



## **DDMS P.OBUL REDDY PUBLIC SCHOOL**

### **REPORT ON RASHTRIYA POSHAN MAAH**

On the occasion of **Rashtriya Poshan Maah (9th September 2021)** and **National Nutrition Week, (1st September – 7th September)**, Our school **DDMS P. OBUL REDDY PUBLIC SCHOOL** took an initiative to participate in creating awareness about the importance of **GOOD QUALITY FOOD INTAKE WITH CORRECT PROPORTIONS IN ONE'S DIET.**

Keeping this in mind **students** from the school in the **age group of 6 years – 17 years** actively participated in **promoting knowledge on the aspects of “Food Plate, Food Pyramid, Balanced Diet, Malnutrition – Concept, types, symptoms, preventive measures and eating disorders during Adolescence period during online assembly sessions.**

To preserve the balance and avoid **Double Burden of Nutrition** in our country, the need to reach out to the underprivileged was highlighted to sustain good health. The students of the school offered food parcels, so that equilibrium in food chain is maintained.

This venture proved to be an opportunity to explore and create awareness among the younger generations about the nutrition and the need to maintain in the body for a healthy living. This is an important aspect of being humane.





**CELEBRATING NATIONAL NUTRITION WEEK**



**CELEBRATING RASHTRIYA POSHAN MAAH**

