



Devaraj Urs Academy of Higher Education & Research

TAMAKA, KOLAR-563 103

Academic Year 2023-24

SUSTAINABLE DEVELOPMENT GOAL



2

Zero Hunger

INTRODUCTION

Zero Hunger aims to end hunger, achieve food security, improve nutrition, and promote sustainable agriculture. It emphasizes ensuring that all people-especially the poor and vulnerable, including infants-have access to sufficient, safe, and nutritious food throughout the year. This goal highlights the importance of transforming agricultural systems, promoting sustainable farming practices, supporting small-scale farmers, and ensuring equitable access to land, technology, and markets. SDG 2 also addresses the need to reduce food waste, adapt agriculture to climate change, and preserve biodiversity to maintain long-term food security. Achieving Zero Hunger is essential for improving health, supporting economic growth, and fostering resilient communities worldwide.

CAMPUS FOOD WASTE

Tracking food waste on campus plays an important role in improving sustainability, reducing resource wastage, and encouraging responsible consumption. By regularly measuring food waste from preparation to consumption, the University can better plan meals, prevent over-procurement, lower operational expenses, and reduce its environmental footprint. This initiative aligns with SDG 2 (Zero Hunger) and SDG 12 (Responsible Consumption and Production), while increasing awareness among students and staff about the consequences of food waste.

The assessment indicates that the campus generates roughly 200 kg of food waste each day, amounting to about 72.38 metric tons annually. Waste from hostel kitchens is collected in designated bins and transported daily for proper disposal. Instead of being discarded in open areas, the food waste is provided to pig-rearing units in Kolar district, supporting local animal farming and preventing environmental pollution.



Measures Implemented to Reduce Food Waste in Campus Hostels

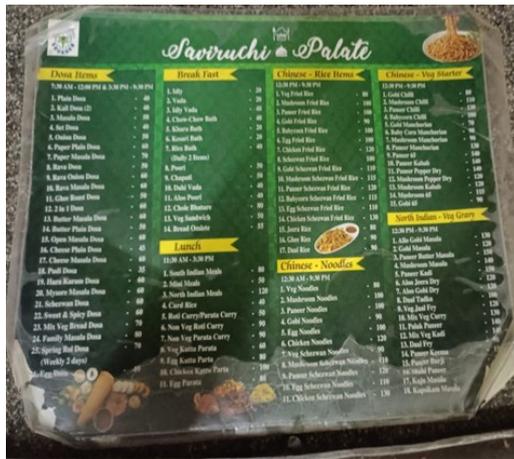
Daily monitoring of plate and kitchen waste is carried out by recording the quantity and type of food discarded after each meal service. An effective inventory tracking system is maintained to log stock usage, expiry dates, and surplus items, ensuring better planning and reduced spoilage. Portion control assessments help identify over-serving and frequently uneaten items, while leftover analysis highlights recurring patterns that guide necessary menu adjustments. Waste is segregated into raw, cooked, and plate waste, with each category measured regularly to understand waste sources more clearly. Feedback from students and staff is gathered through surveys to identify food preferences and minimize unwanted menu items. Menu performance is evaluated by tracking dish popularity and waste percentages, enabling continuous refinement of meal planning. Regular reporting and review meetings present these waste-related insights to management to drive corrective actions. Additionally, ongoing training and awareness programs ensure that kitchen staff and students understand the importance of minimizing food waste and adopting sustainable dining practices.



Student Hunger

Sri Devaraj Urs Academy of Higher Education and Research (SDUAHER) is committed to addressing student hunger and ensuring access to safe, nutritious, and affordable food for all members of the campus community. The institution hosts multiple food outlets and mess facilities that cater to the diverse dietary needs of students and staff. These outlets provide a wide range of healthy food choices at reasonable and accessible prices, ensuring that no student faces barriers to obtaining daily meals.

In addition, all hostels within the academy follow a well-planned cyclic menu developed by qualified dietitians from RL Jalappa Hospital and Research Centre. These menus are scientifically designed to meet the nutritional requirements of students and staff, supporting their overall health, well-being, and academic performance. By offering balanced meals, maintaining food quality standards, and ensuring affordability, SDUAHER actively contributes to the SDG Goal 2 mission of reducing hunger, improving nutrition, and promoting sustainable food systems on campus.



PROMOTING NUTRITION AWARENESS AND SUSTAINABLE, HEALTHY, AFFORDABLE CAMPUS FOOD CHOICES

Organizing nutrition awareness programs on campus plays a vital role in promoting healthy eating habits, preventing lifestyle-related diseases, and fostering a culture of wellness among students, faculty, and staff. These programs educate the university community on the importance of balanced diets, portion control, and nutrient-rich food selections that support overall well-being and academic performance. Activities such as workshops, health camps, interactive sessions with dietitians, cooking demonstrations, and poster exhibitions help enhance knowledge about sustainable and mindful eating practices.

The Department of Clinical Nutrition and Dietetics at Sri Devaraj Urs Academy of Higher Education and Research is dedicated to promoting sustainable, nutrition-focused practices both on campus and within the surrounding community. In addition to its comprehensive academic programs—including the Integrated B.Sc.–M.Sc. Clinical Nutrition and Dietetics, the Ph.D. program, and the four-year B.Sc. (Honors) in Food Science and Technology—the department implements a range of initiatives aimed at strengthening food and nutritional security. Regular nutrition awareness programs are organized to educate students, staff, and the general public on healthy eating habits, while campus food services ensure access to sustainable, nutritious, and affordable dietary options. To minimize food wastage, sensitization campaigns and responsible consumption strategies are actively promoted across various facilities.

The department also extends its efforts through collaborative community outreach, conducting nutrition education drives and targeted interventions to address hunger-related challenges at the local level. These activities are carried out in government schools and Anganwadis across the Kolar district, focusing on creating awareness about healthy food choices, improving nutritional status, and fostering better health practices among children, pregnant women, and other vulnerable groups. By integrating research, community service, innovation, and hands-on training, the department contributes significantly to enhancing food security, promoting balanced diets, and supporting public health across diverse sectors. The following activities were conducted under this initiative:

Promoting Zero Hunger and Wellness

The Department of Clinical Nutrition and Dietetics at RL Jalappa Hospital and Research Centre, under Sri Devaraj Urs Academy of Higher Education and Research, plays a vital role in enhancing patient nutrition and overall well-being. The department provides free, wholesome, and nutritionally balanced meals every day to all 900 in-patients, ensuring that each meal supports recovery and clinical progress. A daily rotating menu is implemented to promote dietary diversity, maintain patient satisfaction, and deliver optimal nutrient intake.

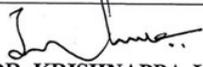
Qualified dietitians conduct regular ward rounds to assess individual nutritional needs, monitor dietary intake, and tailor diet plans according to each patient's medical condition and response to treatment. This continuous nutritional evaluation has contributed to significant improvements in the health, recovery rate, and nutritional status of many patients.

Beyond patient care, the department actively conducts nutrition awareness programs aimed at educating the broader community about healthy eating habits, sustainable food systems, and the importance of balanced diets. Efforts are also directed toward ensuring the availability of sustainable, nutrient-dense, and affordable food options within the campus, promoting a culture of wellness, food security, and responsible consumption.

Collectively, these initiatives underscore the institution's strong commitment to eliminating hunger, supporting recovery, and advancing nutritional sustainability, in alignment with Sustainable Development Goal (SDG) 2: Zero Hunger.

RL Jalappa Hospital Menu

DAYS	BREAKFAST (6.30AM TO 8.00AM)	LUNCH 12.00PM TO 2.30PM)	SNACKS (4.30PM TO 5.30PM)	DINNER (7.00PM TO 9.00PM)
MONDAY	VEGETABLE UPPUMA BOILED EGG 50 G HESURUBELLU KALLU	RAGI BALL, RICE SAMBAR, CURD 50 G GREEN LEFY VEGETABLE PALYA	MILK -200ML BANANA	RAGI BALL, RICE VEGETABLE SAMBAR, CURD BOILED EGG
TUESDAY	PONGAL AND CHUTNEY BOILED EGG	RAGI BALL, RICE URILLI SAMBAR, CURD 50 G CABBAGE VEGETABLE PALYA	MILK -200ML BANANA	RAGI BALL, RICE VEGETABLE SAMBAR, CURD BOILED EGG
WEDNESDAY	IDLI AND SAMBAR WITH VEGETABLES BOILED EGG	RAGI BALL, RICE DHAI, CURD 50 G BEANS VEGETABLE PALYA	MILK -200ML BANANA	RAGI BALL, RICE DHAI, CURD BOILED EGG
THURSDAY	VEGETABLE BATH WITH RAITHA BOILED EGG	RAGI BALL, RICE BUSSARU , CURD 50 G RICH GOURD VEGETABLE PALYA	MILK -200ML BANANA	RAGI BALL, RICE VEGETABLE SAMBAR , CURD BOILED EGG
FRIDAY	LEMON RICE BOILED EGG	RAGI BALL, RICE SAMBAR, CURD 50 G ALLASANDU BOILED GRAMES	MILK -200ML BANANA	RAGI BALL, RICE VEGETABLE SAMBAR, CURD BOILED EGG
SATURDAY	BISEBELLE BATH WITH VEGETABLES BOILED EGG	RAGI BALL, RICE SAMBAR, CURD 50 G SOREKAI VEGETABLE PALYA	MILK -200ML BANANA	RAGI BALL, RICE VEGETABLE SAMBAR, CURD BOILED EGG
SUNDAY	BREAD WITH MILK BOILED EGG	RAGI BALL, RICE SAMBAR, CURD 50 G PUMPKIN VEGETABLE PALYA	MILK -200ML BANANA	RAGI BALL, RICE VEGETABLE SAMBAR, CURD BOILED EGG


DR. KRISHNAPPA J
MEDICAL SUPERINTENDENT

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Medical Superintendent
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Dr. Manjuntha.G.V

Consultant RLJH & RC & Purchase Officer,
Chief Procurement Officer
Sri Devaraj Urs Academy of
Higher Education & Research
Tamaka, Kolar - 563 103.



Sl No	Name of the Activities
1	National Nutrition Month, different activities like seminars, games, educational events
2	World Food Day Rally
3	Building career in nutrition: skills and goals

Nutrition Education Programs

On the occasion of National Nutrition Month, the Department of Clinical Nutrition and Dietetics organizes a series of engaging and educational activities such as seminars, interactive games, awareness sessions, and poster exhibitions for Primary School children's Yedarur, Village, Kolar Taluk. These initiatives aim to educate students on the importance of maintaining a balanced diet and adopting healthy eating habits. The programs highlight the vital role of proper nutrition in promoting overall health, enhancing immunity, and preventing diseases associated with poor dietary practices. Additionally, they emphasize practical measures to identify and overcome nutritional deficiencies through informed food choices and lifestyle modifications. By combining fun and learning, these activities foster greater awareness, encourage positive behavioral change, and inspire students to become advocates of good nutrition and well-being within their communities.

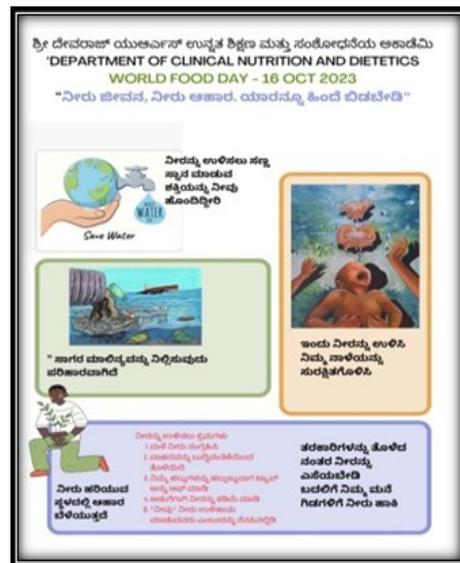


On the occasion of National Nutrition Month, different activities like seminars, games, educational events and poster display are carried out to educate students about the advantages of a balanced diet, benefits of proper nutrition, prevention of diseases caused by poor nutrition, and measures to overcome nutritional deficiencies

World Food Day Rally

The World Food Day Rally is an international event promoting action to alleviate hunger and ensure food security. It involves organizations like the United Nations and local communities, focusing on sustainable water, nutrition, environmental sustainability, equity, community engagement, partnerships, and policy advocacy to combat food insecurity and ensure safe, nutritious, and affordable food. The rally started from MG Road Kolar, which is the main commercial and cultural hub of the city. The rally was led by the head of the department, who carried a banner with the theme of the rally. They also carried placards, posters, and flags with messages and slogans on water and food security. Some of the slogans were:

- ◆ Save water, save food, save life
- ◆ Water is precious, don't waste it
- ◆ Every drop count, use water wisely
- ◆ Water for all, not for few



The World Food Day Rally is an international event promoting action to alleviate hunger and ensure food security

Building career in nutrition: skills and goals

The guest lecture was conducted by the Department of Clinical Nutrition and Dietetics on 12-01-2024 from 10 AM to 12.00 PM. Chief guest Dt. Arpita P Clinical Nutritionist and holistic health coach, certified sports nutritionist ,diabetes educator and allied health care professional has taken a lecture on topic “Building career in nutrition: skills and goals”. The event began with the inauguration in the presence of Honorable Vice chancellor Dr.B.Vengamma , Honorable Registrar Dr. D.V.L.N Prasad, Dr.C.D.Dayanand Dean faculty of Allied Health and Basic Sciences. The guest lecture also extensively covered essential skills and competencies required for success in the field of nutrition.

