

ST. MONTFORT SCHOOL

Celebration of 'Rashtriya Poshan Maah'

“There are people in the world so hungry, that God cannot appear to them except in the form of bread”.

Mahatma Gandhi

Food is one of the basic needs of human life. It provides people the energy and nutrients they need to grow and develop, gain strength, and work productively. Nutrition is important at every age. Nutrition for children can also help establish a foundation for healthy eating habits and nutritional knowledge that a child can apply throughout life.

The sharing of food in meals gives serving its social significance. We should feed poor and homeless people because they are humans, just like us. When we serve humanity, we automatically serve ourselves.

Keeping the above premise in mind, '*Rashtriya Poshan Maah*' was celebrated in school. For this purpose, science teachers took an online session on 27th and 28th September 2021 for classes 6 to 8, to make them understand about the importance of food.

Following topics were covered during online session –

- 1) Food, sources, importance of food and components of food.
- 2) Role of different components, balanced diet.
- 3) Deficiency diseases, malnutrition.
- 4) Eating healthy, harmful effects of junk food, kitchen garden, do not waste food, donate food to poor.
- 5) Quiz on food and nutrition.

In-order to develop the attitude to serve others, students were encouraged to offer a nutritional meal to at least one child from the poor family in their neighborhood/ locality. Students were asked to click a picture or make a small video while offering the nutritional meal to the needy ones.

Regarding this the notice was sent in the class groups on 26th September 2021, and the last date for submission of photos and videos was 27th September 2021.

Students participated enthusiastically, they really enjoyed serving the needy ones, and they sent their pictures and videos while offering food to the needy.

Overall, it was a great initiative taken by the management, with these students learnt not only the importance of food, but also the value of serving food to poor people.

*Science teachers (6 to 8) –

1. Mrs. Bini S Mathew
2. Sr. Ann Therese
3. Mrs. Vaneja Kishore
4. Mrs. Priyanka Mishra
5. Miss Nikita Dubey

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