



# PHRN Newsletter

**VOLUME 10  
ISSUE #1**

**JANUARY 2026**

In this newsletter  
you can expect:

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National  
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ISB Book launch

## **News From Odisha**

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Capacity-building  
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Community  
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activities

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Capacity-building  
sessions

## **Staff Profile Highlights**

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 October to December 2025. As we continue working toward our shared goals, the collective efforts of our teams have led to meaningful impact across multiple states.

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.

Under the RCI Odisha project, 11 new crèches were established as part of the expansion plan. Community-led initiatives played a vital role in strengthening the crèches. To assess progress, a review meeting was convened, followed by field visits that provided valuable insights into the implementation and outcomes of the project. 2 new creches were established in Basia and Palkot blocks of Jharkhand under RCI Jharkhand project.

Under the FARM-N project in Odisha, capacity-building sessions for AWWs were conducted during this quarter, strengthening their knowledge and skills to better serve communities. A major milestone was also achieved with the rollout of the MIS system, enhancing monitoring and accountability within the project. Comprehensive training in Malkangiri equipped teams to drive impactful initiatives on the ground and reinforcing the project's commitment to improving nutrition and child welfare outcomes.

Under the Gender Nutrition project in Chhattisgarh, a national consultation in Raipur brought together diverse stakeholders to strengthen collaboration. A three-day refresher training for crèche caregivers enhanced child care and nutrition skills. Meanwhile, advocacy for government adoption of crèches is progressing, with key departmental meetings building momentum for sustainable community-based child care.

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.

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# NEWS FROM THE SECRETARIAT

## Anita Kaul memorial Lecture

The 8th Anita Kaul memorial lecture with the theme “Nurturing every child: the time is now” was held in Delhi on 9<sup>th</sup> October 2025 at the India International Centre. It is an annual event organized in memory of the late Ms Anita Kaul, a visionary leader and child rights advocate. The lecture brings together thought leaders, policymakers, academics and practitioners to reflect on her legacy and discuss contemporary issues in education, early childhood care and social development.

Dr Vandana Prasad was invited as the speaker for this lecture. She spoke on what are the root causes of why children in India especially of low income households remain so disadvantaged and vulnerable. The lecture was chaired by Dr K Srinath Reddy, founder president of Public Health Foundation of India.

**INVITATION**  
*8<sup>th</sup> Anita Kaul Memorial Lecture*  
“Nurturing Every Child: The Time Is NOW”

**SPEAKER**  
*Dr Vandana Prasad*  
Community Pediatrician,  
Public Health Professional &  
Technical Adviser, Public Health Resource  
Network

**CHAIR**  
*Dr K. Srinath Reddy*  
Founder President  
Public Health Foundation of India &  
Former Head, Cardiology, AIIMS

Thursday, October 9, 2025  
5:30 PM - 7:30 PM

Multipurpose Hall, Kamaladevi Complex,  
India International Centre  
Lodhi Road, New Delhi

MC MOBILE CRECHES  
Centre for Equity Studies  
Rainbow Homes  
EMBRACE, EDUCATE, ENABLE.

## BMJ Paediatrics Open Webinar

In the last quarter, BMJ Paediatrics Open launched its special Topic Collection Paediatric and Child Healthcare in India: Opportunities and Challenges, bringing together leading voices to discuss access, equity, quality improvement, and health system innovations in paediatric care across India. The programme featured Dr Krishna Kumar, who shared the Amrita Experience in delivering paediatric cardiac care to underserved populations; Dr Siddharth Ramji, who reflected on six decades of neonatology in India, highlighting both the

**BMJ Paediatrics Open Webinar**  
**Equity-focused Paediatric Healthcare Initiatives in India**

Explore the latest insights in this free webinar  
Thursday 16<sup>th</sup> October 2025  
6.00 pm - 7.30 pm IST  
1.30 pm - 3.00 pm BST

**REGISTER TODAY**

- Paediatric Cardiac Care for underserved populations- the Amrita Experience- Dr Krishna Kumar
- 6 decades of Neonatology in India: What are the Gains and Losses- Dr Siddharth Ramji
- Challenges of delivering critical healthcare to mountainous regions in India- Dr Jasbir Singh

Panel discussion  
Dr Chandrakant Lahariya, Dr Vandana Prasad, Prof Piyush Gupta  
Moderator Prof Monica Lakharpaul

BMJ Group

gains and the losses; and Dr Jasbir Singh, who addressed the unique challenges of delivering critical healthcare to mountainous regions. The event concluded with a lively panel discussion with

Dr Chandrakant Lahariya, Dr Vandana Prasad, and Prof Piyush Gupta, moderated by Prof Shanti Raman, which explored the future of paediatric healthcare in India with a focus on equity, innovation, and systemic reforms. As we look back on these important conversations, this collection continues to inspire healthcare professionals, policymakers, and researchers to collaborate on building resilient systems that ensure every child in India has access to quality healthcare, regardless of geography or socioeconomic status.

## National Conclave marks 50 years of ICDS

To mark 50 years of the Integrated Child Development Services (ICDS), the All India Federation of Anganwadi Workers and Helpers (AIFAWH) held a national conclave on 7 October 2025. The event brought together stakeholders to reflect on ICDS's journey, address challenges, and chart its future. Inaugurated by MP Amra Ram, who stressed ICDS's vital role in child health and nutrition, the conclave featured a keynote by Dr. Vandana Prasad highlighting achievements, lessons, and the way forward. The gathering reaffirmed commitment to strengthening ICDS as a cornerstone of child development and welfare in India.

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# NEWS FROM THE SECRETARIAT

## 3<sup>rd</sup> International Conference on Public Health and Nutrition- ICPHN 2025

Dr Vandana Prasad, TA, PHRS was privileged to be invited as a speaker at the 3rd International Conference on Public Health and Nutrition (ICPHN 2025), hosted by Sukarya on 14–15 October 2025 at ITC Maurya, New Delhi.

The conference brought together global leaders, researchers, and practitioners to address critical issues in adolescent health, nutrition, and well-being. It was an honor for PHRS to contribute to this dialogue, sharing insights and experiences that resonated with the collective mission of improving public health outcomes.

One of the highlights was the participation of Dr. Vandana Prasad, who spoke on the importance of participatory action with adolescents on health and nutrition. Her session emphasized how engaging young people directly in shaping solutions can lead to more sustainable and impactful outcomes.



We deeply appreciate Sukarya’s vision in convening such a diverse and impactful gathering. The exchange of knowledge and perspectives enriched the discussions and underscored the importance of collaboration in tackling complex health challenges.

For PHRS, ICPHN 2025 was not only a platform to share research but also an opportunity to build meaningful connections. We look forward to continuing this engagement with Sukarya and other partners, exploring avenues for joint initiatives that can drive sustainable impact in adolescent health and nutrition.

## Launch of six volumes on Human Development by ISB’s Institute of Public Policy



On 21st December 2025, the Bharti Institute of Public Policy at ISB launched six volumes of microstudies in Human Development at the India Habitat Centre, New Delhi. The launch event featured in-depth discussions on each of the volumes, highlighting diverse perspectives and insights.

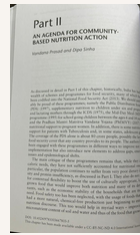
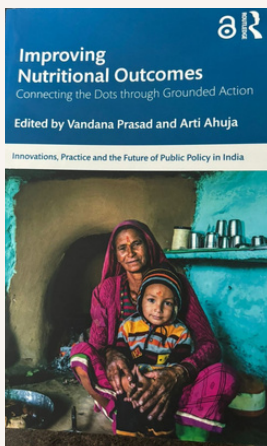
As part of the Institute’s ongoing series, “Innovations, Practice and the Future of Public Policy in India”, these volumes capture experiential learning across crucial sectors including education, health, nutrition, climate action, institutional challenges, and livelihood.

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## NEWS FROM THE SECRETARIAT

In the volume “Improving Nutritional Outcomes-connecting the dots through grounded action” Dr Vandana Prasad was a co editor along with Ms Arti Ahuja, IAS (retd), former secretary Ministry of labour and Employment, GOI. During this event the editors along with Ms Mirai Chatterjee, Chairperson, SEWA Cooperation federation were invited for a panel discussion which focused on discussing the volume on improving nutritional outcomes. The launch underscored the importance of evidence-based research and experiential knowledge in shaping the future of public policy in India.

### PHRN’s contribution to the Bharti Institute’s book series, Innovations, Practice, and the Future of Public Policy in India



Various members of Public Health Resource Network contributed as an author in the volume: Improving Nutritional Outcomes-connecting the dots through grounded action. This included Dr Dipa Sinha and Dr Vandana Prasad discussing the macro issues foregrounding an agenda for community-based nutrition action and the section on special action for children includes a case study by Dr Rupa Prasad, Mr Shahnawaz Khan and Dr Vandana Prasad on community-based creches for management of malnutrition among children under-three in tribal areas.

### Launch of Sukhawati by Nirmal Initiative

PHRS was honored to be invited by Team Nirmal Initiative to the launch of Sukhawati, a survivor-centric framework that is caste, disability, and gender inclusive, developed for the primary prevention of child sexual abuse. The event, held on 8th November at the India International Centre (IIC) from 10:30 AM to 4:30 PM, marked an important milestone in advancing child protection efforts. Sukhawati places survivors at the center while addressing the intersections of identity and lived experience, offering a holistic and inclusive approach to prevention. The launch brought together activists, practitioners, and thought leaders to share insights and strengthen collective action towards building safer communities. PHRS is proud to have been part of this significant initiative that resonates deeply with our commitment to equity, dignity, and justice.

## NEWS FROM ODISHA

### Review and Coordination Meeting Highlights

A virtual Review and Coordination Meeting was held on 30 October 2025, bringing together programme teams, technical partners, and leadership to review progress under the Rural Crèche Initiative. The meeting began with the welcome of newly joined RCI team members and a reflection on action points from the previous review held in May 2025. Block teams shared updates on the nutritional status of children attending crèches, community-level decisions taken through VHNDs and crèche committee meetings, status of anthropometric quality checks, referrals, and community engagement initiatives. Success stories highlighting positive community involvement were shared, alongside challenges faced in running existing crèches and establishing new ones.

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## NEWS FROM THE ODISHA

The discussion also covered expansion plans for new crèches, including preparatory fieldwork and tentative timelines. Programme achievements to date, along with ongoing training and technical support to partner organisations, were reviewed, providing a comprehensive overview of progress and gaps. Key action points emerging from the meeting included piloting finger foods for children above nine months, strengthening growth monitoring and documentation, improving community engagement on child safety, enhancing coordination with health systems, and diversifying crèche meal menus. The meeting reinforced the importance of data-driven reviews, continuous field-level support, and collaborative problem-solving to strengthen crèche quality and child outcomes.

### Learning from the Field: Strengthening Crèche Services

As part of the Rural Crèche Initiative, a two-day field visit was conducted in Rayagada and Kalyansinghpur blocks on 17–18 November 2025, bringing together the PHRS national team, state team, and district field teams. Multiple teams visited crèches across both blocks to closely observe day-to-day operations, child care practices, infrastructure, safety measures, nutrition delivery, growth monitoring, and documentation processes. The visits provided valuable ground-level insights into both good practices and critical gaps—ranging from caregiver availability and hygiene, food preparation and SNC practices, to safety hazards such as damaged gates, gas-related risks, pest infestation, and improper storage of food and supplies. The visits were followed by a detailed debriefing and reflection meeting held at the Watershed Department Conference Hall, Rayagada, where teams collectively shared observations, centre-specific issues, and actionable recommendations. Key focus areas that emerged included strengthening caregiver accountability, improving hygiene and child safety, ensuring strict adherence to nutrition and feeding protocols (especially for red-flag children), reinforcing anthropometric practices and documentation, and deepening coordination with health systems and community structures. The exercise reaffirmed the importance of regular field engagement, supportive supervision, and timely corrective action to enhance the overall quality, safety, and effectiveness of crèche services for young children.

### Expansion of Crèche Services Strengthens Community-Based Child Care

In December 2025, PHRS inaugurated 11 new crèche centres under the Rural Crèche Initiative—9 in Rayagada and 2 in Kalyansinghpur. Prior to opening, Crèche Caregivers (CCGs) completed a structured capacity-building process that included an exposure visit (13 November), orientation (15 November), and a three-day pre-service training (20–22 November 2025), strengthening their skills in childcare, nutrition, hygiene, safety, early learning, and crèche management.

The crèches were inaugurated in a phased manner between 6 and 10 December 2025, with strong participation from village leaders, ASHA and Anganwadi workers, PRI members, and ward representatives. In both blocks, the events were further graced by Sarpanchs, ICDS Supervisors, CHOs, the Block Chairperson, and Zilla Parishad Members.



The inauguration ceremonies were planned and led by village mothers and community members, with facilitation support from PHRS. Each crèche commenced operations with child enrolment, regular nutrition and learning routines, and standard safety and hygiene practices, supported by supervisors during the initial days—reflecting strong community ownership and a smooth start to services.

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## NEWS FROM ODISHA

### Community Comes Together to Strengthen Kitchen Garden in Hadia Village



Hadia village, under the Rural Creche Initiative in Rayagada block, has witnessed strong community participation in supporting crèche functioning. The creche caregivers, Monari Nisika and Minalu Kulesika, initiated a kitchen garden in August 2025 to provide fresh and nutritious vegetables for children attending the crèche.

Vegetables such as radish, leafy greens, tomato, brinjal, ridge guard, lady's finger, drumstick, and papaya were cultivated. However, the absence of a boundary made it difficult to protect the plants from animals and maintain the garden properly.

After discussing these challenges with the crèche committee mothers, the community responded positively. Mothers from the village came together to clear unwanted vegetation and construct a protective boundary using locally available materials like bamboo and sticks.

This collective effort not only safeguarded the kitchen garden but also demonstrated strong community ownership and shared responsibility. The initiative stands as a positive example of how community participation can strengthen nutrition, safety, and sustainability in early childhood care initiatives.

### Community Efforts Transform the Punjapai Crèche

The crèche at Punjapai has undergone significant improvements through the active involvement of village mothers and Creche Caregivers (CCGs). Working together, they beautified the crèche with vibrant colours, creating a more welcoming and joyful space for young children. A kitchen was also constructed using locally available bamboo and wood, with firewood serving as the primary cooking fuel.

As the crèche is situated on elevated ground, the community identified access and safety as key concerns so, they collectively constructed a pathway leading to the crèche and installed a gate at the base of the stairs to prevent the entry of animals, ensuring a safer environment for children.

Earlier, the presence of large stones beneath the crèche premises posed potential safety risks. Following detailed discussions with PHRS, village mothers and CCGs proactively came together and constructed a boundary around the crèche to prevent accidents and built stairs to make access easier and safer for children.

Village mothers regularly visit the crèche throughout the day to assist with feeding and engaging children in play, reflecting a strong sense of ownership and collective responsibility. This initiative stands as a strong example of community participation and commitment towards creating a safe, nurturing, and child-friendly environment.



## NEWS FROM ODISHA

### **Community-Led Hygiene Improvement at Kodapadi Crèche**

At Kodapadi, the construction of a latrine was successfully completed through the active participation of the community and the dedicated efforts of the Crèche Caregivers. This collective initiative reflects a strong commitment towards improving hygiene practices and ensuring a healthier, safer environment for the children attending the crèche.



### **Strengthening Safety and Nutrition through Community Action at Hada Sinkula**

At Hada Sinkula, village mothers, in collaboration with the Crèche Caregivers (CCGs), actively participated in constructing a fence in front of the crèche to enhance the safety of children. The kitchen garden at the centre has flourished, yielding an ample supply of vegetables, which are being distributed to mothers of children whose weight has not shown improvement, supporting better nutrition outcomes.

Village mothers also regularly support the maintenance of the kitchen garden by clearing twigs and keeping the area clean. These collective efforts clearly reflect the strong commitment and involvement of both the CCGs and community members in promoting child well-being and fostering sustained community ownership of the crèche.



### **Community Initiative Enhances Nutrition and Sustainability at Raikona**



In Raikona village, a vibrant kitchen garden has been established to support the nutritional needs of crèche children. Earlier, the crèche did not have a kitchen garden; however, the villagers collectively took the initiative to plant lemon, papaya, tomato, brinjal, and a variety of leafy greens (saag).

To ensure sustainability, the community developed an efficient watering system by channelising excess water from a nearby borewell, which was previously going to waste. The garden has been strategically developed beside the crèche, making it easy for the Crèche Caregivers (CCGs) to maintain while also enhancing the overall appearance of the village entrance.

This community-led effort highlights the strong commitment of the villagers towards improving child nutrition, optimal use of local resources, and promoting environmental responsibility.

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## NEWS FROM ODISHA

### A Journey of Hope: Krishna's Path to Better Health

Krishna Mahanandia from Alanda village, Kalyansinghpur block (Rayagada) joined the crèche in June 2024 at 14 months of age, weighing just 6.5 kg and identified as a Severely Underweight and SAM child. Born with low birth weight and frequently falling ill, his growth had been severely affected.

After enrolment, Krishna received regular nutritious meals, CMAM support, special nutritional care, and close daily monitoring at the crèche. Despite recurring illnesses and health challenges, the Crèche Caregivers ensured continuous follow-up, hygiene practices, home visits, and coordination with health services.

Over time, Krishna showed steady improvement. A significant milestone was achieved when he started walking, bringing immense joy to his family. Krishna's story highlights the critical role of crèches, committed caregivers, and community support in improving the health and development of vulnerable children.

### Strengthening Caregiver Capacities for Quality Crèche Services



During October to December 2025, PHRS conducted a series of refresher and pre-service training programmes for Crèche Caregivers in Rayagada Block to strengthen capacities for quality crèche support. The trainings focused on enhancing practical skills related to child care, nutrition, hygiene and safety, early stimulation, growth monitoring, identification and management of red-flag and SNC children, first aid, fire safety, record maintenance, and community engagement through participatory and hands-on learning methods. These capacity-building efforts reinforced PHRS's commitment to effective field-level mentoring and ensuring high-quality crèche implementation across partner organisations.

### Fire & Safety Training for Crèche Caregivers

As part of ongoing efforts to ensure a safe and secure environment for children at crèches, a Fire and Safety Training session was conducted for Crèche Caregivers (CCGs) during their pre-service training programme. The session was facilitated by officials from the Fire Department, who provided hands-on demonstrations and practical guidance on emergency response.

Caregivers were trained on safe evacuation procedures, proper use of fire extinguishers, safe handling of LPG cylinders, and precautionary measures while cooking to prevent fire accidents. The training also focused on preparedness and quick response during emergencies to minimise risks and ensure child safety. This session significantly strengthened caregivers' awareness, confidence, and readiness to handle fire-related emergencies, reinforcing safety protocols at the crèche level and contributing to a safer learning and care environment for young children.



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## NEWS FROM ODISHA

### Strengthening Creche Systems through Capacity Building and Training (Oct–Dec 2025)



Between October and December 2025, a comprehensive and intensive series of capacity building and training programmes were undertaken to strengthen the technical knowledge, practical skills, and confidence of Crèche Caregivers (CCGs) and Supervisors across multiple partner organizations, including Harsha Trust, EKJUT, Swasthya Swaraj, CYSD, Asha Kiran, Sikhya Sandhan, and Jagruti. The trainings included pre-service, induction, refresher, and supervisory-level programmes, designed to address both foundational competencies and advanced caregiving and supervision needs. Key focus areas included early childhood care and development, child nutrition and feeding practices, growth monitoring and anthropometric measurements, identification and management of malnutrition, health, hygiene and safety protocols, Special Nutrition Care (SNC), daily crèche activities, record keeping, and supportive supervision. The sessions emphasized hands-on practice, demonstrations, role plays, and peer learning, enabling participants to translate knowledge into day-to-day practice at crèche level. Supervisory trainings further strengthened skills related to mentoring, monitoring, problem-solving, and quality assurance. Overall, these capacity-building efforts have enhanced service delivery standards, supported early identification and timely referral of vulnerable children, and contributed to creating safe, nurturing, and developmentally appropriate crèche environments, reinforcing a shared commitment to improving child health, nutrition, and developmental outcomes during the critical early years.

### Coordination and Consultation Meeting with ICDS and Health Functionaries



During this quarter, coordination and consultation meetings were conducted in Malkangiri district with the block-level ICDS and Health functionaries across all three blocks to share the project objectives, ongoing activities, progress, and good practices. The meetings also provided a platform for detailed discussions on community practices and prevailing myths that pose challenges for both the system and the project team. Special emphasis was given to issues related to the screening of Severe Acute Malnutrition (SAM) and High-Risk Pregnancy (HRP) cases, as well as timely referrals. These issues were highlighted as major concerns by the ICDS functionaries who participated in the meetings. Health functionaries emphasized the need for increased awareness on Iron and Folic Acid (IFA) consumption and suggested that the project team could support community mobilization for regular Antenatal Care (ANC) check-ups. The importance of proper filling of the Mother and Child Protection Card (MCPC) was also discussed. Couples were encouraged to be oriented on MCPC indicators, which was identified as a good practice for improving awareness and knowledge.

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# NEWS FROM ODISHA

## Capacity Building Program for Anganwadi Workers



A capacity building training program for Anganwadi Workers (AWWs) of Malkangiri Block was conducted in December with the objective of strengthening and refreshing their knowledge and skills. The training covered all Anganwadi Workers positioned in the block and was organized in six separate batches to ensure effective participation and interaction. Across these six batches, two training modules developed by PHRS were delivered in two sessions: “Basics of Nutrition” and “Gender & Sex.” The sessions were facilitated by a team comprising the Training Coordinator, District Coordinator, and Program Coordinator. To assess the effectiveness of the training and measure improvements in knowledge, pre-test and post-test assessments were conducted for all participants. The ICDS block functionaries provided full support throughout all six batches, ensuring the smooth and successful implementation of the training as per the planned agenda. Such capacity building and refresher training programs for Anganwadi Workers will continue to be organized across our operational blocks to enhance service delivery and program outcomes.

## MIS application training and roll out on the field

We have developed a dedicated application for data collection, progress tracking, and data analysis. This application will be used by all field staff to ensure systematic and real-time data capture. To facilitate effective utilization, training sessions were conducted in three batches across all three operational blocks. Program Facilitators and Sector Coordinators were trained on the application’s functionalities, including the use of various data collection forms and overall application operations.

The introduction of this application is expected to significantly strengthen data management systems and elevate the program to the next level in terms of data quality, monitoring, and decision-making.



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## NEWS FROM ODISHA

### Home Visits and Counselling of High-Risk Pregnant (HRPs) mothers

As part of our commitment to improving the health and well-being of children, women, and adolescent girls, we work closely with frontline workers such as AWWs, ASHAs, and ANMs at the community level. Through this collaboration, we provide targeted support to high-risk mothers and children identified in the community. Regular follow-up and home visits are conducted for families with high-risk mothers. During these visits, our interventions focus on increasing awareness among the individual and family regarding the specific risk factors, preventive measures, prescribed medications, and appropriate personal care based on the nature of the risk. Guidance on referral services is also provided to ensure timely



access to healthcare facilities in case of emergencies. With the support of frontline workers, our field team prepares and maintains a list of high-risk cases and conducts monthly family visits. These visits are carried out independently by the team as well as jointly with AWWs and ASHAs, ensuring continuity of care and effective coordination at the community level.

## NEWS FROM JHARKHAND

### TETRA SATTU

For Sattu making we were exploring probable solutions since last week of August. For making Sattu we found that none of the vendors exists in Basia and Palkot. At district headquarters (50 KM from Basia) also, we did not find anyone reliable.

We decided to get it done with the help of BHUJA WALA and AATA CHAKKI. In Palkot none The person was available as a vendor to do the processing / roasting of grains for Sattu. Few years back a person was doing this but now that person is not doing this business or left Palkot.

We found a person who belongs to Andhra Pradesh is doing the grain roasting business at Basia. Seasonally he visits to native place. He has a high flame / very hot Chullaha (Furness) he does the processing for puffed rice (Mudhi) and occasionally he does for black gram and a few more grains. He suggested 20% weight loss in roasting based on his experience of roasting grains with his arrangement of roasting. The cost for roasting is Rs 15 per Kg. There are two grinding shops available in Basia. The nearest one from the grain roasting shop is around 1 Km. The rate for grinding is Rs 5 per kg.

For packaging none of the shopkeepers has time or interest to do so. Both have no idea or experience for such business.

From Oct'2025 we started exploring in the village for the same. We got positive response from Tetra Village of Basia block. They were used to roasting grains for their own consumption (traditionally) but had no idea for roasting grains for making Sattu. A little bit of handholding in terms of sharing information i.e. keeping 10% of weight loss while roasting the grains as maximum bench mark and doing it together (Villager, Creche Supervisor and Accounts & Logistic Manager) enabled us to get a good quality of Sattupacked in 1 KG packet @ Rs 21 per kg for roasting, grinding and packing.

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## NEWS FROM JHARKHAND



The grains used are Rice, Wheat and Black Gram in the proportion of 1:1:1. In the last week of November 2025 we received the Sattu and the costing for grains and food processing is around Rs 74 per Kg. Villagers are very happy and proud for the quality, hygiene and purity of the Sattu and have named the produce as Tetra Sattu. Some of them said &quot;Bazar se bahut achcha bana hai, waha to milawat karta hai&quot;. They were suggesting we change the proportion of 1:1:1 and make it 1;1;3 wheat: rice: black gram. Their logic was to make it smell like CHANNA SATTU. They were laughing and saying that in the market in the name of CHANA SATTU many things are mixed and those people put some scent or essence to make it smell like pure CHANA SATTU.

If the proportion suggested by villagers is accepted in the ratio of 1:1:2 in favour of black gram thought the cost of Sattu will be around Rs 84 per KG but it will definitely add in nutritional value per gram of Sattu.

The Pride of Tetra village after processing the grains in the last week of November, as shared above, started reflecting in the last week of December in Tengariya village (creche inaugurated on 23/12/2025) and Tapkara village (Creche Inaugurated on 27/12/2025). Children are eating Sattu very nicely. The same is reflected among red flag children of Tengariya village in mid of January during weekly weighing (200 gm to 100 gm of weight gain).

### RCI Gumla creche opening in Basia and Palkot

Capacity building of the team as well as enabling community with the spirit of maintaining maximum transparency regarding the project / inputs, processes and objective facilitates community participation. This ensures the transition towards empowering community and enhancing their ownership of the project.

The project started in the month of August 2025. It started with recruitment of human resource, office space and other minimum necessities related to establishing an office set up at Basia and Palkot. At the same time the capacity building process for human resource and assessment of area was being done.

From mid of September 2025, after series of formal and informal meetings, door to door visits, meetings with traditional heads, PRI members, front line health workers, school teachers, Village Organizations and SHGs, the community started participating in decision making. Selection of Creche Care Givers, Creche sites, informal committee for creche by villagers / mothers started. 10 such sites for opening creche were finalized.

In the period from Oct' 25 to Dec' 25 lots of preparation was done before opening the creche.

Creche sites were repaired, renovated, white washing cleaning etc. was done by the houseowner with the support of the community. Project equipped the creche sites with safety gates, fencing, fire and electric safety measures. Vendors for one time, yearly and recurrent procurement of goods and equipment was finalized and procurement was done.

In the month of November 2025 training and exposure visit was conducted for capacity

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## NEWS FROM JHARKHAND



building of Creche Care Givers. By mid-December preparation for opening creche was completed. On 22nd December a refresher training of Creche Care Givers was done and on 23rd December 1 st Creche was inaugurated. On 27th December 2025 a second creche was inaugurated. The community celebrated the event in their traditional way as something new but essential for their has started in their life. PAHAN (traditional head) performed the PUJA (BHELWA FARI) for entry in new home (SARNA Faith) just before opening followed by dance and traditional music and then a common practice happening these days by cutting the ribbon from the hands of traditional head, PRI member & FLW.

## NEWS FROM CHHATTISGARH

### Strengthening Child Care Through Creche Centres



As part of ongoing efforts to strengthen child health and nutrition, field visits were conducted to multiple creche centres including Dhobakachar, Majhvarpara, Losagi Jhamjhor, Losaga Devbhudu, Ledradand, Labji Korvapara, Bendopani, and Kusu Shankarpara. During these visits, interactions with creche workers focused on supporting growth monitoring and ensuring timely attendance of children, alongside observing child-centered activities. Special attention was given to identifying and understanding the needs of children categorized as SUW (Severely Underweight) and SAM (Severe Acute Malnutrition), with discussions on appropriate food timetables and access to health services. The visits also highlighted the role of PLA facilitators in providing support and maintaining visit schedules, while registers were checked to ensure proper documentation and guidance. Emphasis was placed on the availability of children at the centres and the importance of conducting home visits, reinforcing the commitment to comprehensive child care and community engagement.

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## NEWS FROM CHHATTISGARH

### *Cluster level meeting with women's group*

A one-day cluster-level women's meeting was held at the Jagarnathpur office in the presence of Chaupal and the PHRS team, and a student from TISS. The session created a meaningful platform for discussion on critical issues affecting women and children, including malnutrition and strategies to overcome it, anaemia and its prevention, the importance of the first 1000 days in a child's life, hygiene practices, and menstrual health. Participants also engaged in dialogue on the social implications of child marriage and other related topics. The meeting fostered awareness, knowledge-sharing, and collective reflection, reinforcing the commitment to improving health, nutrition, and social well-being within the community.



### *Three Days Creche care giver refresher training in Jagarnathpur*



PHRS successfully organized a three-day Creche Workers Refresher and Capacity Building Training under the project "Gender Nutrition: Equal Access to Sufficient and Healthy Food Strengthens the Food Security of Women and Small Children" from 20th to 22nd November 2025 at the Jagarnathpur Training Centre in Lakhanpur Block, Chhattisgarh. The program brought together 40 committed creche workers, seven PLA facilitators, project coordinators, MIS personnel, and the Block Coordinator, all guided by senior resource person Mr. Rajesh Srivastava. Over the course of the training, participants engaged in interactive sessions, practical demonstrations, and group activities that strengthened their knowledge and skills in key areas such as growth chart measurements, health documentation, identification and management of red-flagged children, specialized nutrition care, height and weight measurement protocols, age-appropriate child engagement activities, and effective coordination with frontline workers. The collaborative spirit and hands-on learning observed throughout the sessions emphasized the success of the program, marking a significant step forward in enhancing creche operations and advancing the project's mission of improving food security and child health.

### *National Level Consultation - Raipur*



As part of the project, a national-level consultation was convened in Raipur to share key findings, progress achieved so far, and the challenges and learnings emerging from the field. The consultation brought together diverse stakeholders who actively participated in panel discussions and thematic exchanges. Technical insights were presented on pressing health and nutrition issues among tribal communities and PVTGs, the burden of disease and epidemiological concerns, food systems and traditional practices, as well as the social dimensions of early marriage and early pregnancy. The consultation provided a valuable platform for dialogue, knowledge-sharing, and collective reflection, reinforcing the project's commitment to addressing complex health and nutrition challenges while promoting sustainable solutions for vulnerable communities.

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## PLA Modules Training



During this quarter, a focused training on two PLA modules was conducted at the Resource Centre, Chaupal, in Lundra Block of Surguja District under the TDH project, with a special emphasis on the Gender and Nutrition domain. The program brought together 30 PLA facilitators and 2 block coordinators, equipping them with in-depth knowledge and practical skills on adolescent health and well-being as well as early marriage. Participants engaged enthusiastically in the sessions, which also highlighted themes of childhood care and development and gender equity. The training provided valuable insights into addressing developmental delays and strengthening community-level interventions. With the knowledge and skills gained, participants are now better prepared to make a meaningful impact in their communities, further advancing the objectives of the Gender and Nutrition project.

## STAFF NEWS

S.No.	Name	Designation
<b>The following colleagues have joined PHRS</b>		
1	Amit Kumar Raj	Accounts Officer
2	Tuna Hikoka	Office Assistant
3	Shri Harihara Behera	Office Assistant
4	Manas Behera	Block Coordinator
5	Hitesh Shrivastava	MIS officer

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!*