



मिशन निदेशालय (युटी आयुष मिशन)  
**THE MISSION DIRECTORATE (UT AYUSH MISSION)**  
अंडमान निकोबार राज्य आयुष सोसायटी  
**ANDAMAN NICOBAR STATE AYUSH SOCIETY**  
अण्डमान तथा निकोबार प्रशासन  
**ANDAMAN & NICOBAR ADMINISTRATION**  
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F.No. 4-51/ANSAS/NAM/BCC&POA/2016/

Port Blair, dated

September, 2018

### **PRESS RELEASE**

Sub: Press Release regarding programmes on 'Poshan Maah' – reg

Madam/Sir,

Request you to kindly publish the following press note in the Local Dailies regarding programmes on 'Poshan Maah'.

As a part of Poshan Abhiyaan (National Nutrition Mission) to improve nutritional outcomes in children, adolescent girls, pregnant women and lactating mothers the AYUSH wing of DHS and A & N State AYUSH Society conducted Nutrition camps and Awareness Talks on Poshan Maah' by the Doctors & Yoga Instructors. An awareness programme was conducted at community hall, Dairy farm on 18.09.2018 wherein 130 people (including Anganwadi workers, Lactating mothers, Pregnant ladies and children) participated. Dr.Rekha, Specialist (Ayurveda), Dr.Hemawathi, MO (Homoeo) delivered awareness talks on nutrition (of children, pregnant women and lactating mothers) worm infestation and anaemia. Shri.Ajit Kumar Das, Yoga Instructor demonstrated yogic procedures for fitness of women and children. Mrs. Indira, CDPO, ICDS also emphasized the importance of nutrition. Lastly distribution of nutrient food (kaju, badam, mishri, kismis and amla) and IEC materials were given to the participants.

Similarly, awareness programme was held at UHC, Delanipur on 17.09.2018, in which Dr.Mohammed Sammi MO I/c, Dr.M.A.Jawed, MO (Homoeo) and Dr.Nandini, Yoga Instructor delivered the awareness talks.



Yours Sincerely

**(Dr. Kalyan P. Kadbhane)**  
Deputy Director (AYUSH)

#### **Copy to:-**

1. The Chief Editor, The Daily Telegrams, Govt. Press, Port Blair.
2. The Station Director, Doordarsan Kendra, Port Blair.
3. The News Editor, All India Radio, Port Blair.

Deputy Director (AYUSH)