

ಕರ್ನಾಟಕ ಸರ್ಕಾರ
ತಾಂತ್ರಿಕ ಶಿಕ್ಷಣ ಆಯುಕ್ತಾಲಯ
ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ

ಸಂಖ್ಯೆ:ಡಿಟಿಇ/ಎನ್‌ಎಸ್‌ಎಸ್/01/ಎಡಿಪಿ/2019-20

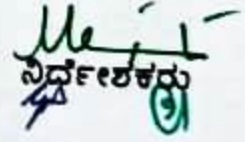
ನಿರ್ದೇಶಕರವರ ಕಛೇರಿ,
ಅರಮನೆ ರಸ್ತೆ ಬೆಂಗಳೂರು-01
ದಿನಾಂಕ:30-08-2021

ಸುತ್ತೋಲೆ

ವಿಷಯ: ಸೆಪ್ಟೆಂಬರ್ 2021 ರ ಮಾಹೆಯಲ್ಲಿ ಪೋಷಣ ಅಭಿಯಾನವನ್ನು ಆನ್‌ಲೈನ್ ಅಥವಾ ಆಫ್‌ಲೈನ್ ಮೂಲಕ ಹಮ್ಮಿಕೊಳ್ಳಬೇಕಾದ ಚಟುವಟಿಕೆಗಳ ಬಗ್ಗೆ.

ಉಲ್ಲೇಖ: ಭಾರತ ಸರ್ಕಾರದ ಪತ್ರ ಸಂಖ್ಯೆ:ಅ.ಶ.ಪಿ.24-1 ರಾ.ಸೇ.ಯೋ/ನಿರ್ದೇಶ/2021/951/966ದಿನಾಂಕ:27-08-2021

ಮೇಲ್ಕಂಡ ವಿಷಯ ಹಾಗೂ ಉಲ್ಲೇಖಕ್ಕೆ ಸಂಬಂಧಿಸಿದಂತೆ, ಪೋಷಣ್ ಮಾಸದ ಪ್ರಯುಕ್ತ ಸೆಪ್ಟೆಂಬರ್ 01 ರಿಂದ 30 ರ ವರೆಗೆ ಈ ಸುತ್ತೋಲೆಗೆ ಲಗತ್ತಿಸಿರುವ ವಿವಿಧ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಆನ್‌ಲೈನ್ ಅಥವಾ ಆಫ್‌ಲೈನ್ ಮೂಲಕ ಹಮ್ಮಿಕೊಳ್ಳಬಹುದಾಗಿದೆ. ತಾಂತ್ರಿಕ ಶಿಕ್ಷಣ ಆಯುಕ್ತಾಲಯದ ಅಡಿಯಲ್ಲಿರುವ ಎಲ್ಲಾ ಸರ್ಕಾರಿ/ಅನುದಾನಿತ/ ಖಾಸಗಿ ಪಾಲಿಟೆಕ್ನಿಕ್ ಸಂಸ್ಥೆಗಳು ಲಗತ್ತಿಸಿರುವ ಕಾರ್ಯಕ್ರಮ/ಚಟುವಟಿಕೆಗಳನ್ನು ಹಮ್ಮಿಕೊಂಡ ಮಾಹಿತಿಯನ್ನು (ಭಾವ ಚಿತ್ರಗಳೊಂದಿಗೆ) ಕಛೇರಿಯ ಮಿಂಚಂಚೆ nssdte@gmail.com ವಿಳಾಸಕ್ಕೆ ಕಳುಹಿಸಲು ಸೂಚಿಸಿದೆ.


ನಿರ್ದೇಶಕರು

ಲಗತ್ತು :- ಉಲ್ಲೇಖಿತ ಪತ್ರದ ಪ್ರತಿಗಳು

- ಪ್ರತಿ: 1 ರಾಜ್ಯದ ಎಲ್ಲಾ ಪಾಲಿಟೆಕ್ನಿಕ್ ಗಳ ಪ್ರಾಚಾರ್ಯರುಗಳಿಗೆ -ಸೂಕ್ತ ಕ್ರಮಕ್ಕಾಗಿ
2 ಇ - ಆಡಳಿತ ಅಂತರ್ ಜಾಲತಾಣದಲ್ಲಿ ಪ್ರಕಟಿಸಲು
3. ಕಛೇರಿಯ ಕಡತಕ್ಕೆ

ಸೂಚನೆ: ಅಭಿಯಾನವನ್ನು ಆಫ್‌ಲೈನ್ ಮಾಡಿದ್ದಲ್ಲಿ, ಕೋವಿಡ್ ಮುನ್ನೆಚ್ಚರಿಕಾ ಕ್ರಮಗಳನ್ನು ಕಟ್ಟು ನಿಟ್ಟಾಗಿ ಪಾಲಿಸುವುದು.

Poshan Maah Calendar

Theme:

Converging towards a healthy walk through life:

कपोषणछोड़पोषणकीओर - थामेक्षेत्रीयभोजनकीडोर

Week	Activity	Responsibility
1	Theme 1: Plantation Activity as “PoshanVatika”	
1-7 September	<ul style="list-style-type: none"> • PoshanMaah launch with a rally by AWWs, Helpers, ANM, ASHAs, VHSNC, Gram Panchayat, Poshan Panchayat. In urban areas, vehicles and loudspeakers may be used. • Plantation Drive as POSHAN VATIKA by all the stakeholders in the space available at Anganwadi, School Premises, Gram Panchayat and other places • Demonstration about setting up of kitchen gardens • Promotion of Nutri-Gardens across the associated campuses/premises • Slogan writing competition about Nutritive food for pregnant women • Best PoshanVatika Competition for AWCs. • Two-day sensitization awareness drive for the covid vaccinations and organising of special camps for the same. • Joint celebrations related toMatruVandana Saptah 	MWCD, Rural Development, Panchayati Raj, Youth Affairs & Sports, Education Jal Shakti MoAgriculture and other line Ministries
2	Theme 2: Yoga and AYUSH for Nutrition	
8-15 September	<ul style="list-style-type: none"> • Awareness campaign about AYUSH practices for better nutrition- Focus on ANC, and nutrition during pregnancy and lactation • YOGA sessions (considering COVID guidelines) targeted at specific groups like- Pregnancy, School Children, Adolescent Girls. • Sessions on “5-minute Yoga Protocol” (Y-break or yoga break) at various workplaces for the employees of Government and corporate bodies. Available at https://www.youtube.com/watch?v=KTvIGZSD_9s • Free short duration online yoga courses for women and children • Promotion of Nutri-Gardens across the associated campuses/premises • AYUSH for anaemia in pregnancy: training for Anganwadi Workers • Recipe competition—Nutritious food for Pregnant women. 	Mo AYUSH, MoWCD, MoHFW, Ministry of Youth Affairs, Ministry of Education, Panchayati Raj, Urban Development, MEITY
3	Theme 3: Distribution of ‘Regional Nutrition Kit’ to beneficiaries of Anganwadi in high burdened Districts	

Week	Activity	Responsibility
16-23 September	<ul style="list-style-type: none"> • Distribution of Nutrition Kits comprising of regional nutritious food (eg. <i>Sukadi</i>-Gujrat, <i>Panjiri</i>- Punjab, <i>Sattu</i>- Bihar, <i>Chikki</i>- Maharashtra) along with IEC material (HFW and AYUSH) to the beneficiaries of High Burdened districts. • Awareness campaign to Know about regional / local food: Millets, vegetables, traditional recipes • Demonstration to Anganwadi workers of recipes using Take Home Ration, with objective to promote use of locally and easily available ingredients for fortification. • Demonstration of recipes by AWW to the local community based on locally available food ingredients. • Demonstration on cooking with millets. 	MoWCD, MoHFW, DFPD, Panchayati Raj
4	Theme 4: Identification of SAM children and Community kitchen service for them	
24-30 September	<ul style="list-style-type: none"> • Drive for block wise Identification of SAM Children and their referral • Community Kitchen Services for SAM Children • Awareness campaign about IYCF Practices • Focused sensitization on community based early identification of SAM children • Sensitisation activity for Community Management of Acute Malnutrition • Quiz competition for pregnant women • e-Quiz/e-competitions focusing malnourishment issues in children 	MoWCD, MoHFW, Panchayati Raj, UD
5.	Other Suggestive activities/ mandated activities which may be done along with theme activities	
	<ul style="list-style-type: none"> • Field Functionaries to continue with mandated Home Visits along with sensitization activities focusing: a). Nutrition, b). Diet Diversity, c). Breastfeeding and d). Complementary Feeding • IEC on Health & Nutrition may include activities around: Anaemia Camps, Home Visits, Community Based Events (CBE), Local Leaders' Meeting, Community Radio Activities, Nukkad Natak / Folk Shows, Cooperation / Federation based activities, Poshan Workshop / Seminar, Cycle Rally / Walk / Prabhat Pheri, School Based Activities, DAY-NRLM SHG meetings, VHSND, Poshan Panchayat, Youth Group Meetings, Haat Bazaar Activities, Webinars, plantation drives etc. • Other activities as per discussions held with our Partner Ministries: <ul style="list-style-type: none"> • WASH activities - hand washing promotion, personal hygiene and Solid & Liquid Waste Management (SLWM) • Awareness campaigns for early detection of malnutrition specifically through Social Media • Fortification and Millets focussed sensitisation/ programs/ campaigns • SMC and SHG focused events • Creating innovation-based nutri-models 	

Note: (i) States may add other activities contextual to local needs
(ii) Line Ministries may also add other activities planned by the Ministry/Deptt. under the fifth point (Other Suggestive activities/mandated activities)