


Activity Name : Demonstration cooking videos on food items with millets and nutria cereals/ curries without salt/ Tea varieties without milk and sugar

Activity Sl.No in the brochure :8

| Sl.No | Particulars | Details: Please write in min. 1 to 2 sentences. One word responses are not accepted. Write complete sentences. |
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| 1. | Total number of students participated | 5 |
| 2. | Name of the Faculty Coordinator (s) | Mrs.K.BhagyaLaxmi , Asst.Professor ,CSE Dept. |
| 3. | Student Self Help Clubs members Names | M. Akshitha, G.Harshitha,K,Siri ,K.Sree Siri vadana,BNV Sathvika, S.Indira keerthi |
| 4. | Duration of activity conducted/ performed | 10 days (10.7.2023 to 19.7.2023) |
| 5. | Date/Dates on which activity was performed? | 10.7.2023 to 19.7.2023 |
| 6. | What are the outcomes? | Creating awareness on healthy and ancient food habits among the staff, Students and Their family members. |
| 7. | How was planning done for this activity? | Information about the activity is given to all the staff and students through Circular and Students self-help club is formed. |
| 8. | What were the materials available for conducting the activity? | Millets and raw materials for cooking , Utensils, Mobile smart phone for recording video and taking photos |
| 9. | How did you manage to collect the material required for the activity? | Internet browsing- collect recipes. Cooking process is done at home of respective students and staff, so all the required materials available at home itself. |
| 10. | Mention the materials used during the activity? What is the role of the material? | Different types of millets (Foxtail, Raagi, surghom, Bajra etc.) : For millet recipes. Vegetables (yam, tomato, paneer, onion): For salt less recepies. Spices (Coriander, cumin, ajwain,fennel,honey,lemon,cinnamon, ginger etc.) :For no sugar and milk tea recepies. |
| 11. | Were you aware of this activity earlier? | Yes |
| 12. | Has been this activity covered in local newspaper? | No |
| 13. | Did you collaborate with other organizations to create a bigger impact? | Yes |
| 14. | Has the organizing team prepare and follow a check list for conducting the activity? | Yes |
| 15. | Where did you conduct this program? | At Respective staff and students homes |
| 16. | What are the steps involved in conducting the activity work? / Mention step by step procedure followed? Write in bullet points. Describe in detail min 100 words. | <ul style="list-style-type: none"> • Information about the activity was given to all the staff and students • Required recipes are collected • Gathered materials required for cooking • While cooking the video was recorded • Edited the video and uploaded in College YouTube channel |
| 17. | What are the precautions taken for conducting the activity? | Making sure of availability of first aid kit near the cooking place |

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| 18. | What were the tools/ supportsystems used for conducting the activity? | Kitchen utensils, Smart phone |
| 19. | What was your learning at various steps of implementation of the activity? | <ul style="list-style-type: none"> • Knowing about healthy recipes • Impact of food habits on health • Encouraging young students know about healthy food habits |
| 20. | How was the support from the Students/neighborhood/village/school. | Students and their family members were actively participated |
| 21. | Write down the new ideas to solve environmental issues through this activity. | Millers are good for environment. They require less water than other cereals and can thrive without using fertilizers or pesticides in poor soil. |
| 22. | What have you learned from this process while working for the District Eco-SDGs Championship 2023? | While working for Eco-SDG championship we were able to learn about The potential health benefits of millet include protecting cardiovascular health, preventing the onset of diabetes, helping people achieve and maintain a healthy weight, and managing inflammation in the gut. |
| 23. | Did you collect the feedback from the participants of the activity? | yes |
| 24. | How many videos are there in this Activity? | 13 |
| 25. | Share the link of Video/ videos. Sharing could be done via Google Drive or YouTube after uploading. Share the videos to us via Google Drive with access to ‘Anyone with the link’ (View) Option . If the videos are not accessible the marks will not be counted. You can also share the link of YouTube after uploading the video onto it. | <p>Drive Link:</p> <p>https://drive.google.com/file/d/1H08FFAVPxt2Y4kWg39K0ohLqZQpHzAwb/view?usp=sharing</p> |
| 26. | Did you post the video on social media through the Institution/ College? If yes, Share us the link | Yes |
| 27. | Paste 8 photos captured during conducting the activities without GPS location. |  |



28. Also Paste 4 photos with GPS location



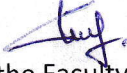
29. Paste Newspaper clippings if Any.

30. Share the link of the Facebook if You have done mass media campaign.

31. Evaluate yourself: How many points you will award for yourself in conducting the activity a scale of 1 to 5.

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| 32. Any notes/Remarks | <p>The United Nations declared 2023 as the “International Year of Millets” after a recommendation from the Indian Government. Millets are rich in soluble and insoluble dietary fiber, which makes these grains great for a healthy digestive system and a better gut health.</p> <p>Conducting these kind of activities boost awareness of the healthy coarse cereals during the ongoing International Year of Millets. This increases awareness about the use of millets and other healthy recopies among students and parents and the contribution of millets to food security and nutrition.</p> |
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Digital Sign of the Faculty Coordinator/IQAC



Digital Signature of the Head of the Institution