



# Newsletter

Issue 05 (Jan - Mar 2024)

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1. Community engagement
2. Children Screening & Outcome
3. Special Days:
  - World Protein Day
  - International Women's Day
  - Poshan Pakhwada
4. New Year Calendar Distribution - Unveiling Twelve Tales of Triumph
5. Launch of Fortune SuPoshan - Alwar (Rajasthan)
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7. The Give Conclave - Mumbai
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## Nourishment to Empowerment

Through the interventions of Project SuPoshan, led by Sanginis, our aim is to break the cycle of malnutrition and foster a community where every woman is empowered through nutrition, ultimately leading to gender equity. Collaborating closely with Anganwadi Centers (AWCs), these dedicated Sanginis work tirelessly to ensure improvements in nutrition for children under 5 years old, as well as women's health and empowerment. Together, we strive to create a healthier, more equitable society where every individual can thrive.

## SuPoshan Reached and Supported



**11**  
States



**14**  
Sites



**14**  
Districts



**12,22,411**  
Total Population



**1,164**  
Villages & Slums



**1,880**  
AWC



**2,82,825**  
Households



**502**  
Sanginis



**94,562**  
Children  
(0-5)



**1,74,832**  
Women  
(20-45)



**67,772**  
Adolescent Girls  
(11-19)



## Community Engagement (Jan-Mar 2024)



**35,388**  
Family  
Counselling



**12,313**  
Focus Group  
Discussions



**3,046**  
Cooking  
Demos



**165**  
Sneh  
Shivr

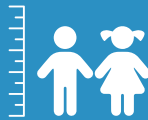


**920**  
Village  
Events



**64**  
Poshan  
vatika

## Children Screening & Outcome



**1,24,194**  
Children  
Screened



**77**  
Referrals  
to NRC



**422**  
Children shifted from  
SAM to MAM



**2,453**  
Children shifted from  
MAM to Healthy

## SuPoshan Sanginis in Action

They are actively involved in community engagement, empowering mothers with the necessary knowledge and skills for optimal health.



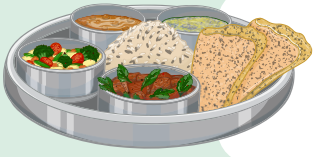
## New Year Calendar Distribution - Unveiling Twelve Tales of Triumph

These narratives showcase transformational journeys of ordinary Suposhan Sanginis who defied challenges, spreading a message of resilience and empowerment across all locations.





## Village level Events



### World Protein Day, 27 February

- Demonstrations of Protein-Rich recipes at all locations
- Encouraging Behaviour change through Healthy Eating

| Activities | Villages & Slums Covered | Participants |
|------------|--------------------------|--------------|
| 422        | 400                      | 8,015        |



### International Womens' Day, 8 March

#### "Invest in Women: Accelerate Progress"

On this special day, during community gatherings organized across diverse locations, SuPoshan Sanginis encouraged women from the community to share their inspiring narratives of the transformative journey.

These impactful stories touched upon crucial topics including nutritional security, childcare, institutional delivery, and education, fostering a sense of empowerment and camaraderie among attendees.

| Activities | Villages & Slums Covered | Participants |
|------------|--------------------------|--------------|
| 210        | 289                      | 5,922        |





# Poshan Pakhwada, 9 to 23 March



It is a bi-weekly initiative of the Government of India aimed at raising awareness about nutrition. Across all sites, the theme was centred around **"Poshan ke Panch Sutra,"** focusing on Poshanyukt Ahar, Poshan Sang Swachchhata, Poshan ke Sunehre 1000 din, Purn Tikakaran Evam Stanpan, and Har Ghar Poshan Vatika.

In total, over **3,600 activities** were conducted, reaching more than **26,000 beneficiaries**.



9 - 16 March (1<sup>st</sup> Week)

**Tribal, Traditional, Regional & Local dietary practices focused sensitization around nutrition.**



| Activities   | Number of Activities | Participants |
|--|----------------------|--------------|
| Poshan Rally                                       | 84                   | 2,303        |
| Focus Group Discussion                             | 419                  | 3,813        |
| Family Counselling                                 | 947                  | 1,910        |
| Cooking Demonstration/Competitions                 | 123                  | 819          |
| Healthy Baby Competition, Drawing/Quiz Competition | 26                   | 251          |
| Poshan Vatika                                      | 16                   | 79           |





18 - 23 March (2<sup>nd</sup> Week)

## Health of Pregnant Women and Infant & Young Child Feeding (IYCF) practices.



| Activities   | Number of Activities | Participants |
|--|----------------------|--------------|
| Poshan Rally                                       | 79                   | 2,717        |
| Focus Group Discussion                             | 563                  | 6,940        |
| Family Counselling                                 | 1,113                | 3,996        |
| Cooking Demonstration/Competitions                 | 124                  | 1,304        |
| Healthy Baby Competition, Drawing/Quiz Competition | 42                   | 1,026        |
| Poshan Vatika                                      | 201                  | 1,059        |





## Maahir's Miracle: A Tale of Compassion and Resilience

In the village of Medadraj, young Maahir faced significant health challenges stemming from undernourishment at just 2 years of age. During a routine checkup, it became apparent that he required urgent surgery for a heart condition. In this critical moment, Sangini emerged as a lifeline for Maahir's family, offering unwavering support and guidance at every step of the way.

Through her tireless efforts, Sangini swiftly coordinated the necessary documentation within 3 days. The successful operation, coupled with Sangini's compassionate guidance, marked a turning point in Maahir's life. Within a month's time, post-surgery, he showed progress, gaining 1kg and blossoming into a healthy, thriving child.



Maahir's parents, overwhelmed with gratitude, shed tears of joy. Sangini's profound emotional connection with the community did not go unnoticed, earning recognition and admiration from Medical Officers of Public Health Centre, Medadraj.



## Indira Tadvi: A Catalyst for Women's Empowerment

Indira Tadvi, a prominent figure from Narmada, stands as a guiding light for women's empowerment. Taking charge, she spearheaded efforts to raise awareness among women about accessing services at the AWCs, including **Take Home Ration (THR)** and others. Rallying her village women, she leveraged her leadership and their collective strength to ensure they all avail these services and receive regular supplies of essentials in accordance with the norms. Indiraben's resilience serves as an inspiration for empowered women to assert their rights, leaving behind a legacy of hope and progress.

## Hand Washing Unit distribution - Neemuch (Madhya Pradesh)

At Neemuch, Adani Wilmar distributed 120 Hand Washing Units to Anganwadi centers and Nutrition rehabilitation Centre (NRC) towards promoting hand washing component as one of the major activities that ensures better health outcomes.





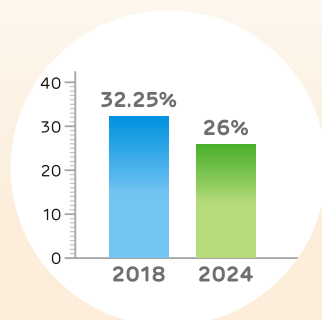
## Empowering Communities: SuPoshan's Journey in Narmada

SuPoshan was initiated in 2018 in Narmada district to tackle the significant burden of malnutrition across the entire district, in collaboration with the Women and Child Development (WCD) department of the Government of Gujarat. The project's primary

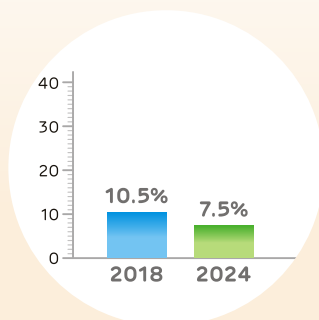
objective was to reduce wasting among children under five years (<5 years). Over the past five years, SuPoshan has diligently worked with a team of 220 Sanginis, empowering them to implement interventions that have yielded the following results.

### The endline evaluation report by IIPH Gandhinagar, states the following data for children under two years of age

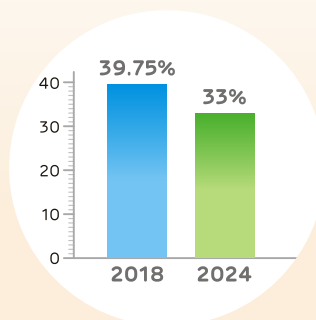
Wasting reduced from  
**32.25% to 26%**



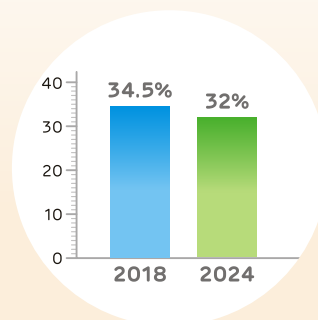
Severely wasted from  
**10.5% to 7.5%**



Underweight from  
**39.75% to 33%**



Stunting from  
**34.5% to 32%**



Sanginis conducted house visits, promoting child feeding practices and balanced diets through cooking demonstrations, resulting in **90% Take Home Ration** consumption. Interactive sessions facilitated behaviour changes, with **98%** of mothers now aware of correct IYCF practices. Kitchen gardens have further enhanced nutrition, and beneficiaries have expressed confidence in Sanginis' effectiveness.



As part of the exit process, after five years of intervention, a dissemination workshop was held in Narmada on March 14, 2024. During this workshop, the results of the endline survey were presented to government officials. The efforts of the **Adani Foundation** were acknowledged and appreciated, along with the dedication and commitment of the Sanginis.



## SuPoshan Launch Event, Alwar: 19 January

In Alwar, Rajasthan, Project SuPoshan was launched by Team SuPoshan & attended by officials - Ms. Pratibha Verma IAS, Mr. Amit Rathod, and Mr. Anurag Tripathi. The event garnered coverage from local media and attracted 300 participants, including SuPoshan Sanginis and ASHA/AWW workers.



## The Give Conclave, Mumbai: 27 & 28 of January

Adani Foundation actively participated in 'The Give Conclave' organized by the Lions Council of India, wherein Project SuPoshan was prominently featured. During the event, rural initiatives of SuPoshan aimed at combating malnutrition were showcased. The project's community-centric management approach garnered praise from over 10,000 attendees, who lauded its innovative and effective strategies in addressing malnutrition in rural areas.

## Voices from the field



According to the data, Sanginis predominantly make NRC referrals in collaboration with **Rashtriya Bal Swasthya Karyakram (RBSK)**. Strong community engagement with Sanginis is consistently observed during field visits.

**Dr. Janak Kumar Madhak**  
CDHO, Narmada



With the help of cooking demonstrations by **SuPoshan Sangini**, I've learned to prepare tasty and nutritious meals that my child enjoys, leading to an increase in his appetite.

**Vahida Vasava**  
Beneficiary, Narmada



Scan the QR code and tune into SuPoshan Theme song (<https://lnkd.in/dS58DJK7>)



Scan to learn more about Adani Foundation  
f t i n / adanifoundation



For a healthy growing nation

