



DEPARTMENT OF GOVERNANCE & PUBLIC POLICY, NUML

# SOCIAL ACTION PROJECT

# FOOD INSECURITY AND MALNUTRITION

SAP FINAL REPORT

22 JUNE, 2022

*SUPERVISOR: Professor Dr Athar Rashid*



## TEAM MEMBERS PROFILE



Muzamil Hussain  
Project Manager



Areeba Nadeem  
Project Co-ordinator



Nazia Ali

Project Finance Manager

Asma Zahid

Social Media Manager

## PREFACE

We are the students of BS-4 Morning, Dept Governance and Public Policy, NUML Islamabad. We have been working on social action project under the supervision of worthy Supervisor Dr Athar Rashid named as Food Insecurity and Malnutrition. Our Project Food insecurity and malnutrition is concerned to this stated as when people are not able to get adequate amount of safe, affordable and nutritious foods. In addition to this malnutrition can lead to serious health issues, including stunted growth, eye problems, diabetes and heart disease and iron deficiency. Numl Food Insecurity and Malnutrition is a social action project with a sole motive of strengthens food security in Pakistan. Our primary aim is to educate masses about prevailing condition of food insecurity in Pakistan and aware how can we combat to control food insecurity. We will aware about conservation of food, and about utilizing wasted food and bring change by taking small steps like establishing food banks and food drives. Food Insecurity and Malnutrition is in pursuit of building a sustainable hunger free ecosystem and achieve Sustainable Development Goal 2. Project is carried with planned activities and timeline which was followed accordingly. Social Action project sole motive is to benefit society with teamwork. Our primary aim was to aware people about serious effects of malnutrition and shifts them to healthy diets. We tried to bring change in society with small efforts like food bank in order to encourage people to come forward showing their efforts according to capacity.

## ACKNOWLEDGMENTS

We would like to thank the all students and team members of social action project who participated in social action project who gave their time, energy and creative abilities. By sharing their experience, suggestion, and recommendations during and after program they ensured the program will be helpful to others. The idea has potential to change lives of children, youths, women and adults in our community beyond. We the project team members would like to acknowledge that the group members taught us that a small group committed working together to accomplish the project objectives with flying colours.

We gratefully acknowledge the members of Volunteer Power Pakistan who collaborated with us during food bank for providing Roshan bags to families. We would formally acknowledge the efforts of worthy Supervisor Dr Athar Rashid who has been great support and guided in every sphere throughout whole project. We would like to thank National University of Modern Languages that provide a chance to put the joint efforts for the welfare of society. As Numl Social Action Projects are aligned with the SDG goals and were actively pursued according to vision of our honourable Rector (R) Major General Muhammad Jaffar.

In particularly, we gratefully acknowledge the assistance of following organization which assisted us throughout the project.

### **Volunteer Power Pakistan**

**INTRODUCTION .....**

PURPOSE OF PROJECT .....
SIGNIFICANCE OF PROJECT .....
PROPOSED PROPOSAL .....
RELEVANCE SDG'S.....
LITERATURE REVIEW .....

**ACTIVITIES AND MEETNGS**

<i>Webinar by Team .....</i>
<i>Usmania Restaurants Visit .....</i>
<i>Meeting with Economic Consultant, Ministry of National Food Security and Research .....</i>
<i>Visit to Volunteer Power Pakistan .....</i>
<i>Campus Drive (Interview with foreign students) .....</i>
<i>Meeting with Director Pakistan Agriculture Research Council .....</i>
<i>Meeting with Assistant Director Punjab Food Authority (RWP) .....</i>
<i>Visit to Regional Campus Numl Rawalpindi .....</i>
<i>Webinar with English Access Microscholarship Program .....</i>
<i>Public Awareness .....</i>
<i>QAU Visit for Awareness.....</i>
<i>Webinar by Dietary Nutrionist .....</i>
<i>Campus Drive with Numl Students .....</i>
<i>Meeting with Pakistan Baitul Mal Director .....</i>
<i>Visit to Radio Pakistan, Rawalpindi Station .....</i>
<i>Visit to Iqra University .....</i>
<i>Meeting with Superintendent Food Department ICT .....</i>
<i>Visit to different departments of university .....</i>
<i>Visit to Centaurus Restaurants for highlighting food quality .....</i>
<i>Visit to Fast Food Restaurants to highlight food quality .....</i>
<i>Google Form Survey for Project .....</i>

**FINDINGS.....**

RECOMMENDATIONS .....
SKILLS LEARNED .....
EXPERIENCE .....
REFERENCES .....

<i>ACKNOWLEDMENT LETTERS .....</i>
<i>FINANCE SHEET .....</i>
<i>SUSTAINABLITY .....</i>

## **INTRODUCTION**

### **Statement of Problem**

Food Insecurity is termed as when people have do not access of adequate food in both quality and quantity. Hunger is an individual-level physiological condition that may result from food insecurity. Food insecurity is not just about food shortage in the market. It also signifies the absence of sufficient money to buy food, let alone nutritious, wholesome food. It's not surprising that the high food inflation experienced during the last two years has played a major role in increasing the numbers of the food-insecure population.

Malnutrition refers to pathological state resulting from a relative or absolute deficiency or excess of one or more essential nutrients. It is the state of nutrition where the weight for age, height for age, weight for height is below the acceptable level. Malnutrition continues to be major public health problem of children and women in developing countries. It is also most important risk factor for the burden of disease causing about 3000 death per year directly or indirectly responsible for more than half of the all deaths in children. There are also health and physical consequences of malnutrition like physical growth and mental development, behavioural problems, and deficient social skills. Much of burden of deaths resulting from malnutrition.

### **Purpose of Project**

The purpose of this project was to highlight burning issue that exists in our society which is also a global problem and increasing at fast rate Our primary aim was to aware the society about adverse effects of food insecurity and malnutrition and to protect children against serious consequences of this very alarming problem. Most importantly to shift people to healthy diets.

### **Significance of Problem**

The output of this project will guide similar projects in future to structure their programs in way that they are beneficiary to society and relative to the environment or country. As most importantly our project relevancy meets with Sustainable Development Goal 2 which is about end hunger. Our aim is also to meet with SDG 2. Further these results will provide knowledge concerning child malnutrition and how this problem can be reduced at local level. As teamwork jointly can shape the society with miracle. It is also important that organizational policy makers and funders and the society recognise the importance of such projects to bring change in the society.

## **PROJECT PROPOSAL**

### **Project title: Food Insecurity and Malnutrition**

**“Conserve Food Save Lives”**

SUBMITTED BY: BS-4 (MORNING), NUML, ISLAMABAD.

SUPERVISED BY DR. ATHAR RASHID

### **Social Action Project**

Name of Social Action Project	Food Insecurity and Malnutrition
Brief details of SAP	<p>As the world population is expanding continuously more and more efforts are being taken in order to improve food supply chain, and increase agriculture production, decrease food losses and waste and ensure all that who are suffering from hunger and malnutrition. Sustainable Development Goal 2 is about end hunger, achieve food security, improve nutrition and promote agriculture with new innovations. Our Project Food insecurity and malnutrition is also concerned to this stated as when people are not able to get adequate amount of safe, affordable and nutritious foods. In addition to this malnutrition can lead to serious health issues, including stunted growth, eye problems, diabetes and heart disease.</p> <p>Malnutrition affects billions of people worldwide. Some populations have a high risk of developing certain types of malnutrition depending on their environment, lifestyle and resources. Globally the issue of food insecurity has taken serious attention; nearly a</p>

billion people across the world are being affected by food insecurity with larger proportion of undernourished people living in Asia. Particularly Pakistan has been one of the worst impacted nations in the world in terms of massive increase in number of chronically food insecure population. It is estimated that from 2021-2031 a total 38% percent of population of Pakistan is going to be food insecure according to international food security assessment (IFSA) by US department of agriculture. That is a very alarming situation and dire need of efforts to control this.

The main goal of this project is to increasing efficiency in agriculture sector with new innovations for producing more food and equitable access to food for all masses. Some mitigation measures as reducing food waste and promoting local food bank. This project raises awareness among masses and engages people to save food. As it can be seen people consume less food but waste more we will aware them about those who are sleeping without food and diseases which are caused by malnutrition. In order to combat this we have decided through social action project we will create awareness in masses by taking effective steps for saving food and sustain it for future generation. Food Insecurity and malnutrition is a social action project of students of Governance and Public Policy, NUML Islamabad under supervision Professor Dr Athar Rashid aims to promoting local food pantry and strengthen the participation of local communities in improving efficiency and conservation of food. Second aims to create public service message for iron deficiency in children who are lacking in performance in schools; as Food

insecurity has been found to negatively affect academic performance, general wellbeing, social relationships, and mental health among college students. Third aim is to introduce school meal program. School meal programs combat childhood hunger and inadequate nutrition by providing children with the nutrients needed for physical and educational development. The Fourth and the most important aim to introduce Food Conservation Education in Universities.

- ❖ Educating people on importance of saving food resources.
- ❖ Rather than wasting food we can generate biogas; by placing wet organic waste, such as food waste, in a sealed chamber or in drum with no air inside. As it digests, the waste will release a gas which can be captured and used for cooking and for other purposes like generating electricity with the help of biogas.
- ❖ Reducing food waste as usually people go to restaurants ordered in access amount and consume less rather than wasting they should take and provide to needy people who are not able to purchase food.
- ❖ They should also apply same strategy in home for not wasting food they must provide people who have need. .
- ❖ Purchase food filled with iron and proteins and vitamins which fulfills our body requirements.
- ❖ It also focus on youth and Teach them the ways to reduce food waste, and its importance of food conservation.

Group Members and their Role	<p>Name: Muzamil Hussain</p> <ul style="list-style-type: none"> <li>• Role 1: Project Manager</li> <li>• Role 2: Data collector</li> </ul> <p>Name: Areeba Nadeem</p> <ul style="list-style-type: none"> <li>• Role 1: Project Coordinator</li> <li>• Role 2: Content Creator</li> </ul> <p>Name: Nazia Ali</p> <ul style="list-style-type: none"> <li>• Role 1: Social Affairs Manager</li> <li>• Role 2: Finance Manager</li> </ul> <p>Name: Asma Zahid</p> <ul style="list-style-type: none"> <li>• Role 1: Social media person</li> <li>• Role 2: Photographer and Editor</li> </ul>
Location/ Area of project	<p><b>Area:</b></p> <p>Islamabad</p> <p>Slum Areas of Islamabad in and around</p> <p><b>Institutions:</b></p> <ul style="list-style-type: none"> <li>• Ministry of National Food Security and Research</li> <li>• Food and Agriculture organization, Islamabad</li> <li>• Food Department i-10/3</li> <li>• Restaurants Visit</li> </ul>
Duration of Proposed project	<p>Start Date: 15 April, 2022</p> <p>End Date: 22 June, 2022</p>
Please choose a category that best summarizes who these beneficiaries will be	<ul style="list-style-type: none"> <li>• Children</li> <li>• Teenagers</li> <li>• Young people</li> <li>• Older people</li> <li>• Women</li> <li>• Men</li> <li>• People living in poverty</li> <li>• Minorities</li> </ul>
Local available resources	<ul style="list-style-type: none"> <li>• Camera.</li> </ul>

	<ul style="list-style-type: none"> <li>• Laptop.</li> <li>• Social media</li> <li>• Awareness webinars.</li> <li>• Questionnaires, survey forms.</li> <li>• Transportation cost.</li> <li>• Posters, banners cost.</li> <li>• Interviews with experts</li> </ul>
How will this project benefit your community	<p><b>Background:</b></p> <p>Studies have shown that COVID-19 has led to social and economic crises, and emergence of food insecurity has been increased; due to this we become more aware of food insecurity. It is estimated that 265 million people, two fold increase faced acute food insecurity by the end of 2020 according to United World Food Program. Two Surveys were taken resulted that COVID 19 led to far higher rates of food insecurity in households with children than in previous years. In Pakistan the occurrence of food insecurity is estimated at 38% percent of population in 2021, where as food insecure population is estimated to be 90.7 million in Pakistan.</p> <p><b>Need:</b></p> <p>As there is Maslow's hierarchy of needs food, water, and shelter are the foundation for a healthy human. Without these it is difficult to advance to thinking about safety, community our future or potential. Food security is at the baseline of human need. Without this they cannot cope up with others in daily life. Pakistan government has dire need to adopt such policies which combat food insecurity in well manner.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Although food insecurity cannot be eliminated immediately but can be decreased by smaller steps which can effect on wider</li> </ul>

	<p>level, our aim is to realize masses how small efforts can bring huge change</p> <ul style="list-style-type: none"> <li>• To sensitize youth in higher Education Institute regarding food insecurity and malnutrition</li> <li>• Educate masses how they can play their role and conserve food for future generations</li> <li>• Aware people about iron deficiency disease and other caused by malnutrition and encourage them to move for healthy diets</li> <li>• Educate people regarding food insecurity, and increasing productivity and make crops efficient.</li> <li>• Educate people about drip irrigation system for making efficient</li> </ul>
How will you start and manage your SAP?	<p><b>Feasibility:</b></p> <p>Through social action projects there is dire need to highlight these issues like Food insecurity is very burning issue which need to be highlighted on broader level.</p> <p><b>Methodology/Approach:</b></p> <ul style="list-style-type: none"> <li>• Different awareness drives, in form of street level, door to door, in government schools through printed broachers and by social media, webinar and Creating Google form and Visit slum areas of Islamabad in and around.</li> <li>• We will attend different national and international seminars for enhancing our knowledge about food insecurity and different parameters for overcoming the food insecurity in Pakistan.</li> <li>• We will collaborate with</li> </ul>

	<p>Food and agriculture organization in order to ensure food quality and safety throughout food chain</p> <ul style="list-style-type: none"><li>• Interviews with high officials of Ministry of National food Security and Research</li><li>• Educate people who undertake land for cultivation and provide them the concept of drip irrigation system for efficient crops</li><li>• Aware about biogas system through this social action project.</li><li>• Conducting interviews with students in university premises.</li><li>• Although eliminating immediately is impossible but we can bring huge change and impact with the help of small steps like establishing food bank. We will initiate by providing Roshan packs to 5 families monthly from food bank.</li><li>• We will arrange food drive to donate to children either in government schools, slums areas.</li><li>• We will take survey in form of food insecurity experience scale by giving hard copies. We would ask some questions about food consumption in last 3 months.</li><li>• After getting the response we will collaborate with certain NGOs, like <b><u>Saylani Welfare International Trust</u></b> and one welfare organization <b><u>Volunteers Power Pakistan</u></b> to help us in funding and in resources or food in order to organize food banks for serving the deserving.</li><li>• We will present drip irrigation model in final presentation which save time, money, and water because the system is so</li></ul>
--	---

	<p>efficient.</p> <ul style="list-style-type: none"> <li>• We will visit Arid Agriculture university to interact concerned students and to ask how we can bring efficiency in agriculture.</li> </ul> <p><b>Continuity:</b></p> <p>Our program will remain continue because it is not just project base issue but serious attention base issue which need full potential to bring change in community. It will be continue with well defined message and strategy. We are 4 members who are working on this. We will carry out his mission after semester completion. But we will extend as per donation if any organization donates we will further extend and continue this. We will share information and keep up to date on blogs on social media pages and provide assistance to people.</p>
How will you measure the success of your SAP	<p><b>Outcomes:</b></p> <ul style="list-style-type: none"> <li>• Aware masses in university and government schools of Islamabad about importance of nutritious food for children</li> <li>• Society will be aware of food insecurity and malnutrition after this project</li> <li>• Focus on technological advancements for increasing production in agriculture sector</li> <li>• People will shift towards healthy foods in order to combat malnutrition</li> <li>• People will be able to save food if they utilize properly and save from wasting</li> <li>• After all from our initiative larger impact will be on society people will help and provide extra food to needy people</li> </ul> <p><b>Measuring tools:</b></p> <ul style="list-style-type: none"> <li>• Public Support</li> </ul>

- |  |   |
|--|---|
|  | <ul style="list-style-type: none"> <li>• Social Media Pages</li> <li>• Officials interviews</li> <li>• Support from organizations</li> <li>• Sponsorship</li> <li>• Questionnaires</li> <li>• Appreciation certificate from different organization and GPP faculty</li> <li>• Activities carried out</li> </ul> |
|--|---|

&lt;/

12000 for Rashan to 5 families from food bank further it will be extend depends on donations if any organization donate us will be further extended.

### **Total cost of our project:**

28 Thousand is estimated cost of our project.

### **Plan for Food Bank:**

We will take small initiative providing Rashan to 5 families monthly from collected donations to strengthen food security. The Rashan Pack will be consist of Flour 10 Kg, Sugar 2 Kg, Pulses of two types(Each 1 kg), Ghee 1 Kg , Tea 1/2 kg



#### **OUR VISION**

To strengthen food security in Pakistan from local to national level



#### **OUR MISSION**

Our mission is to Full filing Sustainable Development Goal 2 aims to end hunger and all forms of malnutrition by 2030.

# RELEVANT SUSTAINABLE DEVELOPMENT GOAL



# 1.LITERATURE REVIEW

## **Food Insecurity:**

Food insecurity can be stated when masses cannot consume adequate food as per body requirements due to lack of money and other sources at times. It relatively increases the risk of malnutrition in all its forms. Malnutrition which is defined imbalance between the body's need and intake of nutrients which can lead to nutritional disorders. WHO suggests a person should consume about 2235 calories per day for as per body requirements below this a person is considered like poor if he doesn't intake required.

FAO uses multiple indicators to monitor the various aspects of these issues.

Two of these indicators, the prevalence of Undernourishment (PoU) and the Prevalence of moderate or severe food insecurity in the population, based on the Food Insecurity Experience Scale (FIES), are being used to monitor the world's progress toward achieving SDG2.

## **Malnutrition**

Malnutrition is the condition that develops when body does not get right amount of vitamins, minerals and other nutrients as a result several disease are born, so it need to maintain healthy tissues and organ function. Studies have shown that children, pregnant mothers are more vulnerable to malnutrition. Several reasons have been find out for Food Insecurity and malnutrition. It is seen that underdevelopment and poverty, low income, weak institutions are closely associated factors to food insecurity. Another important factor contributing to increase in food insecurity is degradation or depletion of natural resources, unequal distribution and population pressure and decline in productivity due to not come up with technological advancements.

In addition to this 80 percent of wars and recent years have taken place in countries ranked in the lower half of the United Nations Human Development Index (HDI). Like looking at current scenario of Russia and Ukraine how food insecurity has been increased on spike because of war. Globally the issue of food insecurity has taken serious attention; nearly a billion people across the world are being affected by food insecurity with larger proportion of undernourished people living in Asia. Particularly Pakistan has been one of the worst impacted nations in the world in terms of massive increase in number of chronically food insecure population. It is estimated that from 2021-2031 a total 38% percent of population of Pakistan is going to be food insecure according to international food security assessment (IFSA) by US department of agriculture. Over 2 billion people worldwide suffer from micronutrient mal nutrition. Their diets supply inadequate amounts of vitamins and minerals such as vitamin A, iron, iodine, and vitamin C. Deficiencies usually occur when the habitual diet does not include sufficient quantities of the fruits, vegetables, dairy products, meat and fish that are the best sources of many micronutrients. Micronutrients are essential for human growth and development as well as normal functioning. The three most common forms of micronutrient malnutrition are deficiencies of vitamin A, iodine and iron. In developing countries, deficiencies of micronutrients often are not present in isolation but exist in combination. Children and women are the most vulnerable to micronutrient deficiencies - children because of the critical importance of micronutrients for normal growth and

development, women because of their higher need for iron, especially during child-bearing years and pregnancy. Between 100 and 140 million children suffer from vitamin A deficiency. More than 2 million children each year afflicted with severe visual problems, of whom an estimated 250000 to 500000 are permanently blinded. The World Food Program estimates that six out of 10 Pakistanis are food insecure and gender wise almost half of women and children under 5 years of age are malnourished.

Lack of vitamin A also impairs the immune system, greatly increasing the risk of illness and death from common childhood infections such as diarrhea and measles.

The most devastating consequence of iodine deficiency is reduced mental capacity. Some 20 million people worldwide are mentally handicapped as a result of iodine deficiency, including 100000 born each year with irreversible brain damage because their mothers lacked iodine prior to and during pregnancy.

Iron deficiency and the anemia it causes are the most widespread of all forms of micronutrient malnutrition.

Children with anemia are less able to concentrate and have less energy for play and exploratory behaviors, and for pregnant women, anemia substantially increases the risk of death in childbirth, accounting for up to 20 percent of maternal deaths in Asia and Africa.

Beside this, the effect of COVID-19 has also increased food insecurity and led to social and economic crises. According to The United Nations World Food Program it is estimated 265 million people faced food insecurity at the end of 2020. According to USA surveys COVID led to higher rate of food insecurity in households with children. It is reported that 34.4% of households with children  $\leq 12$  years old were food insecure by end of April 2020.

### **Food and Agriculture Organization of United Nations (Figures)**

Food and Agriculture organization of United Nations stated that: Even before the COVID 19 pandemic world is not on track to tackle hunger and malnutrition. Under the shuttle of COVID-19 up to 161 million more people are facing hunger partly due to COVID-19 2020. New figure estimates between 720 and 811 million people are hungry on global level. The prevalence of undernourishment has reached 9.9%. 30 million more face hunger by 2030 due to lasting effects of COVID-19. 418 million of the world's undernourished in Asia. 282 millions of the world's undernourished are in Africa. On global level nearly 1 in 3 people did not have access to adequate food in 2020. Globally 149,2 million children under age 5 are affected by stunting. 45.4 million Suffer from wasting. Actual figures are expected to be higher due to effect of COVID-19. 38.9 million Children under age 5 are overweight. About 3 billion cannot afford healthy diets.

### **US Department of Agriculture Report**

US Department of Agriculture has released a report that from 2021-31 total 38% percent of the population of Pakistanis going to be food insecure according to international Food Security Assessment; this assessment also reports Pakistan suffer from largest food gap in whole region with highest food insecurity level even below Bangladesh.

### **Report by World Food Program**

It is reported by the World Food Program around 82% percent of children in Pakistan have been deprived of a meal when they need one second highest rate of malnutrition in region while 18 percent of children under age of five suffer from acute malnutrition. According to level of focus, food security has different perspective from global, regional, national, community, household to individual. In Pakistan out of fifty six million people dwelling in urban areas about 21 million are food insecure (calorie consumption). In rural areas of Pakistan, eighty out of a hundred and twenty districts are meals insecure.

### **National Nutritional Survey**

According to national nutritional survey (2018) 36.9 of Pakistani population does not have reliable access to nutritious food with over three million people in drought affected districts of Balochistan and Sindh suffering the most. According to the survey report, Balochistan witnessed the highest level of moderate or severe food insecurity at 29.84pc, followed by Sindh 18.45pc, Punjab 15.16pc and Khyber Pakhtunkhwa 12.75pc. The World Food Program has marked Tharparkar as the most insecure district where livelihood of people depend on rain-fed agriculture and livestock rearing while water remains the fundamental factor in food production. On global Hunger index Pakistan's ranks 94<sup>th</sup> out of 117 qualifying countries having score of 28.5.

- Three out of five households are don't have consistent food for active healthy life.
- 40% of children between 6-59 months suffer from chronic malnutrition.
- 50.4% of women are anaemic.
- US\$76 billion is annual cost to Pakistan's economy due to under nutrition.
  
- Pakistan is also amongst the world's top ten producers of wheat, cotton, sugarcane, mango, dates and kinnar oranges, and is ranked 10th in rice production. Despite this Pakistan faces food insecurity because of not having good governance. Tycoon store wheat and sugar then sell on black rate after particular time period. This is also factor of food insecurity in Pakistan. Other factors are trends of urbanization:- 36.9

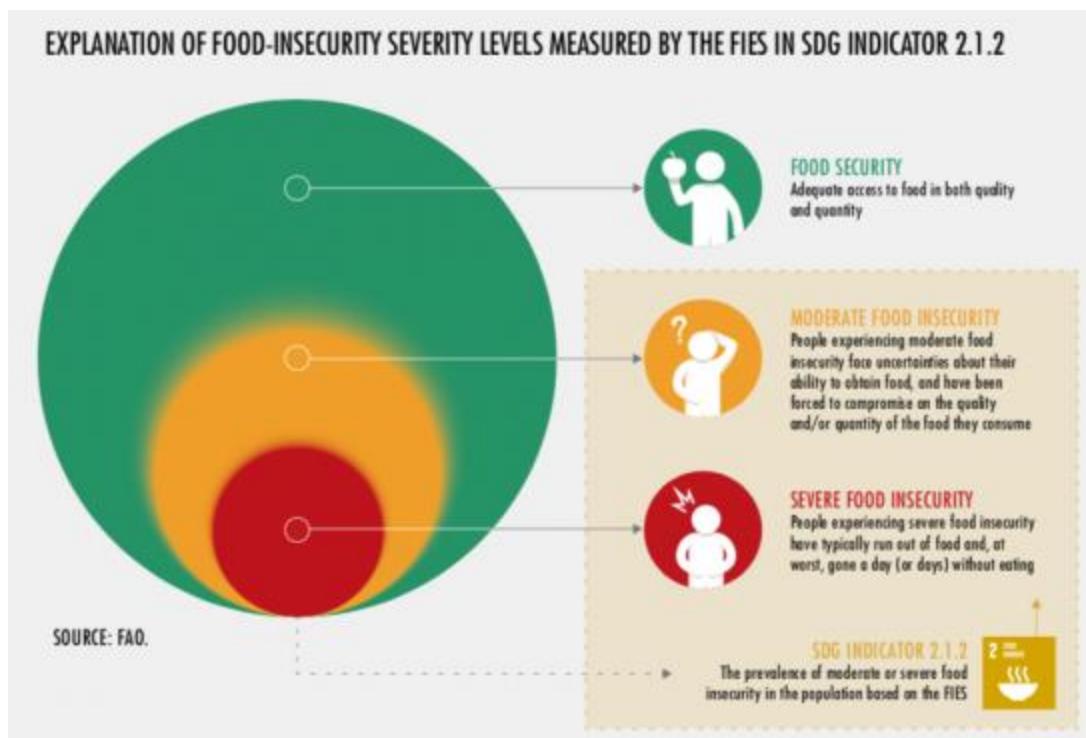
### **Factors Which Rise Food Insecurity**

- Over population and growth rate
- Global warming and natural disasters.
- Food wastage: 222 million tons food wasted in developing countries.
- Low qualities foods are produced due to this disease are born.
- Prices of food
- Lack of saving and investment
- Chronic Poverty
- Not advanced in technology in agriculture sector

Agriculture is considered the backbone of Pakistan's economy, as the country's key crops are strongly reliant on it. There are large gaps between the acquired and actual output of produce, which suffers from a lack of appropriate technology, improper input timing, and lack of water and land availability.

2. It is seen in Pakistan due to lack of technological advancements there is inefficiency in agriculture production. Farmers are still using handmade tools and very ancient methods to undertake agricultural activities. Moreover farmers are not educated in Pakistan as a result bringing efficiency is very difficult. We can take example of China, India, and Russia are the three largest individual wheat producers in the world, accounting for about 41% of the world's total wheat production. Despite this China. These countries have produced tons of wheat in by year 2020. China — 134,254,710
3. India — 107,590,000
4. Russia — 85,896,326 wheat production for Pakistan was **24,946 thousand tonnes** in 2020. This is just because of difference in technology these countries are more efficient they have modern technologies.

The report found that food insecurity continues to be a global problem. Currently, a quarter of the global population does not have regular access to safe, nutritious and sufficient food. This figure has been calculated using the new Food Insecurity Experience Scale (FIES), which provides information about the adequacy of people's access to food, and the severity of their food insecurity.



Thirdly, the world is currently off track to meet all global nutrition targets. Despite recent headwind in reducing child stunting, progress on all nutrition indicators is too slow to meet the World Health Organization's nutrition targets by 2025 or SDG 2.2 nutrition targets by 2030.

Lastly, hunger is increasing in countries that are facing slow or declining economic growth. The five sub-regions that experienced negative growth are home to almost 263 million undernourished people. Economic downturns or slowdowns often lead to a rise in unemployment and a decline in wages limit access to food for vulnerable people.

The report offers two key ways to tackle the impact of economic slowdown on food security. Firstly, the use of economic and social policies to safeguard food security and nutrition and secondly, the implementation of multispectral policies to tackle existing inequalities at all levels for a pro-poor, inclusive transformation.

The report concludes by arguing that “our actions to tackle these troubling trends will have to be bolder, not only in scale but also in terms of multispectral collaboration, involving the agriculture, food, health, water and sanitation, education, and other relevant sectors.

# ACTIVITY 1

## Introductory Webinar

---

On 12<sup>th</sup> May our team conducted an online webinar on the topic food Insecurity and Malnutrition. Here is the shot of the poster which we designed for webinar.



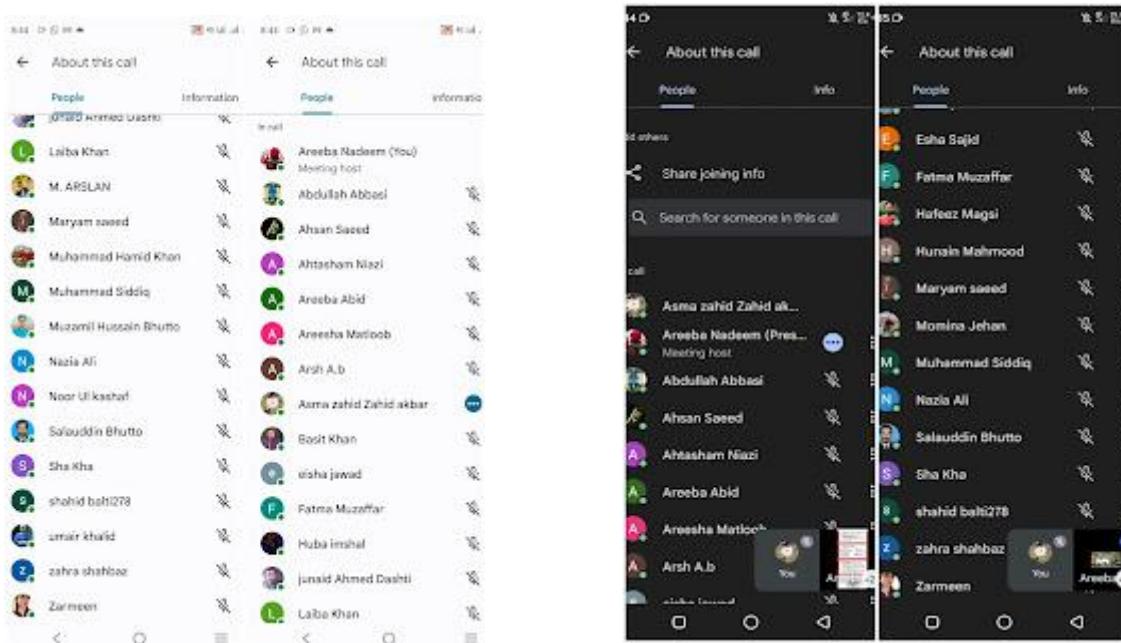
## Our Team:

- Muzamil Hussain (Project Manager)
- Areeba Nadeem (Project Co-ordinator)
- Nazia Ali (Project Finance Manager)
- Asma Zahid (Social Media Manager)

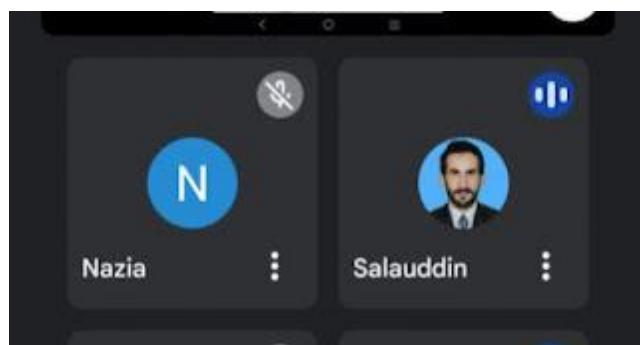
Project Co-ordinator hosted webinar along with Co-host Nazia Ali, Asma Zahid and Muzamil Hussain on google meet. We explained the main motive behind this project that is to spread awareness among local people about prevailing situation of food insecurity in Pakistan; to educate them how they can play their role in conservation of food for future generation. To make people learning about consequences of low quality food and to encourage them to adopt healthy life in their lives and to make people learn about Malnutrition and its causes and effects. Then we explained our project plan, activities, throughout project, outcomes, and continuity plan for the project.

About 30 participants attended the webinar inclusive students and also faculty members from NUML (Multan), QAU, Arid University, and Comsat.

Here are the some shots of meeting.



All the participants actively participated in meeting and appreciated our work and we got an excellent feedback Alhamdulillah. One of faculty member Salahuddin Bhutto Lecturer at NUML Multan highly appreciated our efforts and acknowledged the supervision of Dr Athar Rashid and wished best of luck to our team.



## ACTIVITY 2

### Visit to Usmania Restaurant Blue Area Islamabad

---

Activity visit regarding food quality in Restaurant.

Location: (Usmania Restaurant)

13 West Jinnah Ave, Block D G 6/2 Blue Area, Islamabad, Islamabad Capital

Date: Saturday, 13 May 2022

Team Food Insecurity visited Usmania Restaurant Blue Area (ISB), meet with Restaurant Manager and asked questions about do you prepare food keeping in view the health of people. Secondly after how much time your food is inspected by food inspection team. Thirdly asked about staff hygiene. Fourthly about wasted food and more. Their response was quite better and make proper arrangements for us.

Good personal hygiene practices keep the workers healthy and help to prevent the spread of disease to food.

Clothing must be clean. Employees need to maintain a high degree of personal cleanliness during all working hours. Hair restraints must be worn by all persons in the preparation and service of food. This keeps hair from food-contact surfaces and out of food.

Shoes must be close toed, with a slip resistant sole. Socks must be worn.

Food employees must clean their hands and exposed portions of their arms with soap and running water by vigorously rubbing together the surfaces of their hands and arms for at least 20 seconds and thoroughly rinsing with clean water. Employees must pay particular attention to the areas underneath the fingernails and between the fingers.



Food employees must keep their fingernails trimmed, filed, and maintained so the edge and surfaces are cleanable and not rough. Many germs get caught underneath long nails and can

get into food while it is being prepared; once there, they will multiply, causing the food to become contaminated.

Food employees must clean their hands in a hand-washing sink that is equipped with hot and cold running water. Employees must not clean their hands in a sink used for food preparation, or in a service sink or a curbed cleaning facility used for the disposal of mop water and similar liquid waste.

Employees must wash their hands and exposed portions of their arms at the following times:

After touching bare human body parts other than clean hands and clean exposed portions of the arm.

After using the rest room.

After caring for or handling animals.

After coughing, sneezing, using a handkerchief or disposable tissue, using tobacco, eating or drinking.

Immediately before food preparation including working with exposed food, clean equipment and utensils.

During food preparation, as often as necessary to remove soil, contamination and to prevent cross contamination when changing tasks.

Food service workers should follow these rules for safe food handling practices:

Keep hands and fingers away from hair, face, nose, and mouth. Germs may be easily picked up and transmitted to food by the hands and fingers.

Use spoons, forks and other utensils when handling foods. This reduces hand contact and contamination of food being prepared.

Outer clothing must be worn over regular clothing when moving From a raw food operation to a ready-to-eat food operation. Outer coverings should be changed, as they become increasingly soiled.

Utensils, clean or dirty should be handled by their base or handle to protect both the server and customer from germs. Keep all equipment and utensils good condition to prevent germs from collecting in broken area.

Employees must not smoke or use tobacco in any form while working in the preparation or service of food or while handling food service utensils or equipment. Smoking is not permitted in food storage and preparation areas or in areas where utensils are cleaned or stored. Cigarette lighting is also prohibited in all these areas

No person is allowed to work in any area of a food service establishment in any capacity while infected with any communicable disease, while a carrier of a communicable disease,

while afflicted with boils, infected wounds, sores or an acute respiratory infection, in which there is a probability of such person contaminating food or food-contact surfaces with pathogenic organisms, or transmitting disease to other individuals. Before reporting for work, approval from a physician may be required if you have been exposed to a severe communicable disease. All communicable diseases should be reported to the county health department. Only healthy people must be permitted to handle food.



## ACTIVITY 3

### Visit to Ministry of National Food Security and Research for Meeting with Economic Consultant Dr Muhammad Ali Talpur (Economic Wing)

---

**(Visit to Ministry of National Food Security and Research on 14th of May.)**

On Saturday, 14th of May, our team Food Insecurity- "Conserve Food, Save lives" visited Ministry of National Food Security & Research or Ministry of Agriculture and had a great meeting with Worthy economic consultant Dr.Muhammad Ali Talpur. During their visit to Economic Consultant Office, Ministry of National Food Security and Research a detailed briefing regarding various functioning of Ministry and factors contributed to its success followed by questions/answers was given by Economic Consultant.

He briefly explained the role of this ministry and highlighted the main motive which is "Food secure Pakistan". Moreover he told us about the parameters on which the ministry works. We came to know The Ministry of National Food Security & Research is mainly responsible for policy formulation, economic coordination and planning in respect of food grain and agriculture. It also includes procurement of food grains, fertilizer, and import price stabilization of agriculture produce, international liaison, and economic studies for framing agricultural policies. The Ministry engage autonomous bodies or organizations like Pakistan agricultural research council for ensuring working on mega projects national level.

The ministry is governed by the Minister of National Food Security and Research, who must be a member of Parliament of Pakistan. According to World Food Programme (WFP) 36.9% of the population faces food security. This is due to limited economic access by the poorest and most vulnerable group of the population – particularly women – to an adequate and diverse diet.

He also told about the national and international agreements regarding imports and exports of Pakistan. He shared the information that Rice ranks as second amongst the staple food grain crop in Pakistan and it has been a major source of foreign exchange earnings in recent years and significantly imports are showing a decrease of 5.55% over the corresponding period of last year.

Most importantly we came to know about the latest technology of irrigation of crops that is "Drip irrigation system", that has the potential to save water and nutrients by allowing water to drip slowly to the roots of plants, either from above the soil surface or buried below the surface.

He highly appreciated our work regarding the awareness of food insecurity in Pakistan & acknowledged our efforts. We are also thankful to concerned secretary and Economics Consultant who facilitate our team.

Experience:



## ACTIVITY 4

### Visit to Volunteer Power Pakistan Organization (VPP)

(Visit to Volunteer Power Pakistan Organization on 14th of May.)

We visited the Volunteer Power Pakistan Organization for financial assistance for the food bank. As our main aim is to strengthen food security in Pakistan by food bank. CEO of organization Sir Hasnain assured us for financial assistance and any other resource. He donated amount of one family Rashan. He assured us for collaboration in working for this aim. It work in different other spheres like providing machines, motorcycles for survival. But mainly they work in providing Rashan.



# ACTIVITY 5

## Interviews with foreigners (Campus drive)

Team food insecurity and Malnutrition conducted interview session from May 16 to May 20 with foreign students and faculty members about status of Food Insecurity and Malnutrition in their native countries.

As we visited different Departments and conducted brief interviews we come to know about the global facts about Food insecurity and Malnutrition. We visited Department of English Language Teaching (ELT), Department of Italian, Department of Korean Language &Culture, Department of Pakistani Languages, Department of Persian, Department of Hindi, Department of Spanish, Department of Turkish Studies, and Department of Chinese.

We asked about the current status of food insecurity in their respective countries and the share their useful knowledge with us like one of the Chinese student told that in China, food insecurity is not much prevailing as it's economy is strong but due to COVID-19 few provinces are greatly affected and encountered food insecurity. He also briefly explained that China is the world's largest grain producer, yet has grown more dependent on food imports in recent decades, adding that several agricultural products are also imported by China from other countries.



Korean department student told that South Korea is economically advanced and an innovative country, she added that there are some areas and some democratic groups that suffer from food insecurity and malnutrition due to low income households, as well as refugees.



We had a pleasure meeting with faculty member of Spanish department .She briefly explained about food insecurity status in their country . Among the general population, 5.5 million people are under food insecurity, and also half of them are critically food unsecured. One-fourth of the children in Argentina receive food for free from schools kitchens or charity organizations. We had a brief discussion with Chinese faculty member. He told us about China is much enough food secure country. He added that China produces 28% of global rice supply and is currently self-sufficient.



We also meet with HOD Turkish department Sibel Bayram and brief about our project and shared Broucher with her. We've also shared them the information about Food insecurity in Pakistan and the steps which can be taken at an individual level to overcome Food insecurity. This campus drive and discussion with foreign students proved very thoughtful and interesting for us.



## ACTIVITY 6

### Visit to Punjab Food Authority

On 23rd May 2022, our team visited Punjab Food Authority. We had a fruitful meeting with worthy Assistant Director Food Authority Rawalpindi (Punjab) Azmat Ali.

We asked few questions about the parameters on which Food Authority works that how food quality and food safety is measured. As we know healthy diets are too much important for human's sound health. He briefly told us about food quality that they check the material quality if it is out of their substandard they fine them and if their quality is too much low and cannot be compromised at all then they seal those particular shops, restaurants or fast foods shops. Secondly he told us about food safety in which environment food is being prepared if ingredients are good but environment is not good they also do inspection for this. Thirdly their main aim is to quality endurance at any cost. They go for inspection at anywhere surprisingly. They apply fine if anyone don't come to meet required SOPs. We learned a lot of things and had a very amazing experience with Assistant Director.



## ACTIVITY 7

### Visit to Pakistan Agriculture Research Council (PARC)

Team Food insecurity and Malnutrition visited the "Climate, Change Alternative Energy and Water Resource Institute Islamabad" and held a great meeting session with Director Bashir Ahmed (CAEWRI) who is a professional hydrologist with a 25 years of experience in research, academia and consultancy services. Currently he is serving as Director Climate Energy & Water Research Institute in Pakistan Agriculture Research Council (PARC).

His areas of interest are:

Investigation of impact of climate change on water resources and agriculture Δclimate change & food security

Hydrological Modelling

Δirrigation and water management etc.

We had a great meeting with Dr. Bashir Ahmad.

He briefly explained us that Pakistan Agricultural Research Council (PARC), is an apex agricultural research organization which is responsible for National capacity building for production. The council has aspired to modernize its research agenda to meet the emerging challenges of agricultural sector of the country.

He told us about the parameters on which this institute works and the functions of PARC which are:

- To undertake, aid, promote and coordinate agricultural research;
- To arrange expeditious utilization of research results;
- To establish research establishments mainly to fill in the gaps in existing programs of agricultural research.

He also make us learn about the modern technology of irrigating the crops that is "Drip irrigation system" adopted from the drip irrigation company of Dubai. (Drip irrigation consists of perforated tubes placed along the floor, or buried near the roots of plants, which deposit water directly to the plant roots).

He also gave highlights of his 15 -national as well as 10-international projects ,he also shared alot of successful stories of testing new technologies at selected Farmer fields of NARC and other research centers all over the country i.e Gilgit ( Skardu) , Balochistan (Thar), Bahawalpur, Karachi and DI Khan research center.

It was really an informative session for me and my team. He highly appreciated our work and applauded the supervision of Dr. Athar Rashid. Moreover he well acknowledged our efforts

for this project. Overall it was a good experience and fruitful visit for team Food insecurity and Malnutrition.



## ACTIVITY 8

### Visit to regional campus Numl Rawalpindi

On 30th of May, we visited regional campus NUML Rawalpindi. We interacted with the students there and launched awareness campaign to make people learn about the Food insecurity status in Pakistan and to aware them that how they can play their role at their end to avoid food wastage and to strengthen Food security in Pakistan. We also highlighted the importance of nutritious food in our lives for healthy lifestyle

We conducted interviews of various students over there to know about their understanding about Food insecurity and Malnutrition. They were very cooperative and well treated us .We also distributed brochures among them .The students and the faculty members of NUML( Rawalpindi) highly appreciated us to taking such an amazing initiative of doing work for this increasing issue of Food insecurity.



# Activity 9

## Visit to Quaid e Azam University Islamabad:

Team \*Food insecurity and Malnutrition\* visited Quaid -e-Azam university (QAU) and conducted interviews of students of different departments .We asked various questions about their understanding of food insecurity and malnutrition as well as their opinions as an individual that what they can contribute towards overcoming food insecurity and what can we do to improve food security. Many of the students said that improving incomes, employment and enterprise opportunities for the poor, improving gender equality and reducing the negative impacts of climate change and environmental degradation are other specific objectives that enhance food security and they can start from themselves by avoiding food wastage and making their friends and families aware about the consequences of food wastage. Overall it was very interactive session.



# ACTIVITY 10

## Public Awareness

---

Team food insecurity and malnutrition spread awareness through social media , awareness walk , aware people about food insecurity that there are millions of people all over the world who suffer from a shortage of food. They can start from themselves by avoiding food wastage and making their friends and families aware about the consequences of food wastage. We aware people about these few steps ;

- If you have leftovers, freeze them for later, or use them as an ingredient in another meal. When you eat at a restaurant, ask for half a portion if you're not feeling too hungry, or take your leftovers home.
- Sharing is caring
- Buy only what you need.
- Store food wisely.
- Adopt a healthy diet and avoid junk foods.



## ACTIVITY 11

Webinar with English Access Micro scholarship Program, Sir Syed Public School, Rawalpindi.

---

31st May, 2022

We had an introductory session on our topic Food Insecurity and Malnutrition with the English Access Micro scholarship Program, Sir Syed Public School, Rawalpindi.

The English Access Micro scholarship Program is an international project created by the U.S Department of State. In Pakistan, it is helping underprivileged students of Sir Syed School by teaching them English language and life skills to gain opportunities in employment, education, and life in general. Students also share the ideas relating to our project for future and they ensured us about not wasting food.

It was an interactive webinar of 30 minutes followed by a Q/A session, joined by 70+ students.

It was an amazing experience interacting with such talented and intelligent students. Their questions were very profound and we loved to answer them. We enjoyed the webinar. Thank you NUML Social Action Projects for organizing it! 31st May, 2022

We had an introductory session on our topic Food Insecurity and Malnutrition with the English Access Micro scholarship Program, Sir Syed Public School, Rawalpindi.

It was an interactive webinar of 30 minutes followed by a Q/A session, joined by 70+ students.

It was an amazing experience interacting with such talented and intelligent students. Their questions were very profound and we loved to answer them. We enjoyed the webinar. Thank you NUML Social Action Projects for organizing it!



## ACTIVITY 12

# ACTIVITY 12

## Webinar with Nutritionist:

---

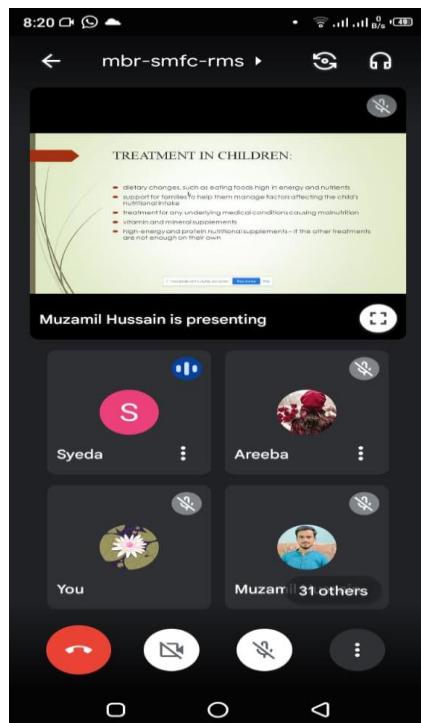
### **5 June 2022 Webinar with Dr Syeda Umme Laila clinical dietitian and nutritionist internist on Malnutrition**

Team food insecurity and malnutrition conducted webinar on meet app with Dr. Syeda Umme Laila who is clinical dietitian and nutritionist internist in Quaid e Azam international hospital. The topic covered in webinar is malnutrition, causes of malnutrition, symptoms of malnutrition in children. How to combat Malnutrition. He briefly explained

1. Dietary changes, such as eating foods high in energy and nutrients.
2. Support for families to help them manage factors affecting the child's nutritional intake.
3. Treatment for any underlying medical conditions causing malnutrition.
4. Vitamin and mineral supplements.

30 plus participants joined webinar from Numl Main Campus and regional campuses and other federal universities QAU, Iqra, Comsat and Arid University. Faculty members from Numl Multan Campus also joined webinar and also acknowledge our efforts.

The purpose of webinar was the importance of healthy diets as people shift to them, and also people become aware about impact of malnutrition.



# ACTIVITY 13

## Campus Drive/ Interview with Students

We conducted interview with students of Numl and brief them about their social action project which has lot of significance and impact on community and society. As most of students even donot know about food insecurity we develop their basic understanding. about food insecurity.



## ACTIVITY 14

## Visit to Baitul Mal (Meeting with Director Baitul Mal)

We visited to Batul Mal and met with Director Zafar Iqbal and brief them about project he acknowledge our efforts and tell us that Pakistan Bait-ul-Mal significantly contributes to poverty alleviation through its various projects, including providing assistance to the destitute, widows, orphans, invalids, and other needy persons in the society. It provides financial assistance to the needy with emphasis on rehabilitation. PBM is assisting the poor in a variety of areas with the government funds. Pakistan Bait ul Mal also providing free education, boarding and lodging to the orphans.



# ACTIVITY 15

## Visit to Radio Pakistan (Rawalpindi)

NUML social action projects are aligned with Sustainable Development Goals and where actively pursued according to vision of honourable Rector (R) Major General Muhammad Jaffar.

Team Food Insecurity was invited by Radio Pakistan. Our sole motive is to spread awareness through different mediums. As we know Broadcast radio remained the most widely available electronic mass medium in the world, though its importance in modern life did not match that of television. Our session was recorded different questions were asked on national issue. Lot of experience gained through this session. Time management and planning is most important factor. It was first experience with Senior Producer Nahid Yousif on national level but remained amazing and learned lot of things. Our session was broadcasted on national level FM 93, dated 16 June on 9:20 PM.



## ACTIVITY 16

### Visit to Iqra University

We visited Iqra University and interact with people regarding project. A public awareness campaign is a marketing effort to build public recognition of a problem through media, messaging, and an organized set of communication tactics. We learnt how to motivate people and public dealing during awareness drive.



## ACTIVITY 17

### Visit to Food Department i10/3

We visited food department and meet with Sajid Hussain designation Superintendent Food ICT Islamabad. We came to know that Food Department, ICT is responsible for regulating the business of food grains including purchases, storage, sales, transfer, milling and quality control in Islamabad Capital Territory.

#### Objectives & Functions

- Monitoring the functioning of Flour Mills and Atta / Sugar dealers
- Spot visits / checking of the quality and weights, rates of wheat and its products
- Ensuring quality control of food items through raids, drawing of samples and instituting cases in the various Courts
- Ensuring equitable distribution of Atta and other Food Stuff to the Shopkeepers and Whole Sale Dealers within Rural and Urban areas
- Ensuring uninterrupted availability of Atta, Sugar, Rice, Dalis, Ghee, etc. and other Food Stuff in the open Market
- Issuance of Food grain, Sugar Licenses to the newly installed / opened Flour Mills, Whole Sale Dealers etc
- Coordination of wheat releases for the Flour Mills in ICT with Food Department Rawalpindi



## ACTIVITY 18

### FOOD Bank (Distributed Roshan Packs at Service Dhoke Kashmiriyen Rawalpindi (Main Object of Project)

#### **Distributed Roshan bags in families on 20 June at Dhoke Kashmiriyen Rawalpindi**

As our project sole motive was to strengthen food security in Pakistan by various initiatives like food bank. Food banks have become the primary long-term solution to addressing food insecurity. We accomplish food bank main objective of project with joint efforts. Although it was not easy task we had to put complete potential on this. As our team was dedicated and committed to do with full devotion. We provide Roshan packs to three families each bag containing 15kg flour, 2kg sugar, 2kg oil, 2kg Daal Mash, and 2 kg Daal Channa. We would like to thank Volunteer Power Pakistan who contributed and collaborated in our project for providing Roshan packs.

#### **Here the shots when we are purchasing Roshan packs.**



Here the pictures when we were giving Rashan packs to families.



# ACTIVITY 19

## Visit to different departments of University

We covered almost 15 departments of university and three faculties aware them about food insecurity and also shared their views on this alarming issue.

### Social Science Faculty

Department of Governance and Public Policy, Department of mass communication, Department of Pakistan Studies, Department of International Relations, Islamic Studies and Department of Education.

### Management Science Faculty

Department of Management Science, Department of Economics

### Faculty of Computer Science and Engineering

Departments of Computer Science, Department of Electrical Engineering, Department of Software engineering

### Faculty of English Language

Department of English



## ACTIVITY 20

### Visit to Centaurus Islamabad Restaurants for highlighting food quality

---

We visited Centaurus Islamabad Restaurant noticed in few restaurants and spotted the poor food quality of food it can be concerning serious health issues. The chicken was raw in biryani with blood. One thing we observe that there was lack implementation of regulations on such restaurants. There was not effective monitoring of food inspection teams in such restaurants that's why this is happening.



## ACTIVITY 21

### Visit to Fast food Restaurants for highlighting food wastage

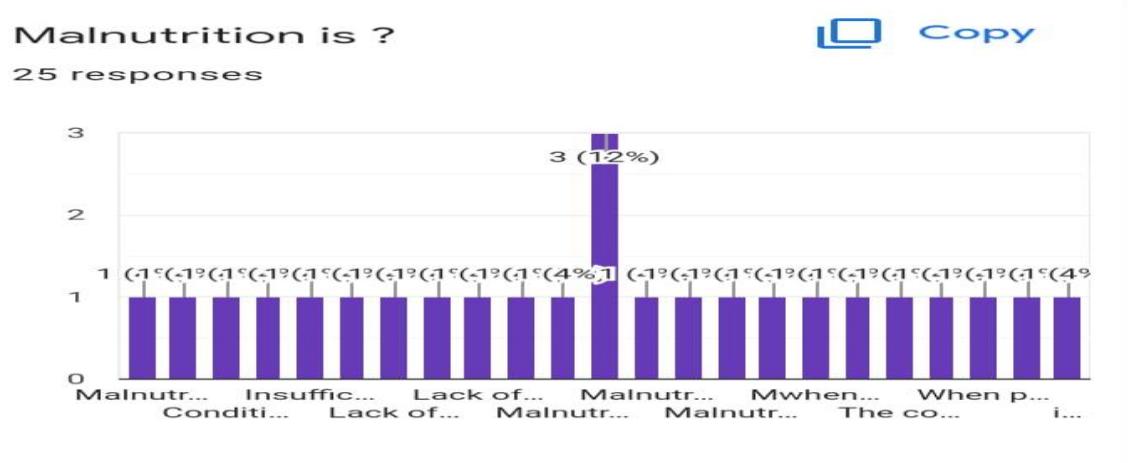
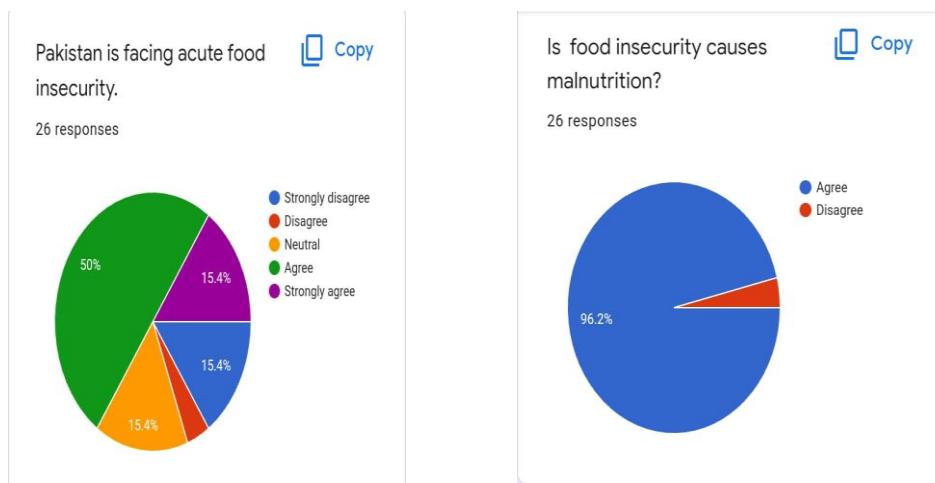
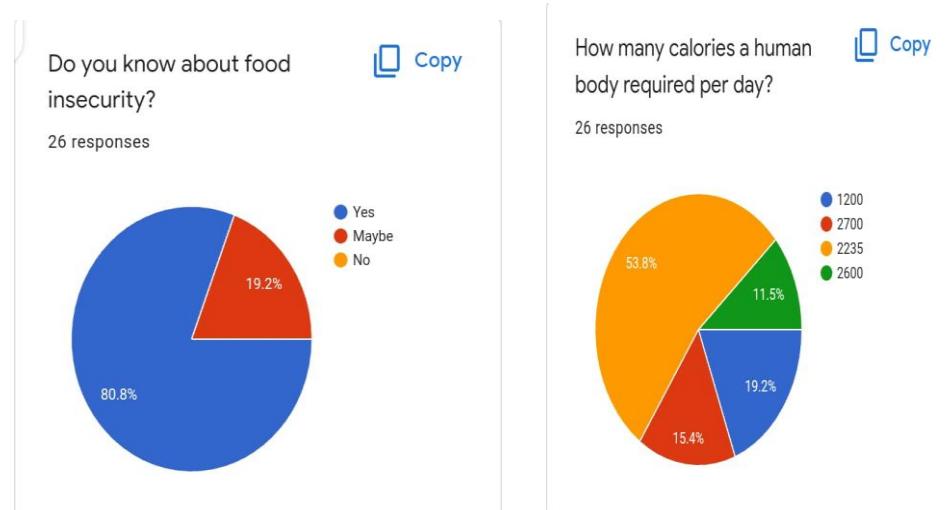
---

We visited the Savour Food Restaurant where food wastage was spotted in larger amount. That wastage food was not given to anyone. It was just thrown in bin. If we calculated amount of daily wasted food it will be alarming number of wastage food.



# Google Survey form regarding project

We also launched google survey through which we want to know about people understanding about food insecurity and malnutrition ratio who know about this.



# FINDINGS

- We found many gaps regarding our project food insecurity there was issue in food chain while supplying. As there is Food department concerning to this which regulates supply and chain of wheat, flour and other. It does not monitor effectively.
- There was another finding our most of authorities are at centralised level which are not too much effective is there is SDG Task force in National Assembly which only monitor on central level.
- Understanding the influence of food insecurity patterns on the onset and progression of chronic diseases such as obesity and diabetes and its influence across life course and critical periods of development are of particular interest.
- Most importantly our healthy diets are not promoted; shopkeepers also give poor quality foods at cheap price.
- Doctors also give poor treatment to overcome iron deficiency disease that's why fighting with such disease has been difficult.
- Besides this food inspection team are not working effectively that's why food quality is not sustained much more.
- Moreover there is lack of awareness at university level that's why most of youth do not know about these issues because of this youth is not gathered to reduce global issue.
- Besides this government has not provided such environment where different organizations work for such issues.
- Moreover there is lack of introducing such social action projects in universities through this which can be eliminated.
- At weeding people leave 30 percent food uneaten on half eaten in addition to this fast food Restaurants food wastage is spotted in greater amount.
- In Pakistan high authorities' do not take interest to introduce or adopt technologies in agriculture sector.

# RECOMMENDATIONS

- Government should hire higher competent men who can increase food chain and monitor food supply.
- Government should make SDG Task force at decentralised level which will be effective much more.
- On TV channels healthy diets food should be promoted and shopkeepers should provide quality food at reasonable price.
- Government should ensure doctors to provide iron filled treatment.
- Besides this government should make effective food inspections team as to inspect Restaurants on regularly.
- Universities should conduct seminars on such issues.

- In Pakistan government should concentrate on research institutes like Pakistan Agriculture Research Council should in order to shift to technological trends for more production in agriculture.
- HEC should introduce social action projects in all universities as to gather youth for working for the society like establishing food banks.
- People should eat as according to their need not wasting food.
- Government should provide such environment where NGOs and organizations take interest in participating in combating food insecurity.

## **Skills Learned**

- Learned valuable skills such as time management.
- Project management
- Public interaction and communication
- How to do a thorough research.
- How to aware people
- How to build confidence in crowd

## **Experience**

Social action projects are self-directed project-based service-learning experiences and are interesting, multidisciplinary, and student-directed, which means there is little to no preparation involved on your part. Overall it was wonderful experience, and get learning new things which groom up our skills. Social Action project transformed us into better and better and practical work. Although time was short but with potential and restless efforts it come to end. We got opportunity to learn from social media about topic which people give feedback to us. It was pleasant that most of the people around 50 people from Main Campus as well as from regional campus joined webinar. Their response was quite good. Although learning in wide range of environment is a great exposure. We visit and engaged different people from different departments and communities and aware them about importance of sustaining resources for future generation. Most of people have no idea about serious implications of malnutrition on children and women but we aware them and told them about long term planning keep in view the resources you should utilise. There was lot of support from friends who helped me out in completing the task. Besides Supervisor, Dr Athar Rashid is mentor due to his faith in our abilities and giving us time and support throughout the project made this possible to complete this social action project.

## **References**

<https://www.dawn.com/news/1660903>

<https://www.dawn.com/news/1632577>

<https://www.ifpri.org/publication/malnutrition-and-food-insecurity-projections-2020>

<https://cornerstone.lib.mnsu.edu/cgi/viewcontent.cgi?article=2169&context=etds>

# ACKNOWLEDGMENT LETTERS SECTION

## Letter of acknowledgment from Pakistan Agriculture Research Council

---

Our project work is acknowledged at national level and our supervisor believes on our potential that strength of purpose and unity of action at your part will take it to further heights. We received acknowledgment letter from Director Bashir Ahmed (Pakistan Agricultural Research Council).



**PAKISTAN AGRICULTURAL RESEARCH COUNCIL**

Subject: **LETTER OF APPRECIATION**

I would like to formally express my gratitude for amazing work of "strengthening food security" campaign under the banner of **Social Action Project** introduced by Department of Governance and Public Policy led by Dr. Athar Rashid Assistant Professor/Supervisor Social Action Project.

Your contribution towards creating awareness among local people about the prevailing situation of food insecurity in Pakistan is significantly appreciated. Food bank and food drive plain seems impressive and is appreciated. I was really amazed to know your zeal for knowledge on food production modern technologies.

I wish you and your team for successful accomplishment of your project and future endeavors.

Sincerely

**Director Bashir Ahmad (CEWRI)**

**Mr. Muzamil Hussain (Project Manager)**

Areeba Nadeem  
Nazia Ali  
Asma Zahid

BS-4 Morning (PA &G)  
National University of Modern Languages  
Islamabad

**CC:**

Dr. Athar Rashid  
Assistant Professor/Supervisor  
Social Action Project, NUML, Islamabad

## Letter of appreciation from Ministry of National Food Security and Research

Another great achievement was we officially received appreciation letter from Economic Consultant, Ministry of National Food Security and Research. Moreover our work was appreciated on social media platform. This is whole about our dedication to work. It was very honour that Economic Consultant sent letter to University officially.

Government of Pakistan  
 Ministry of National Food Security and Research  
 (Economic Wing)  
 \*\*\*\*\*

Islamabad, the 4<sup>th</sup> June, 2022

**The Rector**  
**National University of Modern Language,**  
**Islamabad**

**Subject:** **LETTER OF ACKNOWLEDGMENT**

With reference to National University of Modern Languages (NUML)'s letter No.ML-1-2/G&PP-28409 dated 12<sup>th</sup> May 2022, a group of students visited the office of Economic Consultant, Ministry of National Food Security and Research on 14<sup>th</sup> May 2022 and deliberated the various aspects of food insecurity as desired by the students regarding their project. Following students of BS Public Administration & Governance, Supervised by Dr.Athar Rashid, NUML University Islamabad participated.

- I. Mr. Muzamil Hussain
- II. Miss. Areeba Nadeem
- III. Miss. Nazia Ali
- IV. Miss. Asma Zahid

2. During their visit to Economic Consultant office, Ministry of National Food Security and Research a detailed briefing regarding various functioning of Ministry and factors contributing to its success followed by questions/answers was given by Economic Consultant. The said students showed keen interest in whole session and availed the learning opportunity as its best. Their initial research on food Insecurity was remarkable.

3. I, formally acknowledged their efforts and wish them best of luck to their future endeavor and look forward for their bright future.

**(Dr. Muhammad Ali Talpur)**  
 Economic Consultant

**Dr. Muhammad Ali Talpur**  
 Economic Consultant  
 M/o National Food Security & Research  
 Government of Pakistan  
 Islamabad

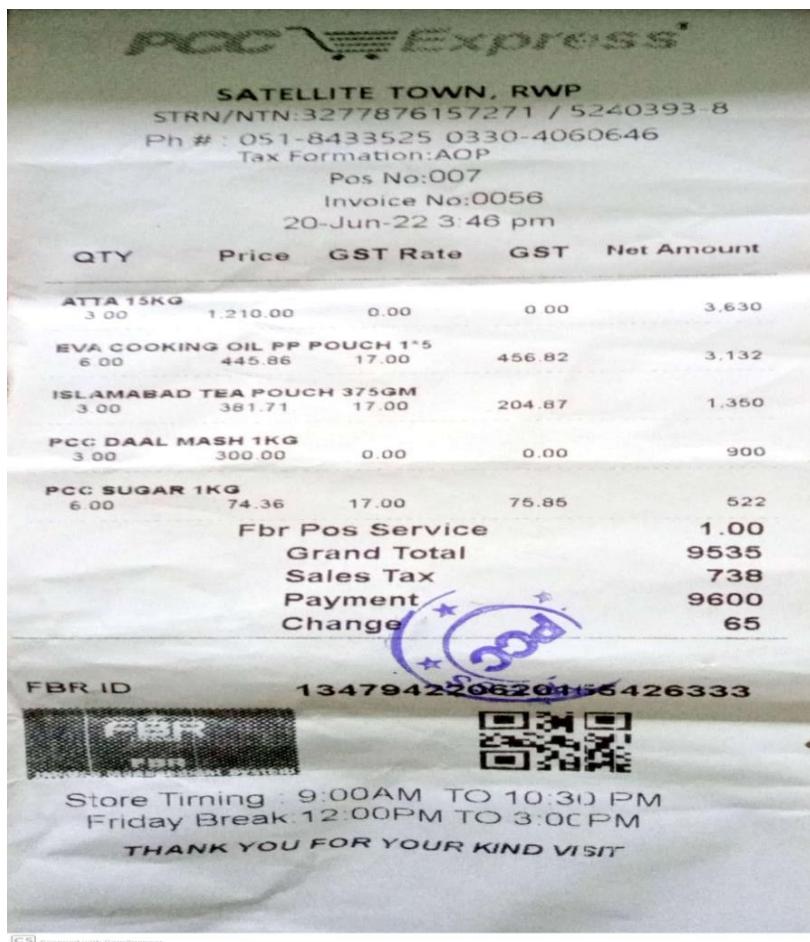
## Finance of Social Action Project (Finance Sheet)

### Cost of Food Bank (Rashan Bags to families)

**Per Bag Cost = RS: - 3178**

**Cost of 3 Rashan bags= RS:-9535**

Receipt is attached here.



**Cost of Taxi Fair: - 6000**

**Cost of Printing: - 1000**

**Cost of Boucher:- 1000**

**Total Cost of our project= 17535**

**In words Seventeen Thousand five hundred thirty five rupee**

# SUSTAINABILITY PLAN

Social action projects are transforming projects and without sustainability there is no benefit of such project. Our project will remain continue because it is not just project base issue but serious attention base issue which need full potential to bring change in community. It will be continue with well defined message and strategy. We are 4 members who are working on this. We will carry out his mission after semester completion. But we will extend as per donation if any organization donates we will further extend and continue this. We will share information and keep up to date on blogs on social media pages and provide assistance to people. We have written letter to organizations for permanent funding for food bank and food drive.

We will collaborate with Salyani welfare Trust in food drives and food bank for a year.

We will also be connected to Private Organization Volunteer Power Pakistan as they have already collaborated in providing Roshan packs to families. If any organization will be funding we will make long term planning.