

STUDENT FOOD INSECURITY AND HUNGER

UPR has been quite successful in supporting the production, distribution and preservation of healthy foods to under privilege students and communities. The department of food Science and Technology works with food processors, restaurants and women groups at the community level by offering knowledge and training of value-added food products, food preservation techniques for entrepreneurial skills. The Food Science and Technology department in collaboration with international donors, National Research Councils has been offering hands on training to the students for the development of nutritious and innovative food products and its sale & marketing. Our Faculty of Agriculture's Horticulture and Soil Sciences team also market fresh produce of vegetables, fruits, pulses, grains and meat from University farms during the harvest seasons. UPR designed and carry forward university-based food assistance programs and different activities to ensure food security at campuses, hostels and neighboring community. Therefore, University of Poonch Rawalakot ensures the access to safe, nutritious, sufficient and affordable food for students, faculty and staff members round the year.

1. PRODUCTION OF HEALTHY DAIRY PRODUCTS AT UNIVERSITY OF POONCH RAWALAKOT

With the collaboration of dairy industries and funding assistance from Higher Education Commission (HEC) Pakistan, the UPR's faculty level research is focused on prioritized issues faced by the local community; women, children, food processors and other value chain agents, to provide innovations and solutions viable to the local environment. Our operational research teams at Department of Food Science & Technology endeavor to support the local household livelihood, and cottage industries. Recently, in addition to Bio-Yogurt (with fruits pulp & Probiotics) & Cheeses, team has also introduced Zinc-fortified yogurt, mint yogurt, Soy-milk yogurt, flavored whey drinks, cream cheese spread (milk fat replaced with pumpkin oil), corn-silk drinks etc. In this context, Department of Food Science and Technology has taken lead to develop strong Industry-Academic Linkages for the commercialization of research and to establish local commercial/cottage industry at University of Poonch Rawalakot.



Glimpses of cheese processing at Department of Food Science & Technology, Faculty of Agriculture



Student from Food Science and Technology Department are engaged in the value-addition of milk into different dairy products

2. DEVELOPMENT OF NUTRITIOUS, HEALTHY & SUSTAINABLE PRODUCTS

The Department of Food Science and Technology, faculty of Agriculture is continuously engaged in producing healthy products from indigenous freshly produced fruits and vegetables and also again conducted free training courses on “processing and preservation techniques” for the students and community females. They were trained for the development of value-added products like Jam, Jelly, Squash, Pickle, Ketchup, and Marmalade. Besides, they were well trained for how to preserve fresh produce to maintain safety and nutritional worth of products. In addition to bakery products, the dairy products (yogurt and cheeses) were also manufactured during training workshop on the demand of local community females and they highly appreciated such kind of healthy activities of the University for community interest and to tackle food scarcity issues.



The products made by faculty members, students and female community in training workshop organized by Department of Food Science & Technology