

## **KVK Kargil-II, Zanskar organizes awareness cum exhibition program under 7th Poshan Pakhwada 2025**

Kargil, April 10, 2025: Krishi Vigyan Kendra (KVK) Kargil-II, Zanskar successfully organized an awareness cum exhibition program at KVK premises as part of the 7th Poshan Pakhwada (April 8–22, 2025), in line with the communication received from ICAR Headquarters, New Delhi

The program witnessed the enthusiastic participation of 2 supervisors and 51 Anganwadi Workers representing 51 ICDS Centers from Zanskar and Karsha blocks. The event began with a warm welcome by Dawa, who formally inaugurated the program.

During the day-long event, Dr. Mohammad Mehdi, Chief Scientist, delivered a detailed lecture on the nutritional importance of locally grown fruits, vegetables, pulses, and cereals, and emphasized the value of incorporating these crops into daily traditional diets.

He highlighted the importance of value addition and advocated for the scientific cultivation of nutrition-rich crops in kitchen gardens, completely free from chemical use.

The session also included practical tips for cost-effective and healthy food preparation, followed by an exposure visit to the Nutri-Garden established at the KVK premises. Protocols for establishing similar Nutri-Gardens at Anganwadi Centres (AWCs) were discussed in detail.

Padma Choton, Supervisor, speaking on behalf of the CDPO, ICDS Zanskar, expressed her gratitude to the KVK team for organizing such a fruitful and much-needed programme, noting that their team had lacked awareness in this vital area.

As per the ICAR directive, Krishi Vigyan Kendra (KVK) undertook several key initiatives during the 7th Poshan Pakhwada 2025, including the promotion of Sustainable Poshan Vatika (Nutri-Gardens) around Anganwadi Centres, expert-led sessions to encourage diet diversity at AWCs, and the dissemination of Beneficiary/Citizen Modules aimed at raising nutrition awareness at the grassroots level.

This initiative is part of a broader national effort to improve nutritional outcomes and health awareness among rural communities, particularly women and children.



