



## CSR REPORT (Year – 2)

### Project SAJAG

Improving the Nutritional status of children in the age-group of 6-14 years in select areas of North-West Delhi, Gautam Buddha Nagar and Lucknow



MAMTA Health Institute for Mother and Child  
New Delhi, India

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## ***Message from the desk of ED, MAMTA-HIMC***

It gives me immense pleasure to share our Year 2 experience from the field of the Project Sajag supported by CSR division of DFM Foods. The Project that started from the 1st October 2020 at three locations in districts of Lucknow, Gautam Buddha Nagar and North West Delhi is in its phase.

The project is unique that it covers children aged 6-14 years in the communities and schools and monitors their growth and development as well as prepare these children and their families to improve the nutritional status of this so far unaddressed age group (6-14 years). We also know that nutritional interventions in this age group not only improve nutrition for present but has long term implications of youth and adult health and well-being outcomes.

The year 2 built upon the learnings from the previous year and banked upon an evidence based implementation framework. The highlight of this year has been about providing nutritious supplement- Sajag aahar to undernourished children. The receptiveness of the community is the proof of the need which is being successfully filled by MAMTA - HIMC team supported by CSR division of DFM Foods. Overall objective of behavior change communication (on four thematic areas) for all parents and children is being boosted by weekly and biweekly supplement to selected children based on anthropometric measurements. At the management level, year 2 saw strengthening in project management, improved human resource capacity, better information system and evidence generation. I earnestly appreciate the team at field and MAMTA Head quarter level for continuous work and improvement even through the pandemic.

This wouldn't have been possible without generous support of DFM Foods. The CSR Division of DFM Foods has supported us in reaching the last mile. I sincerely hope the partnership between MAMTA-HIMC and DFM Foods continues with vigor and scientific robustness.

With best wishes to all associated

**Dr Sunil Mehra**  
**Executive Director, MAMTA-HIMC**

***Message from the desk of MD & CEO, DFM Foods Ltd.***

Improving nutritional status of children is an essential part of Social and economic needs of community for sustainable development. I am very glad to say that MAMTA Health Institute for Mother and Child has continued the CSR Project SAJAG which works on improvement in the nutritional status of children in the age group of 6-14 years. This focusses for a healthy childhood, youth and improved health and productivity in their adult life in urban villages of Gautam Buddha Nagar, North West Delhi and Lucknow. Building on the success of last year, presently additional inclusion of providing supplementary nutrition and other interventions such as Haemoglobin estimation, recipe demonstrations have driven the sustainable enhancement of nutrition for the community.

I wish all the best to all stakeholders of the SAJAG project for ensuring a positive drive and we look forward for implementation of all interventions being planned.

With Best Regards

**Mr. Lagan Shastri**  
**MD & CEO, DFM Foods Ltd.**

## ***Message from Internal CSR committee***

We believe in creating social value through continual engagement with society for sustainable development. Our Corporate Social Responsibility envisages with strategic intent focusing on education, health-care, Food & Nutrition and environmental sustainability for positive impact on population at large. We are committed to drive sustainable community development through improving nutritional status of children and remain engaged, motivated to take this forward in years to come.

The vision of Project Sajag is to improve the nutritional status of children in 6-14 years' age group in the intervention areas of North-West Delhi, Gautam Buddha Nagar and Lucknow. The community response during the first year of intervention motivated us to promote a number of new activities during Year 2 with a hope of creating a more enabling and sustainable environment in these areas. We look forward to our continued partnership with MAMTA and wish all the best to the team of Project Sajag.

With thanks and best regards.

**Mr. Kajal Debnath**  
**Chief Regulatory Officer, DFM Foods Ltd.**

## Executive Summary

Optimal Nutrition is key to healthy life. It's an investment if made at the right time can contribute to not only a child's health but also her realization to attain full economic potential. The project funded by CSR division of DFM Foods implemented by MAMTA Health Institute for Mother and Child involve children in the 6-14-year age group in selected urban slums of Gautam Buddha Nagar, North West Delhi and Lucknow. During these years a child progressively attains physical as well as psychological growth and any deficit in nutritious food can pose serious implications on a child's health.

This project has taken some concrete steps towards improving the nutritional status of children in this critical age group at our project sites. MAMTA HIMC team completed the baseline survey at these three locations and is monitoring the growth and development of the children in this age group. Adoption of behaviour change communication (BCC) approach and provision of IEC/BCC related material to the field staff and training them to provide education regarding nutrition and WASH hold an important place in the project. Also, inclusion of the system strengthening activities in the project which involves capacity building and developing linkages with the stakeholders such as the community leaders, Frontline workers school teachers etc. We were able to reach 6000 children in these areas.

Through this project we intended to support and carry forward the idea of a sustainable nutrition and healthy life i.e., improvement in the nutritional status of children in this age group for a healthy childhood, youth and improved health and productivity in their adult life. The findings of Year 1 were taken as a base for planning the interventions during Year 2. This year in addition to previous year's activities, we identified children in this age group suffering from malnutrition and provided them with supplementary nutrition with the aim of directly addressing the issue. Apart from this, interventions were planned for Haemoglobin estimation and recipe demonstrations were held to make the interventions more sustainable.

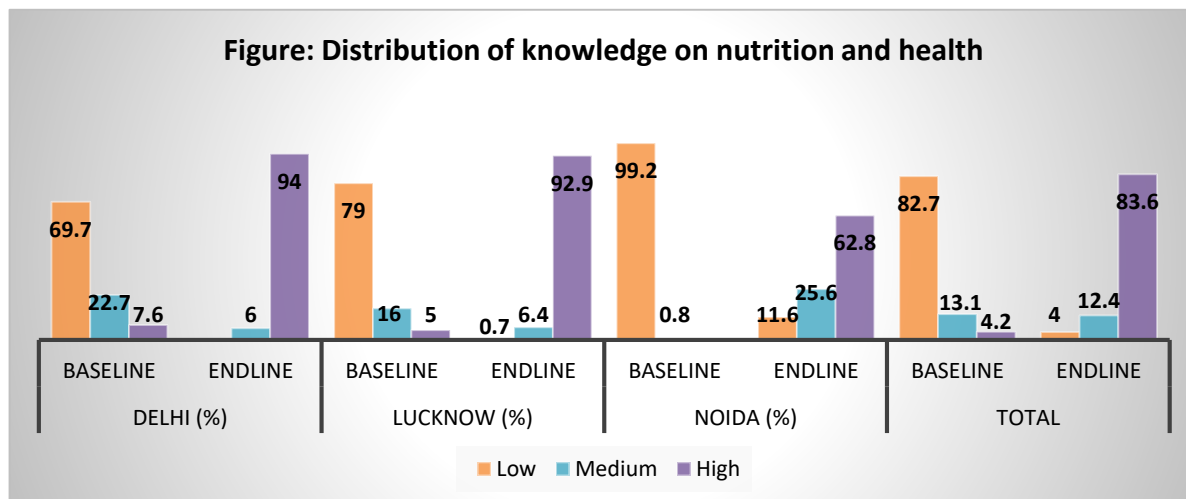
## Background

Malnutrition has been a key barrier in India's fight to achieve universal health since very long now. According to Comprehensive National Nutrition Survey 2016, India data, 4.7% of children in Uttar Pradesh and 3.2% children in Delhi under the age of 5 years are severely wasted (height for weight). The percentage of moderately to severely thin children (BMI for age) in the 5-9 years' age group in UP and Delhi was 25.9% and 18.5% respectively. These numbers become 27.4% in UP and 23.5% in Delhi in the 10-14 years' age group (Early adolescence). Children in the age group of 6-14 years are unique in the way that they rapidly progress towards physical and psychological development. Nutrition plays an essential role in the growth and development of an individual. Pre-teen/early adolescence is the prime time to build up body stores of nutrients in preparation for rapid growth hence right guidance and nutritional education for the mentioned age group will help them stay healthy, physically as well as mentally.

To achieve the project objectives mentioned in the subsequent section, various activities were planned during the year which included line-listing of beneficiaries, group formation of line-listed beneficiaries, BCC sessions including video based awareness generation sessions for the children as well as their parents, consultation meetings with stakeholders including community members and FLWs, 2 rounds of health screening of the line listed children and celebration of special health and nutrition related days.

### Background

Year 1 focused more on the BCC aspect of interventions which provided the community with important information about issues like anemia, malnutrition, WASH and many more. The major findings of end-line Survey Year 1 have been presented in the figure below.



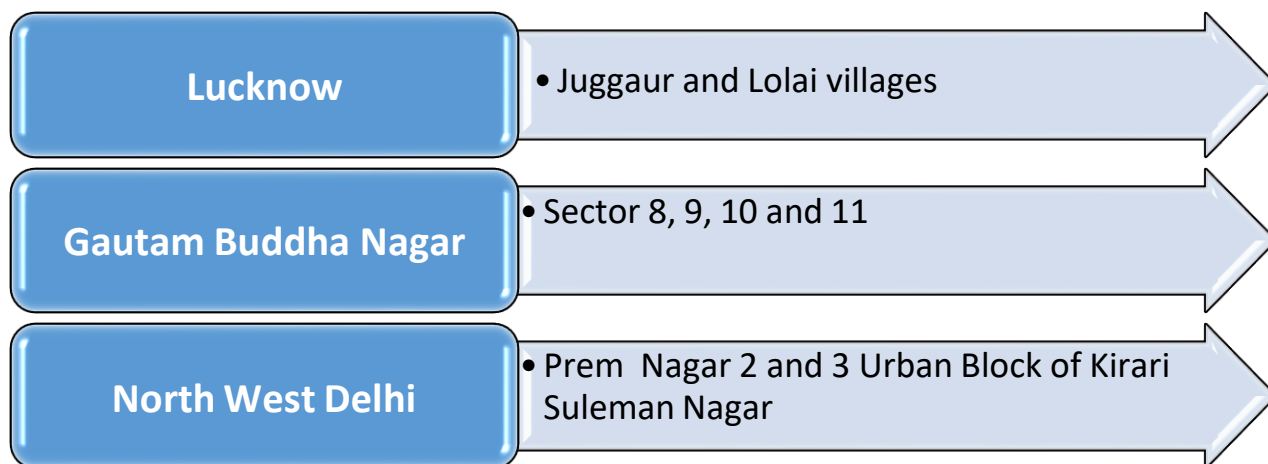
The learnings from Year 1 led to certain additions to our intervention protocol. It was planned to include more direct interventions during the subsequent years. The need to add Haemoglobin estimation was felt as it is also an important indicator for this age group considering the high prevalence of anemia. During Year 1, the involvement of community stakeholders was excellent at all 3 sites which motivated us to introduce more community based activities. In the current year, in addition to above stated activities, supplementary nutrition packages are also being distributed on a weekly basis to all the malnourished children identified during health screening camps. Findings of the previous year also led us to introduce more sustainable nutrition related activities like recipe demonstrations using locally available ingredients. Regular screenings for severe cases of malnutrition were also introduced to track the progress of interventions.

## Goals and Objectives

The main aim of the project is improving the nutritional status of children in 6-14 years' age group. Primary beneficiaries include children in the mentioned age-group along with their parents. Other beneficiaries include frontline workers like ASHAs, Anganwadi workers (AWWs) and ANMs. Under the project various strategies have been employed at community level to involve important stakeholders to have an overall positive and long-lasting impact on the nutritional status of children. The objectives of the project are as follows:

1. To improve the knowledge and practice of children (6-14 years) regarding health, nutrition and WASH practices.
2. To improve the knowledge and practice of parents of children (6-14 years) regarding health, nutrition and WASH practices.
3. To organize health screening camps in the project area for identification of malnourished children.
4. To provide supplementary nutrition packages to the malnourished children identified during the health screening camps.
5. To improve the knowledge and skills of frontline workers of Health and ICDS departments regarding health, nutrition and WASH practices.

## Project Intervention Sites



The intervention areas for Year 2 were selected keeping in mind previous year's intervention sites. Adjoining areas from the previous year were selected as a part of progressive sampling with the ultimate goal of saturating the entire areas. The areas selected have similar socio-economic and geographical conditions to the Year 1.

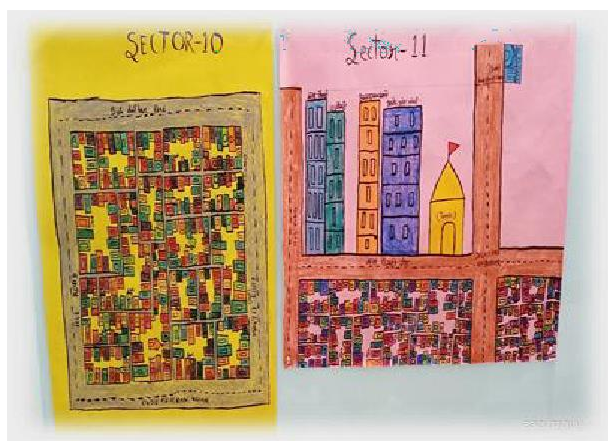
## **Details of Project activities- April 2021 to March 2022**

### **1. Preparatory Phase**

## 1. Preparatory Phase

### Area Mapping

Maps are crucial to gather demographic as well as Geographical information about an area. Our field staff developed area maps of all the intervention sites with the aim of identifying the high density population pockets and important landmarks such as temples, Anganwadi centres, hospitals and schools etc.



**Image 1:** Area map of Sector 10 and 11, Gautam Buddha Nagar



**Image 2:** Area map of Village Juggaur, Lucknow

### Line listing of children (6-14 years' age group)

The line listing activity was conducted from 12<sup>th</sup> July 2021 till 14<sup>th</sup> August 2021. The total estimated population of these interventions sites is approximately 5 lakhs. Project beneficiaries were identified across all three intervention sites and the target allotted was achieved successfully. The total count of beneficiaries identified was 6278 against the target of 6000. Maximum number of beneficiaries account to Gautam Buddha Nagar (2125), then North West Delhi (2079) and lastly Lucknow (2074).

**Table 1:** Line listing of beneficiaries

S. No.	Site	Sub area	Cumulative reach	Total target
1	North West Delhi	Prem Nagar-2 <sup>nd</sup> and 3 <sup>rd</sup>	2079	2000
2	Lucknow	Juggaur and Lolai	2074	2000
3	Gautam Buddha Nagar	Sector- 8, 9, 10 and 11	2125	2000
		<b>Total</b>	<b>6278</b>	<b>6000</b>



**Image 3:** Line listing of beneficiaries at village Juggaur, Lucknow



**Image 4:** Line listing of beneficiaries at Prem Nagar 2<sup>nd</sup> Kirari, North West Delhi

### Ethical clearance meeting

The ethical review meeting was held on 16<sup>th</sup> July, 2021 in which the study was presented in front of the board review members to get their approval for the baseline and the end-line studies as well as for haemoglobin estimation of the target beneficiaries. The complete study protocol was reviewed during this meeting. The suggestions given by the board members were incorporated and the clearance certificate was issued. Ethical clearance certificate has been attached as **Annexure 3**.

### Recruitment of the field staff

In consultation with the MAMTA HR team, project team finalized terms of reference, the recruitment process was completed filling in of all budgeted positions on the basis of education; previous experience; communication skills; and early joining of the candidates. All selected staffers were briefed about the necessary facilitation of role to be played in the project.

### Planning for health screening and Haemoglobin estimation camps

Health screening camps aiming towards identification of malnourished children were planned at the three intervention sites. Area mapping, resource allocation, logistics and transportation planning was done by the field staff. After initial planning of health screening camp, required permissions were obtained from the key stakeholders of the 3 districts which includes Chief medical officer, District Education officer and District project officer from WCD department.



**Image 5:** Meeting with District program officer, WCD department GB Nagar



**Image 6:** Permission letter from WCD department, GB Nagar

### Beneficiary Consent for conducting health screening camps and Haemoglobin estimation

The purpose of parental **consent form** is to take consent of parents for allowing their child to participate in the health screening camps. The parental consent is used as a record to indicate that the parent of participant was informed of the activity and knowingly gave permission for their child to participate in health screening camp.

**Assent form** is a child's permission to participate in the health screening camp. The assent is obtained directly from the child in addition to obtaining written parental consent. Our trained field coordinators have successfully obtained parental consent and children's assent at all three intervention areas for conducting health screening camps. A total of 576 consent and assent forms were collected at each site.



**Image 7:** Field coordinator obtaining parental consent at Kirari Prem Nagar 2<sup>nd</sup>, North West Delhi



**Image 8:** Field coordinator obtaining beneficiary's assent at Sector-8, Gautam Buddha Nagar

### Testing of Supplementary Nutrients

Community level events were organised in Gautam Buddha Nagar and North West Delhi site. The objective of the event was to assess the acceptability of powder based supplementary nutrients among 6-14 years' age group children. After discussion between all the stakeholders, parents and children in the meeting, it was decided that the supplement suggested by MAMTA head office team will be distributed.



**Image 9:** Testing of Supplementary Nutrients at sector-11, Gautam Buddha Nagar



**Image 10:** Testing of Supplementary Nutrients at Prem Nagar 2<sup>nd</sup>, NW Delhi

## **Details of Project activities- April 2021 to March 2022**

### **2. Implementation Phase**

## 2. Implementation Phase

### Baseline Survey

A baseline survey was conducted during the months of October and December 2021 with the aim of understanding the status of knowledge and practices of parents of children aged 6-14 years on nutrition, health and WASH. The baseline survey also explored the dietary habits and practices among the children belonging to the above mentioned age-group. Findings of this baseline study were then used to plan the interventions and design the IEC material for the study areas. The project team was given a one-day training and a structured questionnaire was used for the purpose of data collection. Consent was obtained from all the respondents prior to the interviews. The benchmark identified during this baseline will be used to compare with the findings of the end-line survey to be conducted during June 2022.



**Image 11:** Baseline survey at Prem Nagar 2<sup>nd</sup>, North West Delhi



**Image 12:** Baseline survey at Sector-9, Gautam Buddha Nagar

### Sample Size Determination for health screening and HB estimations

The sample size was estimated using the WHO sample size determination formula for measuring changes in major outcome variable over a period of time:

Determination of Sample Size:

Where,

$$n = \frac{D \left[ Z_{1-\alpha} \sqrt{2 * P(1-P)} + Z_{1-\beta} \sqrt{P_1(1-P_1) + P_2(1-P_2)} \right]^2}{(P_2 - P_1)^2}$$

P1= Proportion of outcome indicator (Knowledge on consuming balanced diet among the children aged 6-14 years=50%)

P2 = Proportion of outcome indicator (Knowledge on consuming balanced diet among the children aged 6-14 years =75%) expected to increase 25 percent points at post- intervention or End-line

$P = (P_1 + P_2)/2$ ,

$Z_{1-\alpha}$  ( $\alpha$  = Type 1 error) is 1.96 corresponding to a significance level of 95%,

$Z_{1-\beta}$  (where  $\beta$  = statistical power to detect an increase – or a one-sided change) is 0.90, and

D = Design effect (the ratio of the actual variance to the variance expected with Simple Random Sampling technique). Assumed 2 here.

## Haemoglobin Estimation camps

Haemoglobin estimation was done using HemoCue HB 301 system with micro cuvette technology for Haemoglobin testing for anaemia screening. The expert team was engaged in carefully taking blood in the field and it was ensured that the sample collection was painless and uneventful for increasing acceptance by parents and children.

The process of consent taking was started in July 2021 and finally, the collection of blood from the field for estimation of haemoglobin was started in the last week of October 2021 and was completed within 15 days. All samples collected did qualify for the analysis in a renowned laboratory transported from the locations and results of 1743 blood samples were available for analysis.



**Image 13:** Health screening camp (Hb estimation) at Lucknow



**Image 14:** Health screening camp (Hb estimation) at Gautam Buddha Nagar

**Table 2: Haemoglobin estimation camps**

S.No.	Site	Sub area	Cumulative reach	Total target
1	North West Delhi	Prem Nagar 2 <sup>nd</sup> and 3 <sup>rd</sup>	585	576
2	Lucknow	Juggaur and Lolai	582	576
3	Gautam Buddha Nagar	Sector 8, 9, 10 and 11	576	576
<b>Total</b>			<b>1743</b>	<b>1728</b>

## Selection of Anaemia Scale for classification:

Age group 6-14 was found to be a composite group with two distinct cut off levels for normal and anaemics by age. A reference was taken from WHO/NMH/NHD/MNM/11.1 Vitamin and Mineral Nutrient Information system "VNMIS", Table 1 and the following tabulation was also used for the categorization of the children for the current analysis. This criterion was also used in NIPI Guidelines (P-17, Anaemia *Mukt Bharat* Training Module) for analysis of anaemia in Children.

**Table 3: WHO 2011 classification for Anaemia in Children**

Age Groups of the children studied	Non-Anaemia (Hb g/l)	Mild Anaemia (Hb g/l)	Moderate Anaemia (Hb g/l)	Severe Anaemia (Hb g/l)
5-11 Years	115 & Above	110-114	80-109	Below 80
12-15 Years	120 and above	110-119	80-109	Below 80

**Table 4: Distribution of Anaemia across intervention sites**

Place	Number	Severe Anaemia (%)	Moderate Anaemia (%)	Mild Anaemia (%)	No-Anaemia (%)
Lucknow	576	1.17	24.28	18.93	56.12
Delhi	585	0.61	14.27	21.93	63.18
Gautam Buddha Nagar	582	0.73	54.95	23.77	20.55
<b>Average Percent</b>		<b>0.84</b>	<b>31.17</b>	<b>21.54</b>	<b>46.62</b>

Highest prevalence of anaemia was found in Gautam Buddha Nagar where more than 55% children were suffering from either moderate or severe form of anaemia followed by Lucknow.

#### Health screening camp round-1 (Anthropometric Measurement)

Based on the WHO guidelines children having malnutrition were identified with the help of health screening camps. Anthropometry is considered as the gold standard for estimating levels of malnutrition in children. Health screening was one of the major activity during Year 1 as well as Year 2 of Project Sajag. Under this activity height and weight measurements of the beneficiaries using stadiometer and analogue weighing scale were recorded and this data was collected by MAMTA team trained field staff using tablets. Round 1 of health screening camps was concluded in January 2022 at all three intervention sites. A total of 6253 children have been screened against the total target of 6000.

**Table 5: Health screening camp (anthropometry measurement)**

Sr. No.	Site	Sub area	Cumulative reach	Total target
1	North West Delhi	Prem Nagar 2 <sup>nd</sup> and 3 <sup>rd</sup>	2074	2000
2	Lucknow	Juggaur and Lolai	2070	2000
3	Gautam Buddha Nagar	Sector 8, 9, 10 and 11	2109	2000
<b>Total</b>			<b>6253</b>	<b>6000</b>

The data collected was analysed to calculate BMI for age for the screened beneficiaries using WHO charts as the reference (Attached as **Annexure 2**). The total number of children identified under each category has been given in the table below.

Category of children (6-14 Years)	NW Delhi	GB Nagar	Lucknow
Severe wasting (BMI <sub>fa</sub> < -3SD) 6-9 Years	45	33	44
Mild - Moderate wasting (BMI <sub>fa</sub> > -3SD but < -2SD) 6-9 Years	309	226	259
Severe wasting (BMI <sub>fa</sub> < -3SD) 10-14 Years	81	58	57
Mild - Moderate wasting (BMI <sub>fa</sub> > -3SD but < -2SD) 10-14 Years	362	228	227
<b>Total</b>	<b>797</b>	<b>545</b>	<b>587</b>



**Image 15:** Health screening camp round-1at Gautam Buddha Nagar



**Image 16:** Health screening camp round-1 at North West Delhi

### Distribution of SAJAG health card to the children

Post completion of Health screening camps round-1 in January 2022 at all three intervention sites, health cards were distributed to all the beneficiaries with their height and weight recordings. The SAJAG health card is a beneficial tool in tracking the health status of the beneficiaries for monitoring their development and to assess the effect of interventions under the project. A total of 6253 health cards were distributed against the target of 6000.

**Table 6: Distribution of SAJAG health card to the children**

S. No.	Site	Sub area	Cumulative reach	Total target
1	North West Delhi	Prem Nagar 2 <sup>nd</sup> and 3 <sup>rd</sup>	2074	2000
2	Lucknow	Juggaur and Lolai	2070	2000
3	Gautam Buddha Nagar	Sector 8, 9, 10 and 11	2109	2000
<b>Total</b>			<b>6253</b>	<b>6000</b>

### Distribution of SAJAG Aahar (Supplementary Nutrition)

SAJAG Aahar (Supplementary nutrition) is provided to identified malnourished children in 6-14 years' age group to improve their health and nutrition status. These children were identified during the health screening camps. Monthly distribution of SAJAG Aahar to severely wasted and malnourished children was concluded in March 2022 at all three intervention sites.



**Image 17:** Distribution of SAJAG health card to the children at Gautam Buddha Nagar



**Image 18:** Distribution of SAJAG health card to the children at Lucknow

**Table 7: Details of SAJAG Aahar distribution**

<b>Intervention Site: Gautam Buddha Nagar</b>							
S. No.	Category of children (6-14 years)	Total number of beneficiaries	Distribution of SAJAG Aahar to the beneficiaries				
			1 <sup>st</sup> Week	2 <sup>nd</sup> Week	3 <sup>rd</sup> Week	4 <sup>th</sup> Week	5 <sup>th</sup> Week
1	Severe wasting (BMIfa <-3SD) 6-9 Years	33	30	27	27	33	33
2	Mild - Moderate wasting(BMIfa > -3SD but<-2SD) 6-9 Years	226	0	164	128	122	82
3	Severe wasting (BMIfa <-3SD) 10-14 Years	58	33	54	53	37	33
4	Mild - Moderate wasting(BMIfa > -3SD but<-2SD) 10-14 Years	228	0	149	142	149	186
<b>Total</b>		<b>545</b>	<b>63</b>	<b>394</b>	<b>350</b>	<b>341</b>	<b>334</b>
<b>Intervention Site: North West Delhi</b>							
S. No.	Category of children (6-14 years)	Total number of beneficiaries	Distribution of SAJAG Aahar to the beneficiaries				
			1 <sup>st</sup> Week	2 <sup>nd</sup> Week	3 <sup>rd</sup> Week	4 <sup>th</sup> Week	5 <sup>th</sup> Week
1	Severe wasting (BMIfa <-3SD) 6-9 Years	45	54	44	62	25	44
2	Mild - Moderate wasting(BMIfa > -3SD but<-2SD) 6-9 Years	309	233	200	246	108	282
3	Severe wasting (BMIfa <-3SD) 10-14 Years	81	72	84	96	60	79
4	Mild - Moderate wasting(BMIfa > -3SD but<-2SD) 10-14 Years	362	178	198	361	78	331
<b>Total</b>		<b>797</b>	<b>537</b>	<b>526</b>	<b>765</b>	<b>271</b>	<b>736</b>
<b>Intervention Site: Lucknow</b>							
S. No.	Category of children (6-14 years)	Total number of beneficiaries	Distribution of SAJAG Aahar to the beneficiaries				
			1 <sup>st</sup> Week	2 <sup>nd</sup> Week	3 <sup>rd</sup> Week	4 <sup>th</sup> Week	5 <sup>th</sup> Week
1	Severe wasting (BMIfa <-3SD) 6-9 Years	44	20	9	28	20	44
2	Mild - Moderate wasting(BMIfa > -3SD but<-2SD) 6-9 Years	259	82	73	114	84	136
3	Severe wasting (BMIfa <-3SD) 10-14 Years	57	34	5	24	19	57

4	Mild - Moderate wasting(BMIfA > -3SD but<-2SD) 10-14 Years	227	85	24	101	103	209
<b>Total</b>		<b>587</b>	<b>221</b>	<b>111</b>	<b>267</b>	<b>226</b>	<b>446</b>



**Image 19:** Distribution of SAJAG Aahar (Supplementary Nutrition) at Village Dughara, Lucknow



**Image 20:** Distribution of SAJAG Aahar (Supplementary Nutrition) at Gautam Buddha Nagar

#### COVID 19 related awareness activities

COVID 19 pandemic has affected the world in an unprecedented manner. Under Project Sajak, certain activities were planned to create awareness for behaviour change in the community in context to the COVID 19 preventive measures. Community based events were organized on at Anganwadi centres at all the intervention sites. These events aimed at spreading awareness on various topics like the mode of COVID-19 transmission, identification of symptoms and safety measures. Along with these activities, face mask and soap was also distributed amongst beneficiaries. Participants included the beneficiaries, frontline workers and community stakeholders.



**Image 21:** COVID 19 related awareness session at Prem Nagar 2<sup>nd</sup>

## **Details of Project activities- April 2021 to March 2022**

### **3. Special Month/Day Celebrations**

### 3. Special Month/Day Celebrations

#### National Nutrition month celebrations

Since 2018, National Nutrition month is celebrated every year in India with different themes to spread nutrition related awareness among the people of India. MAMTA team members have organized so many activities like plantation activity, healthy recipe demonstration, video sessions with parents, health screening camp (anthropometric measurements), nutrition exhibition, poster competition and POSHAN rally at our three intervention sites for effective implementation of POSHAN Abhiyaan. A total of 8 activities were organised at each site. Overall, a total of 517 people participated in the events organised during nutrition month celebrations.

**Table 8: Activities conducted during the National nutrition month**

S. No.	Week	Activity	Key activity
1	1 <sup>st</sup> week	Plantation activity at Anganwadi centres, schools etc.	Demonstration on setting of kitchen gardens Promotion of nutrition gardens
2	2 <sup>nd</sup> week	Video sessions Healthy recipe demonstration	Growth and Physiology 6-10 Years Growth and Physiology 11-14 Years Dietary diversity Micronutrient deficiency Recipe demonstration video Nutritious Cheela Nutritious Laddu Nutritious sprouts salad Nutritious fruit chat
3	3 <sup>rd</sup> week	Measurement of height and weight Promotion of Poshan tracker app	Measurement of height and weight Promotion of Poshan tracker app
4	4 <sup>th</sup> week	Nutrition exhibition	Display of micronutrients and macronutrients rich food products Display of balance diet chart Display of project related IEC materials IEC materials on COVID-19 prevention and control
5	5 <sup>th</sup> week	Poshan rally Poster competition	Poshan rally Poster competition on theme-“Healthy walk through life”

**Table 9: Results of Celebration of national nutrition month at three intervention areas**

S. No.	Week	Activity	Total no. of participants atGB Nagar	Total no. of participants atNW Delhi	Total no. of participants at Lucknow
1	1 <sup>st</sup> week	<ul style="list-style-type: none"> <li>Plantation activity at Anganwadi centres, schools etc.</li> </ul>	27	20	24
2	2 <sup>nd</sup> week	<ul style="list-style-type: none"> <li>Video sessions</li> <li>Healthy recipe demonstration</li> </ul>	24	34	16
3	3 <sup>rd</sup> week	<ul style="list-style-type: none"> <li>Measurement of height and weight</li> <li>Promotion of Poshan tracker app</li> </ul>	62	45	45
4	4 <sup>th</sup> week	<ul style="list-style-type: none"> <li>Nutrition exhibition</li> </ul>	20	41	50
5	5 <sup>th</sup> week	<ul style="list-style-type: none"> <li>Poshan rally</li> <li>Poster competition</li> </ul>	40	34	35
<b>Total</b>			<b>173</b>	<b>174</b>	<b>170</b>



**Image 22:** Plantation activity under National nutrition month at village Juggaur, Lucknow



**Image 23:** Healthy recipe demonstration activity at Gautam Buddha Nagar



**Image 24** Nutrition month at Prem Nagar 2<sup>nd</sup>, North West Delhi



**Image 25:** Poshan rally under National Nutrition month at village Juggaur, Lucknow

## Special Day Celebrations

Community level events are organized as a part of project outreach activities with the aim of covering as much indirect beneficiaries as possible. Various identified special days celebrated during year 2 of Project SAJAG are as follows:

**Celebration of International Yoga day:** June 21 of each year marks the celebration of International Yoga Day. A community-based event was organized at the Sector-8, Gautam Buddha Nagar and at the Anganwadi centre in both Lucknow & North West Delhi. There were a total number of 34 participants in Gautam Buddha Nagar, 36 in Lucknow & 35 attendees in North West Delhi. The participants included the beneficiaries, stakeholders and the front line workers. The objective of this event was to give a brief about the celebration of International Yoga Day, to understand the perspective of the beneficiaries regarding Yoga and to enhance Yoga based skills and knowledge of beneficiaries. This event included an enlightening session on Yoga by a yoga expert, where the beneficiaries did aasanas and participated in the slogan competition.

**Table 10:** Details of participants who attended the International Yoga day

S. No.	Site	Participants	Total Participants
1	Gautam Buddha Nagar	Beneficiaries and community leaders	34
2	North west Delhi	Beneficiaries and FLW's	35
3	Lucknow	Beneficiaries and FLW's	36
<b>Total</b>			<b>105</b>



**Image 26:** Celebration of International Yoga day at Prem Nagar 2<sup>st</sup> Kirari, NW



**Image 27:** Celebration of International Yoga day at Village Juggaur, Lucknow

**Celebration of World food day:** World food day is celebrated on October 16 every year. A community level event was organised on 18<sup>th</sup> October to celebrate World food day at all three intervention sites. The main aim of the event was to spread awareness on the importance of food safety, WASH, health and nutrition. A total of 130 beneficiaries participated along with their parents, community people and stakeholders at the three intervention sites. Agendas for celebration of World Food Day at all 3 locations have been attached in Annexure.

**Table 11:** Celebration of World food day at three intervention sites

S. No.	Site	Sub area	Participants	Total participants
1	North West Delhi	Prem Nagar 2 <sup>nd</sup>	Beneficiaries, AWW and ASHA workers	45
2	Lucknow	Lolai	Beneficiaries, AWW and ASHA workers	50
3	Gautam Buddha Nagar	Sector -11	Beneficiaries, AWW and ASHA workers	35
<b>Total</b>				<b>130</b>



**Image 28:** Celebration of World food day at Sector-11, Gautam Buddha Nagar



**Image 29:** Celebration of World food day at Village Lolai, Lucknow

**Celebration of World children's day:** Each year November 20<sup>th</sup> is celebrated as the International Children's day. A community based event was organized in Sector-8, Gautam Buddha Nagar and at local schools in both North West Delhi and Lucknow areas. The event aimed at spreading awareness on child rights, WASH, health and nutrition. More than 35 beneficiaries each along with their parents, community members and stakeholders participated in the event at all three intervention sites. Agenda for celebration of World children's Day has been attached as Annexure.

**Table 12:** Celebration of World children's day at three intervention sites

S. No.	Site	Sub area	Participants	Total participants
1	North West Delhi	Prem Nagar 2 <sup>nd</sup>	Beneficiaries, teachers, AWW and ASHA workers	40
2	Lucknow	Juggaur	Beneficiaries, teachers, AWW and ASHA workers	35
3	Gautam Buddha Nagar	Sector -8	Beneficiaries, community leader and ASHA workers	35
<b>Total</b>				<b>110</b>



**Image 30:** Celebration of World children’s day at Prem Nagar 2<sup>st</sup> Kirari, North West Delhi



**Image 31:** Celebration of World children’s day at Village Juggaur, Lucknow

**Celebration of International Women’s day:** International Women’s day is celebrated every year on March 8. A community based event was organised at all three intervention sites. The objective of the event was to give a brief about the importance of International women’s day and to know the perspective of the beneficiaries and to motivates girls to actively participate in Women’s Day march with slogans on women empowerment. The participants also expressed their views on various topics related to women health and right. A total of 188 people participated in the events.



**Image 32:** Celebration of International Women’s day at Gautam Buddha Nagar



**Image 33:** Celebration of International Women’s day at North West Delhi

**Table 13:** Celebration of International Women’s day at three intervention sites

S. No.	Site	Participants	Total participants
1	Gautam Buddha Nagar	Beneficiaries, AWW and ASHA workers	63
2	North West Delhi	Beneficiaries, AWW and ASHA workers	65
3	Lucknow	Beneficiaries, AWW and ASHA workers	60
<b>Total</b>			<b>188</b>

### Group formation and identification of peer educator

Peer led education is an approach for health promotion in which group members are motivated by peer educators towards a sustained positive behaviour change. MAMTA HIMC's field staff identified Peer Educators among children during screening sessions on the basis of their interest, confidence, communication skills and active participation. A total of 473 peer educators have been identified by MAMTA's field team. Extra peer educators have been identified to mitigate the risk of migration of beneficiaries during project duration.

**Table 14:** Details of the peer groups formed and number of peer educators identified

S. No.	Site	Sub area	Number of peer groups	Number of identified Peer educators
1	North-West Delhi	Prem Nagar 2 <sup>nd</sup> and 3 <sup>rd</sup>	100	150
2	Lucknow	Juggaur and Lolai	100	152
3	Gautam Buddha Nagar	Sector 8, 9, 10 and 11	100	171
<b>Total</b>			<b>300</b>	<b>473</b>

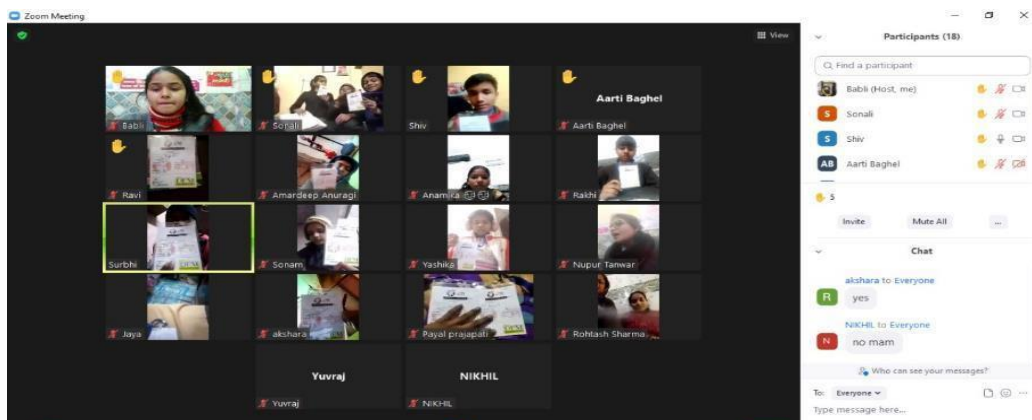
### Training of peer educators for conducting BCC session-1

Virtual training sessions were conducted from 18<sup>th</sup> to 21<sup>st</sup> of January 2022 and from 18<sup>th</sup> to 28<sup>th</sup> of February 2022. These training sessions were attended by all of the 473 identified peer educators. The training aimed to orient the selected peer educators about their role and responsibilities as well as growth and physical changes among 6-14 years' age group children. A total of 4 interactive training sessions were conducted by MAMTA HIMC's trained field staff at each site. Training was provided on important topics like dietary diversity, importance of macro nutrient, micro nutrient and WASH practices. Apart from the discussion on the project objectives, suggestions and feedback was taken from the peer educators to improve the quality and outreach of project interventions.



**Table 15:** Virtual training of peer educators

S. No.	Site	Sub area	Number of trained peer educators	Number of training sessions
1	North West Delhi	Prem Nagar 2 <sup>nd</sup> and 3 <sup>rd</sup>	150	04
2	Lucknow	Juggaur and Lolai	152	04
3	Gautam Buddha Nagar	Sector 8, 9, 10 and 11	171	04
<b>Total</b>			<b>473</b>	<b>12</b>



**Image 34:** Virtual training of Peer Educators

### BCC sessions with 6-14 years' age group children

Behaviour change communication (BCC) activities are tools for generating awareness as well as providing a supporting environment that would enable community people to initiate and sustain positive behaviour. BCC sessions were conducted by trained peer educators at our three intervention areas with support from MAMTA's staff. Physical, social, emotional, cognitive changes common in 6- 14 years' age group children and WASH practices were discussed during these sessions. These sessions were intended to help improve the knowledge, awareness and health seeking behaviour of project beneficiaries.

**Table 16:** BCC sessions-1 with 6-14 years' age group children

S. No.	Site	Total target	Cumulative reach	Total participants
1	Gautam Buddha Nagar	100	100	2000
2	North West Delhi	100	100	1964
3	Lucknow	100	100	2001
<b>Total</b>		<b>300</b>	<b>300</b>	<b>5965</b>



**Image 35:** BCC session-1 with 6-14 years' age group beneficiaries at Village Juggaur



**Image 36:** BCC session-1 with 6-14 years' age group beneficiaries at Sector-10, GB Nagar

### Orientation of community stakeholders on Nutrition and WASH

The main objective of the event was to orient community stakeholders on Nutrition and WASH. The orientation sessions were conducted by the project team. Apart from discussions on the project objectives and IEC material being used, suggestions and feedback was taken from the community stakeholders to improve the quality and outreach of project interventions.

**Table 17:** Orientation of community stakeholders on Nutrition and WASH

S. No.	Site	Sub areas	Total participants
1	North West Delhi	Prem Nagar 2 <sup>nd</sup> and 3 <sup>rd</sup>	23
2	Lucknow	Juggaur and Lolai	23
3	Gautam Buddha Nagar	Sector 8, 9, 10 and 11	20
<b>Total</b>			<b>66</b>



**Image 37:** Orientation of community stakeholders on Nutrition and WASH at North West Delhi



**Image 38:** Orientation of community stakeholders on Nutrition and WASH at Lucknow

### Virtual BCC session with 6-14 years' age group children

A community based BCC session was conducted by MAMTA's trained field coordinators at Kirari Prem Nagar 2<sup>nd</sup>, North West Delhi. This BCC session was virtually attended by the DFM team and Senior management team from MAMTA. Physical, social, emotional, cognitive changes among 6-14 years' age group children, dietary diversity and WASH practices were discussed during the session. This session was intended to help improve the knowledge, awareness and health seeking behaviour of project beneficiaries.



**Image 39.** Virtual BCC session with 6-14 years' age group children

### Meeting of Baal Manch (Children's forum)

*Baal manch* is a platform for children that give encouragement, motivation, unity and strengthen their voices as they learn how to work hand-in-hand with their community. *Baal Manch* is a children's forum created by MAMTA team with support from community members which provides a sustainable, community based platform for multi-sectoral action to improve the health and nutrition status of

6-14 years' age group children. The project beneficiaries gather at village/ community level once every month to learn about their food, health, hygiene, sanitation and health seeking behaviour. These meetings are facilitated by MAMTA trained field staff.

**Table 18:** Meeting of *Baal Manch* (Children's forum)

S. No.	Site	Total target	Cumulative reach	Total participants
1	Gautam Buddha Nagar	04	04	128
2	North West Delhi	04	04	95
3	Lucknow	04	04	147
<b>Total</b>		<b>12</b>	<b>12</b>	<b>370</b>



**Image 40:** Meeting of *Baal Manch* (Children's forum) at Prem Nagar 2<sup>nd</sup>, North West Delhi



**Image 41:** Meeting of *Baal Manch* (Children's forum) at Gautam Buddha Nagar

#### Orientation of field staff for conducting BCC session-2 with 6-14 years' age group children

Online training session was conducted on 19<sup>th</sup> of February, 2022. This training was attended by the field staff from all three intervention sites. This training session aimed to orient the participants about dietary diversity, importance of macro nutrient, micro nutrient and WASH practices. The field staff was trained with the help of presentation and the sessions were taken by MAMTA's senior management team.

#### BCC session-2 with 6-14 years' age group children

Behaviour change communication (BCC) activities are tools for generating awareness as well as providing a supporting environment that would enable community people to initiate and sustain positive behaviour. BCC sessions were conducted by trained peer educators at our three intervention areas with support from MAMTA's field staff. Dietary diversity, importance of macro nutrients, micro nutrients and WASH practices were discussed during these sessions. These sessions were intended to help improve the knowledge, awareness and health seeking behaviour of project beneficiaries. Out of the total line-listed 6278 beneficiaries, 6006 participated in the round 2 of BBC sessions. Area-wise details have been given in Table 18.

**Table 19:** BCC sessions-2 with 6-14 years' age group children

S. No.	Site	Total target	Cumulative reach	Total participants
1	Gautam Buddha Nagar	100	100	1983
2	North West Delhi	100	100	2022
3	Lucknow	100	100	2001
<b>Total</b>		<b>300</b>	<b>300</b>	<b>6006</b>



**Image 42:** BCC session-2 with 6-14 years' age group children at NW Delhi



**Image 43:** BCC session-2 with 6-14 years' age group children at Lucknow

### Establishment of Nutrition clubs

The objective of establishing Nutrition club's is to educate both direct and indirect project beneficiaries, within and outside the intervention communities, about nutrition and wellness by providing important information in the form of clear messages, interactive and comprehensible activities. The establishment of the *Nutrition club* is a participatory community mobilization process involving 6-14 years' age group children, school teachers, frontline workers and local leaders. Nutrition club has been established in sector-8, Gautam Buddha Nagar and the main objective of this club is to establish a sustainable and community led approach to prevent and manage malnutrition and spread awareness about importance of health and nutrition.



**Image 44:** Recipe demonstration of SAJAG Aahar in Nutrition club



**Image 45:** Energizer activity in Nutrition club

### Recipe demonstration of SAJAG Aahar

To improve the understanding of parents regarding SAJAG Aahar (supplementary nutrition), field team organized community level events at all three intervention sites. During the recipe demonstration sessions parents learnt about the SAJAG Aahar recipe which can be consumed in the form of Laddu, Halwa or sweet milk shake.

**Table 20:** Recipe demonstration of SAJAG Aahar

S. No.	Site	Sub areas	Sessions	Total participants
1	North West Delhi	Prem Nagar 2 <sup>nd</sup> and 3 <sup>rd</sup>	15	946
2	Lucknow	Juggaur and Lolai	09	1465
3	Gautam Buddha Nagar	Sector 8, 9, 10 and 11	10	1732
<b>Total</b>			<b>34</b>	<b>4143</b>



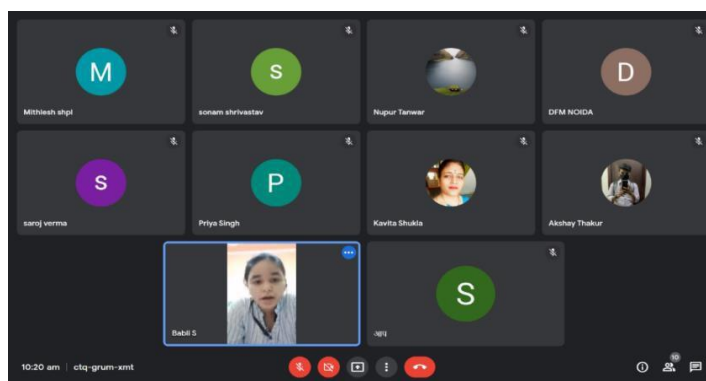
**Image 46:** Recipe demonstration of SAJAG Aahar at Lucknow



**Image 47:** Recipe demonstration of SAJAG Aahar at North West Delhi

### Orientation of field staff for conducting BCC session-3 with 6-14 years' age group children

Online training session was conducted on 22<sup>nd</sup> of March, 2022. This training was attended by the field staff from all three intervention sites. This training session aimed to orient the participants about Anaemia, its causes, anaemia testing and control, Iron and Folic Acid supplementation, deworming and WASH practices. The field staff was trained with the help of presentation and the sessions were taken by MAMTA's senior management team.



**Image 48:** Orientation of field staff for conducting BCC session-3 with 6-14 years' age group children

### Training of Peer Educators for conducting BCC session-3

MAMTA's field team conducted 17 training sessions once again for the identified peer educators from 22<sup>nd</sup> to 24<sup>th</sup> of March 2022. The training aimed to orient the selected peer educators about their role and responsibilities and on important topics like its causes, anaemia testing and control, Iron and Folic Acid supplementation, deworming and WASH practices. The training sessions were conducted by MAMTA HIMC's trained field staff. Apart from the discussion on the project objectives, suggestions and feedback was taken from the Peer Educators to improve the quality and outreach of project interventions.

**Table 21: Training of peer educators**

S. No.	Site	No. of trained Peer Educators	No. of training sessions
1	Gautam Buddha Nagar	100	05
2	North West Delhi	100	05
3	Lucknow	100	07
<b>Total</b>		<b>300</b>	<b>17</b>

**Image 49:** Training of Peer Educators at Sector-8, Gautam Buddha Nagar**Image 50:** Training of Peer Educators at Prem Nagar 2<sup>nd</sup>, North West Delhi**Liaising and advocacy meeting with the key stakeholders**

Field staff had regular meetings with the government officials, functionaries of health, education and ICDS departments and local leaders at three intervention areas for smooth implementation and functioning of the project activities. In total, MAMTA's field team has reached out to a total of 539 stakeholders belonging to different levels, details of which have been given in Table 22.

**Table 22:** Liaison and advocacy meeting with the key Stakeholders in the Government

S. No	Site	AWW	ASHA worker	School Staff	PRI member	Local Leader	CMO/BSA/DPO/ Other
1	G B Nagar	34	31	3	15	92	36
2	Lucknow	43	59	39	9	14	16
3	North WestDelhi	82	16	14	5	12	19
<b>Total</b>		<b>159</b>	<b>106</b>	<b>56</b>	<b>29</b>	<b>118</b>	<b>71</b>



**Image 51:** Meeting with AWW and ASHA worker at Prem Nagar 2<sup>nd</sup>, NW Delhi



**Image 52:** Meeting with School teacher at Village Juggaur, Lucknow

### Campaign through Social media

This campaign is a multi-modal continued activity that aims to create awareness by sharing important messages with the beneficiaries regarding COVID 19 prevention. Area specific WhatsApp broadcast lists have been created for all 3 intervention sites by our field coordinators where key messages using infographics are shared regularly. 167 key messages were shared during June 2021 to March 2022.

### Community awareness

The information, education and communication (IEC) strategy aims to create awareness and disseminate information. In order to spread health and nutrition awareness among targeted population, health and nutrition related IEC posters and leaflets have been displayed at Anganwadi centers, Schools, hospitals and other public places to raise awareness regarding health and nutrition.

During the National nutrition month and celebration of special thematic days we have organized community based activities like healthy recipe demonstration, Video based sessions, nutrition exhibition and Poshan rallies with intent to alert and inform people on maintaining good health and well-being.

Videos with important information regarding Growth and Physical Changes, Dietary Diversity, Healthy Habits and hygiene were also constantly circulated via WhatsApp.

## **Details of Project activities - April 2021 to March 2022**

### **4. Project Management**

## 4. Project Management

### Training of field staff for conducting Baseline survey and health screening camps

A two-day training program was organized at MAMTA health institute for Mother and Child, New Delhi on 18<sup>th</sup> and 19<sup>th</sup> of August 2021. The training session was facilitated by the MAMTA head office staff. The main objective of the training program was to orient the field staff regarding the conduct of the baseline survey, its tools and data collection for health screening camps. One program coordinator and twelve field coordinators were trained during the session. The sessions during the training were taken in discussion form with inclusion of many practical exercises for the field staff.



**Image 53:** Training of the field staff for conducting baseline and health screening



**Image 54:** Training on how to measure height and weight

### Field visit by donor team

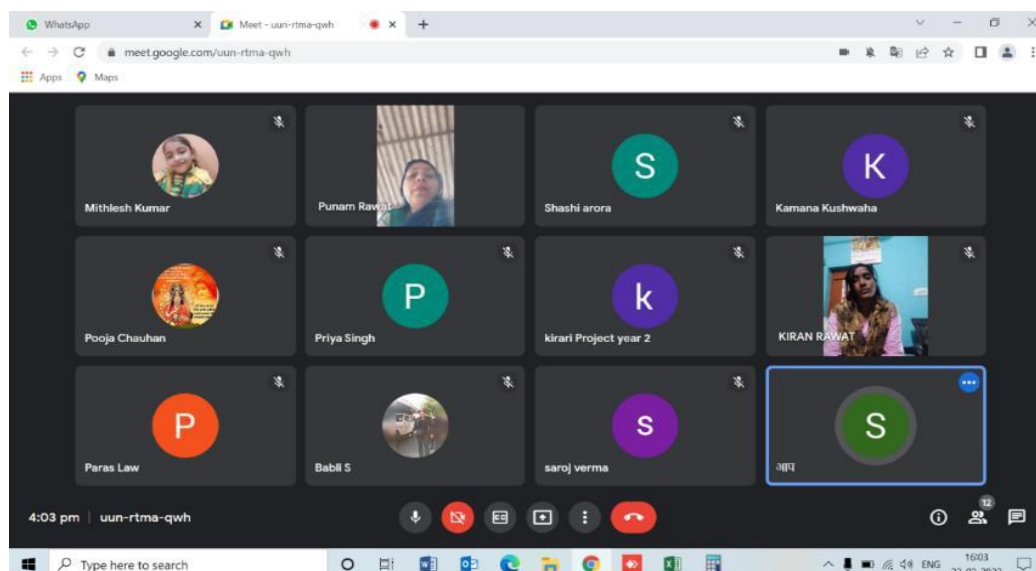
A mentoring and supportive consultation cum supervisory visit was conducted by a team from DFM Foods along with project staff from MAMTA head office. The team visited the field office in Gautam Buddha Nagar and reviewed the plan for upcoming year. Supervisors from DFM Foods were shown different types of IEC material and the method used for dissemination of information. Planning was done for an event to be organized tentatively in the 2<sup>nd</sup> week of January 2022 and it was



suggested by DFM supervisors that handouts of IEC material could be distributed during that event. BCC session was organized in a temple located in Sector 11 Gautam Buddha Nagar with children aged 6-14 years and it was attended by supervisors from DFM and MAMTA. Different flavors of the product to be distributed during later stages of project were tested in terms of taste and quality by project staff, supervisors and the beneficiaries. A discussion was held with the field team to have an idea about various challenges faced by them and to find possible solutions.

## Orientation of vendor's field staff for the distribution of SAJAG Aahar (Supplementary Nutrition)

A single day orientation program was organised with the aim of orienting the vendor as well as MAMTA's field staff about their roles, responsibilities and distribution of *SAJAG Aahar* (Supplementary nutrition). The training session was conducted by senior project management team and subject experts. The field team was encouraged to discuss their doubts to make the session more interactive.



**Image 55:** Orientation of vendor's field staff for the distribution of *SAJAG Aahar* (Supplementary Nutrition)

## Project Journey so far

The chart below discusses the progress of the project activities so far:

	Completed	Ongoing	Not started
Project launch	Completed		
Baseline survey and report submission	Completed		
MIS update and monitoring		Ongoing	
Haemoglobin estimation Round 1	Completed		
Health screening camps Round 1	Completed		
BCC Sessions with Children	Completed		
Health cards issued	Completed		
'Sajag Aahar' Distribution		Ongoing	
BCC sessions with Parents		Completed	
Meetings with stakeholders and FLWs		Ongoing	
Health screening camps Round 2			Not started
Social media campaign		Ongoing	
Celebration of special days	Completed		
End line survey			Not started

## Activities planned for the upcoming months

- Peer educator training and orientation sessions: April 2022
- World Health Day Celebrations: April 2022
- Meetings of Bal Manch (Children’s Forum)
- Sajag Aahar Distribution: April 2022 – May 2022
- BCC Sessions with parents: April 2022 – May 2022
- Community stakeholder meetings: April 2022 – May 2022
- Health Screening Camps Round 2: May 2022 – June 2022
- Hemoglobin estimation camps for end-line survey: June 2022
- End-line Survey: June 2022

## Plan for Year 3

During Year 3, in addition to the activities carried out during Year 2, more school based activities will be introduced. The findings from the end-line evaluation of Year 2 will be used to further scale-up our interventions and the make the implementation more holistic and sustainable.

## Timeline

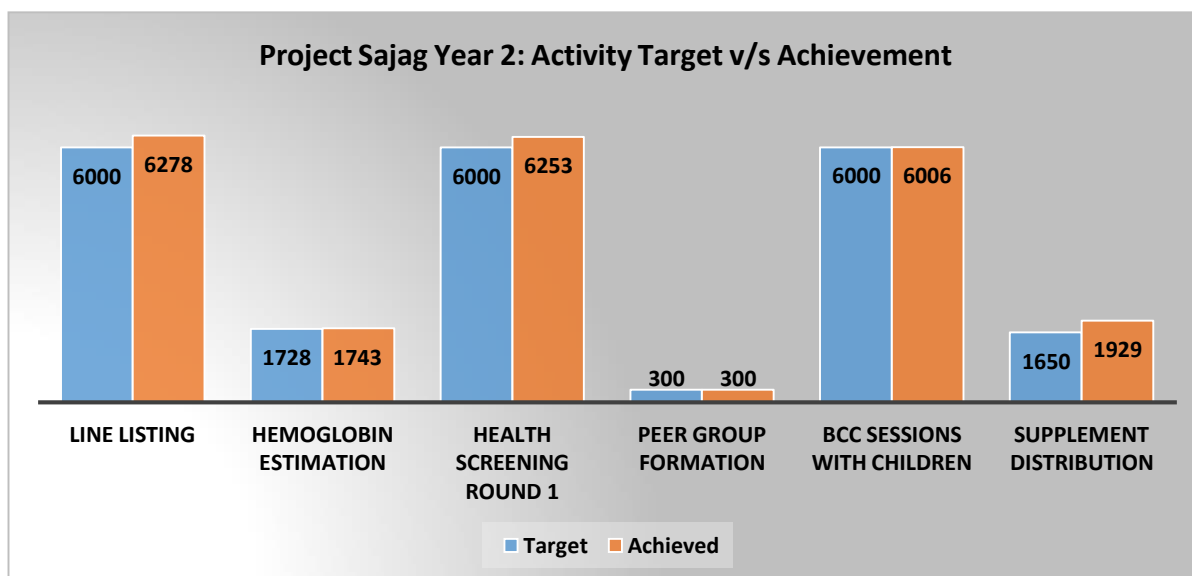
The detailed timeline for all the project activities mentioned above (achieved v/s planned) is as follows:

Activities Month	Jun-Jul 21	Aug 21	Sep 21	Oct 21	Nov 21	Dec 21	Jan 22	Feb 22	Mar 22	Apr 22	May 22	Jun 22	Jul 22
Area Mapping	■												
Line Listing	■	■											
Baseline Survey			■	■	■	■							
Baseline report						■							
Health Screening Round 1				■	■	■	■						
Group formation						■	■						
Supplement testing					■	■	■						
Supplement distribution								■	■	■	■	■	
Recipe Demonstration								■	■	■	■	■	

Activities Month	Jun-21	Jul-21	Aug-21	Sep-21	Oct-21	Nov-21	Dec-21	Jan-22	Feb-22	Mar-22	Apr-22	May-22	Jun-22	Jul-22
Counseling Sessions														
BCC and Video Based Sessions														
Special Day Celebrations														
Follow up visits and Screening														
Health Screening Round 2														
End-line Survey														
End-line and Final Report Year 2														

### Project Output Expected v/s Achieved

These are the current achievements of the project. The overall change in the nutritional status of the beneficiaries will be assessed during the end-line survey and the report will be shared during the month of July 2022.



## Way forward

With a determined focus towards sustainable nutrition and health during childhood we ensure to keep our work up during the second year as well.

We will continue to make our work more effective and efficient, by adopting more strategic and relevant ideas. The project activities will proceed with the need assessment of the population to identify issues of the targeted population and identification and screening of the malnourished children.

Our team will keep on working on the important interventions such as supplementary nutrition, community level interventions, school-based interventions and system strengthening activities. Awareness and education regarding nutrition and healthy diet, education regarding WASH practices will be provided to promote good health in these children. Distribution of nutritional supplements which is a supportive measure which helps to overcome the food gaps in the 6-14-year age group, especially during the time of the pandemic. In addition to this, during the upcoming years we are planning to focus more on the school based approach to make the interventions even more sustainable, targeting some new geographies. Thus, we look forward towards improvement of the health and nutrition status of the children in the age group of 6-14 years, for their healthy present as well as for a bright and healthful future ahead.

## Annexures

## Annexure 1: Beneficiary Testimonials

1. “My daughter was very weak. She weighed 16 kg and was 120 cms high. Project Sajag has helped my daughter in physical as well as mental growth. She consumes ‘Sajag Aahar’ regularly and has started maintaining a good hygiene by washing her hands regularly which has helped her a lot. Now Monika is growing at a rapid pace and has overcome physical and mental challenges she faced.”

- ***Rekha Yadav, Mother of Monika (8 years old beneficiary, Female), Lucknow***

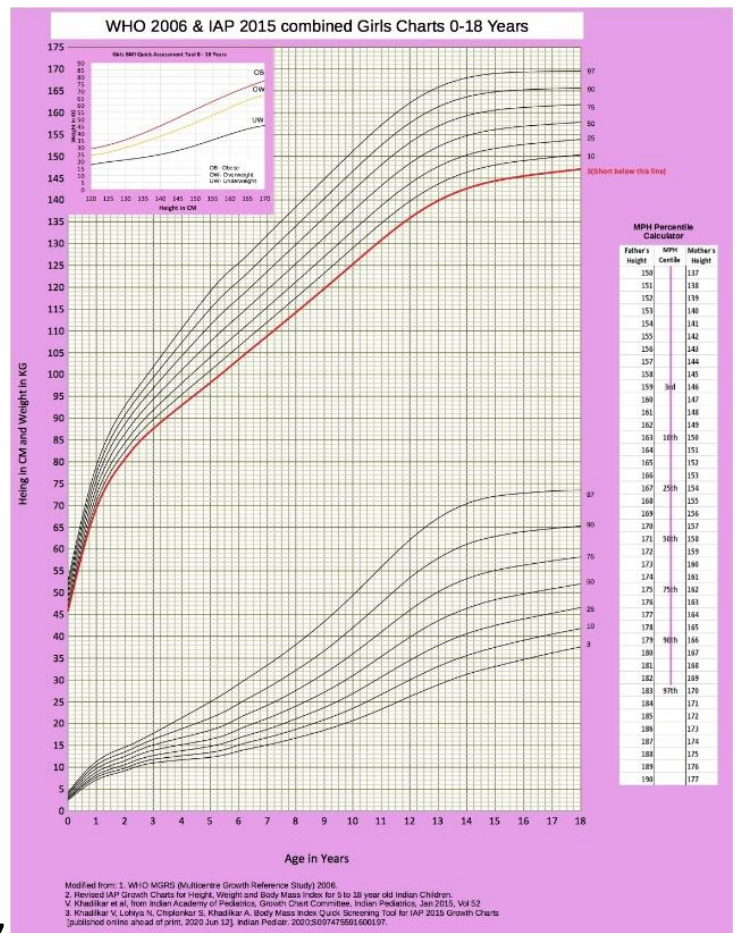
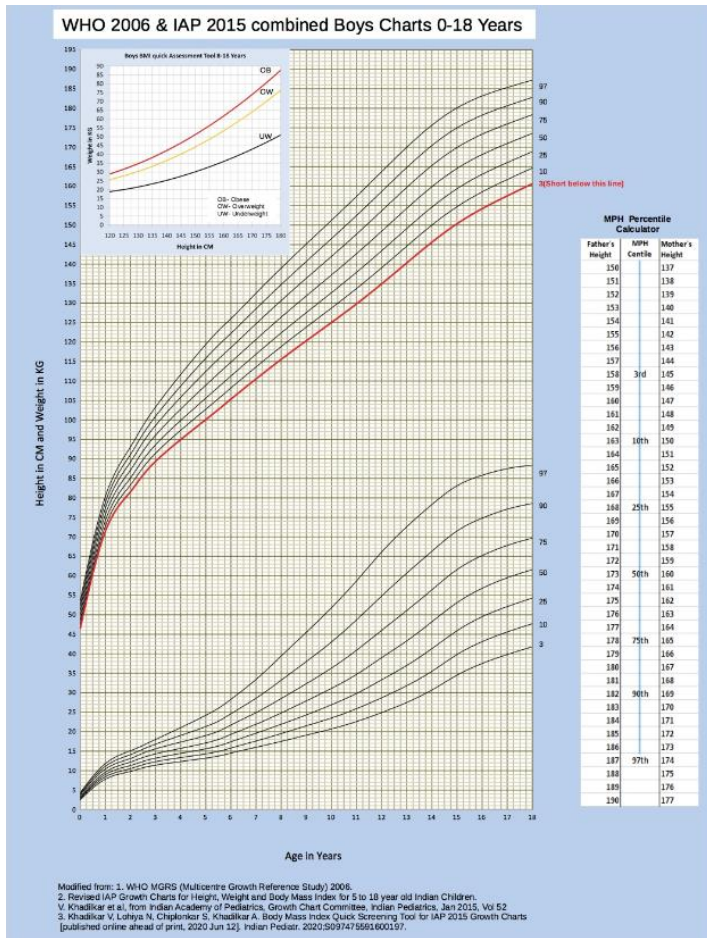
2. “When MAMTA team first visited my home, they provided me with a health card with height and weight measurements. I tore the card down and sent them out of my home. They tried to convince me but I did not listen. Later, when I saw the activities going on in the neighborhood, I went back to MAMTA team and requested them to include my child in the activities too. Since then I am also providing MAMTA team the space for organising sessions also.”

- ***Asha, Mother of Manjeet (7 years old beneficiary, Male), Delhi***

3. “My son Ravi is 13 years’ old. He was very weak and was found to be malnourished during the health screening camp held in December 2021. After that, MAMTA’s field coordinator started coming to my home 3-4 times a week. They provided my child with supplements as well as regular counselling. As a result of that, Ravi is now healthier than before and his weight and height has also improved, all thanks to MAMTA and DFM Foods.”

- ***Sunita Devi, Mother of Ravi (13 years old beneficiary, Male), Delhi***

## Annexure 2: WHO, IAP Growth charts



## Annexure 3: Ethical clearance certificate

30th July, 2021

Ref: MERB/August-2021/003

Dr. Prasanta Bandyopadhyay  
Deputy Director  
MAMTA Health Institute for Mother and Child  
B-5, Greater Kailash Enclave – II  
New Delhi – 110048

Dear Dr. Prasanta Bandyopadhyay

The MAMTA Internal Review Board (MIRB) reviewed and discussed application to conduct the study entitled “Improving the nutritional status of children in selected urban villages of Delhi and Uttar Pradesh” presented by Ms. Anusha Sharma on 16<sup>th</sup> July, 2021.

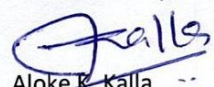
The following MIRB members were present in the meeting held on 16<sup>th</sup> July, 2021 at 3:00 PM.

1. Prof. Alope Kumar Kalla: Chairperson, Prof. Emeritus, Department of Anthropology, University of Delhi; Ex member of the 1<sup>st</sup> Ethical Committee of ICMR (HQ)
2. Dr. Saraswathy Kallur; ~~Assistant~~ Professor, Department of Anthropology, University of Delhi, New Delhi
3. Dr. Prasanta Bandyopadhyay: Deputy Director-Programs, MAMTA HIMC, New Delhi
4. Dr. Nishtha Kathuria: Assistant Director, MAMTA HIMC, New Delhi
5. Dr. Ranajit Sengupta: Assistant Director, MAMTA HIMC, New Delhi
6. Mr. Chandrashekhar: Regional Manager and MRB member, MAMTA HIMC, New Delhi
7. Dr. Priyanka Garg: Senior Regional Manager and MIRB member, MAMTA HIMC, New Delhi
8. Dr. Shumayla: Regional Manager and MIRB member, MAMTA HIMC, New Delhi
9. Ms. Shobhit Shrivastava: Regional Manager, MAMTA HIMC, New Delhi

The modifications to the proposed research are approved, and field work may continue based on the currently revised protocol and data collection/intervention tools.

The MAMTA Internal Review Board (MIRB) expects to be informed about the progress of the study, any adverse events occurring in the course of the study, any changes in the protocol and tools and asks to be provided a copy of the final report.

Yours sincerely,



Alope K. Kalla  
Chairperson, Prof. Emeritus  
Department of Anthropology  
University of Delhi  
Ex. member of the 1st Ethical Committee of ICMR (HQ)

## Annexure 4: Tool for baseline survey

<p>12/15/21, 3:45 PM वेसलाइन प्रशावली-डीएफएम परियोजना Phase-II</p> <h3>बेसलाइन प्रशावली-डीएफएम परियोजना Phase-II</h3> <p><b>परियोजना क्षेत्र</b></p> <p><input type="radio"/> उत्तर-पश्चिम दिल्ली</p> <p><input type="radio"/> नोएडा</p> <p><input checked="" type="radio"/> सखनऊ</p> <p><b>परियोजना उप क्षेत्र-दिल्ली</b></p> <p><input type="radio"/> किरारी सुरेमान नगर, प्रेम नगर-2, उत्तर-पश्चिम दिल्ली</p> <p><input type="radio"/> किरारी सुरेमान नगर, प्रेम नगर-3, उत्तर-पश्चिम दिल्ली</p> <p><b>परियोजना उप क्षेत्र-नोएडा</b></p> <p><input type="radio"/> नोएडा सेक्टर -8</p> <p><input type="radio"/> नोएडा सेक्टर -9</p> <p><input type="radio"/> नोएडा सेक्टर -10</p> <p><input type="radio"/> नोएडा सेक्टर -11</p> <p><b>परियोजना उप क्षेत्र-सखनऊ</b></p> <p><input checked="" type="radio"/> सखनऊ-दुग्गीर</p> <p><input type="radio"/> सखनऊ-लोलाई-2</p> <p>विशेष पहचान संख्या (प्रतिभागी आईडी) के लिए परियोजना उप क्षेत्र का कोड लिखें: किरारी सुरेमान नगर, प्रेम नगर-2, उत्तर-पश्चिम दिल्ली=A; किरारी सुरेमान नगर, प्रेम नगर-3, उत्तर-पश्चिम दिल्ली=B; नोएडा सेक्टर -8=C; नोएडा सेक्टर -9=D; नोएडा सेक्टर -10=E; नोएडा सेक्टर -11=F; सखनऊ-दुग्गीर=G; सखनऊ-लोलाई-2=H</p> <p>विशेष पहचान संख्या (प्रतिभागी आईडी)</p> <p>U0001</p> <p>साक्षात्कार की तिथि</p> <p>2021-10-19</p> <p>साक्षात्कारकर्ता का नाम</p> <p>Mithlesh</p> <p>सुरक्षावाहक का नाम</p> <p>Shrutli</p> <p><a href="https://ee.kobotoolbox.org/a/VUJan0a">https://ee.kobotoolbox.org/a/VUJan0a</a> 1/13</p>	<p>12/15/21, 3:45 PM वेसलाइन प्रशावली-डीएफएम परियोजना Phase-II</p> <p>ध्यान दें: यन्त्रों में प्रस्तावित डेटा इन्टीग्रिटी फॉर मटर (डिफ़ाउल्ट (MAMTA-HMAC)) हो है। हम देखा 48 में लोगों के साथ विभिन्न प्रकार के शोध कार्य करते हैं। यदि आप में हम आता के क्षेत्र में एकीकृत पोषण, स्वास्थ्य और WASH की रिकॉर्ड को समझना चाहते हैं। हम स्थापना करने यदि आप कुछ सहायता के जवाब देने के लिए कुछ समय दें।</p> <p>उपखाना का नाम</p> <p>Geeta</p> <p>हैडमार्क के साथ उपखाना का विस्तृत नाम</p> <p>536, 111</p> <p>नौपीनस निर्देशांक</p> <p>0.000001 0.000001 0 0</p> <p>latitude (x,y)</p> <p>-0.000001</p> <p>longitude (x,y)</p> <p>0.000001</p> <p>altitude (m)</p> <p>accuracy (m)</p> <p>उपखाना का गीसडाल न</p> <p>7711671628</p> <p>सुरक्षित बच्चे का नाम (6-14 वर्ष)</p> <p>rr</p> <p>सुरक्षित बच्चे का फर्क</p> <p><input checked="" type="radio"/> बर्द्धमान में स्कूल जाने वाले (SC)</p> <p><input type="radio"/> बर्द्धमान में स्कूल न जाने वाले (NSC)</p> <p>सुरक्षित बच्चे का लिंग</p> <p><input checked="" type="radio"/> पुरुष</p> <p><input type="radio"/> महिला</p> <p><a href="https://ee.kobotoolbox.org/a/VUJan0a">https://ee.kobotoolbox.org/a/VUJan0a</a> 2/13</p>
<p>12/15/21, 3:45 PM वेसलाइन प्रशावली-डीएफएम परियोजना Phase-II</p> <p>सुरक्षित बच्चे की आयु</p> <p>8</p> <p>सुरक्षित बच्चे के साथ उपखाना का संबंध</p> <p><input checked="" type="radio"/> सुरक्षित बच्चों (6-14 वर्ष) की माँ</p> <p><input type="radio"/> सुरक्षित बच्चों (6-14 वर्ष) के पिता</p> <p>मे आपकी आवश्यकता बनना चाहिए/चाहती है कि आपका नाम किसी भी तरह से आपके द्वारा प्रस्तुत की गई जानकारी के साथ जुड़ा नहीं होगा, और कोई भी जानकारी को नहीं करेगा, या इस जानकारी के आधार पर आपको कुछ भी बेवकूफ की कोशिश नहीं करेगा। यह हमारे संदर्भ के लिए विशुद्ध रूप से है।</p> <p><b>सहमति</b></p> <p><input checked="" type="radio"/> उपखाना में साक्षात्कार के लिए सहमति दी</p> <p><input type="radio"/> उपखाना में साक्षात्कार के लिए सहमति नहीं दी</p> <h2>सामाजिक-आर्थिक और जनसांख्यिकीय जानकारी</h2> <p>Q1. क्या आप कृपया मुझे बताएं कि पिछले जन्मदिन पर आप कितनी साल के हुए (आयु पूर्ण वर्षों में)?</p> <p>Q2. क्या आप मुझे बताएं कि आपके पति या पत्नी की उम्र पिछले जन्मदिन पर कितनी थी (आयु पूर्ण वर्षों में)?</p> <p>Q3. कृपया मुझे बताएं, आपकी शिक्षा का उच्चतम स्तर क्या है?</p> <p><input type="radio"/> कभी स्कूल नहीं गए</p> <p><input type="radio"/> प्राथमिक शिक्षा (एकरी-तीसरी कक्षा)</p> <p><input type="radio"/> मध्य शिक्षा (5 वीं-8 वीं कक्षा)</p> <p><input type="radio"/> हाई स्कूल (9-10 वीं कक्षा)</p> <p><input type="radio"/> विश्व माध्यमिक (11-12 वीं कक्षा)</p> <p><input type="radio"/> स्नातक और उससे ऊपर</p> <p><a href="https://ee.kobotoolbox.org/a/VUJan0a">https://ee.kobotoolbox.org/a/VUJan0a</a> 3/13</p>	<p>12/15/21, 3:45 PM वेसलाइन प्रशावली-डीएफएम परियोजना Phase-II</p> <p>Q4. कृपया मुझे बताएं, आपके पति या पत्नी की शिक्षा का उच्चतम स्तर क्या है?</p> <p><input type="radio"/> कभी स्कूल नहीं गए</p> <p><input type="radio"/> प्राथमिक शिक्षा (एकरी-तीसरी कक्षा)</p> <p><input type="radio"/> मध्य शिक्षा (5 वीं-8 वीं कक्षा)</p> <p><input type="radio"/> हाई स्कूल (9-10 वीं कक्षा)</p> <p><input type="radio"/> विश्व माध्यमिक (11-12 वीं कक्षा)</p> <p><input type="radio"/> स्नातक और उससे ऊपर</p> <p>Q5. कृपया मुझे बताएं, आपका धर्म क्या है?</p> <p><input type="radio"/> हिंदू</p> <p><input type="radio"/> मुसलमान</p> <p><input type="radio"/> ईसाई</p> <p><input type="radio"/> सिख</p> <p><input type="radio"/> अन्य (निर्दिष्ट करें)</p> <p>Q5_0 अन्य, निर्दिष्ट करें</p> <p>Q6. कृपया मुझे बताएं, आपकी केटेगरी (जाति) क्या है?</p> <p><input type="radio"/> अनुसूचित जाति</p> <p><input type="radio"/> अनुसूचित जनजाति</p> <p><input type="radio"/> अन्य पिछड़ा वर्ग</p> <p><input type="radio"/> सधारण</p> <p><input type="radio"/> पता नहीं/कह नहीं सकते</p> <p>Q6_DK/CS आपकी केटेगरी (जाति) क्या है (SURNAME निर्दिष्ट करें)</p> <p>Q7. कृपया मुझे बताएं, आपका मुख्य व्यवसाय क्या है?</p> <p><input type="radio"/> बेरोज़गार/पुश्किली</p> <p><input type="radio"/> अकुशल</p> <p><input type="radio"/> अर्द्धकाल</p> <p><input type="radio"/> कृषक</p> <p><input type="radio"/> स्व-नियोजित</p> <p><input type="radio"/> पेशेवर</p> <p><input type="radio"/> अन्य (निर्दिष्ट करें)</p> <p>Q7_0 अन्य, निर्दिष्ट करें</p> <p><a href="https://ee.kobotoolbox.org/a/VUJan0a">https://ee.kobotoolbox.org/a/VUJan0a</a> 4/13</p>

Q8 कृपया मुझे बताएं, आपके पति या पत्नी का मुख्य व्यवसाय क्या है?

- बेरोज़गार/पुश्किली
- अनुभव
- अर्थकृषक
- कौशल
- स्व-निर्भरता
- वेडेलर
- अन्य (निर्दिष्ट करें)

Q8.0 अन्य, निर्दिष्ट करें

Q9 कृपया मुझे बताएं, परिवार में कमाने वाले सदस्यों की कुल संख्या (मुख्य कमाने वाला सहित) कितनी है?

Q10 आपकी मासिक परिवारिक आय क्या है? (रुपये में)

Q11. A आपके परिवार में सदस्यों की कुल संख्या- ADULTS (18 साल से ऊपर के उम्र वाले)

Q11. B आपके परिवार में सदस्यों की कुल संख्या- CHILDREN (18 साल और उससे कम उम्र वाले)

## पोषण और स्वास्थ्य संबंधी जानकारी

अब मैं आपके भोजन के सेवन से संबंधित कुछ प्रश्न पूछना चाहता/चाहती हूँ, इसलिए कृपया निम्नलिखित प्रश्नों का उत्तर दें:

Q12 आप शाकाहारी या मांसाहारी हैं?

- शाकाहारी
- मांसाहारी

Q13 एक सप्ताह में आप कितने दिन मांसाहारी भोजन खाते हैं?

Q14 एक सप्ताह में आप कितने दिन सब्जी खाते हैं?

Q15 एक सप्ताह में आप कितने दिन फल खाते हैं?

Q16 पिछले एक सप्ताह में आपके सूचित बच्चों ने कितने दिन फल खाए?

Q17 अपने भोजन की आवश्यकता के लिए, क्या आप हर दिन चार बार भोजन लेते हैं? (निकल्प पढ़ें और पूछें क्या वह उन्हें हर दिन लेते हैं?)

Q17.A सुबह का भोजन

- हाँ
- नहीं

Q17.B दोपहर का भोजन

- हाँ
- नहीं

Q17.C शाम का भोजन

- हाँ
- नहीं

Q17.D रात का भोजन

- हाँ
- नहीं

Q18.A पिछले हफ्ते, क्या आपके सूचित बच्चों ने कोई भोजन नहीं खाया?

- हाँ
- नहीं

Q18.B आपके सूचित बच्चे ने कौन सा भोजन नहीं खाया? (एक से अधिक उत्तर संभव)

- सुबह का भोजन
- दोपहर का भोजन
- शाम का भोजन
- रात का भोजन

Q19 आपके सूचित बच्चे ने पिछले एक सप्ताह में कितने दिन इन भोजन को नहीं खाया?

Q31 क्या आप जानते हैं कि अगर आपका बच्चा कीड़े से संक्रमित हो तो क्या करना चाहिए?

- हाँ, अल्बेडोसॉल सिव बात है
- हाँ, डॉक्टर से मिलें
- नहीं

Q32 क्या आपने आयरन की गोली (IFA) के बारे में सुना है?

- हाँ
- नहीं

Q33 क्या सूचित बच्चे (6-14 वर्ष) ने पिछले महीने आयरन की गोली / IFA का सेवन किया था?

- नहीं किया
- प्रतिदिन किया
- सप्ताहिक किया
- महीने में एक बार किया
- कुछ दिनों के लिए किया

Q34-आपको यह आयरन की गोली कहाँ से मिली?

- स्कूल
- आखा
- ए एन एम
- अन्य (निर्दिष्ट करें)

Q34.0 अन्य निर्दिष्ट करें

## WASH संबंधित अभ्यास

Q35 कृपया मुझे बताएं, आप अपने हाथ कब कब धोते हैं? (एक से अधिक उत्तर संभव)

- शौचालय का उपयोग करने के बाद
- खाना खाने से पहले
- खाना खाने के बाद
- बच्चे को खाना खिलाते से पहले
- बच्चों के बीच धोने के बाद
- पटा नहीं / नहीं कह सकता

Q36 कृपया मुझे बताएं, आप हाथ धोने के लिए क्या इस्तेमाल कर रहे हैं?

- केवल पानी
- साबुन
- मिट्टी / राख
- अन्य (निर्दिष्ट करें)

Q36.0 अन्य निर्दिष्ट करें

Q37 कृपया मुझे बताएं, क्या आप हाथ धोने के सभी 7 चरणों का पालन कर रहे हैं? (हथेली, हथेली का ऊपरी हिस्सा, उंगली, उंगलियों का बीच का हिस्सा, पीछे से उंगलियों का बीच का हिस्सा, अंगूठे और कलाई) ?

- हाँ
- नहीं

Q38 कृपया मुझे बताएं, क्या आपके घर की सीमा के भीतर शौचालय है?

- हाँ
- नहीं

Q39 कृपया मुझे बताएं, क्या आप शौचालय का उपयोग करते हैं?

- हाँ
- नहीं

Q40 कृपया मुझे बताएं, शौचालय का उपयोग करते समय आप बचपन या बूढ़े पहनते हैं?

- हाँ
- नहीं

Q41 कृपया मुझे बताएं, क्या आपका सूचित बच्चा शौचालय इस्तेमाल करता है?

- हाँ
- नहीं

Q42 कृपया मुझे बताएं, शौचालय का उपयोग करते समय आपका सूचित बच्चा बचपन या बूढ़े पहनते हैं?

- हाँ
- नहीं

Q43 कृपया मुझे बताएं, क्या आपने फोर्टिफाइड खाद्य पदार्थों और / या आयोडीन युक्त नमक का उपयोग किया है? उदाहरण के लिए: आटा और नमक (अनाज) और दूध उत्पादों (उदाहरण के लिए कन वला वाले दूध पाउडर, विटामिन ए और डी के साथ दूध होते हैं)

- हाँ
- नहीं

Q44. सूचित बच्चों की हीमोग्लोबिन स्तर (Hgb/टीएस)

## Annexure 5: Agendas

### a) Training of the field staff for conducting baseline and health screening

Venue: Board Meeting Room (2<sup>nd</sup> floor)

Date: 18-08-2021

Timing: 10.00 AM - 04.00 PM

DAY 1		
Timing	Topics	Instructor
10:00-10:20 AM	Introduction	Field staffs
10:20-10:30 AM	Purpose of the training and expectation	Dr Prasanta Bandyopadhyay
10:30-11:00AM	Brief about the Project (with focus on new activities in Year II)	Dr. Anusha Sharma
11:00-11:15 AM	Tea Break	
11:15-12:15 PM	Facilitation about baseline questionnaire	Dr. Ranajit Sengupta
12:15-1:00 PM	Revision and doubt clearing on baseline questionnaire	Dr. Nishtha Kathuria
01:00-02:00 PM	Lunch	
02:00-03:00 PM	How to measure weight and height	Dr. Anusha Sharma
03:00-03.30 PM	Summarizing the key lessons learnt and session on management of bills and finances	Mr Mithlesh Kumar
03.30-04.00 PM	High tea	
DAY 2		
Timing	Topics	Instructor
10:00-10:20 AM	Recap of Day-1	Field staffs
10:20-11:00 AM	Roles and Responsibilities in field and Learnings from Year I	Dr Anusha Sharma Ms Shruti Arya
11:00-12:00 PM	Exercise on collecting data on tablet, and measuring height and weight	Dr Anusha Sharma
12:00-12.10 PM	Tea break	
12.10-1.10 PM	Mock interview /Practices and data entry download	Dr. Ranajit Sengupta
01:10-02:10 PM	Lunch break	
02:10-03:10 PM	Group exercise	Field staff
03:10-04.00 PM	Conclusion and feedback from the participants	Mr Mithlesh Kumar

**b) Celebration of International Yoga Day**

Date: 21/05/2021

Time: 03:00 to 4:22 PM

Total number of Sessions: 3

Venue: Sector-8 Gautam Buddha Nagar, Uttar Pradesh

Stakeholders: Beneficiaries and Stakeholder

No. of Participants: 30

<b>Session 1</b>			
<b>S. No</b>	<b>Activity</b>	<b>Time</b>	<b>Facilitated by</b>
1	Welcome note –Introduction and Brief about the project	03:00-03:05PM	Shruti Arya, PC
2	Brief about the International Yoga day and Yoga Session	03:05-03:15PM	Yoga Instructor
3	Slogan writing competition	03:15-03:20PM	Kajal Kain, FC
4	Concluding remarks	03:20-03:22PM	Pooja Sharma, FC
<b>Session -2</b>			
1	Welcome note –Introduction and Brief about the project	03:30-03:35PM	Pooja Sharma, FC
2	Brief about the International Yoga day and Yoga Session	03:35-03:45PM	Yoga Instructor
3	Slogan writing competition	03:45-03:50PM	Shruti Arya, PC
4	Concluding remarks	03:50-03:52PM	Kajal Kain, FC
<b>Session -3</b>			
1	Welcome note –Introduction and Brief about the project	04:00-04:05PM	Kajal Kain, FC
2	Brief about the International Yoga day and Yoga Session	04:05-04:15PM	Yoga Instructor
3	Slogan writing competition	04:15-04:20PM	Pooja Sharma, FC
4	Concluding remarks	04:20-04:22PM	Shruti Arya, PC

Date: 21/05/2021

Time: 03:00 to 4:22 PM

Total number of Sessions: 3

Venue: Village Juggaur Lucknow, Uttar Pradesh

Stakeholders: Beneficiaries and Stakeholder

No. of Participants: 30

<b>Session 1</b>			
<b>S. No</b>	<b>Activity</b>	<b>Time</b>	<b>Facilitated by</b>
1	Welcome note –Introduction and Brief about the project	03:00-03:05PM	Niraj, FC
2	Brief about the International Yoga day and Yoga Session	03:05-03:15PM	Yoga Instructor
3	Slogan writing competition	03:15-3:20PM	Shakshi Dubey, FC
4	Concluding remarks	03:20-03:22PM	Niraj, FC

<b>Session -2</b>			
1	Welcome note –Introduction and Brief about the project	03:30-03:35PM	Shakshi Dubey,
2	Brief about the International Yoga day and Yoga Session	03:35-03:45PM	Yoga Instructor
3	Slogan writing competition	03:45-3:50PM	Niraj, FC
4	Concluding remarks	03:50-03:52PM	Shakshi Dubey, FC
<b>Session -3</b>			
1	Welcome note –Introduction and Brief about the project	04:00-04:05PM	Niraj, FC
2	Brief about the International Yoga day and Yoga Session	04:05-04:15PM	Yoga Instructor
3	Slogan writing competition	04:15-4:20PM	Shakshi Dubey, FC
4	Concluding remarks	04:20-04:22PM	Niraj, FC

**Date:** 21/05/2021

**Time:** 11:00 AM to 12:22 PM

Total number of Sessions: 3

**Venue:** Prem Nagar 2<sup>nd</sup> Kirari Suleman Nagar, North West Delhi

**Stakeholders:** Beneficiaries and Stakeholder

No. of Participants: 30

<b>Session 1</b>			
<b>S. no</b>	<b>Activity</b>	<b>Time</b>	<b>Facilitated by</b>
1	Welcome note –Introduction and Brief about the project	11:00-011:05PM	Sonam, FC
2	Brief about the International Yoga day and Yoga Session	11:05-011:15PM	Yoga Instructor
3	Slogan writing competition	11:15-11:20PM	Nupur, FC
4	Concluding remarks	11:20-0:22PM	Sonam, FC
<b>Session -2</b>			
1	Welcome note –Introduction and Brief about the project	11:30-011:35PM	Nupur, FC
2	Brief about the International Yoga day and Yoga Session	11:35-011:45PM	Yoga Instructor
3	Slogan writing competition	11:45-11:50PM	Sonam, FC
4	Concluding remarks	11:50-11:52PM	Nupur, FC
<b>Session -3</b>			
1	Welcome note –Introduction and Brief about the project	12:00-12:05PM	Sonam, FC
2	Brief about the International Yoga day and Yoga Session	12:05-12:15PM	Yoga Instructor
3	Slogan writing competition	12:15-12:20PM	Nupur, FC
4	Concluding remarks	12:20-12:22PM	Sonam, FC

**c) Fight COVID-19 (awareness session on Covid-19 prevention and distribution of soap & facemask)**

Date: 5/07/2021

Time: 11:00 AM to 01:15 PM

Total number of Sessions: 2

Venue: K1 Block Aanganwadi center -17 and 18 Prem Nagar 2<sup>nd</sup> Kirari Suleman Nagar, North West Delhi

Stakeholders: Beneficiaries, Lady Supervisor, AWW, ASHA worker and AWH

Total number of participants: 70

Session-1			
S.N.	Activity	Time	Facilitated by
1	Welcome note –Introduction and Brief about the project	11:00 to 11:15 AM	Sonam, FC
2	Awareness session on Covid-19 prevention	11:15 to 11:45AM	Nupur, FC
3	Distribution of soap & face mask	11:45 to 11:55AM	Lady Supervisor
4	Concluding remarks	11:55 to 12:00PM	Sonam, FC
Session -2			
1	Welcome note –Introduction and Brief about the project	12:15 to 12:30PM	Nupur, FC
2	Awareness session on Covid-19 prevention	12:30 to 1:00 PM	Sonam, FC
3	Distribution of soap & face mask	1:00 to 01:10 PM	AWW
4	Concluding remarks	1:00 to 01:15 PM	Nupur, FC

**d) Agenda for celebration of World food day**

Date: 18/10/2021

Time: 01:00 to 2:00 PM

Venue: Sector-11, Gautam Buddha Nagar

Stakeholders: Beneficiaries and Stakeholder

S.N.	Activity	Time	Facilitated by
1	Welcome note –Introduction and Brief about the project	01:00-01:10PM	Vandana, Field coordinator
2	Brief about the World food day	01:10-01:20PM	Kajal, Field coordinator
3	Discussion over food safety, WASH, health and nutrition	01:20-01:35PM	Vandana, Field coordinator
4	Health and nutrition based games	01:35-01:45PM	Kajal, Field coordinator
6	Prize distribution	01:45-01:55PM	Community leader
7	Concluding remarks	01:55-02:00PM	Vandana, Field coordinator

**Date:** 18/10/2021

**Time:** 01:00 to 2:00 PM

**Venue:** Kirari Prem Nagar 2<sup>nd</sup>, North West Delhi

**Stakeholders:** Beneficiaries and Stakeholder

S.N.	Activity	Time	Facilitated by
1	Welcome note –Introduction and Brief about the project	01:00-01:10PM	Nupur, Field coordinator
2	Brief about the World food day	01:10-01:20PM	Babli, Field coordinator
3	Discussion over food safety, WASH, health and nutrition	01:20-01:35PM	Nupur, Field coordinator
4	Health and nutrition based games	01:35-01:45PM	Babli, Field coordinator
6	Prize distribution	01:45-01:55PM	AWW/ASHA worker
7	Concluding remarks	01:55-02:00PM	Nupur, Field coordinator

**Date:** 18/10/2021

**Time:** 01:00 to 2:00 PM

**Venue:** Lolai, Lucknow

**Stakeholders:** Beneficiaries and Stakeholder

S.N.	Activity	Time	Facilitated by
1	Welcome note –Introduction and Brief about the project	01:00-01:10PM	Niraj (FC)
2	Brief about the World food day	01:10-01:20PM	Vibha (FC)
3	Discussion over food safety, WASH, health and nutrition	01:20-01:35PM	Niraj (FC)
4	Health and nutrition based games	01:35-01:45PM	Vibha (FC)
6	Prize distribution	01:45-01:55PM	AWW/ASHA worker
7	Concluding remarks	01:55-02:00PM	Niraj (FC)

**e) Agenda for celebration of thematic day – International Children’s Day (20 November 2021)**

**Date:** 23/11/2021

**Time:** 01:00 to 2:00 PM

**Venue:** Sector-8, Gautam Buddha Nagar

**Stakeholders:** Beneficiaries and Stakeholder

No. of Participants: 35

S.N.	Activity	Time	Facilitated by
1	Welcome note –Introduction and Brief about the project	01:00-01:10PM	Vandana (FC)
2	Brief about the World children’s day	01:10-01:20PM	Kajal (FC)
3	Discussion over child rights, WASH, health and nutrition	01:20-01:35PM	Vandana (FC)
4	Poster competition	01:35-01:45PM	Kajal (FC)
6	Prize distribution	01:45-01:55PM	Community leader
7	Concluding remarks	01:55-02:00PM	Vandana (FC)

**Date:** 22/11/2021

**Time:** 01:00 to 2:00 PM

**Venue:** Kirari Prem Nagar 2, North West Delhi

**Stakeholders:** Beneficiaries and Stakeholder

No. of Participants: 40

S.N.	Activity	Time	Facilitated by
1	Welcome note –Introduction and Brief about the project	01:00-01:10PM	Nupur (FC)
2	Brief about the World children’s day	01:10-01:20PM	Babli (FC)
3	Discussion over child rights, WASH, health and nutrition	01:20-01:35PM	Nupur (FC)
4	Poster competition	01:35-01:45PM	Babli (FC)
6	Prize distribution	01:45-01:55PM	AWW/ASHA worker
7	Concluding remarks	01:55-02:00PM	Nupur (FC)

**Date:** 23/11/2021

**Time:** 01:00 to 2:00 PM

**Venue:** Juggaur, Lucknow

**Stakeholders:** Beneficiaries and Stakeholder

No. of Participants: 35

S. No.	Activity	Time	Facilitated by
1	Welcome note –Introduction and Brief about the project	01:00-01:10PM	Saroj (FC)
2	Brief about the World children’s day	01:10-01:20PM	Shakshi (FC)
3	Discussion over child rights, WASH, health and nutrition	01:20-01:35PM	Saroj (FC)
4	Poster competition	01:35-01:45PM	Shakshi (FC)
6	Prize distribution	01:45-01:55PM	AWW/ASHA worker
7	Concluding remarks	01:55-02:00PM	Saroj (FC)

**e) Agenda- Orientation of Field Staff for conducting BCC-2 session with 6-14 years' age group beneficiaries**

**Date:** 19/02/2022

**Time:** 10:00 AM – 11:00 AM

Timing	Topics	Instructor
10:00-10:10	Recap of BCC session 1	Mr. Mithlesh Kumar
10:10-10:20	Dietary diversity	Ms. Shruti
10:20-10:30	Macro and micro nutrient	Dr. Akshay Thakur
10:30-10:40	Tri-colour food	Ms. Shruti
10:40-10:50	WASH ( Water, sanitation and hygiene)	Dr. Akshay Thakur
10:50-10:55	Feedback from the participants	Filed staff
10:55-11:00	Conclusion	Mithlesh Kumar

**f) Agenda- Orientation of Vendor's field staff for Distribution of SAJAG Aahar (Nutrients supplement)**

**Date:** 23/02/2022

**Time:** 04:00 PM – 05:00 PM

Timing	Topics	Instructor
04:00–04:10	Introduction and brief about the Project	Mr. Mithlesh Kumar
04:10–04:20	Distribution of SAJAG Aahar to the identified children ( SAM and MAM category children)	Dr. Akshay Thakur
04:20–04:30	Distribution plan	Ms. Shruti
04:30–04:40	Role and responsibilities of the field staff	Dr. Akshay Thakur
04:40–04:45	Follow-up visit	Ms. Shruti
04:45–04:55	Doubt clearing on distribution plan	Ms. Shruti
04:55–05:00	Conclusion	Mr. Mithlesh Kumar

**g) Agenda- Orientation of Field Staff for conducting BCC session with 6-14 years' age group beneficiaries**

**Date:** 22/03/2022

**Time:** 10:00 AM – 11:00 AM

Timing	Topics	Instructor
10:00-10:10	Recap of BCC session 2	Mr. Mithlesh Kumar
10:10-10:20	Anemia: Introduction, causes and symptoms	Ms. Shruti
10:20-10:30	Anemia test and control	Ms. Babli
10:30-10:40	Iron and Iron folic acid supplement	Dr. Akshay Thakur
10:40-10:50	Deworming	Ms. Kavita Shukla
10:50-10:55	Feedback from the participants	Filed staff
10:55-11:00	Conclusion	Mithlesh Kumar

## Agenda for celebration of thematic day – International women’s day (8<sup>th</sup> March 2022)

**Date:** 08/03/2022

**Time:** 11:00 AM to 12:00 PM

**Venue:** Sector-9, Gautam Buddha Nagar

**Stakeholders:** 6-14 years’ age group children, Frontline workers and community leader

S. No.	Activity	Time	Facilitated by
1	Welcome note –Introduction and Brief about the project	11:00-11:10 AM	Sonam (FC)
2	Brief about the International women’s day	11:10-11:20 AM	Kavita (FC)
3	Perspectives of beneficiaries	11:20-11:40 AM	6 to 14 years’ age group girls
4	Rally	11:40-11:55 AM	Beneficiaries, MAMTA team and stakeholders
5	Concluding remarks	11:55-12:00 PM	Sonam (FC)

**Date:** 08/03/2022

**Time:** 11:00 AM to 12:00 PM

**Venue:** Juggaur, Lucknow

**Stakeholders:** 6-14 years’ age group children, Frontline workers and community leader

S. No.	Activity	Time	Facilitated by
1	Welcome note –Introduction and Brief about the project	11:00-11:10 AM	Niraj (FC)
2	Brief about the International women’s day	11:10-11:20 AM	Saroj (FC)
3	Perspectives of beneficiaries	11:20-11:40 AM	6 to 14 years’ age group girls
4	Rally	11:40-11:55 AM	Beneficiaries, MAMTA team and stakeholders
5	Concluding remarks	11:55-12:00 PM	Niraj (FC)

**Date:** 08/03/2022

**Time:** 11:00 AM to 12:00 PM

**Venue:** Prem Nagar 2<sup>nd</sup>, North West Delhi

**Stakeholders:** 6-14 years’ age group children, Frontline workers and community leader

S. No.	Activity	Time	Facilitated by
1	Welcome note –Introduction and Brief about the project	11:00-11:10 AM	Nupur (FC)
2	Brief about the International women’s day	11:10-11:20 AM	Babli (FC)
3	Perspectives of beneficiaries	11:20-11:40 AM	6 to 14 years’ age group girls
4	Rally	11:40-11:55 AM	Beneficiaries, MAMTA team and stakeholders
5	Concluding remarks	11:55-12:00 PM	Nupur (FC)

## Annexure 6: Media coverage



**Image 1:** National nutrition month activity covered by Chetna manch Newspaper at Gautam Buddha Nagar



**Image 2:** National nutrition month activity covered by Dainik chandrahar Times Newspaper at Gautam Buddha Nagar

### विश्व आहार दिवस पर मदर एण्ड चाइल्ड का कार्यक्रम, बच्चों को स्वस्थ रखने के बताए उपाय

Oct 19, 2021



कार्यक्रम में 6 से 14 साल के बच्चों को स्वस्थ रखने के लिए उपाय बताए

india emotions, लखनऊ। विश्व आहार दिवस पर चिनहट बलौक के लौलाई-1 पंचायत भवन में ममता हेल्थ इंस्टीट्यूट के द्वारा मदर एंड चाइल्ड का कार्यक्रम आयोजित किया गया। इस कार्यक्रम में 6 से 14 साल के बच्चों को स्वस्थ रखने के लिए उपाय बताए गए।

**Image 3:** Celebration of World food day activity covered by Amar Ujala, Lucknow



**Image 4:** Celebration of World food day activity covered by Rastriyasawroop, Lucknow



**Image 5:** Health screening activity Day-1 covered by Deshbandhu, Gautam Buddha Nagar



**Image 6:** Health screening activity Day-2 covered by Chandrhahar Times, Gautam Buddha Nagar



**Image 7:** Health screening activity Day-2 covered by Jan Sagar Today, Gautam Buddha Nagar



**Image 8:** Health screening activity Day-2 covered by Amar Ujala, Gautam Buddha Nagar