



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.mugberiangadharMahavidyalaya.ac.in

Report on

Observation of "Rashtriya Poshan Maah-2024"

Date: 02.09.2024

Venue: Bajarpur Ramkrishna High School (H.S.)

Topic: Understanding anemia: cause, symptoms, adverse effect and prevention

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 :



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Ref. No.—M.G.M. /142/24-25/

Date... 29.08.2024

From— The Principal / Secretary,

To,
The Head Master / TIC
Bajarpur Ramkrishna High School (H.S),
Uttar Khamar, Alukaranbar, Purba Medinipur, West Bengal, Pin-721454

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 **Bajarpur Ramkrishna High School (H.S)** on **2nd 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,



Yours faithfully,

[Signature] 29.08.24
Principal

Mugberia Gangadhar Mahavidyalaya
Principal
Mugberia Gangadhar Mahavidyalaya

Topic to be discussed: Understanding anemia: causes, symptoms, adverse effect and prevention.

Allotted teachers' name:

1. Ms. Sucheta Sahoo (Mob. No.- 8293033976)
2. Ms. Pranati Bera (Mob. No.- 7384371778)

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

Anemia is a condition that develops when your blood produces a lower-than-normal amount of healthy red blood cells. If you have anemia, your body does not get enough oxygen-rich blood. The lack of oxygen can make you feel tired or weak. You may also have shortness of breath, dizziness, headaches, or an irregular heartbeat. Mild anemia is a common and treatable condition that can develop in anyone. It may come about suddenly or over time, and may be caused by your diet, medicines you take, or another medical condition. Anemia can also be chronic, meaning it lasts a long time and may never go away completely. Some types of anemia are inherited. The most common type of anemia is iron-deficiency anemia.

Some people are at a higher risk for anemia, including women during their menstrual periods and pregnancy. People who do not get enough iron or certain vitamins and people who take certain medicines or treatments are also at a higher risk.

Anemia may also be a sign of a more serious condition, such as bleeding in your stomach, inflammation from an infection, kidney disease, cancer, or autoimmune diseases. Your doctor will use your medical history, a physical exam, and test results to diagnose anemia.

Treatments for anemia depend on the type you have and how serious it is. For some types of mild to moderate anemia, you may need iron supplements, vitamins, or medicines that make your body produce more red blood cells. To prevent anemia in the future, your doctor may also suggest healthy eating changes.

This year the symposium was jointly organized by Department of Nutrition, Mugberia Gangadhar Mahavidyalaya with Bajarapur Ramkrishna High School (H.S), Uttar Khamar on 2 /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 competition were conducted in schools with their teachers and students to provide detailed information on “Understanding Anemia: causes, symptoms, adverse effect and prevention”. The speakers was Ms. Sucheta Sahoo (SACT), Ms. Pranati Bera (SACT). Total participants was Students -106, Teachers-3. The programme completed successfully.

Flyer :

OBSERVATION OF POSHAN MAAH-2024



Topic: Understanding anemia: cause, symptoms, adverse effect and prevention

**Speakers: 1. Ms. Pranati Bera, SACT
2. Mrs. Sucheta Sahoo, SACT**

**Venue: Bajarpur Ramkrishna High School (H.S)
Date: 02.09.2024**



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

Images :





Twitter link : <https://x.com/MugberiaM/status/1831191337451864246?s=19>

Certificate from H.M. :

Email ID : brkhs1959@gmail.com

Mob. : No-9733683114 // 7407565457

Bajarpur Ramkrishna High School (H.S.)

Gout. Sponsored Higher Secondary (Co.-Ed)

Estd.- 1959

DISE Code - 19192004703

School Index No : V2-014 ♦ H.S. Code No- 105235 ♦ Voc. Code No-3064

P.O.-Alukaranbarh ♦ Block- Bhagwanpur ♦ Dist. Purba Medinipur ♦ Pin-721454

Memo No. 39/BRKHS/24

Date. 02.09.2024

From :

The Headmaster / Secretary,



TO WHOM IT MAY CONCERN

This is to certify that Ms. Sucheta Sahoo (SACT), Ms. Pranati Bera (SACT), 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 "Understanding anemia: causes, symptoms, adverse effect and prevention." at the school premises of Bajarpur Ramkrishna High School (H.S), Uttar Khamar on 02.09.2024. 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.

02.9.2024

Headmaster
Bajarpur Ramkrishna High School (H.S.)
P.O.-Alukaranbarh, Dist.-Purba Medinipur

The Head Master / TIC
Bajarpur Ramkrishna High School (H.S)

Students' Attendance for Observation of Poshan Maah - 2024

Date:

School Name:

Address:

SL. No.	Student's Name	Class	Subject Name (Except Bengali & English)	Mobile Number
1.	ISHA DAS	XI	Geo, Nuth, turi, Poli	6294997410
2.	LABANI GHORAI	XI	Geo, Nuth, Bios, com	6294333412
3.	ANUPAMA BANKURA	XI	Geo, Nuth, Sans, com	8653954002
4.	DEBARATI BAR	XI	Geo, Nuth, Sans, com	9732558600
5.	PUSPITA BHANJA	XI	Geo, Nuth, Sans, com	7076490539
6.	Pallabi Bara	XI	Geo, Nuth, Sans, com	8436899565
7.	Koyel Hazra	XI	Geo, Nuth, Poli, Has	9836438507
8.	Shiba Bera	XI	Geo, Nuth, Bios, Sans	9734861640
9.	Sonali Bera	XI	Geo, Nuth, Bios, com	9733569929
10.	Pampa Kamila	XII	Nuth, Sans, Poli, com, Phy	9564614609
11.	Madhumita Gosmal	XII	Nuth, Sans, com, Phy	9564757433
12.	Bilashini Maity	XI	Geo, Nuth, Bios, turi	7797621780
13.	Barnali Santra	XI	Geo, Nuth, Bios, turi	9733834496
14.	Madhumita Jana	XI	Geo, Nuth, Bios, turi	8436378762
15.	Supriya Baral	XI	Geo, Nuth, Bios, turi	9732972530
16.	Suparna Dolai	XI	Geo, Nuth, turi, Sans	9734580892
17.	Anita Das	XI	Geo, Nuth, Com, Bios	9339048419
18.	Mili Bera	XI	Geo, Nuth, turi, Sans	7431072862

Students Feedback :

Feedback form
On Observation of Poshan Maah-2024
পোশন মাহ - ২০২৪ উপলক্ষে ছাত্রছাত্রীদের মতামত ফর্ম

Name (নাম): Shreya Das

Class (শ্রেণী): XI

How was the celebration? (উদযাপনটি কেমন লাগলো?)
Excellent (খুব ভালো) Good (ভালো) Average (মাঝারি) Needs Improvement (উন্নতি প্রয়োজন)

Did you learn anything new from the program? (অনুষ্ঠানের মাধ্যমে আপনি নতুন কিছু শিখেছেন কিনা?)
Yes (হ্যাঁ) No (না)

How was the presentation during the event? (অনুষ্ঠানের সময় উপস্থাপনা কেমন ছিল?)
Excellent (খুব ভালো) Good (ভালো) Average (মাঝারি) Needs Improvement (উন্নতি প্রয়োজন)

Have your ideas about nutrition changed? (আপনার পুষ্টি সম্পর্কে ধারণা কি পরিবর্তিত হয়েছে?)
Yes (হ্যাঁ) No (না)

Do you think there will be any change in your eating habits? (আপনার খাদ্যাভ্যাসে কোন পরিবর্তন আসবে বলে মনে করছেন?)
Yes (হ্যাঁ) No (না)

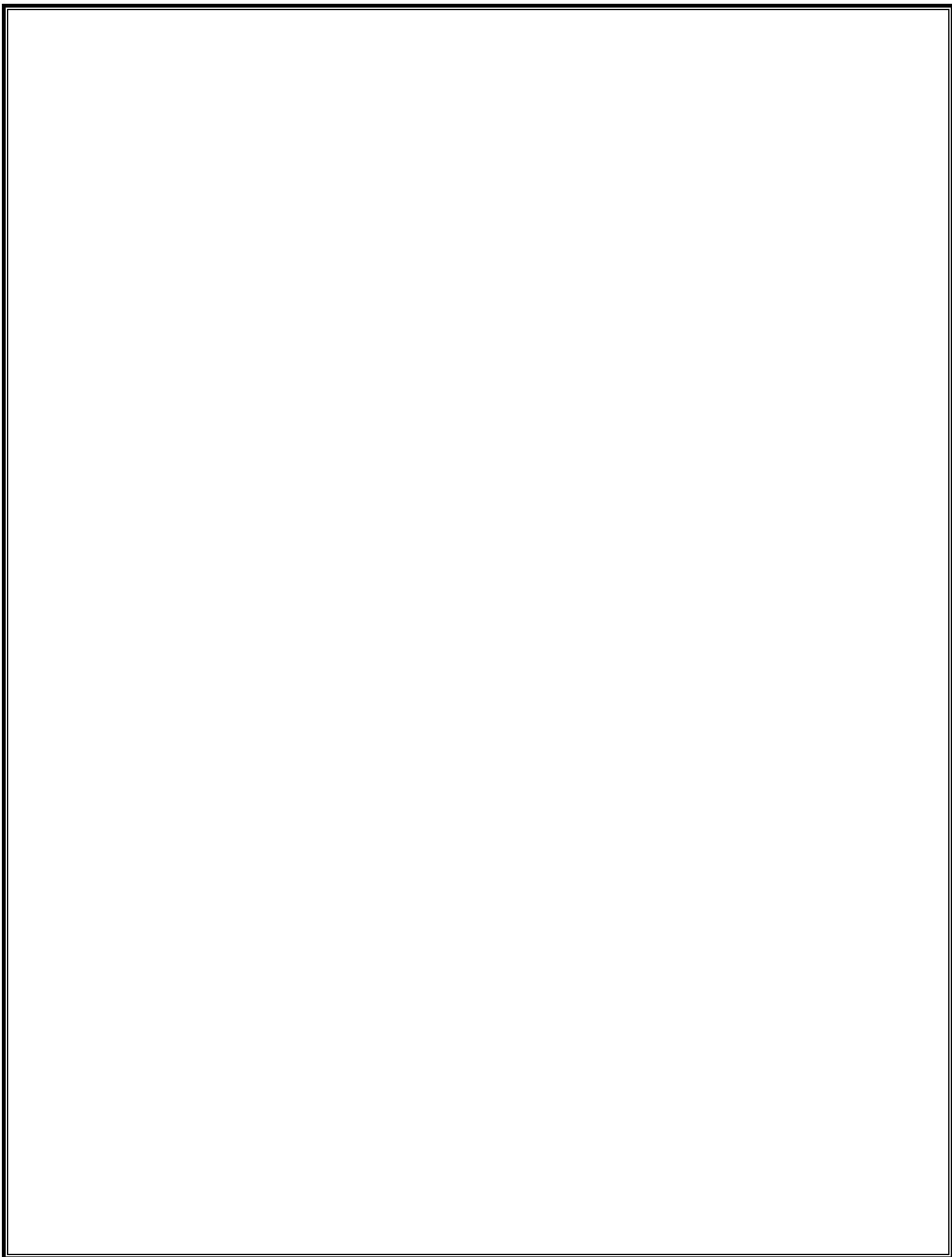
How did you feel participating in the event? (অনুষ্ঠানে অংশগ্রহণ করতে পেরে আপনি কেমন অনুভব করেছেন?)
Excellent (খুব ভালো) Good (ভালো) Average (মাঝারি) Bad (খারাপ)

What is your opinion about the organization of the event? (অনুষ্ঠানের আয়োজন সম্পর্কে আপনার মতামত কী?)
Excellent (খুব ভালো) Good (ভালো) Average (মাঝারি) Needs Improvement (উন্নতি প্রয়োজন)

Do you think this program should be conducted every year? (আপনি কি মনে করেন এই অনুষ্ঠানটি প্রতি বছর অনুষ্ঠিত হওয়া উচিত?)
Yes (হ্যাঁ) No (না)

Other suggestions or comments (অন্যান্য পরামর্শ বা মন্তব্য)
শালাদিব এই অনুষ্ঠান স্বল্পে আয়োজিত হওয়া উচিত।
এইরকম বিশেষণে অর্পণ করা হবে।

Shreya Das
Signature & Date ১.৩.২০২৪



Feedback form
On Observation of Poshan Maah-2024
পোশান মাহ - ২০২৪ উপলক্ষে ছাত্রছাত্রীদের মতামত ফর্ম

Name (নাম): Nisha Mishra

Class (শ্রেণী): XVI

How was the celebration? (উদযাপনটি কেমন লাগলো?)

Excellent (খুব ভালো) Good (ভালো) Average (মাঝারি) Needs Improvement (উন্নতি প্রয়োজন)

Did you learn anything new from the program? (অনুষ্ঠানের মাধ্যমে আপনি নতুন কিছু শিখেছেন কিনা?)

Yes (হ্যাঁ) No (না)

How was the presentation during the event? (অনুষ্ঠানের সময় উপস্থাপনা কেমন ছিল?)

Excellent (খুব ভালো) Good (ভালো) Average (মাঝারি) Needs Improvement (উন্নতি প্রয়োজন)

Have your ideas about nutrition changed? (আপনার পুষ্টি সম্পর্কে ধারণা কি পরিবর্তিত হয়েছে?)

Yes (হ্যাঁ) No (না)

Do you think there will be any change in your eating habits? (আপনার খাদ্যাভ্যাসে কোন পরিবর্তন আসবে বলে মনে করছেন?)

Yes (হ্যাঁ) No (না)

How did you feel participating in the event? (অনুষ্ঠানে অংশগ্রহণ করতে পেরে আপনি কেমন অনুভব করেছেন?)

Excellent (খুব ভালো) Good (ভালো) Average (মাঝারি) Bad (খারাপ)

What is your opinion about the organization of the event? (অনুষ্ঠানের আয়োজন সম্পর্কে আপনার মতামত কী?)

Excellent (খুব ভালো) Good (ভালো) Average (মাঝারি) Needs Improvement (উন্নতি প্রয়োজন)

Do you think this program should be conducted every year? (আপনি কি মনে করেন এই অনুষ্ঠানটি প্রতি বছর অনুষ্ঠিত হওয়া উচিত?)

Yes (হ্যাঁ) No (না)

Other suggestions or comments (অন্যান্য পরামর্শ বা মন্তব্য)

Nutrition অর্থাৎ ভালো খাদ্যের গুরুত্ব নিয়ে শিক্ষা পাওয়া ভালো।
আরো সাহায্য করতে পারেন।
ভালো খাদ্যের গুরুত্ব নিয়ে আরো কিছু কিছু বিষয় নিয়ে
সিখিয়ে দেওয়া ভালো।
আরো ভালো খাদ্যের গুরুত্ব নিয়ে
কিছু কিছু বিষয় নিয়ে
সাহায্য করতে পারেন।
Nutrition
অর্থাৎ
খাদ্যের
গুরুত্ব
নিয়ে
শিক্ষা
পাওয়া
ভালো
।

Nisha Mishra
Signature & Date

S. S. S.
02.09.2024

Principal
Mugberia Gangadhar Mahavidyalaya

