



PHRN Newsletter

**VOLUME 9
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Dear Friends and Colleagues,

We are delighted to share the latest edition of our quarterly newsletter, highlighting the dedication and progress of our team from July to September 2025. As we continue working toward our shared goals, the collective efforts of our teams have led to meaningful impact across multiple states.

PHRS is pleased to announce that APF has approved the expansion of 70 new crèches in Rayagada district of Odisha and 40 new creches in Jharkhand under the Rural Crèche Initiative—an exciting step forward in our commitment to early childhood care.

This quarter, our understanding deepened through ongoing projects in Odisha, Chhattisgarh, and Delhi.

Team members actively participated in workshops, structured training programs, and field visits, reinforcing our focus on continuous capacity building. A three-day Training Skill Assessment Workshop was held from 11th to 13th August 2025 at CYSD, Bhubaneswar, facilitated by the PHRS team. Additionally, World Breastfeeding Week (1–7 August 2025) was successfully observed across all 62 crèche centres in Rayagada district under the theme “Prioritize Breastfeeding: Create Sustainable Support Systems.”

Under the FARM-N project in Odisha, significant strides were made with the formal district-level launch and rollout of field interventions. Despite challenges in acquiring government-held data for the baseline report, the team remained persistent—engaging in continuous follow-ups, formal communications, and advocacy to emphasize the importance of data for planning and impact assessment. To support effective implementation, a series of compre-

-hensive trainings were conducted in Malkangiri, equipping the team to lead impactful initiatives on the ground.

In Chhattisgarh, under the Gender Nutrition project, a half-yearly review meeting was held in Ambikapur, followed by a two-day field visit with our partner and donor organization, TDH.

Advocacy efforts for government adoption of crèches are ongoing, with key meetings being initiated with relevant departments.

Across these diverse initiatives, PHRS continues to identify strengths, address challenges, and uncover new opportunities for growth. The many success stories emerging from the field stand as a testament to our team’s commitment and resilience.

We extend heartfelt congratulations to our team for their tireless efforts over the past few months.

Let us move forward together—with hope, trust, and a shared vision for impactful collaboration.

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

Participation in national consultation on 'Nutrition Foundations: Bridging Gaps and Advancing Action for Children Under Five'



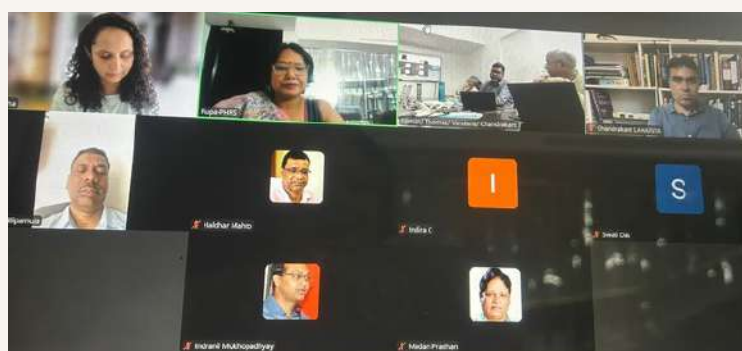
On 15th July 2025, Mobile Creches hosted a pivotal National Consultation titled “Nutrition Foundations: Bridging Gaps and Advancing Action for Children Under Five” at the India Habitat Centre, New Delhi. The event brought together a diverse group of stakeholders committed to improving early childhood nutrition across India.

The consultation featured a dynamic panel of four experts, including Dr. Rupa Prasad, who presented compelling insights drawn from our program data on the nutritional status of children under five. Her presentation highlighted key trends, challenges, and opportunities for strengthening nutrition interventions at the grassroots level.

The gathering was enriched by the presence of representatives from various organizations—ranging from grassroots NGOs to national policy bodies—who engaged in meaningful dialogue on actionable strategies to close nutrition gaps. Discussions centered around integrated approaches, community-based models, and the importance of data-driven advocacy.

PHRS Governing Board Meeting

On 19th July 2025, PHRS convened its 16th Governing Board Meeting, held in a hybrid format—at the PHRS National Office and via virtual platform—bringing together board members and senior leadership to review key organizational



developments. Dr. Tanya Lamba was introduced as the newly elected staff representative to the Board. During the session, members discussed the audited financial statements for FY 2024–25, along with a detailed overview of receipts for the year, a five-year turnover/income trend, and expenditure from core funds.

The meeting also included comprehensive organizational updates covering the human resource structure, recent publications such as annual reports and newsletters, and key decisions taken by the Executive Committee.

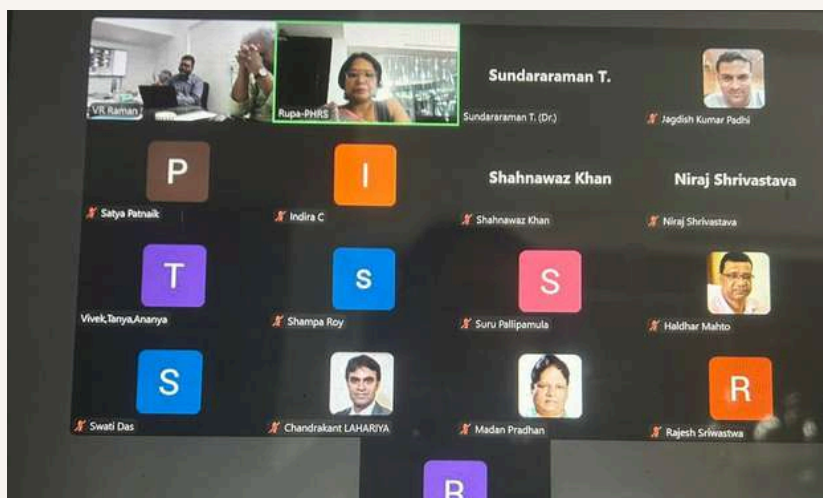
NEWS FROM THE SECRETARIAT

The Board engaged in strategic discussions on the amended byelaws and reviewed the organization's financial health and sustainability roadmap, reaffirming PHRS's commitment to long-term impact and institutional resilience.

PHRS General body meeting

The 15th General Body Meeting of PHRS was held in a hybrid mode on 19th July 2024. The session was chaired by Mr. V. R. Raman. The session began with the introduction of newly inducted members to the Board.

The meeting featured a comprehensive presentation of activities undertaken by the network at both national and state levels.



The meeting featured a comprehensive presentation of activities undertaken by the network at both national and state levels. Members were briefed on the audited financials for FY 2023–24, including details of receipts, a five-year overview of turnover and income, and expenditure from core funds.

The project team also shared updates on the status of ongoing field projects and research initiatives, highlighting progress, learnings, and future directions. The meeting served as a valuable platform for strategic reflection and collective planning.

Launch of the 6th WBTi India Assessment Report



On August 1st, 2025, the Breastfeeding Promotion Network of India (BPNI) hosted the launch of the 6th India Assessment Report of the World Breastfeeding Trends Initiative (WBTi), titled "Spotlight on Infant and Young Child Feeding in India", at the India International Centre, New Delhi. The event featured a high-level panel discussion on "Strengthening Implementation of Breastfeeding and IYCF Interventions", moderated by Dr. Vandana Prasad. The panel brought together distinguished experts including Dr. A.G. Radhika (Director, DFW, Govt. of NCT of Delhi), Dr. Bhavneet Bharti (Dr. BR Ambedkar State Institute of Medical Sciences, Punjab), Dr. Sahana Devadas (Bangalore Medical College), Dr. Sameer Pawar (UNICEF India), Dr. Rachita Gupta (WHO India, TBC), and Dr. Vandana Chawla (Cygnus Medicare Pvt. Ltd.). The WBTi report, developed by Indian experts using a globally recognized tool and coordinated by BPNI, evaluates India's progress on ten key policy and program indicators supporting breastfeeding and young child nutrition. It highlights both achievements since the 2018 report and areas requiring sustained action to align with national goals such as POSHAN 2.0 and the vision of a well-nourished India.

NEWS FROM THE SECRETARIAT

PRAMH National Consultation



On 22nd September 2025, the George Institute for Global Health and the University of Oxford hosted the SMARThealth Perinatal Mental Health (PRAMH) National Consultation at the India Habitat Centre, New Delhi. Dr. Vandana Prasad participated as a panelist, contributing valuable insights that enriched the dialogue on advancing equitable and context-specific strategies in perinatal mental health. Her expertise helped shape discussions around actionable recommendations for both policy and programmatic interventions, reinforcing the importance of integrated mental health approaches within maternal care frameworks.

Debriefing: learnings from creche program in Chhattisgarh: discussion led by Dr Vandana Prasad

A debriefing session was held in July for the entire RCI team, along with select members from the national team, following a field visit to APF crèches in Chhattisgarh by Dr. Vandana Prasad and Mr. Shahnawaz Khan. The session provided a platform to reflect on field observations, highlighting both effective practices and areas needing improvement. A key focus of the discussion was on specialized nutrition care for children with Severe Acute Malnutrition (SAM) and Severe Underweight (SUW). The concept of the "red flag" category was discussed, with detailed insights into identifying children who fall under this high-risk group and the protocols required for their care and follow-up.

NEWS FROM THE ODISHA

Training Skill Assessment Workshop

A three-day Training Skill Assessment Workshop was held from 11th to 13th August 2025 at CYSD, Bhubaneswar, facilitated by the PHRS Team. The purpose of the workshop was to evaluate the current skills and knowledge of the team members and identify areas for improvement in delivering sessions across nutrition, health, child development, and gender.

The workshop was conducted under the guidance of Dr. Vandana Prasad, who led critical sessions and provided valuable insights into strengthening programme delivery. Through interactive presentations and practical demonstrations, the team revisited essential topics such as malnutrition, growth monitoring, maternal and child health, and community-based interventions.

The assessment highlighted both the strengths and areas where further capacity building is needed, setting the direction for continuous improvement. Dr. Vandana Prasad emphasized the importance of skill upgradation to ensure that the team is well-prepared to meet the objectives of the programmes.

Vitamin A and National deworming day observation



PHRS successfully implemented the National Deworming Day (NDD) and Vitamin A Supplementation (VAS) campaign from 10th–20th August 2025 across all 62 crèche centres. Nearly 750 children (95.4% of those enrolled) received Albendazole and Vitamin A under the supervision of frontline health workers, with active support from ASHAs, Anganwadi Workers, and parents. Awareness sessions highlighted that deworming improves growth and learning, while Vitamin A strengthens immunity. The strong coverage reflects PHRS's commitment to child health, and continued collaboration with government and community stakeholders will further strengthen the impact of such initiatives.

NEWS FROM ODISHA

Celebration of World Breastfeeding week



World Breastfeeding Week (1–7 August 2025) was successfully observed across all 62 crèche centres with full coverage under the theme “Prioritize Breastfeeding: Create Sustainable Support Systems.” As part of a fortnight-long campaign (1–15 August), more than 700 pregnant and lactating mothers were reached in close collaboration with AWWs and ASHAs. Activities included crèche-level committee meetings, interactive discussions on breastfeeding practices, positioning, frequency, myths, hygiene, and breastfeeding during illness, as well as rallies and household visits to promote exclusive breastfeeding for the first six months and continued breastfeeding up to two years. The observance fostered active participation of mothers, strengthened convergence among stakeholders, and enhanced community awareness on the lifelong benefits of breastfeeding for both mother and child.

Poshan Maah observed across creches



Poshan Maah was successfully observed across multiple creches in three blocks during September 2025, with active involvement from supervisors, caregivers, and the local community. The observance included sensitization sessions for mothers, focusing on the importance of balanced nutrition and child health during the critical early years. Community engagement was a key highlight, with rallies and awareness drives organized involving mothers, CCGs, Anganwadi workers, and ASHAs, fostering collective responsibility towards child well-being. In some centers, the activities were conducted in collaboration with local Anganwadi Centres, strengthening the link between creches and government health initiatives. The celebration of Poshan Maah helped educate families, empower caregivers, and build stronger networks within the community, reinforcing the shared commitment to healthier children and informed mothers.

NEWS FROM ODISHA

Voices from the field

Sebati's story: a journey from red flag to recovery *A mother's strength and a child's healing*

Little Sebati Miniaka from Chaluniguda, Rayagada, was admitted to the crèche in October 2024 when she was just seven months old and weighed only 4.2 kg. Identified as Severely Underweight (SUW) and SAM, Sebati's condition was extremely fragile due to her premature birth at seven months, low birth weight of 1.5 kg, and frequent illnesses. Her mother's poor health during pregnancy and limited breast milk further added to the challenges. At this critical stage, the PHRS team, along with the crèche caregivers, worked tirelessly—providing daily monitoring, special nutritional care (SNC), repeated counseling to parents, and ensuring regular participation in VHSND and ICDS services. Their hard work and persistence, combined with the family's cooperation, gradually brought visible improvements. By January 2025, Sebati had gained weight and recovered from SAM and SUW, and by September 2025, she reached 8.5 kg and 72 cm, placing her in the normal nutritional category. Sebati's story is a testament to the dedication of the PHRS team and caregivers, whose consistent follow-up and commitment transformed her journey from a red-flag child to a healthy, growing little girl.

At the Gopalpur crèche, the story of little Manoj Hikaka reflects resilience, hope, and the power of timely support. Born healthy on 22nd December 2024, Manoj began suffering from severe recurring skin rashes from the age of four months. His mother, Rashmita Hikaka, who is also a crèche caregiver, tirelessly sought treatment at Majhiguda PHC, K. Singhpur Medical, Deojholla Christian Medical in J.K. Pur, and even private doctors, where ointments, syrups, and repeated injections gave only temporary relief. Despite her child's painful condition, Rashmita continued fulfilling her caregiver duties with courage. With the guidance of Dr. Vandana, she was advised to consult a skin specialist, after which Manoj was taken to Dr. B.B. Patnaik in Rayagada, who prescribed proper treatment. Today, Manoj is responding well to medicines and is finally comfortable, bringing immense relief to his mother. Rashmita expressed deep gratitude for the timely medical guidance, sharing that the intervention not only helped her child heal but also gave her the strength to continue her important work at the crèche.

Community's ownership strengthens child safety in Badatodra

In September 2025, the Badatodra Crèche was revitalized through the joint efforts of the local community and government support. For years, children had been learning under a rusted tin roof and on a damaged cement floor, with caregivers constantly worried about leaks during the monsoon and the slippery surface that posed risks to child safety.

Determined to bring change, the villagers took ownership of the problem. With government funds, community contributions, voluntary labor, and technical guidance from PHRS and its safety team, the crèche was transformed. The tin roof was replaced, and the floor was newly plastered with smooth cement, creating a safe, durable, and child-friendly learning environment.

This initiative stands as a strong example of how community participation and collective action can create lasting improvements for children's safety and well-being.

NEWS FROM ODISHA

Community Action Ensures Child Safety and Well-being



Since June 2025, the community has taken major steps to strengthen child safety and create a nurturing environment in the crèche. With active community involvement and guidance from PHRS, several improvements were made: a durable safety gate was installed, the roof was secured, the surrounding area was cleaned to protect children from snakes and insects, and a child-friendly toilet was constructed.

These efforts have ensured that children remain safe and dry during rains, have access to clean sanitation facilities, and can learn in a secure environment. The initiative has also built confidence among caregivers and strengthened parents' trust that their children are not only learning but are also cared for in safe hands.

This transformation highlights how community participation can bring lasting value to child safety and development.

Bringing Colours to Learning Spaces!

To make the crèche environment more joyful and engaging for children, child-friendly wall paintings have been completed in 25 crèche centres—both inside and outside. The cheerful interiors are now filled with colourful pictures of fruits, vegetables, animals, and birds, creating a playful and educational atmosphere that sparks curiosity and learning.

Adding to the excitement, the walls also carry beautiful story illustrations like “Tiki Chadei” and “Mamuni’s Birthday”, turning each crèche into a space where stories come alive and children can learn through visuals. These bright paintings not only make the centres more attractive but also support early learning, imagination, and creativity among young minds.

With this transformation, the crèches have become vibrant, welcoming homes of joy and discovery for children.



NEWS FROM ODISHA

PHRS Strengthens Capacity of Crèche Teams Through September 2025 Trainings



In September 2025, PHRS conducted a series of important training programs aimed at enhancing the skills and capacities of crèche caregivers, managerial, and supervisory teams. From 9th – 10th September, an orientation session was held for the managerial, supervisory, and crèche caregiver teams to familiarize them with the RCI framework and strengthen their understanding of effective childcare practices.

Following this, 3-day refresher trainings were conducted for crèche caregivers and supervisory teams from 15th – 17th September and 23rd – 25th September. These sessions focused on reinforcing caregiving skills, best practices in early childhood care. Through these continuous capacity-building initiatives, PHRS ensures that its teams are well-equipped to provide safe, high-quality, and nurturing care to children.

Strengthening Capacities Across Partner Organizations



Between July and September 2025, a series of comprehensive trainings were conducted for crèche caregivers and supervisory teams from partner organizations including Asha Kiran, Karrtabya, Porevarthan, Ekjut, Jagruti, CYSD, Swasthya Swaraj, Gram Vikas, Harsha Trusts, SOVA, and Shiksha Sandhan. These sessions focused on enhancing skills in early childhood care and development, ensuring child safety, and strengthening the mentoring and monitoring capacities of supervisory teams. The programs emphasized practical, hands-on learning experiences, encouraging interactive participation and adoption of best practices in caregiving.

These capacity-building initiatives are instrumental in empowering crèche teams to provide high-quality, child-friendly care while fostering confidence among caregivers and supervisory staff. Through such continued efforts, partner organizations are better equipped to support community-based early childhood development programs, ensuring that children thrive in safe and nurturing environments.

NEWS FROM ODISHA

Strengthening Early Childhood care: Insights from the KALIKA Policy Consultation in Odisha

The State-Level Consultation on the KALIKA - Odisha State Care Policy, organized by Odisha FORCES, brought together diverse stakeholders to review the draft policy by the Department of Women and Child Development, Government of Odisha. The consultation aimed to assess the policy's vision, implementation framework, and inclusivity, while generating evidence-based recommendations on childcare infrastructure, nutrition, healthcare, and early education. Mr. Shahnawaz Khan, Senior Programme Coordinator at the Public Health Resource Society, emphasized empowering women through community-level training to enhance child health and nutrition. He advocated for culturally relevant interventions, data-driven planning via localized dashboards, and the promotion of kitchen gardens at both household and Anganwadi levels to ensure sustainable nutrition.



Success story from the field

Case study: Navigating Cultural Beliefs



In a remote tribal village of Khairput Block, Malkangiri District, Odisha, a young woman with a high-risk pregnancy overcame significant cultural and logistical barriers to safely deliver her baby with support from the our team. Despite being diagnosed with moderate anaemia and inadequate weight gain, she and her family were initially reluctant to seek institutional care due to deep-rooted faith practices and limited access to transportation.

Persistent counselling by the local ASHA and ANM, followed by targeted intervention from the PHRS team, helped the family understand the risks associated with home delivery. The team arranged emergency transport and facilitated her admission to nearby health facilities. Though the family returned home prematurely, they responded promptly when labour began, ensuring

the mother reached the Community Health Centre in time for a safe delivery.

The newborn, though underweight at birth, showed immediate signs of vitality and was breastfed within the first hour. Postnatal follow-ups revealed steady weight gain and stable health for both mother and child. The PHRS team continues to provide nutritional counselling, monitor haemoglobin levels, and advocate for birth registration and access to the Nutrition Rehabilitation Centre.

This story highlights the importance of culturally sensitive counselling, community trust-building, and responsive health systems in ensuring safe motherhood and newborn care in geographically and socially complex settings.

NEWS FROM ODISHA

Refresher training for Sector Coordinators

A three-day refresher training on capacity building was organized in Malkangiri from 15th to 17th July 2025 for our sector coordinators under the FARM-N program. This training aimed to strengthen their understanding and practical skills across a range of thematic areas, including the life cycle approach, food and nutrition, and growth monitoring of children. Participants were also oriented on relevant government schemes and equipped with working knowledge to effectively facilitate program activities involving pregnant women, lactating mothers, children from birth to six years, and adolescent girls.

The sessions were designed to reinforce their ability to implement the FARM-N program with greater confidence and impact at the community level.



On the final day of our refresher training, the District Social Welfare Officer (DSWO) of Malkangiri visited the venue and shared a few encouraging words with our team. Their presence added great value to the session, reinforcing the importance of our work and motivating the field staff.

Program induction for program facilitators

A one-day orientation program on program objectives, work strategies, and responsibilities was conducted for each block of Malkangiri under the FARM-N program from 4th to 6th August 2025. A total of 92 program facilitators participated in the sessions, which aimed to enhance their practical understanding of the organizational structure, core objectives, and strategic approach of the program. The orientation also focused on building their capacity to work effectively with communities,

understand the roles of frontline workers, and engage with various government services and platforms. As key representatives of the FARM-N initiative, these facilitators play a vital role in implementing program activities and supporting pregnant women, young mothers, children, and adolescents at the grassroots level. During this one-day program, the team deepened their understanding of the life cycle approach, exploring how health and nutrition needs evolve from birth through adolescence and adulthood.

Observation of World Breastfeeding Week

We actively participated in and supported the Anganwadi workers and ASHAs of ICDS and NHM in observing World Breastfeeding Week 2025, celebrated under the theme "Prioritize Breastfeeding, Create Sustainable Support Systems." As part of our efforts, we mobilized families with pregnant women and lactating mothers to attend the week's activities, ensuring strong community engagement. Throughout the events, we focused on maximizing attendance and participation to effectively promote the importance of breastfeeding and contribute to the success of the week's objectives.



NEWS FROM ODISHA

Block level meeting with ICDS department

A block-level meeting with the CDPO and lady supervisors of Khairput block was held on 30th August 2025. The meeting was attended by the CDPO, three supervisors, seven Anganwadi workers, and the local Sarpanch, who joined to gain insight into the program. The orientation was facilitated by Mr Smrutiranjana, Ms Chinmoyee, and Mr Praful, and aimed to provide an overview of the program's objectives, our engagement with the community, and the support required from ICDS. A two-way discussion was held, during which the CDPO acknowledged the relevance of our strategies for pregnant women, young mothers, children, and



adolescents. The interaction was highly productive, and the CDPO assured full support from the block ICDS team to strengthen program implementation.

District Consultation



The District Consultation on Facilitating Nutrition and Health for Women and Children in Malkangiri on 9th September 2025 brought together key stakeholders to strengthen maternal and child health & nutrition services through collaborative action. The event saw representation from key district offices including the Collectorate, Zilla Parishad, DSWO, NHM, CDMO, and CDO-cum-EO, along with concerned block-level officials. In addition to government stakeholders, NGOs working in similar thematic areas were also invited to participate. The consultation aimed to introduce the program objectives, foster collaboration, and align strategies for effective implementation at the district and block levels. During the session, Smrutiranjana presented a comprehensive overview of the program, outlining its objectives, strategies, and community engagement framework. This was followed by Ms Swati Das, who shared key baseline findings that provided valuable insights into the current status and needs within the target communities.

NEWS FROM ODISHA

The presentations set the stage for a panel discussion, where participants engaged in thoughtful dialogue around the findings, implementation challenges, and collaborative opportunities to strengthen the program's impact.

To ensure sustainable outcomes, participants & panelist recommended scaling up awareness on anaemia, IFA compliance, dietary diversity, gestational weight gain, and complementary feeding. Strengthening ANC/PNC registrations through the use of local translators in tribal areas, conducting regular home visits to track service utilization and adopting gender-responsi-



-sive communication strategies that engage both men and women were also highlighted as key steps to improve family health and nutrition in Malkangiri.

PLA training of program facilitators and sector coordinators



A one-day Participatory Learning and Action (PLA) training was conducted separately in all three blocks for program facilitators and sector coordinators. The sessions were facilitated by Master Trainers Dr. Tanya Lamba, Ms Ananya Datta, Mr Smrutiranjana, Ms Chinmoyee, Ms Meghana, and Mr Praful. The training aimed to strengthen the capacity and knowledge of field-level staff to effectively engage with community members, particularly women and adolescents. Participants were trained on two key modules—Food & Nutrition and Gender—and gained practical insights into facilitating PLA sessions. To reinforce their learning, a community-based practice session was held the following day, which has significantly boosted the facilitators' confidence in conducting PLA meetings with community groups.

FARM-N Half Yearly Review Meeting

PHRS conducted its bi-annual review meeting with the team at Malkangiri in the presence of Executive Director Dr. Rupa Prasad, along with Dr. Tanya Lamba and Ms Ananya Datta from the national office, and Mr Smrutiranjana and Ms Meghana from the state office, Mr Praful and Ms Chinmoyee from the district office along with the field team which comprised of the three block coordinators and their respective sector coordinators. The meeting featured focused discussions on strengthening community-based approaches, ensuring quality in data collection and entry, tracking activities systematically, capturing case stories from the field, and improving documentation of all program activities. The team together planned and developed a workplan to be implemented in the field. It was a one and a half day meeting where project updates were discussed and a debriefing session was also conducted.

NEWS FROM JHARKHAND

सीता केरकेटा की सफलता कहानी

मैं सीता केरकेटा, ग्राम + पोस्ट - हल्हु, थाना- नगड़ी, जिला - रांची, झारखण्ड का स्थाई निवासी हूँ। मैं 10 फरवरी 2009 से 30 दिसंबर 2009 तक बेसिक्स संस्था में अपना जीवन का पहला काम शुरू किये। मेरे पास जाने का साधन नहीं था। एक साल की बेटी को पीठ में बांधकर पैदल चार से पांच किलोमीटर तक गांव-गांव जाकर समूह को जोड़ने का काम किये। 30 फरवरी 2010 में पंचायती राज दौर में वार्ड सदस्य के पद पर चुनाव लड़े। चुनाव में जीतकर उप मुखिया बने। फिर अप्रैल 2013 में PHRN के आम प्रोग्राम में PLA फैसिलिटेटर के पद पर कार्य किये। PHRN में आने के बाद एक साईकिल मिला उसी से 9 केश का देख रेख करते थे। फिर मेरा बच्चा सब थोड़ा बड़ा हुआ तो दोनों बच्चा का हॉस्टल में एडमिशन कराये उसके बाद परिवार का सपोर्ट मिला तो गोला ब्लॉक के उपखरगा पंचायत में PHRN संस्था के प्राईड प्रोजेक्ट में प्रदान में 2017 से 2020 तक मेंटर पद पर कार्य किये। काफी मेहनत के बाद एक एक स्कूटी खरीदें फिर गोला ब्लॉक से सिमडेगा जिला के कुरडेग ब्लॉक में 2021 से 2022 तक TRIF के जिधान प्रोजेक्ट में वैक्सीनेशन का डाटा एंट्री रजिस्ट्रेशन का कार्य किये। फिर रांची जिला के नामकुम ब्लॉक के पंच पंचायत में PMMVY, SMP के CKD प्रोजेक्ट में काम किये। फिर इंस्टिट्यूट ऑफ़ और मैनेजमेंट आनंद प्रोग्राम में सर्वे का काम 3 माह किये। 26/11/2024 से 30 फरवरी 2025 तक CINI संस्था के CAFT प्रोजेक्ट में VHSND, SHG ग्रुप में स्वास्थ्य पोषण पर कार्य की किये। फिर 3 फरवरी 2025 से TRIF के तहत कई अलग-अलग जिला में ट्रेनर के रूप में स्वास्थ्य पोषण का ट्रेनिंग दिए। फिर 1 अगस्त 2025 से PHRS संस्था में पुनः मौका मिला और पालकोट ब्लॉक में केश सुपरवाइजर के पद पर कार्य कर रही हूँ। यही मेरे जीवन का संघर्ष है।

किरण तिग्गा की सफलता कहानी

मैं किरण तिग्गा, ग्राम - कुदलोग नगड़ी, रांची, झारखंड का स्थाई निवासी हूँ। मैं 2012 में PHRS संस्था के आम प्रोग्राम में केश कार्यकर्ता के पद पर कार्य किये। उस समय मेरा बेटा 1 साल का था। बच्चा को लेकर 1 किलोमीटर पैदल चलकर केश जाते थे लगातार 4 साल केश का काम किये। फिर 2016 परिवार का सपोर्ट मिलने पर रामगढ़ जिला के गोला ब्लॉक में PHRN के प्राईड प्रोजेक्ट में मेंटर पद पर कार्य किये। जिसमें चार पंचायत में 65 SHG ग्रुप 26 बदलाव दीदी के साथ स्वास्थ्य एवं पोषण पर कार्य किये। उस समय मैं एक स्कूटी इंस्टॉलमेंट में खरीदी और खुद के प्रयास से चलाना सीखे और वहां 4 साल कार्य किये फिर इसके बाद सिमडेगा जिला के कुरडेग ब्लॉक में TRIF संस्था के जिधान प्रोजेक्ट में कोरोना काल के समय वैक्सीनेशन के लिए लोगों को घर-घर जाकर जागरूक करते थे। उसके बाद टीकाकरण के दौरान रजिस्ट्रेशन एवं उनका सर्टिफिकेट निकाल कर देना। बाहर से आने वाले प्रवासी मजदूरों के लिए कोरोटाईन केंद्र का रखरखाव का काम किये। फिर रांची जिला के नामकुम ब्लॉक में पंच पंचायत में CKD प्रोजेक्ट में PMMVY, SNP एवं VHSND पर कार्य किये। इसके बाद IRMA (इंस्टिट्यूट रूरल मैनेजमेंट आनंद) प्रोग्राम में दुमका गिरिडीह गुड्डा में गर्भवती, धात्री माता का सर्वे का काम किये। फिर CINI संस्था के CAFT प्रोजेक्ट में VHSND, SHG और किशोरी ग्रुप के साथ स्वास्थ्य, पोषण एवं शिक्षा पर कार्य किये। फिर 2025 में TRIF संस्था के तहत कई अलग-अलग राज्य में जाकर ट्रेनर के रूप में स्वास्थ्य एवं पोषण का ट्रेनिंग दिए फिर अभी परिवार वालों का सपोर्ट मिला तो PHRS संस्था में पुनः गुमला जिला के बसिया ब्लॉक में केश पर्यवेक्षक के पद पर काम कर रही हूँ। यही मेरी जीवन का संघर्ष है।

NEWS FROM CHHATTISGARH

Panchayat level meeting in Lundra block

An impactful activity this quarter was the successful organization of Panchayat-level meetings across 100 villages. These gatherings brought together key stakeholders—including Sarpanchs, Sachivs, BDC members, teachers, and other community figures—alongside the community to foster dialogue and action on critical issues such as gender, health and nutrition. These meetings served as dynamic platforms for raising awareness around gender equity, education, health, and nutrition. By engaging both leadership and community members, the initiative helped surface village-level challenges and encouraged collaborative problem-solving. A major focus of these discussions was around improving food security and nutrition through promotion of millet cultivation, kitchen garden and sharing strategies to identify and support malnourished children.



Three-day women empowerment training

A three-day Women's Empowerment Training was held in Jagarnathpur, bringing together a powerful coalition of experts and community leaders. The sessions were attended by Department Supervisors from ICDS, Dr. Shilpi from Sangawari, Ms. Rajni Shoren—High Court Advocate, Ms. Suman Dwivedi from Sakhi Center, and Ms. Subhita Shukla, Block Fellow from NITI Aayog.

The training focused on equipping women with the knowledge and tools to advocate for their rights and access government schemes. Key topics included- human rights, health and nutrition, menstrual health and hygiene, recognizing and responding to atrocities faced by women.

This training marks a significant step toward building informed, resilient communities where women are empowered to lead change and safeguard their rights. The collaborative spirit and expert guidance provided a strong foundation for continued advocacy and grassroots leadership.

Youth group trainings

A one-day and two-day training sessions were held for youth groups in Lundra block and Lakhanpur block respectively, bringing together a diverse coalition of experts and organizations. The sessions were facilitated in the presence of teams from ICPS, ICDS, Educate Girls, Livelihood College, Sangwari, Azim Premji Foundation, and JJM, along with Mr. Devanand Singh (Skill Counsellor), Block Fellow (NITI Aayog), and Chaupal Team (PD & Secretary).

The training focused on equipping adolescents and young adults with essential knowledge and life skills. Key themes included understanding government schemes, human rights and gender equality, health and nutrition, menstrual health and hygiene, skill development through fellowship programs and adolescent health programs to maintain overall well-being.

These trainings have sparked meaningful conversations and laid the foundation for informed, empowered youth leadership in the region.

Two days children's group meeting

A two-day cluster-level training for children was held in Jagarnathpur, bringing together a dedicated team of facilitators and experts. The sessions were conducted in the presence of ICPS DCPO, Dr. Chatainya (Sangwari), Ms. Shubhita Shukla (Block Fellow, NITI Aayog), Mr. Rafique (Educate Girls), along with the Block Coordinator, Project Coordinator, and PD from Chaupal.

The training focused on nurturing children's understanding of key health and social issues through interactive and age-appropriate methods. Core themes included: gender sensitization, health and nutrition, good touch and bad touch, cleanliness and hygiene, learning through play and introduction to the concept of aging and the importance of a balanced diet.

The sessions created a safe and engaging environment where children could learn, express themselves, and build confidence.

NEWS FROM ODISHA

Creche worker monthly meeting

A monthly meeting with creche workers was held in Jagarnathpur to collectively reflect on field-level experiences and challenges. The session provided a valuable platform to discuss operational gaps within creches, particularly in addressing the needs of malnourished children. Emphasis was placed on identifying effective strategies for engaging with parents—especially on how to communicate sensitively and constructively about their child’s nutritional status and development. The discussion also highlighted the urgent need for essential materials in creches, such as toys, play-based learning aids, which are crucial for creating a stimulating and safe environment



for young children. A detailed list of these required items was compiled and shared with PLA facilitators to ensure timely procurement and distribution. This meeting set the tone for ongoing collaboration and continuous improvement in creche operations

PLA training and monthly review meeting

A monthly review meeting was held at the Lundra office with active participation from the Chaupal team, Block Coordinator, and PLA facilitators. The meeting focused on revisiting key discussion points from the recent Half-Yearly Review, particularly strategies to achieve project targets more effectively. Participants engaged in a detailed analysis of field-level gaps and challenges, especially those impacting creche operations and community outreach.

As part of the action plan, a list of essential creche items—such as toys, and learning materials—was compiled and handed over to the Chaupal team for distribution based on local needs. The meeting reaffirmed that continued support and engagement from government officials and community members are vital for the successful implementation and long-term sustainability of project activities.

Annual Review meeting

From September 1–4, 2025, the Half-Yearly 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 at Kumkum Hotel, Ambikapur, Chhattisgarh. The meeting brought together representatives from TDH, PHRS, Chaupal, 30 PLA facilitators, and 3 block coordinators to assess progress and chart the path forward.

Building on last year’s discussion to more inclusive review formats, this meeting adopted a fully participatory approach. The team was divided into six groups, each actively engaging in discussions and presenting field-level updates



and challenges. This format fostered deeper collaboration and ensured that voices from across the implementation and program management level team were heard.

Participants visited both the implementation blocks where they interacted with youth groups, women's collectives, adolescent girls, and village monitoring committees and also visited the creches. These visits provided firsthand insights into the impact of nutrition awareness programs, community mobilization efforts, and PLA module implementation.

Strategies for creche handover and sustainability—including government adoption—were also discussed. It was decided that meetings with gram panchayats will be conducted to discuss the same and seek their cooperation. To enhance growth monitoring, the team emphasized the importance of mothers being present during anthropometric measurements at AWCs. This ensures transparency and builds trust in the process.

Strengthening monitoring systems remains a priority. Another critical point discussed during the meeting was integrating PLA meetings with kitchen garden and seed preservation activities-linking PLA directly with sustainable nutrition practices.

This review meeting highlighted the dedication and depth of understanding among the field team, while also surfacing valuable feedback and challenges.

STAFF NEWS

S.No.	Name	Designation
The following colleagues have joined PHRS		
1	Vinay Kumar Sharma	Project Coordinator
2	Smrutiranjana Samantary	Programme Coordinator
3	Chinmoyee Patnaik	Capacity Building Coordinator
4	Meghna Tripathy	M&E Coordinator
5	Ajay Kumar Meher	Programme Coordinator
6	Megha Gupta	Programme Coordinator
7	Rajmani Dharmani Bhaskar	cluster coordinator
8	Kiran Tigga	creche supervisor
9	Sita Kerketta	creche supervisor
10	Priy Keshri	creche supervisor
11	Seema Kumari	creche supervisor
12	Ajay Sahu	cluster coordinator
13	Vikas Kumar	MIS
14	Priyanka Sinha	Accounts & Logistics
15	Akshaya Ranjan Patro	cluster coordinator
16	Ranjit Naik	creche supervisor
17	Susila Kandhapani	creche supervisor
18	Babulu Ekka	creche supervisor
19	Tusharkant Chhualsingh	creche supervisor
20	Sairendri Ketaki	creche supervisor
21	Sasanka Sekhar Satapathy	creche supervisor
22	Amy Hipsiba Pani	cluster coordinator
23	Anup Navin Schiras Oraon	Safety Manager
The following colleagues have left PHRS		
1	Bhagyashree	M&E Coordinator
2	Megha Gupta	Programme Coordinator

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!