

**PROTSAHAN**

**A PROJECT**

**BY**

The DEPARTMENTS OF PSYCHOLOGY

HOME ECONOMICS – CHILD DEVELOPMENT

HOME ECONOMICS- FOOD AND NUTRITION

&

MARATHI

OF

**SMT. MANIBEN M. P. SHAH WOMEN’S COLLEGE OF ARTS AND COMMERCE**

AUTONOMOUS

SMT. PARMESHWARI DEVI GORDHANDAS GARODIA EDUCATIONAL COMPLEX

338, R. A. KIDWAI ROAD,

MATUNGA

MUMBAI – 400019

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- First college affiliated to SNDT Women’s University (1957) \*
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## PROJECT PROPSAHAN

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## **Genesis**

*Project Protsahan* was envisioned in response to an invitation from a trustee of an orphanage in the neighbourhood to Head, Department of Psychology, Smt. MMP Shah Women's College of Arts & Commerce. It was his observation that the children in the orphanage lacked the motivation to pursue higher studies and achieve higher goals. He felt there was no desire in them to better their situation & that they did not realize the value of the efforts taken by the institution to empower them to be able to get integrated in society. He felt that with the expertise of the Department of Psychology the needful could be achieved. Out of respect for the philanthropist trustee who had devoted his life for uplifting such marginalized sections of the society the department took up the task immediately.

## **Need Assessment**

With permission of the Principal Dr Leena Raje, Ms. Archana Patki, HOD Psychology conducted a *need assessment* on 7<sup>th</sup> August 2019 by visiting the orphanage. A meeting was held with the Social Worker & the Superintendent. Having understood the situation in depth she then envisaged a plan wherein the faculty and students of multiple departments could be involved as *change-agents*. By using the student resource for a project like this, the students of the college too could benefit immensely in turn. It would make this project a mutually beneficial one.

The faculty & students suggested that the Project be named 'Protsahan'. Thus, the seeds of Project '*Protsahan*' were laid- Protsahan which means 'encouragement', reflecting the overall objective of the programme.

## **Formalities & Permissions**

Permissions & Guidance was sought from the Principal, Dr Leena Raje who whole heartedly supported, motivated & encouraged the team & facilitated the process with her formal permission on Sept 3, 2019. She also contributed immensely through her expertise in the area of Food & Nutrition. Necessary permissions were sought from the Management of the orphanage. They granted the permissions, allotted the space & made available all the facilities & required staff.

## **Objectives**

1. To establish rapport with the children at the orphanage.
2. To foster a climate of learning for the children at the orphanage.
3. To encourage attitudinal and behavioral changes in the children at the orphanage
4. To facilitate an improvement in the aspiration levels of children at the orphanage
5. To sensitize the students of the college towards the vulnerable sections of the population.
6. To instill qualities of altruism as part of good citizenship in the college students.

## **Methodology**

The Faculty members of the Psychology, Marathi, Child Care & Food Nutrition Departments of the college had a meeting & using the expertise available in the Departments envisioned a program for the children of the orphanage. The students of the departments were involved for

the interaction. Sessions were planned accordingly and carried out under the supervision and involvement of the faculty members.

Department	Resource Persons	Activities	Target Group	Number of Sessions
Department of Psychology and Samvedna Counseling Centre	MA Psychology students under the guidance of Mrs. Archana Patki, Head, Dept of Psychology; Mrs. Reshma Murali, MA Programme Co-ordinator, Ms. Shreya Mehta, Assistant Professor, Ms. Shweta Manghnani, Counselor	Life Skills Sessions on diverse topics.	Children from Grade 7-Grade 8	5 sessions
Department of Food and Nutrition	Dr Leena Rajee Principal & Professor  Mrs. Madhavi Sathe, Head, Dept of Food and Nutrition	Expert Guidance  Nutritional Counseling at various stages of life:  Infancy  Early Childhood  Late Childhood  Adolescence	Social Worker, Cooks and Caretakers at the orphanage	1 session
Child Development Department	BA Child Development students under the guidance of Dr. Sarita Kasralkar, Head, Dept of Child Development	Puppet Show, Story Telling Sessions, Creative games and Experiments	Children from Grades 1-Grade 4	2 sessions
Department of Marathi	BA Marathi Department students under the guidance of Dr. Rashmi Tupe, Assistant Professor, Dept of Marathi	Poetry Recitation Creative Writing Reading	Children from Grades 5-6	2 sessions

On the field modification – In the planning stage only stimulating and enriching activities were planned for the children. After the on-field observation it was realized that some activities to calm them, reduce hyperactivity and in some cases, aggression were needed. Accordingly, they were incorporated. This was an important insight.

### Expected Outcomes

1. This project will provide a platform for the children at the orphanage to interact and identify with older peers.
2. Through the interactions, the children will get an opportunity to express themselves and know themselves better.
3. Through the sessions, the children will develop life skills that will assist in building better relations with one another.
4. Through the creative games and activities, children will be more motivated to learn.
5. Through the creative activities, children will be able to enhance their listening skills, attention span and memory.
6. Through the sessions, the children will learn how to prioritize and manage time.
7. Through changes in the diet plan the nutritional status of the children will improve.
8. The entire program will help increase aspiration levels of the children in the orphanage.
9. The students of the college will get to experience realities of the world helping them get a basic grounding in life.
10. The students of the college will learn to be compassionate towards the vulnerable in society.
11. The students will be inspired to be socially contributing citizens of our country- The project will facilitate citizenship training.

### **Final Outcomes**

1. This project provided a platform for the children at the orphanage to interact and identify with older peers. The Children formed strong bonds with the student volunteers and faculty members
2. Children were able to identify their strengths and weaknesses and so know themselves better.
3. Through the interactions, the children got an opportunity to express themselves and were able to understand the significance of verbal and non-verbal communication and how to express themselves better.
4. Children were found to be more empathetic and responsible towards their peers.
5. Children were able to follow the meditation routine which did have a calming effect on them.
6. The children learnt how to prioritize and manage time. Children did have a better understanding about managing their daily routine.
7. Children were able to develop new learning strategies. Children seemed more motivated to learn.
8. Children were found to be more curious about the activities and experiments demonstrated.
9. There was a rise in the 7<sup>th</sup> & 8<sup>th</sup> grade children's aspiration level and the difference was statistically significant.
10. The students of the college got to experience realities of the world helping them get a basic grounding in life.
11. The students of the college learnt to be compassionate towards the vulnerable in society.
12. The students were inspired to be socially contributing citizens of our country.

### **Concluding Remarks & Suggestions:**

It was indeed a holistic learning for all the members involved in the Project. The interactions with the children and staff members at the orphanage were indeed memorable. It must be commended that the facilities and care provided at the orphanage

is excellent. We hope that the following recommendations shall assist in strengthening the learning atmosphere and promoting holistic development of the children

- Meditation Activity can be incorporated as a routine for the children.
- Physical Activity/Exercise can also be incorporated in the routine for the children. This can be of great help to discharge pent up energy & for introducing self-discipline in children.
- Sessions could be planned on other days than Saturdays as well.
- Children should also be given exposure to informative programs and TV channels like Discovery and Natgeo & the like.
- Activities conducive for enhancing concentration and attention should be continued.
- Suggested diet plan must be followed for promoting healthy development of the children.

### Students involved in the project

<b>Psychology MA</b>	<b>Marathi TYBA</b>	<b>Home Economics- Child Development SYBA</b>
1. Srushti Kulkarni	1. Aakansha Tambe	1. Shivali Pednekar
2. Pratiksha Kulkarni	2. Deepan Bhandari	2. Neha Maru
3. Mayola Rodrigues	3. Pradnya Gurav	3. Vaideka Nagda
4. Juee Juvekar	4. Priyanka Vichare	4. Ayesha Shaikh
5. Sheryl Denis	5. Poonam Gomane	5. Aqsa Khatib
6. Kanchan Grover	6. Pratiksha Sapkal	6. Vanshika Ishi
7. Hetal Mashru	7. Kranua Ukali	7. Kehkasha Chaudhary
8. Pushti Gosalia	8. Shyal Poshnak	8. Sukanya Gamre
9. Purvi Shah		9. Yogita Maurya
10. Priyal Nerkar		10. Karen Billimoria
11. Anushka Arakal		11. Sonu Patel
12. Anieta Dixon		12. Nidhi Makwana
13. Nidhi Rao		13. Nabseena Parambath
14. Netra Bauva		14. Ashmeet Thapar
15. Vrushanki Karia		15. Nargis Qureshi
16. Nidhi Bhandari		16. Yaska Shaikh
17. Fatema Fanuswala		17. Adeeba Ansari
18. Vaishnavi Wagh		18. Fahima Mohammed Ali
19. Anushree Baheti		19. Muskan Sayyed
20. Ria Shah		20. Sofia Shaikh
21. Preetika Sikhile		21. Shaileen Khan
22. Fakhera Mamawala		22. Mevish Raen
23. Nafisa Kachwala		
24. Shaista Shaikh		
25. Saimapari Shaikh		
26. Grishma Ashar		
27. Dhvani Gala		
28. Kajal Chauhan		
29. Aishwarya Salian		
30. Jeel Satra		
31. Saloni Bhutra		

**Faculty Involved in the project:**

1. Dr Leena Raje Principal & Consulting Nutritionist
2. Ms Archana Patki Vice Principal, Head, Dept of Psychology
3. Ms Vaishnavi Kamat, Asst Professor, Dept of Psychology
4. Ms Reshma Murali Co-ordinator MA Counselling Psychology
5. Ms Shreya Mehta, Asst Professor, Dept of Psychology
6. Ms Shweta Manghnani Counsellor, Samvedna Counselling centre
7. Ms Madhavi Sathe Head, Dept of Food & Nutrition
8. Dr Sarita Kasaralkar Head, Dept of Child Development
9. Dr Rashmi Tupe Lecturer, Dept of Marathi



Interactive Session by Madhavi Sathe, Head, Dept of Food & Nutrition with the care giver/staff members of the orphanage. Facilitated by Archana Patki, Vice Principal & Head, Dept of Psychology.

**The Department of Psychology as a lead Department for the project is thankful to one and all for all their contribution.**

**Archana Patki**  
**Head, Department of Psychology**

**Smt Maniben M P Shah Women's College**

**Dr Leena Raje**  
**Principal**