

IMPAct4Nutrition has Won UNICEF Inspire Award 2023

We're thrilled to announce that IMPAct4Nutrition has won an UNICEF INSPIRE AWARD for Advocacy with Businesses and Private Sector Influence for 2023!

During 2023, 200+ exceptional entries from across 100 countries were nominated for the Inspire Awards and IMPAct4Nutrition was the winner in the category of "Advocacy with Business and Private Sector Influence".

This is for the second time that IMPAct4Nutrition has won the Inspire Award for creating a one of its kind ecosystem and we wish to congratulate all the I4N pledge Partners, Initiative Partners, Implementation Partners, Regional State Secretariat and all engaged stakeholders for all the support towards this mission.



Mr. Manu Kapila Join I4N as Member, National Advisory Board

I4N platform is thrilled to welcome Mr Manu Kapila, Head of Corporate Affairs & CSR, Fortis Healthcare amongst the I4N National Advisory Board. With Mr Kapila joining the I4N advisory board, the platform has become even more stronger and shall look forward seeking his strategic guidance.



"Good nutrition is synonymous with good health, a fact that cannot be stressed enough. This understanding fuels my excitement to join the IMPAct4Nutrition Advisory Board, a crucial initiative committed to enhancing health and wellbeing across businesses, employees, and communities. I am honored to offer my years of experience and knowledge to this nation-building mission. In the coming months, I anticipate engaging with the platform, exploring innovative solutions to address the critical nutrition issues facing India."

Quote by Mr. Manu Kapila, Head of Corporate Affairs & CSR, Fortis Healthcare Ltd

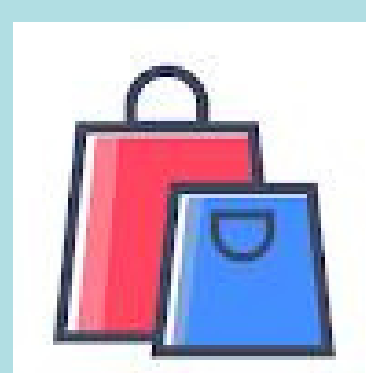
PLEDGES OF THE MONTH



IMPAct4Nutrition is happy to expand its reach in **Southern Region** by onboarding the above Pledged Partners.



GABA ENTERPRISES



IMPAct4Nutrition is happy to expand its reach in **Northern Region** by onboarding the above Pledged Partners.

Together with our Pledge Partners, IMPAct4Nutrition endeavors to create a strong foundation for a healthier India.

Importance of Investing In Workplace Nutrition

The I4N secretariat works closely with its pledged partners on all their nutrition specific interventions, either within existing CSR programs or co-curating employee nutrition programs or engaging employees, their families, and their extended community with good nutrition literacy.

The vitality of maintaining health:

Malnutrition, in every form, presents significant threats to human health. Today the world faces a double burden of malnutrition that includes both undernutrition and overweight, especially in low- and middle-income countries. The developmental, economic, social and medical impacts of the global burden of malnutrition are serious and lasting for individuals, their families, communities and for countries.

Importance of Workforce Nutrition

According to WHO, 1/3 rd of adult life is being spent at workplace and at least one meal is had at the place of work. Poor nutritional status of employees costs companies significant losses, as outputs suffer from deteriorating productivity and economic losses. Employers can contribute to improving employee diets, ideally as part of a broader approach to employee well-being and promoting healthy lifestyle.

Employer-Employee Relationship:

The focus is shifting towards a healthy employer-employee relationship. This involves flexible workplaces, occupational health and work wellness. Employee health increases work productivity which in turn enhances the workers' work efficiency reducing business costs and creating a win-win situation for both the employer and the employee.



I4N ENGANGEMENT

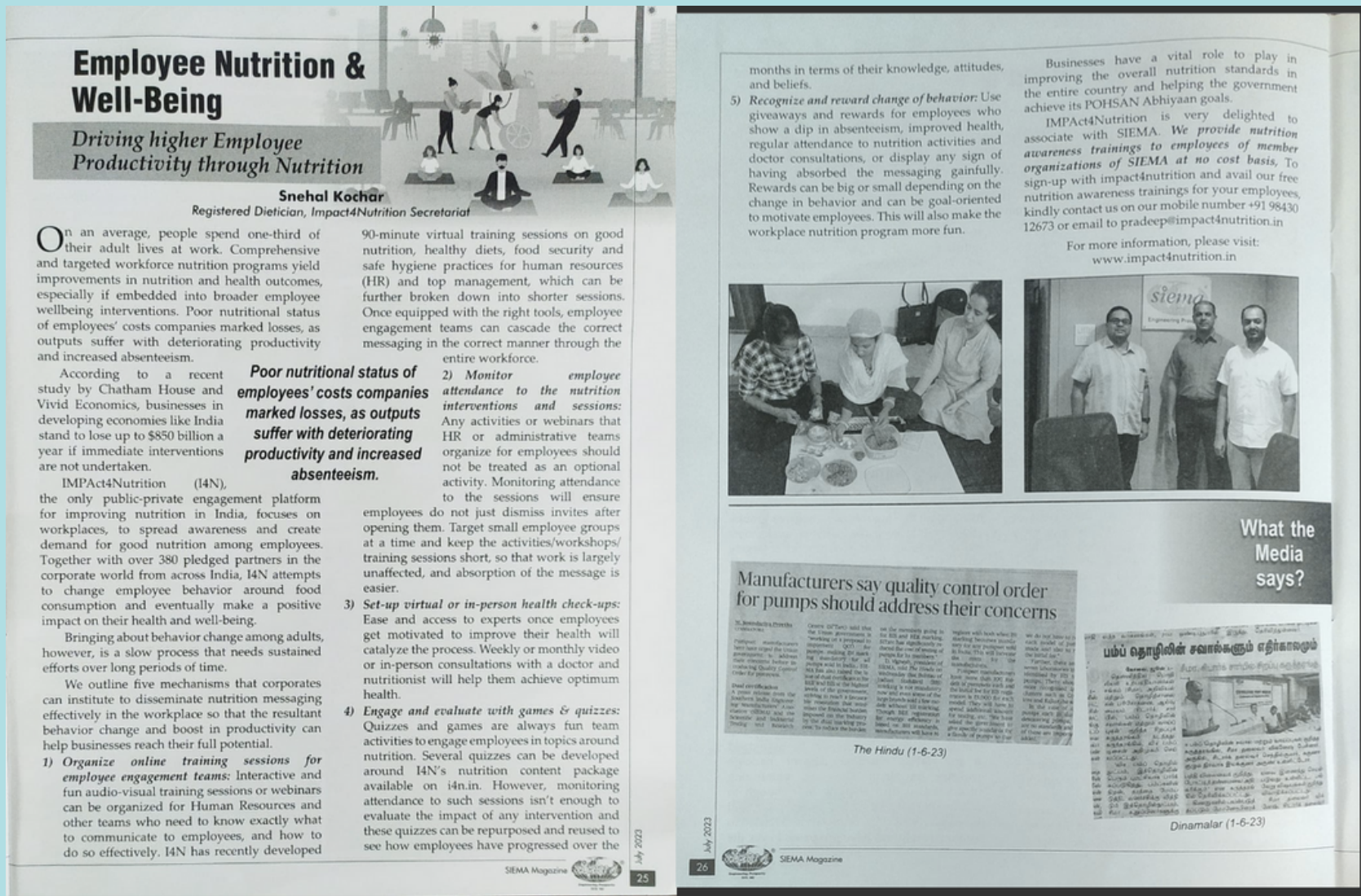
The inevitable role of I4N:

I4N works with large varieties of companies, ranging from garments to power to the technology sector to broaden the horizon of private sector action and investment in nutrition, Realizing that clusters and regional association can have a significant influence on the members, their companies and eventually the employees, I4N secretariat has partnered with two of the leading Industry bodies in India namely

- Manesar Industrial Welfare Association (MIWA)
- South India Engineering Manufacturers Association (SIEMA)



I4N presentation during MIWA Executive committee Meeting



I4N Article published in SIEMA Magazine

Both MIWA and SIEMA have taken major strides in welcoming I4N as a nutrition resource platform.

I4N ENGAGEMENT

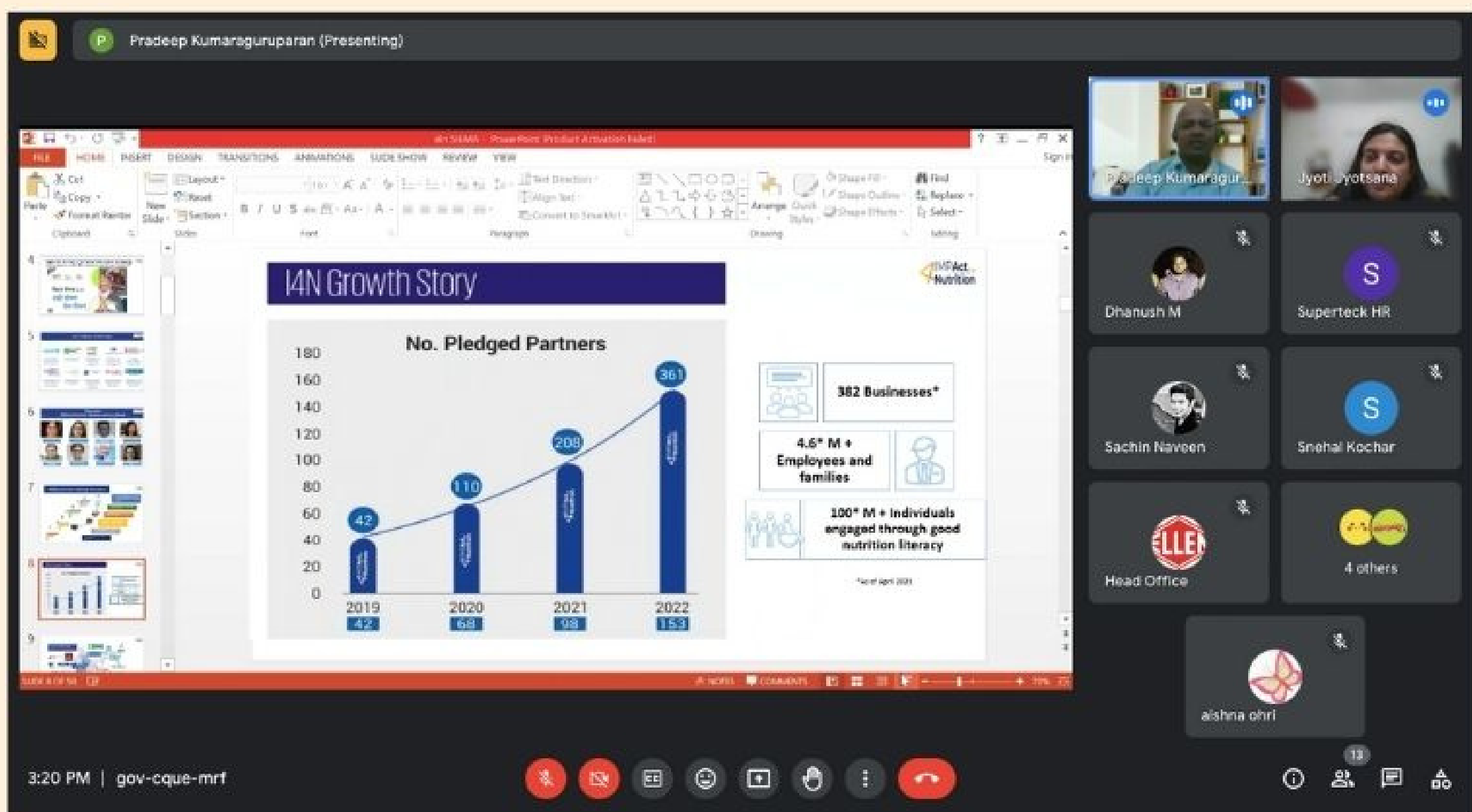
Workshop with MadhuGroup ConQuerent

The I4N secretariat held a workshop with the working staff of MadhuGroup ConQuerent Manesar. The session theme of the workshop was “Importance of Nutrition @ the Workplace”. The workshop was conducted at the factory site where over 100 employees were educated on a healthy diet and its effect at the workplace. The employees were educated on what foods to eat, what to avoid, smart snacks, the effects of unhealthy fats, the essential components of a healthy diet, etc., and last but not least, the effect on bodily functions. The session concluded with a resolution to bring a powerful change through the adoption of Best Dietary Practices starting with self, family, and the workplace in the presence of the CEO, Mr. Bharat Goel. The session was taken in Hindi.



Outreach with SIEMA:

A nutrition awareness training session was conducted with SIEMA and various pledged Partners of I4N from Southern India like Mahendra Pumps, Atnu Pumps, Suguna Pumps, Ellen Pumps, and Supertech industries, through a webinar. The Indian thali concept was highlighted, and the importance of a wholesome meal, the different food groups, and their functions were also explained. I4N would like to extend their heartfelt gratitude to SIEMA for investing their trust in I4N as a meaningful initiative and directing their efforts towards driving this change.



Workshop on “Importance of Nutrition at the Workplace” at Ranvik Exports, Manesar
IMPAct4Nutrition (I4N) secretariat conducted an employee engagement workshop at Ranvik Exports for Three Sixty, one of the I4N esteemed pledged partners and a member of MIWA.

The session was focused on educating 200+ factory workers about the “Importance of Nutrition @ Workplace”. The employees were educated about the crucial elements of a balanced diet, the major 3 colors to be involved in a thali, the importance of proportions in a meal, water intake and other crucial factors like sleep etc.

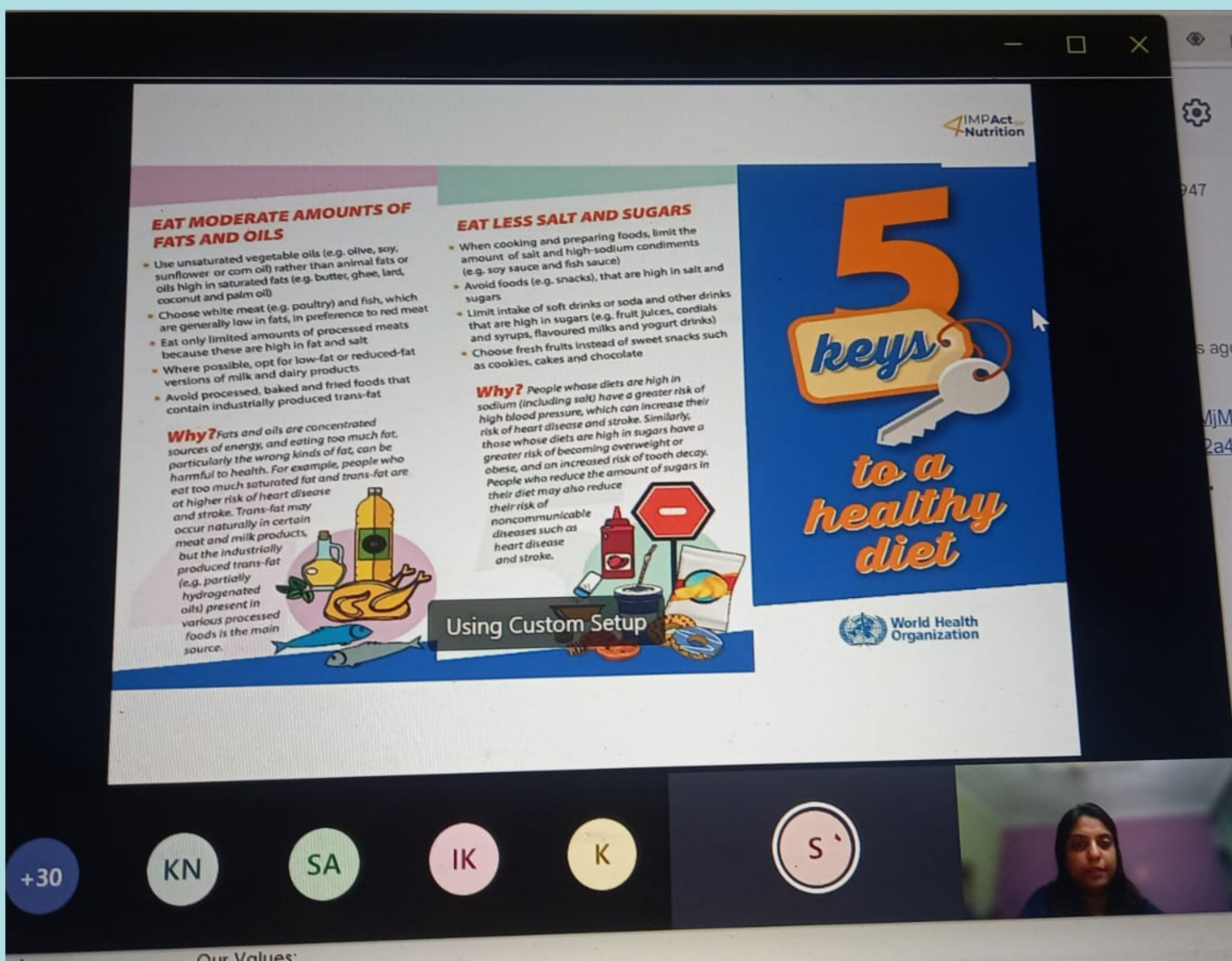


Apart from this, special emphasis was given on importance the of change of seasons and its related dietary modifications, consumption of local and seasonal foods, etc. The session concluded with motivational reflections from Mr. Vikash Gupta, Founder of Ranvik Exports and Three Sixty with a strong commitment to bring a powerful change through the adoption of better dietary practices - starting with self, family and the workplace. I4N secretariat is thankful to the whole team of Ranvik Exports and Three Sixty for their unwavering support and being a champion of this important national building initiative.

Session on Nutrition @Workplace with Business Next

An engaging online session was conducted for the employees of Business Next. The theme of the session was 'Nutrition @Workplace' and participants were made aware of the health and wellbeing component in relation to workforce nutrition. The concept of employer-employee wellness was also discussed.

The benefits of holistic health and the sustainable shifts toward dietary patterns were explained to the participants. The concept of hidden hunger, micronutrient deficiency, and sustainable eating patterns was discussed. Along with this, simple tips for enhancing productivity, and quick recommendations on smart snacks were also provided to the participants.



Empowering Adolescent Girls: Fostering Health and Nutrition for a Bright Future

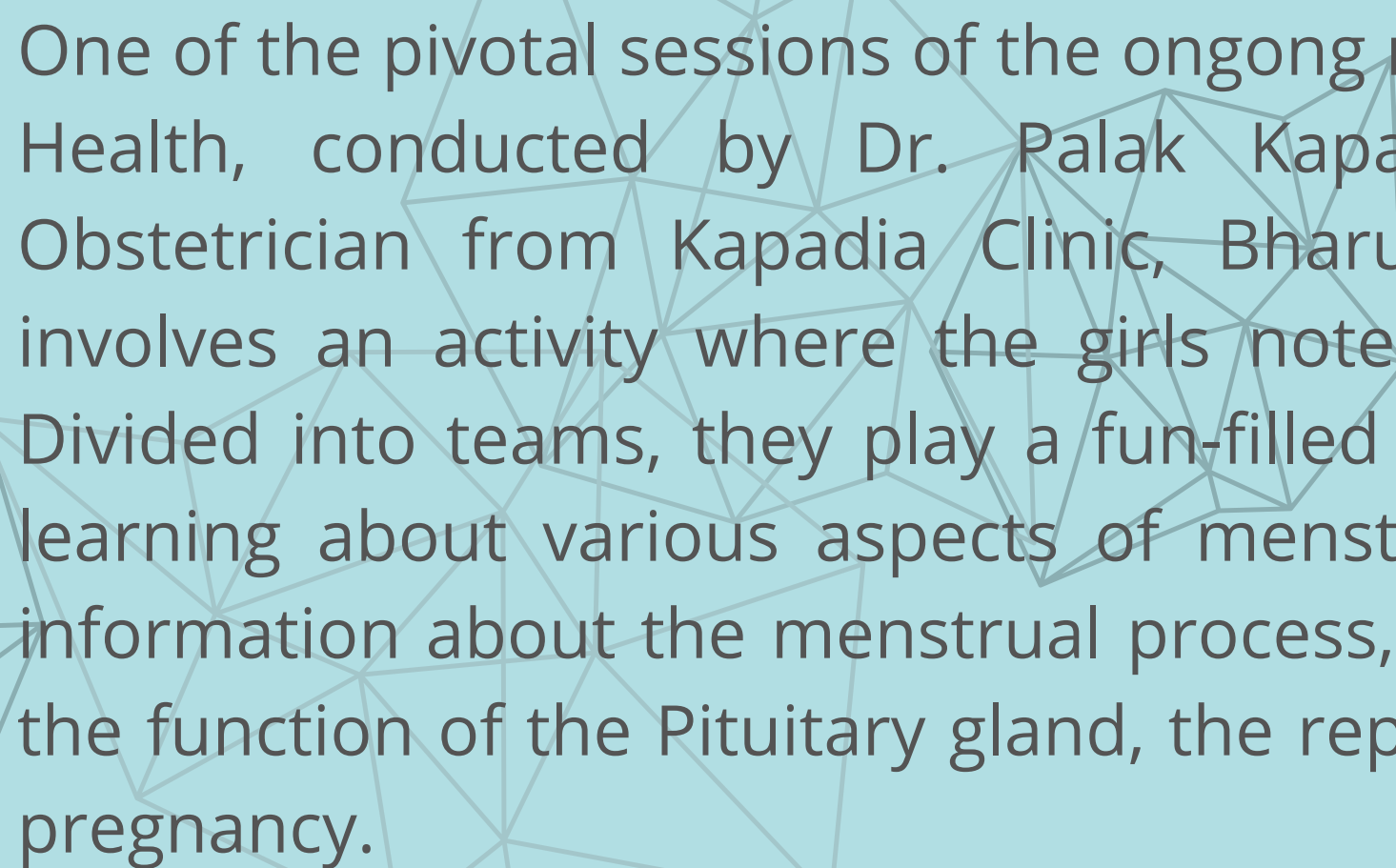
India boasts the largest adolescent population in the world, with a staggering 253 million individuals between the ages of 10 and 19. Adolescence is a crucial period for personal growth and development, yet it is often marred by a lack of access to essential information and limited opportunities to build vital competencies. This has led to a pressing need for initiatives that can address the unique challenges faced by adolescent girls, fostering their health and nutrition, and empowering them to lead successful lives.

Recognizing this imperative, the Bharuch District Administration, in collaboration with the DCM Shriram Foundation, has launched the "Kishori Utkarsh Pahel" initiative. Implemented by BharatCares, this program acts as a catalyst for awareness and aspiration-building among adolescent girls. It aims to reach both school-going and non-attending girls, with a comprehensive approach covering essential topics such as menstrual health, nutrition, adolescent health and hygiene, life skills, rights and entitlements, and government schemes.

In an effort to reinforce learnings on key health and nutrition areas, the initiative has devised exposure visits and educational excursions for 122 "Gram Jagrut Kishoris" (empowered girls from villages) and intensive 2-day residential training for 10 identified "Taluka Jagrut Kishoris" (empowered girls from administrative regions). These initiatives provide practical demonstrations and real-life scenarios in government institutions, enabling a seamless integration of knowledge into sustainable practices.

Moreover, the initiative places great emphasis on fostering continued efforts and empowering girls in the Jhagadia Taluka. Specific roles and responsibilities will be outlined for both "Gram Jagrut" and "Taluka Jagrut Kishoris" at the village and taluka levels. By doing so, the program aims to bridge information and knowledge gaps while nurturing the aspirations of these young girls.





One of the pivotal sessions of the ongoing residential training focuses on Menstrual Health, conducted by Dr. Palak Kapadia, a respected Gynaecologist and Obstetrician from Kapadia Clinic, Bharuch. Dr. Kapadia's engaging approach involves an activity where the girls note down words related to menstruation. Divided into teams, they play a fun-filled game of Dumb-charades, guessing and learning about various aspects of menstruation. She further imparted valuable information about the menstrual process, its onset age, proper hygiene practices, the function of the Pituitary gland, the reproductive process, and issues related to pregnancy.

With a significant focus on Nutrition, another session was conducted by Ms. Hetvi Shah, the Narmada District Nutrition Consultant affiliated with UNICEF. Ms. Shah's session, tailored for the Adolescent Age group, emphasizes the meaning and importance of nutrition for adolescents. She addresses the changes observed in this age group and highlights critical topics such as anaemia, the significance of nutrients, and the importance of immunization. To make the concept of a balanced diet more relatable, she introduces the "Tiranga Thali." This creative approach incorporates various colored food items representing different nutrients - orange for pulses and grains (proteins), white for milk products, roti, and rice (carbohydrates), and green for green leafy vegetables and fruits (vitamins and minerals).

By combining informative sessions on menstrual health and nutrition with engaging activities, the Kishori Utkarsh Pahel initiative aims to empower adolescent girls with the knowledge and skills they need to lead healthier lives. By filling the information gap and promoting awareness, these young girls are equipped to make informed choices and become active participants in shaping their lives in the near future.

The initiative's concerted efforts towards holistic health and nutrition for adolescent girls promise to build a brighter future, not only for these girls themselves but also for the entire nation. As they grow into empowered and informed women, they will undoubtedly contribute positively to their communities and society at large, setting an inspiring example for generations to come.

Healthy Recipe of the Month

Sweet Daliya

Ingredients

- Daliya 25g
- Besan 25g
- Milk 100ml
- Sesame seeds 17g
- Jaggery 10g

Methods of preparation

- Dry roast daliya, besan and sesame seeds separately in a kadahi on a medium or low heat until they become light brown. Keep them aside.
- Grind the roasted sesame seeds. Keep them aside.
- Cook the roasted daliya in 1 cup of water for about 10 minutes. Partially cover the kadahi.
- Add milk, roasted besan and grounded sesame seeds over the cooked daliya and mix well.
- Cook them uncovered for 3-4 minutes until it reaches desired consistency.
- Take jaggery in a karahi and add 1/4th glass of water and make jaggery syrup.
- Add the syrup in the prepared mixture and serve hot.



Source: Nceard

Nutrition tip of the month

- **Keep your eyes safe during this season**
- **Wash your eyes at regular intervals**
- **Keep care of infection spread**
- **Have hygienic food**

