

Dated Aizawl, the 1st September, 2026

To,

All Administrative Heads of Department
Government of Mizoram

Subj: Request for observance of "Healthy Tiffin Day" in all Government Offices during Rashtriya Poshan Maah 2026 - regd.

Madam/Sir,

I am directed to inform you that under Mission Saksham Anganwadi & Poshan 2.0, Rashtriya Poshan Maah (National Nutrition Month) is celebrated every year during the month of September with the objective of promoting behavioural change at the individual family and community levels. Since the launch of POSHAN Abhiyaan, Poshan Maah has been successfully observed across the country through convergence with various Ministries, Departments and State Government Administrations.

As per the Communication received from the Ministry of Women & Child Development, Rashtriya Poshan Maah 2026 is scheduled to be observed from 9th September, 2026, with the central theme "Hamari Anganwadi Hamari Jmmedari". The sub-themes are as follows:-

1. Dietary Diversity & Adequate Protein
2. Fresh Hot Cooked Meals (HCM) at Anganwadi Centres
3. Community Ownership & Accountability
4. Nutrition and Early Stimulation for Childhood Development
5. Pradhan Matri Matru Vandana Yojana: Cash Transfers for Maternal Health

In observance of Rashtriya Poshan Maah 2026, a State Activity Calendar has been prepared based on the concept note provided by the Ministry. Under Theme 1: Dietary Diversity & Adequate Protein, the activity "Health Tiffin Day" at all Government Offices, focusing on protein-rich foods, is scheduled to be observed on 15th September, 2026 (Tuesday).

In this regard, I kindly requested you to observe "Healthy Tiffin Day" on the said date and all the subordinate offices under your jurisdiction may be informed to observe "Healthy Tiffin Day". It is further requested to share photographs and activities undertaken on your respective social media platforms with the caption/hashtag **#poshanmaah2026wcdmizoram** and tag **@wcd_mizoram** on Instagram.

The active participation of all Government Offices in this initiative would help create greater awareness regarding the importance of dietary diversity, adequate protein intake and healthy eating practices, and would further strengthen the collective effort towards achieving the objectives of Rashtriya Poshan Maah 2026.

Yours faithfully,


(**LALZARMAWII, IAS**)

Commissioner & Secretary to the Govt. of Mizoram,
Social Welfare,

Women & Child Development Department.

Memo No.M/182/2025-ESTT-SWTA&WCD : Dated Aizawl, the 1st September, 2026.

Copy to:

Director, Women & Child Development for information.


(**LALRINPUIA RALTE**)

Under Secretary to the Govt. of Mizoram,
Social Welfare,
Women & Child Development Department.