



POSHAN MAAH CELEBRATION

15 September 2022



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BACKGROUND

The National Nutrition Month or Poshan Maah is celebrated throughout the country during the month of September with the objective of spreading awareness among masses about health and nutrition related topics. The theme of this year is 'Celebrate a World of Flavours.' In honour of National Nutrition Month, Foundation of Healthcare Technologies Society (FHTS) held a knowledge imparting session for school students about nutrition, healthy eating habits, balanced diet, personal hygiene and mental health. The event was held for the students of class VI to VIII at St. Michell Public School, B Block, Janki Puri, Delhi.

Supervision and Conceptualization by-



-DR. ASHISH JOSHI

Founder of Foundation of Healthcare Technologies Society, India

Dr. Ashish Joshi is an academician, researcher, mentor, administrator, innovator, entrepreneur and an inspirational speaker. He is a Dean and Distinguished University Professor at **School of Public Health, University of Memphis, TN, USA**. Dr. Joshi blends his clinical medicine training with biomedical, public health, and informatics research. His primary areas of research include population health informatics.

Event Details

Name of the event- Poshan Maah Celebration and Poster Making Competition

Objective- To impart knowledge to students of class VI to VII about nutrition, healthy eating habits, balanced diet, personal hygiene and mental health.

Date- 15th Sep, 2022

Time- 9:00 am – 11:00 am (IST)

Venue- St. Michell Public School, Janki Puri, Delhi

TEAM MEMBERS



Shruti Sharma

Community Outreach Coordinator



Dr Heemanshu Aurora

Public Health Researcher



Mansi Shukla

Public Health Fellow



Chandni Sharma

Field Worker



Sushmi Wilson

Public Health Fellow

EVENT IMPLEMENTATION

Components of the event	Topics Covered	Material and methods used
Introduction	<ul style="list-style-type: none"> • Introduction to FHTS • Introduction to Poshan Maah 	Interactive session and Presentation
Educational Awareness	<p>Foods and nutrition session</p> <ul style="list-style-type: none"> ▪ Importance of nutrition ▪ Nutrition needs of Adolescents ▪ Balanced diet, food groups ▪ Good dietary habits ▪ Healthy snacking options ▪ Importance of physical activity ▪ Important nutrients and their rich food sources ▪ Session quiz <p>Personal hygiene session</p> <ul style="list-style-type: none"> ▪ Brushing ▪ Hand washing ▪ Oral health <p>Mental health awareness session</p> <ul style="list-style-type: none"> ▪ Stress and exam ▪ Fear ▪ Attention and concentration ▪ Peer pressure ▪ Bullying 	Interactive session and Presentation

Question and answer session	<ul style="list-style-type: none"> Quiz on Foods and Nutrition 	Interactive session
Questionnaire	<ul style="list-style-type: none"> Questionnaire to assess different aspects of fast foods and street foods <p>Singh, S., & Verma, A. (2019). Assessment of Knowledge level about Nutrition Education among School Going Children in Bareilly City. <i>Pramana Research Journal</i>. https://www.pramanaresearch.org/gallery/prj-p595</p>	Distribution and collection of questionnaires
Result announcement	<ul style="list-style-type: none"> Announcement of poster-making competition's results 	Distribution of certificates to all participants and gifts to the top 3 students

Additional Comments:

- Students were curious to learn about healthy eating and healthy snack options.
- Students shared their thoughts and experiences about exam stress and bullying issues during the session.
- The students were very happy to know the information and they were eager to share them with their relatives/neighbours/friends.

PHOTO GALLERY



Picture 1: Introduction to FHTS



Picture 2: Nutrition session



Picture 3: Mental health session



Picture 4: Students receiving certificates