

RESILIENCE FOR A SUPOSHIT BHARAT

A community based nutrition intervention project of Adani Wilmar Ltd., implemented by Adani Foundation.

- Aims to curb the intergenerational cycle of malnutrition.
- Strengthens the health & nutritional status of children from birth to 5 years with timely identification of acute malnourished children.
- Creates awareness in adolescent girls, pregnant & lactating women towards nutrition & maternal care.
- Instils knowledge for appropriate behaviour change.
- Empowers community women as SuPoshan Sanginis to facilitate access to Government's services.

SuPoshan reach 2020-21



Total States
12



Total Sites
23



Total Villages
1,268



Total Slum Areas
139



Anganwadis Supported
2,187



No. of Sanginis
640

SuPoshan touched the lives of



Total Households
3,25,437



0-5 Children
1,00,538



Adolescent Girls
96,295



Women
2,38,550



Undeterred in the Mission for Good Nutrition

SuPoshan Sanginis safeguarded communities amidst COVID-19

- They provided vital support & reliable source of information by filling the gaps as public health facilities were overstretched.
- Timely tele-counselling

Total of
16,402
telephone calls made

Follow-up of
6,291
malnourished children
below five years

5,736
Adolescent girls were
counselled on intake of iron
rich foods to combat anaemia

4,375
Pregnant women reached

500
Children under SAM &
MAM for referrals

280
Lactating mothers
on Breastfeeding

500
Pregnant women on
balanced diet, institutional
delivery & antenatal checkups

700
Adolescent girls
on menstruation



Watch a short
documentary about
SuPoshan in
Narmada District





Helped bust myths & break fear psychosis by relaying correct information and promoting necessary precautions like proper hand-washing, maintaining social distance, wearing masks etc.



Kept in touch with the nearest frontline health workers to get an update on all beneficiaries. Gave a helping hand in multiple activities like **distribution of Take Home Ration (THR), masks and sanitizers** to the households.



Capacity-building of 46 SuPoshan staff members and 252 SuPoshan Sanginis continued virtually by way of **online courses** on topics like Basic Nutrition, Women's Health, Infant and Young Child Feeding.





Promoting food security through Poshan Vatikas

- Sanginis took the lead in guiding & encouraging mothers to set up Poshan Vatika (Kitchen Garden).
- Beneficiaries received guidance, right from the preparation of soil to sowing the seeds of seasonal vegetables and the optimal use of waste water.
- A major benefit was that the families enjoyed sufficient and continuous supply of vegetable & fruits during the pandemic - a step towards preventing hidden hunger.



Sanginis distributed seeds
for Poshan Vatika to
1,766 households
in **26 slums**
and **328 villages**



Activities Re-initiated at the Field-level

SuPoshan Sanginis resumed their routine field work from November 2020. They carried out universal anthropometric assessment of all the children up to the age of 5 years in the ongoing project sites to identify and provide immediate support to malnourished children.

Total Sites

14

Total children covered

80,841

Total
children screened
65,304 (81%)

Children identified
SAM

2,778 (4.2%)

Children identified
MAM

6,379 (9.7%)

Total healthy
children

56,147 (85.97%)

SAM - Severe Acute Malnutrition
MAM - Moderate Acute Malnutrition
NRC - Nutrition Rehabilitation Centre





Continuum of Care

- SuPoshan Sanginis continued referring SAM children to NRCs within their vicinity.
- **203** children recovered well after the course of treatment & follow up.

Achievement of the year in terms of nutrition indices:

3,557 SAM to MAM

7,440 MAM to Healthy

Community Engagement

Focussed Group Discussions

5,557

Family Counselling

11,016

Cooking Demonstrations

876



Catalysing Behaviour Change

Celebration of special days through knowledge sharing and demonstrations



World Breastfeeding Week (1-7 August)
Supporting Breast feeding for a healthier planet



Poshan Maah (1-30 September)
Kuposhan se Suposhan ki or



Global Handwashing Day (15 October)
Hand hygiene for all



World Food Day (16 October)
Grow, nourish & sustain

“

Relaying Information in Remote locations

Suposhan Sangini **Sarita Singh** from the remote village of Shivnagar in Surguja, Chhattisgarh took the initiative to spread awareness on the importance of cleanliness and social distancing amongst her community members. She conducted door-to-door visits and took to writing on the walls in order to provide crucial information, especially for pregnant women and lactating mothers. With limited access to medical facilities and other hygiene essentials like soap, masks etc., she proactively supported the Village Health, Sanitation and Nutrition Committee (VHSNC) members.

”



Project SuPoshan Phase Out

The project exited from 11 sites after a period of extensive work for 4 years. It empowered the communities, to a large extent, with the skills of ownership towards their health & nutritional status.

Exit from

Surguja, Chhattisgarh	Dhamra, Odisha
Shimla, Himachal Pradesh	Kawai, Rajasthan
Jitpur, Jharkhand	Kamuthi, Tamil Nadu
Tirora, Maharashtra	Bitta, Dahej, Hazira, Mundra, Gujarat

The data reflects commendable change in the malnutrition & anaemia status of children and women.



Number of Children with
SAM from 8.8 to 1.8%
MAM from 15.5 to 5.1%

Number of women with
Anaemia from 51.4% to 38.3%



A Sangini's Bid to Mask Communities

Sangini **Varsha Khandare** from Saoner in Maharashtra, took up the mantle of safeguarding her community amidst the pandemic. She learnt to stitch masks overnight & accelerated her efforts by supporting a women SHG by **stitching 100 masks a day**. 17,000 masks were prepared & distributed in 15 villages.

