

Activities like 'Suposhan Godbharai' of Pregnant Women (with nutritious food from all food groups) highlighting the concept of 'Balanced Diet' was done. Besides this Yoga , Weight measurement of 0-6 years children,Nutrition and health education (Through Lectures and songs) ,oath taking ,steps of correct handwashing,santitation Session etc taken up during Poshan Divas/Tandrust Punjab Celebrations in villages across the District.





