



POWER THROUGH NUTRITION

Shri Sharada Public School

Annigeri, Karnataka, India

Team Members

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AIKYAM Mentors

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What challenge does your project address?

- Malnutrition leads to poverty, reduced productivity, and economic instability, hindering overall development and creating long-term societal challenges. Children who are caught in this net suffer stunted growth and poor education.
- We see this problem in our local community too and our team decided to focus on finding a way to improve the food and nutrition quality within a nearby government school that children from poor families attend.



Anganwadi students eating sweet



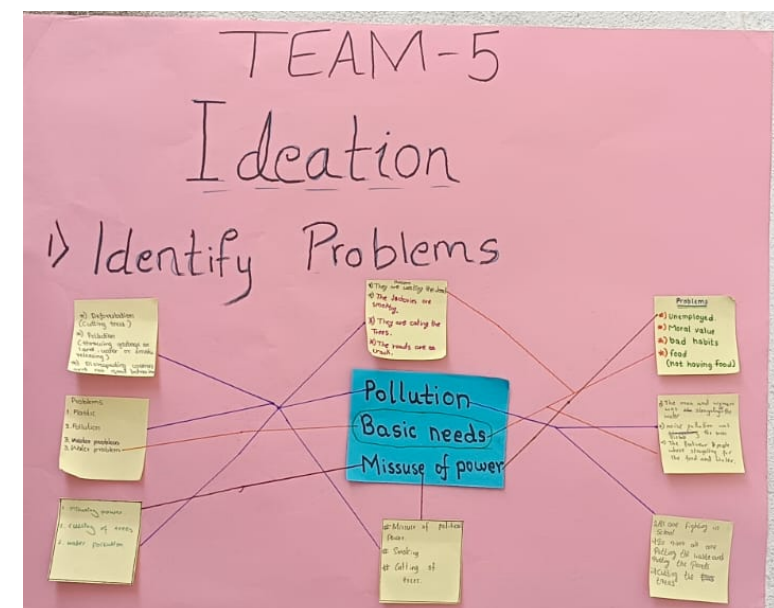
Sweet which is provided to children

Why did the team select this topic ?

- During our team's ideation phase, we brainstormed several problems observed in our local community. Some team members talked about how they see beggars in the street lacking access to food.
- The team also discussed how we were all trying to eat healthier ourselves because we had learned about health problems that can occur by not eating enough fruits and vegetables.
- We connected these two topics together and decided to try and find a way to help.
- We wanted to find out more about the challenges faced by beggars in our community, but they were not in a fit state to help us. So instead, we decided to visit a nearby Anganwadi. The Anganwadi, a rural program run by the government, provides basic health care in a village, supply, nutrition, education and supplements, and pre-school activities.
- The visit to the Anganwadi inspired us to supplement the nutrition needs of those children by providing fruits and vegetables



Students are asking questions to Anganwadi worker about food supply and its benefits.



How is this a real-world problem or concern?

- Many children in our community suffer from malnutrition, leading to stunted growth, weak immunity, and cognitive impairments. If the food quality in Anganwadi centers is poor, it fails to address these issues.
- Some poor children in our local rural community go to school in Anganwadi centers, where they get education and nutritious food daily.
- Although the food in Anganwadi centers is supplied through government schemes, there is a lack of fruit and vegetables, and our team aims to improve that situation.



Unhygienic, unhealthy food
Tasty for kids, but not nutritious.



semolina (Rava) provided by
government



Salt , grains supplied by
government

Learnings and Discovery from interviews

What we learned from interviewing an Anganwadi worker in Annigeri:

- For many children, the meals they receive are more important than the education because their families cannot afford to provide nutritious food.
- Some of the children are below average weight and customized meals are given to get them into better health.
- We learned that sometimes the government provided food which is meant for the children is taken by some workers and sold outside. We found this shocking, and it made us sad and angry.
- The children are not provided with fruits and vegetables, and this was a surprise to our team.
- Kitchen and close-by washroom were not clean, and we felt this was a health hazard for the children.



Anganwadi helper showing food kits for distribution



Anganwadi students (28 Children)

Which research data obtained helped to determine what can be done ?

- Anganwadi Centers are part of a Government scheme and play a crucial role in providing free nutrition to young children, pregnant women, and lactating mothers.
- When we visited the Anganwadi, the staff showed us the detailed records of each student's health and nutrition tracking. These records identify malnutrition levels (underweight, stunted, or wasted children) and helps adjust meal plans to meet their needs.
- From those records we could see that the supply of nutritious food for students is adequate, but we have questions about whether it is as healthy as it could be.
- From the nutrition timetable we could see that there was no mention of vegetables or fruits. That helped us decide that we wanted to supply the vegetables and fruits once weekly. This can improve children's healthy development.

ಕ್ರಮ	ವಿವರ	ಮಾಪ
1.	ಸೋಪು	ಅನ್ನ - ಸುಂಬು (ಅಂದಾಜು) 200 ಗ್ರಾಂ
2.	ಮೆಂಗಡಲ	ಅನ್ನ - ಸುಂಬು (ಅಂದಾಜು) 200 ಗ್ರಾಂ
3.	ಬುಧಲ	ಅನ್ನ - ಸುಂಬು (ಅಂದಾಜು) 200 ಗ್ರಾಂ
4.	ಗುರುಲ	ಅನ್ನ - ಸುಂಬು (ಅಂದಾಜು) 200 ಗ್ರಾಂ
5.	ಶುಕ್ರಲ	ಅನ್ನ - ಸುಂಬು (ಅಂದಾಜು) 200 ಗ್ರಾಂ
6.	ಶನಿಲ	ಅನ್ನ - ಸುಂಬು (ಅಂದಾಜು) 200 ಗ್ರಾಂ
7.	ಕುಲ	ಅನ್ನ - ಸುಂಬು (ಅಂದಾಜು) 200 ಗ್ರಾಂ

Weekly food distribution timetable for children.

ಕ್ರಮ	ಹೆಸರು	ವಯಸ್ಸು	ಹೆಚ್ಚು	ವಿಜ್ಞಾನ	ವಿವರ
1.	ಸೋಪು	2	100	10	ಅನ್ನ - ಸುಂಬು (ಅಂದಾಜು) 200 ಗ್ರಾಂ
2.	ಮೆಂಗಡಲ	2	100	10	ಅನ್ನ - ಸುಂಬು (ಅಂದಾಜು) 200 ಗ್ರಾಂ
3.	ಬುಧಲ	2	100	10	ಅನ್ನ - ಸುಂಬು (ಅಂದಾಜು) 200 ಗ್ರಾಂ
4.	ಗುರುಲ	2	100	10	ಅನ್ನ - ಸುಂಬು (ಅಂದಾಜು) 200 ಗ್ರಾಂ
5.	ಶುಕ್ರಲ	2	100	10	ಅನ್ನ - ಸುಂಬು (ಅಂದಾಜು) 200 ಗ್ರಾಂ
6.	ಶನಿಲ	2	100	10	ಅನ್ನ - ಸುಂಬು (ಅಂದಾಜು) 200 ಗ್ರಾಂ
7.	ಕುಲ	2	100	10	ಅನ್ನ - ಸುಂಬು (ಅಂದಾಜು) 200 ಗ್ರಾಂ

Data about Anganwadi students' height, weight and information about polio, vaccines etc



ಕ್ರಮ	ವಿವರ	ಮಾಪ
1.	ಸೋಪು	200 ಗ್ರಾಂ
2.	ಮೆಂಗಡಲ	200 ಗ್ರಾಂ
3.	ಬುಧಲ	200 ಗ್ರಾಂ
4.	ಗುರುಲ	200 ಗ್ರಾಂ
5.	ಶುಕ್ರಲ	200 ಗ್ರಾಂ
6.	ಶನಿಲ	200 ಗ್ರಾಂ
7.	ಕುಲ	200 ಗ್ರಾಂ

Customized food chart for undernourished girl

How did the information you learned motivate you to act in an impactful way?

Our team recently learned from school the importance of eating fruits and vegetables. Earlier we were mostly eating rice, chips and other junk food as lunch but now we are all trying to eat healthier. Learning that the 28 Anganwadi children are not receiving fruits and vegetables motivated us to donate carrots, cucumbers, apples and oranges to the Anganwadi weekly to supplement the children's nutrition.



Our team
journey

Unhealthy
to healthy

Mostly white bread,
and fried snacks



Supplemented with vegetables and
fruit



How are you planning for a permanent change?

- Food Donation & Collection Drives: Our team is planning to work with our school to coordinate with Anganwadi centers to run food collection programs where surplus grains, pulses, and dry foods fruits, vegetables can be donated. This will help to ensure better food security.
- We plan to provide “Swarnamrutha Prashana” which is an Ayurvedic medicine that is given to children to boost their immunity and memory. This is given monthly for students but the cost is 100 Rs. We need funds for this plan, so we are discussing how this can be achieved.
- Monitoring & Feedback System: Students plan to participate in survey projects to check the quality of food served at Anganwadi and give recommendations.
- We also plan to help in tracking the health improvements of children through basic growth monitoring in the Anganwadi.
- We decided to continue supplying fruit and vegetables weekly to the Anganwadi using funds that we raise in our school and community.



Visited to Anganwadi

ಕ್ರ.ಸಂ.	ಭೋಜನದ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ
1	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ
2	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ
3	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ
4	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ
5	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ
6	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ
7	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ
8	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ

List of nutrients food material for beneficiary women's

ಕ್ರ.ಸಂ.	ಆಹಾರ ವಿತರಣೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ
1	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ
2	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ
3	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ
4	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ	ಪೂರೈಕೆಯ ವಿವರಣೆ

In this unpregnant women list and supplying food kit information.

Investigation phase, Team members involvement



Investigation phase asking some questions



Team members interacting with students



Anganwadi worker really appreciates that we chose this topic.

ಕ್ರ. ಸಂ.	ಪ್ರಯೋಗದ ವಿವರ	ಮೊದಲನೆಯ	ಮೊದಲನೆಯ	ಮೊದಲನೆಯ	ಮೊದಲನೆಯ	ಮೊದಲನೆಯ
1	6 ತಿಂಗಳಿಂದ 3 ವರ್ಷದ ವಯಸ್ಸಿನವರಿಗೆ	ಫಲಿನ್ (THH) 135 ಗ್ರಾಂ ಹಾಲು 15 ಗ್ರಾಂ, ಸಕ್ಕರೆ 5 ಗ್ರಾಂ	ಫಲಿನ್ (THH) 135 ಗ್ರಾಂ ಹಾಲು 15 ಗ್ರಾಂ, ಸಕ್ಕರೆ 5 ಗ್ರಾಂ	ಫಲಿನ್ (THH) 135 ಗ್ರಾಂ ಹಾಲು 15 ಗ್ರಾಂ, ಸಕ್ಕರೆ 5 ಗ್ರಾಂ	ಫಲಿನ್ (THH) 135 ಗ್ರಾಂ ಹಾಲು 15 ಗ್ರಾಂ, ಸಕ್ಕರೆ 5 ಗ್ರಾಂ	ಫಲಿನ್ (THH) 135 ಗ್ರಾಂ
2	3 ವರ್ಷದಿಂದ 6 ವರ್ಷದ ವಯಸ್ಸಿನವರಿಗೆ	ಫಲಿನ್ (THH) 220 ಗ್ರಾಂ ಹಾಲು 15 ಗ್ರಾಂ, ಸಕ್ಕರೆ 5 ಗ್ರಾಂ	ಫಲಿನ್ (THH) 220 ಗ್ರಾಂ ಹಾಲು 15 ಗ್ರಾಂ, ಸಕ್ಕರೆ 5 ಗ್ರಾಂ	ಫಲಿನ್ (THH) 220 ಗ್ರಾಂ ಹಾಲು 15 ಗ್ರಾಂ, ಸಕ್ಕರೆ 5 ಗ್ರಾಂ	ಫಲಿನ್ (THH) 220 ಗ್ರಾಂ ಹಾಲು 15 ಗ್ರಾಂ, ಸಕ್ಕರೆ 5 ಗ್ರಾಂ	ಫಲಿನ್ (THH) 220 ಗ್ರಾಂ
3	6 ವರ್ಷದಿಂದ 12 ವರ್ಷದ ವಯಸ್ಸಿನವರಿಗೆ	ಹಾಲು 15 ಗ್ರಾಂ, ಸಕ್ಕರೆ 5 ಗ್ರಾಂ, 10.30 am ಮೊದಲನೆಯ 25 ಗ್ರಾಂ, 11.00 am	ಹಾಲು 15 ಗ್ರಾಂ, ಸಕ್ಕರೆ 5 ಗ್ರಾಂ, 10.30 am ಮೊದಲನೆಯ 25 ಗ್ರಾಂ, 11.00 am	ಹಾಲು 15 ಗ್ರಾಂ, ಸಕ್ಕರೆ 5 ಗ್ರಾಂ, 10.30 am ಮೊದಲನೆಯ 25 ಗ್ರಾಂ, 11.00 am	ಹಾಲು 15 ಗ್ರಾಂ, ಸಕ್ಕರೆ 5 ಗ್ರಾಂ, 10.30 am ಮೊದಲನೆಯ 25 ಗ್ರಾಂ, 11.00 am	ಮೊದಲನೆಯ 25 ಗ್ರಾಂ, 11.00 am
4	3 ರಿಂದ 6 ವರ್ಷದ ವಯಸ್ಸಿನವರಿಗೆ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ
5	3 ರಿಂದ 6 ವರ್ಷದ ವಯಸ್ಸಿನವರಿಗೆ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ
6	3 ರಿಂದ 6 ವರ್ಷದ ವಯಸ್ಸಿನವರಿಗೆ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ
7	ಗರ್ಭಿಣಿ ಸಾಂಪದ/ಕುಟುಂಬ ಸಾಂಪದ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ	ಫಲಿನ್, ಸಾಂಪದ 110 ಗ್ರಾಂ

Quantity list of nutrients food for children



Spices and grains on display.

How did your team influence others?

- We organized nutrition awareness programs for the Anganwadi students and we are planning similar programs for parents and Anganwadi workers. The programs educate the community on balanced diets, locally available nutritious foods, and hygienic food preparation.
- Collaborating with Local Authorities
Students can write proposals or petitions to local government bodies requesting better food supplies, storage facilities, or nutritional programs . We can also partner with NGOs that provide fortified foods and training for Anganwadi workers.



Spreading awareness in Anganwadi school about food and its nutritions.



Creative use of technology in our project

- We used “Whatsapp” to send photos, videos , link for meeting.
- We used phone to record the videos, take photos for the project.
- Used Canva to prepare photos and slides
- We utilized “ZOOM app” to participate in meeting with mentors.
- For better information during investigation we used “Google”
- We watched some relevant videos from “youtube”
- We used “G-mail” to send email .
- We uploaded information and photos, videos to “Google Drive”

Implementation phase, Team members involvement



Giving information to Anganwadi worker



Enjoying time spent with the Anganwadi students



Our Team visit to Anganwadi school no. 17
Annigeri

Interview snippets

These are the questions which our team asked while interviewing the Anganwadi worker.

- What types of nutritious food items are provided in Anganwadi centers?
- How do you monitor the quality of food distributed?
- Which medication are you supplying for children and pregnant women.
- What nutrients are in the supplied food?
- What benefits will these nutrients give to the students?

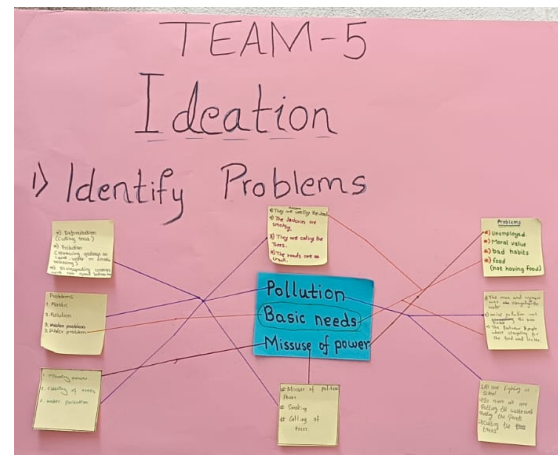
Here are video snippets of our teams visit to Anganwadi:

- [Visited Anganwadi school and interviewed the Anganwadi worker.](#)
- [We are asking questions to Anganwadi helper \(cook\)](#)
- [We are teaching Kannada rhymes to the children.](#)
- [Anganwadi worker giving information about food, vitamins and measurements.](#)
- [We are thanking the Anganwadi worker for giving information.](#)

Our Journey from Ideation to Action!



Discussing community problems



Ideation Board



Visited the Anganwadi and taking interview



Providing some nutritious sweets



Discussing solutions



We interacted with children