



# PROGRAMME FOR IMPROVED NUTRITION IN SINDH

Funded by the European Union

To support the Accelerated Action Plan, Government of Sindh

# THE PINS PULSE

December 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.

## Session on Nutrition in the Induction Training of the Junior Elementary School Teachers

PINS collaborated with the Government of Sindh's Provincial Institute of Teachers Education (PITE) of School Education and Literacy Department (SELD) to deliver sessions on nutrition to the newly inducted Junior Elementary School Teachers of *Districts Kashmore, Jacobabad and Tharparkar*. The trainings, which took place on 2<sup>nd</sup> and 14<sup>th</sup> December 2020, were conducted online due to COVID. The two trainings built the capacity of more than **200** newly inducted teachers on nutrition and their roles as teachers to further the objectives of reducing malnutrition. This is part of the ongoing support by EU-PINS to the nutrition-sensitive Education sector SELD. The idea is to integrate nutrition not only through text books, but also through the induction & in-service teachers training courses. Strengthening PITE is therefore an important expected outcome.

*Dr. Zahra Ladhani*, Senior Advisor EU-PINS1, provided an overview of the developed material. This included the basics of nutrition and the role of teachers and schools as a way to improve nutrition in the community. *Mr. John O'Dea*, Senior Advisor EU-PINS1, shared details on the food sectors and the practices that can improve nutrition, while *Ms. Amima Sayeed*, Senior Education Expert discussed how to integrate nutrition into the delivery of lessons to the students. Despite the constraints of online training mode, teachers demonstrated a keen interest and felt motivated to take this to the school-level.

The Director General of PITE, GoS *Mr. Abdul Majeed Burt*, and his colleagues had been very forthcoming, in implementation of the activities and remain appreciative of EU-PINS' contribution. On behalf of PITE, *Mr. Mir Hassan Dhairi* facilitated the two sessions.



## Community Health Workers Raising Awareness on Nutrition Despite COVID

Community Health Workers (CHWs) are an integral part of EU-PINS and play a pivotal role in community engagement and raising awareness on nutrition.

More than **2000** CHWs are actively working in the ten districts of Sindh. *Ms. Haseena*, one of the Community Health Worker (CHW) in village *Rasool Bux Khoso District Matiari*, continues to conduct awareness sessions on stunting and malnutrition in communities, amid the COVID related challenges. She also informs mothers on the usage, dosages and benefits of Micronutrient Powder (MNP) - a nutritional supplement for micronutrient deficiencies for children.



### Focus Group Discussions with CLEWs for Strengthening and Sustaining activities across PINS

EU-PINS conducted a series of focus group discussions (FGDs) with Community Livestock Extension Workers (CLEWs) to strengthen and sustain the activities across the programme districts. In the FGDs they identified a number of enabling factors and barriers related to their work. In the FGDs, the CLEWs explained that the additional income which comes with this profession motivates them to continue their work in this field. Most CLEWs work closely with the local veterinarians to increase their practical knowledge, confidence and credibility. They voiced concerns about limited outreach and requested support to address the misperceptions of communities who expected to receive the services provided by CLEWs like vaccination, and treatment free of charge. The insights from these FGDs will help in the development of the future strategy to strengthen the support structures for CLEWs.



### PINS Implementation Updates, December 2020



**2,700** children cured, **181** treated at Nutrition Stabilization Centers (NSC) sites



**13** Water supply schemes completed



**13,300** Social Behavior Change Communication sessions conducted



**58** Village Organisations declared open defecation free



**5,282** Admissions at OTP- Out Patient Therapeutic sites



**88,597** Households provided vegetable seeds for Rabi season



**6,529** Livestock treated/drenched/vaccinated by Community Livestock Extension Workers

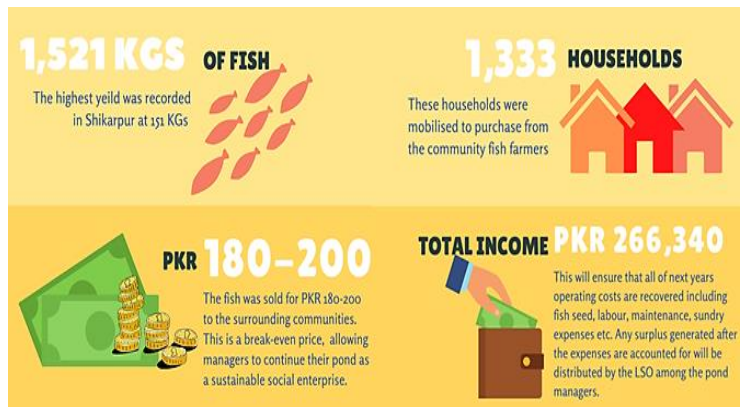


**120** Small farmers provided with financial support for wheat production

### Community Fish Ponds in PINS Districts Began to Harvest

EU-PINS and its implementing partners have now established fish ponds in 10 districts (*Dadu, Sajawal, Tando A. Yar, Tando M.Khan, Thatta, Jamshoro, Matiari, Qambar Shahdadkot, Shikarpur and Larkana*). These ponds are important to improve the community's access to fish to boost their dietary diversity.

The ponds were constructed in the beginning of 2020 and the communities began harvesting them in October 2020. In total more than **1500** kilograms of fishes have been harvested, with *Shikarpur* having the biggest share in production.



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