

Report: Fruit Donation Drive



For the past few years, the team of Prakrit MSIT has been conducting a Fruit Donation Drive in the month of September, which is considered as the National Nutrition Month. This year, the theme was ‘Complementary Feeding’. Our motive was to promote the importance of nutrition in our daily lives and create awareness that it is not something that can be neglected. The people who can not afford nutritious food are mainly those who we see every day, helping us throughout the day, be it a rickshaw puller who drops us to our college and back or the Guard who takes care of our security. All these people deserve to know some facts about nutrition, its importance and the ways in which they can get this basic necessity for themselves and their families.



To promote this cause, the team of Prakriti MSIT, went down the streets to talk to these people and offered them fruits free of cost. They also explained to them that nutrition is just as important as breathing and told them about its benefits along with the problems that may arise if they don't provide their body with a good balanced diet and healthy fruits. The team asked whether they are engaged in any of the activities which might cause harm to their bodies and minds such as smoking, drinking, chewing tobacco etc. They tried to the best of their ability to explain to them why they should try and avoid these things and how they can instead switch to a nutritious fruit every day.



Over the span of one-week different locations around Janak Puri, New Delhi were covered, to interact with different people, give them advice and offer them fruits. Some people were initially reluctant to listen, but the collective effort of the team made them realize the importance of this whole initiative.



The drive continued for one week from 13th September 2019 to 18th September 2019. Each day of the said week, the team went to the following places to distribute fruits and give knowledge about nutrition.

13th September 2019: Inside and outside College premises.

16th September 2019: Janakpuri West Metro station and District Center.

17th September 2019: Tilak Nagar Metro station and nearby market places.

18th September 2019: Janakpuri East Metro station.



By the end of the said week, more than a thousand fruits, which the team members of Prakrit MSIT brought themselves, were distributed. The response, in conclusion, was positive as many people agreed with what the team had to tell them and also pledged to have at least one fruit a day for themselves and their families. This kind of response is what encourages the team to go out each year and carry out the drive.

