

### Monthly Newsletter - APRIL Edition

#### Impact4Nutrition Session for ABHAs and WLC women

Nutrition is a basic human need and a prerequisite to healthy life. An important part of poor health conditions is information gap. Lack of knowledge is one of the important cause for poor nutrition. Hence, a comprehensive training program was developed by Impact4Nutrition organization and disseminated among community beneficiaries. Pro-active women (ABHAs) and WLC women were selected as Master Trainers and will be responsible for conducting awareness sessions to further sensitize the community towards healthy eating habits. The primary objective is to create improved access to safe and nutritious food, ensure behavioural change of beneficiaries around food consumption and improve overall health and well-being of beneficiaries. In April, weekly sessions were conducted for more than 450 women to further spread the nutritional value in the community.

[Healthy Minds, Healthy lives!](#)

#### COVID 19 Vaccination Awareness

COVID 19 Vaccination is the need of the hour. Amidst the second wave of the Pandemic where people are rushing to take their jab of vaccination, but in the JJ clusters there is still a hidden fear about getting vaccinated. Therefore to sensitize the community, An awareness session was organised with ABHAs of NRL, BWN and RHN District in which they were sensitized about Covid-19 and its vaccination process. ABHAs were explained about the New Variant of Covid-19 Disease & its symptoms, dos and don'ts, guidelines by Government of India and how to take precautionary measures while going outside. Also, they were made aware about Covid-19 Vaccine & its importance, dos and don'ts before and after vaccination, documents required for registration and eligibility criteria. The women were encouraged and as a result some successful vaccination rate was seen them.

[Break the Corona chain by Vaccination!](#)

#### Scholarship Distribution to Students

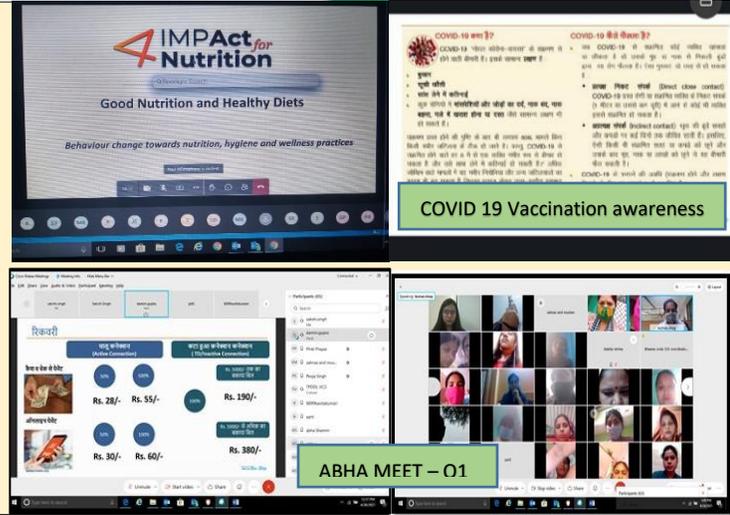
Education is the most powerful weapon we can use to change the world and invest in a brighter future. To strengthen the youth of our country Scholarship Distribution program was organized for students pursuing technical and Professional Courses from government institutions. After a systematic scrutinizing of applications total 600 students were selected for granting scholarship and supporting their education. Out of the total 360 students of ITIs and Polytechnics were handed over with cheques for the same at their respective institutes.

[Empowering youth to empower future!](#)

#### ABHA Meet for Quarter 1

Abha force being an inevitable part of our community engagement initiatives are leaving no stone unturned to contribute their best amidst this critical outbreak of pandemic. Trainings play an important role from our end in order to reinforce the SOP's and process knowledge. For FY 21-22, first Training Session was conducted for 86 beneficiaries virtually on 26th Apr'21 including Abhas and Abha Coordinators of Districts -NRL, BWN and RHN through WebEx. The theme of Training session for the first Quarter was defined as Safety and Recovery aspects during pandemic.

[Connecting with the community!](#)



### Volunteer Experience Corner

#### 1. Mr. Ashish Taneja (IA&RA - Technical Function) – Pro Engager

It was a wonderful experience in Mentoring 5 Bachelor of Science (B. Sc.) Degree pursuing girls (SHALINIs) of Udayan Care Foundation as part of Tata ProEngage Volunteering program. It gave me opportunity to share my life experiences as a Mentor and facilitator with the Mentees, it was not like a teacher or spoon feeder, but very interactive sessions on topics which were of common interest like Safety, Ethics, Career Counselling, Planning for a goal in life, Making Vision Boards which remind us continuously for our goals, Affirmations, Using our Subconscious mind for achieving career goals, 5S as a Housekeeping & Workplace Management tool, Self-Awareness & Self Esteem, Interpersonal Relationships Assessment & Personality Assessment (16 Personality Factor Test), Tendering & Purchase basics, Projects Management Fundamentals, Basics of Geographical Information System(GIS), Information Technology trends – Artificial Intelligence & Big Data Analysis, Importance of Communication & Relationships, Psychological Therapies like Music Therapy, Art Therapy etc.

#### 2. Mr. Gaurav Mittal (Revenue Management Group) – Pro Engager

There is no greater satisfaction in this world than creating a positive impact on the lives of underprivileged. The Pro Engage journey has been incredible. To complete the project assigned to me in a systematic manner, a communication plan was prepared for the students for raising their knowledge on the emerging career opportunities for career development. I also Contributed to NGO through PowerPoint Presentations capturing information on educational courses of ITI, LLB CET & IIT Mumbai w.r.t. application & admission process, college options, entrance requirements, scholarships & fees structure, course duration, certifications, etc. Volunteering with NGO has always given the exposure and learning. It's a great opportunity to contribute to society. We are proud to be Volunteers by enriching society's lives.

### Sustainable Development Goals



#### Quiz Time!

- How many students have been given scholarship till now?
- ABHAs from which area were sensitized for COVID 19 Awareness session?
- Which organization impacted the Health aspect of our beneficiaries?

Kindly send your responses & queries at [monika.tayal@tatapower-ddl.com](mailto:monika.tayal@tatapower-ddl.com) by 26/04/2021

### Winners of Quiz Time for the month of MARCH, 2021

**JYOTI (D-PPR)**      **UROOJ FATMA (Finance & Accounts)**      **MUNISH (Unauthorized Construction Complaint Cell)**

**Congratulations to all the winners!!**

#### Editorial Board:

K. K. Suman, Pankaj Kr. Singh, MP Suresh, Geetanjali Tripathi, S.Subhalakshmi and Monika Tayal

As a best practice, if you are conducting any self-volunteering activity, then kindly mail your experience at [monika.tayal@tatapower-ddl.com](mailto:monika.tayal@tatapower-ddl.com), to get it published in the next edition of the SIG Newsletter.