

POSHAN GHAR NEWSLETTER

Welcome To Poshan Ghar's Monthly Newsletter Vol 02 | Edition 11 | Nov 2025

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Upcoming Poshan Ghar Learning Session

Poshan Ghar will host a hands-on Canva (free version) session on 10th Dec 2025. This session will guide participants in using Canva to create effective PowerPoint presentations, reports, and short videos that clearly communicate programme achievements, case stories, and field-level best practices. It will introduce key free Canva tools and features and offer a step-by-step demonstration of the design process.

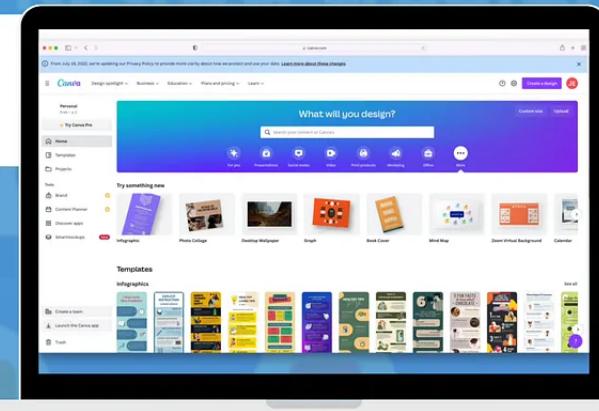
Scan the QR code to express your interest in attending. The joining link will be shared upon confirmation.



CANVA DESIGN

LEARNING

SESSION



10 DEC
2025

GOOGLE MEET
3:00 PM- 4:00 PM



YOU WILL LEARN

- Basics of Canva's free tools and features
- Step by step design process
- Impactful creatives for your stories



HOW TO REGISTER



Become a Poshan Ghar member to participate

<https://tinyurl.com/poshanghar>

Activity Highlight from Poshan Ghar

Poshan Ghar Op-ed

The 14th edition of the Poshan Ghar Op-ed series on "*The Adolescent Y Foundation for Lifelong Well-being*", features Dr. Anshu Sharma, Co-fou Chief Nutrition Officer at the Holistic Nutrition Research Foundation. The highlights key insights on adolescent nutrition and lifestyle into practical for parents, schools, and communities to build healthier foundations for years. Read the full op-ed [here](#).



POSHAN GHAR OP-ED

THE ADOLESCENT YEARS

FOUNDATION FOR LIFELONG WELL-BEING



Author

Dr. Anshu Sharma, Co-founder and Chief Nutrition Officer,
Holistic Nutrition Research Foundation

Op-ed poster

Poshan Ghar Webinar

Poshan Ghar hosted a webinar titled "*Understanding and Addressing Growth Faltering in Early Infancy*" on 20th November 2025. The webinar featured distinguished panellists: Dr. Ashutosh Sarwa (National Programme Manager, Newborn and IYCN, Nutrition International); Dr. Jayendra Kaser (Lead Medical Officer, Family Health, India Country Program, Path India); and Dr. Sameer Pawar (Specialist, UNICEF India).

Session poster and snapshot from the session

The webinar witnessed active participation from nearly 60 attendees, and the discussion revolved around the following themes:

Understanding Early Growth Faltering

- Dr Sameer Pawar explained that growth faltering occurs when a child falls below expected patterns, often beginning as early as conception and continuing through the first two years of life.

- He outlined key caregiving gaps that contribute to early growth faltering, including inadequate maternal nutrition, poor feeding practices, frequent infections, and limited responsive caregiving.
- He noted that the long-term consequences can be serious, affecting development, immunity, and increasing the risk of chronic diseases.
- Dr Pawar underscored that "*Regular growth monitoring and timely interventions by frontline workers are critical to preventing long-term effects.*"

Emphasising Positive Maternal and Infant Care Practices

- Dr. Ashutosh Sarwa highlighted the importance of initiating breastfeeding within the first hour of birth and ensuring exclusive breastfeeding for six months. He noted that soon after delivery, families often focus entirely on the newborn, while the mother's health receives less attention. He emphasized that breastfeeding mothers require consistent support, including an adequate meal frequency, proper rest, and regular IFA and calcium intake.
- He also underscored the need for families to consciously prioritise the mother's well-being. Sharing caregiving responsibilities, he said, is essential to help mothers recover well and breastfeed properly.
- Dr. Sarwa spoke about the value of responsive feeding in strengthening caregiver-child bonding. He encouraged families to observe hunger and fullness cues, engage with the baby through talking or singing during feeding, practice skin-to-skin contact, and avoid distractions or force-feeding.
- In addition, he underscored the role of government programmes, such as home rations, Poshan Abhiyaan, and maternity benefits in enabling families to adopt healthy practices and supporting an environment that promotes early growth.

Building Community Support for Sustained Growth

- Dr. Jayendra Kaser highlighted that behaviour change is most effective when communities actively support families.
- He outlined practical strategies, including Anganwadi-led awareness, engagement with self-help groups, and creating mother-baby friendly community spaces.
- He shared an example from a remote tribal village, where an 18-month-old child with Severe Acute Malnutrition was unable to access a Nutrition Rehabilitation Centre due to logistical and accessibility barriers. Initiatives at the Village Child Development Centre showed limited progress. Under Project SHINE of PATH, coordinated action was introduced: joint training of frontline workers, clearer role definition, appetite tests, clinical assessments, and standardised documentation. The impact was immediate, the child's weight, appetite improved, and parental trust was restored. This example demonstrated the effectiveness of community-based, coordinated care for children who face barriers to formal services.

The webinar concluded with a core message: addressing early growth faltering requires a multi-level response. The discussion helped deepen understanding of early growth faltering in infants and young children. It highlighted the links between maternal nutrition, early feeding, and caregiving practices. The discussion explained how behaviour change strategies can support and sustain healthy growth and development outcomes.

Watch the full webinar to explore these insights further. Click the video link below:





Poshan Ghar's 5th Members' Orientation Meet

Poshan Ghar hosted its fifth virtual members' meet on 29th November 2025. The meet brought together 200 participants from various civil society organisations across India. This meet aimed to explore collaborative opportunities and strategic partnerships. Participants shared insights on their work, brainstormed ideas for collaborative engagement, and discussed platforms and events to amplify best practices, innovations, and learnings with support from Poshan Ghar. Members appreciated Poshan Ghar's informative and easily accessible digital engagement, which they found to be a valuable resource for their implementation.

Snapshot from the meet

Members' Corner

Poshan Ghar conducted an interactive learning session with more than 3 workers, government hospital staff, and NGO representatives in Khairthal (Rajasthan), in collaboration with Ekyut Prayas and the Leo Club Khairthal.

The session focused on strengthening Social and Behaviour Change (SBC) approaches for nutrition, with particular emphasis on increasing male engagement in maternal and child health at both household and community levels.

Through hands-on activities such as Bingo and the Web Game on SBC principles, participants examined real-world challenges, identified invisible influencers, discussed simple, practical actions they can apply during VHNDs, home community meetings. These exercises encouraged reflection on gender, family dynamics, and the critical role that fathers, husbands, and male relatives play in supporting maternal and child care.

The session also provided space for ASHAs to share their experiences—how they currently involve men, the barriers they encounter, and the small, feasible steps that could strengthen male participation in caregiving.

Facilitators reinforced a key message: nutrition outcomes improve when women and men, act together. The high level of participation and openness demonstrated the strong commitment of Khairthal's frontline workers and community leaders to building a more supportive ecosystem for maternal and child nutrition.

To host a learning session on maternal and child health, nutrition, and SBC, field teams, contact us at arpita.d@zealgrit.com.

Glimpse from the session

Follow Our Digital Media Campaigns

#NationalNewbornWeek

Poshan Ghar celebrated National Newborn Week from 15–21 November through a digital series that placed newborns at the centre of the message. Each day, an infant shared insights on what helps them grow, stay healthy, and reach positive growth and development. Through infographics and action-oriented messages, the series reinforced messages around first-hour breastfeeding, exclusive breastfeeding, Kangaroo Mother Care, the role of families in daily routine growth monitoring, immunisation, and the importance of maternal and nutrition.

You can access the infographics [here](#).

Cover images from #NationalNewbornWeek campaign

#NutritionBytes

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

In November, the "Recipe Friday" posts featured nutritious dishes including Ladoos, Chickpea Salad, Millet Upma, Bajra Besan Cheela, and Haryali Kachumber. Stay tuned every Friday for #NutritionBytes posts!

Cover images from #NutritionBytes campaign

#SahiPoshanSeSuraksha

Pragati returns with A-Z series under **#SahiPoshanSeSuraksha**, highlighting essential important themes:

- **A – Antenatal Check-up:** underscoring the importance of regular A for safer pregnancies.
- **B – Breastfeeding:** promoting early initiation and exclusive breastfeeding for the first six months.
- **C – Complementary Feeding:** guiding families on responsive and appropriate feeding practices.
- **D – Dietary Diversity:** encouraging the inclusion of foods from all nutritional groups each day.
- **E – Early Growth Faltering:** raising awareness about early signs and actions to prevent growth faltering.

This 26-week digital thematic drive promotes health, nutrition, social and behavior change practices across all life stages, emphasizing collective care and support as the foundation of a well-nourished, healthy individual, family and community. Stay tuned every Tuesday for #SahiPoshanSeSuraksha!

Cover images from #SahiPoshanSeSuraksha campaign

SBC Resource Package on Healthy Diets

Developed by UNICEF India, the comprehensive SBC package on healthy diets offers clear, practical guidance on nutrition and dietary diversity for adolescents, pregnant women, and breastfeeding mothers. In November, Poshan Ghar released Hindi translations through infographics, highlighting key messages from modules on pregnancy, lactation, and adolescence.

Explore the full package [here](#). For support on how to use the package effectively, please contact arpita.d@zealgrit.com.

Cover images from #SahiPoshanSeSuraksha campaign

Poshan Ghar Ambassador

Poshan Ghar congratulates the November *Poshan Ambassadors* for their outstanding contributions. Please click [here](#) to know more about the [initi](#) 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. This 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.

November's Poshan Ambassadors

Healthy Bites: Quick Facts for a Better You

Source: [UNICEF](#)**POLL**

What is the most effective way to keep a newborn warm?

 Skin-to-skin contact Thick blankets Turn on room heater None of the above

0 VOTES · · SHOW RESULTS

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

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