

Community Counselling Sessions in Tribal Districts of Madhya Pradesh

Posted On: 19 SEP 2025 8:38PM by PIB Delhi

As part of ongoing Poshan Maah 2025 and to promote community health and nutrition, counselling and sensitization sessions were conducted in tribal districts of Sheopur and Mandla in Madhya Pradesh.



In Sheopur, a community counselling session was conducted on food habits and obesity. The session highlighted the importance of balanced nutrition, risks of obesity, and the need to reduce intake of processed and high-fat foods. Emphasis was also placed on promoting the consumption of locally available, traditional, and nutrient-rich foods such as millets, green leafy vegetables, and fruits. Community members, especially women and adolescents, actively participated, making the session highly interactive and impactful.



In Mandla, at the Anganwadi Centre (AWC), a sensitization session was held for adolescents regarding Body Mass Index (BMI) on the occasion of ongoing Poshan Maah. The session aimed to educate adolescents on the significance of BMI as an indicator of nutritional status and overall health. Participants were guided on how to

calculate BMI, interpret the results, and take corrective actions through healthy eating and regular physical activity. The session helped adolescents better understand the link between nutrition, body image, and long-term health outcomes.



These initiatives during Poshan Maah reflect a growing commitment towards nutrition awareness and health education in tribal communities, especially among vulnerable groups such as adolescents and women.

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(Release ID: 2168750)