MUGBERIA GANGADHAR MAHAVIDYALAYA



P.O.-BHUPATINAGAR, Dist.-PURBA MEDINIPUR, PIN.-721425, WEST BENGAL, INDIA NAAC Re-Accredited B-Level Govt. aided College CPE (Under UGC XII Plan) & NCTE Approved Institutions DBT Star College Scheme Award Recipient

E-mail : mugberia_college@rediffmail.com // www.mugberiagangadharmahavidyalaya.ac.in

REPORT

ON

AWARENESS PROGRAMMED ON "THE ROLE OF MOTHER IN PROTECTING CHILD NUTRITION AND HEALTH"

ORGANIZED BY

Department of Nutrition

Mugberia Gangadhar Mahavidyalaya

11.02.2023

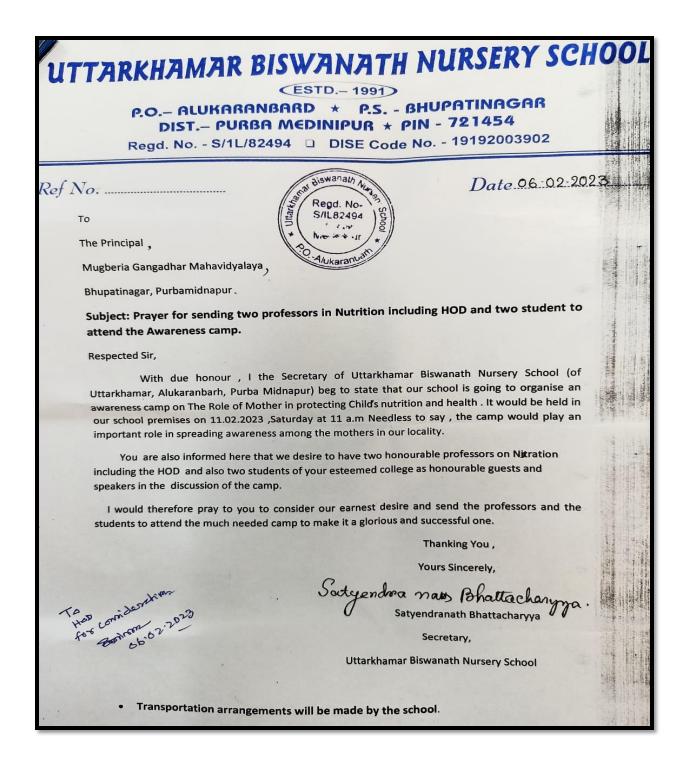
Report prepared by Mrs. Moumita Samanta, SACT, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya



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Awareness programmed on "The role of mother in protecting child nutrition and health "11.02.23

REPORT:

An awareness programme on "The role of mother in protecting child's nutrition and health", was organized by Uttarkhamar Biswanath Nurseary School in collaboration With Mugberia Gangadhar Mahavidyalaya on 11.02.2023 at Uttarkhamar Biswanath Nurseary School. The programme was inaugurated by Satyendra nath Bhattacharyya Secretary Uttarkhamar Biswanath Nurseary School at 11 a.m. After that the nutritional and health related speech was given by Dr. Apurba Giri, (Assistant Professor and Head), Mrs. Moumita Samanta (SACT), Mrs. Rikta Jana (SACT). In between their speech B.Sc 6th sem nutrition (Hons)students Sukanta Bhunia, Rajaram Giri, Krishna Jana, Kabita Das, presented their poster শিশুর আহারজনিত সমস্যা ও সমাধান, প্রোটিন শক্তি অপুষ্টি, অনুপুরক খাদ্য, শিশুর স্বল্ল মূল্যের সুষম খাদ্য. At the end of programmed two mothers share their feedback verbally. The programmed was ended at 2p.m. with lunch to children's, mothers, speaker and other guests .The mother and organizing comity members wears highly satisfied by these valuable lecture.

Some photos of the programmed:



ATTANDANCE OF PARTICIPATE:

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RESOLUSION:

- Poor diets in early childhood can lead to deficiencies in essential vitamins and nutrients such as vitamin A deficiency, which weakens children's immunity, increases their risk of blindness and can lead to death from common childhood diseases like diarrhea.
- 2. Children need proper nutrients stay healthy and strong, and grow up healthy and strong. Nutrition for children can also help establish a foundation for healthy eating habits and nutritional knowledge that child can apply throughout life.
- **3.** Preschoolers need to eat foods from all five healthy food groups vegetables, fruit, grain foods, dairy and protein.
- 4. Healthy foods have nutrients that are important for growth, development and learning.
- 5. Encourage preschoolers to try new foods.
- Keep healthy snacks on hand in classroom.

Principal Principal Mugberia Gangadhar Mahavidyalaya

