

POSHAN GHAR OP-ED

Celebrate Poshan Pakhwada 2026 with Po Ghar

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Poshan Ghar invites you to celebrate Poshan Pakhwada 2026. It is a national initiative led by the Ministry of Women and Child Development (MWCD) POSHAN Abhiyaan. It focuses on strengthening awareness around nutrition, encouraging better practices, and mobilising communities to actively work towards improved nutrition outcomes.

This year, the MWCD has suggested the following key themes:

1. Mother and Child Nutrition
2. Early Stimulation for Brain Development (0-3 Years)
3. Play based Education in Early Year (3-6 Years)
4. Role of Parents and Community in Minimizing Screen Time
5. Garnering Community Support for Stronger Anganwadis



Poshan Ghar Celebrates Poshan Pakhwada 2026

9 April - 23 April



**Mother and
Child Nutrition**



**Early
Stimulation for
Brain
Development
(0-3 Years)**



**Play-based
Education in
Early Years (3-
6 Years)**



**Role of Parents
and
Community in
Minimising
Screen Time**



**Gender
Equality and
Women's
Empowerment**

Help us amplify stories that matter!
Share your Poshan Pakhwada activities at arpita.d@zealgrit.com
Op-eds | Field stories | Case studies | Best practices

Poshan Pakhwada poster

Support From Poshan Ghar

Poshan Ghar is thrilled to invite you to join us on this journey. Whether you are an NGO, academia, a CSO, a student, a volunteer, a network or alliance, or someone who wants to be a part of Poshan Jan Andolan, this space is for you. If you are working in health, nutrition, food, education, WASH, or community development, you are welcome to participate and be part of the larger Jan Bhagidari, supporting and augmenting the efforts of the Government of India.

To support your Poshan Pakhwada initiatives, Poshan Ghar offers:

- **Decoded Guidelines:** Poshan Ghar has simplified the official MWCI guidelines and created a detailed note with suggested ground-level activities under five themes for NGOs, CSOs, academia, and volunteers along with

reference resources. The note can be accessed [here](#), as well as the MWCD guidelines are available [here](#).

- **One-on-one Discussions:** Members can request individual/team discussions to conceptualise and contextualise initiatives according to organisational needs and strengths, or need access to SBC resource materials by writing arpita.d@zealgrit.com.
- **Digital Engagement:** Poshan Ghar will release content aligned to the Poshan Pakhwada themes in various digital formats which you can use as resource materials. These ready-to-use materials can support your onground work and will be accessible on Poshan Ghar's official pages, [Facebook](#), [LinkedIn](#), and [X](#).

If you are not a member yet, Poshan Ghar invites you to fill in the [membership form](#) today to become part of all these engagements.

Showcase Your Poshan Pakhwada Activities

You can participate in Poshan Pakhwada across one or more themes. The results, activities and initiatives implemented can be documented as you ground efforts and submitted to us in various digital formats (videos, photos, reports, photographs or posters) for amplification and these can be shared at arpita.d@zealgrit.com.

Poshan Ghar will also amplify your work on its official pages and will give recognition to you, your team, and organisation. It is your opportunity to be recognised and celebrated, and be an inspiration to others across the network. Furthermore, if you submit your Poshan Pakhwada report, this will help you earn a Poshan Ambassador golden or silver leaf. You can submit multiple entries in Hindi or English. If you are sharing your work on your social media handles, do remember to tag Poshan Ghar on Facebook, Instagram, LinkedIn, and X.

Through collective effort, we can strengthen nutrition awareness and drive meaningful community action. Let us make Poshan Pakhwada 2026 a time of action and commitment towards building a stronger, healthier and nutritious India together. Poshan Ghar will compile all member contributions into a collective Poshan Ghar Poshan Pakhwada report to share with the MWCD through Poshan Ghar's incubating partner, UNICEF India.

Poshan Ghar is a non-financial platform incubated by UNICEF India with the goal of building a coordinated alliance of development partners, academia and industry to address India's nutrition challenges, promote social and behaviour change approaches and efforts for nutrition results and be the knowledge exchange platform to enhance the visibility and impact of good practices, success stories from the field, innovations, and differentiated SBC and nutrition programming.

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

Follow [Poshan Ghar](#) on [LinkedIn](#), [Facebook](#), [Twitter](#), [Instagram](#), and [YouTube](#)

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