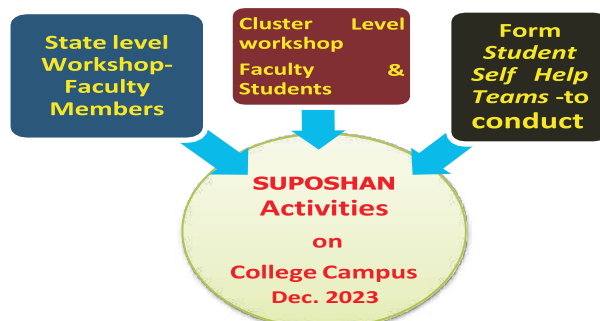# SUPOSHAN

MIDHANI

Samskruti Foundation

Strategy for Undertaking Participatory Outreach by Students for Health & Nutrition

Samskruti Foundation : Midhani : Higher Education Institutions
VOLUNTARY WELLNESSCOLLAB ACTIVITIES FOR HIGHER EDUCATION INSTITUTIONS
Register here https://forms.gle/mbfhpQNNtAs38JN1A

State level Workshop– Faculty Members

Cluster Level workshop Faculty & Students

Form *Student Self Help Teams* –to conduct

SUPOSHAN Activities on College Campus Dec. 2023

COLLEGE REGISTRATION

STATE LEVEL WORK SHOP FOR :
FACULTY
31-10-2023 in Hyderabad (Phase I) and 10-11-2023 Phase II Warangal

CLUSTER LEVEL WORK SHOP FOR :
Faculty and Students in 6th, 18th, 21st & 25th Nov. 2023

COLLEGE LEVEL SUPOSHAN ACTIVITIES
will be conducted by Student Self Help Teams From 10th Nov. 2023 to 15 Dec. 2023

What is SUPOSHAN: *Transforming Eating Habits for Health and Wellness*

Our Approach: SUPOSHAN, which stands for "Strategy for Undertaking Participatory Outreach by Students for Health and Nutrition," is a proactive and scientifically driven program. Our mission is to empower students, faculty, and staff and through active campus involvement, promoting healthier eating habits, holistic nutrition, and overall well-being of families and community.

Benefits from SUPOSHAN at HEIs

1. Best practices and Sustainability Development Goals in IQAC.
2. Action Research with SUPOSHAN.
3. Boost to Students' profile and portfolios on social media, blogs or so.
4. Opportunity for internship
5. Contribution at State level and National Level.
6. Opportunity to involve Alumni
7. Design Community Engagement and Skill building in Villages.
8. Implementation of Institutional Social Responsibility. Encourage Voluntarism on field.
9. Connect to Samskruti Foundation Team with Culture and Cultural Leadership Cells at colleges.
10. Opportunity to collaborate and research with National Institutions. Etc

The Food Pyramid

Source: Dietary Guidelines for Indians-A Manual.
ICMR-National Institute of Nutrition 2010

Why SUPOSHAN: *Addressing Critical Health and Nutritional Challenges*

- **Rediscovering Heritage:** Revive 200+ traditional sweets and savories for nutrition and cultural pride.
- **Mother & Child Well-being:** Focus on improving the health of mothers and children.
- **Affordable Nutrition:** Promote budget-friendly, nutritious daily recipes.
- **Disease Management:** Enhance disease control through dietary management.
- **Tackling Micronutrient Deficiency:** Combat prevalent micronutrient malnutrition.
- **Elderly Health:** Support the well-being of India's aging population.

- **Fighting Childhood Obesity:** Address the growing concern of childhood obesity.
- **Embracing Millets:** Harness the health benefits of millets.
- **Income Generation:** Create economic opportunities through nutrition.
- **Collaboration & Research:** Partner for innovation and impact.
- **SUPOSHAN** is your holistic solution for India's health and nutrition challenges. We're dedicated to a healthier, prosperous future through community engagement, research, and partnerships.
- **Many more…**

How to Implement SUPOSHAN: *A Hands-On Approach*

To make a real difference in health and nutrition, SUPOSHAN relies on active involvement from everyone. Here's how to do it in a simpler way:

Understand the Need: Know why healthy eating and learning about nutrition are important.

Teamwork: Get students, Faculty, HEIs, and community members to work together. Make a plan covering all aspects of health and food.

Activities: Use the effective activities from Samskruti Foundation. They're designed for different subjects.

On Campus: Do these activities at your school. Students and teachers can join in. Have talks, workshops, and try out healthy food.

In the Community: Work with your local community. Arrange events that talk about health and food.

Students Lead: Let students take charge. They can help make positive changes at college.

Keep Going: Share your experiences. Your ideas can shape the future of SUPOSHAN.

Check Progress: Keep an eye on how things are going. Be ready to change if needed.

It's Important: Talk about how healthy food affects our culture, society, and our lives.

SUPOSHAN isn't just a program; it's a team effort to teach people about good food and make everyone healthier.

CONDUCT SUPOSHAN ACTIVITIES by Students…STEPS

SUPOSHAN -Basket of Activities - Pick up and Do it!- Steps to Participate in SUPOSHAN Activities:

1. **Registration:** Fill the registration form https://forms.gle/mbfhpQNNtAs38JN1A.
2. **Coordinator:** Appointing a faculty coordinator.
3. **Student Teams:** Form student self-help teams.
4. **Activity Selection:** Choose and pin up **a few** tasks/opportunities from the brochure provided. You can find guidance here: https://shorturl.at/cgVZ8 or create your own guide as per the requirement.
5. **Initiate Activities:** Start conducting SUPOSHAN activities between October 31st and November 30th. Typically, it takes about two weeks to complete any six activities.
6. **Workshops:** The faculty coordinator must attend and participate in Samskruti Foundation's State-Level Workshops on October 31, 2023, and November 7, 2023. Additionally, there will be a Cluster-Level Workshop for selected students (dates will be communicated).
7. **Activity Completion:** Conduct SUPOSHAN activities. Samskruti Foundation volunteers will visit your college to participate in the activities organized by the students.
8. **Report Submission:** Complete the SUPOSHAN activities and submit the report to samskruticlc@gmail.com before November 30, 2023.
9. **Certificate:** Samskruti Foundation will issue your college a prestigious certificate in recognition of your participation.

For further details and guidance, please refer to the provided links and resources.

SUPOSHAN ACTIVITIES LIST

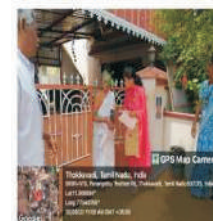**"Promoting Holistic Food: Activities for Purity, Balance, and Wholesomeness."**

1. Cooking Workshops:
2. Sales Counter at college:
3. Nutrition Seminars:
4. Community Potlucks:
5. Holistic Food Challenges:
6. Recipe Contests:
7. Gardening Workshops:
8. Documentaries and Films:
9. Online Communities:
10. Collaborations:
11. School Programs:
12. Food Charity Programs:
13. Online Video Series:
14. SUPOSHAN inspired Food Blogs:
15. Samvaad or debates and Workshops:
16. Holistic Food Expos:
17. Audio Talks and Podcasts:
18. Youth Programs:
19. Interactive Webinars:
20. Therapeutic Dialogue Program with a Doctor/Dietician
21. Millet Lunch Box Activity
22. Farm Visits:
23. Campus Marts:

Design and add many more by yourself!

Sample photos of activities to inspire…

My Plate for the Day
to Prevent Hidden Hunger & Protection from diseases

ICMR-NATIONAL INSTITUTE OF NUTRITION
Department of Health Research, Min. of Health & Family Welfare
Govt. of India, Hyderabad, Telangana State, India.

Food of Millets- Traditional and Homemade by Students Shri SS Shasun Jain College

Holistic food sales counter and Community engagement – KSRCT, Namakkal

Implementation Team of SUPOSHAN

Dr. Vivek Modi	*G. Natraj*	*Sree Deshmukh*
Anupama Shah	*Madhukar*	*Sridhar Chanukya*
Balu Nagaraj	*Mahesh Shetty*	*B S C Naveen Kumar*
Ch. Ajay	*S. Venu Gopal*	*D Tukaram*
DK Madhukar	*Sampada*	

"Key to Success: Engage, Inform, and Respect Cultural Context."
"YOU ARE WHAT YOU EAT"

Samskruti Foundation
Our Culture Our Identity

About Samskruti Foundation:

Samskruti Foundation, a registered trust under the Indian Trust Act, 1882, is dedicated to promoting and preserving Indian culture and traditions. Our mission is to inspire, educate, and encourage people to embrace Indian culture and values, channeling the energy of youth towards nation-building activities.

We are privileged to have the support of experienced professionals, domain experts, and social leaders who volunteer their time and knowledge for social change.

Vision: National Resource Centre for Culture

Mission: Preserve, protect, and promote Bharateeya Culture and Ethos through research, education, training, and dialogue.

Indian Culture and Ethos:

Indian culture, deeply rooted in the ages of Vedas, is renowned for its diversity and richness. It varies across regions but is unified by a shared heritage.

We take pride in this diversity and believe it should be conserved and passed on to younger generations while embracing Science, Technology, and Social Entrepreneurship. Educational institutions play a crucial role in building a culturally vibrant India with these principles.

To address our current cultural identity crisis, we need transformational changes driven by technology, innovation, and collaboration. Educational institutions are key players in this transformation.

Our indigenous knowledge systems have faced challenges due to colonial influences. It's essential to reconnect with our rich cultural legacy and rebuild our cultural roots to secure our future.

Reconnect with Your Heritage.

Major Domains of Samskruti Foundation

A. Cultural Leadership Centres (CLC):

CLCs foster all-round student development, including soft skills like communication, discipline, and leadership. They instill moral leadership and intellectual integrity in students, transforming them culturally, scientifically, socially, emotionally, and spiritually.

B. Samskruti Adhyayana Kendra (SAK):

SAK engages the nationalistic intelligentsia to study and align public policy with our rich cultural legacy, fostering a sense of pride in India's past and its contributions to civilization.

Samskruti Foundation Advisors for SUPOSHAN

S.No	Name	Designation
1	Dr C Umamaheswara Rao IAS., Retd.	Trustee & Chairman of Samskruti Foundation Former Secretary to Chief Minister of AP
2	Dr.M. Malakondaiah IPS., Retd.	Former DGP - Andhra Pradesh
3	Prof. Avula Manjulatha	Former Vice Chancellor, Sri Potti Sriramulu Telugu University
4	Sri K. Narasimha Murthy	CA & ICWA Board Member of NSE(I) Ltd., Former Financial Advisor of AP Govt & Ex Director ONGC and IDBI
5	Dr. Sudheendhra Putty	Company Secretary & Vice President -CYIENT Ltd
6	Sri T Rambabu	Trustee & Co-Convener of Samskruti Foundation Geo Technical Engineer

Samskruti Foundation

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