



Good Nutrition: The Key to a Better Life – Nutrition Support for Children of Migrant Families



Learning Activities

Background

Young children playing and roaming unsupervised is a very common sight in migrant worker's colonies in Bangalore. With both parents working the whole day, children are left to themselves or an elderly person keeping tabs on all children. Children lack safety, live in unhygienic surroundings and are extremely undernourished.

Good nutrition is important for children under 6 year because it can help them grow and develop properly, and may even impact their future health and behavior. Children need 1100–1400 calories per day to maintain their growth. Their diet should include

carbohydrates, proteins, fats, vitamins, and minerals.

Sampark realizing the pressing need for day care centers in migrant workers' colonies runs 27 Early Childhood Care and Development Center (ECCD) in different labor colonies. Most of the children are under-nourished and the health and nutrition requirements of children are taken care of by providing them breakfast, lunch, and snacks in the evening.

Early Childhood Care and Education Center (ECCE)

The ECCD Centers work from 9.30 am to 5 pm. Children as young as 6 months old are taken in the center. Balwadi consists of children from 3-6 years and Non-Formal Education from the age of 6 to 12 years. The builder provides a place in the labor colony to run the center. Water and electricity are provided by the builder.

In this report we are presenting the data of three ECCD Centers located in Bangalore. The details are as per below:

Centre Name and Address

01. Prestige Waterford - Prestige Waterford, ECC Rd, Pattandur Agrahara, Whitefield, Bengaluru, Karnataka 560066

02. Prestige Tech Forest- Kalpataru Projects International Limited Lake Road, Varthur, Bengaluru, Karnataka 560087

03. Prestige Lakeshore Drive- Prestige Kew Garden, Kariyamma Agrahara Road Shyanbhog colony, Yamalur Bellandur Bengaluru 560037.

04. Bidadi Center Rangegowdana Doddi, Manchanayakana Halli, Bidadi, Ramanagar – 562109

05. Siddapura Center Sri Byraweshwar Swamy Vasathi Nilaya, Siddapura, Whitefield, Bangalore - 560066

Category	Boys	Girl	Total
<i>Creche (6 months to 3 years)</i>	53	45	98
<i>Balwadi (3 to 5 years)</i>	72	64	136
<i>Bridge Course above 5 years to 12 years)</i>	104	101	205
<i>School Going</i>	65	73	138
Total	294	283	577

In the five centers, we have reached out to 577 children, including 294 boys and 283 girls. All 577 children accessed midday meals.

The Early Childhood Care Center plays a crucial role in supporting migrant children and their families. Teachers regularly interact with parents, advising them on the importance of children's health, hygiene, and how it impacts their growth.

Nutrition

Providing a well-balanced, nutrient-rich diet is vital for children's growth and development. At the center, we prioritize children's nutrition by offering a well-balanced diet of 600–800 calories per day (excluding dinner).

Meals Provided:

- **Morning:** Protein mix drinks and peanut bars for energy and essential nutrients.
- **Afternoon:** Kichidi (a mix of rice, lentils, vegetables, and greens) and eggs, offering protein and vital nutrients.
- **Evening:** Bananas and boiled pulses such as chickpeas, groundnuts, and green gram, served on alternate days, add variety and additional nutrients.

As per WHO standards, children's height and weight were regularly checked and categorized using a growth chart. Special diets (e.g., protein mixtures) were provided to undernourished children, along with supplementary nutrition such as multivitamins and iron syrups.

Health Check-Ups

Three pediatric health camps were organized, where:

- **383 children** (203 girls and 180 boys) were screened.
- **27 children** (9 girls and 18 boys) received age-appropriate immunizations.
- **104 children** (57 girls and 47 boys) were provided with deworming syrup or tablets.

The team monitored the height and weight of **234 children** (109 girls and 125 boys) aged below five years. Of these, **28 children** were identified as undernourished and placed on a special diet (Anaz mixture). All 28 children (16 girls and 12 boys) showed improvement in their weight.

Learning Activities

Holistic development activities were implemented to lay the foundation for the children's lifelong well-being and success. These activities targeted cognitive, physical, social, and emotional development.

- **Cognitive Development:** Activities like simple math, coloring, reading, puzzles, and alphabet learning encouraged critical thinking and intellectual growth.
- **Physical Development:** Exercises, indoor and outdoor games, and physical play promoted motor skills, coordination, and overall health.
- **Social Development:** Group activities like team sports and cooperative games enhanced social skills, empathy, and collaboration.
- **Emotional Development:** Storytelling, role-playing, art therapy, and mindfulness exercises helped children express and regulate their emotions.

Topics covered during this period included "Me and My Family," "Life Skills," "House, Village, and City," "Domestic Animals," and "My Country."

Community Interventions

Parents' Meetings: Twelve meetings were conducted with 404 parents (372 mothers and 32 fathers) attending. Discussions included topics such as age-appropriate immunizations, hygiene, and the importance of childhood development.

Focus Group Discussions (FGDs): Twenty-four FGDs were conducted, involving 335 parents (310 mothers and 25 fathers). Topics included child safety, cleanliness, government school admissions, Anganwadi linkage, immunizations for pregnant women and children, family planning, breastfeeding, and care for undernourished children.

Special Events

1. **Environment Day (June 5, 2024):** Children learned about nature and environmental conservation, participating in a community awareness walk with slogans like "Plant a Tree Today, Save the Planet."
 2. **Yoga Day (June 21, 2024):** Teachers highlighted the benefits of yoga for physical and mental well-being, encouraging children to embrace yoga as a lifelong practice.
 3. **Independence Day (August 15, 2024):** Teachers explained the significance of India's independence, fostering a sense of pride in being part of a free nation.
 4. **Children's Day (November 14, 2024):** Celebrations included games and fancy dress competitions, with prizes awarded to winners.
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Success Stories

1. Anushka Kumari – "I Am a Strong Girl Now!"

Roshini Devi and Kuldip Sadha, migrant workers from Bihar, enrolled their undernourished daughter, Anushka, at the ECCD center. Initially hesitant and malnourished, Anushka struggled with the new environment. With personal attention, special nutrition (bananas, eggs, peanut bars, and pulses), and consistent monitoring, her weight improved from 11 kg to 13 kg within three months, achieving a healthy range. Anushka is now a happy, thriving child.

2. Deva Sena – "A Journey from Malnourishment to Health"

Deva Sena, the child of migrant workers from West Bengal, was severely undernourished when she joined the ECCD center. Weighing just 8.5 kg with a height of 70 cm, she was frequently ill and irregular in attendance. After regular monitoring, nutritional support, and guidance for her parents, her health improved significantly. She progressed from the red (severe malnourishment) to the green zone (healthy). Today, Deva Sena is active, healthy, and eagerly participates in all center activities.



Health Checkups



Immunization



Height Measurement



Nutrition



Weight Measurement



Mainstream School Linkages

Environment day



Yoga Day Celebration



Focus Group Discussion

Parents Meeting



Children Activity



