

## Rastriya Poshan Maah Schedule – 12<sup>th</sup> Sept- 11<sup>th</sup> Oct 2025

**Main Theme: Nourish the Child, Shape the Future**

### Important Dates

Date and Day	Event
10.09.2025 (Wednesday)	Representative meeting
15.09.2025 (Friday)	Nutrition month Inauguration
10.10.2025 (Friday)	Valedictory Function

### Activities:

1. Competitions
2. Nutrition Awareness Programme
3. Special Lectures
4. Panel Discussion

### Tentative Plan of Activities

S. No.	Date	Competition	Theme	Participants
<b>I. Competitions</b>				
1.	16.09.2025 (Tuesday)	Quiz	Bright Minds Begin with the Right Bites	Students, Scholars
2.	17.09.2025 (Wednesday)	Healthy Baby Contest (Height, body weight will be considered)	Nourish the Child, Shape the Future	Age group 3-6 years (Avinashilingam Creche cum Primary School)
3.	19.09.2025 (Friday)	Cookery Competition	Snacks Right, Live Bright	Students, Scholars
4.	19.09.2025 (Friday) & 22.09.2025 (Monday)	Miss Nutrition (Height, Weight, BMI will be considered)	Glow from Within - A Healthy Outside, A Happy Inside	Teaching & Non- Teaching Staffs Students, Scholars
5.	19.09.2025 (Friday) & 22.09.25 (Monday)	Cookery Competition (using natural colours)	Ancient Grains to Modern Delights	Teaching Staff & Non – Teaching Staff
6.	22.09.2025 (Monday) & 23.09.2025 (Tuesday)	Miss. Nutrition (Height, Weight, BMI will be considered)	Increase Glow with Age	Teaching & Non- Teaching Staff
7.	23.09.2025 (Monday)	Photography	Through the Lens: Small Changes, Big Health	Students, Scholars
8.	23.09.2025 (Monday)	E- Poster Making	Fight Obesity with Smarter Choice of Foods	Students, Scholars

9.	23.09.2025 (Tuesday)	Recipe Booklet (10 Recipes)	“Flavors of Tamil Nadu” Tamil Nadu flavors fused with global Cuisines”	Students, Scholars,
10.	26.09.2025 (Wednesday)	Video Making	Men Streaming for Women & Child Health	Students, Scholars

## II. Nutrition Awareness Programme

1.	24.09.2025 (Wednesday)	Nutrition Garden (Vegetables, Fruits & Medicinal Garden)		Inside & Outside the Campus
2.	24.09.2025 (Wednesday)	Nutrition Education for Mothers- In adopted CSS Areas	Healthy Habits Begin with Mom (Obesity)	Mothers (Outside the Campus) Streets in front of Avinashilingam Institute
3.	25.09.2025 (Thursday)	Nutrition Education for Mothers of Avinashilingam Nursery School	Nourish Early, Prevent Obesity Surely	Mothers of the Preschoolers
4.	27.09.2025 (Saturday)	Awareness Programme on Single use plastics	Nutrition Without Pollution – Choose Eco- Friendly Alternatives	House-keeping Staffs (Women) of Avinashilingam Institute
5.		Awareness Programme <i>via Radio Talk</i>	Championing Child Nutrition – Men Leading the Way	
6.	12 <sup>th</sup> Sept- 11 <sup>th</sup> Oct 2025	Social Media (Instagram Page, Status)	Poshan Maah (Updating Day to day activities)	Social Media

## III. Webinars

S.No.	Date	Speaker	Title	Audience
1.	15.09.2025 (Monday) <b>In-Person</b> <b>2.30pm</b>	<b>Inauguration</b> <b>Dr. Suganya Venkat</b> Obstetrician and Gynecologist, PCOS and Fertility Specialist, Fertilia, Coimbatore	Obesity and PCOS- Prevention, Assessment & Management	UG and PG students of FSN
2.	26.09.2025 (Friday) <b>Online</b> 11.00am	<b>Dr. Sangeetha</b> <b>Narayanasamy</b> Professor and Head, Department of Food Science and Technology, School of Life Sciences, Pondicherry University Puducherry	Fighting Fat Intake for Better health	UG and PG students of FSN

3.	29.09.2025 (Monday) <b>In-person</b> 10.00 am	<b>Dr. A.S. Roshini</b> Senior resident Department of medical gastro, Shri Ramakrishna Hospital, Coimbatore	Infant and Young Child Feeding to prevent Obesity	UG and PG students of FSN
4.	07.10.2025 (Tuesday) <b>In-person</b>	<b>Dr. Rekha R. Warriar</b> Scientist G, ICFRE- Institute of Forest Genetics and Tree Breeding, Coimbatore	“A Tree in Mother’s name “ for Nutrition and Health ‘Ek Ped Maah Ke Naam, Suposhit Aur Suraksha Ke Liye)	UG and PG students of FSN
5.	10.10.2025 (Thursday) <b>In- Person</b>	<b>Valedictory</b> Dr. T. Anuradha, M.B.B.S, Designated Officer, Food Safety Wing, Tamil Nadu Food Safety & Drug Administration Department, Coimbatore..	Yet to receive from the Chief Guest	UG and PG students of FSN
<b>IV. Panel Discussion</b>				
1.	30.09. 2025 (Tuesday) 10.00am	Panel Discussion	Who have a greater responsibility and concern in preventing the increase in childhood obesity- Men or Women?	