

Empowering Communities through Food Distribution and Charity

21GNP301L - COMMUNITY CONNECT REPORT 2024-2025

Submitted by

Avjot Singh Chawla [RA2211003010584]

Tanushree Borase [RA2211003010575]

Pranav Singh [RA2211003010540]

Saiyyam Ahuja [RA2211003010866]

in the partial fulfillment for the degree of

BACHELOR OF TECHNOLOGY

in

COMPUTER SCIENCE AND ENGINEERING



DEPARTMENT OF COMPUTING TECHNOLOGIES

COLLEGE OF ENGINEERING AND TECHNOLOGY

SRM INSTITUTE OF SCIENCE AND TECHNOLOGY

KATTANKULATHUR- 603202

OCTOBER 2024

SRM INSTITUTE OF SCIENCE AND TECHNOLOGY

KATTANKULATHUR – 603203

BONAFIDE CERTIFICATE

Certified that 21GNP301L Community Connect report titled “**Empowering Communities through Food Distribution and Charity**” is the bonafide work of “**Avjot Singh Chawla [RA2211003010584], Saiyyam Ahuja [RA2211003010866], Pranav Singh [RA221100301540] and Tanushree Borase [RA2211003010575]**” who carried out the community work under **MISSION LEARNING FOUNDATION**. Certified further, that to the best of my knowledge the work reported herein does not form any other report or dissertation on the basis of which a degree or award was conferred on an earlier occasion on this or any other candidate.

Ms. S.P.Kanmani ,
Faculty Advisor,
Assistant Professor,
Department of Computing Technologies

Dr. R.Madhura,
Panel Member,
Assistant Professor,
Department of Computing Technologies

Dr. P.Saranya,
Academic Advisor,
Associate Professor,
Department of Computing Technologies

Dr.G.Niranjana,
Professor and Head,
Department of Computing Technologies

COMPLETION/ATTENDANCE CERTIFICATE



Mission Learning Foundation

Spreading the knowledge

(A Public Charitable Trust)

CERT/VOL/JUL/2024/003

Date: - 10th July 2024

Volunteering Certificate

This is to certify that **Mr. Pranav Singh**, of SRM Institute of Science and Technology Kattankulathur, Chennai, worked as an intern volunteer for the Mission Learning Foundation. He volunteered for "अन्न तुभ्यं - Food for You" programme. He played a role in coordinating and carrying out the events scheduled between 1st June 2024 till 10th July 2024, at Navi Mumbai.

His contribution is appreciated.

We wish him a bright and successful career in his spirit.

Rajan Mayekar

Project Lead | अन्न तुभ्यं - Food for You

Navi Mumbai



Head Office: T – 183/4, New Palam Vihar, Phase – 2, Sector – 109, Gurugram – 122017, Haryana, INDIA.
Email: mlf@missionlearning.org | **Website:** www.missionlearning.org | **Phone:** +91 9818541729
NGO Darpan Id – HR/2017/0116297 | Donations are exempted U/S 80G of the Income Tax Act 1961.



Mission Learning Foundation

Spreading the knowledge

(A Public Charitable Trust)

CERT/VOL/JUL/2024/004

Date: - 10th July 2024

Volunteering Certificate

This is to certify that **Ms. Tanushree Borase**, of SRM Institute of Science and Technology Kattankulathur, Chennai, worked as an intern volunteer for the Mission Learning Foundation. She volunteered for "अन्न तुभ्यं - Food for You" programme. She played a role in coordinating and carrying out the events scheduled between 1st June 2024 till 10th July 2024, at Navi Mumbai.

Her contribution is appreciated.

We wish her a bright and successful career in her spirit.

Rajan Mayekar

Project Lead | अन्न तुभ्यं - Food for You

Navi Mumbai



Head Office: T – 183/4, New Palam Vihar, Phase – 2, Sector – 109, Gurugram – 122017, Haryana, INDIA.

Email: mlf@missionlearning.org | **Website:** www.missionlearning.org | **Phone:** +91 9818541729

NGO Darpan Id – HR/2017/0116297 | Donations are exempted U/S 80G of the Income Tax Act 1961.



Mission Learning Foundation

Spreading the knowledge

(A Public Charitable Trust)

CERT/VOL/JUL/2024/002

Date: - 10th July 2024

Volunteering Certificate

This is to certify that **Mr. Avjot Singh Chawla**, of SRM Institute of Science and Technology Kattankulathur, Chennai, worked as an intern volunteer for the Mission Learning Foundation. He volunteered for "अन्न तुभ्यं - Food for You" programme. He played a role in coordinating and carrying out the events scheduled between 1st June 2024 till 10th July 2024, at Navi Mumbai.

His contribution is appreciated.

We wish him a bright and successful career in his spirit.

Rajan Mayekar

Project Lead | अन्न तुभ्यं - Food for You

Navi Mumbai



Head Office: T – 183/4, New Palam Vihar, Phase – 2, Sector – 109, Gurugram – 122017, Haryana, INDIA.

Email: mlf@missionlearning.org | **Website:** www.missionlearning.org | **Phone:** +91 9818541729

NGO Darpan Id – HR/2017/0116297 | Donations are exempted U/S 80G of the Income Tax Act 1961.



Mission Learning Foundation

Spreading the knowledge

(A Public Charitable Trust)

CERT/VOL/JUL/2024/001

Date: - 10th July 2024

Volunteering Certificate

This is to certify that **Mr. Saiyyam Ahuja**, of SRM Institute of Science and Technology Kattankulathur, Chennai, worked as an intern volunteer for the Mission Learning Foundation. He volunteered for "अन्न तुभ्यं - Food for You" programme. He played a role in coordinating and carrying out the events scheduled between 1st June 2024 till 10th July 2024, at Navi Mumbai.

His contribution is appreciated.

We wish him a bright and successful career in his spirit.

Rajan Mayekar

Project Lead | अन्न तुभ्यं - Food for You

Navi Mumbai



Head Office: T - 183/4, New Palam Vihar, Phase - 2, Sector - 109, Gurugram - 122017, Haryana, INDIA.

Email: mlf@missionlearning.org | Website: www.missionlearning.org | Phone: +91 9818541729

NGO Darpan Id - HR/2017/0116297 | Donations are exempted U/S 80G of the Income Tax Act 1961.



SRM INSTITUTE OF SCIENCE AND TECHNOLOGY, KATTANKULATHUR

COLLEGE OF ENGINEERING AND TECHNOLOGY

SCHOOL OF COMPUTING

DEPARTMENT OF COMPUTING TECHNOLOGIES

21GNP301L COMMUNITY CONNECT

Academic Year 2024-25 5th Semester

LOG SHEET

Registration number: RA2211003010584

Name of the student: Avijot Singh Chawla

Date	Time	Service duration (in hours)	Signature of student	Signature of Coordinator
1/6/24	4:00 pm	3 hr	Aschawla	
3/6/24	4:00 pm	3 hr	Aschawla	
7/6/24	4:00 pm	3 hr	Aschawla	
8/6/24	4:00 pm	3 hr	Aschawla	
10/6/24	4:00 pm	3 hr	Aschawla	
16/6/24	4:00 pm	3 hr	Aschawla	
17/6/24	4:00 pm	3 hr	Aschawla	
19/6/24	4:00 pm	3 hr	Aschawla	
20/6/24	4:00 pm	3 hr	Aschawla	
22/6/24	4:00 pm	4 hr	Aschawla	
23/6/24	4:00 pm	4 hr	Aschawla	
25/6/24	4:00 pm	4 hr	Aschawla	
28/6/24	4:00 pm	3 hr	Aschawla	
30/6/24	4:00 pm	3 hr	Aschawla	
2/7/24	4:00 pm	3 hr	Aschawla	
3/7/24	4:00 pm	3 hr	Aschawla	
5/7/24	4:00 pm	3 hr	Aschawla	
6/7/24	4:00 pm	3 hr	Aschawla	
7/7/24	4:00 pm	3 hr	Aschawla	
8/7/24	4:00 pm	3 hr	Aschawla	
10/7/24	4:00 pm	4 hr	Aschawla	



SRM INSTITUTE OF SCIENCE AND TECHNOLOGY, KATTANKULATHUR

COLLEGE OF ENGINEERING AND TECHNOLOGY

SCHOOL OF COMPUTING

DEPARTMENT OF COMPUTING TECHNOLOGIES

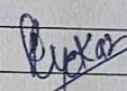
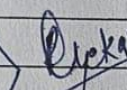
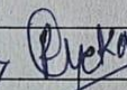
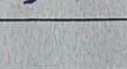
21GNP301L COMMUNITY CONNECT

Academic Year 2024-25 5th Semester

LOG SHEET

Registration number: RA2211003010575

Name of the student: Tarushree Borase

Date	Time	Service duration (in hours)	Signature of student	Signature of Coordinator
1/6/24	4:00 pm	3hr	Tarushree	
3/6/24	4:00 pm	3hr	Tarushree	
7/6/24	4:00 pm	3hr	Tarushree	
8/6/24	4:00 pm	3hr	Tarushree	
10/6/24	4:00 pm	3hr	Tarushree	
16/6/24	4:00 pm	3hr	Tarushree	
17/6/24	4:00 pm	3hr	Tarushree	
19/6/24	4:00 pm	3hr	Tarushree	
20/6/24	4:00 pm	3hr	Tarushree	
22/6/24	4:00 pm	4hr	Tarushree	
23/6/24	4:00 pm	4hr	Tarushree	
25/6/24	4:00 pm	4hr	Tarushree	
28/6/24	4:00 pm	3hr	Tarushree	
30/6/24	4:00 pm	3hr	Tarushree	
2/7/24	4:00 pm	3hr	Tarushree	
3/7/24	4:00 pm	3hr	Tarushree	
5/7/24	4:00 pm	3hr	Tarushree	
6/7/24	4:00 pm	3hr	Tarushree	
7/7/24	4:00 pm	3hr	Tarushree	
8/7/24	4:00 pm	3hr	Tarushree	
10/7/24	4:00 pm	4hr	Tarushree	



SRM INSTITUTE OF SCIENCE AND TECHNOLOGY, KATTANKULATHUR

COLLEGE OF ENGINEERING AND TECHNOLOGY

SCHOOL OF COMPUTING

DEPARTMENT OF COMPUTING TECHNOLOGIES

21GNP301L COMMUNITY CONNECT

Academic Year 2024-25 5th Semester

LOG SHEET

Registration number: RA2211003010866

Name of the student: Saiyyam Ahuja

Date	Time	Service duration (in hours)	Signature of student	Signature of Coordinator
1/6/24	4:00 pm	3 hr	<i>Saiyyam Ahuja</i>	<i>P. Upkar</i>
3/6/24	4:00 pm	3 hr	<i>Saiyyam Ahuja</i>	
7/6/24	4:00 pm	3 hr	<i>Saiyyam Ahuja</i>	
8/6/24	4:00 pm	3 hr	<i>Saiyyam Ahuja</i>	
10/6/24	4:00 pm	3 hr	<i>Saiyyam Ahuja</i>	
16/6/24	4:00 pm	3 hr	<i>Saiyyam Ahuja</i>	
17/6/24	4:00 pm	3 hr	<i>Saiyyam Ahuja</i>	
19/6/24	4:00 pm	3 hr	<i>Saiyyam Ahuja</i>	<i>P. Upkar</i>
20/6/24	4:00 pm	3 hr	<i>Saiyyam Ahuja</i>	
22/6/24	4:00 pm	4 hr	<i>Saiyyam Ahuja</i>	
23/6/24	4:00 pm	4 hr	<i>Saiyyam Ahuja</i>	
25/6/24	4:00 pm	4 hr	<i>Saiyyam Ahuja</i>	
28/6/24	4:00 pm	3 hr	<i>Saiyyam Ahuja</i>	
30/6/24	4:00 pm	3 hr	<i>Saiyyam Ahuja</i>	
2/7/24	4:00 pm	3 hr	<i>Saiyyam Ahuja</i>	<i>P. Upkar</i>
3/7/24	4:00 pm	3 hr	<i>Saiyyam Ahuja</i>	
5/7/24	4:00 pm	3 hr	<i>Saiyyam Ahuja</i>	
6/7/24	4:00 pm	3 hr	<i>Saiyyam Ahuja</i>	
7/7/24	4:00 pm	3 hr	<i>Saiyyam Ahuja</i>	
8/7/24	4:00 pm	3 hr	<i>Saiyyam Ahuja</i>	
10/7/24	4:00 pm	4 hr	<i>Saiyyam Ahuja</i>	



SRM INSTITUTE OF SCIENCE AND TECHNOLOGY, KATTANKULATHUR
COLLEGE OF ENGINEERING AND TECHNOLOGY
SCHOOL OF COMPUTING
DEPARTMENT OF COMPUTING TECHNOLOGIES
21GNP301L COMMUNITY CONNECT
Academic Year 2024-25 5th Semester

LOG SHEET

Registration number: RA2211003010540

Name of the student: Pranav Singh

Date	Time	Service duration (in hours)	Signature of student	Signature of Coordinator
1/6/24	4:00 pm	3 hr	Pranav	Pranav
3/6/24	4:00 pm	3 hr	Pranav	
7/6/24	4:00 pm	3 hr	Pranav	
8/6/24	4:00 pm	3 hr	Pranav	
10/6/24	4:00 pm	3 hr	Pranav	
16/6/24	4:00 pm	3 hr	Pranav	
17/6/24	4:00 pm	3 hr	Pranav	
19/6/24	4:00 pm	3 hr	Pranav	
20/6/24	4:00 pm	3 hr	Pranav	
22/6/24	4:00 pm	4 hr	Pranav	
23/6/24	4:00 pm	4 hr	Pranav	Pranav
25/6/24	4:00 pm	4 hr	Pranav	
28/6/24	4:00 pm	3 hr	Pranav	
30/6/24	4:00 pm	3 hr	Pranav	
2/7/24	4:00 pm	3 hr	Pranav	
3/7/24	4:00 pm	3 hr	Pranav	Pranav
5/7/24	4:00 pm	3 hr	Pranav	
6/7/24	4:00 pm	3 hr	Pranav	
7/7/24	4:00 pm	3 hr	Pranav	
8/7/24	4:00 pm	3 hr	Pranav	
10/7/24	4:00 pm	4 hr	Pranav	

OBJECTIVES OF THE COMMUNITY CONNECT

Mission Learning Foundation is a Public Charitable Trust, registered under Indian Trust Act 1882.

The organization strongly feels that there is no problem in the world which education cannot resolve. They believe that with proper guidance, everyone can find their purpose of living and live a happy, smooth and peaceful life.

Anna Tubhyam- The “Food for You” program is an essential initiative that provides vital nutritional support to underprivileged individuals in the community. By ensuring access to healthy meals, the program helps improve overall well-being and fosters a sense of security and stability. By supporting the Mission Learning Foundation, donors contribute directly to initiatives that uplift individuals through knowledge and skills development. The foundation's approach is deeply rooted in community engagement, ensuring that its initiatives are tailored to local needs and foster a sense of solidarity among beneficiaries. Transparency and accountability are core principles of the Mission Learning Foundation. Donors can trust that their contributions are used effectively and efficiently to maximize impact. They operate with transparency, accountability, and compassion as its core values.

This commitment to transparency builds trust and ensures that resources are directed where they are most needed. By contributing to the "Food for You" program, we directly impacted lives by providing more than just food; we offered hope and dignity to those struggling with food insecurity. Our involvement in this noble cause exemplifies our commitment to building a stronger, healthier community where everyone has access to the basic necessities they need to thrive. The meals prepared were not just about sustenance but also aimed to promote better health and well-being among recipients. Our contribution to this program involved actively participating in the preparation and distribution of food to those in need. Volunteers and staff meticulously prepare meals using fresh ingredients and adhere to hygiene standards to ensure the nutritional value and safety of the food.

In summary, the "Food for You" program by Anna Tubhyam exemplifies compassion, efficiency, and community spirit in addressing food insecurity in Mumbai. Through dedicated efforts in food preparation, distribution, and community engagement, the program continues to make a profound and positive difference in the lives of vulnerable populations, promoting a healthier and more resilient community.

TABLE OF CONTENTS

S. No	Content	Page No.
1	INTRODUCTION OF THE ORGANIZATION	13
2	WEEK-WISE REPORT	14-19
3	TANGIBLE LEARNING	20-22
4	STUDENT'S CONTRIBUTION	23-30
5	CONCLUSION	31

CHAPTER 1

INTRODUCTION OF THE ORGANIZATION

The sole aim and mission revolves around bringing smile on everybody's face and make people happy through education and overall personality development of children. The vision is to make sure that there is no single person on the streets of India who need other's help to feed his stomach. We wish to see every person in India getting all the basic facilities without anybody else's help.

They wish to see a country where everybody is living happily and passionately for their purpose in life and does not need to beg in front of anyone. Integrity, Collaboration, Determination and Dedication are its core values. The NGO has received the humanitarian excellence award, GNE award of excellence, global excellence award for its contribution towards the society.

They work in seven states across India wherein they run numerous programs such as education camps, health camps, food for you programs and health runs. They try to help them fight with changing weather conditions by organizing distribution drives. The "Food for You" program also called Anna Tubhyam in Mumbai is designed to address the critical issue of food insecurity among underprivileged individuals and families. It operates with the core mission of ensuring that nutritious meals reach those who need them the most, thereby improving overall health outcomes and fostering a sense of security within the community. Access to nutritious meals improves overall health outcomes among beneficiaries, addressing malnutrition and related health issues. This support contributes to better physical and mental well-being.

With a commitment to transparency, efficiency, and community engagement, ensures that every donation directly impacts those in need, offering opportunities for meaningful involvement in local humanitarian efforts. By supporting this organization, you contribute to creating lasting solutions that promote wellness and resilience in the community, aligning with values of compassion and social responsibility.

The organization values dignity and respects the rights of individuals, ensuring that their beneficiaries receive support in a respectful and empowering manner. Access to nutritious meals improves overall health outcomes among beneficiaries, addressing malnutrition and related health issues. Volunteers and staff meticulously prepare meals using fresh ingredients and adhere to hygiene standards to ensure the nutritional value and safety of the food. Together, through initiatives like these, we can continue to make a meaningful difference and create positive change in the lives of individuals and families.

CHAPTER 2

WEEK-WISE REPORT

The Food for You program by Mission Learning Foundation aims to address food insecurity by providing nutritious meals to underserved communities. Volunteers play a crucial role in cooking and distributing these meals, fostering community engagement and support. The programme not only tackles hunger but also promotes health and well-being through access to wholesome food options. Through their efforts, they strive to create a sustainable impact by addressing immediate needs and empowering individuals and families towards healthier lifestyles. Navi Mumbai's "अन्न तुभ्यं - Food for You" programme successfully served over 2,275 people at Sai Baba Temple, Sector 12, Ghansoli, Navi Mumbai. It's heartening to see such initiatives making a direct impact by providing nutritious meals to those in need. Initiatives like these not only alleviate immediate hunger but also strengthen community bonds and promote well-being.

Activities Rendered:

Volunteers gather early to start preparing meals in the temple's kitchen facilities. Ingredients sourced locally are used to ensure freshness and quality. Teams are organized to handle different aspects of cooking, including chopping vegetables, cooking main dishes, and preparing side items. The kitchen is managed with strict hygiene protocols to maintain food safety standards. The cooking process involves meticulous planning to ensure that meals are not only nutritious but also sufficient in quantity to cater to the expected number of beneficiaries. During distribution, volunteers serve meals with care and respect, ensuring that each recipient is treated with dignity. After serving, volunteers assist in cleaning up the serving area and maintaining cleanliness throughout the distribution process. This includes collecting used plates and utensils for washing and sanitization.

We dedicated 3-4 hours every week to the "अन्न तुभ्यं - Food for You" programme at Sai Baba Temple, Sector 12, Ghansoli, Navi Mumbai, engaged in a range of activities from meticulous food preparation using locally sourced ingredients to careful meal packaging and organized distribution. Following the serving of nutritious meals with dignity, another team diligently handles the thorough washing and sanitization of utensils, ensuring hygiene standards are maintained throughout the process. The core objective of the initiative is to ensure that no individual goes to bed hungry, aiming to provide a nutritious meal to those in need as well as daily wage workers. By providing these meals with care and efficiency, the initiative strives to create a compassionate environment where everyone has access to essential nutrition, promoting overall well-being within the community. Most people appreciated our work and felt happy to receive a full meal.

WEEK 1 – PREPARATION OF KESARI BHAT

Community Service Experience: Mission Learning Foundation Food for You Program

During Week 1 of our volunteering with the Mission Learning Foundation Food for You program in Navi Mumbai, we undertook the task of preparing Keshari Bhat, a traditional Indian dish, for distribution to more than 250 individuals. This experience not only allowed us to contribute directly to our community but also provided valuable insights into the logistics and impact of organized philanthropic efforts. Under the guidance of the program coordinators, our team of volunteers gathered to prepare Keshari Bhat, a nutritious and culturally significant meal.

Keshari Bhat, a traditional Indian dish, boasts a nutritious profile derived from its key ingredients. Primarily composed of rice, it serves as an excellent source of carbohydrates, providing essential energy for daily activities. Accompanied by a variety of vegetables such as carrots, peas, and bell peppers, Keshari Bhat enriches its nutritional content with vitamins (A, C, K) and minerals (potassium, magnesium). The inclusion of aromatic spices like turmeric not only enhances flavor but also contributes antioxidants, such as curcumin, known for their anti-inflammatory properties. Prepared with ghee or vegetable oil, it offers balanced fats crucial for nutrient absorption and overall energy balance. With additional protein from ingredients like nuts or legumes, Keshari Bhat delivers a wholesome meal that supports bodily functions, highlights culinary diversity, and underscores the nutritional wisdom inherent in traditional Indian cuisine. The process involved sourcing ingredients, cooking in large quantities, and ensuring that hygiene and quality standards were met throughout. One of the main challenges we faced was coordinating the cooking process efficiently to meet the deadline for distribution. This experience taught us valuable lessons in teamwork, time management, and adaptability, as we had to adjust our plans to ensure that every participant received a warm meal.



Fig1. Kesari Bhat

WEEK 2

PREPARATION OF KHICHADI

During Week 2 of our volunteering with the Mission Learning Foundation Food for You program in Navi Mumbai, we undertook the preparation of Khichadi, a traditional Indian dish renowned for its simplicity and nutritional benefits. Our efforts were focused on catering to the nutritional needs of over 200 participants, ensuring a balanced and fulfilling meal. Khichadi, typically made from rice and lentils, offers a complete protein source when combined, making it ideal for vegetarian diets. Khichadi is traditionally made from a combination of rice and lentils (typically moong dal or split yellow lentils). This pairing not only creates a complete protein source but also ensures a satisfying meal that is easy to digest. The ratio of rice to lentils can vary based on regional preferences and dietary requirements, but it always results in a comforting and wholesome dish. To enhance its nutritional content, we incorporated a variety of vegetables such as spinach, carrots, peas, and sometimes tomatoes.

We catered to more than 550 people. Seasoned with turmeric, cumin, and other spices, Khichadi not only enhances flavor but also contributes antioxidants and anti-inflammatory properties. By incorporating this nutritious dish into our distribution efforts, we aimed to promote health and well-being within the community while embracing the cultural significance and nutritional wisdom of traditional Indian cuisine. This experience further reinforced our commitment to impactful community service and highlighted the importance of wholesome nutrition in fostering a stronger, healthier society. Beyond its nutritional value, Khichadi holds cultural significance as a staple comfort food across India. Its preparation and consumption are deeply rooted in traditions that emphasize simplicity, nourishment, and communal sharing. We learned valuable skills in meal planning, portion control, and ensuring food safety standards. Moreover, witnessing the gratitude of the recipients highlighted the profound impact that nutritious meals can have on individuals and communities, reinforcing our commitment to sustainable community service and health promotion initiatives. By serving Khichadi, we not only provided a warm and wholesome meal but also celebrated the cultural heritage embedded in Indian cuisine.



Fig2. Khichadi

WEEK 3

PREPARATION OF CHANA

During Week 3 of our participation in the Mission Learning Foundation Food for You program in Navi Mumbai, we were tasked with preparing Chola, a hearty and nutritious dish that is popular across India. Chola, also known as Chana Masala, is made primarily from chickpeas (garbanzo beans) cooked in a flavorful blend of spices and herbs. Chola typically starts with dried chickpeas that are soaked overnight and then cooked until tender. This legume is rich in protein, making it an excellent choice for vegetarian diets. The dish is flavored with a variety of spices such as cumin, coriander, turmeric, and garam masala, which not only impart a robust taste but also provide antioxidant and anti-inflammatory properties. Tomatoes, onions, ginger, and garlic are often used to create a savory base, while green chilies or chili powder add a touch of heat. Chickpeas are not only a good source of protein but also contain dietary fiber, which supports digestive health and helps regulate blood sugar levels. Additionally, they are packed with essential minerals such as iron, magnesium, and potassium, contributing to overall well-being. We catered to more than 650 people.

Chola holds cultural significance as a staple in Indian cuisine, often enjoyed with rice or bread like roti or puri. Its preparation varies regionally and can be adapted to suit different tastes and dietary preferences. Serving Chola through the Food for You program allowed us to celebrate this cultural heritage while providing a wholesome and flavorful meal to community members in need. We learned valuable culinary skills, including the art of balancing spices and ensuring the proper cooking of chickpeas for optimal texture and taste. The positive feedback from participants underscored the impact of providing culturally relevant meals that nourish both body and spirit.



Fig3.Preparation of Chana Masala

WEEK 4

PREPARATION OF SHEERA

During Week 4 of our dedicated participation in the Mission Learning Foundation Food for You program in Navi Mumbai, we engaged in the preparation of Sheera, a delightful and nourishing dessert enjoyed across India. Sheera, also known as Suji Halwa or Semolina Pudding, is revered for its simplicity in ingredients yet richness in flavor and cultural significance. Sheera is typically made from semolina, clarified butter (ghee), sugar, and water or milk. Sheera provides a wholesome source of carbohydrates and energy from semolina, making it a satisfying treat. Ghee, used in moderation, adds a dose of healthy fats essential for nutrient absorption and energy. The inclusion of nuts and dried fruits not only enhances its taste but also offers additional nutrients like protein, fiber, and antioxidants. Sheera is often served warm, providing comfort and satiety, particularly during festive occasions and community gatherings.

Sheera holds cultural significance as a traditional dessert in Indian cuisine, often served as prasad (offering) in religious ceremonies or celebrations. Its preparation varies regionally, with each variation reflecting local ingredients and culinary traditions. Serving Sheera through the Food for You program allowed us to share this cultural heritage while providing a sweet and comforting end to the meals served to community members. Preparing Sheera for the program was an enriching experience that highlighted the importance of dessert as a means of cultural expression and communal bonding. We learned valuable cooking techniques, including the precise balance of ingredients and the art of achieving the desired texture and consistency. The smiles and expressions of satisfaction from those enjoying the Sheera underscored its role not only as a dessert but also as a symbol of hospitality and togetherness. We catered to more than 950 people.



Fig4. Sheera

CHARITY

Impactful Charity Initiative: Donating 10,000 for Community Support

As part of my commitment to social responsibility and community service, we engaged in a meaningful charity initiative by donating 10,000 towards a worthy cause. This act of philanthropy aimed to support and uplift those in need, reflecting my dedication to making a positive impact in society. The donation was directed towards enabling more food distribution and reach more people, which strives to make sure that there is no single person on the streets of India who need other's help to feed his stomach. We wish to see a country where everybody is living happily and passionately for their purpose in life. One of the immediate impacts of financial contributions is their ability to cover operational costs. Donations help procure essential ingredients, cooking supplies, and equipment needed for preparing meals on a large scale. This ensures that the program can continue its operations efficiently and consistently, reaching a greater number of beneficiaries. This will help support operational cost. This ensured that the program could efficiently cater to a larger number of beneficiaries and maintain quality standards in food distribution. With increased financial resources, the Food for You program was able to expand its outreach efforts. This included reaching more vulnerable individuals and families within the community who rely on these meals as a vital source of nutrition and support.

The impact of the financial contribution extends beyond immediate benefits. It contributes to the long-term sustainability of the Food for You program by strengthening its financial resilience and capacity to respond to future challenges or increased demand for services. Part of the donation could be allocated towards sustainable initiatives within the program. This can include investments in eco-friendly packaging, energy-efficient cooking methods, or initiatives aimed at reducing food waste. These efforts will not only support environmental sustainability but also optimize operational efficiency.

Ensuring food security involves advocating for policies and programs that guarantee all individuals have access to safe, nutritious, and sufficient food. This can include supporting initiatives that address food deserts, promote urban agriculture, or advocate for equitable distribution of resources to reduce hunger and malnutrition. Moving forward, we are committed to advocating for and contributing to initiatives that prioritize food security, community welfare, and sustainable development.

Through continued dedication, collaboration, and proactive engagement, we aim to contribute meaningfully to initiatives that address these pressing global challenges and foster positive change in our communities.

CHAPTER 3 TANGIBLE LEARNING

Participating in the Mission Learning Foundation Food for You program and contributing a donation of 10,000 has been a profoundly enriching experience that has broadened my perspective on social responsibility and community service. This initiative allowed me to actively engage in meaningful activities aimed at providing nutritious meals to those in need in Navi Mumbai. Through hands-on involvement in meal preparation and distribution, we gained practical insights into the logistics and challenges of organizing large-scale charitable efforts. Working alongside dedicated volunteers and witnessing the impact of our collective efforts reinforced the importance of teamwork and commitment in achieving social good. Preparing traditional Indian dishes such as Keshari Bhat, Khichadi, Chola, and Sheera during the preparation process not only introduced me to the rich culinary heritage of our culture but also highlighted the role of food in fostering community bonds and cultural identity. Each dish served not just as sustenance but as a symbol of care and support for the recipients, many of whom rely on these meals as a primary source of nutrition. This experience deepened my appreciation for the significance of culturally relevant food in addressing broader societal issues such as food insecurity and community well-being. Engaging directly in charitable activities has deepened our understanding of social responsibility and community service.

Exploring traditional Indian cuisine and its role in community support has fostered cultural appreciation and awareness. Learning about the cultural significance of these dishes and their role in community support has enriched my understanding of cultural diversity and heritage. It has also highlighted the communal aspect of food preparation and sharing, reinforcing the importance of cultural traditions in promoting social cohesion and identity. Preparing Khichadi for such a large group underscored the importance of teamwork, organization, and efficient cooking practices. We learned valuable skills in meal planning, portion control, and ensuring food safety standards. Moreover, witnessing the gratitude of the recipients highlighted the profound impact that nutritious meals can have on individuals and communities, reinforcing our commitment to sustainable community service and health promotion initiatives. Our involvement in preparing Chola for the Mission Learning Foundation Food for You program exemplified the transformative power of food in promoting health and cultural appreciation. Moving forward, we are inspired to continue our commitment to supporting initiatives that prioritize nutrition, community engagement, and sustainable development. Preparing Sheera for the program was an enriching experience that highlighted the importance of dessert as a means of cultural expression and communal bonding.

We learned valuable cooking techniques, including the precise balance of ingredients and the art of achieving the desired texture and consistency. The smiles and expressions of satisfaction from those enjoying the Sheera underscored its role not only as a dessert but also as a symbol of hospitality and togetherness. One of the

main challenges we faced was coordinating the cooking process efficiently to meet the deadline for distribution.

This experience taught us valuable lessons in teamwork, time management, and adaptability, as we had to adjust our plans to ensure that every participant received a warm meal. It showcased the power of food to nourish bodies and spirits alike, while also honoring the rich cultural heritage of traditional Indian cuisine. This detailed account emphasizes the culinary artistry, cultural significance, and community impact of preparing Sheera as part of your volunteer efforts. It showcases your dedication to celebrating cultural heritage through food while providing nourishment and joy to those in need. Moving forward, we are inspired to continue contributing to initiatives that promote nutrition, wellness, and community resilience.

Moreover, the financial contribution of 10,000 towards the program significantly bolstered its capacity to reach more vulnerable populations and expand its services. This donation facilitated the purchase of essential ingredients, equipment, and resources needed to sustain and enhance the quality of meal provision. By receiving support through charitable initiatives, individuals and families have been empowered to focus on other aspects of personal and community development. Contributing financially and actively to the program has provided practical lessons in measuring impact and understanding the ripple effects of charitable contributions.

Organizing and participating in food preparation and distribution efforts have been instrumental in honing my leadership skills and organizational abilities. Coordinating with volunteers, managing resources efficiently, and ensuring the smooth execution of tasks have enhanced my ability to lead and collaborate effectively towards a common goal. I've gained insights into logistical planning, teamwork dynamics, and the importance of clear communication—all crucial aspects of effective leadership in any setting.

Volunteering with the Mission Learning Foundation Food for You program was not only a fulfilling experience but also a profound learning opportunity. It reaffirmed our belief in the transformative power of grassroots initiatives and the invaluable role of community engagement in creating a more inclusive society. Seeing the gratitude and relief on the faces of those who received the meals was incredibly rewarding. It reinforced the importance of community service and inspired us to continue contributing positively to society.

This experience also underscored the power of collective action in addressing social issues and fostering a sense of solidarity within the community. The experience has instilled a sense of empathy, compassion, and commitment to making a positive difference in society. Organizing and participating in food preparation and distribution efforts have honed the leadership skills and organizational abilities. In conclusion, my

participation in the Mission Learning Foundation Food for You program and the accompanying donation have been pivotal in shaping my personal growth, enhancing my understanding of community needs, and reinforcing my commitment to making a meaningful difference in society.

This journey has underscored the transformative power of collective action and the profound impact that individuals can have when united by a shared vision of compassion, solidarity, and social justice. By continuing to engage in volunteerism, fundraising, and advocacy, we hope to play an active role in addressing pressing social challenges and empowering individuals to lead healthier and more fulfilling lives.

Interacting with individuals facing food insecurity has deepened my empathy for their struggles and strengthened my resolve to contribute meaningfully towards creating a more equitable and compassionate society. Through hands-on involvement in preparing and distributing meals, we learned firsthand the importance of addressing food insecurity and supporting vulnerable populations in Navi Mumbai. This experience has not only heightened my awareness of societal challenges but has also underscored the role of individuals in effecting positive change within their communities.

We understood the vision of Mission learning foundation is to make sure that there is no single person on the streets of India who need other's help to feed his stomach. We understood the importance of core values of Integrity, Collaboration, Determination and Dedication.

As students, we have come to understand and strongly believe that there is no challenge in the world that education cannot resolve. We recognize that with proper guidance, every individual can uncover their life's purpose and strive towards a fulfilling and harmonious existence. We firmly advocate for universal access to basic education, believing it is essential for equipping children with the foundational knowledge needed to shape their futures. Our commitment lies in fostering happiness and well-being through education. At Mission Learning Foundation, where we actively participate, we have grasped the profound impact of education in transforming lives.

The Mission Learning Foundation Food for You program offers numerous benefits to its end users. Primarily, it provides nutritional support by ensuring access to healthy meals, which is crucial in combating food insecurity and promoting better overall health and regular access to nutritious food helps prevent malnutrition and reduces the risk of chronic diseases, contributing significantly to the recipients' physical well-being. Program alleviates financial pressure on individuals and families, allowing them to allocate limited resources to other essential needs like housing, education, and healthcare. Beyond immediate health and economic benefits, the program fosters a sense of community and belonging, as recipients interact with volunteers and

other community members during meal distribution. Enjoying traditional dishes like Keshari Bhat, Khichadi, Chola, and Sheera also enriches the recipients culturally, providing a sense of familiarity and comfort through food.

CHAPTER 4

STUDENT'S CONTRIBUTION

1) Avjot Singh Chawla

Role: Food Service Coordinator

Avjot played a multifaceted role by serving food, arranging for food supplies, and interacting with the main person from the NGO. Additionally, Avjot coordinated various aspects of the program, ensuring smooth execution and effective communication among participants. He played a pivotal role in the successful execution of the Mission Learning Foundation Food for You program, demonstrating exceptional commitment and versatility. He was actively involved in the distribution of meals, ensuring that each recipient received their portion efficiently and respectfully. This role required attentiveness to the needs of the recipients and coordination with other volunteers to maintain an orderly distribution process, took charge of sourcing the ingredients necessary for preparing the meals. This involved identifying reliable suppliers, negotiating prices, and ensuring the timely delivery of fresh produce and other food items. Avjot's efforts ensured that there was a steady supply of high-quality ingredients for the program. He maintained regular communication with the main person from the NGO, facilitating a clear and open line of communication. This role was crucial for understanding the specific needs and preferences of the recipients, as well as for coordinating the logistical aspects of the program. His coordination skills were pivotal in organizing the preparation and distribution of meals.

This included overseeing the cooking process for traditional dishes like Chola, Kesari Bhat, and Khichadi, and ensuring that these dishes were prepared to high standards of taste and hygiene. He supervised the preparation of Chola, a flavorful chickpea curry, ensuring that it was cooked to perfection. This involved overseeing the soaking and boiling of chickpeas, the preparation of the masala (spice mix), and the final cooking process to achieve the right consistency and flavor. For Kesari Bhaat, a sweet saffron-infused rice dish, he ensured the accurate measurement and combination of ingredients such as rice, saffron, ghee, sugar, and nuts. Attention to detail was crucial in achieving the right texture and flavor balance. He was also responsible for organizing the transportation of prepared meals from the cooking site to various distribution points. This involved coordinating with drivers, planning routes to ensure timely delivery, and ensuring that the food was transported under hygienic conditions to maintain its quality and safety.



Fig5. Food Distribution



Fig6. Meal Stirring and quality check

2) Saiyyam Ahuja

Role: Logistics and Coordination Lead

Saiyyam acted as the primary liaison between the student volunteers and the NGO personnel. This involved regular communication to understand the needs and preferences of the recipients, ensuring that the program's efforts were aligned with the NGO's goals. His coordination efforts facilitated seamless collaboration and helped address any issues promptly. He was responsible for organizing the transportation of meals from the preparation site to the distribution points. This included planning the logistics, coordinating with drivers, and ensuring that the transportation process adhered to hygiene and safety standards. Saiyyam's attention to detail ensured time and in good condition.

He managed the distribution process, ensuring that meals were handed out efficiently and respectfully to the recipients. This role required overseeing the setup of distribution points, managing queues, and ensuring that each recipient received their portion. His efforts ensured a smooth and orderly distribution process, minimizing wait times and ensuring that everyone was served. His contributions were vital to the program's success, ensuring effective communication, reliable transportation, and organized food distribution. He served as the primary liaison between the student volunteers and the NGO personnel. This role required regular and effective communication to understand the specific needs, preferences, and expectations of the recipients and the NGO. He meticulously planned the logistics, considering factors such as the distance, route, and timing to ensure timely delivery.

Ensuring that the food was transported under hygienic conditions was crucial. Saiyyam played a crucial role in ensuring the smooth operation of the program by managing several key aspects. This involved coordinating with drivers, planning routes to ensure timely delivery, and ensuring that the food was transported under hygienic conditions to maintain its quality and safety. Food preparation included overseeing the cooking process for traditional dishes like Chola, Kesari Bhat, and Khichadi, and ensuring that these dishes were prepared to high standards of taste and hygiene. Saiyyam monitored the packing process, ensuring that the meals were securely packed and stored at the right temperature to preserve their quality and safety. He coordinated the preparation of Khichadi, a nutritious dish made from rice and lentils. This required careful planning to ensure that the ingredients were cooked to the right consistency and seasoned properly, making the dish both tasty and easy to digest.



Fig7. Food Plating



Fig8. Food serving

3) Pranav Singh

Role: Financial Manager and Quality Assurance

He conducted regular checks on food preparation and storage practices to maintain high levels of hygiene and safety. He ensured that funds were utilized efficiently and transparently. Pranav played a crucial role in ensuring the quality of meals and managing financial aspects during the preparation of Chana, Chola, Khichadi, and Kesari Bhat in the Mission Learning Foundation Food for you program. Pranav supervised the cooking process for dishes like Chana (chickpeas) and Chola (chickpea curry). This involved ensuring that ingredients were properly washed, cooked to the right consistency, and seasoned appropriately to enhance flavor while maintaining nutritional value. Pranav implemented strict hygiene protocols to ensure food safety. This included overseeing cleanliness in the kitchen, proper storage of ingredients, and adherence to cooking temperatures to prevent contamination. Pranav ensured that each dish, including Khichadi (rice and lentil dish) and Kesari Bhat (saffron-infused sweet rice), met high standards of taste and presentation. This involved tasting the prepared dishes to ensure they were flavorful and visually appealing before they were served to recipients.

Pranav developed and monitored budgets for the program, ensuring that funds were allocated effectively to cover expenses related to purchasing ingredients, transportation, and other operational costs. This involved documenting costs related to food procurement, transportation logistics, and any miscellaneous expenses incurred during the program. Pranav worked to optimize resource utilization, seeking cost-effective solutions without compromising the quality or impact of the program. This included negotiating prices with suppliers and identifying opportunities to reduce costs while maintaining program integrity. Pranav's dual role as Quality Assurance and Finance Manager was instrumental in ensuring that the Mission Learning Foundation Food for You program operated smoothly and efficiently. By upholding rigorous quality standards in food preparation and ensuring prudent financial management, Pranav contributed to delivering nutritious meals like Chana, Chola, Khichadi, and Kesari Bhat to those in need. Their meticulous approach helped enhance the program's impact. This involved identifying reliable suppliers, negotiating prices, and ensuring the timely delivery of fresh produce and other food items. His efforts ensured that there was a steady supply of high-quality ingredients for the program.

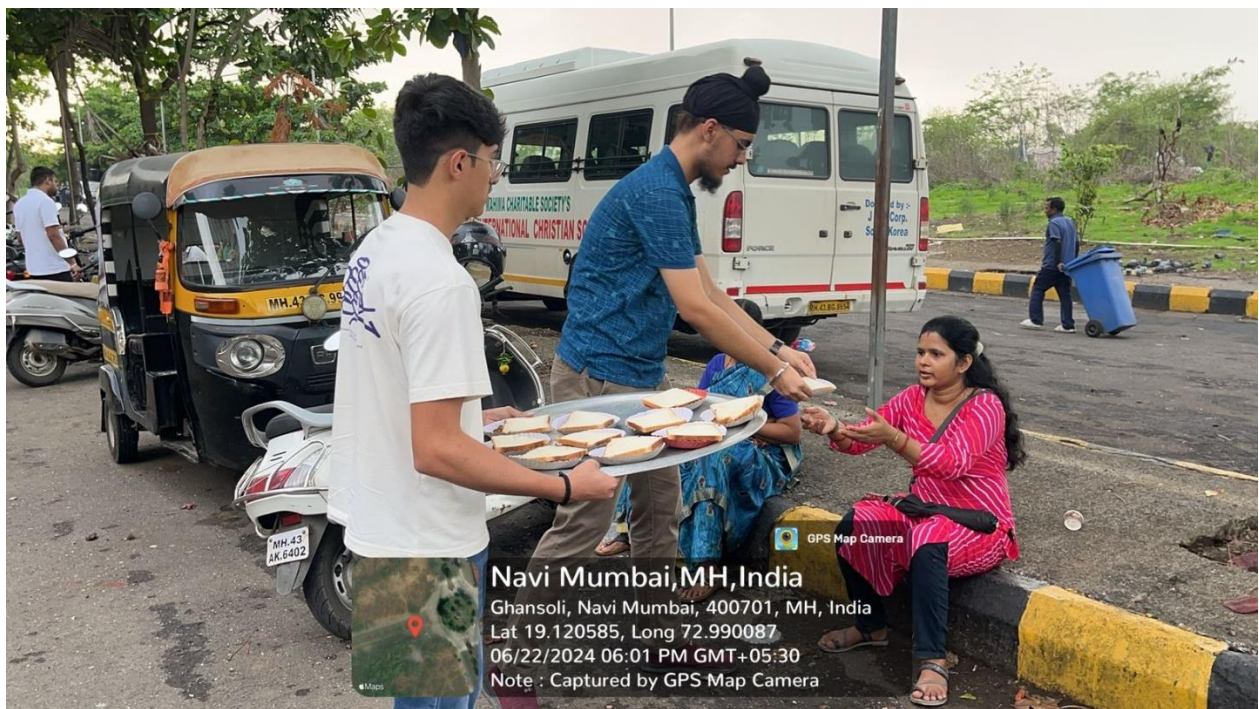


Fig9. Food Distribution



Fig10. Chana Distribution

4) Tanushree Borase

Role: Recipient and cultural Liaison

Tanushree interacted directly with the recipients, gathering feedback and addressing their concerns. She ensured that the program was responsive to the needs and preferences of the community. She focused on incorporating cultural elements into the program, such as the selection of traditional dishes. She also facilitated interactions between volunteers and recipients, promoting cultural understanding and appreciation. She played a pivotal role in bridging cultural understanding, managing recipient interactions, and coordinating food distribution during the Mission Learning Foundation Food for You program. She facilitated interactions between volunteers and recipients, promoting cultural exchange and understanding. This included explaining the significance of the dishes being served and encouraging dialogue that celebrated cultural diversity. Tanushree acted as a point of contact for recipients, addressing their questions, concerns, and feedback with empathy and respect. By fostering trust and communication, she ensured that recipients felt valued and heard throughout the program. She coordinated the setup of distribution points, ensuring they were organized and equipped to handle the flow of recipients. This involved arranging seating, queuing systems, and signage to facilitate smooth operations. She managed the distribution process to ensure that meals like Chana, Chola, Khichadi, and Kesari Bhat were served promptly and in appropriate portions. This included coordinating with volunteers to maintain orderliness and minimize wait times for recipients. She ensured that all recipients received their fair share of meals, regardless of circumstances, and that special dietary needs or preferences were accommodated whenever possible.

Tanushree's dual role as Cultural and Recipient Liaison and Food Distribution Coordinator was instrumental in fostering cultural sensitivity, promoting community engagement, and ensuring the effective delivery of nutritious meals during the program. By enhancing cultural awareness and managing the logistics of food distribution with diligence and compassion, Tanushree contributed to the program's success in serving the community and fostering a sense of inclusivity and respect among participants and recipients alike. Tanushree effectively communicated with recipients in their local language, particularly in Marathi, ensuring clear understanding and addressing any language barriers that recipients might face. This facilitated smooth

interactions and enhanced the overall experience for participants and recipients alike.



Fig11. Food Plating



Fig12. Food Distribution

CHAPTER 5

CONCLUSION

Participating in the Mission Learning Foundation Food for You program over the course of four weeks has been a profoundly educational and rewarding experience for us as students. This initiative not only allowed us to contribute meaningfully to our community but also provided invaluable opportunities for learning and personal growth. Through our involvement in preparing and distributing nutritious meals such as Chana, Chola, Khichadi, and Kesari Bhat, we gained practical insights into the logistics of large-scale charitable efforts. Coordinating with NGO personnel, managing transportation logistics, and ensuring efficient food distribution taught us valuable lessons in organization, teamwork, and problem-solving.

Moreover, our roles as cultural liaisons, language translators, and recipient assistants highlighted the importance of cultural sensitivity and effective communication in community service. By speaking in Marathi and facilitating clear communication, we ensured that all recipients felt respected and understood, enhancing their overall experience and the program's impact. Beyond practical skills, our participation in the Food for You program deepened our understanding of social responsibility and the profound impact of community service. It reinforced the importance of empathy, collaboration, and proactive engagement in addressing societal challenges such as food insecurity and cultural preservation.

As we reflect on our experiences with the Mission Learning Foundation NGO, we are inspired to continue supporting initiatives that prioritize community welfare, cultural preservation, and sustainable development. Our time spent volunteering has not only enriched our academic and personal journeys but has also instilled in us a lasting commitment to making a positive difference in the lives of others. In conclusion, the Food for You program has been a transformative experience, empowering us as students to actively contribute to our community while gaining invaluable skills and perspectives that will shape our future endeavors in social service and beyond.



Fig13. Our Team



Fig14. Happy Service