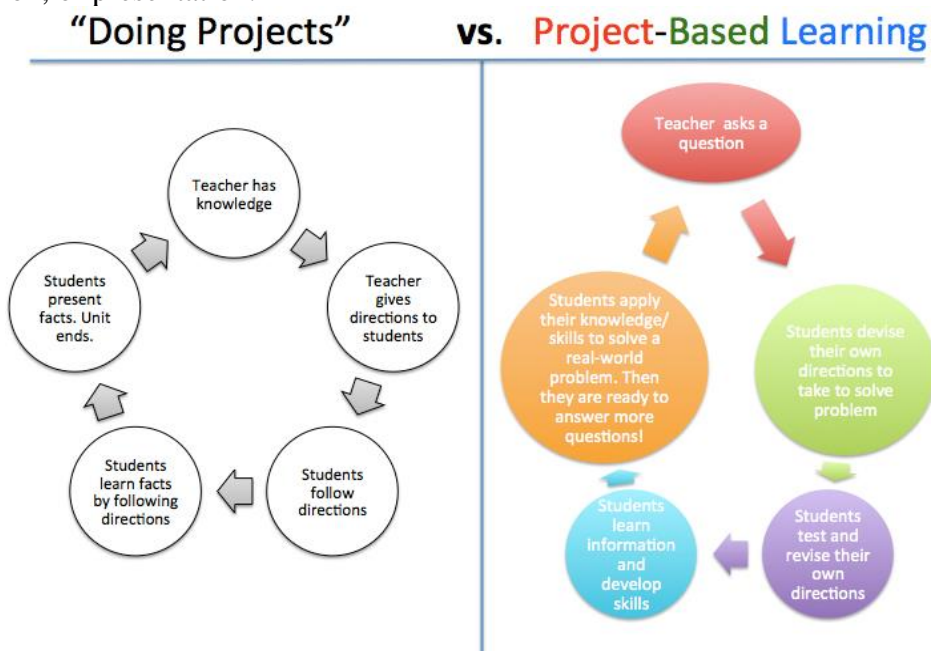


**(Nutri-Bites, Menstrual Hygiene from production to incineration & Clean & Green Mission)**

Everyday classroom teaching and learning can be made more interesting with hands on learning through innovative projects undertaken by the students to understand the concepts that they are expected to learn each day in class. In our college we have taken this as both a challenge and an opportunity and have experimented with ‘Project-based learning’ to make learning come alive for our students.

Lakshmbai College believes that the primary purpose of education is to allow a student the opportunity to discover her true calling. The student should be able to discover the drumbeat resonating within her heart and then she should be able to march in the external world in rhythm and harmony with that drumbeat. The goal is to create self-awareness among students to discover their true calling in life. The life skills thus learnt should create healthy interface between society and higher education so as to maintain traditional strengths of Indian society ensuring the potential for growth for social system and at the same time making it internationally vibrant.

Project-based learning has been mainly the instructional approach of empowering students to understand content knowledge on their own. It is followed by display of their new understanding through a variety of presentation methods. The students design, plan and carry out an extended project that culminates with output such as a product, publication, or presentation.



We would like to refer to three examples of such Project-Based Learning processes:

**1. ‘Nutribite’- an Innovative Project by the Students of Lakshmbai College Through a Self Help Group**

Nutribite, a unique initiative by the students of Lakshmbai College, made a humble beginning in January 2017 and has gradually evolved to establish itself as a small food venture, which provides a variety of snacks with taste, nutrition, safety to the college fraternity.

It is run by a self-help group of nearly 15 students from the Department of Food Technology and they put up 6-8 stalls in a year. Nutribite team has been

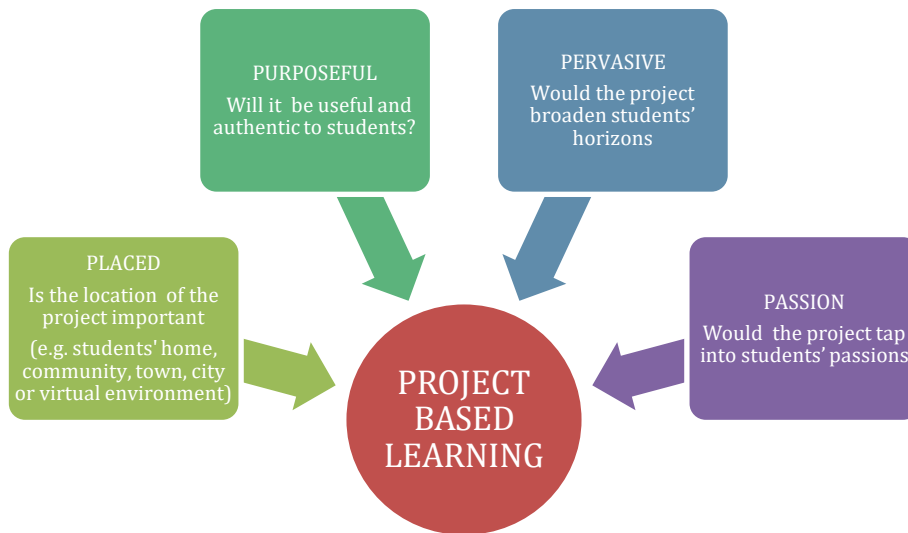
successfully preparing and selling mouth-watering snacks week after week. They are generous in incorporating vegetables, fruits and whole grains in the recipes to improve the fiber content and the nutrient density. Without compromising on the taste and flavour, the amount of fat and sugar is also lowered during the standardization process.

The products are a big hit among the students and the staff. Encouraged by the response, the team has increased its production from 40 servings to more than 100 servings. The success of the venture and the enthusiasm of the self-help group have attracted student volunteers who have helped in sustaining the project. Group messages about the food plaza and the day's menu are posted by WhatsApp/ college app a day before and on the day of the sale to attract the customers.

Nutri Bites- a Food Plaza is an initiative for the students and by the students driven by the commitment to provide a nutritious cum safe snacks with taste at affordable prices. **This endeavor has taught the basics of catering business, instilled entrepreneurial skills, enriched the culinary skills, inculcated creativity and boosted the confidence of a team.**

They also catered on a large scale at the Book Fair organized by the college. For the Tunisian youth who visited the college under the National International Youth Exchange Program, the Nutri Bite team prepared and served traditional Indian snacks, which were relished and highly appreciated by the foreign visitors.

2. **Menstrual Hygiene from production to incineration:** The institution has been a forerunner in addressing issues of menstrual health and hygiene. RED DOT PROJECT trains the students to produce sanitary napkins and hold awareness programs within the college as well as in nearby slums on the topic. The incinerators installed in the student and staff washrooms equip the college in safe disposal of sanitary napkins.
3. **Clean & Green Mission:** The broad plan of action under the "C & N Mission" includes generation of mass awareness for cleanliness and hygiene amongst students and staff members by holding regular 'Sensitization Programs' on 'Clean & Green Campus; motivating everyone to contribute to this Campaign in a proactive manner; holding events such as poster and slogan competitions, essay writing, poetry writing/ reciting, speeches, skits on the subject. The students have been marked as per their participation during the activities in lieu of their assignment submission for the internal assessment.



The skill set for such project-based learning is diverse and includes ability enhancement as well as learning group process skills. This holds true to our mission of creating, evolving and demonstrating the knowledge systems that would promote, facilitate subjective strengths and individual specific potentials as well as egalitarian concerns for maintaining collective existence. The outcome would be develop strong knowledge foundations with a requisite set of skills in the learner and build a collaborative link between learner-potential and the educational process. students who can dream of starting their own venture in future.