

DC Kargil Reviews PM Poshan Scheme, Stresses Measures to Combat Iron Deficiency Among School Children



Kargil, July 23, 2026: The Deputy Commissioner/ CEO, LAHDC Kargil, Rakesh Kumar chaired a review meeting with the Chief Education Officer (CEO), officials of the School Education Department, ICDS and Mid-Day Meal authorities to review the implementation of the PM Poshan - Mid-Day Meal Scheme and measures to improve the nutritional status of school children across the district.

During the meeting, the Deputy Commissioner emphasized the need to address iron deficiency among school children by ensuring the inclusion of iron-rich and nutritious food items in the Mid-Day Meal menu. He directed the concerned departments to strengthen nutritional interventions and provide balanced, wholesome meals for the healthy growth and well-being of students.

The Deputy Commissioner also suggested the use of induction-based cooking systems, wherever feasible, to improve the efficiency and quality of meal preparation. It was informed that around 12,000 students are currently covered under the PM Poshan Scheme in the district.

Highlighting the importance of locally available nutritious food, the Deputy Commissioner recommended the inclusion of roasted chana and other iron-rich food items in students' diets to help combat nutritional deficiencies.

The meeting also reviewed the progress of kitchen gardens in government schools. Stressing the importance of fresh and nutritious produce, the Deputy Commissioner directed that at least 100 schools should establish and maintain kitchen gardens. He further suggested organizing a Kitchen Garden Competition among schools to encourage participation and promote healthy food habits among students.

The meeting concluded with directions to the concerned departments to ensure effective implementation and regular monitoring of nutrition-related initiatives under the PM Poshan Scheme for the overall health and welfare of school children.