

PRESS RELEASE FROM THE WOMEN, CHILD, SENIOR CITIZEN AND DIVYANGJAN WELFARE DEPARTMENT, GYALSHING

Training on “Poshan Bhi Padhai Bhi” Commences at Gyalshing Rural Project

Gyalshing, June 16 (IPR): The opening day of the five-day training programme on “Poshan Bhi Padhai Bhi” (PBPB) under Poshan 2.0 was successfully organized by the Gyalshing Rural Project with enthusiastic participation from Supervisors, Anganwadi Workers (AWWs), and officials. The training aims to strengthen Early Childhood Care and Education (ECCE) at Anganwadi Centres through play-based and activity-based learning approaches.

The programme commenced with a welcome address by the Child Development Project Officer (CDPO), Gyalshing Rural Project, Mr. Harka Bir Shanker. Welcoming all participants and resource persons, he emphasized that “Poshan Bhi Padhai Bhi” is not only about ensuring proper nutrition but also about nurturing children’s cognitive development through play, storytelling, and stimulation during the crucial first six years of life.

During the technical sessions, Supervisor Ms. Malti Subba conducted classes on Navchetna and AadharShilla, while also demonstrating the preparation of low-cost Teaching Learning Materials (TLMs) using locally available resources. She further facilitated group activities on activity corners and storytelling methods designed for children aged three to six years.

District Coordinator Mr. Sailendra Chhetri joined the session and highlighted the importance of monitoring, documentation, and maintaining daily activity diaries. He encouraged Anganwadi Workers to transform every Anganwadi Centre into a joyful and engaging learning space.

Block Coordinator Ms. Ong Lhamu Bhutia explained reporting formats, the use of the Poshan Tracker for the ECCE module, and the importance of parental involvement in home-based learning activities.

The training also featured demonstrations on action songs and the importance of Teaching Learning Materials by Supervisors Ms. Nari Maya Sharma, Ms. Nirmala Chettri, Ms. Bishnu Kumari Sharma, Ms. Ranjana Rai, and Mr. Ashish Sharma, along with Nutrition Inspector Mr. Dilli Ram Sharma.

Key highlights of the first day included a hands-on TLM-making session using waste materials, seeds, and charts; interactive discussions on challenges faced by Anganwadi Workers in handling mixed-age groups; and a special focus on the theme “Maximizing Brain Development in the First Six Years” under Poshan Pakhwada 2026.

All participants pledged to implement Poshan Bhi Padhai Bhi activities regularly at their respective Anganwadi Centres and to promote joyful learning environments for children.

The programme concluded with a vote of thanks delivered by a Senior Supervisor. The CDPO informed participants that the second day of training will focus on “Activity Areas, Songs and Rhymes in Anganwadi Centres” and will be facilitated by Supervisors.

The successful completion of the opening day set a positive tone for the remaining four days of training, marked by active participation, learning, innovation, and a shared commitment towards strengthening early childhood education in Gyalshing Rural Project.