

# **Khwaja Moinuddin Chishti Language University, Lucknow**

## **1. Provision of Healthy and Affordable Food Choices for All on Campus**

Khwaja Moinuddin Chishti Language University (KMCLU), Lucknow recognizes the importance of accessible, nutritious, and affordable food options as a key component of student well-being and a healthy campus environment. The University strives to ensure that students, faculty, and staff have access to hygienic food services and nutrition awareness initiatives that encourage balanced dietary habits and healthy lifestyles. Through its campus canteen, hostel mess facilities, and educational initiatives organized by academic departments, the University promotes healthy eating practices and awareness about nutrition within the campus community.

### **1.1 Campus Canteen**

The University provides an on-site canteen that offers a range of hygienic and reasonably priced food options for students, faculty, and staff. The canteen prioritizes cleanliness, food safety, and affordability, ensuring that members of the university community have regular access to safe and nutritious meals within the campus premises.

In addition to serving meals, the canteen functions as a common social space where students and faculty can interact informally, relax between academic activities, and build a sense of community. By ensuring accessible and affordable food services, the university contributes to supporting the daily nutritional needs and overall well-being of its campus population.



**Glimpse of university canteen 'Aachman'**



Glimpse of university canteen 'Aachman'

## **1.2 Hostel Mess Facilities**

The University provides residential accommodation through separate boys' and girls' hostels, each with a capacity of approximately 300 students. Both hostels are equipped with in-house mess facilities that provide regular meals to resident students, ensuring consistent access to freshly prepared food within the campus.

The hostel mess system is designed to provide balanced and hygienic meals at affordable costs, allowing students to maintain healthy dietary habits while living on campus. The availability of mess facilities within the residential environment also helps students maintain regular meal schedules and reduces dependence on external food sources.

By offering accessible and affordable food services within the hostels, the University supports the physical well-being of resident students while ensuring convenience and nutritional security during their academic journey.



**Glimpse of Girl's Hostel Mess Facilities and Dining Hall**



**Glimpse of Girl's Hostel Mess Facilities and Dining Hall**



**Glimpse of Boy's Hostel Mess Facilities and Dining Hall**



**Glimpse of Boy's Hostel Mess Facilities and Dining Hall**

### **1.3 Nutrition Awareness through Academic and Co-curricular Initiatives**

#### **1.3.1 Debate Competition on ‘Right Nutrition- A Brighter Future for the Nation’ (24<sup>th</sup> September 2025)**

To promote awareness about **healthy eating habits** and the **importance of balanced nutrition**, the Department of Home Science organized a public speaking competition on the theme **“Right Nutrition – A Brighter Future for the Nation.”** The event was conducted as part of a national service-oriented awareness initiative and encouraged students to discuss the role of nutrition in building a healthy society.

Participants presented thoughtful perspectives on balanced diets, food security, and the role of proper nutrition in improving public health. The competition served as an academic platform for students to explore scientific and social aspects of nutrition while also encouraging critical thinking and public engagement.

Such initiatives help cultivate awareness among students about the importance of healthy food choices and responsible dietary practices, thereby reinforcing the university’s commitment to promoting health and well-being within the campus community.



**Participants expressing their views on ‘Right Nutrition- A Brighter Future for the Nation’**



**Participants expressing their views on 'Right Nutrition- A Brighter Future for the Nation'**

### 1.3.2 Student-led Food Entrepreneurship and Campus Food Diversity(12<sup>th</sup> February 2026)

The Department of Commerce organized an Entrepreneurship Expo on campus to encourage innovation, creativity, and entrepreneurial thinking among students. As part of the event, students from various departments set up stalls showcasing a diverse range of food items and refreshments.

The expo provided students with a practical platform to demonstrate their entrepreneurial skills while also **promoting locally prepared and affordable food options within the campus community**. The initiative encouraged students to explore food-based entrepreneurship, develop business ideas, and engage with peers through interactive stalls.

Such student-driven activities contribute to creating a vibrant campus environment while promoting awareness about food choices, small-scale food enterprises, and innovation in the food sector.



**Students showcasing affordable food based entrepreneurship and business ideas**



**Students showcasing affordable food based entrepreneurship and business ideas**

### 1.3.3 Desi Superfood Utsav- Millet ke Rang, Swasthya ke Sang(17<sup>th</sup> February 2026)

The Department of Home Science also organized “Desi Superfood Utsav” under the theme “**Millet ke Rang, Swasthya ke Sang.**” The program aimed to promote awareness about traditional Indian superfoods, particularly millets, which are widely recognized for their high nutritional value and health benefits. During the event, students set up creative food stalls and educational displays featuring a variety of millet-based dishes and traditional nutritious foods. The initiative encouraged students to explore the role of indigenous grains in building healthy and sustainable diets.

The objectives of the program included:

- Promoting awareness about the nutritional benefits of millets and traditional superfoods.
- Encouraging the adoption of healthy and sustainable dietary practices.
- Supporting national initiatives that advocate for the revival of traditional and nutrient-rich grains.

Such programs play an important role in educating students about healthier food choices while **promoting sustainable food culture** within the university community.



**Participants promoting sustainable food culture and promoting awareness about nutritional benefits of millets and traditional superfoods**



**Participants encouraging adoption of healthy and sustainable dietary practices**

#### **1.4 Strengthening Healthy Food Environment on Campus**

The University continues to explore opportunities to further strengthen healthy food environments on campus. Future initiatives may include promoting balanced meal options in food outlets, organizing nutrition awareness campaigns, and encouraging student participation in healthy cooking and dietary education programs.

Through a combination of accessible food services, residential mess facilities, and awareness-building activities, the University aims to gradually enhance the availability and understanding of healthy and affordable food choices for the entire campus community.