



'Kanchan's story'
 Madhya Pradesh, India

This discussion guide is for the ELCA World Hunger video "Kanchan's story." Find the video at ELCA.org/hunger/resources.

INTRODUCTION TO SHARE

While the world produces enough food to feed everyone, hunger and malnourishment continue to be a reality for many of our neighbors. Nearly half of all deaths of children under the age of 5 are the result of undernutrition.¹ While estimates show that there has been a decline since 2000, the numbers are still alarming.

The Tripti project at Padhar Hospital in India addresses these challenges by providing women the resources they need. The hospital educates women and children about nutrition and hygiene in Madhya Pradesh, India. Kanchan is one of the participants. Kanchan stated that she didn't know that her son was malnourished and also was unsure of what food was best to feed her children. However, with the support from Padhar Hospital and the donations made to support such a wonderful place, her children now have the resources they need for healthy lives.

THINK-PAIR-SHARE

"Think-pair-share" is a model that emphasizes collaborative learning. Participants begin by (1) **thinking** independently about the topic or question, then they (2) **pair** with another person to discuss and finally they (3) **share** out loud with the entire group. Use this technique throughout the discussion guide to help generate multiple perspectives and deeper analysis.

THINK-PAIR-SHARE

- THINK:** Independently think to yourself.
- PAIR:** Share with someone next to you.
- SHARE:** Share your ideas and thoughts out loud with the group.

WATCH VIDEO: Length is 4 minutes, 29 seconds

VIDEO DISCUSSION QUESTIONS

Use the think-pair-share model to answer the questions below.

1. Kanchan talks about how the Tripti project at Padhar Hospital has helped her learn how to better provide meals and nutrition for her children. What are the immediate benefits of such a ministry? What might be some long-term benefits?
2. A key focus of the Tripti project is education, specifically in terms of health, nutrition and hygiene. How can this type of education impact the health of each individual and their family, as well as the whole community?
3. Dr. Rajir Choudhrie says at the end that these children now "have a shot at a life they can live in fullness." What does this quote mean? How does having adequate food and good health impact one's ability to live a "life in fullness"? How can food security and improved health generate positive life outcomes?

¹ <https://www.worldhunger.org/world-hunger-and-poverty-facts-and-statistics/#produce1>



THE WITNESS OF THE CHURCH

Read the following selection from the ELCA's social statement on health ([ELCA.org/Faith/Faith-and-Society/Social-Statements/Health-Care](https://www.elca.org/Faith/Faith-and-Society/Social-Statements/Health-Care)).

Health is central to our well-being, vital to relationships, and helps us live out our vocations in family, work, and community. Caring for one's own health is a matter of human necessity and good stewardship. Caring for the health of others expresses both love for our neighbor and responsibility for a just society.

DISCUSSION QUESTIONS

Use the think-pair-share model to answer the questions below.

1. How can good health change the way someone approaches life or even how they approach their relationship with God?
2. The excerpt from the ELCA's social statement on health states that caring for others' health shows love for our neighbor. How can or does your congregation encourage you to see people from around the world as neighbors worthy of concern and love?

CONCLUSION

How might accompanying our neighbors to alleviate physical needs play a role in the not-so-physical idea of being fed through faith? How is your congregation a part of helping the larger community?

The passage above discusses how, through good health, we can "live out our vocations in family, work and community." What is something you can do to accompany your neighbors to good health?

Directions:

1. Think to yourself about one thing you could do in your community, at your job, in your family etc. to accompany those experiencing malnourishment and other health difficulties.
2. Once you have a thought, write it on a piece of paper (do not include your name), crumple the paper and put it in the center of your group.
3. Next, go retrieve one that was not yours. You will then read these aloud as a group.
4. Once complete, take time to reflect on what those around you have written.
5. Discuss: What stood out to you about what those around you have written? Why is it our responsibility as Christians to ensure that near and far our neighbors are living the healthiest lives that they can?

See data.unicef.org/topic/nutrition/malnutrition/ for more information on malnutrition and other health issues present throughout the world.



WHAT'S NEXT?

ELCA World Hunger is the ELCA's ministry for accompanying congregations and their partners in drawing on local strengths to address concerns in their communities. The Tripti Project is one of many projects ELCA World Hunger supports because it is a transformative, holistic and integrated project with the goal of making sure that everyone has access to the food, care and education they need for "life in fullness."

Donations to ELCA World Hunger help support educational projects around the world that target the root causes of hunger and poverty. Through the ELCA's relationships with companion churches and congregations, we join in God's work of building a just world where all are fed. By listening to and working with one another, we can break the cycles of hunger and poverty. To learn more about ELCA World Hunger, please go to [ELCA.org/hunger](https://www.elca.org/hunger).