

Food and Nutrition for All



CHARITABLE
FOUNDATION



Progress Report

FY 2022 - 24

Our Philosophy

At K Corp Charitable Foundation, the philosophy is centered on fostering sustainable and scalable change through a deep commitment to ensuring Food and Nutrition for all, with a focus on the critical first 1,000 days of a child's life. Recognizing the profound impact this period has on health, growth, and development, the Foundation is dedicated to addressing the root causes of hunger and malnutrition.

By implementing holistic, community-driven initiatives, the Foundation aims to empower individuals, strengthen local food systems, and promote long-term resilience and equity, ultimately building healthier and more prosperous India.

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Educating mothers on the importance of complementary feeding after six months.

Our Think Tank



V. Ramani, a dedicated public policy expert and former civil servant, led Maharashtra's first State Nutrition Mission in 2005.



Anand More, with over 20 years of CSR expertise, is Vice President at Citi Group, specializing in strategic social initiatives, governance, NGO.



Rajan Sankar, a physician and retired Colonel, has significantly advanced nutrition initiatives in South Asia, leading GAIN's.



Dr. Sachin Gupte, a public health leader with 25+ years of experience, oversees PATH's State Operations in India, focusing on health system.

Directors and Leadership



Aditi Kapur, an NYU Stern graduate, transitioned from finance to founding ventures in food, tech, and parenting, focusing on youth nutrition in India.



Vidhi Kapur, an MBA from the University of Cambridge, focuses on social entrepreneurship and impact-driven businesses.



Vaibhavi Shitut Amle with over 20 years of experience in the development sector, specializes in health, education, environment, and sustainable development.



Supporting mothers, nurturing babies by advocating exclusive breastfeeding.

Food and Nutrition for All

Chairman's Message



As we reflect on our journey at K Corp Charitable Foundation, we have seen that food is more than just sustenance; it is the foundation of life and health, a truth that resonates deeply with our mission to ensure Food and Nutrition for All.

We believe that ensuring Food and Nutrition for All is vital not only for **individual well-being** but also for the **overall prosperity of our nation**. Our commitment aligns with national and state efforts, as well as several Sustainable Development Goals (SDGs). Our aspiration is to contribute to building sustainable and healthy communities where your first 1000 days of life does not hold back the balance 20,000 - 30,000 days.

Our focus is on addressing child malnutrition during the first 1000 days of life and its underlying causes through strategic interventions embodied in our three pillars: 1. Fight Hunger and Malnutrition; 2. Improve Health through Nutrition; and 3. Enhance Livelihoods by developing the food ecosystem.

We prioritize **maternal and child health** through **targeted interventions** that ensure comprehensive antenatal and postnatal care, immunization, and nutritional education. By empowering women and adolescents with knowledge and resources, we foster a culture of health that will yield benefits for generations. We also firmly believe in developing sustainable food ecosystems that address immediate nutritional needs while promoting livelihoods. Initiatives such as kitchen gardens and goatery empower communities, ensuring access to nutritious food that is native to the area of intervention.

As we look ahead to 2025 and beyond, I extend my gratitude to our partners, the frontline health workers, community leaders, young women, expecting mothers, new mothers, and their families. Your unwavering support forms a strong foundation for the future we envision and can co-create together.

Together, we can build a future where every individual can grow and thrive to their fullest potential. We at K Corp Charitable Foundation will continue to work tirelessly to **make India Hunger and Malnutrition-Free**.

Sunil Kapur
Chairman
K Corp Charitable Foundation



Addressing child malnutrition during the first 1000 days of life, in mission mode.

A Year of Insights and New Beginnings

Leadership's Message



At K Corp Charitable Foundation, we are deeply inspired by the tangible changes we have seen in the initial years of our work. Our efforts, structured around three strategic pillars—Fight Hunger and Malnutrition, Improve Health through Nutrition, and Enhance Livelihoods by Developing the Food Ecosystem—reflect our understanding that ensuring “Food and Nutrition for All” is far more than a phrase. It is a complex, multifaceted challenge that requires not only **targeted interventions** but also **holistic, long-term solutions**.

The figures shared in the Annual Report are more than just statistics; they represent the dedication of partners, relentless work of frontline workers, and resilience of mothers and families. Every number tells a story of our **shared responsibility** for the well-being of today's children—and those yet to be born—truly embodying the saying, “It takes a village to raise a child.”

We recognize that **hunger limits potential** in ways that are far-reaching. Through initiatives like the mid-day meal programme, we have been able to support school children and marginalised communities by providing essential nourishment. Our tracking of maternal and child health through **12 key indicators** showcases our commitment to making **meaningful progress**.

Beyond nutrition, we have **empowered families economically** by supporting initiatives such as kitchen gardens, goatery, and model plot farming, creating **sustainable income sources** for families.

I extend my **heartfelt gratitude to our partners** for their tireless efforts in addressing the root causes of malnutrition, whether they be structural, behavioural, or socio-economic.

As we continue to build on the momentum we have gained, we remain **focused on making lasting and meaningful impacts on the lives of children and families**, paving the way for a healthier, more nourished future for all.

Vaibhavi Shitut Amle
Head
K Corp Charitable Foundation



Expecting mothers, and young children receiving best care and support in Anganwadis to address malnutrition and related issues.

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Empowering adolescents with knowledge to foster a culture of health that will yield benefits for generations.

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About us

➤ We embrace the proverb, “It takes a village to raise a child,” which emphasizes the importance of a supportive network.

Our primary goal is to create a safe and nurturing environment for children aged 0-2 years, as well as for adolescents, expectant mothers, and new/feeding mothers.

To fulfil our mission, the Foundation collaborates with a diverse range of stakeholders, including parents, extended families, adolescents, and community members. We focus on overcoming last-mile ecosystem barriers related to health, hygiene, and nutrition while building social capital and addressing underlying issues such as livelihoods and food security.

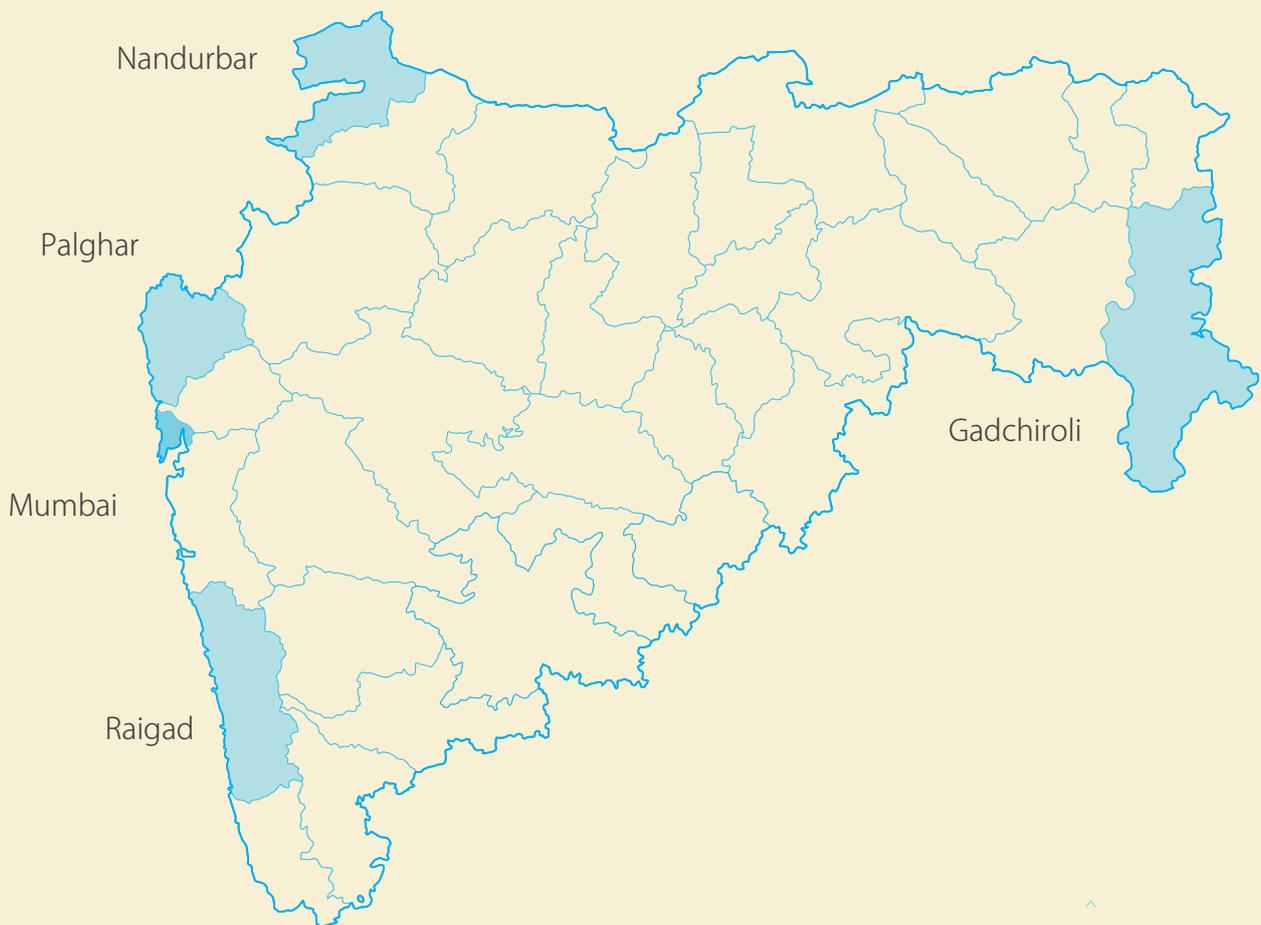
The Foundation has supported frontline health workers—Anganwadi Workers (AWWs), Auxiliary Nurse Midwives (ANMs), Accredited Social Health Activists (ASHAs) and the NGO workers.

We recognize that health and nutrition are influenced by—and in turn impact—nine of the 17 UN Sustainable Development Goals (SDGs)





Project Locations



Undernutrition manifests as Severe Acute Malnutrition (SAM) and Moderate Acute Malnutrition (MAM), resulting in underweight children which compromises physical and cognitive development, increases vulnerability to infections, undermines educational achievements, and poses significant barriers to human development and economic growth. The prevalence of malnutrition is particularly high among marginalised groups, including girls, rural and tribal populations of Maharashtra.

Understanding that the causes of malnutrition are multifaceted and interconnected, we strive to address structural, behavioural, and socio-economic root causes. Inadequate maternal care during pregnancy and delivery contributes to maternal mortality, miscarriage, stillbirths, and low birth weight among infants. Our partners ensure that all pregnant women attend at least four antenatal care (ANC) visits during their pregnancy to promote optimal maternal and neonatal health outcomes in accordance with WHO standards.

Low birth weight is a significant predictor of undernutrition. Proper feeding practices for young children—such as initiating breastfeeding within an hour of birth, exclusively breastfeeding for the first six months, and introducing timely complementary foods starting at six months—are vital for healthy growth.

The interplay between undernutrition and infections creates a vicious cycle, particularly during the weaning process. Poor hygiene practices increase susceptibility to infections like diarrhoea, which can further exacerbate undernutrition during a child's first two years.

Addressing food insecurity is essential as it is a root cause of malnutrition. This complex socio-economic issue requires strategic interventions that ensure physical and economic access to culturally acceptable foods of sufficient quality and quantity. Social norms and intra-household inequalities often leave women without adequate resources.

Our on-the-ground experience aligns with numerous studies demonstrating that focusing on child-care behaviours, educating parents, and involving communities in nutrition improvement, are cost-effective solutions that require skilled grassroots workers.

We place significant emphasis on strengthening Government programmes and schemes such as Reproductive and Child Health (RCH), Mission POSHAN 2.0 (POshan SHAKti Nirman), Dr. APJ Abdul Kalam Amrut Ahar Yojana, Take Home Ration (THR), and Khavati Anudan Yojana, Integrated Child Development Services (ICDS), Pradhan Mantri Matru Vandana Yojana (PMMVY), and the Mid-Day Meal Scheme (MDM). Severely Acute Malnourished (SAM) children, and school students in identified tribal districts.

The Foundation is pleased to place on record that it has actively collaborated with partners Bal Raksha Bharat, AROEHAN, BAIF, CRY, and United Way of Mumbai since its inception to bring impact to people. We present the initiatives we have supported during the reporting period 2022-24 along with the contributions made to individuals, communities, and public health governance processes in several Panchayats in districts of Maharashtra.

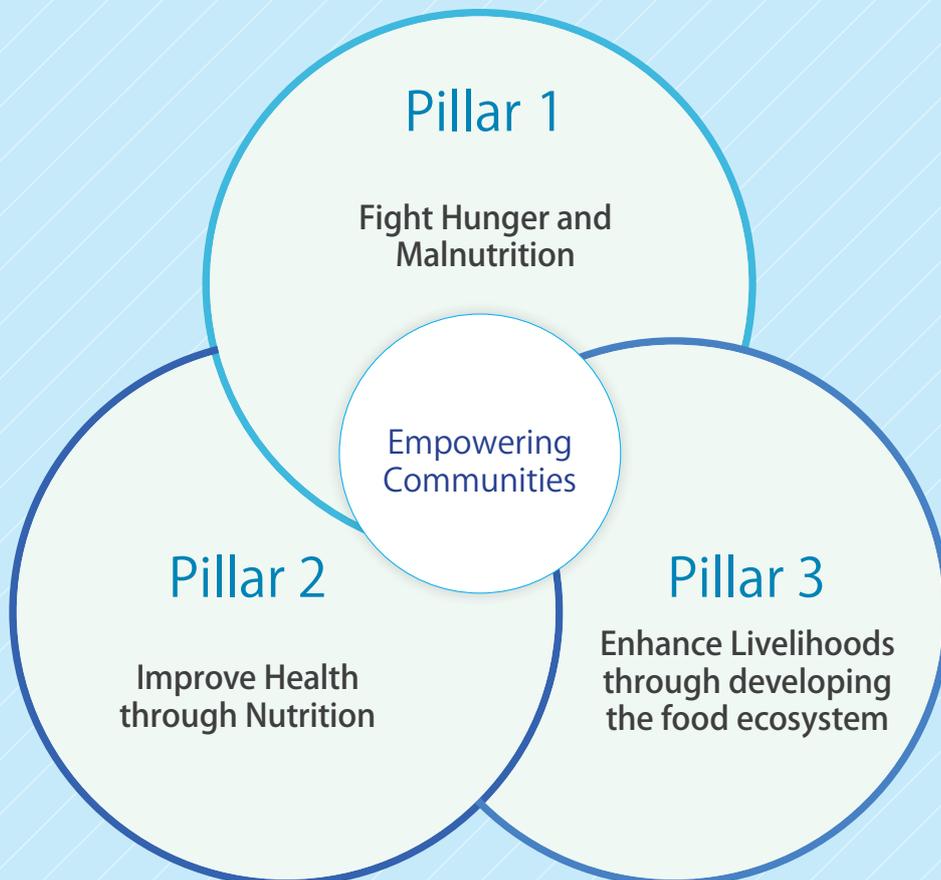


Educating boys on the impact of early pregnancy on women's health.



Monitoring Growth indicators regularly to track and prevent malnutrition in children.

K Corp Charitable Foundation's Three Strategic Pillars



Measuring Progress: Key Indicators Tracked

Adolescent Health and Education

Adolescents engaged and empowered through education and health initiatives

Maternal Health

Early Pregnancies
ensuring prenatal care, counselling and nutritional support.

Hb levels of mothers to be 10+
targeting haemoglobin levels in expecting mothers to ensure adequate health.

100% Immunization of Mothers
ensuring that expecting mothers receive necessary vaccinations.

Child Health and Nutrition

Exclusive Breastfeeding
promoting exclusive breastfeeding as the sole source of nutrition for infants for the first six months.

100% Immunization of children
ensuring all children receive vaccinations as per the immunization schedule.

Children with Body Weight (BW) \geq 2.5 kg
monitoring and promoting healthy birth weights for new borns.

Healthcare Access

ANC check-ups
ensuring that expecting women receive four antenatal care check-ups during their pregnancy.

Institutional deliveries
promoting deliveries in healthcare institutions to ensure safety and access to medical care.

Early registration
encouraging timely registration of pregnancies to facilitate access to healthcare services.

Early Childhood Development

Frontline - Worker Trainings: training Anganwadi Workers (AWWs), Auxiliary Nurse Midwives (ANMs), Accredited Social Health Activists (ASHAs).

Strengthening Communities: Village Health Sanitation and Nutrition Committee (VHNSC) and Mata Samitis trained and empowered to ensure sustainability of interventions.



Training Anganwadi Workers (AWWs),
Auxiliary Nurse Midwives (ANMs),
Accredited Social Health Activists (ASHAs).



HIGHLIGHTS

PILLAR 1



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12,00,728

Meals served
to marginalised
communities



PILLAR 1

Fight Hunger and Malnutrition

➤ Addressing hunger and its associated impacts are central to the Foundation's mission. We partner with various organizations to tackle these issues through schools, community initiatives, and by enhancing the uptake of social protection measures from central and state governments via last-mile interventions. School meals play a crucial role in increasing enrolment, attendance, learning, and self-esteem, significantly contributing to children's developmental potential.

During the reporting period, we partnered with Akshaya Patra to serve 5,00,000 mid-day meals in 2022-23 and 1,52,440 mid-day meals in 2023-24 to children studying in tribal schools across the country. This collaboration has helped ensure that children from underserved communities receive the nutrition they need to learn, grow, and build a brighter future.

Additionally, we collaborated with the Robinhood Army to distribute food grains to marginalized communities. Through this initiative, we provided 80,000 meals in FY 2022-23 and 4,68,288 meals in FY 2023-24 by donating food grains and millets, further extending our commitment to addressing hunger and malnutrition.





Educating pregnant mothers on eating right for a healthy pregnancy.

PILLAR 2

Improve Health through Nutrition

➤ **Health is integral to personal and national progress, encompassing physical, mental, and social well-being. Nutritional deficiencies continue to drive unequal health outcomes, presenting significant challenges to social equity and economic stability. To address this, we prioritize health and malnutrition—specifically undernutrition—through a life-course approach aimed at promoting well-being from infancy to old age.**

Our multi-sectoral strategies combined nutrition-sensitive agriculture, education, water and sanitation (WASH) initiatives, health governance, and behaviour change communication. Key focus areas included Reproductive, Maternal, Newborn, Child, and Adolescent Health (RMNCH+A), Infant and Young Child Nutrition (IYCN), and WASH practices.

The Foundation supported partners in addressing both the root causes and curative aspects of undernutrition, providing training to frontline workers and Anganwadi Centres (AWCs) and fostering social capital. Innovative approaches were implemented to overcome challenges at individual, community, and governance levels.

In the Maternal Health, Child Health, and Nutrition Project in Palghar district, AROEHAN collaborated with Anganwadi Centres, forming village-level committees and organizing events like Arogya Divas and Mata Bal Melavas to promote maternal and child health.

In Nandurbar district, BAIF implemented the Healthy Village Project, focusing on kitchen gardens, nutritious recipe demonstrations, and livelihood initiatives to address nutritional deficiencies and promote community involvement. In Ghatkopar, Bal Raksha Bharat strengthened health systems and advocated for healthy pregnancies.

In Gadchiroli district, the Healthy Village Healthy Community project by CRY focused on tackling malnutrition among children and improving antenatal and postnatal care. In Raigad district, Project Poshan by United Way of Mumbai utilized cultural practices like Godh Bharai, Anna Prashan, and street plays to promote maternal and child health while encouraging exclusive breastfeeding.

These efforts reflect our commitment to building healthier, more resilient communities through sustainable, multi-pronged interventions.



Empowering communities for sustaining interventions that address health and malnutrition.

HIGHLIGHTS

PILLAR 2



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27,162

Households engaged to address hunger and malnutrition.

3031

Mothers received immunization—a critical public health objective.

4824

Adolescent girls engaged in nutrition health awareness — Iron Deficiency Anaemia (IDA), which poses significant risk during pregnancy.

525

Training Anganwadi Workers (AWWs), Auxiliary Nurse Midwives (ANMs), Accredited Social Health Activists (ASHAs).

2255

Women who had a minimum of four antenatal check-ups (ANC).

2742

Children received full immunization—a critical public health objective.

2306

Institutional deliveries conducted professionally to reduce MMR and IMR.

2343

Early registration of pregnancies facilitated for timely access to essential healthcare services.



Fostering community growth through livelihood empowerment.

PILLAR 3

Enhance Livelihoods Through Food Ecosystems

› **Undernutrition is recognized as one of the most pressing public health challenges, carrying significant human and economic costs. It adversely impacts productivity and contributes to alarmingly high rates of maternal and child mortality. Undernutrition, manifested as Severe Acute Malnutrition (SAM) and Moderate Acute Malnutrition (MAM), resulting in underweight children.**

Nutritional interventions targeting adolescents, expectant and new mothers, and the critical first 1,000 days of life—from conception to a child's second birthday—are vital for achieving positive health outcomes. Effective nutrition strategies necessitate coordinated efforts across various sectors, including health, agriculture, education, and social protection.

To improve nutrition outcomes for mothers and children, it is essential to address the underlying determinants of nutrition. It is evident that without tackling interconnected issues such as food security, socio-cultural norms, agricultural productivity, and livelihood opportunities, such as goateries, as well as enhancing the uptake of government programs and services, the challenge of undernutrition cannot be effectively resolved.

Successful initiatives often feature robust community-based programmes, particularly kitchen gardens established in households, Anganwadi Centres (AWCs), and on agricultural plots. These initiatives are key to fostering behaviour changes that enhance nutrition determinants. Our support for partners has focused on improving the health of children, adolescents, women, and the broader community by promoting kitchen gardens and providing livelihood opportunities for families.

Partners have demonstrated effective methods for establishing kitchen gardens in homes, AWCs, and on agricultural plots. Innovative practices have been introduced, including improved crop varieties and fruit plants with high nutritional value such as bananas, lemons, and figs. Additionally, new recipes have been shared to encourage healthy cooking practices.



Enabling families to earn incomes and benefit from goat milk as a nutritious food source through goatery.

The establishment of Custom Hiring Centres (CHCs) offering agricultural tools at nominal rental has significantly reduced the drudgery of farm work. This allowed women more time to pursue education, income-generating activities, and community engagement.

The eDost initiative has improved access to banking, utility services, and e-Governance support directly to remote hamlets while creating livelihood opportunities for women.

Both AROEHAN and BAIF have emphasized dietary diversification through kitchen gardens. Model plots have been cultivated for demonstration purposes and seeds were distributed leading to improved nutritional status among women and children as fresh vegetables become readily accessible. Innovative recipes generated community interest in nutritious food preparations, while the use of iron cooking vessels has been encouraged to enhance dietary quality.

BAIF has particularly focused on income generation through goat farming and vegetable cultivation. Bucks have enabled families to earn income from selling offspring while benefiting from goat milk as a nutritious food source. Additionally, vegetable cultivation has allowed households to generate income from fresh produce.

The establishment of kitchen gardens has resulted in increased consumption of fresh, home-grown vegetables, thereby improving dietary diversity and nutrition among families.





Establishing kitchen gardens at home to improve access to nutritious food.

HIGHLIGHTS

PILLAR 3



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Goat Keepers

512



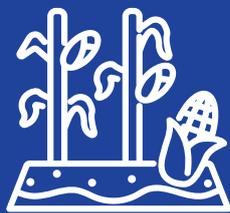
Kitchen Gardens

2815



Model Plots

40



Vegetable Cultivation

200



E-Dost

3



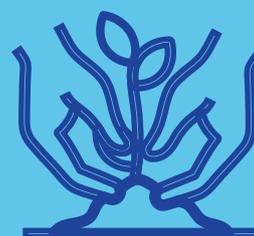
Custom Hiring Centres

4



Fruit
Plantations

3300





Communities collaborating to craft innovative recipes using indigenous vegetables and fruits.

Our Partners





Oriole Designs



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