



# PROFA FOUNDATION

**IT IS OUR RESPONSIBILITY TO CARE THE ENVIRONMENT AND THE MARGINALISED.**



**JOSSYANNE K. MWESIGA**

Director general  
Profa foundation

Welcome 2025, bring blessings to us Tanzanians, especially as we prepare for elections in our country.

Bring peace and hope to all those in need, including children with special needs.

Bless our world, which is in danger from human activities such as gas emissions. Now days,

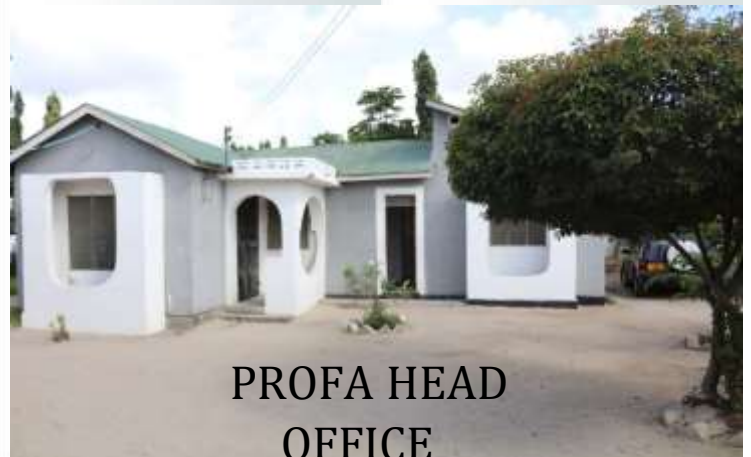
carbon dioxide is produced in large quantities from factories, cars and all combustion engines. God bless our country-Tanzanians

Let's all get rid of anger when things don't go well because anger is causing loss in our communities.



**Projectus Rwegarulila**

Sectary general



**PROFA HEAD OFFICE**

## WHAT TO ESPECT IN THIS ISSUE

1. WELCOM NOTE
2. ACTIVITIES
3. OBJECTIVES
4. LIMITATIONS
6. OUTCOMES



**DANNY J. MPOGOLE**

## OUR COMMITED ADVISER



**JOVINA E. DEUSEDITH**

**“To enlighten our community by providing education on how to manage Anger, tree planting and care the dis -advantaged children.”**



## TREE PLANTING ACTIVITY

PROFA FOUNDATION has been working tirelessly with other non-governmental organizations to plant trees, clean the beaches, clean the streets in our municipal council area Temeke. On 16 /05/2025 our organization in corroboration with MUTOKA CHARLES FOUNDATION from Kinondoni Municipal organized the tree planting activity held at Education Plus Nursery and Primary school.



# PROFA FOUNDATION 2025



## TREE PLANTING ACTIVITY



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**Half of the world faced an extra month of extreme heat due to climate change**

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## TREE PLANTING ACTIVITY





## PROFA FOUNDATION 2025

### To care the dis-advantaged activity.

At PROFA FOUNDATION we understand the human dignity, human rights therefore we are actively responsible for caring the disadvantaged children. In so doing we tried to do the following:

#### Definition of the First 1,000 Days

The first 1,000 days of life represent a golden opportunity, a unique and critical period that starts from the first day of a woman's pregnancy and continues through her child's second birthday. These 1,000 days are made up of roughly 270 days of pregnancy and 730 days of early childhood. While it may seem like just over two and a half years, the impact of this short period can last a lifetime.

This phase is a time of extraordinary growth and development. Inside the womb, a baby goes from being a single fertilized cell to a fully formed human being. By the time the child is born, the foundations for all major organs, brain, heart, lungs, liver have been laid. But growth does not stop at birth. The brain continues to form billions of connections, and the child learns, reacts, feels, and bonds with the world. For the mother, this journey is equally transformative. Her body undergoes physical changes to support the baby's development, and her emotional and mental state is also deeply affected. How she eats, how she feels, how she is treated, and the support she receives all contribute significantly to her health and that of her child.

Understanding the first 1,000 days is not just a matter of scientific interest, it is a matter of social responsibility. It is a call to communities, health professionals, policymakers, and families to protect and support mothers and children during this critical time. Every action taken or not taken, during this window has long term consequences.

# PROFA FOUNDATION 2025

## Early Nutrition

Nutrition is not just about food it is about fueling life. A well nourished pregnant mother is more likely to have a safe delivery and a baby born at a healthy weight. Deficiencies in nutrients like iron, folic acid, iodine, and calcium can harm both the mother and child. For instance, a lack of folic acid can lead to birth defects, while iron deficiency can result in anemia, fatigue, and poor brain development. After birth, exclusive breastfeeding for the first six months is one of the best gifts a mother can give her baby. Breast milk is rich in antibodies, nutrients, and enzymes that protect the baby from infections, promote growth, and foster emotional bonding. After six months, the introduction of nutritious complementary foods alongside continued breastfeeding supports continued development.

## Care and Love

While nutrition builds the body, love and emotional care build the soul and mind. A baby who is cuddled, spoken to, sung to, and played with is not only happier, but is also activating essential neural pathways that help in learning, memory, and emotional regulation.

Mothers also need love and care. A woman who is emotionally supported by her partner, family, and community is more likely to provide the same care to her child. On the other hand, a woman who is neglected, abused, or burdened with stress may struggle to bond with her baby or meet the child's needs, even if she wants to.

This is why early care must include mental health awareness, rest, physical safety, and community support. Respecting and supporting mothers is not optional, it is essential for building a better future.

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## Impact on Physical, Mental, and Emotional Development

**Physical Development:** This includes growth in height and weight, development of bones, and strength of the immune system. A well-fed baby grows well, resists disease, and meets developmental milestones such as crawling, sitting, and walking.

- **Mental Development:** A baby's brain doubles in size in the first year of life and continues to develop rapidly. Early stimulation, talking, reading, showing objects, and smiling helps form the building blocks for future learning and cognitive ability.
- **Emotional Development:** A baby who receives consistent love and attention forms secure attachments. These emotional bonds affect how the child will handle stress, relate to others, and respond to future challenges.



**PROFA FOUNDATION 2025 CARING  
THE DIS ADVATAGED ACTIVITY**

On 28/05/2025 PROFA FOUNDATION in corroboration with MAMA ENLIGHTENMENT (MET) participated in educating and assisting two institutions which are MATUMAINI CENTRE and CHARAMBE SECONDARY SCHOOL. 28TH of May each year is the world menstrual day. Therefore, both of our organizations actively celebrated by calling it a Menstrual & disability Outreach program day. In this day we made a package which included sanitary pads, washing soap, bath soap and body oil.





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# **PROFA FOUNDATION 2025 ANNUAL REPORT**

