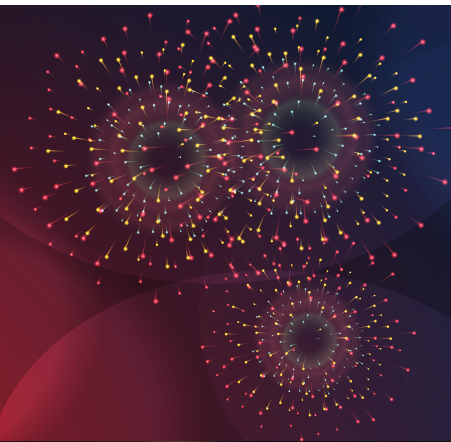




SEASONS GREETINGS



PUSH FOR SUPOSHAN

**Pune Help Desk
Reaches Out To
Warrior Aaji**



Greetings from Deepak Foundation!

As we are gradually overcoming the challenges faced in the last quarter, our team is working tirelessly to safeguard the interest of our skilled and dedicated human resources who have been instrumental in achieving the goals set for the financial year. Despite alarming headlines depicting the toll caused due to the pandemic, a sense of calm and confidence to face the challenges exudes among our team members!

Malnutrition is one of the major priorities across the globe and especially for India, that faces the double burden of undernutrition in rural areas and emerging obesity among urban population. The Foundation joined hands to celebrate Rashtriya Poshan Maah in September. This edition is packed with initiatives taken by the Foundation aligned to transforming India's nutritional landscape and contributing to food security for the vulnerable population groups.

COVID-19 pandemic brought in the golden buzz words "immunity" and "healthy living practices" which are essential for combating the disease. Women collectives in rural and tribal areas were quick to take advantage in preparation and sale of millets and millet based pre-mixes, pesticide free pulses, daals and vegetables, herbal concoction (kadha/ukado) as precautionary measure.

We join hands to emerge as a strong, resourceful and interconnected team. Looking forward to a brighter time ahead.

Shubh Deepawali & Saal Mubarak (Happy New Year)!

Priya Giri Chakraborty

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Child grievously injured by falling from tree in Jharkhand

Bridging the gaps: Delivering nutrition service during pandemic

The COVID-19 lockdown and restrictions heavily disrupted the supply chain of nutrition services delivered through govt. programs. Poor children who depended on free complementary food and mid-day meals under govt. schemes, were doubly affected as families lost their sources of livelihood. In order to bridge this gap, the Foundation organized supply of nutritious meal at the door steps of the households having undernourished children.

Besides, programs such as conducting healthy baby competition, promoting development of Nutri-gardens, awareness sessions anaemia among adolescent girls together with supply of iron and folic acid supplements, promotion of early and continued breast feeding practices storytelling sessions on healthy food were held in various locations in Gujarat, Maharashtra, Jharkhand and Telangana. Joining hands with celebrating *Rashtriya Poshan Maah* (month) in line with the government's initiative, the Foundation also developed training module of infant young child feeding recommendations and nutritious recipes to boost immunity.

Ms. Archana Joshi, Director Deepak Foundation was invited as a speaker to share experiences on *Challenges and Learnings in CSR Interventions brought by COVID-19 Pandemic: Best Practices* on September 24, during India Poshan Summit 2020 along with experts. The issues discussed included the support provided under CSR for innovation to improve dietary diversity, promoting of consumption of millets



Panel Discussion on Impact4 Nutrition

and need for agro-diversity, establishing local Nutri-gardens in Anganwadi Centres, online tracking of Severely Acute Malnourished (SAM) Children, revamping supplementary nutrition based preparation using local agriculture produce.



Poshan Maah : The 3rd Rashtriya Poshan Maah is being celebrated in September 2020 to address the problem of malnutrition among women and young children.

Engaging Mobile Health Services in Health & Nutrition Education:

The Mobile Health Units caters largely to the primary health care needs of those living in remote rural and tribal areas having dearth of accessibility to govt. and private health services. Despite the ongoing collaborative efforts in fighting undernutrition, we still lag behind in the progress of key nutrition performance indices as compared to our neighbouring countries. The economic and the rural-urban divide in reach of services remains a challenge. During the *Rashtriya Poshan Maah*, several activities were held in remote locations to create awareness generation on prevention of undernutrition among various population groups. These include measures to boost immunity by consuming health nutritious diet, consumption of nutrition prophylaxis distributed along with primary and preventive health care messages such as importance of frequent hand washing, use of mask and social distancing, at various locations in Gujarat, Maharashtra and Jharkhand.



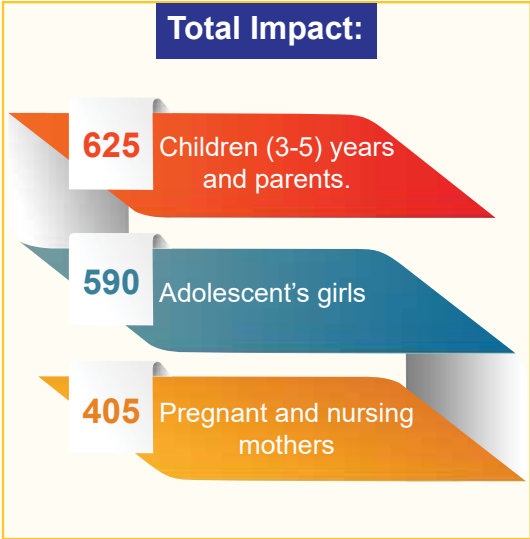
Awareness session organised by Bharuch Dahej Railway Company Limited (BDRCL) MHU in Samani village, Amod Taluka, Bharuch district.

Innovation: A key to push for *Suposhan*

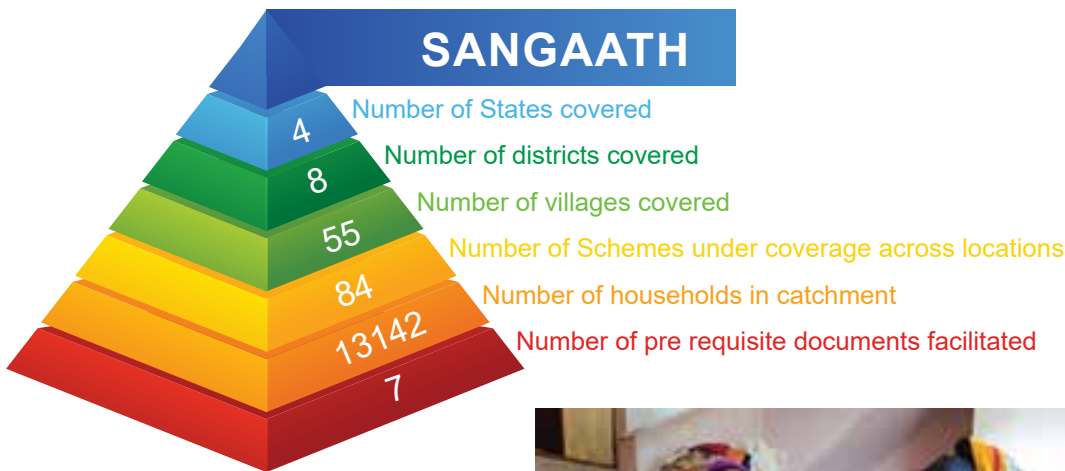
Innovative interactive games based on self-assessment of the plate (i.e. daily meal pattern) like “rate your plate game”, was conducted by the project team engaged in ICDS program in villages surrounding Nandesari GIDC area in Vadodara. Deepak Medical Foundation is engaged in overall supervision of 67 Anganwadi Centers (AWCs) to bring home the message of good nutrition and strengthen the ICDS program with its value-added services. Various games were organised for population groups like children 3-5 years, adolescent girls and pregnant & lactating mothers.

Plant saplings were given to winners of ‘Rate your plate’ game in order to sensitize them regarding importance dietary diversity, nutritional benefits and kitchen-gardens. Similarly, nutrition-based playing cards depicting specific foods with its nutritional content were used during the sessions to create awareness on importance of consuming foods rich in iron, calcium, zinc and other essential nutrients. The activities to promote appropriate dietary intake were undertaken at individual level during home-visits and during small group activities. Data was collected to ascertain the Body Mass Index (BMI) of 590 adolescent girls to counsel them on improving their nutritional status. Recipe competition was organized for 405 pregnant & nursing mothers using Take-Home-Ration (THR) distributed by ICDS functionaries under *Umbre Anganwadi* program organized by the govt.

Total Beneficiaries State Wise	Numbers
Gujarat	565
Jharkhand	74
Maharashtra	161
Total	800



Sangaath: Facilitating reach of government's social safety net programs



Social safety net programmes are the non-contributory measures designed by the Government to provide regular and predictable support to poor and vulnerable people. Well-designed social safety nets can help prevent negative impacts by protecting access to good food, enhancing health care and promoting access to other necessary services. Social safety nets can help tackle both the immediate and underlying causes of poverty and malnutrition by reducing vulnerability, protecting incomes, crops and assets, ensuring basic needs and food security and supporting access to health services and safe drinking water and better sanitation.

The bottle necks are illiteracy, ignorance of various schemes, eligibility criteria, basic documents required for processing the applications and absence of facilitation centres to help the needy at community level. As a result of these challenges, most of the needy households and vulnerable population groups are unable to avail the benefits of the schemes to pull themselves out of vicious cycle of poverty.



With support of CSR partner and local administration, Deepak Foundation implemented a two-year intervention program (2017-2019) in six villages of Vagra block of Bharuch district aimed at establishing linkages with various social safety net program and schemes as per their eligibility. Based on the success of the initiative, the program was scaled up in locations such as Palghar and Pune in Maharashtra, Nandesari, Halol and Morbi in Gujarat and Yamunanagar in Haryana.



Rural Immersion: Pedagogic approach blending communication & marketing



Mudra Institute of Communication-Ahmedabad collaborated with Deepak Foundation for their Rural Immersion Programme in the month of September. Four students connected with the field team using electronic platform for understanding of the execution of projects like Mobile Health Units, Instant Khichdi plant in Naswadi and Project Vivek Vidya.

Prevention of Sexual Harassment training for students of Institute of Rural Management, Anand

Deepak Foundation organised virtual orientation session on prevention of sexual harassment of women at workplace to students of IRMA. More than 255 students attended the session. Topics covered during the session include capacity building training for Internal Complaint Committee, Anti-Sexual Harassment Policy of the Institute and Sexual Harassment Complaint Management System (C M S).





Damyantiben Parmar (Dipuben) joined Deepak Foundation as house-keeping support staff in 2014. She had shown keen interest in cooking and hence, in 2015, she was promoted as a canteen staff.

She has also proved her meticulous skills in rolling out variety of dry snacks and traditional sweets independently. She has been promoted as the trainer in the Foundation-run Housekeeping and Cookery Course in the month of September this year. She has imparted training to 13 trainees.

TELANGANA



Parents along with their children attended the awareness session on importance of nutrition organised on the occasion of Rashtriya Poshan Maah by the Mobile library project in Hyderabad.



Due to financial crisis, Parvathi was forced to drop out of school when she was in class 12. She completed her Home Health Aide course at the training centre of the Foundation in Hyderabad. She received practical training during her internship at a private hospital. Based on her skills and experience she was engaged by the private provider and now receives a steady salary of Rs 8000.

JHARKHAND

A six-year-old Rahul (name changed) was rushed to Kalyan Hospital, Kuchai, Saraikela district when he received head injury after falling from a branch of a tree. He had experienced traumatic avulsion of the scalp due to the accident. He is currently recuperating from the trauma.



Child grievously injured by falling from tree.



Counsellors organise awareness session at Dango and Bhurkunda, Kuchai, district. Saraikela as part of World Breastfeeding Week celebrations.



On the occasion of Independence Day, Tri-colour was unfurled by the team at the Kalyan Hospital.



“Warrior Aaji” promotes for govt scheme



Shanta bai Pawar with Help Desk team.

The livelihood opportunities for octogenarian Shantabai Balu Pawar got stalled due to COVID-19 led lockdown. A resident of Gosavi, Hadapsar in Pune, she restarted to perform on the streets during the lockdown and soon turned into an internet sensation.

The staff of the Foundation provided required information on scheme and sought her help to in the awareness promotion. The social media tagged her as “Warrior Aaji” as she twirled her sticks “lathi kathi” with unusual dexterity to create awareness on benefits of various government welfare schemes. like Pradhan Mantri Aarogya Bima Yojana and other schemes.



All lives matters: Providing relief to households affected by cyclone to Nisarg in Palghar



Aged 35, Lalita (name changed) who is physically challenged lives with her father and two children in a village, Roha district, Raigad. Her father works as a farm laborer to make both ends meet. Her house was completely destroyed during the cyclone. Supported by CSR funds, dry ration kits were provided as part of the Nisarg cyclone. Similarly, Pushi (name changed) a visually impaired girl hails from an affect village in Roha district, Raigad. She was left to fend for herself when her son abandoned her. The Foundation team reached out to her and provided her with relief material.



Awareness session on prevention of Anemia among adolescent girls by staff of mobile health unit in Paithan, Aurangabad district.



An awareness session about nutrition based food was organised under the aegis of Mobile Library initiative in Roha, Raigad district.

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WALK THE TALK

NDRF team lauds Deepak Foundation's corona warriors. In an effort to show gratitude to Deepak Foundation's frontline workers fighting the coronavirus pandemic, National Disaster Response Force 6TH Battalion, Jarod applauded the resilient spirit of Mobile Health Unit team members at Kunpad village, Savli, Vadodara.



Motivational speaker C Pallavi Rao Narvekar delivered a motivational session with Deepak Foundation's pan India team.

National Disaster Response Force 6th Battalion, Jarod applauded the resilient spirit of Referral Hospital Jabugam, Chhota Udepur for their continued service towards community health during the COVID-19 led lockdown.



Bored in pandemic, a story-telling session was held for Samaj Suraksha Sankul children in Head Office, Vadodara.

JOIN FOR THE CAUSE



Employees commit to contribute shramdaan hours volunteering to increase the well-being of the communities across the country. The 'Mari Seva' campaign, will be a celebration of the 'Spirit of Service'.

For donation and suggestions, please contact below given address:



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