

Project Title:

*Moringa Multigrain Cookies –
Superfood to Reduce Malnutrition*

By

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JIGEESH - “Joint Initiatives for Global ‘Educational-Equity’ and ‘Social-Harmony’” With
Digital Platform of CIENA Solutions....

Problem Statement

Malnutrition in infants, children and adults and particularly Pregnant women in Tribal, Rural, Slum and Below Poverty line area is the major issue even in this 21st century of the **Global and Digital Era**.

The causes behind are generally 'Poverty' and 'Lack of Awareness'.

Objectives:

- Affordable, Accessible Moringa Leaves Multi-Grain home-made Biscuits to provide the nutritious Super Food
- Employment to the Tribal/Slum area women by purchasing Moringa Powder and Multi-Grains

In Developing and Undeveloped Countries:

To avoid the Malnutrition in infants, children and adults and particularly Pregnant women

In Developed Countries:

To avoid the Obesity and side effects of Refined flour, sugar and fatty Biscuits

• Benefits:

1. Protein Content
2. Micro Nutrients
3. Energy Boost
4. Digestive
5. Immunity
6. Affordable and Accessible
7. Easy to Consume
8. Reduce the Anemia Threat

Theme of the Project

- Students' awareness about 'Poverty' and 'Malnutrition'
- Learn to use the available resources to solve the issue
- Make Moringa Multigrain Cookies Superfood to reduce Malnutrition.

In the country like India where English is a Foreign Language

In the quest of associating this project with academic development, as English is Foreign Language and there is a fear to use English among students... JIGEEESH plan and ask students to.....

- Write 10 recipes to making Superfood to reduce Malnutrition.
- Write Essays, Reports, Drama, and Poems as 'Success Story' of project in English.

Employment

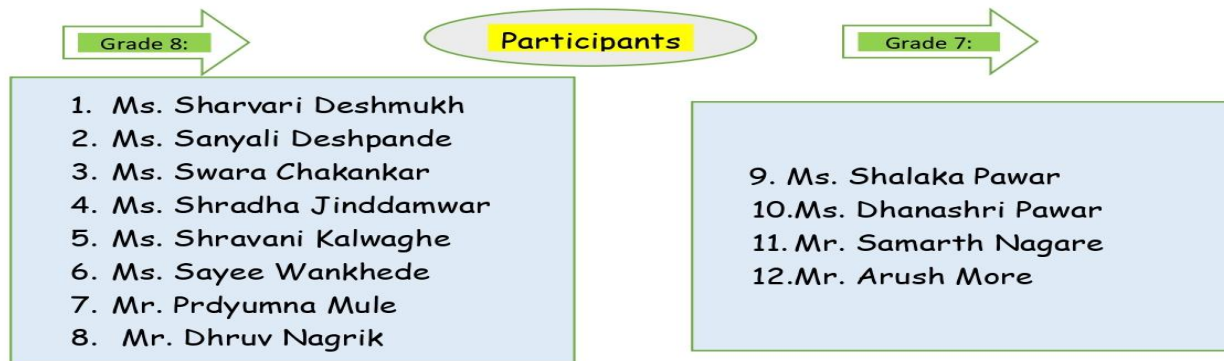
Employment to the Tribal/Slum area women by purchasing Moringa Powder and Multi-Grains

Project
Moringa-Multigrain Cookies to Reduce Malnutrition

Project Timeline:

October - 2025:	Brainstorming on the issues around the JIGEESH Students in the community like Out of School Children, Poverty, Superstitions, Malnutrition, etc.
November - 2025:	Visiting various target areas like Slums, Tribal Area, Orphanage, Shelter-Homes, Homeless People, etc. to understand their problems and find the most applicable and workable solution.
December - 2025:	Malnutrition among kids in Tribal/Slum and Street Children is one of the major issues that JIGEESH Young Minds fixed and decided to work to wipe-out issue from the community in the quest of Sustainable Development.
January - 2026:	<ul style="list-style-type: none"> a. Writing 10 Recipes on Superfood to Reduce Malnutrition. Unanimously the Project entitled - "Moringa Multigrain Cookies to Reduce Malnutrition" has been finalized due to plentiful availability of A) Multigrain and B) Moringa Tree b. Motivating 10 friends/neighbors to Reduce Malnutrition and work for the Sustainable Development c. Distributing Moringa Multigrain Cookies to 100 nutritionally affected kids 10 to each in total 1000 Cookies per month. d. Projected 12000 Cookies Distribution in 2026.
February - 2026:	Writing 'Role Play'/ 'Street Play' based on the above work and performing in the community for the wide awareness.

Submission of the Project on CIENA Solutions Platform.



Project Guide

Dr. Shivaji Deshmukh (Fulbright Scholar)

An Outline of the Project... (Time-line)

Expected Outcomes...

Students' Awareness about Social Issues

The project is helpful to developing the Critical Thinking Skills and Problem-Solving Ability

Use of Natural Resources – Under the Title :
One-Health

Use Digital Platforms, Creativity and English Language Enhancement with Social Responsibility

Engage

Students are unhappy to see the Poverty and Malnutrition in their surroundings...

It is painful for them to see weak children

Suffering due to lack of proper food

This made them to think....

‘What can be done?’ to overcome the issue....

1. Moringa Multigrain Cookies
2. Cleanliness
3. Health Awareness
4. Sustainable Development
5. IKS – Indian Knowledge System Revival

Moringa Multigrain Cookies - Superfood to Reduce Malnutrition



**JIGEEESH "Joint Initiatives for Global 'Educational-Equity' and 'Social-Harmony'"
and CIENA Solutions Sustainability Challenge @ Digital Platform**



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Moringa Multigrain Cookies - Superfood to Reduce Malnutrition

Problem Statement

Malnutrition in infants, children and adults and particularly Pregnant women in Tribal, Rural, Slum and Below Poverty line area is the major issue even in this 21st century of the Global and Digital Era. The causes behind are generally Poverty and Lack of Awareness.

Objectives

Affordable, Accessible Moringa Leaves Wheat Bran home-made Biscuits to provide the nutritious Super Food

- a. **In Developing and Undeveloped Countries:** To avoid the Malnutrition in infants, children and adults
- b. **In Developed Countries:** To avoid the Obesity and side effects of Refined flour, sugar and fatty Biscuits



Material Required(Ingredients)

- 1. 100 gm - Moringa leaves powder
- 2. 100 gm - Multigrain
- 3. 100 gm - Jaggery
- 4. 150 gm - Wheat Flour
- 5. 50 gm - Butter/Oil
- 6. ½ Tea-spoon - Baking powder
- 7. ½ Tea-spoon - Salt
- 8. 3 Cups - water

Recipe (Construction)

- a. Pre-heat oven to 1600 C)
- b. Mix dry ingredients
- c. Add butter oil, then water
- d. Knead, roll out, and cut shapes.
- e. Bake for 15-20 minutes.

Benefits

- 1. Protein Content
- 2. Micro Nutrients
- 3. Energy Boost
- 4. Digestive
- 5. Immunity
- 6. Affordable and Accessible
- 7. Easy to Consume
- 8. Reduce the Anemia Threat

Benefits of Moringa

Benefits of Moringa Powder



1. Increase Metabolism
2. Good for Skin & Hair
3. Promotes Healthy Joints
4. Antioxidants
5. Vegan
6. Nutritionally Rich
7. Anti Inflammation
8. Immunity Booster

MORINGA HAS



- 7 Times the Vitamin C of Oranges
- 9 Times the Protein of Yogurt
- 10 Times the Vitamin A of Carrots
- 15 Times the Potassium of Bananas
- 17 Times the Calcium of Milk
- 25 times the Iron of Spinach



The Problem: Malnutrition



The Solution: Moringa-Multigrain Cookies



Young Minds Of JIGEESH distributing to Street Children and Orphanages



The Project News at a Glance ...

Glimpses of the Project...



Digital Platform

Make kids involvement more interactive in the Project

- **Nutri-Byte Challenge:**

With Google-Slides Students brainstorm the words – The most applicable and affordable Nutri-Byte to reduce Malnutrition.

- **Spin and Speak:**

Students are provided the Wheel with Proteins, Carbohydrates, Minerals, Vitamins and their applications to Spin and Speak.

- **Plickers: (Moringa Mission)**

Students give answers about the Uses of Moringa and Teacher records their answers with Plickers App.

- **Kahoot:**

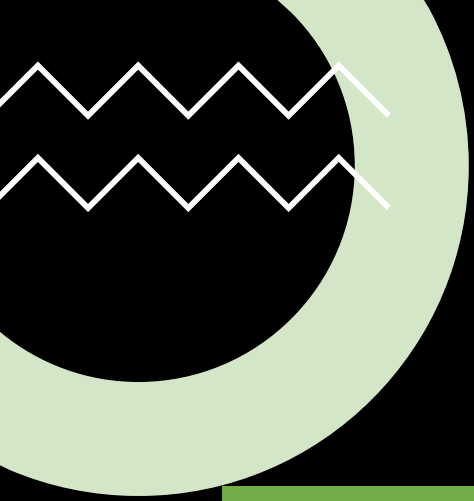
Teacher makes the assessment of overall Project impact and Kids' involvement with Kahoot Game.



Personal Benefits to Students

-
- Social Work – Responsible Futuristic Citizens
 - Learn to use the available resources to overcome the issues.
 - Academic Enhancement as Project is aligned with English Enhancement

Social-Work, Confidence-Building, Nation-Building!



Impact on Parents...



- Parents are happy to see their kids...
 - a. helping the poor people
 - b. learning cooking
 - c. using English words related to project
 - d. speaking English fluently and writing confidently
 - e. academic Enhancement with Social-Work
 - f. using Mobile for learning





Overall Impact....

- Awareness for Malnutrition and Poverty
- Use of available and affordable sources
- Employment to the Tribal/Slum area Women
- A small steps towards greater impact/achievement
- Environment Awareness/ Indian Knowledge System
- Students are using of Mobile for Academic Enhancement
- Harmony in School and Community



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Thanks!