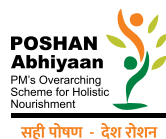


Project Tushti
A PICTORIAL
JOURNEY
(2019-2023)





Message from Director - ICDS Government of Gujarat

The Government of Gujarat believes in working in partnership towards betterment of the society and community sustainably. Over the years we have partnered with various private sector and non-governmental organizations. We have joined hands with Project Tushti since 2019 which is working towards reducing the prevalence of malnutrition in the district of Devbhumi Dwarka, Gujarat. Project Tushti has piloted several innovative approaches which are noteworthy.

I wish the team a great success and hope that some of the innovative approaches implemented by the project in Devbhumi Dwarka could be replicated and scaled-up across the state of Gujarat.

A handwritten signature in blue ink, reading "Ranjit", with a long horizontal stroke extending to the right.

Dr. Ranjit Kumar Singh, IAS
Director - Integrated Child Development Scheme
Gujarat



Message from Ex-Director - ICDS Government of Gujarat

Since its launch, the ICDS has been dedicated towards the upliftment and betterment of Children, Women, and Adolescent Girls. Through our Anganwadi Centres, we provide nutrition, education, health, and referral services in hard-to-reach areas.

Through collaborative efforts with Project Tushti in activities such as growth monitoring, counselling of parents of under 5 children at Anganwadi Centres, as well as during home visits and celebration of events like breastfeeding week and national nutrition month, we have been able to improve the situation of malnutrition in the district of Devbhumi Dwarka. The efforts of Tushti for promoting positive nutrition practices, including promoting the consumption of Take-Home Ration through recipe demonstration is praiseworthy.

I sincerely wish the team my best wishes and hope to collaborate with them in future.

A handwritten signature in blue ink that reads "Gargi". The signature is stylized with a long horizontal stroke at the bottom.

Gargi Jain, IAS
Ex-Director - Integrated Child Development Scheme
Gujarat



Message from District Development Officer, Devbhumi Dwarka District

Project Tushti is a joint effort between the Government of Gujarat, Nayara Energy, JSI R&T India Foundation and IIPHG to uplift the nutrition status of children, adolescent girls, pregnant women and lactating mothers in Devbhumi Dwarka district. The district administration and other line departments have worked hand in hand with the project team of Tushti to implement several innovative activities in Devbhumi Dwarka. We are glad that the project team of Tushti has consulted the Zilla Panchayat at each step of program planning and implementation of activities. Some of the significant contributions of the project included:

- Poshan Shakhi- an innovation by the project allowing community members to call a toll free number and get educated through pre-recorded messages related to child, adolescent, and maternal nutrition. These messages are developed in Gujarati and Hindi.
- Child Malnutrition Treatment Centres at two locations in partnership with the Zilla Panchayat.
- Operationalization of two Poshan Rathes for community management and referral of SAM children.
- Health Kiosks at 4 Health & Wellness Centres.
- Early identification and referral of malnourished children in the district.
- Capacity building of Health and ICDS officials in the district
- Unique tracking of beneficiaries through the Digital Health Card.
- Joint organisation of events (National Nutrition Month, Breastfeeding week etc.) with the Departments of Women and Child Development as well as Health & Family Welfare.

Being able to see their efforts first hand, I can say that the project team worked dedicatedly towards its goal and objectives and was able to improve the situation of malnutrition in the district.

I convey my best wishes to the team and hope they continue to work in close coordination with the district administration of Devbhumi Dwarka.

A handwritten signature in blue ink, appearing to read 'S.D. Dhanani'.

S.D. Dhanani (IAS)
District Development Officer
Devbhumi Dwarka



Message from Chief District Health Officer, Devbhumi Dwarka District

Team members of Project Tushti worked in close coordination with the Health Department of Zilla Panchayat Devbhumi Dwarka. The project has contributed in capacity building of health team and has participated in organizing several outreach activities and health camps. The most significant contribution of Project Tushti is in operationalizing two Child Malnutrition Treatment Centres at Sub district Hospital, Okha Mandal and at Community Health Centre-Bhanwad. This has resulted in many Severely Acute Malnourished children getting benefited. We wish success and scale-up of CMTC in other areas of the district. In addition, activities such as Bal Poshan and Poshan Rath helped us in identifying and treating malnourished children. (We also acknowledge the support provided by the team in promoting the consumption of IFA tablets amongst adolescent girls, pregnant and lactating women through behaviour change initiatives).

I convey the team my best wishes for their efforts and continuing the good work started in the first phase of the project.

A handwritten signature in black ink, consisting of the initials 'MB' inside a circle followed by a stylized flourish.

Dr. M. N Bhanderi
Chief District Health Officer
Devbhumi Dwarka



Message from Program Officer – Integrated Child Development Scheme, Devbhumi Dwarka District

The team of project Tushti actively collaborated with the officials under the ICDS and provided their support in advancing the goal of reducing the number of malnourished children in the district. The project team actively collaborated with the Frontline Workers in conducting joint growth monitoring of underweight children at Anganwadi Centre and during home visits, promoted the consumption of Take- Home Ration through recipe demonstrations using the Supushti recipe booklet and organised joint events like national nutrition month and breast feeding week. Their activities like Poshan Vatika and Purna Potli were found to be quite useful by the community and are recommended for scale-up across the district. The multi-pronged approach for promoting positive behaviour change in the community using a mix of inter-personal and digital methods has been a significant contribution by the project. We also acknowledge the support provided by the field team in strengthening Village Health Sanitation and Nutrition Days and celebration of 4 Tuesdays, two key activities under ICDS.

This partnership benefitted us greatly and I sincerely wish the team my best wishes as they initiate the next phase of Project Tushti.

A handwritten signature in blue ink, appearing to read 'M. D. Jethva'.

Dr. M. D Jethva

Program Officer – Integrated Child Development Scheme
Devbhumi Dwarka



Message from **NAYARA ENERGY**

Nayara Energy's commitment to the development of Jamnagar and Devbhumi Dwarka Districts of Gujarat remains unwavering, as we continue to invest intensively in nurturing the ecosystem towards combating malnutrition. Our flagship Project Tushti stands on the foundation of strong collaborative efforts of the Government of Gujarat, implementation partners JSI R&T India Foundation & Indian Institute of Public Health, Gandhinagar, and Departments of Women & Child Development and Health & Family Welfare.

Project Tushti has stayed true to its goal of reaching out to the complete spectrum of population (infants, children, adolescents, expecting & nursing mothers, families) for holistic upward surge in nutrition indicators. It employs strategic wide-ranging initiatives like growth monitoring and individual tracking of children, Poshan Vatika, Poshan Rath, and strengthening of Child Malnutrition Treatment Centres (CMTC), Purna Potli, and Health Kiosks. These initiatives, conducted synergistically with frontline ICDS workers and functionaries make the outcomes of the project greatly pronounced and sustained. We, at Nayara, are encouraged by such results that have led to significant decline in malnutrition over the years, greater awareness on nutrition and overall strengthening of systems. We look forward to achieving more such milestones in the years to come.

Deepak Arora

President, Public Affairs – Nayara Energy



Message from JSI R&T India Foundation

Project Tushti is funded by Nayara Energy and supported by the Government of Gujarat. The first phase of the project was implemented in Devbhumi Dwarka District by JSI R&T India Foundation, Delhi and Indian Institute of Public Health, Gandhinagar in coordination with ICDS and Health Departments during December 2019-March 2023. The project aimed to uplift the nutrition status of children, pregnant women, lactating mothers, and adolescent girls of Dwarka District.

It was a great privilege and pleasure to work with the teams of Nayara Energy and IIPHG during the implementation of the project. The guidance and support provided by the CSR team of Nayara Energy was timely and thoughtful. Project Tushti focused on unique tracking of underweight children and jointly with Anganwadi Workers conducted regular growth monitoring of all listed children, counselled their parents using a 360° approach to behaviour change and made significant contribution in reducing the number of underweight children in the district. Even during the lockdown phase, the project identified innovative approaches to stay in constant touch with the communities. We implemented some innovative activities such as PURNA Potli for improving menstrual hygiene amongst adolescent girls, developed Supushti: a recipe book for increasing the consumption of Take-Home Ration provided by ICDS and promoted Poshan Vatika at household level and at Anganwadi Centres for dietary diversification. All our activities were conducted jointly with frontline workers from ICDS and Health Departments.

The project was also successful in generating an interest amongst adolescent girls on menstrual hygiene, improved the knowledge and practices in the community on infant and young child feeding practices amongst others. I am happy to say that the efforts by the team were recognised by the district and state authorities and we look forward to scaling up the project in other parts of the state.

Niraj Agrawal
Director
JSI R&T India Foundation

About Project Tushti:

Project Tushti is a unique partnership between the Government of Gujarat, Nayara Energy, JSI R&T India Foundation, and Indian Institute of Public Health Gandhinagar. It was initiated in December 2019 to address the situation of undernutrition in Devbhumi Dwarka district. Project aims to achieve “near zero” malnutrition in the district by 2022. Four strategic objectives were derived for achieving the aim of the project.

1. To strengthen comprehensive nutrition improvement systems and practices by facilitating multi-sectoral convergent actions between various government departments.
2. To improve uptake of nutrition services for young children, adolescent girls, pregnant and lactating women in all 4 blocks of the district.
3. To promote positive behaviour change through a comprehensive Behaviour Change Communication (BCC) package.
4. To operationalise technology enabled, digitized and sustainable “Model Health and Wellness Centres” as well as Child Malnutrition Treatment Centres for improving health and nutrition indicators in vulnerable populations.

Uniqueness of Project Tushti:

- Co-created with the Government of Gujarat and Nayara Energy with complete buy-in.
- Project has adopted a multi-pronged approach to addressing malnutrition in Devbhumi Dwarka district of Gujarat.
- Activities are jointly planned and implemented with government stakeholders at state and district level and CSR team of Nayara Energy.
- Extensive use of Technology: Capacity Building, Behaviour Change Communication and Health Check-ups.
- Unique tracking of beneficiaries and sharing of project progress during steering committee meetings.

Accomplishments of Project Tushti:

Accomplishments of Project Tushti covering the period December 2019 to January 2023 is being depicted through the Picture Book.

Our Field of Operation and Offices:

The offices of Project Tushti are housed within the Government Offices: District Panchayat Khambhalia, Bhanvad Taluka Panchayat, and Kalyanpur Taluka Panchayat, promoting easy and smooth collaboration with government officials.



Khambhalia Office



Kalyanpur Office



Devbhumi Dwarka District



Bhanvad Office

CARING FOR MALNOURISHED CHILDREN





Child Profiling, Monitoring and Counselling

Home visits for child profiling and counselling were conducted by Tushti Field Officers jointly with Anganwadi Workers to identify, and track underweight children as well as provide counselling to their parents.





Counselling of parents conducted at home as well as AWC.

A total of **3263 underweight children**

were tracked for growth monitoring.





368 underweight children screened during Health Camps and provided required medical support.





संप्रामर्श

Nutrition
education during
Health Camps

Parents being counselled to increase consumption of **Take-Home Ration** provided under ICDS.





714 Severely Underweight Children
provided with Nutrition Kit



Poshan Rath



Tushti Poshan Rath: Malnutrition treatment on wheels aims to identify malnourished children and provide **treatment at doorstep** as per the guidelines of Government of Gujarat. Nutrition Assistant accompanied with Rath measures **nutritional status of children** as per the WHO standards either at Anganwadi Centre or at child's home in special cases.



2965 children were screened
of which **138** identified SAM
Children were treated with
Energy Dense Nutrition
Supplements.





Child Malnutrition Treatment Centres (CMTCs):

Under Project Tushti two CMTCs were set-up on a public private partnership to provide clinical management and reduce mortality among children with severe acute malnutrition, particularly among those with medical complications. The centres are located at Sub-District Hospital Dwarka and Community Health Centre, Bhanvad.





90 SAM
Children
completed
their treatment
through
CMTCs.





Visit by Government Officials like **DDO and CDHO** at the **CMTCs** and their interaction with the beneficiaries.



Bal Poshan Yojana



Bal Poshan Yojana was implemented to reduce malnutrition through a novel public-private partnership for the treatment of severe acute malnutrition in Devbhumi Dwarka. The objective was to engage private nursing homes having at-least one Allopathy Doctor and build capacity of public and private allopathic medical practitioners for treatment of children with Severe Acute Malnutrition. Three private nursing homes – Niramay Charitable Trust, Shree Krishna Multispecialty Hospital and Krishna Hospital were part of this initiative.





216 SAM Children
successfully
completed their
treatment under
Bal Poshan Yojana





A visit by **Mr. Deepak Arora** from **Nayara Energy** at **Bal Poshan Centre** on the occasion of celebrating healthy **200**.





Adarsh Families:

Parents/families who upgraded the nutrition status of their severely and moderately underweight child to normal category (weight for age) and maintained it were considered to be Adarsh Families and felicitated by Government Officials and representatives of Nayara Energy on various social events.



Program Officer-

ICDS interacting with Adarsh Families.
A total of **200** families were felicitated as
Adarsh Families.



360° BEHAVIOUR CHANGE

Using a 360 Degree approach:

Inter-personal counselling, dissemination and viewing of short videos and GIFs, introduction of Tushti Mascots and Tele-Counselling Centre resulted in adoption of positive behaviour and practices amongst community members.





ભાગવતીની દેખરેખ અને પરામર્શ

સંસ્કૃતિ માટે & ઉચ્ચ શિક્ષણ વચ્ચે

સંસ્કૃતિ માટે & ઉચ્ચ શિક્ષણ વચ્ચે



ક્રમ	વિષય	કોષ્ટક
1	ગણિત	10
2	ભૂગોળ	15
3	ઇતિહાસ	20
4	સાહિત્ય	25
5	વિજ્ઞાન	30
6	સામાજિક વિજ્ઞાન	35
7	વ્યક્તિગત શિક્ષણ	40
8	વિદ્યાર્થીની સંસ્કૃતિ	45
9	વિદ્યાર્થીની સંસ્કૃતિ	50
10	વિદ્યાર્થીની સંસ્કૃતિ	55
11	વિદ્યાર્થીની સંસ્કૃતિ	60
12	વિદ્યાર્થીની સંસ્કૃતિ	65
13	વિદ્યાર્થીની સંસ્કૃતિ	70
14	વિદ્યાર્થીની સંસ્કૃતિ	75
15	વિદ્યાર્થીની સંસ્કૃતિ	80
16	વિદ્યાર્થીની સંસ્કૃતિ	85
17	વિદ્યાર્થીની સંસ્કૃતિ	90
18	વિદ્યાર્થીની સંસ્કૃતિ	95
19	વિદ્યાર્થીની સંસ્કૃતિ	100

Home based counselling with Pregnant Mothers, Lactating women, Adolescent Girls by Tushti team.



Target beneficiaries
counselled using flipbooks and
demonstrations at Angawadi
Centre in collaboration with
Anganwadi Workers





Community Members and target beneficiaries during various sessions at AWC and Home.



Nutrition Tele-Counselling Centre:

Through the Nutrition Tele Counselling Centre parents of underweight children, pregnant and lactating mothers, adolescent girls, were provided need-based counselling through phone. NTCC was enhanced with facility of Interactive Voice Response System (IVRS): "Poshan Sakhi".





NTCC inaugurated by **District Development Officer**-Devbhumi Dwarka on **28th December 2020**.



2185 target beneficiaries provided counselling through Nutrition Tele-Counselling Centre

Tushti Mascot:

Poshan Baa conveys important messages on maternal, child and adolescent health through wall paintings.



OUR
INNOVATIONS



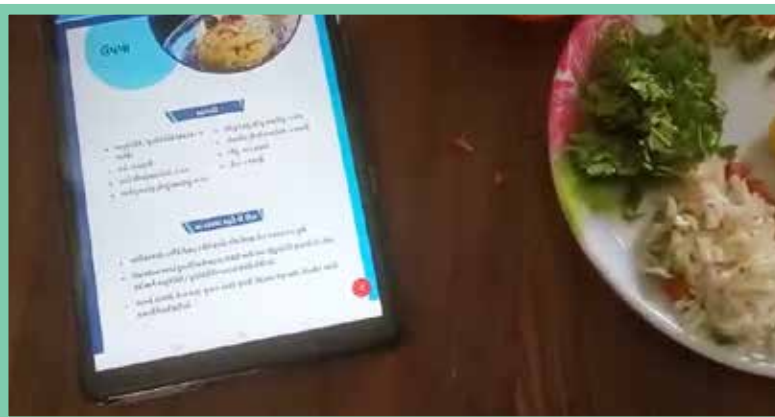
Poshan Vatika:

Poshan Vatika is a tried and tested approach to promote nutrition and healthy lifestyle. Poshan Vatika kit distributed to beneficiaries contains 8-10 varieties of vegetable seeds, 1 bio-pesticide bottle, Poshan Vatika Card, Information Leaflet and Recipe Booklet along with vegetable bag. Poshan Vatika has been promoted at the household level and across selected Anganwadi Centres as suggested by District Development Officer and Program Officer- ICDS.





“**Supushti**”: Compendium of Recipes from Take-Home Ration: Supushti” booklet was prepared by Tushti, jointly with the team of ICDS to create awareness and motivate the communities to increase the consumption of THR. It contains a total of 30 nutritious recipes. Live recipe demonstrations and counselling sessions were also conducted to promote the benefits and usage of THR.





NAYARA
ENERGY

સુપુષ્ટિ

બાલશક્તિ, માતૃશક્તિ અને પૂર્ણશક્તિમાંથી
બનતી વાનગીઓની માર્ગદર્શક પુસ્તિકા





સાથે



અમલીકરણ સંસ્થાઓ



INDIAN INSTITUTE OF PUBLIC HEALTH GANDHINAGAR



JSI INDIA FOUNDATION



869 target beneficiaries benefited from the distribution of **Supushti Booklet**.





PURNA Potli:

“Purna Potli” is a complete health kit for adolescents developed by Project Tushti. The kit includes a comic book as a self-learning tool, set of 4 reusable cloth pads along with a manual and a carry-on pouch. It also comes with booklet on arresting and tackling anemia. It provides cognitive tools for adolescent girls to discover phenomenon of menstruation and manage it appropriately.



Program Officer

ICDS, Devbhumi Dwarka and CDPO Khambhalia distributing PURNA Potli to adolescent girls.



વૈભવ નાં
બનીએ મજબૂત
સહીએ હમેશા
બંનીમિયામુક્ત

295 adolescent girls were happy to receive and utilize **PURNA Potli**, they shared its positive reviews amongst peers as well.



Health and Wellness Centres:

Project Tushti has launched a Health Kiosk initiative, a kind of Health ATM, a telemedicine enabled interactive health check-up machine for early diagnosis and prompt treatment. Each Kiosk has a set of point of care diagnostics, health data analytics, and assists Health and Wellness centres to promote early diagnosis and proximately saves the life of patient.



The Health KIOSK was inaugurated by District Development Officer-Devbhumi Dwarka on 29th September 2020.



6609 beneficiaries
benefitted from the
health screening through
KIOSK.



Samakhya – A Training Application:

A **mobile application** has been developed covering training modules on health, nutrition, and COVID-19 to enhance the skills of Frontline Workers (ASHA, ANM, AWW) at their convenience.





Samakhya was inaugurated with Health KIOSK on 29th September 2020 by District Development Officer – Devbhumi Dwarka.



1525 Frontline and Midline Workers took training from the Samkahya Application. A frontline worker from Health Department taking training from the application.



CONVERGENCE

Mamta Divas (VHSND):

Tushti Field team strengthening the activities of Mamta Divas with **Health and ICDS Department**





Counselling of participants during
Mamta Divas





Four Tuesdays



Four Tuesdays are celebrated under Poshan Abhiyaan at AWC. The four days celebrated are Bal Tula Divas (Growth Monitoring Day), Suposhan Divas with Pregnant Women, Annaprashan Divas, and PURNA Divas with Adolescent Girls.



Celebrating **PURNA Divas**
with Adolescent Girls and distributing Take-Home Ration.



Tushti Teams

participation as trainers in
ILA Module Training.



Shot on OnePlus



Training adolescent girls
under Sakhi-Sah Sakhi
Program by **Tushti team** in
coordination with **ICDS**.



Project **Tushti's collaborated** in T3 Camp
(Test, Treat & Talk) under Anemia Mukt Bharat
at Khambhalia and Kalyanpur Talukas by
District Health Team





CME Workshop
conducted by
Tushti in presence
of **District
Development
Officer**-Devbhumi
Dwarka for
strengthening of
SAM program with
support of **Health
professionals**
and increasing
enrolment of
CMTCs, involvement
of PRI persons and
community leaders.



Balposhan workshop organised for RBSK Team, CDPOs to build their capacity for engagement of the beneficiaries, referral and criteria for **SAM management**.



Review of **project progress** at regular Steering Committee Meetings conducted with the **District Development Officer** along with District Officials of Health and ICDS as well as **Women and Child Development and Health Departments** at State Level.





EVENTS

Breastfeeding Week: Focusing on **First 1000 Days**

Breastfeeding Week is celebrated during the first week of August every year with different themes. The idea is to create awareness regarding importance of initiation of **colostrum feeding, breastfeeding within 1 hour of birth and exclusive breastfeeding till the child is 6 months old**, followed by importance of complementary feeding and age-appropriate feeding. Sessions on these topics were conducted with pregnant and lactating mothers jointly with government officials and key messages reinforced using a variety of IEC materials.





Counselling sessions conducted by Program Officer-ICDS and CDPO of Khambhalia Block during **Breastfeeding Week**.

1819 Pregnant and Lactating Mothers as well as community members and frontline workers were reached during **celebration of Breastfeeding Week**. Home visits were conducted, and sessions were taken at AWC also.



National Nutrition Month:

Initially known as National Nutrition Week, is now celebrated as National Nutrition Month during the entire month of September under Poshan Abhiyaan. The key focus is to organise and conduct nutrition activities with target beneficiaries to generate awareness.





Activities like Rally and Poshan Mela conducted in collaboration with ICDS. DDO-Devbhumi Dwarka was also present during Mela.

A total of 3999 pregnant and lactating women, mothers of underweight children, and adolescent girls along with 3946 community members and frontline workers benefitted from the sessions conducted during National Nutrition Month.





Celebrating
National Nutrition
Month at CMTC.

International Youth Day:

International Youth Day is celebrated on 12th August every year. This day was celebrated with adolescent girls at AWCs through sessions on nutrition, anemia, and menstrual hygiene by team members jointly with ICDS and Health FLWs.



499 Adolescent Girls were engaged and counselled during the celebration of International Youth Day.



International Women's Day:

Celebrated in collaboration with HelpAge India (A partner of Nayara Energy).
Anemia testing and counselling was conducted during the celebration.





Celebrating National **Girl Child Day**



Celebrating International Yoga Day



Celebrating National De-Worming Day

In partnership with officials in ICDS. Administering de-worming tablets to adolescent girls.



Representation of activities by Project
Tushti in ACIES event organised
by Indian Institute of Public Health
Gandhinagar.





Representation of activities under Project Tushti at **Republic Day parade**, Khambhalia on 26th January 2023.



TUSHTI IN MEDIA

Visibility of Project Tushti in Social-Media

 **Collector Devbhumi Dwarka**
@COLLECTORDWK

Good Governance Week has been celebrated at Devbhumi Dwarka in the State of Gujarat. On 23rd December, 2022 Workshop was held on Good Governance Practices in the District. The innovation presented during the Workshop were Nal Se Jal, Sujlam Suflam Jal Yojna, Project Trusti. #GGW2022



 JSI
67,548 followers
1w · 🌐

Under Project Tushti (a partnership between Government of Gujarat, Nayara Energy, JSI R&T India Foundation, and IIPH- Gandhinagar), about 2,000 rural families have developed Poshan Vatika (nutrition gardens) at their homes. This JSI R&T ...see more




 JSI
30 Jun · 🌐

Project Tushti Launches Poshan Sakhi: Nutrition IVRS on 27th May 2022... See more



👍❤️ 16 1 comment

👍 Like 💬 Comment ➦ Share

 JSI
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Initiative PURNA Potli uses adolescent friendly methods to promote safe menstrual health practices under Project Tushti (a partnership between Government of Gujarat, Nayara Energy, JSI R&T India Foundation and IIPH- Gandhinagar). PURN ...see more



Visibility of activities by Tushti in local print media

તુષ્ટિ પ્રોજેક્ટ હેલ્થ

રાવલમાં કુપોષણમુક્ત થયેલા બાળકોના આદર્શ પરિવારોનું કરાયું સન્માન: પ્રમાણપત્ર અપાયા



206 likes

nobatdaily તુષ્ટિ પ્રોજેક્ટ હેલ્થ

રાવલમાં કુપોષણમુક્ત થયેલા બાળકોના આદર્શ પરિવારોનું કરાયું સન્માન: પ્રમાણપત્ર અપાયા

પ્રોજેક્ટ તુષ્ટિ મારફત આંગણવાડીના લાભાર્થીઓને પોષણ વાટિકાનું વિતરણ



દેવભૂમિ દ્વારકામાં સરકાર તથા નયારા એનર્જીના સંકલનથી આયોજન કરાયું

સોરઠ ટાઈમ્સ-પોરબંદર દેવભૂમિ દ્વારકામાં સરકાર તથા નયારા એનર્જીના સંકલનથી ચાલતા પ્રોજેક્ટ તુષ્ટિ(અમલીકરણ સંસ્થા જે.એસ.આઈ. આર.એન્ડ ટી. ઈન્ડિયા ફાઉન્ડેશન, દિલ્હી)દ્વારા જીલ્લાને કુપોષણ અને એનિમિયા મુક્ત કરવા તથા લોકોના જીવન ધોરણને ઉચ્ચ લાવવાના પ્રયાસ રૂપે ગત વર્ષે પોષણ વાટિકાનો જીલ્લા વિકાસ સચિવાલય દ્વારા આયોજન કરવામાં આવ્યો હતો. ત્યારે જીલ્લામાં આઈ.સી.ડી.એસ. વિભાગના સહયોગથી આંગણવાડી પર તથા લાભાર્થીઓને આંગણે

પોષણ વાટિકા ભાગ બે માં બીજી ૧૦૦૦ કિટનું વાવેતર તથા વિતરણ કરવામાં આવ્યું છે. અભ્યાગિયા ખાતે તાલુકા ભાષા વિકાસ યોજના અધિકારી પ્રશામેન રાવલના હસ્તે શુભારંભ થયો છે. આંગણવાડી કેન્દ્રો, બાળકો, સગર્ભા બહેનો, ધારી માતાઓ, કિશોરીઓના આંગણે પોષણ વાટિકાનું વિતરણ કરાયું છે. જેમાં વિવિધ ભિયારણ, વૃષ્ટિ માટેની આંગેનિક ડવા, માહિતી પુસ્તિકા તથા વાનગી પુસ્તિકાનો લાભ અપાયો છે.

ભારતીયા તુષ્ટિ પ્રોજેક્ટ મારફત બાળકો એલ એલ પરમાર હાઈસ્કૂલમાં આરોગ્ય કેમ્પ કરવામાં આવ્યું હતું



ગુજરાત સ્વચ્છતા અને આરોગ્ય વિભાગ દ્વારા

ભારતીયા તુષ્ટિ પ્રોજેક્ટ મારફતે આરોગ્ય કેમ્પનું આયોજન કરવામાં આવ્યું હતું. આ કેમ્પમાં આરોગ્ય સેવાઓ આપવામાં આવી હતી. આ કેમ્પમાં આરોગ્ય સેવાઓ આપવામાં આવી હતી. આ કેમ્પમાં આરોગ્ય સેવાઓ આપવામાં આવી હતી.

રાવલમાં સ્તનપાન દિવસની ઉજવણી: 'તુષ્ટિ' તરફથી 'સુપુષ્ટિ' બુકનું વિતરણ



રાવલમાં સ્તનપાન દિવસની ઉજવણી: 'તુષ્ટિ' તરફથી 'સુપુષ્ટિ' બુકનું વિતરણ

દ્વારકા-ઓખા ધોરીમાર્ગ પર ટ્રકની પાછળ મોટર અથડાઈ: એકનું મૃત્યુ

પ્રોજેક્ટ તુષ્ટિ મારફત ભાણવડ તાલુકાનાં વેરાડ ગામ ખાતે પોષણ માસની ઉજવણી કરવામાં આવેલ...



ગુજરાત સરકારના પોષણ અભિયાન તથા નયારા એનર્જીના સંકલનથી ચાલતા પ્રોજેક્ટ તુષ્ટિ (અમલીકરણ સંસ્થા જે.એસ.આઈ. આર.એન્ડ ટી. ફાઉન્ડેશન, દિલ્હી) તેમજ આઈ.સી.ડી.એસ ભાણવડ દ્વારા ભાણવડ તાલુકાનાં વેરાડ ગામ ખાતે કિશોરીઓની સાઈકલ રેલીનું આયોજન કરવામાં આવેલ આ રેલીમાં પોષણ અંગે જાગૃતતામા વધારો થાય તે માટે પોષણ સૂત્રોચ્ચાર, પોષણ ગીતો, પોષણનું મહત્વ સમજાવવામાં આવેલ તેમજ કિશોરીઓને પોષણ વાટિકા કીટનું વિતરણ કરવામાં આવેલ.

રિપોર્ટ : આનંદ પોપટ, ભાણવડ

રીઓને નિ:શૂલ્ક સેનેટરો પેડ વિતરણ કરાયું



રીઓને નિ:શૂલ્ક સેનેટરો પેડ વિતરણ કરાયું

આંબાબિયામાં જિલ્લા પંચાયત ભવન ખાતે તૃષ્ટિ ન્યૂટ્રીશિયન ટેલિ કાઉન્સિલીંગ સેન્ટરનો પ્રારંભ

લીમ મેળવતા રપે ટ્રેડરો જીએસટી કરાવવા અંગે રિવેંડ

Visibility of activities by Tushti in local print media.

ભાણવડમાં એનીમિયા જાગૃતિ તથા સારવાર કેમ્પ યોજાયો



(શોટો- કુંજન રાઠિયા) જામ ખંભાળિયા, તા. ૦૪: એનિમિયા એટલે લોહીના ટકાની ઉણપ અને એનાથી થાક લાગે, માથું દુખે, રોગપ્રતિકારક શક્તિ ઘટે અને બુદ્ધિવંદક પણ ઘટે. સગર્ભા માતાના લોહીના ટકા ઓછા હોય તો બાળક અને માતા બંને માટે જોખમ વધે. આ એનિમિયા રોગને નાબૂદ કરવા એનિમિયા મુક્ત ભારત અભિયાન અંતર્ગત ભાણવડ તાલુકામાં રાણપર ગામે લોહીના ટકા તપાસવાનો ટી-૩ એટલે કેસ્ટ, ટ્રીટ અને ટોફ કેમ્પ

યોજવામાં આવ્યો હતો. આ કેમ્પમાં આ વિસ્તારના આશરે ૧૫૦ જેટલા ગ્રામજનોએ લાભ લીધો હતો. જેમના લોહીના ટકા ઓછા હતા, એમને સ્થળ પર જ સારવાર આપવામાં આવી હતી. આ સાથે એનિમિયા વિશે જાગૃતિ આવે એ માટે માર્ગદર્શન પણ આપવામાં આવ્યું હતું. એનિમિયા દૂર કરવા માટે આપવામાં આવતી લોહતત્વની ગોળીઓનો નિયમિત ઉપયોગ, સેડ વોશિંગ, કુમિનાસક ગોળી, યોગ્ય



આહાર વિશે પણ લોકોને સમજ આપવામાં આવી હતી. આ કેમ્પમાં ભાણવડના આરોગ્ય સ્ટેફ ઉપરાંત નવારા એનર્જી દ્વારા સંચાલિત પ્રોજેક્ટ તુષ્ટિ ટિમનો પણ સહયોગ સોંપાયો હતો. વધુમાં લોહીના સારા ટકા ધરાવનારા વિદ્યાર્થીઓને ઈનામ આપીને પ્રોત્સાહીત પણ કરવામાં આવ્યા હતાં.



નવારા એનર્જીના આર્થિક સહયોગથી ભાણવડમાં કુપોષણ દૂર કરવા પ્રોજેક્ટ તુષ્ટિ અંતર્ગત વર્કશોપ યોજાયો



જેમા જીલ્લા પંચાયતના પ્રમુખ, CDHO, THO સહિતના અધિકારીઓ હાજર રહી કામગીરીની સમીક્ષા કરી હતી

નાયલોન ખમણ
દરરોજ માત્ર
R. 120 / KG
 AMI SWEETS, MAIN BAZAR, RAILWAY STATION, OKHA
 ઓફર કરવા માટે 98245 99680
 તંત્રી : હસિત ડી. જાખરીયા | સહતંત્રી : કવિન કબીરપંચી
 ગોદર સમાચાર મેગઝિન માટે 9998299984 પર "News" લખી WhatsApp પોડલો

PUBLIC DAILY INDIA તંત્રી : અક્ષય કાનાણી
 9096033883 22-06-2022
 સોશિયલ મિડિયા આવૃત્તિ



તા: ૨૧/૬/૨૦૨૨ ના રોજ દેવભૂમિ ઢાકરા જિલ્લામાં કુપોષણને દૂર કરવાના ભાગરૂપે નવારા એનર્જી ના આર્થિક સહયોગ તેમજ jiphg અને jsi R&T ના સંકલન થી ચાલતા પ્રોજેક્ટ તુષ્ટિ દ્વારા ઢાકરા ખાતે cme workshop યોજવામાં આવેલ, જેમાં DDO sir ,cdho sir ,rcho sir ,tho sir ,cdpo તેમજ dpc ઉપસ્થિત રહ્યા હતા. જેમાં પ્રોજેક્ટ તુષ્ટિ ની ટીમ દ્વારા જુદા જુદા ઇન્ટરવેસન પર થયેલ કામગીરી ની માહિતી પ્રોજેક્ટ તુષ્ટિ ની ટીમ દ્વારા આપવામાં આવેલ તેમજ ઢાકરા ખાતે ચાલી રહેલા કુપોષિત સારવાર કેન્દ્રમાં વધારે માં વધારે બાળકો નું સક્રિય કરી અને કુપોષિત બાળકો આ ફેસિલિટી નો લાભ લઈ શકે તે માટેની ચર્ચા કરવામાં આવેલ. વધુમાં જિલ્લા વિકાસ અધિકારીશ્રી દ્વારા વિવિધ વિભાગો સાથે સંકલન માં રહીને બાળકોનું સક્રિય કરી કુપોષિત બાળકોને સી.એમ.ટી.સી માં દાખલ કરવા સૂચન કરવામાં આવેલ.

Public Daily India WhatsApp Group માં જોડાવા, તમારા વ્યવસાયની જાહેરાત કે આપવા માટે 7016034943 પર સંપર્ક કરશો.

Fighting severe malnutrition with 'Poshan Rath'

STARTLING STATS
 Figures for two states -
 • Of the total, about 28.2% of children were undernourished and were not getting the needed meal
 • About 27% in Odisha and 25% in Jharkhand got treated at 1441 rural health centres (RHCs)
 • About 18% received continuous treatment through the Poshan Rath
 • About 1.2% in Odisha and 1% in Jharkhand had serious complications due to malnutrition

Poshan Rath or mobile vans is an innovative work involving high-priority babies of the state. The vehicle is not only to help reaching children in remote and hard-to-reach areas, but has also led to early identification.

The initiative also involves the Poshan, especially in Khambhatia to make interventions that 10 children were treated by private practitioners. The government-run mobile health centres are successful completion of treatment. Poshan Rath, especially in RHCs, can help bring a large number of SAM affected children out of the condition and prevent them from being severely malnourished. Poshan Rath or mobile vans is an innovative work involving high-priority babies of the state. The vehicle is not only to help reaching children in remote and hard-to-reach areas, but has also led to early identification of SAM treatment under the 'Bal Poshan' scheme. (Express)

The Indian EXPRESS Subscribe

Home / Cities / Ahmedabad / Poshan Rath takes nourishment to rural children

Poshan Rath takes nourishment to rural children
 By: Express News Service
 Ahmedabad | June 24, 2022 | 8:51:33 am | NewsGuard



In another block, Khambhatia, private practitioners have been roped in with performance-linked incentives for SAM treatment under the 'Bal Poshan' scheme. (Express)

TEAM VISITS



A visit by **Nayara Energy Board Members** and their interaction with team members of Project Tushti





A visit by external teams of FICCI, HCL Foundation, KPMG and Sahamantharan to evaluate the progress of Project Tushti.



TRAINING AND
ORIENTATION OF
TEAM TUSHTI

Training of Tushti Team members on usage of Digital Health Card and IEC/BCC Material.







VOICES FROM
COMMUNITY AND
FEEDBACK ON PROJECT
TUSHTI

Overall Observations

- Household visits for regular growth monitoring complements the efforts of the AWWs have resulted in a visible increase in the uptake of Anganwadi services
- With intensive counselling and visits, the families have now got engaged in health and nutrition talks better, which have also resulted in an increase in male participation
- Purna Potli has created an opportunity for adolescent girls where they now have access to sanitary pads and discuss menstrual and hygiene issues
- The supushti recipe booklet has given choice to the beneficiaries on ways to consume THR. This has increased demand and ensured the consumption of THR
- Poshan Vatika has received huge acceptance from households. The kit given was appreciated and it came in very useful especially during the pandemic
- Support in data validation has improved the data accuracy and in service delivery



Poshan Rath has created option/provided last mile connect care of SAM/MAM children, taking of all hesitations of a family of safety, security, transportation



CMTC & BalPoshan Yojana created community-acceptable alternatives for treatment of MAM/SAM under supervision of doctors closer to the family environment

Feedback on Project Tushti after assessment by External team

Voices from Community: Success of Project Tushti

Growth Monitoring & Counselling



AWWs reported that there has been a significant improvement in the utilization of services such as consumption of take-home ration, immunization etc. More importantly, mothers' and male members' participation in monthly meetings has improved

Poshan Vatika



Forum, a 16 years old beneficiary, enthusiastically talked about her garden and requested the team to visit her house

Supushti Reciepe Booklet



"Earlier we used to mix the THR with water and give it to our children, that used to be quite bland. Now with the help of a recipe book, we prepare a variety of food and this has created a taste among children. Lactating and pregnant women also enjoy the food"

Tejal, 23 years

Purna Potli

17 years old Sakina, on hearing that someone from Tushti Project is in the village, came over to the survey team and asked for a pack of sanitary pads. When explained about the team and the purpose of their visit, she expressed her desire to get the Purna Potli.



Leelam is 15 years old and has been using sanitary pads for some time now. She mentioned that cloth is not always available at home and sanitary pads available in the market are not affordable. The reusable pads are free and they could save some money. She proudly displayed the recipe book to the team and talked about the recipes she cooked.



Muskaan, 16 years old and one of the project beneficiaries, when asked about the requirement of water for washing the re-usable sanitary pad said that the water required was much less compared to the cloth that they were using and exclaimed that the pads are "Mas" (meaning excellent)



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