

TRANSFORMING
NUTRITION IN INDIA:
POSHAN ABHIYAAN
KENDRIYA VIDYALAYA No.1-VIJAYAWADA



SEPTEMBER, 1ST TO 30TH

Sensitizing mother and child on nutrition

In keeping with the dreams of the Prime Minister of India, to boost the nutritional values of every child in the country, Our Kendriya Vidyalaya is observing the flagship 'Rashtriya Poshan Maah' with the sole aim of disseminating the importance of nutrition among mother and child. An awareness programme was organized as part of the poshan maah for classes VI-X.

According to a United Nations report, 36% of children in India have stunted growth". The stunted growth rate of children is due to the inadequate nutrition provided to mothers and their child. Hence it is advised the students to maintain a healthy food habit. It is attributed malnutrition as one of the main reasons why the country is still lagging behind though it has made progress in other aspects. We are urging the students to follow balanced diet and develop a love for the nutrition available in the organic food.

If proper nutrition is not made available, the immune system is weakened and one's highest potential is not reached and fails to live life to the fullest," said by experts.

It is observed that one in every two women in the country is anemic whereas one in every three children and a staggering 37 survivors out of 1000 births is malnourished.

Under this scheme (Rashtriya Poshan Maah), the government has concern for a comprehensive plan to work for the health aspect of not only children but also pregnant women and lactating mothers. Organic food or tribal food is logically good for health which can bring down the infant mortality rate (IMR) greatly. If nutritious food is provided to the mother, the infant will also be healthy.

In line with the mission, a cleanliness drive is also being held in the month of September, in our school and students and parents would be sensitized about cleanliness for improvement of health and the eco system. Experts also informed that the students of this campus have stopped using single use plastic in the campus.

"Children are the ambassadors and the change agents," Our Principal proclaimed and appealed to all the students to take the message forward by sharing with families.