

11. REPORT ON POOSHAN MAAH

POOASHAN MAAH is a awareness programme which is being held by NSS on the occasion of NATIONAKL NUTRITION MONTH .This program has started from September 1st - 30th and is being carried out by 15 religional directorates of NSS under jurisdiction at school and colleges in every

state or units. This time it has included Nutritiobn, Obesity, Eating disorders, impact of fast food and packaged food items, promotion of organic diet as topics of discussion.

we, NSS volunteers of UCW units as decided september 25th and 26th as our due dats to complete programme. We choose Govt. Girls High School[G.G.H.S] and Govt.high school to take sminars. We have gathered nutrition students and divided them into 2 groups. We choose eating disorders and impact of fast food as our topics. We made charts for more impact on students.

Eating disorders: Everyday due to busy work everyone are habituated to skip their meals especially breakfast.Breakfast to mainly takem to break the nights empty syomachfast. When we skip it, the fasting will continue. This increases the level of HCl . We wouldn't be having enough strength to do the work. Mainly disorders of skipping meals is unhealthy weight loss, brain stops working, gastric problems etc., Brain needs only glucose for its functioning.

Junk food impact: Junk gfood mainly include chips, pani puri, noodles, and packaged foods. Childrens snd teenagers are mostly attracted to the outside foods. They mainly consists of unsaturated fats,oils, and other toxic chemicals due to contineuous heating. These will accumulate and cause many diseases like diahrrea, stomach upsets, gastric problems etc..

We decided to aware them on these topics. And also include the importance of exercise and physical activity. On the

first day of our programme, we reached G.G.H.S school by 9am . We took sessions for VI-IX classes. The students were also very active to respond and were very interested to listen. Our seminar motivated them to change their habit of skipping meals and also to design their eating plans. We were very happy to share our knowledge with them.

On the second day, we reached G.H.S by 2;30pm. Though naughty they are able to understand and their eating style. Teachers have also participated the seminar and they encouraged childrens in having a proper diet . They promised us to take action on providing breakfast.

To last, we were happy that we are able to share the knowledge. We concluded the sessions by taking pictures with the principal schools.

