FOOD AND THE ENVIRONMENT –
EAT HEALTHY & GO GREEN

REPORT OF ACTIVITIES
(YEAR 2022 – 2023)

Supported by

KARUNA foundation

Submitted by

C.P.R. ENVIRONMENTAL EDUCATION CENTRE
1 Eldams Road, Alwarpet, Chennai 600 018
“Food and the Environment – Eat Healthy and Go Green” project was implemented in the states of Andhra Pradesh, Telangana, Karnataka, Odisha and Tamil Nadu with the financial support extended by Karuna Foundation.

The resource material in English, Tamil, Telugu, Kannada and Odia was printed and provided to all the participants of the workshops.
Telugu for Andhra Pradesh &
Telangana

Kannada for Karnataka

Odia for Odisha
TRAINING PROGRAMMES ON
FOOD AND THE ENVIRONMENT – EAT HEALTHY & GO GREEN

CPREEC’s field and state offices at Ooty, Tumakuru, Vijayawada and Bhubaneswar organised the programmes. A total of 28 programmes were conducted mainly for teachers, teacher trainees, women and nursing trainees on eating healthy food, veganism, ill-effects of non-vegetarian food to human and the environment, animal cruelties, etc. Totally, 1663 participants benefitted from the programme.

The topics covered in our workshops include
- The ill effects of dairy farming on the environment leading to environmental hazards.
- Cruel practices involved in dairy farming.
- Use of hormones and antibiotics in animal husbandry and its influence on the health of human beings.
- Importance of healthy food habits and its relevance to human life.
- Preferring and practicing vegan diet- ways and means.
- Consuming plant based diet and avoiding animal-based diet including milk and milk products.

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Date</th>
<th>Venue</th>
<th>Target group</th>
<th>No. of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>14.09.2022</td>
<td>Rotary Bhavana, Mini Vidana Soudha Road, Hassan, Karnataka</td>
<td>Teachers</td>
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<td>2.</td>
<td>16.09.2022</td>
<td>Gudalur (RK Trust Training Hall) The Nilgiris</td>
<td>Women</td>
<td>41</td>
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<td>3.</td>
<td>17.09.2022</td>
<td>Gudalur (RK Trust Training Hall) The Nilgiris</td>
<td>Women</td>
<td>48</td>
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<tr>
<td>4.</td>
<td>22.09.2022</td>
<td>Devamatha School of Nursing, Kookalthorai, Ooty Taluk, The Nilgiris</td>
<td>Nursing trainees (women)</td>
<td>38</td>
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<td>6.</td>
<td>31.10.2022</td>
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<td>S. No.</td>
<td>Date</td>
<td>Venue</td>
<td>Target group</td>
<td>No. of participants</td>
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</tr>
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<td>8.</td>
<td>19.11.2022</td>
<td>Hill Fort Matriculation Higher Secondary School, Caircombai, Kotagiri, The Nilgiris</td>
<td>Teachers</td>
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<tr>
<td>9.</td>
<td>27.11.2022</td>
<td>Anantakumari Temple, Sunakhandi Salipur, Cuttack District Odisha</td>
<td>Women</td>
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<td>10.</td>
<td>11.12.2022</td>
<td>Haladia Government High School, Haladia, Mahanga, Cuttack District Odisha</td>
<td>Teachers</td>
<td>90</td>
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<tr>
<td>11.</td>
<td>15.12.2022</td>
<td>District Institute of Education &amp; Training (DIET), Angaluru, Krishna District, Andhra Pradesh</td>
<td>Teacher Trainees</td>
<td>77</td>
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<tr>
<td>12.</td>
<td>28.12.2022</td>
<td>Government Junior College, Koratagere, Karnataka</td>
<td>Teachers</td>
<td>65</td>
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<tr>
<td>13.</td>
<td>29.12.2022</td>
<td>Government Junior College, Koratagere, Karnataka</td>
<td>Teachers</td>
<td>62</td>
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<td>15.</td>
<td>09.03.2023</td>
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<td>16.</td>
<td>11.03.2023</td>
<td>Y.V. Rao Siddhartha College of Education Kanuru Vijayawada Andhra Pradesh</td>
<td>Teacher Trainees</td>
<td>58</td>
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<td>17.</td>
<td>29.05.2023</td>
<td>Biswanahakani Higher Secondary School, Tangi – Choudwar, District – Cuttack Odisha</td>
<td>Teachers</td>
<td>70</td>
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<td>18.</td>
<td>03.06.2023</td>
<td>SVS College of Education Banashankari Circle Tumakuru Karnata</td>
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<td>13.06.2023</td>
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<tr>
<td>22.</td>
<td>24.06.2023</td>
<td>Kotagiri The Nilgiris</td>
<td>Teachers</td>
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<td>23.</td>
<td>16.07.2023</td>
<td>Kuntukata Nodal High School, Tahasil – Attagarh, District – Cuttack Odisha</td>
<td>Teachers</td>
<td>61</td>
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<td>24.</td>
<td>22.07.2023</td>
<td>Sai Saraswati Sishu Bidya Mandir, Gopinathpur, Satyabhamapur,</td>
<td>Teachers</td>
<td>50</td>
</tr>
</tbody>
</table>
### THE NILGIRIS, TAMIL NADU

CPREEC’s Field Office at Ooty organised eight (8) training programmes on Food and the Environment – Eat Healthy and Go Green reaching out to 340 participants comprising of women, teachers, nursing students and tribal women. The key resource persons were Mr. M. Kumaravelu, Field Officer, CPREEC, Mr F. Robert, Co-ordinator for National Green Corps, Gudalur and Mr. K. Ramdhas, Secretary, Organic Farmers Association. In all the programmes, the participants were served green tea. Millets were used in all the programmes and vegan food was served to the participants.

#### Table 1: Training Programmes in Odisha

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Date</th>
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<th>Target group</th>
<th>No. of participants</th>
</tr>
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<tbody>
<tr>
<td>15.</td>
<td>25.</td>
<td>Block – Salipur, District – Cuttack Odisha</td>
<td>Teachers</td>
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<td>26.</td>
<td>27.07.2023</td>
<td>Bhagabati Bidyapitha, Sukelaswar, Mahanga, District – Cuttack, Odisha</td>
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<td>27.</td>
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<td>Saraswat Sahitya 'O' Sanskrutika Parisad, Block – Dasarathpur, District – Jajpur, Odisha</td>
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<td>28.</td>
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<td>Mahila Vidyalaya English High School, College Road, Belagavi, Karnataka</td>
<td>Teachers</td>
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<tr>
<td><strong>Total</strong></td>
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#### Table 2: Training Programmes in Karnataka

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<td>Kotagiri The Nilgiris</td>
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<td>37</td>
</tr>
<tr>
<td></td>
<td><strong>Total</strong></td>
<td></td>
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<td><strong>340</strong></td>
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1. **Workshop for Women**

The workshops at Gudalur, The Nilgiris on Food and the Environment – Eat Healthy and Go Green were organised for Women group on **September 16 and 17, 2022**. During this workshop the importance of vegetarian food were explained with PowerPoint presentation. The negative impacts of animal industry that are kindling the global warming and the loss of biodiversity were also explained. The resource persons highlighted the harmfulness of milk and milk products from cow and other livestock which are administered with harmful chemicals which will cause cancer to human beings. The toxicity in milk products was also explained in detail. Milk extraction methods from Soya bean, Ragi and coconut were explained as alternate to the cow and other livestock milk.
2. Workshop for Nursing Students

The workshop on Food and the Environment – Eat Healthy and Go Green was organised at Devamadha School of Nursing, Kookalthorai, Ooty taluk organised on September 22, 2022 and another workshop was organised at Ashwini Adivasi school of Nursing, Gudalur on November 17, 2022.

During the workshops the various ill effects of cattle industry and its effects to the environment and human health were explained. The animal industry negatively impacts the biodiversity loss through habitat loss, climate change, and introduction of alien species (livestock and fishes), competition for natural resources and pollution. The resource persons requested the nursing students to take green leafy vegetables to protect their health.

3. Workshop for Tribal Women

The workshops for tribal women were conducted at the Nilgiri Adivasi Welfare Association Meeting Hall, Kotagiri on September 26, 2022 and October 31, 2022. The resource persons spoke on the ill effects of cattle farming and its impact on the forests which supports the tribal community for their livelihood and requested the women to revive the traditional food consumption and insisted to follow natural farming. The loss of biodiversity due to cattle grazing was highlighted and the ill effects of meat consumption were also explained.

4. Workshop for Teachers

The workshop for the Teachers of Kotagiri area was organised on November 19, 2022 and June 24, 2023. Participants from Government and Private schools of Kotagiri area participated. Mr. M. Kumaravelu, Field Officer, CPREEC, Ooty and Mr. K. Ramdhas, Secretary, Organic Farmers Association spoke on the aim of the workshop and the need to adopt traditional food systems, particularly vegetarian food. They attributed the change in food habits, food pattern among the younger generation which is causing obesity and other ailments. They requested the teachers to explain in detail the goodness of vegetarian food and the harmful effects of consuming non vegetarian food, and also asked the teachers to talk to the students about the cruelty in the dairy industry and the usage of harmful hormones for milk secretion which leads to cancer in humans.
Workshop for the Nursing Students at Devamatha Nursing School, Kookalthurai, Ooty Taluk, The Nilgiris, Tamil Nadu

Workshop for Nursing Students of Ashwini Adivasi Nursing School, Gudalur, The Nilgiris, Tamil Nadu

Workshop for teachers of Kotagiri Area, The Nilgiris, Tamil Nadu
CPREEC’s State Office functioning at Vijayawada organised six (6) programmes reaching out to 389 teacher trainees in DIETs and B.Ed. Colleges in the state of Andhra Pradesh. Mr. K. Venkataratnam, Project Officer was the key resource person in conducting the programmes.

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<td>District Institute of Education &amp; Training (DIET), Angaluru, Krishna District, Andhra Pradesh</td>
<td>Teacher Trainees</td>
<td>77</td>
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<tr>
<td>2.</td>
<td>27.02.2023</td>
<td>District Institute of Education &amp; Training (DIET), Boyalapadu (Boyapalem), Guntur District, Andhra Pradesh</td>
<td>Teacher Trainees</td>
<td>67</td>
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<tr>
<td>3.</td>
<td>09.03.2023</td>
<td>Sri Padmavathi Hindu Mahila B.Ed. College of Education, Machilipatnam, Krishna District, Andhra Pradesh</td>
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<td>Teacher Trainees</td>
<td>96</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td>389</td>
</tr>
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</table>
1. District Institute of Education and Training (DIET), Angaluru

At the workshop for the teacher trainees of District Institute of Education and Training (DIET), Angaluru, Krishna District on December 15, 2022, Dr. Katharu Lakshmi Narayana, Principal inaugurated the workshop and addressed the participants on the importance of food and environment and healthy living. He said that the students should change their food habits and avoid consuming junk foods and non-vegetarian food which are harmful to our health. 77 teacher trainees benefitted from the workshop.

Mr. K. Venkataratnam highlighted the importance of green vegetables, avoiding milk and milk products, the cruelties faced by livestock and release of methane gas and depletion of natural resources. Dr. Sudha Kumari, a Vegan explained in detail the goodness of consuming vegan food and participated in a group discussion and clarified the doubts raised by the teacher trainees. During the discussion, she said that there are several alternatives to milk and milk products. She said that milk can be extracted from coconut, almond and cashew.

2. District Institute of Education and Training (DIET), Boyalapadu

The workshop on Food and the Environment – Eat Healthy and Go Green for 67 teacher trainees of the District Institute of Education and Training (DIET), Boyalapadu (Boyapalem), Guntur District, Andhra Pradesh was organised on February 27, 2023.

Mr. K. Venkataratnam of CPREEC welcomed the participants and explained in detail the objectives of the workshop. In his opening remarks, he explained the goodness of consuming vegetarian food which is good for the health of human beings and to the environment. He further said that the forest cover is depleted due to cattle grazing when consuming non-vegetarian food. Moreover, the chicken and cattle are injected with hormones to increase weight and extract more milk which cause cancer.

Mr. Subhani, Principal, DIET, Boyalapadu requested the teacher trainees to make use of this workshop. He asked them to adopt healthy lifestyle by consuming more vegetables and follow a vegan diet which helps to protect our environment. He asked the students to follow and change to vegan in a phased manner.

Dr. Abdul Sattar, formerly with United Nations Development Program (UNDP) spoke about the changed food pattern and food habits among the younger generation. He requested the teacher trainees to switch to a vegan diet and to give up the consumption of junk foods and meat items. He further said that many youngsters succumb to heart failure due to over consumption of fatty foods.

The training workshop on Food and the Environment – Eat Healthy and Go Green was conducted at Sri Padmavathi Mahila B.Ed. College of Education, Machilipatnam, Krishna District, Andhra Pradesh on March 9, 2023. 39 B.Ed. students took part in the workshop. Mr. K. Venkataratnam of CPREEC welcomed the participants to the workshop and gave a brief introduction about the importance of veganism. He said that the present generation is fond of consuming fast food, junk food and non-vegetarian food items. They avoid consuming vegetables which are very good for our health, easy to digest and does not harm our environment in any way.

Dr. V.V. Sailaja, Principal of the College, Smt. Suguna, Senior Lecturer of the College and Dr. Navya, Vice Principal, Lady Ampthil Government Junior College addressed the participants and interacted with the teacher trainees. They mentioned the importance of consuming vegetarian food. They requested the teacher trainees to follow a healthy vegan diet which is good for them, their family and the society as a whole. The lecturers also said that cows and buffalos are injected with hormones to increase their milk productivity. In the long run, it may lead to cancer. They also suggested to consume milk extracted from sesame, groundnut and coconut which are tasty and healthy.

Ms. Nayemunnisa, a Vegan from Machilipatnam discussed about becoming a vegan and leading a healthy lifestyle. She requested the teacher trainees to give up consumption of non-vegetarian and to try and follow a vegan diet at least for two days in a week.

4. Y. V. Rao Siddartha B.Ed., College, Kanuru

At the programme organised on March 11, 2023 at Y. V. Rao Siddartha B.Ed., College, Kanuru, Vijayawada for 58 students, Mr. K. Venkataratnam of CPREEC gave a brief introduction to the objective of the workshop.

Dr. Sesha Sree, Principal, Y. V. Rao Siddhartha B.Ed., College spoke on the cruelties faced by cattle for rearing milk. She requested the students to follow vegan diet for themselves and also carry the message to the younger generation when they become responsible teachers.

Dr. Preeti Rangamani, HOD, Environment, P.V.P. Engineering College discussed in detail about the harmful effects of consuming non-vegetarian food. She mentioned that food habits play an important role on the life of individuals and on the society as a whole. She also said that water used to produce one kilogram of meat is more than producing one kilogram of grains. She requested the students not to consume meat and junk food and practice vegan diet which is beneficial to all.
5. District Institute of Education and Training (DIET), Dubacherla

The workshop on Food and the Environment – Eat Healthy and Go Green was organised for the teacher trainees of DIET, Dubacherla, West Godavari District, Andhra Pradesh on **June 12, 2023.** 52 trainees participated in the workshop. The key resource persons were Mr. K. Venkataratnam, Project Officer, CPREEC, Andhra Pradesh State Office, Mr. Ponna Venkataramanamurthy, Principal, DIET, Mr. Baskar, Senior Lecturer of DIET, Boyapadu.

Mr. K. Venkataratnam gave a brief introduction to the workshop and highlighted the importance of green vegetables, avoiding milk and milk products, the cruelties faced by livestock and release of methane gas and depletion of natural resources.

The Principal, in his address mentioned about traditional food pattern followed for several generations by our ancestors who were all leading a healthy lifestyle. They had consumed traditional food varieties coupled with home grown vegetables. He said that younger generation is more attracted to junk food and meat items. He asked the students to be a role model to the future generation by becoming a vegan.

Mr. Baskar, Senior Lecturer shared his views about the goodness of vegetarian diet and how his grandfather lived for more than 100 years. He also asked the students to consume more vegetables and avoid junk foods and meat in order to lead a healthy life.

The film *Maa Ka Doodh* was screened for the students. All were moved to see the film and expressed their concern over cruelty faced by milking cows in the dairy industry.

6. District Institute of Education and Training (DIET), Bommuru

Workshop on Food and the Environment – Eat Healthy and Go Green was organised for the teacher trainees of DIET, Bommuru, Rajamahendravaram, East Godavari District, Andhra Pradesh on **June 13, 2023.** A total of 96 participants participated in the workshop. Mr. K. Venakataratnam of CPREEC gave a brief introduction and explained the objectives of the workshop. The key resource persons were Shri. Subramanyam, Principal, DIET, Bommuru and Senior Lecturer, Smt. Vijayalakshmi and Smt. Sujatha Ratnam.

The resource persons said that in olden days, people were healthy without any ailments as they were consuming home grown vegetables in their backyards. They said that in the coconut groves, vegetables were grown as inter crops. The food habit, timing and consumption pattern has changed which is the root cause for several diseases in human beings. Vegetarian food helps in easy digestion unlike non-vegetarian food. They also compared the cost of vegetarian
and non-vegetarian food. While vegetarian food is good for individuals and society, non-vegetarian food leads to depletion of natural forests by way of cattle grazing. They also mentioned that the poultry is injected with hormones for their fast growth which is harmful to human health. It was further said that cattle are also injected with hormones for increased milk production causing cancer in humans.

Shri. Cherukuri Venkatanarayana, a Vegan from Vivekanada Memorial Kendra discussed about vegetarian food, alternatives to milk and milk products. He requested the students to follow vegan diet and to give up non-vegetarian diet and then only people can live without health issues.

The film *Maa Ka Doodh* was screened for the students.

Workshop for Teacher Trainees of District Institute of Education & Training (DIET), Boyalapadu, Guntur District, Andhra Pradesh

Workshop at Y.V. Rao Siddhartha College of Education, Kanuru, Vijayawada for B.Ed. Students
Workshop at Sri Padmavathi Hindu Mahila B.Ed. College of Education, Machilipatnam, Krishna District, Andhra Pradesh

Workshop at DIET, Bommuru, Andhra Pradesh

Participants of District Institute of Education & Training (DIET), Dubacherla, Krishna District, Andhra Pradesh viewing the film on *Maa Ka Doodh*
ODISHA

CPREEC’s Odisha state office at Bhubaneswar implemented the Food and the Environment – Eat Healthy and Go Green. Workshops were organised for women and teachers in Cuttack and Jajpur districts. Invited resource persons also addressed the participants. A total of seven (7) workshops were organised reaching out to 437 participants.

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<td>50</td>
</tr>
<tr>
<td>6.</td>
<td>23.07.2023</td>
<td>Bhagabati Bidyapitha, Sukleswar, Mahanga, District – Cuttack</td>
<td>Teachers</td>
<td>50</td>
</tr>
<tr>
<td>7.</td>
<td>30.07.2023</td>
<td>Saraswat Sahitya ‘O’ Sanskrutika Parisad, Block – Dasarathpur, District – Jajpur</td>
<td>Teachers</td>
<td>50</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Total</strong></td>
<td></td>
<td><strong>437</strong></td>
</tr>
</tbody>
</table>
Workshop for Women

The first workshop was organised on **November 27, 2022** at Ananta Kumari Temple premises, Sunakhandi, Salepur, Cuttack and **66** women participated in the workshop. Dr. Pradeepta Kumar Nayak, Project Officer, CPREEC Odisha State Office welcomed the participants and gave a brief introduction to the objectives of the workshop. He explained the importance of consuming vegetarian food which is good to our health. He said that non-vegetarian food is not good to our health and also to the environment.

The invited resource persons spoke on the food habits followed by our ancestors which consisted of quality food grains, home grown vegetables and fruits. They had used natural pesticides to prevent rodents. The food they consumed was healthy and they lived for many years without any ailments.

The present day generation is fond of junk food and meat items which are not good for our health and it also affects the environment as a whole. They spoke about the cruelties faced by livestock that are injected with hormones to increase milk production. The battery cage chicken’s health condition is worse as it is made to stand on a wire mesh of the size of a A4 size. Water required to produce one kilogram of meat is very high when compared to producing one kilogram of vegetables.

The resource persons suggested the participants to avoid dairy products to the maximum and also to start practicing vegan diet. They also mentioned that alternatives to dairy products are now available. Milk and curd can be obtained from coconut, groundnut and sesame seeds.

Workshop for Teachers

1. **Haladia High School, Haladia**

The first workshop for teachers was organised on **December 11, 2022** at Haladia High School, Haladia, Mahanga, Cuttack District and **90** teachers attended the workshop. Smt. Deepa Mallick, Zilla Parishad, Haladia Gramya Panchayat inaugurated the workshop.

Dr. Pradeepta of CPREEC welcomed the participants and resource persons of the workshop. He gave a brief introduction about the workshop and said that vegetarian food is very good for health of an individual and the environment as a whole.

Shri. Jayant Kumar Dash, Retd. ACF and Director of Odisha Television Ltd. (Otve) spoke on the ill effects of using pesticides in crops which harm the human beings and the environment. He suggested the participants to grow
green vegetables and medicinal plants in each household to improve the health of the family members.

Shri. Bhagabat Pradha, Retd. Headmaster, Khannnagar High School, Cuttack explained that he is 95 years old and is fit and healthy due to vegetarian food. He explained the importance of vegetarian food for all people as it gets digested easily, complete source of nutrition and cost is comparatively less than non-vegetarian food.

The resource persons stressed the importance of following a vegan diet by which we can minimise the requirement of dairy products and can reduce the cruelties faced by the animals in the dairy industries.

2. Biswanahakani Higher Secondary School, Tangi

The second workshop for teachers was organised at Biswanahakani Higher Secondary School, Tangi, Cuttack on May 29, 2023 and 70 teachers participated in the workshop.

Smt. Sarojini Sahoo, Block Education Officer delivered the special address and stressed the importance of consuming vegetarian food. She said that cows are injected with hormones to increase milk production and it may cause cancer in human beings. She further said that vegetarian food provides all the nutrition to our body. She requested the teachers to change to vegan food and also to convey it to the student fraternity. Smt. Arundhati Mishra, Additional Block Education Officer, Tangi – Cuttack, Dr. Sachidananda Pradhan, Principal, Biswanahakani College, Tangi – Choudwar, Cuttack, Shri. Prasant Kumar Bhuian, Pradhan Acharya, Sai Saraswati Sisu Bidyamandir, Tangi – Cuttack participated.

Dr. Pradeepta gave a few vegan recipes of making milk and curd from almonds, cashews, groundnuts and sesame seeds. He requested the participants to follow vegan diet. Dr. Sachidananda Pradhan said that the younger generation is more fond of eating meat than vegetables. He said that older generation people are healthy as they were taking home grown vegetables and fruits with several nutritional values. Queries raised by the participants were answered by the resource persons and Smt. Arundhati Mishra, Additional Block Education Officer, Tangi – Cuttack proposed the vote of thanks.

3. Khuntakata Nodal High School, Attagarh

The third workshop for teachers was held at Khuntakata Nodal High School, Attagarh, Cuttack on July 16, 2023 and 61 teachers participated in the workshop. Dr. Pradeepta of CPREEC welcomed the participants of the workshop and gave a brief introduction. He spoke on the importance of
vegetarian diet, health benefits to human beings and the harmful effects of consuming non-vegetarian food.

Shri. Nabakiswar Sahoo, Block Resource Coordinator, Attagarh, Cuttack inaugurated the workshop, and Shri. Durga Prasad Nayak, Cluster Resource Coordinator, Attagarh, Cuttack participated.

Dr. Sachidanand Pradhan, Principal, Biswanahakani College, Tangi-Choudwar, Cuttack compared our traditional food habits and present food habit, what are the changes in our food habit and its impacts on health and environment. He said that many people have changed their food timing and consumption pattern which is the root cause for many ailments. He requested the teachers to grow vegetables and to consume traditional foods. He requested the teachers to convey the message of animal cruelty taking place in dairy industries and to start practising vegan diet.

4. Sai Saraswati Sishu Vidyamandir, Gopinathpur

The fourth workshop for teachers was organised at Sai Saraswati Sishu Vidyamandir, Gopinathpur, Satyabhamapur, Cuttack on July 22, 2023 and 50 teachers took part in the workshop.

Dr. Pradeepa Ku. Nayak of CPREEC welcomed the participants and gave a brief introduction to the workshop and its objectives. Shri. Prasant Kumar Bhuian, Pradhan Acharya, Sai Saraswati Sishu Vidyamandir, Dr. Sachidanand Pradhan, Principal, Biswanahakani Higher Secondary School, Tangi – Cuttack, Shri. Rabindar Sahoo, Retd. Superintendent of Police, Shri. Prafulla Mishra, Reporter the Sambad, Shri. Deepak Sarangi, Reporter, the Pagatibadi, Shri. Santosh Swain, Shri. Ajit Satapathy, Educationalist participated. Shri. Ajay Choudhary, District Education Coordinator Satyasai Samiti, Cuttack inaugurated the workshop and explained the goodness of satvik vegetarian food.

Shri. Jayant Kumar Jena, Assistant Agriculture Officer, General Administrative Department, Government of Odisha was the key resource person. He stressed the importance of vegetarian food; they provide the required nutrition to human beings. He further said that vegetarian food gets digested easily than non-vegetarian food. Water required to produce one kilogram of meat is much more than water required to produce one kilogram of vegetables. He also spoke on the cruelties faced by the cows in the dairy industry and requested the teachers to spread the message on how the cows are injected with hormones for increasing the milk production and the importance of vegan diet to their students to take care of their health and to reduce intake of milk and milk products.
5. Bhagabati Bidyapitha, Sukleswar

The fifth workshop for teachers was organised on **July 23, 2023** at Bhagabati Bidyapitha, Sukleswar, Mahanga, Cuttack and **50** teachers participated. The State Officer of CPREEC, Dr. Pradeepta Kumar Nayak, welcomed the participants of the workshop and gave an insight on the significance of this workshop. He highlighted the importance of vegetarian food which helps the environment and human health. He asked the participants to avoid milk and milk products which may cause cancer in humans as the cows are injected with hormones to increase milk in milking cows.

Ms. Monalisha Sarkar, Headmistress, Bhagabati Bidyapitha, Sukleswar, Mahanga, Cuttack spoke about how vegetarian food keeps us healthy than non-vegetarian food. She elaborated that fruits and vegetable gives us more anti-oxidant which helps to release toxins from our body and protect us from different diseases. She said that there are alternatives for chicken and paneer like plant based meat. She said that milk and curd can be made from almonds, cashews, coconut, groundnuts and sesame seeds. She appreciated CPREEC for conducting this programme and suggested that more workshops should be organized to sensitize the people on our food habit and environment protection.

6. Saraswat Sahitya ‘O’ Sanskrutika Parisad, Dasarathpur

The sixth and final workshop for teachers was organised on **July 30, 2023** at Saraswat Sahitya ‘O’ Sankrutika Parisad, Dasarathpur, Jajpur District and **50** teachers attended the programme.

Dr. Pradeepta Ku. Nayak of CPREEC welcomed the teachers and the dignitaries of the workshop and explained the purpose of the workshop. He said that vegetarian food is good for individuals and the society as a whole as it does not harm the environment in any way unlike non-vegetarian food. It requires more water to produce one kilogram of meat compared to producing one kilogram of vegetables.

Shri. Arnada Prasad Rana, Retd. Block Education Officer, Dasarathpur, Jajpur said that he is fit at the age of 92 as he is a strict vegetarian. He explained that vegetarian food provides all the nutrition to our life. Dr. Sachidananda Pradhan, Principal, Biswanahakani Higher Secondary School, Tangi, Cuttack said that people have changed their food habits and food timing which has led to several diseases.

The film *Maa Ka Doodh* was screened for the participants and the teachers understood the cruelties faced by livestock and the importance of vegan diet.
Workshop for women held at Anantakumari Temple, Sunakhandi, Salipur, Cuttack District, Odisha

Plantation of saplings during the workshop for teachers held at Haladia High School, Haladia, Mahanga, Cuttack District, Odisha

Workshop for teachers held at Biswanahakani Higher Secondary School, Tangi – Choudwar, District – Cuttack, Odisha
Workshop for teachers held at Bhagabati Bidyapitha, Sukleswar, Mahanga, Cuttack, Odisha

Workshop for teachers held at Saraswat Sahitya ‘O’ Sankrutika Parisad, Dasarathpur, Jajpur District and teachers watching the film *Maa Ka Doodh* screened during the workshop

The Pragatibadi Odia daily
Newspaper on 12.12.2022

The Sambad Odia daily
Newspaper on 23.07.2023
## KARNATAKA

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Date</th>
<th>Venue</th>
<th>Target group</th>
<th>No. of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>14.09.2022</td>
<td>Rotary Bhavana, Mini Vidana Soudha Road, Hassan, Karnataka</td>
<td>Teachers</td>
<td>62</td>
</tr>
<tr>
<td>2.</td>
<td>28.12.2022</td>
<td>Government Junior College, Koratagere, Karnataka</td>
<td>Teachers</td>
<td>65</td>
</tr>
<tr>
<td>3.</td>
<td>29.12.2022</td>
<td>Government Junior College, Koratagere, Karnataka</td>
<td>Teachers</td>
<td>62</td>
</tr>
<tr>
<td>4.</td>
<td>03.06.2023</td>
<td>SVS College of Education, Banashankari Circle, Tumakuru, Karnataka</td>
<td>Teacher Trainees</td>
<td>92</td>
</tr>
<tr>
<td>5.</td>
<td>05.06.2023</td>
<td>Sri Siddhartha College of Education, Maralur Post, Tumakuru, Karnataka</td>
<td>Teacher Trainees</td>
<td>91</td>
</tr>
<tr>
<td>6.</td>
<td>27.07.2023</td>
<td>Vasavi Vidya Samsthe, Railway Station Road, Sidlagatta, Chikkaballapur District Karnataka</td>
<td>Teachers</td>
<td>61</td>
</tr>
<tr>
<td>7.</td>
<td>10.08.2023</td>
<td>Mahila Vidyalaya English High School, College Road, Belagavi, Karnataka</td>
<td>Teachers</td>
<td>64</td>
</tr>
<tr>
<td></td>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td><strong>497</strong></td>
</tr>
</tbody>
</table>

CPREEC’s Karnataka State Office organised the programmes for Teachers and Teacher Trainees in the state. A total of 7 programmes were organised reaching to 497 participants. Shri. S. Ravishankar, Project Officer carried out the programme.

### 1. Workshop for Teachers at Hassan

The first workshop was organised on **September 14, 2022** at Rotary Bhavana, Mini Vidana Soudha Road, Hassan in collaboration with Samagra Shikshana Karnataka. 62 teachers participated in the workshop.

Shri. S. Ravishankar, Project Officer welcomed the participants and gave a brief introduction to the workshop. Shri. Jayakumar, President, Bharat Gyan Vigyan
Samiti (BGVS), Hassan inaugurated the workshop and spoke on Benefits of Vegan Food Habit and Shri. Aravinda Kudla, Headmaster, Zilla Parishad Higher Primary School, Moodambailu delivered the keynote address and spoke on Food & Environment – Eat Healthy & Go Green.

Shri. S. Ravishankar spoke on Environmental Education for a Sustainable Future stressing the importance of vegan diet and the cruelties faced by the milking cows as they are injected with hormones to give more milk. He spoke in detail the rearing conditions of chicken. He said that the injected hormones prove fatal to human being and may cause cancer. He requested the teachers to reduce the intake of milk and milk products and to practice a vegan diet slowly. He also asked the teachers to convey the importance of vegan diet to their students.

Field activities, question and answer session formed part of the programme.

2 & 3. Workshop for Teachers at Koratagere

Two workshops were organised for teachers at Government Junior College, Koratagere, Tumakuru on December 28 and 29, 2022 wherein 65 and 62 teachers participated respectively. The workshops were organised in collaboration with Samagra Shikshana Karnataka, Madhugiri Educational District, Tumakuru North District.

Shri. S. Ravishankar, Project Officer welcomed the participants and gave a brief introduction to the workshop. Shri. Narendra Kumar, C.A., DYPC Madugiri Educational District inaugurated the workshop and spoke on Uses of Vegan Food Habit. Ms. Renuka, Environmental Activist spoke on Importance of Food and Good Environment. Shri. Maruthi, APC, Madugiri Educational District spoke on Eat Healthy & Go Green.

Shri. S. Ravishankar spoke on Environmental Education for a Sustainable Future stressing the importance of vegan diet and the cruelties faced by the milking cows as they are injected with hormones to give more milk. He spoke in detail the rearing conditions of chicken. He said that the injected hormones prove fatal to human being and may cause cancer. He requested the teacher trainees to reduce the intake of milk and milk products and to practice a vegan diet slowly and also to convey the importance of vegan diet to the students.

4. Workshop for Teacher Trainees at Tumakuru

The workshop for Teachers Trainees was organised on June 3, 2023 at SVS College of Education, Banashankari Circle, Tumakuru for 92 participants.

Shri. S. Ravishankar, Project Officer welcomed the participants and gave a brief introduction to the workshop. Dr. R.C. Puttabuddi, Principal. KIDS
International School, Tumakuru inaugurated the workshop and spoke on Kindness to Animals. Dr. H.S. Niranjan Aradhya, Principal, Sri Sapthagiri PU College delivered the keynote address on Food & Environment – Eat Healthy & Go Green. Dr. Paramashivaiah, Former Principal, Sree Siddhganga Evening College spoke on Environmental Education for a Sustainable Future.

Shri. S. Ravishankar spoke on the importance of vegan diet and the cruelties faced by the milking cows as they are injected with hormones to give more milk, He spoke in detail the rearing conditions of chicken. He said that the injected hormones prove fatal to human being and may cause cancer. He requested the teacher trainees to reduce the intake of milk and milk products and to practice a vegan diet slowly.

5. Workshop for Teacher Trainees at Tumakuru

The next workshop for teacher trainees was organised on June 5, 2023 at Sri Siddhartha College of Education, Maralur Post, Tumakuru for 91 participants.

Shri. S. Ravishankar, Project Officer welcomed the participants and gave a brief introduction to the workshop. Prof. Latha, Principal. Sri Siddhartha College of Education inaugurated the workshop and spoke on Kindness to Animals and Dr. Hemalatha, Professor of Botany, Sri Siddhartha First Grade College, Tumakuru delivered the keynote address on the importance of Food and the Environment – Eat Healthy and Go Green.

Shri. S Ravishankar spoke on Environmental Education for a Sustainable Future stressing the importance of vegan diet and the cruelties faced by the milking cows as they are injected with hormones to give more milk, He spoke in detail the rearing conditions of chicken. He said that the injected hormones prove fatal to human being and may cause cancer. He requested the teacher trainees to reduce the intake of milk and milk products and to practice a vegan diet slowly.

6. Workshop for Teachers at Chikkaballapur

The workshop for teachers of Chikkaballapur was organised on July 27, 2023 at Vasavi Vidya Samsthe, Railway Station Road, Sidlagatta and 61 teachers participated in the workshop.

Shri. S Ravishankar, Project Officer welcomed the participants and gave a brief introduction to the workshop. Shri. Narendra Kumar, C.A., Block Education Officer, Sidlagatta inaugurated the workshop and spoke on Benefits of Vegan Diet and Food Habits and Shri. Aravinda Kudla, Headmaster, Zilla Parishad Higher Primary School, Moodambailu delivered the keynote address and spoke on Eat Healthy and Go Green.
Shri. S. Ravishankar spoke on Environmental Education for a Sustainable Future stressing the importance of vegan diet and the cruelties faced by the milking cows as they are injected with hormones to give more milk. He spoke in detail the rearing conditions of chicken. He said that the injected hormones prove fatal to human being and may cause cancer. He requested the teacher trainees to reduce the intake of milk and milk products and to practice a vegan diet slowly.

7. Workshop for Teachers at Belagavi

The workshop for teachers of Belagavi was organised on **August 10, 2023** at Mahila Vidyalaya English High School, College Road, Belagavi and 64 teachers participated in the workshop.

Shri. S. Ravishankar, Project Officer welcomed the participants and gave a brief introduction to the workshop. Smt. Lilavathi Hiremath, Block Education Officer, Belagavi Urban inaugurated the workshop and spoke on Go Green and Dr. Santoshkumar Jayagoudar, Department of Botany, GSS College, Belagavi delivered the keynote address and spoke on Food and the Environment – Eat Healthy & Go Green.

Shri. S. Ravishankar spoke on Environmental Education for a Sustainable Future stressing the importance of vegan diet and the cruelties faced by the milking cows as they are injected with hormones to give more milk and the rearing conditions of chicken. He said that the injected hormones prove fatal to human being and may cause cancer. He requested the teacher trainees to reduce the intake of milk and milk products and to practice a vegan diet slowly.

**Workshop for Teachers held at Rotary Bhavana, Hassan, Karnataka**
Workshop for Teachers at Koratagere, Karnataka

Workshop at SVS College of Education, Tumakuru, Karnataka

Workshop at Sri Siddhartha College of Education, Maralur Post, Tumakuru. Karnataka
Workshop for Teachers held at Vasavi Vidya Samsthe, Sidlagatta, Chikkaballapur District, Karnataka

Workshop for Teachers held at Mahila Vidyalaya English High School, College Road, Belagavi, Karnataka
CPREEC organised vegan cooking workshops (alternatives to milk and milk products and demonstration of vegan recipes) for varied target groups in the states of Tamil Nadu, Andhra Pradesh, Telangana, Karnataka and Odisha as detailed below:

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Date</th>
<th>Venue</th>
<th>Target</th>
<th>No. of Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>12.11.2022</td>
<td>Subhadra Mahatab Mahavidyalaya Asureswar, Salehpur Cuttack District Odisha</td>
<td>College Students</td>
<td>86</td>
</tr>
<tr>
<td>2.</td>
<td>20.11.2022</td>
<td>Mahima Ashram Haladibasanta Garudagaon Tangi – Choudwar Cuttack District Odisha</td>
<td>Women</td>
<td>71</td>
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<td>3.</td>
<td>22.11.2022</td>
<td>Bhoomiputra Coffee Belagarara Sangha, Kesagodu, Belur Taluk Hassan District Karnataka</td>
<td>Women</td>
<td>47</td>
</tr>
<tr>
<td>4.</td>
<td>04.12.2022</td>
<td>Maa Batamangala Temple, Golkund, Bari, Jajpur District, Odisha</td>
<td>Women</td>
<td>90</td>
</tr>
<tr>
<td>5.</td>
<td>14.12.2022</td>
<td>Gudalur The Nilgiris Tamil Nadu</td>
<td>Women</td>
<td>32</td>
</tr>
<tr>
<td>6.</td>
<td>06.06.2023</td>
<td>Gudalur The Nilgiris Tamil Nadu</td>
<td>Women</td>
<td>45</td>
</tr>
<tr>
<td>7.</td>
<td>26.06.2023</td>
<td>Kotagiri The Nilgiris Tamil Nadu</td>
<td>Women</td>
<td>41</td>
</tr>
<tr>
<td>8.</td>
<td>26.06.2023</td>
<td>Community Hall, Kowri Village, Arehalli Post, Belur Taluk, Hassan District Karnataka</td>
<td>Women</td>
<td>55</td>
</tr>
<tr>
<td>S. No.</td>
<td>Date</td>
<td>Venue</td>
<td>Target</td>
<td>No. of Persons</td>
</tr>
<tr>
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<td>-----------------------------------------------------------------------</td>
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</tr>
<tr>
<td>9.</td>
<td>28.06.2023</td>
<td>Seminar Hall, Sree Siddaganga College of Arts, Science and Commerce, B.H. Road, Tumakuru 572102 Karnataka</td>
<td>College Students</td>
<td>52</td>
</tr>
<tr>
<td>10.</td>
<td>28.06.2023</td>
<td>Tummalapalem Guduru Mandal Krishna District Andhra Pradesh</td>
<td>DWACRA Women</td>
<td>31</td>
</tr>
<tr>
<td>11.</td>
<td>03.07.2023</td>
<td>Jagapathi Gardens Raparla Pammuru Mandal Krishna District Andhra Pradesh</td>
<td>Women</td>
<td>34</td>
</tr>
<tr>
<td>12.</td>
<td>25.07.2023</td>
<td>Swathi High School Madhapur Hyderabad Telangana</td>
<td>Teachers</td>
<td>13</td>
</tr>
<tr>
<td></td>
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<td>597</td>
</tr>
</tbody>
</table>

**TAMIL NADU**

CPREEC’s Field Office at Ooty in The Nilgiris District organised vegan cooking workshops for women. A total of three (3) workshops were organised reaching out to 118 participants.

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Date</th>
<th>Venue</th>
<th>Target</th>
<th>No. of Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td>06.06.2023</td>
<td>Gudalur The Nilgiris</td>
<td>Women</td>
<td>45</td>
</tr>
<tr>
<td>3.</td>
<td>26.06.2023</td>
<td>Kotagiri The Nilgiris</td>
<td>Women</td>
<td>41</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The Nilgiris Tamil Nadu</td>
<td></td>
<td>118</td>
</tr>
</tbody>
</table>
Vegan Cooking workshops were organised at Gudalur, the Nilgiris on **December 14, 2022** and **June 6, 2023**. Mr. M. Kumaravelu, Field Officer, CPREEC, Ooty gave a brief introduction to the objective of the workshop. The goodness of vegetarian diet on life of human beings and harmful effects of meat was discussed in detail. He requested the participants to revive traditional foods, use of millets. He further said that cattle population add to greenhouse gases and depletion of natural forests.

The second session focussed on the preparation of traditional vegetarian food, extracting milk from millets and coconut as alternate to cattle milk.

Mr F. Robert, District Co-ordinator, National Green Corps explained the importance of Vegan food items. Ms. S. Gunavathy, Resource Person demonstrated various vegan food preparations and milk extraction from millets.

**Vegan Cooking workshop at Gudalur, The Nilgiris, Tamil Nadu**

The third Vegan Cooking workshop was organised at Deenatty village, Ooty Taluk for women group on **June 26, 2023**. Mr. M. Kumaravelu spoke on the importance of consuming green vegetables vegetarian food. He insisted that vegetarian food provides extreme benefits to human and also does not harm the environment as against meat consumptions. It harms the body metabolism and also leads to depletion of forests. They add to emission of greenhouse gases in the atmosphere.

Mr. N. Siva, Nilgiri Educational and Research Foundation, Yedakadu, Manjoor gave a demonstration to make green tea with country jaggery, flavoured with mint and ginger. A tablespoon of puffed seed of *Amaranthus* (Thandu keerai) sprinkled over a cup of tea was supplied to the participants. Further, cooked samai rice with Tree tomato chutney was served to the participants.
Mr. N. Siva, Nilgiri Educational and Research Foundation, Yedakadu, Manjoor addressing the participants of workshop held at Deenatty Village, Ooty Taluk, The Nilgiris, Tamil Nadu

Vegan Cooking workshop at Deenatty Village, Ooty Taluk, The Nilgiris, Tamil Nadu
ANDHRA PRADESH & TELANGANA

The State Office at Vijayawada organised two cooking workshops in the state of Andhra Pradesh and one workshop in the state of Telangana.

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Date</th>
<th>Venue</th>
<th>Target</th>
<th>No. of Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>28.06.2023</td>
<td>Tummalapalem Guduru Mandal Krishna District Andhra Pradesh</td>
<td>DWACRA Women</td>
<td>31</td>
</tr>
<tr>
<td>2</td>
<td>03.07.2023</td>
<td>Jagapathi Gardens Raparla Pammuru Mandal Krishna District Andhra Pradesh</td>
<td>Women</td>
<td>34</td>
</tr>
<tr>
<td>3</td>
<td>25.07.2023</td>
<td>Swathi High School Madhapur Hyderabad Telangana</td>
<td>Teachers</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Total 78</td>
</tr>
</tbody>
</table>

The first workshop was organised for DWACRA Women at Harijan Colony, Tummalapalem, Gudur Mandal, Krishna District, Andhra Pradesh on **June 28, 2023**. 31 women participated in the workshop.

Mr. K. Venkataratnam welcomed the women and gave a brief introduction to the workshop. Mrs. M. Usharani, Headmistress, SC Colony Primary School, Mrs. P. Shanthi, DWACRA Women Group Leader, Mrs. Saraswathi, Anganwadi Teacher were present.

Mr. Venkataratnam said that in olden days, people consumed traditional rice varieties mixed with fresh vegetable grown in backyard. Each and every house had their own farm and were harvesting their requirement of rice, cereals, pulses and vegetables.

Mrs. Usharani spoke about the goodness of vegetarian food habits which helps in easy digestion. She said that forests and environment are destroyed by way of animal grazing and meat consumption. She also said that poultry and cows are injected with hormones to increase the weight and extract more milk which may cause cancer in humans. She further said that her husband who is a Jailer in Machilipatnam is a Vegan and cooks his own food. She explained in detail the goodness of vegan diet.
Mrs. Shanthi said that milk can be extracted from coconut, groundnut and sesame seeds which are good for health. She spoke on vegan diet without using milk, curd and meat. All the participants were served vegan diet.

The participants requested CPREEC to provide seeds and saplings to raise kitchen garden to improve their health.
The second workshop was organised on **July 3, 2023** at Jagapathi Gardens, Raparla Village, Pamarru Mandal, Krishna District, Andhra Pradesh for 34 women participants.

Mr. K. Venkataratnam welcomed the women and gave a brief introduction to the workshop. Smt. Lakshmi, Secretary, Raparla Grama Panchayat Sachivalaya addressed the women on the importance of vegetarian diet and ill effects of consuming non-vegetarian food. Mrs. Kumari Lavanya, Revenue Secretary of Raparla Grama Panchayat Sachivalaya also participated.

Smt. Lakshmi said that she is a vegan and her family members are also changing to vegan diet in a phased manner. She said that vegetables are good for health and helps the environment also. Non-vegetarian food takes more time to digest and it also harms the environment as natural vegetation is depleted. It also adds to greenhouse gases. She also compared the cost of vegetarian and non-vegetarian food items.

Vegan food was cooked for the participants by Smt. P. Venkataramanamma assisted by Smt. Subhadra. They used traditional firewood to cook the items. She said that we can make milk from coconut, groundnut and sesame seeds and this can be made as curd. She said that milk from cattle may cause cancer as they are injected with hormones to give more milk.

**Vegan Cooking workshop for women at Jagapathi Gardens, Raparla, Pammuru Mandal, Krishna District, Andhra Pradesh**
The third and final workshop was organised for teachers of Swathi High School, Ayyappa Society, Madhapur, Hyderabad, Telangana on **July 25, 2023**. Due to heavy rain and winds, only 13 High School Teachers participated in the workshop. Mr. K. Venkataratnam of CPREEC welcomed the participants for the workshop and gave a brief introduction to the workshop. He explained in detail the importance of vegan food. He said that the present generation is very fond of consuming junk foods and non-vegetarian food. They dislike traditional food items and vegetables which are good to individual health and society as a whole as it does not harm the environment in any way.

Smt. K. Ananthalakshmi, Headmistress of the school requested the teachers to make use of the workshop and to impart the knowledge to the students. She said that she is a vegan and said that over the years she has made her family members to become vegan. They have understood the importance of consuming vegan diet. She spoke about the cruelties faced by livestock that are injected with hormones to give more milk. The poultry industry is thriving by injecting hormones to increase the weight of the chicken. These hormones may cause cancer in human beings. Smt. Kumari and Smt. Ramalakshmi gave vegan diet recipes to the teachers. They spoke about making milk from almonds, cashews, coconut, groundnut and sesame in vegan diet. They cooked vegan lunch for the participants.

Mr. K. Manidhar, a Software Engineer from USA and son of Smt. Ananthalakshmi shared his views about veganism. He further said that how he transformed himself into a vegan and the goodness of consuming vegetarian food. He said that he is practicing “three-day vegan” in a week. He shared the vegan movement in the USA and the improvement in his health condition after following vegan diet. He requested the teachers to try to become vegan which is helpful in many ways as an individual and collective as a society.

![Vegan Cooking Workshop for Teachers at Swathi High School, Madhapur, Hyderabad, Telangana](image-url)
ODISHA

The Odisha state office located at Bhubaneswar organised three (3) Vegan cooking workshops for women, college students in Cuttack and Jajpur districts reaching out to 247 participants.

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Date</th>
<th>Venue</th>
<th>Target</th>
<th>No. of Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>12.11.2022</td>
<td>Subhadra Mahatab Mahavidyalaya Asureswar, Salehpur Cuttack District</td>
<td>College Students</td>
<td>86</td>
</tr>
<tr>
<td>2</td>
<td>20.11.2022</td>
<td>Mahima Ashram Haladibasanta Garudagaon Tangi – Choudwar Cuttack District</td>
<td>Women</td>
<td>71</td>
</tr>
<tr>
<td>3</td>
<td>04.12.2022</td>
<td>Maa Batamangala Temple, Golkund, Bari, Jajpur District</td>
<td>Women</td>
<td>90</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Total</strong></td>
<td></td>
<td>247</td>
</tr>
</tbody>
</table>

The first workshop was organised on **November 12, 2022** at Subhadra Mahatab Mahavidyalaya, Asureswar, Salehpur, Cuttack and **86** college students participated.

Saplings were planted at the premises before starting the workshop. Shri. Dilip Kumar Mishra, Principal, Subhadra Mahatab Mahavidyalaya welcomed the resource persons and the students for the workshop. Dr. Sachidananda Pradhan, Principal, Biswanahakani High School, Tangi, Cuttack delivered a special address. Shri. Jayant Kumar Jena, Assistant Agriculture Officer, General Administration Department, Government of Odisha inaugurated the workshop and addressed the gathering and spoke about the importance of vegetarian food. He requested the participants to grow vegetables and medicinal plants in their household and to consume to maintain one’s health. He further said that more water is required to produce one kilogram of meat than one kilogram of vegetables.

The key resource persons of the workshop were Shri. Balaram Patra, Retd. Headmaster, Prakruti Bandhu Awardee, Founder of Green Vision Organization and Environmentalist, Sri Abhay Kumar Jena (Teacher and Prakruti Bandhu Awardee and Dr. Pradeepa Kumar Nayak, Project Officer, CPREEC, Odisha State Office. Dr. Pradeepa Nayak gave a brief introduction to the workshop and spoke about the goodness of practicing vegan diet.
Shri. Balaram Patra said that he and his wife have started cooking vegan food at home after attending several workshops organised by CPREEC.

The resource persons spoke about the harmful effects of consuming milk and milk products of cows injected with hormones. They gave simple vegan recipes which are more beneficial to our health and the environment. They explained in detail to make milk from almonds, cashews, groundnut and sesame seeds.

The participants took an oath not to eat and use animal products and food. Shri. Niranjan Patra the Temple priest cooked a mix-veg food without using oil and animal products like ghee and paneer and served the participants.

Vegan workshop and participants taking an oath not to use animal products and food

The Sambad Odia Daily Newspaper dated 13.11.2022
The second workshop was organised on **November 20, 2022** at Mahima Ashram Premises, Haladibasanta, Garudagaon, Tangi – Choudwar, Cuttack District and 71 women participated. To mark the occasion, saplings were planted at the Ashram premises by the resource persons and participants. Shri. Subadha Kumar Samal, Sarapanch, Garudagaon welcomed the participants to the workshop. Dr. Sachidananda Pradhan, Principal, Biswanahakani High School, Tangi, Cuttack addressed the gathering on the importance of vegetarian food to human health. Mahaima Swami Sukadev Baba inaugurated the workshop and spoke about the importance of satvik food.

Shri. Balaram Patra, Retd. Headmaster, Prakruti Bandhu Awardee, Founder of Green Vision Organization and Environmentalist spoke about consuming vegetarian food which is good to the environment and human health. He shared vegan recipes and said that he and his wife cook their vegan food and consume to maintain good health. Shri. Abhay Kumar Jena, Teacher and Prakruti Bandhu Awardee mentioned that food habits and food pattern has changed over time and this is the root cause for many diseases. He further said that natural forests are lost due to animal grazing. Dr. Pradeepa Kumar Nayak, Project Officer, CPREEC, Odisha State Office said that milk can be made from groundnut and sesame seeds instead of cow milk as it may cause cancer in humans due to hormones injected to extract more milk. Smt. Geetajanli Samal, Samit Sabhya, Garudagaon Panchyat delivered the vote of thanks. The participants were provided with vegan lunch.
The third vegan cooking workshop was organised on **December 4, 2022** at Maa Batamangala Temple, Golkund, Bari, Jajpur District and 90 women took part in the programme.

Shri. Ajay Kumar Patra, Writer and Social Worker, Bari, Jajpur inaugurated the workshop and addressed the participants. He attributed the change in food habits, timing and pattern among the youngsters is the reason for several health issues. People have forgotten traditional food items and vegetables which are good for our health and which does not harm the environment. He requested the women to grow vegetables in their houses and consume them.

Dr. Sachidananda Pradhan, Principal Biswanahakani High School, Tangi, Cuttack explained about vegan food and their uses in our day-to-day life to keep our body healthy and environment green. Vegetarian food gets digested easily in our intestine and in other way non-veg food takes more time to digest. Dr. Pradeepta explained in detail the harmful effects of milk which are from hormone injected cows and chicken to increase their weight in shorter periods. This may cause cancer in humans. He taught how to make milk and curd using almonds, cashews, coconut, groundnut and sesame seeds. Shri. Bikram Keswari Panda cooked some mix-veg food and green salad and served to participants.
CPREEC’s Karnataka State Office organised three (3) Vegan Cooking workshops for women and college students and reached to 154 participants.

**Workshop for Women**

The first vegan cooking workshop was organised on **November 22, 2022** at Bhoomiputra Coffee Belagarara Sangha, Kesagodu, Belur Taluk, Hassan District and 47 men and women participated in the workshop. Shri. S. Ravishankar, Project Officer, CPREEC, Karnataka Office welcomed the participants and spoke about the objective of the workshop.

Shri. Renukananda, President, Bhoomiputra Growers Association inaugurated the workshop and requested the participants to make use of the programme effectively. Smt. Annapurna, Yoga Teacher, Belur, Hassan was the Resource Person who spoke on Vegan Cooking and Women Health. She said that women should keep themselves fit in order to take care of their family. Smt. Sowbhagya of Bharat Gyan Vigyan Samiti (BGVS) demonstrated how to prepare raw salad and alternate to milk. She said that milk can be made from almonds, cashews, groundnut and sesame seeds. Smt. Swetha, President, Kesagodu Grama Panchayat also spoke on the importance of eating more of vegetables to protect our health.
Vegan Cooking Workshop at Bhoomiputra Coffee Belagarara Sangha, Kesagodu, Belur Taluk, Hassan District, Karnataka

The second vegan cooking workshop for women was conducted on June 26, 2023, at the Community Hall, Kowri Village, Arehalli Post, Belur Taluk, Hassan District. Shri. S. Ravishankar, Project Officer, CPREEC, Karnataka Office welcomed the participants and gave a brief introduction to the workshop.

Mr. Anthony Swamy inaugurated the workshop and said that food habits of people have changed over the years. Smt. Pushpa, Yoga Teacher, Belur, Hassan was the Resource person who spoke on the importance of Vegan diet and health benefits. She said that women must keep themselves healthy. Young generation is fond of eating junk food and more of non-vegetarian food. This should be changed and women will have to bring a change. Vegan diet is good for our health and also to the environment. Smt. Sowbhagya of Bharat Gyan Vigyan Samiti (BGVS) demonstrated how to prepare raw salad and alternate to milk. She said that milk can be made from almonds, cashews, coconut, groundnut and sesame seeds.
The third Vegan cooking workshop for women was conducted on **June 28, 2023**, at the Seminar Hall, Sree Siddaganga College of Arts, Science and Commerce, B.H. Road, Tumakuru, Karnataka. Shri. S. Ravishankar, CPREEC, Karnataka State Office welcomed the participants and gave a brief introduction about the importance of Food and the Environment, eating healthy and green vegetables. Prof G. Somasheshkar inaugurated the workshop and requested the students to understand the importance of consuming vegetarian food and slowly shifting to vegan diet which has more benefits. Dr. H. S. Niranjan Aradhya, Principal, Sri Sapthagiri PU College delivered a lecture on Vegan Cooking and Women health. Smt. Mamatha M., demonstrated how to prepare raw salad and alternate to milk. Milk can be made by grinding and processing almonds, cashews, coconut, groundnut and sesame seeds.

**Vegan Cooking Workshop held at Sree Siddaganga College of Arts, Science and Commerce, B.H. Road, Tumakuru, Karnataka**
VEGAN FESTIVAL AT CHENNAI

The **Vegan Festival – Let’s Go Green** was organised at the C. P. Art Centre on **February 17, 18 & 19, 2023**. Dr. S. Chinny Krishna, Co-Founder & Chairman, Blue Cross of India inaugurated and addressed the gathering. Nearly 20 stalls were put up and more than 5000 people visited the festival. A copy of the booklet **Go Veg – Eat Healthy** were distributed to the visitors.

CPREEC gave an advertisement in Times of India about the Festival.

Brands on display were
- The Viridian Plates – Vegan food
- Nature’s Trails (Net Zero Living) – Wellness products
- Vijay Sweets – Vegan sweets
- Catalyst Food – Mayo and Mock meat
- Tamu Tamu – Fresh Foods
- Raw Earth – Cosmetics
- Jananom Natural Nutrition – Plant based health mixes
- Cooper Products – Belts and wallets
- Soy Vita – Soy beverage powder
- Ajantha KTK Products – Millet based products / So Good soy milk
- Muppaal – Vegan white chocolate, Vegan Fish & Mutton Briyani
- Taze' Vegan and Plant Based Cloud Kitchen
- Parul’s Magic – Homemade pickles, masalas, podis
- Chatore Vegan Home Food – Millets
- Heaven’s Elix Probiotics – Kombucha
• Tastry Tales – Brownies and cakes
• Ekolyfe Cafe & Store – Beverages
• Kicks on a Roast – Cold coffee
• Harita Sarees – Ahimsa sarees
• Earthen Hue – Kids clothing with natural dye
• Upcylie – Clutches and wallets out of waste cloth
• Manithee – Personal care products

Dr. S. Chinny Krishna inaugurated the festival and addressed the gathering
வெள்ள_னடுப்பு_கிரிப்பு...

பிரிட்டன்_துறவு-சுருக்கத்தில்_வழங்கப்பட்ட_வெள்ள_னடுப்பு_கிரிப்பு
கட்டாட்டம் மற்றும் விளையாட்டுக்கு கூட்டம் சேர்ந்தவர்களுக்காக பன்னாட்டக் கூட்டாட்டங்களை நோக்கியுள்ளது. வெள்ள_னடுப்பு_கிரிப்பு, திம்பயக்கம் மற்றும் காப்பு.

Press Clipping Dinamani (Tamil Newspaper) February 18, 2023
VEGAN FESTIVAL AT HYDERABAD

To highlight the importance of Veganism, CPREEC, Chennai in collaboration with Vibrant Living, Hyderabad CPREEC organised the first edition of Vegan Festival – Let’s Go Green on July 22 & 23, 2023 at First Floor, MPCC Building, State Gallery of Art, Madhapur, Hyderabad, Telangana.

Being the first edition of Vegan festival a Press Meet at the Press Club of Hyderabad was convened on Thursday, July 20, 2023. Dr. P. Sudhakar, Director, CPREEC and Mr. K. Venkataratnam, Project Officer, CPREEC briefed the media persons. Press gave a good coverage of the festival.
CPREEC had released advertisement in The Times of India, leading newspaper in Hyderabad for three days on July 21, 22 and 23, 2023.
Social Media played a major role in disseminating information about the Vegan Festival in Hyderabad. Individual messages about the simultaneous events were circulated to a wide cross section of the society.
Shri. Jayesh Ranjan, IAS, Principal Secretary to Government, Department of Industries & Commerce and Information Technology (IT) inaugurated the Vegan Festival – Let’s Go Green on Saturday, July 22, 2023 at 10.00 a.m. and addressed the gathering and also tweeted about the festival. Ms. Amita Desai, Executive Director, GIZ Hyderabad and vegan herself participated and shared her views on animal cruelty and veganism. Dr. P. Sudhakar, Director, CPREEC, Smt. Sridevi Jasti of Vibrant Living, Dr. Rajesh Nandimath of Deliciously Healthy Foundation and Mr. Imran Siddiqui of Hyaticos participated.

The link of press coverage is given below:


https://youtu.be/7_S5ChHdfvs
Two-day Vegan Festival brings down its curtains

THE two-day Vegan Festival - Let’s Go Green - has received a tremendous response from Hyderabad. A large crowd was seen enjoying and relishing the delicacies displayed in the stalls on Sunday. To highlight the importance of Vegetarian, CFR Environmental Education Centre (CPRECC), Chennai, in collaboration with Vibrant Living, Hyderabad, organised the festival at MCCC Building, State Gallery of Art, Madhapur.

Livestock farming has a vast environmental footprint. It contributes 18 percent of greenhouse gas emissions worldwide. The climate crisis is evident. Milk-producing cows are artificially inseminated. Every sip of milk has 50 different powerful hormones which are harmful to human health. In order to help Mother Earth out of the climate crisis, we can substitute milk by consuming calcium and protein-rich leafy vegetables, lentils, legumes, green soy, soya beans, mushroom; still, they are many who are not aware, we educate people, said director of CPRECC Dr. P Sundararajan, a holistic nutritionist and founder of Vibrant Living, said “around 20 stalls displayed various vegan products, including food items and many more. Also, there were workshops on vegan cooking, yoga, pottery, fabric painting, vegan fashion, gardening and recycling. Movies on environmental issues were also screened. This is the first event in Hyderabad, we plan to organise it every month. The main motto of the event is to educate people on adopting a vegan lifestyle and how it is helpful for our life and the planet’s health. Also, the stalls were not charged, it is just to educate people.”

We have come from Chennai to showcase our products and motivate people to adopt a healthy lifestyle, stated Sivanes, owner of Vign Sweets – Vegan sweets.

HANS News Service, Hyderabad 24.07.2023
Simultaneous workshops on Vegan Cooking, Yoga, Pottery, Fabric Painting, Dance and storytelling were held. Movies on Environmental issues and *Maa Ka Dhoodh* (specially on Veganism) was also screened. A copy of the booklet *Go Veg – Eat Healthy* were distributed to the visitors.
Yoga for Body, Breathe and Mind by Ms. Nita Saini

Sunday Sunrise Yoga by Ms. Pratibha Agarwal
Pottery workshop by Mr. Manpreet Singh

Shri. Shailendar of Sarvam Living addressing the gathering on Holistic Health and Wellness
Film screening of *Maa Ka Doodh* during the festival

Visitors enjoying Vegan food at the festival

Brands on display were

- Vibrant Living – Vegan food
- Net Zero Living – Wellness products
- Vijay Sweets – Vegan sweets
- Jananom Natural Nutrition – Plant based health mixes
- Soy Vita – Soy beverage powder
- Zest Nutrition – Nutrition products
- Arunya Handlooms – Sarees
- Simi’s World Vegan Cafe – Food & Beverages
- Ujjwala – Pottery
- Manpreet – Pottery
• Frostie Ice Creams
• Euterra – Organic farming and gardening
• Grama Bazaar – Nature based medicine
• Yathiraja Natural Products – Personal and home care products
• Cooper Products – Belts, wallets and accessories
• The Weekend Café – Fresh food
• Sarvam Living – Wellness

A view of the stalls at the festival
Screening of film on *Maa Ka Dhoodh*

An award winning documentary film titled *Maa Ka Dhoodh* was screened at the CPR Convention Centre on **February 23, 2023** along with Animal Climate and Health Save Movement. The documentary was very well received by the audience and were very much moved after watching the film. The participants felt that the film highlighted the real facts and the message it conveyed was very clear. It was indeed a real eye opener on cruelties faced by the livestock in dairy industry.