



## **MANIBEN NANAVATI WOMEN'S COLLEGE, MUMBAI**

### **Project Akshaya (The Nutritional Breakfast Scheme )**

#### **Overview:**

Frequent cases of students displaying weakness, feebleness, headaches, anemic tendencies and menstrual problems, at times resulting into fainting and fever have been observed by the teachers. NSS committee every year conducts hemoglobin testing which showed many students to be anemic. The IQAC in collaboration with the Department of Food & Nutrition realized the need to start a free nutritional breakfast scheme for the students from needy sections. Project AKSHAYA was the outcome of this realization.

#### **Project Akshaya:**

Project **Akshaya** was launched on 8<sup>th</sup> July 2019 by the College to cater to the nutritional needs of students. The main objective of the project is to provide a healthy breakfast to the needy students. Out of the total strength of the college, the Departments were requested to identify at least 5 students from their classes and hand over the names to the Supervisor Dr. Rita Patil who is also the Head of the Department of Food & Nutrition.

The Department of Food & Nutrition prepared a breakfast plan which comprised of nutritious foods such as bananas, guavas, oranges, roasted grams and peanuts, rajgira chikkis, dates etc for the students. It was decided that the students could pick up their breakfast between 9.30-10.30 from the Food and Nutrition Lab. Mrs. Vandana Keni, the Lab Assistant is given the responsibility to arrange for giving breakfast to the students.

Under the project the hemoglobin of the selected students was tested with the help of Inner wheel club of Bombay Airport. After obtaining the reports, iron and folic acid supplements as well as deworming tablets were given to the students. These supplements were given for 4 months. Unfortunately before the next round of testing hemoglobin, the COVID-19 lockdown started.

Apart from the daily breakfast, students are provided with snacks on a few occasions such as workshops, training programmes or sports events.

#### **Fund Allocation:**

The fund for the project is allocated by the Management of the college under the Student-welfare head. A few regular donors such as Inner Wheel Club of Bombay

West and Inner Wheel Club of Bombay Airport have shown a keen interest in supporting the project.

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