

Eat to Live, Not Live to Eat!

The students of classes 4 to 8 of PSBB T. Nagar had a true 'Food for thought' session by the PR students of Stella Maris College as part of their UNAVU – Voice against wastage campaign. They briefed the students about the aim of their campaign and shared statistical data of how much food is produced, consumed and finally wasted. They spoke about the places and ways in which it is wasted and how each one of us is responsible for this act.



The team pleaded that all of us should behave humanely and realise the value of food. A PowerPoint presentation reinforced that one-third of food produced for human consumption is lost and wasted globally. They urged the students that when they dine in restaurants, they should order just enough food for their consumption. They requested PSBB students to learn some recipes using left over food, store food properly and to inculcate the good habit of donating food to the needy. Malnutrition rates in children is on a rise though the food production is surplus. This was a point that students were asked to ponder on. The world's hunger is getting ridiculous; there is more fruit in a rich man's shampoo than in a poor man's plate.

The students of Stella Maris conducted JAM-Just A Minute contest in which the students of Std. 7 &8 expressed their concern and shared their views on food wastage. Wasting food is not good for anyone in anyway- the economy, environment and our own ethical justification as Annam is "parabrahmaswaroopam".

The MIME show depicted the day to day situations in which food is wasted- birthday parties, marriages and in restaurants.

This awareness campaign helped students realise the value of food and understand the cause and effect of wastage of the same.

IVY SCRIBES – Media Club

PSBB T. Nagar