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Swami Rama Himalayan University

2 ZERO HUNGER

GOAL 2

Zero Hunger

The Swami Rama Himalayan University (SRHU) stands as a beacon of hope in its mission to fulfil Sustainable Development Goal 2 (SDG 2) – Zero Hunger, blending vision with action to create meaningful change. Through a harmonious fusion of academics, healthcare, outreach, and research, the University tackles the pressing issues of food security, malnutrition, and sustainable food systems.

SRHU's academic programs inspire and equip future leaders in public health, nutrition, and sustainable agriculture, enabling them to craft solutions to real-world challenges. Its healthcare initiatives extend vital nutritional support to those most in need, while outreach programs empower rural communities to embrace sustainable farming practices, transforming food security from a goal to a reality.

Together, these diverse yet interconnected efforts underscore SRHU's unyielding commitment to eliminating hunger and fostering better nutrition, paving the way for a healthier, more sustainable tomorrow.

Academic Programs and Sensitization Efforts

The University offers an impressive array of 83 courses spanning 18 diverse programs, all focused on nutrition and its allied fields, ensuring that tomorrow's professionals are equipped with the expertise and skills needed to tackle the pressing challenges of food security and nutrition.

Beyond academics, the University actively engages with the community through its hospitals, outreach clinics, and health centres, spreading awareness about the significance of safe motherhood and proper nutrition during pregnancy.

Breastfeeding Week brings vibrant energy to the campus, as faculty and students champion the cause of breastfeeding through a variety of creative initiatives. From insightful talks and lectures to spirited rallies, role plays, and poster competitions, the University's commitment to fostering awareness and action shines brightly, nurturing healthier communities for generations to come.

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Health Education and Awareness Generation Activities

World Breastfeeding Week

Report on World Breastfeeding Week Observation

Date: August 1-7, 2023

Activity: The Departments of Community Medicine and Pediatrics, along with the Rural Development Institute at SRHU, observed World Week from August 1–7, 2023, under the theme "Let's make breastfeeding and work, work!" and "Enabling Breastfeeding: making a difference for working parents." The initiative aimed to raise awareness about breastfeeding, particularly for working mothers.

Activities began with a health education session on Breastfeeding at UHTC Kurkawala, focusing on exclusive breastfeeding, discouraging prelacteal feeds, and promoting maternal nutrition. A poster-making competition highlighted the benefits of breastfeeding, while educational sessions at Anganwadi centres in Rajiv Nagar and Kudkawala engaged the local community. An awareness rally at RHTC Gohri Mafi featured breastfeeding slogans and a health talk by Dr Anil Rawat on breast milk's role in child development. A role play at Himalayan Hospital creatively educated visitors, and the week concluded with a discussion at UHTC Kudkawala addressing breastfeeding challenges faced by working mothers.

Simultaneously, health education sessions in Haridwar district villages, including Salempur, Teliwala, and Alipur, engaged over 200 participants in promoting healthy feeding practices.

The Department of Pediatrics organized additional events, including a rangoli competition, poster competition, panel discussion on breastfeeding challenges, and a quiz competition, which saw enthusiastic student participation. These combined efforts underscored the importance of breastfeeding for infant

health and maternal well-being, with a focus on supporting working mothers in balancing breastfeeding and work.

Place of the event: Department of Community Medicine and Paediatrics, HIMS, SRHU, UHTC Kurkawala, Anganwadi centres in Rajiv Nagar and Kudkawala, RHTC Gohri Mafi, Community

Participants: Students, Faculty, Staff of SRHU and Anganwadi workers, Community members

No. of participants: 872

Awareness sessions at UHTC, Kudkawala and RHTC Gohri Mafi by the Department of Community Medicine

Awareness sessions at Anganwadi centres of Doiwala Block

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Breastfeeding Awareness sessions at Anganwadi centres of District Haridwar

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World Diabetes Day Observation

Date: 14th November 2023

The Department of Community Medicine at HIMS, SRHU, observed World Diabetes Day with a series of activities aimed at raising awareness and promoting healthier lifestyles.

An educational session was conducted at the RHTC in Gauhri Mafi, focusing on diabetes prevention, early detection, and the importance of a balanced diet and regular exercise. Participants engaged in interactive talks and Q&A sessions, deepening their understanding of diabetes, its diagnostic criteria, and symptoms such as frequent urination and increased thirst. Discussions also addressed complications like kidney, heart, and eye damage, emphasizing the critical role of early detection and lifestyle modifications.

Speakers highlighted the importance of regular monitoring and advocated for dietary changes, such as reducing sugar intake and incorporating whole grains and fibre-rich foods. The event featured free blood sugar screenings, BMI measurements, and consultations led by faculty and students, ensuring accessible health services.

The day concluded with a presentation by first-year postgraduate residents at the Department of Community Medicine seminar hall. The presentation explored the global burden of diabetes, the National Diabetes Control Program, and advancements in research. The event's enthusiastic participation underscored the department’s dedication to community health and diabetes prevention.

Awareness sessions are conducted in the community and Anganwadi centres to emphasize the importance of nutrition for antenatal and postnatal women (ANCs and PNCs), under-five children, and the geriatric population. Mothers are educated about locally available, affordable nutritious foods and their preparation methods.

Place of the event: Rural Health and Training Centre (RHTC), Gauhri Mafi, and the Department of Community Medicine, Himalayan Institute of Medical Sciences (HIMS), Swami Rama Himalayan University (SRHU)

Participants: Community members, faculty, postgraduate students, and staff of the Department of Community Medicine

Number of Participants: 78

World Diabetes Day was observed at the Rural Health & Training Centre in Gauhri Maafi

Educational talk at the Rural Health & Training Centre in Gauhri Maafi

ऋषिकेश | देहरादून | बुधवार • 15.11.2023 | www.amarujala.com/rishikesh | 03

असंतुलित जीवनशैली से बढ़ रहा डायबिटीज का खतरा

हिमालयन इंस्टीट्यूट ने गौहरीमाफी में जागरूकता अभियान चलाया

संवाद न्यूज एजेंसी

जौलीग्रांट। विश्व मधुमेह दिवस पर हिमालयन इंस्टीट्यूट ऑफ मेडिकल साइंसेज की ओर से जागरूकता अभियान चलाया गया। जिसमें लोगों को स्वस्थ जीवन शैली को बढ़ावा देने के लिए जागरूक किया गया। डॉक्टरों ने कहा कि असंतुलित जीवनशैली से डायबिटीज का खतरा लगातार बढ़ रहा है।

मंगलवार को हिमालयन इंस्टीट्यूट ऑफ मेडिकल साइंसेज के कम्युनिटी मेडिसिन विभाग की ओर से ग्रामीण स्वास्थ्य एवं प्रशिक्षण केंद्र गौहरी माफी में आयोजित मधुमेह जागरूकता कार्यक्रम आयोजित किया गया।

विभागाध्यक्ष डॉ. अशोक श्रीवास्तव ने कहा कि मधुमेह शरीर को खोखला बना देती है। दुनिया भर में 10 में से एक युवा मधुमेह का शिकार है। 90 प्रतिशत से अधिक लोगों को टाइप दो डायबिटीज है। जबकि आधे से ज्यादा लोगों को डायबिटीज के बारे में पता ही नहीं है। स्वस्थ आदतों को अपनाने से टाइप दो डायबिटीज और उसके होने वाली गंभीर समस्याओं को रोका जा सकता है।

डॉ. नेहा शर्मा ने मधुमेह के लक्षण और उपचार की जानकारी दी। इस दौरान डॉ. अभय श्रीवास्तव, डॉ. निकिता मौर्य, डॉ. टिवनकल, डॉ. फैय्याज अहमद, डॉ. ऋषभ, डॉ. दीपा, डॉ. चिराग जोशी और डॉ. अवनी गुप्ता आदि उपस्थित रहे।

10 में से एक युवा मधुमेह का हो रहा शिकार

स्वस्थ आदत अपनाने से टाइप दो डायबिटीज को रोका जा सकता है : डॉ. अशोक

विश्व मधुमेह दिवस

मधुमेह कर सकता है आंखें खराब

एम्स के मेडिसिन विभागाध्यक्ष प्रो. रविकांत ने दी बचाव की जानकारी

ऋषिकेश। विश्व मधुमेह दिवस पर अखिल भारतीय आयुर्विज्ञान संस्थान (एम्स) के जनरल मेडिसिन विभागाध्यक्ष एवं मधुमेह रोग विशेषज्ञ प्रो. रविकांत ने डायबिटीज बीमारी से पैदा होने वाली जटिलताओं की विस्तृत जानकारी दी।

प्रो. रविकांत

प्रो. रविकांत ने बताया कि डायबिटिक कीटोएसिडोसिस मधुमेह में होने वाली गंभीर समस्या है। यह समस्या शरीर में इंसुलिन की अत्यधिक कमी होने के कारण होती है। प्यास व पेशाब लगना, पेट दर्द होना, उल्टी होना, अवचेतनावस्था, सांस का तेज चलना डायबिटिक कीटोएसिडोसिस के लक्षण हैं। वहीं मधुमेह नेत्र रोग में समय के साथ मधुमेह आपकी आंखें खराब कर सकता है। डायबिटिक फुट अल्सर गंभीर समस्या है।

डायबिटीज मेलिटस घाव के भरने की प्रक्रिया को धीमी कर देता है। मधुमेह में पैरों की समस्या अक्सर तंत्रिका और रक्त वाहिकाओं में क्षति के कारण उत्पन्न होती है। लंबे समय तक उच्च रक्त शर्करा रक्त वाहिकाओं और तंत्रिकाओं को प्रभावित करती है। संवाद

Mother and Child Health Camps

The University reaffirms its commitment to enhancing maternal and child health through the regular organization of Maternal and Child Health (MCH) camps. These camps adopt a holistic approach, offering essential healthcare services to pregnant and lactating women to ensure their overall well-being.

Key services provided include comprehensive health examinations, risk assessments, and basic diagnostic investigations such as blood pressure monitoring, blood sugar testing, and haemoglobin estimation. Prophylactic treatments are also a core component, with services like micronutrient supplementation and management of anaemia designed to address common maternal health concerns effectively.

In addition to clinical services, the camps place a strong emphasis on health education. Individual and group counselling sessions are conducted to educate women on vital topics, including balanced nutrition, family planning, self-care during pregnancy, the importance of institutional deliveries, breastfeeding practices, hygiene, and postnatal care. These educational efforts aim to empower women with the knowledge needed to make informed decisions about their health and the health of their children.

Through these multifaceted initiatives, the University significantly contributes to improving maternal and child health within the community, fostering a culture of awareness, prevention, and care.

MCH Camp-2023-24

School Health Camps

The University actively engages in promoting the health and well-being of school children through regular school health camps. These camps focus on comprehensive health services, including growth monitoring and the identification of common health issues such as deficiencies, developmental delays, and other preventable conditions. In addition to providing necessary medical interventions, these camps emphasize health education and awareness. Children are educated on critical topics such as nutrition, proper handwashing techniques, and personal hygiene. By fostering an understanding of healthy practices and addressing early health concerns, the University contributes significantly to improving the overall health and development of school-aged children in the community.

Awareness session and Health check-up in progress during a school health camp

School Health 2023-24

Specialized Healthcare Services

The University's hospitals host a range of specialized clinics designed to address diverse nutritional needs across various population groups. These clinics cater to the general population as well as vulnerable groups, including mothers, children, the elderly, and individuals with specific health conditions. By offering personalized nutritional guidance, these clinics play a crucial role in improving health outcomes, fostering recovery, and raising awareness about the integral role of nutrition in preventing and managing diseases.

In alignment with its commitment to public health, the University actively participates in the Nikshay Poshan Abhiyaan, a key initiative under the National Tuberculosis Elimination Program (NTEP). As part of this program, the University has adopted several tuberculosis (TB) patients, ensuring they receive consistent nutritional support to combat malnutrition and enhance their treatment outcomes. This initiative not only addresses the unique dietary needs of TB patients but also emphasizes the importance of nutrition in strengthening immunity and improving overall health during the treatment process.

Through its specialized clinics and involvement in national health programs, the University demonstrates a comprehensive approach to addressing nutritional challenges. These efforts highlight its dedication to supporting vulnerable populations, reducing health disparities, and promoting nutrition as a cornerstone of disease prevention and management within the community.


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CPS-TB Anual Report May 23 to Oct 24.pdf

Extension and Outreach Activities

All constituent units of the University actively participate in extension and outreach activities to address food security, nutrition, and sustainable agricultural practices. These initiatives involve collaborations with local communities to enhance awareness and provide practical solutions for achieving Zero Hunger.

Comprehensive Community Development Program (CCDP):

The Comprehensive Community Development Program (CCDP) was initiated in 2019 in the Toli region of Jaiharikhal block, Pauri Garhwal district, with the objective of fostering sustainable and holistic community development. The program employs a need-based, demand-driven, and community-centered approach to address core developmental challenges, focusing on improving livelihoods through income-generating activities and access to essential health services. Panchayati Raj Institutions (PRIs) and women play a pivotal role in its implementation, ensuring participatory governance and gender inclusivity. By prioritizing community and individual action plans, the CCDP seeks to enhance the overall quality of life in the region.

Agricultural Advancements and Value Addition

One of the CCDP's significant achievements includes the successful utilization of fallow land for cultivating resilient crops such as rosemary, black cardamom, ginger, turmeric, and garlic. These crops, suitable for non-irrigated areas and less susceptible to wildlife damage, have substantially increased household income. To further strengthen agricultural practices, a value addition center was established to facilitate sorting, processing, and packaging, thereby enabling access to larger, sustainable markets and maximizing the economic value of agricultural produce.

The program has also introduced innovative technologies to address labor shortages, making agriculture more appealing to younger populations. These advancements reduce the physical strain associated with traditional farming, promoting agricultural activities as viable and profitable career options for youth.

Income-Generating Activities

Lemongrass Distillation

The cultivation and processing of lemongrass have emerged as a significant income-generating activity. In the program area, 90 farmers across four villages collectively produced 13,190 kilograms of lemongrass. The raw material was processed in a distillation unit, yielding 33 kilograms of lemongrass oil. Farmers received direct payments for their produce, ensuring financial empowerment and community satisfaction.


Lemongrass and Rosemary produce

Rosemary Production

The rosemary production initiative yielded 11 kilograms of fresh rosemary, which was processed into 3.5 kilograms of dry material and subsequently marketed. However, following an evaluation of outcomes over two years, rosemary harvesting was discontinued due to sustainability challenges and its limited effectiveness in achieving the intended goals.

Cultivation of Turmeric, Ginger, Millets, Garlic, and Chilies

The program has made notable progress in diversifying agricultural practices:

- Turmeric: A total of 1,100 kilograms of turmeric was harvested by 24 farmers from 14 villages. Post-processing, 285 kilograms of turmeric were obtained, with 1.5 kilograms sold immediately.

- Chilies: Eight kilograms of fresh red chilies, harvested by two families from two villages, were processed into chili powder, which sold out within a day.

- Millets: Harvested millets included Jhangora (79 kg), Manduwa (50 kg), and Jhakiya (10 kg), all of which were promptly sold, indicating strong community demand.
- Ginger and Garlic: Fresh ginger and garlic were packaged in 100-gram units, providing consumer convenience and supporting local livelihoods.

Turmeric Seed Production

In 2023, 600 kilograms of high-quality turmeric seeds with elevated curcumin content were sourced from Almora and distributed to farmers in Toli and neighboring villages. These seeds are expected to enhance productivity, profitability, and market value, benefiting local farmers and promoting sustainable agricultural practices.

Horticultural Initiatives

The program has facilitated the planting of 300 lemon trees and 100 apple trees in selected villages, along with continued support for four established orchards through the provision of compost fertilizer and collaboration with the state horticulture department. These efforts aim to bolster horticultural development, strengthen livelihoods, and encourage environmental sustainability.

Tailoring and Skill Development

The CCDP's tailoring initiatives have maintained their focus on producing uniforms, hospital masks, and garments for special projects, such as scarves for the SRHU convocation and school uniforms for children in the Swami Rama Scholarship program. A new tailoring center was established in Athoorwala Gujjar Basti to train women and girls in tailoring skills. The Bella Tailoring Program for the Flying Birds

community provides regular training sessions for 8–10 women and girls, empowering them with income-generating skills that contribute to their families' financial stability and community development.

Through its multifaceted initiatives, the Comprehensive Community Development Program has demonstrated a robust commitment to enhancing livelihoods and fostering sustainable development in the Pauri Garhwal district. By integrating agricultural innovation, skill development, and community participation, the CCDP serves as a model for holistic rural development, addressing economic, environmental, and social dimensions

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Healthy and Affordable Food Choices on Campus

Recognising the importance of nutrition for students, faculty, and staff, the University has implemented several initiatives to provide healthy and affordable food options on campus:

Cafeterias and Canteens

Multiple on-campus outlets offer a variety of nutritious and affordable food options. These meals are prepared using fresh, locally sourced ingredients to ensure quality and sustainability.

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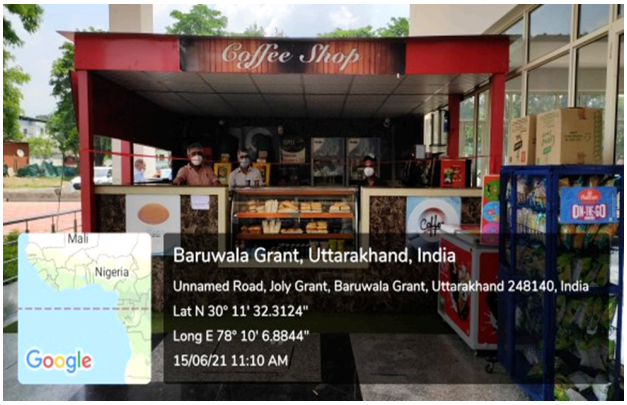
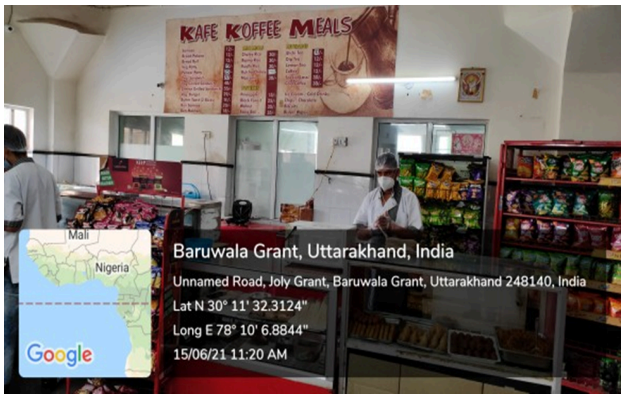
2 ZERO HUNGER

PG Hostel mess

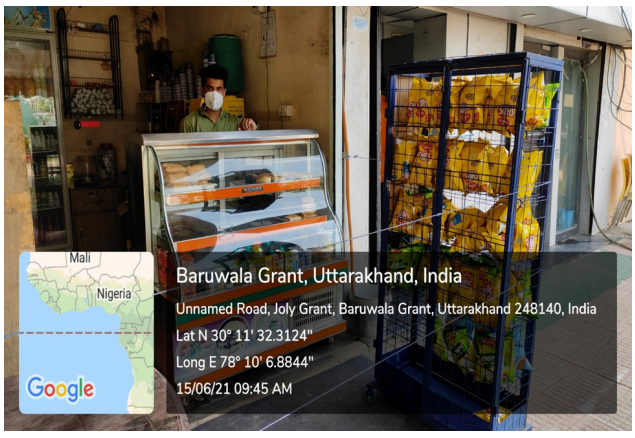
So Comida café in the SRHU Campus



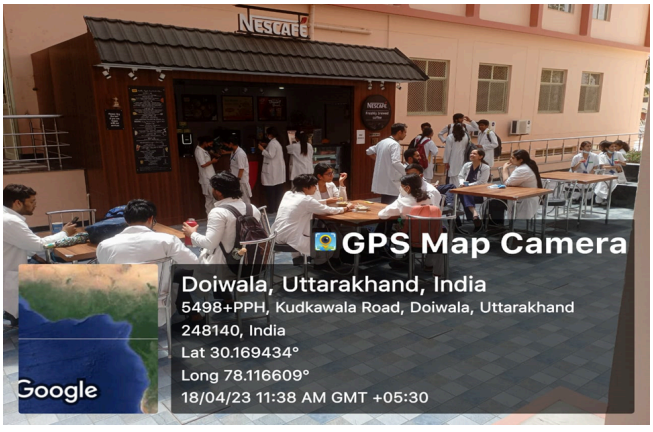
Coffee shop in the New OPD Block



Kafe Koffee Meals shop



Coffee shop in the SRHU Campus



NESCAFE in the SRHU Campus

Aanchal Cafe in the SRHU Campus

Hygiene and Food Safety

The University ensures that all food is prepared and served in a hygienic environment. Regular cleaning and sanitization of kitchens and food preparation areas are conducted, and food handlers are trained in food safety practices.

Balanced Diet Accessibility

The University emphasizes the importance of a balanced diet and ensures that healthy and nutritious food is accessible to all members of the campus community.

Research and Development Initiatives

The University has made significant progress in promoting sustainable food practices through research and development. Notably, the School of Biosciences is engaged in cultivating different

varieties of mushrooms. This initiative aims to impart mushroom cultivation skills to local farmers, empowering them to adopt sustainable and profitable agricultural practices.

42 published papers (SCOPUS)/ books/ book chapters have been mapped under SDG 2:

1. Review
Green chemistry revolutionizing sustainability in the food industry: A comprehensive review and call to action
Gupta, A.K., Boruah, T., Ghosh, P., ...Vijay, K., Rustagi, S. ***Sustainable Chemistry and Pharmacy, 2024***

2.Review • Open access
Himalayan fruit and circular economy: nutraceutical potential, traditional uses, challenges and opportunities
Ritika,, Bora, B., Ismail, B.B., ...Kumar, H., Gupta, A.K.***Food Production, Processing and Nutrition, 2024***

3.Review • Open access
Biochar production methods and their transformative potential for environmental remediation
Rajput, V., Saini, I., Parmar, S., ...Naik, B.S.S.S., Rustagi, S.***Discover Applied Sciences, 2024***

4.Review • Open access
Nanoparticles as a Tool for Alleviating Plant Stress: Mechanisms, Implications, and Challenges
Kumari, A., Gupta, A.K., Sharma, S., ...Chun, S.C., Sivanesan, I.***Plants, 2024***

5.Review
Sustainable solutions for food security: Evaluating pre-treatment technologies in the growing fruits and vegetables industry of India. Joshi, A., Gupta, A.K., Mansi,, ...Rustagi, S., Preet, M.S.
Sustainable Chemistry and Pharmacy, 2024

6.Review • Open access
Biofortification as a solution for addressing nutrient deficiencies and malnutrition.
Naik, B.S.S.S., Vijay, K., Rizwanuddin, S., ...Khan, J.M., Rustagi, S. ***Heliyon, 2024***

7.Book
Edible Flowers: Health Benefits, Nutrition, Processing, and Applications.
Gupta, A.K., Vijay, K., Naik, B.S.S.S., Mishra, P. ***Edible Flowers: Health Benefits, Nutrition, Processing, and Applications, 2024***

8.Book
Microbial Technology for Agro-Ecosystems: Crop Productivity, Sustainability, and Biofortification
Kumar, V.R., Iram, S. ***Microbial Technology for Agro-Ecosystems: Crop Productivity, Sustainability, and Biofortification, 2024***

9.Book Chapter
Traditional and Underutilized Fruits and Vegetables for Attaining Zero Hunger.
Ritika,, Mansi,, Rizwana,, ...Ranjan, R., Gupta, A.K. ***Advances in Science, Technology and Innovation, 2024***

10. Article • Open access
Nutrition related practice of mother's under-five children.
Haldar, P., Viswanath, L., Srivastava, A.K.
Indian Journal of Community Health, 2024

11. Article • Open access
Insights into the harvesting tools and equipment's for horticultural crops: From then to now.
Kaur, B., Mansi,, Dimri, S., ...Rustagi, S., Preet, M.S. ***Journal of Agriculture and Food Research, 2023***

12. Review • Open access
Insights on bio-functional properties of Myrica esculenta plant for nutritional and livelihood security
Bhatt, S.C., Vijay, K., Gupta, A.K., ...Rustagi, S., Preet, M.S. ***Food Chemistry Advances, 2023***

13. Article
Novel food materials: Fundamentals and applications in sustainable food systems for food processing and safety
Gupta, A.K., Pratiksha,, Das, T., ...Ranjan, R., Mishra, S. ***Food Bioscience, 2023***

14. Article • Open access
Interaction Mechanism between α-Lactalbumin and Caffeic Acid: A Multispectroscopic and Molecular Docking Study. Al-Shabib, N.A., Khan, J.M., al-Amri, A.M.S., ...Vijay, K., Sen, P.
ACS Omega, 2023

15. Review • Open access
A Perspective Review on Green Nanotechnology in Agro-Ecosystems: Opportunities for Sustainable Agricultural Practices & Environmental Remediation.
Bhandari, G., Dhasmana, A., Chaudhary, P., ...Malik, S., Sláma, P.
Agriculture (Switzerland), 2023

16. Article • Open access
Exploring microbial diversity responses in agricultural fields: a comparative analysis under pesticide stress and non-stress conditions.
Gangola, S., Joshi, S., Bhandari, G., ...Bukhari, N.A.W., Rani, R. ***Frontiers in Microbiology, 2023***

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Conclusion

The University's holistic approach to achieving SDG 2 - Zero Hunger encompasses academic

excellence, healthcare services, outreach initiatives, and research advancements. By fostering awareness and implementing practical solutions, the University continues to make meaningful contributions toward addressing global food security and nutrition challenges.