



BABA MASTNATH UNIVERSITY

UNIQUE BLEND OF ACADEMICS AND SPIRITUALITY | www.bmu.ac.in
(RECOGNISED BY UGC)

ROHTAK, DELHI -NCR

Internal Quality Assurance Cell



EVENT APPROVAL FORM

Academic Session: 2022-23

Proposed Event:	1. Seminar 2. Conference 3. Workshop 4. Training 5. Short Term Course 7. Special/Extension Lecture 8. Sports, Cultural, Cocurricular 9.....		
Faculty Name:	Department of Humanities / NSS		
Department Name:	NSS		
Topic:	" Food Planet Health "		
Duration: (in days)	1 day	Proposed Mode (Online or Offline) Date & Time:	Online Time- 11:00-12:00 pm 30 th Sep. 2022
Proposed Fee (Rs.) (if any)	Amount in figure and words		
Speaker(s) Profile :	Name: Ms. Pooen Sachdeva Designation: Assistant Professor Organization Outreach coordinator at Vegan Outreach, India. Name: Designation: Organization (A list may be attached if required)		
Convener:	Dr. MANJEE KUMAR		
Co-Convener (if any):	Dr. Pawan K. Arora		

Convener/Secretary
(Signature with Full Name)

27/09/22
Director (IQAC)

27/09/22
Registrar

27.9.22
Dean/Chairperson/HoD
(Signature with Full Name)
Faculty of Humanities,
Baba Mastnath University
Asthal Bohar, Rohtak

27/9/22
Vice-Chancellor

27/9
Pro-Chancellor

Final Approval Status: 1. Approved 2. Not Approved 3. Reversed for Corrections

Note: Invitations and information to related authorities and departments is to be sent separately.



• CERTIFICATION WEBINAR •

FOOD-PLANET-HEALTH

Baba Mast Nath University, Asthal Bohar, Rohtak NSS organizes a Webinar with Vegan Outreach

30th September 2022 | 11:00 am - 12:00 pm



Speaker: Ms. Preen Sachdeva
Outreach Coordinator at Vegan Outreach, India



VEGAN OUTREACH

Jaydeepsinh Jhala - Outreach Manager, India
3053 Freeport Blvd #282, Sacramento, CA 95818 - +91 82912 84673
JaydeepsinhJ@VeganOutreach.org - VeganOutreach.org

To
Dr. Manjeet Kumar
NSS Program Coordinator
Baba Mast Nath University

Date: 29th June 2022

Subject: Proposal to conduct Food-Planet-Health Webinars with all the NSS units of the Baba Mast Nath University.

Respected Sir,
My name is Jaydeepsinh Jhala. I work with Vegan Outreach, an international nonprofit organization with a global presence. We disseminate educational resources on how food choices impact animals, the environment, and public health.

We offer our outreach activities **free of cost to educational institutions, and the requirements for implementation are minimal**. The purpose is to provide resources and information to the student community to make informed decisions for compassionate life choices and contribute to protecting the animals and the environment.

Our 'Food-Planet-Health- Certification Webinar' is an online learning opportunity for NSS Volunteers (others may join as well). Students will learn about the impact of food choices and can take action to bring change.

We have **collaborated with the Ministry of Youth Affairs & Sports** for conducting nationwide online awareness sessions about the importance of a sustainable and healthy diet. We would like to start with Baba Mast Nath University for the same. **Requesting you give permission to conduct the webinar with all colleges at the Baba Mast Nath University.**

Activity: **Webinar - Food-Planet-Health**
Impact of diet on the planet, animals, and our health

Date: as per the convenience of the Program Officer
Time: 1 hour (45 mins + 15 min Q&A)
Platform: Zoom webinar



VEGAN
OUTREACH

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Please feel free to reach out to me at +918291284673 for any clarification.

Thank You.

Sincerely,
Jaydeepsinh Jhala
Outreach Manager India
Vegan Outreach

ANNEXURE-I


BABA MASTNATH UNIVERSITY

Internal Quality Assurance Cell

NSS Events Report


Academic Session:	2022-2023	Event No.	
Event Type/Category:	Seminar	1. Camp, 2. Awareness Programme, 3. Day Celebration 4. Other	
Name of the Event:	Food planet health		
Venue:	Online mode		
Date(s):	30/09/2022		
Objective(s) of the Event:	Annexure-I		
Funding Agency (if any):	Vegan Outreach		
No. of Students Volunteers:	40		
No. of Faculty Volunteers:	2		
Description of the Event:	Annexure-II		
Photographs of Events:	Annexure-III		
News Coverage of Event:	Annexure-IV		
List/ Attendance Record of Volunteers:	Annexure-V		
Beneficiaries /Outcome(s) of the Event:	Annexure-VI		

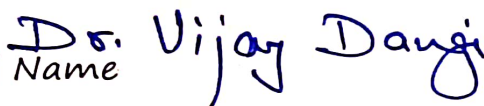
Submitted by:



 DR. PARMELA

Departmental Program Officer

Coordinator,


 V. Dangi
Signature and Full Name


 Dr. Vijay Dangi
Signature and Full Name


 University Program
Signature and Full Name

Signature and Full Name

BABA MASTNATH UNIVERSITY

Internal Quality Assurance Cell

Approved by



Registrar

Baba Mastnath University

University

Verified,

H. Ramesh

28.7.2024

Vice Chancellor

Baba Mastnath

ANNEXURE-I

Objectives of the event are:—

- ①. Impact of diet on the planet, animal and our health.
- ②. Importance of sustainable and healthy diet.
- ③. To protect environment.

ANNEXURE - III

ANNEXURE - II

'Food Planet Health' is an approach to nutrition that recognizes the interconnection between what we eat, the health of our bodies and the well-being of the planet.

It advocates for sustainable food systems that prioritize environmental management, social equity and human health.

This involves making conscious choices about the foods we consume, factors such as how they are produced, their impact on natural resources and their nutritional value.

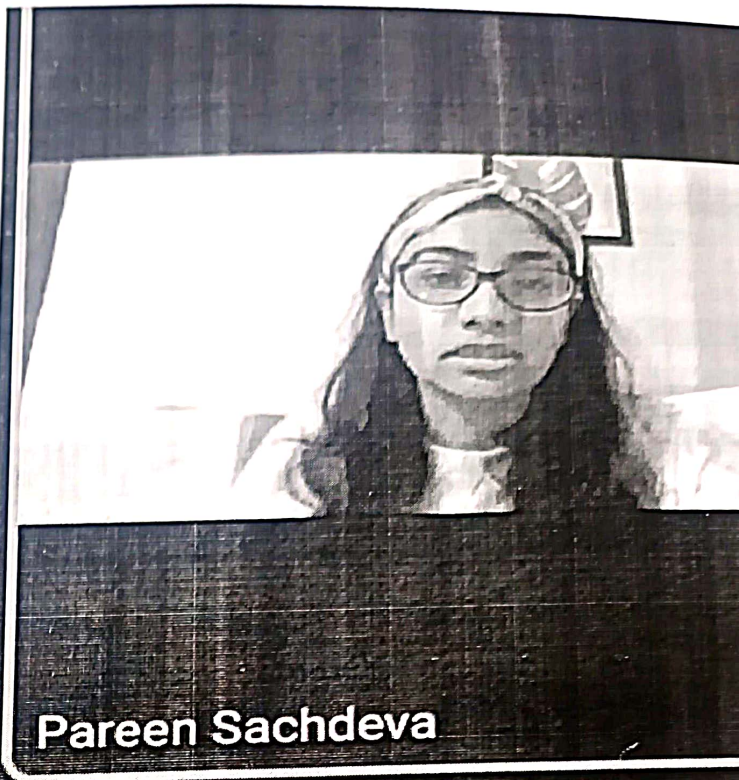
By promoting a balanced diet, Food Planet Health aims to foster healthier individuals and a healthier planet simultaneously.

It encourages collaboration across sectors to address the complex challenges facing our food systems and create a more sustainable and resilient future for all.

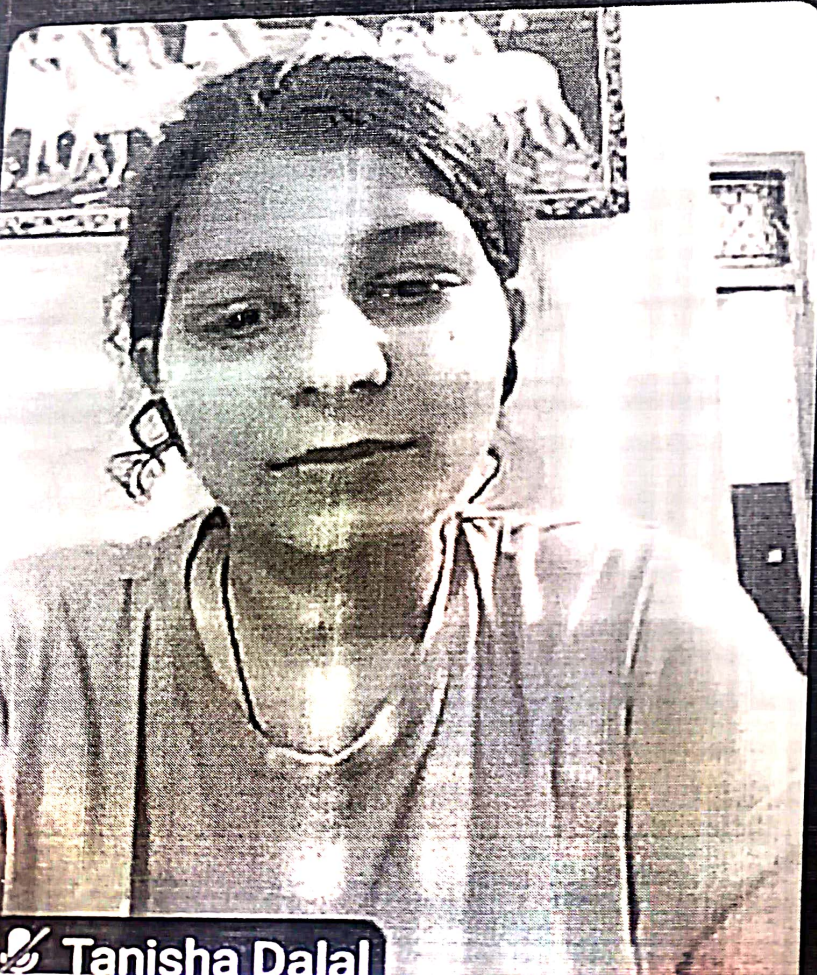
ANNEXURE - III



Dr Manjeet Kumar



Preen Sachdeva



Tanisha Dalal

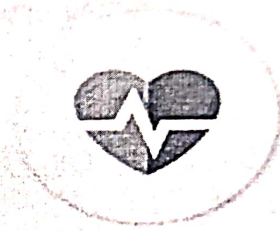


Sahil Saini 9215



This is to certify that
Dr Manjeet Kumar
has completed

FOOD • PLANET • HEALTH
Webinar



Richa Mehta

Richa Mehta
Director of Programs, India

30-September-2022

Date



22, 3:55 PM



Baba Mastnath University Mail - (no subject)

ANNEXURE - IV
Annexure - IV

Faculty of Humanities BMU <foh@bmu.ac.in>

(no subject)

Dr. Manjeet Kumar <manjeetkumarmdu@gmail.com>
To: Faculty of Humanities BMU <foh@bmu.ac.in>

Fri, Sep 30, 2022 at 3:54 PM

आज दिनांक 30 सितंबर 2022 को बाबा मस्तनाथ विश्वविद्यालय में vegan outreach पर एक webinar का आयोजन किया गया। जिसका collaboration परीन सचदेवा(PhD student/ Assistant Professor of TISS, Global Climate Reality Leader trained by former USA Vice President Al Gore) द्वारा किया गया। जिसमें Food Nutrition Health, Vegan Species, खाद्य पदार्थ, अल्पाहार, फलाहार, निराहार, मांसाहार, शाकाहार आदि के बारे में बताया गया तथा शारीरिक रूप से निरोगी काया होने के बारे में तथा स्वस्थ शरीर होने से स्वस्थ मस्तिष्क का विकास होने के बारे में बताया गया।

Webinar की शुरुआत माननीय डा. बी.एम यादव द्वारा की गई जिन्होंने शाकाहारी पदार्थों की तरफ बढ़ने के लिए प्रतियोगियों को प्रेरित किया।

डा. बी. प्रकाश द्वारा पशुओं के औद्योगिक स्तर पर होने वाले हास को कम करने के बारे में बच्चों को प्रेरित किया तथा शाकाहार अपनाने से निरोगी काया करने के बारे में बताया। अंत में webinar के समापन में डा मनजीत कुमार जी ने संचालन किया तथा पहला सुख एक निरोगी काया को बनाने के लिए प्रेरित किया (जैसा खाओगे अन्न वैसा होगा मन) शब्दों द्वारा समापन किया।

मुख्य रूप से NSS के प्रतिभागियों में Juhi(Law), Vishal(BPT), Ritu Kumari, Tamanna Chikkara(Law), Anushka(nursing), Pooja(nursing)

अध्यापकों में मुख्य रूप से Dr. Sudhir Malik, Dr. Sonika, Dr. Babita, Dr. Pawan, Dr. Sushil, Dr. Deepak Yadav, Dr. Tarun shastri, Dr. Hariom, Dr. Suman Rathi, Dr. Pravesh ने मुख्य रूप से महत्वपूर्ण भूमिका निभाई।

ANNEXURE - V

NAME	DEPARTMENT	
Vikas	BA	P
Sachin	BA	P
Pooja	BA	P
Bharti	BA	P
Lalit	BA	Ab.
Deepanshu	Law	P
Guh	Law	P
Parvesh	Law	Ab.
Nisha	Nursing	P
Reenu	Nursing	P
Ritika	Nursing	P
Indu	Nursing	P
Diksha	Nursing	P
Gatanjali	Nursing	P
Anju	Nursing	Ab.
Anjali	Nursing	P
Kiran	Nursing	P
Pooja	Nursing	P
Anushka	Nursing	P
Prियanka	Nursing	P
Muskan	Nursing	P
Sakshi	Nursing	Ab.
Tanupriya	Nursing	Ab.
Anjali	Science	Ab.
Gaurav	Science	P
Annu	Science	P
Priya	Science	P
Nikita	Science	P
Vijaylaxmi	Science	Ab.

ANNEXURE - VI

Outcomes of the event are:-

- ①. Weight management.
- ②. Improved energy levels.
- ③. Reduced risk of chronic disease
- ④. Enhanced mood
- ⑤. Better digestion
- ⑥. Stronger immune system
- ⑦. Healthier skin
- ⑧. Improved longevity