



A CSR initiative by Adani Wilmar Ltd.

SUPOSHAN SANGINIS

Champions of Change





About our SuPoshan Sanginis...

The SuPoshan Sanginis are community resources who become guides, confidantes and support systems. They play a pivotal role of educators, care givers and advocates of good health.

However, our SuPoshan Sanginis often fight individual battles against prejudices and stigma, long before they can fulfil their duties. And once in the battlefield, they go beyond their call of duty without batting an eyelid.

In this compilation of stories, we bring to you some snippets of the journey of their own transformation in becoming agents of change. We salute their unabashed grit, perseverance and most importantly, their generosity for giving abundantly.

This is our tribute to their small but consistent efforts that are bringing about a big change in more than 3.5 lakh households in the country.





Rekha has been able to stop 18 marriages that involved adolescent girls.

Fighting Social Evils



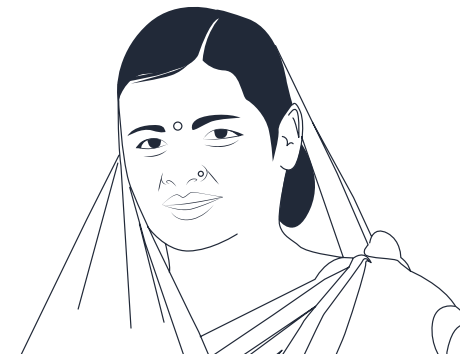
SuPoshan Sangini:
Rekha Piliji Vasava, 32 years
Site:
Narmada, Gujarat

16-year-old Amisha from Gadit village of Nanod block dropped out of school after failing in SSC exams. Her parents wanted to marry her off. Early marriage is common in the tribal district of Narmada and is one of the causes of poor maternal and child health.

In one of the focussed group discussions conducted by SuPoshan Sangini Rekha Vasava, Amisha shared her predicament. What followed was 3 months of counselling for explaining the adversities of this decision to her parents. When all efforts were not yielding result, Rekha sought help of Panchayat leaders and convinced them to stop the marriage as per the 'Child Marriage Prohibition Act'. The persuasion and threat of legal action finally worked and the parents agreed to postpone the marriage. Now, Amisha is planning to give a trial exam of SSC and restart her education.

She has been able to stop 18 such marriages involving adolescent girls.

Thank you Rekha, for becoming an empowerer.





Nothing deters Pallavi from doing her job, not even the harshest weather.

Neither Terrain nor Weather Affects this Multi-Tasker

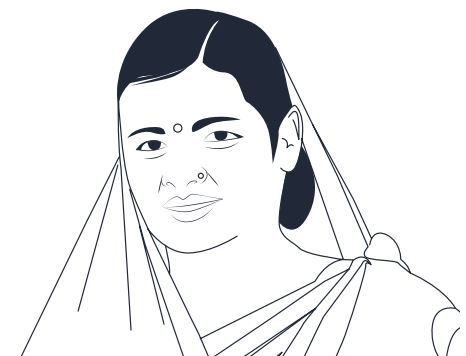


SuPoshan Sangini:
Pallavi Thevta, 23 years
Site:
Shimla

Pallavi is our SuPoshan Sangini from Dharnok, Uttarakhand – she is only 23-years-old and yet works with the kind of perfection that one gains after much experience. Her work doesn't suffer despite the troubles created by the geography and weather of the region. In fact, she is also pursuing her graduation degree alongside work. At a time when the village is buried in snow, and people shudder at the idea of stepping out, she goes door-to-door, furthering mission to spread knowledge about the dietary requirements of adolescents and women.

She initiates a lot of other work for the betterment of her people. For example, under Mata Sabhri Shakstikaran Yojana, Pallavi helps the community members to get a gas connection and stoves free of cost. Her actions display extraordinary dedication and commitment – leading even the village Pradhan (leader) to recognise and award her.

Pallavi, thank you for being unstoppable!





Emphasizing
the importance
of education,
Ruchi is
becoming a
role model.



Inspiring Young Women



SuPoshan Sangini:

Ruchi Kumari, 21 years

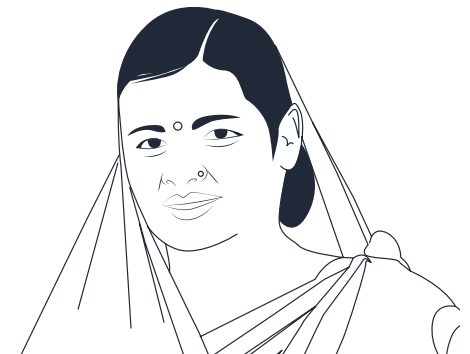
Site:

Varanasi, Uttar Pradesh

21-year-old Ruchi, lives in Newada, Uttar Pradesh and had completed her studies till 12th standard when she started to work at an NGO, providing tuitions to poor children. This brought her immense joy and the hope of being able to fund her own education. Her course of life took an ugly turn when the NGO folded, without clearing her payment. Soon after, she became a SuPoshan Sangini. Health and nutrition was a completely new subject for her and yet she was organizing awareness camps within a month of being on the job, talking about menstrual hygiene management, immunization, pre and post-natal care etc.

Ruchi has now enrolled in B.A. part-II. Due to her efforts, the community actively participated in pulse polio campaign, shunning many myths. When people from the community, Anganwadi Supervisors, Medical officers and local ward leader seek her advice, her parents are filled with pride.

Thank you Ruchi, for being a true advocator of education.





Anu is battling resistance and counselling parents to send kids to school.

Breaking Barriers

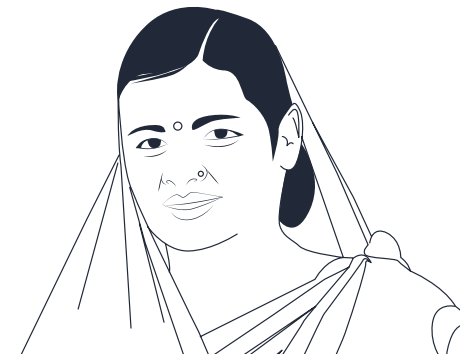


SuPoshan Sangini:
Anu Devi, 31 years
Site:
Gooda, Jharkhand

Anu has completed 3 years of being a SuPoshan Sangini in the Petwi village of Baksara panchayat. She recalls that the initial days were a nightmare. Picture this – the community members and land owners were against her so she had to start small and slow. She began conducting meetings in the evening hours along with women in Anganwadi centres and with SHG members despite facing the objections and abuses from the community.

Cut to present day where she counsels parents to send children, especially girls to school. Anu established herself as a champion for education, which was deep rooted in her efforts to curb cases of child marriage. This social evil is the root cause of malnutrition and bring change in the community's mentality is no easy feat. But here she is, aching it.

Thank you, Anu, for being an activist.





In the face of natural calamities,
Chandri is making communities
feel hopeful.



| Embodying Strength and Hope

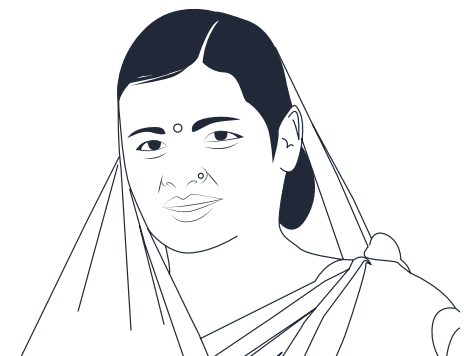


SuPoshan Sangini:
Chandri B, 41 years
Site:
Vizhinjam, Kerala

In her limited time serving in the coastal town of Kovalam, Suposhan Sangini Chandri made a mark for herself as a community guardian. Her energy is infectious and she lends herself to any task on hand.

Chandri surpassed everyone's expectations during the 2019 flood relief work in the Kerala region, travelling 450 kilometres to different districts of the states. She was involved in the organization and management of resources and responsibilities for dealing with all humanitarian aspects of the impending emergencies, particularly to rehabilitate people who lost their homes. Even during the Ockhi cyclone in 2018, she provided psycho-social support to the communities, helping cyclone victims and their families to overcome their fear and trauma.

Thank you Chandri, for being a saviour, in more ways than one.





Remarks of unacceptance don't bother Babita while helping 52 households.



Stopping at Nothing

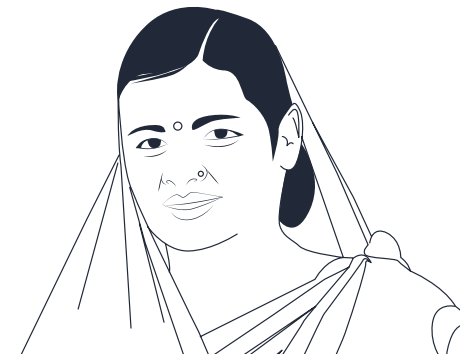


SuPoshan Sangini:
Babita Devi, 37 years
Site:
Gooda, Jharkhand

29-year-old Babita Devi lives in a joint family in Petwi village, of Motia panchayat. She started working as a SuPoshan Sangini with 15 households. At the beginning, she faced several remarks and unacceptance of her work by society because she belonged to a backward caste. Babita was relentless – she continued her journey to conduct village level meetings with target women, mobilizing them about the importance of nutrition, health and hygiene, sanitation, etc.

It was while dealing with the critical condition of Gouri Kumari, a little girl whose parents were unable to afford medical treatment for her, that Babita exhibited great tactfulness. The marked improvement in Gouri increased faith of her family members and community towards her work. Currently, she is in charge of 52 households – taking measurements, conducting focussed group discussions (FGDs), counselling family members and ridding the village of the evils of malnourishment.

Thanks Babita, for being an accomplisher all the way!





This village's only adolescent girl Gita is a 20-year-old who leads a purposeful life.

Living Life on Her Own Terms

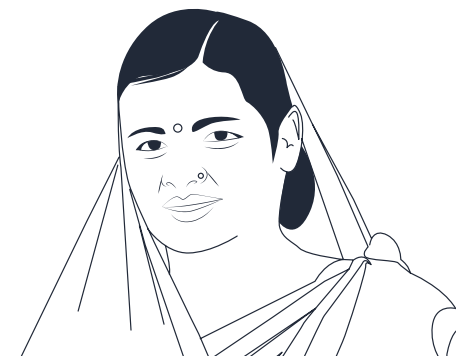


SuPoshan Sangini:
Gita Valjibhai Dama, 20 years
Site:
Bitta, Gujarat

In the Bharpara village of Abdasa Taluka in Kutch, the population is a meagre 150 persons, with most people being over the age of 50. Of these, there are around 25 middle-aged women and 6-7 kids. There is only one adolescent girl in the village who could not move out to pursue further education due to the unstable financial condition in her family. Her name is Gita. Being a girl, her education was not a priority, more so because of her mother's prolonged illness.

When Gita came to know about the SuPoshan project, she made up her mind to become a SuPoshan Sangini. Her sincere training and commendable performance led the authorities to give her charge of another nearby village – Dhufi Moti. She did not let external limitations stop her from building a respectable life for herself and becoming financially independent.

Thank you Geeta, for setting an example by flourishing even in the most unfavourable circumstances.



Reshma is positively influencing the community to visit government hospitals and PHCs.



Stepping Outside of Pre-Conceived Notions

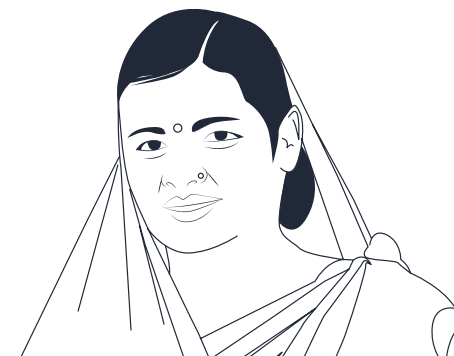


SuPoshan Sangini:
Reshma Parveen, 21 years
Site:
Varanasi, Uttar Pradesh

Reshma is a resident of Lallapura, an area dominated by weavers' section of the society that is quite orthodox. It wasn't an easy task for her to work with Adani Foundation – somehow she took the brave step and convinced her parents. As a Suposhan Sangini, she honed her skills and gained considerable experience, due to which ladies of the community started to attend meetings held by her. They also started visiting government hospitals and Primary Healthcare Centres (PHC) as well as participate in immunization activities. PHC personnel acknowledge that this change is due to Reshma's motivation.

Now, during any event or campaign in her locality, organizations consult and invite Reshma for guidance – be it polio campaign, breast feeding week or AIDS day. During the recent observation of Poshan Maah, government officers like CDPO, DPO and supervisors consulted Reshma. She has become a household name and managed to change the society's mindset.

Thank you Reshma, for being a game-changer.





Chandrakanti, the village's 'Sangini didi', is relied upon for any and every matter.

| Carving Her Own Identity

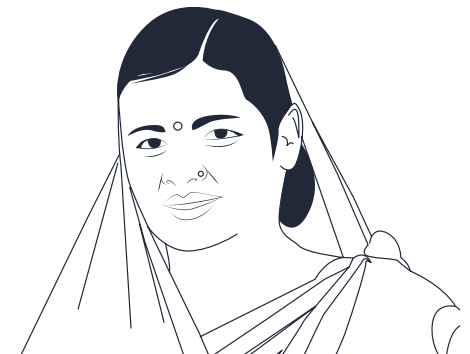


SuPoshan Sangini:
Chandrakanti Behera, 36 years
Site:
Dhamra, Odisha

Chandrakanti Behera who was called 'Bohu Maa of Jamidar Babu' is now known as the 'Sangini Didi' of her village Sasikadeipur. When she became a SuPoshan Sangini in August 2018, she came to know that Sakuntala, a community member, is living alone with her young son as her husband was away for work in Sambalpur.

In such a situation, money was valuable to ensure that Sakuntala could make ends meet. Chandrakanti told her about the Pradhanmantri Matru Vandana Yojana, a government scheme that would benefit her. After enrolling for the scheme and several attempts to follow up, Sakuntala got her dues after 1.5 years. Many like Sakuntala consult 'Sangini didi' for any small or big matter, even before consulting with their husband or other family members. This is testament to the faith nurtured by her selflessness.

Thank you Chandrakanti, for becoming the village's Sangini Didi!



Dubni did extraordinary work
to promote the use of sanitary
napkins in her community.



Taking Action to Tackle Taboos



SuPoshan Sangini:

Dubni Singh Kariyam, 27 years

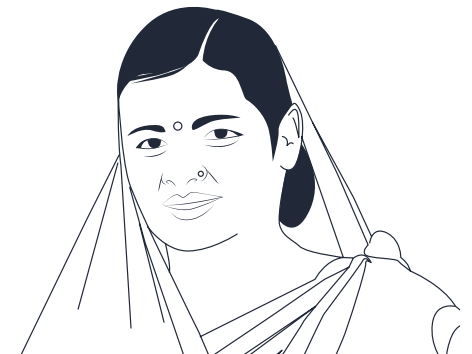
Site:

Surguja, Chattisgarh

Dubni belongs to the village of Salhi in Surguja and has done impressive work in busting myths related to menstruation in her village. This task is difficult to address even in urban areas but Dubni has managed to make a difference in her village.

Keeping in mind the health and hygiene issues related to menstruation, she wanted to promote the use of sanitary napkins. She spoke to the self-help groups (SHGs) of the village and requested that a pad bank be opened. For this, she approached the village sarpanch to request that a village assembly be organized. All men, women and adolescents were made a part of this meeting. This added weight to her attempts at creating awareness and people responded quite positively. Resultantly, a pad bank has been inaugurated in the village, benefitting many women.

Thanks Dubni, for being a superb myth-buster!





Deval showed the way – it is a person's abilities that we as a society need to focus on.



| Empowering the Differently-Abled



SuPoshan Sangini:
Deval Ben Gheda
Site:
Mundra, Gujarat

Our SuPoshan Sangini Deval ben hails from Nani Bhujpar village of Mundra in Kutch district – the largest district of India. Here, Deval ben went about spreading awareness on nutritious food, healthy habits and hygiene practices until one day, when on a household visit, she came across a 20-year old Tharu Hirbai, a differently-abled girl living with her parents. Deval ben wondered what she could do to help the young lady who was restricted in many ways and barred from many opportunities.

Bringing synergies of Adani Foundation's initiatives and bridging the gap of unawareness about multiple government schemes that benefit the differently-abled, Deval ben strived to ensure that Tharu gets a Viklang certificate which ensures a monthly pension and a free bus pass amongst other things. She was also quick to enrol her in Adani Skill Development Centre for a 3-month stitching course and provided assistance in acquiring a sewing machine at no cost from the Samaj Suraksha Vibhag. Tharu is now an earning member of the family and living a dignified life. Deval Ben's efforts made her stand out in everyone's eyes – they now approach her for documentation support in relation to various government schemes and health related issues beyond the scope of Project SuPoshan.

Thank you Deval Ben, for being an agent of change by altering the society's way of perceiving a differently-abled person.





Fortune SuPoshan is one of Adani Foundation's special projects – a quest against anaemia and malnutrition implemented through community based intervention. It integrates the efforts being made in the foundation's three core areas of work – namely education, health and sustainable livelihood development – to create a sustainable behavioural change in communities.

In this project, our SuPoshan Sanginis play a pivotal role of educators, care givers and advocates of good health. There were 188 Sanginis at the start of the project in 2016 who worked across 276 villages. Today, 640 Sanginis are working in 1,263 villages.

Their collective efforts are targeted to alleviate malnutrition and anaemia among children in 0-5 years of age, adolescent girls, pregnant women, lactating mothers and women in the reproductive age.

Adani Foundation

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Visit us at www.adanifoundation.org / www.suposhan.in