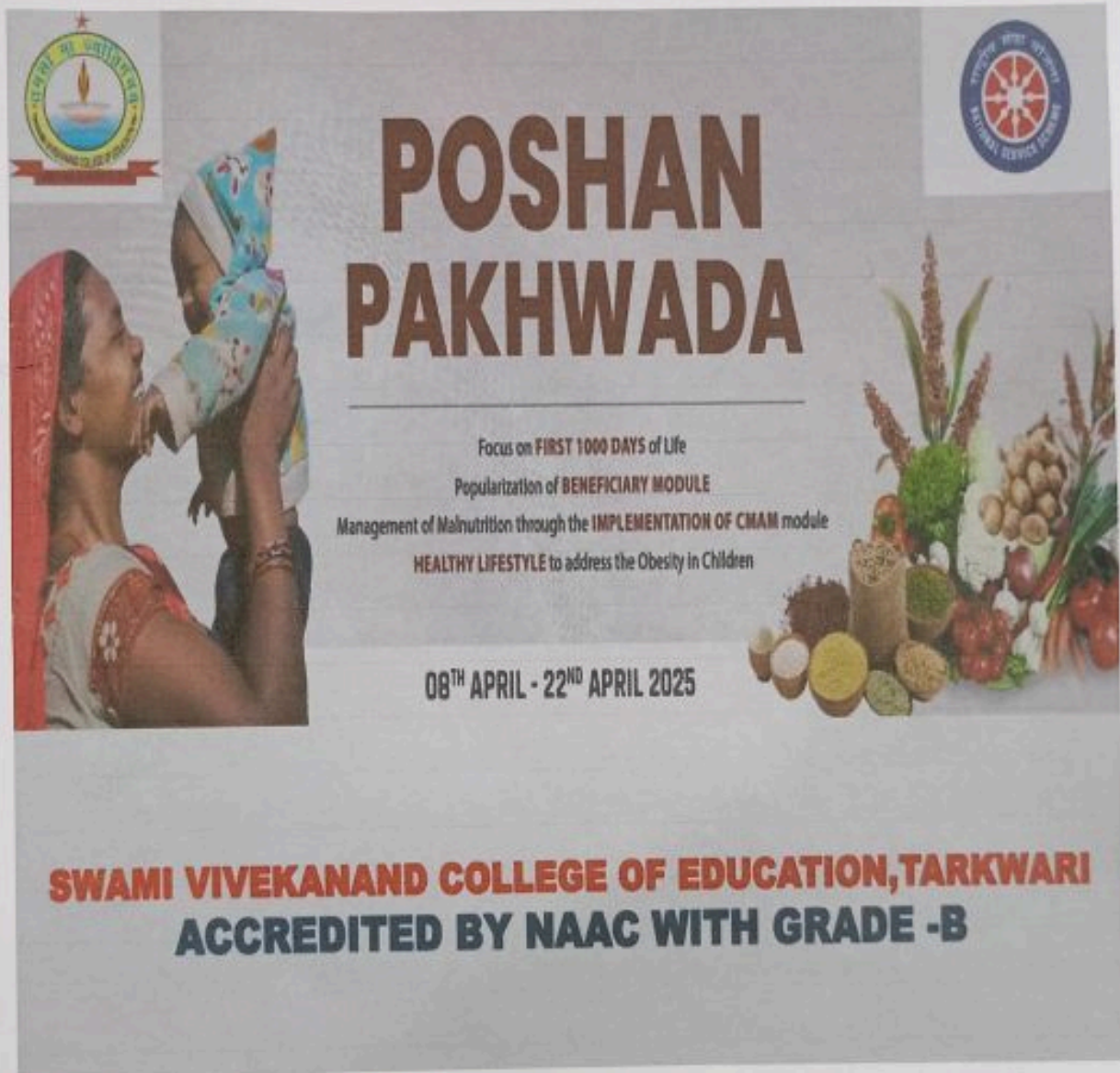


REPORT

ON



**POSHAN
PAKHWADA**

Focus on FIRST 1000 DAYS of Life
Popularization of BENEFICIARY MODULE
Management of Malnutrition through the IMPLEMENTATION OF CMAM module
HEALTHY LIFESTYLE to address the Obesity in Children

08TH APRIL - 22ND APRIL 2025

SWAMI VIVEKANAND COLLEGE OF EDUCATION, TARKWARI
ACCREDITED BY NAAC WITH GRADE -B

Venue: Dungrin Village And Takutta Bhattan Village

Co-ordinator: Mrs Amita Rani, NSS Programme Officer

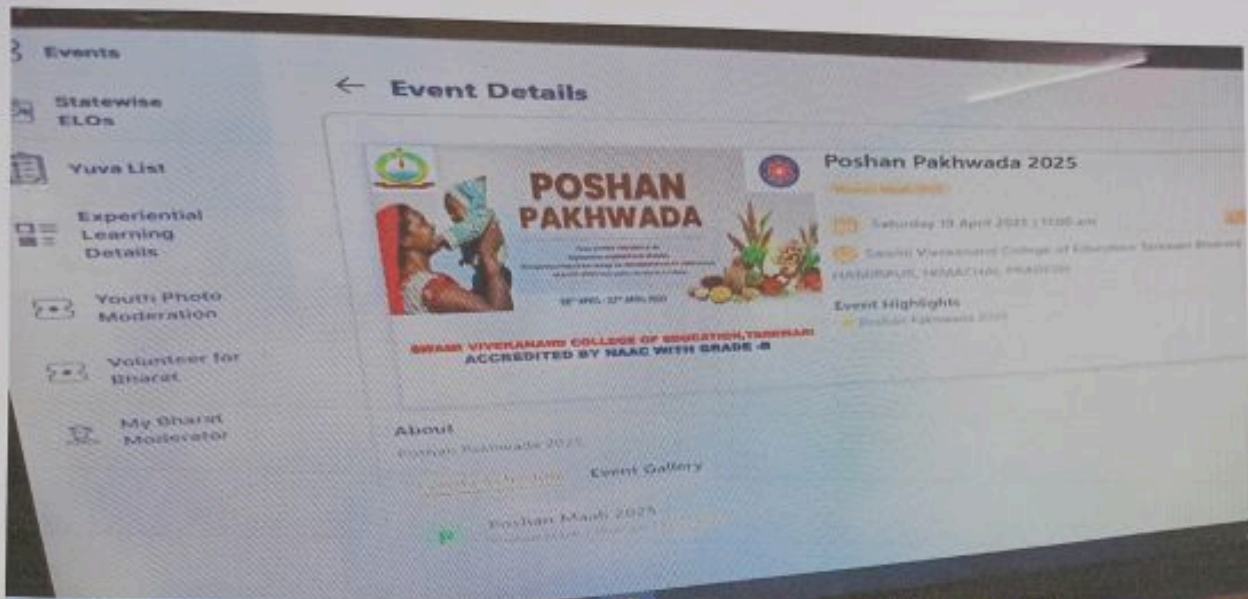
No of students: 55 volunteers



In support of the flagship programme – Poshan Abhiyaan that aims to improve the nutritional outcomes for women and children through a holistic approach, SVN College of Education, NSS Unit, Tarkwari in collaboration with the Department of Community health initiated an awareness campaign in adopted villages to observe Poshan Pakhwada. The event conducted at Takutta Bhattan and Dugrin village on 07.04.2025 and 19.04.2025, highlighted an interactive session with Pregnant females, lactating mothers and Anganwadi workers, educating them about 1000 days care – period spanning from conception through pregnancy to a child's second birth day, awareness about healthy eating habits, complementary feeding, dietary charts, personal hygiene, prevention and management of Diarrheal diseases. Pregnant women, lactating mothers, children under 5 yrs and between 6-10 yrs were screened for anthropometry measures to assess their nutritional status. They were also educated about the Poshan Tracker app and its utility. Mrs Rita Kumari and Mrs Reena Devi, Asha workers– faculty from the Community health along with NSS volunteers participated in the activities like rally, slogan writing door to door campaigns were organized, which was aimed at raising awareness about nutrition in students and society, this programme started with a nutrition awareness rally in which and Asha workers told the people of Dugrin village to take care of the people of Dugrin village told children about a balanced diet and gave a message to adopt a healthy lifestyles.



GLIMPSE OF THE PROGRAAME







हमीरपुर कैसरी

SUNDAY, 20 अप्रैल 2025



हमीरपुर : स्वामी विवेकानंद शिक्षा महाविद्यालय तरक्वाड़ी की एन.एस.एस. यूनिट जागरूकता रैली निकालती हुई। (राजीव)

हमीरपुर, 19 अप्रैल (राजीव) : स्वामी विवेकानंद शिक्षा महाविद्यालय तरक्वाड़ी में एन.एस.एस. यूनिट द्वारा पोषण पखवाड़ा हर्षोल्लास के साथ मनाया गया।

इस मौके पर आशा वर्कर रीता कुमारी और रीना देवी उपस्थित रहीं। इस अवसर पर कॉलेज में रैली, स्लोगन राइटिंग, डोर-टू-डोर कैंपेन

जैसी गतिविधियों का आयोजन किया गया, जिसका उद्देश्य छात्रों और समाज में पोषण के प्रति जागरूकता बढ़ाना था।

इस कार्यक्रम की शुरुआत पोषण जागरूकता रैली से हुई, जिसमें स्वयंसेवियों तथा आशा वर्कर ने हाथों में स्लोगन लेकर टकोता तथा डूंगरी गांव के लोगों को पोषण का महत्व

बताया। इस अवसर पर एन.एस.एस. ऑफिसर अमिता रानी ने बच्चों को संतुलित आहार के महत्व के बारे में बताया और स्वस्थ जीवनशैली अपनाने का संदेश दिया।

उन्होंने कहा कि स्वस्थ शरीर में ही स्वस्थ मस्तिष्क निवास करता है और यह तभी संभव है जब हम पोषण युक्त आहार ग्रहण करेंगे।

NSS Unit programme officer



Principal

