

POSHAN GHAR NEWSLETTER

# Welcome To Poshan Ghar's Monthly Newsletter Vol 02 | Edition 12 | Dec 2025

DEC 28, 2025



## Poshan Ghar turns 2!

Poshan Ghar marks two years of collective learning and action. Over the the focus has been on building a strong community, fostering meaningful conversations, and strengthening digital engagement for nutrition. Watch space for our upcoming publication, which captures key outreach, engagement and communication highlights from the year.



## Activity Highlight from Poshan Ghar

### **Poshan Ghar Op-ed**

The 15th Poshan Ghar Op-ed, "Decoding UNICEF India's Advocacy for Healthy Diets" highlights key insights from UNICEF India's Nutrition Brief Series. It together evidence and guidance on how India can advance toward nutritional security. The op-ed summarises six key themes—healthy diets for young children, nutrition for adolescent girls and women, women's right to food, saying no to food waste, nutrition diversity, and the cost and affordability of healthy diets. Read the op-ed [here](#).

2025 | India

unicef  
for every child

## **Advocacy for Healthy Diets Nutrition Brief Series**



**[1/6]**  
**Promoting Healthy Diets for Young Children**



**[2/6]**  
**Adolescent Girls & Women's Diets**



**[3/6]**  
**Women's Access to Food**



**[4/6]**  
**Say No to Junk Food**



**[5/6]**  
**Nutrition Diversity**



**[6/6]**  
**The Cost Affordability of Healthy Diets in India**

Cover image of the op-ed

## ***Poshan Ghar Learning Session***

On 10th December 2025, Poshan Ghar organised a hands-on session or (free version) to help participants transform their programme achievement stories, and best practices from the field into visually compelling presentations. Over 35 participants joined the one-hour session.

The session introduced Canva's free tools and features and provided a step-by-step walkthrough of the design process. It focused on creating clean, informative presentations and simple animations. The latter half of the session was dedicated to an interactive Q&A, where participants raised practical questions such as "How do we convert our stories into a high-resolution format?" and "What are the different dimensions of effective communication for different creatives?"

Stay tuned with Poshan Ghar for more insightful learning sessions and if you have any suggestions and topics to cover in the learning session series, we would love to hear from you. Please write to us at [arpita.d@zealgrit.com](mailto:arpita.d@zealgrit.com).

Session poster and snapshot from the session

## Members' Corner

As part of UNICEF Odisha's #EatRightStayBright campaign, two audio-video resources were developed to showcase the state's ongoing efforts to promote healthy diets. These podcasts were widely disseminated through Women's Self-Help Groups (SHGs) and community radio stations.

## Development channels.

First podcast featured Smt. Anu Garg (DC-cum-ACS). The discussion focused on Odisha's leadership and sustained efforts to strengthen nutrition for women and children, aligned with the state's long-term vision under Vision 2036 and 2047. The conversation reflects a systems-level approach to advancing nutrition security. Link to the [podcast](#).

The second podcast with Smt. Subha Sharma (Principal Secretary, WCD) highlighted the pivotal role of Anganwadi Centres and community participation in promoting better food and nutrition practices, reinforcing last-mile delivery of nutrition services. Link to the [podcast](#).

Together, these efforts closely align with UNICEF India's Healthy Diets Nutrition Brief Series. The podcasts decoded how evidence-based guidance is being implemented at the state level to create supportive food environments and enable healthy diets for all. Link to: ["Decoding UNICEF India's Advocacy for Healthy Diets"](#)

Snapshot from the podcasts

## Follow Our Digital Media Campaigns

### #SahiPoshanSeSuraksha

As part of the A-Z series under **#SahiPoshanSeSuraksha**, Pragati is highlighting the following themes this month:

- **F – Fortified Foods:** highlighting the importance of fortified foods as common sources.
- **G – Galactagogues:** explaining their role in supporting breastmilk production among lactating mothers.
- **H – Healthy Diet:** encouraging adequate, balanced, and diverse nutrition in daily diets.
- **I – Iron Deficiency Anaemia and Deworming:** providing an overview of anaemia and the importance of deworming.
- **J – Junk and Processed Foods:** raising awareness about the harm of frequent consumption.

This 26-week digital campaign promotes health, nutrition, and social behavior change across all life stages, emphasizing collective care and awareness as the foundation of a well-nourished, healthy community.

Stay tuned every Tuesday for #SahiPoshanSeSuraksha!

Cover images from #SahiPoshanSeSuraksha campaign

## #NutritionBytes

The #NutritionBytes campaign serves as everyone's go-to source for information on healthy diets, practical tips, regional/local recipes, and local superfoods. The campaign also includes interesting fact-checks on food, health, and nutrition.

behaviours and practices.

In December, the “Recipe Friday” posts featured nutritious dishes includ Poha, Palak Rice, Golden Sweet Potato Sarbat, and Broken Wheat Khich.

Stay tuned every Friday for #NutritionBytes posts.

Cover images from #NutritionBytes campaign

## Poshan Ghar Ambassador

Poshan Ghar congratulates the December *Poshan Ambassadors* for their outstanding contributions. Please click [here](#) to know more about the [initial](#) the [visual](#) symbolism of the Poshan Ghar tree. The leaves in the tree serve badges of honour to each member who contributes to the Jan Andolan. could be your moment to shine.

To become the next Poshan Ghar Ambassador:

- Submit an op-ed, best practice or case story
- Engage with Poshan Ghar content on social media
- Refer others to join the Poshan Ghar community

To participate or find out more, contact [arpita.d@zealgrit.com](mailto:arpita.d@zealgrit.com).



December's Poshan Ambassadors

# Healthy Bites: Quick Facts for a Better You

Source: UNICEF, NIPCCD

## POLL

**Which factor is equally important alongside galactagogues for healthy breastmilk production?**

Skipping meals

Stress and fatigue

Adequate rest and hydration

Restricting fluids

2 VOTES · · SHOW RESULTS

To join Poshan Ghar, [click here](#) and be a part of a diverse and dynamic com

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