

Press Release from AYUSH Department

Poshan Maah Celebration at ICDS Vishal Gaon, Sikkim — October 15, 2025

Gangtok, October 15, 2025: The AYUSH Department, Government of Sikkim, successfully organized a Poshan Maah celebration at ICDS Vishal Gaon on October 16, 2025, as part of the 8th Rashtriya Poshan Maah campaign.

The program witnessed active participation from ICDS workers, ASHAs, ICDS students, and members of the local community. The event featured a series of engaging and educational activities, including:

- Awareness sessions on AYUSH systems of medicine and their role in preventive healthcare
- Haemoglobin testing for anaemia screening and blood pressure monitoring
- Distribution of IEC (Information, Education, Communication) materials on nutrition and healthy living
- An inter-ICDS centre competition where ICDS workers showcased balanced food recipes; winners were felicitated with prizes to promote nutritious eating habits
- Informative talks by AYUSH doctors on anaemia prevention and balanced diets
- Awareness about AYUSH services provided in Sikkim.
- Demonstrations of yoga asanas and pranayamas promoting holistic wellness

A total of 63 participants attended the program, contributing enthusiasm and vibrancy to every segment of the event.