



TECNIA INSTITUTE OF ADVANCED STUDIES

GRADE "A" INSTITUTE

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UNNAT BHARAT ABHIYAN 2.0 (UBA Cell)

शिक्षित भारत-स्वस्थ भारत- स्वच्छ भारत- स्वावलंबी भारत- संपन्न भारत
(A movement for progressive India)
A flagship programme of Ministry of Education, Government of India




Report on "Awareness campaigns on nutritious diets"

Title of Activity	Awareness campaigns on nutritious diets
Activity Type	Outreach Activity
Values	<ul style="list-style-type: none"> • Health Promotion • Disease Prevention • Nutritional Education • Lifestyle Modification
Objectives	<ul style="list-style-type: none"> • To promote responsible water usage by reducing wastage and ensuring efficient allocation of water resources. • To encourage the adoption of advanced technologies and best practices for monitoring and conserving water in agriculture, industry, and households. • To raise awareness about sustainable water-use methods such as rainwater harvesting, wastewater recycling, and efficient irrigation techniques. • To support the development and enforcement of policies that encourages water conservation and equitable distribution of water resources.
Learning Outcomes	Learners would get knowledge about nutrition, including the importance of balanced diets, essential nutrients, portion control, and the impact of different foods on overall health.

Organized by	Unnat Bharat Abhiyan Cell
Program Theme*:	"Nutritious diets"
Date*	15-02-2025
Time*	11:00 am onwards

Coordinator Unnat Bharat Abhiyan
Tecnia Institute of Advanced Studies
Madhuban Chowk, Rohini, Delhi - 110085

Venue	Bhalswa Dairy
External Expert / Internal Expert	Mr.Ashish Kumar
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)	20
No. of Faculty* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	1

Poster/Flyer/Notice*	 <p>The flyer features logos for TECNIA (Institute of Advanced Studies), the Ministry of Human Resource Development, and the Government of India. The central image shows a variety of nutritious foods including salmon, cheese, eggs, broccoli, and nuts. The text on the flyer reads: "Awareness campaigns on nutritious diets", "Date:- 15-02-2025 Time:-11:00am onward", "Place:- Bhalswa Dairy", and "Mr. Ashish Kumar UBA Coordinator".</p>
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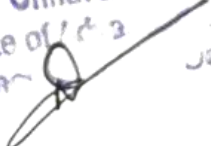
Photograph	 <p>The photograph shows a group of women sitting on a bench outdoors. A location tag is overlaid on the bottom right of the image, providing the following details: "Delhi, Delhi, India", "121, Bhalswa Dairy, Bhalswa, New Delhi, Delhi 110042, India", "Lat 28.706146° Long 77.128830°", and "15/02/2025 11:55 AM GMT +05:30".</p>
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Sitting with group of people

Coordinator Unnat Bharat Abhiyan
 Tecnia Institute of Advanced Studies
 Madhuvan Garden, Delhi - 85

Report:	<p>An awareness campaign on nutritious diets was conducted by TIAS students under Unnat Bharat Abhiyan (UBA) on February 15, 2025, at Bhalswa Dairy village. The campaign aimed to educate the villagers about the importance of balanced nutrition, the role of essential nutrients, and ways to incorporate affordable and healthy food into daily diets. This initiative aligned with the United Nations Sustainable Development Goal (UNSD) 2 – Zero Hunger, focusing on ensuring food security and improved nutrition for all.</p> <p>The event started with an interactive session where students explained the significance of nutritious food in preventing malnutrition and lifestyle diseases. Posters and pamphlets were distributed to highlight the importance of including fruits, vegetables, proteins, and whole grains in daily meals. A demonstration was conducted on preparing simple, cost-effective nutritious meals using locally available ingredients. The concept of 'Mulya' (values) was emphasized, reinforcing the idea that a healthy diet is a fundamental right and responsibility for every individual.</p> <p>The campaign received an enthusiastic response from the villagers, who actively participated in discussions and shared their dietary habits. Many expressed their willingness to adopt healthier eating practices. The event successfully raised awareness and motivated the community to make informed food choices for a healthier lifestyle. The awareness campaign on nutritious diets was a significant step in promoting better health and well-being in Bhalswa Dairy. By encouraging informed dietary choices, the initiative contributed to the larger goal of Zero Hunger and sustainable nutrition. Such efforts must be continued to create long-term positive impacts on community health.</p>
Resource Person Profile	NA
Report Submitted by	Mr. Ashish Kumar
Attendance Sheet	<i>Attached at the end of Report</i>
Feedback	<i>Sample feedback Attached at the end of Report</i>
Signature of Event Coordinator	
For Office Use	

Coordinator Unnat Bharat Abhiyan
 Techno Institute of Management Studies
 Madhulani GATEWAY
 Jaipur - 302015



List of participants

S.No	Enrollment	Name	Course
1.	02117002423	Harshita Gupta	BA (JMC) 4MA
2.	02217002423	Kavya Sharma	BA (JMC) 4MA
3.	02317002423	Kushal Sharma	BA (JMC) 4MA
4.	02417002423	Tanishka Jain	BA (JMC) 4MA
5.	02517002423	Sarthak Sharma	BA (JMC) 4MA
6.	02617002423	Pooja	BA (JMC) 4MB
7.	02717002423	Khushi Das	BA (JMC) 4MB
8.	02817002423	Tanushka	BA (JMC) 4MB
9.	02917002423	Khanak	BA (JMC) 4MB
10.	03017002423	Ambuj Ahlluwalya	BA (JMC) 4MB
11	00117002424	POORNIMA JAIN	BA (JMC) 2MA
12	00217002424	KRITIKA MISHRA	BA (JMC) 2MA
13	00317002424	AANCHAL BORA	BA (JMC) 2MA
14	00417002424	RUPAKSHI SETHI	BA (JMC) 2MA
15	00517002424	SHUBH JOHRI	BA (JMC) 2MA
16	00617002424	CHHAVI	BA (JMC) 2MA
17	00717002424	RISHABH CHAUHAN	BA (JMC) 2MA
18	00817002424	VANSHIKA JAIN	BA (JMC) 2MA
19	01317002424	RAFAT AYAAN	BA (JMC) 2MA
20	01417002424	VANSH KHURANA	BA (JMC) 2MA

Coordinator Unnat Bharat Abhiyan
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