

iMPACT

Insights & Inspiration for Social Innovation

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Prajaahita Foundation: Empowering Communities for a Brighter Future by Prajaahita Foundation **36**

Free Medical Guidance ('Phone-a-friend') by Arya Samaj Foundation, Chennai **43**



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The Gadfly Project

BY SAGE ORME

In an ever-evolving world, innovation is the driving force behind progress. However, many international organizations face significant barriers acquiring their necessary software to utilize such innovation, especially when it comes to the funding of that software.



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Prajaahita Foundation: Empowering Communities for a Brighter Future

BY PRAJAAHITA FOUNDATION

In a world plagued by numerous social challenges, organizations such as the Prajaahita Foundation have emerged as beacons of hope, dedicated to empowering marginalized communities and creating positive change.



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Free Medical Guidance (‘Phone-a-friend’)

BY ARYA SAMAJ FOUNDATION, CHENNAI

The Medical Guidance initiative helpline receives over 120 calls every month. During the peak of COVID-19, the volunteer team doubled up supporting various requests related to the availability of beds for admission in hospitals, the need for oxygen cylinders, and most importantly - supportive counseling and compassionate listening to those in dire need.



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Chris’ Corner

BY CHRIS MORRIS

The theme of Health and Nutrition in this issue I know is one that ranks highly in the interest and concerns of young people of today. I was always, perhaps naively, surprised when I frequently saw health highlighted in youth surveys exploring the key areas of development interest to young people.

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Dear reader,

The best investment you could ever make is investing in yourself, your health and wellness. We so often ignore healthcare unless sickness knocks on our door, or completely knocks us down. With healthcare, hygiene and sanitation, physical and mental wellness being an ongoing discussion, iMPACT too has decided to join the chat!

With our Q3 Issue of **Health and Nutrition**, iMPACT brings to you a variety of content, with experts talking about mental health, promoting healthy body narratives, and articles about the best available resources to read, apps you could use to track your health, etc. The issue also features organizations and their tireless and significant strides in promoting healthcare and wellness in communities where there is lack of access and awareness.

As always, our team remains committed to presenting content that is diverse, inclusive, and representative of a wide range of perspectives. We strive to address the unique health concerns of different communities and celebrate the beauty of our shared humanity. We also stand by our commitment of bringing exclusive content for our future agents of change through this issue.

We look forward to your feedback, suggestions, and recommendations, as together the **impact** of our words and your actions creates a synergy that can transform the world for better. Together, let us create a world where everyone can thrive and live their healthiest, happiest lives. Let's embrace wellness, one healthy choice at a time!

Thank you for your valuable time!

Warm regards,
Editorial Team



“

To keep the body in good health is a duty, for otherwise, we shall not be able to trim the lamp of wisdom and keep our minds strong and clear.



Buddha

EVENTS ROUNDUP

*Click for more details

1 [Global Impact Summit 2023](#)

May 12

📍 Global

👤 WomenTech Network

2 [AVPN Global Conference 2023](#)

June 20-22

📍 Kuala Lumpur, Malaysia

👤 Asian Venture Philanthropy Network

3 [Healthy Food Asia 2023](#)

July 5-6

📍 Bangkok, Thailand

👤 VNU Asia Pacific and Expo Business Communications

4 [The 5th International Conference on Food, Nutrition, Health & Lifestyle 2023](#)

August 3-4

📍 Kuala Lumpur, Malaysia

👤 The International Institute of Knowledge Management

5 [Sustainable Energy Technology Asia \(SETA\) 2023](#)

August 17-18

📍 Bangkok, Thailand

👤 GAT International Co.,Ltd

6 [World Environment, Social, & Governance Summit](#)

August 21-22

📍 Kuala Lumpur, Malaysia

👤 Gulf Xellence

7 [The World's Longest Running CSR & ESG Event: The 15th Annual Global CSR and ESG Summit and Awards 2023](#)

August 29

📍 Vietnam, Da Nang

👤 Pinnacle Group

8 [ASEAN Sustainable Energy Week \(ASEW\) 2023](#)

August 30-September 1

📍 Bangkok, Thailand

👤 Informa Markets

9 [5th Annual ESG and Climate Risk Week](#)

September 12-14

📍 London, UK

👤 Economist Impact

10 [The 10th World Sustainability Forum](#)

September 14

📍 Singapore

👤 MDPI Sustainability Foundation





11 Vitafoods Asia 2023

September 22-23
 📍 Bangkok, Thailand
 👤 Informa Markets

12 GSG Global Impact Summit 2023

October 2-3
 📍 Malaga, Spain
 👤 Global Steering Group for Impact Investment (GSG)

13 10th India CSR Summit

October 11-12
 📍 New Delhi, India
 👤 CSRBOX

14 Global Plastics Summit

October 11-12
 📍 Bangkok, Thailand
 👤 Economist Impact

15 2nd World Conference on Climate Change & Sustainability

October 16-18
 📍 Rome, Italy
 👤 The People Events

16 GITEX Impact 2023: ESG summit and sustainability event

October 16-20
 📍 Dubai World Trade Center
 👤 GITEX Global

17 SOCAP 23

October 23-25
 📍 San Francisco, USA
 👤 SOCAP Global

18 Asia Pacific Agri-Food Innovation Summit 2023

October 31-November 2
 📍 Singapore
 👤 Rethink Events

19 EDU Tech Asia 2023

November 8-9
 📍 Sands Expo, Singapore
 👤 Terrapinn

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Food Crisis in the Horn of Africa

The Horn of Africa is currently grappling with an exceptional drought, marking the region's lengthiest and severest dry period on record. This extended drought has persisted for six consecutive years, characterized by consistently below-average rainfall levels. The prolonged impacts of COVID-19, climate change, and reduced global funding are all among the many factors contributing to food insecurity in the Horn of Africa. The hunger crisis in the region has reached unprecedented levels, with 23 million people in Somalia, Kenya, and Ethiopia facing severe hunger and water shortages. Unrelenting drought and high food prices have severely hampered people's ability to grow crops, raise livestock, and provide for their families. Communities in the region, especially refugees and displaced families, are enduring the worst consequences of these multiple crises. Displaced children under 5 and pregnant/nursing women face high risk. Malnutrition is rampant with over 7.1 million acutely malnourished children in the Horn of Africa, including 2 million severely malnourished.¹ 


Anti-LGBTQ+ law signed in Uganda

Yoweri Museveni, the president of Uganda, has recently signed the most jarring anti-queer act in the world. This act calls for death penalty for homosexual acts, hence putting a lot of people in danger. Uganda has received severe backlash from the international community due to this law. The US President, the UK government, and the UN High Commissioner for Human Rights- all spoke publicly to express their dissent towards the law. Apart from the legal discrimination and unfair penalisation, this act will also lead to stereotyping against queer people in other areas like jobs, schools, etc. This will inevitably also make it difficult for those belonging to the LGBTQ+ community to access healthcare, as conveyed by the heads of the Global Fund to Fight Aids, Tuberculosis and Malaria, UNAids and the US President's Emergency Plan for Aids Relief (Pepfar) in a joint statement. This is a step in the wrong direction for all queers worldwide.² 

There's finally an end to the COVID-19 health emergency!

On May 5, 2023, the chief of the World Health Organisation (WHO), Tedros Adhanom Ghebreyesus, declared an end to the COVID-19 health emergency that was first declared in January 2020.

The rate of COVID-related fatalities has significantly declined, transitioning from its highest point of over 100,000 weekly deaths in January 2021 to just over 3,500 by the week ending April 24, 2023, as per data from WHO. This decline can be attributed to widespread vaccination, improved treatments, and a degree of population immunity resulting from previous infections.

The conclusion of the emergency may lead to the cessation or redirection of international collaboration and funding endeavors related to the pandemic, although several have already adjusted their strategies and shifted focus. This move by the WHO suggests that experts think that a new and dangerous variant coming up is not very likely.³ 

NUMBERS

Health and Nutrition

POVERTY AS ONE OF THE MAJOR CATALYSTS FOR CHILDREN'S DECLINING WEALTH WORLDWIDE

Diet plays a role in a number of chronic diseases that affect individuals all over the world. Studies state that poor diet is linked to

1 in 5 deaths or 11 million deaths globally

There are **800 million undernourished people worldwide.**

780 million of them live in low- to middle-income nations, mostly in Sub-Saharan Africa and South Asia

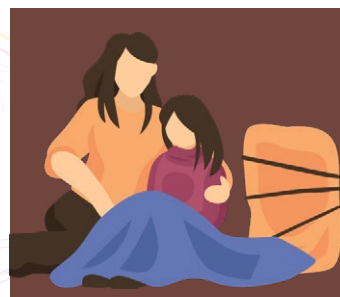


As a consequence, undernutrition results in half of all

fatalities in children under the age of 5



Undernutrition increases the likelihood that children may die from common diseases, as well as their frequency and severity, and slows down their ability to recover from them



These 800 million individuals spend at least **10 percent** of their household budgets on **health expenses for themselves, a sick child, or other family members.**

For almost 100 million people, these expenses are high enough to push them into extreme poverty, forcing them to survive on just \$1.90 or less a day.

149.2 million children under the age of 5 years of age **are stunted**, and **45.4 million are underweight** in their height. Around 45% of deaths among children under 5 years of age are linked to undernutrition.

It is estimated that **32% of the global disease burden could be reduced if hunger were to be eradicated**



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THIS CAUGHT OUR EYE


CHATGPT: A new era of AI



Source: cnbcfrfrica.com


ChatGPT is a natural language processing tool driven by AI technology that allows you to have human-like conversations and much more with a chatbot. The language model can answer questions, and assist you with tasks such as composing emails, essays, and code.

It has undoubtedly left a big impression. “ChatGPT is frighteningly excellent”, Elon Musk, who was a founding member of OpenAI before departing, stated that we are not far from dangerously powerful AI. OpenAI’s CEO, Sam Altman, reported on Twitter that ChatGPT had more than 1 million users in the first five days of its existence.

Accessible to the public for free, as it is still in the study and feedback-collection stages, the new AI could revolutionize creativity and originality. With such an AI at your fingertips, racking your brain for ideas and assignment completion might become a folktale. As in the movie Wall-E, could AI one day take over humankind by reducing our need to think?⁴ 

The Big Apple is sinking?

A According to a new study published in Earth’s Future, it warns that the Big Apple is sinking due to its weight, which is largely attributed to the weight of its high-rise buildings, in addition to the rising sea levels and increasing storms. The mass of 1,084,954 buildings that exist across the 5 boroughs of New York City adds up to about 1.68 trillion pounds, and reportedly causes the ground to deform, leading to a sinking phenomenon known as subsidence.

With predictions stating that by 2050, sea levels in New York could rise anywhere between 8 inches and 30 inches, it is important to take action and implement measures. As a home to over 8 million people, and with more frequent storm and flood predictions in the next few years, preventive and mitigation measures should be discussed and implemented. This is not an isolated issue, and it is therefore imperative for us as individuals to contemplate and understand the negative impact we are creating and leaving behind.⁵ 



Caring for the Caregivers: Addressing Mental Health Needs of Frontline Healthcare Workers (HCWs)

BY ANA YONG

Issues related to the mental wellbeing of frontline HCWs:



Burnout

This is due to working long hours, an excessive workload where staff are over stretched leading to emotional fatigue, and a reduced sense of accomplishment.



Moral Injury

Healthcare employees may feel morally distressed and guilty as they are unable to deliver appropriate attention to their patients due to inadequate resources or system-level problems.



Anxiety and Depression

This is brought about from constant exposure to high-stress, life threatening situations, fear of infection, and anxiety about the health and welfare of patients.



Stigma

Healthcare workers may experience stigma and discrimination from those around them due to their exposure to COVID-19 patients.



Post-Traumatic Stress Disorder (PTSD)

Healthcare personnel may suffer from intrusive thoughts, perform avoidance actions, and be hyper-vigilant.

These mental health issues not only impact the well-being of healthcare workers but also affect patient care. Therefore, it is important to tackle the mental health needs of frontline healthcare staff.

Importance of addressing mental health issues and the risk factors involved among healthcare workers

“Prioritizing the Mental Health and Well-Being of Healthcare Workers: An Urgent Global Public Health Priority” published by *Frontiers in Science* (7 May 2021) stated that “work related stress can have a negative impact on health care providers’ professionalism, quality of care delivery, efficiency, and overall quality of life”.

When frontline HCWs suffer burnout, their ability to provide optimal patient care is also compromised. This in turn leads to dissatisfaction with the job and a higher propensity to be disengaged and a lower job commitment. When this happens, the HCW may eventually quit so that he/she would be removed from the high-stress environment.

ARTICLE

However, not everyone can afford to quit their job and many HCWs would choose to endure the long hours, exhaustion and burnout as they may not feel confident in finding another job.

Nonetheless, they would remain in the job while feeling dissatisfied and/or underpaid. As time goes on, their personal life is affected as they would be too tired to socialize and meet with friends and skip social gatherings altogether.

Professionally, they may not feel the need to give their best in providing care to patients and may even lose their temper and shout at difficult and uncooperative patients.

“A risk factor is a characteristic, condition, or behavior that increases the likelihood of getting a disease or injury”. Therefore, working in a high-risk and fast-moving environment for long periods of time with little respite is a risk factor for burnout. Dealing with uncooperative and abusive patients also negatively impacts HCWs’ ability to provide the proper healthcare service.

Risk factors may also be structural conditions, for example, in order to substantiate the use of expensive treatments, detailed documentation in the form of additional paperwork is submitted for recording and approval purposes. This may lead to increased stress for frontline HCWs and a negative workplace.

Impact of Covid-19 on Mental Health Issues

Frontiers in Science also published a research paper called “Effects of COVID-19 pandemic on mental health among frontline healthcare workers: A systematic review and meta-analysis” which collated data from 19 studies on the impact of the Covid-19 pandemic on the mental wellbeing of frontline HCWs.

The results showed that there was a 42.9% prevalence of insomnia, a 53% pervasiveness of stress, and a 43% predominance of anxiety and depression. This highlighted that the pandemic had a huge impact on the mental health of frontline HCWs and legislators should channel resources to alleviate the mental conditions of those affected.

Interventions to Address Mental Health Issues

A brief research report published by Frontiers in Science entitled “Improving Healthcare Worker Resilience and Well-Being During COVID-19 Using a Self-Directed E-Learning Intervention” (2 December 2021) narrated that the Foundation for Professional Development had created a self-controlled, e-learning training intervention used to improve the welfare and resilience of HCWs. Data collected from user evaluations disclosed that learners displayed substantial growth in expertise, self-reliance, hardiness, and well-being ratings.

An “online guided transdiagnostic intervention” called RESTORE (Recovering from Extreme Stressors Through Online Resources and E-health) consists of cognitive-behavioral engagements to alleviate anxiety, depression, and PTSD related to the Covid-19 pandemic. It was created for HCWs

who were unable or unwilling to seek mental health services. And was seen as a favorable alternative as HCWs can seek help online where anonymity is supported.

Another intervention method studied in China was the Self-Help Plus (SH+) which was developed by the World Health Organization (WHO) and can be delivered by non-professionals. It consists of a five-part illustrated self-help booklet and eight audio sessions corresponding to the booklet.⁶ These interventions were undertaken by government or government-affiliated agencies, as a lot more HCWs work in public hospitals than private ones.

Finally, families and friends can play a part by being supportive and encouraging. Often, HCWs just need a listening ear or a helping hand to help run errands as they may be too tired or busy to do so.

Partners for Progress

The biggest challenges that any non-profit faces are scarcity of time and low funding sources- which eventually leads to understaffing and usage of below ideal technology. Dell recognized these challenges, and aimed to assist organizations in their journey of digital transformation: one that'll make them more productive and efficient through their tech program. The best part is that this scheme is completely pro bono.

Under this program, Dell connects its employees with non-profit organizations around the world to work part-time over a period of one to six months with said corporations. These Dell team members act as IT professionals in the NPOs, helping them adapt to new technologies, dealing with any problems that may arise, sharing learning and tools with the organization, and ensuring that a long-term sustainable impact is created through their presence.

Another initiative that Dell has taken is conducting pro bono consulting workshops which involve multiple not for profit organizations coming together for an eight hour workshop conducted by some Dell employees. The aim of this seminar is to address one particular issue that the NPOs might be facing, understanding it, discussing it, and then finding possible solutions for it.

Both of these schemes fall under an umbrella initiative program by Dell: Environmental Social Governance (ESG) initiatives. In the financial year 2022, Dell helped about 146 non-profits through their consulting workshop. They aim to reach their goal of helping 1000 NPOs by the year 2030.

There seem to be certain limitations of the Tech pro bono scheme. While there's no geographical restriction as such on the non profits eligible for the scheme, most of the institutions that have been a part of the program have been located in the west. This could suggest a certain bias. A more viable alternative to this, however, could simply be the fact that this scheme is perhaps not advertised enough in other parts of the world. Therefore, there is a strong need to disseminate knowledge about this scheme in different countries.

The way to take part in the program seems fairly straightforward and simple. The Dell website has a link to a nomination form that needs to be filled out in order to avail this opportunity. For the scheme, NPOs can only be nominated by a Dell team member, channel partner, customer, or a non-profit employee. After filling out details such as organization name, location, area of focus, etc., the nomination form will be complete! It is important to note that this form will only nominate an NPO which will then be invited by Dell to apply to avail the benefits of the program.

Scan the QR code below to access the nomination form



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Value of Direct-to-Consumer (D2C) Communication

COVID-19 showed the need for effective D2C communication in healthcare

BY RAHUL MULLICK

Worldwide, digital interventions and innovations are being used to solve both simple and complex problems across sectors. Within healthcare, technology is being leveraged across the continuum of care - planning a doctor's visit, telemedicine, registering a patient's longitudinal records, providing diagnosis, dispensing medicines, treatment-related reminders, and even on the payer side to support medical insurance claims and third-party administrators (TPAs). Most of these disruptive products and platforms, directly or indirectly, interact with the most important stakeholder in the value chain - the consumer or beneficiary.

In two years, Covid-19 reported over 375 million cases globally and has a digital footprint like nothing before. Interactions on the pandemic across stories on social media (including Google searches) and media mentions have exploded. Along with that came the dangers of misinformation,



which spread equivalently fast. There is an unprecedented response to tackling COVID-19, including massive lockdowns, e-surveillance, immunization, and broad mass messaging to contain the virus. These measures are not easy to implement or sustain at scale while keeping out misinformation and ensuring messages remain clear. And all this while threats of new variants still remain.

Public health and government personnel have continued to rely on

the value of direct-to-consumer (D2C) outreach during Covid-19 across the world, including in the Asia-Pacific region. Directly reaching out to people, especially vulnerable groups, with the right advice and providing targeted information of value to those with high-risk factors and compromised immunity was seen as an essential tactic during the past two years and will continue to be of great importance in the continuing battle against Covid-19.

A few months into the pandemic in early 2020, governments and tech organizations started to realize the importance of D2C communication. The Indian Government leveraged ringtones, helplines, and social media platforms to share information. Clear

communication by government leaders, for example, Singapore Prime Minister's timely and direct address to the nation, mobilized efforts for the country to come together to fight the virus and stop hoarding. Effective use of social media was seen as TikTok partnered with WHO to share health information to curb this pandemic. Facebook and Twitter also announced strategies attempting to establish a firewall against the "infodemic."

ARTICLE

As the realization came that the world was in it for the long haul, more sustained efforts around using digital technologies started emerging - both for offering health consultations and for better awareness about the pandemic. Within a few months of the first cases of Covid-19 in India, the government formalized telemedicine guidelines, realizing that direct-to-consumer medical consultations would become extremely important given the limitations on in-person access to care. Both government and private sector organizations stepped up and built telemedicine platforms such as SWASTH, eSanjeevani OPD, TATA Bridge Health, and Step One. eSanjeevani, a Government of India-supported platform, clocked over 10 million online consultations within a year of launch. The Singapore government also listed about 700 telemedicine providers under its VLDTSP program, who may ultimately be licensed under the Healthcare Services Act (HCSA). The government has also been testing virtually supervised Covid-19 rapid antigen tests for their viability, teaming up with a local telehealth startup, Doctor Anywhere. While telemedicine tools alleviate the burden on healthcare infrastructure, they do come with challenges of ensuring quality of care and ensuring their effectiveness amidst patient hesitancy to use "online" consultations. However, the potential is enormous, and today almost all eHealth platforms in India, including ePharmacies like Tata 1Mg, Netmeds, and Pharmeasy, offer teleconsultations.

A common challenge across various healthcare programs, not just during a disease outbreak, is the lack of a unified approach and platform to promote awareness and share content with citizens across the stages of promotive, preventive, curative care, as well as during rehabilitation and palliation efforts. For beneficiaries, D2C platforms can be a reliable method to receive personalized content across various stages of life. Some questions may require personalized care - for example, while vaccinating their child or while planning a family, they may ask, "I am confused, people in our village say it's unhealthy to get my child vaccinated. But our ASHA didi (ASHA is a frontline health worker in India) said I should!" or "I just had a baby two months ago, my in-laws want another grandchild, is it safe?" To solve similar queries among families - pre and post-pregnancy, the Indian government has successfully run a D2C service for the past 8 years via mobile phones, called Kilkari. Kilkari sends time-sensitive, stage-based audio messages directly to the mobile phones of pregnant women, new mothers, and their families on health, nutrition, and critical sanitation behaviors. At least 10 million subscribers have used the free Kilkari service so far, receiving key time-sensitive voice messages in their local language.

Beneficiaries also might need motivation and support to not drop out of treatment - "Nobody understands how TB treatment's side effects make me want to stop

taking medicines. I have no one to talk to." Several applications and web portals already use chatbots (leveraging Artificial Intelligence, NLP, etc.) and other platforms for direct engagement with beneficiaries to enable customized dissemination of accurate information while also empowering end-users to have two-way conversations in a safe space as per their convenience and needs.

The opportunity to leverage digital platforms to directly engage with the consumer is enormous. Asia is leading the way in smartphone penetration - 60% of China, 44% of India, 65% of Indonesia, and 61% of the Philippines (as per 2021 statistics) use smartphones. In India, internet-enabled phones are available for less than \$30 with free talk-time, and data is revolutionizing internet usage in rural areas as well as among low-income users. In developed economies like Singapore, surveys have shown that consumers show a lot of trust in government-led digital health solutions, and the realities of Covid-19 have paved the way for digital health innovation.

A few challenges to watch out for in the process include maintaining data quality by identifying deep fakes and misrepresented facts, ensuring data privacy and security, adapting to the changing needs of the target audience, and identifying ways to make interactions sustainable and scalable while designing the right content.

Advocating for Vitamin D3 Sufficiency in the Public Health Long-Term Management of COVID-19 Disease Risk and Burden

BY DR. MEIS MOUKAYED, PH.D. (CANTAB.)

The coronavirus disease 2019 (COVID-19), an infectious disease caused by the severe acute respiratory syndrome coronavirus (SARS-CoV-2), has challenged world populations with its health, economic, and social effects since 30 January 2020. Three and a half years later, more than 767,364,883 confirmed cases and 6,938,353 deaths have been reported globally.⁷ While the emotional value of the loss of life due to this pandemic has been immeasurable, the economic cost using the value per statistical life estimate has been estimated at \$10 million per lost life. Long-term economic losses remain elusive since not all global countries have recovered from international border closures, the contraction of global economies, or the widening gap in poverty and hunger disparity worldwide. The pandemic exposed the fragility of global health systems including those in developed countries which faltered at curtailing COVID-19 death tolls and treating vulnerable sectors of society such as the elderly efficiently.

While vaccines against SARS-CoV-2 were deployed, there have been several concerns with vaccinations worldwide. The inequity in global vaccine distribution, efficacy, and quality will continue to leave several nations, especially developing countries, unprotected. Second, even in nations who have accomplished wide-spread national vaccination schemes, such vaccines have shown to have short-term efficacy that require multiple boosters, and which may create side-effects in subpopulations including cardiac concerns, potential risk of death and genomic concerns. These vaccine boosters will be an additional cost to national public health budgets in the future given the vaccines' short-lived efficacies, and their yet to be verified long-term effects. Additionally, not all nations have mandated vaccinations and subpopulations will remain who require preventive measures to reduce future rates of infection with SARS-CoV-2 or potentially other emerging viruses such as Marburg virus, monkeypox virus, and others. The whole pandemic has opened decision-makers' eyes to the

need for public health prevention strategies and schemes which include elevating the public's baseline health as a priority to fight existing and emerging microbial risks.

While optimistically economic recovery would eventually occur, and acute short-term COVID-19 is no longer considered a 'pandemic' concern, the emergence of long-COVID-19 multiple organ system complications now pose an enigmatic future burden to public health management worldwide. Long COVID-19 incidence is exacerbated by the continued global rise of comorbidities such as diabetes mellitus, cardiovascular diseases, and obesity which increase susceptibility risk. Morbidity and mortality concerns will still be associated with acute COVID-19 from highly virulent variants such as Delta and Omicron. However, future public health thinking will need to focus on (1) behavioral population changes that improve baseline population health to minimize infection rates and (2) disease management of long COVID-19 health burden.

ACADEMIC COMMENTARY

Long COVID-19 has long-term physiological and psychological effects that affect multiple organ systems. Such novel manifestations may occur in previously SARS-CoV-2-infected individuals regardless of initial disease severity or symptoms and may persist for months. Long COVID-19 symptoms in multiple organ systems have included immunological, metabolic, musculoskeletal, and nervous system disorders such as weakness, fatigue, dyspnea, sarcopenia, hair loss, anosmia, endocrine disturbances, new-onset COVID-19 associated diabetes mellitus, dysgeusia, incontinence, neuropathies,

encephalopathies, cerebral strokes, headache, attention disorder, deteriorating brain cognition functions and mental health among others described.^{8,9} Individuals who are at increased risk of long COVID-19 include older individuals, females especially of white ethnicity, individuals with poor pre-pandemic general and mental health including vitamin D3 deficiency, metabolic comorbidities including obesity, the immunocompromised, and individuals with asthma.^{8,9}

Given SARS-CoV-2's ability at infecting multiple organ systems, a cost-effective molecule which can

provide preventive efficacy and have omnipotent function in maintaining and repairing multiple organ systems is required. Vitamin D3 is such a biological candidate which can reduce disease burden. Vitamin D3 can modulate immune responses, reduce risk and rates of viral infection, attenuate inflammatory responses, promote autophagy, attenuate comorbidities' risk (such as positively regulating blood pressure and improving insulin sensitivity in populations at risk), promote multiple-organ repair and recuperation, including improvement in brain functions such as cognition, memory and mood, enhance stem cell recruitment for muscle regeneration, and enhance overall baseline health and promote survival. Vitamin D3 can also support placental health and function thus protecting fetuses during pregnancy.

Epidemiological studies have examined the link between vitamin D3 and SARS-CoV-2 or COVID-19. Many of these studies have collectively shown that vitamin D3 deficiency or insufficiency were associated with increased risk of SARS-CoV-2 infection and COVID-19 severity.⁸ This implied that regular bolus vitamin D3 supplementation to maintain vitamin D3 sufficiency as a preventive behavioral health measure before viral infection was associated with better outcome and survival, especially in elderly individuals. Epidemiological studies additionally showed that supplementation or treatment with sufficient or higher doses of vitamin D3 early on in COVID-19 disease onset is more effective than supplementation



ACADEMIC COMMENTARY

later on in infection and progression stages. Finally, studies also showed that administration of vitamin D3 to individuals infected with SARS-CoV-2 could promote faster recovery times and improved survival. These studies imply that prior vitamin D3 sufficiency has significant preventive value in disease rate reduction and that nutritional public health measures of supplementation with vitamin D3 should be considered to improve the public's baseline health and survival. Such public health measures could be through food fortification schemes, promoting knowledge and education on the benefits of regular safe sun exposure or vitamin D3 nutritional consumption, and overall food provision of appropriate vitamin D3-rich resources including animal-based foods (e.g. meat, milk, eggs) to poorer or impoverished communities.

⁸ Such fortification and public health nutrition schemes become more pressing given the realization that populations in many regions around the world suffer from vitamin D3 deficiency. A systematic review by Cui A. et al. (2023) on studies from 81 countries revealed an alarmingly high prevalence of vitamin D3 deficiency globally. The global prevalence of deficiency (reported as serum 25(OH)D3 < 50 nmol/L) was 47.9%, and of insufficiency (reported as serum 25(OH)D3 < 75 nmol/L) was 76.6%. Eastern Mediterranean regions and lower-middle-income countries had the highest global prevalence of vitamin D3 deficiency. Females were also more vulnerable to deficiency than men, across ethnicities.¹⁰

Vitamin D3 is a cost-effective preventive solution given that it

can be made in the human body directly following sun exposure, or can be ingested from animal-based or fortified foods or via supplementation. A 15-minute half body exposure produces approximately 10,000 International Units (IU) (250 mcg) to 20,000 IU (500 mcg) of vitamin D3. This depends on several factors including duration of sun exposure and skin color. Vitamin D3-rich foods include oily fish and animal products, or fortified staple foods such as orange juice, milk, or flour. A 100g portion of Salmon may provide approximately 526 IU of vitamin D3, and a 100 ml volume of fortified milk may provide approximately 90-150 IU of vitamin D3 depending on animal source. Daily nutrient supplements may also provide individuals with a range of 400-50,000 IU according to an individual's baseline needs. Vitamin D3 sufficiency is attained with a serum 25(OH)D3 concentration at or greater than 30 ng/mL (75 nmol/L).

The USA's National Academy of Sciences, Engineering, and Medicine recommends a conservative recommended dietary allowance (RDA) for vitamin D3 of 600 IU/day (15 mcg/day). The Endocrine Society recommends at least 1500-2000 IU/day (37.5-50 mcg/day) and up to 4,000 IU/day (100 mcg/day) for adults, with 10,000 IU/day (250 mcg/day) as upper tolerable level (UL). Deficiencies can be treated with supplementation of up to 50,000 IU/week (1,250 mcg/week).⁸ The above Dietary Reference Intakes (DRIs), which include RDAs and ULs, require revision as many epidemiological studies have revealed a requirement for significantly higher vitamin D3 intakes for health

maintenance and disease risk reduction, and adjustment of RDAs and ULs according to individual baseline vitamin D3 concentrations.

Moreover, treatment of COVID-19-affected individuals with vitamin D3 in many epidemiological studies reviewed in Moukayed (2023) and others⁸, and of well-described diseases such as multiple sclerosis and psoriasis, show that administration of doses higher than current DRIs do not cause toxic side effects.⁸⁻¹¹ This clearly implies a need to revise the outdated DRIs which were initially set in relation to bone health. Funding epidemiological studies into studying effects of higher vitamin D3 supplementation doses and regimen is needed globally. However, nature's own experiment of daily production of vitamin D3 up to 20,000 IU in the human body following 15-30 min sun exposure without toxic effects reiterates that the outdated DRI levels (including RDAs and ULs) require revision.

Vitamin D3's potential as a cost-effective, versatile, and easily available biological molecule to be used in COVID-19 disease risk reduction strategies warrants focused prioritization in future research and nutritional public health planning within health organizations worldwide. It should be imperative to enhance global public health knowledge and practices on the importance and maintenance of vitamin D3 sufficiency.¹²



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Extending Impact: The Smart Organization's Path to Technology

BY SAGE ORME

Timonium, MARYLAND. In an ever-evolving world, innovation is the driving force behind progress. However, many international organizations face significant barriers acquiring their necessary software to utilize such innovation, especially when it comes to the funding of that software. Enter **The Gadfly Project**, a Software Development Social Enterprise, with groundbreaking approaches aimed to revolutionize the landscape. In this article, we delve into the merits of The Gadfly Project's in-kind grant initiatives, highlighting how they have become a catalyst for empowering non-profit organizations, and driving technological advancements.

One of the standout features of The Gadfly Project is their streamlined application process for in-kind software development grants. Unlike traditional funding models, which can be time-consuming, and exceptionally disqualifying, The Gadfly Project has simplified their grant procedures, making it accessible to a wide range of applicants. By eliminating unnecessary bureaucracy, they ensure that talented grantees can focus on their projects and objectives rather than being bogged down by paperwork. "The important work of enabling good is our purpose; not forcing the mission-absent work of



seeking funds.", states Ryan Johnson of The Gadfly Project.

Since its inception, The Gadfly Project has supported numerous non-profit organizations, para-governmental agencies, and academia, with its grants. One such partnership effort is with the Center for Environmental Justice (CEJ), in Zambia. This project consists of the development of a web-based application used to monitor mining and agricultural practices with input from communities. Executive Director for CEJ, Maggie Mapalo Mwape says, "Working with The Gadfly Project has been incredibly fruitful. The benefits of working with Gadfly are numerous,

from effective feedback to proper guidance on the implementation of project features, they are truly a company that has the organization's best interests".

The Gadfly Project's custom software development grants offer non-profit organizations a unique opportunity to overcome technological barriers and enhance their impact. By tailoring solutions to specific needs, fostering collaboration across borders, and emphasizing long-term sustainability, their grant initiative is poised to revolutionize the nonprofit sector's ability to harness the power of technology for social good. 📌

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IN REVIEW



Books

The 7 Habits of Highly Effective People

by Stephen Covey

“This book is a timeless classic that provides useful insights and methods for both personal and professional development. Covey’s principles of effectiveness, such as “begin with the end in mind” and “seek first to understand, then to be understood,” continue to inspire readers to this day.”

Food Fortification in Asia: Improving Health and Building Economies

by Asian Development Bank

“The book provides a detailed summary of investment plans for five countries in the region, highlighting the potential economic benefits of secure food sources as well as the significant impact on human health and productivity. “Food Fortification in Asia: Improving Health and Building Economies” is an educational and helpful guide for investors interested in supporting food fortification initiatives in Asia.”



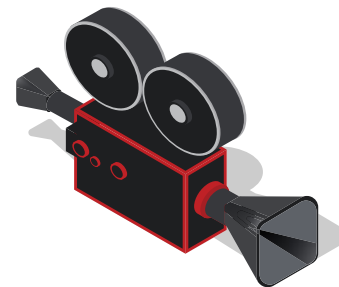
Podcasts

The Social Impact Show

“A fresh infusion of grace and lightness into wellness”, the Art of being Well is author and host Dr. Will Cole’s podcast where he helps you on your journey to wellness. In conversation with doctors, biochemists, nutritionists, pharmacists, etc., to answer your questions, guide your diet, and to explore other exciting ways to nurture your body. Dr. Cole is named one of the top 50 functional and integrative doctors in the nation and New York Times bestselling author of Intuitive Fasting, and the most recent Gut Feelings, adds his own insights and learnings to support and plan your wellness journey.

10% Happier

On this show/ podcast American Journalist Dan Harris talks with eminent meditation teachers, top scientists, and even the odd celebrity. Covering topics ranging from enlightenment and psychedelics, to relationships, productivity, etc.



Video

Ted talk: FIX YOUR DIET To Heal The Body & Mind TODAY- Dr. Uma Naidoo

The talk focuses on the importance of a healthy diet for physical and mental well-being. The speaker discusses how modern diets contribute to chronic diseases and mental health issues, and offers practical tips for improving one’s diet. The talk emphasizes the transformative power of healthy eating habits and encourages viewers to control their health through food choices.

Documentary: The Game Changers

This documentary film examines the impact of a plant-based diet on athletic performance and overall health. The film features interviews with athletes from around the world, including several from Asian countries, who have adopted plant-based diets and experienced improved performance and health outcomes. The film also explores the cultural and societal factors that influence dietary choices in various parts of the world.



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Tata Institute of Social Sciences

Tata Institute of Social Sciences (TISS) is an Indian public university with multiple campuses and a focus on community engagement. TISS is India's top institution for social sciences, which Sir Dorabjee Tata Trust founded in 1936 to train professionals in human services to meet the nation's then-emerging requirements. TISS carries on that illustrious tradition by providing some of the most cutting-edge, worldwide renowned academic programs in social sciences and applied human service professions. In terms of fostering quality in teaching, research, field/internship-based learning, social innovation, and social start-ups, TISS is among the top 40 institutions in India today. TISS encourages and defends social diversity on campus and takes great pleasure in its pan-Indian student and faculty composition, guided by its vision of fairness and social justice. The campus is gradually growing more international as well!

The faculty at TISS is exceptional in many different ways. The impact of the COVID pandemic on the mental health of women, children, and healthcare providers; the management of water resources; participatory irrigation management; climate change and action; renewable energy and sustainability; disaster risk reduction; migration and migrants; women and mental health; human trafficking; disability and access; the social impact assessment of state development projects; and structural drivers are just a few of the topics they are researching in social science. These studies produce new knowledge, significant policy, lobbying, and programmatic ramifications.

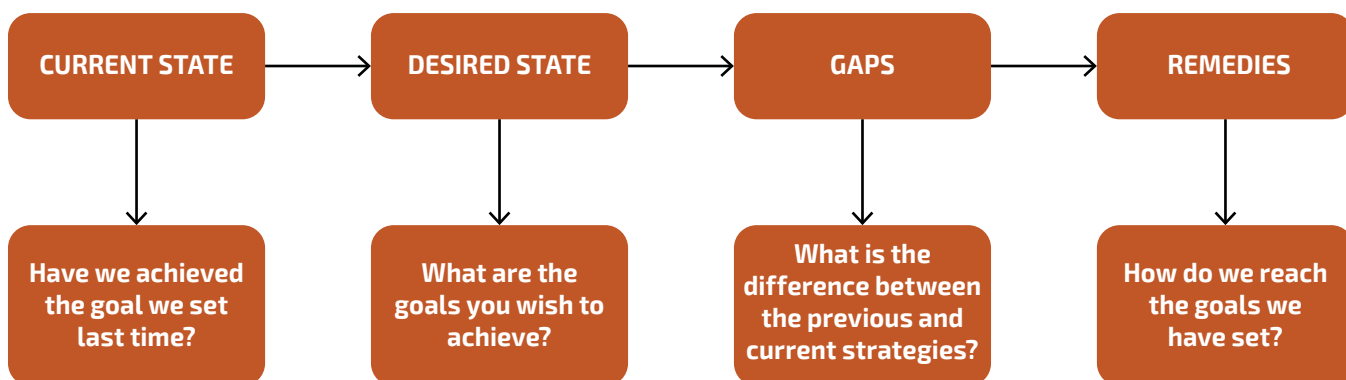
The development and management of field action projects (FAPs) as interventions to address complex social issues facing communities in challenging geographic settings, among the most vulnerable and marginalized population groups, or around topical and contested themes is another skill that TISS faculty are well-known for. Presently, 18 such FAPs are led by TISS professors. To learn more about this fascinating corpus of research and field-based work by our faculty, visit the links or websites.

TISS publications can be found from renowned publishers in the top national and international journals. In addition to these publications, TISS faculty are thought leaders in specialized fields such as social audit, forest and land rights, public policy, decent work, the stigma associated with health, gender diversity, social development and sustainability, urban planning, and governance, disaster risk assessment and reduction, digital health and mental health, etc. Numerous members of our faculty are active in state and federal advisory boards, think tanks, policy groups, civil society organizations, national and international NGOs, and UN organizations.

TISS offers a welcoming and encouraging atmosphere for all its students, who enrich and enliven campus life with their academic prowess, engaging conversations and debates, and overflowing creativity, talent, and enthusiasm for life.

MANAGEMENT TOOL IN SIMPLE STEPS

Product Gap Analysis



Product gaps refer to the discrepancies between what customers expect from a product and what the product actually delivers. Recognizing and addressing these gaps is crucial for product success, and by extension, the success of the organization. It serves as a kind of road plan for the expansion of the company and its products. The current state, the desired state, and the gap between them make up the three key components of the Product Gap Analysis. According to an article by ProductPlan, there are several steps to effectively spot and fix product gaps. By evaluating your strengths, weaknesses, opportunities, and threats, you can start by defining the current status of your product or service. Your sales records, customer evaluations, and feedback can provide this data.

Your ideal future state for your good or service is known as the desired state. Researching current trends and market success factors is crucial during the study. You may make a clear improvement plan by figuring out the difference between the existing situation and what you want it to be. Then, you can make a list of possible treatments or solutions to deal with these problems.

In practice, it is always beneficial to listen to customers. Actively engaging with customers through various channels such as surveys, interviews, and feedback forms can provide valuable insights into their needs and expectations. This feedback can help identify any gaps that exist between what customers want and what the product offers.

Once the gaps are identified, it is important to prioritize them based on their impact on customer satisfaction and business goals. Not all gaps are equal, and some may have a more significant impact on the product's success. By prioritizing, product teams can focus their efforts on fixing the most critical gaps first. Moreover, you may improve your offers to clients by analyzing the goods and services of your rivals and learning about their advantages and disadvantages. For example, if you work in the e-commerce sector, you can assess your product lineup against that of your rivals. You can examine the features, pricing, customer service policies, and shipping alternatives that your rivals are providing. By doing this, you can find any holes in your product line and develop a strategy to fill them. In essence, finding areas where

MANAGEMENT TOOL IN SIMPLE STEPS

your product or service may be lagging behind rivals or industry norms is one of the main advantages of a Product Gap Analysis.

To fix product gaps, a cross-functional team should be formed, composed of members from different departments such as product management, design, engineering, and customer support. This diverse team can bring different perspectives and skills to the table, ensuring a comprehensive approach to addressing the gaps. Through this method, the product gap analysis can assist you in identifying additional features or enhancements that you can include in your goods or services. You might discover what your target market wants and which characteristics are currently in demand by studying market trends. For instance, if your investigation with various departments reveals that your target market is drawn to eco-friendly goods, you might enhance your product or service with more sustainable characteristics.

Afterward, the departments should then investigate the underlying reasons for the identified gaps. This entails reviewing competing offerings, conducting market research, and delving further into client feedback. The teams can develop effective solutions by understanding

the underlying reasons for the gaps. Iterative testing of potential solutions should follow once the root causes have been discovered. To get feedback from customers, product teams can employ prototypes, mockups, or minimal viable products. Based on actual user input, this iterative process enables the solutions to be improved and optimized.

Collaboration and effective communication between team members are essential for implementing the solutions. To achieve successful execution of solutions, it is crucial to involve all concerned stakeholders, such as executives, developers, and marketing teams. To keep on track, it is important to establish precise objectives and deadlines and to routinely assess progress. The impact of the solutions that have been put into place must also be measured in order to determine their effectiveness. Conclusively, finding and addressing product gaps is an ongoing process that calls for actively listening to consumers, prioritizing gaps, assembling cross-functional teams, investigating fundamental causes, iteratively testing solutions, putting changes into place, and gauging the effects of those changes. Through the Product Gap Analysis, organizations increase their probability of success in the industry or sector they are in.⁶





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▶ ABOUT DR. SUDHIR MAKNIKAR

Dr. Sudhir Maknikar is the Director of the Family Health portfolio for PATH-South Asia. He is a Medical Doctor with an MD in Public Health. He has more than 22 years of advocacy, policy, and service delivery experience in RMNCH programs, and has successfully led and managed several large-scale RMNCH and nutrition programs.



How can we accelerate measures for Anemia prevention and control?

BY DR. SUDHIR MAKNIKAR AND DR. JAYENDRA KASAR

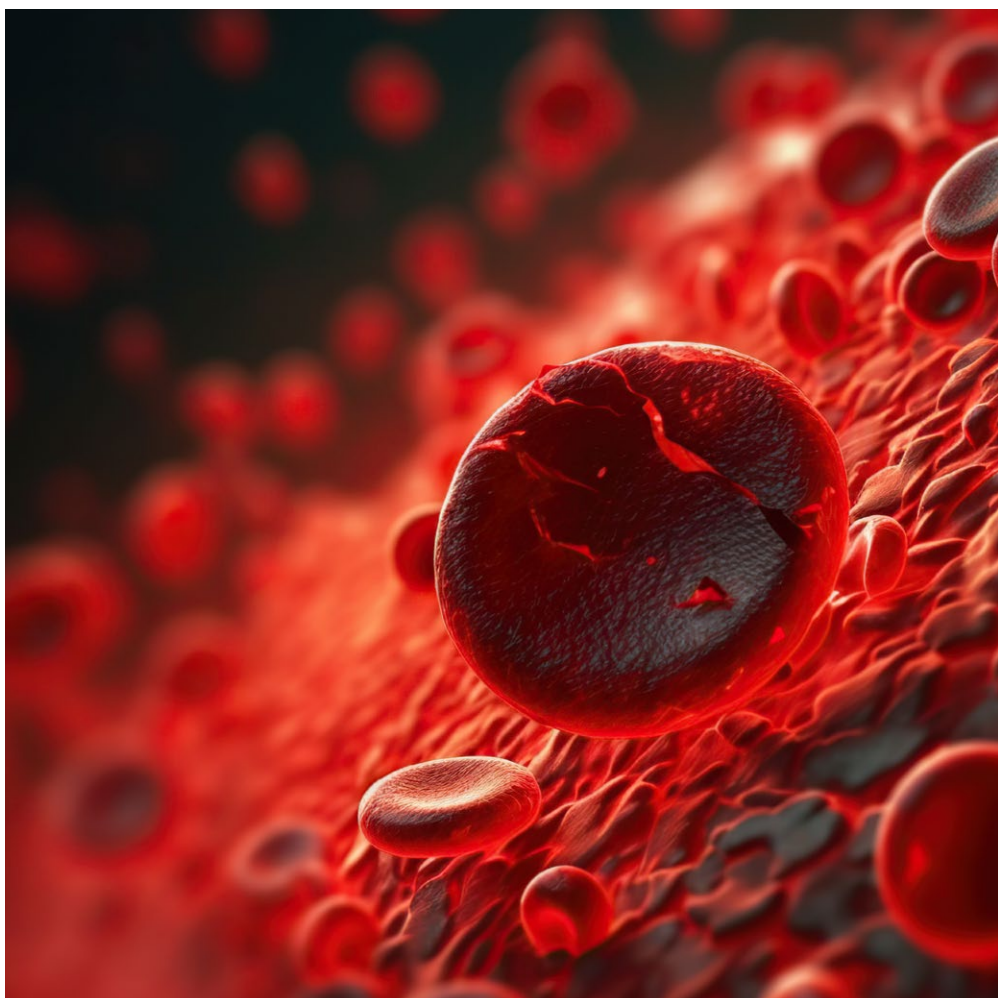
The 65th World Health Assembly committed to cutting by half the prevalence of anemia in women of reproductive age compared to the prevalence observed in 2010 by 2025.

As per World Health Statistics 2023, although the global prevalence of anemia among women aged 15-49 showed a slight decline from 31.2 percent (2000) to 29.9 percent (2019), the absolute numbers flared up significantly from 492.9 million (2000) to 570.8 million (2019). The prevalence of anemia continued to be highest in the South-East Asia Region, at 46.6% in 2019 with India accounting for approximately a quarter of all cases of anemia globally.

Current interventions and gaps

India initiated its Anemia control program in 1970 with many subsequent policy interventions. The Anemia Mukta Bharat (AMB) program (meaning Anemia Free India) launched in 2018 aimed to reduce the prevalence of anemia from 50% in 2016 to 32% by 2022 and covers 450 million people.

Despite extensive efforts, the progress toward achieving targets is slow. We need a creative lens to identify why programs underperform. A rigorous situational analysis considering the dynamics of the epidemiology of anemia, barriers and facilitators for the health systems, implementation strategy, changing agriculture, food chain and dietary environment, climate change effect, cultural norms, and population behaviors, particularly those of the vulnerable groups, is necessary to develop context-tailored interventions.



▶ ABOUT DR. JAYENDRA KASAR

Dr. Jayendra Kasar is the senior program officer at PATH. He leads operations for MNCH+A projects under the family health portfolio, including the Anemia project which focuses on evidence generation for systems strengthening and improving diagnostics for anemia screening. He is a public health expert with more than twelve years of experience in clinical care, health systems strengthening, and maternal, newborn, and child health.



Innovative approaches to tackle anemia

Taking a total ecosystem approach, engagement with both public and private sectors is indispensable while planning interventions for a widely prevalent challenge like anemia. There is a need for multi-sectoral interventions, especially across domains that are not engaged enough such as agriculture, climate change interventions, rural development, digital health, tribal health, skill development, self-help groups, cooperative societies, media agencies, role models/champions, politicians and food manufacturers. The time has come for implementing innovative and transformative strategies for sustained impact on anemia.

First, in many low- and middle-income countries (LMICs), healthcare providers do not have access to accurate, safe, and low-cost methods of screening for anemia.

Use of minimum invasive digital hemoglobinometer under AMB program has focused on filling this gap. However, newer interventions like noninvasive diagnostic technologies show promise to accelerate detection with real-time data tracking mechanisms.

Second, while developing appropriate diagnostic tools, end-user goals, context, and feedback needs to be considered. PATH, among other organizations, has championed “right-fit” technology development, recognizing the fact that the motivations and constraints of the end user are essential for program performance.

Third, evidence needs to be generated for newer treatment options for life-saving results. Promising treatment regimens involving the intravenous use of low-molecular-weight iron products like ferric carboxy maltose (FCM) and ferric derisomaltose need to be explored further for implementation in LMICs. Additionally, there is a need to improve drug palatability, packaging, and mode of dispensing for better acceptance.

Fourth, fortification of foods can play a major role in lowering anemia prevalence across India. Micronutrient fortification of widely consumed staple foods is considered to be one of the most cost-effective and sustainable solutions for improving the health of entire communities. Fortification prevents deficiencies from occurring in the first place, while also minimizing the need for behavior change.

While all the above interventions are needed to solve the present challenges, dietary diversity along with adequacy is the key to long-term improvement of health status including anemia levels. Millets, ancient crops abundant in protein, antioxidants, dietary fibers, iron, and calcium, offer immense potential to enhance the diversity of our daily meals and meet the nutritional requirements of the population. As the largest producer of millets and advocate for the International Year of Millets-2023, India’s potential can be harnessed to enhance dietary diversification.

Acceptance and sustainability

All these interventions at the health system level should be interlinked with triangulated digital health systems so that real-time data monitoring can be done, and progress can be tracked.

It is well recognized that accelerating the reduction of anemia requires more tailored approaches to local contexts and the road to those approaches passes through community engagement. The involvement of local governance structures and communities most impacted by nutritional challenges brings local ownership and sustained momentum. The solution for anemia co-created with the involvement of end users and communities has better acceptance and sustainability.

INTERVIEW

Unveiling the path to Collective Health Development: Addressing Gender Gap, Sustainability Challenges, and Body Shaming

In an insightful conversation with Ms. Dipanwita, we delve into pressing societal issues exploring the gender gap in various sectors, the transformative potential of social media, the Nexus approach to sustainability, and the impact of body shaming. We examine the underlying complexities of these challenges and discuss potential solutions for a more inclusive and equitable future, especially in the context of collective health development.



Q: Have attempts to bridge the gender gap in various sectors been successful, and if not, what measures do you believe should be taken to change the statistics?

A: “The reality is that women’s contributions often go unrecognized since they are not formally acknowledged as earners or contributors to the family income. This lack of recognition has a profound impact on the perception of women in society, leading to male-dominated decision-making within households. To tackle this issue, one potential solution lies in leveraging digital engagement. **Empowering women in rural areas with digital tools can have a transformative effect.** The government should also have an active role in creating incentives that encourage women to actively participate as economic agents in the agricultural ecosystem. Addressing this issue will take considerable time and effort to uproot from the system. Encouragingly, the younger generation is challenging the status

quo and fostering curiosity. Today, we see social media movements in various aspects. This shows that social media can be used for creating really powerful conversations using role models.”

Q: In what ways do you envision technology and social media shaping the future of the feminist movement, considering you mentioned it as potential solutions for addressing the gender gap?

A: “I have personal anecdotes from my own family that exemplify the power of social media. Growing up, I was fortunate to be raised in a supportive environment that encouraged me to pursue my goals. I understand that not everyone has had the same privilege. However, it is crucial to share these stories because they can inspire others. By sharing stories like the one about my grandfather providing me with a platform and the freedom to choose my own path, I know that somewhere, another grandfather might find inspiration. This is

INTERVIEW

▶ ABOUT MS. DIPANWITA

Ms. Dipanwita Chakraborty is the regional director of Corporate Responsibility and Sustainable Development for the Asia-Pacific region. As a part of Cargill, she has worked towards projects such as enabling digital transformations to help farmers improve their productivity, providing access to quality education and proper nutrition to children from marginalized communities, and taking steps to eradicate child labour.

the power of social media—to tell impactful and inspiring stories. While it is true that social media has its fair share of negativity and undesirable content, this is where the conversation about consciousness comes into play. We are currently at a turning point where human consciousness, at least in certain circles, is on the rise. People like us bear the responsibility of sharing positive, impactful, and powerful stories that can bring about the meaningful change we aspire to create. However, we must also filter out the clutter and noise that can be overwhelming to the ones consuming the content of the stories.

Q: You have mentioned the Nexus approach to sustainability, could you enlighten us on the essential components that constitute this?

A: “Among all the sustainable development goals (SDGs), SDG 17 is my favorite. It really anchors all our initiatives. To illustrate this, let me provide an example from Cargill. As a food and agriculture organization, our role is to facilitate the movement of food. In essence, we act as connectors, bridging the gap between places with abundance and those in need.

Recognizing the interconnectedness of stakeholders, we prioritize partnerships. From farmers and processors to governments, transportation, logistics, and customers, collaboration is essential. Engaging with NGOs and IGOs, we support and uplift communities where we operate. Partnerships are

intrinsic and vital, ensuring the conservation and thriving of organizations and ecosystems alike. Growth is not a unilateral conversation. It’s something in which you need to take the ecosystem along with you.”

Q: Are there any existing challenges in implementing the Nexus approach in different sectors, and how can these challenges be addressed?

A: One of the significant challenges in fostering partnerships is creating a value proposition. As separate entities—organizations, individuals, and institutions all possess limited and finite resources, time, and personnel. Scaling up becomes increasingly difficult in such a circumstance. Today, we face the task of feeding 7.5 billion people, which is projected to reach 9 billion by 2050. However, the challenge lies in the mindset of individuals and organizations, often focused on individual credit-taking. I think we need to move away from that conversation and say, “you grow, we grow”. We need to authentically believe in the power of partnerships because we don’t live in a world where anyone can win alone, we need to all win together.”

Q: Because health is the theme of our next issue, I wanted to hear from you, about what you think of body shaming and how it is very much integrated into the society, with specific beauty standards especially for women?

A: Nelson Mandela’s influence goes beyond his appearance, emphasizing the importance of qualities beyond external attributes. True inspiration lies in personal growth and embracing individual differences, rather than competing based on looks. This path leads to fulfillment and aligns with our purpose in the world.

Furthermore, body shaming can be addressed through the power of allyship and support. By uplifting others and seeking help when needed, we create a supportive environment that counteracts the negative effects of online body shaming. Shifting the narrative to prioritize overall health rather than specific appearances or body shapes is crucial. Complex narratives that associate health with specific weight, body shapes, or abs do not serve our well-being. Instead, fostering compassion and empathy towards each other can create a positive impact. I think that everybody just needs to be a little bit more compassionate, more empathetic towards each other. It’ll be slow. It’s a marathon, not a sprint. I do not want to sound super philosophical, but I really believe in this simplicity in life- I think we all owe it to ourselves.”

Conclusively, addressing societal issues require multifaceted approaches and collective action. Ms. Dipanwita’s insights serve as a reminder of the importance of collaboration, compassion, and conscious decision-making in driving positive change. As we move forward, it is essential to embrace these values and integrate them into our individual and collective efforts.

Impact of Nutrition and Food Security in Africa

BY STANLEY MUIA

As per the FAO (2017), food security is present when individuals have consistent physical and economic access to enough, safe, and nourishing food that fulfils their dietary requirements and preferences, enabling them to lead an active and healthy life. In contrast, nutrition security, as defined by El Bilali (2018), entails maintaining satisfactory nutritional levels in protein, energy, vitamins, and minerals for all members of a household at all times. The World Bank (2018) adds that nutrition security encompasses food security in combination with a hygienic environment, adequate healthcare services, and appropriate caregiving and feeding practices, ensuring the well-being of all household members. Additionally, nutrition security is achieved when individuals consistently consume food of adequate quantity and quality in terms of variety, diversity, nutrient composition, and safety, meeting their dietary needs and preferences for a healthy and active lifestyle. This is complemented by a sanitary environment, sufficient healthcare, education, and care (Movilla-Pateiro, et al., 2020).

Nutrition and food security have a profound impact on Africa, affecting both individuals and the overall development of nations. The continent faces significant challenges in ensuring adequate access to nutritious food for its population, resulting in various consequences in health, productivity, and social well-being. Insufficient nutrition and food security have a detrimental effect on the health of Africans. Malnutrition, both under-nutrition and over-nutrition, is prevalent, leading to a high prevalence of stunted growth, wasting, and micronutrient deficiencies (Tambo, 2018). These conditions weaken the immune system, making individuals more susceptible to diseases and infections. Malnutrition during childhood can have long-term consequences, impairing cognitive development and reducing educational attainment. Moreover, under-nutrition during

pregnancy increases the risk of maternal and infant mortality. The economic impact of poor nutrition and food security is also significant. Malnourished individuals, especially children, have reduced physical and cognitive abilities, limiting their productivity and potential. This leads to a less productive workforce and hampers economic growth and development. Additionally, the healthcare costs associated with malnutrition and diet-related diseases place a burden on healthcare systems and divert resources that could be used for other critical areas.

Food insecurity also has social implications. The lack of access to nutritious food perpetuates cycles of poverty and inequality. Vulnerable groups, such as women, children, and rural communities, are disproportionately affected, exacerbating social disparities.

Insufficient food availability leads to food price volatility, making it difficult for households to afford basic necessities (Dilley & Boudreau, 2017). This triggers social unrest, migration, and conflicts over resources. Climate change and environmental degradation further compound the challenges of nutrition and food security in Africa. The continent is highly dependent on rain-fed agriculture, making it vulnerable to erratic weather patterns, droughts, and crop failures. Poor infrastructure, limited access to markets, and inadequate storage facilities contribute to post-harvest losses, reducing food availability and exacerbating food insecurity.

Addressing nutrition and food security in Africa requires a multi-faceted approach. It involves investing in agricultural productivity, diversifying food production systems, and promoting



sustainable farming practices (El Bilali, 2018). Enhancing rural infrastructure, such as irrigation systems and storage facilities, improves food availability and reduces post-harvest losses. Strengthening social safety nets, such as school feeding programs and cash transfers, provides vulnerable populations with access to nutritious food. Additionally, improving healthcare systems, enhancing nutrition education, and promoting breastfeeding and complementary feeding practices are essential components of a comprehensive strategy.

International cooperation and partnerships are crucial in tackling the complex challenges of nutrition and food security in Africa. Governments, non-

governmental organizations, and international institutions need to collaborate to mobilize resources, share knowledge, and implement evidence-based interventions. Additionally, promoting policy coherence across sectors, including agriculture, health, education, and social protection, is vital to address the underlying causes of malnutrition and food insecurity.

Conclusion

Hunger and poverty remain prominent issues in many African nations and are expected to persist for several decades. Additionally, the food systems themselves are impacted by and contribute to resource scarcity, degradation of ecosystems, and climate change. To address these challenges

and promote sustainability, it is necessary to connect the discussions on food and nutrition security with the concept of sustainable food systems. Achieving food and nutrition security for current and future generations requires the sustainability, resilience, and efficiency of all components within the system. This transformation of food systems must occur at the household, local, national, and global levels. While the need for this transformation is widely acknowledged, there is ongoing debate regarding the various strategies to foster sustainability transitions in food systems.



FEATURE

Prajaahita Foundation: Empowering Communities for a Brighter Future

In a world plagued by numerous social challenges, organizations such as the Prajaahita Foundation have emerged as beacons of hope, dedicated to empowering marginalized communities and creating positive change. With its unwavering commitment to the social welfare of persons with disabilities, the Prajaahita Foundation has become a driving force in transforming the lives of countless individuals. This feature article delves into the remarkable work carried out by the foundation, shedding light on its initiatives and vision for a brighter future.

At the heart of the Prajaahita Foundation's mission lies the empowerment of marginalized communities, particularly persons with disabilities. The Prajaahita Foundation is a non-governmental organization that strives to foster a society characterized by enlightened and compassionate individuals. The organization endeavors to foster empathy and a spirit of cooperation among individuals, promoting a society where everyone looks out for the welfare of each other. The organization focuses on four elements acronymed as H.E.A.L.: Health, Education, Accessibility, and Livelihood.

Their health initiative is a transformative assortment of initiatives entitled Saukhyam. The initiative values the direct connection with individuals with disabilities — seeking their insights, challenges, suggestions, and ideas. Their initiatives recognize their untapped potential and aim to empower them to achieve their aspirations, as well as to provide them with the appropriate healthcare services. Saukhyam encompasses three key areas: raising awareness among individuals about available healthcare facilities, educating health professionals



FEATURE

about disabilities and effective management, and promoting universal accessibility, affordability, and inclusivity in healthcare facilities for persons with disabilities.

Meanwhile, through **Nirampakaram**, they strive to bridge gaps in education accessibility and create a society where individuals with disabilities can fully participate, receive equitable care, and achieve optimal educational opportunities. Initiatives under Nirampakaram – such as daan, Ever-Read-Day, Colour-it, and SUM-U-RAYS – aim to provide tailored support for children with disabilities. Udaan offers remedial education, while Ever-Read-Day focuses on overcoming reading difficulties and fostering brain development. Colour-it encourages artistic expression, and SUM-U-RAYS is a virtual summer program for personal development. Collectively, these initiatives strive to provide individualized support, holistic development, and empowerment for children with disabilities, promoting their self-sufficiency, confidence, and independence.

As for their **accessibility initiatives**, it encompasses various efforts to support and empower persons with disabilities. Namukku Chalikkam focuses on providing mobility support, enabling individuals to experience the world beyond their confined spaces with the assistance of dedicated travel buddies. In addition, their advocacy efforts involve conducting research, collaborating with organizations, and leveraging personal stories to influence existing mechanisms and



bring about positive changes in the lives of persons with disabilities. The iV2S (I Volunteer to Share) initiative encourages voluntary support from service-minded citizens to promote inclusion. Lastly, Chaya Charcha serves as a community platform for individuals with disabilities, local representatives, and volunteers to connect, collaborate, learn, and establish a supportive network in the diversity and inclusion space.

For their **livelihood initiatives**, they intend to promote inclusion and sustainable livelihoods for individuals with disabilities. Under these are the iCafé, Athijeevana, Micro-Business, and ALL 'In. The iCafé focuses on creating an inclusive art ecosystem with a focus on music, fine arts, literature, and performing arts. Athijeevana promotes inclusive farming and sustainable livelihoods, providing resources and guidance for persons with disabilities to engage in farming activities. Micro-Business aims to create dignified livelihoods and financial stability for persons with disabilities through sheltered employment and training; and the ALL 'In project focuses on

building an inclusive livelihood and educational ecosystem through training, awareness, and self-advocacy. These initiatives were created for the sake of enhancing the quality of life and provide viable livelihood options for individuals with disabilities.

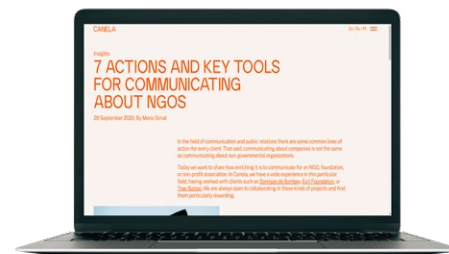
The Prajaahita Foundation serves as a shining example of how dedicated individuals and organizations can create profound change. Through its unwavering commitment to empower the community of persons with disabilities, the foundation has transformed lives, giving hope to those who need it the most. As it continues to make significant strides in its mission by expanding its reach, diversifying its initiatives, and embracing innovative approaches – the foundation's impact will ultimately and undoubtedly ripple through generations, leaving a lasting legacy of empowerment and social progress.

Source:
Prajaahita Foundation. (n.d.). *Seeing Ability Beyond Impairment*.
<https://www.prajaahita.org/>

CURATED RESOURCES

7 Actions And Key Tools For Communicating About NGOs

by María Simal

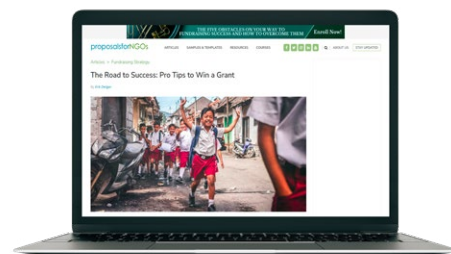


Excerpt: “It is critical to take into account elements like the organization’s target audience, typology, and scope of action, as well as its financial resources, in order to develop a successful communication strategy for an NGO. It becomes essential for the NGO and its communication team to work together to set and successfully accomplish specific objectives.”

Description: The trick is to figure out how to get coverage for each NGO while maintaining focus on its goals and beliefs. In this article are the following seven essential elements of a successful NGO communication strategy: a.) Having a Spokesperson; b.) Ensuring Quality Management; c.) Setting Important Dates; d.) Presenting Studies or Project Reports; e.) Having an Ambassador; f.) Conducting Fundraising Events; and g.) Conducting Campaigns

The Road to Success: Pro Tips to Win a Grant

by Erik Detiger



Excerpt: “Thousands of donors publish opportunities each year. However, finding a means of funding that works for your NGO is a rare opportunity. This guide will help you decide whether it is worthwhile to apply and will offer tips to increase your chances of success.”

Description: The article is focused on providing the resources NGOs need to build long-term internal capacity to provide these services for themselves like proposal writing and sharing fundraising strategies.

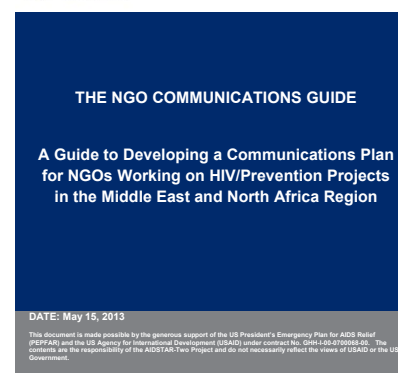
Nonprofit Communications Strategy: A Step-by-Step Guide

by Ronita Mohan



Excerpt: “A communications guide was developed with the help of civil society organizations in Algeria, Lebanon, Morocco, and Tunisia to improve the care and involvement of HIV-positive people in the fight against HIV/AIDS, through the Responding to MARPs project funded and assisted by USAID.”

Description: The NGO Communications Guide is a tool that only addresses organizational communications, not advocacy or communications aimed at changing behavior. While all three forms of communication are common in the field of global health, this manual offers a unique viewpoint on the significance and tactics of corporate communications.



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PROFILE - INTERNATIONAL ORGANIZATION

United Nations Human Rights Council

The United Nations Human Rights Council (UNHRC) is a United Nations organization tasked with promoting and protecting human rights worldwide. The Council has 47 members elected on a regional group basis for staggered three-year terms. The Council's headquarters are in the United Nations Office in Geneva, Switzerland.

The Council investigates claims of human rights violations in UN member states and addresses thematic human rights issues such as freedom of association and assembly, freedom of expression, freedom of belief and religion, women's rights, LGBT rights, and the rights of racial and ethnic minorities.

How do they help?

Shelter:

UNHCR provides materials for constructing a modest shelter, such as plastic sheeting and matting. Additionally, in long-lasting situations, we support the repair of communal shelters or the construction of new dwellings, and we provide displaced individuals with the resources they need to build their own homes through a self-help program.

Providing health care access:

The UNHCR's public health programs help refugees maintain good health. UNHCR collaborates with governments and partners

to provide emergency healthcare, improve local healthcare, and integrate refugees into national health systems and plans. They have over 140 partners in governments, ministries of health, UN agencies, NGOs, academia, and the private sector. Interagency collaboration is adapted on a country-by-country basis depending on the level of existing care available and the needs of refugees.

Helping Refugees and Migrants:

The UNHCR recognizes that protecting refugees requires considering broader global migration trends, policies, and practices. This recognition extends to individuals within its jurisdiction, including asylum seekers, refugees, and stateless people, who are directly affected by migration laws and processes, particularly in mixed movements. Therefore, the UNHCR strives to address migration concerns that affect refugees and other individuals under its mandate, such as asylum seekers, internally displaced people, and stateless people.

The organization's efforts include data collection, trend analysis, policy development, guidance formulation, program implementation, and operational assistance to governments and other stakeholders in matters related to mixed movements, as well as issues like human trafficking and protection at sea.

Structure

47 seats of the Human Rights Council are elected by the members of the General Assembly. Each seat holds a three-year term, and no member may serve more than two consecutive terms. The previous Commission on Human Rights was composed of 53 members elected by the Economic and Social Council (ECOSOC) through a majority vote of those present and voting.

Sessions

The UNHRC convenes three times a year, in March, June, and September. At any given time, the UNHRC can convene a special session to address human rights violations and emergencies if one-third of the member states request it. As of May 2020, there have been 28 special sessions.

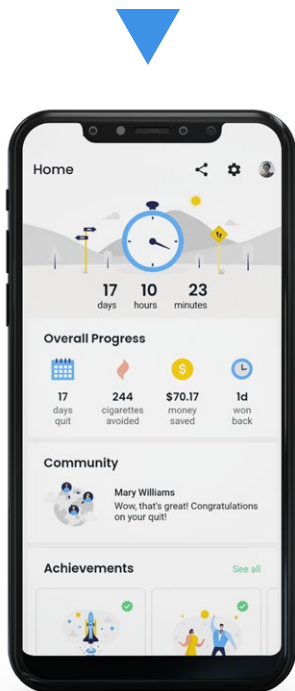
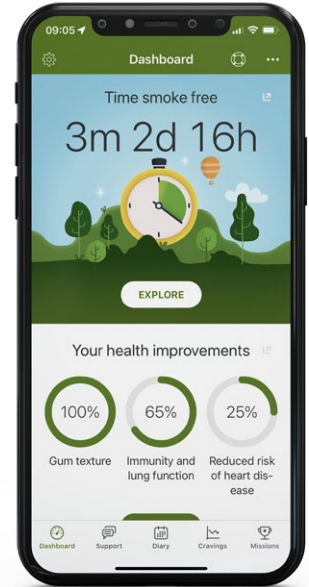
Effectiveness

The confidentiality of the complaint procedure makes it nearly impossible to determine the number of processed complaints and the effectiveness of the process. Additionally, the non-duplication principle prohibits the consideration of cases already under review by other human rights mechanisms. The UNHRC website provides a list of cases referred to the UNHRC under the complaint procedure since 2006, but it typically does not include specific details about the cases, and it became publicly available in 2014.

TECH-ENABLED WELLNESS

QuitNow

The app has key features like monitoring the user's health, showing how much money you have saved because of quitting and having a chatbot facility to answer your questions. It has a paid pro version as well. It is available on both the Android and iPhone platforms.

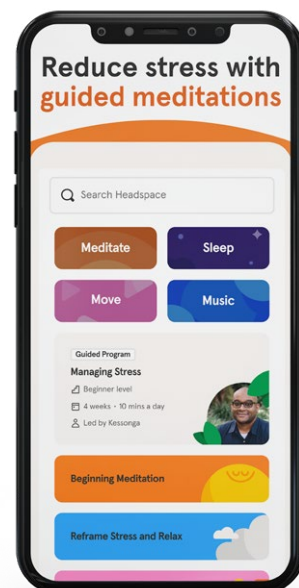


Smoke-free ▲

With over 6 million downloads, the app is a powerful tool that can help you embrace a better lifestyle. The app offers a variety of features, such as a step-by-step quit plan, daily goals and achievements, a financial savings tracker, and community support.

Headspace

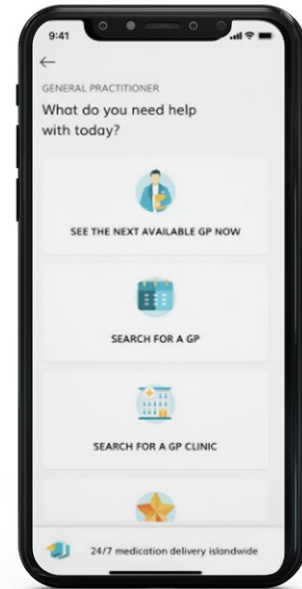
A user-friendly app that can be your companion on your journey to mental well-being. Designed to help you find moments of peace and clarity in your busy life, it offers a variety of meditation and mindfulness techniques. Their library includes soothing and themed meditations, focus activities, audio sleepscapes, movement and dance classes, and more. Free Trial Available!



TECH-ENABLED WELLNESS

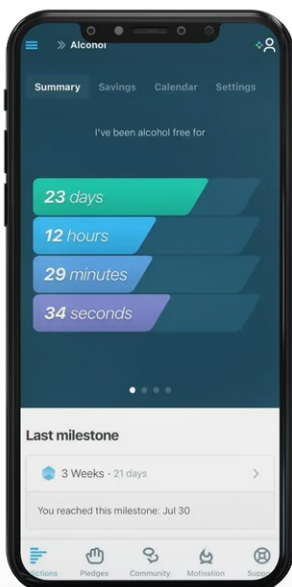
Doctor Anywhere

The app allows users to consult with licensed doctors, order medications, and book appointments. It offers video consultations, chat consultations, and home medication delivery in Singapore, Malaysia, Thailand, and Vietnam.



KonsultaMD

It is a telemedicine app that provides 24/7 access to licensed Filipino doctors through phone or video consultations. It offers medical advice, prescription for medicines, and basic health information. Users can subscribe to a monthly or yearly membership to access the service.



I am Sober

The app is one of the best to help you move away from any kind of addiction to an activity or substance. The app offers daily tracking, advice and quotes from other users, and is focused around creating motivation and support while trying to quit. It is available on both Android and iOS platforms, with a free basic version and paid premium version.

FEATURE

Free Medical Guidance (“Phone-a-friend”) for affordable and appropriate healthcare - a unique initiative

BY ARYA SAMAJ FOUNDATION, CHENNAI

According to experts, healthcare expenditure was responsible for 8%–9% of all Indian households falling below the poverty level. According to the Economic Survey 2022, private health spending in India was higher than public spending on health (48.2% versus 40.6%). Adding to this expenditure is the distress that is caused to the family in terms of confusion in choosing the right hospital, diagnostic laboratories, the right specialist, and the cost associated with their choices.

What do we typically do whenever we need to make such choices regarding medical attention for the family? We generally reach out to a friend or a relative – someone who we believe had a similar need in the recent past; or probably someone who is professionally attached or better networked in the medical space. The quality of our contacts that we can reliably call upon is thus largely a function of our own social-economic profile.



We constantly keep receiving and giving advice to friends and others on numerous decisions – which bike or car to buy / where to holiday / which restaurant to visit / whether to watch a recently released movie, etc. (known in marketing parlance as ‘word-of-mouth’). However, the implication of the suggestion we receive and the resulting choice we make is possibly most critical for

us in the medical space. It is fine if we end up going to an absolutely boring movie based on a friend’s recommendation. However, if you end up opting for the services of a medical professional or hospital which is not possibly the most appropriate choice, you may find yourself in a mess – medically, emotionally, and financially.

FEATURE

What will be the right choice for you in case of a medical need, is a complex question to answer. There are multiple factors involved including the nature of the disease and its severity, your financial condition, geographical location, etc. It is therefore best to call a friend who is relatively much better informed.

This is where Arya Samaj Foundation (ASF), Chennai (www.health.aryasamaj-chennai.org) started a unique 'phone-a-friend' initiative under its Medical Guidance services in 2019 with the objective of providing timely medical and related guidance for those in need. This initiative which has supported thousands of individuals focuses on providing authentic medical and related information or guidance at crucial moments to help families take quick decisions.

How does this process work? Whenever any individual needs medical guidance, he or she calls or messages the helpline number (+91 73387 06244) which is promptly attended by dedicated volunteers. The query is then summarized and shared with the internal team which includes a group of highly qualified, service-oriented, and experienced medical professionals. Many of the volunteers are parents, staff, and alumni from the DAV Group of Schools headquartered in Chennai which is also a part of the Arya Samaj Foundation.

Arya Samaj is a social dharmic body, which apart from spreading Vedic dharma, also serves society in diverse ways, including Educational, Agricultural (Natural farming), and of course, Health & Wellness initiatives.

The coordinating head of the program - Dr. Preethy, who is a dentist and an alumna of DAV states - "Arya Samaj Medical Guidance is akin to Phone-a-friend. We maintain an updated internal database of diverse healthcare professionals, hospitals, diagnostic centers, and blood banks. We receive a spectrum of requests related to first consultation or second opinions for different diseases, cancer treatments, MRI scans at subsidized rates, contacts for ambulance and blood units, to possible accommodation and meals for families traveling from other parts of the country"

The Medical Guidance initiative helpline receives over 120 calls every month. During the peak of COVID-19, the volunteer team doubled up supporting various requests related to the availability of beds for admission in hospitals, the need for oxygen cylinders, and most importantly - supportive counseling and compassionate listening to those in dire need.

Mrs. Neha Bhardwaj, one of the medical guidance counselors explains that the real power in this idea emerges from the fact that this is a purely not-for-profit, service-

oriented initiative, with absolutely no commercial links to any hospital or diagnostic chain. She adds - "We are careful to ensure that we do not provide any direct medical advice but rather guide them to the right medical professionals - allopathy, ayurvedic, or homeopathy, taking into consideration the preference of the patient. Also, we subtly assess the economic situation of the family before recommending the doctor or the hospital."

Smt. Lakshmi Ramesh, a key advisor remarks - "This Medical Guidance program is more of a passion. All of us, having gone through difficult medical situations at some point in life, can relate to how these situations can completely drain individuals emotionally and financially. The most satisfying moment for us is when patients call us back to profusely thank us for the small help that we had rendered to them!"

Mr. Anand Arya, coordinator explains "The Medical Guidance can also be extremely relevant for numerous patients who come to Chennai from all over the country. They struggle with multiple aspects on both the medical and non-medical front before they are able to settle down. Many times, they are also taken for a ride by the middlemen/agents looking to make a quick buck. We need to spread further awareness about the initiative."

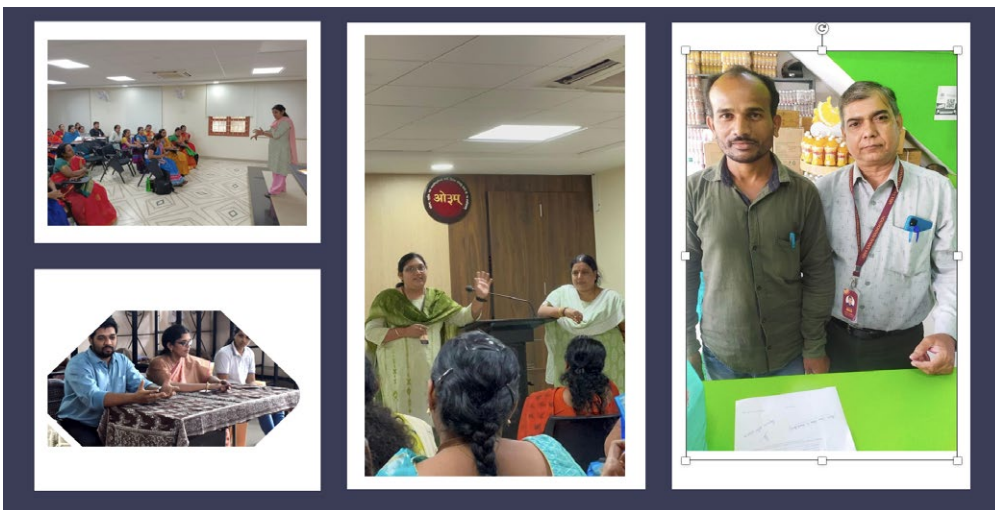
FEATURE

ASF also has a clinic in Gopalapuram, Chennai where physiotherapy and pediatric-related services are provided at nominal rates. In addition, it has also been organizing blood donation camps in the city which have been useful for many.

The other recent initiative of ASF – Mind Care Counseling for children and adults, by professionally qualified Psychologists, has been extremely useful for many students to overcome their anxiety. It has been able to help adults cope with stress and has provided emotional support to families going through various issues. Mental well-being has always been important and has become more so in the post-Covid world. The initiative has a panel of counselors and provides these services in both offline and online modes.



Arya Samaj Medical Guidance Team: L>R Smt. Lakshmi Ramesh, Dr. Preethy SP, Smt. Neha Bhardwaj, Shri. Anand Arya



L>R: Psychological counseling sessions for the different age groups by the mind care team and Rt: Shri. Anand Arya accompanying a patient to a hospital

If you would like to volunteer for these initiatives, please get in touch on the helpline number. Let us together make this world a better place to live in with the spirit of 'Sarve Bhavantu Sukhinaha' i.e., 'May everyone in the world be happy and healthy'.

The Impact of Health and Demographic Shifts on Young People's Well-being: A Global Perspective

BY CHRIS MORRIS

“

I am happily drafting this looking over a very green Welsh mountain basking in the sun, an unprecedented warm dry spell of summer has come early to the UK.

The theme of Health and Nutrition in this issue I know is one that ranks highly in the interest and concerns of young people today. I was always, perhaps naively, surprised when I frequently saw health highlighted in youth surveys exploring the key areas of development interest to young people. In SDG terms, we (older folks) tend to assume youth focus their attention on areas such as Quality Education (SDG4) and Decent Work (SDG), but I have observed often Good Health and Well-being (SDG3) is consistently

identified as one of the top concerns of young people. After a quick look at the breadth of SDG3, it is not surprising young people advocate for more efforts to be made to improve health services; the depth and array of articles on this issue certainly attest to the importance of the subject.

Looking at the UN's SDG3: Health and Well-being, I am reminded of its importance and broad scope including many specific targets and indicators that are very relevant to young people. Let me pick a few that I think are particularly associated with young people. The SDG3 targets related to the promotion of mental health and the reduction of suicide rates; prevention and treatment of

substance abuse; reduction of road injuries and road-related deaths; universal access to reproductive care, family planning, and education; and the reduction of illnesses and deaths from chemicals and pollution all, I believe, have specific relevance to young people. Such health issues have a major impact on young people who remain globally the most likely demographic to be: (i) killed or seriously injured on the roads, with roads being the leading cause of death for children and young people 5-29 years of age; (ii) negatively affected by the recent COVID-19 pandemic through the loss of jobs and education opportunities, the emergence of a COVID-19 or "lockdown generation" has emerged in the media describing how young people have been scarred for life by the job, education, and mental health impact caused by the shock of the pandemic; and (iii) impacted by age-related mental health issues where there is pressure to succeed academically or pressure to secure permanent employment, such pressure can lead to higher suicide rates in many societies, for example, South Korea consistently ranks near the top in common international



CHRIS' CORNER

academic assessments, but many consider the enormous stress on young people constitutes child abuse affecting the physical, mental, and emotional well-being of most students. It's not surprising young people consider health and well-being such an important matter.

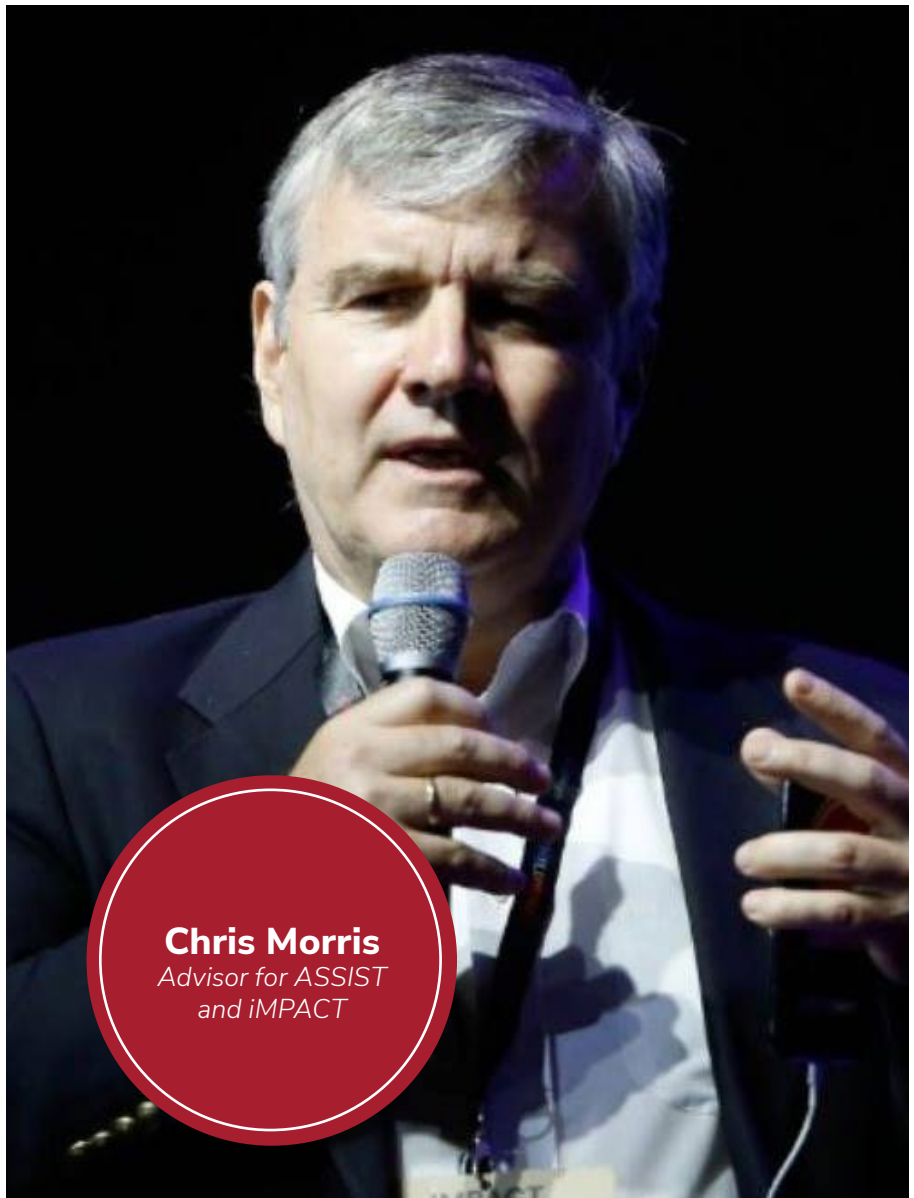
Beyond all the 2030 SDG deadlines, at a policy level, the most important current issue that I think will affect young people is very much related to health and wellness as we see the demographic nature of societies change across the globe. Before the end of this century, the global population will peak. The fertility rate, the average number of births per female, is currently slumping (fast). In 2000 the global fertility rate was 2.7 births per woman, well above the replacement rate (2.1 = a stable population) meaning a population on the rise. The richest 15 countries by GDP currently have a fertility rate below the replacement rate; these countries today have roughly 3 productive people between the ages of 20 and 64 for each person over 65, by 2050 they will have less than 2. Global populations are expected to peak in the 2050s and then fall by the end of the century. Societies are aging. The UN, widely seen as producing the most authoritative population projections, has over the last decade consistently revised future global populations down as fertility rates continue to plummet, taking planners by surprise.

While fertility rates are affected by multiple interrelated cultural,

economic, political, and social issues, the influence and behavior of young people across the globe are clearly driving change. These changes are significant, and they will be consequential for young people's health and well-being as individual country demographics rapidly change over the lifetime of GenZ, currently the largest generation

on planet Earth. Perhaps GenZ's reluctance to add to an overcrowded, environmentally stressed planet is their quiet response to improve mother nature's health and planetary well-being.

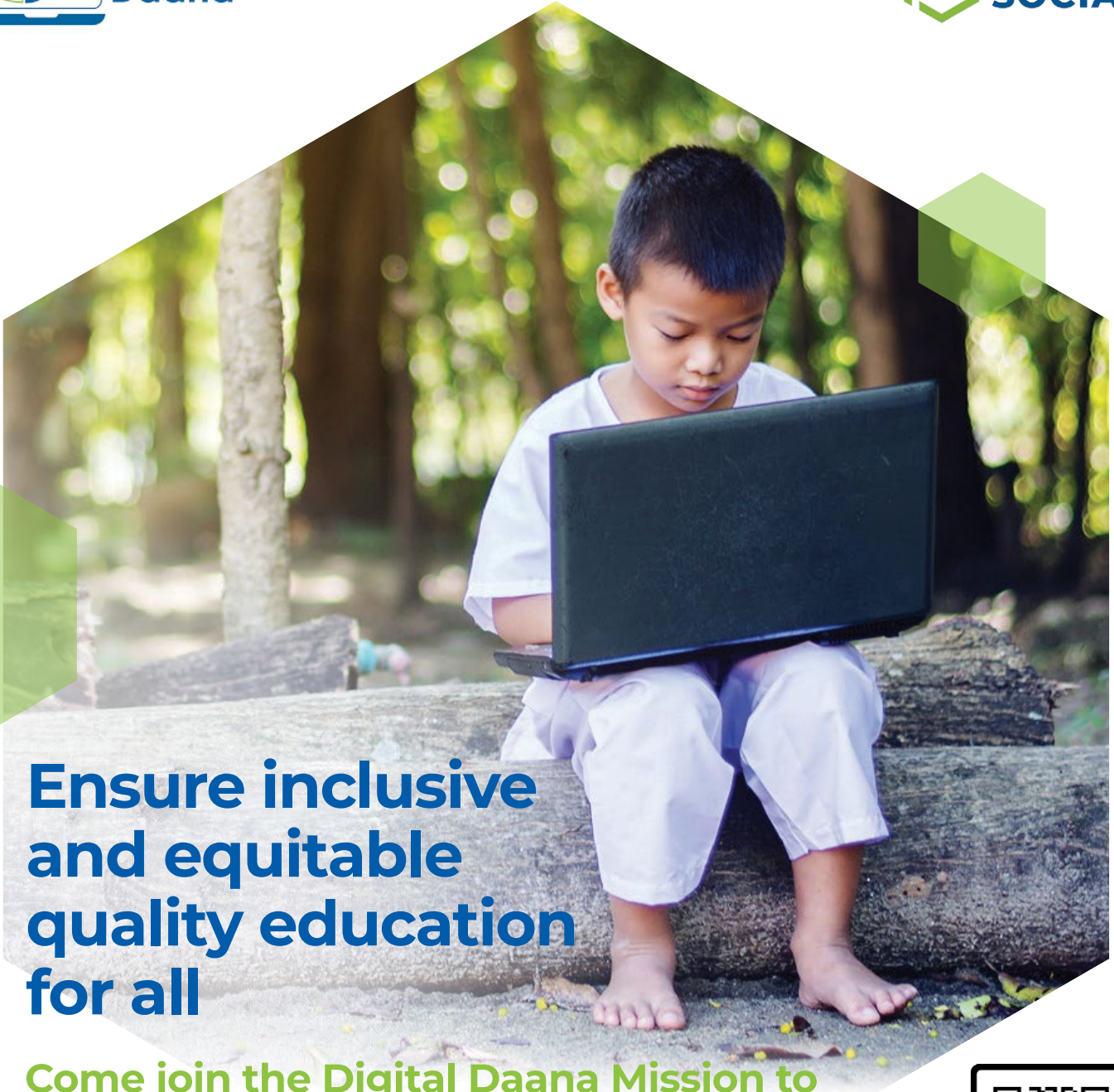
I wish you continued good health, peace, and a happy mindset as we move deeper into 2023.



Chris Morris
Advisor for ASSIST
and iMPACT

ARTICLE

TITLE OF ARTICLE	ORGANIZATION	WEBSITE
1. News Roundup: Food Crisis in the Horn of Africa	United Nations High Commissioner for Refugees (UNCHR)	https://www.unrefugees.org/news/horn-of-africa-food-crisis-explained/#1.%20Why%20is%20there%20food%20insecurity%20in%20the%20Horn%20of%20Africa
2. News Roundup: Anti-LGBTQ+ law signed in Uganda	The Guardian	https://www.theguardian.com/global-development/2023/may/29/ugandan-president-yoweri-museveni-anti-lgbtq-bill-death-penalty
3. News Roundup: There's finally an end to the COVID-19 health emergency!	Reuters	https://www.reuters.com/business/healthcare-pharmaceuticals/covid-is-no-longer-global-health-emergency-who-2023-05-05/
4. This Caught Our Eye: CHATGPT: A new era of AI	LinkedIn	https://www.linkedin.com/posts/sovtech_the-power-table-chatgpt-the-new-era-of-activity-7028278439694450688-UfLP/
5. This Caught Our Eye: The Big Apple is Sinking	Times Now	https://www.timesnownews.com/videos/mirror-now/society/is-the-big-apple-sinking-video-100474291
6. Management Tool in Simple Steps: Product Gap Analysis	Forbes	https://www.productplan.com/learn/how-to-find-product-gaps-that-are-killing-your-strategy/
7. Academic Commentary: Advocating for Vitamin D3 Sufficiency in the Public Health Long-Term Management of COVID-19 Disease Risk and Burden	World Health Organization	https://covid19.who.int/
8. Academic Commentary: Advocating for Vitamin D3 Sufficiency in the Public Health Long-Term Management of COVID-19 Disease Risk and Burden	Current Nutrition reports	https://doi.org/10.1007/s13668-023-00471-2
9. Academic Commentary: Advocating for Vitamin D3 Sufficiency in the Public Health Long-Term Management of COVID-19 Disease Risk and Burden	Scientific reports	Lopez-Leon S, Wegman-Ostrosky T, Perelman C, Sepulveda R, Rebolledo PA, Cuapio A, et al. More than 50 long-term effects of COVID-19: a systematic review and meta-analysis. <i>Scientific reports</i> . 2021;11(1):16144. doi: 10.1038/s41598-021-95565-8.
10. Academic Commentary: Advocating for Vitamin D3 Sufficiency in the Public Health Long-Term Management of COVID-19 Disease Risk and Burden	Frontiers in Nutrition	Cui A, Zhang T, Xiao P, Fan Z, Wang H, Zhuang Y. Global and regional prevalence of vitamin D deficiency in population-based studies from 2000 to 2022: A pooled analysis of 7.9 million participants. <i>Frontiers in nutrition</i> . 2023;10:1070808. doi: 10.3389/fnut.2023.1070808.
11. Academic Commentary: Advocating for Vitamin D3 Sufficiency in the Public Health Long-Term Management of COVID-19 Disease Risk and Burden	The Journal of Steroid Biochemistry and Molecular Biology	McCullough PJ, Lehrer DS, Amend J. Daily oral dosing of vitamin D3 using 5000 TO 50,000 international units a day in long-term hospitalized patients: Insights from a seven year experience. <i>The Journal of steroid biochemistry and molecular biology</i> . 2019;189:228-39. doi: 10.1016/j.jsbmb.2018.12.010.
12. Academic Commentary: Advocating for Vitamin D3 Sufficiency in the Public Health Long-Term Management of COVID-19 Disease Risk and Burden	Nutrients	Sanford BS, Aliano JL, Omary CS, McDonnell SL, Kimball SM, Grant WB. Exposure to a Vitamin D Best Practices Toolkit, Model, and E-Tools Increases Knowledge, Confidence, and the Translation of Research to Public Health and Practice. <i>Nutrients</i> . 2023;15(11):2446.



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RESEARCH

Maximizing the source database according to the client's criteria



REVIEW

Conducting the multi-levelled internal reviewing process



REPORT

Delivering scheduled reports on the agreed upon frequency



RECOMMEND

Curating the best opportunities with the highest probability of winning



WHO WE ARE

GrantNAV was founded on the premise that funding / opportunity research is a critical component for any successful business or non-profit organization. With a seasoned team backed by a well-articulated process and relevant tools from ASSIST's 20 years of experience, we will help your organization rise above the funding challenges.

Interested in our services? Contact Us!

Nirmal Prasad
GrantNAV Services BD Lead
nirmal@assistasia.or

Or inquire about our other services in **Grant Application Support**, and **Knowledge Sharing & Other Management**

View our postcard here

