

## Report of “Poshan Maah” Celebration - September 2022

The National Institute of Sowa-Rigpa, Leh has celebrated the Poshan Maah” at the Institute as well as at different villages in Leh district under the project Tribal health Care Research Programme, during the month of September 2022. On 17<sup>th</sup> September 2022, Dr. Tsewang Dolma, Research Assistant and Dr. Jigmet Youdol (SRF) NISR, Leh visited the village of Kharnakling and Old-Age home Mahabodhi Choglamsar to conduct free health checkup & provide free medicines. Dr.Tsewang Dolma delivered a public talk on nutritious foods and Immunity enhancement for Pregnant women and growing infant. Also, displayed and highlighted the importance of more nutritious food like Juice, green vegetables etc. & fruits Like Kiwi, Orange, apple, pomegranate, organic food etc. India is more focused on children, pregnant women and lactating mothers, so spreading awareness among them is necessary.



Dr.Tsewang Dolma explaining about nutritious fruits etc.



September 2022 Poshan Maah Celebrated in NISR, Leh Office campus.



Dr. Tsewang Dolma at Kharnakling, delivering lecture on Nutritious food and its importance for Pregnant women and Child.



17<sup>th</sup> September 2022 Poshan Maah celebrated by NISR, Leh in Kharnakling Village and Old age Home Mahabodhi Choglamsar.



NISR, Leh OPD celebrated Poshan Maah for whole month of September 2022. It was appreciated by all the people who attended the institute during the “PoshanMaah” and the programme was very successful.



The Tribal Health Care team has conducted Poshan Maah campaign along with THCRP free medical camp and conducted lecture on Poshan Maah and its significance, at different villages of Leh district from 21 to 28 September 2022. Dr. Youdon gave talk on the importance of balanced nutrition, Poshan and on the prevention of Anemia. The villagers were very grateful to the awareness program of nutrition and celebration of “Poshan Maah” at their villages. On 30<sup>th</sup> September 2022, health and nutrition camp was organized at NISR, Leh Hospital campus to spread awareness about healthy food and lifestyle.