**Nehru Yuva Kendra Sangathan (NYKS)**

**Department of Youth Affairs**

**Brief on the Activities to be undertaken during Poshan Maah from 1st to 30th September, 2020**

1. NYKS has been celebrating **National Nutrition Month (Rashtriya Poshan Maah)** across the country for the past two years in the month of September. Message of *HarGhar Poshan Tyohar* would be taken forward.
2. During the financial year 2019-20, the efforts of NYKS in implementing the programme were appreciated at the highest level. Ministry of Women & Child Development has designated **Nehru Yuva Kendra Sangathan as a valuable partner in the crusade against malnutrition**.
3. To maintain the momentum and to capitalise on the gains of these events, this year also, NYKS has planned to observe the month of September, 2020 as Rashtriya Poshan Maah from **01st September, 2020 to 30th September, 2020** in a befitting manner.
4. As a part of observance of Rashtriya Poshan Maah, following **key focus activities** are being undertaken by NYKS with an active support of National Youth Volunteers (NYVs), Members of Youth Clubs, COVID volunteers, Ganga Doots and others:
5. Identification & tracking of children with **Severe Acute Malnutrition (SAM) & Moderately Acute Malnutrition (MAM) –** District NYKs are supporting Anganawadi & ASHA workers and local Health Department in identification and refer of sever acute malnutrition for initiation of treatment and minimise in the risk of complications. All possible efforts should be made in convergence with concerned agencies.
6. Plantation drive for promotion of **Kitchen/Nutri gardens –** Fruits and vegetables are important micro nutrients and their regular consumption is essential for good health, nutrition and well being. As an example, regular and proper intake of Iron- rich vegetables & fruits may help reduce Anaemia. Also, consumption of citrus fruits, turmeric, ginger and such locally ground products associated with boosting of immunity, may help in prevention of viral infections and deceases. Focus should be on planting of nutritious, seasonal and local plants/trees such as Moringa, Brinjal, different verities of leafy vegetables (Saag, Banana, Pappaya, Tomatoes, Lemon, Guava, Beans, Carrot, Beet, variety of gourds, Turmeric, Ginger, Tulsi, Mint, etc. These vegetables and fruits are nutritious and can be grown locally without much efforts. WhatsApp messages, Personnel Guidance during home visit, etc. have been planned for motivating beneficiaries in developing Kitchen Garden. Convergence and collaboration with the Department of Forest, Agriculture, Horticulture, AYUSH, etc. may be sought for guidance and support.
7. **Poshtik Aahar (Whole some meal with diversity) -**  Nutrition is vital for mental and physical development of growing adult during the formation year. Any food that we give to the adolescent must have a balanced diet having Carbohydrates, Proteins, Fat and also animal protein like egg apart from fruits for necessary growth of human body.
8. **General Cleanliness and Hygiene -** Maintain the surrounding Clean and hygiene as it is essential to prevent food & water borne illness as germs and contaminants that spreads these diseases. For this adequate sanitation has to be followed like Safe Drinking Water, Washing Hands before eating and after the Toilet use with sanitizer, safe disposal of faceas etc.
9. **Prevention of Anaemia** - Iron or Iron supplement are required to be consumed through prevent anaemia.
10. **Regular De-worming methods -** De-worming is the process of getting aid of intestinal parasites like worms. The most ways to contact worms is by eating contaminated food and drinking contaminated water. Adolescent boys should be de-wormed once every six months. The consequences of not de-worming often lead to uncomfortable instances of stomach paid and vomiting.
11. **Say NO to tobacco use, Alcohol & Drugs -** The volunteers should spread the message for ill effects on usage of addictive products like Tobacco, Gutka, Alcohol & Drugs.
12. **Webinars**  are also being organized with the support of different Departments of to guide on the topics such as prevention of mal nutrition, especially severely acute malnourished children during and after pandemic with Nutrition experts, best practices and success stories, etc.
13. District Nehru Yuva Kendras have motivated the NYVs and Youth Clubs to sensitise the villagers on the issues of Malnutrition, importance of breast feeding, promotion of Kitchen gardens in collaboration with District Administration, Anganwadi, ASHA Workers for effective implementation.
14. Further, month long activities and campaigns are being uploaded on the Jan Andolan Dashboard Portal [www.poshanabhiyaan.gov.in](http://www.poshanabhiyaan.gov.in) on daily basis. State wise ***Username and Password*** have already been shared**.**
15. **Precautions:** District Nehru Yuva Kendrashave been asked to ensure that while undertaking these activities, the youth should wear face mask, wash their hands on regular intervals, due care for personnel hygiene and maintenance of social distancing as well as while following the advisories and Guidelines issued by Government and District Administration. Further, as per local notifications, permissions for conducting activities may be sought from District Administration.

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