

ACTION TAKEN REPORT

Poshan Mah, February 2020

In pursuance of DOE's circular regarding 'Poshan Mah', Delhi Public School Vasant Kunj organised various activities. These activities are being organised on a monthly basis. The objective of these activities was to encourage fitness and health amongst the young generation of today. They aimed at assisting the youth to inculcate healthy eating habits and physical activities into their daily lives. The following two activities were conducted in the month of February:

1) Special Assembly on Corona Virus

Class II of the Junior School organised an assembly in the month of February, 2020 educating the young students about the menace of the 'Corona Virus'. The students were informed about the origins and the causes of the spread of the Corona Virus. Display boards were made to create awareness about maintaining sanitation and hygiene. Several handy healthy tips for preventing the spread of any kind of flu and infectious diseases were also told to the students.





CORONA VIRUS

The virus moved from China and is spreading around the World.

Is a Common virus that causes an infection in nose, sinuses or upper throat.

It spreads through person to person contact.

SYMPTOMS

CORONA VIRUS

TREATMENT

Preventions

- Cleaning and Disinfecting surfaces that are frequently touch.
- Wash Your Hands frequently with soap and water.
- AVOID touching eyes, nose and mouth with dirty hands.
- AVOID close contact with people who are sick.
- COVER mouth and nose while coughing or sneezing.

2) Cookery Activity

The students of **Classes III and IV** were encouraged to make some interesting, nutritious food items in 'cookery' activity (Work Experience). The students were given an option of four types of salads. The importance of nutritional value of various food items were explained to the children. The serving and presentation on trays / bowls were also discussed.



Videos Attached :

Poshan Mah Video-FEB-1

Poshan Mah Video-FEB-2

Poshan Mah Video-FEB-3