



MUTHAMIL PUBLIC SCHOOL

Senior Secondary CBSE School | Affiliation Number: 1930843
7/55, Ambai Road, Muneerpallam, TIRUNELVELI

Cir.No.MPS/0033/2022-2023

Date: 09.09.2022

Circular - POSHAN BHI, PADHAI BHI

Dear Parent

Greetings from Muthamil Public School!

'POSHAN Abhiyan' launched by the Hon'ble Prime Minister aims to achieve improvement in the status of nutrition of both children and women. PoshanMaah and Pakhwada are celebrated every year by Ministry of Women and Child Development, Govt. of India. To observe PoshanMaah, theme-based activities are conducted across the country throughout the month of September as follows:

Pledge: Poshan pledge to be taken by students in schools during PoshanMaah reflecting the spirit of Bacha and Shiksha.

We pledge that:

- We will keep myself well-nourished and spread the message of healthy eating among our friends and family.
- We will not purchase, promote, use or gift junk foods and unhealthy soft drinks.
- We will eat green leafy vegetables and fruits.
- We will adopt and promote safe cooking and eating habits.
- We will keep myself well-hydrated and practice healthy hygienic habits of washing hands regularly.

Theme :“Feeding smart right from start”. Objectives:

- To educate students in adopting a healthy balanced diet.
- To create awareness on good nutritional practices.
- To reduce malnutrition among children.

Nutrition is “the process of providing or obtaining the food necessary for health and growth”. What we eat becomes our diet, and our diet plays a major role in deciding how healthy we are and how well our body functions. A healthy diet can lead to positive changes in everyday life. To observe Nutrition Week 12th to 30th September, MPS is creating an awareness on the benefits of good nutritional practices and the need to promote and inculcate good food habits.

All the classes will be conducting various activities. Let us all, grandparents, parents and students follow the nutritional chart, and encourage the young ones to observe, practice and share good nutritional habits.

Note : Kindly ensure and send across any millet lunch recipe every Tuesday and follow the health snack menu given below.

EPIC NUTRITION MONTH (SEPTEMBER 12TH TO 30TH)

LUNCH 1.Varagu khichdi 2.Saamai biriyani 3.Saamai fried rice 4.Thinai veg biriyani 5.Kuthiraivali briyani 6.Kuthiraivali Pongal 7.Whole millet Pongal 8.Saamai curd rice	MILLETS 1.Ragi paniyaram 2.Thinai laddu 3.Varaku murukku 4.Kuthiraivali murukku 5.Varagu halwa 6.Kambu payasam 7.Saamai milk payasam 8.Kuthiraivali kesari	IRON 1.Rice flakes kheer 2.Sweet poha 3.Dates burfi 4.Dates walnut rolls 5.Puffed rices balls 6.Beetroot halwa 7.Carrot halwa
CALCIUM 1.Milk burfi 2.Almond honey bar 3.Dry fruits laddu 4.Fruits custard 5.Sesame balls	VITAMINS 1.Bombay toast 2.Sweet potato cutlet/ sweet boiled potato 3.Carrot kheer 4.Green peas sundal 5.Crispy spinach/ veg cutlets	POTASSIUM & PROTEIN 1.Rajma sundal 2.Green gram sundal 3.Fenugreek rice ball 4.Urad dhal kali 5.Kuzhi paniyaram with carrot & nuts 6.Maladu (roasted Bengal gram) 7.Puffed rice balls/poli 8.Coconut water kheer

MONDAY	CALCIUM
TUESDAY	IRON
WEDNESDAY	VITAMINS
THURSDAY	POTASSIUM & PROTEIN
FRIDAY	SNACKS

You are requested to do the needful in this regard so that stakeholders may learn about nutrition, importance of good health, staying fit, eating nutritious diet and maintaining good personal hygiene in its true sense so that the stakeholders stay healthy and can provide contribution towards nation building.

Principal