




Report on "Food for Smiles"

Title of Event	Food for Smiles
Activity	Community Meal Sharing Event
Values	Dedication UNSDG 2: Zero Hunger & UNSDG 3: Good Health & Well-Being
Learning Outcomes	<ol style="list-style-type: none"> 1. Understanding Food Insecurity – Participants gained knowledge about the causes and effects of hunger and food scarcity in underprivileged communities. 2. Building Empathy and Inclusivity – Volunteers developed a deeper connection with the less fortunate, fostering kindness and a sense of belonging. 3. Improving Collaboration and Leadership – Through teamwork and event organization, individuals enhanced their communication, coordination, and leadership skills. 4. Recognizing the Role of Nutrition in Well-Being – Participants learned about the impact of balanced meals on physical and mental health. 5. Encouraging Long-Term Community Engagement – The event motivated individuals to continue supporting food security initiatives and become proactive in social causes.
Objectives	<ul style="list-style-type: none"> ➤ Provide nutritious meals to underprivileged individuals, ensuring access to food and raising awareness about food insecurity. ➤ Encourage volunteers to understand the struggles of the needy and instill a sense of compassion and social commitment. ➤ Engage participants in planning, preparing, and distributing meals, fostering collaboration and leadership abilities. ➤ Inspire individuals to take part in ongoing efforts to reduce food waste and support long-term solutions to hunger.

Organized by	Happiness Club
Program Theme	Cultivating Happiness and Emotional Resilience Through Daily Acts of Appreciation.
External Expert / Internal Expert	Internal Expert
Date	24.09.2024
Time	11:00 Am Onwards
Venue	Outside PG Building
Poster/Flyer/Notice*	 <p>HAPPINESS CLUB Organizes Outreach Activity Food for Smiles Community Meal Sharing Event</p> <p>Date- 24th September 2024 Venue- Outside PG building Timing- 11 AM onwards</p> <p>Nodal Officer Dr. Rubeena Bano Happiness Club</p>
Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)	NA
No. of Students* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	25
No. of Faculty* (only no. to be written , list in	01

excel or word should be maintain at department level as proof for any further requirement)

No. of External Participants (students + faculty) [write NA if not applicable]

NA



Report: Description in (min 250 to max 800 words)*

On September 24, 2024, the Happiness Club organized the "Food for Smiles" community meal-sharing event to support the needy and spread warmth through food and kindness. This initiative aimed to address the pressing issue of hunger and food security, aligning with the United Nations Sustainable Development Goals (UNSDG) 2: Zero Hunger and 3: Good Health & Well-Being. The event was an effort to ensure that underprivileged individuals received a nutritious meal while fostering a sense of empathy, teamwork, and social responsibility among volunteers. It provided an opportunity for people to come together and contribute meaningfully to the community, reinforcing the idea that small acts of kindness can bring significant change.

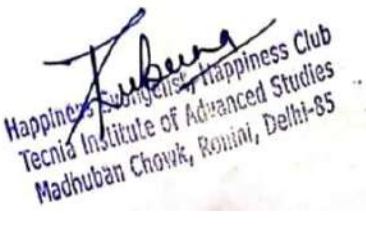
The primary objective of this event was to combat hunger and promote food security by providing nutritious meals to those who struggle to access sufficient food. Hunger remains a global challenge, and through this initiative, the Happiness Club aimed to create awareness about food scarcity and the importance of equitable food distribution. The event also sought to develop empathy and a sense of social responsibility among the participants. By directly engaging with individuals facing hardships, volunteers were encouraged to understand their struggles and recognize their ability to make a difference through acts of kindness.

Additionally, the event emphasized the importance of teamwork and organizational skills. A successful community meal-sharing event requires coordination and collaboration. Volunteers worked together in different roles, including meal preparation, packaging, serving, and interacting with beneficiaries. Through these activities, they learned the value of cooperation, effective communication, and efficient time management. The Happiness Club designed this initiative not only to serve food but also to strengthen the values of dedication and commitment among its members and participants.

One of the key outcomes of this event was that participants gained a deeper understanding of food insecurity and its impact on health and well-being. Many individuals in underprivileged communities lack access to nutritious meals, leading to malnutrition and various health complications. By organizing and participating in this event, volunteers learned about the importance of sustainable solutions to hunger and the role of community-driven efforts in addressing this issue.

Another significant takeaway was the development of empathy and social responsibility. Volunteers had the opportunity to interact with the beneficiaries, listen to their stories, and understand the hardships they face daily. This direct engagement helped break societal barriers and created a sense of unity and compassion. Participants realized that hunger is not just about the absence of food but also about economic inequality, lack of resources, and social challenges that need to be addressed collectively.

From a health and well-being perspective, the event highlighted the importance of providing nutritious food to those in need. Many underprivileged individuals rely on low-cost, unhealthy food options due to financial constraints, leading to long-term health issues. By offering well-balanced meals, the initiative promoted good health and nutrition among recipients, aligning with UNSDG 3: Good Health & Well-Being. Additionally, the event encouraged volunteers and community members to be more mindful of their own eating habits, reduce food waste, and support sustainable food practices.

	<p>The "Food for Smiles" community meal-sharing event, organized by the Happiness Club, was a resounding success. It not only provided immediate relief to those in need but also created a long-lasting impact on participants by fostering empathy, teamwork, and a sense of responsibility. The event was a perfect example of how small collective efforts can make a significant difference in society. By aligning with UNSDG 2: Zero Hunger and UNSDG 3: Good Health & Well-Being, the initiative contributed to a global movement towards eradicating hunger and promoting healthier communities.</p> <p>Moving forward, it is essential to continue such initiatives and encourage more people to participate in social welfare activities. Sustainable solutions, such as reducing food waste, supporting local food banks, and advocating for better food policies, can help create a long-term impact. The dedication and enthusiasm displayed during this event reflect the power of compassion and the importance of community-driven efforts. The Happiness Club remains committed to organizing similar events in the future, ensuring that the spirit of giving and social responsibility continues to thrive.</p>
Resource Person	Dr. Rubeena Bano – Club In-charge
Attendance Sheet*	<i>Attached at the end of Report</i>
Feedback	This event was well received by society.
Report Submitted by Convener	Dr. Rubeena Bano
For Office Use	
Signature of Event Coordinator	
List of Participants	

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S. No.	Enrolment No	Name	Department
1	`07017001722	SAKSHAM GUPTA	BBA
2	`07117001722	PARLEEN KAUR	BBA
3	`07217001722	KUMAR KRISH GOEL	BBA
4	`07317001722	RIDHI JAIN	BBA
5	`07417001722	RISHABH NAGPAL	BBA
6	14117001722	GAGAN	BBA
7	14217001722	ANSH KUMAR	BBA
8	14317001722	DEVESH SHARMA	BBA
9	14417001722	ADITI MITTAL	BBA
10	14517001722	KRISHNAM	BBA
11	10421301722	VIVEK KUMAR LUNAWAT	BBA
12	10521301722	NANCY GARG	BBA
13	35321301722	AKANKSHA	BBA
14	35421301722	PARI GUPTA	BBA
15	`08017001722	PRACHI GARG	BBA
16	`08117001722	VAIBHAV GANDHI	BBA
17	`08217001722	SHREY GOEL	BBA
18	36517001722	VRINDA SACHDEVA	BBA
19	36617001722	CHIRAG PULASTYA	BBA
20	36717001722	NAMAN ANEJA	BBA
21	36817001722	HRITIK AGGARWAK	BBA
22	70117001722	VANSHIKA SINGHAL	BBA
23	`07317001722	RIDHI JAIN	BBA
24	`07417001722	RISHABH NAGPAL	BBA
25	`07517001722	ISHIKA KOHLI	BBA