

POSHAN ABHIYAAN

Poshan Abhiyaan, also known as the National Nutrition Mission (NNM), was launched in 2018 by the Government of India with the aim of tackling the malnutrition problem prevalent in India. The chief objective of the mission is to reduce the level of under-nutrition and also enhance the nutritional status of children in the country.

In order to create an awareness on the same, the Science Department along with the Health and Wellness Club of PSBB T. Nagar organized an activity 'Cooking without Fire' for Std 7 and 8 students on 15th September 2022.



The main objective of the activity was to create awareness about the nutritional value of food cooked without flame, the necessity and advantages of healthy eating and to encourage students to stay away from junk food.



Fireless cooking teaches some valuable life skills besides saving energy. It encourages children's creativity, thinking and problem solving skills.

The students learnt the spirit of teamwork, and the hard work that goes in preparing simple salads. We were happy that we could provide a platform for students to

showcase their culinary skills and explore new areas of interest.

The students prepared healthy dishes like Fruit Salad, Dry fruit salad, Vegetable Salad, Lemonade, Porridge, Veg rolls, Salsa Dips, bread n dry fruit rolls and many quick recipes. They served the dishes in an artistic and aesthetic way which was a visual treat tickling the taste buds.



"It is health that is real wealth. And not pieces of gold and silver." – Gandhiji
Healthy citizens are the real asset any country can have. This can be achieved by investing in good nutrition which in turn protects us from all diseases. Keeping this in mind our honourable Prime Minister launched "Poshan Abhyan" to prevent and reduce stunting in children, to reduce under-nutrition and prevalence of anaemia in children.

On 20th Sept. a programme was organised on stage, highlighting the importance of healthy and nutritious diet. A skit on **Health is Wealth** by students of Std 6 brought out the importance of hygiene while cooking and a folk dance on 'Unavey marundhu' based on Thirummolars Thirumandiram unfolded the secret of the ancient ways of keeping healthy. It was followed by the secretary of Health & Wellness Club taking the Pledge- to eat plenty of vegetables and fruits as they are important sources of vitamins, minerals, dietary fibre, plant proteins and antioxidants. It was a good edutainment with learning for the students.



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