



**GOVT. ZIRTIRI RESIDENTIAL SCIENCE COLLEGE
NATIONAL SERVICE SCHEME (NSS) UNIT
AIZAWL : MIZORAM**

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BRIEF REPORT OF OBSERVANCE OF 7th EDITION OF POSHAN PAKHWADA

Name of Activity	:	Lecture on Environment Protection and Healthy Lifestyle to address Obesity in Children
Date	:	16.04.2025
Venue	:	College Campus, Durtlang Leitan
Number of participants	:	Volunteers : 30 (Male – 12, Female – 18) Programme Officer: 2 (M – 2) Total : 32 (Male – 14, Female – 18)
Organizers	:	NSS Unit, Govt. Zirtiri Residential Science College

Brief Description of the Programme :

The Ministry of Women and Child Development (MWCD) has been launching an annual campaign, namely, Poshan Abhiyan under its Saksharn Anganwadi Scheme to focus on reduction of malnutrition through change of behaviour at the individual and family level as well as at the society level. The Ministry celebrates Poshan Maah during September and Poshan Pakhwada during March - April in collaboration with partner Ministries and implementing agencies of State Governments. More than 17 crores nutritional activities were reported through the Anganwadi system during the last Poshan Pakhwada held in March, 2024.

The ensuing Poshan Pakhwada 2025 will emphasize on outcome-based activities planned around Nutrition sensitization for improving the nutritional outcomes and well-being by strengthening implementation of nutrition related services while ensuring active community participation.

Malnutrition, in all its forms, includes undernutrition (wasting, stunting, and underweight), inadequate vitamins or minerals, overweight, **obesity**, and resulting diet-related non-communicable diseases. Overweight and obesity result from an imbalance of energy intake (diet) and energy expenditure (physical activity). For children under 5 years of age, while overweight is weight-for-height greater than 2 standard deviations above WHO Child Growth Standards median: obesity is weight-for-height greater than 3 standard deviations above the WHO Child Growth Standards median.

Now a days **children are exposed to high-fat, high-sugar, high-salt, energy-dense, and micronutrient-poor foods, which tend to be lower in cost but also lower in nutrient quality.** These dietary patterns, in conjunction with lower levels of physical activity, result in sharp increases in childhood obesity while undernutrition issues remain unsolved.

To observe 7th Edition of Poshan Pakhwada, the NSS Unit of Govt. Zirtiri Residential Science College organized Lecture with a theme of *Environment Protection and Healthy Lifestyle to address Obesity in Children* at two separate rooms. Two Programme Officers,

namely Dr. P.C. Rohmingliana and Dr. Laslsaimawia Sailo were the Resource Persons. After the lecture, a good discussion and interaction session were conducted.

(Dr. P.C. ROHMINGLIANA)
Programme Officer
NSS Unit
Govt. Ziri Resi. Science College
Aizawl : Mizoram

I. Action Photo:



II. Participants List:

OBSERVANCE OF 7th EDITION OF POSHAN PAKHWADA From 8th - 23rd April, 2025

Organised by : NSS Unit, Govt. Zirtiri Residential Science College
Date : 16th April, 2025

Sl. No.	Name	Class	M/F	Signature
1	H.C. Remlalarka	2 nd sem.	M	R.C.
2	S. Vabichiklu	2 nd sem	M	S.V.
3	H. Rambawiliansanga	2 nd sem	M	H.R.
4	M. Lallawmkima	2 nd sem	M	M.L.
5	Supeing Das	4 th sem	F	Supeing
6	Malsawmtluanga	2 nd sem	M	M.L.
7	C. Lalmanawmi	4 th Sem	F	C.L.
8	Zonunmawii	4 th Sem	F	Zonun
9	R. Kellhmanawmi	4 th Sem	M	R.K.
10	Zin Vanlalhla	2 th Sem	M	Z.V.
11	T. Lalngihawma	4 th Sem	M	T.L.
12	David Lalmsawmkima	4 th Sem	M	David
13	Vanlalheiaukeng	4 th Sem	M	Vanlalheia
14	Elizabeth	4 th sem	F	Elizabeth
15	Vahkhapui	4 th sem	F	Vahkhapui
16	Ramthanzuali Ralte	4 th Sem	F	Ramthanzuali
17	Ruthi Latthazuali	4 th Sem	F	Ruthi
18	Vanlalhmangaihuali	4 th Sem	F	Vanlalhmangaihuali
19	Lalthapeli	4 th Sem	F	Lalthapeli
20	Vanlalhmihthlu	4 th Sem	F	Vanlalhmihthlu
21	Rebek Lalhrvairluangi	4 th Sem	F	Rebek
22	H. Malsawmxeli	2 nd Sem	F	H.M.
23	Lalmanawmi	2 nd Sem	F	Lalmanawmi
24	K. V.H. Malsawmsangi	2 nd Sem	F	K.V.H.
25	Lalmsawmatmawii Khala	2 nd Sem	F	Lalmsawmatmawii
26	Anti Tongchangya	6 th Sem	F	Anti
27	Vanlalhmawdiki	6 th Sem	F	Vanlalhmawdiki
28	Vanmamawii	6 th Sem	F	Vanmamawii
29	Jonathan Lalmanawmi	6 th Sem	M	Jonathan
30	Sanal Kapa	6 th Sem	M	Sanal
Sl. No.	Name	Class	M/F	Signature
1	Dr. Lalmanawmi Sailo	P.O	M	Dr. Lalmanawmi
2	Dr. P.C. Rahminglana	PO	M	Dr. P.C.
3				
4				