



# PROGRAMME FOR IMPROVED NUTRITION IN SINDH

To support the Accelerated Action Plan, Government of Sindh

# THE PINS PULSE

June 2020

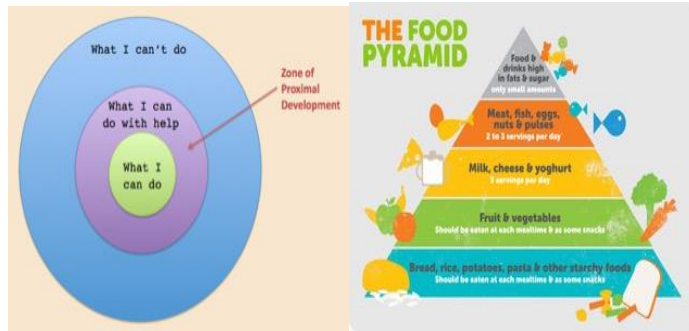
The European Union-funded Programme for Improved Nutrition (PINS) aims to sustainably improve the nutritional status of children under five and of pregnant and lactating women in Sindh through institutional strengthening and building capacity of the Government of Sindh, by providing support to multi-sectoral nutrition policy, strategies and governance frameworks, for effective implementation of nutrition-specific and nutrition-sensitive interventions.

## Dissemination of COVID-19/WASH Animated Video Teacher's Training Induction Material on Nutrition

PINS, with overall supervision of the European Union Delegation to Pakistan and in consultation with Particip, developed animated videos messages in Sindhi and Urdu (subtitled in English) regarding preventions against COVID-19 and other diseases, and promoting hand-washing. These were launched on social media by the Government of Sindh's Information Department and received an overwhelming response. The video was aired on Sindh TV, in May.

In June, the Urdu version of the video was aired on one of Pakistan's largest television networks, Hum TV at prime time.

PINS as part of its support to build the capacity of the School Education Department/Provincial Teacher's Training Institution (PITE), GOS has developed and finalized the resource material on nutrition that will be integrated into the induction training for teachers.



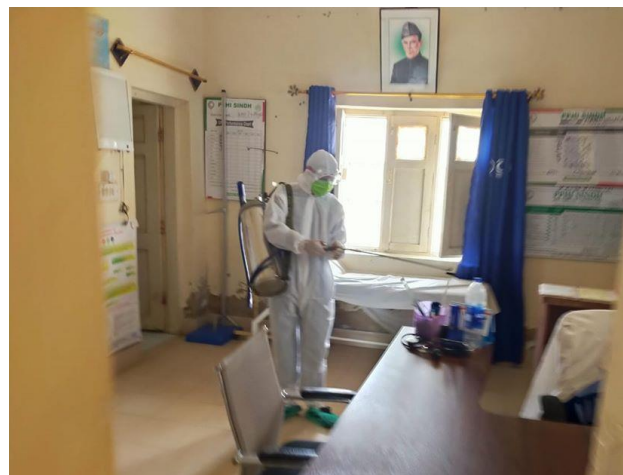
The revised training material will help build the understanding of teachers about nutrition concepts, especially relating to stunting and malnutrition in children. After concluding the induction training package on nutrition, PINS has now started to develop in-service training material including animations, poems, games and videos.

## OTP sites in Thatta Disinfected Amid COVID-19

In an attempt to reduce the spread of COVID-19 and to continue the nutrition related services, PINS organized a disinfection and decontamination campaign in District Thatta at the Outpatient Therapeutic sites (OTP).

Disinfecting the OTPs was especially important as immunocompromised children and pregnant and lactating women (PLWs) visit these sites for health services and might be easily get infected. The OTPs are managed in collaboration with People's Primary Health Initiative (PPHI) in District Thatta whose staff / representatives are very motivated.

Disinfections are being carried out as per World Health Organization (WHO) guidelines and recommendations. PINS has established 262 OTP sites in Sindh.



### PINS Field Staff Oriented on Processing and Preservation of Food

PINS is mandated to address the climate and environmental change impacting food security. In this regard, PINS has trained district-based staff on food processing and preservation, through a series of orientation sessions. The idea behind training them is to impart knowledge among the Agriculture Entrepreneurs who will train community members.

Methods like preservation by air drying and freezing of surplus food were included in the orientation.



### Turning adversity into opportunity - harvesting rain water in drought stricken areas

In areas where there are heavy rains but are prone to prolong drought seasons, PINS 3 is working with its communities to identify and construct rainwater harvesting ponds to continue access to water despite seasonal changes.

So far, 10 ponds have been rehabilitated/constructed in Qambar Shahdadkot with plans for 80 more such ponds across Dadu, Jamshoro and Qambar Shahdadkot. These rainwater



harvesting ponds will be constructed primarily towards irrigating farmer field schools and kitchen gardens in the vicinity to ensure that surrounding communities can cultivate and consume seasonal and organic produce all year long.

### Promoting Kitchen Gardens for Healthy Eating

Mrs. Nawab and her husband Mr. Mushtaque Ahmed, are Agriculture Entrepreneurs who manage and train community members at their Farmer Field School (FFS) in Village Organization Ghulam Husain Bhut, District Larkana. In addition to training community members at the FFS, they visit households and motivate them on kitchen gardening, consuming vegetables and fruits. To help kick start their kitchen gardens, PINS ER-3 distributed seasonal seed packs. And, it's working. Green patches now dotted across their village in the form of kitchen gardens of different shapes and sizes seen in almost every home.

Over 86,000 households cultivated kitchen gardens in the Khareef season across the 10 PINS ER-3 Districts which is helping them eat healthier and Khalida is one of them. She and her family now have meals with a variety of sabzi, where before her kitchen gardening days, they relied heavily on potatoes because they were cheap.

*'The vegetables taste better because they are fresh. It's much cheaper than getting them from the market which is quite far away from where we live. But best of all, my children enjoy eating them which makes me so happy because I know it'll help them get healthier.'*



### Implementation Updates - June 2020



**6,170** Number of admissions at Outpatient Therapeutic (OTP) sites



**3,516** children cured and **128** suffering from severe acute malnutrition treated at Nutrition Stabilization sites.



**13,464** Community awareness sessions conducted by CRPs



**110,230** Livestock treated/drenched/vaccinated by Community Livestock Extension Workers



**61** Village Organisations declared Open Defecation Free



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