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ANDAMAN & NICOBAR ADMINISTRATION
DIRECTORATE OF SOCIAL WELFARE

Port Blair dated 10th September, 2018

PRESS RELEASE

STAY FIT AND WIN PRIZES

Department of Social Welfare seeks participation of children and teenagers in the celebration of ongoing Rashtriya poshan Maah. To inculcate healthy food habits among children of today, it has become necessary that children are sensitized on the importance of nutrition and its impact on the body. Children nowadays are prone to fast foods, street foods and dislike home cooked food which is hazardous for their growth and cognitive development. Department of Social Welfare in convergence with Departments such as Health, Education, Tribal and Rural have come with innovative activities to catch the attention of children and to sensitize them towards developing healthy eating habits and improving their nutritional health.

Department of Social Welfare announces **“MyPlate Selfie” Contest** for children in the age-group of 3-6 years. Children need to click a selfie with their plate of home cooked nutritious food and parents may send their entries to the email address suposhitandaman@gmail.com latest by 20th September, 2018. Selfie of children will be selected by Jury members and these children will be awarded with prizes, newspaper publication and the title “Poshan Champ”.

Department also announces **“Tag It” Campaign** exclusively for teenagers between 13-16 years who can click a selfie while exercising, eating healthy diet, yoga & meditation and upload it in their parent’s facebook, twitter or instagram account latest by 20th September, 2018. They are also required to like and tag the departments’ facebook page and twitter handle “SuposhitAndaman” under the hashtag #PoshanMaah and also send their selfie to the email address above. Selected teens will be awarded with the title “Nutrition Champion”.

Parents of interested children are requested to send the photographs to the above mentioned email suposhitandaman@gmail.com latest by 20th September, 2018 and encourage their children to celebrate Poshan Maah and make it a grand success.



Dr. Navlendra Kr. Singh
Director (SW)

To:

1. The News Correspondent, Directorate of IP&T for necessary action.



Director (SW)