

Impact4nutrition Case Studies



June-Dec 2022

THE

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THE

INTRODUCTION

India being such a diverse country, each state has different and unique eating patterns, behaviors, beliefs, lifestyle trends and dietary habits and climate. All this is directly related to the nutrition of the household, family and the child, in brief. With under and over nutrition both being dangerous to the body; keeping ourselves in a symbiotic state where each person gets proper nourishment and is able to maintain a healthy life is very much of significance. This very well explains the governments' objectives.

Highlighting the need for the program-

Impact4Nutrition is completely aligned with the Poshan Mission 2.0, (GoI's primary overhaul program on nutritional objectives). To provide meaning to its objectives in a structured way; the program hints at pooling corporates under one forum and acts as an active resource base for all stakeholders.

The team at I4N strongly believes that the private sector is a powerful anchor for mainstreaming nutrition objectives and provide a meaningful steering to India's nutritional targets. Along with the support from the government, it becomes all the more imperative for all stakeholders to come along and contribute collaboratively towards India's nutrition mission.

Ank Foundation- The implementation partner for I4N

We, at Ank foundation truly believe at harnessing potential and creating meaningful impact through nurturing young minds by realizing their capacities to the maximal extent. The I4N program's mission is completely aligned with Ank Foundation's aim and vision.

To pivot the program achieve its maximal benefits; Ank Foundation has been continuously working endlessly in this direction to make the program a success at the national level and bring true meaning to its potential.

Till date, 90 prestigious pledged partners through I4N. Some of these engagements are elaborated below.

The EPICENTER of the program-

Impact4nutrition (I4N) serves as a resource platform for the masses. Aligned with the Poshan Mission 2.0, (GoI's primary initiative on nutrition) the program serves to curb malnutrition and address the nutritional challenges in a defined manner for a greater impact.

THE

INTRODUCTION

Keeping this context in place, the need to work through a strategy which will help the masses move towards sustainability is why this drive will help individuals both in-person and as a nation. The table below also illustrates the latest indicators which define malnutrition on a large scale.

The recent NFHS (19-21') survey data statistics reveal that-

Uttar Pradesh (%)		Rest of India (%)	
Children			
Stunting	39.7	Stunting	35.5
Wasting	17.3	Wasting	19.3
Anemia	66.4	Anemia	67.1
Women			
Anemia	50.4	Anemia	57

The table itself illustrates the present state of malnutrition prevalent. The data reveals the most vulnerable section of the society i.e. women and children. With anemia being such a wide and persistent problem along with improper weight and height indicators falling below average for children in the region, it gives an enough reason to work vigorously in this area.

"THE FOOD YOU EAT CARVES THE PERSON YOU BECOME"

BRIEF ABOUT THE THREE MOST COMMON INDICATORS FOR

MALNUTRITION

Anemia

It is a condition where the Hb concentration levels (%) are below than normal defined range. Women- 14.5 µg/dl; Men- 12.5 µg/dl of blood.

Stunting

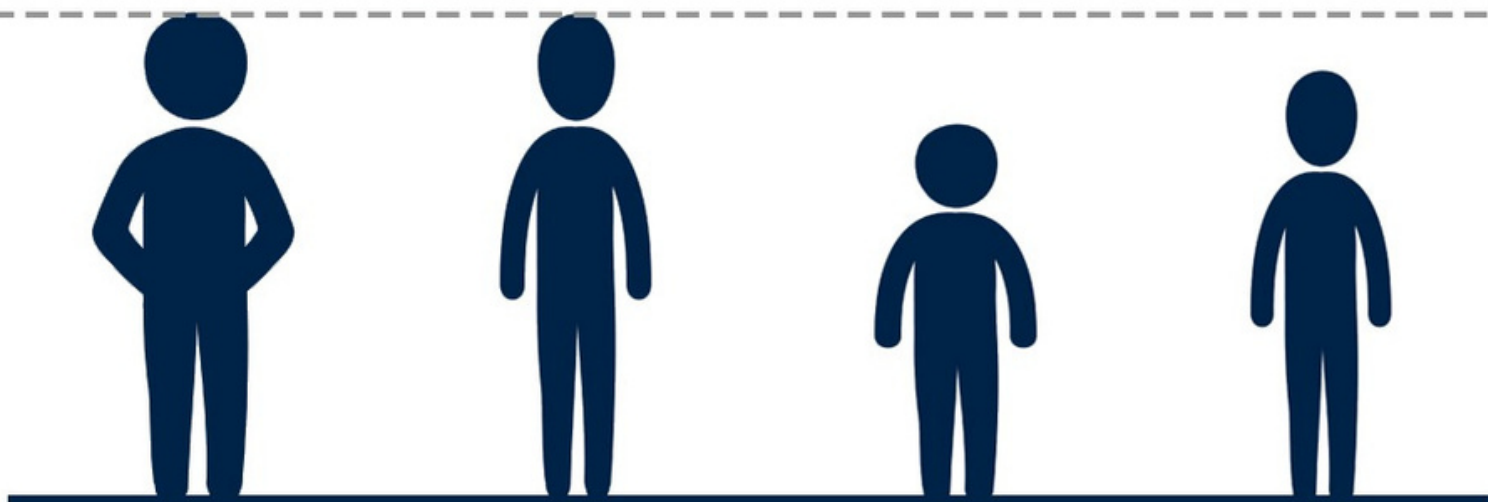
It is defined by WHO as the impaired growth and development that children experience from poor nutrition, repeated infection, and inadequate psychosocial stimulation.

Wasting

Wasting is defined as low weight-for-height. It often indicates recent and severe weight loss, although it can also persist for a long time.

It usually occurs when a person has not had food of adequate quality and quantity and/or they have had frequent or prolonged illnesses. Wasting in children is associated with a higher risk of death if not treated properly.

Normal height for age



NORMAL

WASTING

*Low weight
for height*

STUNTING

*Low height
for age*

UNDERWEIGHT

*Low weight
for age*

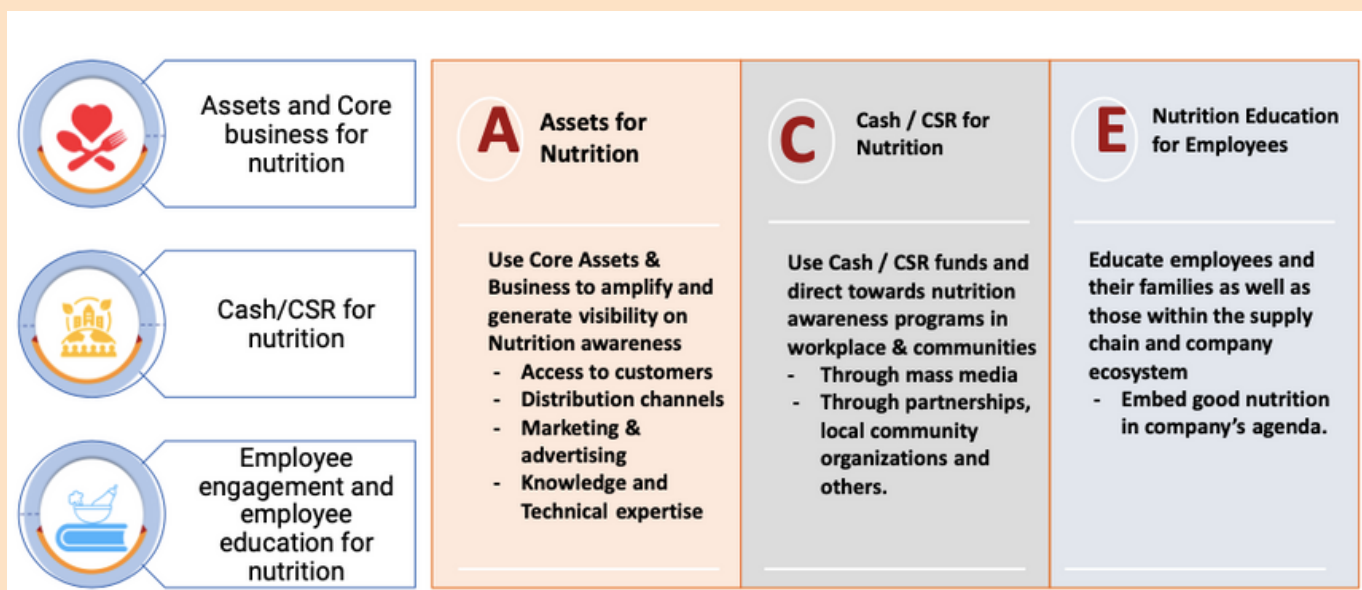
Source: WorldVision (2015)

SCOPE OF WORK

OF I4N SECRETARIAT

Since its inception, I4N has aligned its goals with the government's POSHAN Mission 2.0, and works closely with NITI Aayog, Government of India, to further the goal of creating a Jan Andolan (people's movement) towards achieving India's ambitious nutrition targets in sync with WHO's defined SDGs'.

Responding to the government's call for increased private sector action in nutrition, I4N chose work place nutrition as the entry point for its efforts, with the "ACE Card" as the operating model, elaborated below:



I4N Secretariat (ANK Foundation) works with corporates who take the 'I4N pledge', an ethical commitment to working towards better nutrition at the workplace and communities.

I4N Secretariat (ANK Foundation) is committed to transforming the workforce landscape for socially responsible businesses, implementing roadmaps for employee engagement programs, nutrition literacy for employees and communities, as well as corporate social responsibility (CSR) programs with enhanced CSR spends on nutrition. The idea is to help businesses realize that improved workforce nutrition translates into lower absenteeism, increased employee retention and enhanced productivity and sustainability of business

OUR

PLEDGE PARTNERS

Impact4Nutrition secretarial team have been able to receive pledges from 53 corporates since the inception of the project. Our team and their exceptional efforts made it possible for us to achieve this milestone within such short span of time. While receiving the pledge, we ensured to target companies from different sectors such as real estate, IT, Manufacturing Industries, Insurance, BPOs etc.

Apart from targeting different sectors, we also ensured that all the pledged partners should not be the producers of alcohol, tobacco products and non-nutritional food products. We also ensured that all the corporates are apt under the compliances set by UNICEF. We also encouraged their active participation in conducting workshops on health and Nutrition.

NUMBER OF
PLEDGE PARTNERS
90



S.No.	Partner Name	S.No.	Partner Name
1	Spandan Society	30	Propel Industries Pvt Ltd
2	Marg Erp Pvt. Ltd.	31	NX-One
3	Haier India	32	Prateek
4	Jiva	33	Zopper
5	Eagle Hunter Facility Management Services	34	Net Ambit
6	Emcure Pharmaceuticals Ltd.	35	Droom Technology
7	Organic India	36	Esteem Infra
8	Birla Soft	37	Selco India
9	Wipro Digital	38	EFKON India
10	Skidos	39	Ajnara Builders
11	Silverline	40	Paramount Builders
12	Kangaroo	41	Urja Gasifier Pvt Ltd
13	Credenci Digital	42	Shivalaya Construction Co Pvt Ltd
14	Saviour Builders Ltd.	43	Earth Infrastructure
15	Mahagun Builders	44	Web Infratech Pvt Ltd
16	Okinawa Autotech Ltd.	45	Steel Strips Wheels Limited
17	Sadhar Tech Ltd.	46	Geodata India Pvt Ltd
18	Avni Creations	47	Halonix Technologies Pvt Ltd
19	Valuer Fedex	48	Sharon Bio Medicine
20	Creambell	49	Rane Groups
21	Super Smelter	50	BD
22	Assotech Infra	51	YKK India Pvt Ltd
23	3i Infotech Limited	52	Techno Industry Pvt Ltd
24	Hi-Tech Engg and Technology	53	ONCC
25	PSA Groups	54	Centrum Hotel (Lucknow)
26	Dixon Technologies India Limited	55	Assocham UP
27	Panchsheel Builders Pvt Ltd	56	Assocham UK
28	Bhutani Infrotech Pvt Ltd		
29	Antriksh Builders		

OUR

ENGAGEMENTS

A - Assets for Promotion of Nutrition

C - CSR for Nutrition

E - Employee Engagement

Kitchen Menu Change

ASSETS

FOR PROMOTION OF NUTRITION

Objective/Context-setting:

The I4N program caters to corporate workhouses where emphasis is on the private sector's role in amplifying the platform initiatives on nutrition and work towards the well-being of its employees.

All the engagements done under the ACE MODEL of I4N emphasize on this simple model of making India more conscious towards nutrition and make simple but effective changes towards a healthy lifestyle.

ENGAGEMENT AND AWARENESS GENERATION COMMUNITY BANNERS & HOARDINGS



Poster and signage display for public view at one of the residential complexes, Noida

Apart from taking sessions both through offline and online mediums, efforts were driven towards raising awareness on nutrition and creating mobilization through community banners and hoardings displayed at commercial /residential plots for gaining mass momentum.

Signages were displayed at Prateek and Savior group project sites for maximum display and highlight.

Company profile: Prateek Group has experienced tremendous growth & success. Since inception, the company's reputation is built on benchmark quality standards, rock solid values and above all transparency in all spheres of conducting business which contributed in making Prateek Group the most preferred real estate name in North India.

CSR Profile: The company is also conscious towards its social welfare commitment. To give shape to its initiatives, it is involved in a series of projects.

ASSETS

2 SAVIOUR PROJECT SITES

FOR PROMOTION OF NUTRITION

ENGAGEMENT AND AWARENESS GENERATION

Objective/Context-setting:

The I4N program caters to corporate workhouses where emphasis is on the private sector's role in amplifying the platform initiatives on nutrition and work towards the well-being of its employees.

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COMMUNITY BANNERS & HOARDINGS



Community banner and hoarding display by Mr. Jha and team.

Saviour is emerging as eminent real estate builder in India making a mark in delivering residential & commercial, township projects in and around Delhi-NCR.

The Saviour Group is one of the leading real estate developers in Delhi-NCR.

Company profile:

Apart from creating sustainable solutions in times with the modern era of tech-enabled solutions, HAIER is also sensitive towards driving efforts for employees' well-being.

Objective:

The basic objective behind this initiative was to sensitize the workforce more towards nutrition and make them take necessary actions towards a holistic well-being. Keeping this objective in mind, during the Poshan Maah; I4N Secretariat (ANK Foundation) decided to sensitize the office workforce of Haier through different signage panels and display boards triggering nutrition messages at common meeting areas in their office vicinity for helping prove a meaningful impact.

3 HAIER OFFICE



ORGANIC INDIA FOUNDATION

Context:

A recent survey by NFHS-5 revealed that 89% of children in the age group of 6-23 months are deprived of necessary nutritional intake despite the government making humongous efforts towards this direction.

This startling fact itself serves as the base for taking imminent measures being a part of the society, as a whole.

3 WORKSHOP WITH OIF VILLAGE COMMUNITY ON ANEMIA-MUKT GAON

District nutrition profile:

Indicators	Activity
Underweight	333,870
Overweight/obesity	324,663
Hypertension Diabetes	293,268
Anemia (non-preg)	213,876
Anemia (preg) Total	817,922
women (preg)	118,279
Total women	203,965

Fig 1: Burden of nutrition outcomes (2020) Source: Poshan (IFPRI)

The above indicators of the district profile indicate the major nutrition indicators of Azamgarh. Since the area is prone to endemic diseases like anemia, it entails life-threatening situations. To counter the burning issue of malnutrition; together with recurrence of diseases like anemia, it becomes pertinent to bring change at the ground level and strive for advocacy. This is possible only through creating change on the ground through mass awareness and outreach. To help address the problem and the situation; I4N Secretariat (ANK Foundation) together with OIF organized a day workshop at Haripur, Azamgarh.

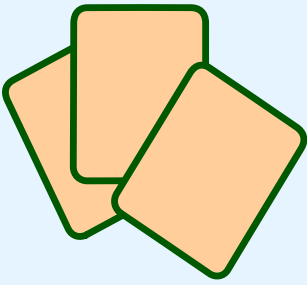
A day training workshop was organized by I4N Secretariat (ANK Foundation) at Haripur village, Azamgarh district on 22.11.22. The focus of the workshop was on dissemination of awareness on anemia- its identification and prevention strategies. The workshop was divided in a few sections.

It entailed:

- **A card game**
- **A recipe demonstration**
- **An audio clip play**
- **Q/A Round**

The workshop was conducted with a group of 60-70 women in the age group of 18-75 years. After a small debriefing by Mrs. Jyoti Jyotsana, the workshop was started with identification symptoms of the disease in order to gauge the knowledge of the women.

ORGANIC INDIA FOUNDATION



A CARD GAME

It was proceeded by playing a card game. Women were divided into small groups. Each group was handed a card. The cards contained drawings of various foods wherein they were asked to identify the drawings on the cards.

The benefits of the food on the cards were explained by the nutrition expert. Women came up with satisfactory answers. They were able to identify the pictures correctly.

In the recipe demonstration, jaggery laddoos were made. Some participants were called from the women and they participated actively in the whole process.

The ratio for the recipe is given below:

- 500 g puffed rice
- 750 g jaggery
- 250 g peanuts

The jaggery was boiled till a two-thread consistency and it was mixed with the puffed rice along with the peanuts. The mixture was then shaped into small balls and consumed by everyone present.

A RECIPE DEMONSTRATION



Fig. 2. Recipe preparation at the field site

CSR

FOR NUTRITION

ORGANIC INDIA FOUNDATION

AUDIO CLIP PLAY

After this, an audio clip was played wherein the women listened to the story. It was about anemia identification and its simple treatment protocol like taking IFA tablets on a routine basis.

Q/A ROUND

The beneficiaries were also informed on practices to increase iron absorption. After the Q/A round, a conclusion was drawn that the women had a fair knowledge on anemia and its primary identification.

“

After looking at NFHS-5 data of anaemia prevalence and our on-ground observation through a small experiment, we at Organic India Foundation devised a programme called 'Anaemia Mukh Gaon', similar to Anaemia Mukh Bharat. OIF have partnered with Impact4Nutrition initiative as pledged partner and through their technical expertise, we organized a knowledge sharing session during Poshan Maah 2022, for our on-ground teams, which had helped understand and implement the initiative better. As part of OIF's Community Wellness Programme, OIF is looking at villages of Azamgarh and Hamirpur districts of UP to work on ground in the benefit of adolescent girls, pregnant and lactating women.”

”



**-Mr. Shravan Verma,
Project Manager, OIF**

CSR

FOR NUTRITION

ORGANIC INDIA FOUNDATION



Usage practices to increase iron absorption was the next criteria for dissemination. Ensuring that these practices are followed routinely would give further insights on awareness creation & effective propagation.

A pilot study is in progress by OIF with a small group of women. The results of the study would provide insights on the strategies needed to devise further to improve the Hb levels among the villagers and in making it anemia free.

A simple recipe leaflet was also handed to the OIF team for further reference and use. The brochure highlighted some of the widely consumed recipes like cheela, poha, etc.



CSR

FOR NUTRITION

TATA POWER DDL

5 NUTRITION SESSION WITH ABHA WORKERS

Tata Power Delhi Distribution Limited, is a joint venture between the Government of NCT of Delhi and Tata Power Company Limited, which holds a 51% majority stake in the venture.

Tata Power-DDL has also been reaching out to the communities it serves and has been consistently strengthening and empowering the underprivileged, primarily **over 1.5 million people residing in over 223 JJ clusters in its area of operation**. Under the umbrella of SAATHI several initiatives, like Women Literacy Centres, Vocational Training Centres, Tutorials, Medical Camps, Drug de-addiction camps, Energy Conservation, safety etc.

Tata Power is equally committed to bring a change in the society by adapting to Corporate Social Responsibility (CSR) models designed for sustainable and responsible growth. To further add a feather in its cap; I4N Secretariat (ANK Foundation) organized a session on nutrition with the **ABHA workers**.



CSR FOR NUTRITION

TATA POWER DDL: THEME (IMPORTANCE OF NUTRITION)

TATA Power has been at the forefront when it comes to nutrition initiatives.

To contribute further under this head, together with the I4N initiative; TATA Power has been leading at the helm on propagation of positive nutrition behaviors. ABHA workers are one of the key anchors for raising awareness on nutrition as they work with the communities at large. Therefore, this session proved to be a ground-breaking start for the organization with I4N altogether.

Keeping this in mind, an initial session on the importance of nutrition was highlighted among the participants



A nutrition session was conducted with Tata Power DDL at Gulabi Bagh. The beneficiaries were AABHA worker. Importance of a healthy diet was discussed among the participants.

मौखिक चर्चा

संतुलित आहार से आप क्या समझते हो

कौन से तीन रंग खाने में सबसे ज़रूरी हैं ?



As per the demand, recipes were discussed for incorporation into the daily diet.

The TOT (Training of Trainers) session was graced by dignitaries like Mr. KK Suman (Chief-SIG; Social Impact Group) and Mrs. Geetanjali (CSR Head) along with Ms. Anu (Prof. at Lady Irwin College)



It was a 1.5-hour session wherein the trainers were trained on nutrition sensitization. The session culminated with a video stream on the significance of nutrition since early inception and contribution of the society together in collaboration towards a healthy nation.

CSR

FOR NUTRITION

GLOBALLOGIC - POTENTIAL PARTNER

5 INTERNATIONAL GIRL CHILD DAY

I4N Secretariat (ANK Foundation) held a virtual session with adolescent girls and young women studying in government schools to educate them on the importance of nutrition on 11.10.22. The session was conducted with the schools sponsored by GlobalLogic. It was attended by **Ms. Walia-CSR head, Mr. Vaid** and others along with female students across India. Around **600 girls** participated in the session.

The focus areas highlighted in the session pertained to:

- Importance of a balanced meal
- Hygiene and its relation with nutrition

It was an hour long session and it was kept in an interactive mode. At the end, the gathering took away tips to eat healthy.

We look forward to more such engagements in the upcoming future!



Objective/Context setting:

Engaging with the employees and having a visual interaction proves to be a very powerful method for raising awareness and harness mass outreach. Inculcation of positive nutrition behaviors is best propagated through these mediums of instruction whether it be an audio, visual, or a face-to-face interaction. Ank foundation, under its I4N initiative, made a slew of engagements on the employee front also for mass outreach.

6 IMPORTANCE OF NUTRITION

Spandan Society is not-for-profit organization working in areas of education, health, skill development together with environment sustainability. The organisation focuses on an integrated, holistic and participatory approach leading to sustainable development of the poor and the marginalized belonging to all the sections of the society.

Recently, to provide more impetus under the health domain, it has partnered with **I4N Secretariat (ANK Foundation)** and pledged at **I4N platform** to create more awareness around nutrition among its workforce and students. As a part of this tripartite model; as per the I4N protocol, a preliminary session on **nutrition and its importance** was conducted.

Session audience - Teachers & Students-6-9 years of age

An online introductory session on nutrition was conducted by I4N Secretariat (ANK Foundation) with Spandan Society on 1.12.22.

The audience was made aware about the need for nutrition, why is it important to have a balanced diet, the major types of nutrients necessary for immunity building, the types of foods to be taken for a sound body, etc. The audience was also educated about basic hygiene practices, how to maintain that effectively, methods to have safe food and understanding of food labels. A 90 minutes session was conducted through virtual mode. The session was made very interesting through pictorial representations. The session was basically kept interactive for better engagement with the present audience.

Context:

In today's sedentary lifestyles, children are becoming more vulnerable to becoming prone to NCDs i.e. non-communicable diseases and associated problems like adolescent hypertension, heart attacks, concentration deficits, poor attrition rates, and many more. All of these are related to leading a poor lifestyle along with increased screen times, minimal play and poor nutritional intakes. Keeping this in mind, Ank Foundation conducted a webinar with Spandan.

Objective:

To make the audience more aware and imbibe nutrition positive behaviors for a healthy lifestyle

The audience was made aware about the need for nutrition, why is it important to have a balanced diet, the major types of nutrients necessary for immunity building, the types of foods to be taken for a sound body, etc. The audience was also educated about basic hygiene practices, how to maintain that effectively, methods to have safe food and understanding of food labels. A 90 minutes session was conducted through virtual mode. The session was made interactive through pictorial representations. The session was basically kept interactive for better engagement with the present audience.

Last but not the least, the session also highlighted the importance of a hygienic environment. Usage of safe food practices and the need for a healthy gut microflora was also included.

The audience was educated on various parameters like:

Nutrition and its importance
Important elements of a balanced diet
The need for hygiene

Use of safe food

EMPLOYEE

ENGAGEMENT

SPANDAN SOCIETY



The response was very positive by the students and the audience was very attentive. **Several queries posed by the audience are elaborated below:**

Till what duration can the vegetables be kept in the refrigerator?

All the queries were explained to the audience satisfactorily and the session proved to be very helpful. Looking forward to have more such engagement activities in the coming year ahead!

VOICE OF CREDIBILITY FROM OUR PARTNERS



Organization Spandan has also recently joined IMPAct4Nutrition with a motive to create a healthier and fitter India. The idea is at the heart to make social impact. We believe "what goes around comes around," Chief,

Mr. Sandip Dwivedi;
Spandan Society

EMPLOYEE ENGAGEMENT

SKIDOS

Workforce Nutrition

WHY IT MATTERS?

Background:

We help organisations improve their workforce nutrition

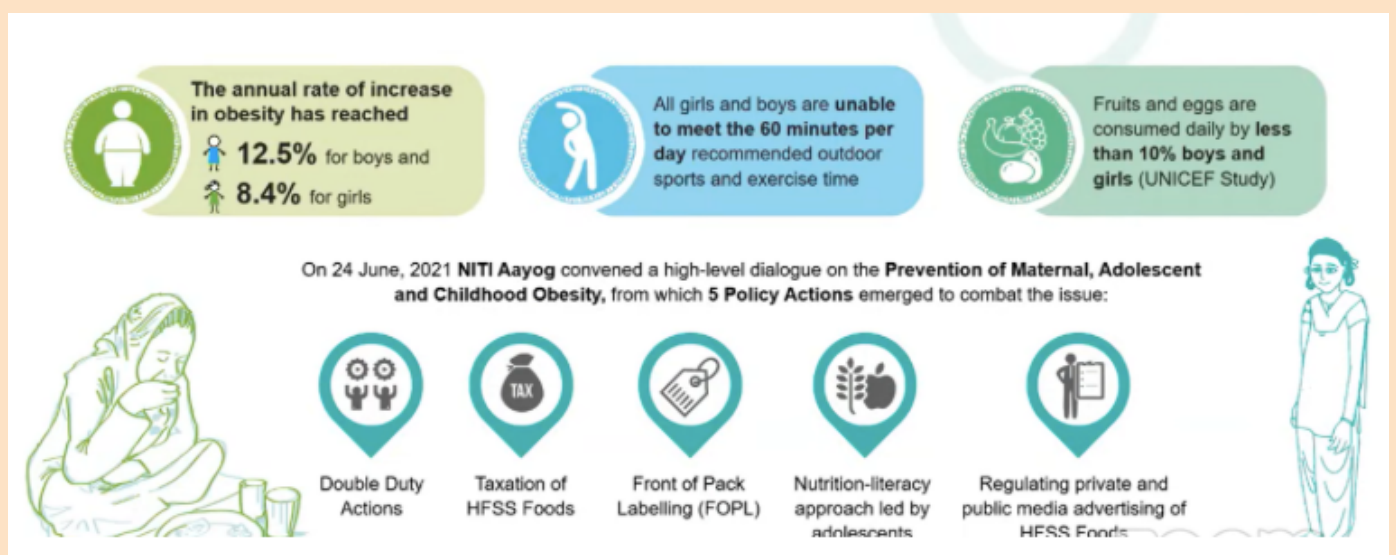
Good nutrition is a key driver for healthy lives and healthy business. Yet worldwide, one in three people suffer from malnutrition, impacting individuals, businesses and economies alike.

On average, people spend one-third of their adult lives at work. By working with employers, we help ensure access to and knowledge about good nutrition, breastfeeding, and nutrition-focused health checks for millions of people around the globe.

All the organizations working under this purview have agreed to align their efforts with the betterment of their employees within the organization. At a broader extent, it would also affect their families if changes are made at the right time.

Context Setting:

A recent report released by the NITI Ayog along with an UNICEF study reveals some shocking facts.



Apart from this, the recent NFHS-5 survey facts reveal that the annual rate for malnutrition has increased despite of continued efforts by the government in this direction.

Source-NFHS

This itself provides us with an objective to take necessary steps in this direction. With Impact4nutrition being aligned with the POSHAN Mission 2.0, it becomes imperative to define the parameters

EMPLOYEE

ENGAGEMENT

SKIDOS

8 IMPORTANCE OF NUTRITION

SKIDOS strives to make learning meaningful and delightful for children around the world. In the coming future, the team envisions true education to be more than plain academic prowess; envisioning young learners approaching the world with curiosity and the confidence to explore.

SKIDOS mission: **to transform the way we teach, so we can raise confident, happy, and curious young learners around the world.** SKIDOS elevates classic learning with exciting technology so that children can learn 21st century skills while having endless fun.

To sensitize the employees towards nutrition, an online prelim session was conducted with Skidos where the employees were educated about nutrition and its importance. The theme of presentation was good nutrition and healthy diets. The session was taken through virtual mode.

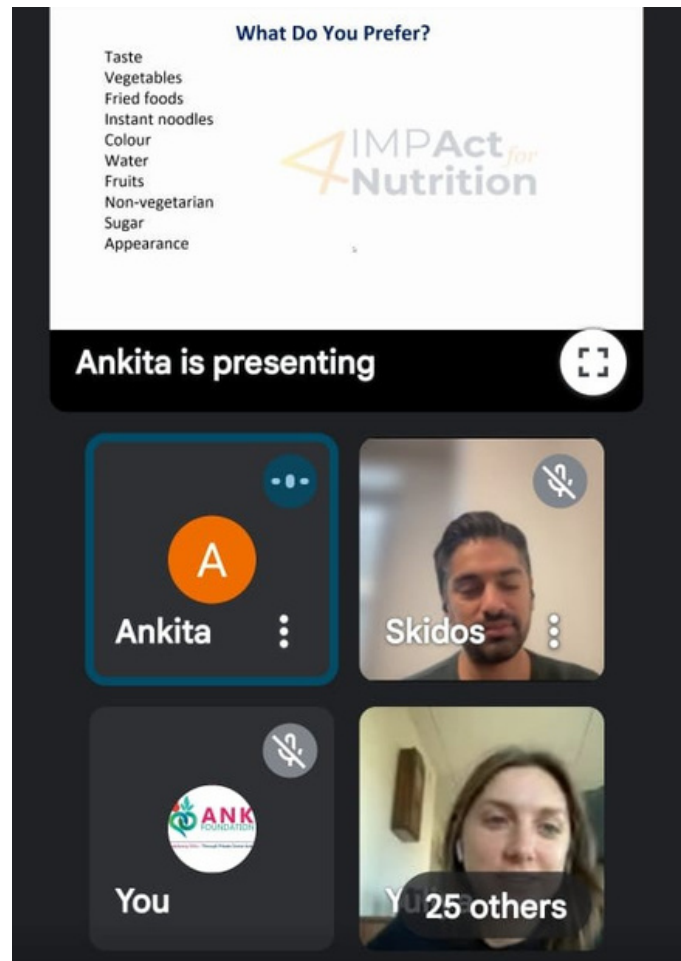
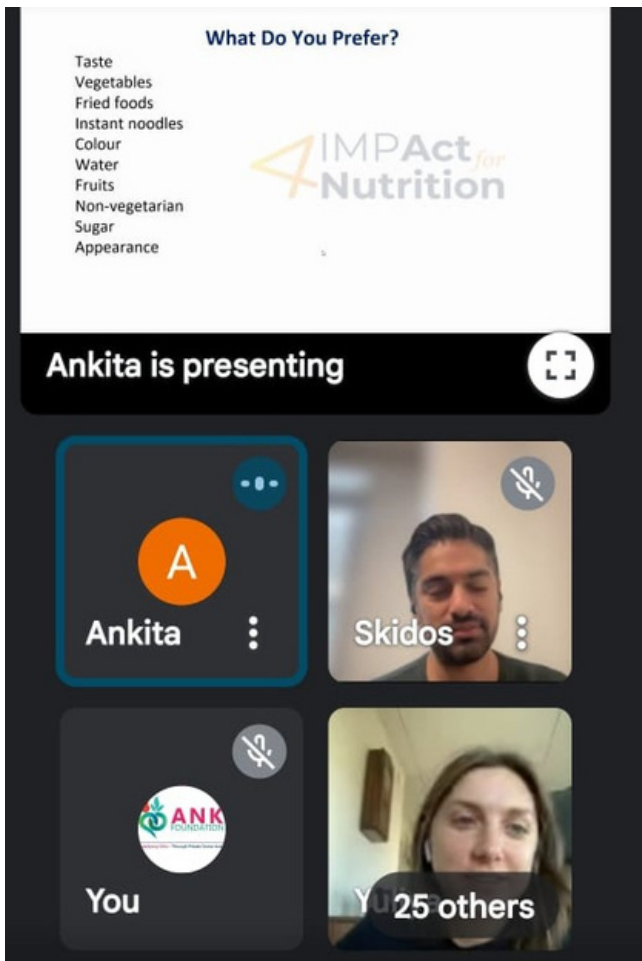
The session started with relevant statistical data to represent. After that, importance of nutrition was highlighted. Along with this, different nutrients necessary for an optimal diet was elaborated. The food pyramid was explained and the 3 most important colours which make an appropriate thali was highlighted. The type of foods necessary for growth, development and repair was also made known to the audience.

The necessity of water was also highlighted. Food safety measures were also explained in brief. Simple and effective household measures for maximum nutrient preservation was elaborated.

EMPLOYEE

ENGAGEMENT

SKIDOS



Neha Tyagi, HR Manager, Skidos

We had this opportunity to be associated with Impact4nutrition for the Poshan Abhiyan. The session conducted by the team was enriching & very informative. Nutrition has been always the neglected part in our food regime. We appreciate their efforts and time they put in all this and help us to understand the importance of nutrition in our daily lives.

EMPLOYEE

ENGAGEMENT

INNOVATIVEVIEW

The employees were briefed about the importance of nutrition and promotion of a healthy lifestyle. The session started with some basic questions on nutrition and why is it important. The session was taken in 2 rounds to accommodate all the employees willing to take part in the discussion. After a robust discussion, certain queries were also entertained from the audience. A quiz round was also conducted wherein certain daily use items were displayed and the audience was asked about the recipes they could make at home through those items. They were also educated about the different components of diet, the elements of a balanced diet, proportions of a balanced diet, role of certain nutrients, etc. Apart from this, some nutritious recipes were shared and the audience was also engaged through video display for effective utilization.



KITCHEN MENU CHANGE

HAIER

7 KITCHEN MENU CHANGE SUGGESTION

The very initial engagement partners were Haier, Noida. Mr. Kishore with their team at ANK Foundation visited "Haier" plant in Greater Noida with Impact4Nutrition team. They had an effective discussion with the HR team on the importance of nutrition for the employees.

Importance of workforce nutrition-

Workforce nutrition, after the post-covid era has gained much importance. Sedentary lifestyles along with poor dietary habits have led us more vulnerable to non-communicable diseases. This has already brought the country on the cusp of a rural-urban divide resulting in the imbalance of nutrition being persistent.

Plan of Action:

I4N Secretariat (ANK Foundation); therefore, visited their kitchen to understand the food menu being provided to the workers. After the discussion, it was decided that the existing menu was revamped for a day and changes were notably implemented.

Future actions:

The team at I4N Secretariat (ANK Foundation) will help Haier to enhance the nutrition of their employees through various engagement like-

- 1.Organising workshops on nutrition.
- 2.Conducting training sessions for the employees.
- 3.Modifying and reviewing the kitchen menu.



POSHAN MAAH CELEBRATION

WITH CORPORATES

To elaborate on the importance of nutrition and make people more aware towards its meaning and value; the government of India every year celebrates NNM, i.e. **National Nutrition Month**. in other words, **Poshan Maah**.

I4N Secretariat (ANK Foundation), remaining true to its spirit and nature of its belief, continued to take steps for the betterment of the society and the nation, as a whole. A slew of events was conducted with several organizations to mark the importance of this particular month.

This was done through various engagement methods like-

- Conducting training sessions
- Various engagement activities like- AV clip play
- Community sensitization activities like-
- Open ended discussions on anemia, health and hygiene, etc
- Mass education training programs
- Recipe demonstrations
- Engagement through IEC materials, etc.

To commemorate the occasion of **National Nutrition Month**, in other words **Poshan Maah**, I4N Secretariat (ANK Foundation) collaborated with several organizations. Some of them were **non pledged partners** also.

The subsequent sessions were held with:-

1. **GlobalLogic**
2. **Daanish India Foundation**
3. **Ultimate Kronos Group**
4. **Tata Power DDL**
5. **Organic India Foundation**



POSHAN MAAH CELEBRATION

WITH CORPORATES

The basic theme was awareness on nutrition and its importance was highlighted. The women were briefed about why nutrition is important for a healthy, productive life. Since this was a preliminary session on nutrition, very foundational principles behind diet planning were discussed among women for sensitization towards nutrition. Importance of nutrition was highlighted. The food pyramid was explained and the 3 most important colours which make an appropriate thali was highlighted.



Supporting
private sector
to promote
importance
of health &
nutrition

2022

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