

NEWSLETTER



Giving is a noble act, regardless of the quantum or the manner. Fight Hunger Foundation is deeply grateful to all its donors, who have generously contributed to our nutrition programs in India.

We reach out to over 7 lakh people including children, women, adolescent girls, young boys and men's groups, in our effort to tackle malnutrition in our country.

What has kept us inspired are the stories of change that we see in the communities where we work. Of children bouncing back to good health from grave conditions, of women empowered to provide nutritious food to the family, of frontline workers taking ownership for the wellness of their villages and most of all, of people placing their trust in us to provide them with means to overcome some of their basic challenges.

India carries a huge burden of malnutrition, with about 1.08 million children dying even before their fifth birthday. The underlying cause of many of these deaths is acute malnutrition, as children suffering from low immunity are unable to fight even the smallest of infections.

There is an urgent need for all of us to join hands and eradicate this killer disease. We need resources of various kinds- money, time, skill and experience that will strengthen our efforts in arresting malnutrition.

We will not rest until we ensure not a single child

dies of hunger in our country. The past year has been a rewarding experience for me personally to see how we are steadily growing our programs, innovating new techniques of treatment, focusing on monitoring, evaluation, assessments and learning and consolidating all of this into knowledge management for perpetuity.

In this edition of our Newsletter, we are happy to share with you two heart-warming stories, one of a two year old child and one of a young mother, who braved many challenges to save the life of her child.

You will also read about our projects in Madhya Pradesh, Rajasthan and Maharashtra, which have been generously supported by United Way of Mumbai, HSBC, India Potash Limited, Oxigen, Credit Suisse, Societe General, Tata Power, Credit Agricole and NAOS.

Our events team has also had a busy month organizing Run Against Hunger in schools in Mumbai. I am thrilled to see young children coming forth in large numbers to support their lesser fortunate peers in the country.

We hope you enjoy going through this edition of our Newsletter. Please continue to be a part of our family, as your backing keeps us highly motivated.

Should you like to know more about our work, or visit any of our programs or make a contribution, please write to us at contact@fighthungerfoundation.org and we will be glad to assist.

Ashwini Kakkar
Chairman, Fight Hunger Foundation

SHYAM'S JOURNEY AS THE YOUNGEST OF FIVE SIBLINGS

Baby Shyam (name changed) lives with his four siblings, parents and grandparents in Kodi, a remote village in Dhar, Madhya Pradesh. It is quite an adorable sight to see Shyam all happy and giggly, his chuckle growing on you every minute! Unfortunately, his parents have never heard it, both of them being hearing impaired.

With five children to look after, coupled with the loss of hearing, Shyam's mother, Rekha, has had a hard time taking care of him and his nutritional needs. It was not long ago when he was suffering from severe acute malnutrition, a deadly condition where a child carries 11 times the risk of dying compared to a normal child. Fight Hunger Foundation's field staff found him during our door-to-door screening campaign. Following our suggestion, Shyam's parents readily agreed to rush him to the nearest Nutritional Rehabilitation Centre (NRC) for immediate treatment. Sadly, even after 4 weeks, his condition didn't improve in spite of the treatment. Rekha did not understand the instructions on feeding practices and sanitation provided at the NRC, due to her hearing disability. It took much convincing



Earlier



Now

from our staff for them to take Shyam to the NRC once again, but this time, with his grandmother. Simultaneously, we counselled his grandparents and elder siblings on Shyam's dietary needs, feeding patterns and sanitation practices.

When Shyam returned from the NRC for the second time, his grandmother made sure to put into practise her learnings that the staff at the NRC gave her. At the same time, his grandfather and his 7 year old elder sibling began to keep a track of his meals, made sure he was fed at regular intervals, his surroundings were kept clean and he was bathed every day. We requested his neighbours too to keep a check on Shyam's health. The efforts taken by his family bore fruit and Shyam began to quickly show signs of improvement in a few weeks. During his first screening, he was too feeble to even stand but now Shyam has gained enough strength to stand on his own and follow your voice if you call out his name. His current MUAC (middle upper arm circumference) now reads 124mm, which is a green zone, and very soon, he will completely recover from malnutrition.

SHRUTI'S MOTHER BRAVES CONFLICTS TO SAVE HER CHILD'S LIFE

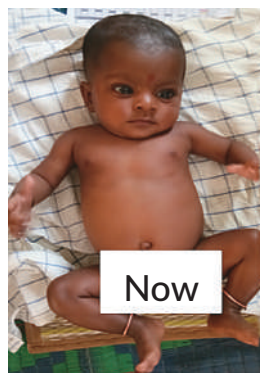
Fight Hunger Foundation staff met baby Shruti during one of our routine screenings in Khodala in Palghar, Maharashtra. She was born pre mature, with a low birth weight of only 1.6 kg and needed immediate medical attention.

Our community mobilizers immediately referred her to Khodala Primary Health Centre (PHC) and we enrolled her in our nutrition therapy program. Our team explained to Sheetal, her mother, the severity of Shruti's condition and the measures to be taken to help her recover. During her first visit to our Outpatient Therapeutic Centre (OTC), Sheetal received an in-depth counselling on Infant and Young Child Feeding (IYCF) practices. Techniques on how to hold the baby, what should be the baby's position, number of times the child should receive breast milk and what should be the duration of feeding was explained thoroughly.

Sheetal, being an ASHA (Accredited Social Health Activist) Frontline worker herself, had sufficient knowledge on IYCF



Earlier



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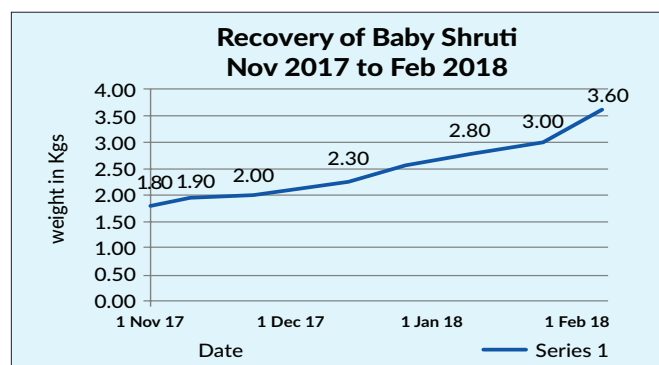
practices. Unfortunately, lack of support from her family in raising Shruti was one of the biggest barriers she faced. Our team began visiting her home every fifteen days to ensure Shruti was receiving proper nutrition. During these visits the team counselled the entire family on the importance and benefits of breastfeeding, hygiene and sanitation practices and various causes and consequences of malnutrition which

might be detrimental to her growth and survival.

As Shruti completed 6 months, the team started focusing on complementary feeding practices. Sheetal was encouraged to introduce simple food preparations such as rice puree and egg yolk to Shruti and it further aided Shruti's progress. Shruti is on her way to recovery; we are closely following up on her and assisting Sheetal in her endeavour to raise her child to be healthy and strong.



A HAPPY AND PLAYFUL SHRUTI ON HER WAY TO RECOVERY.



NEWS FROM THE FIELD

CHILDREN MAKE A BEELINE FOR ANGANWADI CENTRES IN DHAR, MP

Learning is a lot more fun now.



A refurbished Anganwadi Centre at Dhar, Madhya Pradesh.



Educational messages & imagery on interior walls

Anganwadi centres serve an important touch point for children in terms of health, nutrition and education. Through anganwadi centres, mothers and children receive adequate nutrition in the form of hot meals and Take Home Rations (THR) and children under the age of 5 are also provided basic elementary learning.

One of the pillars of our nutrition program involves strengthening our Anganwadi centres, as we train Anganwadi workers on identifying signs of malnutrition and refurbish Anganwadi structures to make them a playful and inviting place where children can learn and grow. As a part

of our community based management of acute malnutrition, Fight Hunger Foundation refurbished 3 Anganwadi Centres in Dhar, Madhya Pradesh with the support of our donor United Way of Mumbai and HSBC.

The Anganwadis came alive with colours, play equipment and educational pictures. To promote hygiene practices among children, hand-washing stations were built in the courtyard with easy to understand directions on the 6 steps to clean hands. More than 150 children will now have access to playful, clean and learning oriented Anganwadi Centers.

TRAINING ANGANWADI WORKERS IN MUMBAI'S WESTERN SUBURBS



Anganwadi workers at the training held in Mumbai

We trained 145 Anganwadi workers in Mumbai on identifying signs of acute malnutrition, maternal and child diet and feeding practices, sanitation etc in February 2018. This will help the frontline workers to identify early signs of malnutrition in children under 5 years of age and refer children for specialized medical services at the malnutrition treatment OPD that has been set up in Cooper Hospital, Mumbai, in partnership with Fight Hunger Foundation.

FHF INVITED BY NATIONAL HEALTH MISSION FOR POSHAN TRAINING IN BARAN

As a part of its efforts on combatting malnutrition through the POSHAN program in Rajasthan, the National Health Mission (NHM) organized a master trainers training on the POSHAN implementation. The two broad areas covered were –

1. Treatment protocol
 - Screening
 - Enrollment
 - Treatment
 - Follow-up
2. Operational protocol
 - Implementation strategy
 - Stakeholders and responsibilities
 - Monitoring & evaluation
 - Data management



At the state level training workshop in Jaipur

The state level training in March was organized for close to 50 participants in Jaipur, which included staff from Fight Hunger Foundation. Post the training the participants were evaluated and selected to conduct training for various POSHAN stakeholders on a district and zonal level. Majority of the participants selected for zonal trainings were from Fight Hunger Foundation and we have successfully conducted POSHAN protocol trainings for 20 districts of Rajasthan.

A NEW FRONTIER IN PALGHAR

Fight Hunger Foundation recently launched project SPARSH in Dhanoshi, Palghar to improve health and nutrition status of pregnant and lactating women and children under 5 years of age.

The project is supported by Tata Power and specifically focuses on building the knowledge of pregnant and lactating mothers, helping them understand the importance of good maternal diet, antenatal and postnatal care,

To arrest the onset of malnutrition it is vital to break the cycle of hunger even before the baby is born since undernourished mothers are more likely to give birth to underweight or malnourished babies

baby-feeding practices and accessing various Government schemes available for mothers and children. At the same time, children under 5 years of age found to be suffering from malnutrition will be referred to the nearest Nutrition Rehabilitation Centre (NRC) and their progress monitored periodically. With project SPARSH, we will reach out to 400 households, 248 children (under 5) and 1100 women in 2018

TEAM NAOS VISITS DHARNI

Led by Mr. Jean Girard, Regional Executive Director, NAOS Middle East, a highly motivated team from NAOS visited the project in Dharni, Maharashtra in March 2018 to get a first-hand experience of the program.

The NAOS village project will reach a population of 45,000 and focus on saving lives of malnourished children, educating mothers and families, providing access to clean water and improving the



Team NAOS with Fight Hunger Foundation staff (left) and at a village meeting in Dharni (right)



overall nutritional status of the community. The team interacted with the local population, visited their homes attended village meetings, visited the farms and held one to one interactions with mothers and children.

Under the NOAS village project that commenced in February 2018, we are gearing up for our first Outpatient Therapeutic Centre (OTC) to begin operation in May.

DSB INTERNATIONAL JOINS THE RUN AGAINST HUNGER FAMILY

DSB International School became the newest member of the Run Against Hunger family and enthusiastically raised vital funds for children suffering from acute malnutrition. The run, where the family pledges for each lap a child takes, was a morning of fun and revelry as teachers and parents cheered the



Team DSB at the Run

young ones to help malnourished children grow up to be healthy and strong.

We are truly overwhelmed by the amazing response we received from the children, staff and the parents and cannot wait to come back again next year and collaborate with enthusiastic family of DSB.

Fight Hunger Foundation would like to profoundly thank again its Founding Members.

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