POSHAN GHAR NEWSLETTER

Welcome To Poshan Ghar's Monthly Newsl Vol 02 | Edition 01 | January 2025

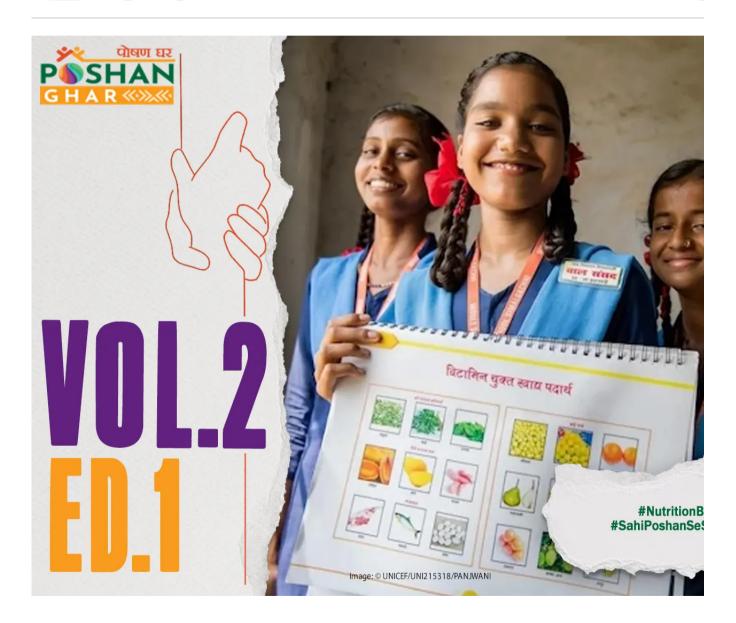












The Poshan Ghar Secretariat warmly wishes you a Happy, Healthy, and Nutritious New Year 2025!

In 2024, Poshan Ghar made significant progress in mobilising NGOs, CS private sector, academia, and individuals for a Jan Andolan on health and across its ecosystem.

Read more about our achievements in Poshan Ghar's previous newslette

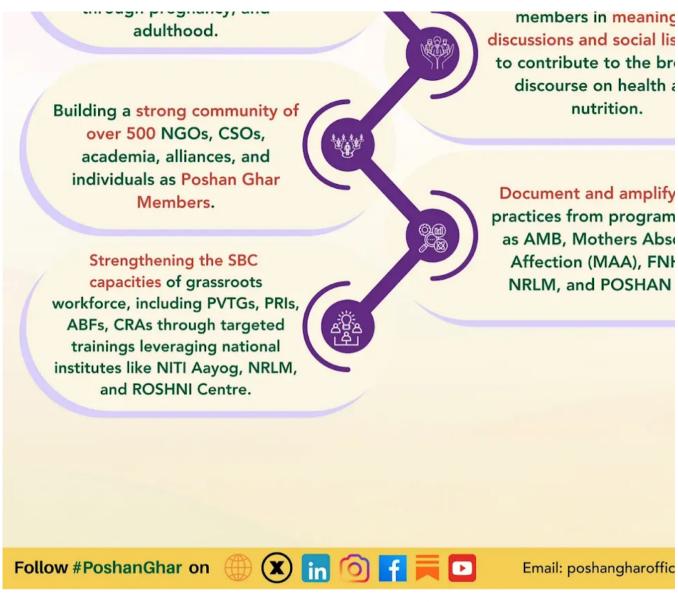




Poshan Ghar Achievements

Year 2025 is packed with exciting engagements and initiatives. Follow us a watch on this space as we unpack positive health and nutrition behavior practices across the lifecycle.





Poshan Ghar plan for 2025

Highlights from the Poshan Ghar Secretariat Workshop on SBC Resource Package on Healthy Die

Last year, the Secretariat introduced an SBC resource package on Healtl developed by UNICEF India. To enhance its use in community nutrition programmes, the Secretariat hosted the first session of a two-part works series, 'Decoding the SBC Resource Package on Healthy Diets.'

On 29 January 2025, the first session brought together 20+ participants actively shared insights on community-based SBC nutrition programmin

challenges, and potential solutions.

Facilitated by Ms Debbie Paul, Poshan Ghar Secretariat Manager, and Ms Director of ZealGrit Foundation, the session introduced the package's pustructure, and key components. Participants explored the use of Dialogu and Interactive Games in schools, Anganwadi centres, and home visits. If engaged members in two of the three interactive games to showcase the engagement potential. The workshop emphasised the importance of adapackage to local contexts and diverse audience needs. With this context ZealGrit Foundation shared how they integrated the package into their a health project, including its interactive elements. The session concluded engaging Q&A section.

Workshop images

The SBC resource package can be accessed on the microsite: https://www.i4n.in/poshan-ghar-resources/

For those who missed the workshop, we have planned the second sessice February 2025 from 3:00 to 4:00 PM. Reach out to arpita.d@zealgrit.com your slot here to confirm your attendance and receive the workshop invitation.

Poshan Ghar Op-ed

The 5th edition of the op-ed series, highlights the Poshan 2.0 key update

2.0 is an integrated nutrition programme designed to address malnutritic It focuses on improving the quality of nutrition, service delivery, and comparticipation. The recent updates in Poshan 2.0 organises its services inverticals: nutrition support for vulnerable groups, early childhood educat care, and modernising Anganwadi infrastructure. By fostering grassroots involvement and encouraging behaviour change, Poshan 2.0 aims to cre sustainable, long-term improvements in nutrition outcomes, particularly Aspirational Districts and the North Eastern Region. The revised <u>Sakshar Anganwadi</u> guidelines focuses to upgrade and rejuvenate 200,000 anga enhancing nutrition, early childhood care, and education delivery.

Read the full op-ed here!

For further details on the updated mandate of the Poshan 2.0, refer to th documents here!

lmage source: UNICEF

Follow Our Social Media Campaigns

#Nutrition Bytes

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

Cover post from our #NutritionBytes Campaign

SBC Resource Package on Healthy Diets

Developed by UNICEF India, the package provides essential guidance or and dietary diversity for adolescents, pregnant women, and breastfeedir It is designed for ASHA workers, Anganwadi workers, school authorities, caregivers. Tailored for use in schools, Anganwadi centres, and home vis resources make learning both engaging and interactive

The Secretariat is also expanding the reach of the SBC package by shari 15 individual posts that highlight key messages. Follow Poshan Ghar's so handles and stay tuned for the posts every Monday.

Explore the full package here!

SBC resource package on healthy diets

Healthy Bites: Quick Facts for a Better You!

Source: UNICEF

Which combination doesn't work best for maximum nutrient absorption?

Green leafy vegetables + lemon 33%

Lentils + tomato 0%

Tea + green leafy vegetables 67%

None of the above 0%

3 VOTES · · SHOW OPTIONS

Poshan Ghar is a non-financial platform incubated by UNICEF India with objective of building a coordinated network of development partners and individuals to address India's nutrition challenges and enhance the visibility impact of best practices and success stories from the field.

Are You One of Us? Then Join Us!

To join Poshan Ghar, <u>click here</u> and be a part of a diverse and dynamic community!

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