

Rastriya Poshan Maah

Rastriya Poshan Maah is the Government of India's flagship programme initiated by CBSE in the month of September every year to sensitize the students about the nutritional advantages and build their immunity along with stamina, especially during these unprecedented times.

To take this initiative forward, Kapil Gyanpeeth made several efforts to educate the students about the importance of good health and nutrition.

A plethora of activities were carried out by the students of different age groups. Students of Primary Section were sensitized and encouraged to share some nutritious food with the not so privileged children and they learnt the virtues of empathy, sharing and compassion.

A Visual presentation was shown to the students in the virtual classes of grades VI to VIII, to make them realise and be aware of the impact of malnutrition in society and learn the importance of healthy and balanced diet.

The members of the Science Club from classes IX & X, gathered and displayed important information related to causes of malnutrition in children, anemia in adolescent girls, diet of pregnant women and lactating mothers etc. by displaying beautiful charts at various places to spread awareness.

A special Plantation Drive was carried out by the students of classes XI and XII in the SNG (School Nutrition Garden)

Putting the nutritional value of vegetables at the forefront, students planted many saplings like that of tomato, eggplant, cauliflower, bottle-gourd, aloevera, tulsi etc. to name a few. They vowed to look after the plants and develop the SNG.

Special classes were also conducted by Social Science and Physical Education teachers, wherein the students were explained the topics related to nutrition, low birth weight in children, infant mortality rate, macro-nutrition, micro-nutrition etc.

It was just one giant step in the right direction to generate awareness on the importance of nutrition. The initiative taken by the school and the students will surely help in conveying a strong message that nutrition is essential for health and wellbeing at every stage of life.