

IMPAct *for* Nutrition



Feb-April Engagement Report 2023

ENGAGEMENT ACTIVITIES

A- Asset



The scope of work: Business next was one of our foremost partners who took the **next step first** keeping in mind the well-being of their employees. The team has always been at the forefront when it comes to heading for nutrition initiatives. They have a dedicated canteen space, a custom-tailored menu and flexible shift timings to accommodate healthy menu on-the-go!



A for Assets-

A poster display was suggested for an immediate trigger towards the eating patterns of the employees. The poster was displayed in the canteen space for better message retention by the employees.

With the team at their canteen space



ENGAGEMENT ACTIVITIES

A- Asset



The I4N team engaged with Urban Company through an initial session on nutrition and its importance. More than 200 employees have been taught about the respective changes to diet patterns, healthy lifestyle change and simple steps to improve nutrition.

Video displays and other relevant resources in regional languages is continuously being provided through their CULT app. Their outreach accounts to >10000 individuals.



Scope of work defined

UC is a tech-enabled platform and it also marks the health and wellness of its employees. Going forward with the program at I4N, UC is leaving no stone unturned in making a mark towards educating its employees in the health domain and remaining at the forefront of employee wellness!

ENGAGEMENT ACTIVITIES

A- Asset



The team at Favcy Ventures was one of the first organizations on board to display the I4N nutrition poster during the period of Poshan Pakhwada celebrated by the Government of India.



Favcy, one of software platforms, have grabbed the limelight in the program through giving importance to their nutrition objectives. The very first step taken by the team was to sensitize their employees towards nutrition moving ahead in the program with I4N

Context:

The Kanodia Group has taken a step ahead in realizing their nutrition initiatives. They have been keen in sensitizing their employees towards wellness initiatives. I4N thanks them for a step taken ahead!



The Kanodia group also sensitized their staff through display of nutrition poster in their reception space at their Noida office.

ENGAGEMENT ACTIVITIES

A- Asset

Diwan & Sons Pvt. Ltd.

TDiwan and Sons has a publishing vertical in Delhi.

Scope of work:

The company is working towards its nutrition goals with the I4N program.

The I4N secretariat suggested Diwan & Sons to display the nutrition key messages using LEDs in their office.

Poshan Pakhwada which is a national initiative taken by the GoI to sensitize citizens towards nutrition and help them imbibe appropriate dietary practices for the better good.

For an effective nutrition sensitization, thoughtful dissemination was enacted across for maximal impact.

Nutrition Fact posts were sent to them for display on their LED panels.



रोज़ाना **8** ग्लास जल का सेवन करने से हम डायरिया जैसी खतरनाक बीमारी से बच सकते हैं और शरीर को कब्ज़ जैसे रोग से बचा सकते हैं।



पीला: पीले रंग के खाद्य पदार्थ सुरक्षात्मक गुण प्रदान करते हैं और संक्रमण से लड़ने में मदद करते हैं। हल्दी, नीबू, आम जैसे खाद्य पदार्थ हमारी प्रतिरोध क्षमता को बढ़ाते हैं और शरीर को मजबूती प्रदान करते हैं।



ENGAGEMENT ACTIVITIES E- Employee Engagement



Context

UC is a tech-enabled platform and it also relates to the health and wellness of its employees. Going forward with the program at I4N, UC is leaving no stone unturned in making a mark towards educating its employees in the health domain and remaining at the forefront of its initiatives.

A screenshot of a Zoom meeting. The main content is a presentation slide with a yellow background. On the left, there is a circular image of a woman and a child eating together. To the right of the image, the text reads 'IMPAct for Nutrition' in a stylized font, followed by 'पोषण परामर्श' and 'मॉड्यूल' in large Devanagari script. The Zoom interface includes a top bar with 'You are viewing Sampada Bhardwaj's screen' and 'View Options'. A participant name 'Snehal' is visible in the top right. The bottom bar shows 'Unmute', 'Start Video', 'Participants' (106), 'Chat' (4), 'Reactions', 'Settings', 'More', and a 'Leave' button.

ENGAGEMENT ACTIVITIES

E- Employee Engagement



As an I4N initiative in its outreach vertical, from the Ank foundation, a webinar session was held with Urban Company and its partner employees on 5.4.23. It was our first employee engagement and what better start than to conduct a session in Hindi! The theme for the discussion was “Good nutrition leads to a healthier future”. The opening remarks were given by Ms. Jyoti Jyotsana from the I4N team and Ms. Sampada Bharadwaj served as the host from the serving organisation.

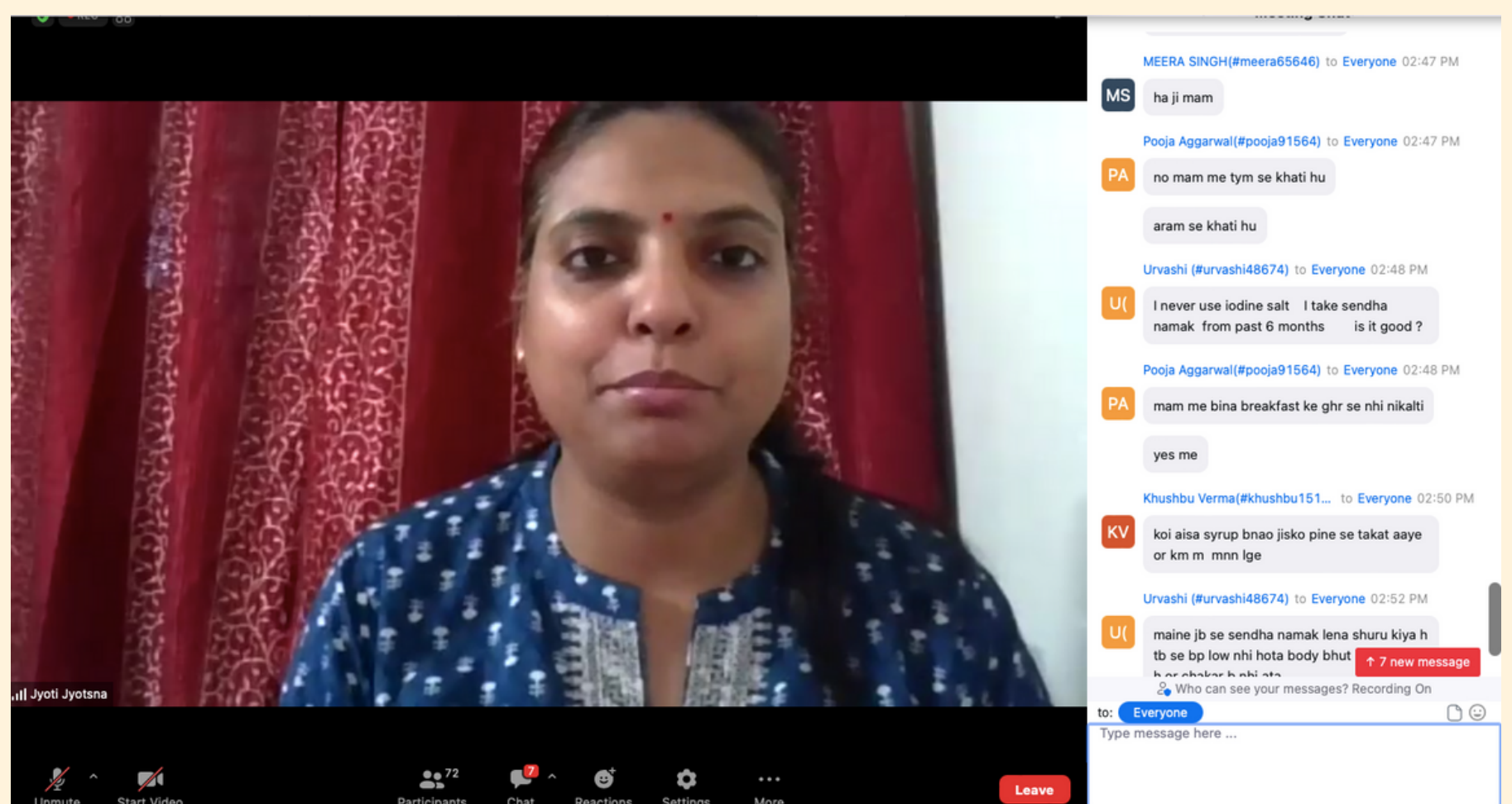
Number of participants: >100

Various lifestyle contexts like- increase in sedentary lifestyle, basic eating patterns, lifestyle modifications, lack of physical activity, etc were also discussed. Keeping this in mind, several food combinations which enhance nutrient absorption were also discussed like- Iron and Vitamin C, calcium and Vitamin D, etc. Along with this, major nutrients for snack sources and nutrient profiles for common foods were also discussed like a samosa or any other fried item.

It was also heartening to see a large active gathering. Since I4N is also celebrating IYM 2023, the importance of millets was also explained in brief. Some pertinent queries posed by the audience included:

- Pain in the calf or muscle spasm remedy
- Do fruits contain Vitamin D?
- Is iodised salt to be taken or not?

All in all, it was a very enlightening session with the team. It also helped us gain insights into our general lifestyle and integrate nutrition into our behaviours. The team at I4N hopes to serve its main purpose and continue to strive in its efforts in spreading nutri-awareness together with lifestyle change!



ENGAGEMENT ACTIVITIES

E- Employee Engagement

Scope of work

Innovatiview India is one such organization who holds health and well-being of their employees at the forefront. The company has been organizing initiatives with the I4N program and is striving continuously towards this direction.

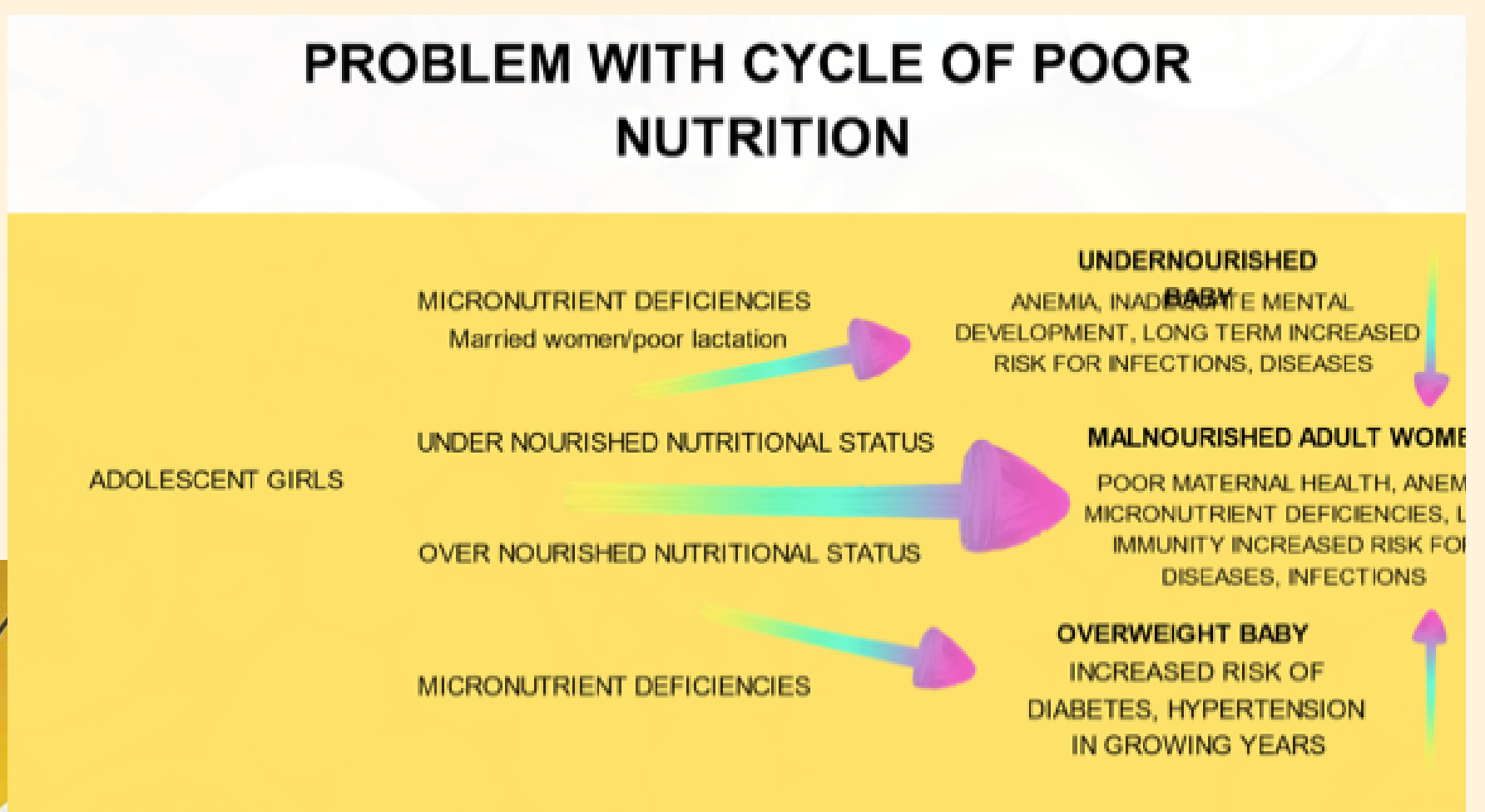


ENGAGEMENT ACTIVITIES

E- Employee Engagement



To celebrate the occasion of International Women’s day and mark the power of womanhood, a session on nutrition was taken on 7.03.23 with Innovative view India at their office situated in Noida. The I4N team addressed a group of > 50 women, aged 25-45 years in the respective session. It was one of the first sessions with the women workforce. The theme for the session was: “Better nutrition=productive future”. The session was commenced by Jyoti Jyotsana (Program Manager, I4N) She addressed the audience by highlighting on why nutrition is crucial for women at large, and more importantly pressing on why it has become the need of the hour, simultaneously. She briefed about the Impact4nutrition agenda and how these issues and more can be brought to the forefront by proper dissemination



ENGAGEMENT ACTIVITIES

E- Employee Engagement

Date of session- 8.4.23

Discussion theme- Good nutrition and its importance

Context: Favcy has also taken propelling its wellbeing employee initiatives. Apart from assets utilization, they have also organized webinar trainings and sessions under the I4N vertical.

An initial engagement session was taken with the Favcy team through an online mode.

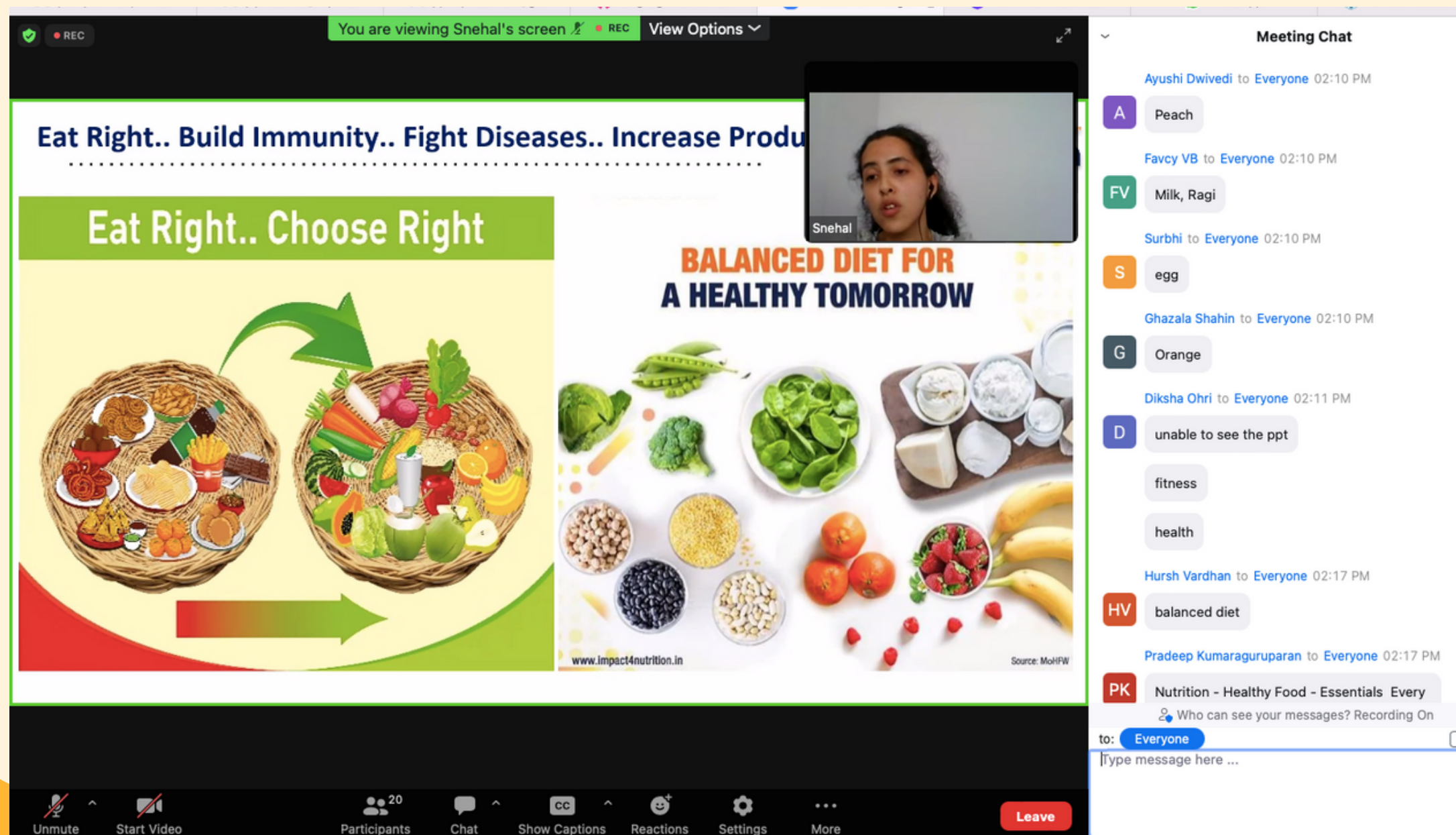
The discussion started with the game of a crossword puzzle as an ice-breaker.

The meeting covered various topics related to nutrition and healthy lifestyle. The importance of daily steps and exercise for a healthy lifestyle was discussed, with a minimum of 5,000 steps being recommended.

The meeting also emphasized the significance of healthy eating and a balanced diet for overall health and prevention of non-communicable diseases, especially in India where the prevalence of overweight and obesity is high. The components of a balanced diet, the concept of hidden hunger, and the importance of micronutrients for a balanced diet were also discussed.

A simple video highlighting the importance of health was shared. It was a very engaging session wherein the team actively participated and answered appropriately. Questions like BMI formula and what to eat during work, etc were also discussed.

Finally, the meeting highlighted the importance of a balanced diet, good fats, and key vitamins and minerals for building immunity, with a recommendation to include millets in the daily diet.



The Foundation is the philanthropic arm of the organization. They are involved into several social welfare activities like making its employees aware and keeping them abreast of the latest happenings. Equally, nutrition also holds importance for their employee wellness. Keeping this in mind, both online and offline sessions were conducted with the field staff in association with Ank foundation through I4N program.

An initial nutrition dissemination session was conducted with the SRF team at their field office in Sohna. The theme for discussion was the “importance of millets for healthy lifestyles”. The session was conducted in Hindi. The beneficiaries trained included the “Poshan Mitras” working with the children of 0-6 years. The session was started with debriefing on the importance of a healthy diet. With this, emphasis was laid on the integration of millets. The audience was also briefed about the celebratory benefits of these nutri-cereals. A video display explaining the different recipes along with enhancement of their nutritional benefits was also explained. A recipe workshop was also conducted with the participants for an engaging participation. ‘Bajra salad’ was prepared by the participants. The dish was relished by the audience and the nutritional benefits were also elaborated equally.



An offline session was also conducted with the Chennai workforce for the team



TATA POWER-DDL

IMPAct_{for}
Nutrition

SPECIAL MENTION- TATA POWER-DDL

The I4N team participated in the Annual NGO meet organized by TATA Power DDL. A live skit by the children of Ank foundation delivered the message of how simple daily habits and lifestyle diet can lead to a powerful impact. Along with this, the nutritionist also taught the audience about the importance of an Indian thali through a live demonstration. The I4N team was awarded for their contributions towards this space by TATA Power.



Supporting
private sector
to promote
importance
of health &
nutrition

2023

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