Best Practice I: Mrithika

1. **Title of the Practice:**

   "Mrithika" – Encouraging Sustainable Nutrition for India's Healthier Future

2. **Objectives of the Practice**:

   Cropping patterns and dietary customs following the Green Revolution in India saw a dramatic switch from traditional crops like millets to rice, wheat, and grains having high water requirements. Because of shifting climatic conditions, mounting health concerns, and the desire to live more sustainably, the Department of Home Science decided to promote millets.

3. **The context:**

   Mrithika was founded with the intention of raising awareness of sustainable development, good eating practices, and the need for students to connect with their heritage by learning about the uses and recipes of millets.

4. **The practice:**

   As an experiment in the Indian Knowledge System, Mritika promoted healthy eating habits while reintroducing students and staff to traditional crops and cuisines. Additionally, it supported sustainable agriculture, increased food security through resource conservation, and popularized millets—all of which contributed to sustainable development.

   Mrithika also provided students with an experiential learning platform to incorporate traditional super crops like millets into daily diets, offering hands-on experience in cooking, experimenting with recipes, and developing business insight through managing the outlet.

5. **Evidence of the success:**

   A few years ago, a student-led business called Mrithika began as a class experiment and eventually evolved into a full-fledged store on campus. These days, many students and teaching faculty members place frequent lunch orders with it.

   The store has successfully met its objectives, which include:

- Making millet more popular on campus.
- Providing faculty and students with wholesome food options.
- Strengthen learning to make it enduring and influential.
- Nurturing in students an entrepreneurial attitude and set of abilities.

6. Problem encountered, and resources required:

The Mrithika initiative, undertaken by faculty and students, required various resources and support for successful operation on campus. However, the initiative encountered several challenges during its implementation:

- The initiative required financial support for its operations.
- The venture could not be scaled up due to space constraints. At first, the cooking was done in laboratories, and this restricted the scope of activities.