



PHRN

PHRN Newsletter

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Dear Friends and Colleagues,

We are delighted to present the latest edition of our quarterly newsletter, showcasing the dedication and progress of our team from January to March 2025. As we strive toward our committed goals, our collective efforts have led to meaningful impact across multiple states.

During this period, PHRS successfully completed the exploratory study “Experiences of Informal Carers Providing Care and Support to Family Members with Health Issues”, with the report soon to be submitted. Simultaneously, we continue to deepen our understanding through ongoing projects in Odisha, Chhattisgarh, and Delhi.

Our team members actively participated in workshops, structured training programs, and field visits, ensuring continuous capacity building. Notably, in Odisha, a two-day induction program was conducted on March 6–7 at our Bhubaneswar office to onboard four new Capacity Building Officers. Additionally, PHRS collaborated with partner organizations—including Harsha Trust, CYSD, Disha, Swasthya Swaraj, Jagruti, Ekjut, and Gram Vikas—delivering 15 capacity-building trainings that empowered over 250 caregivers and supervisors in strengthening creche programs.

Under the FARM-N project in Odisha, significant progress was achieved by establishing a strong field presence. This was accomplished through the recruitment of a dedicated team, including one district coordinator, two block coordinators, fifteen sector coordinators, six programme facilitators, one state-level M&E coordinator, and a national-level programme coordinator. To equip the newly formed team for effective action, a comprehensive three-day orientation was organized in

Malkangiri, ensuring they were well-prepared to drive impactful initiatives on the ground.

In Chhattisgarh, under the Gender Nutrition project, a state consultation was held in Ambikapur, followed by a three-day annual review meeting with our partner and donor organization TDH. Advocacy efforts for government adoption of creches continue, with key meetings being set up with relevant departments.

Through diverse initiatives across multiple states, PHRS has identified strengths, addressed challenges, and uncovered new opportunities for growth.

The many success stories emerging from the field serve as a testament to our commitment and resilience.

We extend heartfelt congratulations to our team for their tireless efforts over the past few months. Together, let us move forward with hope, trust, and a shared vision for impactful collaboration. A sincere thanks to our donors and partners for their unwavering support.

In this newsletter
you can expect:

News from Secretariat

Completion of the exploratory study on informal carers
PHRS's advocacy efforts
International Conference
National Consultation

News From Odisha

Details capacity-building initiatives
FARM-N project's progress
Community engagement activities

News From Chhattisgarh

State Consultation
Annual Review Meeting
Creche review

Staff Profile Highlights

A sincere thanks to our donors and partners for their unwavering support.

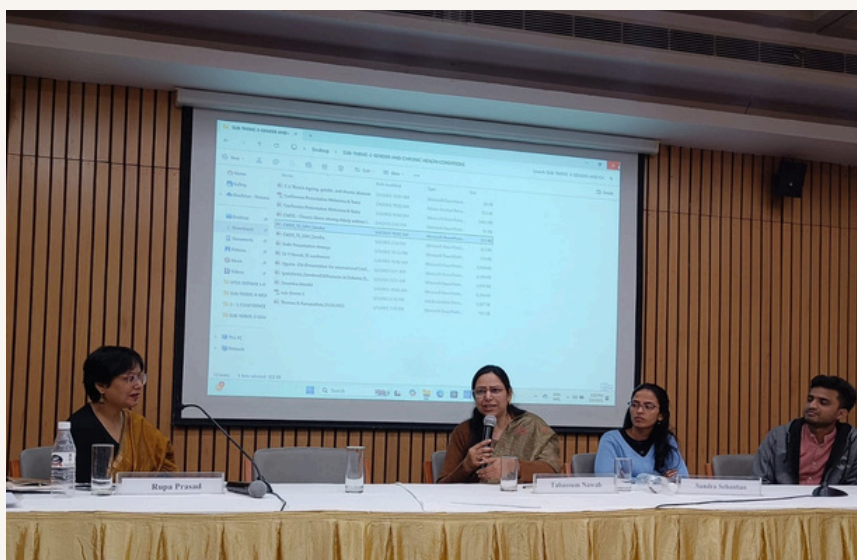
Wishing everyone continued success and momentum in the months ahead.

NEWS FROM THE SECRETARIAT

Meeting with Dr Paul, NITI Aayog and SEWA

As a follow up to the workshop organised on 23rd October 2024 by SEWA Bharat and Lok Swasthya Mandli on Lessons from community-based Childcare and the Importance of the First 1000 Days, NITI Aayog invited the same group to meet Dr Paul and his team to discuss each models in detail, and seek his advice on how to take up policy action at the state level or nationally, as a step towards ensuring universal child care. The purpose of the meeting was to reiterate our learnings from our childcare models and share our recommendations on how to make quality childcare affordable and accessible to underserved communities. The meeting was held on 18th February 2025. Dr Rupa Prasad, Executive Director attended the meeting and presented the Odisha community based creche model that included the operational details as well as costing. As a follow up to this meeting PHRS has also submitted a detailed note on the complementary feeding practices and cost break up for establishing and managing creches.

International Conference: Reflections on the Past, Looking to the Future: Fifty Years of Towards Equality Report



Centre for Women's Development Studies (CWDS), Delhi, organised an international conference commemorating the 50th anniversary of the seminal Towards Equality report. This landmark document, produced by the Committee on the Status of Women in India (CSWI) in 1975, was the first comprehensive examination of women's status in independent India. Against this backdrop,

CWDS hosted an international conference, using the Towards Equality report as a starting point to facilitate interdisciplinary dialogue, debate, and discussion. Under the sub-theme on Gender and Chronic Health Conditions—Intersectional Experiences, Dr Rupa Prasad, Executive Director was invited to chair and be the discussant for the Everyday Living and Chronic Health Conditions.

This session was held on 4th March 2025. Following papers were discussed during the one and hours session:

- Physical Inactivity and Perceived Barriers: A Gendered Perspective (Author/s: Dr Tabassum Nawab , Dr Nafis Faizi , Dr Jalaluddin)
 - Nutritional and Chronic Health Status of Korku Tribal Women in the Melghat Tiger Reserve, Maharashtra, India by Ashok Kumar Yadav
 - Navigating chronic conditions beyond clinics: Caregiving among Adivasi women by Sandra Sebastian
 - Impacts of Climate Change on Livelihood and Health of Coastal Community: An Empirical Study on Indian Sundarban (Author/s: Nasrin Banu, Rohel Sk, and Soumitra Mandal)
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NEWS FROM THE SECRETARIAT

Consultation on Strengthening Poshan Abhiyaan and Addressing Child Undernutrition in India- Challenges and Opportunities

The M.S. Swaminathan Research Foundation convened a national consultation in Jaipur on “Strengthening Poshan Abhiyaan and Addressing Child Undernutrition in India – Challenges and Opportunities” on 25th March 2025. The consultation brought together a wide range of stakeholders including researchers, policymakers, health professionals, and representatives from leading organizations such as Ekam Foundation, IIT Bombay, and Nutrition International. Dr. Vandana was also one amongst them. Dr. Vandana Prasad delivered a thought-provoking presentation titled “Behaviour Change and Communication and Support for Improving Feeding Practices – Reflections on Poshan Abhiyaan.” She critically examined the term “Behaviour Change and Communication,” emphasizing that the term BCC is problematic as it often implies a top-down approach — assuming that the knowledge lies solely with the implementers and not within the community.

scalable solutions; emphasizing women’s empowerment through access to and use of technology, enabling them to be active agents in improving nutrition outcomes.

Experiences of Informal Carers Providing Care And Support to Family Members With Health Issues - An Exploratory Study

The past month has been an eventful one for our ongoing study on informal carers. our team has been deeply engaged in fieldwork, meetings with part-

icipants and gathering crucial insights into the lived experiences of those who provide unpaid care to family members and loved ones. Through extensive discussions, interviews, and observations, we have been able to capture the challenges, motivations, and impact of caregiving on individuals and their communities.

Participatory Learning and Action (PLA) wrt To Children Under Six Years In The Context Of Poshan Abhiyan



Dr. Prasad advocated for an inclusive and participatory model, recommending integration with Participatory Learning and Action (PLA), Nutrition-Sensitive Agriculture (NSA), and livelihood strategies. She stressed the importance of addressing both proximal and distal determinants of malnutrition and called for action at multiple levels — the individual, household, community, and systemic — to create sustainable change. Participants presented a series of papers and case studies on:

challenges and opportunities in initiating early breastfeeding in public health facilities; improving complementary feeding practices for young children and identifying gaps in the implementation of Poshan Abhiyaan; real-time growth monitoring of children. These presentations facilitated rich discussions and critical reflections, including: the need for convergence between departments and sectors to ensure effective implementation; recognizing implementation challenges and identifying



NEWS FROM THE SECRETARIAT

Fieldwork and Community Engagement: Data Collection planning

Our field visits in the month of Jan- March were conducted in various localities in Delhi where informal carers navigate the complexities of daily caregiving. During these visits, we engaged in meaningful conversations with participants, understanding their struggles, aspirations, and the support systems available to them. Many caregivers highlighted the emotional and physical toll caregiving takes on them, emphasizing the need for more structured support and resources.

One of the recurring themes we observed was the resilience and dedication of informal carers despite facing financial and emotional hardships. Many participants shared stories of how they have had to balance personal aspirations with caregiving responsibilities, often sacrificing their own well-being to ensure the comfort of their loved ones. Our team is committed to bringing these voices forward, advocating for better policies and support mechanisms.

Monthly Meeting with Donors and Stakeholders

Every month, our team also convenes with donors and key stakeholders to discuss our ongoing findings and the way forward. These meetings are essential in ensuring that our research translates into impactful policy recommendations and tangible support for informal carers.

Our discussions focused on the current state of caregiving support systems and how existing policies can be adapted to better accommodate informal carers. We also explored potential funding opportunities to enhance the reach and effectiveness of our study. Donors expressed keen interest in our field observations and emphasized the importance of developing sustainable solutions for the challenges faced by informal carers.

National Consultation: Sustainable Agriculture, Food Security, and Livelihood-To share key insights, learnings, and stories from this process

Vikas Samvad is a Research, Documentation and Capacity building organisation for building a team of socially sensitive cadre, communicators and organised groups with a child centric perspective. It recently hosted a two-day National Consultation on 25th & 26th March at the Habitat Centre, New Delhi, to share insights, learnings, and compelling stories from its ongoing storytelling initiative on Sustainable Agriculture, Food Security, and Livelihood, developed in collaboration with grassroots partners across four states.



The event brought together over 100 diverse participants, including representatives from social organizations, policymakers, public officials, farmers, donors, media professionals, and community members, to engage in meaningful dialogue across five key thematic areas crucial to the future of sustainable agriculture. Dr. Vandana Prasad was invited as a special guest and delivered an impactful address on the intersections of Sustainable Agriculture, Nutrition, and Livelihood, highlighting the importance of integrated, community-led approaches for resilient and equitable food systems.

NEWS FROM THE SECRETARIAT

Facilitating Actions To Improve Nutritional & Health Status Of Children And Women In 3 Blocks Of Malkangiri District In Odisha (FARM-N)

The project aims to strengthen the capacities of approximately 645 AWWs and helpers each on identification and management of malnutrition and work with ASHAs on identification and referral of high-risk pregnancies. It is also envisaged to create and build capacities of 124 community resource persons who would work closely with the FLWs and the community members in improving nutritional outcomes. The community engagement process will help in increasing community participation and knowledge on various determinants of health and nutrition with special focus on IYCF, anaemia, and other nutrition topics.

To summarize, the expected outputs and outcomes are:

1. Increase in IYCF knowledge and practice amongst community members, including adolescents.
2. Increase in general nutrition literacy amongst community members, including adolescents.
3. Increased capacities of AWWs, AW helpers, and ASHA on relevant issues of nutrition and health.
4. Increased referrals to NRCs, RBSK, and Sick Cell Anaemia Programmes.
5. Identification, referral, and follow-up of high-risk pregnancies.
6. Follow up on Low-Birth-Weight neonates.
7. Lowered child malnutrition rates as compared to state and district averages .
8. Increased dietary diversity.

During this quarter the recruitment of the national team, state team and district team was completed. We also initiated coordination with various stakeholders at state and district level. One of the major tasks under the program i.e. to conduct baseline study, for the same the study tools were developed, training of the field team was conducted and data collection got initiated and still continuing. .

Stakeholder engagements:

Regular meetings with stakeholders at state took place for further onboarding of the stakeholders in the project.

Planning meet : A planning meeting was held in Delhi during 10th-12th March '25 with the entire PHRS team. Dr, Vandana Prasad, Dr. Rupa Prasad, Odisha state team and Delhi team came together to plan out the upcoming activities. There was a discussion on field level activities-baseline survey data collection that were ongoing, followed by planning the activities subsequent to the baseline study.

For field level actions of this project kindly refer to the Odisha section of the newsletter.

NEWS FROM ODISHA

Majhiguda Colony Annual Day Celebration

Guided by Debdutta Rout, the field team brought together mothers and children for a day filled with fun and community spirit. The crèche was transformed into a festive wonderland, and despite a surprise storm, the joy continued! Children showcased their talents in drawing, singing, and dance, with prizes awarded to encourage their participation. The community feedback was heartwarming!

The celebration was wrapped up with a delicious kheer for all, fostering connections and joy amongst families.



**“ଚାରିଟା ଘୋରେ ତୁମୋର ପିଲା, ଏବେ ଅମୋର ପିଲା”
 (“After 4 PM the child is yours, Now he is our child...”)**

These words by Sabitri Miniaka, caregiver of the Upper Rambhu (Kalyansinghpur, Rayagada) crèche reflect the sentiments with which our creche caregivers manage the crèches at their villages.

Upper Rambhu crèche in the Serigumma Gram Panchayat of K Singhpur block is a lively centre that comes alive with laughter and play when parents drop their children at the crèche when they go to work in the morning. The crèche opened in the month of April 2024. A total number of 15 children enrolled at the crèche. Since the beginning, both the crèche caregivers, Purnima Miniaka and Sabitri Miniaka have been dedicatedly doing their work. Both are known for their well managed crèche and their affection and care towards the children. They play an active role in the community in focussing on matters of child health and nutrition, regularly informing the mothers of their children’s nutritional status, mobilising them to actively participate in VHND sessions

They share a good rapport with the Anganwadi worker and the ASHA regularly interacting with them and consulting them regarding the children of the creche. Both caregivers are known for the affectionate manner in which they care for the children coming to the crèche. They consider them as their own and take care of them like their own. This is reaffirmed when it is seen that mothers of the children drop their children without any hesitance at the creche and go to work. Biran Mandika, is a 21 months old child coming regularly to the crèche. Throughout the day both caregivers take care of him, feed him and see to it that he gets enough sleep and rest. He enjoys spending his day at the crèche having his meals and playing. His mother is also happy that she has a safe place to drop him, when she goes to work. She is reassured further with the words of Sabitri (caregiver) “ଚାରିଟା ଘୋରେ ତୁମୋର ପିଲା, ଏବେ ଆମୋର ପିଲା” (After 4 PM the child is yours, now he is ours!!)



NEWS FROM ODISHA

Visit to PHRS creches in Rayagada by Ms, Hyma, Senior Team Member, Azim Premji Foundation (APF)

On February 5th, 2025, Ms. Hyma and Mr. Rajkishore Mishra alongwith Bidyadhar Meher from the Azim Premji Foundation visited crèches in the Kalyansingpur and Rayagada blocks. Swati Das, and Debadutta Rout from the state team alongwith Manas Padhy, Benudhar Suchen accompanied them during the visit. Two creches- Bhataparsi and Khajuriguda of Kalyansinghpur and Guruthi in Rayagada were visited. Ms. Hyma was very happy to see the lively environment at the creches. She appreciated the PHRS team's work, and applauded the caregiver of Khajuriguda. She suggested having dedicated meetings with the larger community to enhance their engagement in creche functioning and monitoring. The team will plan periodic activities to this end.

Capacity Building Initiatives for PHRS Resource Team

PHRS continued to invest in building internal capacities through a series of structured training programs between January and March 2025. A three-day refresher training for crèche caregivers from 10 crèches in Kalyansingpur block, Rayagada, was conducted twice—first from January 21–23 and again from February 13–15 to strengthen knowledge on child nutrition, hygiene, meal planning, IYCF practices, first aid, and effective crèche management. These sessions, facilitated by PHRS trainers, supervisory staff, and participation from Azim Premji Foundation, utilized engaging methods like storytelling, games, and demonstrations to reinforce learning. In addition, a refresher training for PHRS's supervisory team, including Cluster Coordinators and Crèche Supervisors, was held from February 24–26 in Rayagada. Focus areas

included growth monitoring, red flag protocols, supportive supervision, and improving communication and problem-solving at the field level. The training equipped the team with practical tools to better support and mentor caregivers. To orient newly hired staff, PHRS also conducted a two-day induction on March 6–7 at its Bhubaneswar office for four Capacity Building Officers and a Safety Manager. The sessions introduced team members to PHRS's vision, HR policies, RCI's operational framework, and the essentials of community engagement, hygiene, safety, MIS, and documentation. These internal trainings collectively reinforced PHRS's commitment to delivering high-quality childcare through continuous staff development and program strengthening.

National Deworming Day observed at various creche villages



Caregiver of Oduguda creche accompanied creche children to the AWC for receiving the deworming dosage.

The National Deworming Day (NDD) February 10th, was observed in various creche villages. The creche caregivers actively participated by taking all the creche children to their respective AWCs for receiving the deworming syrup/tablets being administered to improve children's health and well-being. They also mobilised mothers of the children to participate in the event at the AWCs.

The deworming process was completed in all 10 crèche villages of the Rayagada Sadar block, 2 villages in the Bissamcuttack block, and 46 out of 50 crèche villages in the Kalyansingpur block. This effort in coordination with the ANM and AWW aimed to prevent and reduce worm infestations, which can impact children's nutrition, growth, and overall health. Creche caregivers were also guided on the importance of regular deworming, hygiene practices, and proper nutrition to sustain long-term health benefits for young children.

NEWS FROM ODISHA

Strengthening Crèche Programs: Training Support to Partners (Jan–Mar 2025)

As a technical organisation, PHRS has played a vital role in strengthening the capacities of 12 partner organisations under the Azim Premji Foundation’s Rural Creche Initiative, supporting the effective functioning of creches in rural areas in Odisha.

Between January and March 2025, PHRS collaborated with partner organizations—including Harsha Trust, CYSD, Disha, Swasthya Swaraj, Jagruti, Ekjut, and Gram Vikas to deliver 15 capacity-building trainings, reaching over 250 caregivers and supervisors across the districts of Rayagada, Koraput, Sundergarh, Kalahandi, Keonjhar, and Ganjam.

Target Group	Batches
Caregivers	12
Supervisory and Managerial Team	3

The trainings, ranging from induction to refresher sessions for caregivers and the supervisory team, were conducted using interactive and participatory methodologies and hands-on practices. Key topics included early childhood development, needs of children, why children become weak, the creche objective, understanding

The sessions were facilitated by the PHRS capacity-building team, representatives from the Azim Premji Foundation and local stakeholders such as fire department personnel. Special attention was given to deepening the understanding of children’s needs and promoting responsive caregiving practices.

action plans and identifying local challenges, such as the need for better infrastructure and learning materials. These trainings laid a strong foundation for quality crèche services in remote and tribal areas, reinforcing PHRS and its partner’s commitment to creating a safe, inclusive and stimulating environment for



malnutrition, food diversity, child feeding practices, hygiene and safety, childhood illnesses, growth monitoring, first aid, fire safety, community participation and the maintenance of formats and register at the creche.

Supervisors were trained in tools and techniques for effective creche monitoring and support. Across locations, caregivers expressed high enthusiasm and actively participated in shaping

young children. By enhancing the knowledge and skills of partner staff, PHRS continues to play a vital role in strengthening early childhood care and development in Odisha."



Planning Ahead: Workshop on Capacity Building Schedules **Other Activities**

A two-day workshop was held on 11–12 February 2025 at the Azim Premji Foundation’s Bhubaneswar office to design training schedules for the Rural Crèche Initiative in Odisha. Facilitated by the Foundation, PHRS, and Ekjut, the workshop outlined a 13-day training plan for supervisory teams and a 10-day schedule for caregivers. PHRS will revise and develop training modules, while Ekjut will contribute content focused on ECCD.

Satya Patnaik participated in the webinar “Strengthening POSHAN Abhiyan to address child undernutrition in India-Opportunities and challenges on 25th, March 2025; 09.30AM. He also interacted with the network volunteers/members and encouraged them to participate in the National Convention on “Rights to Food campaign” to be held in Jaipur, (Rajasthan) from 24 to 26 of May 2025.

New Team Members Join PHRS for Crèche Support

PHRS has successfully onboarded four new Capacity Building Officers to strengthen training and implementation support for crèche programs across Odisha. Additionally, a Safety Manager has been appointed to enhance safety practices in the initiative. A two-day induction training for the new recruits was held on 6–7 March 2025 at the PHRS Bhubaneswar office, focusing on crèche operations, safety protocols, and team orientation.

NEWS FROM ODISHA

Facilitating Actions To Improve Nutritional & Health Status Of Children And Women In 3 Blocks Of Malkangiri District In Odisha (FARM-N)

The field level operations started in the month of January 2025. Some of the key interventions undertaken are as follows.

- Meetings and interaction with district administration officials including the District Collector, District Social Welfare Officer (DSWO) and the Chief District Medical Officer (CDMO) for sharing the overview of the proposed study and seeking support and coordination. Data on AWCs and villages were also sought during this period.
- Recruitment of national, state and district level teams was initiated in the month of December 2024. Currently, a total of 112 staff have been taken on board.
- The national team was involved in development of protocols and tools for the Baseline Study. Prior to initiating the baseline study, a three days' orientation cum training starting from 26th Feb-28th Feb '25 was held in Malkangiri. The training was participative and was around organization background, program overview and on the baseline study tools. This was followed by field testing on the 1st March '25 in three villages of selected ICDS sectors. The baseline data will help measure changes, assess progress, and evaluate the output/outcome of the capacity building interventions that will be implemented over a period of next two and half years. Currently our field team is in the process of collecting the data from the selected villages and blocks of Malkangiri district.
- Dr. Rupa Prasad, ED, PHRS and state team representative also met with the Additional Secretary, Dept of Women and Child Development, Govt. of Odisha at Bhubaneswar for coordination and support from the Department for a smooth operationalization of the programme.



Malkangiri team during training on study tool

Training at malkangiri



NEWS FROM CHHATTISGARH

State Consultation



A one-day state-level consultation was organised by the Public Health Resource Society at hotel Feel Anandam, Ambikapur on 20th March 2025 to disseminate the ongoing efforts, learnings, and experiences from the project- 'Gender Nutrition: Equal access to sufficient and healthy food strengthens the food security of women and small children'. A total of 70 participants attended the workshop. The event served as a convergence point for diverse stakeholders including public health practitioners, policymakers, subject-matter experts, and community leaders.

Purpose of the consultation

1. Share experiences, learnings, and achievements from ongoing projects in Surguja, Chhattisgarh.
2. Understand the challenges faced by the community and formulate action points for the same.
3. Engage with a diverse range of stakeholders.

The workshop focused majorly on the following sessions: inauguration and context setting for the event, an update on the project and interaction with the community.

Reflection from Key stakeholders:

Mr. Vinay Kumar Agrawal, CEO of Zilla Panchayat, emphasized setting target-driven goals with effective implementation and announced plans to establish Nutrition Rehabilitation Centers (NRCs) in Lakanpur block, starting with 15 beds. Mr. Abhishek Jha, Assistant Director of Agriculture, highlighted the dominance of hybrid rice seeds and the need for seed conservation while promoting millet cultivation and sustainable organic farming. Mr. Girish Gupta, District Project Officer of Education, stressed the role of literacy in driving social transformation and suggested integrating nutrition education into school curricula while leveraging PLA facilitators for community awareness.



NEWS FROM CHHATTISGARH

Annual Review Meeting

The Annual Review Meeting for the project "Gender Nutrition: Equal access to sufficient and healthy food strengthens the food security of women and young children" was held from March 21 to March 23, 2025, at Kumkum Hotel, Ambikapur, Chhattisgarh. The meeting brought together representatives from TDH, PHRS, Chaupal, along with 30 PLA facilitators and 3 block coordinators, to review the project's progress and plan future actions.



The three-day event included field visits to community-based creches, meetings with youth groups, women's groups, adolescent girls, and village monitoring committees, followed by an in-depth discussion on key project areas. The participants reviewed nutrition awareness programs, community mobilization efforts, PLA module implementation, and challenges in creche operations.

One of the main discussions focused on making PLA meetings more interactive and ensuring consistent attendance to improve engagement. The team also emphasized raising awareness about nutrition, promoting kitchen gardens, local food sources, and millet-based diets, and organizing food festivals to encourage healthier eating habits.



Another critical aspect was enhancing youth engagement through career counseling, entrepreneurship sessions, and digital platforms like social media reels to spread awareness about health and nutrition. Additionally, discussions were held on tracking and supporting malnourished children (SAM cases) through home visits, better ICDS coordination, and creche interventions.

A significant part of the review was planning for creche handover and sustainability, including government adoption strategies, cost-sharing models, and maintaining proper staffing. The need for stronger monitoring systems to integrate women's and children's issues into Gram Panchayat Development Plans (GPDP) was also highlighted.

NEWS FROM CHHATTISGARH

Success Stories from Chhattisgarh

Path to Health and Happiness

In the remote village of Korwapara, Chhattisgarh, a young boy named Sonu (Name changed) faced many challenges early in life. Born on December 30, 2021, he lived with his father, after his mother left the family. His father, a daily wage laborer, struggled to provide proper care for him. Things changed in May 2023 when a creche center was opened in the village. At 16 months old, he weighed just 6 kg.

The creche provided him with nutritious meals, regular growth checks, and caring support. Gradually, Sonu's health improved. He gained energy, started playing, and enjoyed interacting with other children. For his father, this change was a huge relief. He could now focus on his work, knowing his son was safe and healthy.

The Creche's support not only improved Sonu's well-being but also gave his father hope for a better future. Sonu's story highlights the positive impact of the Gender and Nutrition Project, implemented by PHRS and Chaupal with support from BMZ. The project continues to improve the lives of many children in remote areas by providing essential nutrition, care, and support. Sonu's transformation is a powerful reminder of how early intervention can change lives.

Breaking Barriers: Kyra's Journey to Empowerment

Kyra (name changed), a 16-year-old from Sikilima village in Lundra, faced pressure to marry after dropping out of school two years ago. Her family believed marriage was the best path for her future.

However, after joining an adolescent girls' group led by Chaupal's didis, Nyra learned about the harmful effects of child marriage on health, education, and well-being. Determined to continue her studies, she tried convincing her parents, but they initially refused. With consistent support from Chaupal's didis and ongoing discussions, her parents gradually understood the risks of early marriage.

Nyra's mother eventually started attending the group meetings, strengthening her awareness. With her family's support, Nyra re-enrolled in school and is now determined to become a police officer — a testament to how awareness, education, and persistence can empower young girls to shape their own futures.

PLA Modules Refresher Training: Preventing and Managing Malnutrition & Childhood Illness and Understanding Malnutrition & Complementary Feeding

Two refresher training sessions were conducted under the TDH Gender and Nutrition Project at the Chaupal Resource Centre in Lundra Block, Surguja District. The first session on the PLA module, Understanding Malnutrition and Complementary Feeding was held on 21st January 2024,. The second session on Malnutrition and Childhood Illness Prevention and Management took place on 24th February 2025, both sessions attended by 33 participants, including PLA facilitators and block coordinators. Both trainings were led by Mr. Srikant Behera, Project Coordinator focusing on equipping facilitators with practical knowledge and community engagement techniques.

Participants were trained on the importance of balanced nutrition, appropriate feeding techniques, and ways to educate communities about child health. The session included practical demonstrations such as ORS preparation and interactive activities to improve knowledge retention. Facilitators were trained on early identification of illnesses and effective community engagement strategies. Both training sessions reinforced the importance of community engagement, practical application of knowledge, and effective communication strategies for facilitators. The training concluded with a clear action plan for implementing the modules at the village level, ensuring timely intervention and improved health outcomes for children.

Creche Worker's Monthly Review Meeting

The Creche Workers' Monthly Review Meeting was held on 29th January and 1st March 2025 at Jagarnathpur, marking the first time all workers gathered at a single location. The meeting focused on reviewing progress, identifying challenges, and discussing strategies to enhance creche management. A key priority was addressing malnutrition, tracking the growth of children at risk, and improving daily activities in creches. An action plan was developed to ensure more effective interventions.

A major discussion point was the status of malnourished children across 20 creches. Creche workers reviewed registers to improve data accuracy and record-keeping. The meeting also introduced the PLA module on malnutrition and childhood disease management, equipping workers with the skills to identify and address these issues. Workers shared best practices and challenges in maintaining structured routines for children. Strategies were discussed to enhance attendance and encourage greater parental involvement. An action plan for February and March 2025 was developed.

STAFF NEWS

S.No.	Name	Designation
The following colleagues have joined PHRS		
1	Raman	Programme Coordinator
2	Lakshmi Kadraka	Creche Supervisor
3	Praful Kumar Barla	Programme Coordinator
4	Priyanka Kumari	Programme Coordinator
6	Ananya Datta	Programme Coordinator
7	Namita Nayak	Programme Coordinator
8	Pramita Satapathy	Programme Coordinator
9	Rajesh Sriwastwa	Senior Programme Coordinator
10	Dilip Basant Ray	Programme Coordinator
11	Saroj Agastya	Programme Coordinator
12	Dharmendra Dehury	Programme Coordinator
13	Bhagyashree	Programme Coordinator
14	Mauvri Srinivas Rao	Safety & Security Manager-Creche
The following colleagues have left PHRS		
1	Raman	Programme Coordinator
2	Rishita Maithi	Programme Coordinator

Yusra Ahmad, a life sciences graduate from Delhi University, joined our internship program to gain hands-on experience in community health through our mental health project on informal carers. Passionate about public health, she aims to build her career in this field.

Public Health Resource Network (PHRN) is a growing network of individuals and organizations with the perspective of strengthening technical and management capacities to take action towards the common goal of 'Health for All'. Its main objective is to contribute and strengthen all efforts directed towards the goal of 'Health for All' through promotion of public health, social justice and human rights related to the provision and distribution of health services, especially for those who are generally left underserved. PHRN is currently working directly in the states of the states of Chhattisgarh, Jharkhand and Odisha and has contributed to the ongoing work of strengthening public health systems in other states through its partnerships with other institutions. Public Health Resource Society (PHRS) is the core group that has initiated the network. PHRS is a national level organization that is registered in Delhi under Societies Registration Act 1860 (Act XXI). It comprises of a small group of members and full timers that provides leadership to the network as well as functions as its secretariat.

PUBLIC HEALTH RESOURCE SOCIETY

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Thank you for reading!