

Press Release from

Women, Child, Senior Citizen & Divyangjan Welfare Department, Gangtok District

Dated: 28th September 2026

Venue: Singtam Nagar Panchayat Hall

The 9th Poshan Maah district-level programme was successfully organised on 28th September 2026 at Singtam Nagar Panchayat Hall by Gangtok District under the Women, Child, Senior Citizen & Divyangjan Welfare Department.

The theme for Poshan Maah 2026 was Hamari Anganwadi, Hamari Jimmedari, including:

1. Dietary Diversity and Adequate Protein 2. Fresh Hot Cooked Meal (HCM) at Anganwadi Centres 3. Community Ownership and Accountability 4. Nutrition and Early Stimulation for Childhood Development 5. Pradhan Mantri Matru Vandana Yojana (PMMVY)

The programme was graced by Mrs. Bindhya Subba, Vice President, Singtam Nagar Panchayat, Mr. Suren Tamang, SDM Singtam, Mr. Passang Sherpa, Deputy Director (Health), and Councillors of Nagar Panchayat.

Smt. Dorjee Doma Bhutia highlighted the significance of Poshan Maah, a nationwide campaign observed from 9th September to 8th October 2026 across India.

Smt. Sunita Sharma, Nutrition Educator, emphasised the importance of nutrition and created awareness about the use of sugar and salt.

Mr. Sangay Tamang, District Coordinator, spoke about the themes of Poshan Maah 2026, the importance of nutrition, the first 1000 days, and the importance of Poshan Abhiyaan.

Mr. Sangay Tshering Bhutia, Principal, AWTC, spoke about Poshan Abhiyaan and its importance, PMMVY, and the importance of Anganwadi.

Mr. Passang Sherpa, Deputy Director, shared about the importance of nutrition in our daily life and regular health check-ups.

Chief Guest Mrs. Bindhya Subba blessed the programme by appreciating the organisers for conducting the programme and also shared her valuable thoughts about Poshan Maah and the importance of the programme.

During the programme, Anganwadi Workers displayed various nutritious recipes to promote dietary diversity and adequate protein for a healthy lifestyle.

The programme was attended by:

Mrs. Lhamit Lepcha, CDPO, Rabdang Rural Project; Mrs. Sonamit Lepcha, Block Coordinator, ICDS; Mrs. Saprina Pradhan, Block Coordinator, ICDS; Mrs. Deepti Sharma, Block Coordinator, ICDS; Mrs. Yozna Rana, Nutrition Inspector; Mrs. Aruna Rai, Mrs. Sunita Tamang, Mrs. Aiti Maya Rai, Mrs. Norsang Tamang, Mrs. Yamuna Rai, Mrs. Ranjana Rai and Mrs. Anjana Subba, Supervisors of Gangtok District; Mr. Basu Dhungel, PA, ICDS; Mrs. Diki Palmu Lepcha, DEO, PMMVY; all AWWs of Gangtok District; lactating mothers, pregnant women and beneficiaries of ICDS.