

SAMVAAD

Quarterly Newsletter of Aatapi Seva Foundation



SUSTAINABLE NUTRITION THROUGH KITCHEN GARDENS

This year, among the many facets of developmental needs, health and nutrition remain crucial from the lens of a sustained living. With the advent of COVID-19 pandemic, the very basis of food and nutrition security has been adversely affected impelling every expert and practitioner to arrive at a common solution - community based and community owned nutrition.

While Kitchen Gardens have been promoted by many developmental agencies and the government, it is of critical importance now. More than ever, there is a need to make communities self sufficient to meet their basic requirements of nutrients, not only to meet their daily needs, but also to build immunity and ward away infections.

Aatapi launched its multi-sectoral nutrition program themed **Sustainable Nutrition through Kitchen Gardens** - leveraging the mission of "National Nutrition Month -2020". We drew the attention of our community to the health and nutritional status of the vulnerable groups and elicited their commitment for a sustained nutritional action.

NUTRITION MONTH, 2020

2000 COMMUNITY MEMBERS ORIENTED ABOUT IMPORTANCE OF NUTRITION.

100 KITCHEN GARDENS COMMITTED FOR WOMEN, ADOLESCENTS, CHILDREN, PERSONS WITH DISABILITY & FARMERS



FLAG BEARERS OF THE COMMUNITY

Two workshops were held with **children** attending our **Tejasvi Bal Vikas** programme, where they were sensitised towards their health and nutritional status, and ways of maintaining good health of community.

As a result, the children drafted a constitution for kitchen gardens that they promised to grow together. We look forward with great anticipation.



UNMASKING THE FEAR

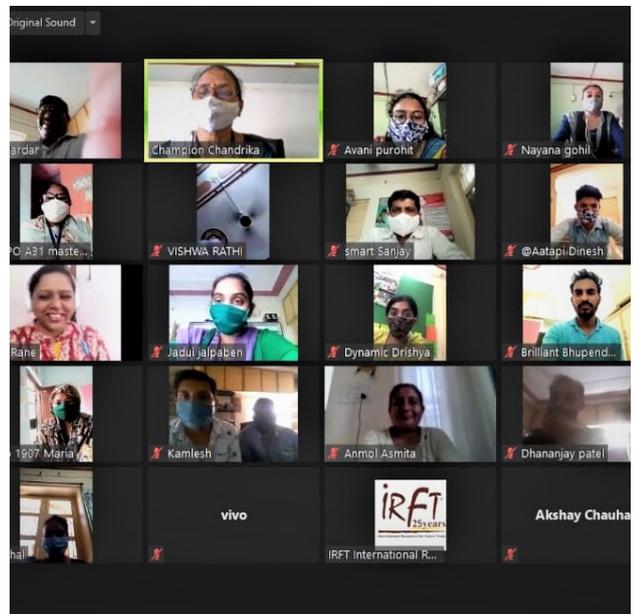
Our faces maybe masked, yet we have striven to unmask the developmental issues hovering around.

Nurtured by **IRFT**, Mumbai, we have capacitated ourselves with the right information on COVID understanding how the safety protocols can be ensured in all our future endeavors. Today in all our associations, COVID awareness remains inevitable.

Since April, 2020, we reached out to more than **4000** persons providing preventive messages on hand washing, use of mask, and social distancing. Masks are also distributed with relevant information on its proper use and disposal.

We have engaged with mask making right from the beginning of the lockdown. This has proved to be a great livelihood opportunity for our SHG members. Till date we have sold **20050** masks to **27** companies and agencies.

We endeavor to expand the scope of this enterprise to cover soap making, sanitiser and immunity boosters - as a complete self sustaining solution for protection against COVID-19 and living in the New Normal.





GOING GREEN

In collaboration with **National Council for Climate Change and Sustainable Development (NCCSD)**, Aatapi is working on promoting sustainable agricultural practices. One such practice is t-vermiwash, which remains vital to enhance usage of natural alternatives. A total of **10** vermiwash beds were facilitated in last quarter with the aim to promote climate resilient agriculture in the area. We hope with these demonstrations, the farmers commit to climate resilient agriculture practices.

CARVING THE WAY

As we expanded our reach, our team at Panoli, Ankleshwar has trodden the path of **sva to samuh** thereby covering **520** women as a part of our women empowerment program. We have been quite motivated by the extensive work done to link women with their rights and entitlement. The next step ensued is of skill building and developing entrepreneurial skills.



MINDFUL THOUGHTS

The COVID pandemic has provided us with an opportunity to hone our skills, we have used the online platforms to connect various community members, team members and other stakeholders for training sessions, monthly meetings and brainstorming.

Using such a platform, we have partnered with **Navrachana University, the MS University, Parul University and independent consultants** to develop models and systems relevant to our context, to uplift the most marginalised.



GUIDING LIGHTS

Our Board members invest in nurturing the organisation toward optimum standards of compliances and accountability. In the quarterly meeting, the Board approved the audited statement of 2019-20 accounts.



SVOC meeting, March 2020

Another guiding opportunity paved the way in July when the **Shroff Voluntary Organisation Consortium (SVOC)** met online in the presence of group leaders and visionaries. The meeting marked extensive learning and partnering possibilities for Aatapi and for the group as a whole.

In our own little ways, we want to keep the light shining within us, and we believe together we can overcome the fight against **COVID-19**. Till then, we wish our readers and supporters a good health and a steadfast spirit.

THERE IS NO STOPPING US

"To be responsible for others' health one has to be fit and healthy first, and give up habits that can deteriorate health."

-Voice from the community

Aatapi is a Social Development Institution incorporated under the Section 25 of The Companies Act, 1956 (Founded by TML Industries in 2009)

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