

Press release from the Women Child Seniors Citizens and Diviyangjan Welfare Department, Government of Sikkim, Gyalshing District

REPORT ON RASHTRIYA POSHAN MAAH 2026

Theme: “Hamari Anganwadi, Hamari Zimmedari”

Date: 23 September 2026

Venue: Legship ICDS Centre

Topic: Dietary Diversity and Adequate Protein

As part of Rashtriya Poshan Maah 2026, an awareness programme was successfully organised at Legship ICDS Centre on 23 September 2026 under the theme “Hamari Anganwadi, Hamari Zimmedari.” The programme focused on creating awareness about the importance of Dietary Diversity and Adequate Protein for maintaining good health, supporting growth and development, and preventing malnutrition.

The programme was attended by the Ward Panchayat, MSS Committee members from Legship, President and Vice-President of the MSS Committee, Ex-Zilla Panchayat Member Madam, Supervisor from Gyalshing Zone-I, District Coordinator (Poshan), Nutrition Inspector, students, local participants, Pregnant Women (PW), Nursing Mothers (NM), and other community members.

An informative and fruitful awareness session was conducted by the Supervisor, who explained the importance of consuming a diverse and balanced diet. She highlighted the need to include different food groups such as cereals, pulses, vegetables, green leafy vegetables, fruits, milk and milk products, eggs, meat, fish and other locally available nutritious foods in the daily diet. She further explained that adequate protein is essential for the growth and development of children, healthy pregnancy, lactation, tissue repair and overall well-being.

The Ward Panchayat addressed the gathering and emphasised the importance of making better use of locally available, seasonal and traditional foods. The community was encouraged to include nutritious local foods in their daily meals as they are generally affordable, accessible and rich in essential nutrients.

The Ex-Zilla Panchayat Member Madam also delivered a meaningful and fruitful speech. She highlighted the importance of community participation in nutrition-related activities and encouraged families and community members to take collective responsibility for improving the nutritional status of children, pregnant women, nursing mothers and other vulnerable groups.

As part of the programme, a competition and display on Dietary Diversity and Adequate Protein was organised. Participants displayed a variety of nutritious and protein-rich food items, demonstrating how a balanced and diverse diet can be prepared using locally available foods. The activity created greater awareness about the nutritional value and importance of different food groups.

A Signature Campaign was also conducted to encourage active community participation and reinforce the message of shared responsibility towards nutrition, health and the well-being of children and mothers.

Conclusion

The Rashtriya Poshan Maah 2026 programme at Legship ICDS Centre was successfully conducted with active participation from elected representatives, MSS Committee members, officials, students, beneficiaries and the local community. The programme effectively highlighted the importance of Dietary Diversity and Adequate Protein and encouraged participants to adopt healthy eating practices by making greater use of locally available, seasonal and nutritious foods.

The programme concluded with the collective message that every family and every community member has an important role in promoting good nutrition and preventing malnutrition. The theme “Hamari Anganwadi, Hamari Zimmedari” was reinforced as a shared responsibility towards building a healthier and well-nourished community.