

## Pledge Signing

**A memorable pledge signing moment with Innovative View, I4N Pledged Partner, who believes in making the workplace for their employees healthy**



### About the Workshop at Innovative View on Women's Day 2023

**It was a very interactive discussion where all working women raised their concerns and questions related to health. Our expert nutritionists gave out helpful suggestion and addressed to all the queries related to health.**



**Workshop conducted by I4N secretariat at Innovative View for working women to address their nutrition related queries**



We are delighted to welcome Urban Company as a IMPACT4Nutrition (I4N) Pledged Partner. It's exciting to know that they will invest their assets and utilise their App to disseminate good nutrition knowledge amongst employees, channel partners and their vibrant community. In alignment with Urban Company's vision to support UN SDG 8, with special emphasis on employee productivity, I4N through will bring all its technical expertise in supporting Urban Company in all their nutrition related interventions. We hope other companies will also bring their business value to join Urban Company's vital commitments.

Richard Beighton, Chief Resource Mobilization and Partnerships, UNICEF India



We are glad to be part of the UNICEF incubated Impact4Nutrition platform. At Urban Company, we are committed to ensuring Good Health & Well-being of our service professionals. Through the program, we will leverage our tech infrastructure to educate partners on what comprises good nutrition, healthy eating, and how food can help prevent and manage chronic diseases and health issues. Nutrition plays a critical role in one's health and well-being, and we want to encourage our service professionals to make the right nutritional choices.

Bhavya Sharma, Director, Communications & ESG, Urban Company

## Pledge Signing

Urban Company, one of the recent I4N Pledged Partner, showed its strong commitment towards Workforce Nutrition by designing a calendar of activities on nutrition for its employees and 45000+ channel Partners. As a part of this engagement, Urban Company utilized their Assets, in the form of their App "Cult Fitness" where all of their channel partners are hosted and gave an opportunity to interact with them through series of workshops on topics like Elements of a balanced diet, importance of a balanced nutrition.



### NUTRITION FACT OF THE DAY

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



### NUTRITION FACT OF THE DAY

अंकुरित बीज का सेवन करने से राइबोफ्लेविन, जेएक्सथिन जैसे एंटीऑक्सिडेंट्स का भरपूर लाभ मिलता है जो हमें रोग मुक्त रखता है।



### NUTRITION FACT OF THE DAY

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।



## Pledge Signing

I4N platform is delighted to welcome FAVCY as a pledged partner.

## Virtual Workshop with FAVCY by I4N secretariat

A session focussing on how entrepreneurs and employees in the start-up world can make healthy choices along with their busy schedules was conducted by our expert nutritionist.

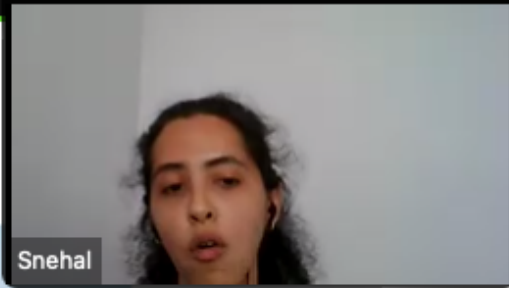


REC

You are viewing Snehal's screen

REC

View Options



Snehal

### National Family Health Survey figures (NFHS-5 2019-20)

<ul style="list-style-type: none"> <li>Infant Mortality Rate <b>4.4</b> (5.6)</li> <li>Neonatal Mortality Rate <b>3.4</b> (4.4)</li> <li>Under-5 mortality rate <b>5.2</b> (7.1) (per 1,000 live births)</li> </ul>	<ul style="list-style-type: none"> <li>Fully vaccinated children (12-23 months) <b>85.2%</b> (88.3%)</li> </ul>
<ul style="list-style-type: none"> <li>Children under 5 who are stunted (height for age) <b>23.4%</b> (19.7%)</li> </ul>	<ul style="list-style-type: none"> <li>Children under 5 who are underweight <b>19.7%</b> (16.1%)</li> </ul>
<ul style="list-style-type: none"> <li>Children under 5 who are overweight <b>4%</b> (3.4%)</li> </ul>	
<ul style="list-style-type: none"> <li>Anaemia in pregnant women <b>31.4%</b> (22.6%)</li> </ul>	<ul style="list-style-type: none"> <li>High-very high blood sugar levels (&gt;140mg/dl)</li> <li>Men <b>27%</b> • Women <b>24.8%</b></li> </ul>
<ul style="list-style-type: none"> <li>Proportion of people who are overweight or obese (BMI&gt;25)</li> <li>Women <b>38.1%</b> (32.4%) • Men <b>36.4%</b> (28.5%)</li> </ul>	<ul style="list-style-type: none"> <li>Hypertension (140/90)</li> <li>Men <b>32.8%</b> • Women <b>30.9%</b></li> </ul>

Figures in bracket refer to NFHS-4 2015-16

Current Nutritional Status in the country

The need of the hour !

Unmute

Start Video

Participants 20

Chat

Show Captions

Reactions

Settings

More

Leave

### Meeting Chat

Ayushi Dwivedi to Everyone 02:10 PM

Peach

Favcy VB to Everyone 02:10 PM

Milk, Ragi

Surbhi to Everyone 02:10 PM

egg

Ghazala Shahin to Everyone 02:10 PM

Orange

Diksha Ohri to Everyone 02:11 PM

unable to see the ppt

fitness

health

Hursh Vardhan to Everyone 02:17 PM

balanced diet

Pradeep Kumaraguruparan to Everyone 02:17 PM

Nutrition - Healthy Food - Essentials Every

Who can see your messages? Recording On

to: Everyone

Type message here ...

# GAIN Score Card

In continuation to I4N strategic Partnership with GAIN, I4N secretariat is actively engaging with Pledged Partners on the Workforce Nutrition Score Card. Interested corporates are offered a calendar of events to not only understand the score card but also to improve upon the parameters and become more effective.



## IYM (International Year Of Millets) 2023

Towards the vision of Hon'ble Prime Minister of India on Millets, I4N is fully committed to be a part of this international movement of promoting and popularizing Millets. Through I4N Knowledge series on Millets, I4N secretariat encourages all its Pledged and Non Pledged partners to include Millets based food options for their workforce.



IMPAct for Nutrition

INTERNATIONAL YEAR OF MILLETS 2023

**Ragi, Also Known As Finger Millet**

Encouraging I4N Pledged and Non Pledged Partners to Integrate Millets As A Healthy Food Choice

Ragi or Finger millet is an excellent source of natural calcium which helps in strengthening bones for growing children and aging people. Regular consumption of finger millet is good for bone health and keeps diseases such as osteoporosis at bay and could reduce risk of fracture.

WWW.IMPACT4NUTRITION.IN



### BAJRA - THE PEARL MILLET

Bajra is high in beneficial plant compounds like antioxidants, polyphenols, and phytochemicals, all of which are known for contributing to optimal health in numerous ways. It may prove beneficial in controlling diabetes as it has a low GL (Glycaemic load) of 9.2 ( Pubmed central )

www.impact4nutrition.in



THE INTERNATIONAL YEAR OF MILLETS 2023

### Jowar or Sorghum The Fibre-Rich Millet

Jowar or sorghum is prized as a healthy alternative to refined flour or all-purpose flour. this fibre-rich millet is cultivated extensively in India. Imbued with immense amounts of calcium, iron, phosphorus, potassium and sodium, these minerals fortifies the bones, strengthen the immunity and keeps diseases at bay.

www.impact4nutrition.in

## Poshan Pakhwada 2023

I4N Platform celebrated Poshan Pakhwada with its Pledged Partners. Major focus was to communicate and educate employees on good health and nutrition. Following are some of the snapshot of our engagement with few pledged partners. Pledged partners effectively used their assets like LED's and posters in the office premises, making their employees nutri-aware.

360+ Companies reached for  
Poshan Pakhwada Celebration



## Pledge Signing

I4N secretariat is pleased to onboard Kanodia Group as Pledged partner



Using A (Asset) of our ACE Card we celebrated Poshan Pakhwada with Kanodia Group. The aim was to spread awareness on adoption of healthy lifestyle. Posters were placed in their office premises to encourage employees to be health driven.

## Pledge - Zss Securities

I4N platform welcomes Zss Securities as Pledge Partner. I4N team is committed to engage with Zss Securities, and looking forward to plan out strategic health and nutrition engagements with them.



## Session on Millets

**I4N conducted an enlightening session on importance of millets with SRF**

Using C (CSR) of the ACE Card, I4N secretariat celebrated IYM (International Year Of Millets) 2023 with the attendees. A millet based recipe was prepared LIVE with the participants and was relished explaining its benefits. SRF associated with I4N as pledged partner few years ago and in the continued efforts to engage with pledged partners, this workshop was conducted. As an extension of this engagement, I4N secretariat is even looking at conducting sessions at SRF other field office as well.



An initial nutrition dissemination session on millets was conducted with the SRF team at their field office in Sohna, Haryana in the last week of April. The theme for discussion was the “importance of millets for healthy lifestyles”. The session was conducted in the vernacular language-Hindi. The beneficiaries trained included the “Poshan Mitras” of SRF foundation working with the children in the age group 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.

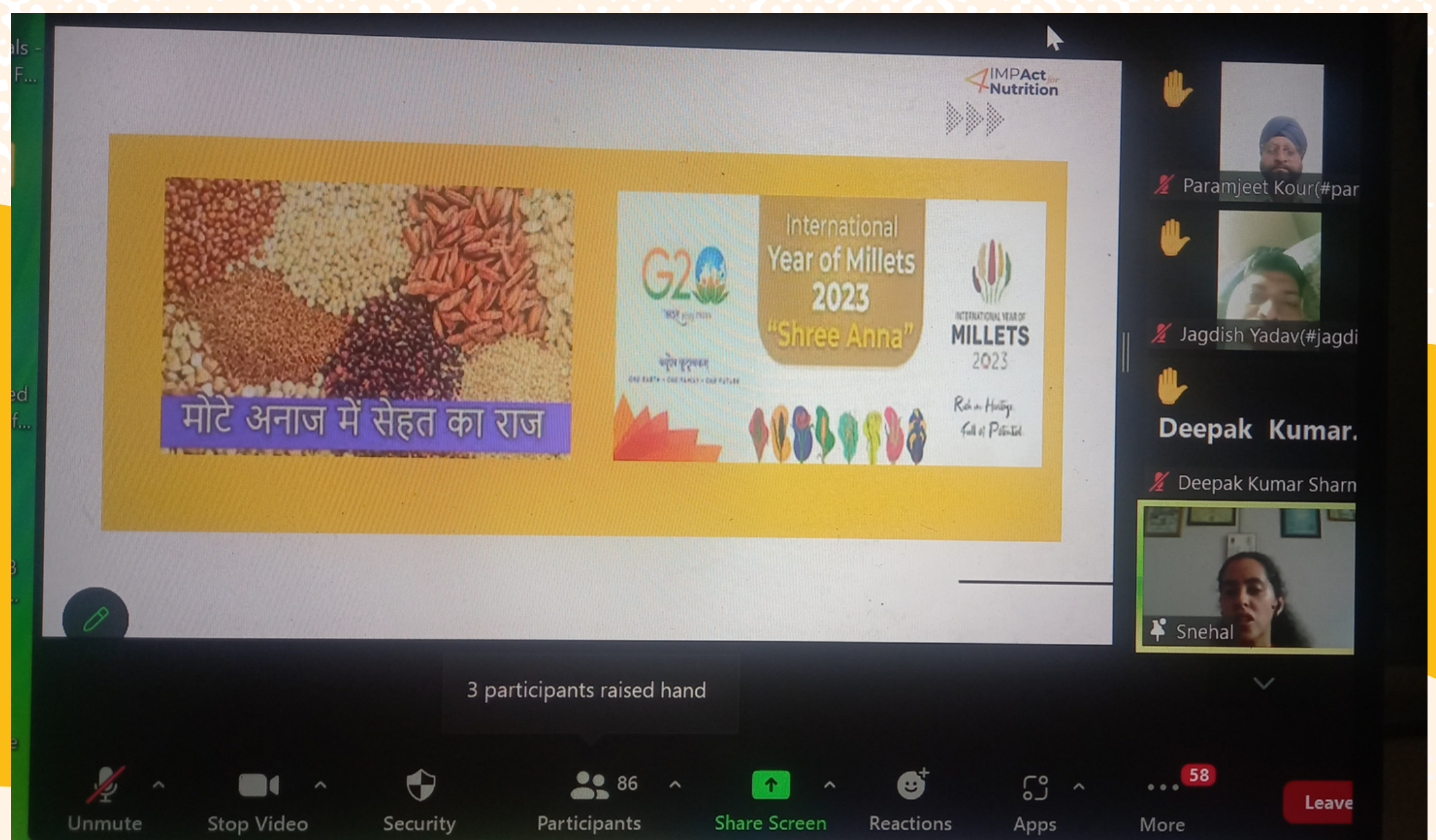
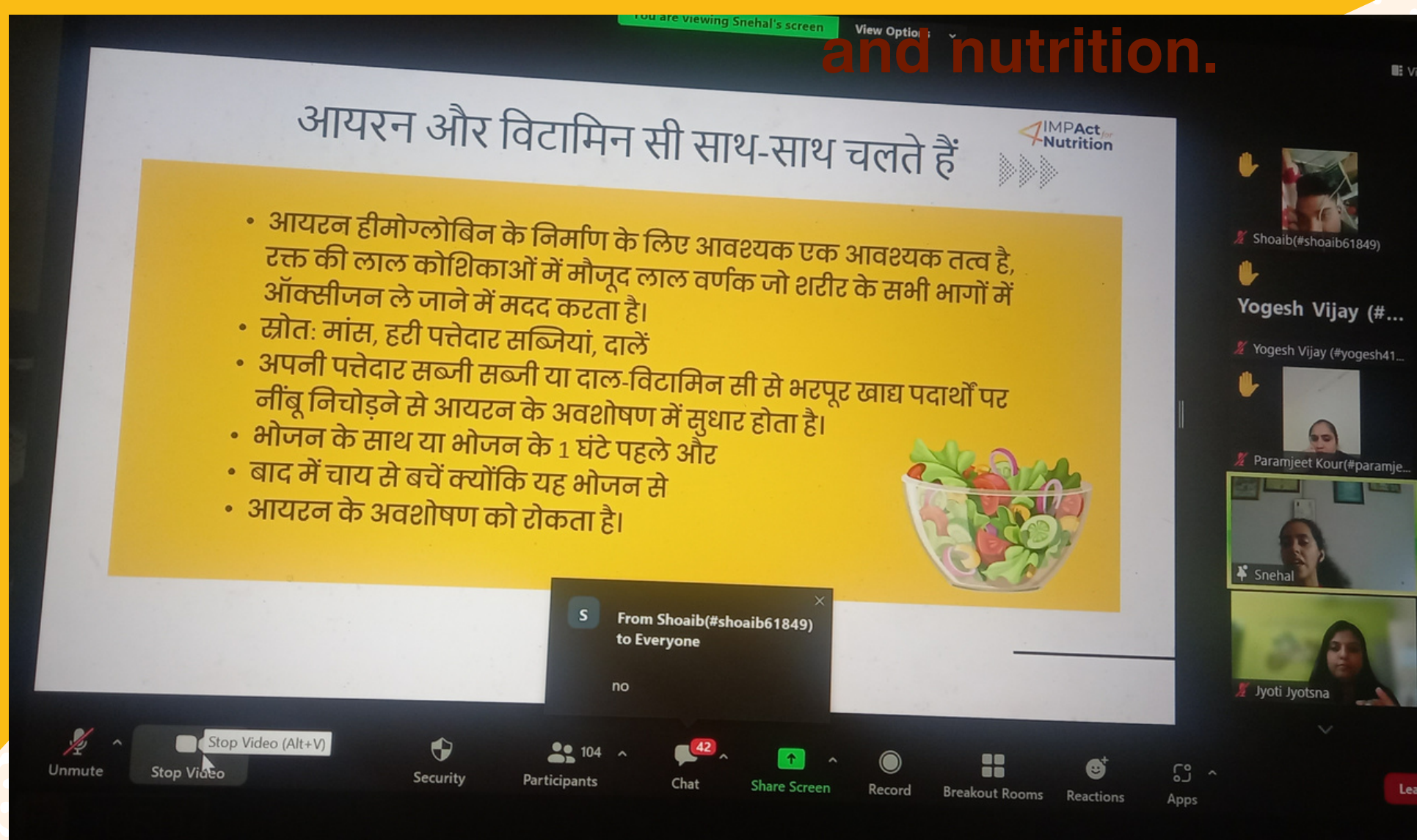
Towards the end of the session, a recipe workshop was conducted with the participants for an engaging participation. ‘Bajra salad’ was prepared by the participants. The dish was relished by the audience and the nutritional benefits were also elaborated equally.

## Pledge Signing

Impact4Nutrition platform is delighted to pledge with Three Sixty a brand by Ranvik Exports Pvt. Ltd.. Looking forward to engage with them, spreading nutrition education using the ACE card.



**Urban Company, one of the recent pledged partner with I4N have co-created a calendar of activities for their employees and channel partners. Here are few glimpse of workshops that were conducted. With the engaging session held, I4N expert nutritionist made sure to answer each question and help the attendees clear their doubts on health**



# HEALTH IS WEALTH

Check out the recipe below



During summers, bael sherbet is a thirst quencher drink to have. Along with this, it is a store house of several nutrients such as potassium, fiber, magnesium and folate. Let's learn this magic recipe!

[https://en.wikipedia.org/wiki/Limonia\\_acidissima](https://en.wikipedia.org/wiki/Limonia_acidissima)

## Ingredients:

- Bael /wood apple- 1 no.
- Water- as required
- Salt (optional)
- Mint leaves (for garnish)

## Method:

- Crush the bael fruit into half
- Take out the pulp and mix with water.
- When the mixture is ready, add salt as per taste.
- Sieve the mixture and garnish with mint leaves.
- Enjoy your drink!

## Nutrition byte of the day-

Metabolism booster-

Avoid eating foods after 8 pm. Our metabolism has a direct effect on the times of eating food. This sets your thermic effect into place and improves the body's functioning. Make sure you have a light meal to reset your metabolism.

<https://www.healthline.com/nutrition/10-ways-to-boost-metabolism> (Source- Web MD)