# MUGBERIA GANGADHAR MAHAVIDYALAYA



P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA
NAAC 4th Cycle Re-Accredited 'A' 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

Observation of "Rashtriya Poshan Maah-2024"

Date: 04.09.2024

Venue: *Nekursuni Krishi Silpa Siksa Sadan(H.S.)* 

Time: 12:00 P.M.

Topic: Importance of safe, adequate and appropriate complimentary foods at 6 months

Organized by:

Department of Nutrition Mugberia Gangadhar Mahavidyalaya Bhupatinagar, Purba Medinipur, Pin-721425

Report is prepared by Mrs. Keya Dash, SACT, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya

#### **Notice:**



#### MUGBERIA GANGADHAR MAHAVIDYALAYA

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Ref. No.—M.G.M. /150 /24-25 From— The Principal / Secretary, Date 29.08.2024

To,
The Head Master / TIC
Nekursuni Krishi Silpa Siksa Sadan (H.S),
Bamanbarh, Patashpur, Purba Medinipur, Pin-721456

**Subject:** Observation of Rashtriya Poshan Maah through awareness among school students Respected Sir/Madam,

As per reference to Ministry's D.O. letter No. PA/248/2024 dated 13th August, 2024 regarding "Celebration of Poshan Maah 2024 (1-30 September 2024)" under Ministry of Women & Child Development, Govt. of India, we are pleased to inform you that our college Mugberia Gangadhar Mahavidyalaya is going to observe this at your Nekursuni Krishi Silpa Siksa Sadan (H.S) on 4th September, 2024. An academic group of 2 teachers and 5 students of Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya, will discuss on a sub-theme proposed by Ministry of Women & Child Development, among students of XI and XII (preferably Pure Science and Bio-Science students) of your school for 1 hr. (between time 12 Noon to 2pm). Kindly make the arrangement for the same and for that we shall be highly obliged to you.

Thanking you,

ESTD-1964 Purb Medinipur

Yours faithfully,

Principal 29 08
Mugberia Gangadhar Mahavidyalaya

Mugberia Gangadhar Mahavidyalaya

Topic to be discussed: Importance of safe, adequate, & appropriate complementary foods at 6 months.

#### Allotted teachers' name:

- 1. Ms. Rikta Jana (Mob. No.- 7584928629)
- 2. Mr. Khokan Chandra Gayen (Mob. No.- 8145103269)

# Report of observation of "Rashtriya Poshan Maah-2024" :

After 6 months of age, it becomes increasingly difficult for breastfed infants to meet their nutrient needs from human milk alone. Furthermore most infants are developmentally ready for other foods at about 6 months. In settings where environmental sanitation is very poor, waiting until even later than 6 months to introduce complementary foods might reduce exposure to food-borne diseases. However, because infants are beginning to actively explore their environment at this age, they will be exposed to microbial contaminants through soil and objects even if they are not given complementary foods. Thus, 6 months is the recommended appropriate age at which to introduce complementary foods.

Around the age of 6 months, an infant's need for energy and nutrients starts to exceed what is provided by breast milk, and complementary foods are necessary to meet those needs. An infant of this age is also developmentally ready for other foods. This transition is referred to as complementary feeding.

Complementary foods should provide sufficient energy, protein and micronutrients to cover a child's energy and nutrient gaps, so that together with breast milk, they meet all his or her needs.

This year the symposium was jointly organized by Department of Nutrition, Mugberia Gangadhar Mahavidyalaya with Nekursuni Krishi Silpa Siksa Sadan (H.S) on 04 /9/2024 at 12:00 p.m. with our 5 students and 2 our faculty members of our department. Based on the theme, the following activities like delivered lecture, oral presentation, and quiz compitition were conducted in schools with their teachers and students to provide detailed information on "Importance of safe, adequate, & appropriate complementary foods at 6 months". The speakers was Ms. Moumita Samanta, SACT and Mr. Khokan Chandra Gayen, Assistant Professor. Total participants was Students -54, Teachers-6. The programme completed successfully.

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Mugheria Gangadhar Mahavidyalaya

# Flyer:

# OBSERVATION OF POSHAN MAAH-2024



Topic: Importance of safe, adequate and appropriate complimentary foods at 6 months

Speakers: 1. Mrs. Rikta Jana, SACT

2. Mr. Khokan Chandra Gayen, Assistant Professor

Venue: Nekursuni Krishi Silpa Siksa Sadan(H.S) Date: 04.09.2024



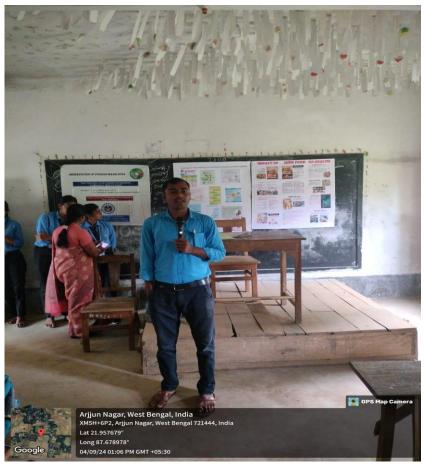
Organized by Dept. of Nutrition Mugberia Gangadhar Mahavidyalaya Bhupatinagar, Purba Medinipur, 721425

# **Images:**









#### Certificate from H.M.:

Mob.: H.M. - 9434508662 / 7076836271

# NEKURSUNI KRISHI SILPA SIKSHA SADAN

#### Higher Secondary

P.O.- Bamanbarh \* Block - Patashpur - II \* Dist. - Purba Medinipur \* PIN - 721456 Index No.- V2-125 \* H.S. Code - 105340 \* Vocational Code - CSC-3319 E-mail: nekursuniksss@gmail.com

Ref. No. NKSSS / .....

From : The Headmaster.



Date 04, 09 12024

#### TO WHOM IT MAY CONCERN

This is to certify that Ms. Moumita Samanta (SACT), Mr. Khokan Chandra Gayen (Assistant Professor), and 5 students of Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya, organized an awareness program to observe Rashtriya Poshan Maah-2024 through lecture in front of our students and teachers on the topic "Importance of safe, adequate, & appropriate complementary foods at 6 months." at the school premises of Nekursuni Krishi Silpa Siksa Sadan (H.S), Bamanbarh on 04.09.2024. The students and teachers are greatly benefitted from their talk. We are thankful to the Principal of M.G. Mahavidyalaya and HOD, Professors, and students of Dept. of Nutrition, M. G. Mahavidyalaya for this effort.

> The Herdring Miler PTIC Nekursuni Krishi Silpa Siksa Sadan (H.S)

# **Teachers and Students Attendance:**

Addres	s: Nekny Suni Bamant	barh, Purba Medinipur,	Date: 04/09/2014
SL. No.	Teacher's Name	Subject Teaching for XI & XII	Mobile Number
(-	GLOKUL MAITI	CHEMISTRY	8016721750
2	Sanghanitra Barman	Biology	9732976157
3	Mayna Pania.	Natation	8145157831
4.	Shnahanli Banerjee	History	8016490412
5	Mounita Pradhan	Human Development and Resource Manage	800138887
6.	Town froming	Frylish	7797858652
-			

Apusbakumar Giri Amindam Das Rufam gara	Class	Subject Name (Except Bengali & English)  Biology, charistry, geography, Nutriber	Mobile Number 79.0839.8014
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	RII	Physics, Math, chemistry, Biology	9435159396
Shubham Bhunia.	IIX	Physics, Math. Chemistry, Biology	7384591219
Amerik Maily	(A)	Berlow Chamielan Nulsan	9339194099
Grapapada Dov	8	GEO, COME, PHO, NUT	9734662717
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	(xii)	Natration, Environment, Philosophi,	8710001402
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School Name: Nessure Krishi silfa Sisuha Ladan (4.5)

Date: 04/00124

Address: Ba manbarah, Auxba Media in the Ladan (4.5)

Date: 04/00124

SL. No.	Student's Name	Class	(dinipur, 72/456.	
4.	susmita bas	-	Subject Name (Except Bengali & English)	Mobile Number
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46.	SUPAMA Sau	TX X	Murayeon, Home some, Environment, sonsky	7796818577
97	Mampi Jana	1X	MUPITED , Home Stince, Environely, songo	9083990325
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6	Tanushriee Mali	XI	Nutsiteon, Enviscoment, Homeseiner, sage	8327591275
31	Uma Das	X	Nutsiateon, Home seince, Environment	9768800238
2	Syprita Das	(XI)	Nutritorn Home soine & wiscomparts diriber	974589508
53	Marrosi Orivi	M	Education, Homeseince, Francisco	0600403040
34,	Shiuli Mindha	XI	Nubrileon, Homeseine, Envisionent Sons	aik9735647583
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# **Students Feedback:**

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	Signature & Date

#### Feedback form On Observation of Poshan Maah-2024 পোশন মাহ -২০২৪ উপলক্ষে ছাত্রছাত্রীদের মডামড ফম

Name (ATT): Diparuleta Das -	A STATE OF STREET ASSESSMENT OF STREET
Class (CEPT): 341	
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What is your opinion about the organization of t	the event? (অনুষ্ঠানের আয়োজন সম্পর্কে আপনার মতামত কীং)
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	Signature & Date

Sortion

54.59.2024

Principal

Principal

Mugheria Gangadhar Mahavidyalaya