



enactusTM
JESUS AND MARY COLLEGE



QUARTERLY NEWSLETTER

JANUARY- MARCH 2021
VOLUME - 3



ENACTUS RECRUITMENT

We believe in investing in students who take entrepreneurial action for others and create a better world for us all. Enactus Jesus & Mary College has worked towards bringing about a formidable development in the lives of several underprivileged society segments as our beneficiaries while simultaneously strengthening entrepreneurial leaders and tomorrow's social innovators. We promote leadership development, skill enhancement and a generation of trailblazers.

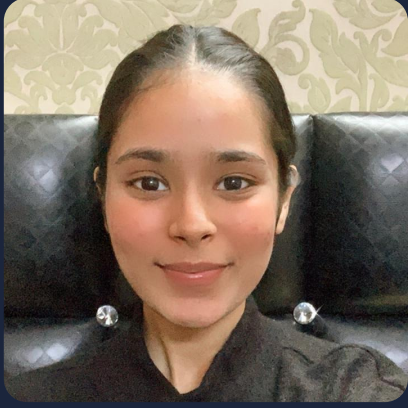
On that note, Enactus, Jesus & Mary College conducted recruitments for the year 2020-21 in the first week of January. Having received a tremendous number of applications and narrowing them down through a rigorous screening process was a task in itself.

After much discussion and deliberation, 96 members were finally selected for various projects and departments after grueling rounds of evaluation done on multiple parameters. A detailed recruitment form was supposed to be filled for the first round, followed by a task round wherein candidates were required to complete a task according to the departments and projects they chose in the forms. As a final round, personal interviews were conducted to test the communication skills among others, while candidates could discover more about the position and the organisation!

Enactus, with a three-fold objective of environmental, social and economic betterment, is an initiative to commemorate the bright colours of social entrepreneurship and its essence in the community, and we hope our newly recruited team gets to experience what the community has to offer and believes in its power to be the change the world needs.



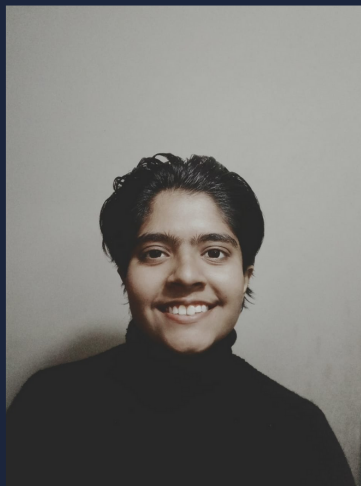
CORE TEAM



MARKETING DEPARTMENT



R & D
DEPARTMENT



P R
DEPARTMENT



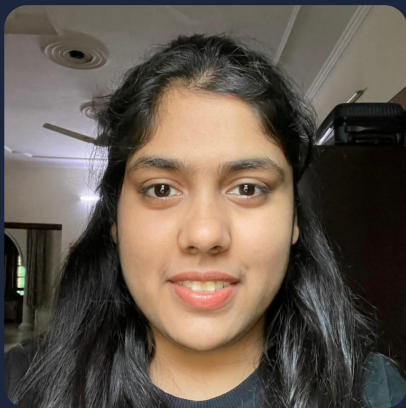
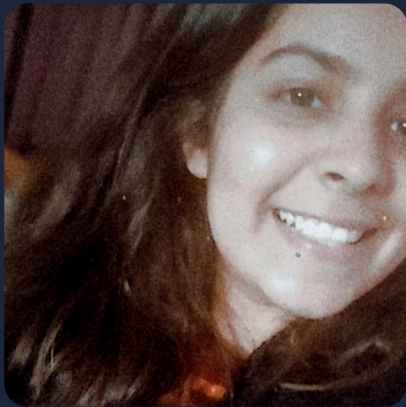
ABOUT PROJECT IFFAT

As part of its recent campaign “HIV-AIDS and the Pandemic” (March 2021), Project Iffat focused on creating awareness on social media about preventive measures to be taken by people with HIV-AIDS during the pandemic and how the pandemic has affected them. The campaign also included some facts about HIV-AIDS in order to reduce the stigma around COVID-19 vaccinations and the disease spread.

The pandemic has deeply affected the mental as well as the physical health of people with HIV. The lack of access to healthy food, safe shelter and medical facilities has led to an increase in the stress levels making them more vulnerable to COVID-19.

According to the studies conducted in the United Kingdom, people infected with HIV are found to be at a greater risk of dying as a result of COVID-19 in comparison to the rest of the population. Lifestyle diseases such as obesity and diabetes, coupled with high morbidity rates has re-emphasised the importance of vaccinating the HIV infected population all over the world.





IFFAT

KITCHEN GARDENING: TRANSFORMING YOUR LAWNS TO FOOD, AND FOOD TO SUPERFOOD

Our modern industrialized food chain gives us very little control over where our food comes from and what goes into growing it. Over a period of time, this industrialisation of our entire food system has endangered the concept of what the French once called a potager. The kitchen garden, also known as a potager is a space separate from the rest of the residential garden which has year-round visual appeal and can incorporate a variety of perennials or woody shrub plantings alongside the greens and the fruiting plants.



Kitchen gardens are typically smaller, tended more often, and are designed to connect more aesthetically with the design and architecture of the home.

Starting a kitchen garden and growing even a small portion of your own food not only helps you to cultivate a connection to what you're eating but also enables you to help the planet. Moreover, raising an abundant, healthy and fruitful garden in one's own backyard is known to be one of the most rewarding feelings.

However, as a part of the process, the most important thing that a gardener needs to take care of is keeping the soil healthy.

Not many people realise that how the soil is made nutritious for the plants is what can make or break a kitchen garden. One of the best ways to ensure that the soil is receiving all the nutrients is by constantly feeding it with organic manure.

Organic manure is not only safe for the plants but also for the environment, and even pets at home. The nitrogen in organic manure is not available all at once to growing plants as much of it may be tied up in organic forms. Organic nitrogen becomes available to plants only after soil microorganisms decompose the organic compounds, converting the released N to NH_4 .



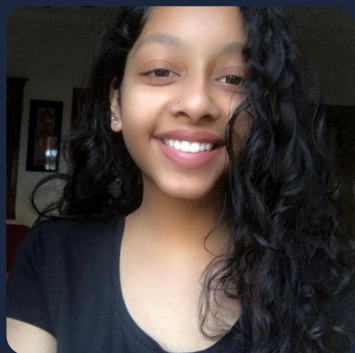
In contrast to this, the traditional chemical fertilizers are speedy but they can overfeed the plants. Moreover, these fertilizers acidify the soil and they lose all the important organisms that help to build soil health. Such a soil crisis can be certainly avoided by using organic manure which keeps the soil porous, improves its water retention capacity, and checks the micronutrient deficiencies. Being chemical free, organic manure ensures long range improvement in the soil which can be very beneficial for raising a kitchen garden in permanent homes.

It is often said that building a garden of your own is like setting out on an ongoing journey, one that is full of mountain peaks and valleys, where you see blooming gardens, gloomy setbacks, and everything in between, and organic manure is definitely your closest companion on this journey.

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DHARA



Best Out of Waste Competition

Project Sugam of Enactus, Jesus and Mary College organized a best out of waste competition – Regard Before You Disregard, in the month of February with a total of 87 participants from across the NCR. It was held to create awareness about the 5 trillion plastic that was consumed and wasted in 2020 alone and re-instill the idea of recycling waste in a creative manner. The competition consisted of 3 categories, first for nursery to grade 5 students, second for grade 6-8 students, and third for grade 9-12 students. The participants had to use the “reduce, reuse and recycle” principle to create something useful and eye catching primarily using plastic. The engagement and participation were thrilling. We would like to thank our partners Robin Hood Army (Delhi, Ghaziabad, Gurgaon, Faridabad, and Noida chapters) and Lakshya Jeevan Jagriti for their support.

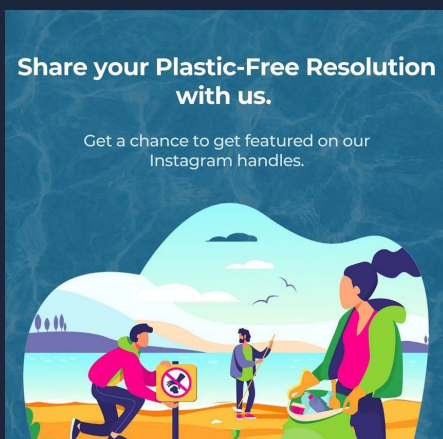


PROJECT VLOUW X PROJECT SUGAM



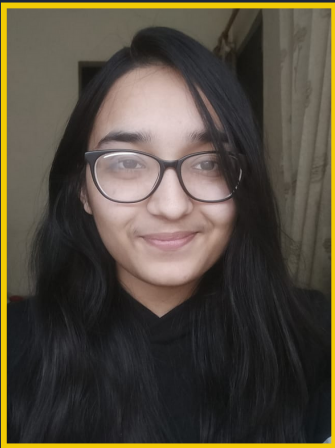
In the month of February & March, Enactus JMC & Enactus Hamburg joined forces to launch a cross-culture networking campaign whereby both teams introduced each other's undertaking to expand outreach beyond national boundaries. Enactus Hamburg's project (vloww) aims to ease the burden of the water crisis whilst, enactus JMC's project Sugam creates sustainable as well as publicly accessible eco-brick washrooms at locations with an absence of proper sanitation.

The collaboration also entailed a plastic-free campaign which saw immense participation from across countries. People shared their plastic-free practices & resolutions in the hopes of inspiring others to take up similar steps in an effort to curb rising plastic waste.





SUGAM



PROJECT SAHAAY

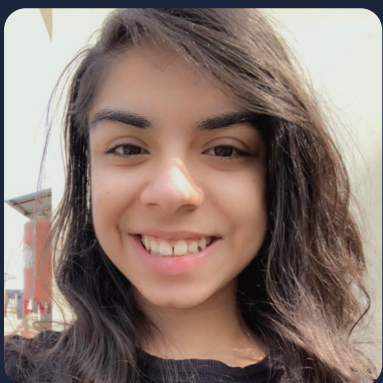
This quarter, a donation drive was carried out under Project Sahaay in support of the WeEducate Program of the Indian Samaritans. WeEducate is a non-profit organisation that aims to break the cycle of poverty among the most vulnerable of families, which are mostly migrant labourers who live in the margin with utter poverty, starvation and deprivation. The children of these labourers often drop out of school and start working at the very young age of attending primary school. WeEducate owns and runs 5 Empowerment centres, where over 240 children are taught not only the curriculum but also various co-curricular activities like music, dance etc.

WeEducate, along with Enactus JMC, believes that when education is made accessible, children are empowered to pursue the path to a good and comfortable life. They are made employable and can gain financial freedom and help break their cycle of poverty. In pursuit of helping these children's education, the Enactus JMC team donated 100 pens and 25 notebooks in the month of January and shall continue to support such causes.





SAHAAY



WHAT DOES FEMINISM MEAN TO YOU?

To me, being a feminist is about equality, respect, and recognition. Feminism is about working against the systems built to keep certain groups of people oppressed, and striving towards achieving gender equality for everyone. It is about fighting for intersectionality, not excluding people based on their gender, race, socioeconomic status, or sexual orientation and understanding the depths of the inequalities and the relationships among them in a given context. Feminism allows people to look at the world not as it is, but how it could be. It shines light on problems that the patriarchy perpetuates, but also provides ways to fix them.

- Aditi Mehra (Sugam)

SINCE MARCH IS CELEBRATED AS WOMEN'S HISTORY MONTH, NAME ONE WOMAN YOU DRAW INSPIRATION FROM

I feel that it's not necessary to draw inspiration from bigger names or from women who've made it big in life. For me, all women who get out of their comfort zones to create an impact in their or someone else's lives are inspirational heroes. Taking a leap forward and changing what has been there for years requires courage and a lot of women have done that in their own little ways.

In fact, all the TAs working for Project Dhara and Enactus JMC are inspirational. They chose to free themselves from the shackles of constraints imposed on them and carve an independent, better life.

All women who see everyday as a new opportunity have been inspirational for me.

-Mehar (Dhara)

WHAT DO YOU THINK SHOULD BE TAUGHT TO CHILDREN AT SCHOOL TO BE GENDER SENSITIVE?

Gender sensitivity is a behaviour that avoids discrimination by understanding and accepting the multiple differences between men and women. Gender sensitisation among children teaches them to rely less on subconscious assumptions and generalisations and more on individual personality traits.

Most children adapt to gender discrimination by observational learning, where teachers moral police girls to 'not distract boys with their fashion trends'. To make children more gender sensitive, it is thus of crucial importance that derogatory practices such as slut-shaming girls based on the length of their skirt, hairstyle, or makeup, are heavily discouraged in the school environment. Instead, a respectful environment should be facilitated by teachers for boys, girls, and those who identify as lgbt, to regard each other as equals in the human race, and promote holistic education for all. Simple activities such as including boys and girls in the same sports team, monitoring a student-led Anti-harassment society, reading feminist literature, promoting mental health of all genders, and introducing appropriate sex-education curriculum, can impart the students with gender sensitive attitudes.

-Aasta (Marketing)

HOW DO YOU THINK COLLEGE HAS CONTRIBUTED TO YOUR LIFE AND WOMEN EMPOWERMENT IN GENERAL?

College has helped both in my personal and social development. It's a place where each day is an opportunity to interact with new people. There is so much I learnt from the people around me. Be it time management, world views, skills or art.

Also, when people from completely different backgrounds connect and talk to each other about their life stories, it broadens a person's mentality. One becomes more acceptable to views other than theirs. College taught me to stop being judgemental and accept people the way they are.

An all girl's college particularly is a platform where girls can talk about issues which they feel uncomfortable about in front of men. It's a great platform to challenge stereotypical ideologies.

College has taught me to come out of my bubble and yet enjoy a cup of coffee in solace. I always thought that college is a magic spell but honestly, it is not, college has in fact taught me that consistency in improving yourself while learning from others is the only magic.

-Palak (PR)

ONE STEREOTYPE THAT YOU HAVE HEARD AND WOULD LIKE TO BREAK.

It is so ironic that we will in 2021 and still get to hear things like "women can't do this, women can't do that, women are too weak for this or it is men's job."

The greatest stereotype that I personally feel is 'women and technology don't go together'. It is so saddening to see how technology and computational work are described as the domains meant for men and women are often discouraged for the same.

The driving force of our initiative is to promote women in technology and have an open and free space to discuss the challenges faced by them and to initiate community-based learning and holistic development for the same.

It is a very newborn initiative and is building on its journey to Remembering back when I was in high school, the very subject of computers and IT didn't interest me, neither were we encouraged to take an interest because of the societal norms that it is not a female-oriented field.

The fear imbibed in me as a child stopped me from trying my hands on gadgets/devices and sometimes I even feared to use them just in case I don't end up running the wrong command.

Pretty much later, when I got into college and saw women around me struggling with technology made me remember my school times, and studying in a girls college itself spoke a lot about how women aren't encouraged to even try their hands-on technology. The tough times of pandemics also clearly spoke about us as a society and how we struggled to make the transition from offline education to an online mode.

Seeing all this led me to break this stereotype and to the formation of the first-ever Women in the tech-oriented club in Delhi University along with my senior.

break this stereotype and create a healthy environment for all especially women.
-Pawni (Sahaay)

WHAT ADVICE WILL YOU GIVE TO YOUR YOUNGER SELF?

“Be the person you needed when you were younger.”

This is a quote that holds power in my life now. If I could go back in time, I would hug my younger self, and I would tell her to have loads of confidence in herself no matter what and to do what makes her happy. I will say to her, people will question your choices, but you need to learn how to stand for yourself and not let them decide for you. When you face rejections, you need to learn from them and move on because better opportunities await you. I would tell her not to fear meeting new people and experiencing new things. Patience is a great virtue, and you need to trust the process. Prioritise your time wisely and read even more books. Last but certainly not the least, to stay happy and smile more.

- Vanika (Iffat)

HOW IMPORTANT IS IT FOR WOMEN TO LIFT EACH OTHER UP AND WHAT DOES THAT MEAN TO YOU?

We are currently entering a new era where women are being recognized and have more opportunities than ever before. There is no doubt that we should hone our own abilities, but at the same time, we should celebrate each other. Reaching out to another person who has faced similar situations goes a long way in making a real difference. Personally, I know I wouldn't have been where I am today without the inspiration and support of all the women in my life. I feel that it is really important for all women to feel appreciated and admired. So, I firmly believe that we should use our own talents, skills and strengths to help women around us realize their potential. Together we all can be more powerful!

- Harmehar (R&D)

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