



DECEMBER NEWSLETTER



IMPAct *for*
Nutrition



**Engaging Businesses towards
Poshan 2.0**

IMPAct4Nutrition (14N) in collaboration with its partner Indian Institute of Corporate Affairs (IICA) hosted a pledge on "Adoption of good nutrition practices" on MyGov platform.

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

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



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

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

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

BOOST FIBER INTAKE WITH THESE 8 REMARKABLE FRUITS

Fibre is quite important for good digestion, maintaining a healthy weight, and reducing the risk of many diseases. Incorporating fiber-rich fruits into your daily diet isn't just about nutrition – it's about enjoying nature's delicious gifts while taking care of your health. In this article, we have highlighted eight extraordinary fruits that can revolutionize individuals' daily fiber intake.

Guava: Guava is often considered one of the highest-fibre fruits one can find. Just one medium-sized guava can provide up to 5 grams of fibre. Guavas are also rich in vitamin C, which boosts immunity. Whether it is raw or in smoothies, guavas are a great addition to any diet.

Papaya: Papaya is another fruit that is high in fibre. A single cup of papaya provides about 2.5 grams of fibre. This tropical fruit also contains an enzyme called papain, which helps in digestion, making it an excellent choice for gut health. It is perfect for a healthy breakfast or as a refreshing snack.

Bananas: Bananas are easily available in India and are a great source of fibre. A medium banana contains around 3 grams of fibre. Besides fibre, bananas are rich in potassium, which helps maintain heart health. Bananas are perfect for a quick snack and can also be added to cereals or smoothies.

Apples: Apples are well known for their health benefits, and one of them is their high fibre content. A medium apple can provide up to 4 grams of fibre, particularly if one eat the skin. Apples are also rich in antioxidants and help control blood sugar levels. They are easy to carry around as a healthy snack.

Pears: Pears are juicy, sweet, and high in fibre. Five to six grams of fibre, which is great for an individual's digestive system, can be found in a medium-sized pear. Pears are a fantastic choice for people trying to maintain a healthy weight because they are low in calories.

Chikoo: Chikoo, or sapodilla, is a fibre-rich fruit. A single chikoo can offer about 5 grams of fibre, and it's also a good source of vitamins like vitamins C and A. This sweet fruit is a great option for improving digestion and can be eaten fresh or used in shakes.

Orange: Oranges are known for their vitamin C content, but they also contain a fair amount of fibre. One medium-sized orange can provide about 3 grams of fibre. The citrusy fruit is also hydrating and great for immune health..

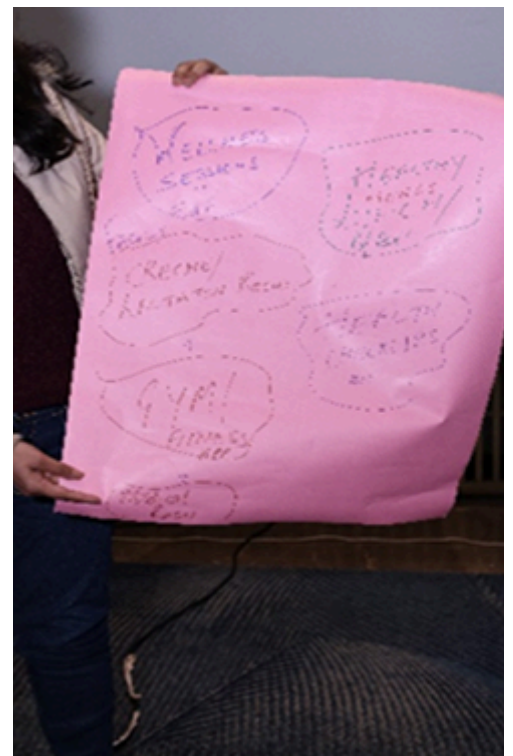
Pineapple: Another tropical fruit with a lot of fibre is the pineapple. About 2.3 grams of fibre can be found in a cup of fresh pineapple chunks. Bromelain, an enzyme that aids in digestion and lowers inflammation, is also abundant in this fruit.

Source: <https://timesofindia.indiatimes.com/life-style/food-news/>

WORKPLACE NUTRITION WORKSHOP: CREATING A BETTER WORKPLACE - ONE BITE AT A TIME

The IMPAct4Nutrition Secretariat in association with The Global Alliance for Improved Nutrition (GAIN) organized a workplace nutrition focused workshop titled 'Creating a better workplace: One bite at a Time'. This high-impact event marked a significant milestone in corporate wellness initiatives, bringing together influential decision-makers from across the industry spectrum.

The workshop was tailored for HR leaders and organizational decision-makers to explore the pivotal role of workforce nutrition in enhancing employee well-being and boosting organizational productivity. Through actionable insights, innovative tools, and inspiring success stories, the workshop aimed to equip leaders of the organization with the knowledge to prioritize nutrition as an integral part of their employee wellness programs. The workshop attracted an impressive roster of industry leaders, including executives from BN Group, HR Success Talk, Incredible Workplace, Somany Ceramics Limited, 3 Pillar Global, Technip Energies, Qyuki Digital Media, Woodland Aero Club Private Limited, Skidos among others.



Ms. Jyoti Jyotsana, Program Lead of the IMPAct4Nutrition Secretariat housed at Ank Foundation, set the tone with a compelling opening address. She articulated the intrinsic connection between workforce nutrition and organizational productivity, presenting IMPAct4Nutrition's strategic vision for transforming corporate nutrition landscapes. Her presentation illuminated the platform's success in mobilizing cross-sector partnerships and showcased innovative approaches to workforce engagement. She encouraged participants to strengthen their commitment by signing pledge and get associated with IMPAct4Nutrition platform.

Attendees from The Global Alliance for Improved Nutrition highlighted the session's importance as an opportunity for collaboration and innovation in workplace health and nutrition. The workshop's centerpiece was GAIN's comprehensive presentation on the Four Pillars of Workforce Nutrition, sharing successful case studies: (i) Healthy Food at Work, (ii) Nutrition Education, (iii) Health Check-ups, and (iv) Breastfeeding Support.



GAIN's representatives demonstrated how these pillars align with global nutrition goals while delivering measurable improvements in employee well-being and organizational performance. They highlighted the synergistic partnership with IMPAct4Nutrition platform, showcasing how this collaboration amplifies impact across corporate India.

Participants engaged in group activities focused on reflection and collaboration, analyzing challenges and developing innovative solutions for nutrition related interventions at workplace.

The workshop concluded with a clear consensus: workplace nutrition programs are not merely wellness initiatives but strategic investments in organizational success. Participants departed equipped with concrete tools, innovative strategies, and a renewed commitment to advancing nutrition-focused workplace transformations.

ENGAGING PUBLIC & PRIVATE SECTOR FOR TRANSFORMING ASPIRATIONAL BLOCKS AND CELEBRATION OF IMPACT4NUTRITION CHAMPIONS

One of the highlights of the year 2024 was the I4N event held on 6th December 2024, “Engaging Public & Private Sector for Transforming Aspirational Blocks and Celebration of IMPAct4Nutrition Champions.” This event brought together esteemed representatives from NITI Aayog, Ministry of Women and Child Development, Indian Institute of Corporate Affairs, Department of Public Enterprises, UNICEF India and other key stakeholders, including Pledged Partners, Initiative Partners, industry professionals, NGOs, and more. This gathering celebrated the exemplary contributions of I4N partners while fostering cross-sectoral collaboration to drive meaningful impact.

During the event, IMPAct4Nutrition Leadership Awards 2024 was presented to the IMPAct4Nutrition Champions which included- Metropolis Foundation, Adani Foundation, DCM Shriram Limited, Niramay Charitable Trust, Colgate-Palmolive (India) Limited, Arvind Limited, Tata Power-DDL, BUSINESSNEXT and Ambuja Foundation. These remarkable organizations have demonstrated extraordinary commitment to advancing nutrition and health in underserved communities.



Two panel discussions were held during the event: (i) Harnessing Frontier technologies and collaboration for Nutrition and (ii) Catalyzing Public-Private Collaborations for Transformative Change in Aspirational Blocks.

Moderated by Dr. Sameer Pawar, Nutrition Specialist at UNICEF India, the session titled 'Harnessing Frontier technologies and collaboration for Nutrition' focused on using advanced technologies and multi-stakeholder collaborations to tackle nutrition challenges.

Panelists included:

- Dr. Hemang Shah, Director, Child Health and Development, Children's Investment Fund Foundation (CIFF)
- Ms. Aman Pannu, President, DCM Shriram Foundation
- Mr. Niraj Kumar Lal, Head - CSR, Arvind Limited
- Mr. Bharat Chhabra, Chief - Social Impact Group, Tata Power-DDL
- Mr. Bhomik Shah, Founding Partner of IMPAct4Nutrition and CEO, CSRBOX

Panelists discussed the importance of nutrition, particularly in early childhood, and highlighted evidence-based interventions such as dietary practices, supplementation, and improvements in agriculture and basic services.

They addressed the challenges of implementing these interventions, especially in a diverse country like India, where a third of children are stunted and one-fifth are wasted.

During the discussion, Dr. Hemang Shah emphasized the potential of mobile health platforms and digital supply chains to improve nutrition delivery. Ms. Aman Pannu stressed the private sector's role in developing scalable solutions, while Mr. Bhomik Shah highlighted the importance of cross-sector collaboration to reach underserved areas. The session concluded with a call for integrated, technology-driven solutions to address global nutrition challenges effectively.

Moderated by Mr. Shubhrajyoti Bhowmik, Partnership Officer at UNICEF, the session titled 'Catalyzing Public-Private Collaborations for Transformative Change in Aspirational Blocks' brought together experts to explore public-private partnerships for addressing health and nutrition challenges in underserved regions.

Panelists included:

- Dr. Duru Sushil Shah, Metropolis Foundation
- Ms. Kavita Sardana, Adani Foundation
- Dr. Apurva Ratnu, Managing Trustee & MD, Niramay Charitable Trust
- Dr. Sujeet Ranjan, PhD, CEO, United Way
- Mr. Bhanu Prakash Semwal, CPSE Representative



The discussion emphasized the transformative power of collaboration in tackling health and nutrition challenges in underserved regions. Panelists highlighted how public-private partnerships can align resources and expertise to create sustainable solutions. Examples such as the Suposhan Project and Kangaroo Mother Care demonstrated the impact of integrating local stakeholders and aligning private sector initiatives with government programmes like Poshan 2.0.

The session underscored the need for coordinated efforts as key to achieving long-term health outcomes in aspirational blocks.

Distinguished speakers from UNICEF, government ministries, and key institutions converged to discuss collaborative frameworks and innovative solutions. The key note address highlighted critical initiatives like Mission Poshan 2.0, Anaemia Mukt Bharat, and IMPAct4Nutrition, emphasizing the importance of multi-stakeholder partnerships and technological interventions in combating nutrition problems across India.

Mr. Arjan de Wagt, Deputy Representative of the UNICEF India Country Office, delivered a powerful keynote address highlighting the critical role of partnerships in combating malnutrition. Emphasizing IMPAct4Nutrition platform's ACE framework, he stressed the importance of multi-stakeholder approaches to address nutritional challenges. He recommended practical interventions such as workplace nutrition awareness campaigns, regular health screenings, and promoting balanced dietary practices that emphasize essential nutrients. He advocated leveraging CSR to promote nutrition literacy and implement targeted interventions across communities. The address underscored the urgent need for action, particularly during children's first 1,000 days, to create lasting impacts on health and development.

Dr. Garima Dadhich from the Indian Institute of Corporate Affairs provided a vision for addressing nutritional challenges through collaborative frameworks. She outlined a comprehensive approach to nutrition, emphasizing the critical need for integrated strategies that leverage technological innovations, regulatory mechanisms, and cross-sector partnerships to drive sustainable societal development.

Ms. Kranti E. Khobragade, Deputy Secretary (Administration and Policy Division-II), Department of Public Enterprises, Ministry of Finance emphasized the critical role of corporate social responsibility in driving sustainable business practices and social development.

Dr. Deepak Londhe, Research Officer, Poshan Abhiyaan, Ministry of Women and Child Development, delivered a comprehensive address on the transformative Mission Poshan 2.0 initiative, highlighting India's innovative approach to combating child malnutrition through technological and community-driven interventions.

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Dr. Sumita Ghosh, Officer on Special Duty for Health at NITI Aayog explored nutrition as a fundamental human development challenge. Contextualizing her insights through the lens of roti, kapda, and makaan, she described the relationship between nutritional interventions and societal progress. Drawing attention to the lifecycle approach, Dr. Ghosh mapped nutritional imperatives across critical developmental stages - from maternal health to childhood resilience.



The event concluded in a powerful call for integrated, collaborative approaches, positioning nutrition as a critical lever of social transformation.

CATALYZING NUTRITION INTERVENTIONS IN JHARKHAND: SECOND CSR ROUNDTABLE

In a significant stride toward addressing nutrition challenges in Jharkhand, IMPAct4Nutrition (I4N) Secretariat, in collaboration with its initiative partner Ank Foundation, organized second CSR Roundtable in Jamshedpur. The event brought together prominent corporate entities including Tata Motors Limited, Kyocera Precision Tool India Private Limited, and Taj Hotels, establishing a robust platform for dialogue and action on nutrition interventions in the region.

Under the theme "Catalyzing Nutrition Interventions in Jharkhand through a strengthened CSR Ecosystem," the roundtable served as a dynamic forum for corporate and implementation partner leaders to share success stories and forge collaborative pathways. The presence of government officials, including the Child Development Project Officer of Chandil, added significant value to the discussions, bridging the gap between corporate initiatives and government efforts.

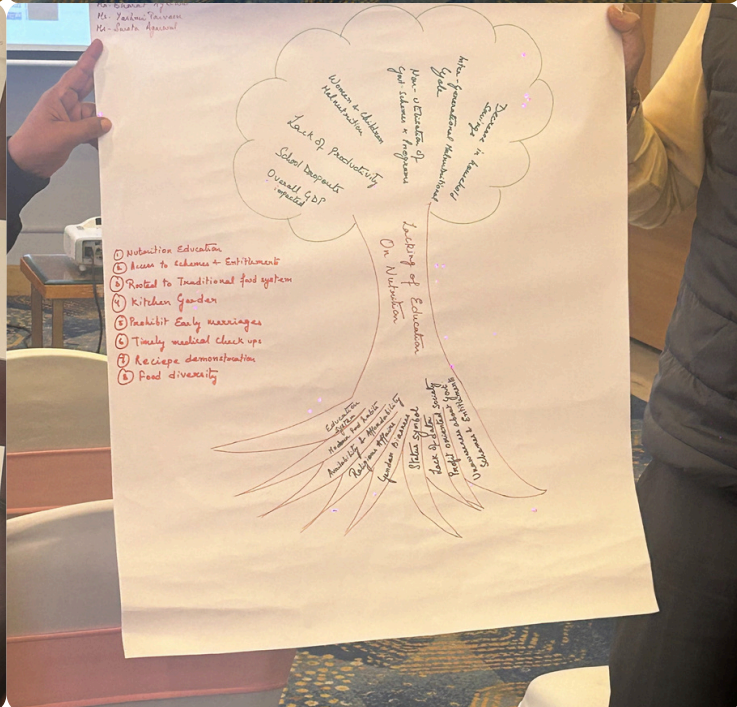
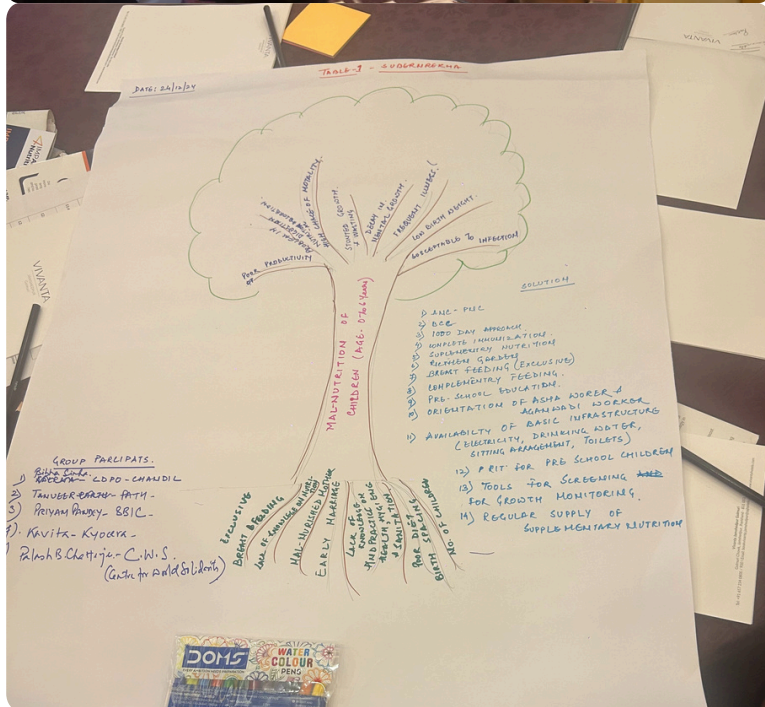


A highlight of the event was the innovative problem and solution tree analysis session, where participants collectively mapped nutrition challenges specific to Jharkhand's aspirational blocks and developed targeted solutions. This systematic approach helped identify key areas requiring immediate attention and intervention.

The IMPAct4Nutrition Secretariat team presented the transformative potential of their ACE card framework - Assets, CSR, and Employee engagement - demonstrating how strategic corporate investments in nutrition can create substantial impact, particularly in the aspirational blocks of Jharkhand. Special emphasis was placed on West Singhbhum district, where various CSR initiatives have already begun showing promising results.

Corporate participants shared valuable insights from their nutrition-focused CSR interventions, discussing both successes and challenges. The roundtable highlighted several community-driven programs that have successfully improved nutritional outcomes in Jharkhand's aspirational blocks, serving as models for future initiatives.

A key consensus emerging from the discussions was the critical need to strengthen Anganwadi Centres in the region. Participants unanimously agreed that enhancing these grassroots institutions would be fundamental to improving nutritional outcomes in local communities.



The roundtable facilitated meaningful exchanges on innovative models for CSR interventions in health and nutrition and strategies for scaling successful nutrition programs with an approach to maximize impact in aspirational blocks.

The event concluded with participating organizations expressing their commitment to strengthening nutrition interventions in the region, promising a future of more coordinated and effective action against under nutrition in Jharkhand.

NUTRITION & HYGIENE AWARENESS SESSION AT TATA POWER DDL

The IMPAct4Nutrition Secretariat, through one of its key initiative partner Ank Foundation, organized a comprehensive nutrition awareness session at Tata Power DDL, marking a significant stride toward addressing nutritional challenges in the workplace and at community level.



The session brought together over 250 participants, including members of Tata Power DDL's administration and HR teams, alongside dedicated ABHA workers. The session was designed to illuminate the profound and multifaceted impact that proper nutrition can have on individuals' health, energy levels, and overall productivity.

A key focus of the session was promoting sustainable healthy eating habits that can be easily incorporated into daily routines. We emphasized the importance of seasonal eating, particularly highlighting the nutritional bounty of winter vegetables. Special attention was given to the benefits of green leafy vegetables like spinach, mustard greens, and fenugreek leaves, which are abundantly available during winter months and pack essential vitamins, minerals, and fiber crucial for immune system support and overall health.

The discussion encompassed practical dietary guidelines, including the importance of balanced meals, proper portion sizes, and the benefits of including diverse, colorful vegetables in daily meals. Participants learned how these simple yet effective dietary changes could significantly impact their energy levels and long-term health outcomes.

Beyond nutrition, the session addressed personal hygiene practices, with special attention given to dental care for both adults and children – highlighting the interconnected nature of these health aspects. The comprehensive approach emphasized how proper nutrition and hygiene work hand in hand to enhance overall well-being.



One of the session's highlights was an engaging Q&A segment, where participants, particularly women, actively sought solutions to common health and nutrition challenges. The interactive nature of this segment allowed for practical, actionable advice that participants could immediately implement in their daily lives.

The session not only provided valuable information but also fostered a supportive environment where participants felt comfortable discussing their health concerns and seeking guidance.

NUTRITION AND WELLNESS SESSION WITH ANGANWADI WORKERS OF BN WELFARE FOUNDATION

In a powerful move to tackle the urgent issue of poor nutrition, IMPAct4Nutrition Secretariat through Ank Foundation, one of its key initiative partners joined forces with the BN Welfare Foundation to broaden its impact.



This strategic collaboration resulted in the creation of a highly engaging and insightful nutrition awareness session tailored specifically for the BN Welfare Foundation's administration and HR team, alongside their dedicated Anganwadi workers. The session was designed to inspire, educate, and equip these key stakeholders with the tools and knowledge needed to make a meaningful difference in the fight against poor nutrition, fostering a healthier and more informed community.

Set against the backdrop of historic Agra, the session brought together an impressive gathering of over 150 dedicated Anganwadi workers representing 21 different centers. The carefully crafted program focused on deepening participants' understanding of nutrition's pivotal role in maintaining optimal health, empowering these frontline workers to become effective change-makers in their communities. Through engaging discussions, participants explored the intricate relationship between proper nutrition and overall well-being, examining both the root causes and far-reaching consequences of poor dietary practices.

A cornerstone of the session was its comprehensive coverage of breastfeeding, where Anganwadi Workers gained valuable insights into its tremendous benefits for both infants and mothers. The importance of exclusive breastfeeding during the first six months was highlighted as crucial for infant development and immunity building, while also emphasizing its long-term health advantages for mothers.

To further enrich the session, a specially curated video presentation on anemia was showcased. The compelling visual content effectively illustrated the causes, symptoms, and potential risks associated with this common condition. The presentation offered practical solutions for combating anemia through proper nutrition, spotlighting iron-rich foods such as spinach, lentils, eggs, and fortified cereals. The session also emphasized the synergistic benefits of consuming Vitamin C-rich foods like oranges, tomatoes among others to maximize iron absorption.



The interactive nature of the session, supported by comprehensive visual aids, ensured optimal comprehension of these vital concepts. Anganwadi workers departed equipped with practical strategies to educate families in their communities, armed with knowledge about improved dietary practices to prevent anemia and promote holistic health. This impactful session inspired them to advocate for healthier lifestyles, benefiting both children and adults alike.

The response from the Anganwadi workers was overwhelmingly positive. They commended the session for its insightful content, engaging delivery, and practical relevance to their daily responsibilities within the community. Their enthusiasm reflected the session's success in providing valuable tools for community health enhancement.

PLEGDED PARTNERS DECEMBER 2024

HRSUCCESSTALK®

HR SUCCESS TALK

HR SUCCESS TALK is an organization which connects HR professionals across the world to make them better professionals every day. The platform shares ideas in diverse ways and brings people together who have an interest in talent management, people management, and organizational development practices.

INCREDIBLE™
WORKPLACES

Incredible Workplaces

Established in the year 2024, Incredible Workplaces is a pioneering company dedicated to evaluating and certifying organizations based on their workplace culture.



PLEGDED PARTNERS DECEMBER 2024

Escorts Kubota Limited

Started in the year 1944, Escorts Kubota Limited, formerly Escorts Limited, is an Indian multinational conglomerate that operates in the sectors of agricultural machinery, construction machinery, material handling, and railway equipment.

Eagle Trans Group

Started in the year 1984, Eagle Trans Group is a dedicated local freight forwarder with the global presence and synergy. It is involved in the business of sea logistics, air logistics, land logistics, warehousing among others.

Fable Street Lifestyle Solutions Private Limited

Fable Street Lifestyle Solutions Private Limited is based in Gurugram and engaged in the business of manufacturing of cloths.

Qyuki Digital Media Private Limited

Qyuki Digital Media Private Limited is one of the largest and prominent digital media and entertainment company. It is engaged in the business of online audio and video media.

Woodland (Aero Club) Private Limited

Entered in the year 1992 in the Indian Market, Woodland (Aero Club) Private Limited is a leading manufacturer of leather and related products and is involved in the manufacturing of boots, sneakers, slippers, shirts, sweaters among others.

Juken UniProducts Private Limited

Started in the year 2005, Juken UniProducts Private Limited specialises in manufacturing a wide variety of precision moulded plastic components that require a high degree of accuracy and durability which are used in audio/video, office, automotive and medical equipment, as well as cameras and wrist watches.

RECIPE FOR THOUGHT

Bajra ke Ladoo (Source- NCEARD)



Preparation Time: 15-20 mins



Serves: 4
pieces



Ingredients

1. Bajra Flour- 30 g
2. Besan- 10 g
3. Oil- 15 g
4. Seedless Dates- 10 g
5. Water- 75 ml
6. Cardamom- 2.5 g

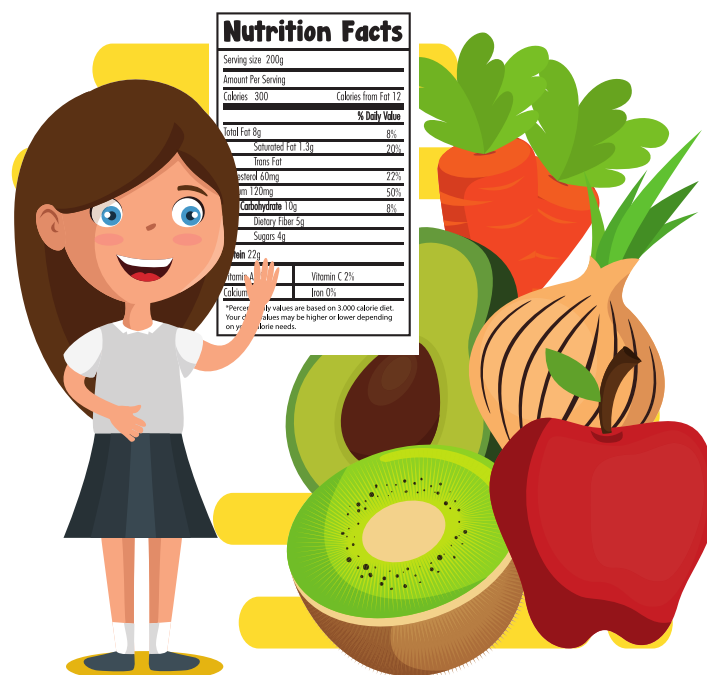
Nutritive Values

Energy (Kcal)	307
Protein (g)	5.8
Carbohydrate (g)	31
Fat (g)	17
Beta carotene (mcg)	304
Fibre (g)	6.1
Sodium (mg)	3.9
Vitamin C (mg)	2
Iron (mg)	2.8
Calcium (mg)	24

Instructions

1. Heat oil in a non-stick pan. Add dates and sauté for 30 seconds. Add bajra atta, mix and cook on low heat for 2 minutes.
2. Add cardamom powder
3. Add water, mix the above mixture.
4. Cook the mixture for 10 minutes
5. Roll the above mixture in small balls.
6. Serve

TIP OF THE MONTH



A balanced diet for children above two years and adolescents helps optimum growth and boosts their immunity.

(Source- ICMR NIN)

