



FOOD FOR EDUCATION PROJECT 2017-18

HUNGER FREE INDIA

AN INITIATIVE BY DHARMA BHARATHI MISSION

DRAFTED BY

PRANIT PATIL

MID DAY MEAL PROGRAM COORDINATOR

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INTRODUCTION:

About Dharma Bharathi Mission:

With a modest beginning of providing Midday meal in one school to 50 children every day in the last 10 years the organization has grown to a commendable force having its own infrastructure facilities in providing education, health care, livelihood skills, empowerment and placement, senior citizens care.

Although initially the focus of the organization was on dealing with the issue of hunger, experience at ground level drew to light that along with providing meals to arrest malnutrition and child mortality we also need to address issues that are the background reasons which are actually preventing our progress and development.

So in order to address the issue of hunger and to create a “Hunger-Free India” we have decided to address the issues that act as obstacles in the path of holistic development.

About Mid day meal:

India has the highest number of children who are malnourished, about 57 million in all.

Around six thousand poor children die every day due to malnutrition.

An equal number would be marginally malnourished or at least suffer from sub nutrition.

IT'S TIME WE ACT





Child malnourishment and hunger-borne diseases are widespread in India, with more than 57 million children affected.

THE FLAGSHIP PROGRAMME OF DHARMA BHARATHI MISSION has the goal to fight child hunger by providing mid-day meals for unaided schools in unprivileged areas in India.

The first mid-day meals were distributed to the eastern neighbourhoods of Mumbai, which are known for their garbage dumping yards. These slum areas are dominated by dirt, disease and insufficient infrastructure.

Mid-day meals are often the only nutritious meal children of these areas are receiving as the family cannot provide food to the numerous family members. Until today Dharma Bharathi Mission has supplied over two million meals to children.

METHODOLOGY

-  Mid-day Meal was introduced in the schools in and around the DBM centre in Govandi.
-  Meals are provided to school children at lunch time for the entire year.
-  Hygienically prepared meals are transported by Dharma Bharathi Mission in Mumbai.
-  Health checkups are done twice a year – to arrest malnutrition as most of the children are underweight malnourished or anaemic. Health check up helps to identify issues and bring corrective measures.

ABOUT OUR ADOPTED SCHOOLS:

Maharashtra Shiksha Niketan School Vashi Naka Chembur:

This school is in outskirts of Chembur at hill. You can see this area when you get the chance to travel by freeway. It is upper side of the tunnel that undergo by free way that connects to south Mumbai easily. To reach this school normally takes time because this school faraway from railway station, thus it has a connectivity issues too. Sharing auto from downstairs of the hill is the best option to reach this school. This major connectivity issue made this school more vulnerable among all; thus very few organizations reached to this school to help them out to elevate their standard. Dharma Bharathi mission is one of them; they have promised them to give Mid-day meal unlikely others who backed out without intimation.

A year before this school were having more than 900 students in the school but due to demolition of slums; nearby neighbourhoods left all of a sudden and left this school reduced in some head counts of students.

Maharashtra Shiksha Niketan School led by Mr. Ahmed Shaikh whose managing trustee under the guidance of his father Moh sayeed sheikh whose chairman of the organisation; along with Mr. Pandey and Chaturvedi whose backbone of this school designated as Principal Primary and secondary.



Principal of this School serving food to children



Primary Teacher serving food.



Dnyan Sadhana school Govandi- Bainganwadi

This school is the very first school that Dharama Bharathi Mission has adopted since they have started this kind mid day meal program. Dharama Bharathi operating this school since 2008 that means 10 years of happiness.

Bainganwadi is one of the area in which garbage of Mumbai get dumped. This is one of the biggest and probably largest dumping grounds of Mumbai. This school in this area; According Former Principal of this school Mr. Shirke once told us “Most of the kids belong to disturbing families, divorcee, separated, kids staying with relatives and so on; This school always need an extra attention in terms of not only education but also emotional support”.

Condition of this school was worst, student used to skip the school especially girls. Basic facility like toilet was missing in this school. Boys used to pee outside but what about girls. However Peeing outside is the unhygienic and bad habit. Taking that situation in consideration Dharama Bharathi Mission have not only constructed washroom but also changed the structure of this school. Now it has become kids' friendly school.

This school is always thankful to Dharama Bharathi Mission.

Khichadi and Sheera is being served to Kids





Discipline at its best! Standing in a queue for meal



Shivaji Rao Shendge School Mandala Mankhurd:

This school is situated near Mankhurd- Vashi creek, at the back side of this school there is a creek next to dumping ground. Reaching to this school is difficult. It is far away from Mankhurd station. Sharing auto drop you nearby from there you will have struggle to find the exact location. Why? Because there are N numbers of lanes, it is kind of maze; one cannot find this place at first visit.

After our school parents' data, we have come across of that, there are at least 3 to 4 siblings in a family. It is difficult them to cope up with it. Most of the parents are illiterate to understand true meaning of Family planning.

This school structure is huge but this place unable to get direct sunlight thus whole day there is lack of sunlight and school doesn't have funds to apply heavy power tube light hence they are surviving on light bulb.

This school one of those school in which Dharma Bharathi Mission serving largest food to children. We are serving 450 students in this school. Earlier, before our mid day meal program there were series of local food joints that used to sell unhygienic food items such as Samosa, Bhel, Raw Mango etc. As this place is dirtiest thus all the air dust used to mix up in the food therefore children used to get ill. After Dharma Bharathi Mission's mid day meal more than a half food joints have stopped selling food outside of the school as children started receiving healthy, warm, nutritious meal every day.





Mahatma Gandhi Memorial School Mankhurd:

This school situated near Mankhurd station largely called as PMGP colony. This is one of the oldest schools in which Dharma Bharathi Mission serving food. Mrs. Nazmin Shaikh who is director and managing trustee of the school is an enthusiastic woman who runs this school from ages.

This school is also near dumping ground of Mankhurd-Govandi thus most of the earnings of households depend upon culling or separating trash/ Garbage. You can see bevy of men/ women outside of Mankhurd station in the early morning waiting for work. They are ready to work on daily wages; forms of work depend upon work provider. Sometime it could be luggage puller, construction work etc. They took a least 300-400rs/ day as a wages. Major problem with this work is there in no consistency. Sometimes there is work for week sometimes there no work for two weeks; still they stand up near to that area in the hope of work every morning between 7:30 to 9:30.

Due to such crisis, Mrs Nazmin Shaikh have reduced or kept minimum fees for the students so that they can enrol and learn; still there are few parents whose not yet paid for their kids since 2 years.

Last year **Dharma Bharathi Mission set-up new computer lab and due to this number of student admission have been increased massively.**

Dharma Bharathi Mission serves mid day meal to more than 300 kids in this school.

School's trustee Naznim Shaikh Serving Food





Maharashtra School Mankhurd:

This school is placed near Mankhurd station in the middle of Maharashtra Nagar. This area surrounded by wage earners as similar to MGM School. According to Mrs. Sangita Shirke who is principal of the school said that parents are too much busy with their routine so that not even bother to feed morning to their kids. Most of the families are migrant and stays here as a tenant. Paying rent of the house and to survive for bread and butter is the tough task for them.

Our kids come to school with an empty stomach and waiting for recess. Earlier our food vendor used to send dry food items on Saturday which was sometimes insufficient to students. So school have requested Dharma Bharathi Mssion to give regular meal even on Saturday.

Our volunteer Miss Aditi Mhatre volunteered in this school for 3 months and has won heart of secondary schools children as she taught them English grammar successfully.





SAHAKARI VIDYA MANDIR:

This school is situated at Tardeo South Mumbai. South Mumbai is an élite hub; where most of the politically and financially privileged/ influential people live. Compare to other part of Mumbai, south Mumbai have less slums. Sahakari Vidyalay has kids from these nearby slums. *According to Principal Vandana Ved “parents of our kids are thoroughly busy that they prepare food only in the late evening and eat same food for next day morning, afternoon. She also said, we are grateful to get mid day meal from Dharma Bharathi Mission as kids mostly come starved or with tea nothing else. These meals fulfil not only their hunger but also their wish to learn”.* Most of the parents’ works as domestic servant at nearby élite tower or building; so their timing is oscillate.

Dharma Bharathi Mission provides the meal for 60-70 students in this school.

Abhinav dnyan Mandir Trombay- Mankhurd:

This school situated near Trombay Koliwada and Cheatah Camp. Cheatah Camp is one of the major slums of Govandi/ Mankhurd. This place is enclose by naval offices. Abahinay Dnyan Mandir was fully Marathi Medium School earlier but due to competition and lack of Marathi medium admissions they have started English medium in the school.

Dharma Bharathi Mission’s Trombay centre is in the same school campus. This school has moderate crowd as in kids belongs to middle class to semi middle class background; thus few students get their Tiffin boxes from their home. So this school requested only for those numbers of students who are in need of meal.





Testimonials/ case studies from SVM, MAHARASHTRA SCHOOL MANKHURD AND CHEMBUR

1. AARTI MANOJ RAVADAKA

A girl from Sahakari Vidyamandir Tardeo studying in class 9th is an inspiration to all youngsters. She is talkative yet intelligent and hardworking girl. Staying in Tulsiwadi, this is one of the slums of South Mumbai. She has opted Semi English as a medium of her study, as she likes to become teacher and would like to go for commerce stream. She is a sports enthusiast, has won certificates and award in carrom, long jump also she won second prize in inter school competition in science exhibition.

There is a specialized teacher who teaches science in her class that helps her to improve her grades, Science is the toughest subject according to her and she is thanking DBM to offer teacher who teaches so well with personal attention that it becomes easy to understand the subject well.

She has total 3 siblings (2 sisters/ 1 Brother), grandmother and a mother. Her father passed away few years back. Her mother is the only one who earn for the family. She is a domestic helper to couple of families; earn somewhere around 6000/ month.

She likes to eat DBM Mid day meal especially Ragada and rice. DBM meal help her to stay sustain in the class as she doesn't eat at home early in the morning.



2. NITIN MUKESH KHARVA

This guy strength is so high that he came to school from Goregaon to Tardeo to study in Sahakari Vidyamandir. He came with his sister, they both studying in the same class. There are total 5 members in his family. There are 2 sisters, himself, mother and a father. Father is jobless since many years. Mother is the only source of income in his family.

His mother sells old clothes in the market near around Tardeo area for bread and butter. Nitin always go with her mother selling clothes in the market, this is why he is studying in Tardeo area so that he can help his mother in selling clothes. They earn not more than 5000rs/ month. He is an average student in the studies.

He likes to eat Thepala and Dal Chawal through our Mid day meal. His favourite subject is science though he found it difficult to certain extent but he is happy and careless when DBM volunteers come to his school and teaches him and solved his doubts personally. He also said that “for us private tuitions are not affordable so these volunteers came to rescue us from our difficulties, without these volunteers we couldn’t finish our syllabus easily.

Volunteers from Hinduja College used to come thrice in a week and teach us English and Math was the best thing that ever happened to us as my math is very weak and I have learned it from DBM volunteers. Earlier I used to scare of Math but now a day I like Math as they vanished my fear for this subject. He pleases Miss Asmita and Harsh Sir amongst those volunteers.



3. VARSHA PRAVIN BARIA:

Varsha's who's in 10th standard in the SVM School Tardeo; her parent works as a domestic servant in several residences around the city. They are total 4 siblings, mother father and a grandmother in her family. Her parents earn somewhere around 12k all together.

She has opted semi English as a medium to study in the school as this school belongs to Gujrati medium, learning science, Maths in English is an interesting task. She took it positively and learned it hard to understand the subject and has achieved 36 out of 40 in the Maths. She proudly said "Math is my favourite subject".

She wants to become a charter accountant in the future, and she knows what stream need to apply after 10th and 12th, what all need to prepare to become charter accountant.

DBM's mid day meal is one of the best meals of her daily routine as she said "it has lots of nutritious values attached, yet is tasty". This is the very first meal of the day to most of us so it is obviously precious to us. She and her siblings consume only 3 meals a day that includes our DBM's mid day meal, lunch and dinner.

Most of the time one meal is prepared by mother in the evening for dinner that they used for a whole day including next day afternoon. This is why there is an imbalance in their health. Our school is fortunate to have DBM's Mid-day meal at the school premises.

She has won "C" GRADE in an intermediate drawing exam. According to her because of volunteers from DBM it helps her to escalate her mathematical skills. She has 87% in 9th standard and challenged herself to break the previous record of 89% in the school in the Secondary state exam.



4 PANKAJ PRABHUBHAU VASAVA:

This student is school dropout in his primary education itself. He studied till 4th standard and called his studies off due to some unavoidable circumstances. This 17 years boy got an opportunity to study again in 10th standard in SVM School and likes to speak in English which is very fascinating.

His family stays in Surat in a small village called Mandvi where his parent and siblings all in there are 8 members who stay in.

He used to walk 10km to reach the school daily, it was difficult in rainy season where they used to stay back somewhere in the middle to avoid rain. It was unbearable to him to go the school in such situation. So he left the school and started helping his father in his business.

A guy from his village used to work in Mumbai for his bread and butter who suggested Pankaj's father to take him to Mumbai for work. So he came here to work but fortunately his owner recommended him to study first and then work here in the house. Basically Pankaj does all the household chores at residence where an old grandmother stay. According to her "study is more important than what you are doing now for bread and butter, this would not lead you anywhere but study would definitely". So Mrs. Hemsmitaben Thakur helped him to get the admission in the school to brighten his future.

He started studying from 8th standard from this school; but it took 7-8 months to recover earlier portion of 4th to 7th standard. That adjustment was difficult yet challenging but he succeeded in the same. He wakes up early in the morning by 6 finishes his household work by 6:45, go to school for extra tuitions. Again he go to his house to finish his pending work and come to school by 10. Usual school timing is 8:30 but school principal granted him these 2 hours to work outside.

He has a unique dream to pursue; he wanted to become an Army man. To follow this he wants to finish his higher secondary education. Many people are against his decision including his brother that military is difficult, you would not survive, instead of military go to police force. But his decision is last that he wants to become a Military/army man.

DBM volunteers' unique techniques of teaching helped him to understand the subject well. Volunteers' used to form a group to solve different queries, which was the best thing Pankaj liked about them. English is his favourite subject and he try to communicate in English with each one of us that is the special quality I have found in Pankaj personality which is exceptional among others



5. VINAYAK AVINASH SARATE:

Is an average student in studies; studying in class 10 in the Maharashtra school Mankhurd. He stays with his father in the Maharashtra Nagar Mankhurd area in a small home. He does have one brother and a mother whose stays in the village. His father works as a laborer in a garment factory and mother works as Balwadi teacher in his hometown Satara. She doesn't like Mumbai's atmosphere, hence she doesn't want to stay with them. His father earns more money than staying in the village is the real reason they are here said Vinayak.

He loves his father and can't live without him this is the reason he is here in the Mumbai. His father sent most of his earning to his hometown, where most of the family members live. He left a private school which was much better than the current school wherein he is studying.

He wants to become an animator in the future and has knowledge of how to pursue his dream. Being good at drawing is making him easy to reach his goal, he said. His favourite subject is history and likes to read historical books whenever he gets time. Lack of books in the bookshelf sometime makes him sad as he likes to read a lot.

He likes to eat Mid Day meal, especially Dal-Rice because it is always warm and delicious. As his mother is away from home and father is working outside throughout cooking in the morning is difficult. He waits for recess to eat and get revitalized. He even said if someday food remains he takes that to home for lunch or dinner.

He won third prize in the drawing competition at Taluka level. He studies in this school since 9th standard.



6. ROHAN SUDHAKAR JADHAV:

He stays with his 3 siblings along with his mother. His father died long back. His mother used to do the housekeeping work as a domestic servant now she has stopped working as domestic servants as her older kids engaged with work. One is working in garment factories and the other one is working as a domestic servant. This feeling is killing Rohan as his brothers are working as a laborer. Though they are earning for good, but he wants them to work productively and educate themselves as education is the key to success according to him. They both earn somewhere around 12000 together; that's not enough.

Rohan is good at studies. He has got 63% in 9th standard and dreaming of getting 70% in the SSC exam. He wanted to join private coaching classes, but due to poor financial condition he unable to join the same. He found English grammar is most difficult and was getting lesser marks due to that.

He said one day Aditi Mhatre from Dharma Bharathi mission came to our school to teach us English grammar and felt like all my problems with indirect/ direct speech, tenses got solved smoothly and simultaneously. Rohan is thankful to the Dharma Bharathi Mission for sending an angel to us to solve our queries.

He likes to become a software engineer in the future, but don't have stronger support to reach his goal. He wants to make his family proud to become a successful person in any selective stream. He wants to do productive work in the future and doesn't want to become a labourer or domestic servant.

He is cricket enthusiast and has won many prizes and certificates in handwriting competition so far.

7. SAYLI MAHENDRA MUTAL

Girl from class 7th of Maharashtra school Mankhurd likes to play Kabaddi a lot and wants to take that passion in a positive way. They are total 4 siblings, father and a mother. Her mother is a housewife and father is a contract labourer who load/ unload the luggage from the truck vehicle. This is not a permanent job, but he goes regularly to his work to earn.

He roams around Mumbai for this work and hardly visible to the family as his timing isn't fixed. She said my father gave full time attention to us when there is a holiday or Sunday. We all feel special on such occasions; she blushes. Her father's earning is also not fixed; in an average he earns 15 to 20k per month. He has to send some portion to hometown as her grandparents stay there.

She also said during Diwali my father does extra work to earn more to get us gifts and toys to celebrate Diwali. Sayli personally didn't like this as we all grown up now and understood the value of hard earn money.

She is one of the class toppers and got 85% in class 6th. Her favourite subject is Marathi language. She is reading habit of Marathi literature and has joined the small library where she gets lots of Marathi literature books.

She wants to become a Police inspector and she is ready to study hard and besides, she is taking care of her health as health is a major factor to become a Police force.



8. Reshmi and Yash Sandeep Kamble:

These two siblings studying in Maharashtra School Mankhurd; their family includes elder brother, father and mother. Mother is a housewife and father works in Press Company at Vashi, Navi Mumbai and earns 15k for a month.

Reshmi studying in class 9th and Yash is in class 5th. Both these kids are topper in their class and enthusiast in every activity said Principal Mrs. Shirke. She likes to read a lot and she keeps an eye on current affairs. Marathi is her favourite language as a subject and she proves that in her examination. Her habit of reading newspaper and watching news channel leads her to become a journalist she said.

Reshmi said, "My father works as a clerk in the press and he wants his kids to follow journalism as a career as he sees how tough and interesting life of a journalist. He is seeking all those qualities in me and I am also getting attracted to it day by day. I have started reading English newspapers to improve my vocabulary. My father had brought dictionary to me from his office, which was not in use in his office. That dictionary helps me to learn new words since I started reading English newspaper."

Reshmi praises Dharma Bharthi mission's volunteer Aditi Mhatre who teaches her class grammar every Saturday; without her grammar teaching techniques my success wouldn't be complete. She is like an inspiration for me said Reshmi.

As of now she is unaware of how to chase her career, but she does have an idea that her father would definitely support her chase his own dream. She has won a 3rd prize certificate in science exhibition in interschool competition- her group project called rainwater harvesting management was talking.

9. Amit Kumar Jaiswal:

His father is a carpenter and mother is a domestic servant. There are total 5 members in his family, parents and 2 other siblings. He wants to become a doctor and has a special interest in science subjects. He gets out of marks in science and math. He is one of the brightest students from our school and we all have high hopes for him to do well in the studies and in his future prospects said the Mr. Pandey school teacher.

The only thing is going against him is his financial condition. In their community women shouldn't work outside, it is against their community, but due to their extreme financial condition she breaks that rule and started working for her family which is admirable.

There is no fix income in his family. His father is a pure labourer, though he has carpenter qualities, but that doesn't sustain to get productive work daily. His family earns not more than 8000/month.

He likes to eat the midday meal from Dharma Bharathi Mission as he doesn't eat anything before coming to school. According to him this meal means a lot to him as it not only fulfil his stomach, but also keeps him alive, healthy and sustainable in the class. Poha and Sheera are his favourite dish.



10. RUKSAR BANO:

This class 5th student from Maharashtra Shiksha Niketan Chembur is very talkative and interactive. There are total 6 members, including her 4 siblings and parents.

Her mother is specialised tailor- she makes comforter by old clothes and father is a labourer. Earlier her father used to repair stove, but these days nobody uses stove and that business has stopped miserably in the middle of nothing. Her family shaken up when they have stopped receiving, repairing orders of the stove; it is majorly because of rising prices of kerosene and black market of PDS system.

Her father used to roam around the neighbourhood to get the work done and used to earn 300rs/ day and now earning is difficult; though her father tried his best to get whatever possible to their family said by Ruksar.

Her favourite subject is English and she gets out of marks in the same. Her grades are best amongst others. She likes to be clean and hygienic that makes her active and sparkling. Eventually, it helps her increase grades. This has happened because of Health and hygiene classed held by DBM volunteers in the month Of November. It was really impactful according to her. Her classroom tries to maintain health and hygiene in the class. She is thankful to Dharma Bharathi Mission's volunteers for this.

She doesn't eat anything except tea in the morning before coming to the school. Dharma Bharathi Mission's Mid Day Meal make her complete. She likes to eat Dal-Khichdi. She is grateful for the Dharma Bharathi mission for this.



Testimonial from our Volunteer:

I am currently doing my chemical engineering (Final Year) from TSEC. The one thing I strongly believe is that there is so much to learn from every experience and the key is to keep absorbing!! I always wanted to volunteer in an NGO. So I had opted for 'Dharma Bharathi Mission', one of the organisations who contribute significantly towards reducing poverty, improving health facilities and increasing access to education and awareness. My volunteering included teaching kids of Maharashtra Vidyalaya in 'Chalo English Sikhain' Project.

My first day went very well, I introduced myself, took their introductions. In my next visit when I actually started teaching them it went quite hard for me. I used to teach particularly 8th, 9th and 10th grade students.

The children came from a background where there was lack in awareness about the importance of education. Some of the kids were very eager to learn while some used to just talk amongst themselves and fight. The lack of Basic English grammar concerned me so I started teaching them the way they would relate. Translating each and every word in Marathi and Hindi, making jokes so that they could remember; they soon started showing interests. It used to be fun teaching them and learning certain things about them as well. Every time I visited they showed me immense respect, during breaks they used to offer me food and if I missed a visit, then next week they always used to ask the reason for not coming the previous week. My overall experience was enthralling.


The staff and faculty of the school were very kind and sweet. I went there for 3 months visiting every Saturday. My volunteering experience taught me to be patient and not everything is done to get returns; social work has a value.

Thank You

Aditi Mhatre



APPRECIATION/ THANK YOU CUM REQUEST LETTER FOR THE FOOD PROJECT:



सकीना एज्युकेशनल ट्रस्ट
रजि. नं. : E-15708 (Mum.) Under B.P.T Act 29 of 1950
महाराष्ट्र शिक्षा निकेतन हायस्कूल
(माध्यम : मराठी व हिन्दी)
महाराष्ट्र शासन मान्यता प्राप्त
Index No. 33.03.048
Ashok Nagar, Vasi Naka, R. C. Marg, Chembur, Mumbai - 400 074.
Tel.: 022-25549586
Email id : set1995@gmail.com

सारे जहाँ से अच्छा हिन्दुस्तान हमारा। सदा रोशन रहे जहाँ में काम तुम्हारा।।

To
Dharmma Bharati Mission
Motibai Thackeray Building,
2nd floor, opp. Dhakleshwar Mandir,
Mahalaxmi Temple compound,
Mumbai, Maharashtra :- 400026.

Date :- 10/4/2018

Dear Sir/Madam


Our 2017-18 academic year was splendid, as our school has received warm delicious mid-day meal from Dharmma Bharati Mission. Earlier there were few organization who has promised us to provide mid day meal but they did turn up, then Dharmma Bharati Mission came to us as ray of hope and fulfilled our wish to provide mid day meal to our school.

Our school kids belong to underprivileged background, most of their parents work on daily wages, hence most of them have to rush to work early. Most of our school children come to school with an empty stomach. Dharmma Bharati Mission's meal is their first meal of the day that makes them happy and energizes so that they can be attentive for the whole session in the school.

Coming year also we are lookout for your support for mid day meal as our school is happy with your unconditional service. I am also thankful for the various programme conducted by DBM whether it is Teachers' felicitation, Medical camp, students Enrichment programme. please accept our request to provide midday meal to our school for Academic year 2018-19. This year also we are seeking same number of head counts as last year and that is 360 students.

Head master:
Kaishnashyam chaturvedi

TRUSTEE
Ahmed Shaikh





राष्ट्रीय शिक्षण संस्था मुंबई (रजि. क्र.: G.B.B.S.D.1154/2001)

महाराष्ट्र विद्यालय

(माध्यमिक विभाग)

वर्ग : एम् (पुर्ब) + माध्यम : मराठी

मान्यता विभाजननुसंगित तत्त्व

समता रेडिरेटर् वेल्फेअर सोसायटी, महाराष्ट्र नगर, मानखुर्द, मुंबई - 400 088.

महाराष्ट्र शासन शासक शिक्षण विभाग मान्यता क्र.: डि.उ.स./न.मा.श. 1033/ (757/03) जा. डि.-1 दि.-7 नोव्हेंबर 2003

जावक क्र. 256/2018

दिनांक : 16/4/2018

पुति

माननीय अध्यक्ष

धर्मा भारती मिशन

बोवडी मुं. 43

विषय : शैक्षणिक वर्ष 2018-19 मध्ये शालेय पोषण
आधार मिळणेबाबत.

महोदय,
उपरोक्त विद्यालय अनुसरून आपणाला कळविण्यात येते
कि. बोली सात वर्षे आमच्या शालेतील 250 विद्यार्थिनी
आपल्या ट्रस्ट कडून शालेय पोषण आधार मिळत आहे. त्यामुळे
विद्यार्थिनींची उपस्थिती व विद्यार्थी संख्या सुद्धा वाढलेली
आहे. ह्यनुषाद सर आपणाला उदंड आमुल्य लाभो ही
इश्वरचरणी आम्ही प्रार्थना करू. तसेच येणाऱ्या र्श. वर्षे
2018-19 मध्ये सुद्धा आमच्या 250 विद्यार्थिनी शालेय
पोषण आधार मिळावा. ही नमुनापूर्वक विनंती
कळावे

आपली विश्वासू

HEAD MASTER
MAHARASHTRA PRIMARY SCHOOL
Med. - Marathi
Mankhurd, Mumbai - 400 088.

LIST OF FOOD/ MEAL WE SERVED TO OUR KIDS:

1. DAL RICE

8. LADOO

2. MASALA RICE

9. BISCUIT

3. MOONG KHICHDI

10. METHI THEPLA

4. SWEET SHEERA

11. CHURMURA BHEL

5. POHA

12. SOYBEAN PULAO

6. RAGADA AND RICE

7. USAL RICE

ABOUT MEDICAL AND HEALTH – HYGIENE CAMP:

Every year we arrange special medical check up camps at our adopted schools. It takes a lot of energy, efforts and human resources to conduct such activities and we as a Dharma Bharathi Mission never feel deficit when we need help of volunteers to help our cause.

ITM a renowned education institute give their best students to us to take part in our various causes. Health check up camps is one of them. Likewise every year this year also we got hardworking, dedicated and smart volunteers to conduct health check up camps in our adopted schools. We were having specialised team of doctors who were diagnosing each student personally. They also suggested medicine when required.

These medical camps taken up for 10 days in our adopted schools and total kids we have checked through our camps are 1460.

We not only taken up health check up camps but also we have spread health and hygiene awareness among these students. Showing them media clips, practical sessions, checking up their teeth, nose, nails, toes, mouth odour and so on. Result of this session was when we revisit to same school most of the kids came up with their super hygiene body and thank us for letting them know the value of hygiene.







ABOUT HEALTH RISK DATA:

After having health check up camps at each school that we have adopted; we have decided to track these students through their body mass index (BMI) data. Their BMI level is below average according to their height weight status. Though this data is improving day by day but consistency is low. There is huge difference in BMI before and after vacation.

So we have categorise these in 4 different type,

Total Count	1829	
No Risk	1083	59%
High Risk	194	11%
Medium Risk	234	13%
Low Risk	318	17%

59% students are normal; that means there is no risk involved. Their BMI is average according to their body status. So this year we have decided to concentrate on **high risk involved** student and how to tackle their health status, how to bump up their health economically.

With doctor suggestion and advice; he gave us easy solution on this which could help parents to raise strength of their kids.

BELOW ARE THE SUGGESTIONS:

- 1) To reach natural sunlight he/she has to sit under the sunlight for an hour in the morning.
- 2) To consume Either raw desi egg or boiled/ day daily
- 3) Kabuli chana one bowl/ day- soak it over night then boiled it before serve in the morning.
- 4) Every alternate day fish/ chicken.
- 5) Pulses/ daal/ Legumes (kad-dhanya) in regular food course
- 6) Regular physical activity.
- 7) Consumption of Milk is necessary.

PARENTS MEETING:

A proper invitation letter sent to each student to call for parents meeting. There are total 194 students who were involved in High risk.

Below chart involved number of children involved in High Risk and number of parents attended the meeting with Dharma Bharathi Mission.

1. **Shivaji Shendge – 50/ 101**
2. **Maharashtra School CHembur: 8/ 13**
3. **Dnyan Sadhana: 07/16**
4. **Maharashtra School Mankhurd: 14/30**
5. **Mahatma Gandhi M: 9/17**
6. **SVM: 4/4**

Total Parents % Attendance: 50.81 %



