



**SARVODAYA SUWASETHA SEWA SOCIETY LTD
NUTRITION CENTER**

**Progress Report 1st January – 31st December 2023: Nurturing Hope
and Empowering Lives**

**From Vulnerability
to Victory**

**Empowering Little
Lives with Love and
Nutrition**

Sarvodaya suwasetha sewa societynLtd.

No 66, Rawatawatte Road, Moaratuwa, Sri Lanka.

Telephone: +94(0)11- 2655577, Fax: +94(0)11- 2655579

Email: info@sarvodayasuwasetha.org

Website: www.sarvodayasuwasetha.org

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01. INTRODUCTION

1.1 Connection Between Tjallinga and Sarvodaya Suwasetha Society.

Since 2015, the partnership between Tjallinga and Sarvodaya Suwasetha Society has been a symbol of hope and progress, fostering positivity and contributing to the improvement of many lives. Through Tjallinga's generous support, we have directly impacted the well-being and growth of our babies under the Nutrition Center, particularly those aged 0-3 years. This collaboration has not only enhanced our facilities but has also allowed us to provide comprehensive care and nurturing to the most vulnerable children who find their way to our center. For nearly fifty years, our center has been a safe place for children, providing them with medical care, food, love, and care. With the help of Tjallinga's support, we ensure they grow up well, with a balanced diet, medicines, and regular health check-ups. Our team, led by our matron, works hard to create a happy and nurturing environment for these children.

We provide enjoyable activities for kids to help them grow happily. We work with government doctors, volunteer doctors, medical officers, and family health workers to reach more children and give them the care they need. However, our work faces challenges due to financial constraints.

Despite these challenges, we stay committed to our mission, thanks to the support of donors like you who understand the importance of our work. Your generous contribution can make a significant impact on the lives of these children. Together, we can provide them with the love, care, and opportunities they need to become their best. Thank you for considering supporting the Sarvodaya Suwasetha Nutrition Center for Infants. Your generous contribution will help us sustain our vital work and secure a brighter future for these innocent souls.



02. INTRODUCING THE SARVODAYA SUWASETHA NUTRITION CENTER – NOURISHING THE NEXT GENERATION.

For almost fifty years, we have been taking care of kids who don't have anyone to look after them because they were left alone, have nothing, or lost their parents. Every day, we welcome these children into our home, giving them not just medical help and food, but also the love they need.

Imagine being a helpless baby, alone in the world, without anyone to turn to. That's where we step in. Referred to us by the Judiciary through the Department of Probation and Child Care Services, these babies find their way to our center, where they become part of our family.

At any given time, we have around 25 children in our care. Through our services, we ensure their proper development and provide them with a balanced, nutritious diet to support their growth and health.

Our dedicated team conducts regular medical examinations to monitor the children's progress and well-being, while also ensuring their comfort and happiness by providing clothing and play materials. We maintain a clean and hygienic environment to safeguard their health, prioritizing their overall safety and well-being.

We fill their days with exciting things to do, making sure their minds and bodies are happy and growing with joy. Our dedicated team, led by our matron, works hard to ensure these children receive the best care. With help from government doctors, volunteer doctors, medical officers, and family health workers, we can help even more children.



Your support, can make a world of difference in the lives of these children. Together, we can give them love, care, and chances to grow and be their best selves.

Thank you for considering supporting the Sarvodaya Suwasetha Nutrition Center for Infants.

03. A JOURNEY OF IMPACT

3.1 Main Goal

Ensure the overall wellbeing of empowered, socially engaged children by prioritizing their health, and nutrition.

At our nutrition center, we are dedicated to making sure that the little ones are healthy and happy. We focus on their overall wellbeing, including not just their physical health but also their emotional and social development. Through our programs and services, we provide nutritious meals and access to healthcare to ensure that these children grow up strong and empowered.

We understand the importance of early intervention and support in shaping a child's future, and we are trying to make a positive impact in their lives. Together with our dedicated staff, volunteers, and supporters, we are building a brighter tomorrow for these empowered and socially engaged children.

04. ACTIVITIES AND ACHIEVEMENTS

4.1 Promote Healthy Development of Children



4.1.1 Preparation of Nutrition Meal

The primary responsibility is to nurture the children, aiming to enhance their height, weight, and overall nutrition consistently. To achieve this goal, there's a routine of preparing nutritious meals for them on a regular basis. This approach allows for the rise of their growth and well-being effectively. We regularly check our babies' health and growth through check-ups, growth charts, and nutrition assessments. We have noticed improvements in their height, weight, and overall health indicators.

We regularly check what our babies eat to make sure they get the right nutrients. This includes looking at their diet history, checking how much of each nutrient they get, and finding out if they are missing anything important.

4.1.2 Sustaining Meal Preparation at the Nutrition Center

We use gas for cooking at the nutrition center. Over the past two years, we have faced many challenges, including high gas costs and occasional shortages. However, we have successfully managed these challenges and ensured timely meal provision. The safety and health of our toddlers remain our top priorities, and we are continuously adapting to ensure they receive the nourishment they need, regardless of the difficulties we encounter.

4.1.3 Medical Support for Kids & Staff

Ensuring good health is crucial, and at our center, we are fully committed to this mission. We focus on closely monitoring nutrition and health. Our caregivers conduct regular check-ups that include nutritional assessments for growth, regular vaccinations, and monitoring growth milestones. They also observe symptoms such as eye or ear diseases, malnutrition, fever, cough, cold, allergies, or speech delays and refer to hospitals when support needed. Specially they keeping records of all the care we provide is really important for future reference.

Our ultimate goal is to safeguard the well-being and ensure the proper development of every child entrusted to our care. We collaborate with government doctors, volunteer doctors, medical officers, and health workers to provide extensive care and support.



Weight Gain Analysis of Two-Year-Old Babies at the Nutrition Center: January to December 2023 (Weight measured in kilograms)

Name	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	Weight Gain
Yuraj Avinda	8.800	9.000	9.300	8.800	9.000	9.000	9.000	8.800	9.400	9.500	9.600	9.700	+0.900
D.M Sandun	9.100	9.200	9.400	9.100	9.300	9.700	9.700	9.600	9.900	10.500	9.600	9.700	+0.600
Sadev Vishmika	9.200	9.000	9.500	9.300	9.600	9.500	9.500	9.800	10.300	10.500	10.500	10.600	+1.400
S.M. Rituka Himansa	9.800	10.000	10.100	10.200	10.500	11.000	11.000	10.500	10.900	10.900	11.000	11.400	+1.600
Kavishka Shrimal	9.000	9.000	10.000	9.300	9.300	9.700	10.000	10.400	10.300	10.700	11.100	11.200	+2.200
L.P. Ruvini Senethmi	7.900	8.400	8.300	8.600	8.600	9.300	9.200	9.200	9.500	9.500	10.000	11.500	+3.600
Winnarasi	8.700	8.800	9.000	9.300	9.500	9.500	10.200	10.400	10.400	10.900	11.000	11.000	+2.300

4.1.4 Sanitation for Kids & Staff

Sanitation facilities are crucial for our nutrition center, especially for the health and well-being of both babies and our staff. We understand the importance of clean and well-maintained washrooms in preventing the spread of diseases and ensuring a hygienic environment.

Regular cleaning and repair of sanitation facilities are top priorities for us to create a safe and healthy space for everyone at our center. We have focused on children's health and hygiene by improving our sanitary facilities. This includes installing new doors and showers and ensuring proper garbage disposal and drinking water systems. Our efforts have resulted in a clean and hygienic environment for both children and staff at our center. In our nutrition center, we have fixed many things.

Newly added facilities to ensure sanitation

- **Upgraded Toilets**

New doors, sinks, and toilets with better flushing systems have been installed to improve hygiene. Some old toilets didn't work well before, causing problems. But now, everyone can use clean and working facilities.

- **Improved Bathroom Facilities**

We also upgraded showers, doors, tap lines for washing machine and sinks repairs. to make our place cleaner and safer. This shows our progress in improving sanitation.

Despite these improvements, we face challenges such as the high cost of diapers and extreme temperatures that can upset the babies. However, we remain committed to finding solutions and providing the possible care for the children under our supervision.



Picture – Upgraded Showers, Tap lines



Picture – New doors, sinks and toilets

4.2 Create Child Safe Child Friendly Indoor and Outdoor Living Spaces

4.2.1 Responsible Care giving

We are committed to providing the best care for all the children under our care, especially our babies referred to us by court orders and probation officers. Our dedicated staff ensures the safety of the children and works to nurture them, provide care, and teach them right from wrong through love and affection. Due to these efforts, we have expanded our team by adding two more staff members.

These additional personnel help in preparing safe meals for the children, maintaining sanitary facilities, and carrying out various activities for their well-being. Our staff, who are all mothers themselves, lovingly dedicate their services day and night to ensure the children are cared for with great affection and attention.



4.3 Recurrent Cost

4.3.1 Building Maintenance

Building maintenance is crucial for the continuous operation and sustainability of the nutrition center. The renovations at the nutrition center have significantly enhanced safety, accessibility, and functionality, thereby improving the overall quality and efficiency of its operations. These improvements not only enhance the functionality and security of our building but also create a more welcoming and efficient environment for donors, staff, and residents of the nutrition center.

- **New Entrance Gate**

We made it easier for donors and visitors to access the nutrition center by setting up a new entrance gate. This change helps everyone find their way without any trouble and more welcoming.



Picture - New entrance gate

- **Connecting Hostel and Kitchen**

We improved connectivity within the nutrition center by removing a part of the wall and adding a staircase and doorway between the hostel and kitchen. This change makes it convenient for staff to move between these essential areas.

- **Established partitioned rooms for new staff members**

We established partitioned rooms in our nutrition hostel, providing more privacy and personalized spaces specifically for the new two staff members, which contributes to their overall well-being.



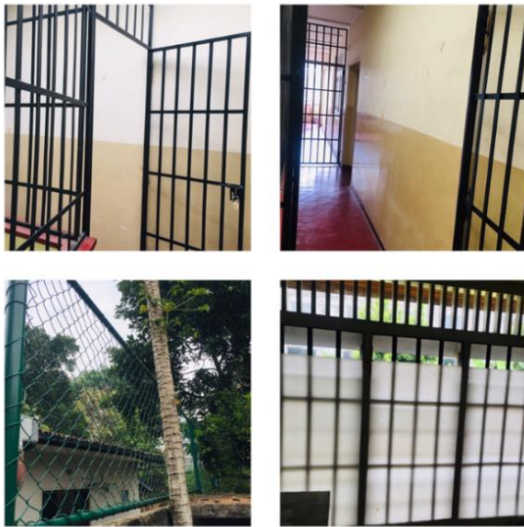
Picture – partitioned rooms, staircase and doorway

- **Enhanced Security Measures**

To ensure security, we installed an iron net over the back wall of the nutrition center and covered some windows with heavy boards. These additions provide added protection against unauthorized entry and potential security threats.

- **Corridor Security Fences**

Implementing corridor security fences made of iron further enhances safety measures within our building, specifically securing the balcony and corridor areas. This initiative adds an extra layer of protection for everyone within the premises.



Picture - corridor security fences, iron net, heavy boards

4.3.2 Home Maintenance and Equipment Maintenance

Home maintenance and equipment maintenance are crucial aspects of property management and asset upkeep. They involve a range of tasks that are essential for preserving the functionality, safety, and longevity of homes, buildings, and machinery.

Last year, we made significant improvements to our nutrition center, refreshing its overall condition and enhancing its functionality.

Enhanced facilities for safety and comfort

- New cupboards installed in the pantry for organized storage and hygiene.
- Repaired plug points for electrical safety and functionality.
- Installed new fans and repaired existing ones for improved ventilation and comfort.
- painted the lunchroom for better surface protection.

These maintenance tasks were crucial for keeping our nutrition center in top shape and creating a welcoming environment for everyone.



Picture – New pantry cupboards, fan, repaired plug points,

05. CHALLENGES

We are working hard to take good care of babies and young children at our nutrition center. But we have some big challenges. First, we really need more people who are qualified and experienced in taking care of babies. Finding these people is really important for us to keep giving the best care possible.

Also, there's a problem with wrong information and fake photos on social media about adopting babies. This can make people think the wrong things and might even be risky for some kids. We are trying to fix this by talking to social media sites, reporting the wrong stuff, and teaching people the truth about adopting babies and how to take care of them properly.

We know we need to do something about these challenges right away. By facing them head-on, we can make sure we keep giving great care and support to babies and young kids in our nutrition center. And we're also working to make sure they're safe.

06. FUTURE PLANS

We are actively exploring opportunities to expand the reach of the nutrition center and serve a greater number of toddlers within the community. This includes forging partnerships with local stakeholders, government agencies, and other organization to enhance support for child nutrition initiatives. Through collaboration, we aim to leverage resources and expertise to maximize impact and reach more vulnerable children.

In addition to expanding our services, we are investing in capacity building for our staff members. This will improve the quality of our nutrition interventions, ensuring that we provide care to every child under our supervision. We are making good progress in promoting child wellness through comprehensive nutrition programs, and we are committed to leveraging social media platforms to raise awareness and promote our services further.

Together, these efforts contribute to our overarching goal of ensuring the nutritional well-being of all children in our community.

07. CONCLUSION

In conclusion, Sarvodaya Suwasetha Sewa Society has made significant progress in achieving our milestones and goals during the reporting period. Despite encountering challenges such as limited resources and financial constraints, we have successfully addressed these difficulties through strategic planning and collaboration. Our efforts have had a positive impact on the vulnerable children in our care, providing them with essential medical care, nutrition, and a nurturing environment.

Looking ahead, Sarvodaya Suwasetha Sewa Society is committed to expanding our services and reaching more vulnerable children within the community. We aim to implement new projects and initiatives that will further our mission of providing love, care, and opportunities for growth to these children. We extend our gratitude to you for your unwavering support and dedication. It is through your effort that we can continue to make a meaningful difference in the lives of these children and work towards a brighter future. Together, we can create a world where every child is cherished and nurtured.