

## 8th Poshan Pakhwada Concludes in Leh with Focus on Early Childhood Development and Nutrition

**Leh, April 23, 2026:** The concluding day of the 8th Poshan Pakhwada was observed today at Shenam Hall, Skara, Leh, with the objective of creating awareness on nutrition, early childhood care, and the overall development of children, especially during the crucial early years.

The programme was organized under POSHAN Abhiyaan with the theme “Maximizing Brain Development in the First 6 Years of Life”, highlighting the importance of balanced nutrition, early stimulation, play-based learning, and minimizing screen exposure among children and strengthening awareness among families and communities about the practices that support healthy growth and brain development.

The event began with a welcome address by Smt. Zarina Bano, CDPO Leh, followed by a session on sharing outcomes and community feedback on Poshan Pakhwada by Smt. Tsewang Dolma, Supervisor, ICDS Project Durbuk.

A skit on minimizing screen time was performed by Anganwadi Workers of Leh Project, spreading awareness about the harmful effects of excessive screen exposure on young children.

A lecture on Early Childhood Care and Education was delivered by Ms. Tsering Yangdol, HOD DIET Leh, emphasizing the importance of early learning and child-friendly educational practices. The programme also featured a dance performance presented by Anganwadi Workers of Leh, reflecting strong community participation.

A detailed lecture on “Early Childhood Stimulation for Optimal Brain Development in Children (0–3 years) and Adverse Effects of Excessive Screen Exposure in Early Years with Strategies for Reduction” was delivered by Ms. Chonyit Dolma, Counsellor (Early Interventionist, DEIC SNM Hospital).

The programme further included rhymes performed by children from various Anganwadi Centres, reinforcing the importance of play-based learning in early childhood development.

Ms. Kunzes Angmo, JKAS, Director, Social & Tribal Welfare Department, addressed the gathering and shared valuable remarks on strengthening nutrition initiatives and improving Anganwadi services.

The event concluded with the distribution of Vidyarambh Certificates and felicitation of Anganwadi Workers, recognizing their dedicated efforts towards child welfare and community development.

The vote of thanks was delivered by District Programme Officer, ICDS Leh, Sh. Rigzin Spalgon, who expressed gratitude to all dignitaries, Ama Tsogspa members, and participants. He also appreciated the collective efforts of all stakeholders and reiterated the department’s commitment towards ensuring better nutrition and early childhood development in the district.

