



MATA JAI KAUR PUBLIC SCHOOL

CBSE INITIATIVES

POSHAN MAAH AND PAKHWADA

Under the Poshan Abhiyaan programme launched by Hon'ble Prime Minister, Poshan Maah and Poshan Pakhwada were celebrated by students of MJKPS with great zeal. To create awareness about health and nutrition, students were engaged in a plethora of activities. Teacher talk was taken up to bring awareness among the students about the importance of having a balanced diet. Students of classes I and II participated in drawing and colouring activities. They drew different vegetables and fruits and coloured them beautifully. Students of class III learnt nutritional benefits of eating healthy combinations of food, and eating appropriate portions using a **Food Pyramid** diagram. Emphasis was laid on immunity boosting recipes that are beneficial for everyone.

Innovative methods of cooking and ways to stay hydrated were discussed with students of classes IV and V. The activities were planned around the theme '**Poshan Bhi Padai Bhi**,' in which relationship of nutrition with our health was explained. An interesting activity based on inclusion of millets in our diet was taken up during lunch time wherein students brought variety of dishes in their lunch boxes and presented them enthusiastically. The entire month was quite engaging and enriching as the children got hands on experience for preparing healthy dishes.









