

REPORT ON POSHAN MAAH

October 2019

As per the guidelines of Ministry of Human “Resource Development, govt. of India the school organized **‘Poshan Maah’** in September 2019. under this initiative multifarious activities were organised in the school under the guidance of the Principal of the school, Ms. Manju Malik.

A Special assembly was organized to commence the month long celebrations with the aim of guiding and motivating the students to- **‘Eat healthy and Stay healthy’**.

The school organised a daily session to sensitize the students about the importance of Hand wash to maintain good health and hygiene. The medical officer of the school Dr. Anshu Asri and the school Nurse Ms. Shazi conducted the sessions by demonstrating the right technique of washing hands to kill all the germs.



The school also conducted special counseling session on –‘Adolescence’ for the girls to guide them how to maintain hygiene during menstruation cycle and stay protected from diseases.



A Special Poshan Rally was also organised by the school under the guidance of the Principal of the school wherein students participated with full zest and zeal vociferating slogans and advocating the message- **'Healthy mind resides in healthy body'**.



Students also participated in a **'Recipe writing Competition'** wherein students penned down recipes to prepare yummy food items loaded with nutritional value. The day students participating with enthusiasm.



Students also participated with full zest and zeal in various exercises and other fitness activities like Dance, Aerobics, Yoga etc. these activities encourage the students to be health conscious which is one of the needs of the art.



School also organised hygiene and sanitation session for the students where in the medical officer of the school Dr. Anshu Asri and the teachers of the science department motivated students to adopt good practices to maintain hygiene and sanitation.

The dramatics club students of the school participated in nukkad natak advocating the message that health is wealth. The nukkad natak aimed at sensitizing the masses about the benefits of maintaining good health.

November 2019

School organized Jingle writing competition and Poetry Competition for the students under the Rashtriya Poshan Maah. Students participated with full enthusiasm in these competitions.



December 2019

School organised one act play competition wherein students gained insight about the importance of eating healthy & nutritious food. This competition aimed at creating awareness among the students about the adverse effects of eating junk food.

