

Celebration of “Poshan Pakhwada” 2024 (9th March to 23rd March 2024)

Poshan Pakwada (Poshan Bhi Padhai Bhi) 2024 witnessed a concerted effort to promote health and nutrition awareness in the local community. An awareness camp focusing on healthy dietary practices was organized alongside a medical camp in a nearby village, Taru. The objective was to educate individuals about the Poshan Bhi Padhai Bhi (PBPB) – towards better Early Childhood Care & Education (ECCE) and provide essential medical services to the community.

Activities:

The awareness camp on healthy dietary practices included interactive sessions, cooking demonstrations, and distribution of educational materials. Nutrition experts emphasized the significance of balanced nutrition, highlighting the importance of consuming fruits, vegetables, whole grains, and lean proteins. Practical tips on meal planning and portion control were shared to encourage sustainable dietary habits.

Concurrently, a medical camp was set up to provide healthcare services to residents. The medical team, comprising a general practitioner, a nutritionist, and nursing staff, offered free consultations, medical screenings, and essential medications. The medical team consulted around 40 patients during the camp, primarily women.



Fig: Dr. Tsewang Dolma, Dr. Tsewang Dhundup and Dr. Jigmet Youdol consulting the patients.

During the campaign, Dr. Tsewang Dolma lectures on the Tribal, Traditional, Regional and Local dietary practices focused sensitisation around nutrition and Health of pregnant women & Infant and Young Child Feeding (IYCF) practices.



Fig: Dr. Tsewang Dolma giving lecture to the local community about Local dietary practices focused sensitisation around nutrition and Health of pregnant women & Infant and Young Child Feeding (IYCF) practices.

Team Members includes:

1. Dr. Tsewang Dolma (RA)
2. Dr. Tsewang Dhundup (MO)
3. Dr. Jigmet Youdol (SRF)
4. Amchi Tenzin Tsega (Pharmacist)
5. Mr. Jigmet (Driver)



Fig: Dr. Tsewang Dolma consulting the patient.



Fig: Free distribution of Sowa-Rigpa medicine to locals.