

Poshan Pakhwada

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Poshan Pakhwada Latest News

The Ministry of Women and Child Development will commemorate the 8th edition of Poshan Pakhwada from 9th to 23rd April 2026.

About Poshan Pakhwada

- It is celebrated in the **month of March/April for 15 days.**
- **Aim:** It aims to raise awareness about the **importance of nutrition** and promote healthy eating habits through Jan Andolan and Jan Bhagidari.
- **Nodal Ministry:** Ministry of Women and Child Development
- **The theme for Poshan Pakhwada 2026 is** “Maximizing Brain Development in the First Six Years of Life”,
- The key focus **areas under this year’s theme include:**
 - **Maternal and Child Nutrition:** Promoting optimal nutrition during pregnancy, exclusive breastfeeding, and age-appropriate complementary feeding.

- **Early Stimulation for Brain Development (0-3 years):** Encouraging responsive caregiving and early learning interactions.
- **Play-Based Education in Early Years (3-6 years) :** Supporting holistic development and school readiness.
- **Role of Parents and Community in Minimising Screen Time:** Promoting healthy habits and active engagement.
- **Strengthening Anganwadi Centres through Community Participation:** Enhancing infrastructure and service delivery through Jan Bhagidari and CSR

Source: PIB

Source: <https://vajiramandravi.com/current-affairs/what-is-poshan-pakhwada/>

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