



ग्रामीण विकास मंत्रालय
भारत सरकार
**MINISTRY OF RURAL
DEVELOPMENT**
GOVERNMENT OF INDIA

Social Inclusion & Social Development (SISD)

Monthly Newsletter

September 2026

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FNHW Leadership Programme at Agongre



A Leadership Programme on FNHW and Human Development took place at Agongre Village in Baghmara Block, South Garo Hills, involving Mission staff, SHG members, frontline workers, pregnant women, mothers, and newly inducted Cluster Coordinators (CCs).

The session addressed the Mission 1000 Days initiative, discussing maternal nutrition, antenatal care, birth spacing, institutional delivery, breastfeeding, and infant feeding. Key concerns identified included early marriage, home deliveries, inadequate birth spacing, and anemia, emphasizing the need for stronger community leadership and action.



Dikechi VO Leads FNHW Action at Jijikapara



Around 60 SHG and VO leaders participated in an FNHW programme at Jijikapara Village, Dalu Block, West Garo Hills. A baby shower event was organised for 11 pregnant women, including four high-risk mothers, who received counselling on the Mission 1000 Days. The Dikechi VO rated itself 80/100 in FNHW implementation, identifying high-risk pregnancies as the key area requiring improvement.

With no maternal or child deaths and no SAM/MAM cases reported, the VO pledged to work towards achieving 100 marks through stronger community leadership and follow-up on institutional delivery, colostrum feeding, and KMC.

The VO also recognised the importance of engaging young women and committed to forming at least three young women's SHGs soon.



A POSITIVE APPROACH TO FAMILY HEALTH AT DARAK A KUAGRE



Tengsime A Sangma (25) of Darak A Kuagre Village, Gambegre Block, West Garo Hills, is focused on ensuring a healthy and secure future for her seven-month-old daughter, Amelia. She expressed her preference for one child and, if she chooses to have another, plans to maintain a five-year birth interval.

During an FNHW interaction, Tengsime was counselled on Copper-T as a family planning method and expressed her willingness to consider it. The village CGHA, Mrs. Abitha A. Sangma, has also supported community mobilisation, contributing to the formation of two new SHGs for young mothers and young women under Ridilma VO.

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STRENGTHENING MOBILISATION OF YOUNG WOMEN INTO SHGs



The Mission Team at Community Managed Training Centre (CMTc), Asanang, West Garo Hills, expressed a strong commitment to mobilising young women and young mothers into SHGs. The district has already facilitated the formation of 269 new SHGs through VO-level initiatives.

The team aims to support around 500 VOs to undertake mobilisation independently, with remote guidance from Mission staff and CLF leadership. The target is for each VO to mobilise at least 30 new members, potentially bringing 15,000 new SHG members into the fold during the month.

The initiative reflects a strong commitment to expanding women's participation and strengthening community institutions across the district.



SELECTION OF GRC FACILITATORS AT JIRANG WOMEN ORGANISATION



The selection process for GRC Facilitators of Jirang Women Organisation was conducted on 12 September 2026 at the GRC, Patharkhmah, Ri Bhoi. The process comprised three stages: Written Examination, Group Discussion, and Personal Interview.

Following the assessment, three candidates were recommended by the Selection Committee to the Steering Committee and Nodal CLF for approval.

The selection marks an important step towards strengthening the GRC and advancing gender interventions across the Block.



OPEN FNHW PROGRAMME AT KATULIGRE



An open FNHW programme was organised at Katuligre Village, Zikzak Block, South West Garo Hills, with participation from VO leaders and many community members, including men. The session introduced Mission 1000 Days and covered ANC, maternal nutrition, institutional delivery, colostrum feeding, exclusive breastfeeding, KMC, and birth spacing.

Special emphasis was placed on Kangaroo Mother Care (KMC) and birth spacing, given concerns related to infant health and large family sizes in the village. The community also expressed support for mobilising young women and young mothers into SHGs. The programme was co-facilitated by the Mission Team under the leadership of Ms. Candice N Sangma, DFS SISD from SWGH.



FNHW AND YOUNG WOMEN INCLUSION AT MUCHAPANI



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An FNHW and Young Women Inclusion Programme was organised at Muchapani Village, Betasing Block, South West Garo Hills, with participation from Nijmegen.chik VO, neighbouring VOs, community leaders, and Block Mission staff. Class 10 girls from a nearby school were also invited and attended a session on Menstrual Health, Hygiene and Sanitation.

Leaders from Jabirong, Evergreen and Dambe Jarik VOs, along with EC members of the host VO, participated in the programme. Kapil Barman, BPM, coordinated the programme, with Candice N Sangma, DFS-SISD; Nikrang R Marak, YP; Sillingchi G Momin, BFS-SISD; and Norimchi R Marak, DFS-IBCB, as co-facilitators.

The programme covered key aspects of Mission 1000 Days and provided renewed impetus to FNHW through SHG platforms and the social inclusion of young women into SHGs.



STRENGTHENING REPORTING SYSTEMS UNDER SISD



An orientation session was conducted for SISD cadres, CLF Managers, and Accountants from Kharkutta and Adokgre Blocks, North Garo Hills, focusing on SISD indicators and the Monthly Reporting Sheet.

The session aimed to strengthen participants' understanding of key indicators, reporting procedures, and data management, enabling accurate and timely reporting under the Social Inclusion and Social Development (SISD) initiative.



CULTIVATING CHANGE THROUGH SUSTAINABLE FARMING



State Agriculture Expert Mr. Bansan from WISE, The/Nudge, visited villages under Umling Block, Ri Bhoi, including Umdokha, Marmain, Plasha, and Umshaken, to interact with Poorest of the Poor Change Makers (PCMs) and agriculture beneficiaries supported under LSG-I.

During the field visit, he observed the beneficiaries' cultivation areas and provided practical guidance on improving crop productivity, strengthening market linkages, and adopting organic farming practices. He also demonstrated the preparation and use of natural farming inputs such as Agnastra, Brahmastra, and Jeevamrut for crop protection and improving soil fertility.

The visit highlighted the beneficiaries' growing engagement in diversified farming, with crops such as turmeric, ginger, hill rice, pumpkin, chillies, king chilli, and fish mint being cultivated across the villages.



SUPPORTING ENTREPRENEURSHIP THROUGH HOME-BASED GUIDANCE



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A home visit was conducted at Diengkynthong, Khatarshnong Laitkroh Block, East Khasi Hills, to meet a Person with Disability (PWD) SHG member and provide guidance on strengthening her business. The interaction focused on the PMFME Scheme, registration with FSSAI and Udyam, and other government schemes to support and upgrade her enterprise.

The visit aimed to improve her awareness of available livelihood opportunities and facilitate access to relevant schemes and formal registrations.



NURTURING RURAL ENTREPRENEURSHIP THROUGH MEIP IN JIRANG



A significant milestone under the Meghalaya Enterprise Initiative Programme (MEIP) was marked in Jirang C&RD Block, Ri Bhoi, with the inauguration of a tea-shop-cum-petty shop owned by Mrs. Nondita Rabha at lewmawroh village, located along the Meghalaya-Assam border near the lewmawroh Anti-Infiltration Check Gate.

The shop was inaugurated on 16 September 2026, with the first tranche of an interest-free loan of ₹20,000 disbursed to support the enterprise's establishment. The initiative aims to encourage and nurture rural entrepreneurship by enabling women SHG members to establish and strengthen sustainable livelihood activities.

The programme was attended by the CLF President, VO Secretary, BPM, Block Lead, Change Makers, SHG members, and the In-charge of the lewmawroh Anti-Infiltration Check Gate, reflecting the collective support extended towards strengthening women-led enterprises in the community.



STRENGTHENING COMMUNITY INSTITUTIONS THROUGH ML-SAY FUND DISBURSEMENT



On 17 September 2026, the MSRLS Bhoirymbong BMMU, DMMU Ri Bhoi, and The/Nudge organised a programme for the disbursement of CSG and LSG-I sanctioned funds to five CLFs under the ML-SAY Project.

The programme was graced by Shri D. Lamare, MLA of Umroi Constituency, as the Chief Guest. Officials and representatives from DRDA Ri Bhoi, Bhoirymbong C&RD Block, MSRLS, The/Nudge, and Sol's ARC, along with BMMU staff, were also present.

The programme saw the participation of 176 members from five CLFs, including SHG members, CLF leaders, and VO leaders. The event served as an important platform for facilitating the timely disbursement of sanctioned funds and strengthening community-level implementation of the ML-SAY Project.



J-PAL CONDUCTS SCOPING STUDY ON ML-SAY PHASE 1 IN SOHIONG



The J-PAL Research Team visited Sohiong Block, East Khasi Hills, to conduct a scoping study on the implementation of ML-SAY Phase 1. The team held detailed discussions with the BPM, DPC, and PL to understand the programme's overall structure, approach, and implementation processes.

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The scoping exercise was further extended to PCMs, CLFs, and VOs to gain insights into the programme's ground-level implementation. Discussions focused on participant engagement, data entry through the Sarathi system, household-level changes, and the transformative impact of ML-SAY.

The team also explored key implementation gaps, challenges, and solutions adopted at the community level. The visit provided an opportunity to understand the programme from the perspective of those directly involved in its implementation, supporting J-PAL's broader objective of developing an evidence-based understanding of ML-SAY's functioning and impact on the ground.



STRENGTHENING GENDER AND FNHW INTERVENTIONS IN EAST GARO HILLS



A two-day Refresher Gender Module Training was conducted on 24-25 September 2026 at Nokmechik CLF, Rongongre, East Garo Hills District. The training was facilitated by DFS-SISD, BFS-SISD, and YP-FNHW, covering all 17 Gender Modules.

The training focused on strengthening participants' understanding of gender-related issues, gender equality, and effective community-level facilitation. Alongside the refresher sessions, FNHW-related activities were reviewed, with emphasis on maintaining proper minutes and records of Gender and FNHW interventions.

The key way forward identified during the training included cascading the 17 Gender Modules to the community, conducting regular gender-sensitisation sessions, strengthening documentation, and regularly reviewing cadres at the CLF level. Participants also highlighted the need to address gender issues

through community discussions, promote Young Women and Young Mothers SHG formation, strengthen child-care support and baby shower activities, and ensure proper utilisation and documentation of VRF funds and health savings.



VPRP TRAINING STRENGTHENS CADRE CAPACITY IN TIKRIKILLA



A four-day VPRP training for VPRP cadres was conducted from 16-18 September 2026 under Tikrikilla BMMU. The training was facilitated by BFS-SISD and CC-LP, with support from BRP-SISD, focusing on strengthening the cadres' capacity for effective implementation of the Village Poverty Reduction Plan (VPRP) at the community level.



MOTHER'S SKILL WORKSHOP AND ANAEMIA TESTING CAMP HELD AT GANOL VALLEY CLF



The BMMU, Rerapara C&RD Block, South West Garo Hills, organised a Mother's Skill Workshop-cum-Anaemia Testing Camp at Ganol Valley CLF, Ghandipara Garo, bringing together community and frontline health workers to strengthen awareness on maternal and child health.

The session covered key topics including Mission 1000 Days and Early Childhood Development (ECD), birth spacing, prevention of early child marriage, CM-SMs, Kangaroo Mother Care, Transit Homes, health savings, VRF, and institutional delivery.

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The programme was attended by the CC In-charge, CGHA, ASHA, Anganwadi Worker, CLF President, ANM, GNM, BFS-SISD, and CLF Accountant, highlighting the importance of coordinated community-level action for improved maternal and child well-being.



ANAEMIA TESTING AND MHIS ENROLLMENT CAMP HELD AT KHLIEHASEM



Ngin Iasnoh Bantei CLF WMPCS Ltd. (Jatah Cluster) and Synjuk Riwar CLF WMCS Ltd. (Nohron Cluster), in collaboration with Jatah PHC and BMMU Mawkynrew C&RD Block, East Khasi Hills, organised an Anaemia Testing-cum-MHIS Enrolment Camp at Khliehasem Village on 10 September 2026.

The programme included an awareness session on anaemia, its causes, prevention, and management, followed by anaemia testing and facilitation of MHIS enrolment. The session was supported by P. Wahlang, H.E., M. Kharkongor, DIYA Foundation, and the RBSK Team.

The camp recorded 53 anaemia tests, 5 MHIS enrolments, and 7 ANC beneficiaries, with a total participation of 97 community members. The two CLFs jointly organised the programme as they fall under the same PHC, following a request from the PHC to conduct the camp together.



ANAEMIA AND NCD HEALTH CAMP HELD IN MYRIAW



Iasnohlum CLF, in collaboration with Myriaw PHC, organised an Anaemia-cum-NCD Health Camp on 16 August 2026 at Myriaw Village, Mawthadraishan Block, Eastern West Khasi Hills. A total of 33 community members were screened, with 2 cases of high blood pressure and 4 cases of diabetes identified.

Participants received diet counselling and guidance on healthy food choices, while PHC staff raised awareness on the importance of regular screening, early detection, and healthy lifestyle practices for preventing anaemia and NCDs.



AYURVEDA DAY 2026 PROMOTES HEALTHY LIVING IN KYRDUM



As part of the 11th Ayurveda Day 2026 celebration, an Awareness Programme, Drawing Competition, and Healthy Cooking Without Flame Competition was held on 22 September 2026 at Church of God LP & UP School, Kyrdum Village, West Khasi Hills, organised by the District Medical & Health Officer in collaboration with MSRLS, West Khasi Hills.

The programme was graced by Shri L. Kharbani, MDC, Rambrai Jyrngam Constituency, as Chief Guest, and Smt. C. Sangma, MCS, ADC, West Khasi Hills, as Guest of Honour, along with Dr. M. Nongrum, DNO (AYUSH), WKH; Shri Malcomestar L. Mawnai, DMM, MSRLS, WKH, and other officials.

Sixteen SHG members participated in the healthy cooking competition, showcasing nutritious dishes prepared with locally available fruits, vegetables and millets. A drawing competition and yoga session were also conducted, promoting healthy eating, natural foods and holistic well-being.

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ENHANCING CONVERGENCE FOR EFFECTIVE VPRP ACTION



A review meeting with LRPs on VC-VEC-VO convergence, led by the PM-PRI, SMMU, at Mairang Block, Eastern West Khasi Hills, was conducted to review progress and strengthen coordination for the ongoing Village Poverty Reduction Plan (VPRP) implementation across the district.

The meeting focused on enhancing collaboration among Village Councils (VCs), Village Employment Councils (VECs), and Village Organisations (VOs), while identifying implementation gaps and discussing ways to improve community participation and convergence.

The session also guided LRPs on strengthening their role in facilitating effective community-level planning and ensuring timely progress towards the objectives of VPRP.



EMPOWERING COMMUNITIES THROUGH FNHW IN MAIRANG



A field visit by the PM-FNHW and YP-FNHW, & Communication from SMMU, was conducted on 21 September 2026 at New Hope CLF and Dongate VO, Mairang Block, Eastern West Khasi Hills, to strengthen FNHW outcomes at the community level.

The visit reviewed ongoing FNHW activities, implementation gaps, documentation practices, and follow-up actions, while guiding the CBOs. Emphasis was also placed on the roles of CLFs and VOs in promoting FNHW practices among SHG members and the wider community. District and block teams were encouraged to regularly monitor AAP targets and FNHW activities to support effective implementation and improved outcomes.



HEALTH CAMP HELD AT KYNSHI BANGLA



A health camp was organized on September 28, 2026, at Kynshi Bangla in the Mawthadraishan Block, Eastern West Khasi Hills, by Saindur Iaka Lawei CLF in collaboration with Kynshi PHC. The event attracted 65 participants. The camp featured a session on physical activity and exercise, followed by health screenings.

During the screenings, 6 cases of hypertension, 2 cases of diabetes, and 3 cases of moderate anemia were identified. Participants were advised to seek further medical follow-up and adopt appropriate dietary practices.

Mr. P.Sohklet, MDC of Mawthadraishan, also attended the camp and encouraged community members to undergo regular health screenings for early detection and timely treatment.

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VO MAWKADIANG TRANSIT HOME REACHES 500+ PREGNANT WOMEN



The VO Mawkadiang Transit Home in West Khasi Hills District has reached a significant milestone, supporting 500+ pregnant women from remote, hard-to-reach areas. The facility provides safe accommodation, nutritious food, ANC support, counselling, and assistance in accessing institutional delivery.

To mark the achievement, the DMMU, West Khasi Hills, including the DMM and DFS-SISD, visited the Transit Home, interacted with the beneficiaries, and distributed nutritious food items to the pregnant mothers.

The team appreciated the dedicated efforts of the VO leaders and community workers in providing continued support for maternal health. The milestone reflects the importance of community-led initiatives in promoting safe motherhood and timely access to healthcare.



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FNHW Monthly Focus – October 2026

October brings a renewed focus on Food, Nutrition, Health & WASH (FNHW), to facilitate uniform and effective implementation of FNHW activities across all levels, a structured plan has been developed for module roll-out, the agenda to be discussed during the weekly SHG meetings, and the inter-departmental events and campaigns to be undertaken during the month.

The detailed plan provided below will serve as a common reference for the Mission and Community-Based Organisations (CBOs), facilitating coordinated implementation, consistent messaging, and effective monitoring of FNHW interventions across the State.

INTER- DEPARTMENTAL EVENTS / CAMPAIGNS	FNHW MODULE TO ROLL OUT
16th – World Food Day - Mission 1000 Days	- ANC - Maternal Nutrition - Diet Diversity - Anemia - Malnutrition & 1000 Days - Newborn Care - Infant & Young Child Nutrition - Linking Livelihood with FNHW - PDS & THR - Agri-Nutri Garden



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FNHW Agenda for SHG Weekly Meetings in October 2026

Week	Theme	Key Discussion Points
Week 1	Malnutrition & Early Childhood Development	MAM, SAM identification, referral, Meghalaya Early Childhood Development Mission (MECDM), Parents' Circles
Week 2	Adolescent Health & Nutrition	Weekly IFA Supplementation (WIFS), deworming, balanced diet, anaemia prevention
Week 3	Menstrual Health & Teenage Pregnancy Prevention	Menstrual hygiene, reproductive health, risks of teenage pregnancy, counselling
Week 4	Review, Community Action Planning & Village Health	Review progress, identify remaining gaps, Village Health Council discussion, planning for next cycle