

The Gift of Nutrition

2022 October Edition



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Diwali Celebration – Festival of Light and Joy with more than 100,000 Rural Govt. School Children in Andhra Pradesh and Telangana states

- Oct 2022



This Diwali, Sri Sathya Sai Annapoorna Trust collaborated with ITC Aashirvaad, to celebrate and share joy and festive cheer with more than 100,000 rural government school children across Andhra Pradesh and Telangana.

Visit our Website:

https://annapoorna.org.in

Read more at:

https://annapoorna.org.in/thiyyani-utsavam-gulab-jamuns-for-1-lakh-children/

The Gift of Nutrition

'Happiness doubles when shared.' Diwali is a festival of lights, love and joy, which is celebrated with much fervour and cheer. It is all about lighting up lives of people. Collaborating with ITC Aashirvaad, sweet and delicious Gulab Jamuns were served to more than one lakh rural school children, many of who may not be able to celebrate the festival like us. These sweet and delicious Gulab Jamuns are nothing but our love for the children, made tangible and tasty. The sparkle in their eyes was hard to miss as they received the sweet!

The materials to prepare the sweet, ITC Aashirvaad Gulab Jamun packets, oil and sugar, were supplied to the Annapoorna Morning Nutrition beneficiary schools with the support of education department and Annapoorna Trust in Markapuram, Yerragondapalem, Nellore, Tirupati, Giddaluru, Addanki districts in Andhra Pradesh and Nizamabad, Yadadri Bhongir, Rajanna Sircilla, Jagtiala, Siddipet, Karimnagar, Champapet districts in Telangana.

On this happy occasion, below is a message by Sadguru Sri Madhusudan Sai, Philanthropist, Humanitarian and Founder, Sri Sathya Sai Annapoorna Trust:

"Happiness doubles, when shared, whereas sorrows are halved. The best way to share our lives is to share our joys and sorrows as "One World One Family", or "vasudhaiva kutumbakam". This Diwali at Sri Sathya Sai Annapoorna Trust, we are sharing our sweet joy of the festival with One Lakh rural school children, many of who may not be able to celebrate the festival like us, and we are doing this with Aashirvaad Gulab Jamun Mix turned into sweet and delicious gulab jamuns which are nothing but our love for the children made tangible and tasty.

Join us in celebrating childhood during not just this Diwali, but all days of the year by providing morning nutrition to over One Million children across the country every day. After all, the sound of their satisfied bellies is more dear to us than the Diwali crackers!"

It was a festive atmosphere in these schools, which witnessed the teachers, cooks and the children as well, working together in preparing the sweet. The children were under the assumption until then, that they would be receiving Morning nutrition in the form of SaiSure Health mix or Ragi Cereals Health Drink. But this Gulab Jamun sweet distribution came as a pleasant celebration, bringing smiles on the faces of all the children making this festive occasion an unforgettable one!

We thank ITC Aashirvaad for this wonderful idea and initiative making a visible difference by bringing smile and happiness to the rural children.





Morning Nutrition expansion in Tripura

- October 2022



The pilot initiative of Annapoorna Morning **Nutrition in Tripura has** been extended to 1 year after successfully completing 3 months of initial pilot program launched 16th on December 2021, in the state, 1491 children in 8 schools were provided with SaiSure Morning Nutrition in the pilot initiative.

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Tripura was the first state in the Northeast to start Annapoorna Morning Nutrition program.

Mr Arjun Sharma, OSD (On Special Duty), Ms Chandni Chandran, IAS, Director of School Education, and State Project Director, Samagra Shiksha Abhiyan shared the reports of the impact study of the first pool of children having SaiSure for the first 3 months to the administration. After receiving positive feedback and with the request letter received from PM POSHAN, Tripura government, a new MoU has been signed for the pilot initiative to be extended for one more year. The reach of Annapoorna Morning Nutrition has also been expanded to other remote locations in the districts of West Tripura and Unakoti districts of Tripura. A total of 3018 children in 24 schools will receive SaiSure Health drink.

SaiSure has indeed added value to Annapoorna's efforts to bring nutrition to the doorstep of school-going children and has enabled a far greater reach to the unserved remote geographies of rural India. Proper nutrition for growing children is the need of the hour. The more these kinds of initiatives are taken, better will be the result in health and overall development of the child. These children are the future torch bearers of our nation. Annapoorna Trust will continue to play a leading part in providing quality Morning Nutrition to reach the end goal of creating a nourished society!



Relaunch of SaiSure Multi nutrient Health Mix Distribution in Tumkur

- 3rd Oct 2022



On 3rd October 2022, relaunch of SaiSure Multi Nutrient Health mix with the support of Sri Ramakrishna Sevashrama – Pavagada for government primary school children was held on 03 October 2022 in Vokkaligara Bhavana in Madhugiri taluk of Tumkur.

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ANNAPOORNA The Gift of Nutrition

This event was held in the presence of -

Swami Japanandaji Maharaj – Founder and Chairman of Sri Ramakrishna Sevashrama, Pavagada

Mr. B C Nagesh - Minister of School Education, Literacy and Sakala, Govt. Of Karnataka

Mr. Chidananda Gowda – MLC Graduate constituency, Tumkur

Mr. K G Rangaiah – Deputy Director for Public Instruction, Madhugiri Educational District, Tumkur

Mr. Anand Kadali – Executive Secretary & Trustee – Sri Sathya Sai Annapoorna Trust

Mr. Jayaprakash Tallam – Trustee – Sri Sathya Sai Annapoorna Trust

Mr. Kiran – Regional Manager, Karnataka state – Sri Sathya Sai Annapoorna Trust

Mr. Manoj O R – Operations Executive, Chikkaballapur – Sri Sathya Sai Annapoorna Trust

SaiSure multi nutrient health mix would be provided to 92,677 government school-going children in Madhugiri, Korategere, Sira and Pavagada taluks in Tumkur district. Hon'ble Education Minister, Mr. B C Nagesh was part of the launch. SaiSure health mix, a nutritious supplement is a quick and scalable solution to address malnutrition. Formulated by Annapoorna Trust, it is designed to meet the macro and the micronutrients essential for healthy growth of the children. Certified by the FSSAI and manufactured in an FDA-approved facility, it has shown demonstrable positive results in children like weight gain, increased bone mass, healthy blood, improved immunity and cognitive abilities, backed with scientific data with studies.

Swami Japanandaji Maharaj, Founder and Chairman of Sri Ramakrishna Sevashrama, Pavagada – Tumkur, addressed the gathering during the event and spoke about how a large number of children are suffering from malnutrition and SaiSure as the solution to combat malnutrition. Describing the health mix as tasty and nutritious powder, being provided to 1 million children in the country, he said there are further plans of distribution to all the children in the entire Tumkur district. Last year, Sri Ramakrishna Sevashrama with the support of Sri Sathya Sai Annapoorna Trust took active part in providing SaiSure multi nutrient health mix to malnourished children in regions of Yadgir, Kalaburagi, Bellary & Raichur. Our country will progress well when our children grow in a healthy environment. He appreciated Annapoorna Trust for considering the welfare of the society as a whole and not just individual interests, and further assured support from Ramakrishna Ashram in all the

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future endeavours. He further added that positive support from the government has been a huge strength in this mission.

Hon'ble Minister, Mr. B C Nagesh expressed his gratitude for Annapoorna Trust for providing SaiSure health mix to combat malnutrition. He further appreciated the detailed observations undertaken by the Trust about children preferring SaiSure added to milk rather than consuming plain milk and said only with filled stomachs, the children could focus on their academics better. Generally, these kind of health mix available in the market are prepared for commercial purposes only. Annapoorna Trust has been serving free of cost to under privileged govt school children since many years. He also promised to consider providing SaiSure to all the children in the entire Tumkur district very shortly. There is also discussion with Govt for getting a premix prepared with SaiSure & milk powder. With student-centric education policies, he said, better quality education would lead to progress in society and totally agreed with Swami Japanandaji about keeping societal and national interests above individual interests. I offer my gratitude to Sri Sathya Sai Annapoorna Trust.

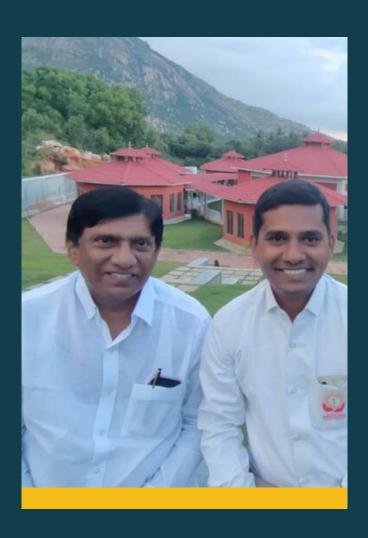
The event concluded with distribution of SaiSure to all the children assembled in the gathering.

Higher attendance, lower dropout rates, improved health parameters, marked increase in academic performance and attentiveness – and the list goes on by just introducing 'Morning Nutrition' for school going children. Setting a child on a proper course with good daily nutrition and the ability to attend and succeed in school is our collective social responsibility and one which will go a long way in nation-building. Our dream is to build a nation, where no child goes to school hungry ever!



Vice-Chairman of Telangana State Planning Board's visit to Sathya Sai Grama

- 11th Oct 2022



On 11th Oct 2022, Sri B Vinod Kumar (Vice-chairman of Telangana State Planning Board) visited Sathya Sai G r a m a , Muddenahalli – Chikkaballapur, Karnataka.

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Sri Vinod along with Sri Ramesh had a brief visit to "Sri Sathya Sai Sarla Memorial Hospital" and the upcoming "Dr Rajeswari Medical Academy Block", later he visited, "SaiSure Nutraceutical facility", education campus inside Muddenahalli ashram, Veda Paatashala and "Sri Sathya Sai Premamrutham Auditorium"

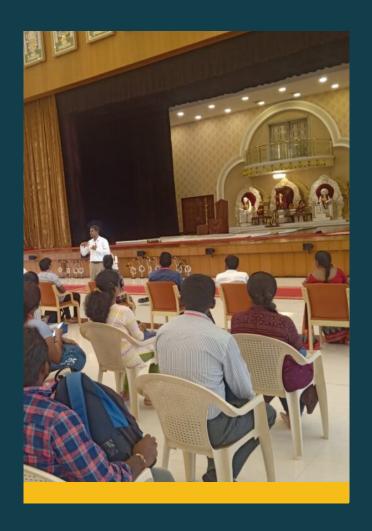
A brief meeting with Sadguru Madhusudan Sai made Sri Vinod to understand about the best practises implemented here in our service activities towards reducing the anaemic / malnutrition issues especially among women and growing children. The concept of addressing "HIDDEN HUNGER" by providing micronutrients in the daily diet which includes Vitamins & Minerals had been briefed.

A brief report on our "Annapoorna Morning Nutrition program" in India and particularly in Telangana was also shared. As a collaborative effort, Vinod has assured to work with our organisations in the health care, education and nutrition verticals.



Visit by BIAL team and schoolteachers of Devanahalli to Sathya Sai Grama

- 12th October 2022



The Kempe Gowda
International Airport
Foundation, Bengaluru
team, led by CSR
Manager Ms. Pratibha
Kulkarni, along with 35
schoolteachers of
Devanahalli visited
Sathya Sai Grama on
12th October 2022.

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Kempe Gowda International Airport Foundation have been associated with Annapoorna Trust in serving Morning Nutrition to government school children around Devanahalli taluk in Bengaluru since 2018. Post COVID, the Foundation has come forward to support providing solid breakfast for 855 government school children since June 2022.

The teachers and cooks of the government schools who are part of this Morning Nutrition program from Bettakote, Kannamangala, Ardesnahalli and other nearby locations in Devanahalli came to Sathya Sai Grama for a visit. They were welcomed in the Hridaya Mandiram by Mr. Ashish Bhardwaj, Manager – Operations, CSR Partners and Govt Alliances, Annapoorna Trust and Mr. Anand K Kadali, Trustee & Secretary of Annapoorna Trust. This was followed by a session in which they were given an overview of the NEH (Nutrition, Education and Healthcare) mission and ensuing discussions on moral values in education and transformations through education. After lunch, they were taken on a guided tour of the campus and the hospital.

It was a productive day with enlightening sessions where the team were given awareness on how education imparted to children can be value-based which would certainly lead to transformation, and that would in fact be 'True Education.' It was a welcome change and motivation for the teachers as well, to learn about holistic way of transforming children in an ambient environment.





Annapoorna Trust Secretary's address to students of Nagarjuna College on Building Bharath – One Rupee a day

- 15th Oct 2022



As we look forward to building a better Bharath in the next 25 years, leading to the centenary celebrations of our Independence, a rupee a day shared for the betterment of the society would go a long way in the process of building. An nation India where no one is hungry, uneducated or unhealthy, is the India of our dreams.

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The OneRupee app is a modern manifestation of the noble and time-tested practice of an Indian mother keeping aside a fistful of rice every day, before cooking for the family, in order to serve someone in greater need. This is our Indian way of being mindful and helpful to one another.

With our goal of spreading the good vibes that a OneRupee app can change a child's future, Mr. Anand Kadali - Trustee & Secretary of Annapoorna Trust addressed the first year Engineering students in Nagarjuna college, Chikkaballapur on 15th Oct 2022. He explained to the audience how a small contribution made through this OneRupee app could help the rural community enormously and told how students could get involved in building the nation on the lines of Nutrition, Education & Healthcare. While saying that every rupee contributed towards this cause would benefit an unknown child who is in need of help, he also described the real problems and issues faced by the rural communities including children, for a proper meal in a day, good education & affordable healthcare at their remote locations. He went on to say, "When a child is not provided a proper meal every single day, he or she would not grow to be fit to serve themselves or others. Every child, especially the girl children, who are deprived of formal education in rural communities would be a burden to the nation if they are not self-reliant. When education and hostel expenses of a child in rural areas is taken care of, parents make their minds to send them to these institutions. Similarly, if any child is detected with Congenital heart defects (CHDs), the whole family feels burdened and doomed. They cannot afford the facilities at private hospitals in urban areas."

He urged the students who are active, enthusiastic, full of energy having more visibility & knowledge of social media to contribute in a big way by spreading the message to more and more people. Instead of students spending a lot of time on negative news, social media influence, they could instead be a part of a noble cause by actively taking part in spreading the news of OneRupee app so that more and more individuals join this mission & make our nation strong & self-efficient.

The students were quite impressed with the OneRupee app and also to know how a small act of service in spreading the news about this app could have positive multiplier effects in the community & nation building. Students with their exuberant energy can contribute to the cause in spreading the message even if they are not able to contribute monetarily.

The impact of a good thought is infinite when it is translated into a good deed that is done consistently over a sustained period of time. It is not the size but the sincerity of the thought that can heal the world and build a better future for all!

Morning Nutrition Launch in Mancherial district, Telangana

- 18th Oct 2022



Morning **Nutrition** Program was launched at Kotapally in Mancherial district, Telangana on 18th October 2022. It was in held Kotapally Government High School and was attended various officials volunteers of the Trust along with the teachers and officials from the education department.

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This free daily nutritional drink service would benefit 1042 students in 16 schools. They would be given "Ragi Cereals Health drink" every day. Ragi has a very good nutritional profile, encompassing all the essential macronutrients – carbohydrates, fibres, fats and proteins, along with noteworthy level of key micronutrients – vitamins and minerals. It has negligible levels of cholesterol and sodium, to promote heart wellness. In addition, ragi contains considerable quantities of vitamins C and E, to boost immune, skin and hair health. Being a good source of natural calcium, Ragi strengthens bones in growing children.

During the launch program, Sri Laxminarayana, the Headmaster of the school, expressed his gratitude in his speech toward the support extended by Annapoorna Trust and also expressed his willingness to provide steel glasses to his school children. From Annapoorna Trust, Mr. Anand Kadali, Trustee & Secretary of the Sri Sathya Sai Annapoorna Trust, and volunteers – Mr. T Raghuveer Singh, Mr. Battu Mallesham and Mr. P Murali, were present in the program. Mr. Anand Kadali spoke to the gathering about the nutrition, education and healthcare activities excuted through various projects. He said morning nutrition program has reached 10 lakh children and is ready to expand to 20 lakh children with the cooperation of all. He also explained about the One Rupee app (a digital initiative to harness community power for nation-building, a rupee a day!) to the audience present, after which some teachers downloaded the App immediately on their phones and contributed to their capacity. He further committed to bear the cost of renovation of the kitchen in the school, on behalf of the Trust and went on to gift a student who sat in a disciplined manner, with a t-shirt.

Thereafter, Mr Mallesham and Mr. Raghuveer Singh, regional co-ordinators in Kagaznagar & Mancherial districts, spoke on the service initiatives already taking place in Kagaznagar mandal of KB Asifabad district and expressed a great interest and delight to extend the same in Mancherial district. Mr. Sunil Deshpande, Tahsildar, expressed his happiness and appreciated the Trust members for providing this great service in the remote village. Sri K Bhaskar, MPDO Kotapally, appreciated the program and extended his support in all respects. Following this, Manthri Surekha – MPP and Mr. Anand Kadali served the nutritional drink to all the students.









Morning Nutrition launch in Punganur constituency, Andhra Pradesh

- 21st Oct 2022



Free morning nutrition will be provided to 25,000 school-going children in government schools in Punganur constituency in Rajampet Parliament Constituency of Chittoor district.

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"Ragi Cereals Health drink" would be given to the children every day. Ragi has a very good nutritional profile, encompassing all the essential macronutrients – carbohydrates, fibres, fats and proteins, along with noteworthy level of key micronutrients – vitamins and minerals. It has negligible levels of cholesterol and sodium, to promote heart wellness. In addition, ragi contains considerable quantities of vitamins C and E, to boost immune, skin and hair health. Being a good source of natural calcium, Ragi strengthens bones in growing children.

The launch event was held in Sadanu ZPHS in Sodam mandal by the initiative taken by Sri Mithun Reddy – MP of Rajampet.

Below mentioned leaders and officials participated in the event.

Peddireddy Ramachandra Reddy – Minister of energy, forest, science and technology, environment, mines and geology, govt of AP

Sri G. Sreenivasulu - Chairman, Zilla Parishad, Chittoor district.

Pokala Ashok Kumar – TTD Board member

Muthamsetti Viswanatham - MGNREGA State Director, AP

Reddamma - DCCB Chairman, Chittoor district.

Sri Venkatareddy Yadav - Chairman PKM UDA,

Sri Peddireddi – State YRCP Secretary

Sri Venkateswar – Joint Collector, Chittoor

Sri Purushottam – DEO, Chittoor

Sri T Somasekhar Reddy – ZPTC, Sodam

Sri Yellappa – MPP, Sodam

Sri Thimma Reddy – PACS Chairman, Sodam

Sri Prabhakar Reddy – CEO, Zilla Parishad Chittoor

CEO DCCB, Chittoor

All sarpanch s and MPTCs in Sodam mandal

Mandal level officials and Sri Ganganiah DySP, Palamaner also participated

From Annapoorna Trust, Mr Anand K Kadali, Trustee & Secretary of the Sri Sathya Sai Annapoorna Trust and Mr Surendra Babu Kandalam, Regional Manager of Annapoorna Trust, Andhra Pradesh were present at the event.

The hon'ble minister, Sri Peddireddy Ramachandra Reddy, inaugurated the event and expressed his happiness for having the Morning Nutrition program started in Sodam mandal. He further requested to expand the program to the entire district. He called upon the MEOs and the schoolteachers to ensure the energetic Ragi drink reaches the children and make the program successful. He personally took interest to distribute the "Ragi Cereals Health drink" to the children.

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Nutrition intervention conducted at the school level itself can help improve the overall health of the children and ensures a definite increase in their nutrition quotient, thus marching toward hunger-free India.





Morning Nutrition launch in Garshakurti village in Karim Nagar district, Telangana

- 27th Oct 2022



On 27th October 2022, **Nutrition** Morning program was launched by the District Collector, Sri R V Karnan at ZPHS Garshakurti village in Karim Nagar district of Telangana. About 30,000 school going children across schools in the region will be provided with 'Ragi Cereals Health Drink.'

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The Chief guests of the event, Sri Boinpally Vinod Kumar – Vice Chairman Planning Commission and Sri Sunke Ravishankar – MLA Choppadandi, along with District Educational Officer, Sri Ch. Janardhan Rao graced the occasion. Also present were Sri Kannam Ramesh – Karimnagar Nodal Officer who is also Annapoorna Trust co-ordinator of Karim Nagar and Sri Praveen Kumar – Headmaster of the school.

Representing Annapoorna Trust were Mr. Anand Kumar Kadali – Trustee & Secretary of the Sri Sathya Sai Annapoorna Trust, along with Mr. Vooturi Srikanth – Jagtial Annapoorna co-ordinator, Sri Gannamaneni Srinivas Rao – Rajanna Sircilla District co-ordinator and Sri Meesa Ravi who is a teacher and Annapoorna Trust volunteer at Rajanna Sircilla district.

The simple and humble finger millet or Ragi is a superfood that offers a bounty of nutritional benefits encompassing all the essential macronutrients – carbohydrates, fibres, fats and proteins, along with noteworthy level of key micronutrients – vitamins and minerals. It promotes heart wellness and contains considerable quantities of vitamins C and E, to boost immune, skin and hair health. Being a good source of natural calcium, Ragi strengthens bones in growing children. It is also high on B complex vitamins thiamine, riboflavin, niacin, folic acid. Ragi malt with jaggery is said to be a good medicine in the prevention of anaemia. Easy to prepare and tasty to drink, this health mix has received positive feedback from teachers, cooks and the children. The cooks need to just mix this Ragi Cereals health mix in the boiling water along with jaggery to give the sweet taste. It is considered one of the best foods for growing children.

In the launch event, the dignitaries addressed the gathering to express their support for this program. District Collector, Sri R V Karnan eulogized the purely service-oriented activities of the Trust. Appreciating the activities of the trust, he also suggested giving cookies and other breakfast materials to avoid the monotony of providing ragi malt. Thereafter, District Educational Officer Sri Ch. Janardhan Rao reiterated that he would extend his full cooperation to this program.

Sri Ramesh Kannam, the District coordinator in Karimnagar, has been participating in the breakfast program for the last four years and wished that the benediction of Sai permeated to every nook and corner of Telangana with nutritious breakfast reaching out to the needy to remove the hidden hunger.

Telangana State Planning Commission Vice Chairman Sri Boinpally Vinod Kumar advocated the Morning Nutrition program and explained the various vitamins and minerals required for growing children is present in the 'Ragi Cereals Health Drink' and would be provided to the children who are the future citizens of the country, thus ensuring a healthy society. Asserting his support for this noble service, he promised further expansion. Sri Ravishankar, MLA described the plight of the parents who are not able to provide nutritious meal to their

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children due to their economic conditions. He appreciated Annapoorna Trust which is running the Morning Nutrition program in 23 states and 4 union territories and expressed his gratitude for having come forward in providing the wholesome nutritious food for the children.

The motto of building Bharath through free nutrition, free education, and free health care is certainly being held in high esteem.









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