



**NAYARA**  
ENERGY

## Project Tushti

Realising Potential. Suposhit Devbhumi Dwarka



A land sacred to many and extremely precious to us, Devbhumi Dwarka has always been the cornerstone of our existence at Nayara Energy. Since we laid our foundation to build India's second largest single site refinery in the region, Nayara Energy continues to partner with the communities through various sustainable development projects, in areas of environment, health & nutrition, and education, playing a pivotal role in improving quality of life of the communities.

Nutrition is crucial for the fulfillment of human rights and dignity especially for children, girls and women, locked in an intergenerational cycle of deprivation. It is critical to prevent under-nutrition that comprise maternal and child health and survival. The Government of India is committed to addressing the nutrition challenges in India and has various nutrition policies and initiatives aligned to Sustainable Development Goals (SDGs).

At Nayara Energy, driving inclusive growth and delivering value for our stakeholders is at the core of our beliefs. In partnership with Government of Gujarat, Nayara Energy is delighted to launch Project Tushti.

At the 2019 Vibrant Gujarat Summit, Nayara Energy committed to partner with the Government of Gujarat to set-up a truly unique Public-Private Partnership, to accomplish the ambitious goal of achieving under-nutrition free status for Dwarka district, through a multi-stakeholder action plan, for a more inclusive and sustainable growth.

Nayara Energy is confident that with Project Tushti, we are able to fulfill the rights of India's children and women towards more inclusive and sustainable human development.

Regards,  
**B Anand**  
Chief Executive Officer, Nayara Energy

A land that has seen prosperity, since well before the vedic ages, Dwarka is sacred for many and at the very core of our existence. Project Tushti is Nayara Energy's endeavor, in partnership with the Government of Gujarat, to support the communities and people of Dwarka in realising their potential to the fullest, by improving nutrition parameters and achieving under-nutrition free status for the region. 'Tushti' derived from the Sanskrit word 'Santushti', signifies fulfilment and wellbeing. And we believe that, by working together and joining forces, we can usher in a dawn of santushti- a fully nourished India.



"Health and nutrition are the priority areas of our government. Health remains one of the key areas in our quest of building an inclusive and new India. An integral part of our vision is achieving 'Kuposhan Mukh Bharat' (Malnutrition-free India) by 2022."

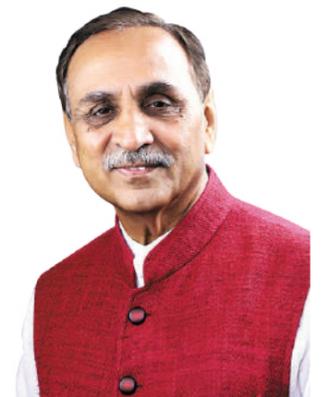
**Shri Narendra Modi**  
Honourable Prime Minister

At the Poshan Month Celebrations

"A campaign-like effort that includes not only the government but all stakeholders is required and the State Government is committed to eliminate Malnourishment in Gujarat."

**Shri Vijay Bhai Rupani**  
Honourable Chief Minister of Gujarat

On the occasion of Kuposhan Mukh Gujarat Maha Abhiyan



# Understanding Global Nutritional Needs

The world today is uniquely characterised by the coexistence of agricultural bounty and widespread hunger and undernutrition. Undernutrition is a critical challenge with enormous human and economic costs, holding back development across the world and with unacceptable human consequences.



-  **1/3** of reproductive-age women are anemic
-  **39%** of the world's adults are overweight or obese
-  **2 Cr** babies are born underweight

*"Nutrition is both a maker and marker of development. Improved nutrition is the platform for progress in health, education, employment, empowerment of women and reduction of poverty and inequality, and can lay the foundation for peaceful, stable and secure societies."*

**Ban Ki-moon**, United Nations 8th Secretary General

# Achieving Nutrition Security – The Global Mandate

Optimal nutrition is essential for achieving several of the Sustainable Development Goals (SDGs), and many SDGs impact nutrition security. Thus, nutrition is linked to goals and indicators beyond Goal 2, which addresses hunger, this emphasises the necessity for a multisectoral nutrition security approach for success.



## SUSTAINABLE DEVELOPMENT GOALS



**The Sustainable Development Goals (SDGs)** were adopted by all United Nations Member States in 2015 as a universal call-to-action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity by 2030.

# Addressing India's Nutrition Needs

India has accorded the highest priority status to combating malnutrition. The key issue is preventing and reducing maternal and child under-nutrition as early as possible across the life-cycle including adolescent girls and women. Undernutrition is the outcome of insufficient dietary intake, insufficient absorption and inadequate prevention and management of disease/infections.

The Government of India has wide spectrum of national programmes that contribute to improved nutrition outcomes, addressing both the immediate and the underlying determinants of undernutrition through nutrition specific and nutrition sensitive interventions. Despite improvements, under-nutrition remains high. The following findings of surveys conducted in the country underline the need for immediate action to curb under-nutrition in India.



The fifth largest state by area, Gujarat has achieved the distinction of being one of the most industrially developed states. It accounts for five per cent of the total Indian population and contributes about a quarter of India's goods exports. This economic growth can be credited to rapid industrialisation in the past decade. The impact of high economic growth on health and nutrition indicators in Gujarat, however, have been mixed, leaving significant scope for progress.

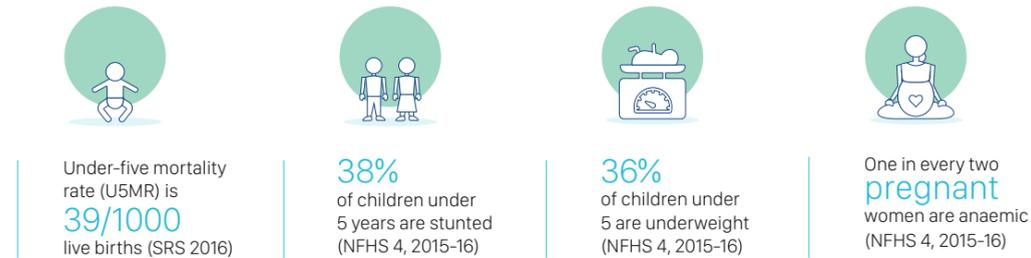
Children between 1-5 years of age show a higher proclivity for being underweight and stunted—the distribution of underweight coincides almost exactly with that of stunting.

## Towards A Fulfilling Future Of Dwarka

Considered to be the home of Lord Krishna, Devbhumi Dwarka is located on the southern coast of the Gulf of Kutch in the state of Gujarat. The district boasts of a rich spiritual and cultural heritage.

The Dwarka district was created on August 15th, 2013 from Jamnagar district. While Jamnagar as a whole is known as a progressive district however, as per NFHS-4 (2015-16), the health and nutrition indicators were found to be weak. At the time of data collection, Dwarka district was a part of Jamnagar district.

In 2015-2016, the National Family Health Survey (NHFS) recorded the health and nutrition indicators of Gujarat and Jamnagar as follows –



## Nourishing India - Poshan Abhiyaan

The Government of India's overarching scheme for holistic nutrition or POSHAN Abhiyaan or National Nutrition Mission, is a flagship programme to improve nutritional outcomes for children, pregnant women and lactating mothers.

- Ante-natal checkup, diet of pregnant women, institutional delivery
- Early initiation of optimal breastfeeding
- Complementary food and feeding
- Full immunisation and Vitamin A & calcium supplementation
- Growth monitoring and promotion
- Anaemia prevention in children, adolescent girls and women— diet, IFA, de-worming
- Food fortification and micronutrients
- Diarrhoea management
- Girls' education, diet and right age at marriage
- Hygiene, sanitation and safe drinking water

### Child Feeding Practices

Children under 3 years breastfed within one hour of birth  
 Breastfeeding children age 6-23 months receiving an adequate diet  
 Total children age 6-23 months receiving an adequate diet

### Nutrition Status of Children

Stunted (low-height-for-age)  
 Wasted (low-weight-for-height)  
 Anaemia (Hb < 11.0 g/dl)

### Nutrition Status of Women

Underweight (BMI < 18.5 kg/m<sup>2</sup>)  
 Overweight (BMI ≥ 25.0 kg/m<sup>2</sup>)  
 Anaemic (all women 15-49 years)



## Paving The Way

Nayara Energy has launched **Project Tushti**, in partnership with Government of Gujarat (GoG) will endeavor to achieve Dwarka under-nutrition free. Along with the implementation partners, JSI R&T India Foundation and the Indian Institute of Public Health (IIPH) Gandhinagar, the project involves implementation of comprehensive nutrition initiatives through convergence of Department of Health and Family Welfare and Integrated Child Services Development Scheme (ICDS).

## A Partnership With Government Of Gujarat

At the 2019 Vibrant Gujarat Summit, Nayara Energy committed to partner with the Government of Gujarat to strive to make 249 villages in Devbhumi Dwarka malnutrition and anemia free.

## Joint Project Objectives

Project Tushti proposes to achieve near-zero under-nutrition in the Dwarka district. by 2022. The project will be focus on:



To strengthen comprehensive nutrition improvement systems and practices by facilitating multi-sectoral convergent actions between various government departments.



To improve uptake of nutrition services for young children, adolescents and pregnant women in all 4 blocks of the district.



To promote a positive change in behaviour through a comprehensive Behaviour Change Communication package.



To digitise and develop Sustainable "Model Health and Wellness Centre" and converge with ICDS for monitoring the nutrition related parameters in vulnerable population.

## Leaving A Meaningful Impact

Under-nutrition is especially critical among children under 5 years of age, adolescent girls and for pregnant & lactating women, causing an adverse impact on their own health as well as the health of future generations. The children suffering from under-nutrition are more likely to face cognitive impairments, short stature, lower resistance to infections, and a higher risk of disease and death throughout their lives.



Children 0-5years



Pregnant and Lactating Mothers

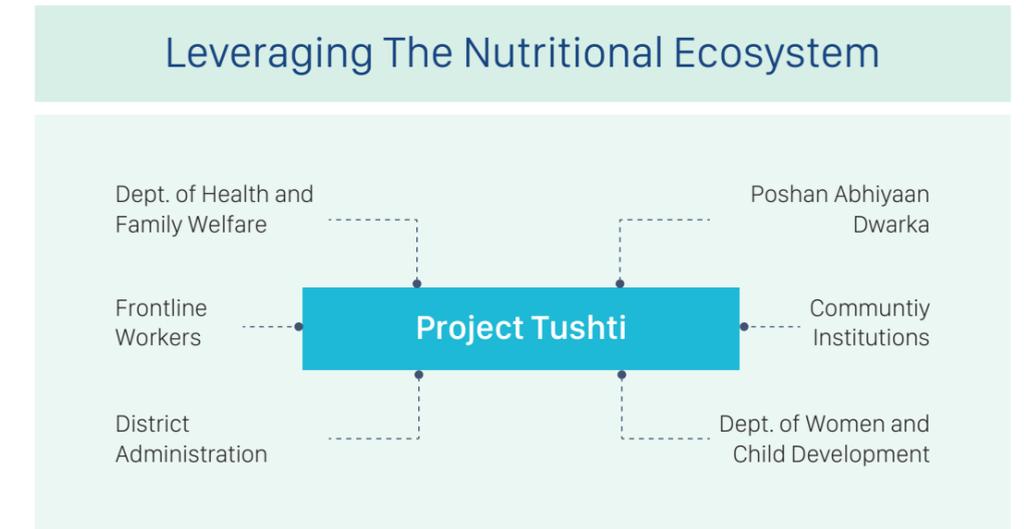


Adolescent Girls

## Energy Through Synergy

The collaboration among district administration, community institutions, governmental departments, frontline workers and Nayara Energy will ensure success of **Project Tushti**.

## The Building Blocks



Village		PHC and AWC	State, Distirct & Block	
System strengthening and convergence at all levels	Capacity building of staff (triple "A"), supportive supervision and review at all levels	Strengthen VHSND and other community institutions	Implementation of high impact interventions	Strengthening of Health and Wellness Centres
Convergence between Health, ICDS and Education at higher levels will enable better coordination between field functionaries. Supply of drugs and logistics will be organised.		Capacity building of staff and supportive supervision will result in Regularity and improved Quality of services.	Strengthening of VHSNCs and other community institutions will lead to improved demand for services and behaviour change. Strengthening of H&WCs as well as VHSND will result in improved uptake and quality of services.	Age appropriate interventions will be implemented through the existing system (ICDS) through trained frontline workers as well as community groups.
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## About Nayara Energy

Nayara Energy is a new-age downstream company of international scale with strong presence across the hydrocarbon value chain from refining to retail. The company owns and operates India's second largest single site refinery at Vadinar, Gujarat with a current capacity of 20MMTPA. The refinery is one of the world's most modern and complex refineries with a complexity of 11.8, which is amongst the highest globally.

## About JSI R&T India Foundation

JSI R&T India Foundation works closely with the Ministries of Health and Family Welfare, Women and Child Development, and state counterparts, Niti Aayog, leading CSR companies, international donors and UN organisations to implement innovative, context specific and comprehensive health and nutrition programs in India. Our expertise lies in system strengthening, capacity building, M&E, and advocacy.

## About IIPHG

Indian Institute of Public Health Gandhinagar (IIPHG), is a partnership between Government of Gujarat and Public Health Foundation of India. IIPHG works in close collaboration with various state governments and also Government of India to strengthen public health system through training, research and field practice. IIPHG is actively contributing to Government of India's Ayushman Bharat initiative.



**Around 45% of deaths among children under 5 years of age are linked to undernutrition.**

World Health Organisation, 2018



A well-nourished child is one third more likely to escape poverty, they will learn better in school, be healthier and grow into productive contributors to their economies. Good nutrition provides the brainpower, the 'grey matter infrastructure' to build the economies of the future.



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