

# December 2023 Newsletter



## HAPPY NEW YEAR 2024

Healthy nutrition is a  
pleasant journey.

Let's begin this New Year  
on a healthy note



**IMPAct4Nutrition (I4N) in collaboration with its partner Indian Institute of Corporate Affairs (IICA) hosted a pledge on "Adoption of good nutrition practices" on MyGov platform.**

**Click here to Pledge: <https://pledge.mygov.in/nutrition/>**

**MyGov is established as Government of India Platform for Citizen Engagement towards policy formulation and seeks the opinion of people on issues / topics of public interest and welfare.**



**IICA** Indian Institute of Corporate Affairs  
*Partners in Knowledge, Governance, Transformation.*

**IMPAct for Nutrition**

**G20** भारत 2023 INDIA

**myGov**  
मेरी सरकार

Citizen's pledge for  
"Adoption of Good  
Nutrition Practices"  
is available on MyGov  
Platform

Let's pledge now for a  
Nutrition-rich India,  
Educated India &  
Empowered India!



Don't forget to tag IMPAct4Nutrition when you  
post the certificate on social media



# **National Conference on Responsible Business Conduct - Embracing ESG in India**

The I4N secretariat participated in a two-day conference on Responsible Business Conduct – Embracing ESG in India exhibited at the Indian Habitat Center, Delhi on 14-15 December, 2023. It was curated by the Indian Institute of Corporate Affairs (IICA) – an autonomous institution under the Ministry of Corporate Affairs (MCA, India) along with several other ministers and government departments .

The I4N secretariat organized a kiosk at the event exhibition . The kiosk aimed to generate need-based awareness on the propagation of good nutrition practices. The ACE module was also displayed to generate interest and garner attention to the unique model of the program. The secretariat at the kiosk made sure that the visitors at the stall were briefed appropriately about the I4N program's goals and objectives. They were also made aware of how the private sector is playing an incumbent role in leveraging the nutritional status of India and helping strategize the government in the achievement of India's SDGs (sustainable development goals) by 2030.



**Delegation visited and interacted at I4N booth during National Conference on Responsible Business Conduct & Exhibition on Embracing ESG in India. Some of the dignitaries seen in the picture includes - Shri Rao Inderjit Singh, Minister of State (IC), MoS M/o Corporate Affairs;GOI, Mr Shombi Sharp, UN Resident Coordinator to India, Shri Praveen Kumar DG & CEO - IICA; Dr Garima Dadhich, Associate Professor & Head, School of Business Environment, IICA and others**



**Delegation from Department of Public Enterprise, Ministry of Finance, Govt of India visited I4N Booth at Exhibition, seen in the Picture are Dr Nitin Aggarwal, Joint Director, DPE; Mr Kailash Bhandari, Deputy Director DPE, Mr Faiz Ashrafi, Lead, TSU DPE and others.**

One of the key points emphasized during the conference included a theme-based or major alignment of the specific goals or activities of the organization/s (or corporates) for CSR-directed goals defined by the organizations can go a long way in helping India achieve the SDGs. Moreover, a cohesive, collaborative, and inherent approach would be most suitable for the achievement of CSR objectives with all the stakeholders, government bodies, academia, and implementing agencies working in a two-fold manner.



# Workshop on “CSR capacity building of CPSEs”

First of its kind workshop on CSR capacity building of CPSE's on the common theme of “Health and Nutrition” with a focus on Aspirational Districts of Odisha was organized by Department of Public Enterprises, Ministry of Finance, Government of India with technical expertise of UNICEF India and IMPAct4Nutrition (I4N) Platform at Bhubaneswar .

With presence of District Magistrates (and representatives) from 9+ districts, 17+ senior executives of CPSE's and key onground NGO's, workshop was a unique blend of exchange of knowledge and experience on the subject.



**Inagural Session:** The session begun on thought provocation and context setting: Bringing key stakeholders to critically discuss and set the context around potential, opportunities, and ground realities on investments around Nutrition. Mr. Puneet Mital, Partnerships Officer Resource Mobilization Section, UNICEF, India Country Office had initiated the session by welcoming the dignitaries (Mr. William Hanlon Jr, Chief Field Office, UNICEF-Bhubaneswar; Mr. Sourav Bhattacharjee, Nutrition Specialist, UNICEF-Bhubaneswar, Dr. Akhil Bihari Ota, IAS (Retd.), Former Director & Special Secretary, SCSTRTI (TRI,Odisha), Mr. Abanikanta Sahoo, Chairperson, Odisha State Food Commission, Mrs Kranti E. Khobragade, Deputy Secretary, Department of Public Enterprises) to the dais and briefed about the workshop's objective.

**Welcome Address:** Mr William has given the welcome address where he encouraged CSR to strongly support nutrition and health interventions by creating a roadmap for the investment and suggested DPE, CPSE & UNICEF to come together and jointly work by signing on MoU on the nutrition and health program.



Setting the Context Opportunities in CSR investments in Health and Nutrition: Mr. Sourav Bhattacharjee, Nutrition Specialist UNICEF Odisha has presented “The Intersection of Business & Nutrition: The Need and the Potential”. He highlighted the need of “concentration on nutrition” by stating that “Good Nutrition is More than just food” as the vicious circle of nutrition goes on and impact the overall personality of the man/woman. He also linked the investment during the 1000 days window of opportunity which will leads to a a healthy and young population of India



Engaging with CSR for ushering development on nutrition in Odisha: Mr. Abanikanta Sahoo, Chairperson, Odisha State Food Commission has highlighted the need for interventions targeting children’s nutrition in the first 1,000 days. He also suggest to adopt a multi-stakeholders approach which includes the public private partnerships or PPP involving diverse stakeholders from SMEs, MSMEs and other experts and organisations and further suggested the CSR wings to work in a collaborative mode with district officials and UN agencies like UNICEF to prepare a road map of actions on various issues like malnutrition, anaemia.





# IMPAct4Nutrition Exhibit at Noida Expo Center

## APPAREL FASHION FORUM – Garment Show of India, 2023

Ank Foundation which is also the I4N implementation partner in North and Southern India, participated in the AFF (Apparel Fashion Forum) /Garment Show of India held at the Noida Expo Center, Uttar Pradesh from 11-13th December 2023. The main objective of participation was to sensitize the Garment manufacturing industry owners on the importance of Workforce nutrition and also to introduce them to the GAIN's Workforce Nutrition scorecard.

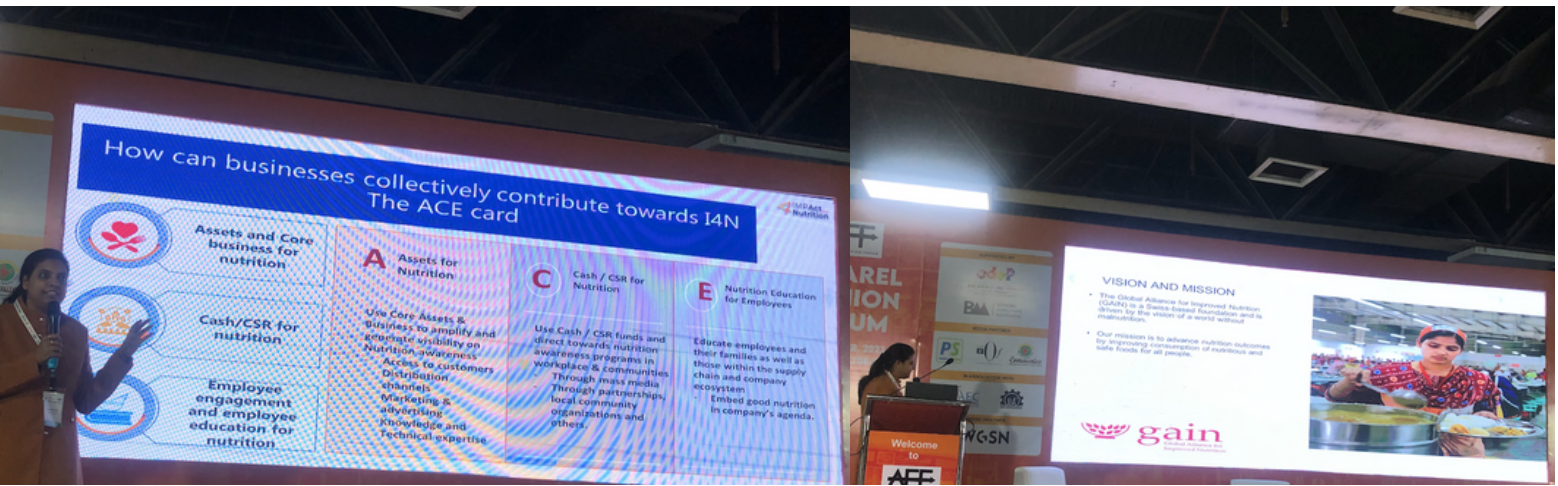
Ms. Jyoti Jyotsana, Program Lead (IMPAct4Nutrition) and Cofounder (Ank Foundation) gave the lead presentation and highlighted eminent examples of workforce nutrition . She also presented a brief on the IMPAct4Nutrition program, a public-private partnership module encouraging responsible business practices to invest in good nutrition. The need for responsible workforce and the importance of good nutrition for productive workforce was emphasized



The unique ACE card model was explained to the audience ground examples of live demonstrations and workshops were narrated to increase sensitization towards the program which included recipe curation with millets or contributing towards the sustained increase in productivity through the adoption of good nutrition practices.

The GAIN scorecard pillars of Healthy Food @Workplace and employee wellness were elaborated. This, along with the other pillars of the scorecard such as Nutrition Health checks, Nutrition Education, and Breastfeeding Support were reiterated subsequently.





Representatives from more than 50 organizations were apprised on the Workforce Nutrition Program eminence. They were also oriented on how workforce nutrition can increase the productivity of the employees and in turn, benefit the employers themselves, by reducing absenteeism, increasing work satisfaction, and helping cultivate a healthy work-life balance.





# Session with I4N Pledged Partner: MadhuGroup ConQuerent

**“In the journey to workplace success, a healthy lifestyle of workforce is the only way forward.” Bharat Goel**

The IMPAct4Nutrition secretariat conducted a captivating workshop on fostering healthy eating habits among the employees of MadhuGroup ConQuerent, a committed pledged partner of I4N, in the vibrant setting of IMT Manesar. This insightful session shed light on commonly overlooked dietary practices, emphasizing the adverse effects of excessive salt and sugar intake, reliance on fried foods, and sedentary lifestyles. Workforce were enlightened about the detrimental impacts of these habits on health, potentially leading to heightened blood pressure and elevated cholesterol levels. Furthermore, the workforce gained valuable insights into the types of foods crucial for averting such health disorders. To enhance their understanding, an impactful video clip was showcased, illustrating the significance of embracing positive nutritional behaviors.



## **Session outcome-**

Feedback from the participants revealed that behavior change interventions take consistent efforts and can drive change to a healthier future.





## Workshop session with Kumar Printers on Balanced and Healthy Eating

The IMPAct4Nutrition (I4N) secretariat conducted a workshop with the staff of Kumar Printers (one of our pledged partners of I4N). The employees at the workshop were made aware of the importance of healthy eating. They were also guided on the right eating principles and appropriate eating patterns. Apart from this, they were also made aware of the simple changes for the betterment of lifestyle habits, for eg- the inclusion of fruits and green vegetables as part of our daily meals, etc. The employees were also encouraged to follow simple yet effective lifestyle changes for a healthier future. A short video clip emphasizing behavioral change was also shown to the participants, for a better understanding of the theme.





## NUTRITION WORKSHOP held with TATA POWER DDL at CENPEID CAMPUS

The IMPACT4Nutrition (I4N) secretariat organized a workshop with Tata Power DDL at their CENPEID (training campus). TATA Power has been a pledged partner of I4N for the past few years and has been doing continuous engagements on nutrition on diversified topics, with their employees, community workers, and extended community. This time the session lasted for 3 hours engaging over 100 women employees were made aware of healthy eating patterns, what kind of foods to include, and the basic elements of a Tiranga Thali, etc.



The interactivity during the workshop included a quick to-do poll survey with general questions on nutrition which acted as an ice-breaker. Concepts on the Indian thali, portion intake, emphasis on hydration principles, and avoidance of junk food were also emphasized. The concept of 'trans-fats' was elaborated for creating an awareness towards a healthy eating pattern. Apart from this, a game activity named "ingredient card game" and recipe demonstrations were also done which made the workshop very creative and engaging. The session ended with closing remarks from Ms Geetanjali Tripathi, Assistant GM, (TATA Power), who emphasized the importance of maintaining a nutritious meal pattern throughout the day focusing on how good nutrition affects the increase in a productive workforce.





Mr. Prafull Suresh More from Godrej Boyce  
Pledged with Impact4Nutrition Platform



Mr. Sunil Narware from INFOCEPTS Data & AI  
Pledged with Impact4Nutrition Platform



Mr. Manoj Kohli from Avalon Information Systems  
Pledged with Impact4Nutrition Platform



Mr. Parul Sood from NEXTGEN INNOV8  
Pledged with Impact4Nutrition Platform





## Tip of the Month



To stay active and warm, eat healthy variety of foods like nuts and seeds with a balanced meal daily.  
(Source NIN, ICMR)

## Recipe of the Month

### Ingredients

- Ragi Flour : 150 g
- Peanuts : 50 g
- Powered Jaggery : 50 g

### Instructions

- Dry Roast the Ragi Flour until a nice aroma comes out and set it aside.
- Roast the peanuts until it turns golden brown and allow it to cool.
- Grind the roasted peanuts into powder.
- Combine the ragi flour and peanut powder in a larger bowl and mix very well.
- Melt Jaggery in a hot pan.
- Mix the roasted flour with melted jaggery.
- Shape the mixture into small round balls and store them in a airtight container.

### Ragi Peanut Ladoo

(Source- FSSAI)



### Nutritional Information

- Proteins - 7 g
- Fats- 7.5g
- Carbs- 45g
- Energy- 280kcal