

## NSS Action Plan for Poshan Maah

**September 1st - 30th, 2019**

Poshan Maah 2019 programmes from 1st -30th September 2019 will be carried out by 15 Regional Directorates of NSS under their jurisdiction at Schools/Colleges in every State/Uts.

Sl. No.	Themes	Theme basic NSS activities	Target groups	Period of programme
1	Nutrition	1.Class room lectures on eating disorder and the importance of balanced diet.	Adolescent NSS Volunteers and Students in Schools & Colleges	1st - 30th September, 2019
		2.Creation of awareness in the schools/colleges and adopted villages.		
		3.Conduct of skits/street plays on nutritional issues like, axemia malnutrition.		
2	Obesity	1. Awareness lectures by nutritional expertson obesity for the adolescent boys and girls.	Adolescent NSS Volunteers and Students in Schools & Colleges	1st - 30th September, 2019
		2.Importance of physical activities to keep them fit.		
3	Eating Disorders	1. Discussion on skipping breakfast, untimely eating. 2. Group Discussion	Adolescent NSS Volunteers and Students in Schools & Colleges	1st - 30th September, 2019
4	Nutrition Awraness Campaigns	1. 10 Hours regular programme activities for Nutritional awarness issues. 2. During Special Camping period, one day will be devoted for awareness generation of nutritional issues in the community. a. Awarness rally in the community. b. Door to Door campaign. c. Street Plays and nukkad natak.	Adolescent NSS Volunteers and Students in Schools & Colleges	1st - 30th September, 2019
5	Impact of fast food and packaged food items	1. Group Discussion. 2. Poster making and display.	Adolescent NSS Volunteers and Students in Schools & Colleges	1st - 30th September, 2019
6	Promotion of Organic Diet	1. Classrom Lectures. 2. Awarness rally in the community		1st - 30th September, 2019