

POSHAN GHAR NEWSLETTER

# Welcome To Poshan Ghar's Monthly News Vol 03 | Edition 05 | May 2026

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# NEWSLETTER

VOL. 03 | ED. 5



## Activity Highlights

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

The 20th Edition: Bridging Gaps in Infant Care: Lessons from the Field By Kumari, ZealGrit Foundation explores how stage-specific, contextual Social Behaviour Change (SBC) efforts around breastfeeding, complementary feeding and hygiene can help families in rural Bihar translate care into effective practice.

### **Key Insights**

- Breastfeeding, complementary feeding, and hygiene are critical pillars of infant care.
- Sustained engagement and trust-building with families enable knowledge and behavior change.

become practice.

- Addressing micro-level knowledge gaps is essential for improving maternal and child health outcomes.

## Why It Matters

The case demonstrates that bridging everyday gaps in understanding, through community-led SBC approaches, is vital for strengthening care systems and ensuring healthier outcomes for mothers and children. Read the full op-er-



# POSHAN GHAR BLOG

## Bridging Gaps in Infant Care: Lessons from the Field

Ms. Kiran Kumari,  
Project Associate,  
ZealGrit Foundation

**READ THE FULL STORY**

[link in comments](#)



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Image: UNICEF

Op-ed snapshot

## Poshan Ghar Learning Series: Strengthening Knowledge Management

On 21st May, Poshan Ghar convened the second session of its three-part series on *Understanding Knowledge Management*. Facilitated by Kelsang Namgyal, SBC Research and Knowledge Management Coordinator at UN, the session explored:

- Documenting Experiences for Knowledge Management
- Understanding formats such as *case studies, lessons learnt, program reports, good practice documentation, and human interest stories*

Over 30 civil society partners joined the interactive session, which combined:

- Practical templates and approaches for capturing field-level experiences
- Real-world exercises on programme challenges
- Reflections, experience-sharing, and peer dialogue
- Practical tips on documenting good practices and lessons learned, including dos and don'ts

Participants described the session as "*insightful,*" "*practical,*" and "*extremely useful.*" The session reinforced documentation as a core pillar of knowledge management, equipping partners with tools to systematically capture and share implementation insights.

Looking ahead, the third and final session will focus on developing an overall knowledge management strategy. Stay tuned to our social channels for updates. Organisations and individuals interested in participating can register by completing the Poshan Ghar membership [form](#).

Glimpse from the learning session

# Members Corner

## ***Advancing Nutrition through Social and Behavior Change***

### **Poshan Ghar: Strengthening Systems, Sharing Knowledge**

Poshan Ghar continues to drive the Social and Behavior Change (SBC) a nutrition under *Poshan Jan Andolan*, with a clear focus on building sustainable community-level programmes that strengthen systems and empower grassroots action.

### **Technical Support for Organisations**

Currently, Poshan Ghar is working closely with seven partner organisations providing tailored one-on-one support in:

- Programme design and implementation
- Integration of SBC approaches into ongoing interventions
- Documentation of field experiences and best practices
- Strengthening internal knowledge-sharing processes

This hands-on support ensures that SBC principles are embedded into organisational DNA, creating long-term impact.

## **Building a Collaborative Learning Ecosystem**

Beyond technical assistance, Poshan Ghar is cultivating a vibrant learning knowledge-sharing platform by:

- Encouraging practitioners, researchers, and member organisations to contribute case stories, blogs, op-eds, and field reflections
- Organising webinars, peer-learning sessions, and dialogues to strengthen capacity and foster exchange of grassroots knowledge
- Promoting evidence-informed practices that bridge research and community realities

## **Call for Collaboration**

As Poshan Ghar grows, we invite organisations, practitioners, researcher development professionals to join this collaborative journey. Whether through contributing knowledge products, sharing field experiences, or participating in future learning opportunities, your engagement will enrich the collective advance nutrition and SBC.

For collaboration and contributions, please write to [arpita.d@zealgrit.com](mailto:arpita.d@zealgrit.com)

One-on-one snapshot

## **Community Spotlight | Poshan Melas in Madhya Pradesh**

During Poshan Pakhwada 2026, *Samagra Jan Chetna Vikash* organised Poshan Melas in the Rewa and Mauganj districts of Madhya Pradesh to strengthen community-level awareness on nutrition and health.

Community Participation: The events brought together:

- Health professionals, Anganwadi workers, and government officials
- Women, children, and adolescents
- Community members across districts

### **Activities & Highlights**

- Health check-ups and nutrition counselling
- Awareness sessions on balanced diets, malnutrition prevention, and lifestyle practices
- Dialogues on child protection and prevention of child marriage

- Exhibitions of locally prepared nutritious dishes by Anganwadi workers
- Creative displays using seasonal fruits, green leafy vegetables, and mud-based rangoli to promote dietary diversity

## How It Helped!

The Poshan Melas served as vibrant platforms for community engagement, reinforcing the importance of nutrition, health, and protective practices while celebrating local food traditions.

Watch the reel to explore the activities and initiatives conducted during the event [here](#).

SJCV's community work in brief

# Follow Our Digital Media Campaign

## ***#NutritionBytes***

Poshan Ghar introduced the '1 Minute 1 Nutrient' series under #NutritionBytes to highlight bite size information on the importance of different micronutrients (vitamins and minerals), major food sources, deficiency effects, and practical tips or interesting facts to support informed dietary choices.

This month featured Vitamins A, B1, B2, B3, and B5.

Stay tuned every Friday for #NutritionBytes posts!

Cover images from #NutritionBytes campaign

## Poshan Ghar Ambassador

Poshan Ghar congratulates the May Poshan Ambassadors for their outstanding contributions. Please click [here](#) to know more about the initiative and the 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. May could be a great 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).



April's Poshan Ambassadors

# Healthy Bites: Quick Facts for a Better You

POLL

**Which of these combinations helps the body absorb Vitamin A better?**

Palak sabzi + lemon water  50%

Plain pumpkin soup 0%

Sautéed carrots 50%

Boiled potato 0%

6 VOTES ·

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

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