

Press Release from Women Child Senior Citizen and Divyangjan Welfare Department Soreng District
11th Poshan Pakhwada Observed at Sisney Anganwadi Centre

Theme: Packed and Hazardous Junk Food

Sisney Anganwadi Centre successfully observed the 11th Poshan Pakhwada with a strong focus on raising awareness about the harmful effects of packed and junk food. The programme delivered a vital message to mothers and the wider community of Sisney Village, emphasizing the importance of locally grown food, vegetables, and the Millet Revolution.

Key Highlights

Awareness on Junk Food: The programme highlighted how junk and packed food negatively impacts children under six years of age. Such foods fail to provide essential nutrients required for growth and development, particularly affecting brain development.

Malnutrition Concerns: The community was informed about the rising cases of Severe Acute Malnutrition (SAM) and Moderate Acute Malnutrition (MAM) among children due to poor dietary habits.

Obesity Issues: The event also addressed the growing problem of childhood obesity, linked to reduced physical activity and lack of nutrient-rich food.

Promotion of Local Produce: Emphasis was placed on consuming locally grown vegetables and millets, which are rich in nutrients and vital for healthy development.

The programme concluded with an important message on maternal health delivered by CHO Nayabazer HWSC. The session reinforced the role of mothers in ensuring nutritious diets for their children and themselves, thereby fostering a healthier community.