

DIRECTOR'S MESSAGE



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It is estimated that between 720 and 811 million people in the world faced hunger in 2020, which is approximately 118 million more people than in 2019 (UN-FAO). This is directly attributable to the COVID 19 pandemic. However, the impact of the pandemic on the nutritional status of the world is predicted to continue, making the achievement of the Zero Hunger SDG by 2030 highly improbable, unless drastic action is taken right away, especially for the children. In this edition of Slice, we present some of BREADS' interventions to support the nutrition and food security of vulnerable children and communities.

CHILDREN'S NUTRITION AND IMMUNITY

In the light of the COVID-19 pandemic, nutrition and immunology in children have become a prominent issue. As nutritional adequacy is unquestionably necessary to maintain the immune system's function, there has been a surge in claims that certain foods and beverages, as well as nutritional supplements might help enhance immunity.

Due to the obvious relation between severity of illness among COVID-19 patients and diet-related disease, the prevalence of which is linked to socioeconomic status, the pandemic has highlighted the state of the nation in terms of nutrition, health, and inequalities both generally and specifically.

Partnerships to promote Children's Nutrition



As the impact of COVID-19 continues, children in poverty will be disproportionately affected by pandemic-related stress and economic instability as they rely on school-based resources for nutritional, physical, and mental health requirements.

When the pandemic swept the world and particularly India, the need for immunity boosters spiked. Immunity-boosting milk/supplements, protein shakes and other products flooded the markets, promising greater protection against the fatal virus. Supplements and other goods have been flying off the shelves. Children are especially vulnerable to diseases because their immune systems are still developing.

A study revealed that children who took regular multivitamin and mineral supplements containing decent amounts of zinc and vitamin C, suffered shorter periods of illness with less severity. Numerous other studies provide evidence that vitamins play an important part in boosting the immune system.



In this context, BREADS partnered with Rotary Bangalore Aagneya (RBA) and Juggat Pharma to distribute Mulminan immunity booster developed for children against COVID 19. The immunity booster drink for children is packed with multivitamins and minerals, as well as powerful antioxidants. Through 18 centres, BREADS identified 1820 children who each received 27 packs of the drink.

CHILDREN'S NUTRITION AND DEVELOPMENT

In India, multiple forms of malnutrition among children are a serious public health issue. According to a 2019 World Bank report, 21% of children under 5 years in India were wasted (highest in the world) and 38% were stunted (second highest in the world). NHFS 2019-20 reports that 18 of the 22 states and UTs recorded a rise in the percentage of children under five years of age who are stunted, wasted and underweight compared with 2015-16, reversing decades of gains.

Inadequate diet, recurrent illnesses, poor nursing techniques, delayed introduction of supplementary meals, and a lack of protein in the diet are all stated causes of childhood malnutrition.

SUPPLEMENTARY NUTRITION PROGRAMME

The BREADS nutrition programme, an outgrowth of its education promotion projects, is implemented in several districts throughout Kerala and Karnataka to address child malnutrition. In Devadurga, where there is a very high prevalence of malnutrition, weekly nutritious food supplements (milk, egg, and a healthy snack mix) are provided for students who attend supplementary education classes to help them develop better and focus on their academics. Monthly health screenings are also conducted.



Data shows that moderately or severely wasted young children have an increased risk of death though treatment is possible. Stunting holds children back from reaching their physical and cognitive potential, thereby impacting their futures in every way.

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An example of BREADS' intervention through the supplementary education classes is Uday, an eleven-year-old from Chandanakere in Raichur district. With the passing away of her husband (the main breadwinner), Uday's mother could not afford to provide adequate nourishment for him, leading to his severe malnourishment. In April 2020, the supplementary education centre staff, realising he needed extra intervention, took him to the local Anganwadi teacher to assess him: weight 19 kg, height 130 cm, arm circumference 16 cm, head circumference 51.4 cm, white patches on the face; all pointing to wasting, stunting and malnutrition. A check-up in the government hospital found his Hb count was 5.5. Diagnosed as malnourished, Uday was prescribed nutritious food, folic acid, calcium and protein powder supplements as part of his treatment. His ongoing treatment has shown positive results: Uday is now (Oct 2021) improved at 23.8 kg, 131 cm, arm and head circumferences of 18 cm and 52 cm. While he still needs to improve, he is definitely on the road to recovery and a healthier life. There are numerous such children who need to be identified so that appropriate help can reach them, while also taking measures to ensure that such dire situations are avoided.



BREADS together with BOSCO provides nutritious food 6 days/week for all the children studying in its tuition centres and rehabilitation centres. The nutrition supplements benefit thousands of children from the local slums. The initiative tries to collaborate with corporates, business firms and individual donors to extend the service to support more children.

BREADS collaborates with the Anganwadi teachers, ASHA health workers of the local Primary Health Care centres, and other local stakeholders such as the Child Protection Committees and Self Help Groups to identify malnourished children through community surveys and ensure that they receive nutritional support.

Children provided Nutrition in 2020-21

Sl No	Location	Children Benefitted
1	Bidar	48
2	Kalaburagi	60
3	Davangere	77
4	Devadurga	700
5	Hospet	46
6	Tumakuru	30
7	Bangalore (BOSCO centres)	3000+
8	Mysuru	38
9	Ajjanahalli	50
10	Thiruvananthapuram	119

Linking lives and livelihoods- DB Rozgar from BREADS

Technology has become an integral part of our lives, but it has also become a divisive factor, creating technological haves and have-nots in society. Migrants and daily wagers fall into the latter category as they cannot afford expensive tech nor are considered a viable market for investment and the development of affordable technology. The DB Rozgar mobile app is BREADS' initiative to use technology for these people ignored by big tech and big business.

Developed exclusively for migrants and daily wagers in the unorganised sector, DB Rozgar enables them to make their presence in the digital world by creating work profiles to find suitable jobs. The app provides labourers the all-important element of choice: allowing them to access the job market directly and choose from available options. The app also supports employers to find suitable potential employees for

their ventures by enabling them to create job opportunities and gain access to numerous worker profiles for direct selection. This exciting venture from BREADS was inaugurated on 26 September by Fr Jose Koyickal, Provincial of the Salesian Province of Bangalore in the presence of the Provincial team and all the Rectors of the province. DB Rozgar for Android devices is currently available for download on Google Play Store and an iOS version will follow shortly.

DB Rozgar will be disseminated largely through the BREADS' KISMAT programme in Kerala and Karnataka, with the help of the local Migrant Help Desks. We look forward with great anticipation to the success of DB Rozgar as a unique intervention, appropriate to the times and context of the migrant labour sector in India.

Calendar

September

- COVID relief activities in Karnataka and Kerala.
- Inauguration of an oxygen plant in Ruckmoni Devi Hospital, Thiruvananthapuram.
- CREAM III state-level staff meeting cum training.
- Launch of Mulmina immunity booster for children.
- Monitoring and evaluation visits to BREADS' projects.
- Launch of DB Rozgar mobile app.

- Release of Child Rights Training handbook.
- Webinar by BREADS as Green Alliance partner to mark the Season of Creation.

October

- DB BEST graduation ceremony of Batches 11 to 14.
- Capacity-building for BREADS staff.
- Monitoring and evaluation visits to BREADS' projects.

BREADS NEWS



BREADS supports children who lost their parents to Covid

The second wave of COVID 19 has left thousands of children vulnerable and orphaned in India. While some have lost both their parents [...more...](#)



Inauguration of Medical Oxygen Plant at Ruckmoni Devi Hospital

The people of Vellarada village and Amboori panchayat in Thiruvananthapuram district, Kerala can now breathe easy! With the inauguration of a dedicated oxygen plant [.more...](#)



CREAM III State level staff meeting cum training

"Learning is a lifetime process, but there comes a time when we must stop adding and start updating" - Robert Brault [...more...](#)



Launch of Mulmina immunity booster

With the outbreak of the COVID-19 pandemic, many worried parents have been asking health professionals for immunity-boosting supplements. [.more...](#)