

REPORT OF 'POSHAN MAAH' MIDDLE SCHOOL (2024-25)

Celebrating Poshan Maah 2024 at DPS Gurgaon

Poshan Maah 2024 is a nationwide celebration that promotes nutrition awareness and drives action towards building a healthier India. DPS Sector 45, Gurgaon organised a series of activities for Middle School students to promote nutrition awareness and drive action towards building a healthy India.

Key Activities

- 1. Anaemia Mukht Bharat:** Health council members conducted a session on the causes of anaemia and ways to prevent it, aligning with the initiative to make India anaemia-free.
- 2. Healthy Eating Practices:** Through talks, presentations, and class assemblies, students learned about the importance of healthy eating habits.
- 3. Environment-Friendly Initiatives:** A plantation drive and oath-taking ceremony encouraged environmental sustainability and promoted eco-friendly practices.
- 4. Pledge for Healthy Habits:** Students and staff took a collective pledge to adopt healthy eating habits and avoid junk food, fostering a healthier lifestyle.

These activities aimed to educate and empower students to make informed choices about their health and well-being, contributing to a healthier India.

