

Brief on the Activities to be undertaken during Poshan Maah from 1st to 30th September, 2019

1. Poshtik Aahar (Whole some meal with diversity)

Nutrition is vital for mental and physical development of growing adult during the formation year. Any food that we give to the adolescent must have a balanced diet having Carbohydrates, Proteins, Fat and also animal protein like egg apart from fruits for necessary growth of human body.

2. General Cleanliness and Hygiene

Maintain the surrounding Clean and hygiene as it is essential to prevent food & water borne illness as germs and contaminants that spreads these diseases. For this adequate sanitation has to be followed like Safe Drinking Water, Washing Hands before eating and after the Toilet use with sanitizer, safe disposal of faeces etc.

3. Prevention of Anaemia

Iron or Iron supplement are required to be consumed through prevent anaemia.

4. Regular De-worming methods

De-worming is the process of getting rid of intestinal parasites like worms. The most ways to contract worms is by eating contaminated food and drinking contaminated water. Adolescent boys should be de-wormed once every six months. The consequences of not de-worming often lead to uncomfortable instances of stomach pain and vomiting.

5. Say NO to tobacco use, Alcohol & Drugs

The volunteers should spread the message for ill effects on usage of addictive products like Tobacco, Gutka, Alcohol & Drugs.