

FEBRUARY 2024 NEWSLETTER



Accentuating collective efforts

**Embracing Nutrition and
Promoting Awareness**

IMPAct4Nutrition (14N) 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.



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



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**

Equity in nutrition: Improved understanding of nutrition among vulnerable communities in India



Access to Anganwadi workers improves vulnerable community members' dietary practices. *The photograph shows Yeshaben Sahu in Anganwadi Centre 2 of Nava-Vaghpura Village, Narmada, Gujarat, counseling pregnant and breastfeeding mothers on nutrition (Source Poshan series November 2023).*

In our joint mission towards a well-nourished India, all nutrition programs must keep the concept of equity at the core, to ensure that the most marginalized sections of society receive adequate food and nutrition. In India, primary sector workers like field laborers, brick kiln workers, forestry communities, fishermen, etc., are among the most marginalized groups in the country. Thus, to introduce or replicate nutrition programs that reach and benefit them, we must understand in depth, the perceptions, access, barriers, and enablers of good nutrition among these communities.

It suggests that the 'motivation' for good diets among these communities includes prioritizing the nutritional needs and well-being of children and pregnant women

In India, there is a need for better informed and effective social and behavioral communication approaches around diets and nutrition. This will further help understand the barriers and enablers of good nutrition practices among vulnerable groups in India – and implement more equitable nutrition programs that benefit them.

Together, let us continue to work towards a more equitable India – one meal at a time!

A session with NNBIC (Nagar Nigam Balika Inter College) students on healthy dietary practices

The I4N secretariat continued its commitment to community welfare by organizing an interactive session aimed at imparting knowledge to young girls at Nagar Nigam Balika Inter College (NNBIC) on the importance of healthy dietary practices and nutrition.

NNBIC comes under the CSR umbrella of Stemrobo (Stemrobo is one of the pledged partners for IMPAct4Nutrition). The session addressed vital topics such as hygiene, sanitation, and the correlation between infections, community hygiene, and dietary habits. Through engaging activities and discussions, students gained insights into maintaining a balanced diet for optimal health and improving immunity.



The session commenced with an enlightening discourse on the significance of hygiene and sanitation, setting the stage for understanding the interplay between these factors and dietary habits. Students were actively involved in a variety of activities designed to reinforce key concepts. One such activity involved a guessing game where students identified nutritional values based on food images. These interactive elements fostered a dynamic learning environment, enhancing students' comprehension and retention of important principles.



Impact & Outreach

The impact of the session was evident as students grasped fundamental themes such as the food pyramid, protein-rich foods, and the elements of a healthy diet. Their active participation and enthusiasm reflected a genuine interest in nutrition and its implications for overall well-being. Moreover, introducing the "Tiranga Thali" concept added a cultural dimension to their dietary education, promoting diversity and balance in food choices. Through these initiatives, students gained practical knowledge that can positively influence their dietary habits and lifestyle choices.



Enthusiastic responses and engagement from 250 young participants is a testimony of the session being effective in its objective of imparting knowledge. Their newfound understanding of nutrition guiding principles and the concept of a balanced diet exemplified the success of the outreach efforts. By equipping students with essential knowledge about healthy behaviors, routine hygiene, and dietary patterns, the session contributed to their holistic development and well-being. Furthermore, it empowered them to make informed decisions regarding their dietary choices, laying the groundwork for a healthier future generation.

This was a continuous effort by the I4N secretariat to exemplify the transformative power of education in promoting healthier communities. By fostering awareness and providing practical guidance on healthy dietary practices, the session not only benefits individual students but also contributes to the broader goal of public health promotion and disease prevention.

Session on Healthy Eating Habits with Radiant Expovision

IMPAct4Nutrition secretariat conducted a captivating workshop on fostering healthy eating habits among the employees of Radiant Expovision (one of the pledged partners of I4N). 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. The workforce was 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.





Outreach

Around 250 employees attended the session to supplement their knowledge of the importance of a healthy lifestyle, eating habits, and dietary patterns. The concept of Tiranga thali and the inclusion of a diverse diet with low-cost efficient resources was well discussed amongst the participants. A brief discussion on the change of season and the relevance of appropriate food intake under the same was also highlighted. The basic principles of diet patterns like the usage of millet and less consumption of sugars were well discussed.



Pledged Partners: February 2024



The Cosmos Bank- In Co-operative Banking, The Cosmos Co-operative Bank Ltd. holds the record of 118 years of relentless service to its more than 20 lakh satisfied customers through 170 branches in 7 States.



Randstad (India)- Randstad India offers the broadest HR services portfolio ranging from Staffing, Permanent Hiring, and Executive Search to Recruitment Process Outsourcing (RPO) with 46,000 employees around the world. Randstad India is a division of Dutch-based Randstad Holding NV, a Dutch multinational human resource consulting firm headquartered in Diemen, the Netherlands, founded in 1992.



Tesco- Tesco plc is a British multinational groceries and general merchandise retailer headquartered in Welwyn Garden City, England.

Pledged Partners: February 2024

HCG Consultancy- They deliver transformational medicines across large pharma, small-mid pharma, biotech, medical devices, and digital therapeutics. With global offices of around 1000+ staff spanning North America, Europe, and Asia, HCG is an incubator for the relentlessly curious.



Innoserv Solutions- InnoServ Solutions is one of the diversified units of InnoServ Group offering corporate learning solutions to more than 250+ blue chip corporates in India and abroad. The unit has proven capabilities to offer training on technical and soft Skills, leadership, employee wellness, women empowerment, digital marketing, and digital employer branding training programs.



Miller Knoll- Miller Knoll, Inc., doing business as Herman Miller, is an American company that produces office furniture, equipment, and home furnishings.



Protean -Formerly known as NSDL, Protean enables cloud services along with data stack and software solutions in an era of digital computing.



Tip of the Month

Coconut water is the ultimate healthy beverage to be consumed in upcoming summers high in nutritional value (Source- NIN, ICMR)

Top 3 benefits-

1. Good source of Mineral, Potassium
2. Helps in improving cholesterol levels
3. Aids in diabetes management

Nutrition Values- (100 ml)

- Calories: 44.
- Fat: 0g.
- Sodium: 64mg.
- Carbohydrates: 10.4g.
- Fiber: 0g.
- Sugars: 9.6g.
- Protein: 0.5g.
- Vitamin C: 24.3mg. (IFCT, 2017, India)



Recipe of the month

METHI MATAR MAKHANA SABZI

Nutritional Value (Per Serving)

Energy	80 Kcal
Protein	6 g
Fats	6 g
Carbohydrates	18 g

Instructions

- First make the nut paste.
- Grind the roasted peanuts and make fine paste
- Similarly grind the soaked almonds and cashews and make paste.
- Then in a pan add all the spices like jeera, kalonji, sesame seeds, turmeric powder, garam masala, ginger garlic paste, dhaniya powder, 1/4 chilly, chopped garlic pods.
- To this add the peanut paste and also add almond cashew paste. Add water 1/2 cup.
- Now add chopped methi
- Then add roasted makhana, Also add tomato and onion paste, cook this for a minute.
- Then add boiled green peas
- Add 1/2 cup water, cover lid and cook for 5-6 minutes
- Serve hot

Ingredients

- **Makhana-50 grams**
- **Green peas-40 grams**
- **Methi leaves-20 grams**
- **Peanuts- 20 grams**
- **Big tomato-75 grams**
- **Big onion-75 grams**
- **Cashew+ almond-20 grams**
- **Jeera kalonji, sesame seeds, turmeric powder, garam masala, ginger garlic paste, dhaniya powder (1 tsp each).**
- **Chilly & garlic pods (As per taste)**
- **Salt (As per taste)**

