



PROGRAMME FOR IMPROVED NUTRITION IN SINDH

Funded by the European Union

To support the Accelerated Action Plan, Government of Sindh

THE PINS PULSE

June 2021

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.

Strengthening PITE: Conducting Online Session on Nutrition as part of In-Service Teacher Training

The EU-PINS continuing its efforts to build the capacity of the Government of Sindh and its institutions to improve nutrition in Sindh. This includes support to the Provincial Institute of Teacher Education (PITE) in *Shaheed Benazirabad*, which is the Government of Sindh's premiere teacher training institute for the Sindh Education and Literacy Department (SELD). PINS provides training on nutrition and integrates materials for the induction course and the in-service training of the teachers (promotion courses), of different cadres. This involves the face-to-face mode as well as online delivery of lectures and training contents, designed for the purpose. The most recent activity was for the promotion training of teachers. *Dr. Ayesha Aziz*, Senior Advisor (Nutrition-Specific), EU-PINS, provided a detailed presentation of the status of malnutrition and stunting in the province Sindh and in Pakistan. She also shared ways to improve nutrition among children and women of all age groups. The session included details on the main interventions carried out under the Accelerated Action Plan for the Reduction of Stunting &

Malnutrition in Sindh and the linkages with the Health, Education and other sectors. These sessions were coordinated by *Mr. Mushtaque Shahani*, Senior Strategic Advisor, EU-PINS and *Dr. Mir Hassan Dhari*, Senior Instructor of PITE, GoS. The PITE sessions, which were held online in April and May 2021 due to the COVID situation, benefitted around 300 Senior Subject Specialists and Senior Faculty Members. The second phase of training is likely to be held in August 2021.



EU-PINS Raised Awareness about Preparing Nutritious Food by Sponsoring Cooking Shows

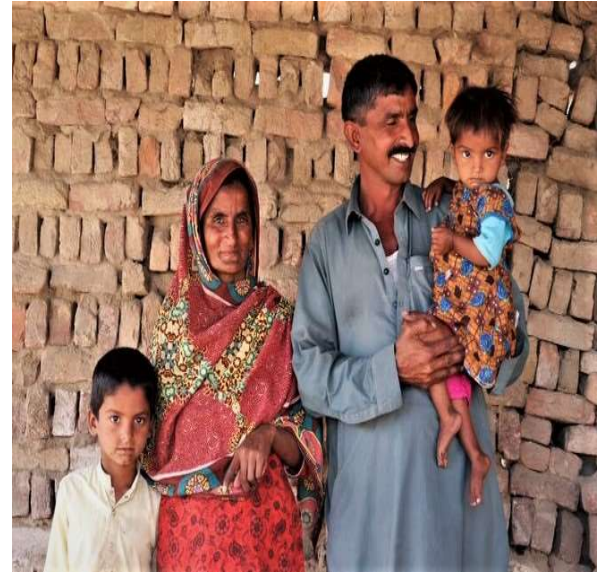
To help people understand how to reduce malnutrition in children, EU-PINS sponsored 20 episodes of cooking shows *Lazat Ain Sehat* (translates: *Tasty and Healthy*) on the flagship Sindhi language TV channel Sindh TV. The main objectives were to increase awareness among people, especially mothers, about healthy and nutritious food that can be cooked with local ingredients, and to encourage viewers to incorporate healthy and nutritious food recipes into their daily menu.

During these cooking shows, the Chef of the program focused exclusively on healthy and nutritious dishes that could be made using local ingredients and formed balanced meals. The chef explained the benefits of the different ingredients including the fats, carbs, vitamins and minerals contents which are necessary to keep a child healthy and avoid deficiencies. The chef credited the EU-PINS with sponsoring the show and explained that this was part of the project's overall aim to reduce malnutrition in children in Sindh.



Ms. Bashira and Mr. Abdul Haleem Make Changes for the Better

After the 2010 flooding in *Dadu*, Ms. *Bashira* and her family moved to *Kamber Shadadkot*, where her husband, Mr. *Abdul Haleem*, had been given a small plot of land by the local landlord in place for wages. Nonetheless, the family's struggle continued, with their children in particular suffering mostly due to the lack of sanitation and nutritious food. Their baby *Kewal* was identified as having Severe Acute Malnutrition (SAM) by the PINS nutrition-specific team, and referred to an Outpatient Therapeutic Program (OTP) site. There they were also helped to address the underlying causes of the family's poor nutrition, by providing them with a grant to purchase a goat, and having a community resource person (CRP) counsel them on the construction of a latrine and ways to improve the family's nutrition. With this support, Ms. *Bashira* has rebuilt her life and is happy, now that her children are healthy and the number of goats is also increasing.



PINS Implementation Updates June 2021



6,816 children cured, **227** treated at Nutrition Stabilization Centers (NSC) sites



7,813 Admissions at OTP - Out Patient Therapeutic sites



163 Monthly meetings held by Community Resource Persons



73 Water sources tested for biological and chemical contaminants



155 Village Organisations declared open defecation free



4 alternate water sources installed



414 Women provided with funds for purchasing of goats



20 Community activists trained on community level fish farming

Focus Group Discussions Held for Initiating Positive Water, Sanitation and Hygiene (WASH) Habits

EU-PINS conducted five (05) Focus Group Discussions (FGDs) across *Tando Muhammad Khan and Thatta* as part of an effort to better understand the process of inculcating positive Water, Sanitation and Hygiene (WASH) habits in certified Open Defecation Free (ODF) villages as well as in those where ODF is in progress. The objective of the FGDs was to understand differences in the social habits of communities and to map out the ways in which some have been successful in collectively adapting and sustaining positive habits. The FGDs will help understand how best to promote the effective uptake of positive WASH practices and to create socially-viable mechanisms. The key lessons from these FGDs will be incorporated into the WASH Refresher Trainings for the field teams in the upcoming month.



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