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## Stories of change: Women's collectives lead Food Nutrition Health and WASH (FNHW) interventions



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Dear colleagues,

Improving nutrition for women and children remains a high public health priority in India. Women's groups are becoming important in delivering health and nutrition interventions while continuing to address gender and livelihood challenges. India's key poverty alleviation programme Deendayal Antodaya Yojana- National Rural Livelihoods Mission (DAY-NRLM) recognized that members of its women self-help groups (SHGs) were spending their savings on health expenses, due to recurrent illness impacting their income and well-being. In response, the food, nutrition, health, WASH (FNHW) and social development initiatives were integrated within the programme.

Under the DAY-NRLM programme, the FNHW interventions led by women's collectives are focused on behaviour change within communities to adopt practices for better health and nutrition outcomes, demand generation and linkage with services and entitlements. SHGs and their federations play a key role in engaging communities by discussing FNHW topics in their regular meetings and supporting mobilisation for public nutrition and health services.

On similar lines, Swabhimaan (2017-2021) a research pilot was initiated by State Rural Livelihoods Mission under DAY-NRLM in three states; Bihar, Chhattisgarh and Odisha, with an objective to generate operational know-how on how women's collectives can be engaged in FNHW interventions. In this PoshanWeekly, we share examples from Swabhimaan sites on how DAY-NRLM self-help groups are leading change:

- [Women collectives tackle teen sex, contraception and nutrition](#)

Relevant materials on FNHW programming by women's collectives are available in the resources section. We hope this inspires your advocacy efforts towards improved health and nutrition for women and children.

Kind Regards,  
Arjan De Wagt,  
Chief, Nutrition Programme I UNICEF India

## Resources

### 1.FNHW Counselling cards by Aajeevika (DAY-NRLM)

- [Adolescent Nutrition and Health](#)
- [Anemia](#)
- [Antenatal Care and Birth Preparedness](#)
- [First 1000 Days](#)

### 2. [FNHW Flipbooks by Aajeevika \(DAY-NRLM\)](#)

### 3.[FNHW Digital Toolkit by Aajeevika \(DAY-NRLM\)](#)

(Link can be accessed on Internet Explorer, Safari browsers)

## Nutrition in the news

Date	News	Source
06/03/2023	<a href="#">Food companies, FSSAI, health institutions differ over front pack labelling proposal</a>	Economic Times
06/03/2023	<a href="#">State mulls more 'GrainATMs' after WFP project wins prestigious award</a>	Hindustan Times
06/03/2023	<a href="#">How to double India's farmers' income</a>	Indian Express
06/03/2023	<a href="#">Despite push, Govt's millet procurement target expected to fall short — by 40%</a>	Indian Express
05/03/2023	<a href="#">Childhood obesity a rising concern</a>	Times of India
04/03/2023	<a href="#">Sing is king: A nutty way to solve India's protein problem</a>	Times of India

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03/03/2023	<a href="#">Malnutrition in 'developed' Gujarat, a glimpse: Tribal areas see 'spike' in 'underweight' children</a>	New Indian Express
03/03/2023	<a href="#">Agriculture Minister Urges Small Farmers To Grow More Millets To Help Address Malnutrition</a>	SwachchIndia
03/03/2023	<a href="#">Govt targets to procure 7.5 lt millets, Karnataka to contribute 6 lt</a>	The Hindu Business
02/03/2023	<a href="#">How IFAD, UN's Rural Development Agency Is Working With India For Sustainable Agriculture Growth</a>	Swachch India NDTV
02/03/2023	<a href="#">Govt urges small farmers to grow more millets to help address malnutrition</a>	Zeebiz
02/03/2023	<a href="#">LPG price hike draws flak from hoteliers, home-makers and opposition parties in Bengaluru</a>	The Hindu
01/03/2023	<a href="#">Prevention of child marriage: Breaking inter-generational gender exclusion</a>	Firstpost
01/03/2023	<a href="#">AIIMS Delhi starts Millet Canteen from today: Here's why India is promoting this 'super food'</a>	Livemint
01/03/2023	<a href="#">Malnutrition centre gives new life to Gumla kids</a>	Times of India
28/02/2023	<a href="#">Helping millets get their mojo back</a>	Times of India
28/02/2023	<a href="#">How India can fortify public distribution governance</a>	Hindustan Times
28/02/2023	<a href="#">5 Key Focus Areas For India During G20 Presidency</a>	NDTV
28/02/2023	<a href="#">Wheat production may face terminal heat stress again: Report</a>	Livemint
28/02/2023	<a href="#">Green Revolution, Green school; a step to reduce malnutrition</a>	New Indian Express
27/02/2023	<a href="#">J&amp;K government approves Rs 15 crore project for promoting millets for sustainable, healthy future</a>	Great Kashmir

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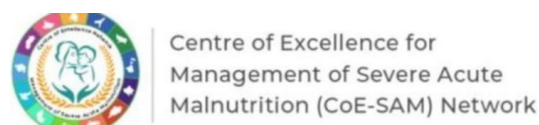
- 27/02/2023: [States show the way on addressing wasting at community level](#)
- 13/02/2023: [Nayi Chetna: A national campaign against gender-based violence towards well-being of women and children](#)
- 06/02/2023: [Way forward to fighting Neglected Tropical Diseases for better nutrition in India](#)
- 24/01/2023: [What motivates parliamentarians to ask questions on Nutrition: Insights from new report!](#)
- 16/01/2023: [A convergent approach to Early Childhood Development: learnings from Maharashtra's "Aarambh" programme](#)

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- 16/12/2022: [PoshanWeekly: We need your valuable feedback!](#)
- 12/12/2022: [Resources on Early Stimulation to support healthy growth and well-being for every child](#)
- 02/12/2022: [New video series on latest NFHS insights for states - Part I](#)

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