

PRESS RELEASE FROM WOMEN,CHILD,SENIOR CITIZENS AND DIVYANGJAN WELFARE DEPARTMENT

9th Rashtriya Poshan Maah Observed at 21 Turung Mamring GPU

Namchi, 30 September: The 9th Rashtriya Poshan Maah, organised under Poshan Abhiyaan, was observed at 21 Turung Mamring GPU, under the Namchi Rural Project, with active participation from the community and ICDS and health functionaries.

The programme commenced with the arrival of the guests, followed by a welcome address delivered by Ms. Nirmala Pradhan, Anganwadi Worker (AWW), L. Mamring. As part of the welcome ceremony, handmade flowers were presented as a token of respect and warmth to the guests, followed by a visit to the nutrition display corner.

A detailed talk on "Importance of Diet Diversity" was delivered by Mrs. Sophia Lepcha, A.D. Nutrition, who highlighted the importance of consuming a diverse and balanced diet for ensuring proper nutrition and overall well-being.

The programme further focused on the importance of providing fresh, hot-cooked meals at Anganwadi Centres (AWCs). Mr. Laxman Tamang, CDPO/NRP, spoke on the weekly menu and rotation of meals at AWCs, emphasising the importance of nutritious and freshly prepared food for children. He also explained beautifully about the importance of first 1000 days.

Mr. Pranay Shamel, Poshan D.C., elaborated on the importance of celebrating Poshan Maah under Poshan Abhiyaan and highlighted the collective responsibility of different stakeholders in addressing malnutrition and promoting healthy nutritional practices.

Mrs. Sonam Lepcha, Health Educator, shared her feedback on the programme, highlighting the importance of continued community participation and awareness in promoting better nutrition.

The Headmaster of Turung Secondary school Mr Tika Ram Chettri also shared his feedback and appreciated the initiative and the collaborative efforts towards strengthening nutrition awareness in the community.

The keynote address was delivered by Mr. Arun Kumar Gurung, Hon'ble Panchayat President, who appreciated the efforts of the ICDS department and frontline workers in promoting nutrition and child development at the community level.

The programme was organised by the Anganwadi Workers (AWWs), Anganwadi Helpers (AWHs), MTOS and Supervisor of Namthang 1 Zone under the Namchi Rural Project, with the participation of community members and other stakeholders.

The programme concluded with a vote of thanks delivered by Ms. Jerilina Lepcha, Supervisor, Namthang 1, expressing gratitude to all the dignitaries, officials, frontline workers and participants for their valuable presence and contribution towards making the Poshan Maah programme meaningful and successful.

The event reinforced the message that collective community participation and sustained efforts are essential for achieving better nutrition outcomes and building a healthier future for children and families.