



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.mugberiangangadharmahavidyalaya.ac.in

Report on

Observation of "Rashtriya Poshan Maah-2024"

Date: 06.09.2024

Time : 12:00 P.M.

Venue: Chakrasul Indra Narayan Siksha Niketan(H.S.)

Topic: Healthy eating for strong body and sharp mind

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. /151 /24-25/

Date. 29.08.2024

From— The Principal / Secretary,

To,
The Head Master / TIC
Chakrasul Indra Narayan Siksha Niketan (H.S),
Chakrasul, Itaberia, West Bengal, 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 **Chakrasul Indra Narayan Siksha Niketan (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,

Yours faithfully,



Souram 29.08.2024
Principal

Mugberia Gangadhar Mahavidyalaya
Principal
Mugberia Gangadhar Mahavidyalaya

Topic to be discussed: Healthy eating for strong body and sharp mind.

Allotted teachers' name:

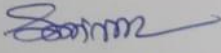
1. Mr. Ayan Mondal (Mob. No.- 7584817760)
2. Ms. Moumita Samanta (Mob. No.- 9564985540)

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

A healthy diet not only benefits the body but also the mind. It is a well-known fact that what we eat has a direct impact on our physical health. However, recent research has shown that the food we consume also affects our mental well-being. For instance, omega-3 fatty acids, commonly found in fish, walnuts, and flax seeds, have been linked to improved cognitive function and a reduced risk of mental decline. These nutrients help to nourish our brain cells, enhancing memory and concentration. A diet rich in fruits and vegetables, which are high in antioxidants, has also been associated with a lower risk of depression and anxiety. The antioxidants help to reduce inflammation in the brain, which can often lead to mood disorders. Furthermore, a healthy diet can positively impact our mood and improve overall mental well-being. Certain foods, such as dark chocolate and bananas, contain tryptophan, an amino acid that helps in the production of serotonin—a neurotransmitter that regulates mood.

When we take care of our body by fueling it with nutritious food, we feel more energetic and have a greater sense of well-being. This increased energy and vitality spill over into our mental state, leaving us feeling happier, more motivated, and better able to cope with stress and challenges. These physical ailments can have a detrimental effect on mental health, often leading to feelings of depression and anxiety. The saying "healthy food, healthy mind" holds true in many ways. A balanced diet rich in essential nutrients can improve brain function, enhance mood, and promote overall mental well-being. Additionally, mindful eating and the resulting connection with our body's needs can further contribute to a positive mindset.

This year the symposium was jointly organized by Department of Nutrition, Mugberia Gangadhar Mahavidyalaya with **Chakrasul Indra Narayan Siksha Niketan(H.S.)** on 06/09/2024 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 **Mrs. Moumita Samanta, SACT, Mr. Ayan Mondal, Assistant Professor.** Total participants was Students -53, Teachers-11. The programme completed successfully.


06.09.2024
Principal
Mugberia Gangadhar Mahavidyalaya



Flyer :

OBSERVATION OF POSHAN MAHA-2024



Topic: Healthy eating for strong body and sharp mind

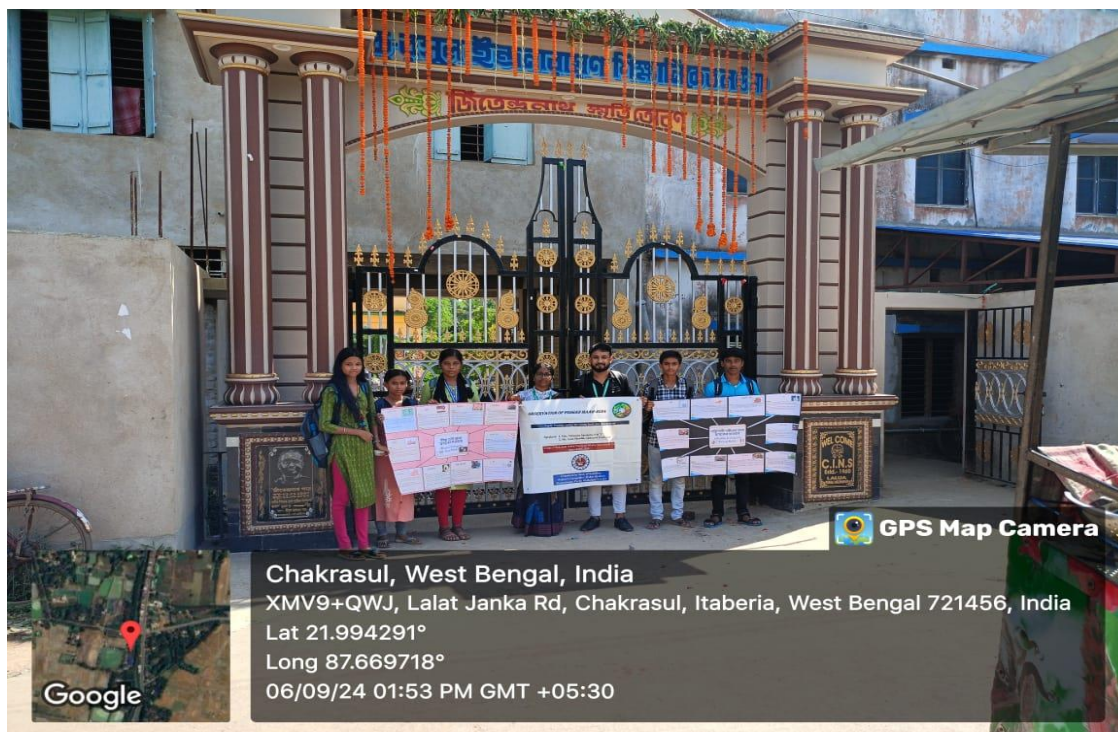
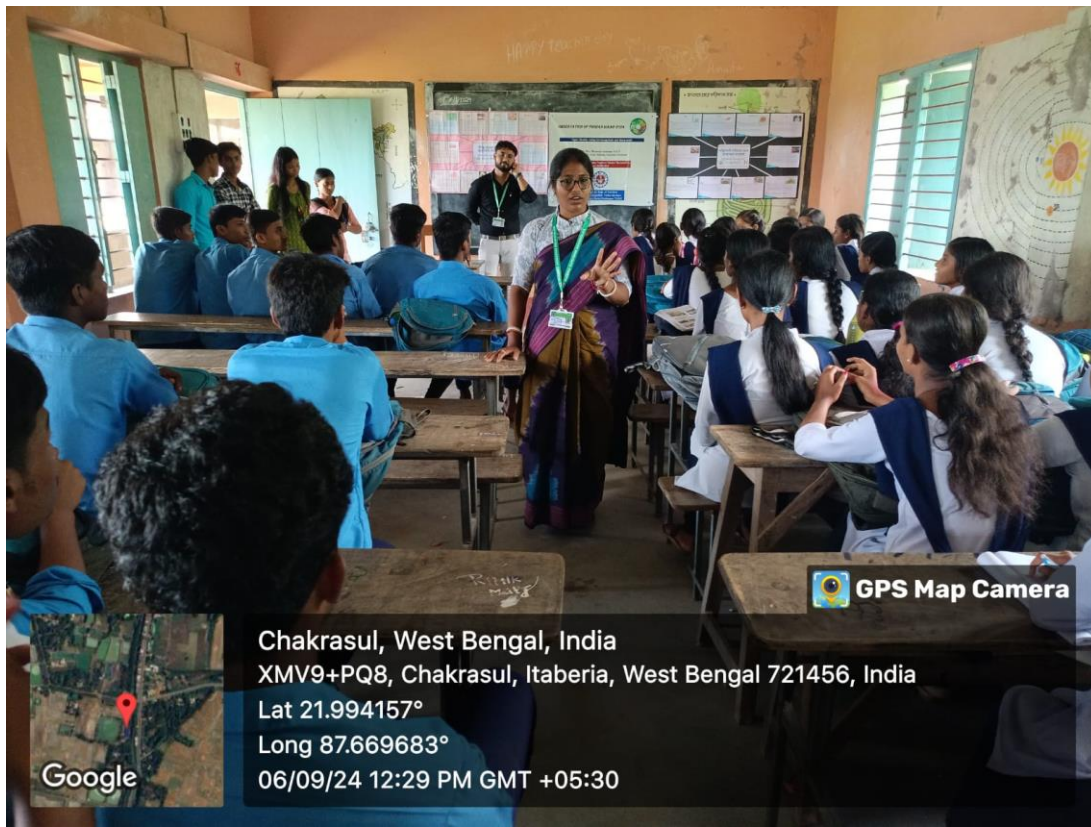
**Speakers: 1. Mrs. Moumita Samanta, SACT
2. Mr. Ayan Mondal, Assistant Professor**

**Venue: Chakrasul Indra Narayan Siksha Niketan(H.S)
Date: 04.09.2024**



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

Images :





Chakrasul, West Bengal, India
XMV9+PQ8, Chakrasul, Itaberia, West Bengal 721456, India
Lat 21.994095°
Long 87.669663°
06/09/24 12:31 PM GMT +05:30



Chakrasul, West Bengal, India
XMV9+PQ8, Chakrasul, Itaberia, West Bengal 721456, India
Lat 21.994073°
Long 87.669674°
06/09/24 12:33 PM GMT +05:30

Twitter link :

<https://x.com/MugberiaM/status/1833199511147049107?t=8F1P7odJ3wgUp8jxMNFnhA&s=19>

Certificate from H.M. :

CHAK-RASUL INDRA NARAYAN SIKSHANIKETAN(H.S.)



Estd-1960 Govt. Sponsored * Co-Education
Index No.-V2- 042 * H.S. Code-105387 * VTC Code-3068
U-DISE Code-19192511501

P.O.-Lalua, P.S.-Patashpur, Block-Patashpur-II, Sub.Div.-Egra. Dist.-Purba Medinipur, PIN-721456

Cont. No.-9474554630/7908230037// E-Mail ID- chakrasul.in.sikshaniketan@gmail.com

Memo No.

Date 06/09/2024

From,

The Headmaster/Headmistress/T.I.C.

TO WHOM IT MAY CONCERN

This is to certify that Mr. Ayan Mondal (Assistant Professor), Ms. Moumita Samanta (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 "Healthy eating for strong body and sharp mind." at the school premises of Chakrasul Indra Narayan Siksha Niketan (H.S), Chakrasul on 06.09.2024. 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.



for
A.H.M
06/09/2024
A.H.M Officiating as H.M
Chak-Rasul t.N. Sikshaniketan (H.S)
P.O.-Lalua, Dist. Purba Medinipur
The Head Master
Chakrasul Indra Narayan Siksha
Niketan (H.S)

Students and Teachers Attendance

Teachers' Attendance for Observation of Poshan Maah - 2024

School Name: Chakrasa-nasul Indraa Narayan Shikshaniketan (H.S.) Date: 06.09.2024

Address:

SL. No.	Teacher's Name	Subject Teaching for XI & XII	Mobile Number
1	Arunal Kumar Raut	History	9635209990
2	Beauty Maity	Sanskrit	9474066909
3	Sima Rani Jana	Bengali	9800640884
4	Ramen Kumar Jana	Mathematics	9564522798
5	SK Imat Mustaksh	History	9732862059
6	Adilip Kumar Jana	History	9739398165
7	Swapan Kumar Maity	Bengali	9820280878
8	Ankeshwar Maity	English	9732551247
9	Animesh Tahari	Physics	9830066508
10	Mohan Kumar Sinha	Biological Science	9064712284
11	Purnendu Jana	Chemistry	7001499272
		physics	

Students' Attendance for Observation of Poshan Maah - 2024

School Name: Chakrasa-nasul Indraa Narayan Shikshaniketan (H.S.) Date: 06.09.2024

Address:

SL. No.	Student's Name	Class	Subject Name (Except Bengali & English)	Mobile Number
1	Naba Kumar Bag	XI	Nutrition, AGRO, P.H.S, Geo	8768053399
2	Ranjit Shit	XI	NUTN, AGRO, P.H.S, Geo	990700829
3	Debdyuti Girei	XI	NUTN, Sanskrit, Geo, P.H.S	9641509945
4	Biswajit Patra	XI	NUTN, AGRO, Power, P.H.S	9033470405
5	Sourajit Girei	XI	NUTN, AGRO, P.H.S, Power	8509810050
6	Souvik Mishra	XI	NUTN, AGRO, P.H.S, Geo	8343693623
7	Ritik Maity	XI	NUTN, AGRO, Geo, Environment	7797078263
8	Santibada Girei	XI	AGRO, Geo, P.H.S, Power	8513041152
9	Babita Girei	XI	BIOLOGY, NUTN, P.H.S, Power	7427982898
10	Sita Jana	XI	BIOLOGY, NUTN, Environment, Geo	8927762538
11	Sangita Das	XI	BIOLOGY, NUTN, Environment, Geo	9046433589
12	Samita Jana	XI	NUTN, Power, Environment, Geo	9609957260
13	Mounita Sasmal	XI	NUTN, Power, P.H.S, AUR	9732614260
14	Krishna Pradhan	XI	NUTN, History, Environment, Geo	777716916
15	Ankita Girei	XI	Biology, Chemistry, Nutn, P.H.S	8348142625
16	Kalpna Maity	XI	AGRO, Power, P.H.S, Nutn	9775594505
		XI	Geo, Nutn, AGRO, P.H.S	9775594505

Students' Attendance for Observation of Poshan Maah - 2024

School Name: _____

Date: _____

Address: _____

SL. No.	Student's Name	Class	Subject Name (Except Bengali & English)	Mobile Number
34	Moumita Mandal	XI	Nutrition, Geography, Biology, Ph. Edu- cation	9749399189
35	Susmita Datta	XI	Nutrition, Geography, Biology, Ph. Edu- cation	9609969101
36	Subhija Maiti	XI	Nutrition, Sanskrit, Power, Ph. Edu- cation	9609512130 (h)
37	Bipasa Pramanik	XI	Nutrition, Geography, Agriculture, Ph. Education	9735586669 (h)
38	Rachana Anai	XI	Nutrition, Geography, Power, Ph-education	7718127165 (h)
39	Sabitri Das	XI	Nutrition, Power, Ph-Education, SANSKRIT	9871027474 (h)
40	Rita Basai	XI	Nutrition, Geography, Agriculture, Ph. Edu- cation	7718327713 (h)
41	Saraswati Shit	XI	Nutrition, Geography, Agriculture, Ph. Education	8016988128 (h)
42	Moumita Pal	XI	Nutrition, Agriculture, Biology & Chemistry	7001417075 (h)
43	Rachana Paul	XI	Nutrition, Agronomy, Geography Bi-Science	7550811345
44	Archana Paul	XI	Nutrition, Agriculture, Geography, Ph. Edu- cation	7572894184 (h)

Students Feedback :

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

Name (নাম): Arpita 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)

আমাদের প্রথম বর্ষে তুলে নুনও ভালো লেগেছে। এবং প্রথম অনুষ্ঠানটি হওয়ার মাধ্যমে আমরা স্বাস্থ্য সম্পর্কে অনেক কিছু জানতে পেরেছি।

Arpita Das
Signature & Date

Feedback form
पोशन माह - 2024
पोशन माह - 2024 उपलक्ष्ये छात्रछात्राणां मतामत वर्ण

Name (नाम):

Ananda Sasmal

Class (श्रेणी):

XI

How was the celebration? (উদ্‌যাপনটি 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)

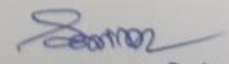
What is your opinion about the organization of the event? (অনুষ্ঠানের আয়োজন সম্পর্কে আপনার মতামত কী?)
Excellent (খুব ভালো) Good (ভালো) Average (মাঝারি) Needs Improvement (উন্নতি প্রয়োজন)

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)

এই প্রামাণ্য রপ্তে অংশদেয় খুব ভালো লেগেছে; প্রতি বছর আয়োজন
করে বিধি - স্থানতে লেগেছি।

Ananda Sasmal
Signature & Date


06.09.24



Principal
Mueberia Gangadhar Mahavidyalaya

