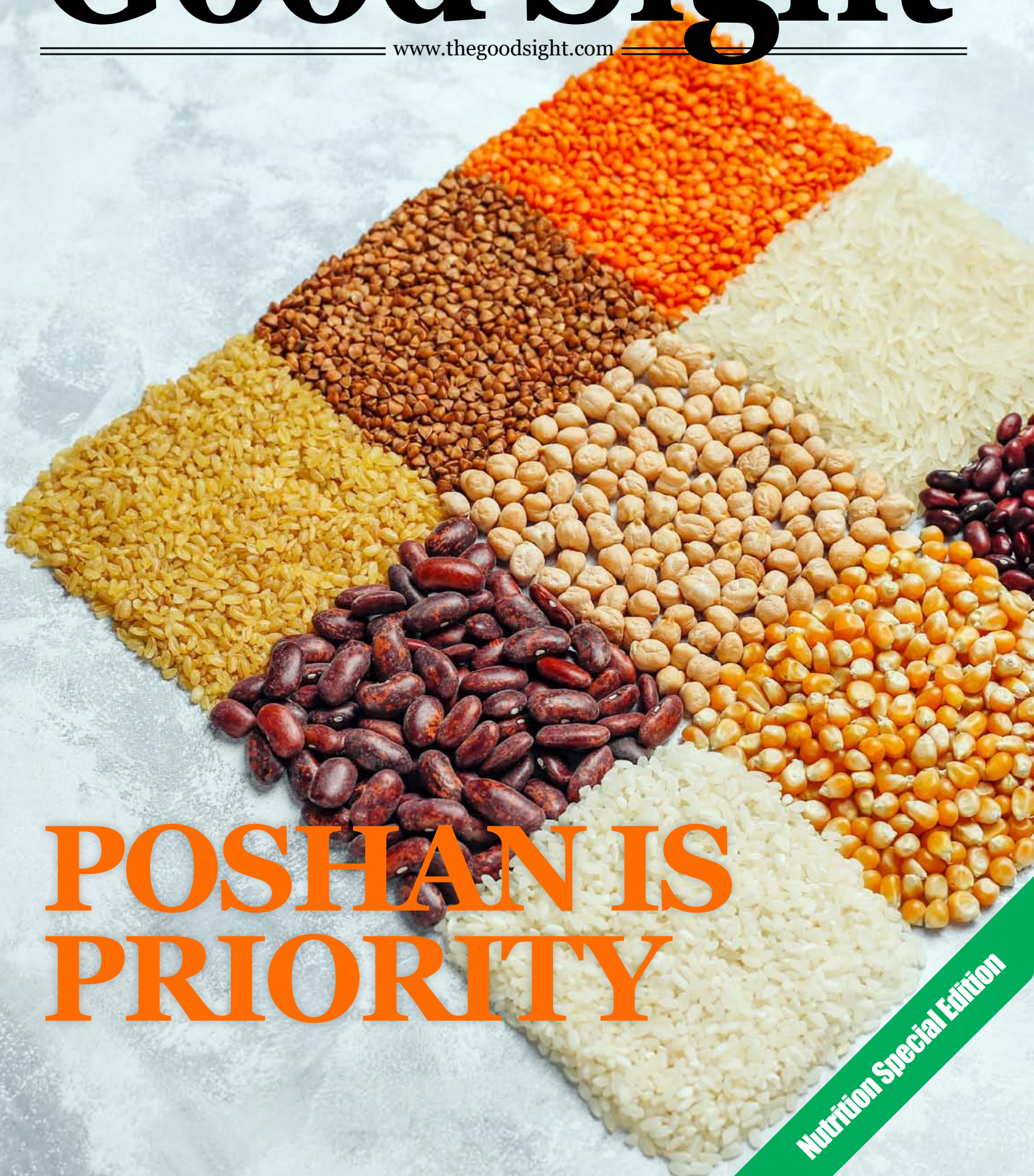


The Good Sight

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**POSHAN IS
PRIORITY**

Nutrition Special Edition



Image by Elvira Groot from Pixabay

The Good Sight

Editor
Asit Srivastava
Bhesaja Choudhury

Creative Head
Priyanka S

Marketing Head
Nimesh Lal

Photo Editor
Abhirup Dasgupta

Team TGS

Editor's Note

Dear Reader,

Nutrition and health are important elements for social development. The Poshan Maah (Nutrition Month) observance in India strengthens its progress towards the goal of human development. India was placed 94 among 107 countries in the Global Hunger Index 2020. In a country like India which has a high population and diversity, addressing nutrition issues is a complex and difficult task. Organisations from the development sector are playing a vital role in this.

This is the fourth year since India started observing Poshan Maah (Nutrition Month) in September on the call of Prime Minister Narendra Modi in 2018. A part of the Prime Minister's overarching scheme for holistic nutrition (POSHAN Abhiyan/National Nutrition Mission), Poshan Maah is emboldening our fight against hunger and malnutrition.

This special issue of The Good Sight called "POSHAN IS PRIORITY" has covered the broad themes of Poshan Maah, including antenatal care, kitchen gardens, tackling SAM (severe acute malnutrition), complementary feeding, anaemia, growth monitoring, diet, eating healthy, food fortification etc.

Happy reading!

Editors

Asit Srivastava
Bhesaja Choudhury



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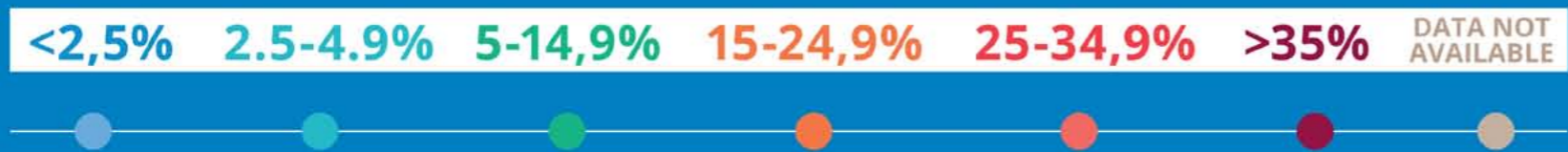
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Hunger Map 2021 **CHRONIC HUNGER**



Prevalence of undernourishment in the total population (percent) in 2018-20

Up to 811 million people – 1 in 10 of the global population – do not get enough to eat

Undernourishment is defined as the condition in which an individual's habitual food consumption is insufficient to provide the amount of dietary energy required to maintain a normal, active, healthy life. The indicator is reported as the prevalence of undernourishment (PoU), which is an estimate of the percentage of individuals in the total population that are in a condition of undernourishment. To reduce the influence of possible estimation errors in some of the underlying parameters, national estimates are reported as a three-year moving average. Source: FAO, IFAD, UNICEF, WFP and WHO, 2021. The State of Food Security and Nutrition in the World 2021. Transforming food systems for food security, improved nutrition and affordable healthy diets for all. Rome, FAO. Further information is available at <https://www.wfp.org/publications/2021-state-food-security-and-nutrition-world-report-and-brief>

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 The designations employed and the presentation of material in this map does not imply the expression of any opinion whatsoever on the part of WFP concerning the legal or constitutional status of any country, territory or sea area, or concerning the delimitation of frontiers.
 * A dispute exists between the Governments of Argentina and the United Kingdom of Great Britain and Northern Ireland concerning sovereignty over the Falkland Islands (Malvinas).
 ** Dotted line represents approximately the Line of Control in Jammu and Kashmir agreed upon by India and Pakistan. The final status of Jammu and Kashmir has not yet been agreed upon by the parties.
 *** Focal boundary between the Republic of Sudan and the Republic of South Sudan has not yet been determined.

— International Boundary - - - - - Armistice or International Administrative Line ——— Other Line of Separation - · - · - Special boundary line

Securing Nutrition, Enhancing Resilience

The Indo German SENU project in India is aimed at improving the nutritional situation of women at reproductive age and young children (6-23 months) in Madhya Pradesh & Maharashtra



*To ensure continuous intake of nutritious diet, mothers of malnourished children were provided a nutri-mix, made of locally available foods.
© GIZ SENU project / Welthungerhilfe*

The Securing Nutrition, Enhancing Resilience (SENU) project in India is one out of 10 countries of the GIZ global programme on Securing Nutrition, Enhancing Resilience set up by the German Federal Ministry for Economic Cooperation and

Development (BMZ) special initiative “ONE WORLD – No hunger”. SENU project in India is aimed at improving the nutritional situation of women at reproductive age and young children (6-23 months). Jointly with its implementation partner Welthungerhilfe and local partners, the project implements

a nutrition-sensitive integrated approach following Social Behaviour Change (SBC) driven Participatory Learning & Action (PLA) approach. The project links nutrition education with the upscaling of a multi-sectoral Community Nutrition Gardens approach that is driven by women Self-Help Groups along with

homestead nutrition gardens to diversify food production, consumption and enable a source of income. SENU works closely with the Ministry of Women and Child Development, Government of India and the respective departments in Madhya Pradesh and Maharashtra. It also collaborates closely with Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA) in Madhya Pradesh on the state-wide upscaling of Community Nutrition Gardens. For strengthening nutrition governance, the project aims at the institutionalisation of its integrated approach and good practices with its governmental partners and so to contribute to improved local food systems.

The project aims to work with 424,000 women of child-bearing age, pregnant and lactating women and 86,000 young children (6-23 months) in Madhya Pradesh and Maharashtra.

Nutrition education following the PLA approach has been facilitated by trained Anganwadi workers in Sheopur and Chhatarpur districts of Madhya Pradesh since 2015 and will be upscaled to four further districts in Madhya Pradesh and Maharashtra to improve dietary diversity of women and young children. The project plans with DWCD Madhya Pradesh to set up a state trainer pool for the upscaling.

To improve year-round availability of nutritious foods, SENU piloted 20 Community Nutrition Gardens with women





Women attend a cooking demonstration that highlights importance of healthy diet and nutritious food, especially during Covid-19.

© GIZ SENU project / Welthungerhilfe



Men and women work together at a Community Nutrition Garden in Ragoli village of Chhatarpur district in Madhya Pradesh.

© GIZ India SENU project



Hand-wash facilities were set up in the houses of the vulnerable families during the COVID-19 response initiative.

© GIZ SENU project / Welthungerhilfe

Self-Help Groups in Chhatarpur and Sheopur districts. An upscaling of 350 gardens in four districts of Madhya Pradesh is planned until 2024, as well as across the state in collaboration with MGNREGA.

For the systematic capacity building of Anganwadi workers and supervisors, the project in collaboration with DWCD in Madhya Pradesh has developed an interactive e-learning training platform to improve counselling

skills and knowledge on nutrition-relevant topics. The platform is integrated within DWCD's management information system.

To address challenges of increased food and nutrition insecurity in Sheopur and Chhatarpur districts due to the COVID-19 pandemic, the project collaborated with Welthungerhilfe and local partners to implement a six-month COVID-19 mitigation initiative. Along with awareness

raising, 3,000 millet-based ration kits and 3,000 hygiene kits were distributed to migrant families. More than 3,000 tippy taps and handwashing stations were installed at community and household level to promote good hygiene practices. Furthermore, homestead nutrition gardens were promoted among 8,000 migrant families.

The project's interventions contributed to increased dietary diversity of women and children.



Making learning easy with smartphones: An Anganwadi worker undertaking the e-learning training on nutrition-relevant topics and counselling skills.
© GIZ India SENU project

In the first phase of SENU project (2015-2020), the Dietary Diversity Score (IDDS) for women significantly increased from 3.6 (2016) to 5.3 (2020), thus reaching and surpassing the target of 4.6. The Minimum Acceptable Diet (MAD) for children increased from 2.3 (2016) to 3.2 (2020).

Further achievements are that 3,025 Anganwadi workers have been trained in nutrition and hygiene practices, 86% show increased competence. 144,000 women have been provided with practical knowledge on healthy nutrition & hygiene practices, 82% show increased competence. More than 25,000 Anganwadi workers and supervisors have started the e-learning training.

The integrated approach of linking nutrition education (N-PLA), nutrition-sensitive micro planning and community / homestead nutrition gardens shall

be implemented full-fledged in Barwani and Khandwa districts, in Sheopur and Chhatarpur refresher trainings for modified N-PLA and link to community nutrition gardens will be established. These four districts in Madhya Pradesh will be promoted as learning and exchange hubs to upscale the integrated approach across the state with the project's governmental partners, especially DWCD and MGNREGA. Another strategy to sustain the approach through the institutionalisation with partners is the systematic capacity development of state partner officials at state, district and village level.

Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH is Germany's leading provider of international cooperation services. GIZ supports the German Government in achieving its objectives in the field of sustainable development.



The UN Food Systems Summit on 23 September 2021 highlighted the importance of an integrated nutrition-sensitive approach to improve nutrition and health outcomes. Our integrated approach intends to contribute to the transformation of food systems and the achievement of SDG 2.

- Dr Susanne Milcher
Project Head
SENU project India, GIZ

Dr Susanne Milcher
(Project Director),
susanne.milcher@giz.de

Further project information:
<https://snrd-asia.org/securingnutrition-enhancing-resilienceindia/>



WWW.KEYSTONE-FOUNDATION.ORG
CONTACT: +91 4266272277 [OR]
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- Help indigenous farmers grow traditional food crops (Millets) that are rich in micronutrients, through seed and inputs support.
- Support its production and linking supply through the local Public Distribution System.
- Address the gaps in terms of access to indigenous nutritional security – through research & implementation.



A pathway for PVTGs to address malnourishment

Thematic interventions by Trickle Up to address persistent malnutrition among Juang community in Nagada

Dietary diversity is an emerging issue in tribal communities, mostly among the Particularly Vulnerable Tribal Groups (PVTGs), who have been living in the forest ecosystem and following their own socio-cultural pattern, tradition and typical food habits. Since independence, multiple government policies and interventions have been rolled out for the socio-economic development of tribal communities. Despite seven decades of special treatment, even today, tribal communities continue to be the most undernourished segment related to their livelihood, education and health. When it comes to malnutrition,

The Juang is one of the primitive tribal groups.

still, we recollect the harrowing incident of 2016 that happened in a nondescript village, Nagada, in Jajpur district of Odisha, where 19 children from the Juang tribe had died from malnutrition in one of the six hamlets within three months. Nagada is located on the hilltop of Sukinda valley and is home to 634 members of the Juang tribe, which is one of the 13 Particularly Vulnerable Tribal Groups (PVTGs) residing in Odisha. The tragedy forced the Government of Odisha to take immediate actions to provide facilities such as clean drinking water and roads connecting the village to the nearest town, Kaliapani. While a lot has changed for the better since the incident, now it is high time to make efforts to improve their nutritional intake with dietary diversity in food by promoting the cultivation of nutrition-rich seasonal vegetables and crops.

A chefat work.



Fight against malnourishment

Being a pioneer in graduating people out of extreme poverty, Odisha Livelihoods Mission (OLM) of Govt. of Odisha had given an opportunity to Trickle Up (TU) to lead this initiative for the socio-economic development of the Juang tribe. Trickle Up has been implementing various thematic interventions for fostering inclusive development with added thrust on sustainable solutions to address persistent malnutrition. In view of their food habits of Juang tribe, their food intake is influenced by the vagaries of nature, with large seasonal variations, depending upon the availability of agricultural and forest produce. But rice, potatoes and green leafy vegetables are staple foods and consumed four-times a day. “Every day we used to eat rice and a potato smashed with a piece of onion, a green chili and a pinch of salt. Sometimes we used to eat some greens instead of potatoes,” says Chikuli Pradhan, project participant at Tala Nagada. There are many vegetables like papaya, drumsticks, and other fruits which they never tasted at all before Trickle Up’s intervention. This primitive tribe didn’t have any idea how essential and rich these vegetables are in micronutrients to keep them healthy.

Trickle Up realized that while food security could be ensured for poor households in Nagada through the Public Distribution System (PDS), it was not enough for the overall development of the mind and body. Food diversity is required to receive wholesome nutrition and develop to a person’s full potential. This was absolutely critical for pregnant mothers, lactating mothers and children below six years of age. The community in Nagada lacked the resources and proper awareness to ensure food diversity and optimum intake of nutritious food.

Intervention strategies

After studying the status and food habits of the Juang tribe, Trickle Up developed the following strategies to promote dietary diversity.

- i. Promotion of nutrition gardens for diversifying the consumption of food baskets by the community.
- ii. Promotion of the practice of preparing and

consuming healthy and nutritious food from the locally available grains and vegetables by organizing regular ‘Food Festivals’. An important purpose of these food festivals is to demonstrate the ways of maintaining hygiene during the time of preparation of food.

- iii. Convergence with the relevant government departments for the purpose of fostering inclusive development and wellbeing of the community.

Target project participants

Name of Village	Total HH	Total Population	Male	Female
Upara Nagada	14	70	33	37
Majhi Nagada	14	76	36	40
Tala Nagada	34	172	84	88
Tumuni	23	112	54	58
Uper Guhiasal	28	142	74	68
Tala Guhiasal	11	62	29	33
Total	124	634	310	324



SHG meeting of ultra-poor women in Nagada.



Preparing organic pesticides for nutrition garden.

Approach and Impact

To tackle the issue of malnourishment, Trickle Up promoted nutrition gardens to utilize space at the front and rear ends of the houses to grow vegetables. This initiative appropriately utilizes space to grow fruits and vegetables that can not only sustain the family but also support their dietary requirements. Seasonal vegetables are grown by utilizing locally available waste and other materials as manure or fertilizer. They can be used for long periods to fulfill the daily needs of the household.

Approximately 98 households from Nagada have been adopting this practice and are now cultivating around 10/12 varieties of vegetables of their daily requirements. Though two models of nutrition gardens are being popularised — rectangular and circular, but many households in Nagada who are having minimum 2.5 decimals of land prefer to make rectangular shape compared to the circular model.

“Though we have ample space in our backyard but earlier we didn’t know how to use this land for ensuring healthy food and balanced nutrition in an affordable way. Now we are cultivating varieties of vegetables like brinjal, potato, tomato, ginger,

pumpkin, carrot, bitter gourd, green chilli, cauliflower and saag (green leaves),” says Manguli Pradhan of Majhi Nagada.

Many of them also have very little land in their backyard or are landless, so the Trickle Up team encouraged them to grow vegetables in containers or gunny bags. Each family can set up 10-12 such bags in a row. The idea behind the landless kitchen gardens was that, despite lack of land availability, there was still the possibility of growing vegetables.

In Nagada, Trickle Up has been focusing on organic farming. The field officials imparted training to

Participants practicing gunny bag model of nutrition garden.



Bitter gourd cultivation in an organic way in the backyard.



the participants on the preparation of organic pesticides and nutrients –which are low-cost and locally available. The villagers are applying locally available waste as manure, i.e. farmyard manure, poultry manure, goat manure, wood ash, etc. for the fertility of the soil in the nutrition garden. Hence, organically grown vegetables are preferred among the tribal community in Nagada. This nutrition-intensive initiative contributes to household food security by providing direct access to food that can be harvested, prepared and fed to family members, often on a daily basis. The primitive tribals are now diversifying and adopting healthy foods in their diets. Most of the project participants have raised nutrition gardens to cultivate seasonal vegetables and their dependency on the market for food items has decreased drastically. This low-cost sustainable approach for mitigating malnutrition helps in ensuring the consumption and diversification of food and vegetable intake.

Though the fast-spreading Covid-19 was a serious threat to food security but this model helped the community to access nutritious foods. Trickle Up distributed seed kits for vegetable cultivation as per the livelihood plan and provided the essential knowhow for strengthening the cultivation and gardening to promote balanced supply of protein and micronutrients from nutrition gardens. Each seed kit contains 13 different kinds of locally adapted varieties of nutrient-rich and fast-growing vegetables with enough seeds to develop a home garden and provide a balanced supply of protein and micronutrients. Besides that, the households are being supported by fencing materials to protect the nutrition garden from the attack of poultry birds and cattle. During the pandemic, when Covid-19 has a huge ramification on the food security and diversity of the households, this much-needed, long-term sustainable solution not only ensures food security and diversity to the family but also a prospect for livelihood.

Looking at the acceptance of nutrition gardens among Juang PVTG, Trickle Up is now scaling up this initiative to other project locations and PVTGs of Jharkhand to promote increased consumption of diverse and nutrient-rich foods among the ultra-poor community. Now over 120 project participants from

20 villages in Littipara of Jharkhand are now using this unique initiative as a sustainable practice to improve nutrition and food security by contributing significantly to dietary diversity.

“Since 1979, Trickle Up has been helping ultra-poor women to break the cycle of poverty and lead a quality life. In tribal communities, women play a key role in supplementing household economies. We are making all possible efforts to empower women from PVTGs with the necessary skills and digital exposure for sustainable diversified livelihood practices to minimize crop loss and encourage adaptation to a changing climate in order to absorb the shocks by the natural and man-made disasters,” says Sushant Verma, Asia Regional Director, Trickle Up.

Inculcating healthy dietary practices

To encourage diverse food habits and recipes of

nutritious dishes, Trickle Up initiated food festival in the tribal cluster of hamlets to orient the community members on the necessities and ways of preparing healthy and nutritious food with the help of locally available grains and vegetables. This is an endeavor towards changing the behavior of the community by making them understand the importance of inculcating healthy food habits. In the food festival, the villagers display different crops and vegetables with special emphasis on its nutritional value. Usage of vegetables from the nutrition gardens is also encouraged in food festivals to inspire other households to grow vegetables in the backyard.

Training on hygiene practices during the preparation of food is imparted at the food festival. Through such festivals, this tribal community becomes aware of the importance of

healthy dietary practices, leading to increased local resilience and food security.

OLM and Mission Shakti organized Odisha Pushti Mahotsav, a 6-day long festival across the state to celebrate the food and agriculture diversity. This festival is also being organized in Nagada with support from Trickle Up and SHRISTI on January 28, 2021. More than 50 varieties of traditional fruits, leafy vegetables and dishes were exhibited. They also displayed a variety of freshly harvested vegetables from their nutrition gardens. Moreover, this is an opportunity for the Juang tribe to gather information and to share their experiences on healthy diversifying food, vegetables and crops. *“In these years, much has changed on the ground. Earlier, villagers had the habit of consuming only rice with large quantities of water or salt without any vegetables. Now, they have learned to include vegetables in their diet. Although the overall physical health of the villagers has improved, we need to do more to have diversity in the food basket,” says Manash Ranjan Dash, State Program Officer, Trickle Up.* Despite having many interventions, malnutrition

Pusti Mohostav celebrated by the Juang tribe in Nagada.





Women participants of Trickle Up from the Juang community.

Trickle Up goes further to create breakthrough opportunities for the world's poorest people. We've been working nonstop for more than forty years to help resourceful but marginalized people start and run profitable businesses. Our unique approach helps people in poverty turn their passion into profit so they can build better lives for themselves. We focus on reaching vulnerable people that others leave behind—women, indigenous people, refugees, and people with disabilities. Our dedicated staff comes from all over the world. We have teams based in Guatemala, Uganda, and India, so we're always close to the communities we serve.

among the tribal community is still a health issue. Therefore, increasing health literacy and promoting the culture of proper nutrition certainly play a key role in combating malnutrition among socio-economically vulnerable tribal communities.

Conclusion

Now Nagada has hogged the headlines for organizing food festivals on nutrition, not for malnutrition. Since 2017, the Juang tribe has been marching towards bright prospects for tomorrow. Trickle Up's involvement in Nagada emanates from its commitment to work with sections of the ultra-poor population inhabiting in unconnected and isolated villages.



Since 1979, Trickle Up has been helping ultra-poor women to break the cycle of poverty and lead a quality life. In tribal communities, women play a key role in supplementing household economies. We are making all possible efforts to empower women from PVTGs with the necessary skills and digital exposure for sustainable diversified livelihood practices to minimize crop loss and encourage adaptation to a changing climate in order to absorb the shocks by the natural and man-made disasters.

- Sushant Verma
Asia Regional Director
Trickle Up

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Trickle Up, Asia Regional Office, 4/2 Orient Row, 2nd Floor, Park Circus, Kolkata - 700 017, West Bengal, India

Tel: +91 33 4000 4776 / 2289 4207 Email: info@trickleupindia.org

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Poshan Mitras building an understanding about nutrition through hands on activities.

Bringing smiles with right nutrition.

Building healthier communities

Power of 5 program is enhancing the nutritional status of 25,000 children across 42 villages in Mewat district of Haryana

Malnutrition is a global concern and has lifelong implications. This nutrition epidemic affects many, but children under 5 years are at the highest risk of being impacted. In the recent National Family Health Survey, approximately 80% of India's states and Union Territories have recorded an alarming rise in childhood malnutrition. Moreover, over 68% of children below 5 die in India due to malnutrition.

Leader in the nutrition space, Amway India through its CSR program is working with the marginalized communities to fight childhood malnutrition. Aligned with the Government of India's National Nutrition Mission, Amway had introduced its globally acclaimed campaign, Power

of 5, in India to raise awareness on childhood malnutrition. With the objective to fight against childhood malnutrition, the program aims to identify and manage the malnourished children by targeting the mothers and caregivers of children under the age of 5 years and improving their nutritional knowledge and practices.

Amway India with the support of Amway Global has launched the Power of 5 program with SRF Foundation in Nuh block of Mewat district, Haryana in November 2020 in alignment with Poshan Abhiyan.

The two-year programme will support and benefit over 60,000, people including 25,000 children in the age group of 0-5 years, across 42 villages in Nuh block of Mewat district, Haryana.

Implementation

With the focus on the prevention of malnutrition and early identification of malnourished children and improved access to care in case of need, SRF Foundation employed grassroots level workers or Poshan Mitras from the villages. They are conducting various activities for promoting health and nutrition in the community and are champions of the program. They are engaged in spreading the nutrition awareness by visiting and mentoring the mothers and caregivers of children and making follow-up visits with the identified malnourished children.

The first step in changing habits is awareness;

campaigns enable the members of community to begin the shift and encourage them to lead a healthier lifestyle. Nutrition and WASH campaigns, Breast Feeding rallies, Poshan Bagichha or Kitchen Gardens and Recipe Sharing not only enable community members to eat right but also promote food diversity and food sustainability.

As the programme was implemented in November 2020 amidst the COVID-19 pandemic, all precautions were taken to ensure safety of all. While visiting houses of mothers all COVID protocols were maintained. The campaigns were organized in small groups with social distancing and wearing of masks.



Poshan Mitra talking about nutrition and WASH to a small group of women in the village.



Poshan Mitra making home visit for anthropometric measurements.

Spreading breastfeeding awareness through Breastfeeding Rally.



Children enjoying a nutritious meal during recipe sharing.

Impact

Power of 5 program is enhancing the nutritional status of 25,000 children across 42 villages of Nuh Block in Mewat district of Haryana. Immediate nutritional intervention and timely referrals of the identified 6,000 malnourished children has started by closely monitoring their health through regular home visits. Through various campaigns the community is becoming aware of the many benefits of nutrition and WASH practices and changing their outlook towards nutrition, hygiene and health. The collaborative model of the program is ensuring strengthened linkages between community, Anganwadi and Government department to fight malnutrition in children.

Sustainability and Scalability

The 'Power of 5' program has worked on a collaborative model right from the start by employing local women as ambassadors of the program. They work in close coordination with the members of the community, Anganwadi Workers (AWW) and Auxiliary Nurse Midwife (ANM). Through campaigns like kitchen garden and recipe sharing they are creating a culture which supports working together as a community for the larger good. With the success of the program in Mewat, this model can further be implemented in other parts of the country so that malnutrition among children can be fought at a national level.



Poshan Mitras demonstrating the right way of washing hands.



SRF Foundation through its various programmes has been working towards bringing a positive change in the community and education has been our focus area. A strong foundation in the early years will create keen and enthusiastic learners who will strive towards better choices and opportunities in their lives. To support the cognitive development of the children, good health and nutrition are key essentials. It is our privilege to partner with Amway India in their #Fight Malnutrition Power of Five initiative.

The Amway Power of 5 program in partnership with the SRF Foundation is a union of expertise, passion, commitment and experience facilitating a wholesome healthy development in the crucial years of a child's life.

- Dr Suresh Reddy
Director
SRF Foundation

SRF Foundation is working towards upliftment of some of the most vulnerable members of society through high-impact interventions in Education, Health, Vocation Skills, Livelihood and Natural Resource Management

Defying the odds of the pandemic: Delivery of nutrition services through home-based events

Uttar Pradesh Technical Support Unit (UP TSU)¹, modified the concept of Community Based Events (CBEs)² to home-based events. The concept was taken forward for execution by ICDS functionaries

Ms. Jaya Tripathi, DPO, Fatehpur while observing home-based event (Annaprashan) during a Supportive Supervision visit.



Godbharai and Annaprashan, are events of socio-cultural significance across the country. Godbharai is celebrated during pregnancy to bless the mother-to-be and Annaprashan marks the initiation of complementary feeding in children. These events have been leveraged as platforms to promote optimal nutrition and health behaviors and have been institutionalized as Community Based Events (CBEs), under the Ministry of Woman and Child Development (MWCD, Govt. of India) led **POSHAN³ Abhiyaan**.

One event of Godbharai and one of Annaprashan is normally organized as a CBE, at each AWC every month, amidst a gathering of the women and children from the community. Organizing these events at the AWCs was challenged during the COVID 19 pandemic, because the AWCs were closed for a prolonged period.

Driven by the understanding, of the need for nutrition services to be delivered through these events, UP TSU modified the concept of CBEs to home-based events. The concept was taken forward for execution by ICDS functionaries in twenty-eight districts of the state. Consequently, Godbharai and Annaprashan were organized by the Anganwadi Workers (AWWs), at the homes of the beneficiaries in these districts, since May 2020.

To organize the event:

- The AWW consults the beneficiary and family members for their availability on a specified date. She engages the family members, specially the men and elders, in organizing the event.
- AWW counsels the beneficiary and family members on key nutrition behaviors, with the use of appropriate Information, Education and Communication (IEC) materials.
- AWW follows the protocols for the prevention of COVID19 transmission and also guides the family members on the same.
- UP TSU conducted the orientations relevant for ICDS functionaries and the AWWs were handheld in the endeavor by Poshan Sakhis⁴.

During the six months' period, September 2020 to February 2021, as per the programme monitoring report (UP TSU), approx. 67,000 Godbharai events were organized in which 26,000 SHG members and 6,000 plus Gram Pradhans participated. During the same period, more than 90,000 Annaprashan events were organized with participation of 36000 SHG members and 80,000 male members of concerned families.

A structured assessment of this

innovative initiative was not conducted, however, there was ample anecdotal evidence from the field which was suggestive of the perceived benefits of home-based events.

Those benefits included:

- Increased engagement of family members in the event.
- An opportunity for family

counselling on health and nutrition behaviors.

- Flexibility to celebrate the event as per the convenience of the family.
- Reduced probability of COVID 19 transmission.

The home-based events became increasingly popular with the

community and with the AWWs. The concept was adopted by other stakeholders in various other districts of the state. It was also promoted by the department, across the state during Poshan Maah⁵ 2020 and 2021.

Jayanti Gupta, AWW, while organizing home based event (Godbharai), Amaria, Pillibhit.



Voices from the field

Ms. Jaya Tripathi, District Program Officer(DPO) Fatehpur: I have observed home based events during my supportive supervision visits, and believe that organizing these events at home, by using available resources at the household level is best suited during COVID times.

Anamika Devi, AWW, Husainganj, Fatehpur: Earlier, only one family member used to accompany the beneficiary for the Godbharai or Annaprashan event at the AWC and were always in a hurry to leave. But after we started organizing home based events, the entire family including male members are participating in the event wholeheartedly.

¹UP TSU, funded by the Gates Foundation, provides technical assistance to the departments of Health and Family Welfare, Medical Education and the ICDS in UP for strengthening service delivery and improving the status of maternal & child health and nutrition in the state.

²Community Based Events (CBEs): Annaprashan is organized soon after the child completes six months of age and Godbharai is organized in the third/fourth month of a registered pregnancy.

³POSHAN: Prime Minister's Overarching Scheme for Holistic Nourishment

⁴Poshan Sakhis were a cadre of UP TSU; young, dynamic women from the community who mentored and handheld the AWWs.

⁵Poshan Maah or the National Nutrition Month is celebrated during September, since 2018, in India

बच्चों और गर्भवती महिलाओं के पोषण के लिए, भोजन में विविधता की अहम भूमिका



Diet diversity plays a critical role in the nutrition of pregnant women and young children

**Support SNEHA
to help Mumbai's
vulnerable
urban informal
communities**



SNEHA's work focuses on keeping vulnerable communities in the Mumbai Metropolitan Region safe and healthy including malnourished children, anaemic women, adolescents, and pregnant women. The COVID-19 lockdown made it difficult for several people to access critical services. SNEHA staff continued health and nutrition counselling over phone/online during these difficult times, in addition to sharing preventive measures to be taken to curtail the spread of the COVID-19 virus.

We also worked in close coordination with government systems such as the Municipal Corporations, ICDS, and Police. Our staff assisted frontline healthcare workers in door-to-door and fever camp screenings for COVID-19. We also worked closely with the Public Distribution System to provide ration to needy families and supplied essential items such as masks, sanitizers and PPE kits to health workers.

While SNEHA has currently been prioritizing the response to CoVid-19, our primary work is to promote the long-term health of the urban informal communities. Our work to prevent malnutrition in children and adolescents, reduction of anaemia in married women and promoting safe pregnancies will have a positive impact on the health and immunity of these vulnerable populations.

OUR REACH

**300,000 women and children in
urban slum communities**

1,000,000 people reached

**8,000 community-based
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Against child malnutrition: Leading from the front

Action Against Hunger is empowering members of Panchayati Raj Institutions and building a holistic model that is grounded, responsive and can be one of the most effective tools in our fight to eliminate child malnutrition from India, and they are leading this fight from the front

Not only PRI members, but Action Against Hunger has also tapped into other important groups as well such as self-help groups.

The first 1000 days of life is the most critical period for a child. The cycle of malnutrition can only be broken by providing optimal nutrition and care during this period, a fact that is increasingly being recognised as a window of opportunity by many governments and development organisations around the world. Gram Panchayats can play a vital role in ensuring children and mothers in the villages access all opportunities for health and nutritional development. Realising this, Action Against

Hunger's interventions targeted at Panchayati Raj Institutions (PRI) members are part of a well thought out and holistic model for bringing about the desired results as these PRI members can influence efficient and effective budget allocations and utilisation of the same for better development outcomes.

Their projects in Rajasthan, Madhya Pradesh, and Maharashtra undertake the first 1000 days approach for the health and nutrition of pregnant and lactating women. Since Anganwadi Centres





Snigdha Sahal with children during one of her field visits.

recognise that nutrition should be a priority but we also mobilise resources and people. I am glad that Action Against Hunger is putting in required efforts to make this happen by working with everyone.”

The PRI initiatives of Action Against Hunger and their efforts at making the first 1000 days count as the most important days for mothers and children should be applauded for their determinations and scale. Action Against Hunger is working in close to 500 villages of Rajasthan, Madhya Pradesh and Maharashtra. Action Against Hunger India is a strong team of 250 full-time workers and staff members and together they are impacting the lives of more than 12 lakh villagers and slum dwellers as a direct and indirect result of their initiatives. Action Against Hunger was also at the forefront of the country’s fight against the Covid-19 pandemic. They have so far provided more than 300 tons of dry rations to the families in need. In addition, they have distributed 17,400 PPE Kits and 2,50,000 masks, gloves and sanitisers to the frontline medical workers. Through 70,000 phone-based counselling sessions covering 13,900 families across these states, Action Against Hunger ensured that counselling, mental and emotional support reaches the affected families.

located in the villages as well as urban areas serve as direct service points for mothers and children, Action Against Hunger works directly with the frontline workers, Panchayati Raj Institution (PRI) members, donors and government departments at various levels to ensure that these centres have proper infrastructure, necessary growth monitoring equipment, toilet facilities, clean drinking water and other necessary resources. It is this holistic approach and the emphasis on empowering PRI members with the right knowledge and tools that can play a vital role in strengthening the health and nutrition ecosystem in the villages. Once empowered, PRI members can coordinate successfully with various government departments to address the gaps present at the village level in the delivery of programmes and schemes.

Action Against Hunger’s work starts with generating awareness among PRI members, frontline healthcare workers, and community leaders and their approach is informed by the shared learning and knowledge. They work within the existing framework and aim to strengthen the existing initiatives such as Maternal & Child Health and Nutrition Days. Identified as a major outcome, these teams are pushing for the inclusion of nutrition as a component in the Gram Panchayat Development Plan (GPDP) and building a synergy between various government departments where Gram Panchayats utilise funds from other government schemes such as NREGA for nutrition services strengthening in the villages.

When four panchayats in Rajasthan’s Baran district included nutrition in their Gram Panchayat Development Plan (GPDP) officially,

Action Against Hunger’s ground teams were elated at the opportunity they presented. These Panchayats plans to provide child care instrument to the village Anganwadi Centres (AWCs) and carry out much-needed and often-delayed infrastructural and renovation works in their respective AWCs. Action Against Hunger plans to disseminate learnings of this initiative with a wider audience as well as policymakers. “If this approach is successful in bringing more funds for the Anganwadi Centres and for nutrition services then other gram panchayats would have a lot to learn from this experience,” says Lalita Nagar, Sarpanch of one such panchayat.

Rajaram Ahedi, Sarpanch of another panchayat that has included nutrition in its GPDP, is equally motivated. He says, “By including nutrition as a component in Gram Panchayat, we not only



Not only PRI Members, but Action Against Hunger has also tapped into other important groups as well such as teachers.



Action Against Hunger is utilising constitutionally mandated Panchayati Raj Institutions.

What we are doing together with motivated community leaders is something that has the potential to change the child malnutrition scenario in India. If the Panchayati Raj members are mobilised in the right manner, it ensures that there is a synergy among different departments and also ensures participation from individuals and communities that are equally important if we want to make India free from the curse of child malnutrition.

- Snigdha Sahal
Executive Director
Action Against Hunger India



ENDING CHILD MALNUTRITION IS URGENT

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Scaling Biofortification for healthy and nutritious crops in India

HarvestPlus works with partners to scale access to biofortified crops and food whose consumption improves micronutrient intake, reduces micronutrient deficiency, and improves health outcomes



More than two billion people worldwide suffer from malnutrition. Micronutrient malnutrition or hidden hunger has a significant negative impact on human health, especially children and women which leads to various health problems. Biofortification is a process of enriching the micronutrients of staple food crops through agricultural technology when consumed daily, help in a measurable impact on the populations. Nutrition studies have established daily consumption of biofortified crops improves micronutrient intake, reduces micronutrient deficiency, and improves health outcomes such as cognitive and physical functional outcomes and reduced morbidity.



HarvestPlus collaborates with ICAR institutions, State Agricultural Universities, seed companies, and community organizations to provide farmers access to seeds of biofortified varieties, training for nutrition information about the benefit of consumptions, and best farm practices to improve farm production. HarvestPlus also partners with the organization to digitize farming clusters to develop last-mile activities to create an efficient supply chain with transparency and traceability of raw materials for healthy and nutritious consumer food products. On World Food Day 2020, Prime Minister dedicated 17 biofortified crops to the nation.

Impact

Over 10 million farming households in Africa, Asia, and Latin America and over 50 million consumers benefit from biofortified crops. In India, more than 1 million people benefit from biofortified crops. More than 2,500 tons of biofortified crops have been disseminated and more than 200,000 famers cultivate biofortified crops. The key value chain partners and beneficiaries have been trained on the benefits of biofortified crops for health and nutrition. Key stakeholders have been engaged for developing policy to link biofortified crops in various food and nutrition programs. Food processing and retailers have been identified to develop value added nutritious food products for consumer markets

Breeding crops for better nutrition.

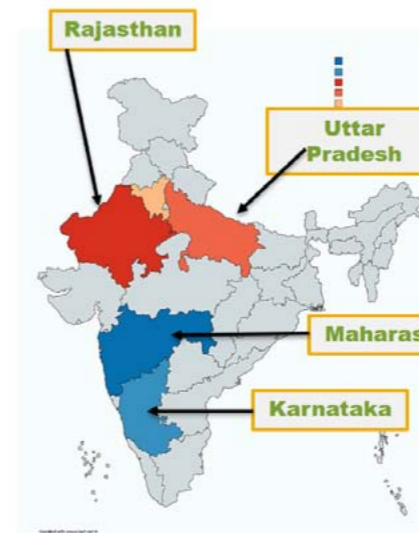
Sustainability and Scalability

More than 340 varieties of biofortified crops have been developed globally that are grown in more than 40 countries. In India, 8 hybrids of iron pearl millet and 2 varieties of zinc wheat have been developed under

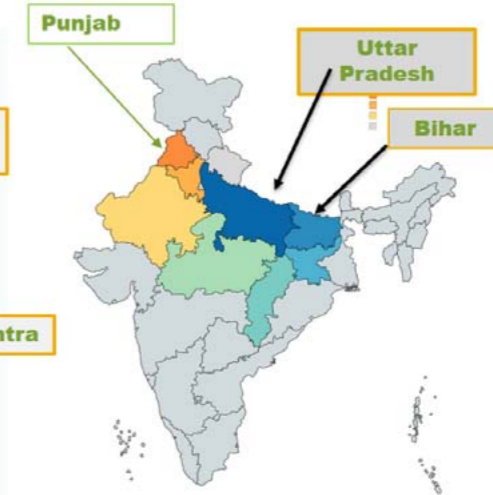
partnership with ICAR, ICRISAT, CIMMYT and SAUs. Biofortified iron pearl millet is cultivated in Maharashtra, Haryana, Karnataka and Rajasthan. Biofortified zinc wheat is cultivated in Punjab, Haryana, Uttar Pradesh, and Bihar.



Iron Pearl Millet



Zinc Wheat



Biofortification is a cost-effective means of delivering micronutrients to populations.

Spreading awareness about the importance of biofortified crops.



Scaling Biofortification will help in building nutritious food systems of the future that provides cost-effective, sustainable and local solution to tackle malnutrition.

- Binu Cherian,
Country Manager-India
HarvestPlus

HarvestPlus improves nutrition and public health by developing and promoting biofortified food crops that are rich in vitamins and minerals, and providing global leadership on biofortification evidence and technology.



Behavioural change ensures a healthier community

Impact of Bandhan-Konnagar's malnutrition project persists even after three years of its completion as per an impact evaluation study



A Swasthya Sahayika measuring the weight of a pregnant woman.

A beneficiary with her newborn baby.



Bandhan Konnagar, a not for profit organization registered as Society in 2001 under WB Societies Registration Act, 1961. It has been implementing different social development initiatives in 12 states in India. The general objectives of its nutrition project are :

- To increase health awareness and ensure behavioural change of the rural community
- To prevent malnutrition (Wasting) among U-5 children

Rationale of the project: Nutrition is a basic human need and a prerequisite for a healthy life. A proper balance diet is essential from the very early age of life for growth and development which contains carbohydrate, protein and fat (4:1:1) along with essential vitamins and minerals. As per National Family Health Survey-4 (2015-16), the status of malnutrition among under-5 children is a concerning issue in India. Poverty, illiteracy and lack of knowledge regarding the nutrition value of different foods are major factors of getting malnutrition of under-5 children whereas per NFHS-4, underweight is around 35.4%, stunting (due to chronic malnutrition) is 38.4% and wasting (due to acute malnutrition) is 21% (severe wasting -7.5%). The picture is more or less the same in many states except a few ones. As per UNICEF, around 30% of wasted and stunted children of the world live in India. From different studies, it has been proved that the prevalence of malnutrition

A Swasthya Sahayika measuring the mid-upper arm circumference of a child.



Health forum for awareness generation.

among children of an illiterate mother is more than those of a literate mother since there is a lack of knowledge regarding nutrition and hygiene among the illiterate.

The health initiative targets all households of selected Gram Panchayats with a special focus on under-5 children, adolescent girls (15-18 years), pregnant women and lactating mothers.

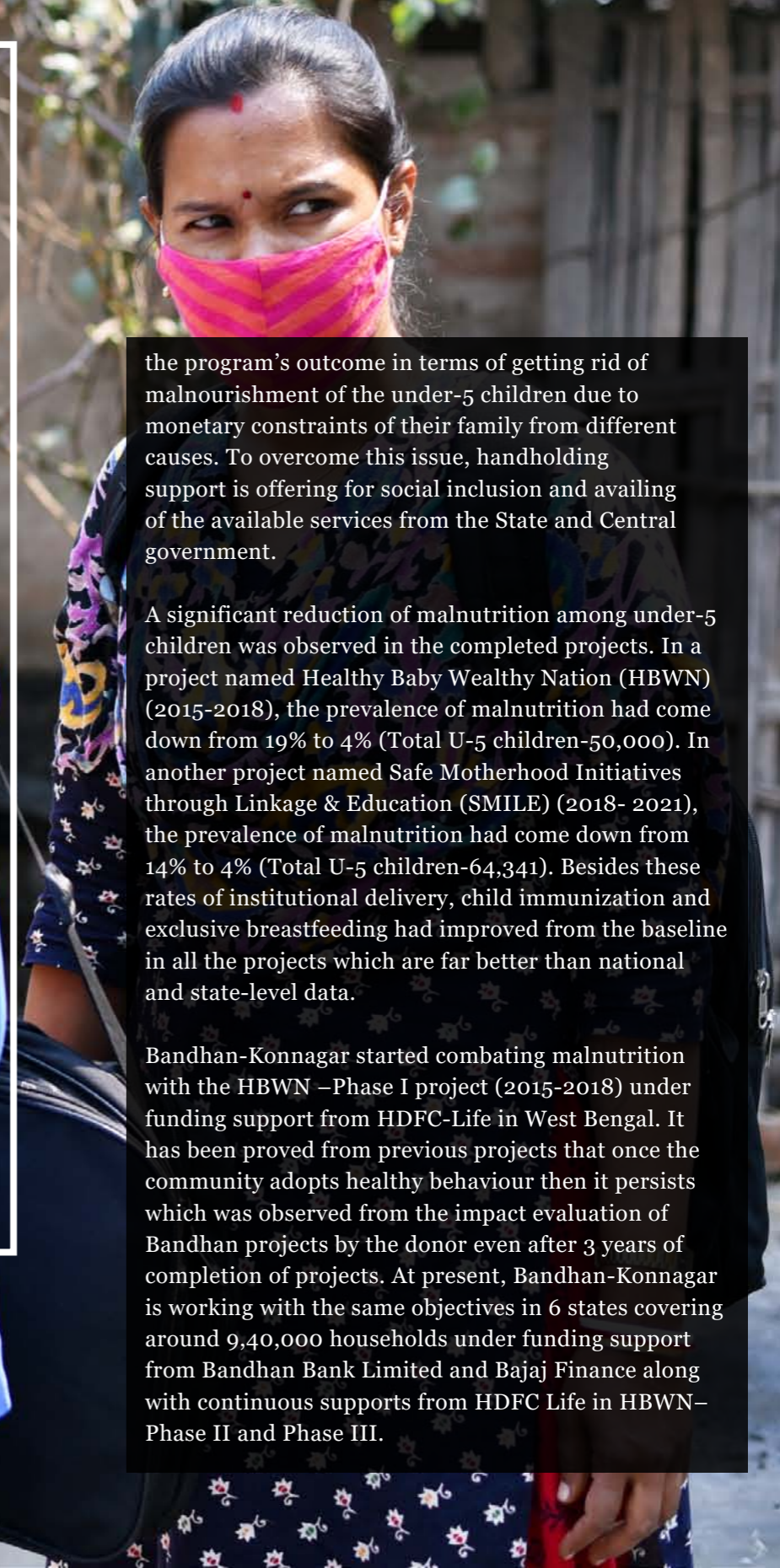
Implementation modalities of the project are:

- Residential branch set up in the working area to work for 3 years
- Recruitment of staff and training
- Selection of community volunteers and training
- Baseline survey of the households
- Monthly health forum with different MCH issues in all volunteer's village
- Routine household level individual counselling to ensure adoption of healthy behaviour
- Half-yearly anthropometric camp to assess the nutritional status of Under-5 children
- Linkage/Referral with govt. health institutions
- Escorting support to SAM children in getting medical services from Nutrition Rehabilitation Centre
- Coaching the caregivers of malnourished children in preparing SATTU as a supplementary food for their children
- Awareness generation annual events like World Health Day, World Breastfeeding Week, National Nutritional Week, World Toilet Day etc
- Half-yearly school children campaign for WASH
- Yearly school children campaign on menstrual hygiene for adolescent girls
- Kitchen garden initiative to improve nutritional status
- End line survey to measure the outcome/impact

Covid-19 pandemic affected



Recordkeeping by Swasthya Sahayika during the household counselling visits.



the program's outcome in terms of getting rid of malnourishment of the under-5 children due to monetary constraints of their family from different causes. To overcome this issue, handholding support is offering for social inclusion and availing of the available services from the State and Central government.

A significant reduction of malnutrition among under-5 children was observed in the completed projects. In a project named Healthy Baby Wealthy Nation (HBWN) (2015-2018), the prevalence of malnutrition had come down from 19% to 4% (Total U-5 children-50,000). In another project named Safe Motherhood Initiatives through Linkage & Education (SMILE) (2018- 2021), the prevalence of malnutrition had come down from 14% to 4% (Total U-5 children-64,341). Besides these rates of institutional delivery, child immunization and exclusive breastfeeding had improved from the baseline in all the projects which are far better than national and state-level data.

Bandhan-Konnagar started combating malnutrition with the HBWN –Phase I project (2015-2018) under funding support from HDFC-Life in West Bengal. It has been proved from previous projects that once the community adopts healthy behaviour then it persists which was observed from the impact evaluation of Bandhan projects by the donor even after 3 years of completion of projects. At present, Bandhan-Konnagar is working with the same objectives in 6 states covering around 9,40,000 households under funding support from Bandhan Bank Limited and Bajaj Finance along with continuous supports from HDFC Life in HBWN–Phase II and Phase III.



Forging an adolescent anaemia free future in West Bengal



Blue IFA supplements.

A collective initiative has been undertaken by the Government of West Bengal, Nutrition International (NI) and Child in Need Institute (CINI) in 2018 to strengthen the national WIFS programme for adolescents in West Bengal

Adolescent anaemia remains a significant concern in India with consequences across present and future generations. The prevalence of anaemia among adolescent girls and boys (15-19 years) in the country stood at 54.1% and 29.2% respectively (NFHS- 4). The state of West Bengal carried a heavier burden of anaemia among adolescents with gender differentials. The high prevalence of anaemia among adolescent girls could be gender inequity, inadequate nutrition, onset of menarche and poor menstrual hygiene. The impact is far more stretched in case we consider the intergenerational cycle of anaemia.

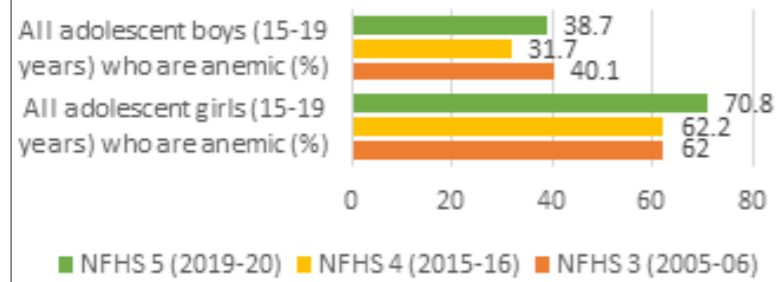
A sectoral convergent initiative has been

undertaken by the Government of West Bengal, Nutrition International (NI), and Child in Need Institute (CINI) in 2018 collectively to strengthen the national WIFS programme for adolescents (10-19 years) in West Bengal'. The project sought to strengthen institutional mechanisms to contribute to improved coverage and consumption of IFA supplementation among adolescents.

Partnerships are also deepened with the West Bengal Board of Madrasah Education and 141 Municipality schools along with the departments of Health and Family Welfare, School Education, and Women and Child Development to strengthen the WIFS programme.

The program is being implemented across the

(Figure 1.1) Key Indicators of Anaemia in West Bengal



state covering 341 blocks and 141 municipalities. A total of 47, 49,530 girls and 42, 72,046 boys from school and 75,679 out of school adolescent girls are covered under this project.

Accelerating the sectoral convergence at all levels was the driver to strengthen the WIFS program operations. As a result (a) supply chain management for timely delivery of blue IFA supplements at all facilities has been improved from 49% to 64% for schools and 65% to 80% for AWCs during 2019-2020, (b) 68% nodal teachers and ICDS supervisors across the state have been trained on state WIFS operational guideline, (c) Joint monitoring visits and district/block convergence meetings have been regularised.

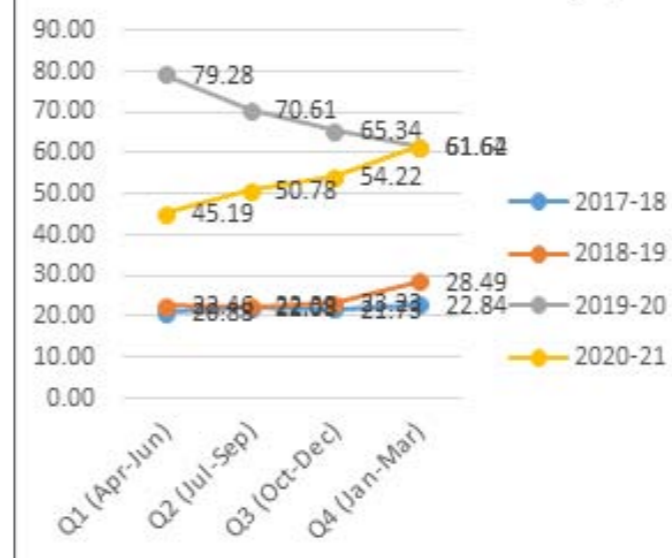
Amidst the COVID 19 pandemic, the Schools and ICDS centres were closed down, which impacted majorly on the education and other ongoing programs for the adolescents. The administration of IFA supplements to the adolescents under WIFS program was immediately stopped during the lockdown. However, the state government decided to provide dry ration to the parents/ guardians of in-school adolescents up to VIIIth standard under mid-day meal programs. Taking this as an opportunity, CINI approached to School Education Department with a new strategy, issuing a govt. order on 13th May, 2020 for distributing of blue IFA supplements along with dry mid-day meal ration. After continuous advocacy, finally, in September'21, the Commissioner of School

Education issued an order for distribution of blue IFA supplements to students from IX-XIIth standard, who were not receiving IFA supplements as they were not eligible for mid-day-meal ration.

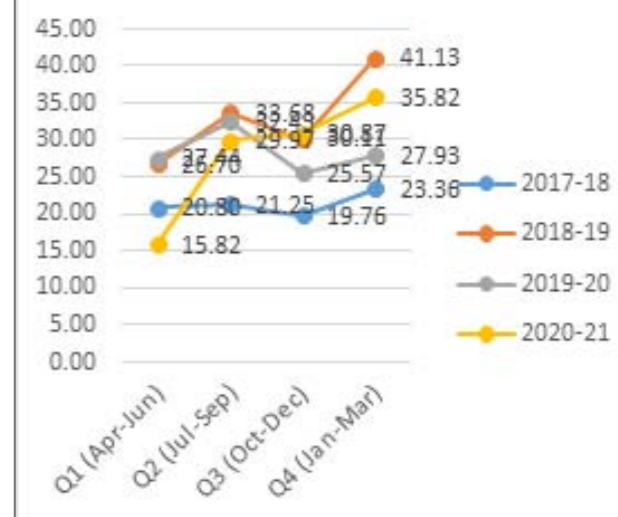
The project helped to regularise the five critical operational areas of the WIFS programme like improving supply chain management at the facilities, reporting efficiency, programme convergence, capacity building and joint monitoring visits. This can be linked with the awareness generation drive that took place. Initially, only 14% (Oct-Dec 2018) schools used to display IEC materials on WIFS which increased to 81% (Jul-Sep 2021) now.

Awareness on anaemia among adolescents has

(Figure 2.2) WIFS Coverage for Out of School Adolescent Girls (%)



(Figure 2.1) WIFS Coverage for In School Adolescent Girls and Boys (%)



Orientation of service providers on WIFS operation guidelines at Jalpaiguri.



also been increased from 66% (Oct-Dec 2018) to 87% (Jul-Sep 2021) across the state. All these initiatives taken collectively by all stakeholders began to improve IFA coverage among in-school and out-of-school adolescents.

In order to ensure sustainability and scalability of the project, state and district level convergence platform has been strengthened to review adolescent WIFS program quarterly where challenges and gaps related issues are discussed and addressed. Besides system strengthening, efforts are channelized to empower the existing adolescent groups in schools and ICDS centers like the Meena Manch, Kanyashree, Sakhi Saheli, SAG-KP groups, etc. to sensitise their peers to demand for blue IFA supplements. The project team has conducted various sessions with adolescents on anaemia, the importance of blue IFA supplements, menstrual hygiene management using the adolescent WhatsApp platform.



Adolescent group members.



In post COVID-19, CINI will continue its work to institutionalise child friendly communities across the states where the rights of children are respected, protected and fulfilled in the sphere of health, nutrition, education, and child protection. CINI will support the vulnerable communities to protect them from pandemics in the coming times. CINI will work collectively in resuming the services of women, children, and adolescents through multi-sectoral convergence to break the intergeneration cycle of malnutrition.

- Dr. Samir Chaudhuri
Paediatrician
Secretary and Founder Child in Need Institute

CINI was founded in 1974 to provide institutional based treatment to sick undernourished children in the periphery of Kolkata, now reached seven million populations in West Bengal, Jharkhand, Odisha, and Assam with a focus on north-eastern states. The integrated approach is adopted across health, nutrition, education, and child protection sectors to improve the quality of life of children, adolescents, and women.



Indigenous solutions helping to reduce malnutrition among children in tribal communities

Nutritional status of 17,522 malnourished children identified out of a total of 67,288 screened children in 750 villages of Banswara district in Rajasthan was enhanced under 'Poshan Swaraj Abhiyan'

A mother feeding her child in the camp



Malnutrition among the age of under-five children is a big challenge in Rajasthan, especially in the tribal areas. This vulnerable nutritional status of these children makes them easy targets of various infectious and fatal diseases. In order to improve their nutritional status, a fortnight campaign - “**Poshan Swaraj Abhiyan**” was organized in Banswara district beginning on the occasion of the World Tribal Day – August 09, 2021. Having impact of the pandemic, the food, and nutritional services as well as supplies were affected which compounded the problem of malnutrition in tribal areas. Owing to the apprehension of the third wave of COVID-19 and as these malnourished children were at a greater risk of getting infection, this campaign attempted to address the multi-dimensional factors affecting malnutrition through cross-sectoral convergence at each level of the implementation process. The campaign was organized with the objectives to establish the importance of community actions in reducing the prevalence of malnutrition in tribal areas as well as demonstrate the nutritional significance of indigenous food groups in improving the nutritional status of the children.

The campaign was organized in 750 villages of 5 blocks viz. Anandpuri, Gangartalai, Ghatol, Kushalgarh, and Sajjangarh blocks in Banswara district of Rajasthan wherein malnourished

Anganwadi worker measuring mid-upper arm circumference of children.



Mothers of malnourished children learning to cook nutritious recipes.



Anganwadi workers measuring weight of children.

children under 5 years of age were identified and efforts were made to improve their nutritional status.

Implementation

The campaign was designed by District Administration, Banswara with the support of Department of

Medical and Health, Women and Child Development, Tribal Area Development; and VAAGDHARA. Before initiating the campaign, a baseline survey of the children was done and anthropometric measurements like height, weight, and mid-upper arm circumference were recorded.

The camps were executed in a participatory learning mode with the support of our Swaraj Mitras and facilitators along with the frontline functionaries of the Government. Every day one specific topic was discussed with the mothers to improve their learning. Key information related

to malnutrition treatment centers in the health facilities were provided to the mothers of the severely malnourished children and they were also referred to the centers. The nutritious food items fed to children like small millets, groundnut, jaggery, sesame, etc., local vegetables like

Gourds and Air potato; and green leafy vegetables like *Rajan* and *Luni*, throughout the campaign were made available locally with the support of the community. The mothers of the malnourished children were capacitated to cook nutritious recipes so that they can continue cooking and

feeding their children even after the campaign. They were also counseled towards the growth and holistic development of their children. Regular monitoring was done to see the impact on the nutrition status of the children through a mobile-based application which was developed

in order to track the daily status of the campaign activities and recording anthropometric data.

Impact

In total 67,288 children were screened and 17,522 were found malnourished in 750 villages. Out of these malnourished children, about 62% of children had an increase in their weight as a result of 15 days campaign. Out of them, about 27% of children had an increase of more than 500 gms in their weight. A reduction of about 11.6% among wasted children and about 19.4% among underweight children was observed in 15 days of the campaign. Children liked food recipes prepared with indigenous food items and mothers of these children learned to cook nutritious recipes. They also assured to feed their children with such nutritious food even after the campaign.

Sustainability and Scalability

This fortnight campaign has emerged as an appropriate example of 'Swaraj' which showed an improvement in the nutritional status of the children using nutritious indigenous food groups, having a lesser dependency on the markets. This campaign also illustrated the synergy between the key departments, district administration, civil society organizations, and the community having a common goal to reduce the prevalence of malnutrition among children and safeguard them from fatal diseases like COVID. Similar interventions, following the Swaraj philosophy, are required

to be executed in other districts as well by the Government and other organizations in regular intervals for reducing the prevalence of malnutrition among children under 5 years of age.

Identifying different sustainable community models, collaborating with the key departments and civil society organizations could be an effective way to curb malnutrition among children.

VAAGDHARA's Swaraj Mitra counseling mothers using games.



Anganwadi workers teaching handwashing to children.



In the background of the severe second wave and the possibility of the third wave of Covid pandemic, the 'Poshan Swaraj Campaign' was significant in identifying and protecting malnourished

children. Concerned departments, district administration, VAAGDHARA, and the community institutions came together for a common goal to safeguard children from malnutrition. More than 67,000 children were screened and out of them, 17,522 malnourished children were identified based on height, weight, MUAC. These children were nourished with indigenous nutritious diets and their nutritional status was tracked through a mobile application in which Anganwadi workers regularly uploaded their information. I am hopeful that this campaign will yield results providing a long-lasting solution towards resolving the health and nutrition issues of children and the community.

- Ankit Kumar Singh (IAS)
District Collector
Banswara



It is important to recognize that nutritional supplements alone cannot resolve the problem of malnutrition. Many other services and methods need to be provided

and practiced. Community-level actions in malnutrition management; knowledge and capacity building of parents or caregivers is significant to improve the nutritional status of the children in tribal areas. Besides, improved behaviors towards child care, promoting gender-sensitive care practices, and increased coordination across the sectors hold the key to reduce malnutrition among children.

- Jayesh Joshi
Secretary and CEO
VAAGDHARA

Linking nutrition and livelihood security

SRIJAN's Poshan Vatika program is providing food and income security to the disadvantaged communities



A very well constructed and managed Poshan Vatika by a local Sangita Bai.

Vegetables are the best source of nutrients essential for the overall health and the growth of the human body. However, in rural pockets where Self-Reliant Initiatives through Joint Action (SRIJAN) is operating, the average food

platter of an average family from the poor and marginalized sections lacks enough vegetables. The people in the villages do not go for a diversified food system that comprises different kinds of vegetables and restrict their consumption to some particular items repetitively, limiting their nutrient intake. The reason is

economical mainly as buying vegetables from the outside market is unaffordable for them. This leaves them vulnerable to health issues and susceptibility to diseases. It affects pregnant women and the elderly members of the family. It has a direct effect on the growth and brain development of children in the

family. Keeping this in view, SRIJAN Shivpuri team initiated the promotion of the Poshan Vatika program under the PRIF-Vikalp project.

It was initiated in the Shivpuri district's three functional blocks (Karera, Picchor, and Khaniyadhana). In the year FY 2020-21, a total of 596 families participated.

Implementation

To generate awareness among the members towards vegetable cultivation and nutritional security, a series of community discussions were carried out. The families were encouraged to grow vegetables on a smaller piece of land available and had the best condition for vegetable cultivation. A seasonal calendar was followed so that the need for diversification in the items being consumed by the family was considered in each season. The size of land as per the model was kept at around 1256 sq ft. The shape was kept circular for convenience in watering, applying fertilizers, and harvesting. A kit including some selected vegetable seeds were distributed as per the needs and requirements of the region.

Vejanti Lodhi (a local) during the initial stages of her Poshan Vatika at Sajor village.



Kalawati Bai (a local) inside her Poshan Vatika.



Sl.no	Vegetable seeds provided	Unit	Quantity
1	Peas	Gm	40
2	Radish	Gm	15
3	spinach (Palak)	Gm	25
4	Carrot	Gm	25
5	Coriander	Gm	25
6	Onion	Gm	5
7	Chilli	Gm	1
8	Tomato	Gm	1
9	Brinjal	Gm	1
10	Fenugreek (Methi)	Gm	15
11	Cabbage	Gm	2
12	Cauliflower	Gm	2
13	Potato	Gm	500
14	Garlic	Gm	50

The cost for seeds per person is Rs. 200/kit

Impact

As a result of this intervention, the farmers can now harvest nutritious vegetables worth an equivalent of Rs. 4,000-5,000 as per the market. It is meant for self-consumption, and surplus harvest, if any, may be sold into the market for an additional income. It has resulted in the overall diversification of the food platter of the family. This will result in nutritional security as they are consuming the essential nutrients through these vegetables. For this, they do not have to invest too much, and it is readily available to them.

Sustainability and Scalability

In the pilot phase during 2019-20, SRIJAN started with 20 families, which grew to 560 in the current financial year. In the next stage, SRIJAN is expanding it to 1000 families. Community contribution is being promoted, and owing to the low amount of financial investment, people are happily willing to contribute in cash and kind and put in their seeds. It is also being promoted institutionally through Women Producer's Group

(WPG). During the lockdown due to the pandemic, the nutrition garden was a boon to the families as they could grow, harvest, and consume vegetables without going to the market.



Kaliya Jatav (a local) during the initial stages of her Poshan Vatika at Barodi village.

Members of the Women Producer Groups observing Poshan Vatika.



Poor and marginal families in the rural pockets of India are heavily dependent upon manual labor for their livelihoods. Hence their bodies need proper nutrition as it is the most productive asset that they have. At SRIJAN, we are promoting Poshan Vatika model to facilitate them in diversifying their food platter. It ensures nutritional intake, especially for women, growing children, and the elderly members of the family. These families cannot afford to buy different vegetables from the market regularly. However, growing it by themselves on a small patch of land offers high returns and savings, less drudgery, and nutritional security.

- Aditya Kumar
Team Leader
SRIJAN

Self-Reliant Initiatives through Joint Action (SRIJAN) is a grass-root NGO working for livelihoods enhancement of the poorest of the poor and marginalized sections of the society in 16 districts of Madhya Pradesh, Rajasthan, Uttar Pradesh, and Chhattisgarh. SRIJAN employs over 130 team members across these locations to deliver its objectives and envisions empowering the poor.





Improving health and nutrition levels

Smile Foundation with the support of its partners has initiated nutrition enhancement programs for children, adolescent girls and women

An old lady with a high-nutrition ration kit distributed in Sangrur.



Smile Foundation has worked on **Project Sampoorna** in collaboration with PEPSICO foundation for “Improving Nutritional Status of Adolescent Girls” in Amirgarh block in Banaskantha district (one of the largest and Scheduled Tribe dominated districts) of Gujarat, India. The project was aimed at reducing anemia and improving livelihood opportunities for adolescent girls.

Some of the tactics used in this programme were organizing training on life skills, health, nutrition and on vocational skills.

Iron rich laddus, prepared by Chef Vikas Khanna were provided to girls for 16 months along with weekly tablet distribution of IFA tablets. Other initiatives included promoting and establishing kitchen gardens, organising various quiz competitions, cook and win competitions. A number of campaigns and celebration of important days were also organized.

This project was further expanded and Smile Foundation in collaboration with Lucky Iron fish Inc provided Lucky Shakti Iron leaf to the targeted adolescents in order to reduce anemia amongst them.

In a separate project in Bhawanigarh block of Sangrur district, Punjab, Smile Foundation in collaboration with PEPSICO foundation has introduced “Nutrition Enhancement Programme for Children and

Pregnant & Lactating (P&L) Women.

Under this project, the NGO helps promote and establish kitchen gardens in the community, organize monthly screening health camps during Village Health and Nutrition Day (VHND), demonstrate nutritional recipes and celebrate and organize activities on nutrition in alignment with the theme proposed by government for the Poshan Maah.

For Banaskantha project, the targeted beneficiaries were 1,000 girls in the age group of 13-19 years.

For Sangrur, the number of direct beneficiaries was 1,300. There are three categories of beneficiaries-- pregnant women, lactating women and children in 0-6 years' age group.

Implementation

Project Sampoorna

- Formation of Kishore clubs.
- Organizing training on life skills, health, nutrition and on vocational skills.
- Distribution of Iron rich laddus, prepared by Chef Vikas Khanna were provided to girls for 16 months along with weekly tablet distribution of IFA tablets.
- Promoting and establishing kitchen gardens.
- Organising various quiz competitions, cook and win competitions; various

Women being counselled on ways of better nutrition in Banaskantha.



Delivery of dry ration to families during Covid in Sangrur.



campaigns and celebration of important days.

- Collaborated with government and distributed IFA tablets during sessions to adolescent girls. Govt. provided IFA tablets via ANM.
- Regular counselling sessions with beneficiaries by using various modes and IEC material (flip books, individual and group discussions, talks by specialists, audio visual tools created in local language).

Smile Foundation scaled up the program by including additional training and the “Lucky Shakti Leaf Supplement”. Addition of Lucky Shakti Leaf to the program will provide long-term, sustainable supplement for adolescent girls as they mature into adulthood. The Lucky Shakti Leaf is clinically proven and lasts up to five years.

To understand the efficacy of Lucky Shakti Leaf, it is proposed that 500 girls out of 1,000 will be given the leaf along with other interventions and 500 girls will be part of regular interventions and no leaf supplement will be given to them.

Sangrur Project

- Promoting and establishing Kitchen gardens in the community.
- Organising monthly screening health camps during Village health and nutrition day (VHND).
- Nutrition recipes demonstration.

- Refurbishment of the AWCs- created a dedicated nutrition wall in the design that can reinforce the availability.
- Capacity building of AWWs and outreach workers on Maternal Nutrition and breastfeeding.
- Celebrating and organizing activities on nutrition in alignment with the theme proposed by Govt. for Poshan Maah.
- Distribution of nutrition kits during lockdown as the mode of hot cooked meal shifted to take home ration distribution.
- Engaging government officials and partnering in various schemes and campaigns to implement the activities at grassroots level.
- During the first wave of COVID-19, Smile Foundation provided one month ration kits to 1,800 families in need.
- During the second wave, Smile Foundation supported Sangrur’s district hospital requirement by handing over hygiene and sanitation kits for frontline workers to Civil Surgeon in presence of ADC- Urban development at Administrative block, Sangrur.

Impact

In Banaskantha, on a quarterly basis HB and BMI of 1,000 girls were examined that reflected encouraging results. The other two projects are ongoing.

A woman with ration kit distributed during Covid lockdown in Sangrur.



Health of its citizens makes a nation and nutrition is an essential part of this process. We at Smile Foundation focus on enhancement of nutritional outcomes amongst women and children as we believe this is what leads to better health of the entire population.

- Santanu Mishra
Co-founder and Executive Trustee
Smile Foundation

Smile Foundation is an Indian development organization directly benefiting over 1.5 million children and families through more than 400 welfare projects on education, healthcare, livelihood and women empowerment spread across 2,000 villages and slums in 25 states.



An effort for sustainable food, nutrition security

Through its community engagement and mobilisation, EFICOR has succeeded in promoting improved nutritional intake among lakhs of families in 13 states



A mother and child from Rajasthan.

E FICOR is a national civil society organisation involved in relief, development, training and research. EFICOR has been addressing mother and child health including nutrition issues for the last 15 years. EFICOR works closely with Health and ICDS department and the community to promote and enhance mother and child health through community mobilisation, capacity building of frontline workers, agriculture development to ensure food security, WASH promotion, social and behaviour change communication, promotion of locally available nutritious food, Kitchen gardening, etc.

In addressing nutrition, EFICOR works among adolescent girls, pregnant women, lactating mothers, and children below the age of five. EFICOR is working among 3,93,084 families in 13 states across different thematic areas. Through food security and mother and child health projects, 2,86,671 families are being supported in Bihar, Madhya Pradesh, Odisha, Jharkhand and Rajasthan.

A mother feeding her child with banana as part of infant young child feeding practice promotion.



The implementation modalities of the nutrition initiative are:

- Through Participatory Rural Appraisal, the root causes of malnutrition are addressed through a holistic approach.
- Capacity building and training of frontline workers to enhance the efficiency of the Village Health and Sanitation Nutrition Committee, Anganwadi workers, ASHA, and ANM to help them function better in their roles and responsibilities of service delivery by strengthening their skills and confidence.
- Focus on the 1000 days (conception to two years) concept through Social and Behaviour Change Communication initiatives such as home-based counselling, community meetings and dialogue, pictorial posters and flipbooks, advocacy, and WASH promotion.
- The indigenous and locally available food which is affordable, accessible, and nutrition-rich are promoted through innovative activities like nutrition food demo using local ingredients and take-home ration and nutritious food recipe competitions
- Apart from focused interventions, farmer groups are formed and trained in crop diversification and mixed cropping to increase yield through sustainable cultivation methods and organic farming.

COVID-19 had a severe impact on our programme as the target families were left without jobs and income, food insecurity was a threat and health services were limited. Apart from providing unconditional cash aid to over 23,000 most vulnerable beneficiaries, EFICOR has intensively collaborated with the health department during the lockdown for services and support.

Our Food security and Mother and child health projects cover 2,86,671 families in 5 states. In the past three years, EFICOR has facilitated over 20,000 women for 4 ANC, 17,588 women institutional deliveries. More than 47,000 pregnant women, 54,000 lactating mothers and 23,300 adolescent girls have increased knowledge on nutrition through counselling. A total of 3,212 frontline workers have been capacitated and 3,129



EFICOR has a presence in 13 states and is working on various thematic areas such as livelihood and food security, public health with a focus on mother and child health, water, sanitation and hygiene promotion, disaster risk reduction and resilience, climate change, disability, HIV/AIDS, urban intervention and training and mobilisation.

EFICOR team during home counselling.

EFICOR staff counselling a young mother.

VHSNC members have been trained.

EFICOR works in close partnership with government agencies to ensure continued coverage. Capacity building of frontline functionaries is another step towards effective sustainable service delivery. The gap between the community and the service providers has been bridged through mobilising communities to access rights and entitlements. Our projects also mainly aim at behaviour change that will pave the way to changed actions. VHSNC will continue the monitoring and follow-up of services for the community and hence building their capacity and ownership is a crucial approach across our projects.



Promoting nutrition among adolescent girls.



Vegetable garden is promoted to enhance household-level nutrition.

A beneficiary with produce from her vegetable garden.



EFICOR is committed to working towards sustainable livelihood that includes nutrition security among the socially excluded and vulnerable communities. In our engagement with

the communities, growth in agricultural productivity is a priority which is needed to eradicate all forms of hunger and safeguard the future generation in addition to promoting balanced local food consumption for women and children. Our projects on maternal and child health aim at the reduction of IMR and MMR by raising awareness, foster collaboration, support health workers and advocate for better services from service providers for sustainable food and nutrition security through which we have seen wonderful results among the vulnerable communities. Through our community engagement and mobilisation, we have succeeded in promoting improved nutritional intake through the kitchen garden concept and in increasing the agriculture income. Our projects have enabled the communities to have various coping mechanisms even in situations like Covid-19 pandemic. There is much to be done and we need to work hand in hand with various stakeholders to see communities completely free from malnutrition. We must collaborate for affordable and accessible food and nutrition security for all.

- Ramesh Babu
Executive Director
EFICOR



Capacity building of AWWs marks Poshan Maah observance

Pravah in association with Wethungerhilfe and BMZ trains 729 Sevikas in six blocks of Deoghar district for bettering the malnutrition rate



The Block Development Officer of Sonarathari planting a papaya sapling in the block premises to mark the observance of Poshan Maah.

The Poshan Abhiyaan was launched in March 2018 by the Prime Minister as the flagship programme to improve nutritional outcomes in children, pregnant women and lactating mothers. In 2021, India is not just fighting the COVID-19 outbreak but also battling the existing undernutrition in the country. Mission Poshan 2.0 brings together the Integrated Child

Development Services (ICDS)—Anganwadi Services, Supplementary Nutrition Programme, Poshan Abhiyaan, Scheme for Adolescent Girls and National Crèche Scheme.

The objective is to implement a comprehensive and unified strategy to strengthen nutritional content, delivery, outreach and outcome, with a renewed focus on developing practices that

Capacity building of Sevikas or Anganwadi Workers by Pravah in association with Welthungerhilfe and BMZ during the observance of Poshan Maah in Deoghar district of Jharkhand.

nurture health, wellness and immunity to disease and malnutrition in the country. In this context, Pravah in association with Welthungerhilfe (WHH) and BMZ is playing a key role through training of 729 Sevikas (AWW) in 6 blocks of Deoghar district of Jharkhand namely Sonaraitahri, Sarwan, Margomunda, Devipur, Palojori and Mohanpur.

Anthropometric measurement was the key measure to find out the number of malnourished children, following which came the crucial roles of AWWs to have regular monitoring of children of 6-59 months age group and support to disseminate knowledge on early breastfeeding, complementary feeding to children who are more than 24 months old, Infant and Young Child Feeding Practices (IYCF), kitchen garden, Poshan rally to create mass awareness, slogan writing competition to brainstorm the best tagline for POSHAN MAHH 2.0 for Deoghar district which boosted consumption of 'Take Home Ration (THR)' as provided to every child by the government.

The training conducted in the POSHAN MAHH 2021 for AWWs is causing a high inflow of knowledge on anthropometric measurement with a stronghold to refresh the knowledge of the cause and effect of malnutrition with a promise to fight back and improve Jharkhand's malnutrition rate.

The Block Development Officer of Sonaraitahri Block took the key role in planting Sahajan and Papaya saplings in the block premises to create an example for the villagers on the promotion of Sahajan/Moringa and its benefits to resist malnutrition.





Multi-sectoral approach towards food and nutrition security

Abhivyakti Foundation aims to ensure sustainable solutions for food and nutrition security for underprivileged communities in Jharkhand

*Integrated farming system
Duck and fish farming.*

Abhivyakti Foundation is a non-profit organisation working with a focus on natural resource-based sustainable livelihood, education, mother and child nutrition & healthcare, agriculture, youth and art & culture issues with marginal societies in Jharkhand. The organisation is working in Jharkhand in India to improve the condition of vulnerable sections of society especially women and children from disadvantaged socio-economic backgrounds

in remote locations. The basic approach of the organisation is to promote values of peace, non-violence, national integrity and sustainable development practices with self-help.

The direct beneficiaries of Abhivyakti Foundation are 5,600 households in 70 villages in the Bengabad, Gandey, Tisri and Gawan block of Giridih District, a total of 28,400 persons. 7,000 women in the reproductive age group of 15-49 will improve their care-giving practices with regards to nutrition, dietary diversity,

hygiene and health and 2,500 children in the age group of 6 months to 5 years will be receiving regular meals by the end of the project which fulfils requirements of a minimum acceptable diet.

The pandemic disrupted the ecosystem within the village. With returning migrants to the villages, and loss of livelihood, women and children became the most vulnerable. During this time, Abhivyakti Foundation's project team played a very vital role to sensitise the community on health and nutrition. During the



Covid pandemic, it is found that the dietary diversity and access to services have been widely affected like other domains and there is a fall in the nutritional status of children from normal to moderately and even severely malnourished.

Nutrition-sensitive intervention at village level

Nutrition-related interventions under its initiatives are to ensure dietary diversity and food and nutrition security for vulnerable communities through a multi-sector nutrition-sensitive approach to address the multiple causes of undernutrition with gaps identified at individual household levels affected with malnourishment and also at the community level. The process support families and community to plan and implement activities related to adaptation of cropping and farm systems for improved diversity, natural resource management, WASH, entitlements and livelihoods according to the nutrition needs of the family, particularly focusing on the nutrition needs of children and women of reproductive age (15-49 years).

Nutrition-Sensitive Integrated Farming System

The Nutrition-Sensitive Integrated Farming System and Promotion of consumption & conservation of uncultivated food under the POSHANN programme refer to agricultural systems that integrate crops, horticulture, agroforestry and livestock into an interactive

relationship with each other where the wastes from one operation or subsystem are used as inputs for other subsystems, with the objective of reducing risks and use of less external inputs, for improving soil fertility. Moreover, the system helps poor small farmers, who have very small landholding for crop production and only a few heads of livestock, to diversify farm production, increase cash income, improve quality and quantity of produces and also quality improvement in the nutritional status of the family through the exploitation of un-utilised resources. The process follows a careful mix of crops including leafy and other vegetables, fruits especially yellow fruits & vegetables rich in Vitamin A, and birds & eggs for animal protein all together enhancing the dietary diversity of women by at least two to three subgroups amongst ten identified essential food groups as recommended in the daily diet by FAO, under the Food And Nutrition Technical Assistance Project (FANTA).

Abhivyakti Foundation's team and trained volunteers distributed 4,000 Nutrition Garden Seed Kit and established 600 food forest models among the malnourished children families as well as other families to ensure food and nutrition security.

Participatory Learning & Action on Linking Agriculture, Natural Resource Management Towards Nutrition Security (LANN+)



Multi-layer farming.

Linking Agriculture, Natural Resource Management towards Nutrition Security (LANN+) meetings are held in the villages by using participatory learning and action methods, through which community members learn about the farming practices, community-based natural resource management to improve the dietary diversity as well as child care practices and WASH. The LANN PLA sessions are delivered by the Nutrition Volunteers from the local community and field officer over a period of 15 months. The meeting sessions are decided by the community and volunteers and sessions are organised every fortnight.

Community-based Nutrition Rehabilitation campaigns

Community-based Nutrition Rehabilitation campaigns are designed to support the malnourished children's families to adopt good practices for better nutrition. This campaign is primarily focused on counselling of caregivers on infant and young child feeding, child growth monitoring, immunisation, WASH and care practices etc. Trained ICDS frontline workers and nutrition volunteers measure the anthropometric measurement (Height, Weight & MAUC) of children between 6 months to 59 in each village to identify the undernourished children. Under this activity, 15-day Nutrition Rehabilitation camps are facilitated for the mothers/caregivers of children identified as undernourished through which they receive demonstrations of care practices, making of low-cost nutritious recipes as well as strengthening low-cost intervention such as nutrition garden, food forest model etc. The process of community-level screening of children and multi-stakeholder collaborations for community-based malnutrition management approach gives it a wider coverage of reach out and programming.

Nutrition-Sensitive Micro Planning (NSMP)

Nutrition-Sensitive Micro planning is a holistic community planning tool which includes direct or indirect factors regarding undernutrition such as nutrition-sensitive agriculture, food forest, WASH

and access to primary health care and nutrition services. The trained barefoot planner and government extension worker work with villagers to develop a plan that focuses on the needs of the families having malnourished children and women. These trained barefoot planners support the communities to develop their own farm planning & production system to maximize their agricultural production as well as income with optimum use of the existing resource for an adequate dietary diversity. They also work at the village level to develop a village plan, which is a compilation of household plans and submitted to the village Assembly for approval and linked with the government scheme and village development budget.

WASH

Safe drinking water, sanitation and hygiene are crucial to human health and well-being. Safe sanitation and hygiene practices are not only essential for health but also contribute to livelihood and to create resilient communities living in healthy environments. Abhivyakti Foundation's efforts have been to sensitise the communities on sanitation and personal hygiene, use of safe drinking water and living in a clean environment, contribute to improve health status as well as address the local problem related to water and sanitation. In this process, the use of wastewater has also been tried out successfully to develop agri-wash models for small household production.

Tangible impact of the initiatives:

- More than 3,000 children identified as malnourished in 52 project villages of two blocks of Giridih District in Jharkhand
- Nutritional status improved in 832 children (6-59 months)
- Almost 1,500 families adopted and practising nutrition garden with a diversified cropping system
- 800 farmers are practising integrated farming systems

Home visit of nutrition volunteers for counselling of mothers on health and nutrition.

Promoting hand washing.



Counselling of mothers on child growth monitoring.



- including tree, crop, biodigester, bird, livestock etc., who have very small landholding for crop production
- 2,000 families are regularly accessing diversified food from the nutrition garden up to 8 months
- 73% of women groups transferring knowledge on linking agriculture with nutrition security.

Intangible impact of the initiatives:

- An increase of maternal dietary diversity by 2 food groups was directly observed among 2,000 malnutrition affected households
- During the project period, the participation of women increased substantially. Women participation in decision making for agricultural operations also increased visibly. Communities have also developed an understanding of the interlinkages of agriculture and natural resource management towards nutrition security

Sustainability and scalability

Abhivyakti Foundation spread awareness among the communities and carry out behaviour change intervention successfully. The nutrition garden model and the sustainable integrated farming system can be replicate through Didi Bari Yojana under MGNREGA flagship programme and NRLM to promote food and nutrition security in the state.

Integrated farming system.



Nutrition outcomes are directly affected at the community level by many drivers including diversity, IYCF practices, maternal health and access to services. As a sustainable champion, Abhivyakti Foundation focuses on strengthening community response to these challenges and building up frontline workers capacity to

address these barriers towards the foundation of a healthy child and national growth.

- Krishna Kant
Secretary
Abhivyakti Foundation



Women's livelihood and nutrition of the rural populace have been severely impacted in terms of dietary diversity due to the pandemic and the corresponding economic downturns and uncertainties. Abhivyakti Foundation, as a Sustainability Champion, aims to ensure sustainable solutions for food and nutrition

security for underprivileged communities in Jharkhand through a multisectoral nutrition-sensitive approach. A multi-sector nutrition-sensitive approach means to address the multiple causes of undernutrition by supporting communities to plan and implement activities with access to government entitlements to improve agriculture, WASH (Water, Sanitation and Hygiene), Nutrition and care practices.

- Santu Adhikari
Program Manger
Abhivyakti Foundation

Universalizing supplementary nutrition

The mother and daughter smile as they receive our Dry Ration Kit.



The advantage of Nutrimix is its low cost and high nutritional content

A cost-effective, scientifically designed nutritional supplement, CINI NUTRIMIX is made from natural, indigenous products to fulfil main and supplementary diet requirements by providing food and nutritional security. It is a holistic food supplement designed for diverse age groups, ethnicity and cultures which can be easily customized for therapeutic uses. This has a rich source of micronutrient available from natural food sources along with pre-designed premixes as per RDA. On an average, per day consumption for CINI Nutrimix for a child of 6 years is less than Rs.10 per day which provides 15% (approx.) and 7% (approx.) of the total calorie and protein requirements respectively making it an effective, affordable nutrition solution. The approach followed ensure food and nutrition security, replenishing the nutritional demands during the crucial times for growth during the life cycle helping in the upliftment with provision of positive outcome of the future health potential.

CINI NUTRIMIX is meant for children who are above 6 months and adults, especially pregnant women, lactating mothers. Consuming it is also beneficial in conditions like malnutrition, anaemia, leprosy and tuberculosis. People all across India, especially

West Bengal, Sikkim, Assam and Odisha have been benefitted by its consumption.

Implementation

We served the vulnerable sections of the community who have been severely hit in this lockdown, by providing them with dry food rations and CINI Nutrimix that helped them sustain during the period of lockdown. Other than this we have been

active in designing two kits complete nutrition security for an individual as well as a family of 4. One is CINCOMM Wellness Kit and the other is CINCOMM Grocery Kit.

The CINCOMM Wellness Kit is designed for an individual. The kit contains CINI Nutrimix along with hygiene and sanitation essentials. It takes care of the individual's monthly nutrition

The brave hearts who risked their own lives to help others during COVID-19 lockdown.



supply. On the other hand, the CINICOMM Grocery Kit can serve 240 nutritious meals for a full month for a family of 4. The kit also contains sanitation and hygiene essentials. This kit takes care of the nutritional (macro and micro) needs of the entire family. The kits have been designed keeping in mind the energy and protein needs, and hygiene and sanitation needs of an individual and the family.

Impact

Positive anthropometric changes of recipients are recorded in government and non-government sectors with satisfactory results for cases pertaining to malnutrition, pregnancy, lactation, active tuberculosis cases and general growth promotion. The community members, especially women along with beneficiaries and caregivers included in product manufacturing and product usage have showed evolved nutritional awareness, capacity and skill building, social status upliftment and promotion of socio-economic welfare.

This year we have supplied over 3,00,000 kg of dry ration and over 1,00,000 kg of CINI Nutrimix. In Sikkim, over 11,000 families are reached every month as part of the ICDS programme. We have impacted more than 12, 80,189 lives directly and 3, 20,047 families.

Sustainability and Scalability

The 3 SDGs of Zero Hunger, Good Health and Wellbeing,

Dry Ration Kit supply for families at West Bengal in collaboration with Child in Need Institute.




Distribution of CINI Nutrimix in the rural areas of West Bengal.



and Decent Work and Economic Growth are the main pillars of the idea. Proper dissemination of knowledge of holistic nutrition through regular training and awareness programmes makes the beneficiaries a knowledge hub for further knowledge sharing. The programmes are well documented from planning to execution and it acts a database for future implementation. This helps in making every programme by CINICOMM replicable and scalable with bigger number of population. For example, A TB supplementation programme successfully implemented in Kolkata with 8 participants is being replicated in Noida with 200 patients.



Dry Ration Kit supply for families in West Bengal in collaboration with The Hans Foundation and Child In Need Institute in North Bengal.



Poshan For All is an absolute priority for us and is our core mission. With the dent that COVID-19 has put on nutritional status across the country, it has become all the more important for all of us to act jointly towards a nationwide rehabilitation.

- Abhishek Choudhury
CEO
CINI Community Initiatives



Nurturing Pinky Khatoon's motherhood

The story which started on a cold January morning on the pavements of Rafi Ahmed Kidwai Road is now an exemplary instance of care and nutrition.

Pinky Khatoon was found in the busy pavements of Rafi Ahmed Kidwai Road by one of our field volunteers. Her features were strikingly ill which reflected the deteriorating health status of Pinky which required immediate attendance. Pinky was in her first trimester staying with her mother and two small kids who barely could manage a day's meal on the streets. Deserted by her husband, Pinky and her family had only daily alms to look forward to. While she and her unborn child were severely malnourished, the other two infants majorly depended on breast-feeding as their source of food.

CINI & CINCOMM came forward to try and make a difference.

Our field staff began the rescue mission by registering Pinky at the local UPHC Centre (Ward 62). She received her first T.T. and essential supplements through our one of our esteemed projects – Oracle Ration Kit distribution. With this, CINI began regular monitoring of Pinky and her family. It was ensured that regular supplementation of medicines along with sufficient supply of CINI Nutrimix for the pregnant mother and children are provided.

The prompt action of linkage with health services and intake of supplementary nutrition through CINI Nutrimix had a two pronged health benefit-

- ♥ Prevention of Intrauterine Malnutrition
- ♥ Ensuring positive health and nutrition balance of the child and mother

Regular counselling for Pinky and her mother was done to bring about a behaviour change for a sustainable impact. This ensured that Pinky herself, the unborn child and the other children do not go back to the negative health trajectory. The field staff also tried to link the family with the local ICDS, but the pandemic eventually stalled the movement. But we surged ahead staying committed to Pinky's well-being.

Pinky touched her third trimester which called for better care and concern. CINI Nutrimix continued to remain the source of complete nourishment which showed a steady rise in her weight and there was a significant improvement in other health parameters. CINI Nutrimix acted as a comprehensive supplement meeting both her macro and micro nutrient requirements.

Pinky finally gave birth to her child in the wee hours of 11th June, 2021. The child was healthy and weighed 3kg 200gms. Our field staff immediately attended to post-natal care of both the mother and child. The baby received his first BCG vaccination on 16th June, 2021, while the Medical Officer at the UPHC confirmed a sound and healthy mother & child. CINCOMM however continued its nutritional support for Pinky & her family with CINI Nutrimix.

We feel humbled and honoured to be a constant companion in Pinky's journey of being a proud and healthy mother.



We want all mothers & children to thrive

And we need your support in realising this dream for a healthy India. Our aim is to raise 15L INR to further our existing programs in 2020-21. Your contribution will go a long way in ensuring better health for newborns and mothers.

40,000+ Families IMPACTED

48% reduction in WASTING

up to 70% increase in BREASTFEEDING

5yr goal to reach 1M FAMILIES

Even in 2020, over **40% children are undernourished, and 50% women are anemic in India** – robbing them of a fair chance to live life to the fullest, and contest the cycle of poverty. **The ongoing pandemic has only worsened the situation.**

Adhering to our vision of a world full of healthy mothers and thriving children, **we have worked with over 40,000 families in Mumbai to improve these dire numbers.** Over the years, **we have witnessed a 48% reduction in wasting, improved birth weights, and increased the breastfeeding rate drastically** among several other levelling indicators. **Our goal is to impact 1M families in the next five years.**

HOW DO WE DO THIS?

We work in tandem with government services, families, and community leaders to bring about behavioural change around nutrition and access to health related information for families.

THE PANDEMIC APPROACH

Since the beginning of the COVID lockdown, we have used technology to stay in touch with the families we work with. We have also **developed an app called the NuTree app for the frontline worker** to assist her in ensuring timely, accurate counselling without missing any families.

Our cost per mother is about Rs 1,000 for a duration of 1,000 days. Your donation can go a long way in ensuring safe, healthy mother and child health, and present a fair chance for the child to lead a life of full potential.

Scan this QR code to support the work we do



To know more about the work we do, visit www.fmch-india.org

 @indiafmch  @FMCHIndia  @FMCHIndia

11 facts about food loss and waste – and how it links to sustainable food systems

Reducing our own waste can reduce greenhouse gas emissions while also helping to fight hunger

*Food loss and waste exist while 3 billion people cannot afford a healthy diet.
Photo: Niema Abdelmageed*

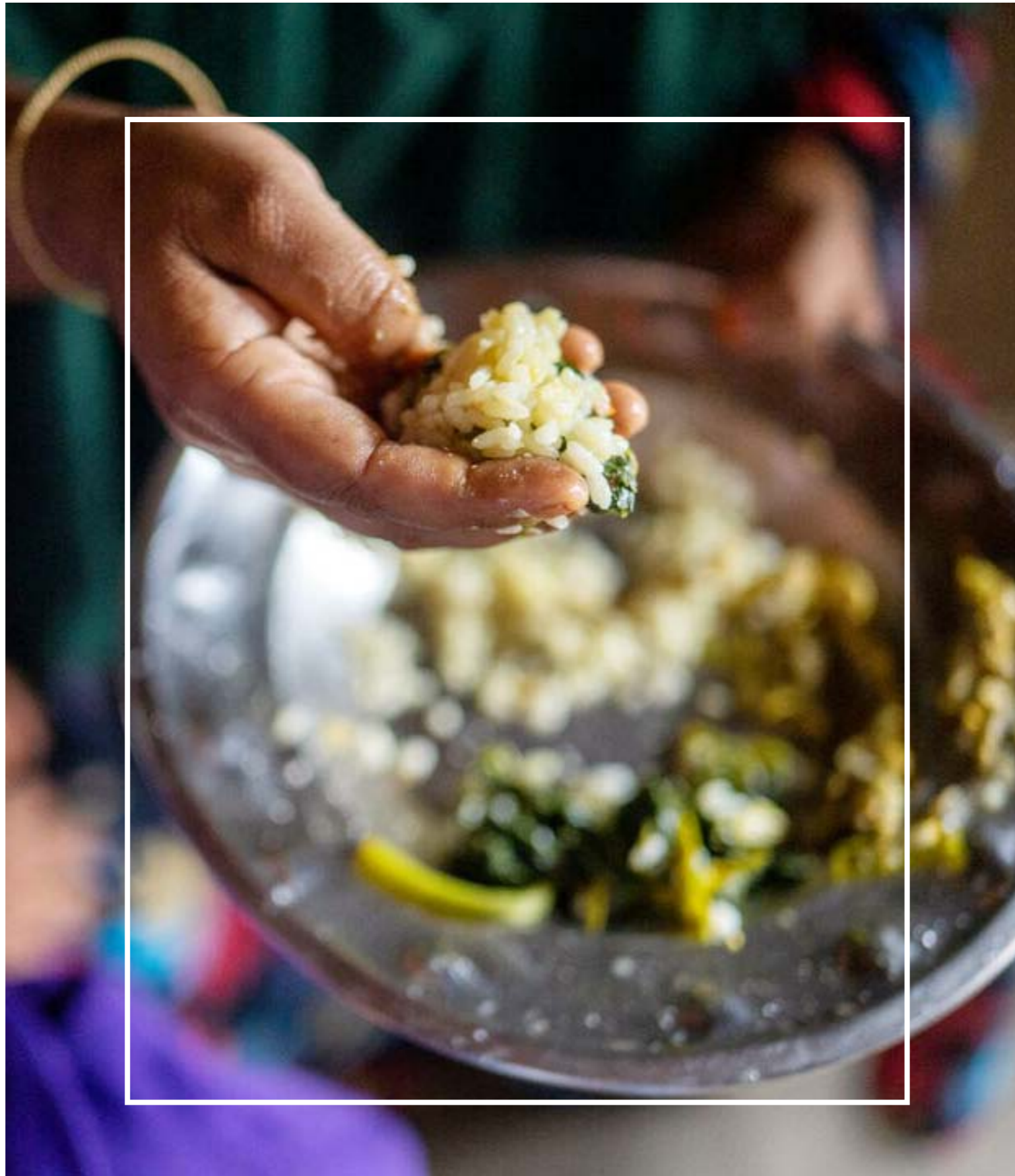


Sustainable food systems can ensure the quality of produce from farm to plate.
Photo: WFP/Sayed Asif Mahmud

Carlos Munoz & Paul Anthem

Sustainable food systems – the networks needed to produce and transform food and ensure it reaches consumers in peak quality and quantity – are critical to food security and nutrition, as well as to adapting to the effects of the climate crisis and reducing our impact on the planet. Food loss and waste can damage the sustainability of these food systems and therefore risk increasing food insecurity. In blunt terms, food waste in developed countries contributes directly to climate emergencies that leave millions of people facing hunger. That’s why halving food waste by 2030 is a target under the Sustainable Development Goals. Here are 11 facts about food loss and waste:

1. Food waste generally refers to produce thrown away by the consumer, whereas food loss usually happens at the production, post-harvest and processing stages of the food chain.
2. Around one third of food produced for human consumption is either lost or wasted, amounting to a financial loss of about US\$1 trillion annually.
3. Food loss and waste are prevalent in a world where enough food is produced to feed the world’s 7 billion people, yet 811 million people



still go to bed hungry each night.

4. Twenty-eight percent of the world’s arable land produces food that is wasted, rather than being used to feed those most in need.
5. The precious water used to produce food that is wasted could fill Lake Geneva three times. Imagine if that amount was redirected into efficient agriculture.
6. Food wasted in the developed world goes into landfills that produce greenhouse gases. In fact, food loss and waste accounts for over 3 billion tons of these gases per year. If it were a country, it would be the third largest producer of greenhouse gases after the US and China.
7. These gases are a major contributing factor to the climate crisis, affecting water supplies, accelerating desertification and drought, and worsening the unpredictability and severity of weather events. All of this damages agriculture – and therefore increases hunger – in much of the world.
8. A recent report by WWF-UK shows that, contrary to the belief that farm-stage food losses are particularly acute in lower-income regions, 58 percent of global farm-stage food waste actually occurs in middle- and high-income regions.
9. There are myriad ways to address food loss and waste. Innovative thinking can transform production, processing, storage, distribution and use of produce. For example, in sub-Saharan Africa, WFP has assisted governments in their efforts to reduce losses through education and promoting post-production technologies. These include low-cost drying, moisture meters and hermetic bags which allow farmers to mitigate grain losses. In India, WFP staff devised GrainATM, which dispenses the exact amount of grain each farmer requires and thereby reduces waste.
10. WFP’s Supply Chain unit works to ensure effective packaging to protect food from mechanical damage while it’s being loaded, offloaded, transported on bumpy roads or dropped from a plane. This can also preserve its quality in difficult conditions, from extreme temperatures to excess dust and general pollution.
11. Consumers’ direct action to reduce their own waste can include buying only what you need and can use, checking ‘use by’ rather than ‘best before’ dates, planning for the week ahead and thinking what to do with leftovers, as well as using your spare time to batch-cook and freeze meals.

A programme in Guatemala is helping revive cooking traditions that feature nutritious, traditional crops as a means of fighting malnutrition in the country.
©FAO/Luis Gustavo Sánchez Díaz



FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS

5 ways Indigenous Peoples can help the world eliminate hunger



Indigenous Peoples and their food systems can provide answers to food insecurity and climate change

Constituting only 6 percent of the world population, Indigenous Peoples are nevertheless vital stewards of the environment. 28 percent of the world's land surface, including some of the most ecologically intact and biodiverse forest areas, are primarily managed by Indigenous

Peoples, families, smallholders and local communities. These forests are crucial for curbing gas emissions and maintaining biodiversity. Indigenous foods are also particularly nutritious, and their associated food systems are remarkably climate-resilient and well-adapted to the environment. Indigenous Peoples' ways of life and their livelihoods can teach

us a lot about preserving natural resources, sourcing and growing food in sustainable ways and living in harmony with nature. Mobilizing the expertise that originates from this heritage and these historical legacies is important for addressing the challenges facing food and agriculture today and in the future.

Here are 5 of the many ways in which Indigenous Peoples are helping the world combat climate change:

1. Their traditional agricultural practices are better adapted to a changing climate

Throughout the centuries, Indigenous Peoples have

developed agricultural techniques that are adapted to extreme environments, like the high altitudes of the Andes or the dry grasslands of Kenya. Their time-tested techniques, such as terracing to prevent soil erosion or floating gardens to make use of flooded fields, are well suited for the increasingly extreme weather events and temperature changes brought on by climate change.

2. They conserve and restore forests and natural resources
Indigenous Peoples see themselves as connected to nature and as part of the same system as the environment in which they live.

They have adapted their lifestyles to fit into and respect their environments. In mountains, Indigenous Peoples' landscape management systems preserve soil, reduce erosion, conserve water and decrease the risk of disasters. In rangelands, indigenous pastoralist communities manage cattle grazing and cropping in sustainable ways that preserve rangeland biodiversity. In the Amazon, ecosystems' biodiversity improve when Indigenous Peoples inhabit them.

3. Their foods and traditions can help expand and diversify diets
The world currently relies very heavily on a small set of staple crops. Just five crops – rice, wheat, maize, millet and sorghum – provide about 50 percent of our dietary energy needs. Replete with nutritious, native crops like

quinoa and oca, the food systems of indigenous peoples can help the rest of humanity expand its narrow food base to incorporate herbs, shrubs, grains, fruits, animals and fish that might not be well known or used in other parts of the world.

4. They cultivate indigenous crops that are more resilient to climate change
Because many Indigenous Peoples

live in extreme environments, they have chosen crops that have also adapted to such conditions. Indigenous Peoples often grow an array of native species of crops and a multitude of varieties that are better adapted to local contexts and are often more resistant to drought, altitude, flooding or other extreme conditions. Used more widely in farming, these crops could help build the resilience of farms now

facing a changing, more extreme climate.

5. They oversee a large part of the world's biodiversity
Traditional indigenous territories encompass 28 percent of the world's land surface, but host 80 percent of the planet's biodiversity. Preserving biodiversity is essential for food security and nutrition. The genetic

pool for plants and animal species is found in all terrestrial biomes, as well as rivers, lakes and marine areas. Living naturally sustainable lives, indigenous peoples preserve these spaces, helping to uphold the biodiversity of the plants and animals in nature.

FAO considers Indigenous Peoples as invaluable partners in providing solutions to climate

change and creating a world without hunger. We will never achieve long-term solutions to climate change and food security and nutrition without seeking help from and protecting the rights of Indigenous Peoples.

The Hani People in the Yunnan Province of China utilize traditional agricultural practices, such as terracing, and customs for protecting the environment.
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Ensuring a world of healthy mothers and children

Through proven methods and intensive services, FMCH promotes maternal and child health and nutrition to enable women and children reach their potential



FMCH focusses on encouraging preventive health, balanced nutrition and child developmental practices.

Foundation for Mother and Child Health (FMCH) was founded in 2006 as a grassroots organisation with the idea of bringing good health and nutrition intervention for women and children in vulnerable communities of Mumbai. The organisation launched its very first initiative in a slum-redevelopment building in South Mumbai in 2007. The Foundation focusses on encouraging preventive health, balanced nutrition and child developmental practices in underprivileged communities. To achieve this, it adopts a holistic approach, by embracing, educating and empowering mothers and children in their social environment.

Flagship programme-1000 Days’ Programme

FMCH works with families from the time the woman gets pregnant to the time the child turns two years old (about 1,000 days old). The Foundation’s mission is to ensure that families have access to skills and knowledge that can impact a child’s cognitive development during this critical window. FMCH’s 1000 Days’ Programme operates in two locations as Project Poshan in Kurla, Mumbai and Community Nutrition Initiative in Bhiwandi, Thane.

Through this initiative, which covers pregnant women, children below two years and children over two with acute malnutrition across slums of Kurla and

A healthy and happy child.



Monitoring growth and development in a child.

A counselling session for mothers in progress.



Bhiwandi, FMCH conducts the following:

- Structured education sessions on nutrition, pregnancy and childcare.
- Home-based counselling to ensure all practices of Infant and Young Child Feeding (IYCF) are met - early initiation of breastfeeding, exclusive breastfeeding,

initiation of correct complimentary feeding etc.

- Training and supportive supervision for the Anganwadi machinery.

Strategic preparedness

During pandemic times when the Foundation staff was not able to go to the field, FMCH

moved all its services to digital platforms that enable it to work remotely. Technology has played a big role in the past few months with phone calls, WhatsApp and other online platforms being used to stay connected with the families FMCH is engaging with. In collaboration with medical specialists from IIT Bombay, technology experts and by using

the insights from the field, FMCH has developed the NuTree App for the frontline workers to help them manage their tasks. The NuTree Aapp navigates cases, and supports time-sensitive counselling sessions as it helps with data collection, beneficiary tracking and management, ensuring the Foundation reaches out to all mothers.

The App coupled with our strong community relationship has enabled us to widen our reach even at a time when we are not physically on the field. Due to lack of services in several communities, many families have turned to us as the first point of contact.

Output

All FMCH's activities lead to an increase in knowledge and eventual behaviour change. This is measured by indicators on IYCF, number of institutional deliveries, nutrition pattern of the mother and child, support given to mothers etc. The impact is measured as reduction and prevention in the wasting, stunting and underweight status of the children.

Impact

Over the last 5 years, FMCH has worked with over 40,000 families across low-income slums of Mumbai. Through its programmes the organisation has seen a 48% reduction in wasting in children who have been with regularly with FMCH, improved birth weights to 2.7kgs (from 1.5kgs), and an increase in the breastfeeding rate (up to 70% increase in some of

the interventions; 25 PP higher than the national average), all indicators moving children who are malnourished to regain a state of better health.

Sustainability

FMCH's projects in each location are carried out for 3 to 5 years.

The time period depends on the programme goals, size of the target population, social and cultural psychology etc. There are two aspects of sustainability in the direct implementation work:

Mother support groups: Women from the community

who have been through our intervention collectively take ownership of the nutrition and health of the community.

Anganwadi machinery: Before we enter any community, we form relationships with ICDS. Through training and supportive

supervision, we are able to make the Anganwadis continue the work even after we exit.

FMCH's vision is a world of healthy mothers and thriving children.



Undoubtedly, the feeling that grips us when we think about the last few months is uncertainty— impacting everyone unprecedented. The underprivileged have suffered the most, exposing the dark side of unilateral development, forcing us redefine inclusion and sustainability. As dire as it is, we also have a fantastic chance to rebuild and re-imagine more empowered, equitable communities in a post-COVID world.

The need to work with each other—in all roles as academicians, donors, implementation organisations, government bodies—in a systemic way is stronger than ever. This is how FMCH would be looking at strategy as well. We will continue to impact more mothers through partnerships with organisations and institutions. We also aim to make our programmes more holistic by including many more partners in our community.

- **Shruthi Iyer**
CEO

Foundation for Mother and Child Health

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The Good Sight

C #83 Aliganj, Lucknow - 226024, India

✉ contact@thegoodsight.com, ☎ 0522-2974696, 9631014408, 8658112065

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