



JOGESHWARI EDUCATION SOCIETY'S
COLLEGE OF COMMERCE SCIENCE & INFORMATION TECHNOLOGY
(AFFILIATED TO UNIVERSITY OF MUMBAI)

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JES BEST PRACTICE – ANNAPURNA

1. Title of the Practice: *ANNAPURNA- This has been derived from Sanskrit word meaning the giver of food and nourishment.*

2. Objectives of the Practice:

The JES College of Commerce Science and Information Technology, is in the area of Jogeshwari (East). The senior college is extension of Arvind Gandbhir High School.

The Annapurna project was taken up with following objectives:

- 1. To take small steps and protect GIRL CHILD*
- 2. To provide healthy breakfast to the girls selected for Annapurna Project.*
- 3. To make these girls realize how important it is to take care of their health.*
- 4. To help to bring about a change in the attendance and health parameters of the selected girls for the project.*

3. The Context:

The trustees of JES College of Commerce Science and Information Technology are ex- students of Arvind Gandbhir High School who are dedicated to the cause of social upliftment, and providing higher education to the youth.

More than 70 percent of the students of senior college come from the slums in the surrounding areas. Majority of the students coming to the college are underprivileged and come from lower income group families. The background of the project was that Teachers during their regular lectures noticed that many girls come late to the class. On questioning they answered that they had to finish cooking and other household chores at home and only then come to college as their mother's leave very early in the morning for domestic worker job. During mentoring sessions, they very shyly revealed that as they come to college in hurry, they don't eat anything

in the morning. All these discussions about the girl students made the teaching staff put their heads together and with the desire to do something for 'GIRL CHILD' Annapurna project emerged.

4. The Practice:

The practice: With a very strong mission to contribute towards women empowerment by providing healthy, nutritious breakfast to 25 girl students selected from poor families and who looked to be physically undernourished.

The following multi-stage sampling technique was adopted to select the girls for the project.

Stage 1: 34 girls were shortlisted on the basis of

Family annual income.

Looking weak and feeble.

Stage2: Body Mass Index Test and check-up of general health parameters was conducted for all the 34 girls shortlisted with help of Rtn. Dr. Gopi Menon.

Finally, 25 girls were shortlisted for the Annapurna Project and an active WhatsApp group was created. Regular reminders were given to the girls in the WhatsApp group.

Daily Practice:

Every working day at 10.00 a.m. healthy breakfast was provided to these selected girls. Everyday a 10 minutes' discussion with these girls about how important it was to take care of their health, and what they should be doing towards the same was discussed. This was done very actively by Prof. Sunita Sharma, Mr. Chitrarth Kate, Mr. Hyder Khan and Ms Pragati Yerunkar, who were regularly coordinating in relation to the project.

Uniqueness in the context of Indian Higher Education:

In spite of development in the Indian society which is taking place at a rapid pace, girls in our society still continue to be given a secondary status. In the morning, after doing the household chores, the bodies of the girls need to refuel for the day ahead. Their mood and energy get dropped by midmorning, if they don't eat something for breakfast. Breakfast kick starts the body metabolism, the process by which the body converts the fuel in body to energy.

This helps them to do better in college by improving memory, alertness, concentration, college attendance, academic performance and mood.

All this contributes towards women empowerment.

Constraints:

Ms. Pragati Yerunkar, faculty who had taken responsibility for attendance of the girls, use to regularly communicate with the participants selected for Annapurna project. In spite, of her regular communication, many very often did not turn up. The efforts of the organizing team to never give up kept the project going.

5. Evidence of Success:

The benchmarks set to measure the success of the project were:

- 1) Continuous presence of the girls every day, who were selected as a part of the project.*
- 2) Providing healthy breakfast every day at 10.00 a.m. sharp so that the girls after having breakfast could go back for their lectures at 10:20 am.*
- 3) Improvement in attendance of the girls who were a part of Annapurna project.*
- 4) Improvement in concentration in the class of girls who are participants of Annapurna project.*
- 5) Improvement in health parameters which includes weight, visceral fat, body fat, muscle fat, BMI e.t.c.*
 - a) In senior college the teachers cannot use force to bring students to the class. The team of teachers in charge of the project tried their best and could keep the girls selected for the project coming regularly for breakfast without changing the original sample selected.*
 - b) Time Management was always followed with the availability of breakfast just in time.*
 - c) In the Table showing analysis of students' attendance before and after Annapurna project, we see that there has been an improvement in the attendance of most of the students.*
 - d) A discussion was held with the teachers teaching the participants of Annapurna project and all the teachers gave a positive feedback about improving concentration of the girls.*

e) Looking through the various health parameters (medical check-up reports) of the participants we see that in general there has been an improvement in the health.

Point a-e points out to the success of the project Annapurna.

6. Problems Encountered and Resources Required:

Problems Encountered:

The problem encountered was, when the sample originally selected of 25 girls were not ready to follow the routine of regularity for three months. All efforts were made by the team of teachers in charge to see that we continue keeping our original sample selected. Yes, where necessary in beginning replacements were made.

Resources Required:

- A budget was prepared and presented to the management for funds required for the project of Rs. 40,000/- and it was approved by the Management.
- Actual amount spent Rs. 13,456/-
- A talk with Rotary Club of Bombay Mahakali Heights (to conduct medical check-up of girls selected for the project on 5th January and 31st March 2023).

The entire project was initiative of IQAC and the team of teachers who worked for the project were Prof. (Dr.) Sunita Sharma, Mr. Chitrarth Kate, Mr. Hyder Khan and Ms. Pragati Yerunkar