



This Issue Covers:

- Community Engagement
- Children Screening & Outcome
- Special Days
 - World Health Day
 - Mother's Day
 - Menstrual Hygiene Day
 - World Environment Day
 - World Food Safety Day
 - International Yoga Day
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Environmental
Champions -SuPoshan Sanginis
Making a Difference

SuPoshan Sanginis are village-level volunteers who focus on promoting healthy ecosystems through the implementation of Poshan Vatika, tree plantation, community gardens. Collaborating with Anganwadi Centres, they work tirelessly to improve the nutritional status & overall well-being of children under 5yrs, pregnant and lactating mothers, & adolescent girls.

Together, our goal is to foster a healthier, more equitable society and an environment where everyone can thrive.

SuPoshan Reach

17
Sites11
States17
Districts465
Villages & Slums

SuPoshan Supported

827
AWC365
Sanginis1,06,590
Households5,53,297
Total Population50,298
Children (0-5)29,336
Adolescents (11-19)83,984
Women (19-45)

Community Engagement (April-June 2024)



13,147
Family
Counselling



5,680
Focus Group
Discussions



805
Cooking
Demos

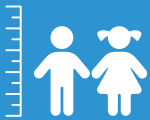


724
Village
Events



450
Poshan
Vatika

Children Screening & Outcome



52,764
Screening of
Children



314
Total SAM
Children Identified



50
Referrals
to NRC



136
Children shifted to
SAM to MAM Category



1340
Total MAM
Children Identified



812
Children shifted from
MAM to Healthy Category



Neemuch, Madhya Pradesh

Focus Group discussion on daily dietary practices.



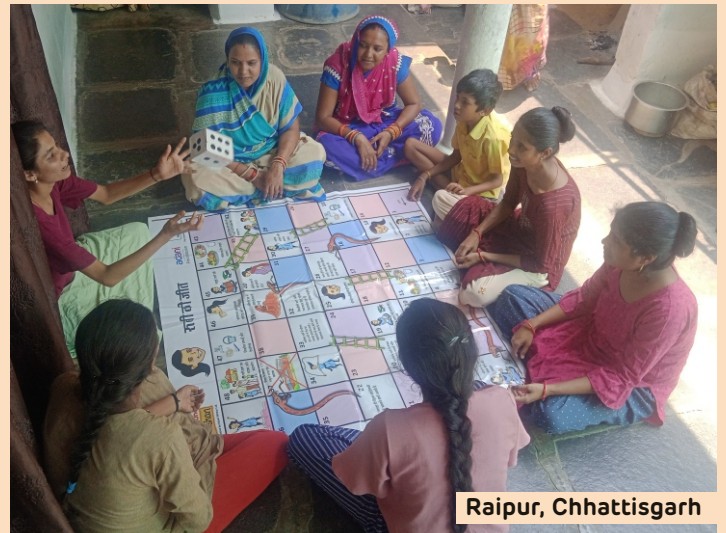
Haldia, West Bengal

Counselling based on MOYO Chart for growth monitoring.



Varanasi, Uttar Pradesh

A rooftop Poshan Vatika at the home of a beneficiary.



Raipur, Chhattisgarh

Joyful learning with adolescent girls on adopting healthy habits.

Capacity Building and Training of Sanginis



At SuPoshan sites, Sanginis undergo monthly training focusing on nutrition, Infant and Young Child Feeding (IYCF) practices, and community mobilization. They play a vital role in spreading awareness, making referrals, and promoting behavioural changes to combat malnutrition and anaemia.



Neemuch, Madhya Pradesh



Nimrani, Madhya Pradesh



Medadraj, Gujarat



Alwar, Rajasthan

Village-level Events



World Health Day, 7 April

My Health, My Rights

Poster competition based on the theme -
"Say No to Junk" to reduce the consumption of
 processed and packed foods.



Vizhinjam, Kerala

Activities	Villages & Slums Covered	Participants
177	11	3,034



Raipur, Chhattisgarh



Mangalore, Karnataka



Mother's Day, 12 May

- Poster-making competition capturing the essence of maternal love.
- Sanginis organised fun activities & games for mothers
- Counselling sessions on **"Eating Right"** for mothers and children

Activities	Villages & Slums Covered	Participants
199	169	3,611



Haldia, West Bengal



Haldia, West Bengal

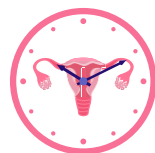


Medadraj, Gujarat



Raipur, Chhattisgarh

Village-level Events



Menstrual Hygiene Day, 28 May

#PeriodFriendlyWorld

- Promoted menstrual health awareness through rallies, counselling, and demonstrations.
- Topics: Dispelling myths related to menstruation, proper use & disposal of pads, along with sensitization of men and adolescent boys towards menstruation



Haldia, West Bengal



Neemuch, Madhya Pradesh



Haldia, West Bengal

Activities	Villages & Slums Covered	Participants
480	450	6,198



World Environment Day, 5 June

Land restoration, reduce desertification, and drought resilience

Sanginis turned out be Environmental Champions & raised awareness on the importance of tree plantation, poshan vatika & community gardens.

Activities	Villages & Slums Covered	Participants
283	287	3,432



Haldia, West Bengal



Kattupalli, Tamil Nadu



Krishnapatna, Andhra Pradesh

Village-level Events



World Food Safety Day, 7 June

Prepare for the unexpected

Sanginis conducted cooking demonstrations with a special emphasis on practices such as hand washing, proper food handling, and maintaining cleanliness of surfaces and utensils.

Activities	Villages & Slums Covered	Participants
151	164	1,550



Nimrani, Madhya Pradesh



International Yoga Day, 21 June

Yoga for Women Empowerment

- Sanginis organized over 200 Yoga events for women, adolescent girls in coordination with the Anganwadi workers & health department officials
- **YOGAME** game sessions added an extra dose of wellness.

Activities	Villages & Slums Covered	Participants
211	253	5,617



Haldia, West Bengal



Nimrani, Madhya Pradesh



Varanasi, Uttar Pradesh



Varanasi, Uttar Pradesh



Haldia, West Bengal

Empowerment Champion: Sangini Anjana's Inspiring Journey



Medadraj, Gujarat

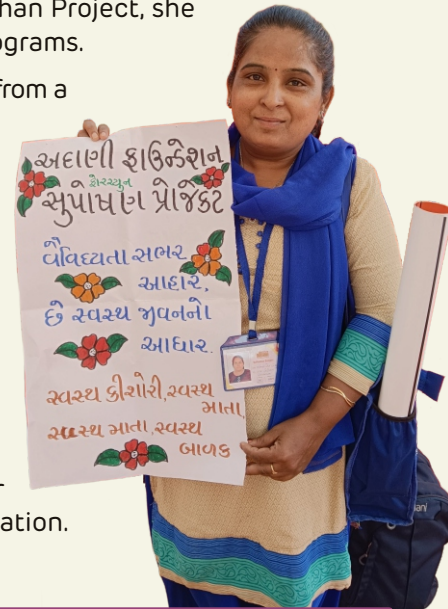
Sangini Anjana Nayak, a resilient widow from Medadraj site, Mehsana, has overcome challenges and become an inspiring symbol of empowerment. At 32 years old, she experienced financial difficulties and

health issues after her husband passed away from oral cancer four years ago.

Before joining the Suposhan project, Anjana worked as a labourer but had to quit due to her health condition. Recognizing her enthusiasm, the project SuPoshan offered her an opportunity as a Sangini, allowing her to contribute while managing her health. Actively participating in project's activities, she connected with others since her husband's passing.

Through continuous training and capacity building, Anjana honed her skills and achieved remarkable milestones. Her family and community now appreciate her work, and she collaborates with Anganwadi workers, Asha workers, nurses, and PRI members. Proudly representing the Suposhan Project, she attends village-level programs.

Anjana's transformation from a housewife to an independent woman serves as an inspiration. Her unwavering dedication to improving the overall well-being of children, women, and adolescent girls has left an indelible mark on her village. Simultaneously, her health has improved, reflecting her resilience and determination.



Supporting Good Health: For Athmeeya

In Vizhinjam 2, Kerala, SuPoshan Sangini Aithira helped transform Athmeeya's life. Born prematurely, Athmeeya faced Moderate Acute Malnutrition (MAM) weighing only 7.90 kg with a mid-upper arm circumference (MUAC) of 12.1 cm and a height of 74 cm. Sangini educated her parents on nutrition, demonstrated cooking with local ingredients, and encouraged balanced meals. Athmeeya's mother prepared recipes from Take Home Ration (THR). Sangini also established a kitchen garden for fresh vegetables. Now, at 2.5 years old, Athmeeya's health has improved significantly. She weighs 9.20 kg, stands 78 cm tall, and has a MUAC of 12.9 cm - a testament to Sangini's dedication and the power of community-based nutrition interventions.



Vizhinjam, Kerala



Vizhinjam, Kerala



CEO visit at Soaner site, Maharashtra - 13 June

Dr. Abhishek Lakhtakia, CEO, Adani Foundation, visited the SuPoshan site in Soaner, gaining insights about the project at the grassroots. He engaged with beneficiaries, Sanginis and appreciated the team's efforts towards combating malnutrition.



Witnessing the joy on a mother's face as she watches her once severely malnourished child, born at just 1.8 kg, now healthy and playing at home, is incredibly fulfilling. The efforts of the Sangini are truly commendable.

- Dr. Abhishek Lakhtakia
CEO Adani Foundation



District level Training workshop on Nutrition and Wellness at Mangalore 13 June

Project SuPoshan and the Dakshina Kannada WCD Department organized a district-level training in Mangalore to spread awareness on malnutrition. The event focused on topics - the first golden 1000 days, WASH component, kitchen gardens, and nutrition indices.

Honoured by Deputy Director, Deputy Project Officer of Women and Child development department. This training emphasized collaborative efforts to improve community health and tackle malnutrition effectively.



Suposhan Sanginis conduct cooking demonstrations and Poshan Shivir, results in nutrition parameters are remarkable. Additionally, the MOYO chart they use to find malnourished children is a very practical tool.

- Mr. Usman A
Deputy Director, Department of Women and
Child Development Mangalore



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



Scan to learn more about Adani Foundation
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