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ಬೆಳಗಾವಿ, ಕರ್ನಾಟಕ**

**A Report On
“THE ACTIVITIES OF
SOCIAL CONNECT AND RESPONSIBILITIES”**

Submitted for the fulfillment of the requirements of the subject SOCIAL CONNECT AND RESPONSIBILITIES (21UHV36/SCR36).

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This is to certify that the report entitled with

“SOCIAL CONNECT & RESPONSIBILITIES”
(21UHV36)

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ABSTRACT

“Social Connect” refers to the relationships, networks, and connections that individuals form and maintain with others in their community and beyond. These connections can take many forms, including family relationships, friendships, professional networks, and online communities. Social connect is an essential aspect of human life, providing individuals with a sense of belonging, emotional support, and access to resources and opportunities. In today’s rapidly changing world, social connect has become increasingly important, as people face new challenges and changes in their lives. The use of technology has greatly expanded the ways in which people can connect with others, providing new opportunities for social interaction and support. However, it has also raised new concerns about the impact of technology on human relationships and the quality of social connections. This subject is of great importance as it highlights the role of social connections in shaping our lives and experiences, and highlights the need for individuals to cultivate strong, supportive, and meaningful relationships with others

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1. Plantation and adoption of a tree

1.1 Introduction:

Trees play a vital role in the health of our planet, providing numerous benefits to the environment, wildlife, and human populations. The plantation and adoption of trees is an important aspect of environmental conservation and sustainability, helping to reduce greenhouse gas emissions, mitigate the impacts of climate change, and promote biodiversity. In this report, we will explore the importance of plantation and adoption of trees, the benefits they provide, and the process involved in plantation and adoption.

1.2 The Importance of Planting and Adopting Trees

Trees absorb carbon dioxide from the atmosphere and release oxygen, making them an essential component of the Earth's carbon cycle. They also provide numerous other environmental benefits, such as improving air quality, preventing soil erosion, and providing habitats for wildlife. Additionally, trees can have significant social and economic benefits, such as reducing urban heat islands, providing shade, and improving property values.

1.3 Benefits of Planting and Adopting Trees

Climate change mitigation: Trees absorb carbon dioxide and other greenhouse gases, reducing their concentration in the atmosphere and mitigating the impacts of climate change.

Improved air quality: Trees absorb air pollutants, such as nitrogen oxides and sulfur dioxide, improving air quality and reducing the incidence of respiratory illnesses.

Soil conservation: Trees prevent soil erosion by stabilizing the soil and reducing runoff, preserving valuable topsoil and promoting healthy ecosystems.

Biodiversity: Trees provide habitats for numerous species of plants and animals, promoting biodiversity and supporting the health of ecosystems.

Social and economic benefits: Trees can have significant social and economic benefits, such as reducing urban heat islands, providing shade, and improving property values.

1.4 The Process of Plantation and Adoption

The process of plantation and adoption of a tree involves several steps:

Selecting a suitable location: Choose a location for the tree that is appropriate for its size and species, and that has adequate sunlight and water.

Plantation and adoption of a tree

Preparing the site: Clear the area of debris and weeds, and prepare the soil for planting.

Planting the tree: Choose a healthy, well-formed tree, and plant it according to recommended guidelines.

Watering and caring for the tree: Provide adequate water and nutrients to the tree, and monitor its growth and health regularly.

Adopting the tree: Individuals and organizations can adopt a tree and become its steward, monitoring its growth and health, and providing any necessary care and maintenance.

The date of the activity:-

24th February 2023

1.5 Conclusion

The plantation and adoption of trees is an important aspect of environmental conservation and sustainability, providing numerous benefits to the environment, wildlife, and human populations. By working together, we can create a greener and more sustainable world, one tree at a time. By planting and adopting a tree, individuals and organizations can play a crucial role in reducing greenhouse gas emissions, mitigating the impacts of climate change, and promoting biodiversity. Effective adoption programs also educate individuals and communities on the importance of trees and encourage them to become active stewards of their adopted trees.

1.6 Collected Data

1.1 Introduction:

Tree plantation is important because it provides fresh oxygen and healthy environment. They create fruit, fodder and fuel to communities and living creatures. Offer shade to nomads and their live stock.

- I visited one of our teammates farm field on 24th February 2023 .
- Each year a matured tree produces enough oxygen for 10 people.
- Trees are also an effective sound barrier and can limit noise pollution.
- Recent research shows that tree helps us to reduce stress of modern life.

1.2 Uses of adopted plants:

[i] Orange :

- Oranges are an excellent source various bioactive plant compounds that have anti-inflammatory and antioxidant effects.
- These include flavonoids, carotenoids, vitamin C
- Oranges are an excellent source of vitamin C.

[ii] Pomogranate:

- The pomegranate is a fruit-bearing deciduous shrub.
- They are rich in fiber, vitamins, and minerals and even contain some protein.
- These have been studied for their protective benefits of heart, urinary, brain, digestive, prostrate health.
- They are a good source of anti-inflammatory effects and can protect a human bod from various diseases.

[iii] Arecanut:

- Arecont has potent anti-inflammatory, antioxidant, analgesic, antiulcer and neuroprotective properties
- According to Ayurveda, besides being a great masticatory ingredient.
- Areca nut plays a pivotal role in balancing pitta and klapa doshas even while stimulating digestion.

Procedure of planting a tree :-

1. Planning : Right Tree at Right Place
2. Dig a proper planting hole
3. Ensure root ball is 1-2" above soil.
4. Loosen outside root from root ball.
5. Don't amend the soil.
6. Eliminate air pockets.
7. Mulching.
8. Water properly until established.
9. Fertilizing.
10. Harvesting

"I ensure to take care of my plant by visiting the farm often."

DOCUMENTATION



2. Heritage walk and crafts corner

2.1 Introduction:

Heritage walks and crafts corners are popular activities that provide individuals with the opportunity to learn about the history and culture of a place, as well as to engage in creative and hands-on activities. In this report, we will explore the benefits of heritage walks and crafts corners, as well as the steps involved in organizing and conducting these activities.

2.2 Benefits of Heritage Walks and Crafts Corners

Understanding history and culture: Heritage walks provide individuals with the opportunity to learn about the history and culture of a place by exploring its architecture, monuments, and cultural landmarks.

Engaging in creative activities: Crafts corners provide individuals with the opportunity to engage in hands-on creative activities, such as painting, knitting, or pottery. These activities can help to boost creativity and mental wellbeing, as well as provide a sense of accomplishment.

Improving community spaces: By organizing heritage walks and crafts corners in community spaces, such as parks and public gardens, individuals and organizations can help to enhance the beauty and livability of these spaces, and provide a source of recreation and enjoyment for community members.

2.3 Steps Involved in Organizing a Heritage Walk and Crafts Corner

Choose a location: When organizing a heritage walk and crafts corner, it is important to choose a location that is both accessible and of cultural or historical significance. This might include a historical neighborhood, a park with monuments, or a cultural center.

Conduct research: Before organizing the walk and corner, it is important to conduct research on the history and culture of the area, as well as to identify any notable landmarks, monuments, or cultural centers that can be included in the walk.

Plan the route: Once the research has been conducted, it is important to plan the route for the heritage walk, taking into account the distance, time, and accessibility of each landmark or monument.

Prepare materials: For the crafts corner, it is important to prepare materials, such as paints, brushes, clay, or knitting needles, as well as to provide a space for individuals to engage in the activities.

Advertise the event: To ensure that individuals know about the heritage walk and crafts corner, it is important to advertise the event through posters, flyers, or social media.

Conduct the walk and corner: On the day of the walk and corner, it is important to have guides or volunteers on hand to lead the walk and assist individuals with the crafts activities.

The date of the activity:
20th November 2022

2.4 Conclusion

Heritage walks and crafts corners are fun and educational activities that can provide individuals with the opportunity to learn about the history and culture of a place, as well as to engage in creative and hands-on activities. By following the steps outlined in this report, individuals and organizations can successfully organize and conduct these events, providing community members with a unique and enriching experience.

2.5 Collected Data

St. Philomena church

- St. Philomena's Cathedral is a catholic church that is the cathedral of the diocese of Mysore. The full name of church is ST. Joseph and ST. Philomena.
- It was constructed in 1936 using a Neo gothic style and its architecture was inspired by the cologne cathedra in Germany.
- It is one of the 2nd tallest church in Asia after bible tower.
- A church at same location was built in 1834 which was inaugurated by Maharaja Mummadi Krishanaraja Wodeyar including other 2 royal families.

Architecture of church

- The church was designed by Frenchman named daly. It was designed to be build in the neo gothic style with inspiration drawn from the cologne cathedral in Germany.
- It was initially a simple, wooden structure for over a century, before plans structure in 1933.
- The present church completed in 1936.

Heritage walk and crafts corner



Somanathapura Temple :-

- ❖ The Somanathapura town was found in the 13th CE by general named Somanatha, he was working for the Hoysala king Narasimha.
- ❖ Somanathapura temple which is called also chennakeshava temple and keshva temple.
- ❖ This chennakeshava temple was built in 1258 AD during the region of the Hoysalas king Narasimha 3rd .

Architecture of Somanathapura temple

- To construct this temple they used is soft stone and its technical name is "chlorotic cyst" which is very soft inside the earth core.
- All this monument are constructed by many stone, using a technique called hook system.
- Hoysala temple are star shaped temple.
- They are constructed on a raised platform (jagati) of 4 to 5 feet. The walls of basement are covered with stone carvings.
- The temple have carved stone window with apertures and the walls are curved with ornamental sculptures.
- The center of the ceiling of the hall has intricated curving.
- Hoysala temple has been classified as per the number of cells(kutas),this temple is called trikuta.



3. Organic Farming and Waste management

3.1 Introduction:

Organic farming and waste management are two important issues that impact the environment, agriculture, and the health of individuals. Organic farming involves the use of natural methods to cultivate crops and raise animals, without the use of synthetic fertilizers, pesticides, and growth hormones. Waste management, on the other hand, involves the proper disposal of waste products, with the aim of reducing their impact on the environment and public health. In this report, we will explore the benefits of organic farming and waste management, as well as the steps involved in implementing these practices.

3.2 Benefits of Organic Farming

Improving soil health: Organic farming practices help to improve the health of the soil, which is essential for growing crops. By avoiding the use of synthetic fertilizers, organic farming helps to maintain the natural balance of the soil and to promote the growth of beneficial microorganisms.

Reducing environmental pollution: By avoiding the use of synthetic chemicals, organic farming helps to reduce the amount of pollution in the environment, including water, air, and soil pollution.

Improving crop quality and yield: Organic farming practices can result in higher quality crops and higher yields, as compared to crops grown using synthetic fertilizers and pesticides.

Supporting animal welfare: Organic farming practices prioritize the welfare of animals, ensuring that they are raised in humane conditions and are not exposed to growth hormones or other harmful chemicals.

3.3 Benefits of Waste Management

Reducing environmental pollution: Proper waste management helps to reduce the amount of waste that ends up in the environment, including landfills, water bodies, and other public spaces.

Promoting public health: Proper waste management helps to reduce the risk of disease transmission, as well as to minimize the exposure of individuals to hazardous waste products, such as chemicals and medical waste.

Conserving natural resources: By properly disposing of waste products, individuals and organizations can help to conserve natural resources, such as water and energy, that are required for the treatment and disposal of waste.

3.4 Steps Involved in Implementing Organic Farming and Waste Management

Develop a plan: When implementing organic farming and waste management practices, it is important to develop a comprehensive plan that outlines the steps that need to be taken, as well as the resources that will be required.

Conduct research: Before starting to implement the plan, it is important to conduct research on organic farming and waste management practices, including the materials and tools that will be needed, as well as the best practices for reducing waste and promoting environmental sustainability.

Choose a location: When implementing organic farming, it is important to choose a suitable location, taking into account the climate, soil type, and other environmental factors.

Obtain necessary permits: When implementing waste management practices, it may be necessary to obtain permits from local and state agencies, to ensure that the activities are carried out in accordance with regulations.

Implement the practices: Once the plan has been developed, it is important to begin implementing the organic farming and waste management practices, using the materials and tools that have been identified during the research phase.

Monitor progress: To ensure that the practices are having the desired impact, it is important to regularly monitor progress, and to make any necessary adjustments to the plan.

The date of the activity:
28th December 2022

3.5 Conclusion

Organic farming and waste management are important issues that impact the environment, agriculture, and public health. By implementing these practices, individuals and organizations can help to reduce environmental pollution, promote public health, and conserve natural resources. By following the steps outlined in this report, individuals and organizations can successfully implement organic farming and waste management practices, and contribute to a more sustainable and healthy future.

3.5 Collected data

Introduction of Organic Farming and Waste management :

- Organic farming defined as growing fruits ,vegetables & plants without the use of harmful pesticides , chemicals ,or inorganic fertilizers.
- We visited Krishi Vigyan kendra (KVK) which is located in Konehalli,(Tumkur)
- This place is 14km away from Tiptur.
 - Organic farming does not “Only” not use harmful ,chemicals ,pesticides or fertilizers.
 - Its Effects are far greater than anyone could possibly imagine.

Importance :

- Sustainable and eco-friendly technology.
- Increase and maintain soil fertility.
- Improve soil and water efficiency.
- Reduce erosion.
- Reduce the risk of human ,animal and environmental exposure to toxic material.
- Ensure safe food.
- Improve soil structure , without affecting the soil fertility.

Vermicompost method:

- To prepare compost, a concrete tank (about 3 feet) can be used.
- Collect the biomass and place it under the sun for about 8-10 days. Now chop it to the required size using cutter.
- Add a layer of soil or sand at the bottom of tank.
- Prepare fine bedding by adding partially decomposed cow dung ,dried leaves and other biodegradable waste collected from fields and kitchen.
- Continue adding both the chopped bio waste and partially decomposed cow dung in layer wise into tank.
- After adding all the bio wastes , release the earthworm species over the mixture.
- Sprinkle water on a regular basis to maintain the moisture content of compost.
- Have a frequent check to avoid the compost from overheating maintain proper moisture and temperature.

Waste management :

- Waste management involves the process of waste collection , processing as well as waste recycling or disposal .
- One of important aspects of waste management is recycling .
- By this process we can find new sources of revenue.
- Waste management reduces effect of waste on the environment.
- Example : Cow dung and Azolla etc...

DOCUMENTATION





4. Water conservation

4.1 Introduction:

Water conservation refers to the actions and practices that individuals, organizations, and governments take to reduce water waste and ensure the sustainable use of water resources. With increasing demands for water and declining water supplies, it is more important than ever to prioritize water conservation efforts. In this report, we will explore the importance of water conservation, the benefits of water conservation practices, and the steps that can be taken to conserve water.

4.2 Importance of Water Conservation

Preserving water resources: By conserving water, individuals and organizations can help to preserve the world's water resources, ensuring that they are available for future generations.

Reducing water waste: By reducing water waste, individuals and organizations can help to conserve the world's water resources, as well as reduce their own water bills.

Protecting aquatic ecosystems: By reducing water waste and conserving water resources, individuals and organizations can help to protect aquatic ecosystems, including lakes, rivers, and wetlands, which are vital for the health of many plant and animal species.

Adapting to climate change: With the impacts of climate change becoming increasingly evident, it is more important than ever to conserve water resources, which will become increasingly scarce in many regions due to changes in precipitation patterns and increased evaporation rates.

4.3 Benefits of Water Conservation Practices

Reducing water bills: By reducing water waste, individuals and organizations can reduce their water bills, saving money on their monthly expenses.

Improving water quality: By reducing the amount of water that is used, water treatment facilities are able to treat water more efficiently, leading to improved water quality for individuals and communities.

Conserving energy: By reducing the amount of water that is used, individuals and organizations can also reduce the amount of energy that is required to treat and distribute water, which helps to conserve energy and reduce greenhouse gas emissions.

4.4 Steps to Conserve Water

Conduct a water audit: To identify areas where water can be conserved, individuals and organizations can conduct a water audit, which involves evaluating their water usage and

Water Conservation

identifying areas where water can be saved.

Install water-saving devices: To conserve water, individuals and organizations can install water-saving devices, such as low-flow showerheads and toilets, which reduce the amount of water used without

affecting performance.

Repair leaks: Leaks can be a significant source of water waste, and fixing leaks can help to conserve water and reduce water bills.

Use drought-resistant plants: When landscaping, individuals and organizations can choose drought-resistant plants, which require less water and can help to conserve water resources.

Educate others: To raise awareness about the importance of water conservation, individuals and organizations can educate others, including friends, family, and coworkers, about the benefits of water conservation practices and the steps that can be taken to conserve water.

The date of the activity:-
22nd February 2023

4.5 Conclusion

Water conservation is an important issue that impacts the environment, the economy, and the health of individuals and communities. By taking the steps outlined in this report, individuals and organizations can help to conserve water, reduce water waste, and protect water resources for future generations. By making water conservation a priority, individuals and organizations can contribute to a more sustainable and resilient future.

Collected Data

Introduction

- Water is essential for life and is always the talk of the town either due to too much of it or too little of it.
- Water conservation are economical and environmentally sound ways to reduce water consumption and store water for future use.
- I've selected "Ayyanbavi" place for water conservation
- It's 10-12 Kms away from Tiptur.

Why we need Water Conservation?

- The population is increasing day by day at an enormous amount and water sources are decreasing.
- Since rainfall in India is highly seasonal, water is required to irrigate crops.
- Water protects the ecosystem and wildlife.
- Conserving water saves energy.
- It is an effort of preventing the situation of water scarcity.

Objectives

- ◇ Availability of water for future generations should be ensured, and the rate of consumption of water in the ecosystem should not exceed its replacement rate.
- ◇ Energy conservation: in some water management plants, most of the electricity is used in water pumping, delivery, and wastewater treatment. This consumption of energy must be minimised.
- ◇ Reducing personal use of water can help to preserve water for local wildlife and aquatic habitats.

Facts of water...

- A person can survive a month without food , but only 5 or 6 days without water.
- Our own bodies are two third water and our brain are at least 85% water!
- Nearly 97% of water of the world is salty or undrinkable.
- Another 2% is lock.

DOCUMENTATION



5. Food Walk

5.1 Introduction:

A food walk is a unique experience where participants have the opportunity to explore a local area and sample a variety of foods and drinks. This type of event provides an opportunity to learn about local cuisine, meet new people, and support local businesses. In this report, we will explore the benefits of food walks, the different types of food walks, and the steps that can be taken to organize a successful food walk.

5.2 Benefits of Food Walks

Promoting local cuisine: By taking part in a food walk, participants have the opportunity to try local foods and drinks that they may not have tried before, promoting the local cuisine and helping to support local businesses.

Meeting new people: Food walks are a great way to meet new people, as participants can join a group and explore a local area together.

Supporting local businesses: By taking part in a food walk, participants can help to support local businesses, which can benefit the local economy and create jobs.

Learning about local history: Food walks can also provide an opportunity to learn about the history and culture of a local area, as participants have the opportunity to explore local landmarks and historical sites.

5.3 Different Types of Food Walks

Theme-based: Food walks can be theme-based, with participants exploring a local area to sample foods and drinks related to a specific theme, such as street food, local specialty dishes, or local drinks.

Neighborhood-based: Food walks can also be neighborhood-based, with participants exploring a specific neighborhood to sample foods and drinks from local businesses.

Self-guided: Food walks can be self-guided, with participants exploring a local area on their own and trying foods and drinks at their own pace.

Guided: Food walks can also be guided, with participants joining a group led by a knowledgeable guide who provides information about the local area and the foods and drinks being sampled.

5.4 Steps to Organize a Successful Food Walk

Determine the type of food walk: Before organizing a food walk, it is important to determine the type of food walk that will be organized, including the theme, location, and whether it will be self-guided or guided.

Choose the location: Once the type of food walk has been determined, the next step is to choose the location, which should be a place with a variety of local foods and drinks that participants can sample.

Plan the route: Once the location has been chosen, it is important to plan the route, taking into account the foods and drinks that will be sampled, as well as any historical landmarks or cultural sites that participants can visit.

Recruit participants: To make the food walk a success, it is important to recruit participants, which can be done through social media, local event listings, or word of mouth.

Partner with local businesses: To ensure that the food walk is a success, it is important to partner with local businesses, which can provide food and drink samples, as well as information about the local area.

The date of the activity:

4th January 2023

Food walks are a fun and unique way to explore a local area and sample a variety of foods and drinks. By taking the steps outlined in this report, individuals and organizations can organize a successful food walk, promoting local cuisine, meeting new people, and supporting local businesses. Whether self-guided or guided, food walks provide an opportunity to experience the best of what a local area has to offer.

5.6 Collected Data

Introduction:

- To have a healthy body we should have healthy food. In this module we have selected milk & milk products. We all know that milk is a daily consumption product so, I taught it is necessary for everybody to know how it is been processed before we get it.
- I visited TUMKUR CO-OPERATIVE MILK PRODUCERS' UNION LTD, MALLASANDRA for food walk.

Benefits of milk:

- Milk is rich in calcium, vitamin B12, potassium and many more.
- Milk maintains bone density, promotes muscle growth.
- According to the health promotion board, the recommended daily dietary allowance for calcium is 800 mg per day for person aged 19 to 50.
- Older adults should consume more (1000 mg) because aging can cause bone loss. This can be overcome by consuming adequate amount of milk.
- The byproducts of milk are butter, cheese, ghee etc. which are good source of fat and proteins.

Processing of milk:

- Approximately 7 lakh liters of milk from the local dairies are transported to the factory .
- Then in the factory each and every can & milk tanker where milk is first tested at the lab in the factory.
- In case of any adulteration in the milk that can is rejected before accepting it.

Pasteurizing of milk :

- Pasteurization is a process by which milk is heated to a specific temperature for a set period of time to kill harmful bacteria that can lead to diseases.
- Here in the factory milk will be heated upto 75 degrees.
- In the factory after pasteurizing the milk is separated to different containers to form other by products like curd, ghee, peda, kova.

By products of milk and its importance:

I. **Curd:**

Provides stronger immunity: One of the primary curd benefits is the enhancement of immune power. The live active cultures help in fighting disease-causing germs.

Makes digestion better: Being a probiotic milk product, curd benefits gut health. It also calms down an inflamed or upset stomach.

Helps lose weight: Consuming curd is good for weight loss. It inhibits the growth of steroid hormones or cortisol, thereby controlling the risk of obesity.

Controls high blood pressure: The magnesium content curd is ideal for reducing high blood pressure.

II. **Peda:**

Peda is a traditional Indian sweet which is usually prepared as thick or semi-soft pieces. Peda contains milk, Khoya, sugar and traditional flavorings such as Cardamom, Pistachio, Almonds, and Saffron. The color of Peda varies from creamy white to brown. Peda is a blob of a doughy substance such as Khoya or flour which is more hard and granular than Barfi.

DOCUMENTATION



Food Walk

