



# केन्द्रीय विद्यालय संगठन

**KENDRIYA VIDYALAYA SANGATHAN**

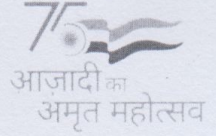
Under Ministry of Education, Govt of India

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प्राचार्या/ प्राचार्य  
समस्त केन्द्रीय विद्यालय  
हैदराबाद संभाग ।

21816

विषय : Celebration of " Poshan Maah" from 1st to 30th September 2023-reg

संदर्भ: F.110336/01/2023/KVS(HQ)/ Acad/C-20827 /Misc Matter Date: 05.09.2023

महोदया/महोदय,

With reference to the above cited letter on the subject, Poshan Maah is being celebrated this year from 1st September to 30th September 2023. The theme of Poshan Maah of this year is "**Suposhit Bharat, Sakshar Bharat, Sashakt Bharat**". Accordingly, it has been decided to carry out the activities as suggested given hereunder by KVs in the month of September 2023. (Copy enclosed).

1. **Panch Pran Pledge**: - to be taken by students during Poshan Maah which is available on <https://merimaatimeradesh.gov.in/pledge>.
2. **Sensitize regarding nutrition in formative years**:- Group discussions/ debates may be organized on the issue of formative years. Banners may be placed in school to sensitize the community on "POSHAN BHI PADHAI BHI" and create awareness in the community through appropriate and indigenous toys.
3. **Health and Physical well-being**: - Organize Health and Activity Clubs, Anaemia Camp for Adolescent Girls. 5 Minutes Yoga Protocol Session may also be organized.
4. **Amrit Vatika**:-Amrit Vatika (Poshan Vatika) may be developed by children.
5. **Awareness Programme**: - Awareness session may be organized for adolescent girls connecting Millets with their health, Millets based awareness through essay, Quiz or drawing competition focusing role of Millets in eradicating malnutrition.
6. **Webinar**: - Webinar may be conducted on the role of Traditional & Regional Nutrition's food for Health Promotion.
7. **Competition**: - Skit by school children to enumerate the necessity of nutrition through play/ TOYathon- indigenous toy making workshop with AWWs
8. **Veeron Ka Vandan**:- Honoring freedom fighters/ braves and their families for the village/ panchayat.
9. **Sensitizing parents through Parent Teacher Meeting (PTMs)**: - These may be held by class teachers with parents with regard to nutrition and its relationship to physical and mental health and well-being of the school children.

It is therefore requested to ensure participation in various activities suggested above. A brief report on the activities conducted along with 1 best photograph & 1 video to this office. Further, Social media handle of KVs may be used for highlighting the events and activities to be conducted under PM Poshan.

भवदीय  
टी. प्रभुदास  
(टी प्रभुदास)

सहायक आयुक्त

Encl: As above