

PROGRAMME FOR IMPROVED NUTRITION IN SINDH

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THE PINS PULSE

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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.

Training of Trainers Workshop on nutrition for the Education Managers

EU-PINS1 in collaboration with the School Education and Literacy Department (SELD), Government of Sindh and its Provincial Institute of Teachers Education (PITE), organized a Training of Trainer (ToT) workshop on Nutrition on April 24, 2021 at PITE. In all, 38 faculty members of PITE and the Teacher Training Institutes (TTIs) of *Dadu, Thatta, Shikarpur and Larkana*, benefitted. The beneficiaries of this ToT will further roll-out and conduct sessions on a regular basis for education managers and TTI members across the province.

The Training of Trainers and two successive district based workshops at *Dadu and Thatta* are planned as part of capacity building of SELD and College Education Department and to foster implementation of GoS AAP. Earlier, two training manuals on Nutrition developed by EU-PINS1 were approved by the Sindh Teacher Development Authority (STEDA), Government of Sindh. *Dr. Ayesha Aziz*, Senior Adviser with EU-PINS1 led the training with support from *Ms. Amima Sayeed*, Senior Education Expert. *Ms. Sayeed* spoke about the role Education Managers can play to improve nutrition, and the role of schools to help reduce malnutrition. She also conducted a group work with the trainers to identify issues and address them by deploying solutions at the district, taluka and school-levels.



Dr. Ayesha Aziz, briefed the audience of basic concepts of nutrition and malnutrition while sharing statistics on



nutrition for the understanding of the audience. *Mr. Mushtaque Shahani*, Senior Strategic Adviser - Education, discussed the role of the trainers and trainees. *Dr. Mir Hassan Dhari*, Senior Instructor, thanked EU-PINS on behalf of PITE, for organizing the workshop and for the ongoing support to PITE. *Mr. Muhammad Zeeshan Tariq*, Chief Adviser/Team Leader, EU-PINS1, in his closing remarks thanked SELD, PITE and TTIs for the collaboration and emphasized that the TTIs/trainers were now expected to act as a catalyst for change, helping teachers, students and communities to reduce malnutrition through different nutrition-sensitive interventions. He reminded the teachers of their high status in society and spoke of how they should leverage the respect to bring in the social and behavioral change which is critical for improving the status of Nutrition in the province.

LSO Representatives Shared Experiences at National Convention

Ms. Marya Pratab, General Secretary of Local Support Organization (LSO) *Digh Mori, Tando Muhamad Khan* and *Ms. Marvi Channa*, Treasurer of LSO *Sindhu Darya, Larkana* represented PINS at the National LSO Convention. This was hosted online by the Rural Support Programme Network on April 8, 2021.

The LSO representatives presented the impact on the communities of the work carried out since their LSO had agreed to collaborate with PINS. They detailed the constructive steps they had taken since then to improve the availability of diverse foods and work towards better access to safe water and improved sanitation. They are committed to their goal of achieving a better future and improving nutrition in their communities.

CHW Repetitive Counselling helped Community member

Ms. Bashiran from village Ali Bahar Union Council Banno, District Sujawal had two miscarriages. She was pregnant again and lactating when she was visited by Community Health Worker (CHW) Ms. Sherbano, on her assessment found her under nourished and anemic (blood deficiency), advised to take Iron Folic Acid (IFA) Supplementation.

Ms. Bashiran was reluctant to take the IFA. However, on the counsel of the CHW and her mother-in-law she agreed to take the supplements and delivered a healthy baby girl.



PINS Implementation Updates, April 2021



5,738 children cured, **338** treated at Nutrition Stabilization Centers (NSC) sites



7,554 Admissions at OTP- Out Patient Therapeutic sites



11,679 Social Behavior Change Communication sessions conducted



40 Community activists trained on community level fish farming



12 Village Organisations declared open defecation free



100,095 Households visited by Community Resource Persons



20 Women provided with funds for purchasing of goats



7 Rain-harvesting ponds/tanks constructed/rehabilitated

Fatima, mother of three earned decent with EU-PINS supported Kitchen Garden

EU-PINS helped establishing kitchen gardens across the ten districts of Sindh. Ms. Fatima, mother of three children, member of Village Organization, Mehboob Goth of Shikarpur, was one of those who received kitchen gardening training. After the disability of her husband, she has started to earn a livelihood from it.

With the food from her kitchen garden, she feeds her family and from the surplus vegetables and fruits she receives a decent income to support her family. Her 30 square feet kitchen garden is the realization of her dreams!



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