

DAV PUBLIC SCHOOL, THANE

SESSION- 2021-2022

RASHTRIYA POSHAN MAAH CELEBRATION



**POSHAN
Abhiyaan**

PM's Overarching
Scheme for Holistic
Nourishment



सही पोषण-देश रोशन



01 सितंबर से 30 सितंबर, 2020

एक स्वस्थ जीवन शैली की नींव में पोषक तत्वों से भरपूर खाद्य पदार्थों और पेय पदार्थों का संतुलित सेवन शामिल है।

पोषक तत्व:



प्रोटीन

अंडे, सेम, मूंगफली, दाल, पनीर, दूध



कार्बोहाइड्रेट

गेहूँ, आलू, मक्का, चावल, केला, गन्ना, मीठे फल



वसा

चिकन, दूध, क्रीम, एवोकेडो, पनीर



विटामिन

टमाटर, गोभी, सलाद, कद्दू, अंडे, मक्खन, हरी सब्जियां
आम, पपीता, गाजर



खनिज

अंडा, रोटी, हरी सब्जियां, दालें, फल, मक्का

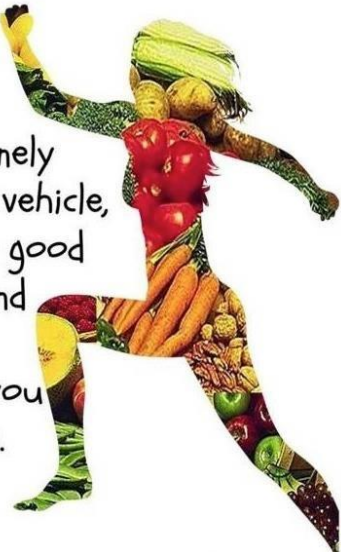


खनिज

गोभी, गाजर, केला, मटर, सेम, पटिष्कृत मक्का

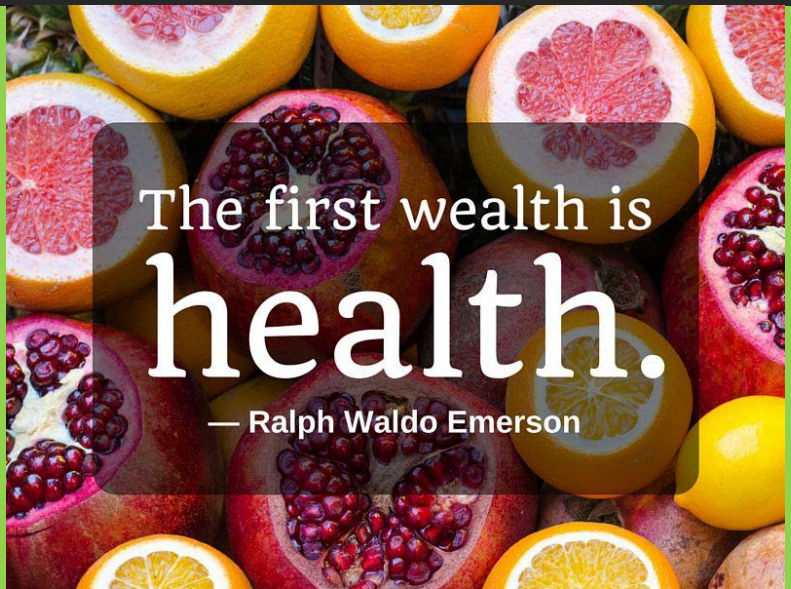


Your
body
is a finely
tuned vehicle,
give it good
fuel and
it will
take you
places.



The first wealth is
health.

— Ralph Waldo Emerson



“GOOD NUTRITION CREATES HEALTH IN ALL AREAS OF OUR EXISTENCE, ALL PARTS ARE INTERCONNECTED.”- T. COLLI CAMPBELL

POSHAN Abhiyan (National Nutrition Mission) was launched by the Hon’ble Prime Minister on 8th March, 2018. The Programme strives to reduce the level of stunting, under – nutrition, low birth weight in children and anemia in adolescent girls, pregnant women, lactating mothers as well as children. Rashtriya Poshan Maah is being celebrated during the month of September, 2021 to further accelerate various activities under POSHAN Abhiyan and to create awareness about the importance of nutrition, among people.

DAV Public School, Thane observed the month of September as “Rashtriya Poshan Maah.” The class teachers scheduled a special session for explaining the importance of a well -balanced diet.

Various tips were shared with students by teachers that would help them to live a long and healthy life. Students also shared their knowledge.



- Water: Sufficient water intake keeps our body hydrated and free from toxins. Students were advised to take water at regular intervals to stay energetic and feel fresh.

•**Strong Foundation:** Childhood is the foundation of every one’s life. Students were advised to build strong base for their body by consuming food in sufficient quantity, containing desirable amount of carbohydrates, Proteins, fats and vitamins. They were discouraged from skipping breakfast and dinner as most children do, nowadays. The harmful effects of junk food were also discussed. They were made understand that what they sow now, they will reap when you grow up.

Embrace seasons and colours and nature: Fruits and vegetables of different colours contain micronutrients and antioxidants, which provide us resistance from various kinds of diseases. Instead of consuming same fruits and vegetable every day, we should include fruits and vegetables of different types and colours. Locally produced seasonal fruits and vegetables provide more benefit to our body as compared to imported and out seasoned one’s. So students were suggested to eat locally grown seasonal fruits and vegetables of various colours.





PLEASING MY TASTE BUDS



Rest and sleep: Besides consuming a well-balanced diet, it is also important that our body gets enough rest. So students were advised to get 8 hours sleep every day, because for the reparation and maintenance our body needs sufficient rest. Lack of sleep leads to acidity, stress, anemia, depression, obesity, hair fall and many more imbalances in our body.

- **Time management:** The students were informed that eating breakfast and dinner early is important, as our body gets enough time for digest them. They were informed about the symptoms of some nutritional deficiencies and remedies compensate them by adjusting their meal.



- **Exercise:** Physical activities are very important to keep the body active. To ensure the food is doing its purpose, we need to engage in some sort of physical activities. Yoga, Exercises, dance, walk, cycling etc., were suggested



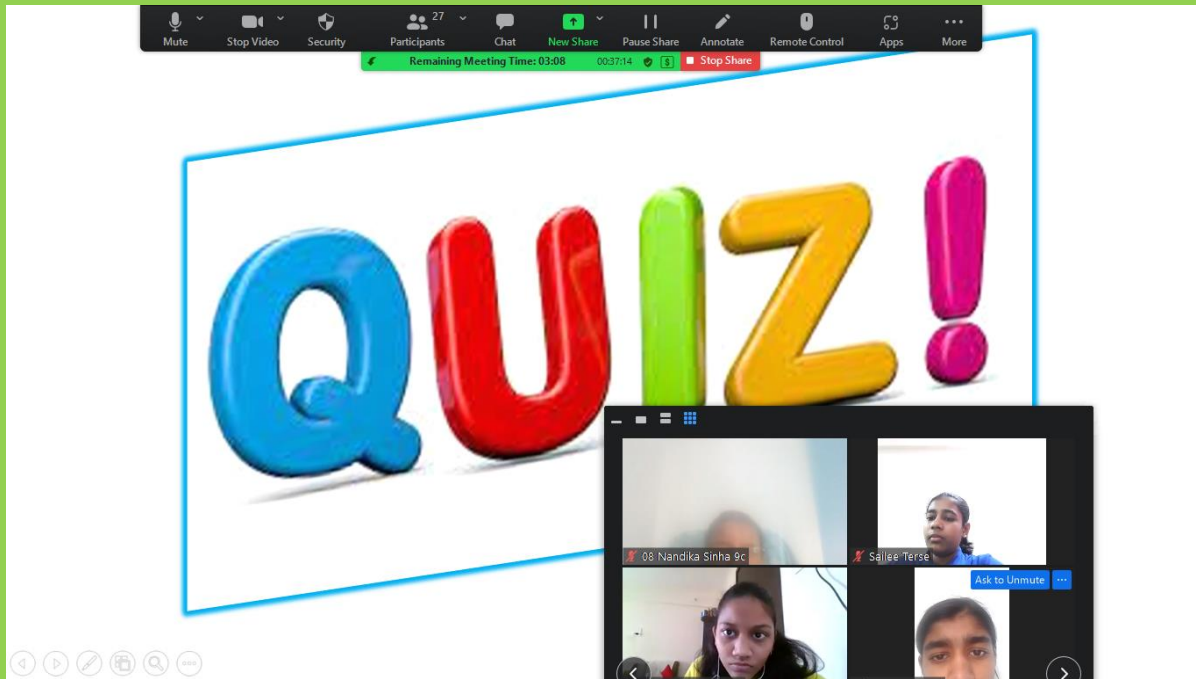
- **Share and care:** Students were suggested to be sensitive towards under-privileged children who cannot afford nutritional food every day. They were advised to share food with them occasionally, as per their capacity and convenience. They were also encouraged to share their knowledge with others.



**SHARING
WITH
FELLOW
HUMANS**



A quiz was conducted in the school hours to check the knowledge of students about diet and nutrition.



The asset of a strong nation is its healthy citizens and our children are the future of our country. As responsible parents and teachers, it's our duty to build a strong and healthy future for our country by ensuring proper nourishment for our children.

