

Project Tushti

WORKING TOWARDS A 'KUPOSHAN-MUKT' DWARKA



**Project Achievements
(2019 - 2023)**





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. Tushti focuses on the “First 1000 days” window through establishment of convergence between different departments at state, district, block, and village level to improve the quality of health and nutrition services provided from the Anganwadi Centers, particularly during Village Health Sanitation and Nutrition Days (VHSNDs).

Uniqueness of Project Tushti

From its initiation, the project has been considered to be a unique partnership between the Government of Gujarat, Nayara Energy and two leading organizations: JSI R&T India Foundation and IIPHG. Key parameters:

Co-created with the Government of Gujarat and Nayara Energy CSR team with complete buy-in.

Project has adopted a multi-pronged approach to addressing malnutrition in Devbhumi Dwarka district of Gujarat.

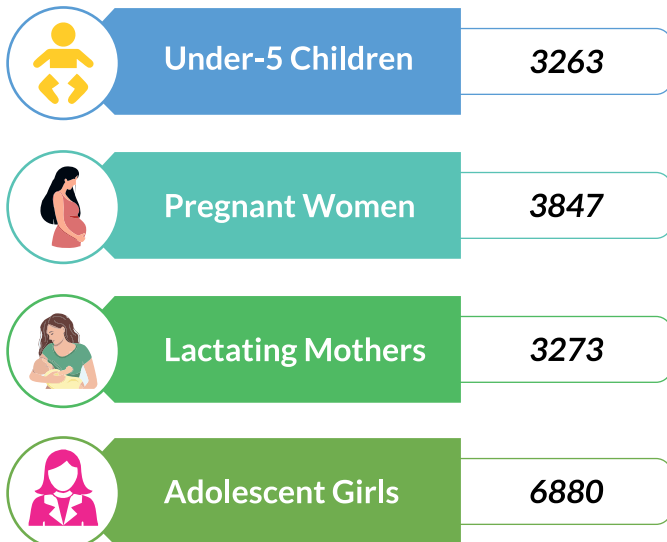
Activities are jointly planned and implemented with government stakeholders at state and district level and CSR team of Nayara Energy

Extensive use of Technology: Capacity Building, BCC and Health Check-ups

Unique tracking of beneficiaries and sharing of project progress during steering committee meetings.

Project Reach

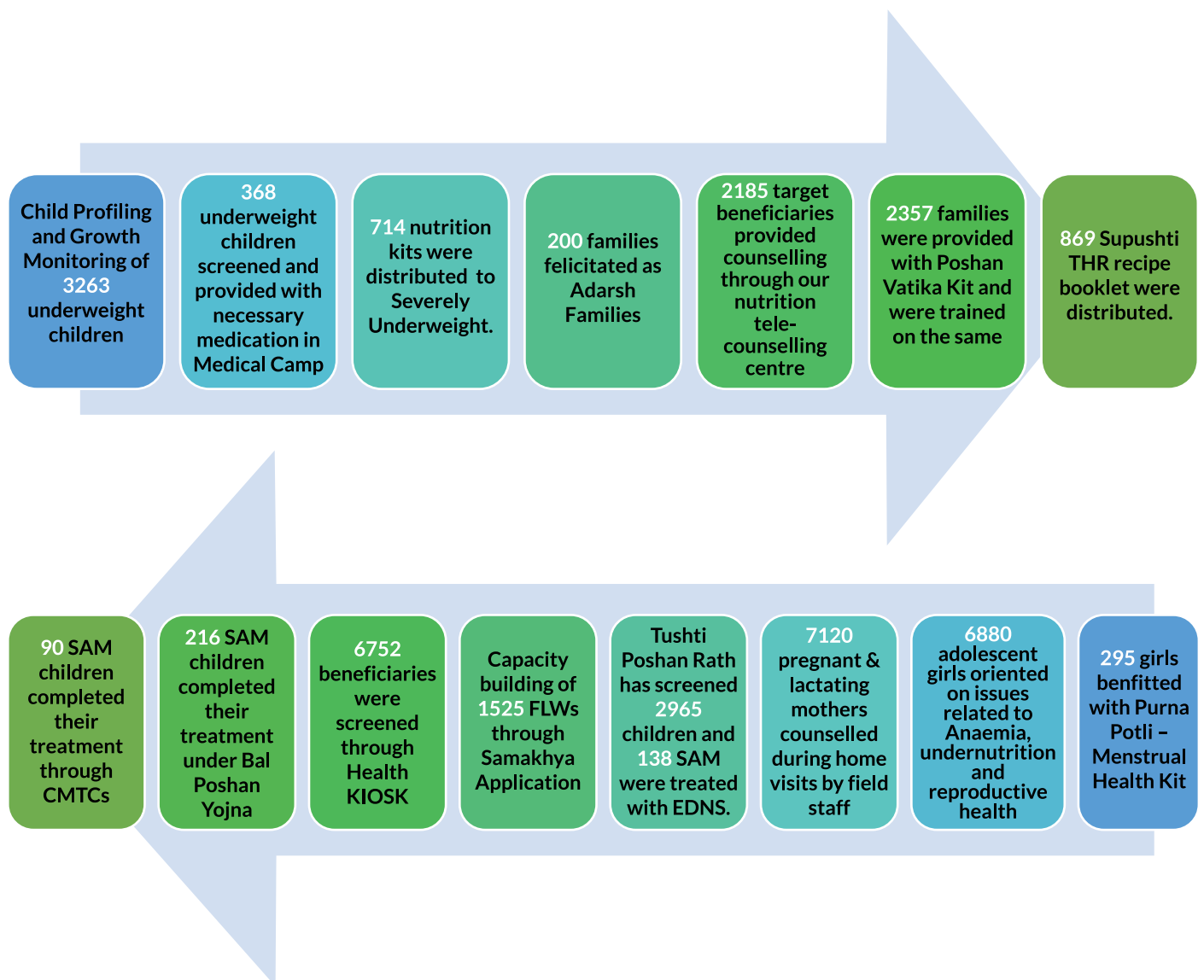
Project Reach (Till 15th March 2023)



Project Area



Project Achievements at a Glance (Till 15th March 2023)



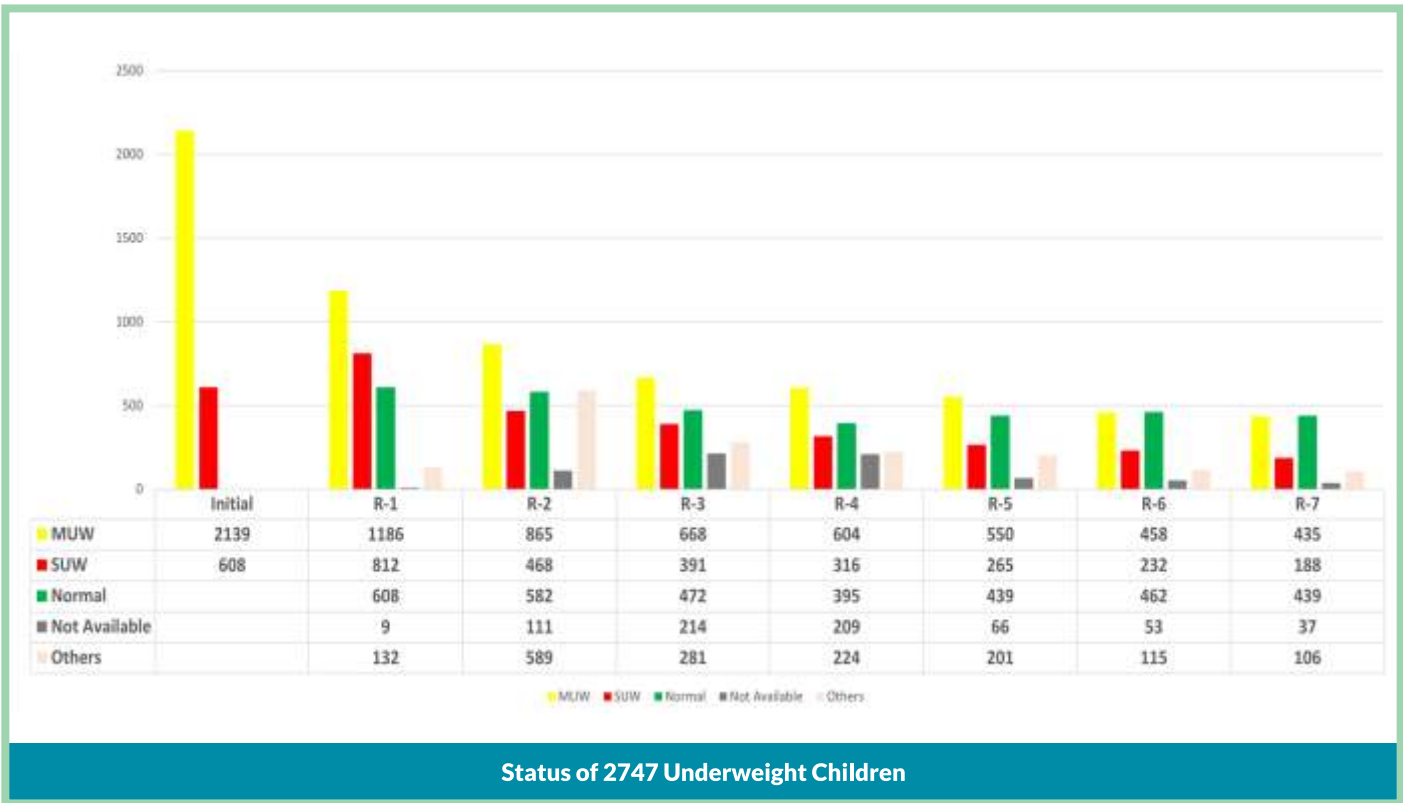
Key Highlights of Project Achievements:

Track 1: Tracking and Caring of Malnourished Children

Child Profiling, Growth Monitoring and Counselling: Home visits for child profiling and counseling were conducted by Tushti Field Officers (FOs) jointly with Anganwadi Workers (AWWs) and Anganwadi Helpers to track underweight children and provide counselling to their parents. Growth Monitoring was conducted using Weight for Age criteria. Through 7 rounds of growth monitoring of 2747 children (identified in March 2020), 80% reduction in the number of moderately underweight children and 70% reduction in the number of severely underweight children was observed as per graph below:



Growth Monitoring of Underweight Child in Bhanvad



360 Degree Approach to Behavior Change:

A multi-pronged approach was used for promoting behaviour change in the communities. Various interventions were designed and launched to spread awareness among family members of underweight children, adolescent girls, pregnant and lactating women. Over the period of 3 years, comprehensive set of IEC material (printed and digital) was developed by the project in close collaboration with state and district officials. Poshan Baa and Poshan Sing were launched as Tushti mascots for intensifying our BCC efforts. Poshan Sakhi, an Interactive Voice Response Service was integrated in the Nutrition Tele-Counselling Centre to help the target beneficiaries gain more information and knowledge on nutrition and health.



Launch of Tushti Mascots and Poshan Sakhi by Board of Directors of Nayara Energy on 27th May 2022

Pediatric Camps:

368 Moderate and severely underweight children were screened and checked for any severe medical conditions. They were provided with multivitamins, Iron folic Syrup and other medicines required according to their diagnosis.

Supushti Recipe Book: “Supushti” a recipe booklet having a collection of recipes which can be prepared using the Take Home Ration (THR) provided by ICDS was prepared and distributed to 869 families. Recipe demonstration was conducted jointly with the team of ICDS during home visits to motivate the communities to increase the consumption of THR.



Recipe Demonstration and usage of Supushti Recipe Book

Engaging Foster Parents: Animated video for orienting foster parents (Paalak Vaali) was developed under Project Tushti with messages from Secretary-Department of Women and Child Development, District Development Officer, and Program Officer-ICDS. Through this 592 foster parents selected under Paalak Vaali Scheme were oriented on their roles and responsibilities.



Poshan Vatika: To uplift the nutrition status of target beneficiaries, Poshan Vatika kit was distributed to beneficiaries containing 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 Centers. Total of 2357 beneficiaries benefitted from the initiative.



Development of Poshan Vatika Kit

Nutrition Tele-Counselling Centre: Through the Tushti Nutrition Tele Counselling Center 2185 parents of underweight children, pregnant and lactating mothers, adolescent girls, and foster parents were provided need-based counselling through phone. NTCC was enhanced with facility of Interactive Voice Response System (IVRS): “Poshan Sakhi”.

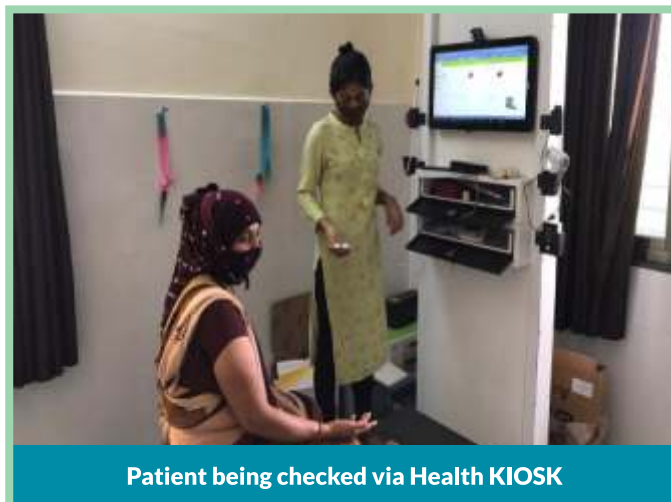


District Development Officer conducting counselling session with a beneficiary after inauguration.

Track 2: Ecosystem Strengthening

Health and Wellness Care Centers: 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 centers to promote early diagnosis and proximately saves the life of patient.

Additionally, it is configured with telemedicine for remote consultation with physician or specialist. A total of **6752** beneficiaries have been benefited at Vadinar Dispensary, Ran PHC, Bharana Sub center and Verad HWC.



Patient being checked via Health KIOSK



Frontline Workers receiving training from the Application

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. Training application featuring pre-assessment questionnaire, video quiz, level wise certificate generation, live seminars, module searching and Designation & Department wise quiz facility which will be a Learning & Sharing platform.

A total of 1525 health workers from ICDS and Health department have been trained so far.

Bal Poshan Yojana: Initiated in September 2021, 'Bal Poshan Yojana' is 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 Severe acute malnutrition. Three private nursing homes - *Niramay Charitable Trust, Shree Krishna Multispeciality Hospital* and *Krishna Hospital* were part of this initiative. Total of **216** SAM children completed treatment under Bal poshan yojana.



Nursing Home under Bal Poshan Yojana

Tushti Poshan Rath: "Tushti Poshan Rath"- Malnutrition treatment on Wheels aims to identify malnourished children and provides 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, counsels parents/guardians of malnourished children, provides Energy Dense Nutrient Supplement (EDNS), explains how and when to feed it to malnourished children.

A total of **2965** children have been screened under Poshan Rath and **138** SAM children were treated with Energy Dense Nutrition Supplement till August 2022.



Tushti Poshan Rath

Child Malnutrition Treatment Center: Two Child Malnutrition Treatment Centers have been 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 centers are at Sub-District Hospital Dwarka and Community Health Center, Bhanvad. A total of 90 SAM Children completed treatment through the CMTCs.



Child Malnutrition Treatment Centre



Adolescent Girls receiving PURNA Potli

PURNA Potli: Through "Purna Potli" – a complete health kit for adolescents, Tushti provides cognitive tools for adolescent girls to discover phenomenon of menstruation and manage it appropriately. 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. Purna Potli has benefitted 295 adolescent girls in the district.

Celebration of Important Events (from 2020-22): Events such as Breastfeeding Week, National Nutrition Month and International Youth Day were celebrated with target beneficiaries as well as the community members. Counselling sessions, workshops and melas were organized and short videos/GIFs were developed and disseminated through WhatsApp and telecasted over local cable Television network, covering **11,00,000** population across 11 districts of the state.

As on March 2023, total of **1819** pregnant and lactating mothers, **1318** community members and frontline workers were reached during Breastfeeding Week, **3999** adolescent girls, Pregnant Women and Mothers of Underweight Children, and **3946** community members and frontline workers were reached during National Nutrition Month, and **499** adolescent girls were reached during International Youth Day.



A glimpse of celebration of events

Track 3: Program Management

CME workshop: CME workshop on Project Tushti was organized with the main aim of strengthening of SAM program with support of Health professionals and increasing enrolment of CMTCs. It was organized on 21st June 2022 at Dwarka Block and 23rd June 2022 at Bhanvad Block. District Development Officer, as well as district and block level officials from Health and ICDS departments were present at the workshop along with representatives from Nayara Energy CSR, Indian Institute of Public Health Gandhinagar and JSI R&T India Foundation.



CME Workshop at Dwarka

Steering Committee Meetings: Three district level Steering Committee meetings chaired by District Development Officer (DDO) and co-chaired by Chief District Health Officer (CDHO) of Devbhumi Dwarka were held. Innovations being implemented were appreciated and it was suggested to complement the efforts of ICDS and *Poshan Abhiyaan*.

State level meeting chaired by Secretary- Women and Child Development was held in October 2020, July 2021, and December 2022 in which detailed presentation on Tushti's activities was made and suggestion obtained for improvement. Plan of action for Tushti 2.0 was also presented and inputs incorporated.



Tushti Quarter Review Meeting on 29th July 2021

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