



# POSHAN MAAH



A DONATION DRIVE FOR NATIONAL NUTRITION MONTH

30/09/2021

## NATIONAL NUTRITION MONTH

"Eat Right, Bite by Bite."

National Nutrition Month is the PM's overarching scheme for Holistic nourishment and is celebrated from 1st to 30th September.

The purpose of the NSS Team behind celebrating the Poshan Maah Event is to spread awareness about good nutrition and health. The motto of the drive was to ensure people include a healthy diet in their daily routine like whole grains, fruits, vegetables, etc. full of nutrition which not only helps in growth but also makes the immune system strong.

## FLOW OF EVENTS

With the blessings of our beloved Dean, Dr. Srivalli Ma'am, the volunteers and Programme officers opened calls for donation of food items and nutrients. In a week's time, there were numerous huge boxes filled with items. The response was prodigious.

Then, on the 30th of September, the volunteers carried these items to slum areas and homeless people to bring a smile on their faces. The volunteers went door to door and gave amounts of rice and wheat flour depending on the size of the family. They also handed over vital fruits to children of each house. The happiness in their sparkling eyes was worth carrying the heavy boxes for every volunteer, and every human involved in this project.

## EDUCATION AND AWARENESS

Educating is equally important to donating. Hence, the volunteers made this event successful by making them aware of what "eating right" means and why Vitamins are important. They even told them about the food sources rich in certain vitamins. The self-perception of the importance assigned to eating balanced meals has definitely improved after this event.



### CONCLUSION:

The campaign has started to spread awareness and encourage people as a society to understand the importance of nutrition and adopt a healthy, sustainable lifestyle. We all know that malnutrition is one of the main hurdles in the overall development of the country, so it is necessary to overcome and curb it, hence National Nutrition Month is celebrated.

