed to the labourers engaged in construction and maintenance projects on campus.

### Implementation:

- Leftover food from hostel messes is collected and distributed to labourers engaged in construction and maintenance projects on campus.
- This initiative ensures that nutritious meals are provided to those who contribute to the university's development and may face economic challenges.

### Implementation Process:

1. **Food Collection:** At the end of each day, surplus food from dining halls & from Vasco kitchen is collected.
2. **Distribution:** The collected food is sorted, checked for quality and safety, and then properly distributed. Special care is taken to ensure that the distribution process is organized and respectful of the recipients' dignity.

### Link to SDGs:

- **SDG 1: No Poverty** - Supports economically disadvantaged individuals by providing nutritious meals.
- **SDG 2: Zero Hunger** - Ensures that surplus food is used to feed those in need, reducing food insecurity.
- **SDG 12: Responsible Consumption and Production** - Reduces food waste by redistributing surplus food.

Chitkara University's Food Wastage awareness and reduction Program is closely aligned with multiple SDGs, particularly those focused on sustainable consumption and production, zero hunger, and reducing poverty. The program's efforts in improving food resource management, raising awareness, and supporting local communities reflect a

strong commitment to contributing positively towards global sustainability goals. Through these initiatives, the

university not only addresses food wastage but also advances broader sustainability objectives, reinforcing its role in the global effort towards a more sustainable future.



