



# Newsletter

Issue 03 (Apr - Jun 2023)

## SuPoshan - Nurturing Communities

### "The Nourishing Journey: Insights on Nutrition and Overcoming Malnutrition"

Nutritional well-being of our population is an outcome & indicator of nation's growth. Keeping that as a priority, Adani Foundation is spearheading Project SuPoshan along with Adani Wilmar.

This project works towards curbing the intergenerational cycle of malnutrition with a special focus on children, adolescent girls and pregnant & lactating women.

SuPoshan is a participatory model of Change – making local community women as warriors of Nutrition. These women are SuPoshan Sanginis working in coordination with the AWW & ASHA workers to bridge the gaps & strengthen the reach of services.

### This issue covers:

1. Community engagement data
2. Nutrition indices & outcomes
3. Village-level events on special days
4. IT training of SuPoshan Sanginis
5. Popularising consumption of local Millets in daily diet
6. Tackling food insecurity through Poshan Vatika
7. End line evaluation results from six project sites (2018 to 2023)
8. Success stories, stakeholders speak & testimonials

### SuPoshan Reached and Supported



13  
States



14  
Sites



14  
Districts



1,051  
Villages & Slums



1,518  
AWCs



1,00,000+  
Children



75,000  
Adolescents



2,00,000+  
Women



2,36,000  
Households



450+  
Sanginis



1,172,000+  
Total Population



## Community Engagement



**73,307**  
Children  
Screened



**60**  
Referrals  
to NRC



**9,430**  
Focus Group  
Discussions



**27,959**  
Family  
Counselling



**624**  
Village  
Events



**1,167**  
Recipe  
Demos

## Nutrition Indices & Outcome



**946**  
SAM to  
MAM



**2,000**  
MAM to  
Healthy



### SuPoshan Champion - Gun Malviya, Vidisha

**From Hardship to  
Leadership: A Journey  
of Hope and  
Empowerment**

Meet Gun Malviya, a young and determined girl who faced numerous hardships before she found her calling in the SuPoshan project. Being an undergraduate, she decided to volunteer as a Sangini because of her passion. Her hard work and continued desire to work towards children as well as women paid off when she got selected as an Assistant SuPoshan Officer. This was a significant milestone for her. She is pursuing MSc in Biotechnology. Today, she leads a team of ten Sanginis, making a significant impact in the community in the fight against malnutrition. Gun's story is an inspiration to many.





## Village level Events



### Mother's Day,

14 May

#CelebratingTheSpiritOfMotherhood,  
empowering mothers for safe pregnancies &  
sensitising Men with awareness workshops

Activities	Community level Activities	Male Members engaged	Beneficiaries reach out
Total	1814	823	1814



### Menstrual Hygiene Day,

28 May

#Wearecommitted – no one is held back  
because they menstruate - Breaking the Myths

Activities	FGD	Event	Awareness Rally	Family Counselling
Total	367	65	47	1174





## Village level Events



### World Environment Day, 5 June

#BeatPlasticPollution - the focus of celebrating the day was on living sustainably in harmony with nature



Activities	FGD	Event	Plantation	Participants
Total	289	55	777	4284



## International Yoga Day

21 June



Site Name	No of Yoga Session	No of Village	No of Participants (Children, Adolescent, Women, Mens)	No of government officials present (Teacher, AWW, other)	No of local leaders present
Grand Total	318	293	11627	3097	644





## Building Capacities of Community Women - IT training of SuPoshan Sanginis

With the new web-application of Fortune SuPoshan, all 450+ Sanginis and Project Officers are trained to enter data, draw analysis, error tracking and usage of application. The Sanginis have gained a good command over the digital Tablet & hence are delivering positive results.



## Bringing Millets back in the Plate #SuposhaSeBharpurMilletsWaliThali



In commemoration of the International Year of Millets 2023, Fortune SuPoshan is promoting recipe demonstrations featuring millets at all 14 sites. To ensure the success of this endeavour, all Sanginis are equipped with comprehensive training on the diverse types of millets available in the region, as well as the methods for their optimal utilisation. Sanginis are generating awareness about the health benefits and culinary possibilities associated with millets. As a result, this has helped in curing malnutrition.





## Poshan Vatika - Improving food Security and Micronutrient Uptake

A flourishing Vatika is a boon at the house. The dedicated efforts of SuPoshan Sanginis have significantly contributed towards enhancing dietary diversity at the household level and improving the uptake of essential micronutrients. The Sanginis have played a pivotal role in promoting the establishment of Vatikas. Women are empowered to cultivate a diverse range of seasonal fruits, vegetables, and herbs right in their backyards. This has improved the cooking skills because of ease of availability and food is now considered as a sustainable way to cure malnutrition. Flourishing vaticas is a boon at the house.



Number of  
Poshan  
Vatikas:  
**673**

## Testimonials



### Transformed by Care - A Mother's Gratitude to SuPoshan Sangini Vaishali

I am Pratiksha from Vashala village of Garudeshwar in Narmada. I am grateful to the SuPoshan Sangini for referral to the NRC center where he gained 1.25 kg during our stay there. This filled our family with joy and relief.

### Empowered to Serve: The Transformative Journey of SuPoshan Sangini Shanti Parui

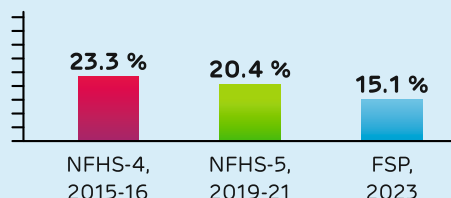
Initially, I was hesitant to engage with the community, but after three years at SuPoshan Project, I now feel empowered to reach out to them. SuPoshan has provided me with the knowledge, skills, and confidence to contribute effectively. The project has also empowered the lives of those I interact with.



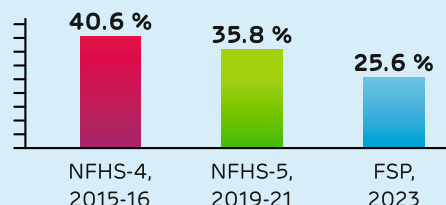
SuPoshan empowered communities at Tharad, Dhamra, Haldia, Godda, Raigarh and Bundi from 2018 to 2023, The Endline evaluation results are a testimony of our teams' hardwork.

## End-line Evaluation Results

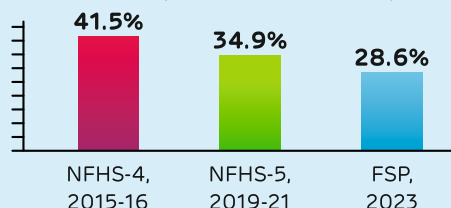
### CHILDREN UNDER 5 YEARS - WASTED (WEIGHT-FOR-HEIGHT)



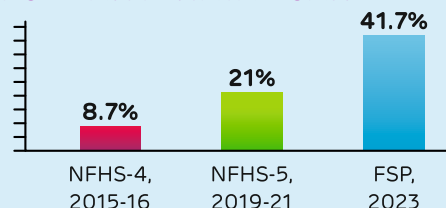
### CHILDREN UNDER 5 YEARS - UNDERWEIGHT (WEIGHT-FOR-AGE)



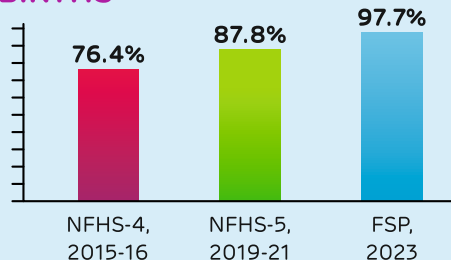
### CHILDREN UNDER 5 YEARS - STUNTED (HEIGHT-FOR-AGE)



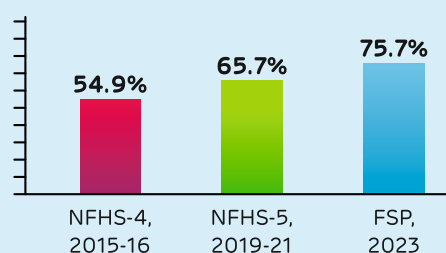
### MOTHERS WHO HAD FULL ANTENATAL CARE



### INSTITUTIONAL BIRTHS



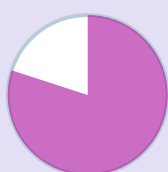
### CHILDREN UNDER 3 YEARS BREAST-FED WITHIN ONE HOUR OF BIRTH



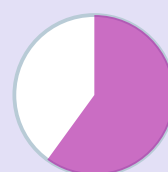
**Note:** NFHS-4 & 5: National Family Health Survey, Rural - 2015-16 & 2019-21, FSP: Fortune SuPoshan Project, 2023



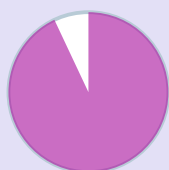
**85%**  
have heard  
about SuPoshan



**80%**  
attend FSP  
events regularly



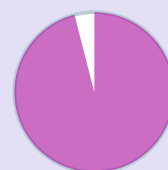
**60%**  
are exposed  
to NRC facility



**93%**  
know about  
the Sangini  
Activities



**88%**  
contact Sanginis  
regularly for  
guidance



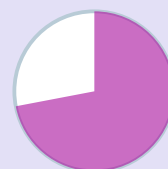
**96%**  
AWC services  
are being utilised  
in six sites



**80%**  
of adolescent girls  
consumed IFA &  
deworming tablets



**84%**  
are aware of  
PoshanVatika



**72%**  
are maintaining  
PoshanVatika



## Making a Positive Impact in Combatting Malnutrition



Jyoti Vinodh Kolhe, 26-year-old from Nandagomukh village, Saoner, faced the challenge of irregular menstruation, leading to a late pregnancy detection. Sangini Sarika Tajne when guided her for ALC, she was diagnosed with low haemoglobin levels and poor weight gain till the 5 months of her pregnancy. Sangini took charge of

her and ensured proper counselling on nutrition, regular check-ups and intake of supplements. Gradually, she was on the path of improvement and started gaining weight. Though she delivered a baby with low birth weight (2.1kgs), but with Sangini's support and regular check-ups, the baby gained weight specially because of effective breast-feeding.

## Nurturing Nutrition: A Successful Transition to Expressed Breast milk Feeding



This story is about Anushree, a 4-month-old infant who couldn't breast-feed and lost weight while bottle-feeding formula milk. SuPoshan Sangini, Tapasi Das Nayek, from Haldia intervened and educated the mother about the benefits of feeding expressed breast milk using a bowl and spoon. The mother embraced the new method, and with regular counselling and support, Anushree gradually adapted. Her weight increased steadily, and her overall health improved. The transition allowed the mother to maintain a breastfeeding bond while effectively addressing the child's nutritional needs. This success story emphasizes the importance of education, support, and perseverance in overcoming breastfeeding challenges.



## Stakeholders Speak

“Fortune SuPoshan project in Saoner block has been transformative. The improved nutrition and healthcare initiatives have positively impacted our community. Timely identification of SAM children by sanginis is commendable.”

**Dr. Ranjana Pardhi**  
Medical Officer-NRC Ward, Daga Hospital,  
Dist. Nagpur

“The support of Sanginis in NRC referral of SAM (Severe Acute Malnutrition) children has been remarkable in saving lives. The project has also been successful in generating awareness on nutrition and empowering our community with knowledge for a healthier future.”

**Dr. Jignesh Vasava**  
Taluka Health Officer, Block Sagwada,  
Dist. Narmada



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

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