

Poshan Pakhwada: Making the Right Eating Choices

Pune, Maharashtra | 22nd April, 2025



Poshan Abhiyan (National Nutrition Mission) is currently celebrating Poshan Pakhwada, a nationwide initiative aimed at raising awareness about the importance of nutrition and promoting health and wellness.

Running until 25th April, 2025, this year's focus is on combating childhood obesity through healthy lifestyle practices, particularly targeting school-going children.



On 22nd April, 2025, a session was held at the school auditorium from 09:00 to 09:40 AM, led by Ms. Payal Shah, the school's wellness coach.

During the session, and using a mix of PowerPoint slides, Ms. Shah engaged Grade V students in an interactive presentation that introduced concepts like what constitutes a balanced meal

why nutrition is necessary, and how students can make smarter food choices every day. It also covered essential topics such as the benefits of proper nutrition, and healthy eating habits, and the importance of incorporating a variety of food groups to ensure proper nourishment for the body.



The session highlighted the essential role nutrition plays in our growth, energy levels, and overall well-being, explaining how the right nutrients contribute to both physical and mental health. To keep the students engaged, fun facts about food and nutrition were shared, sparking curiosity and encouraging them to think about food in a more informed way.

The session introduced the idea of "Food Heroes," focusing on key nutrients and foods that are beneficial to health, such as fruits, vegetables, and proteins. The final part of the session focused on the concept of mindful eating, encouraging students to pay attention to what, how, and when they eat to build healthier relationships with food.



The session was both informative and enjoyable, leaving the students with valuable knowledge about making healthier lifestyle choices.