



A.V.COLLEGE OF ARTS, SCIENCE & COMMERCE

(Affiliated to Osmania University)
Gaganmahal, Hyderabad-500029, Telangana
Phone: 040 – 27637751, www.avcollege.in
Accredited with 'B++' Grade by NAAC (3rd Cycle)
Vision: Empowerment Through Pursuit of Excellence

1. Conduct and Report any 2 Activities: 20 marks

Implement 'Millet Lunch Box Policy' or 'Millet Food' and issue notices/circulars. (Weekly once; Minimum 4 weeks activity)





Millet Lunch Box Policy

(Siri Mantra)

- Changing the way A.V. College Eats)

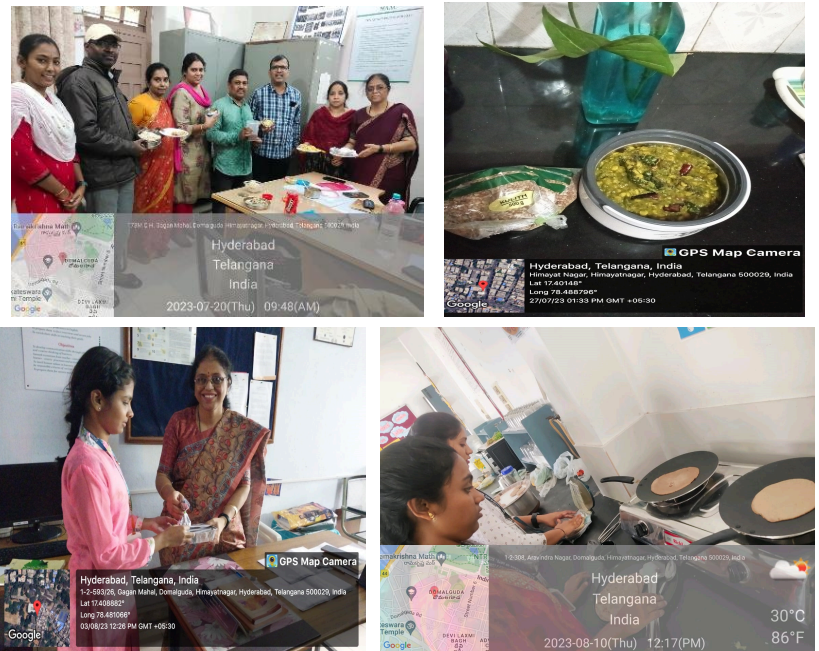
S. No	Particulars	Details: Please write in min. 1 to 2 sentences. One word responses are not accepted. Write complete sentences.
	Material / Resources	circulars / Notices
	Time Aspects	Conduct Weekly once with follow up. (Minimum Six Weeks activity)
	Place Aspects	Institution / Campus
	Procedure Aspects	Communicated to the staff/ students to bring millet food items on a particular day of the week example: Every Thursday will be "Millet Lunch Box Day". This is a voluntary responsibility based on the possibility.
		This activity supported by a pledge.
	Promotion	Sent reminders one day in advance. That is to send reminders on Wednesday.
	Total number of students participated	30 No's
	Name of the Faculty Coordinator (s)	2 Members; Ms.B.Sudixita, Ms.K.Sreelakshmi
	Student Self Help Clubs members Names	P. Harshitha, V. Sai Keerthi
	Duration of activity conducted/ performed	Weekly 1 Hour (6 Weeks; 6 Hrs)
	Date/Dates on which activity was performed ?	20 th July 2023, 27 th July 2023, 3 rd August 2023, 10 th August 2023, 17 th August 2023, 24 th August 2023.
	What are the outcomes?	1. Awareness and Improvement in students for having a healthier lunch box. 2. Inclusion of millets was observed.
	How was planning done for this activity?	1. A meeting was conducted on 13 th July at 12:00 pm, by the Convenors of the Life Navigators-Self Help Group under the direction of Vice-Principal, Dr. P. Padma. 2. Faculty, Department of Clinical Nutrition & Dietetics along with self help club - members and students arranged a meeting for implementation and checking of lunch boxes whether everyone had millets/ millet based items for the lunch. 3. A circular was prepared and circulated to all the groups, stating that

		<p>A.V. College initiating Millet Lunch Box Policy and all are requested to follow this policy by including millets / millet based food for lunch on every Thursday in a week.</p> <p>4. The Department of Nutrition planned to provide millet lunch for those who are not able to get it from home/ hostel and are willing to pay for it.</p>
	What were the materials available for conducting the activity?	Prepared Notice, Food ingredients, utensils, Gas, Gas burners, eco-friendly disposable cups and spoons. Notice - Millet Lunch Box Policy
	How did you manage to collect the material required for the activity?	<p>Checking the availability of resources,</p> <p>Planning and arranging,</p> <p>Purchasing,</p> <p>Preparation</p>
	Mention the materials used during the activity? What is the role of the material?	<p>Millets and Food ingredients.</p> <p>Millets are climate resilient future crops and also have low glycemic index and are packed with minerals and essential nutrients. The program intends to promote the consumption of millets on a regular basis.</p>
	Were you aware of this activity earlier?	No we weren't
	Has been this activity covered in local newspaper?	Not advertised but posted on our college website.
	Did you collaborate with other organizations to create a bigger impact?	Yes, in one school conducted an activity to create awareness about millets and nutritious diet, now, planning to expand and reach out to larger sections of the society.
	Has the organizing team prepare and follow a check list for conducting the activity?	Yes the details were documented
	Where did you conduct this program?	College campus
	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"> ● Step I – Collection of data to take orders for millet lunch box from the Department ● Step II – Writing down of ingredients and quantity ● Step III - Buying the ingredients ● Step IV – Preparation of the item ● Step V – Packing the food ● Step VI – Distribution of millet lunch box ● Report - SIRI Mantra - Changing the way A.V.College Eats.
	What are the precautions taken for conducting the activity?	Basic hygiene principles were followed during checking and handling of the food products.
	What were the tools/ support systems used for conducting the activity?	Used social media platforms for reminders and circulars.
	What was your learning at various steps of implementation of the activity?	<input type="checkbox"/> <input type="checkbox"/> Students co-ordination as a teamwork <input type="checkbox"/> Awareness of millets and its recipes <input type="checkbox"/> Health benefits of millets <input type="checkbox"/> Identified gaps in knowledge <input type="checkbox"/> Build confidence
	How was the support from the students/neighborhood/ village/school.	The organization, faculty and students extended their support in a positive manner.
	Write down the new ideas to solve	Creation of multiple healthier options using millets to overcome lifestyle

	environmental issues through this activity.	disorders, Eco Friendly materials were used for sustainable living.
22.	What have you learned from this process while working for the District Eco-SDGs Championship 2023?	<input type="checkbox"/> Awareness of millets in the society <input type="checkbox"/> Health benefits upon consumption <input type="checkbox"/> Practices of sustainable living
23.	Did you collect the feedback from the participants of the activity?	Yes, which improved and implemented in the consecutive weeks.
24.	How many videos are there in this Activity?	02
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.	
	Did you post the video on social media through the Institution/ College? If yes, Share us the link	
	Paste 8 photos captured during conducting the activities without GPS location.	   



Also Paste 4 photos **with GPS** location



Paste Newspaper clippings if Any.

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

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

Any notes/Remarks

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