



COMPENDIUM ON SUSTAINABLE DEVELOPMENT GOALS 2023

SDG 2: ZERO HUNGER



END POVERTY IN ALL ITS FORMS EVERYWHERE

S NO	CONTENT	PAGE NUMBER
1	INTRODUCTION ABOUT THE SDG 2	2
2	ACTIVITIES AT JSS AHER SUPPORTING SDG 2	3-5
3	CURRICULUM, AWARENESS PROGRAM, WORKSHOPS, EXHIBITION & CONFERENCE SUPPORTING SDG 2	6-18
4	OUTREACH & EXTENSION ACTIVITIES RELATED TO SDG 3 2 ADDRESSING ISSUES RELATED TO HUNGER, FOOD SECURITY, AND POVERTY	19-23
5	EMPOWERING AGRICULTURE FOR A SUSTAINABLE FUTURE	24-
6	TRAINING AND CAREER DEVELOPMENT PROGRAMS FOR STUDENTS	25-27
7	FOOD SAFETY , SECURITY AND MANAGEMNT AT THE CAMPUS	28-32
8	SUSTAINABLE FOOD CHOICES	33-42
9	PROJECTS RELATED TO SDG 2	43-45
10	PUBLICATIONS SUPPORTING T SDG 2	46
11	SUMARY	47-48

1.ABOUT SDG 2



**End hunger, achieve
food security and
improved nutrition
and promote
sustainable agriculture**

Sustainable Development Goal 2 (SDG 2) is a pivotal component of the United Nations' 2030 Agenda for Sustainable Development. SDG 2 is succinctly described as "Zero Hunger" and represents a global commitment to eradicate hunger, ensure food security, improve nutrition, and promote sustainable agriculture by the year 2030. It addresses the fundamental right of every individual to have access to sufficient, safe, and nutritious food, a goal that is integral to enhancing overall well-being and eradicating poverty.

SDG 2 encompasses several key targets, including ending all forms of malnutrition, doubling the agricultural productivity and income of small-scale food producers, ensuring sustainable food production systems, maintaining genetic diversity of crops and livestock, and promoting investment in rural infrastructure and agricultural research. It underscores the significance of addressing food disparities, reducing post-harvest losses, and ensuring equitable access to resources for smallholder farmers.

The achievement of SDG 2 has broad-ranging implications. It not only directly improves the health and livelihoods of individuals but also contributes to the overall advancement of many other sustainable development goals, including poverty reduction (SDG 1), good health and well-being (SDG 3), quality education (SDG 4), gender equality (SDG 5), clean water and sanitation (SDG 6), decent work and economic growth (SDG 8), and climate action (SDG 13).

SDG 2 is both an urgent imperative and a profound opportunity for global cooperation. It calls for concerted efforts by governments, civil society, the private sector, and individuals to enact policies and practices that ensure food security, promote sustainable agriculture, and combat hunger in all its forms. Through SDG 2, the world commits to building a future where no one goes to bed hungry, where food systems are resilient and equitable, and where agriculture is environmentally sustainable. In doing so, we pave the way for a more just and prosperous world for all.

2.ACTIVITIES SUPPORTING SDG 2

JSS Academy of Higher Education and Research (JSSAHER) demonstrates a steadfast commitment to Sustainable Development Goal 2 (SDG 2), "Zero Hunger." The institution's dedication to this global agenda is evident through a range of initiatives aimed at addressing food-related challenges and promoting sustainable food systems. Here's an in-depth look at JSSAHER's commitment to SDG 2:

1. Reducing Food Waste: JSSAHER recognizes the critical issue of food waste and its impact on food security. The institution has implemented strategies to minimize food waste generated within its premises. This includes raising awareness among students and staff about the importance of reducing food waste, optimizing portion sizes in the cafeteria, and implementing efficient meal planning to minimize surplus food.

2. Sustainable Food Procurement: JSSAHER prioritizes sustainable food sourcing. The institution partners with local farmers and suppliers to ensure the procurement of fresh, locally-produced, and organic foods whenever possible. By supporting local agriculture, JSSAHER contributes to the economic well-being of the community and reduces the carbon footprint associated with food transportation.

3. Nutrition Education: The university is committed to educating its community about proper nutrition and the importance of a balanced diet. Seminars, workshops, and awareness campaigns are regularly organized to promote healthy eating habits. JSSAHER aims to empower students and staff to make informed food choices, which aligns with SDG 2's focus on eradicating malnutrition and ensuring access to safe, nutritious food for all.

4. Food Security Initiatives: JSSAHER extends its commitment to food security beyond its campus. The institution actively participates in community-based initiatives, such as food banks and outreach programs, to provide meals and food supplies to marginalized and underserved populations. By addressing local food insecurity, JSSAHER aligns its efforts with SDG 2's goal of ending hunger in all its forms.

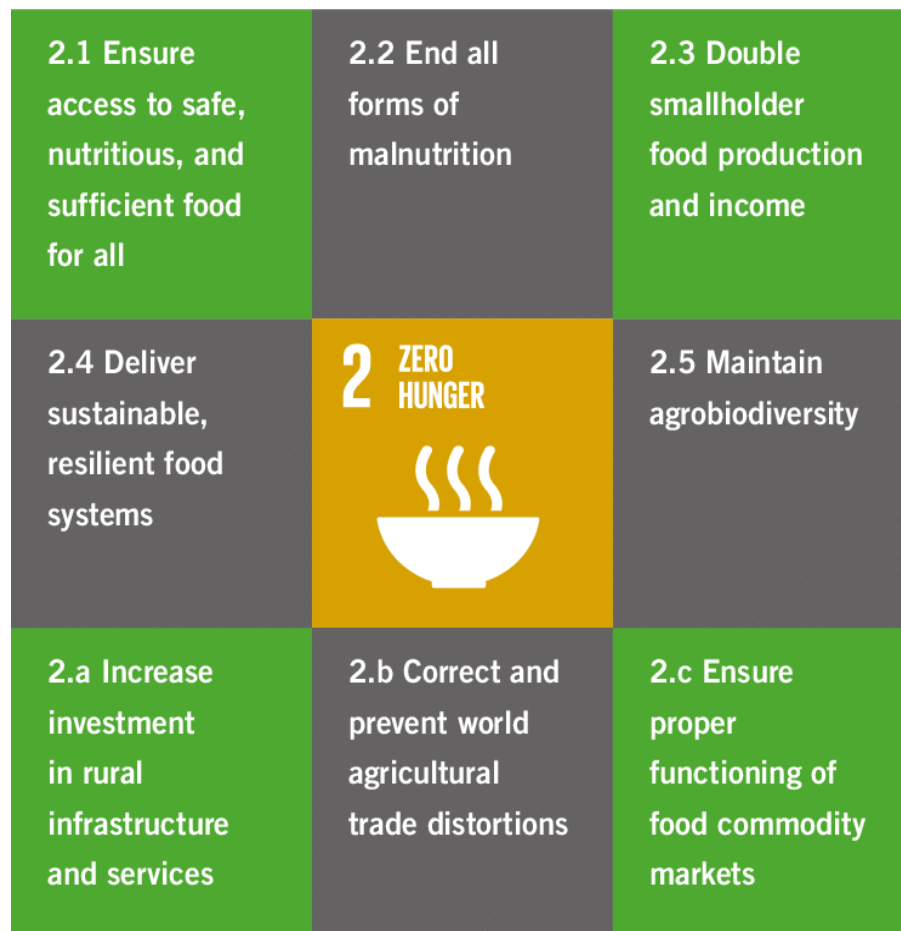
5. Research and Innovation: JSSAHER leverages its academic and research expertise to explore innovative solutions for food security and sustainability. Faculty and students engage in research projects focused on improving agricultural practices, reducing post-harvest losses, and enhancing the nutritional value of food products. These initiatives contribute to SDG 2 by promoting sustainable agriculture and food production.

6. Collaboration and Advocacy: JSSAHER recognizes the importance of collaborative action in achieving SDG 2. The institution collaborates with government agencies, non-profit organizations, and international bodies to advocate for policies that address food security and nutrition at both local and global levels. This advocacy extends to supporting international initiatives that aim to eliminate food disparities and hunger.

7. Monitoring and Reporting: JSSAHER maintains a robust system for tracking and reporting progress toward SDG 2. The university regularly assesses its food waste reduction initiatives, nutrition education programs, and community outreach efforts. This monitoring ensures accountability and allows for continuous improvement.

JSSAHER's comprehensive commitment to SDG 2 underscores its role as an active participant in the global effort to eliminate hunger, improve nutrition, and promote sustainable agriculture. Through these initiatives, JSSAHER strives to create a campus environment that not only nourishes the intellect but also actively contributes to the well-being of its community and beyond

The Targets of SDG 2 are:



Hunger is the leading cause of death in the world. Our planet has provided us with tremendous resources, but unequal access and inefficient handling leaves millions of people malnourished. SDG 2 has eight targets and 14 indicators to measure progress. The five *outcome targets* are: ending hunger and improving access to food; ending all forms of malnutrition, agricultural productivity, sustainable food production systems and resilient agricultural practices; and genetic diversity of seeds, cultivated plants and farmed and domesticated animals; investments, research and technology. The three *means of implementation targets* include: addressing trade restrictions and distortions in world agricultural markets and food commodity markets and their derivatives. There are five hunger-fighting initiatives taken by the Indian Government includes National Nutrition Mission (NNM), National Food Security Mission, Zero Hunger Programme, Eat Right India Movement and efforts towards Food Fortification.

JSSAHER has contributed towards achieving the targets of SDG2 through various activities such as creating awareness among the public by conducting various outreach programs and through guest lectures, and presentations. In addition, it has made an immense contribution to scientific knowledge related to malnutrition, through various research projects and publications.

EFFORTS TAKEN TO COMBAT ZERO HUNGER

NUTRITIONAL
AWARENESS

FOOD SAFETY
AND SECURITY
AT THE
CAMPUS

EFFICIENT
MANAGEMENT
OF FOOD
WASTE

Curriculum enriched with managerial and societal concepts

Training students for entrepreneurship skills, hospital postings , internship to help students to develop the skills for employability; there by contributing to zero hunger

Industrial visits, expert lectures and campus recruitments to enhance the student employment opportunities

I. CURRICULUM

JSS Academy of Higher Education and Research (JSS AHER) has taken significant steps to align its curriculum with Sustainable Development Goal 2 (SDG 2), "Zero Hunger." The institution's curriculum is meticulously designed to provide students with a well-rounded education that extends beyond theoretical knowledge. JSS AHER is dedicated to preparing students for the job market while also instilling in them the values and skills needed to contribute to the eradication of hunger and food insecurity.

The curriculum includes subjects that focus on various aspects of management, providing students with a solid understanding of the theories and practices underpinning effective management. Moreover, JSS AHER's unique approach blends classroom lectures with hands-on learning experiences. Students not only gain academic knowledge but also receive on-the-job training through daily hospital postings and internships with healthcare organizations. This holistic approach equips students with a comprehensive understanding of how organizations function in their day-to-day operations.

Crucially, the curriculum integrates several subjects related to nutrition and hunger eradication, emphasizing the importance of these issues in today's world. Students are not only educated on these critical topics but are also encouraged to take part in outreach programs and National Service Scheme (NSS) activities. These activities instill empathy and respect for underprivileged communities and inspire students to work towards ensuring these communities have access to safe and nutritious food.

JSS AHER's commitment to incorporating SDG 2 into its curriculum ensures that graduates leave the institution not only academically prepared but also equipped with a strong sense of social responsibility. These students are poised to make valuable contributions to the global effort to achieve "Zero Hunger" by 2030.

JSS Academy of Higher Education and Research (JSS AHER) has developed a robust set of outreach programs aimed at supporting the global initiative of achieving "Zero Hunger" by 2030, in alignment with Sustainable Development Goal 2 (SDG 2). These outreach programs reflect the institution's commitment to addressing food insecurity and malnutrition at the community level. Here are some of the key elements of JSS AHER's outreach initiatives supporting "Zero Hunger":

1. **Nutrition Awareness Campaigns:** JSS AHER conducts regular nutrition awareness campaigns in local communities. These campaigns educate individuals and families about the importance of balanced diets, proper nutrition, and healthy eating habits. By raising awareness about the significance of good nutrition, these programs help combat hunger and its underlying causes.
2. **Food Drives and Donations:** The institution organizes food drives and donations to provide meals and essential food items to underprivileged communities. This includes distributing food packages to families in need, supporting local food banks, and collaborating with non-profit organizations to ensure a steady supply of food to those facing hunger.
3. **Collaborations with Local Farmers:** JSS AHER works closely with local farmers to support sustainable agriculture. By partnering with farmers, the institution promotes responsible farming practices, the cultivation of diverse crops, and efficient food production. This not only boosts the local agricultural economy but also ensures a more consistent food supply.

4. Community Gardens:

The university encourages the establishment of community gardens in collaboration with local communities. These gardens provide a sustainable source of fresh fruits and vegetables to supplement the diets of community members. It also imparts knowledge about agriculture and gardening practices.

5. Health Clinics and Nutrition Counseling:

JSS AHER extends its outreach to include health clinics and nutrition counseling services. Accessible healthcare and nutritional guidance are essential components of the effort to combat hunger and improve overall well-being.

6. School Meal Programs:

The institution collaborates with local schools to implement school meal programs. These initiatives ensure that children have access to nutritious meals during their school day, contributing to better learning outcomes and food security for families.

7. Research and Innovation:

JSS AHER supports research and innovation projects aimed at improving food production, distribution, and preservation methods. These innovations have the potential to reduce food waste and enhance food security.

8. Advocacy and Policy Support:

The institution engages in advocacy efforts to influence policies and practices related to food security. By working with government bodies, NGOs, and other stakeholders, JSS AHER contributes to the development of policies that prioritize food access and nutrition.

9. Collaboration with NGOs and International Organizations:

JSS AHER collaborates with non-governmental organizations (NGOs) and international agencies dedicated to addressing hunger and malnutrition. These partnerships amplify the impact of the institution's outreach efforts.

10. Education and Awareness:

Through seminars, workshops, and community events, JSS AHER educates local and national communities about the importance of achieving "Zero Hunger." These educational initiatives aim to mobilize individuals and communities to take action in the fight against hunger.

By engaging in a multifaceted approach to address food insecurity and malnutrition, JSS AHER is actively contributing to SDG 2 and demonstrating its commitment to creating a world with "Zero Hunger."

II. NUTRITIONAL AWARENESS PROGRAM

A). National Nutrition Week Program .

Nutrition is the focal point of health and well-being. In other words, it allows you to be strong, provides you with the energy to do the things you want to do, and makes you look and feel your best. The aim of the program is to create nutrition awareness through training education, seminars, competitions, road show and campaigns.

National Nutrition Week 2022 program was organized by Dept. of Pharmacy Practice, JSS College of Pharmacy, Ooty between 1 – 7th September 2022.

The programme contents of the nutrition week include:

- Nutrition Awareness - Key to Healthy Nation –Power Point presentations
- Nutrition Awareness Campaign in Community (including Schools)
- Activities and games for middle school children
- Preparation of Nutritious Food charts (to be placed in schools)

GLIMPSES OF THE EVENT



Student volunteers measuring the Height and weight of the children for Nutrition week program



Fruit Salad - A small gift to school children to promote the nutritious food



School Children doing Nutrition Week activity



B). workshop on Nutritional Assessment in National conference, MY NUTRICON 2022

Pre- conference workshop was formally started by watering a plant by the Chief guest Dr Ragavendra P, Scientist C, ICMR- NIN, Hyderabad, the Guest of Honor Dr M N Suma, Vice Principal (Pre Clinical), JSS MC, Organizing Chairperson Dr. Sunil Kumar D, Professor and Head, Department of Community Medicine, JSS MC and Organizing Secretary Dr. Praveen Kulkarni, Vice Principal (Para Clinical) and Associate Professor, Department of Community Medicine, JSS MC.

The session started with the introduction of the participants and 1st topic of the session was Nutritional assessment: Introduction, Methods, Interpretation, Application at Community by Dr Raghavendra P, Scientist C, ICMR- NIN, Hyderabad.

The next session was on nutritional assessments and BCA- Basic and Data Interpretation by Dr Sushma Appaiah, Founder Director Golz Nutrition and Diet Solutions, Certified Nutrigenomics Expert, Convener Indian Dietetics Association (IDA), Mysuru.

Hands-on sessions were conducted in the afternoon where Anthropometry in Under five children and another session using Anthropac Software for anthropometry data was taken by Dr. Raghavendra P. The hands-on session on BCA and its applications in health and disease management was taken by Dr. Sushma Appaiah. Around 42 participants had enrolled for the pre- conference workshop.



Hands-on session by guest Dr Sushma Appaiah, Founder Director Golz Nutrition and Diet Solutions, Certified Nutrigenomics Expert, Convener Indian Dietetics Association (IDA), Mysuru.

C). National Conference on public health nutrition MY NUTRICON

Theme –Public Health Aspects of Nutrition towards Sustainable Development Goals

The first session of the conference began with a technical session which addressed Nutrition through life course approach. The resource persons were Dr Savita M R, Dr Vidya Thobbi and Dr Pratibha pereira, they Navigated us through the importance of adequate nutrition requirements and consumption in various life stages. The session was chaired by Dr Suma M N and Dr. Suma K B. The technical session was followed by Research simplified with CO-guide REAP. Dr G Muralimohan Reddy gave a comprehensive session on the utilisation of REAP as an effective research execution tool. The third session of the day was keynote address by Dr Raghavendra P, Scientist-C from ICMR-NIN, Hyderabad who emphasized on the public health aspects of nutrition towards achieving sustainable development goals. Subsequent session was technical session on Food safety and consumer protection. The speakers for the session were Dr Kausalya S, Dr Sheetal Gupta, and Dr B P Mahesh. The role of FSSAI regarding food safety, eat right India movement, Steps to ensure food safety.

The day one ended with panel discussion moderated by Dr Smitha M C on the theme 'cultural and nutrition' panelists included Dr Manjunatha S N, Dr Tejeswini C J and Dr.Aravind Kasturi.

On Day 2, the first session was advances in nutrition research. The speakers were Dr. Jyothi Lakshmi,Dr. Sunil Kumar D R and Dr Praveen Kulkarni who spoke on topics like research strategies to enhance bioavailability of iron for alleviation of anaemia, newer nutrition research initiatives, research on food fortifications and dietary diversification, about comprehensive Holistic approach needed to bring about nutritional changes . This was followed by scientific paper presentations along with various competitions which were organised like just a minute talk, fruit and vegetable carving and POSHAN Gyan:an innovative poster making competition on nutrition.Post lunch session was by Dr Sushma appaiah who gave an orientation about Golz- nutrition and diet solution and role of salutary Nutri foods towards developing therapeutic food formulations.

Total of 448 delegates had registered for the conference. There were 108 oral / poster presentations held on day 2 of the conference. A food exhibition was conducted by Anganwadi teachers highlighting the importance of nutritious diet. There were other competitions which were held like, POSHAN GYAAN: EDUCATIVE POSTER designing, fruit and vegetable carving and JUST A MINUTE TALK.The conference ended with valedictory function followed by distribution of certificates to the delegates and prize winners.



D).World Food Day Celebrations

As a part to commemorate Azadi ka Amrit Mahotsav; World Food Day-2022 was celebrated on 28th October 2022. The programme was organized by NSS unit JSS AHER, Mysuru (Dept. of Nutrition & Dietetics and Department of Health System Management Studies, JSSAHER) in association with the Department of Women & Child Development, Mysuru. The programme included scientific sessions and various competitions. The theme for World Food Day was Leave No-one Behind - Emphasizing Traditional Foods on Women's Health Empowerment. The participants were Anganwadi workers, supervisors, and trainers from various taluk of Mysuru including T.Narsipura, K.R.Nagara, Rural Mysuru, Urban Mysuru, Nanjungudu, Billigere, H.D. Kotte, Hunsuru and Periyapatna.



E).Awareness on “No Food Waste” through Posters

The department promotes awareness on ‘No Food Wastage’ through poster displays in the cafeteria located in the building.



F). Programmes and activities organized aligning to this goal

The Department of Nutrition and Dietetics put up a stall of Millets and millets products at the **Suttur Jatra Mahotsav-2023 Exhibition, Suttur, Mysuru, from January 18th to January 23rd, 2023**. On the stall, various products made of millet were displayed, and the visitors were educated and made aware of the health benefits of the different millet varieties. Information regarding the health benefits and non-communicable disease prevention of millet varieties like Finger Millet, Pearl Millet, Foxtail Millet, etc. was displayed. Also, a nutritional assessment of the visitors was conducted, where height, weight, and BMI were assessed. Students and faculty were actively involved in each activity to make visitors aware of nutrition and health. This in turn helped students get practical exposure to counselling community people.



Students of the Department of Nutrition & Dietetics, Mysore JSS AHER, interacting with the visitors at the Suttur Jatra

G).Medical Exhibition conducted at Suttur Jathra - 2023

The Annual Jathra Mahotsava of Adi Jagadguru Sri Shivarathreeshwara Shivayogi Mahaswamigalu was held at Suttur Sriksheetra for a duration of six days from January 18th to January 23rd, 2023. As a part of the Jathra Mahotsava, several programmes and exhibition were organized at JSS Suttur school grounds with a view to encourage and inculcate a scientific and educational temper amongst rural people.

The Medical exhibition was inaugurated on 18th January 2023 by Junior Jagadguru Jayarajendra Swamiji. Dr.C.G. Betsurmath, Executive secretary (CEO), Dr.Basavana Gowdappa. H, Principal of JSS Medical College, Dr. Suma. M.N, Vice-Principal of JSS Medical College were also present during this occasion.

The theme of this year's exhibition was "Nutrition is the best Medicine". Specifically, this theme was selected with an intention to educate the population across the life course on good nutrition, which is vital to an individual's health. A total of ten departments of JSS Medical College participated in the exhibition with great enthusiasm. The exhibition was open to the public between 9.00 am to 9.00 pm on all days.



Department of Physiology measured BMI for a total of 640 people and counselling was done for obese people. Several charts regarding hazards of smoking, menstrual hygiene chart, adverse effects of obesity and benefits of normal weight, importance of exercise, yoga and daily regular physical activities. Visiting public admired the model which created awareness about the types of food that provide good nutrition.



Department of Biochemistry screened for Diabetes and Anemia and created awareness regarding management of Diabetes. A total of 1055 subjects were screened for diabetes and individuals with CBG > 200mg/dl were educated and counselled about the management of diabetes in terms diet and lifestyle modifications. 862 subjects were screened for anemia and those individuals who had Hb <10gm/dl were advised about life style modifications, diet, treatment and complications of anaemia.

Department of Pathology displayed Posters on Nutritional problems and Health education was provided on different vitamin deficiencies, foods rich in particular type of vitamins, associated clinical symptoms, diagnosis and treatment. Pathology specimens on stomach cancer, breast cancer, endometrial cancer, colon cancer and peptic ulcer and various types of vegetables, fruits and pulses that are recommended to consume were also displayed.

Department of Microbiology provided education on Effect of nutrition on gut microbiota- Prebiotics & probiotics effect on human beings, Hand hygiene practices. Food poisoning and its causes. Public were educated on food hygiene practices through street play.



Department of Community Medicine educated public by displaying the charts related to good nutrition across life course i.e., during childhood (less than 5 years), adolescence (between 10-19 years), adulthood (Male and Female), pregnancy, post-delivery as well as geriatric age (above 60 years) in the local language. Pamphlets were also distributed to the public across different age groups which had information on right dietary practices, dos and don'ts in nutrition, food pyramid, information on seasonal foods etc. Diaguru app was used to provide health education to the diabetic patients. The difference between good and bad nutrition was taught through fun video games and nutrition wheel to the children and adolescents which was very much appreciated. Several assessments were made, including assessment of Body Mass Index (BMI), clinical symptoms of micronutrient deficiencies among children and adolescents, assessment of nutrition in geriatric population, awareness of vitamin D and healthy lifestyle practices among adults, awareness regarding role of nutrition in cancer prevention, and nutrition awareness among pregnant and lactating mothers. Based on the findings appropriate education and referrals were made. Puppet show: Health education was provided through puppet shows on general health and wellbeing and also on the role of nutrition in health, by Mr. Gunduraj and Team from Hassan. Shadow play was also screened by the same team during nighttime. Short movies screening: short movies on nutrition, maternal health, child health and family planning were screened in a separate movie screening room adjacent to the department stall to create awareness regarding the same.

H). Training / Workshops (External) attended by the faculty

Name of the faculty	training	Date	
Dr Kavya G Upadhya	Clinical nutrition Course	6 th Jan 2023	
Dr. Anjali Devi B S	Symposium on Revisiting Millets for Food & Nutrition Security – Siridhanya Sukhadhanya	19-20 May 2023	
Dr. Sujatha P	symposium on Revisiting Millets for Food & Nutrition Security – Siridhanya Sukhadhanya	19-20 May 2023	
Anshu Kumar Yadav	symposium on Revisiting Millets for Food & Nutrition Security – Siridhanya Sukhadhanya	19-20 May 2023	

I). Mynutricon-2022 Conference on Public Health Aspects of Nutrition

Syeda Farha S, from the Department of Nutrition and Dietetics, SLS Mysuru, received the Best Paper Award at the Mynutricon-2022 Conference on Public Health Aspects of Nutrition towards Sustainable Development Goals on December 8 and 9, 2022, conducted by the Department of Community Medicine.



National Symposium on Revisiting Millets for Food and Nutritional Security-Siridhanya Sukhadhanya and Padmashri Dr. Kader Vali addressing the benefits of millets

J). Revisiting Millets for Food and Nutritional Security-Siridhanya Sukhadhanya Symposium related news in local language Kannada news paper

A glimpse of the national symposium on Revisiting Millets for Food and Nutritional Security-Siridhanya Sukhadhanya", eminent speakers from CFTRI, DFRL, the University of Mysore, Avinashalingam University, Dietitians, and entrepreneurs have addressed the history, Milling, functional properties, NCD prevention, product development, and anti-diabetic properties of the millets. As part of the International Year of Millets (IYM) 2023, a two-day National Symposium on "Revisiting Millets for Food and Nutrition Security-Siridhanya Sukhadhanya" was organized by the Department of Nutrition & Dietetics, JSS Academy of Higher Education & Research, Mysuru, sponsored by DST-Promotion of University Research & Scientific Excellence (DST-PURSE), and held on May 19th and 20th, 2023. The event was inaugurated by the Chief Guest, Dr. Khadar Valli, Padma Shri Awardee & Independent Scientist, on May 19, 2023. The event was presided over by Dr. Manjunatha B., Registrar, JSS AHER. Guests of Honour Dr. Vishal Kumar Gupta (Dean Academics) and Dr. Raveesha KA (Dean Faculty of Life Sciences) were present alongside organising Chairperson Dr. Vanitha Reddy P (Coordinator, Dept. of Nutrition & Dietetics) and Organising Secretary Dr. Shweatha H E (Assist Prof, Dept. of Nutrition & Dietetics). Dr. Ann Catherine (Assistant Professor, Dept. of Microbiology) and all the faculty of the Dept. of Nutrition & Dietetics and organising committee members were present.

To promote good health and well-being among elderly individuals, continuous attempts have been made by the government of India by conducting programme (Webinars) to encourage healthy nutrition among elderly individuals and to promote good health and quality of life. In this regard, an invited talk was given by Ms. Syeda Farha S, Assistant Professor, Department of Nutrition and Dietetics, on "Nutrition and Psychological Distress in Elderly" and 'Nutrition in Alzheimer's" on 07. 10. 2022 and 17.02.2023.

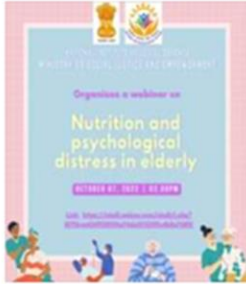
The programme was organised by the National Institute of Social Defence, Ministry of Social Justice and Empowerment, Government of India.

National Institute of Social Defence - NISD

#WebinarAlert: An #awareness prog. on "Nutrition and #psychological distress in #elderly" will be held on #October7 at 3.00pm. Ms. Syeda Farha S (PhD), Assistant Professor, #Nutrition and #Dietetics, will be the resource person for the event, aimed at sensitising others about #mentalhealth and #healthy eating habits for a #fit & #active #seniorliving.

To join, click: <https://nisd1.webex.com/nisd1/j.php?MTID=m4349f28f30a74de07533fc4b8a768f5>
Follow us to stay updated on #training courses, #webinars and #awareness programs on #ageing-related topics.

#seniorcitizens #oldagecare #elderlycare #elderlycaregiving #elderlypeople #productive #elderlycaregiving #healthylifestyle #nutrition #fitness #fitnessmotivation #healthyfood #healthcare World Health Organization (WHO) Ministry of Health and Family Welfare, Government of India Silver Innings Nightingales Medical Trust - Age Care DadiDada Foundation Ministry of Social Justice and Empowerment, Government of India HelpAge India Nightingales Medical Trust - Dementia Care



A large banner for a webinar. The background is a deep red with intricate golden mandala patterns. At the top left is the NISD logo, and at the top right is the Government of India emblem. The text on the banner reads: "National Institute of Social Defence Ministry of Social Justice & Empowerment Government of India". Below this, it says "WEBINAR ON : NUTRITION IN ALZHEIMER'S BY: MS. SYEDA FARHA S". The date and time are listed as "ON : 17-02-2023 AT 11:30 AM". At the bottom, it provides the link to join: "Click the link for joining the Webinar : https://nisd1.webex.com/nisd1/j.php? MTID=m496506ddcdd0d9208a66cad49457e2c3".



NutrCal
by NSR

NUTRITION DIGITALISATION WORKSHOP

ON THURSDAY, 08 JUNE 2023 START AT 10:00 AM

Giveaway
NSR-NutriCal will be provided at a subsidized price.

This workshop is organised by the JSS Academy of Higher Education & Research, Department of Nutrition and Dietetics, Mysuru.

01 NSR-NutriCal Step-By-Step Demo, with Live Q/A Session.

02 Student interaction on Entrepreneurship in Nutrition

SPEAKER

CHAIRPERSON



New Sports Nutrition & Dietetics lab and equipment



III. OUTREACH PROGRAMMES CONDUCTED BY THE INSTITUTION SUPPORTING SDG 2

Awareness & Nutrition programme in Anganwadi at JSS Urban Health Centre, Mysuru.

To raise awareness about nutritional aspects of cancer in light of World Cancer Day (4th February 2023) an awareness programme was held by the Department of Community Medicine, JSS Urban Health Training Centre, Bamboo Bazaar, and PHC, Bannimantap on 5th Feb. 2023. The programme was conducted in Anganwadi, MCC colony, near the railway circle, Bannimantap. The head sister of PHC, Bannimantap, a medico-social worker and medical officer addressed the gathering.



After the discussion, a short ten-minute video was played on the awareness and prevention of cancer in the Kannada language., then queries by the people were answered. This was followed by Health education on the importance of maternal and child nutrition and weaning was given. The “Seemantha” ceremony for pregnant women was also conducted on the same day.

The JSS Krishi Vignana Kendra (Agricultural Sciences Centre) was established to improve the economic conditions of farmers in the field of agriculture, animal husbandry and rural development. The centre offers training, transfer of technology, material assistance and holds demonstrations and exhibitions in order to educate the farmers in modern agricultural methods. The publication division not only sponsors priceless books but is also involved in religious publicity activities.

EDUCATING FOR FOOD SECURITY: JSS INSTITUTION'S COMMITMENT TO SDG 2 AND BEYOND

The JSS Institution's initiative to provide free primary and high school education to around 4,000 underprivileged children, along with essential support like free uniforms, books, and boarding and lodging facilities, plays a significant role in advancing Sustainable Development Goal 2 (SDG 2) and addressing issues related to hunger, food security, and poverty. Let's elaborate on how this initiative aligns with and supports SDG 2:

1. **Education as a Pathway to Food Security:** Providing education to underprivileged children is a fundamental step in breaking the cycle of poverty and food insecurity. Education equips children with the knowledge and skills they need to improve their long-term economic prospects. As they grow up, educated individuals are more likely to secure better employment and earn higher incomes, reducing the risk of food insecurity. Education also increases their ability to make informed decisions about nutrition and health, which are essential components of achieving food security.
2. **Eliminating Barriers to Education:** By offering free uniforms, books, and boarding and lodging facilities, the JSS Institution removes financial barriers that often prevent underprivileged children from attending school. These barriers can include the cost of school supplies, transportation, and accommodation. By addressing these challenges, the initiative ensures that children can focus on their studies without being burdened by economic constraints, further contributing to SDG 2's objectives.
3. **Inclusivity and Non-discrimination:** The fact that the project reaches out to children without discrimination based on caste and religion is crucial for achieving SDG 2. This goal emphasizes the need to ensure that everyone has access to food security, nutrition, and education, regardless of their background. By providing education without discrimination, the JSS Institution promotes inclusivity, equality, and social justice. This inclusive approach helps in addressing not only the immediate needs of children but also the long-term goals of reducing poverty and hunger.
4. **Community and Public Support:** The project being highly lauded by the public is a testament to its positive impact on the community. Public support and recognition are vital for the success and sustainability of initiatives like this. It reflects the awareness and commitment of the community to address the issue of education and, by extension, the underlying factors that contribute to hunger and food insecurity.

In conclusion, the JSS Institution's commitment to providing free education and support to underprivileged children is a commendable effort in addressing the multidimensional challenges associated with SDG 2. By ensuring access to education and basic necessities, the institution empowers children to break the cycle of poverty and improve their prospects for a more food-secure and prosperous future. This initiative not only addresses immediate educational needs but also contributes to the broader goals of poverty reduction and sustainable development.

FREE MID-DAY MEALS TO CHILDREN STUDYING IN SCHOOLS FROM RURAL AREAS

Children from economically backward and underprivileged community exhibited poor health and poor learning ability due to lack of proper nutrition. To address this issue JSS Institutions decided to provide free mid-day meals to children studying in schools from rural areas. Besides, this program aims at improving the attendance and retention rate of children enrolled in schools from rural areas. This initiative not only supports the educational objectives of the schools but also tries to bring in social equity in society.

JSS Academy of Higher Education & Research along with parent institution JSS Mahavidyapeeta-sponsors "Akshara Dasoha" (mid-day meal scheme) in Schools in backward Chamarajanagar District . While the government provides mid-day meals to students of government schools upto the 5th standard and plans to extend the same to 6th and 10th standards, the JSS goes a step ahead and will provide meals to students from 1 to 10th standard students .

Over 10,000 students are benefit from the JSS Akshara Dasoha scheme in backward Chamarajanagar district. The main schools has kitchen at a cost of Rs 13 lakh by JSS to provide food to children. Food is transported to 62 schools in the taluk in specially- designed buses for which the organisation has provided Rs 18 lakh.

The scheme's formal launch was coincide with the 88th jayanti celebrations of Dr Shivaratri Rajendra Swami, the 23rd guru of Suttur Math, who set up the Mahavidyapeeta in 2003. Ever since this "Dasoha" program is supporting thousand of hungry school children in this socio economically backward district of Karnataka State in India. Brisk arrangements are on for the success of the scheme, work for which starts from 4am every days.

The founder , His Holiness Jagadguru Dr Sri Shivarathri Rajendra Mahaswamiji, began schools and colleges for Jnana Dasoha (education), hostels for Anna Dasoha (boarding and lodging) and hospitals for Arogya Dasoha (health services) that led to all-around social development. He was very compassionate to support the poor and the downtrodden and provided opportunities to thousands who needed shelter. Teaching and non-teaching staffs paid their respect on this special day.

Extending hospitality is the age-old tradition of JSS Suttur Math. The residential school at Suttur, Mysore provides free food to about 4,000 children. In Yalandur taluk, about 10,000 children are offered free meals. In 20 free boarding homes run under the aegis of the Math, meals are provided for the needy.





A magnificent Dasoha Bhavana has been constructed at Suttur Srikshetra to provide Prasada (food) to the every one during their visit. Inaugurated by Hon'ble Dr Manmohan Singh, the then Prime Minister of India, Dasoha Bhavan is clean, spacious and has a well- equipped kitchen with modern appliances.

Akshara Dasoha Yojane was started by JSS Institutions in collaboration with the Government of Karnataka. Under this scheme, the institution provides free mid-day meals to primary and high school children from rural areas. The scheme has been effectively implemented in more than 33 villages in Karnataka. Over 12000 children are getting benefited under the Akshara Dasoha scheme. The food is supplied from a central kitchen belonging to JSSMVP. At present, the project covers the schools from Yelandur, a backward taluk in Chamarajanagara district, and schools from Mysuru district. JSSMVP is bearing the expenses over and above the grants provided by the government.

Hostels

The founder of JSSMVP, initially provided accommodation and food for a few poor students at his rented house in Mysuru, with the intention of supporting them and preventing them from discontinuing education. With the blessings and encouragement of His Holiness Mantra Maharshi, a building on Vanivilasa Road was bought later and a free hostel was started. That marked the grand beginning of the students' hostels. Later, KSS Hostel was started in the building donated by Sahukar Siddalingaiah. Thus, he started the dasoha of food and knowledge. That small initiative by him has today grown into a vast educational movement. Several stalwarts have studied in the hostels that began in the 1940s. The list includes several Ministers of the Union and State government/ IAS/IPS officers/Vice Chancellors. Hostels were also started in Chamarajanagara and Mysuru .The student hostels have grown in number and have provided boarding and lodging facility to thousands of students and supported their education.

Orphanages, Homes for Destitute Children and Free Hostels

Under the aegis of the Math, several orphanages, homes for destitute children and free hostels are run in the following places.

1. KSS Orphanage, Vanivilasa Road, Mysuru
2. JSS Hostel, Vanivilasa Road, Mysuru (Main Building)
3. JSS Vidarthi Nilaya, Suttur
4. JSS Destitute Children Home, Suttur
5. JSS Pre-Metric Boys Hostel, Suttur
6. JSS Orphanage, Chamarajanagara
7. Sri Basaveshwara Orphanage, Bachahalli, Gundlupet, Chamarajanagara
8. JSS Hostel, Ramanuja Road, Mysuru.
9. JSS Hostel, Ramapura, Chamarajanagara
10. JSS Orphanage, Terakanambi, Gundlupet (Tq), Chamarajanagara.
11. JSS Home for Destitute Children, Hullahalli, Nanjangud (Tq), Mysuru
12. JSS Orphanage, Doddakadanur, Holenarasipura (Tq), Hassan.
13. Jagadguru Sri Shivarathreeshwara Hostel, K. R. Nagara, Mysuru
14. Sri Basaveshwara Orphanage, Shivapura, Gundlupet (Tq), Chamarajanagara.
15. Sri Basaveshwara Orphanage, Vaddagere, Gundlupet (Tq), Chamarajanagara.
16. JSS Hostel for Differently abled Working Women and Girl Students, Mysuru

Sri Basaveshwara Orphanage, Bachahalli, and its branches Shivapura and Vaddagere orphanages were handed over to JSSMVP for suitable development in 1993. In addition to the hostels listed above, all institutions of JSSMVP have hostels for boys and girls attached to them. Some of them are free hostels.

III.EMPOWERING AGRICULTURE FOR A SUSTAINABLE FUTURE: THE JSS KRISHI VIGNANA KENDRA'S CONTRIBUTION TO SDG 2

The JSS Krishi Vignana Kendra (Agricultural Sciences Centre) plays a significant role in connecting with Sustainable Development Goal 2 (SDG 2), which aims to "End hunger, achieve food security and improved nutrition, and promote sustainable agriculture." Here's how the center's activities align with SDG 2:

1. **Improving Economic Conditions of Farmers:** By providing training and technology transfer, the center helps farmers enhance their agricultural practices, which can lead to increased agricultural productivity and, consequently, improved economic conditions for farmers. This directly supports SDG 2's target of achieving food security and sustainable livelihoods for all.
2. **Agriculture and Animal Husbandry:** The center's focus on both agriculture and animal husbandry aligns with SDG 2, which seeks to promote not only crop production but also sustainable livestock management to ensure a diverse and nutritious food supply.
3. **Rural Development:** Rural development is a key aspect of SDG 2. By promoting modern agricultural methods and providing assistance, the center contributes to the overall development of rural areas, which is crucial for addressing hunger and poverty.
4. **Training and Technology Transfer:** The center's activities, such as training and technology transfer, are essential for promoting sustainable agriculture. This is in line with SDG 2's goal of ensuring that agricultural practices are environmentally friendly, efficient, and capable of producing higher yields.
5. **Demonstrations and Exhibitions:** Holding demonstrations and exhibitions to educate farmers about modern agricultural methods encourages the adoption of best practices, contributing to increased agricultural productivity, food security, and economic well-being in rural areas.
6. **Publication Division:** Although the connection to religious publicity activities may not directly align with SDG 2, the publication division can also play a role in disseminating agricultural knowledge, best practices, and innovations. This contributes to farmers' access to valuable information, promoting sustainable agriculture.

In summary, the JSS Krishi Vignana Kendra's efforts in improving agricultural practices, enhancing economic conditions of farmers, and promoting rural development directly support SDG 2 by contributing to ending hunger, achieving food security, and promoting sustainable agriculture, which are essential for the well-being of communities and the environment.

IV. EMPOWERING TOMORROW'S WORKFORCE: AHER'S CONTRIBUTION TO SDG 2 - ZERO HUNGER

JSS Academy of Higher Education and Research (AHER) is taking proactive steps to actively contribute to Sustainable Development Goal 2 (SDG 2), which aims to achieve "Zero Hunger." While the direct initiatives focusing on nutrition and food security are vital, AHER recognizes the importance of addressing the broader issues that underlie hunger and malnutrition. To create a world with "Zero Hunger," the institution has extended its efforts to include various student training and career development programs that not only enhance employability but also indirectly support food security and sustainable agriculture. Here's how AHER is making a difference:

1. **Entrepreneurship Skills Training:** AHER provides students with entrepreneurship training and skills development. By nurturing an entrepreneurial spirit, students are empowered to create and innovate in the agricultural and food sectors. This approach contributes to sustainable agriculture and economic growth, essential components in the fight against hunger.
2. **Career Counseling:** The institution offers career counseling services to help students make informed choices about their professional paths. By guiding students toward careers in agriculture, nutrition, food science, and related fields, AHER indirectly strengthens the workforce that plays a critical role in ensuring food security.
3. **Internship and Recruitment Drives:** AHER facilitates internships and hosts recruitment drives with a focus on the agri-food sector. These opportunities connect students with organizations and industries that are directly involved in food production, distribution, and security. By fostering such connections, AHER contributes to building a skilled workforce for the agriculture and food industries.
4. **Resume Writing and Personal Interview Workshops:** Through workshops on resume writing and personal interview skills, AHER prepares students for successful careers. This preparation empowers students to enter the job market with confidence, increasing their chances of securing positions related to food security, agriculture, and nutrition.

These initiatives, while not directly addressing food distribution or nutrition, play a significant role in building a workforce capable of supporting agriculture, food production, and hunger alleviation. By equipping students with entrepreneurship skills and facilitating their entry into relevant careers, AHER indirectly contributes to the broader goal of "Zero Hunger."

AHER recognizes that achieving SDG 2 involves a multi-faceted approach, and these career development programs are complementary to the institution's efforts in nutrition awareness, food distribution, and sustainable agriculture. By combining these strategies, AHER is working towards a world where everyone has access to safe, nutritious, and sufficient food, as outlined in SDG 2.

Student training on entrepreneurship skills

JSSAHER has a culture of continuous learning for students through hands on training on day-to-day organizational operations added to their academic schedules. Thus, making the student's job ready or stepping out of campus with start-up ideas. Various initiatives of the department include student training on acquiring entrepreneurial skills, workshops providing hands on sessions on resume writing, industry collaborations for student internship and placement initiatives. While these initiatives directly contribute to student employability and development; indirectly contribute towards 'Zero Hunger'.

The department has conducted a 3-day workshop on student empowerment with entrepreneurship skills in collaboration with SPARKLE CINE. The program was inaugurated by Dr. C G Betsurmath, Executive Secretary, JSSMVP. Other dignitaries present includes Dr. B Manjunatha, Registrar, JSSAHER, Smt. Kokila MS, Dy, Registrar (sr. Grade), JSSAHER, Dr. Prashanth S, Dy. Dean Academic, JSSAHER, Dr. HK Mamatha, Assoc Prof. & Coordinator, DHSMS, Dr. Vanitha Reddy, Asst. Prof. & Coordinator, DND



Career Counselling, Internship and Recruitment Drive Initiatives

The department undertakes student internship initiatives to various reputed organizations, arranges career orientation programs and invites recruitment drives focusing primarily on the final year students. Few of the initiatives include career orientation program from Indian Airforce, Internship opportunities and Recruitment drives from Impact Guru and various hospitals and pharmaceutical companies.



Resume Writing & Personal Interview Workshop

Department of Health System Management Studies Training and Placement Cell organized one day workshop on Resume Writing and Personal Interview by partnering with Genesis Training Bengaluru, on 2nd December 2022, aligning with SDG goals Goal 4 (Quality Education) and Goal 8 (Decent Work and Economic Growth) Mr. Dinesh Parthiban was the Resource Person for this Workshop. In the Morning session, Mr. Dinesh Parthiban took the session on Resume Writing It was a Hands-on Training session that was done mainly he took through the Important aspects of Resumes Such as Career Objectives, Alignment of Resumes, Unique ways of Representation of Resumes, ways of avoiding duplication of Resumes, and especially the software present to detect Plagiarism Resumes. Students later were given various tasks to complete after his explanation so that the students were ready to create their resumes.



Our top recruiters include:



V.FOOD SAFETY , SECURITY AND MANAGEMNT AT THE CAMPUS

JSS AHER's Hostel Committee's commitment to ensuring that students have access to sufficient and high-quality food is aligned with the principles of Sustainable Development Goal 2 (Zero Hunger). This goal seeks to end hunger, achieve food security, improve nutrition, and promote sustainable agriculture. By carefully designing the food menu to meet the daily nutritional needs of the students, the institution plays a crucial role in addressing the issue of food security among its student population.

The decision to source raw materials from local vendors not only supports the local economy but also reduces the carbon footprint associated with transporting food over long distances. This approach promotes sustainability by fostering local partnerships and reducing the environmental impact of food procurement. Moreover, the commendable practice of weighing and sending food waste to farmers for conversion into manure is a clear example of waste reduction and recycling. By transforming food waste into a valuable resource for agriculture, the institution not only minimizes waste in a responsible manner but also supports sustainable farming practices. This circular approach aligns with the principles of Sustainable Development Goal 12 (Responsible Consumption and Production) by reducing waste and promoting more efficient resource use.

JSS AHER's Hostel Committee's holistic approach to food management not only ensures that students are well-nourished but also contributes to broader sustainability and development goals. It's a commendable initiative that showcases the institution's dedication to creating a better and more sustainable world. The distribution pattern of food and related products purchase at JSSAHER demonstrates a well-organized approach to ensuring the availability of hygienic and nutritious vegetarian food for students in a cost-effective manner. The process involves procuring various food items through different channels to meet the dietary needs of the students in the hostels. Here is a detailed report on the distribution pattern of food and related product purchases at JSSAHER:

1. Sister Concerned Institutes (JSS Enterprises - Groceries):

- JSSAHER collaborates with sister institutes, such as JSS Enterprises, for procuring groceries and food grains. This partnership allows for bulk purchases, which can result in cost savings due to economies of scale.
- Groceries like rice, pulses, lentils, spices, and other staple food items are typically purchased through this channel.
- The arrangement with sister institutes ensures a steady supply of essential food products, maintaining the consistency and quality of meals.

2. Local Trusted Suppliers (Fruits, Vegetables, Bakery Items):

- For the procurement of fresh produce, such as fruits and vegetables, as well as bakery items, JSSAHER relies on local trusted suppliers.
- Local suppliers are well-versed in the seasonal availability and quality of these products, ensuring that students receive fresh and healthy options.
- This approach supports the local economy and promotes the use of locally sourced, seasonal ingredients.

3. Government-Identified Agencies (Gas, Milk & Related Products):

- JSSAHER accesses government-identified agencies to purchase specific items like cooking gas, milk, and related products.
- Government agencies often adhere to strict quality and safety standards, making them reliable sources for essential food items.
- Utilizing such agencies helps in ensuring that food is prepared with clean and safe cooking gas and includes hygienic dairy products.

The procurement of food items from local farmers and farmers' markets is an essential part of JSSAHER's distribution pattern. This approach not only supports local agriculture but also promotes fresh, seasonal, and sustainable food sourcing. Here's an updated description that includes procuring from local farmers and farmers' markets:

4. Procuring from Local Farmers and Farmers' Markets:

- JSSAHER actively engages with local farmers and farmers' markets to source a variety of fresh and seasonal food items.
- Local farmers are encouraged to supply fresh fruits, vegetables, and other produce directly to the institution. This promotes sustainable agriculture and strengthens the bond between the institution and the local farming community.
- By procuring from farmers' markets, JSSAHER ensures that students have access to a diverse range of fresh and locally grown food. This not only supports local livelihoods but also encourages the consumption of seasonal, regionally sourced ingredients.
- The institution works closely with these local sources to maintain a consistent supply of fresh and healthy food products for students.

This additional step in the distribution pattern aligns with JSSAHER's commitment to supporting local communities and promoting sustainable food practices. It also reflects the institution's dedication to offering students the freshest and healthiest food options while contributing to the local economy. This comprehensive approach combines various sourcing methods to provide students with a well-rounded and nourishing dining experience.

This distribution pattern not only guarantees the availability of diverse and nutritious food but also exemplifies a well-rounded approach that combines cost-effectiveness, quality, and community support. The collaboration with sister institutes for groceries and local suppliers for fresh produce promotes local businesses and the use of seasonal ingredients, which aligns with sustainability and community engagement efforts. Moreover, the utilization of government-identified agencies for essential items demonstrates a commitment to food safety and quality standards.

By implementing this distribution pattern, JSSAHER ensures that students have access to safe, nutritious, and reasonably priced meals while also fostering positive relationships with local businesses and adhering to government standards for food-related products. This approach is in line with the institution's dedication to providing quality food services to its students.

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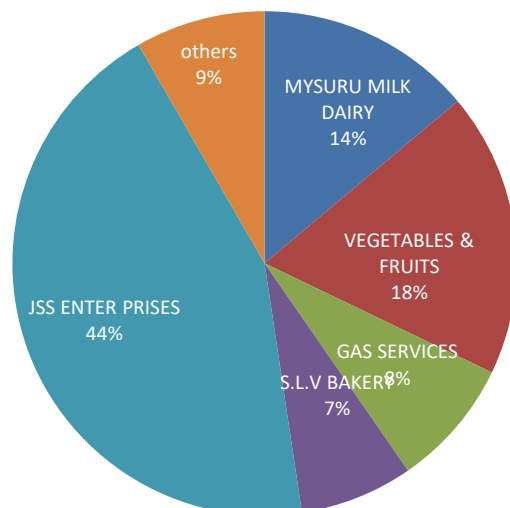
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Distribution Pattern of Food and related products purchase at JSSAHER.

The Hostels functioning under the ambit of JSSAHER ensures responsibility in providing hygienic nutritious vegetarian food at very nominal rates and purchases the required food grains, Milk, Fruits, Vegetables Bakery items in the following pattern:

- ✓ with the sister concerned institutes (JSS Enterprises -groceries)
- ✓ with local trusted suppliers (Fruits, Vegetables, Bakery Items)
- ✓ Govt identified agencies (Gas, Milk & related Product)

The distribution pattern of hostel purchases during the year 2022-23 is depicted below in %.



JSS AHER has obtained FSSAI License for the mess being managed by the academy. The details of License are as detailed below:

Sl.No	Institution	License No	Period
I	JSSAHER – College of Pharmacy Campus, Mysuru		
1	JSSAHER Hostel for Men	11223335000149	05.05.2023 to 04.05.2024
2	JSSAHER Hostel for Women	11223335000150	05.05.2023 to 04.05.2024
II	JSSAHER – Medical Institutions Campus, Mysuru		

Strategies to minimize food wastage:

The awareness is bought among the students of the hostel by displaying placards and slogans in the hostel premises to minimize the food wastage.

JSSAHER's strategies to minimize and track food wastage are commendable steps toward addressing Sustainable Development Goal 2 (Zero Hunger) by promoting responsible consumption and minimizing food waste.

The use of placards and slogans displayed within the hostel premises is an effective method to raise awareness among students about the importance of reducing food wastage. It encourages students to be mindful of their food consumption and to take only what they can eat. This approach aligns with Sustainable Development Goal 12 (Responsible Consumption and Production) by promoting responsible food consumption practices.

Furthermore, tracking food waste is crucial in identifying areas where improvements can be made. The system of collecting and storing food waste in designated containers provides an organized method for waste management. By ensuring that this waste is utilized in swine farms, the institution follows a sustainable approach to food disposal, contributing to the reduction of waste and the potential recycling of organic materials.

The presence of a register to record daily and monthly food wastage is a proactive step. It allows the institution to keep a detailed record of food wastage trends, enabling them to develop data-driven strategies for further waste reduction. This approach aligns with Sustainable Development Goal 12 by promoting data collection and analysis for improved resource management.

JSSAHER's strategies to minimize and track food wastage demonstrate a commitment to responsible consumption and contribute to the broader goals of reducing food insecurity and promoting sustainable agricultural practices as outlined in SDG 2. These initiatives are vital in creating a world with "Zero Hunger" and ensuring efficient resource use.



The hostel Committee ensures that all the students are provided with sufficient food without compromising its quality. The food menu is designed to cater the daily nutritional requirements of the student. All the raw materials are purchased from local vendors . The food waste is weighed and being sent to the farmers for further conversion of waste to manures.



Organic food waste are sent to farmers for manure conversion

VI.SUSTAINABLE FOOD CHOICES

JSSAHER's approach to food service in the college and hostel is praiseworthy for promoting sustainable and nutritious dietary choices among students, teaching, and non-teaching staff. By incorporating a range of vegetarian and vegan options, including greens, salads, and millets in the daily meals, the institution is actively contributing to Sustainable Development Goal 2 (Zero Hunger) and Sustainable Development Goal 12 (Responsible Consumption and Production).

1. **Vegetarian and Vegan Menu:** Offering a widespread vegetarian and vegan menu encourages healthy and sustainable food choices. Plant-based diets have been recognized for their lower environmental impact, reduced greenhouse gas emissions, and their contribution to reducing pressure on ecosystems.
2. **Incorporating Greens and Salads:** The inclusion of greens and salads in the menu promotes a balanced and nutritious diet. These options are rich in essential vitamins, minerals, and fiber, contributing to better health outcomes. This aligns with SDG 3 (Good Health and Well-being) by encouraging a diet that supports well-being.
3. **Millets:** Millets are highly nutritious grains that are both environmentally friendly and resilient to changing climates. By incorporating millets into daily meals, the institution is supporting SDG 2 by promoting sustainable agricultural practices and improving food security.
4. **Student Involvement:** Involving students in the approval of the menu empowers them to make choices aligned with their dietary preferences and values. This approach supports SDG 4 (Quality Education) by promoting student engagement and participation.
5. **Sustainability:** The emphasis on sustainable foods in the menu choices showcases the institution's commitment to responsible consumption and production, in alignment with SDG 12.

JSSAHER's food services not only provide for the nutritional needs of its students and staff but also contribute to the broader goals of promoting sustainable and responsible food consumption practices. These efforts are essential in creating a world with "Zero Hunger" while respecting the planet's natural

resources.

JSSAHER's sustainable food practices and menu choices are closely related to Sustainable Development Goal 2 (SDG 2) - "Zero Hunger." The institution's commitment to providing a widespread vegetarian and vegan menu, incorporating greens, salads, and millets into daily meals, and involving students in menu approval demonstrates its dedication to achieving the objectives of SDG 2 in the following ways:

1. **Nutrition and Food Security:** By offering a variety of nutritious and plant-based food options, JSSAHER is contributing to the goal of ensuring access to safe and nutritious food for all. This helps in addressing issues related to malnutrition, undernutrition, and food security, which are key components of SDG 2.
2. **Promotion of Sustainable Agriculture:** The inclusion of millets in the menu encourages sustainable agricultural practices. Millets are drought-resistant and require fewer resources to grow, making them an environmentally friendly and climate-resilient food source. Supporting the cultivation and consumption of millets aligns with SDG 2's aim to promote sustainable agriculture.
3. **Responsible Consumption and Production:** JSSAHER's emphasis on vegetarian and vegan options and the reduction of meat consumption aligns with SDG 12 (Responsible Consumption and Production). Sustainable food choices and responsible consumption are essential components of SDG 12, which aims to ensure more efficient and sustainable use of natural resources, including reducing food waste.
4. **Student Engagement and Education:** Involving students in menu approval and offering diverse food choices provides educational opportunities for students to make informed decisions about their diets. This aligns with SDG 4 (Quality Education) by fostering awareness and knowledge about the importance of healthy and sustainable food choices.
5. **Environmental Sustainability:** A plant-based diet, which is promoted through the vegetarian and vegan menu, has a lower environmental impact than diets heavily reliant on animal products. It contributes to reducing greenhouse gas emissions, conserving land and water resources, and addressing climate change, all of which are interconnected with SDG 13 (Climate Action).

In conclusion, JSSAHER's approach to food services is an embodiment of its commitment to addressing SDG 2 - "Zero Hunger" and the broader 2030 Agenda for Sustainable Development. By focusing on sustainable, nutritious, and responsible food choices, the institution plays a vital role in achieving the vision of a world free from hunger and malnutrition.

MONDAY

Breakfast : Bread Pakoda/Pav
Bajji, Jam, /Aloo
Bonda,Tea, Coffee



Lunch : Chapati, Rice, Kerala Rice
Sambar,Rasam,Veg Kurma
Veg Salad,Pickle,Curd



Snacks : Samosa
Tea, Coffee, Milk



Dinner : Rice, Sambar, Green Gram
Curry,Rasam, Pickle, Curd,
Papad



WEDNESDAY

Breakfast : Upma/Rava Idly/Pongal
/Poha Upma, Chutney,
Kesaribath, Banana,
Tea, Coffee



Lunch : Chapati, Rice, Sambar,
Rasam, Lady Finger with
Aloo Curry/ Meal Maker
Curry, Pickle, Curd, Butter
Milk, Veg Salad



Snacks : Cake/ Puffs
Tea, Coffee, Milk



Dinner : Carrot/ Radish Chapati,
Bottle Gourd Curry, Rice,
Sambar, Rasam, Pickle,
Curd



FRIDAY

Breakfast : Poori, Aloo Curry/
Pongal, Chutney
Tea, Coffee



Lunch : Chapati, Rice, Sambar,
Rasam, Brinjal/Aloo Curry,
Sprouts, Pickle, Curd,
Butter Milk



Snacks : Oreo Biscuit/ Good Day
Tea, Coffee, Milk



Dinner : Parotta, Paneer Curry,
Rice, Sambar, Rasam,
Pickle, Curd



TUESDAY

Breakfast : Puttu/Noodles,
Bengalgram Curry,
Chutney, Tea, Coffee



Lunch : Chapati, Rice, Sambar,
Rasam, Lady Finger with
Cabbage/ Cauliflower Curry
Sprouts,Pickle,Curd,
Butter,Milk



Snacks : Sweet Corn
Tea, Coffee, Milk



Dinner : Poori/Appam,Aloo Chole/
Bengal Gram Curry, Rice,
Sambar, Rasam,Pickle,
Curd,Veg Salad,Fruits
(Gobi+ Fried Rice
Monthly twice a month)



THURSDAY

Breakfast : Dose, Sambar, Chutney,
Tomato Curry,Tea,
Coffee



Lunch : Chapati, Rice, Kerala Rice
Sambar,Rasam, Lady
Finger Curry, Spinach
Poriyal,Pickle, Curd,
Butter Milk



Snacks : Lays
Tea, Coffee, Milk



Dinner : Veg Pulao, Curd Rice,
Raitha, Chips ,Fruitsalad



SATURDAY

Breakfast : Masala Idly, Vada, Sambar,
Chutney, Tea, Coffee



Lunch : Jeera Rice,Rice, Sambar,
Rasam, Veg Curry, Papad
Payasam, Pickle, Curd,
Butter Milk



Snacks : Dry Cake
Tea, Coffee, Milk



Dinner : Fried Rice/Bisibelebath/
Puliyogare,Lemon Rice,
Curd Rice



SUNDAY

Breakfast

Masala Dosa, Red
Chutney, Aloo Palya
Tea, Coffee

Lunch

Chapati, Rice, Sambar,
Rasam, Tomato Curry,
Veg Salad, Pickle, Curd,
Butter Milk

Snacks

Cream Bun
Tea, Coffee, Milk

Dinner

Ghee Rice/ Mushroom
Biryani/Veg Biryani,
Raitha, Curd Rice,
Chillibajji, Ice Cream

Warden : 9629619615

Manager :
9902310283

Perfector (Ayesha Fathima) :

9880406864

In case of Emergency : 9902997736, 9901007479

JSS MEDICAL COLLEGE GIRLS HOSTEL FOR THE MONTH OF MARCH-2020
(‘D’ BLOCK MENU)

BREAKFAST menu provided including with nutritional composition for all the seven (7) days

Food recipes per 100g of edible portions:

Nutrient Name	Nutritive Value					
	Maggie	Sauce	Upma	Kesari Bath	Sweet Bread	Jam
Energy	437.00Kcal	112 Kcal	108.4Kcal	427.0Kcal	124Kcal	278Kcal
Protein	10.40g	1.95g	3.12g	6.0g	22.48g	0.4g
Carbohydrate	63.50g	11.27g	16.57g	85.0g	0.0g	69g
Total Fat	15.70g	2.38g	3.03g	7.0g	3.08g	0.1g
Total Dietary Fiber	3.90g	0.4mg	3.06g	1.40g	0.0g	1.1g
Total Free Sugars	3.40g	8.8g	1.07g	40.0g	0.0g	49g
Sodium	1232.20mg	481mg	4.11mg	290.0mg	381mg	32mg
Calcium	153.50mg	27mg	14.9mg	8.6mg	4mg	20.00mg
Iron	3.70mg	0.85mg	0.87mg	0.9mg	1.23mg	0.49mg

Nutrient Name	Nutritive Value		
	Coffee (100ml)	Tea (100ml)	Milk (100ml)
Energy	17 kcal	17 Kcal	62 Kcal
Protein	0.18g	0.52g	3.32g
Carbohydrate	4.04g	2.8g	4.66g
Total Fat	0.08g	0.46g	3.35g
Total Dietary Fiber	0g	0g	0g
Total Free Sugars	3.7g	2.72g	5.42g
Sodium	3mg	8mg	41mg
Calcium	6mg	18mg	117mg
Iron	0.04mg	0.01mg	0.03mg

Nutrient Name	Nutritive Value						
	Masala Dosa	Sambar	Chutney	Poori	Aloo curry	Poha	Tomato curry
Energy	239.84kcal	63.61Kcal	837.67Kcal	296kcal	96Kcal	409.0kcal	18Kcal
Protein	7.70g	3.15g	3.61g	7.54g	2.34g	7.6g	1g
Carbohydrate	49.4g	10.38g	7.01g	46.73g	17.52g	70.0g	4g
Total Fat	0.59g	0.85g	17.58g	9.43g	2.89g	10.9g	0.01g
Total Dietary Fiber	4.18g	1.96g	5.61g	4.7g	3.6g	2.5g	0.7g
Total Free Sugars	0.48g	1.76g	2.51g	0.21g	1.28g	2g	2.5g
Sodium	4.73mg	6.96mg	5.31mg	685mg	440mg	1470mg	11mg
Calcium	13.48mg	19.41mg	12.66mg	17mg	61mg	9mg	11.00mg
Iron	1.12mg	0.89mg	1.19mg	2.68mg	3.59mg	1.00mg	0.68mg

Nutrient Name	Nutritive Value							
	Rava Idli	Akki Roti	Toast bread	Butter (1tbsp)	Curd	Aloo paratha	Idli	Vada
Energy	404.0kcal	196Kcal	293Kcal	293Kcal	59.0Kcal	264kcal	133.1kcal	133.1kcal
Protein	10g	2.4g	9g	9g	3.80g	4.75g	4.07g	4.07g
Carbohydrate	73g	32g	54.4g	54.4g	4.30g	38.17g	27.69g	27.69g
Total Fat	8.0g	5.2g	4g	4g	3.0g	10.76g	0.30g	0.30g
Total Dietary Fiber	4.25g	1.0g	2.5g	2.5g	0g	3.3g	2.14g	2.14g
Total Free Sugars	5.7g	0.g	4.74g	4.74g	1.3g	4.63g	0.6g	0.6g
Sodium	860.0mg	196mg	5.92mg	5.92mg	371mg	477mg	2.38mg	2.38mg
Calcium	29.8mg	39.6mg	119mg	119mg	137mg	30mg	6.77mg	6.77mg
Iron	1mg	0.2mg	3.33mg	3.33mg	0.2mg	2.65mg	0.56mg	0.56mg

LUNCH menu provided including with nutritional composition for all the seven (7) days

Food recipes per 100g of edible portions:

Nutrient Name	Nutritive Value						
	Chapati	Meal maker curry	Beetroot Palya	Dal	Rice	Rasam	Buttermilk
Energy	170Kcal	337Kcal	104.71Kcal	68.00Kcal	351.91Kcal	42.56Kcal	62Kcal
Protein	5.84g	49g	2.83g	3.40g	7.81g	1.73g	3.2g
Carbohydrate	32.5g	36g	7.62g	8.12g	76.8g	5.10g	4.9g
Total Fat	1.55g	2.4g	6.80g	1.67g	0.55g	1.13g	3.3g
Total Dietary Fiber	1.2g	12g	4.90g	1.90g	3.74g	1.35g	0g
Total Free Sugars	0.65g	8g	5.04g	1.01g	0.67g	1.81g	4.9g
Sodium	138mg	3mg	68.72mg	4.77mg	3.16mg	4.35mg	105mg
Calcium	21mg	244.0mg	23.06mg	17.15mg	8.11mg	17.97mg	115.00mg
Iron	2.03mg	13.70mg	1.09mg	0.92mg	0.72mg	0.72mg	0.03mg

Nutrient Name	Nutritive Value						
	Mushroom curry	Cabbage Palya	Rajmah curry	Carrot Palya	Beans Palya	Moong Curry	Chole bature
Energy	56kcal	73.37Kcal	60.68Kcal	61Kcal	107.44Kcal	57.48Kcal	427Kcal
Protein	3.12g	1.95g	2.95g	1.1g	2.73g	3.19g	10.8g
Carbohydrate	5.1g	6.19g	6.54g	6.5g	2.89g	6.02g	50.3g
Total Fat	0.22g	3.02g	1.53g	3.9g	8.88g	1.37g	20.1g
Total Dietary Fiber	2.1g	3.29g	2.98g	1.6g	5.31g	1.76g	12g
Total Free Sugars	3.5g	1.06g	1.18g	3.1g	1.78g	0.82g	9.2g
Sodium	103.9mg	14.97mg	3.99mg	317mg	9.13mg	3.78mg	16.2mg
Calcium	3mg	51.6mg	24.84mg	33mg	50.98mg	11.53mg	118mg
Iron	0.5mg	0.73mg	1.17mg	0.30mg	1.23mg	0.72mg	2.8mg

DINNER menu provided including with nutritional composition for all the seven (7) days

Food recipes per 100g of edible portions:

Nutrient Name	Nutritive Value							
	Paneer curry	Tonde Kayi Playa	Aloo fry	Ghee rice	Kurma	Gobi	Fried Rice	Rumali roti
Energy	121.49kcal	18Kcal	150Kcal	188.0Kcal	109.47Kcal	164.0Kcal	163Kcal	79Kcal
Protein	6.37g	1.57g	2g	3g	2.7g	6.1g	4.7g	2.6g
Carbohydrate	3.32g	3.55g	22g	19.99g	13.2g	31.8g	31g	14.2g
Total Fat	9.13g	0.23g	10.1g	10.65g	6g	2.7g	2.3g	1g
Total Dietary Fiber	0.89g	0.9g	1.1g	0.67g	3.9g	5.6g	1.1g	0.1g
Total Free Sugars	1.0g	0.43g	0.3g	0.9g	1g	1.4g	0.4g	0g
Sodium	2.07mg	5mg	7.9mg	0.6mg	12mg	418mg	396mg	4.2mg
Calcium	207.63mg	30.3mg	9.8mg	11.3mg	50.98mg	28.4mg	19mg	32.2mg
Iron	0.93mg	0.6mg	0.3mg	0.4mg	1.12mg	1.9mg	1.39mg	0.5mg

Nutrient Name	Nutritive Value							
	Pav Bhaji	Jalebi	Gulap Jamun	Papad	Papaya	Banana	Watermelon	Orange
Energy	400kcal	300Kcal	410.0Kcal	371Kcal	43Kcal	89Kcal	30Kcal	97Kcal
Protein	9.4g	4.19g	6.58g	26g	0.5g	1.1g	0.6g	0.9g
Carbohydrate	57.9g	62.36g	68.1g	60g	11g	23g	7.6g	13g
Total Fat	14.5g	4.31g	0.40g	3.3g	0.3g	0.3g	0.2g	0.2g
Total Dietary Fiber	4.5g	1g	12.36g	19g	1.7g	2.6g	0.4g	2.2g
Total Free Sugars	1.7g	42.77g	52.01g	0g	7.8g	12g	6.2g	8.5g
Sodium	170.5mg	146mg	110mg	1745mg	8mg	1mg	1mg	1mg
Calcium	70.2mg	131mg	221mg	143.00mg	20.00mg	5.00mg	7.00mg	43.00mg
Iron	2.2mg	0.72mg	0.37mg	7.80mg	0.25mg	0.26mg	0.24mg	0.13mg

BOYSHOSTEL - MESSMENU

WEEK 1 & 3

w.e.f: 14/11/2022

DAY	BREAKFAST	LUNCH	DINNER
MON	Bread, Jam, Pongal, Coconut Chutney, Sambar, Gram Dhal Masala Vada, Apple	Rice, Sambar (Brinjal, Drumstick), Rasam, Curd, Chapathi, Yellow Dhal, Carrot with Beans Poriyal	Idly, Tomato Curry, Pudhina Chutney / Ground Nut Chutney, Rice, Rasam, Butter Milk, Podi
TUE	Bread, Jam, Big Plain Dosa, Coconut Chutney, Sambar, Orange	Chapathi, Small Soya Gravy, Rice, Sambar (Radish), Rasam, Buttermilk with Thallipu, Beetroot Poriyal	Vegetable Biryani, Plain Kuruma, Onion Raita, Rice, Rasam, Potato Chips, Butter Milk
WED	Bread, Jam, Rava Upma, Kesari, Banana, Coconut Chutney	Chapathi, Green Gram Dhal, Rice, Pulikolambu (Sundaikai), Rasam, Aloo With Lady's Finger Fry Poriyal, Curd, Pappad	Chapathi, Paneer Gravy, Rice, Rasam, Butter Milk
THU	Bread, Jam, Maggie Noodles, Grapes	Rice, Sambar (Mango with Brinjal), Rasam, Buttermilk, Cabbage Poriyal, Pappad	Tamarind Rice, Curd Semiya, Chilly Chips, Rice, Rasam, Butter Milk
FRI	Bread, Jam, Idly, Medhu Vada, Sambar, Coconut Chutney, Seasonal Fruits	Chapathi, Rajma Curry, Rice, Sambar (Thattai Payir), Rasam, Curd, Sundal	Big Plain Dosa, Coconut Chutney, Onion Chutney, Sambar, Rice, Rasam, Butter Milk
SAT	Bread, Toast, Butter, Banana, Tomato Curry, Cornflakes, Milk, Rava Upma, Coconut Chutney	Poori, Channa Masala, Rice, More Kulambu (With White Pumpkin), Rasam, Lady's Finger Fry Poriyal	Maggie Noodles, Rice, Rasam, Butter Milk
SUN	Masala Dosa, Coconut Chutney, Sambar	Soya Biryani, Plain Kuruma, Onion Raita, Wheel Chips	Chapathi, Coconut Chutney, Mushroom Gravy, Rice, Rasam, Butter Milk

WEEK 2 & 4

DAY	BREAKFAST	LUNCH	DINNER
MON	Bread, Jam, Pongal, Coconut Chutney, Sambar, Gram Dhal Masala Vada, Apple	Rice, Sambar (Brinjal, Drumstick), Rasam, Curd, Chapathi, Yellow Dhal, Beetroot Poriyal	Uthappam, Tomato Curry, Pudhina Chutney / Ground Nut Chutney, Rice, Rasam, Butter Milk, Podi
TUE	Bread, Jam, Idly, Sambar, Coconut Chutney, Orange	Chapathi, Small Soya Gravy, Rice, Sambar (Radish), Rasam, Buttermilk with Thallipu, Carrot With Beans Poriyal	Mushroom Biryani, Plain Kuruma, Onion Raita, Rice, Rasam, Potato Chips, Butter Milk
WED	Bread, Jam, Appam, Kadalai Curry, Coconut Chutney, Sambar, Pomogranate	Chapathi, Green Gram Dhal, Rice, Puli Kulambu (Sundaikai), Rasam, Aloo With Lady's Finger Fry Poriyal, Curd, Pappad	Chapathi, Green Peas Kuruma, Rice, Rasam, Butter Milk
THU	Bread, Jam, Maggie Noodles, Banana	Rice, Sambar (Mango with Brinjal), Rasam, Buttermilk, Cabbage Poriyal, Pappad	Paratha, Veg Kuruma, Rice, Rasam, Butter Milk
FRI	Bread, Jam, Idly, Medhuvada, Sambar, Coconut Chutney, Seasonal Fruit	Chapathi, Rajma Curry, Rice, Avarai Kulambu, Rasam, Curd, Sundal	Dosa, Coconut Chutney, Onion Chutney, Sambar, Rice, Rasam, Butter Milk
SAT	Bread, Toast, Butter, Banana, Tomato Curry, Corn Flakes, Milk, Semiya Upma, Coconut Chutney	Poori, Channa Masala, Rice, More Kulambu (With White Pumpkin), Rasam, Lady's Finger Fry Poriyal	Tamarind Rice, Curd Semiya, Rice, Rasam, Butter Milk, Kara Boondhi
SUN	Masala Dosa, Coconut Chutney, Sambar	Soya Biryani, Plain Kuruma, Onion Raita, Wheel Chips	Chapathi, Coconut Chutney, Tomato Curry, Rice, Rasam, Butter Milk

SNACKS: MON: Happy-Happy Biscuit; TUE: Tea Cake; THURS: Ground Nut Sundal; FRI: Kaara Porri; SUN: Onion Samosa / Veg. Role

SWEETS (for Dinner): WED: Dry Jambun / Choco Bar / Semiya Payasam / Fruit Salad

Daily morning and evening

BEVERAGES: TEA 15L / COFFEE 40 L / MILK 5L

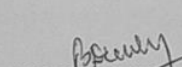
MESSTIMINGS: Morning-8 to 9.30am, Afternoon-12.30 to 2pm, Night-7.15 to 9.00pm



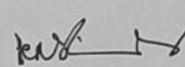
STUDENT SECRETARY



WARDEN



ADMIN OFFICER



ASSIT. WARDEN



PRINCIPAL

JSS COLLEGE OF PHARMACY, OOTY

GIRLS HOSTEL

With Effective from April 2022 (Week 1 & 3)

Day	Breakfast	Lunch	Dinner
Monday	Idly, Vada, Sambar, onion chilli Tomato chutney	Plain Rice, Sambar, Chapathi, Potato gravy, Flat gram green leaf Vegetable Poriyal, Rasam, Curd	Ghee Roast, Tomato Chutney, Sambar, Seasonal Fruits
Tuesday	Idiyappam, Upma, Chick Pea Curry, Pea nut Chutney, Kesari, Banana	Kerala Rice, Plain Rice, Kara Kolambu, Carrot Beans Poriyal and Pappad, Rasam, Curd	Poha, Coconut Chentey, Maggie (with vegetables)
Wednesday	Onion Dosa, Sambar, Chili chutney	Plain Rice, Sambar Chapathi, Green Peas Curry, Beetroot Poriyal, Rasam, Curd	Figer rice, Semiya Upama, Finger Chips
Thursday	Bread, Potato curry, Carrot+ Onions+ Tomato, Pudhina Chutney, Butter, Jam, cornflakes	Kerala Rice, Plain Rice, Moru Kozhambu & Sambar, Potato & Ladies Finger Fry, Rasam, Curd	Vegetable Dosa, Sambar, Chutney
Friday	Appam, Chickpea Curry, Chili onion Chutney	Plain Rice, Sambar Chapathi, Paneer Curry, Banana Poriyal, Rasam, Curd	Chinese noodles, Fruit Curd rice and Aloo Chips
Saturday	Pongal, Vada, Sambar, Coconut Chutney	Plain Rice, Sambar, Cabbage Poriyal and Pappad, Rasam, Curd	Kothu parotta, salad and lemon ic vadagaum
Sunday	Masala Dosa, Sambar, Onion Chutney	Soya Briyani, Raitha and Aloo Chips	Idly, Sambar, onion chilly tomato chutney

EVENING SNACKS

Monday	Churumuri /Coconut Ball
Tuesday	Masala Pori
Thursday	Samosa
Friday	Vegetable Puff

SWEETS

Week 1	Ice cream (Chocobar/ cone)
Week 3	Milk Sweet / Motichoor ladoo / Dry Gulab Jamun

Pickle: Mango/Garlic/Lemon/Ginger + More Mulagu

Fruits: Apple, Orange, Mango, Sapota, Grapes, pomegranate

Morning: Milk & Coffee

Evening: Milk & Tea, Coffee

Every Night: Plain Rice, Rasam, Curd

JSS COLLEGE OF PHARMACY, OOTY
GIRLS HOSTEL
With Effective from April 2022 (Week 2 & 4)

Day	Breakfast	Lunch	Dinner
Monday	Onion Dosa, Sambar, Coconut Chutney	Plain Rice, Sambar, Chapathi, Green Gram Dhal, Rasam, Curd	Mushroom Biryani, Raitha, Aloo Chips
Tuesday	Idly, Vada, Sambar, Peanut Chutney, Poha	Kerala Rice, Plain Rice, Sambar, Rasam, Curd, Carrot/ Beans/ Potato Poriyal and Pappad	Ghee Roast, Tomato Chutney, Sambar, Seasonal Fruits
Wednesday	Puttu, Semiya Upma, Chickpea Curry, Chutney, Banana	Plain Rice, Chapathi, Tomato and onion curry, Kara Kozhambu, Brinjal/ Kovaka Poriyal, Rasam, Curd	Ghee rice, Aloo/ Veg Kurma, vadagam/ Chips
Thursday	Bread, Butter, Jam, Corn Flakes, Stew/ Potato Curry, Carrot+ Onions+ Tomato, Pudhina Chutney	Kerala Rice, Plain Rice, Flat gram curry, Green Gram poriyal, Pappad, Rasam, Curd	Pudi Dosa, Onion-Tomato, Chilli Curry, coconut chutney
Friday	Pongal, Vada, Sambar, Chutney	Plain Rice, Chapathi, Rajma, Moru Kozhambu, Cabbage poriyal, Rasam, Curd	Idly, Sambar, onion chilli tomato chutney, Lemon Rice, Aloo Chips
Saturday	Appam, Chickpea Curry, Chili onion Chutney	Methi rice + Raitha & Poori, Channa Curry / Plain Rice, Dal & Poori, Channa Curry	Normal parota, soya gravy
Sunday	Masala Dosa, Sambar, Chutney	Bisibele Bath, Fruit Curd rice and Khara Boondhi	Rava Upma, Poha, Coconut Chutney

EVENING SNACKS

Monday	Cutlet
Tuesday	Kara puri/ Chickpea (Sundal)
Thursday	Samosa
Friday	Vegetable Puff / Groundnut

SWEETS

Week 2	Fruit Salad
Week 4	Semiya Payasam / Kheer / Paruppu Payasam

Pickle: Mango/Garlic/Lemon/Ginger + More Mulagu

Fruits: Apple, orange, Mango, grapes, pomegranate

Morning: Milk & Coffee

Evening: Milk & Tea, Coffee

Every Night: Plain Rice, Rasam, Curd



JSS College of Pharmacy, Boy's Hostel

Sri Shivarathreeshwara Nagara, Mysore - 15

Food Menu

W.e.f.Date:-01-08-2023

Day	Break Fast (7.30am to 9.00am)	Lunch (12.30pm to 2.00pm)	Snacks Time: (5.00pm to 5.30pm)	Dinner (7.30pm to 9.00pm)
Monday	Idly, Sambar, Chutney, Uddinvada/Masalavada, Tea, Coffee, Milk	Chapati, Rice, Sambar, Rasam, Green pea with Aloo Curry, Pickle, Curd, Butter Milk	Samosa Tea, Coffee, Milk	Chapati, Mushroom Curry, Rice, Sambar, Rasam, Pickle, Curd
Tuesday	Poori, Alu curry, Chutney, Tea, Coffee, Milk	Jeera Rice, Dal, Rice, Rasam, Papad, Cucumber, Pickle, Curd, Butter Milk	Biscuit, Tea, Coffee, Milk	Plain Dosa/Onion Dosa, Aloo Palya, Chutney, Rice, Sambar, Rasam, Pickle, Curd
Wednesday	Rava Upma/Samiya Upma Chutney, Kesaribath, Tea, Coffee, Milk	Chapati, Mix Vegetable Curry, Kerala Rice, White Rice, Sambar, Rasam, Pickle, Curd, Butter Milk	Baby Carn, Tea, Coffee, Milk	Chapati, Dal, Rice, Rasam, Pickle, Curd, (Every Week Seasonal Single Fruit)
Thursday	Dosa, Sambar, Chutney, Tea, Coffee, Milk	Chapati, Channa Masala, Rice, Sambar, Rasam, Pickle, Curd, Butter Milk	Lays Tea, Coffee, Milk	Tomatobath/ Vegbiryani/ Methi palav, Raitha, Sweet/Ice Cream/Semiya payasa (Fruit salad Once in a month)
Friday	Pav Bun with Masala, Puliogare, Tea, Coffee, Milk	Chapati, Rice, Sambar, Rasam, Rajma Curry, Pickle, Curd, Butter Milk	Plain Cake Tea, Coffee, Milk	Paneer Biryani, Rice, Sambar, Rasam, Pickle, Curd (Gobi manchuri Once in a month Every Second Week)
Saturday	Maggi/Avlakki Upma, Tomato Sauce, Tea, Coffee, Milk	Chapati, Bengali Gram Curry, Vegetable Dry Palya Rice, Sambar, Rasam, Pickle, Curd, Butter Milk	Tea, Coffee, Milk	Bisibelebath/ Puliogare, Vangibath/Lemon Rice
Sunday	Butter Dosa, Masala Dose Chutney, Aloo Palya, Tea, Coffee, Milk	Chapati, Palak Paneer Curry /Cauliflower Curry, Rice, Sambar, Rasam, Pickle, Curd, Butter Milk	Maddur Vada Tea, Coffee, Milk	Ghee Rice/ /Veg Biryani, Raitha, Chillibajji/Banana Bajji/ Aloo Bonda,(Every Week Banana)

Nutritional Composition of Food Provided at JSSAHER Hostels

BREAKFAST

(Menu provided including with nutritional composition for all the seven (7) days. Food recipes per 100g of edible portions)

Nutrient Name	Nutritive Value											
	Maggie	Sauce	Upma	Kesari Bath	Sweet Bread	Jam	Toast Bread	Butter (1tbsp)	Poha	Aloo Paratha	Curd	Tomato Curry
Energy (Kcal)	437.00	112	108.40	427.0	124	278	293	293	409.0	264	59.0	18
Protein (Gm)	10.40	1.95	3.12	6.0	22.48	0.4	9	9	7.6	4.75	3.80	1
Carbohydrate (Gm)	63.50	11.27	16.57	85.0	0.0	69	54.4	54.4	70.0	38.17	4.30	4
Total Fat (Gm)	15.70	2.38	3.03	7.0	3.08	0.1	4	4	10.9	10.76	3.0	0.01
Total Dietary Fiber (Gm)	3.90	0.4	3.06	1.40	0.0	1.1	2.5	2.5	2.5	3.3	0	0.7
Total Free Sugars (Gm)	3.40	8.8	1.07	40.0	0.0	49	4.74	4.74	2	4.63	1.3	2.5
Sodium (Mg)	1232.20	481	4.11	290.0	381	32	5.92	5.92	1470	477	371	11
Calcium (Mg)	153.50	27	14.9	8.6	4	20.00	119	119	9	30	137	11.00
Iron (Mg)	3.70	0.85	0.87	0.9	1.23	0.49	3.33	3.33	1.00	2.65	0.2	0.68

Nutrient Name	Nutritive Value											
	Akki Roti	Rava Idli	Masala Dosa	Poori	Idli	Chutney	Aloo Curry	Sambar	Vada	Tea (100ml)	Coffee (100ml)	Milk (100ml)
Energy (Kcal)	196	404.0	239.84	296	133.1	837.67	96	63.61	133.1	17	17	62
Protein (Gm)	2.4	10	7.70	7.54	4.07	3.61	2.34	3.15	4.07	0.52	0.18	3.32
Carbohydrate (Gm)	32	73	49.4	46.73	27.69	7.01	17.52	10.38	27.69	2.8	4.04	4.66
Total Fat (Gm)	5.2	8.0	0.59	9.43	0.30	17.58	2.89	0.85	0.30	0.46	0.08	3.35
Total Dietary Fiber (Gm)	1.0	4.25	4.18	4.7	2.14	5.61	3.6	1.96	2.14	0	0	0
Total Free Sugars (Gm)	0	5.7	0.48	0.21	0.6	2.51	1.28	1.76	0.6	2.72	3.7	5.42
Sodium (Mg)	196	860.0	4.73	685	2.38	5.31	440	6.96	2.38	8	3	41
Calcium (Mg)	39.6	29.8	13.48	17	6.77	12.66	61	19.41	6.77	18	6	117
Iron (Mg)	0.2	1	1.12	2.68	0.56	1.19	3.59	0.89	0.56	0.01	0.04	0.03

VI. STUDENTS PROJECTS RELATED TO SDG 2

1. Physiological and molecular characterization of the regional Rajamudi rice variety through DNA barcoding and tissue culture standardization

2. Application of Riboflavin producing bacteria for production of Vitamin enriched foods

Research Projects

TITLE	INVESTIGATORS	FUNDING AGENCY	AMOUNT (RS)	DURATION
Micronutrient deficiency and cognitive dysfunction in tribal areas	Dr.Praveen Kulkarni	DBT	27,50,000.00	02 years
Bone mineral density in children and RO water consumption	Dr.Devanand	ICMR	20,41,000.00	02 years
Cancer cachexia	Dr. Vinay Kumar MB	SERB-CRG	5000000.00	03 years
Genes regulating adipogenesis & vitamin D	Dr.Shobha C.R.	ICMR	45,53,000.00	03 years
Millet based diet fiber & allergic Asthma	Dr.Rajesh Kumar T.	ICMR	40,00,000.00	03 years
Impact of use of oral Nutritional supplement on physical health, mental health & immune health in growing children at risk of under nutrition	Dr.Prashanth S N Dr. Prajwala H V Dr.Manoj	Sun pharmaceutical Industries Ltd.	5,26,350.00	1 year

NOVA BIOMEDICALS (INDUSTRY SPONSORED) RESEARCH

Title of the study	Name of the Principal investigator and Co-investigators	Study duration in months
Role of Ionized Magnesium in Critically Ill Acute Kidney Injury Patients	Dr Manjunath S Shetty Dr Manoj C Dr. Suma M.N.	24
Comparison of Ionised Magnesium between sick and stable Preterm Newborns	Dr.Srinivasa Murthy Dr.Deepti Dr.Sushma, Dr.Akila Prashant	06
Comparison of Ionised Magnesium between sick and stable term Newborns	Dr.Deepti Dr.Sushma Dr.Srinivasa Murthy, Dr.Swetha NK	06
Ionised magnesium level in children admitted to paediatric intensive Care unit at JSS Hospital, Mysuru	Dr Rajani H S, Dr Jagadish Kumar K	06
Ionised magnesium level in children with acute covid 19 infections and post covid mis - c admitted under Paediatric department at JSS Hospital, Mysuru	PIs: Dr Rajani H S, Dr Jagadish Kumar K	06
Comparison of Ionised Magnesium between sick and stable Preterm Newborns	Dr.Srinivasa Murthy Dr.Deepti Dr.Sushma, Dr.Akila Prashant	06
Ionised Magnesium levels in healthy Term and late preterm Newborns	Dr.Sushma Dr.Deepti Dr.Srinivasa Murthy, Dr.Shobha	12

JSS AHER Funded Projects

TITLE	INVESTIGATORS	AMOUNT (RS)	DURATION
Identification and estimation of potential biomarkers in serum(FOLATE and HOMOCYSTEINE) to Detect the severity of Alzheimers Disease: A case control study	Dr.Vidya C S Professor& Head of Anatomy JSSMC Mysuru	1,00,000.00	One year
Does chocolate(cacao beans) can regulate microglial activation and downstream signaling in neuroinflammation.	Dr.Rajeshwari L Professor of Physiology, JSS MC, Mysuru	50,000.00	One year
“Changes in AKT signaling cascade in brain of diabetic mice with and without vitamin D treatment”.	Dr.Vijaya Vageesh Y Asso. Professor of Physiology, JSSMC, Mysuru	50,000.00	One year
Evaluation of cytoprotective properties of vitamin D against nutrient-depreavation induced toxic effects in neuronal cells in vitro	Dr.Ramya C.M. Asst. Professor of Physiology, JSSMC, Mysuru	50,000.00	One year
To Evaluate & Correlate serum Vitamin D Levels & Antimicrobial Peptides in Saliva and Inverse Correlation with Inflammatory Cytokines in Dental Health Among patients with Metabolic Syndrome and Healthy Controls	Dr. Ashwini TS PhD Scholar	1,00,000.00	One year
Studies on cow colostrum bioactive peptides as a modulator of Peroxisome Proliferator-Activated Receptor-γ (PPAR-γ) targeting obesity and metabolic disorders	Dr.Manu G Asst. Professor of Pharmacology, JSSMC, Mysuru	50,000.00	One year
A Cryosection study on the relationship between dental fluorosis and fluoride level in water among school children in private schools of chamarajanagar district, Karnataka	Ms.Midhuna lype, MPH Student, JSSMC, Mysuru	25,000.00	One year

VI. PUBLICATIONS

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5. Shashanka K Prasad, Smitha S Bhat, Olga Kosakowska, Jiraporn Sangta, Sheikh F. Ahmad, Ahmed Nadeem, Sarana Rose Sommano. (2023), 'Naringin from Coffee Inhibits Foodborne Aspergillus fumigatus via theNDK Pathway: Evidence from an In Silico Study', *Molecules*, 28(13), 5189, doi: <https://doi.org/10.3390/molecules28135189>
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9. Vibha G., Lingaraju H. G. and Shankamma Kalikeri (2023) "Microbial Characterization of Jeevamrutha and its Effect on Beneficial Soil Microorganisms" *International Journal of Zoological Investigations*, 9(1), 690-696, <https://doi.org/10.33745/ijzi.2023.v09i01.078>

SUMMARY

The outreach activities of JSSAHER, encompassing a diverse range of initiatives, have made a significant impact on addressing the objectives of Sustainable Development Goal 2 (SDG 2) - "End hunger, achieve food security and improved nutrition, and promote sustainable agriculture." Through their multifaceted efforts, JSSAHER has touched upon various aspects critical to ensuring food security, reducing hunger, and promoting sustainable agricultural practices.

The outreach activities of JSSAHER encompass a wide array of initiatives, each contributing significantly to the overarching goal of Sustainable Development Goal 2 (SDG 2) - "End hunger, achieve food security and improved nutrition, and promote sustainable agriculture." These activities reflect a comprehensive and holistic approach that addresses not only immediate challenges but also the root causes of hunger, malnutrition, and food insecurity. Here is an elaboration on how these diverse initiatives align with and support SDG 2:

1. JSS Krishi Vignana Kendra (Agricultural Sciences Centre):

Modernizing Agriculture: The center's role in modernizing agricultural practices is crucial for sustainable agriculture. By providing training, technology transfer, and knowledge dissemination, it equips farmers with the tools to improve crop yields and manage resources efficiently. This contributes directly to SDG 2's objective of promoting sustainable agriculture.

2. Health Camps:

Preventive Healthcare: Health camps offer crucial services such as medical check-ups, vaccinations, and health awareness programs. By focusing on preventive healthcare, they help communities stay healthy, reducing the risk of malnutrition and addressing the healthcare component of food security under SDG 2.

3. NSS Programs:

Youth Engagement: National Service Scheme (NSS) programs engage young volunteers in various community service activities. This not only enhances their understanding of community needs but also empowers them to be agents of change. Youth involvement is vital in achieving SDG 2, as they are key stakeholders in shaping the future of food security.

4. Awareness Programs:

Nutrition and Agriculture Education: Awareness programs educate communities on the importance of nutrition and sustainable agricultural practices. This empowers individuals to make informed decisions about their diets and agricultural activities, which is a central component of SDG 2.

5. Food and Nutrition Workshops:

Empowering Communities: Workshops that focus on food and nutrition empower communities with the knowledge and skills to address their nutritional needs. By promoting healthier diets and addressing malnutrition, these workshops directly contribute to SDG 2's goal of improving nutrition.

6. Food and Fruit Donations:

Immediate Hunger Relief: Donations of food and fruits provide immediate relief to those facing hunger. While not a long-term solution, these initiatives address the urgent needs of vulnerable populations, especially during crises, aligning with SDG 2's objective of ending hunger.

7. Animal Care:

Sustainable Agriculture: Animal care is a vital aspect of sustainable agriculture, as livestock play a crucial role in food production. By promoting the welfare of animals, JSSAHER supports agricultural sustainability and the well-being of farming communities.

In conclusion, the integrated approach of JSSAHER's outreach activities reflects their commitment to addressing the complex and interconnected challenges of SDG 2. By addressing not only agriculture but also education, healthcare, and community support, they have created a multifaceted strategy to achieve food security and improved nutrition. Their holistic efforts empower communities to break the cycle of hunger and malnutrition and provide the necessary tools for a brighter and more food-secure future. In a world where sustainable development is paramount, JSSAHER serves as a beacon of hope and inspiration for other organizations and communities striving to make a positive impact.