DAY 4: EVENT ACTIVITY REPORT

Adopt Sustainable Food Systems

S.K.V.T. Government Degree College, Rajahmundry

BRICS Sustainable Lifestyle Week (BSLW-2026)



Date & Day	Event Duration	Students	Faculty / Staff	Theme
04/11/2026 (Wednesday)	01/11/2026 to 07/11, 2026	87	30	Adopt Sustainable Food Systems

S. No.	Particulars	Details
1	Name of the Event	Adopt Sustainable Food Systems
2	Institution	SKVT Government Degree College, Rajahmundry
3	Participants	Students and Faculty/Staff
4	Number of Student Participants	87
5	Number of Faculty/Staff Participants	30
6	Total Participants	117

1. OBJECTIVES OF THE PROGRAMME

S. No.	Objectives
1	To create awareness about the nutritional value of millets and traditional foods.
2	To encourage balanced and moderate eating habits through the concept of Mitahara.
3	To promote healthy, locally sourced and sustainable food choices.
4	To sensitise students and staff to food-waste reduction and responsible consumption.
5	To explain the benefits of segregating biodegradable waste and preparing organic compost.

2. ACTIVITIES CONDUCTED

S. No.	Activity	Description of the Activity
1	Exhibition on Millet-Based Diets and Traditional Food Stalls	An exhibition was organised to showcase millet-based food items and traditional foods prepared using locally available ingredients. Participants were introduced to different millet-based dishes and their nutritional benefits. The activity highlighted the importance of including millets in daily diets and preserving traditional food practices.
2	Promotion of Mitahara in Campus Canteens	Awareness was created on “Mitahara”, which emphasises a balanced, moderate and nutritious diet. Students and staff were encouraged to choose wholesome meals, include millet-based preparations, consume appropriate portions and reduce the intake of highly processed foods. The programme encouraged the campus canteen to support healthy and sustainable food choices.
3	Awareness Campaign on Food-Waste Reduction and Organic Composting	An awareness campaign explained practical methods to reduce food waste, such as taking only the required quantity of food and avoiding unnecessary wastage. Participants were sensitised to segregate biodegradable waste and convert suitable kitchen waste into organic compost. The activity highlighted how composting reduces waste and produces useful manure for plants and gardens.

3. PARTICIPATION DETAILS

S. No.	Category	Number of Participants
1	Students	87
2	Faculty/Staff	30
	Total	117

4. OUTCOMES OF THE PROGRAMME

S. No.	Outcomes
1	Students and staff gained awareness of the nutritional importance of millets and traditional food items.
2	Participants were encouraged to adopt balanced eating habits and the principles of Mitahara.
3	The programme promoted mindful food consumption and practices to avoid food wastage.
4	Participants understood the importance of waste segregation and converting biodegradable waste into organic compost.
5	The activities encouraged the campus community to follow environmentally responsible and sustainable food practices.

5. CONCLUSION

Particulars	Report
Conclusion	The programme on “Adopt Sustainable Food Systems” created awareness among students and staff about healthy diets, traditional food practices and environmental sustainability. Through the millet-based food exhibition, promotion of Mitahara and awareness campaign on food-waste reduction and organic composting, participants were encouraged to make informed and responsible food choices. A total of 117 participants, including 87 students and 30 faculty/staff members, took part in the programme.

PHOTOGRAPHIC EVIDENCE






ZOOLOGY LABORATORY
BRICS Sustainable Life Style Week (BSLW) Celebrations
LiFE
Eco Club
NSS Units
GPS Map Camera
Rajamahendravaram, Andhra Pradesh, India
2q6m+962, Gandhipuram-1, Devarapalli, Rajamahendravaram, Andhra Pradesh 533103, India
Lat 17.010647° Long 81.783053°
Wednesday, 04/11/2026 11:26 AM GMT +05:30
Note : Captured by GPS Map Camera
Google


1.11.2026 to 7.11.2026
Organised by
Eco Club
&
NSS Units
Millet Exhibition
Finger Millet
GPS Map Camera
Rajamahendravaram, Andhra Pradesh, India
2q6m+962, Gandhipuram-1, Devarapalli, Rajamahendravaram, Andhra Pradesh 533103, India
Lat 17.01067° Long 81.78308°
Wednesday, 04/11/2026 11:25 AM GMT +05:30
Note : Captured by GPS Map Camera
Google



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