

ICDS Project Zanskar organises nutrition awareness programme during 9th Rashtriya Poshan Maah



Zanskar, September 21, 2026: ICDS Project Zanskar, under the Social and Tribal Welfare Department, UT Ladakh, organised a nutrition awareness programme as part of the 9th Rashtriya Poshan Maah, being observed from September 1 to October 9, 2026.

The programme was held in the presence of Nidhi Malik, Administrative Secretary, Rural Development & Panchayati Raj and Social & Tribal Welfare Department, UT Ladakh, who interacted with Anganwadi Workers during the programme.

The programme focused on creating awareness about the importance of balanced and nutritious diets for children and promoting healthy dietary practices at the community level.

All Anganwadi Workers of ICDS Project Zanskar participated in the programme and showcased a variety of nutritious traditional local cuisines, highlighting the importance of incorporating locally available food items into children's diets to ensure healthy and balanced nutrition. The activity also provided an opportunity to showcase traditional food practices while promoting the objectives of Poshan Maah.

The programme was organised around the theme “Humari Anganwari, Humari Zimmedari”, emphasising the collective responsibility of Anganwadi Workers, families and communities in ensuring proper nutrition and the healthy development of children.

As part of the programme, registrations under the Pradhan Mantri Matru Vandana Yojana (PMMVY) were also facilitated to extend the benefits of the scheme to eligible beneficiaries.

An award ceremony was also organised to recognise Anganwadi Workers for their commendable performance in maintaining and updating the Poshan Tracker. A total of 25 out of 70 Anganwadi Workers were felicitated for their outstanding performance.

The programme highlighted the continued efforts of ICDS Project Zanskar towards strengthening nutrition awareness, improving service delivery through Anganwadi Centres and promoting community participation in achieving the objectives of Poshan Abhiyaan.