Press release from the Women, Child, Senior Citizens and Divyangjan Welfare Department, Government of Sikkim

ANNAPRASHANA CEREMONY ORGANISED AT CHANDOBONG GPU, UNDER THE BETI BACHAO BETI PADHAO INITIATIVE

Soreng, 31st October 2026: The Women, Child, Senior Citizens and Divyangjan Welfare Department organised an Annaprashana Ceremony at Chandobong Gram Panchayat Unit (GPU), Geyzing District, under the Beti Bachao Beti Padhao (BBBP) initiative.

The programme aimed to spread awareness about the importance of infant nutrition, breastfeeding and the timely introduction of complementary foods for the healthy growth and development of children.

The programme was attended by Mr. Som Kumar Rai, Panchayat President; Mrs. Chandra Maya Rai, Panchayat Member; Mrs. Hasta Maya Rai, former Panchayat representative; Mrs. Gauri Tamang, CDPO-cum-DD; Ms. Saraswati Sharma, Anganwadi Worker; Ms. Shobhi Subba, ASHA Worker; Mrs. Manju Gurung, Supervisor; Ms. Nutan Lepcha, DMC; Hub staff and beneficiaries.

The programme began with the offering of Khadas to the dignitaries, followed by a welcome address. Ms. Saraswati Sharma, Anganwadi Worker, spoke about the importance of Annaprashana (Bhat Khai), which is traditionally performed when a child completes six months of age. She also explained the importance of introducing complementary food at the right time.

Mrs. Gauri Tamang, CDPO-cum-DD, addressed the gathering and highlighted the importance of breastfeeding and providing nutritious complementary food to infants after six months. She encouraged parents to pay special attention to their children's nutritional needs, as proper nutrition during the early years is essential for their healthy growth and development.

A prize distribution ceremony was also held to appreciate and encourage the participants, followed by the traditional Bhat Khai ceremony.

Chief Guest Mr. Som Kumar Rai, Panchayat President, appreciated the initiative and shared his observations on the positive changes witnessed over the years. He expressed his gratitude for the support extended by the Department and assured continued cooperation in the future.

During the interactive session, Mrs. Serjana Rai, a mother and beneficiary, shared her experience of conducting the Annaprashana ceremonies of her two daughters through the ICDS Centre. She expressed her heartfelt gratitude to the Department for organising the programme and providing gifts and support to the beneficiaries.

Former Panchayat representative Mrs. Hasta Maya Rai also shared her views on the importance of Self-Help Groups (SHGs) and child nutrition. She stressed the need to include essential nutrients, such as vitamins and proteins, in children's daily meals and encouraged parents to provide healthy and nutritious food for their children.

The programme also focused on the importance of a balanced diet. Participants were encouraged to include green vegetables, rice, pulses, carrots and other nutritious food items in their children's daily meals.

In addition, awareness was created on environmental protection, with participants encouraged to avoid plastic products and use reusable alternatives such as steel and glass utensils.

The programme concluded with a vote of thanks, expressing gratitude to all the dignitaries, Panchayat representatives, frontline workers, beneficiaries and community members for their presence and active participation.

The programme was followed by lunch