



## “Poshan Maah”

**Theme:** “Swasth Naari, Sashakt Parivar Abhiyaan”

**Issued under:** Directions from MoHUA vide D.O. No: K-13011(11)/78/2017-UPA II Section – MHUPA

### Proposed Activities

S. No.	Date	Activity	Key Details / Guidelines	Responsible
01	Fitness Drive	Walkathon / Fitness March	Walkathon with participation from citizens (especially Women), SHGs, NSS/NCC volunteers. Promote slogans – <b>01 by each ULB</b>	<b>Swaaha:</b> <ul style="list-style-type: none"><li>• Creative designing</li><li>• Handholding of ULB staff in execution of the activities</li></ul> <b>ULBs &amp; SEs:</b> <ul style="list-style-type: none"><li>• Promotion &amp; Execution</li><li>• Printing Banner and uploading of creatives on Social Media Handles</li></ul>
02		Yoga and Meditation Sessions	Morning Yoga session in any park/public space with participation of women – <b>01 activity by JMC &amp; SMC</b>	
03	Awareness Drive	Awareness Drive on Handwashing & Safe Water	School/community demonstrations on handwashing. Awareness on safe drinking water – <b>01 activity by each ULB.</b>	
04		Sanitation & Hygiene	Clean-up drives at community areas/schools. Awareness sessions on toilet use, segregation and personal hygiene – <b>01 activity by each ULB.</b>	