



PROGRAMME FOR IMPROVED NUTRITION IN SINDH

To support the Accelerated Action Plan, Government of Sindh

THE PINS PULSE

August 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.

Review of Curriculum and Training Material of Regional Training Institutes of PWD, GoS

As part of its mandate to build the institutional capacity of GoS and to improve the status of nutrition, PINS has conducted a detailed review of the curriculum and training material of Regional Training Institutes (RTIs), Population Welfare Department (PWD).

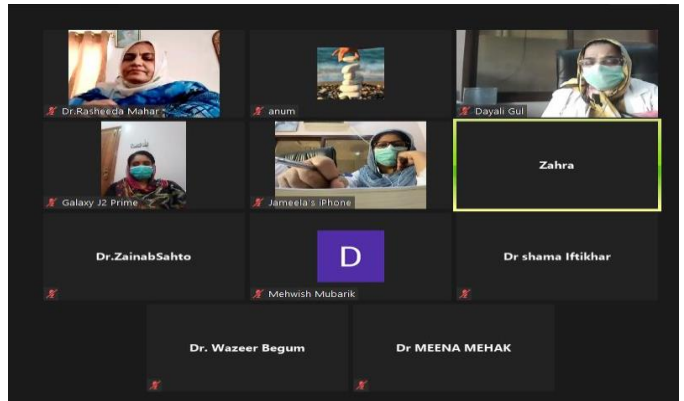
In the first round, curriculum for Population Welfare Workers, while in the second round, the training material for the Village Based Family Welfare Workers, was reviewed and recommendations on nutrition related contents were framed. The review was undertaken for subsequent sensitization and other trainings to the relevant staff of the PWD, GoS and to further the AAP PWDs objective to strengthen existing family planning systems and services for improving health and nutrition of women and children.

A dedicated sensitization session was undertaken with

Sessions on Moringa Planting Carried out

In preparation for the moringa planting, PINS held two sessions this month, covering topics ranging from land preparation to caring for trees as they grow.

Mr. Rafique Soomro, an expert on moringa plantation, led the sessions. Due to the health benefits associated with the moringa plant, a strategy to promote it, was discussed and a plan was developed to be initiated at the Farmer Field School. As part of this, **1,938** moringa nurseries will be raised in the PINS districts, and the moringa trees will be distributed to households.



the AAP Coordinator, the Deputy Coordinator, the Principals and faculty of RTIs of Karachi, Hyderabad, Sukkur and Larkana on the changes being introduced in the curriculum and materials. The PWD officials expressed their gratitude for PINS efforts.

Successful treatment of Baby Pooja at NSC

Encouraged by hearing of various successful treatments of similar children in the neighbourhood, the parents of one-year old baby *Pooja* took her to the Outpatient Therapeutic site (OTP), at the Basic Health Unit *Piyaro Lund*, in District Tando Allah Yar. There she was diagnosed as suffering from wasting (low weight for height), malnutrition with complications such as oedema, anaemia and diarrhoea. She was shifted to a Nutrition Stabilization Centre where she received treatment and gained weight rapidly!



PINS Implementation Updates - August 2020



6917 Admissions at Outpatient Therapeutic (OTP) sites



240 Children under 5 suffering from Severe Acute Malnutrition treated at Nutrition Stabilization sites.



46 Village Organizations conducted Clean Village Campaign



2,430 Households oriented on food preservation and processing



101 Village Organisations declared open defecation free, **1,139** Latrines constructed by community.



18,640 Livestock treated by Community Livestock Extension Workers; **101** Women purchased goats with EU PINS grant.

Plantation around Community Physical Infrastructures



PINS kicked off a tree plantation campaign during the monsoon, around newly-constructed Community Physical Infrastructure (CPI) sites. The CPI, including rainwater and community fish ponds and alternate water schemes, are being constructed with the help of the local communities. Moringa, neem, mustard, guava, lemon and acacia trees were planted to help reduce the water

evaporation and stabilize the embankment. Adolescents in the community have been given the responsibility to look after the planted trees.

Cooking Demonstration on Healthy Food Conducted



Cooking demonstrations were carried out in PINS districts to motivate rural communities to prepare hygienic, nutritious and tasty food. Such activities help communities improve their health and immunity through hands-on learning experience, demonstrations and discussions. *Gul Bano Bibi*, who is part of the mother to mother support group at *Haji Khaskheli Village*, learned how to make nutritious food for her three-year-old baby girl, with just a few low-cost ingredients.

PINS constructed Water Hand Pumps provides Community Clean Water in Floods

Sultanabad, a small village in Tehsil Juhi of Dadu district, continues to be affected by flash floods and droughts. As part of its efforts to provide clean water, PINS has now installed hand pumps. Despite the village being flooded again during the recent spell of heavy rain, the installed hand pump provided access to clean drinking water and so was a blessing for the community. *Ms. Najma*, resident and community resource person trained by PINS, was happy with the development. She continues to promote practices related to hygiene and for prevention against diseases.



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