



AMITY UNIVERSITY

HARYANA

(Accredited with Grade 'A' by NAAC)

Report on Sustainable Development Goal



SDG 02: Zero Hunger Year 2021



Campus: Amity Education Valley, Gurgaon (Manesar) - 122413 (Haryana) | Tel.: +91(0)-124-2337015 / 16
Gurgaon Office: Amity International School Campus, Sector-46, Gurgaon - 122001 (Haryana) | Mob.: +91-98-184-99225
Website: www.amity.edu/gurgaon | E-mail: info@ggn.amity.edu; admissions@ggn.amity.edu

Amity University Haryana is committed to the United Nations Sustainability Development Goal (SDG) 02 to aim for Zero Hunger. We have a culture of spreading smile and happiness through helping vulnerable sections of population such as needy and underprivileged kids, women, and old people in the community. UN SDG 02 – Zero Hunger is a critical goal because of its extensiveness of penetration in global societies whereby there is an urgent need to provide immediate food access to marginalized sections of population along with associated social protection programs. In that context large universities such as AUH have been playing a crucial role in hunger eradication. Students at Amity along with faculty members conduct food drives regularly and make sure that there should be zero food wastage on campus.

AUH has got huge agriculture land in campus for organic farming and created an ecosystem for implementing sustainable agricultural practices. This document summarizes some of the initiatives taken by the AUH towards addressing this.

FOOD FOR COMMUNITY:

The AUH campus keeps tracks on the food wasted in campus canteens and cafeterias. The average quantity of food uneaten by campus catering services was 40 kg/day, they started distributing this left out food to nearby slum area from 2016. Amity students club Saakar regularly organizes food drives with Robin Hood Army with mission Zero Hunger to comply with the basic tenets of SDG 2 Mission-4 million was another milestone achieved by Saakar with Robin Hood Army. They distributed food packets to poor and needy people. Such initiatives are part of students' club activities at Amity University Haryana.



HEALTHY AND AFFORDABLE FOOD CHOICES:



Amity University Haryana Faculty of Nutrition and Dietetic keep a track of healthy, quality and hygiene food on campus to maintain healthy and active life for campus students as well nearby local villages. Amity School of Hospitality Management helps in organizing catering services comprising fresh, nutritious, and healthy food during various events held on campus ranging from Convocation, Innovation Day, Sangathan, Orientation of Fresh Batches, etc. Campus has 8 catering service points as listed below to ensure that nobody goes without food.

<https://www.amity.edu/gurugram/cafeteria-and-food-courts>

1. Rupeats (Mess)
2. Cook House (Cafeteria)
3. Sanskriti (Cafeteria)
4. Deja Brew (Cafeteria)
5. Military Canteen
6. Hashtag (Food Van)
7. Dosa Plaza
8. Fruit & Juice Shop

Typical One Deluxe Thali price in cafeterias across the campus = Rs. 90/- (approximately \$1 for a nutritious vegetarian meal). Menu and prices decided after discussion with university administration, student representatives & cafeteria vendors. Amity campus serves only vegetarian food. There is a variety of nutritious food, fruit juices, and shakes, and hot/cold beverages. The cafeterias on campus also comply with strict hygiene guidelines as prescribed by university administration.

There are three cafeterias, Fruit juice shop and a food Truck located in and near the Academic Blocks for easy access. In the Hostel complex there is a Cafeteria, Mess and Food Court with Dosa Plaza to cater to Hostellers. All the eateries operate from 0800 hrs to 2130 hrs every day. Every Hostel Block has Tuck shop operating up to 2330 hrs. A Snack vending machine in each hostel block facilitates the hostellers 24x7.



PROGRAMME AND COURSES:

Amity is providing degree courses BSc, MSc, PhD in Dietetic and Applied Nutrition. Students from Amity School of Hospitality along with Food Nutrition and Dietetics department organise awareness camps for healthy and nutritious food for nearby societies. For understanding the importance of healthy and nutritious food Amity has elective course in Nutrition and Dietetics, and student's internship is also part of curriculum for Amity School of hospitality and nutrition department.

S.No	Programme Name	Link
1	B.Sc. (Dietetics & Applied Nutrition)	https://www.amity.edu/gurugram/bsc-dietetics-and-applied-nutrition
2	M.Sc. (Dietetics & Applied Nutrition)	https://www.amity.edu/gurugram/msc-dietetics-and-applied-nutrition
3	Ph.D. in Dietetics & Applied Nutrition	https://www.amity.edu/gurugram/phd-dietetics-and-applied-nutrition
4	Bachelor of Hotel Management	https://www.amity.edu/gurugram/bachelor-of-hotel-management

ETHICAL AND SUSTAINABLE FOOD PURCHASES

The AUH campus has agriculture land which produces organic vegetables, fruits, wheat and cereals, pulses, spices, herbs and herbal plants. Additionally, the campus has a 'Dairy Farm' having around 40 cows and the milk production is near 1 Lakh litre in year 2021.



AUH has a well defined policy on Environmental Consciousness and Sustainability Policy, including reduction and rational use of plastic as an important aspect.

WEBINAR ON FUNCTIONAL FOODS

An event on "Restaurant Dining Etiquettes" was organized by Amity School of Hospitality, Amity University Haryana on February 17, 2020. The event aimed at making students aware of the importance of "Dining Etiquettes". The event also demonstrated various possible situations and activities in restaurant dining. Different forms of napkin folding were also shown to them. Students took active participation in the workshop. The session was very interactive, and the

students learning level was also checked at the end through a short & crisp quiz competition. Winners were rewarded with chocolates. Finally, students were awarded with participation certificates. The overall objective of the event was to educate the participants about “Dining Etiquettes & Table Manners” to be followed during formal dining as part of good living and healthy food habits while promoting SDG 02 “Zero Hunger”.



An event named “Master Chef Competition” was organized by Amity School of Hospitality, Amity University Haryana on February 19, 2020. The event focused on highlighting the culinary skills in present scenario including various techniques used in cooking, proper use of ingredients, skill manipulation and the way of presentation of dishes. The event was divided in two rounds. First round was "cooking without fire". In this round, participants had to prepare a single dish with the ingredients available at a common point without using any source of heat. Second round was “basket cooking”. In this round, participants had to prepare a single Indian dish with accomplishment, within a specific period of time. The judgment was done considering many parameters like taste, texture of dish, creativity, presentation, cleanliness of work-station and time management towards speedy preparation and distribution of nutritious food as part of SDG 02 “Zero Hunger” goal. The event helped to explore the conditions involved in event management, balancing of time frame, handling the critical situations, managing the quality with reference to use of ingredients, portion and size control, waste management and also the nutritional value of a single dish.





A Webinar on “Functional Foods” was organized by Amity Medical School, Amity University Haryana on May 08, 2020. The speaker at the webinar was Dr Deepti Verma, National Technical Head, VLCC. The objective of the event was to make students learn about the trending Functional foods and their usage and importance in the field of Dietetics and Nutrition. The students were to acknowledge the on-field experience and use of varied foods while treating diseased patients while creating adequate awareness towards consuming healthy food for the mission of Zero Hunger. The webinar also deliberated on the role of Functional Foods in helping to cure the patients. The Speaker discussed about various foods that come under this categorisation like Green tea, Fenugreek seeds, Ginger, Ragi etc. She also shared about the correct usage and time of intake of these foods, focussing on how these can be used while treating our patients. Cases like Diabetes, Cardiovascular Disorders, Bone strength, cold, flu were also analyzed in the webinar. The event was successful and the students gained substantial knowledge functional foods and their importance in conjunction of utility in eradicating hunger in the community.

Zoom Meeting ID: 407-229-2183

Recording

Amity EC Ppt.pptx - Microsoft PowerPoint

Dr Deepti Verma, Nandini Shar..., Akanksha, sehrawat shikha, Priyanka kushw..., Galaxy J8

Slides Outline:

1. Foodborne Poisons
2. ...
3. Vitamins & Functional Food
4. GREEN TEA
5. GREEN TEA
6. GREEN TEA

Every 35 days your skin replaces itself, your liver about a month. Your body makes these new cells from the food you eat. So what you eat literally becomes you.

YOU HAVE A CHOICE IN WHAT YOU ARE MADE UP OF!!!

Zoom Meeting ID: 407-229-2183

Recording

Amity EC Ppt.pptx - Microsoft PowerPoint

Dr Deepti Verma, Nandini Shar..., Priyanka kushw..., iPhone, Galaxy J8, Luxita Sharma

Slides Outline:

1. Foodborne Poisons
2. ...
3. Vitamins & Functional Food
4. GREEN TEA
5. GREEN TEA
6. GREEN TEA

GREEN TEA

- Researchers have shown that green tea contains antioxidants, immunomodulating, anti hypertensive, anti inflammatory, antibacterial, antiviral and neuroprotective effects.
- Polyphenols of green tea especially, epigallocategallate (EGCG) favourably regulates a number of disease specific molecular targets.

Reasons to Drink Green Tea:

- Helps Cancer
- Promotes Weight Loss
- Improves Heart Health
- Boosts Immunity
- Improves Blood Sugar
- Promotes Gut Health

Zoom Meeting ID: 407-229-2183

Recording

Show Self View, Speaker View

Redmi	4BZJpm	Dr Deepti Verma	Luxita Sharma	Nandini Sharma
Galaxy J8	Ananya	Pallavi	Shruti Goyal	OnePlus 7
Muskan Choudh...	4BZJpm	Aakriti	Divya	Sandhya
Deeepika Dhawan	Dhanyaja s nair	Swati	Simran Kakkar	Richa Singh
Deepika Pal	Amrita Arya	Sumati Kalani	Vanshika agarwal	Hardik Dalal