

## Hill Agriculture and Rural Development Promotion Society (HARP)

Thakur Niwas, Dudhali, PO Bharari, Shimla-171003, HP.

### Awareness Camp on Women and Child Nutrition Management

**Name of Event:** Awareness Camp on Women and Child Nutrition Management.

**Occasion:** Celebration of “Rashtriya Poshan Maah 2021”

**Date:** September 22, 2021

**Venue:** Panchayat Bhawan, Gram Panchayat Ghoond, Tehsil Theog, Shimla

**Organizing Agency:** Child Development Project Officer (CDPO), Department of Women and Child Development, Himachal Pradesh.

**Coordinating Agency:** Gram Panchayat Ghoond.

**Collaboration:** Hill Agriculture and Rural Development Promotion Society (HARP), Shimla

**Chief Guest:** Mr. Pradeep Jhangta, Member, Zila Parishad

**Guests of Honor:** DR. R.S. Ratan, Additional Director (Retd.), Department of Agriculture & Chairman, HARP Shimla, Mr. Jagdish Kanwar, CDPO, Theog, Ms. Rekha Mehta, President, Gram Panchayat Ghoond, Ms. Vidya Chauhan, CDPO (Retd.) & Executive Member, HARP, Ms. Santosh Sharma, Tehsil Welfare Officer, Theog, Mr. C.R. Chandel, Vice President, Gram Panchayat Ghoond, Officers from the Office of District Programme Officer (DPO), Shimla.

**Resource Persons:** Dr. Vishal, Medical Officer, Primary Health Centre (PHC), Ghoond, Dr. Harinder K. Thakur, Secretary, HARP Shimla and Ms. Indira, Supervisor, ICDS, Sainj.

**Participants:** Supervisors (Anganwadi) from Deha, Chiog & Theog, Anganwadi Workers of different Anganwadis, Teachers from Govt. Primary & Sr. Sec. School Ghoond, Representatives of different Mahila Mandals of the area and Women and Children of Gram Panchayat Ghoond.

The CDPO, Department of Women and Child Development, Himachal Pradesh in collaboration with Gram Panchayat Ghoond organized an Awareness Camp on Women and Child Nutrition Management on 22<sup>nd</sup> September 2021 at Gram Panchayat Ghoond, District Shimla. The Hill Agriculture and Rural Development Promotion Society (HARP) has also collaborated with the organizing agencies and tried to make the occasion successful. The program was organized to celebrate the *Rashtriya Poshan Maah – September 2021* initiated by the Government of India. In this programme around 90 women and children of the area have actively participated.



**Figure 1.** Inauguration of the programme.

The programme was started with *Sarswati Vandna* and welcome of the Chief Guest, Guests of Honor, Resource Persons and other participants. Ms. Indira, Supervisor, ICDS, Sainj has nicely briefed about the programme & its objectives and told about different schemes of the Department of Women and Child Development. Thereafter, an oath was taken by all the participants on maintaining the nutritional diet of their family members especially of women and children.



**Figure 2.** Oath taken by the participants on maintaining the nutritional diet of their family members especially of women and children.

Dr. Vishal from Primary Health Centre (PHC) Ghoond delivered a lecture on the women and child nutrition management. Dr. Vishal impressed upon all the participating women that all the women should be habitual of maintaining a daily routine of balanced diet of their and their children & other family members, so that, there is no deficiency of nutrients especially iron. For balanced diet, he referred to food pyramid wherein five levels of diet are important.



**Figure 3.** Dr. Vishal from Primary Health Centre (PHC) Ghoond addressing the participants.



During the programme Ms. Santosh Sharma, Tehsil Welfare Officer, Theog, Shimla has briefly told about the different schemes being run by the Department of Empowerment of Schedule Castes, Other Backward Classes, Minorities and Specially Abled (ESOMSA), Himachal Pradesh.



**Figure 4.** Ms. Santosh Sharma, Tehsil Welfare Officer, Theog, Shimla addressing the participants.

Ms. Vidya Chauhan, CDPO (Retd.) and Executive Member of HARP also addressed the participants. During her address she briefly spoken about the human immunity and correlated the balanced diet with immunity. She especially warned the women about junk food and emphasized that they should not encourage their children to take junk food. She also warned the participants of the programme about ever increasing drug addiction among the young children.



**Figure 5.** Ms. Vidya Chauhan, CDPO (Retd.) & Executive Member, HARP addressing the participants.

Dr. Harinder K. Thakur, Secretary HARP briefly told about the different programmes being run by HARP. He thanked the organizers for choosing HARP for collaboration to make the event successful and promised that HARP will always be ready to organize such kind of programmes in future. A video clip made by UNICEF on “A newborn needs special care and attention in the first month of life” was also shown by him to the participants of the programme.

During the programme a Custom called “गोद भराई” of Mrs. Mamta Sharma of village Ghoond was also celebrated. She was wished by all the participants of the programme and gift was also given to her.



**Figure 6.** Celebration of the Custom – “गोद भराई” of Mrs. Mamta Sharma of village Ghoond.

DR. R.S. Ratan, Chairman HARP congratulated the organizers for organizing such a wonderful programme. During his lecture he told about the importance of balanced nutrition among the women and children. He also congratulated the organizers for celebrating the “गोद भराई” Custom of Mrs. Mamta Sharma and stressed upon the community that such kind of customs should be the part and parcel of the societies in upper hills of Himachal as it is not being celebrated in this area till date.



**Figure 7.** DR. R.S. Ratan, Chairman HARP addressing the participants.



Mr. Jagdish Kanwar, CDPO, Mr. Pradeep Jhangta, Member, Zila Parishad and Mr. C.R. Chandel, Vice President, Gram Panchayat Ghoond also addressed the participants of the programme and congratulated all the women who were involved in organizing the programme. They also advised all the participating women that they must take care of their and their children health and must follow the directions of Anganwadi Workers on balanced nutrition to address malnutrition amongst young children and women.



**Figure 8.** Mr. Jagdish Kanwar, CDPO, Theog addressing the participants.

During the programme a group song on nutrition was presented by the women of Anganwadi Ghoond. Folk dance was presented by the girls of Primary and Sr. Sec. School Ghoond. Solo dance was also performed by a girl of the village during the programme.



**Figure 9.** Cultural programme performed by the women of Anganwadi Ghoond and girls of Primary and Sr. Sec. School Ghoond.

An exhibition on local traditional cereals and food products exhibiting balanced diet was also exhibited by the Anganwadi Workers and women of village Ghoond. All the performers of the cultural programme were awarded with gifts.



**Figure 10.** Exhibition of local traditional cereals and food products during the event.

At end of the programme lunch was served to all the participants of the programme.

(Dr. Harinder K. Thakur)  
Secretary  
HARP Shimla