

POSHAN GHAR NEWSLETTER

Welcome To Poshan Ghar's Monthly Newsletter Vol 03 | Edition 01 | Jan 2026

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NEWSLETTER

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In 2025, Poshan Ghar made significant progress in mobilising NGOs, CS private sector, academia, and individuals for a Jan Andolan on social and change (SBC), health and nutrition across its ecosystem.

Read more about our achievements [here!](#)

In 2026, Poshan Ghar seeks to further advance SBC agenda for nutrition systems strengthening, with the objective of supporting sustained, community level nutrition programmes under Poshan Jan Andolan. The initiative will support Poshan Ghar members through evidence-based programming and strengthening discourse on SBC, health, and nutrition.

Organisations and practitioners aligned with these priorities are invited to their interest by writing to arpita.d@zealgrit.com or by completing the int

[here](#), to initiate engagement.

Activity Highlight from Poshan Ghar

Poshan Ghar Op-ed

The 16th Poshan Ghar op-ed, *"Poshan Ghar's Contribution to SBC for N Behavioural Pathways,"* highlights how Poshan Ghar's digital content and engagement strategies have contributed to strengthening multidisciplinary approaches for nutrition. The op-ed brings together insights from behavior science, communication, and community engagement to examine how individual, social, and structural factors, including norms, beliefs, and policies influence nutrition-related actions. It outlines how these efforts contribute to positive knowledge, attitudes, and practices, supporting healthier and more equitable nutrition outcomes. Read the full op-ed [here](#).



POSHAN GHAR OP-ED

Poshan Ghar's Contribution to SBC for Nutrition: Six Behavioural Pathways



By
Poshan Ghar Secretariat

[READ THE FULL STORY](#)

[link in comments](#)

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Cover image of the op-ed

Podcast on #EatRightStayBright Campaign

As part of UNICEF Odisha's #EatRightStayBright campaign, [two podcast](#) highlighting the State's efforts to promote healthy diets were disseminated on the digital platforms of the Department of Women and Child Development.

The podcast featured Smt. Subha Sharma, Principal Secretary, WCD, who underscored the role of Anganwadi Centres and community participation in strengthening food and nutrition practices. It also featured Smt. Anu Garg, Development Commissioner-cum-Additional Chief Secretary, who discussed Odisha's vision in nutrition and its long-term vision under *Vision 2036* and *Vision 2047*.

Key messages from these discussions were subsequently adapted into 1-minute format digital videos by Poshan Ghar and amplified across its digital media platforms, including X, LinkedIn, Instagram, and Facebook. All published content can be accessed [here](#).



Cover image of podcast bytes

Members' Corner

Shreeja India, a Kolkata-based non-profit organisation, is advancing the *Poshan Bhi Padhai Bhi* through its integrated early childhood programme.

organisation works with children aged 4–10 years from underserved communities, addressing nutrition, care, and learning as interconnected pillars of early development.

Through its Vidushee Learning Centres, Shreeja India integrates nutrition into children's daily routines using experiential methods. Nutrition concepts are introduced through age-appropriate, play-based activities that promote hands-on learning. One such activity, *Grow Your Greens*, enables children to learn about food and nutrition by growing vegetables themselves, reinforcing healthy practices through participation rather than instruction alone.

Beyond the classroom, Shreeja India implements community-level awareness initiatives focused on healthy diets, hygiene, and child nutrition, with a strong emphasis on engaging mothers and caregivers. This approach helps reinforce learning at home and aligns caregiving practices with children's experiential learning at the centres.

Over time, these sustained efforts have begun to show results. Attendance at learning centres has improved, and teachers report higher energy levels, better focus, and increased participation in classroom activities. At the household level, parents have reported greater awareness of balanced meals and nutrition practices, illustrating positive spillover effects beyond the learning centres. Together, these outcomes demonstrate the value of an integrated approach that positions nutrition, care, and learning as mutually reinforcing pillars of early childhood development.

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

Shreeja's community work in brief

Follow Our Digital Media Campaigns

#SahiPoshanSeSuraksha

As part of the A–Z series under **#SahiPoshanSeSuraksha**, Pragati high following themes this month:

- **J – Junk and Processed Foods:** Raising awareness on the potential risks associated with frequent consumption of HFSS foods including and ultra-processed foods.
- **K – Kangaroo Mother Care:** Emphasising the importance of skin-to-skin contact between newborns and mothers or caregivers for improved outcomes.

- **L – Latching:** Highlighting its role in effective milk transfer to the infant, ensuring a comfortable, pain-free breastfeeding experience for the mother.
- **M – Micronutrients:** Underscoring the importance of nutrients required in small quantities but essential for growth, development, and immunity.

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!

Cover images from #SahiPoshanSeSuraksha

#NutritionBytes

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

In January, the "Recipe Friday" posts featured nutritious dishes including Wheat Khichdi, Garlic Drumstick Soup, Gond Ladoo, Moringa Pasta, and

Stay tuned every Friday for #NutritionBytes posts.

Cover images from #NutritionBytes campaign

Poshan Ghar Ambassador

Poshan Ghar congratulates the January *Poshan Ambassadors* for their 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 badge of honour to each member who contributes to the Jan Andolan. February is 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.

January's Poshan Ambassadors

Healthy Bites: Quick Facts for a Better You

Source: [SBC Resource Package on Healthy Diets, UNICEF](#)

POLL

Which simple cooking method helps the body absorb more nutrients from tomatoes?

Eating them raw	0%
Cooking them with a little oil <input checked="" type="checkbox"/>	100%
Adding sugar while cooking	0%
None of the above	0%

3 VOTES ·

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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