

**“Knowledge Management for Better Nutrition Outcomes”
Organized by MSSRF with the support of UNICEF**

Meeting Proceedings



MSSRF / PR / 17 /79



KNOWLEDGE MANAGEMENT FOR BETTER NUTRITION OUTCOMES

Background

The 'Tamil Nadu Nutrition Alliance', an MSSRF-UNICEF partnership initiative, brings together stakeholders working on nutrition outcomes in Tamil Nadu. It provides opportunity to take stock of ongoing work on nutrition, share best practices and resources and provide tools and materials for better impact. Stakeholders include representatives from Government, Non-Governmental organizations, farming communities, community based organizations, educational and research institutions and nutrition experts. Meetings and exchanges are facilitated for greater cohesion on nutrition in Tamil Nadu. The Nutrition Alliance was launched in May 2017 in the presence of Prof M S Swaminathan, Dr Darez Ahamed, IAS, State Director National Health Mission, Mr Job Zachariah, Chief UNICEF State Office for Tamil Nadu and Kerala and various representatives.

When the Tamil Nadu Nutrition Alliance was launched, the need for stronger collaboration among stakeholders was felt as the most important step to take this initiative forward. Since then, a steady exchange of information helped keep up the momentum of creating an alliance that works towards a 'Malnutrition-Free Tamil Nadu'.

It was in this context that a workshop on knowledge management for the alliance was held. This document captures the proceedings of this meeting as also the various relevant points made by each of the participants during the various presentations. It is hoped that this would help understand the spirit and the content of the discussions and would also provide an opportunity to obtain clarity on the way ahead for this important initiative.

Knowledge Workshop at Puducherry

Members of the alliance assembled at Puducherry for a two day knowledge exchange to further strengthen the alliance. The workshop stakeholders met to discuss and deliberate on “Knowledge Management for Better Nutrition Outcomes” The meeting was held on September 26 & 27, 2017 . There were thirty five participants at this residential workshop.



Saiyed shared the purpose of the meeting which was to exchange information, aspects of nutrition that need focus, and highlight the contribution from each of the stakeholders. She recalled the first meeting where the focus was to familiarize people and to bring everyone to a universal understanding of the direction, on where to concentrate and build positive outcomes with minimal investment. “The focus will be to put the good practices of all based on the discussion and sharing of knowledge that each one of us has been doing and the positivity of it.” said Dr Saiyed. she further emphasized that whatever is locally happening will be extrapolated for the state. She set the session rolling, emphasizing that the focus was on understanding the work of the outcomes and the impact.

Introduction of Participants

The session started with the introduction of the participants. While the stakeholders who were part of the launch already knew one another, this meeting also had several new participants who shared the common goal of working on nutrition. (A list of participants is annexed). Ms B Jayashree, Head, The Media Resource Centre, MSSRF facilitated the self-introductions.

Since the theme of the workshop was on nutrition, the introduction also focussed on nutritious food that can be associated with each individual. There were some interesting name associations from millet Mohan to Groundnut, moringa (drumstick) and milk.

Overview of the Workshop:

Dr Farhat Saiyed, Nutrition Specialist, UNICEF Office for Tamil Nadu & Kerala

The session began with Dr Farhat Saiyed, Nutrition Specialist, UNICEF thanking participants for the time and the concern, commitment towards better nutrition. Dr

Evidence & Work on Nutrition

The session had stakeholders from Government and academic institutions sharing their work on nutrition and the impact their initiatives had created. The session was moderated by Dr Farhat Saiyed.

Dr K R Jahan Mohan, Head of Department, Agriculture Policy and Planning, State Planning Commission, Tamil Nadu

Sharing from the policy perspective, and elaborating on the Government initiatives for the promotion of health and nutrition, Dr Jahan Mohan shared the concern of how even in remote places people had moved away from cereals such as millets for various reasons like processing difficulty. He shared the audience of efforts by the State to change this situation and bring millets back to use.

“The area under millet cultivation has increased from 6 lakh hectares to 9 lakh hectares and the production has almost doubled” he said sharing data. He further said that millet was an apt crop to cultivate



drawing parallel since it was water smart compared to a crop like paddy.

While production of millets started increasing considerably, it was also important to promote millets especially among groups like adolescent girls. He shared an example of how millets were given as supplementary food in the form of laddus. The case study of Perambalur, with less than 50% female literacy where an initiative had been taken up was shared. During the pilot study among 2,873 children in Alanthur block, the hemoglobin content was recorded. Supplementary food time table for girls was drawn up. The initiative resulted in a drop in number of people with anemia in the block.

Another interesting case study of kitchen gardens promoted in Salem District was shared. At Kasturiba Gandhi Balika Vidyalaya (KGBV) schools, a majority of students are from tribal community and farming background. Here, kitchen gardens were introduced as a vocational activity through Krishi Vigyan Kendras (KVK). A common platform was also created where all departments came together and implemented this. KVK and Tamil Nadu Agriculture University (TNAU) Salem were coordinating institutes for the project. The area where the garden was set was first made a secured area with a compound wall. The teachers and the warden were trained on the

best garden practices over 785 square feet of area in the school campus was earmarked for the garden, where 12 varieties of vegetables were grown.

“There are 58000 schools in Tamil Nadu and even if selectively implemented, the organic garden concept and vegetable consumption will drastically improve” said Dr Jahan Mohan, sharing that mapping of different schools where this project could be emulated is in progress. Similar efforts are also being explored for implementation in Eklavya modern schools.

While policy options on promotion of millets as ‘nutricereals’ are underway, there is a lot being expected from ICDS too, in terms of having a nutrition group to take forward within the Government framework. He emphasized on the need to take the importance of millets to the younger generation as well and how innovative intake of millets in the form of finger millet (ragi) pasta, macaroni, milk shakes are being explored with the help of TNAU. He suggested that millets could be provided as part of mid-day meal at least once a week. The Planning Commission was working on ensuring regional availability of ragi, kambu and cholam for the Public Distribution System, like in Karnataka. Crop diversification, consumption of bio fortified crops including nutri-garden concept

and greater convergence between allied departments and institutions to widen the reach is the key to further strengthen the efforts to achieve the nutrition goal.

Dr Seethalakshmi, HOD Dairy Science Department, Gandhigram University



Sharing knowledge on milk and allied products, Dr Seethalakshmi spoke of milk as a complete food with all essential nutrients and also how rearing cows can also be seen as an instant 'ATM' for dairy farmers. For people who have an aversion to milk, she spoke of research using sensory evaluation to incorporate millets and fish with milk. A variety of milk-based products including aloe vera added ice cream, herbal lassi to tapioca ice cream and sesame powder flavored ice cream – in all, 79 products have been developed as value added dairy products. With the help of Ministry of Food Processing and also through KVKs, 12 batches of women through SHG school dropouts and youth have been trained on making these value added dairy products. The Home Science department of Gandhigram University has developed seaweed chocolate especially targeting the anemic, obese and diabetic and studied the impact of consuming this, on adolescent girls.

Answering question on the cost of making these value added products and whether the ICDS and Nutritious Noon Meal Programme could incorporate some of these items, Dr Sitalakshmi said most of the products are

cost effective. She also shared that there are products available for elderly too.

Mrs . J.M. Yamuna Rani, Joint Director, ICDS



Sharing how ICDS had been making a difference since 1975, Mrs Yamuna Rani took the participants on a view of the journey since then and the universalization of nutrition. ICDS has several components and she highlighted some of the services, schemes and the beneficiaries. Elaborating on the supplementary feeding, she said ICDS has been providing 'sathumaavu' (nutritious meal flour mix) at all centres and has been monitoring growth. Take-home rations were also being provided, based on the need; for acute underweight, double ration is also being provided. Sathumaavu was being made through 25 societies and with the support of two private players.

Since 2013, the Nutritious Noon Meal Programme had also undergone change in terms of providing variety colored rice, egg thrice a week and during the rest of the days channa and potato was being given. She also shared the challenges of funding. While it was a Central Government initiative it was in the format of 60:40 proportion of spending between the Centre and the State. However, in Tamil Nadu, it was the state that was spending almost 60%. The Government has also been additionally paying for the

anganwadi workers as stipulated and for the staff welfare activities too. This two-fold approach to nutrition, the sathumaavu and the noon meal has helped the state stay in the forefront.

ICDS has also been working with the State Health Department for immunization, deworming, referral services, since ICDS does not have its own doctors and is working with primary health centers and taluk hospitals. In 2013, ICDS came out with a restructured pattern with four main services – supplementary nutrition during early childhood and education; care and nutrition counselling especially during the golden 1000 days; health services including immunization and referral services and finally advocacy & social mobilization.

The Joint Director, ICDS, further shared some of the challenges that ICDS faces, like the vacancies which are being addressed now, budgets, interpersonal communication involving knowledge sharing and behavioral change communication that is being addressed through UNICEF support. ICDS is undertaking a study through external agencies based on which policy level changes are being done. Citing an example, she said till now the focus had not been on stunting and wasting. However, based on the output of the various studies, efforts are also being made to address stunting and wasting. In tune with the SDG goals, she shared that the efforts are on to make TN a malnutrition free state by 2022. The key to this is addressing anemia among women and adolescent girls, stunting and wasting and steps are being taken to make policy level decisions towards this objective.

Apart from this, ICDS also works on young childhood care and education, working through convergence for building infrastructure through MGNREGA for proper

sanitation, baby friendly toilets, drinking water and upgrading anganwadi centers. She further added that nutrition is beyond just food, and ICDS through the years of experience have realized the importance of convergence and is actively working with departments in a holistic manner.

Sharing further on how innovation in inter personal communication has given tremendous learning and considerable outcome, Mrs. Yamuna shared on the SMS campaign initiative. This was done in two blocks in Marakkanam and Salem, where message were sent consistently every Friday via SMS on nutrition and childcare. Since the mobile phone is mostly handled by men, the constant SMS had also paved the way to involve men in parenting. There were initial challenges the men not communicating with this message to their families. To address this issue, an orientation programme was organised which led to a 70% increase in sharing of message among the family.

The Tamil Nadu Planning Commission also has Innovation Initiatives, a 150 crore project, and urged ICDS to share the initiative for the required investment and to scale up the project.

On addressing the question on whether the



target group who are married and yet to get into motherhood are being addressed, Ms Yamuna Rani said so far it has not been done and would look at addressing this group as well as it is crucial too. The importance of the universalization of anganwadis and crèches to improve the nutritional status of young

kids who come into the them, needed to be addressed.

Sharing her note on the discussion so far, Dr Farhat said many a times we are focusing on the 'what' of the issue. Instead, we should focus on the 'how' of the issue and why it was happening. Getting deeper into the reasons, Dr Farhat further shared that the problem needed to be looked at from the perspective of state, district and local community level. Addressing the reasons for the prevalence of an issue would lead to customized action, she said. She added that failure is also positive learning, and what is important is being courageous to jump into action.

Prof. K R Sundaravaradarajan, Director, Training & Placement at Annamalai University



Sharing his experience of working on different projects related to agriculture and nutrition, Prof Sundaravaradarajan shared how in a joint effort with the Michigan State University, awareness on nutrition to school girls at Cuddalore was given, and with a project in partnership with the UK, protecting the soil nutrients from waste was undertaken.

Productivity of major crops have started declining, and the constant use of chemicals has impacted the quality of agro crops and related nutrition. With the help of an Indo-German project, farmers were sensitized on producing quality crops and how to grow a

good crop, with value additions, thus enabling increased income levels.

He also shared the initiative on standardizing 'idly' batter. This is a new business opportunity since more people are opting for this. However, it remains an area of health concern since there are doubts over the standardization of the batter that is being sold in the formal and informal market. A study on this was done for around 5 years. The focus was on income increase and over 1,000 people were trained on idly batter standardization.

Horticulture production has increased over the years but focus on what type of product we are getting is important. Seasonal availability of fruits is no longer an issue. Technology development in agriculture has paved the way for availability of seasonal fruits through the year, but the key is what nutrient values are we deriving, along with an understanding of the pesticide and fungicide content, and whether it is fit for consumption. Quality monitoring is the key to better nutrition.

He shared a small details of project that was undertaken at Cuddalore, where a demand and supply gap analysis was done in rural and urban regions for fruits and vegetables and the per capita availability was identified. A farmers' group was formed at Puducherry to promote horticulture at Pondicherry. While over 40 farmers were identified for brinjal production, they could not market it as expected, emphasizing the need for cost mechanism.

Shared research initiatives like pricing & e-NAM where major commodities could be marketed anywhere in India, could help bring in vegetables also into the fold. The GST impact on processing and the need to revamp farmer's market was shared. The need to retrieve nutrients from waste as well as the importance of inclusion of nutritive grain

like millets was emphasized. He also spoke of fine-tuning research for dietary needs for sustainability.

Sharing her observations, Dr Farhat said the Tamil Nadu Nutrition Alliance partnership had to extend beyond these meetings. She urged the importance of institutions sharing research outcomes. This would benefit the eco system as a whole, she said.

Dr Shareefa Talhaa, senior nutritionist and former HOD JBAS College



Recent research undertaken by the speaker on gluten-free mixes had helped standardize over 50 recipes. The mix was formulated with 1 kilo each of red rice, ragi, samai, (millets) roasted bengal gram, green gram and half kilo of bajra and thinai, 125 g each of tulusi and melon seeds. This mix was a rich source of all essential nutrients and could be made either as sweets or savouries. She further shared that this mix was given to terminally ill cancer patients in the form of kanji (a porridge) and it was noticed that there was a comparative improvement in the health, though recovery was not expected. She further shared that they have also documented traditional practices and the level at which it should be consumed. Concerns were also raised on increase in consumption of junk foods and the need to educate the young on healthy traditional food practices.

In the moderator's note Dr. Farhat observed that if substantiated with evidence generated in the past, this will help work on further

research in terms of repeated consumption and quantity intake which will serve as pointers for best practices.

Information and knowledge on various other traditional food practices were shared by the stakeholders which took the session to a whole new nutritional platform!

Ms Jayashree shared how data is critical and more so deciphering the data, breaking it visually for simple understanding, emphasizing the need for technology enablement. In this context, visualizing or interpreting data was crucial.

Mr. R. Nagarajan, Senior Scientist, MSSRF



The potential of GIS in nutrition mapping, with easy to understand examples was shared by Mr. Nagarajan.

The GIS (Geographical information System) linked to the latitude and longitude helps in location specific data that holds the key to important decisions. GIS helps in micro level planning and is used in agriculture. There is a pressing need to use this for nutrition-related work too, he said.

The use of technology aroused interest among all the participants and there were flurry of questions to understand the how and what of GIS. Also this brought a new dimension to the discussions that had focused on food and shifted to discussion on tools that could be used by policy makers and researchers.

Session II

Nutrition - Outcomes and Impact

Dr Meenakshi Bajaj, Dietician, GH & Indian Dietetic Association



The session moderator Dr Meenakshi Bajaj, gave an outline of the session that encompassed nutrition in an holistic manner including dairy, fish breaking the myths surrounding these foods, nutrition sensitive development at SHG and grass root level.

II. A. Fish and Nutrition:

Dr R Velvizhi, Principal Scientist, MSSRF



Dr Velvizhi shared some interesting facts with regard to the extensive coastline and the per capita consumption and livelihood that this segment offers. Across the nearly 8000 km coastline, Gujarat, Tamil Nadu and Kerala led in fish production. Close to 9 million people depend on fishing for their livelihood.

Dr Velvizhi took the audience through Fish for All Research & Training Centre, an initiative of MSSRF. The centre was set up in 2009

with the objective of providing livelihood security, nutritional security and capacity building through value added products. She shared the nutritional importance of fish consumption. The easy-to-digest food has simple proteins that can be consumed even by 6-month-old infants. Fish is, no wonder considered a rich food for poor people. The Fish for All Centre has strengthened the value chain from capture to consumption and has mobilised women's groups for fish based enterprise. The sector offers wide range of entrepreneurship and the centre has promoted women entrepreneurship. Through various initiatives, including through adapting technology, the centre has established a delivery chain to take it to urban poor.

Dr Amba Shankar, Principal Scientist, Central Institute of Brackishwater Aquaculture, CIBA



Adding to the topic with interesting information of fish varieties, how to identify a good fish and what type of fish is good for nutrition and for consumption, Dr Amba Shankar took participants through the richness of this food with several examples. It could be known through the fact that 100 gm of fish is equivalent to one idly or a bowl of rice. He also took this opportunity to break several myths and misconceptions related to fish and its consumption for food.

Dr Farhat added to the discussion with her

inputs on how fish is important for the growth and development of children.

II. B. Self Help Groups and Nutrition Ms Deepa Rajkamal, CEO, TNVRC, NRLM



Ms Deepa elaborated on how mapping of village panchayats can go a long way in identifying and addressing the gaps for effective scheme implementation. She shared the importance of mapping the right set of beneficiaries which the census data might not provide. She went on to explain how social mapping is done in village panchayats based on many parameters and with the help of volunteers from the community which comprises all sections of people from disabled to women to youth.

An effective collaboration within departments can make use of rich source of database across panchayats are available, which can be made use for any scheme communication and entitlements. Explaining the structure of the volunteer force in detail, Ms Deepa offered that now that they had been systematically organized and trainings had been conducted, this volunteer force was available for any initiatives that were being taken up at the grass root level.

II. C. Grassroot Institutions and Nutrition Mr. R. Srinivasan, Senior Scientist, MSSRF,

gave an outline of the initiatives taken at the grass root level and how women were

empowered to have a sustained living. In 1990, a survey was taken on the poverty



status and how to alleviate it. Depending on the viability, various initiations like fodder, kitchen garden, mushroom cultivation, sericulture and vermicompost were explored.

In 1996, 19 villages and by 2000, 54 villages were reached, and 250 SHGs formed. Inniyur Grama Sangam was formed in 2005 and today they are a success story for everyone to emulate. To further bring in more women in need into the fold, a survey was taken in Puducherry in 2016. It was found that there were a lot of widows who had difficulty to procure ration or Aadhaar card. Single women were neglected and Inniyur Grama Sangam brought them together as a group. So far 52 SHG across 18 villages have been formed and women have been trained and bank loans facilitated. To further support them, in their old age or in the event of an unfortunate incident, a mutual trust was formed, and accordingly Rs 30,000 grant was being provided for women between 45 -55 years and Rs 10,000 for women between 56-70 years. With the help of NABARD, vegetables are marketed through the rural market.

I. D. Dairy and Nutrition Mrs Periammal and Mrs Sivasundari, Dindigul

Women from rural Tamil Nadu have been

emerging to the forefront, and an interesting experience was shared by the representatives from the women's group from Dindigul.

Mrs Sivasundari shared her personal experience on how she does not buy vegetables and everything is home grown. From guava every other fruit possible, is grown by her. Mrs Periammal has gone one step further using only home grown vegetables for her hotel.

Extending the success the women's collective, Inniyur Grama Sangam has 1500 women into dairy milk production with 3500 litres. The group has grown from strength to strength and from one collection centre to 20 collection centres. In the meantime, production has gone up from 40 litre to 3500 litres.

Summing up the session, Dr Meenakshi Bajaj said "it is imperative to link and channelise for better nutrition outcome; each department should come together to discuss and see how to collaborate, each stakeholder can contribute with what they have and probably what they can extend to offer. A qualified nutritionist can be roped in to help in this process and MSSRF can be the linking partner.

Session III: Knowledge Management for the Alliance

Ms B Jayashree, Head – The Media Resource Centre, MSSRF



Ever since the Tamil Nadu Nutri-Alliance was formed, one key emerging point was sharing of knowledge and a nodal point where all information and knowledge can be summed up for use by various stakeholders. Taking this forward and making it a reality is the Nutrition Knowledge Portal put together and maintained by MSSRF. Ms Jayashree, MSSRF shared the importance of such a portal and how this could be a rich source of knowledge and case study referral.

The portal www.tamilnadunutrition.org aimed to be a resource platform for information access and has multiple sections such as Government schemes that are available, IEC material and research material for downloads and referral. Plans are also underway to start a community space where questions will be answered by eminent experts.

Ms Jayashree urged all stakeholders to keep sharing information resources for the benefit of the ecosystem and to achieve the common objective. After a brief introduction, this session was to be continued the following day to enable feedback from all participants and to incorporate into the portal.

Session IV

After a packed day of information and experience sharing, it was time for the field visit, and the context was set on what to look forward during the field visit.

The visit was to a dairy collection centre at Vazhudavur, Puducherry. The centre managed milk collection from women who were engaged in dairy. By coming together as a collective, the women had managed to enhance the income that they were gaining from their dairy farming. The workshop participants were given an idea about this collective and an opportunity to engage directly with this small woman farmer to understand the manner in which she functioned and how she could be self-sustaining. This centre, which the workshop



participants visited, had about 80 - 90% of the milk procured being sold in the village itself and the surplus milk is then supplied to Ponlait – the Milk Producers’ Cooperative of Puducherry. It was interesting to see the enthusiasm of the women, their vision and the interfacing of livelihood with nutrition. Participants interacted with the women to understand how they collected the milk, how they ensured quality and the way in which they had managed to leave out the middlemen in their bid to get a better income. Some of the participants also gave suggestions with regard to how the women could operate their

services in a more effective manner. During the time of the visit, several of the villagers came up to either buy or sell milk, indicating a brisk business.

The 10 year old federation is a self sustained one with technical assistance being provided by MSSRF.



The second day's session started with a field visit to Poraiyur to interact with adolescent girls and single women. A brief was given on the manner in which the women's group used to support other women for gaining various entitlements as well as to collectivize them. Puducherry has a higher death rate of men, and participants first made an effort to understand this status. There were young widows who needed support as much as older single women. The need ranged from government

documents to shelter to Government scheme beneficiary.

To sustain their livelihood, the CBO(IGS) took the initiative to help them with financial assistance through banks and training on activities that could earn a livelihood and by linking them to various social entitlements. From dairy to setting up small stores, the group lends members to the tune of up to fifty thousand rupees. For elderly, the bank does not support with loans, therefore with the



surety of the other members from the group, loans are lent to such needy. While on the one hand single women are supported with livelihood, the group also takes care of the adolescent girls ensuring proper nutrition through iron and folic acid supplementation, training on menstrual hygiene etc. The group shared that adolescent girls were being trained on various relevant issues including being aware of the adolescent stage, savings etc. Sharing feedback, the participants of the

group headed back to the hotel to continue the discussions on how the lives of the marginalized could benefit by a multi-sectoral approach for nutrition.

Dr. M Sangeetha, Deputy Director of Public Health, National Health Mission

Tamil Nadu Nutri Alliance felt nutritious food should also be ensured at school. While the Government schools do provide milk, there were queries also on the role of private schools. Since the group also extensively works with single women, it was also debated if nutrition supplements and folic acid can be made available through PDS.



After this interaction on the field, the

On the activities being undertaken by the National Health Mission, Dr Sangeetha, shared the health promotion from the primary

health care perspective and the intersection with other departments. Initiatives that the department undertakes in early diagnosis and primary health care at the school level, was shared with the audience. There were some interesting observations shared viz bringing back the forgotten crops at production level and the need to carry home best practices of nutritional food. She also offered to support with verification and document in the health card, if the NGOs and MSSRF can share the information on the deficiencies and the corresponding administered initiatives taken. With target of reducing the percentage of underweight children by 10 points, she shared the outcome of some of the initiatives, seeking help from NGOs to carry home the message of better nutrition.

Dr .V Ashok, Deputy Director, Directorate of Public Health



Adding his perspective and details on health initiatives, Dr Ashok from DPH shared information on the schemes, the immunization covering 9 lakh children and shared key milestones on national immunization. Over 80.1% had been covered in immunization which has led to no polio cases since 2004, tetanus was eliminated in 2006 and the number of measles cases had reduced significantly. He further shared inputs on the Vitamin A deficiency disorder control programme and how deficiencies can be prevented. Sharing the strategy adopted, Dr Ashok

said a fixed day approach for Inoic folic acid distribution was worked on, implemented through schools and through ICDS.

Stressing on the need for health education and acceptance on the need, the “how” of the implementation was shared which included behaviour change communication, enhancing interpersonal communication, inter sectoral coordination, capacity building, community participation, empowering ASHA / AWW / VHN / SHG, knowledge sharing, IEC material availability and locality based nutritional interventions. The need to tap resource persons, from WHO, UNICEF and MSSRF was also emphasized by him.

Extending on the need for knowledge sharing, Ms Jayashree, MSSRF shared how the nutrition knowledge portal can actually add to the single objective of all the stakeholders. She shared how Tamil Nadu was a model for lot of initiatives in terms of indicators, yet there are pressing concerns. Though Tamil Nadu is above the normal national indicator levels on anemia, obesity, blood sugar levels etc; there is still a high percentage of women who need intervention. Despite high institutional delivery, breastfeeding initiation in the first one hour is just at 55%. The extent of women facing spousal violence in Tamil Nadu is reported at 40.6% which is much higher than what women across India have reported (28.8%). Knowledge management is essentially about people, how it is created, shared and used. TN Nutrition portal is a one stop centre to provide tools and resources on nutrition.

Dr. K Shanmugavelayudham, TN Forces

Giving an overview of the National Nutrition Strategy that was launched by Niti Aayog in September 2017, he shared the key highlights of this strategy. The vision to achieve optimal nutritional status and reduce all forms of malnutrition by 2030 is indicated. To achieve



this milestone, nutrition interventions are definitely required.

Some of the ways in which these could be achieved were suggested:

- > *Working on malnutrition free districts and panchayats*
- > *Nutrition taking centre stage in all government reform initiatives*
- > *Convergence of organisations*
- > *Prioritize action to reach most vulnerable communities*
- > *Counseling for critical age groups*
- > *Continuous care*
- > *Promoting innovative service delivery models*
- > *Community based monitoring*
- > *Decentralized approach*
- > *Ownership of panchayati raj institutions*
- > *ICT enabled monitoring*
- > *Evolve a strategy framework linked to Swachh Bharath*
- > *Steering group headed by Minister for Women & Child Development to monitor the progress and submit a report to Prime Minister*
- > *Test the efficacy in few Districts*

Ms S Sasikala, Associate Professor, SRM University, spoke about food technology and food safety issues. Mr R Manickavasagam, Vice President, Raaj Milk, spoke about the nutritional benefits of milk and the various value-added products the company is making

from milk. Mr Lakshmanan, Social Scientist, Grass root institutions, MSSRF spoke about the health initiatives taken by the Innuyir Grama Sangam, the Women's Federation in Puducherry, set up with MSSRF facilitation. Dr Arokia Raj, World Vision India, spoke about various initiatives to reduce malnutrition and childhood illness.

Dr Farhat shared her closing remarks on how to strengthen capacity and take forward the efforts. There are a whole range of services and programs that exist and are being offered. We need to identify which are the key interventions or nutritional services that can impact and give desired outcome.

As a group working towards the common objective, we need to accelerate support to existing programmes.

There are 10 major services / activities / practices that can be clubbed as part of 4 major areas

- > *Infant & Young child*
- > *Micronutrient nutrition*
- > *Early detection and treatment for those who are severely malnourished*
- > *Women's nutrition with focus on adolescent girls and mothers.*

She further detailed out the best practices that can be carried out under the above major 4 thrust areas

1. Infant & Young Child

- a) Breastfeeding practice within one hour of delivery*
- b) exclusive breastfeeding for first 6 months*
- c) start complementary feeding from 6th month*
- d) continue breastfeeding for 2 years*

2. Micronutrients and Anemia

- a) Combine Vitamin A Supplements*



*,Deworming initiative and Immunization
b) Iron folic acid supplementation c) Zinc supplementation*

Though supplementation is happening at a satisfactory level for infants and adolescents, we still do not have junior weekly iron folic for kids in first to fifth standards. Similarly we do not have such administering for non pregnant and non lactating women. This shows that a major population has been left out.

3. Maternal & Adolescent Nutrition

a)Combine IFA , Calcium supplementation and deworming b) IFA supplementation to adolescents through schools & SABLA done only in 9 districts c)The literacy rate in Tamil Nadu is high at 76% which can work to our advantage d) Overall nutrition of mothers and adolescents should be ensured.

Undernutrition is a major concern as 17% of women are undernourished

4. Severe Acute Malnutrition Management

While this has still not picked up in our state, the increasing trend to adapt is comforting. Our focus lies in the first three areas. It is important to have a common agreement on who is responsible for nutrition - is it the State or Social Welfare Department or Collaborating Departments or other Partners involved in

the process. While multi departments are involved, the responsibility lies with health and social welfare.

After the presentations, the alliance structure was discussed. Questionnaires related to capacity gaps that had been circulated on the first day were followed up with feedback forms and sheets to indicate how each partner could contribute.

Each organization and individual member in the ecosystem need to be identified, major objective and nutritional objective drawn and nutrition related services identified - i.e. in terms of capacity building, as a resource person or trainer, integrated communication, field monitoring, facilitate coordination or any other. This will help assess what support the Nutrition Alliance could provide to the existing framework.

Dr Farhat suggested that we all live once but this is an opportunity to live and realize our dreams once again through action. Participants gave their feedback and suggestions and also provided their inputs on taking this initiative forward. With these thought provoking remarks, the session concluded with a clear direction to move forward and with hope to make a difference.



**Knowledge Management for Better Nutrition Outcomes”
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**MEETING OF STAKEHOLDERS
PUDUCHERRY
SEPTEMBER 25 – 27, 2017**

Monday September 25, 2017

2:45 pm – Assembling

Venue: MSSRF, 3rd Cross Street, Institutional Area,
Taramani, Chennai 600113
Ph: 22541229 / 22541698

3:00 pm – Departure to Puducherry

7:30 pm – Arrival and Check into Hotel

Stay at: Hotel Surguru

104, Sardar Vallabhai Patel Salai, Pondicherry - 605001

Phone: +91-413-2339022 / +91-413-2227290 Fax: +91-413-2334377

8:00 pm – 9:00 pm: Dinner and Overnight at Hotel

Tuesday September 26, 2017

9:30 am – Introduction of Participants

10:00 am – Overview of the Workshop:
Dr Farhat Saiyed, UNICEF

10:15 am – 11:15 am

Evidence & Work on Nutrition – Moderated by: Dr Farhat Saiyed

Speakers:

- Representative – State Planning Commission
- Representative – ICDS / NMP
- Research Base – Gandhigram, Annamalai, JBAS, SRM
- GIS for Nutrition Mapping – Mr Nagarajan, MSSRF

11:15 am – 11:30 am Tea break

11:30 am – 01:00 pm

How are we contributing to nutrition – Outcomes & Impacts

Moderated by: Dr Meenakshi Bajaj, Indian Dietetic Association

Speakers:

- SHGs & Nutrition – NRLM
- Fish & Nutrition – Fish for All Centre, Poompuhar / CIBA
- Grassroot Institutions & Nutrition – CBO representatives

01:00 – 02:00 pm – Lunch

02:00 pm – 04:00 pm: Nutrition Knowledge Portal

02:00 – 02:15 pm – Presentation on Portal: Ms B Jayashree, MSSRF

02:15 – 04:30 pm – Open House: Discussion on Knowledge Portal

4:30 pm – Departure to Vazhudavoor

5:00 – 6:00 pm – Field visit: Meeting with dairy collective centre

Return to Hotel and Overnight

Wednesday, September 27, 2017

9:00 am – Departure to Poraiyur

09:30 am – 10:30 am Field Visit: Interaction with adolescent & women's group

11:00 am – Return to Hotel & Tea

11:30 am – 1 pm

Messages on Nutrition – How we can reach out
Capacity Building for Anemia, Maternal & Child Nutrition

- Representative – DPH
- Representative – TN-FORCES
- Representative – World Vision
- Representative – SRM

Facilitated by UNICEF

01:00 pm – 2:00 pm – Lunch

02:00 – 03:30 pm Open House: Discussion on way ahead

Facilitated by Dr Farhat Saiyed & Ms B Jayashree

03:30 – 03:45 pm Feedback and Closing

04:00 pm – Departure to Chennai