



**D.A.V. PUBLIC SCHOOL, CHENNAI -42**

**REPORT ON POSHAN PAKHWADA 2025**

**C.B.S.E. INITIATIVE**

As a part of the initiative under the Poshan Abhiyan – National Nutrition Mission, **D.A.V. Public School, Velachery** enthusiastically celebrated **Poshan Pakhwada 2025** on **21<sup>st</sup> April 2025**, aligning with the CBSE directive. The Main objective of the celebration was to create awareness among students about the importance of proper nutrition and to promote health and wellness under the theme “**Fighting Childhood Obesity through Healthy Lifestyle**”.

### **Highlights of the Activities:**

#### **1. Drawing and Speech on Balanced Diet & Nutrition**

- Classes Involved: Std. I & III
- Description: Students expressed their understanding of balanced diets through colourful drawings and informative speeches.

#### **2. Indigenous Toy Fair**

- Classes Involved: Std. II
- Description: Students were encouraged to bring traditional toys and displayed them on a thematic stage, promoting cultural heritage and sustainable practices.

#### **3. Awareness Programme on Healthy Eating Habits**

- Classes Involved: Std. II to XII
- Description: A brief speech on the importance of healthy eating was delivered by class teachers during the morning session (8:30 a.m. – 8:45 a.m.).

#### **4. Discussion on Nutrition at Home and Healthy Food Habits**

- Class Involved: Std. V
- Description: Students engaged in a discussion about how nutrition at home plays a vital role in fostering healthy eating habits.

#### **5. Hygiene and Cleanliness in Food Preparation**

- Classes Involved: Std. VI & VII
- Description: As part of the Wellness Wednesday Activity, students were guided on hygienic practices during food preparation, emphasizing cleanliness and safety.

#### **6. Healthy Snacks and Lunch Display**

- Classes Involved: Std. VIII, IX & X
- Description: Students brought nutritious snacks and lunch from home, displayed them in their classrooms, and shared insights on the health benefits of their meals.

#### **Documentation and Follow-up:**

Photographs of the events were captured and each activity was documented and reports from respective teachers were collected for record-keeping and further dissemination.

#### **Conclusion:**

The Poshan Pakhwada celebration served as a valuable platform to instill awareness about nutrition and healthy living among students. It was heartening to see enthusiastic participation from students and dedicated involvement from the staff. This initiative greatly contributed to reinforce the importance of a balanced diet and overall wellness in young minds.

