

POSHAN GHAR NEWSLETTER

Welcome To Poshan Ghar's Monthly News Vol 03 | Edition 02 | Feb 2026

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NEWSLETTER

VOL. 03 | ED. 2



Poshan Ghar is hosting its first webinar of 2026, *“Rethinking Anemia: So Behaviour Change for Anemia Prevention,”* on 17 March 2026, Tuesday (The webinar will bring together public health experts and community practitioners to explore anemia through the lens of food practices, caregiving behavioral norms, and frontline engagement. It will also highlight community-led initiatives that show how behaviour change, social mobilisation, and dietary diversification create meaningful impact.

Scan the QR code and express your interest in attending.



POSHAN GHAR WEBINAR

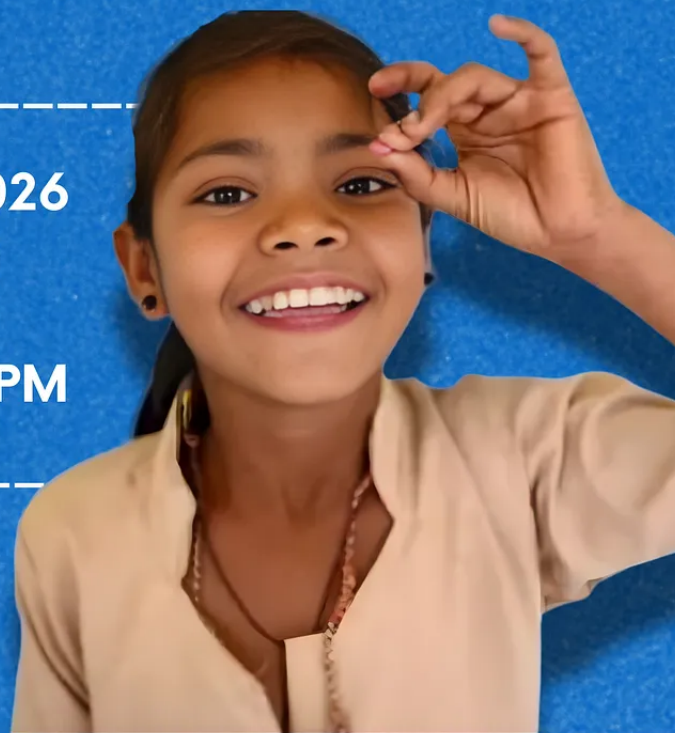
POSHAN GHAR WEBINAR



**Date: 17th March 2026
(Tuesday, tentative)**



03:00 PM to 04:00 PM



Rethinking Anemia Social Behaviour Change for Anemia Prevention

**BECOME A MEMBER OF
POSHAN GHAR TO JOIN**

**SCAN THE QR CODE
OR CLICK THE LINK
IN COMMENTS**



Zoom link to be shared after registration

Image: UNICEF India

Webinar announcement poster

Activity Highlights

Poshan Ghar Op-ed

The 17th edition, *"Promoting Healthy Diets for Young Children,"* highlights messages from UNICEF India's Advocacy for Healthy Diets: Nutrition Brief. Part 1 of the six-part series explains what constitutes a healthy diet for infants and young children, outlines the barriers families face in ensuring optimal nutrition, and identifies priority areas for strategic action to accelerate progress. Read the full article [here](#).



POSHAN GHAR OP-ED

**Promoting
Healthy Diets
for Young
Children**

**Advocacy for
Healthy Diets:
Nutrition Brief
Series by UNICEF
India (1 of 6)**

READ THE FULL STORY

[link in comments](#)



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IMAGE: UNICEF

Cover image of the op-ed

Poshan Ghar Learning Session

The first learning session of 2026 held on 25th February, dwelled into “Generative AI in the Development Sector.” The session was facilitated by Abhinav Chetan, Founder of Digital for Nonprofits and Ms. Saroj, Outreach Engagement Manager, Poshan Ghar Secretariat, where the focus was on prompting techniques as a foundational skill for leveraging and optimising document development work, strengthen communication, and translate experiences into clear, structured outputs.

The session brought together more than 60 participants and was structured into segments. The opening segment introduced the objectives and included a quiz to assess participants' familiarity with generative AI. This was followed by an overview of emerging AI trends and their implications for the development sector. Referencing hockey legend Wayne Gretzky's quote, *“I skate to where the puck is going to be, not where it has been,”* the facilitator emphasised the importance of anticipation and strategic foresight in adopting new technologies.

Subsequent segments introduced commonly used AI platforms such as ChatGPT and Gemini, outlining their potential applications in development work. Participants engaged in a hands-on exercise to understand how prompts shape AI-generated outputs. They experimented with prompts ranging from a simple instruction *“write a poem”* to a more detailed creative brief inspired by John Keats' writing. A writing activity demonstrated how clarity, context and specificity influence results. The session also introduced the concept of priming and its relevance in shaping responses generated by AI tools. In the final segment, examples were shared to demonstrate how other organisations have used AI-enabled content to increase visibility and engagement through their newsletters and digital platforms.

The last segment concluded with an interactive question-and-answer session.

where topics such as the difference between project memory and accou use of Gemini versus ChatGPT, distinctions between ChatGPT Free and version, and how AI systems generate outputs were discussed. These qu were addressed through practical explanations and examples. Participar positive feedback following the session, stating. *"This is my first AI sessi was a very helpful session, session was simple and easy to understand, Poshan Ghar Team!"*

Snapshot from the session

Poshan Ghar Podcast

In the ongoing podcast series, 2026 kickstarted with the first episode, ti *"Understanding Overweight and Obesity,"* featuring Ms. Preetu Mishra, I Specialist at UNICEF India. In this episode, she unpacked the definition c overweight and obesity and highlighted how small yet meaningful shifts, individuals, families, institutions, and policy systems, can collectively ad growing challenge.

She emphasised that prevention requires shared responsibility, shared p named LLTT: **Label** — reading and understanding food labels to make in choices; **Limit** — reducing frequent consumption of ultra-processed foo supporting fiscal measures that discourage unhealthy products while im access to nutritious foods; and **Teach** — strengthening nutrition literacy building healthy habits from early childhood.



Members' Corner

The Antara Foundation, a non-profit organisation, strengthens maternal health outcomes through two integrated pathways: improving the quality government health service delivery and mobilising communities to seek appropriate care, with social and behaviour change (SBC) at the core of approach.

Babita's story from the fields of Barwani, Madhya Pradesh highlighted hc

Foundation is leading behaviour change efforts with systems support. This experience shows that behaviour change requires time, patience, trust-building and coordinated system support. Antara's integrated model highlights how sustained frontline engagement can improve outcomes for high-risk populations while strengthening community confidence in public health services.

Access the full story [here](#).

Antara's community work in brief

Follow Our Digital Media Campaigns

#SahiPoshanSeSuraksha

As part of the A–Z behaviour change series under #SahiPoshanSeSuraksha, we highlighted the following themes this month:

- **N – Newborn Care:** Focusing on essential practices that support the healthy growth, and overall development of a newborn during the first year of life.
- **O – Obesity and Overweight:** Highlighting conditions characterised by excessive fat accumulation, often developing when calorie intake consistently exceeds energy expenditure, alongside promotion of positive dietary behaviours for prevention.
- **P – Physical Activity:** Emphasising the importance of regular movement supporting healthy growth, maintaining a balanced weight, strengthening muscles and bones, and promoting overall physical and emotional well-being.

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

Stay tuned every Tuesday for #SahiPoshanSeSuraksha posts!

Cover images from #SahiPoshanSeSuraksha campaign

#NutritionBytes

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

In February, the "Recipe Friday" posts featured nutrient-dense dishes including Sambhar Rice, Ankurit Chana Chaat, Carrot and Lentil Soup, and Moringa.

Stay tuned every Friday for #NutritionBytes posts!

Cover images from #NutritionBytes campaign

Poshan Ghar Ambassador

Poshan Ghar congratulates the February *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 as 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.

February's Poshan Ambassadors

Healthy Bites: Quick Facts for a Better You

POLL

Which of the following food combinations is least likely to support iron absorption?

Ragi porridge+Orange juice	33%
Spinach sabzi+tea <input checked="" type="checkbox"/>	67%
Sprouts+tomato	0%
Methi roti+tomato chutney	0%

3 VOTES ·

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

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