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ક્ર:રસય/૦૧/યુનિ.કક્ષા/પોષણ અભિયાન./૨૦૧૯

ઉચ્ચ શિક્ષણ કમિશનરની કચેરી

બ્લોક નં.૧૨,બીજોમાળ,ડી.જી.મ.ભવન,

ગુ.રા.ગાંધીનગર તા.૨/૦૬/૨૦૧૯

પ્રતિ,

પીગ્રામ કો.ઓર્ડિનેટરશ્રી,
સંબંધિત યુનિવર્સિટી,
જિલ્લા શિક્ષણાધિકારીશ્રી, તમામ જિલ્લા

વિષય:- કિશોર વયના વિદ્યાર્થીઓ માટે "પોષણ અભિયાન" કરવા અંગે

સંદર્ભ:- મિનિસ્ટ્રી ઓફ યુથ અફેર્સ એન્ડ સ્પોર્ટ્સ, ડાયરેક્ટર ઓફ એનએસએસ ન્યુ દિલ્હીનો નો

તા.૦૧/૦૮/૨૦૧૯ નો ઈમેલ પત્ર

ઉપરોક્ત વિશયા પરત્વે જાણાવવાનું કે ભારત સરકારના મિનિસ્ટ્રી ઓફ યુથ અફેર્સ એન્ડ સ્પોર્ટ્સ, ડાયરેક્ટર ઓફ એનએસએસ ન્યુ દિલ્હીની સુચના અન્વયે આવનાર સપ્ટેમ્બર ના મહિનામાં "પોષણ અભિયાન" (ન્યુટ્રિશન) નું આયોજન કરવાનું રહેશે. આ કાર્યક્રમમાં કિશોર અવસ્થાના ૧૦ થી ૧૯ વર્ષના છોકરાઓના મૂદાઓ ધ્યાનમાં રાખવા સાથે સાથે એનએસએસની નિયમિત પ્રવૃત્તિ તથા ખાસ શિબિરના સમયગાળામાં કિશોરવયના પ્રશ્નો પોષણ સંબંધિત કાર્યક્રમોમાં લેવા. (એક્શન પ્લાન સામેલ રાખેલ છે.)

આ અભિયાન અંતર્ગત લોકો માટે પોષણ અંગેની જાગૃતિ આપવી, ડોર ડુ ડોર જાગૃતિ અભિયાન, સંનુલિત આહાર અંગે ની જાગૃતિ રેલી, નુકકડ નાટક, શેરી નાટકો દ્વારા જાગૃતિ આપવી. આ કાર્યક્રમના આયોજનમાં તંદુરસ્ત રહેવા અંગે નું માર્ગ દર્શન આપવું.

એક્શન પ્લાન મુજબ ના કાર્યક્રમ કર્યા બાદ પ્રથમ અહેવાલ ફોટોગ્રાફ સાથેનો ૧૫મી સપ્ટેમ્બર અને સંપૂર્ણ અહેવાલ ફોર્મેટ મુજબ ૨૭ ઓક્ટોબર સુધીમાં આ કચેરી તથા રીજીઓનલ ડાયરેક્ટર, અમદાવાદ ને મોકલી આપવા વિનંતી છે.

આ કાર્યક્રમના અનુસંધાને મિનિસ્ટ્રી ઓફ યુથ અફેર્સ એન્ડ સ્પોર્ટ્સ, ડાયરેક્ટર ઓફ એનએસએસ ન્યુ દિલ્હીનો નો તા.૦૧/૦૮/૨૦૧૯ નો ઈમેલ પત્ર મોકલી આપવામાં આવે છે જે મુજબ કાર્યવાહી કરવા વિનંતી છે.

બિડાણ:- ઈમેલ પત્ર

રાજ્ય એનએસએસ અધિકારી
ઉચ્ચ શિક્ષણ કમિશનરની કચેરી

ક્રમાંક:યોજના/પરચ/૨૦૧૯/૨૯૬ ગુ.રા.ગાંધીનગર
જિલ્લા શિક્ષણાધિકારી કચેરી,
ભાવનગર તા. ૦૩/૦૮/૧૯

પ્રતિ,

આચાર્યશ્રી,

સરકારી/RMSA/ગ્રાન્ટેડ/નોન-ગ્રાન્ટેડ

પ્રાથમિક, માધ્યમિક અને ઉચ્ચતર માધ્યમિક શાળાઓ તમામ

જિ.ભાવનગર

ઉક્ત પત્રની જાણ તથા અમલ થવા સડુ.

જિલ્લા શિક્ષણાધિકારી

ભાવનગર

F. No. P.24-1/NSS/DTE/2017/1554-1611
Government of India
Ministry of Youth Affairs and Sports
Department of Youth Affairs
Directorate of National Service Scheme

To,

Dated: 01-08-2019

1. Regional Directors
All the Regional Directorates of NSS
2. State NSS Officers
All the States/UT

Sub: Strategy for 'Poshan Abhiyaan' for Adolescent students- Reg.

I am directed to inform you that all the Regional Directorates of NSS/SNO cells are requested to conduct 'Poshan Abhiyaan'(Nutrition month) in the month of September to take up the issues of adolescent specially boys from the age of 10-19 years. Ten hours of regular activity and one day in the special camping period may be earmarked for nutrition related programmes and to address adolescent issues.

The directorates may address and forward the message of nutrition or 'Poshan' for the adolescent boys by intervening on the following ways. (Action plan is enclosed)

1. One day will be earmarked for nutritional awareness programmes in the community.
2. Door to door awareness campaign.
3. Awareness rally on the importance of Balanced diet and the malnutrition disorders.
4. Conduct awareness programmes through the Nukkad Natak (Street plays) and Skits.

Guidance may also be provided on healthy diet, cultivation of healthy food habits and the importance of taking breakfast etc.

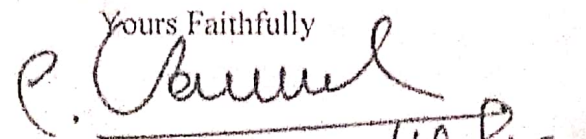
While conducting the above programmes the following adolescent issues may kindly be taken up:

- Eating disorders
- Lack of physical activity
- Malnutrition
- Obesity
- Impact of fast food
- Impact of soft drinks/ packaged soft stuffs
- The importance of balanced diet (Carbohydrate, Protein and Fat)

Reports (First report on 15th September and complete report on 4th October) may kindly be sent to this office as per the reporting format (enclosed) along with action photographs.

Encl: As Above

Yours Faithfully


(Dr. C. Samuel Chelliah)
Assistant programme Adviser

NSS Action Plan for Poshan Maah

September 1st - 30th, 2019

Poshan Maah 2019 programmes from 1st -30th September 2019 will be carried out by 15 Regional Directorates of NSS under their jurisdiction at Schools/Colleges in every State/Uts.

Sl. No.	Themes	Theme basic NSS activities	Target groups	Period of programme
1	Nutrition	1. Class room lectures on eating disorder and the importance of balanced diet.	Adolescent NSS Volunteers and Students in Schools & Colleges	1st - 30th September, 2019
		2. Creation of awareness in the schools/colleges and adopted villages.		
		3. Conduct of skits/street plays on nutritional issues like, anemia malnutrition.		
2	Obesity	1. Awareness lectures by nutritional expert on obesity for the adolescent boys and girls.	Adolescent NSS Volunteers and Students in Schools & Colleges	1st - 30th September, 2019
		2. Importance of physical activities to keep them fit.		
3	Eating Disorders	1. Discussion on skipping breakfast, untimely eating. 2. Group Discussion	Adolescent NSS Volunteers and Students in Schools & Colleges	1st - 30th September, 2019
4	Nutrition Awareness Campaigns	1. 10 Hours regular programme activities for Nutritional awareness issues. 2. During Special Camping period, one day will be devoted for awareness generation of nutritional issues in the community. a. Awareness rally in the community. b. Door to Door campaign. c. Street Plays and nukkad natak.	Adolescent NSS Volunteers and Students in Schools & Colleges	1st - 30th September, 2019
5	Impact of fast food and packaged food items	1. Group Discussion. 2. Poster making and display.	Adolescent NSS Volunteers and Students in Schools & Colleges	1st - 30th September, 2019
6	Promotion of Organic Diet	1. Classroom Lectures. 2. Awareness rally in the community	Adolescent NSS Volunteers and Students in Schools & Colleges	1st - 30th September, 2019

**National Service Scheme
Reporting Format for
Poshan Maah, September 1st - 30th September, 2019**

Name of the Regional Directorate:

Sl. No	Themes	Name of the Activities/Programme of Carried Out	No. of Universities Participated	No. of Institutions Participated	No. of +2 Council Participated	No. of Colleges Participated	No. of Schools Participated	No. of adopted Villages	Total No. of Units	No. of Activities/ Programme	Name of State:			Remarks
											No. of NSS Volunteers Participated in Activities/Programme	Male	Female	
1	Nutrition or Awareness Campaigns	a) 10 Hours regular programme activities for Nutritional awareness issues. b) During Special Camping period, one day will be devoted for awareness generation of nutritional issues in the community:												
		• Awareness rally in the community.												
		• Door to Door campaign.												
		• Street plays and nukkad nataks												
		Total												

Sl. No	Themes	Name of the Activities/Programme of Carried Out	No. of Universities Participated	No. of Institutions Participated	No. of +2 Council Participated	No. of Colleges Participated	No. of Schools Participated	No. of adopted Villages	Total No. of Units	No. of Activities/ Programme	Name of State:			Remarks
											No. of NSS Volunteers Participated in Activities/Programme	Male	Female	
2	Obesity & Eating Disorders	a) Awareness lectures by nutritional expert on obesity for the adolescent boys and b) Importance of physical activities to keep them fit. c) Discussion on skipping breakfast, untimely eating. d) Group Discussion												
		Total												

Sl. No	Themes	Name of the Activities/Programme of Carried Out	No. of Universities Participated	No. of Institutions Participated	No. of +2 Council Participated	No. of Colleges Participated	No. of Schools Participated	No. of adopted Villages	Total No. of Units	No. of Activities/ Programme	Name of State:			Remarks
											No. of NSS Volunteers Participated in Activities/Programme	Male	Female	
3	Impact of fast food and packaged food items & Promotion of Organic Diet	a) Group Discussion b) Poster making and display. c) Classroom Lectures d) Awareness rally in the community												
		Total												