

**Action Plan to Operationalize the National Nutritional Month**  
**(Rashtriya Poshan Maah)**

In pursuance of the decisions taken in the meeting held in the chamber of Principal Secretary (TW) on 30/8/2018 and the details has discussed in the Seminar cum -consultation with the field officials, held on 3/9/2018 the follow up actions by the respective field Officers are as under:

1. First Week: **Eat Healthy:**

- The traditional food in the form of pork, variety of fish, turtle flesh, turtle eggs, monitor lizard, honey, fruits, roots and tubers are consumed by the hunting - gathering PVTGs of A & N Islands are healthy and nutritious. However some of the tribes have started eating the non-traditional food items which may not be complete and nutritious.
- Therefore, the field level Officers in the PVTGs areas i.e. Strait Island, Little Andaman, South Andaman, Middle Andaman and Great Nicobar shall encourage and motivate the PVTGs to consume the traditional healthy food.

2. Second Week: **Anemia**

- Plantation of drumstick in the Andamanese settlement at Strait Island and Ongé settlement at Dugong Creek shall be done by the Tribal Welfare Officers of the respective areas involving the tribal people. They will also explain them the importance of the consumption of drumsticks. Video and photo documentation shall be made by the concerned officials.
- Tribal Food Mela shall be organized at Car Nicobar by the ITDP Nicobars in collaboration with the Tribal Councils.

3. Third Week: **Hygiene and Sanitation:**

- Display of the posters and banners on the importance of the hand wash before eating in the Nicobarese Tribal areas in association with District Administration/ ITDP, Education, Social Welfare and Health Departments shall be organized. Video and photo documentation shall be made by the concerned officials.