



## Report on SDG Initiative: Goal 2 – Zero Hunger

### 1.0 Primary Objective and Strategic Alignment

This meticulously planned initiative was conceived and executed with the express purpose of directly contributing to the United Nations Sustainable Development Goal 2: **Zero Hunger**. The overarching objective extended beyond the simplistic notion of eradicating hunger to promoting a state of complete nutritional well-being across all demographics of the population. The workshop was strategically designed to empower students with the practical knowledge and technical skills required to formulate, prepare, and present meals that are not only economically affordable and leverage seasonal availability but are also aesthetically appealing to ensure consumer acceptance. This holistic approach underscores the university's commitment to addressing global challenges through education, innovation, and community-oriented practices, ensuring that the goal of zero hunger is pursued through a lens of quality, sustainability, and holistic health.

### 2.0 Context, Rationale, and Philosophical Underpinning

Food constitutes the most fundamental pillar of human existence, a non-negotiable element without which life itself cannot be sustained on our planet. Its role, however, transcends basic sustenance; it is intrinsically linked to health, culture, and socio-economic stability. This initiative draws profound inspiration from the ancient Hippocratic doctrine, *“Let food be thy medicine and medicine be thy food,”* a principle that has found renewed relevance in modern nutritional science. The contemporary global landscape is marked by a paradoxical burden of malnutrition, encompassing both undernutrition and obesity, often exacerbated by the limited availability of nutritious, safe, and affordable food. Within this context, the workshop served as a critical pedagogical platform. It was designed to move beyond theoretical discourse, providing students with immersive, hands-on experience in therapeutic culinary techniques. This practical exposure is essential for training future professionals who can devise dietary strategies that accelerate recovery, manage chronic conditions, and contribute to preventive healthcare, thereby addressing a crucial dimension of the zero hunger goal: access to adequate nutrition for health and well-being.

### 3.0 The Practice: A Detailed Account of the Workshop on Advanced Therapeutic Cooking

The practical component of this initiative was successfully conducted on **January 12, 2024**, within the sophisticated and fully-equipped cooking laboratory of the Department of Home Science. A cohort of dedicated and enthusiastic university students from relevant disciplines participated actively in the day's events. The entire session was overseen with meticulous



attention to detail under the expert supervision, continuous guidance, and scholarly instruction of **Ms. Swati Sharma, Workshop Coordinator**, and **Dr. Ankit Srivastava**. Their combined expertise ensured that the practice was not merely a culinary exercise but a rigorous academic activity.

Participants engaged in the preparation of a diverse array of dishes, each selected for its specific nutritional profile and therapeutic potential. The practice was defined by several core principles:

- **Applied Therapeutic Nutrition:** Each recipe was conceptualized and executed with consideration for specific physiological conditions, aiming to create meals that support medical nutrition therapy for faster recuperation and improved health outcomes.
- **Scientific Methodology and Precautions:** The cooking processes adhered strictly to established scientific protocols, encompassing aspects like nutrient retention, safe cooking temperatures, and the biochemical interactions of ingredients.
- **Stringent Hygienic and Safety Standards:** Paramount importance was given to maintaining an aseptic environment. All protocols for food safety, personal hygiene, and sanitation were rigorously followed from preparation to plating, ensuring the final products were not only nutritious but also completely safe for consumption.

#### 4.0 Evidence of Success and Documented Outcomes

The workshop culminated as a resounding success, a fact substantiated by the high levels of student engagement, the quality of the output, and the positive feedback received. The success is quantitatively and qualitatively evidenced through comprehensive photographic documentation that captures the entirety of the process—from the focused preparation stages to the final, plated results. These images serve as tangible proof of the workshop's objectives being met: they show students collaboratively working, applying theoretical knowledge, handling ingredients with care, and producing meals that exemplify nutritional excellence, hygienic preparation, and visual appeal. The visible outcomes align perfectly with the SDG's targets of improving food security and nutrition through sustainable and innovative practices.

**Students preparing ingredients under guided instruction.**

**The cooking process in action in the lab.**

Students preparing ingredients under guided instruction.



The cooking process in action in the lab.



The final plated dishes, showcasing presentation and quality.



An interactive session with faculty experts.



Table 1: Photographic evidence from the workshop

## 5.0 Critical Analysis: Challenges Encountered and Resource Assessment



A thorough post-event analysis was conducted to evaluate the operational aspects of the workshop.

**Problems Encountered:** It was noted with satisfaction that the event proceeded with exceptional smoothness and efficiency. No significant logistical, technical, or operational challenges were encountered that impeded the progress or outcomes of the workshop. This seamless execution is a testament to meticulous prior planning and the robustness of the available infrastructure.

**Resources Utilized:** The entire event was facilitated using the advanced resources housed within the department's modern cooking laboratory. The availability of all necessary professional-grade equipment, utensils, and ingredients on-site eliminated any external dependencies and ensured a self-sufficient, highly productive, and efficient learning environment for all participants.

## 6.0 Future Directions and Strategic Suggestions

Building upon the solid foundation established by this successful workshop, the path forward involves strategic expansion and deeper community integration. The core focus must remain unwavering on the triumvirate of principles: **hygiene, economic viability, and superior nutritional quality**. Future iterations of this initiative should be scaled to include a broader participant base from within the university and extended to members of the local community. Furthermore, developing outreach programs where students can apply these skills in real-world settings—such as at health camps, senior citizen homes, or awareness drives in underserved communities—could profoundly amplify the impact on public health nutrition. Such endeavors would not only reinforce the university's dedication to the SDG agenda but also foster a generation of graduates who are socially conscious, skilled, and ready to contribute meaningfully to the critical mission of achieving Zero Hunger.

The objectives of Swami Vivekanand Subharti University, in alignment with the United Nations Sustainable Development Goals (UNSDGs), along with the University's contributions towards achieving these objectives, are outlined below:

UNSDGs and University's Objective	University's Contribution Towards Achieving its Objectives
<p><b>SDG 2: Zero Hunger</b></p> <p>University's Objective : To conduct research on sustainable agriculture, nutrition, and food processing, and to organize community outreach programs for local farmers and</p>	<p><b>Faculty of Medicine -</b></p> <ul style="list-style-type: none"> <li>• Regularly organizes nutrition awareness and health camps in rural areas, addressing malnutrition, anaemia, and underweight issues, especially among women and children.</li> <li>• Regularly conducts screening for nutritional deficiencies (iron, vitamin D, calcium, etc.) during community outreach.</li> <li>• Promotes dietary counselling for patients and rural populations during medical camps.</li> </ul>



residents to improve food security and healthy eating practices.

**Faculty of Dental Sciences -**

- Promotes oral health and nutrition education during dental awareness camps.
- Educates children on balanced diets and the impact of sugary foods on dental and overall health.

**Faculty of Nursing -**

- Regularly conducts community visits and school health programs focusing on maternal and child nutrition.
- Trains nursing students in nutritional assessment and counselling, particularly for antenatal and postnatal care.
- Participates in Poshan Abhiyan (National Nutrition Mission) in collaboration with local health departments.

**Faculty of Allied Health Sciences -**

- Regularly conducts nutrition awareness sessions for rehabilitation patients (orthopaedic and neurological) to improve recovery outcomes.
- Encourages dietary management for weight control and physical fitness among patients.

**Faculty of AYUSH -**

- Promotes Ayurvedic dietary principles and the use of herbal and natural supplements for balanced nutrition.
- Regularly organizes free consultation camps offering dietary advice based on traditional medicine.

**Faculty of Engineering and Technology -**

- Provides technical support for hydroponic and organic farming projects with local NGOs.
- Provides technology support in nearby villages to preserve food safely.

**The Faculty of Pharmacy -**

- Conducts research on nutraceuticals and herbal formulations supporting nutritional health.
- Educates communities on safe and rational use of dietary supplements and vitamins.
- Maintains herbal gardens and conducts demonstrations on medicinal and nutritional plants.

**The Faculty of Law -**

- Runs legal literacy camps informing communities about the Right to Food, PDS, and Mid-Day Meal Scheme entitlements.
- Offers assistance in resolving cases related to denial of ration or welfare benefits.



**Faculty of Science -**

- Works on food quality testing, microbial safety and nutritional analysis projects.
- Regularly organizes student seminars and research on sustainable agriculture and food technology.
- Collaborates with Agriculture Department for soil and crop testing to improve yield and food security.

**Faculty of Education -**

- Regularly conducts awareness programs in schools and villages on healthy eating habits.
- Integrates health education modules in B.Ed., M.Ed., B.P.Ed. and M.P.Ed. curricula.
- Encourages student teachers to promote mid-day meal hygiene and school nutrition programs.

**Faculty of Fine Arts -**

- Designs posters, campaigns, and social messages promoting zero hunger and good nutrition.
- Regularly participates in awareness drives during university exhibitions.

**Subharti Sanskriti Vibhag –**

- Supports food donation drives for underprivileged communities.

**Faculty of Management and Commerce -**

- Conducts CSR workshops encouraging food security initiatives among industry partners.
- Supports resource mobilization campaigns for underprivileged communities.

**College of Hotel Management -**

- Ensures zero food waste in training kitchens; extra food is donated through NGOs.
- Regularly conducts community cooking demonstrations on affordable, nutritious meals.
- Promotes food hygiene and safety practices among students and community members.

**Faculty of Arts and Social Sciences -**

- Produces documentaries and reports on hunger and nutrition issues in rural areas.
- Runs media literacy campaigns highlighting government food security programs and local nutrition success stories.
- Conducts socio-economic surveys on food insecurity in adopted villages.



- Engages in community outreach to support government nutrition and livelihood schemes.
- Provides social work, counselling services, and nutrition/livelihood programs (tailoring, handicrafts, small-scale food processing).
- Supports women's skill centres, community libraries, and digital literacy initiatives.
- Conducts counselling, psychosocial support, moral support programs, and electoral awareness.
- Leads nutrition education, diet planning, and food preservation training for rural women.
- Maintains model kitchens and demonstration units for balanced, low-cost meals.
- Partners with NGOs to train women's groups in food processing, preservation, and micro-enterprise creation.
- Maintains a knowledge repository on food security, nutrition, and sustainable agriculture.
- Supports information literacy sessions for students working on SDG-related research.
- Promotes ethical awareness against food waste and supports community kitchen initiatives.
- Organizes sessions on mindful eating and sustainable consumption rooted in Buddhist principles.
- Conducts policy analysis and seminars on food distribution, and rural poverty.
- Engages students in field surveys and advocacy for better food governance.
- Encourages students to create stories, skits, and poems on food security awareness.

**University-wide Initiatives -**

- Organizes nutrition and anaemia screening camps with diagnostic facilities.
- Provides diet counselling as part of community health outreach.
- Community Kitchen Drives: Regular food donation and community meal distribution by NSS/NCC volunteers.
- Adopted Villages Program: Continuous nutritional awareness and food security outreach.
- Research & Training: Interdisciplinary projects on sustainable agriculture, food hygiene, and nutrition education.



- Canteen Practices: Encouragement of minimal food waste and provision of balanced meal options.

