



A CSR initiative by Adani Wilmar Ltd.

# Newsletter

Issue 02 (Jan-Mar 2023)

## SuPoshan - Nourishing Lives

Project Fortune SuPoshan, an initiative of Adani Wilmar and implemented by Adani Foundation was launched in 2016 to reduce the prevalence of malnutrition in children under the age of five years with timely identification of acute malnourished children. It also targets improvement in the nutritional status of adolescent girls and women of reproductive age instilling knowledge for behaviour change.

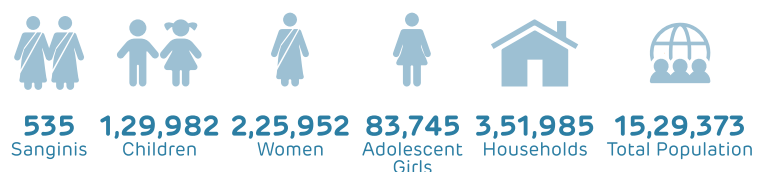
The Project supplements Government's nutrition-related schemes through SuPoshan Sanginis, locally empowered women, who work in tandem with the government to make it accessible to all. Presently, the project covers **3,00,000+** households in more than **1,200 villages / slums** across **13 states** in India.

This newsletter will spark a conversation on nutrition indices with updates from ongoing sites, stakeholder convergence & impact of community engagement.

## SuPoshan Reach



## SuPoshan touched the lives of





## Community Engagement during the quarter



**26,958**

Family  
Counselling  
conducted



**2,095**

Recipe  
Demonstrations



**249**

Complicated  
SAM children  
referred to NRC



**12,424**

Focus Group  
Discussions



**73,678**

Children screened  
for anthropometry



**2,718**

Under-5 children  
shifted from Severe  
to Moderate wasting



**963**

Village-level  
Events



**2,372**

Severe Acute  
Malnourished  
(SAM) children  
identified.



**5,646**

Under-5 children  
shifted from  
Moderate wasting to  
Healthy

\* This data is for the period of Jan-March' 23

## Highlights of the Quarter



### Fortune SuPoshan launched at Neemuch (Madhya Pradesh) on 18th January

The event had the presence of local government authorities, Anganwadi workers, SuPoshan Sanginis and beneficiaries. The Project will reach 19 villages touching thousands of beneficiaries.



### Poshan Pakhwada - 20th March - 3rd April

It was celebrated in convergence with ICDS and community at large with the theme '**Nutrition for All: Together towards a healthy India**' with emphasis on gender equity for food and nutrition security.

There was promotion and popularization of traditional millets through Family Counselling, Poshan Rallies, FGDs and Cooking Demonstrations. Around 7,500 community engagement activities were organized involving over 43,500 beneficiaries on consumption of millets in daily diet.



### International Women's Day (IWD), 8th March

The IWD was to honour the womanhood and pay tribute to the indomitable spirit of women across all project sites. With the campaign theme of '**Embrace Equity**', awareness was created in the communities through Sanginis sensitizing 11,518 beneficiaries through FGDs, awareness rallies and village-level events.







### Smiles For Life

There was a spark in the deep sunken eyes of 36-year-old frail, depressed **Chabbi bai**, second wife to 52-year-old Dharma Raj & stepmother to two adult boys, when she delivered a healthy baby girl - Phalguni weighing 2.8 kgs. Chabbi bai from Saoner in Maharashtra, conceived after two years of marriage & her heart was filled with gratitude when Sangini Mamta confirmed the news of her pregnancy through a check-up at the health centre. It was the beginning of a new journey!

Chabbi bai remembers herself from nine months back, from being paralysed, underweight, with low blood count to being a healthy mother now. She was a burden to the family and had succumbed to her disability. Sangini Mamta brought in a ray of hope in Chabbi bai's life by solacing & guiding her through counselling sessions on nutritious food intake, regular check-up, with a special focus on improving her blood count (most crucial in pregnancy). Both shared a good bond, Chabbi bai gained 8 kgs during the nine months and was prepared for delivery & lactation. Her risky pregnancy turned into a precious one.

Phalguni is growing healthy with smiles for life to Chabbi bai & the family. Sangini Mamta continues to be her mentor.



### Ensuring Dietary Diversity at The Doorstep

**Sakilaben Tadvi**, a single mother with a 3-year-old daughter Renuka lives in Kankhadi village of Sagbara, Narmada. She earns a bare minimum to support her family.

During a routine household visit, SuPoshan Sangini Meena Jignesh, found that Renuka is on the borderline of being in the Moderately Acute Malnourished (MAM) category. Sangini immediately took charge and advised the mother to focus on feeding Renuka healthy, nutrient-rich food. Knowing that for Sakilaben, monetary resources were limited, Sangini was prompt in identifying the open space around the house which was enough to get started with the Poshan Vatika.

Together they cleaned up the area and Sangini provided seed packets to be planted. Unfortunately, the seeds got washed away due to heavy rain and another round of sowing had to be done. Sangini, persistent in her efforts, assisted and motivated Sakilaben to do the needful again. After a few weeks, the seeds of eggplants, okra, fenugreek, tomatoes were seen to be growing. In due course, Vatika was flourishing with vegetables. Sangini through cooking demonstrations shared healthy recipes incorporating vegetables from the vatika.

With constant follow up and counselling, Sakilaben's cooking habits changed, bearing testament to the fact that a Poshan Vatika is an accessible and sustainable way of ensuring dietary diversity at the household level. Renuka has a better appetite now – she is an active child growing well. Sakilaben takes pride in the ownership of the vatika.



### Our Woman of Action

**Arjan Khatun Bibi, Barbasudebpur, Haldia (Purba Medinipur, West Bengal)**

When she started working as a Sangini, the villagers in her work area were not familiar with the advantages of Poshan Vatika. Her intervention helped 655 households to develop Poshan Vatikas along with consumption of nutritious diet.





# SuPoshan ke Panch Sutra



Poshanyukt Ahaar



Poshan Ke Sunhere 1000 Din



Poshan Vatika



Poshan Sang Swachhata



Surakshit Evam Sampurna Stanpan



**HELLO  
MILLETS!**



INTERNATIONAL YEAR OF  
**MILLETS**  
2023



**SuPoshan** is promoting diversity of diet through the incorporation of millets to ensure good health and well-being.

## Stakeholders Speak

The dietary habits of our village have changed enormously due to the hard work of SuPoshan Sangini Manjuben working with SuPoshan Project of Adani Foundation. The regular community engagement activities have improved the nutrition status of children in our villages.

**Ishwarbhai Parmar**  
Sarpanch of Malupur Village,  
Tharad, Banaskantha, Gujarat

Project Suposhan is doing remarkable work in Narmada. Their SuPoshan Sanginis have referred more than 30% SAM children to CMTC, NRC which shows their extraordinary skills for behavior change communication towards health and nutrition.

**Dr. Janakkumar Madhak**  
Chief District Health Officer (CDHO),  
Narmada, Gujarat



Scan the QR code and tune into SuPoshan Theme song (<https://lnkd.in/dS58DJk7>)

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