

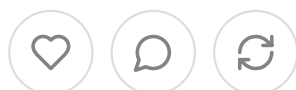
POSHAN GHAR NEWSLETTER

# Welcome To Poshan Ghar's Newsletter Volume 01 | Edition 05 | Nov 2024



POSHAN GHAR

NOV 29, 2024



## You can become a member of Poshan Ghar

Poshan Ghar (PG) is a multi-stakeholder platform welcoming organisations and individuals, including NGOs, CSOs, academic institutions, scholars, community influencers, volunteers, UN agencies, bilateral agencies, platforms, forums, networks, consortiums, and alliances, all working in WASH, education, health, nutrition, child protection, and related fields.



# YOU CAN BE A POSHAN GHAR MEMBER

IF YOU ARE...



Join [Poshan Ghar](#) now

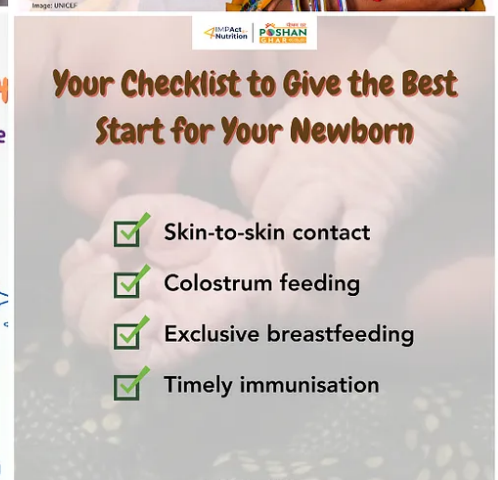
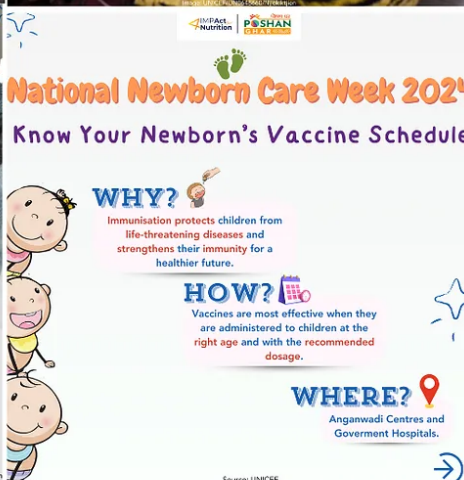
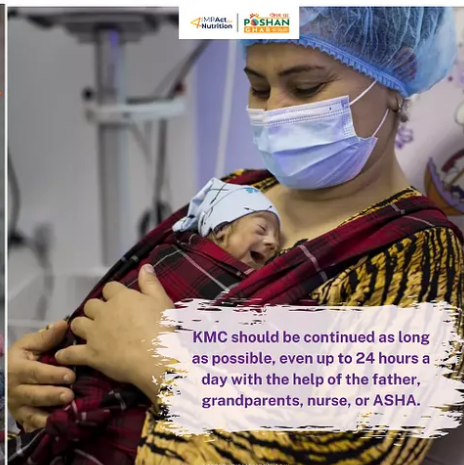
## Highlights from the Poshan Ghar Secretariat

### National Newborn Care Week 2024

During National Newborn Care Week, PG ran a week-long social media campaign to raise awareness among new and expectant parents, as well as caregivers, about the importance of newborn care for child survival and development. The campaign



highlighted key topics, including feeding colostrum, practising kangaroo mother care, ensuring timely vaccinations, recognising newborn danger signs, and providing nutritious diets for lactating mothers. Infographics and reels offered families practical knowledge to adopt informed practices in newborn care.



Click [here](#) to access the campaign infographics

## Poshan Ghar 2nd Members' Meet

On November 27th, 2024, the PG secretariat hosted its second virtual members' meet, engaging 20 participants from various civil society organisations and academic institutions across India. This meeting aimed to explore collaborative opportunities and strategic partnerships. Members shared insights on their organisations' work, brainstormed ideas for engagement, and discussed platforms and events to amplify best practices, innovations, and learnings with support from the PG secretariat.

PG 2nd members meet

## Spotlight on Poshan Ghar Members

### Op-ed by Abhishek Kumar

In the ongoing op-ed series, Abhishek Kumar, an MPH student at the University of Hyderabad, presents an insightful piece titled "The Need for Dietary Diversity in India: A Path to Improved Health and Nutrition." The op-ed underscores the critical

need to enhance dietary diversity in India to improve nutritional outcomes across all age groups. It advocates for the inclusion of a variety of foods, such as pulses, dairy, vegetables, and fruits, which are essential for providing the necessary nutrients for overall health and development. The author also stresses the importance of collaboration between government agencies, civil society, and community leaders, emphasising that collective efforts are crucial to improving access to diverse food options, raising awareness, and ultimately enhancing health outcomes, boosting productivity, and building resilience within the population.

Read the full op-ed [here](#).

Image source: UNICEF

## **Bihar Seva Samiti (BSS), Bihar**

Bihar Seva Samiti (BSS), established in 1971, promotes child rights, gender equality, women's empowerment, and disaster relief in rural North Bihar. The organisation

works hand-in-hand with communities, teachers, parents, and children to foster sustainable and inclusive development. Addressing early child marriage is one of their core focus areas. Early marriage often leads to early pregnancies, putting young girls at greater risk of malnutrition, poor maternal health, and stunted child growth.

BSS actively raises awareness about the risks associated with early child marriage and utilises the 'Meena Manch' platform to provide girls with a safe space to voice their concerns about reproductive health and nutrition. By empowering these young girls to become advocates for change, BSS fosters sustainable solutions that enhance health outcomes and build resilience within communities.

BSS in action

## Follow Our Social Media Campaigns

### ***#SahiPoshanSeSuraksha***

Under #SahiPoshanSeSuraksha, Pragati, with her daughter Preeti and husband Piyush, focus on critical health and nutrition issues by using social behaviour change approaches as a change strategy to encourage positive nutrition, health and WASH behaviours and practices within communities.

Pragati-face of SahiPoshanSeSuraksha Campaign and a cover post from  
our SampurnaPoshanMetiShakti Campaign

## ***#NutritionBytes***

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

## ***Healthy Bites: Quick Facts for a Better You!***

Source: UNICEF

## POLL

**Which of the following is NOT a benefit of skin-to-skin contact between the mother and newborn?**

Improves bonding

0%

Supports breastfeeding initiation

0%

Prevents the baby from crying

0%

Regulates newborn's body temperatur

0%

0 VOTES · · SHOW OPTIONS

PG is now on YouTube. [Subscribe](#) to get the latest updates on all the workshops, podcasts, and highlights.

## Are You One of Us? Then Join Us!

[Click here](#) and be a part of this transformative journey!

If you know someone who might benefit from this information, feel free to **forward** this newsletter to them. Follow [Poshan Ghar](#) on [LinkedIn](#), [Facebook](#), [Twitter](#), [Instagram](#), and [YouTube](#).

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