



GOVT. OF NATIONAL CAPITAL TERRITORY OF DELHI
DIRECTORATE OF EDUCATION: PHYSICAL EDUCATION BRANCH
CHHATRASAL STADIUM: MODEL TOWN: DELHI – 110009

No. F.42/DE/PE&NI/2019/ 6821-6870

Dated: 17/09/2019

CIRCULAR

Sub: - The celebration of "Rashtriya Poshan Maah" to reach every Household with the message of Poshan" from September, 2019 – January 2020 in all Govt., Govt. Aided and Unaided Recognised schools of Directorate of Education, GNCT of Delhi.

Reference to D.O. letter No. A/123/2019-CPMU(e-72474) dated 21/08/2019 (copy enclosed) of Ministry of Human Resource Development, Govt. of India regarding celebration of "Rashtriya Poshan Maah" to reach every Household with the message of Poshan" all over country from September 2019 onwards, all Heads of Govt., Govt. Aided and Unaided Recognised schools of Directorate of Education , GNCTD are hereby directed to conduct the following activities under **Mid Day Meal** scheme to promote nutrition:

1. Month wise schedule of activities under Rashtriya Poshan Maah to be conducted in schools of Directorate of Education on the aspects of nutrition, health & hygiene, hand-wash and importance of kitchen garden etc.

Competition	Theme	To be Conducted in
Slogan Writing/Poster Making	Balanced Diet, Dwarfism, Malnutrition, Anemia, Hand Wash, Good Food Habits etc.	September / October 2019
Collage Making	Balanced Diet/Nutrition for Pregnant Ladies /Nutrition for lactating mother/ Nutrition for Adolescents/ Diet for Children.	September / October 2019
Composition of Jingles.	Healthy Nutrition /Balanced Diet/ Importance of Govt. welfare Schemes such as Weekly Iron and Folic Acid Supplementation, De-worming, MDM	November 2019
Poetry Competition	Balanced Diet/ Healthy Nutrition/ Diet for Pregnant Ladies, Lactating Mothers, Adolescents, Children etc.	November 2019
One Act Play	Importance of Healthy Nutrition/ Diet for Pregnant Ladies, Lactating Mothers, Adolescents, Children/ Myths related to Diet Fads.	December 2019
Debate	Myths Related to Healthy Nutrition	December 2019
Skit Competition	Importance of Healthy Nutrition/ Diet for Pregnant Ladies, Lactating Mothers, Adolescents, children/ Myths related to Diet Fads.	December 2019
Food Stalls	Displaying Healthy and Nutritive recipes	January 2020

2. Awareness Campaign for adolescent girls: The awareness about use of millets, kitchen gardening, cleanliness, Balance Diet, consumption of green leafy vegetables and pulses, proper physical and mental development and safe menstrual health etc may be carried out in schools of DoE.
3. HoS may organize the meetings with School Management Committee members with an agenda of spreading awareness on issues related to nutrition, good eating habits, hand-wash, use of millets and kitchen gardening, safe drinking water, use of water filters etc. during the POSHAN MAAH for greater dissemination of the issues on nutrition and health.
4. Involvement of SMCs in rallies/awareness campaign regarding importance of Healthy Nutrition, Balanced Diet, Govt. Schemes such as Weekly Iron and Folic acid supplementation, De-worming, MDM etc.
5. Time schedule may be allocated in daily Morning Assembly to aware school staff and students on Balanced Diet, Importance of Healthy Nutrition, Govt. schemes, Healthy Diet for Children and adolescents, Importance of Breakfast etc.
6. Inter-class Competitions may be organized in the schools of DoE, where students will decorate their classes with charts/posters / slogans etc. on Healthy Nutrition and Diet for Children and Adolescents, Balanced Diet etc.

Guidelines for the Heads of the Schools

- For conducting these competitions, HOS may depute Home Science teachers or any other competent teachers who are well adapt and conversant with the facts of the programme.
- POSHAN MAAH should be organized and managed effectively to create awareness, knowledge about Healthy Nutrition, Balanced Diet, and Nutrition for Pregnant lady, Lactating mother, Adolescents, children and remove myths related to Diet.
- Efforts should be made by the school authorities to ensure maximum participation of parents and students to attend the program to create a positive environment about nutrition in the school and community, so that the mission should be converted into a JAN ANDOLAN for effective implementation and desired reach.
- The Heads of the Schools are expected to ensure compliance of all codal formalities under GFR Rules and all the financial guidelines issued by GoI and GNCTD for expenses to be incurred on Poshan Maah activities.

Further, all SPE's are directed to submit compiled Action Taken Report of the activities mentioned above from schools of their respective zones and send it along with the photos and videos of the Poshan Maah activities through e-mail to this branch i.e. nodalofficerposhan@gmail.com or onward submission latest by 30th of every month.

Schedule of Activities to be conducted under Poshan Maah is attached herewith as Annexure-A

Note : "All the HOS must ensure **NOT** to send report of their respective schools directly on the email of undersigned as the same has to be routed through concerned Districts"

This issues with prior approval of the Competent Authority.

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(Romi Johri)
Asstt. Director of Education (PE & NI)

All the Head of Govt./ Govt. Aided / Unaided Recognized Schools of Directorate of Education (THROUGH MIS)

No. F.42/DE/PE&NI/2019/ 6821 - 6870

Dated : 17/09/2019

Copy to:-

1. The Secretary, Govt. of India, Ministry of Women and Child Development, Shastri Bhawan, New Delhi- 110001.
2. PS to Pr. Secy. (Edn.)
3. PA to Director (Edn.)
4. All Spl. DEs / Addl. DEs /RDEs
5. DDEs (Districts and zones)
6. All SPEs to monitor the activities and furnish compiled report to Physical Education Branch.
7. OS (IT) with the request to place the circular on website.

Romi Johri
17/09/2019
(Romi Johri)
Asstt. Director of Education (PE & NI)

Annexure-A

Scheduled Activities of Poshan Maah

S.No	Date & Day	Scheduled Activity
1	1-31 October, 2019	Making of dedicated Bulletin Board related to Good Eating Habits/Healthy Nutrition/Health and Fitness for assigning daily tasks/activities to students.
2	1-31 October, 2019	Daily sensitization of students for importance of Hand Wash by school authority during Assembly time.
1	9 October 2019	Inauguration of POSHAN MAAH in Morning Assembly
2	10 October & 11 October 2019	Poshan Mela (Rangoli competition, demonstration of nutritious recipes, poster making, Haat Bazaar, Nukkad Natak, Cultural Activities)
3	14 October 2019- 16 October 2019	Counseling of Adolescent Girls on health related issues
4	17 October 2019- 18 October 2019	Poshan Rally
5	21 October 2019	Paushtik Ahaar presentation i.e. diversification in food habits
6	22 October 2019	Competition on Nutritious Recipes
7	23 October 2019	Exercise and Fitness Activities
8	24 October 2019	Hygiene and Sanitation Sessions
9	25 October 2019	Nukkad Natak
10	28 October 2019	Counseling on Diarrhea.
11	29 October 2019	Closing ceremony of Poshan Maah

Romi Johri
(ADE-P.E & N.I.)

Romi Johri
17/09/2019