



# Commemoration of National Nutrition Month 2019

Project Poshan

**POSHAN  
Abhiyaan**

PM's Overarching  
Scheme for Holistic  
Nourishment



सही पोषण – देश रोशन



# National Nutrition Month, September 2019

## National Nutrition Month, 2019

United Way Mumbai (UWM) commemorated Rashtriya Poshan Maah (National Nutrition Month), an annual occasion as part of the Government of India's "POSHAN Abhiyan" (the PM's scheme for Holistic Nourishment) from 1st to 30th September.

The NNM focuses on 5 themes –

- First 1000 days of a child, diarrhea management,
- Diet diversity and complementary feeding,
- Anaemia prevention,
- Hygiene, sanitation and
- Safe drinking water

UWM organized variety of activities to commemorate the month such as making a healthy plate, nutritious recipe competition, hemoglobin testing camp for adolescent girls and Poshan mela (Nutrition Fair).



# Healthy Plate Activity

A healthy plate is an easy and pictorial way to depict the quality and quantity of the food required. It is a playful initiative which makes community to ponder about the foods they eat and eventually understand the importance of colourful food plate.

The team developed an activity plate sheet for the community to creatively fill in what they eat under each food group.

Total 9 healthy plate activities were conducted in Karjat and Panvel Anganwadi centres in which 2 pregnant women, 3 lactating mothers, 28 adolescent girls and 41 community members participated.



Mothers and adolescent girls with drawings of healthy plate





Recipe made by community members displayed in Anganwadi centres

# Recipe Competition

Recipe competitions were organized in the Anganwadi centres where community members prepared recipes and displayed them in the AWCs to understand the importance of healthy and locally available food items. Total 27 recipe competitions were conducted in which 20 pregnant women, 17 lactating mothers 147 community members participated.



# Capacity Building Trainings



Three capacity building trainings were conducted for Anganwadi workers (AWWs) on Maternal Infant Young Child Nutrition (MIYCN), Anaemia, Menstrual Health and Hygiene for adolescent girls in which 100 Anganwadi workers participated along with ICDS supervisors.

Nutritionist conducting capacity building training at Nere bit, Panvel



# Anaemia Testing and Awareness Camp



## Anaemia Testing

Four anaemia testing camps were organised with support from primary health centres in which 191 adolescent girls (age of 11 to 19) were tested for anaemia.



## Measurment of BMI

The team conducted anthropometry for adolescent girls by measuring their height and weight to calculate their Body Mass Index (BMI)



## Awareness Sessions

Total 6 awareness sessions on anaemia and menstrual health & hygiene were organised in Raigad Zilla Parishad School (RZP) of Panvel and Karjat in which 445 adolescent girls participated.



# Interventions with schools

- Drawing and slogan competition on topics related to nutrition, sanitation and hygiene were organized for school children.
- The school children also participated in four poshan rallies with Anganwadi workers.
- More than 500 school children, Anganwadi workers, Child Development Program Officer (CDPO) and community members from Karjat and Panvel participated in the rallies.





# Poshan Mela

- The culmination of the month long campaign was done with a Poshan Mela (Nutrition Fair) on 27th September at Kashele Village, Karjat.
- Various healthy recipes made by Anganwadi workers and community members were displayed during the event.
- Variety of stalls were also available at the Poshan Mela where information regarding key aspects of malnutrition was provided to community members.



Community members with their recipes and team members interacting at poshan stall





# Poshan Mela

Mr. Dilip Halde, CEO Raigad Zilla Parishad addressing the community members during Poshan Mela

The winners of recipe competitions, posters and slogan competitions conducted at village and school level were felicitated by Dilip Halde, CEO, Raigad Zilla Parishad at the Poshan Mela. 48 Anganwadi workers, 150+ school children and 20 community members participated in the Poshan Mela.



# **2000+ Community Members**

participated in different activities during NNM

**Impact so far...**

## **913 School Children**

participated in Anaemia camp, poshan rallies and poshan mela

## **400+ Anganwadi Workers**

conducted recipe competitions, healthy plate activity and AWWs trained on MIYCN care in 3 capacity building trainings.

**27 Recipe Competitions, 9 Healthy Plate Activity, 4 Anaemia Testing Camps, 4 Poshan Rallies and 8 Mothers Meeting**

were conducted during National Nutrition Month, 2019



# Thank You!

**For supporting Project Poshan**

