



**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.mugberiangangadharmahavidyalaya.ac.in

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***REPORT ON***

**“RASTRIYA POSHAN MAAH 2022”**

***Organized by***

**Department of Nutrition**

**Mugberia Gangadhar Mahavidyalaya**

**In collaboration with**

**Krishnanagar M N High School, Purba**

**Medinipur, West Bengal**

**Dated**

**28.09.2022**

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## MUGBERIA GANGADHAR MAHAVIDYALAYA



NAAC: B+ (3rd Cycle); College with Potential for Excellence (UGC);  
Star College, DBT (Govt)

(Affiliated to Vidyasagar University)

Vil+PO-Bhupatinagar, Dist.-Purba Medinipur

West Bengal, Pin-721425, Phone: 03220-270236

e-mail: mugberia\_college@rediffmail.com

To,  
The HM/TIC  
Krishnanagar M.N.High School  
Krishnanagar,  
Purba Medinipur  
721430

Respected Sir/Madam,

I am pleased to inform you that our college is going to celebrate "Rastriya Poshan Maah-2022" on 28 th September 2022. On this occasion we want to celebrate an one hour awareness programme in your school most of the student can participate such a programme that will help to enrich their knowledge.

If you give your permission I shall be highly obliged.

Thanking You.

Dr. Swapan Kumar Misra  
Principal

Mugberia Gangadhar Mahavidyalaya,  
Bhupatinagar, Purba Medinipur

Principal  
Mugberia Gangadhar Mahavidyalaya



Approved.

Headmaster,  
Krishnanagar M.N. High School (H.S.)

certified that the students of  
(Nutrition Day) 5th Sem class  
celebrate the awareness programme  
in this school today quite satisfactorily.



Headmaster,  
Krishnanagar M.N. High School (H.S.)



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## REPORT:

Ministry of Women and Child Development is celebrating 5th Rashtriya Poshan Maah-2022 across the Nation from September 01 to September 30, 2022. The objective is to bring awareness among students of school with a key focus on “Mahila aur Swasthya” and “Bacha aur Shiksha”. This program also supports POSHAN PAKHWADA program.

To celebrate this Department of Nutrition, Mugberia G. Mahavidyalaya organized a Celebration of 'Rashtriya Poshan Maah', 1-30th September, 2022. For this an awareness programme was done in Krishnanagar M.N. High School on 21<sup>st</sup> September, 2022 by Dept of Nutrition in collaboration with NSS, IQAC and Women Cell of Mugberia Gangadhar Mahavidyalayan. In that program total 70(F-41,M-29) school students and school 5 (F-1, M-4) teacher participated in this program. Four faculty members and 8 students of Mugberia G. Mahavidyalaya were also present in that program. Miss Rikta Jana, Mr. Prabir Jana, Mr. Khokan Gayan and Mr. Tanmoy Giri (SACT teachers, Department of Nutrition) and Sangita Hazra, Rajaram Giri, Anuja Guria, SukantaBhuina, Shreya Maity, Kabita Das, and Krishna Jana (B.Sc 5th Sem students of Department of Nutrition), nicely presented PPT and participate this celebration.

**Some photos of the programme:**



Figure: Awareness activities at Krishnanagar Manindranath High School regarding Rashtiya Poshan Maah.



Attendance of participants

Rastriya Poshan Mah-2022

Date: 21/09/2022

Teachers' Attendance

- 1) Anup Kumar Das. A.M. Krishnanagar M.N. High School H.S.
- 2) Subrendu Gouri A.T. Krishnanagar M.N. High School
- 3) Krishna Sangram - Krishnanagar M.N. High School
- 4) Sabadhar Patra - A.T. Krishnanagar M.N. High School
- 5) Subhendu Saha - A.T. Krishnanagar M.N. High School

Date :- 21.09.22

Student's Attendance

- 1 Rabi Sankar Jana
- 2 Mahadev Das
- 3 Subhankar Maity
- 4 Soumen Pal
- 5 Somsakar Kishor Pradhan
- 6 Soumen Chaurabarti
- 7 Sarib Maity
- 8 Abhisit Sasmal
- 9 Subhendu Sekhar Bhakta
- 10 Deb Kumar Shree
- 11 Papandar Pal
- 12 Sankar Maity
- 13 Suresit Sana
- 14 Pintu Sahoo
- 15 Parina Chandhapa
- 16 Amit Sasmal
- 17 Sagar Pati
- 18) ~~Subhankar Maity~~
- 19) Debendra Panda
- 20) Arisit Bera
- 21) Karantik Acharya
- 22) Subhankar Jana
- 23) Jaydev Ghosh
- 24) Subhadip Rishi
- 25) SOUMITRA JANA
- 26) Subrata Bera
- 27) Swapna Maity
- 28) Tanima Patra
- 29) Priscilla Das
- 30) Anvita Bera
- 31) Soma Ghosh
- 32) Pratyasi Bera

## Student's Attendance

- 33 Khukumoni Jana
- 34) Sumittra Maity
- 35) Rakhi Jana
- 36) Sujitta Paria
- 37) ~~Sona~~ Rani Maity
- 38) Sumana Oad
- 39) Sagonika Paria
- 40) Suparna Khatus
- 41) Sulekha Jana
- 42) Susmita Kala
- 43) ~~Tuja~~ Kala
- 44) Moumita Jana
- 45) Sangita Dash
- 46) Monisha Binda
- 47) Swita Midya Chowdhury.
- 48) Moumita Bera.
- 50) Ananya Mondal
- 51) Sravasthi Mahapatra
- 52) Dipali Paria
- 53) ~~Bhikha~~ Mahapatra
- 54) Mohusai Maity
- 55) Sounisha Mahapatra
- 56) Kishakha Pati
- 57) Susamita See
- 58) Rajashree Kamila
- 59) Astami Guria
- 60) Rumpa Bera
- 61) Sarada Kar
- 62) Dipansita Sarmal
- 63) Rimi Maity
- 64) Subarna Bera
- 65) Sumana Bera
- 66) Banya Bera
- 67) Krishna Bar
- 68) Pradima Bera
- 69) son



Date :- 21.07.22

Student's Attendance

- 1 Rabi Sankar Jana
- 2 Mahadev Das
- 3 Subhankar Maity
- 4 Soumen Pal
- 5 Somsakar Kishor Pradhan
- 6 Soumen Chandra Babbar
- 7 Sanib Maity
- 8 Abhisit Sasmal
- 9 Subhrajit Sekhar Bhakta
- 10 Deb Kumar Shree
- 11 Parandap Pal
- 12 Sankar Maity
- 13 Suresit Jana
- 14 Pintu Sahoo
- 15 Parina Chandrapal
- 16 Amit Sasmal
- 17 Sagor Pati
- 18) ~~Subhankar Maity~~
- 19) Debdeep Panda
- 20) Anisit Bera
- 21) Karitiki Aacharya
- 22) Subhankar Jana
- 23) Jaydip Ghosh
- 24) Subhadip Rishi
- 25) SOUMITRA JANA
- 26) Subrata Bera
- 27) Swapna Maity
- 28) Tanima Patra
- 29) Priscilla Das
- 30) Ananta Bera
- 31) Soma Ghosal
- 32) Pradyoti Bera



## Feed back of participants:

Mugberia Gangadhar Mahavidyalaya

Department of Nutrition(UG&PG)

Rastriya Poshan Maah celebration in school(21.09.2022)

Student's feedback form

Name of the student: *Monalisha Jana*

School name: *Krishnanagar M.N High School.*

1.How many students were participate in such programme?

a)10

b)12

c)15

2.Communication skill between teacher and student were

a)good

b)very good

c)excellent

3.What was your overall impression of the programme?

a)good

b)very good

c)excellent

4.Do you want to arrange such in your school every year?

a)yes

b)no

5.Do you have any concerns or comments regarding suh programme?

⇒ • *Very helpfull programme. ∴*

• *Excellent awarress programme.*

*Monalisha Jana*

*Signature*

Mugberia Gangadhar Mahavidyalaya  
Department of Nutrition(UG&PG)  
Rastriya Poshan Maah celebration in school(21.09.2022)  
Student's feedback form

Name of the student: Sangita Das

School name: Krishnanagar M.N. High School

1. How many students were participate in such programme?

a) 10

b) 12

c) 15

2. Communication skill between teacher and student were

a) good

b) very good

c) excellent

3. What was your overall impression of the programme?

a) good

b) very good

c) excellent

4. Do you want to arrange such in your school every year?

a) yes

b) no

5. Do you have any concerns or comments regarding such programme?

⇒ • Very effectable programme:

- Excellent awareness programme

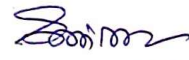
Sangita Das  
Signature :-

**Resolution:**

1. Increased awareness among adolescent girls on menstrual hygiene.
2. Motivated to use of high quality sanitary napkins for adolescent girls in rural areas.
3. Ensured safe disposal of sanitary napkins in an environmentally friendly manner.
4. Award<sup>ed</sup> students about sufficient consumption of protein and energy (measured by calories) to satisfy their nutritional needs.
5. Discussed regarding healthy food.
6. Solved various type of question of school students.

Rivka Jana  
28.09.22

Apurva Sin  
28/09/2022

  
28.09.2022

Principal  
Mugberia Gangadhar Mahavidyalaya

Head  
Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

