

Nutrition awareness cum exhibition under 7th Poshan Pakhwada 2025 held at Sankoo

Kargil, April 12, 2025: In line with the communication received from ICAR Headquarters, New Delhi, KVK Kargil-II, Zanskar today organized a Nutrition Awareness-cum-Exhibition at Tourist Dak Bungalow, Sankoo.

The event witnessed active participation from 5 supervisors and 97 Anganwadi workers, representing 99 ICDS centers across the Sankoo and Barsoo blocks. A special exhibition was arranged, showcasing ethnic foods based mainly on barley, black peas, and underutilized but nutritionally rich leafy vegetables.

The programme commenced with an in-depth discussion on various nutritional and health-related challenges faced by pregnant and lactating women among the tribal population in the region. Dr. Mohammad Mehdi, Chief Scientist, delivered a comprehensive lecture highlighting the nutritional and medicinal values of locally grown fruits, vegetables, pulses, and cereals, emphasizing their integration into daily diets.

Additionally, cost-effective and healthy food preparation tips were shared with the participants. On request, the package of practices for establishing Nutri Gardens at ICDS centres was also addressed.

In her remarks, Nigar Banoo, the senior-most Supervisor, extended gratitude on behalf of CDPO, ICDS Zanskar, to the KVK team, especially Dr. Mehdi, for dedicating an entire day to address field-level challenges. She acknowledged the issues faced by Anganwadi workers in remote areas, often due to limited purchasing power, which may contribute to anaemia and other nutritional deficiencies, especially among women.

She further assured that the ICDS team will actively disseminate these vital messages and promote the efficient utilization of underexploited, nutrient-rich local resources in a systematic and widespread manner across all operational zones.



