



UNNAT BHARAT ABHIYAN
The Gandhigram Rural Institute
(Deemed to be University)
Gandhigram - 624 302, Tamilnadu.
AISHE -U- 0453



ANNUAL REPORT
2020 - 2021





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Submitted by

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THE GANDHIGRAM RURAL INSTITUTE
(DEEMED TO BE UNIVERSITY)
GANDHIGRAM
TAMIL NADU



Unnat Bharat Abhiyan (2020-21)

“If we have to build the nation, we have to start from the village”

- *Hon’ble P.M. Sri. NarendraModi*

Unnat Bharat Abhiyan is a flagship programme of the Ministry of Education with the intention to enrich rural India. The programme was formally launched by the Ministry of Human Resource Development (MHRD) in the presence of President of India on 11th November, 2014. Unnat Bharat Abhiyan 2.0 was launched by Shri Prakash Javadekar on 25th April 2018. The Vision and Mission of UBA are :

Vision

Unnat Bharat Abhiyan is inspired by the vision of transformational change in rural development processes by leveraging knowledge institutions to help build the architecture of an Inclusive India.

Mission

The Mission of Unnat Bharat Abhiyan is to enable higher educational institutions to work with the people of rural India in identifying development challenges and evolving appropriate solutions for accelerating sustainable growth. It also aims to create a virtuous cycle between society and an inclusive academic system by providing knowledge and practices for emerging professions and to upgrade the capabilities of both the public and the private sectors in responding to the development needs of rural India.

The Gandhigram Rural Institute formally submitted its application as one of the participating institutes under UBA in March 2018. Totally nine villages are adopted under UBA as given below.

Service Villages

S. No	Name of the Village	Taluk	District
1	Achampatti	Dindigul	Dindigul District
2	Agaram	Dindigul	
3	Chettiyapatti	Athoor	
4	Chathirapatti	Dindigul	
5	Kondamanaickanpatti	Reddiarchatram	
6	Kottur Avarampatti	Dindigul	
7	Rengappanur	Dindigul	
8	Ulagampatti	Dindigul	
9	Valaiyapatti	Athoor	



UBA PROGRAMMES ORGANISED 2020 - 2021

Sl. No	Name of the Programmes	Date	Place	Participants
1.	Nutrition Education to Adolescent Girls	09.09.2020	Valayapatti	50 Adolescent girls
2.	Webinar on “Eat Right to Stay Smart”	26.09.2020	Google meet	100 students
3.	Webinar on Creating Inclusiveness for Children for the Functionaries of Creche and NGOs	03.12.2020	Zoom	100 Participants – NGO, Creche workers and Students
4.	Nutrition Garden Demonstration	16.12.2020	Gandhigram University	30 Creche workers
5.	Nutritious Novel Snacks Preparation	29.12.2020	Gandhigram University	30 Creche workers
6.	Discussion with women in Valayapatti	18.02.2021	Valayapatti	25 village women
7.	Mushroom Cultivation	17.02.2021	KVK, Gandhigram	25 SHG Members
8.	International Women's Day Celebration	08.03.2021	Ulagampatti	50 rural women



NUTRITION EDUCATION TO RURAL ADOLESCENT GIRLS

Unnat Bharat Abhiyan and Krishi Vigyan Kendra jointly organized nutrition education programme to rural adolescent girls at valayapatti village one of the adopted villages under UBA programme on 09.09.2020. Dr.S. Kavitha Maithily, Coordinator, UBA and Mrs.Sreekumari, SMS, KVK served as the resource persons. Initially they had a discussion with the girls to understand their food habits during pandemic. Then a lecture on iron rich foods was delivered and their doubts were clarified. Nutrition education games were also conducted for the girls. Mrs. Sreekumari visited the houses of adolescent girls at Valayapatti village and motivated them to have nutrition garden.





WEBINAR ON “EAT RIGHT TO STAY SMART”

Unnat Bharat Abhiyan, GRI celebrated the National Nutrition Month “Poshan Maah” 2020 by organising a webinar on ‘Eat Right to Stay Smart’ in Collaboration with Department of Home Science with the objective inculcating healthy food habits among college students. The Webinar was organised on **26.09.2020** at 11 am through Google meet. One hundred students from GRI participated in the webinar.

Dr. S. S. Vijayanchali, Associate Professor and Head, Department of Home Science, welcomed the gathering. Dr. B. Subburaj, Vice chancellor I/C, The Gandhigram Rural Institute, delivered the presidential address. He appreciated the efforts of Department of Home Science in improving the nutritional status of the community through its nutrition education programme and asked the students should create awareness among their neighbours in taking nutritious foods during the pandemic period. Dr. K. Ravichandran, Co-ordinator, RCI- UBA

delivered the felicitation address and stressed that the UBA volunteers should play a major role in improving the nutritional status of the community.

Dr.S. Uma Mageshwari Professor and Head Department of FSMD, Avinashilingam Institute for Higher Education, Coimbatore delivered a thought provoking lecture on the topic “Eat Right for Holistic Health”. She focused on importance of nutrition, nutritional requirements during the various stages of life, and how to plan the diet. At the end of the session the participants clarified their doubts. Then Mrs. Tajunisha Begum CDPO, Kayathar Thoothukudi, discussed about “Fostering ICDS Programmes through HEIs”. She stressed that the higher education institutions should come forward to impart adolescent education and nutrition education to parents in order to develop right food habits among the future

THE GANDHIGRAM RURAL INSTITUTE
DEEMED TO BE UNIVERSITY
NATIONAL NUTRITION MONTH
“POSHAN MAAH” - 2020
WEBINAR ON “EAT RIGHT TO STAY SMART”

ORGANIZED BY UNNAT BHARAT ABHIYAN AND
DEPARTMENT OF HOME SCIENCE

DATE: 26.09.2020 SATURDAY
TIME: 11.00 AM

WELCOME ADDRESS
DR. S. S. VIJAYANCHALI
ASSOCIATE PROFESSOR & HEAD
DEPARTMENT OF HOME SCIENCE
GRI

PRESIDENTIAL ADDRESS
DR. B. SUBBURAJ
VICE CHANCELLOR I/C
GRI

FELICITATION
DR. K. RAVICHANDRAN
CO-ORDINATOR, RCI- UBA
GRI

INVITED SPEAKERS

EAT RIGHT FOR HOLISTIC HEALTH
DR. S. UMA MAGESHWARI
PROFESSOR AND HEAD
DEPARTMENT OF FSMD
AVINASHILINGAM INSTITUTE
FOR HIGHER EDUCATION
COIMBATORE

FOSTERING ICDS PROGRAMMES THROUGH HEIs
Mrs. TAJUNISHA BEGUM
CDPO, KAYATHAR
THOOTHUKUDI

VOTE OF THANKS
DR. S. KAVITHA MAITHILY
CO-ORDINATOR, UBA
GRI

MEDIATOR
DR. A. THAHIRA BANU
ASSISTANT PROFESSOR
DEPARTMENT OF HOME SCIENCE
GRI

GOOGLE MEET

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generation. Both the sessions were informative and useful to the participants. Dr. S. Kavitha Maithily, Coordinator, UBA proposed vote of thanks. Dr.A. Thahira Banu, Assistant professor, Department of Home Science coordinated the programme.

Webinar on Creating Inclusiveness of Children for the Functionaries of Creche and NGOs

The Webinar on 'Creating Inclusiveness of Children for the functionaries of Crèche and NGOs' was organized by Unnat Bharat Abhiyan, GRI in collaboration with National Institution of Public Cooperation and Child development, Regional Center Bangalore. This programme was organized on International Day of Persons with Disability 3rd December 2020 through zoom platform from 3:15 pm to 5:00 pm. One hundred participants like crèche workers, NGO personnel and students participated in the programme.

Dr.K.Ravichandhran, welcomed the gathering and explained the purpose of this webinar. He stated the sustainable goals and government programmess for disabled children. Prof.Vigraanth Babu, Assistant Professor, Department of Psychology, Kristu Jayanthi College, Bangalore served as the resource person. His lecture focussed on the developmental milestones of



children, challenges to inclusiveness in the COVID-19 and creating pathways to improve Inclusiveness. The participants expressed their challenges and clarified their doubts.

At the end Dr.S. Kavitha Maithily, Coordinator, UBA proposed vote of thanks. Participants also submitted the feedback forms sent by NIPCCD.



.Nutrition Garden - Demonstration

Unnat Bharat Abhiyan, GRI organized a demonstration on creating nutrition garden at



the GRI crèche campus ,S.Vadipatti village with the support of Krishi Vigyan Kendra, GRI. On 16.12.2020, a one day programme on Nutrition Garden was organized at S.Vadipatti village. Twenty eight crèche workers of GRI participated in the programme. This programme was organized based on the request made during the Nutrition Education programme held on 09.09.2020 at Valayapatti village.

Initially Dr.S. Kavitha Maithily, coordinator, UBA explained the importance of nutrition for healthy living and benefits of having nutrition garden in child care centres. Then Mrs. Sreekumari, Subject Matter Specialist, KVK, GRI handled a session on steps to be followed in setting up a nutrition garden and distributed the vegetable seeds to the participants and clarified the doubts of the participants.

After the lunch, She demonstrated the setting up of Nutrition garden, the participants actively involved in digging the pits and sowed the seeds





Training on Nutritious Novel Snacks Preparation

During the pandemic providing nutritious meals to children and to improve their immunity and nutritional status is a challenging task for parents. Realising this need Unnat Bharat Abhiyan in collaboration with Krishi Vigyan Kendra organized a one day training programme on Nutritious Novel Snacks Preparation to the crèche workers of Gandhigram Rural Institute. They in turn will impart the knowledge to the rural mothers. This programme was organized on 29th December 2020 at Gandhigram.

Smt. M. Annamary Selvi, Balwadi Supervisor delivered Welcome Address. Dr. L. Raja, Professor and Head, Department of Lifelong Learning and Extension, in his presidential address pointed out that good nutrition is very much essential for children who are in vulnerable situation. During Pandemic the mothers need to be educated about preparing nutritious diet with the resources available to them.

Mrs.Curlin, CDPO from Athoor, explained the efforts to be taken to improve the nutritional status of children during the pandemic period where the noon meal centres. She also stressed the need of preparing snacks at home which is more hygienic and healthy. She demonstrated the preparation of Aval balls, millet rolls, The crèche workers actively involved in the preparation of tasty and nutritious snacks and taken a oath that each will impart the knowledge and skill gained through this training programme to at least five rural mothers. Thus this programme is intended to cover rural mothers in UBA adopted villages of Gandhigram. At the end of the programme, Dr.S. Kavitha Maithily, Coordinator proposed vote of thanks to the resource person and the participants.





DISCUSSION WITH RURAL WOMEN ON HERBAL COLLECTION

Under UBA it is planned to create an employment opportunity for rural women based on their local resources. In valayapatti village many families are engaged in collecting the herbs from sirumalai hills and selling it to the local traders. So it is thought that if training is given to make the herbs collected into a value added product, the income of rural women could be enhance. With this intention an initial discussion was held with the herb collectors at valayapatti on 18.02.21. This meeting was arranged to identify how many women are engaged in this activity, what are the various types of herbs they are collecting and the seasons when the herbs are available. It was understood that 15 to 20 women are engaged in this activity. When they don't have MGNREGA work , they will go for herbal collection. They will collect the herbs, just sun dry it and sell it to the traders at Dindigul. They don't have any knowledge or idea on processing technology or making the herbs into value added products like tea bags, facial packs etc. Still more exploratory interviews need to be conducted in this regard. As summer is approaching no hers were available at this season. It was decided to have further discussions and to find a suitable training programme for these women.





Training on Mushroom Cultivation

Unnat Bharat Abhiyan, GRI organized a training programme on Mushroom Cultivation to 30 SHG women on 17.02.2021 along with Krishi Vigyan Kendra of GRI. In order to provide livelihood opportunities to rural women this

Mrs M. Sahintaj, SMS, KVK explained the benefits of mushroom cultivation and how to maintain and grow it, and the processing method. Mushroom farming is one of the most profitable agri-business that you can start with low investment and less space. Button mushroom, oyster mushroom and paddy straw mushroom are the three significant types used for Indian cultivation. Paddy straw mushrooms can grow in temperatures ranging from 35-40 degree Celsius. On the other hand, oyster mushrooms grow during the winter seasons. All these mushrooms of commercial importance are grown by different methods and techniques. Mushrooms are grown in unique beds known as compost beds.

A pure culture of *Pleurotus* sp. (oyster mushrooms) needs for inoculation on the sterilized substrate. It takes 10-15 days for mycelial growth on cereal grains. Oyster mushroom can cultivate many agro-wastes with cellulose and lignin, which helps in more enzyme production of cellulose correlated with more yield. These include straw of paddy, wheat and ragi, stalk and leaves of maize, millets and cotton, used citronella leaf, sugarcane bagasse, sawdust, jute and cotton waste, dehulled corncobs, pea nut shells, dried grasses, sunflower stalks, used tea leaf waste, discarded waste paper and synthetic compost of button mushrooms. It has reported that jowar and bajra grains are superior to wheat grains. Freshly prepared (20-30 days old) grain spawn is best for spawning. Old spawn (3-6 months) stored at room temperature (at 20-30⁰ C) forms a very thick mat-like structure due to mycelium aggregation, and sometimes young pinheads and fruit bodies start developing in the spawn bottle itself. Spawned bags, trays or boxes are arranged in a dark cropping room on raised platforms or shelves for mycelium colonization of the substrate. However, mycelium can grow from 10⁰C to 33⁰ C; the optimum temperature for spawn running lies between 22⁰C to 26⁰ C. When the mycelium has fully colonized the substrate, the fungus is ready for fruiting. Contaminated bags with molds may be discarded, while bags with patchy mycelia growth may be left for few more days to complete mycelial growth. The correct shape for picking can be judge by the shape and size of the fruit body. The fruit bodies should be harvest before spore release by twisting so that the stubs are not left on the beds (straw). It is advisable to pick all the mushrooms from a cube, and the next flush will appear at one time.



More than 500 kg of fresh mushrooms per ton of dry wheat or straw can be obtained in the case of crops produced in 45-60 days.

The trainees were given hands on training to fill the bags and how to spread the seeds and hang. They also visited the mushroom cultivation unit and understands the steps in cultivation. Thus they learnt the concepts through learning by doing method





International Women's Day

The **theme** for this year's **International Women's Day** is #ChooseToChallenge. It indicates that a "challenged world is an alert world, and from challenge comes change". The programme throughout keeps that mind and made women dare to choose their challenges.

Unnat Bharat Abhiyan and Department of Lifelong Learning and Extension organised International women's day celebration on 8th March 2021 at Ulagampatti. Creche teachers, Staff and students of Department of Lifelong learning, and UBA volunteers attended the programme. Smt. T.Philominamina Rose Mary, Creche teacher delivered the welcome address. Dr.L. Raja, Professor and head, delivered the presidential address. Dr S. Kavitha Maithily, Coordinator, Unnat Bharat Abhiyan, delivered the special address and motivated women to face the challenges in life with a positive thinking. Dr R. VenkatRavi, Associate Professor, Department of Lifelong Learning and Extension delivered the felicitation address and shared his experiences and expressed the women are powerful force who can change the world more peaceful. Dr.S. Kavitha Maithily honoured Mrs D. Aiswarya and Mrs M. Murukaselvi with a shield appreciating performance in their field of work.

Creche workers and UBA volunteers of GRI happily made their performance in dance and songs. After that conducted games that all have morals that keep scene to this International Women's Day theme and mention everyone as winners. After a break for lunch, Balwadi workers shared their experiences happened in their life and how they overcome their challenges. Smt. M. Annai Marry Selvi and Balwadi workers sang an awareness song for women's empowerment and also conducted a drama on 'parenting a child'.



