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

A Report on **Publication of Wall Magazine**

"Pusti Sangbad"

10th Edition

on 07.12.2023

with the themes of

- 1. Mental Health
- 2. Smart Packaging Solution in Food Sector
 - 3. Alternative food source from plant

published by students of

Dept. of Nutrition,

Mugberia Gangadhar Mahavidyalaya

Report prepared by Khokan Chandra Gayen, Assistance Professor, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya



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Date: 20.11.2023

NOTICE

It is hereby notified that the publication of the Wall magazine "Pusti Sangbad" 10th Edition will be conducted on 7th December 2023, Thursday, at 1 pm at Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya. So, all faculty members and all students of Nutrition Department are informed to be presented in this said programme. All coordinators and students are informed to prepare themselves for the same. Your active participation and cooperation will make this event successful.

Coordinators for this program are:

Ms. Pranati Bera - B.Sc (Nutrition)

Mr. Khokan Chandra Gayen - B.Voc (Food Processing)

Mr. Ayan Mandal - M. Voc (Food Technology, Nutrition & Management)

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Head Dept. of Nutrition Mugberia Gangadhar Mahavidvalaya Principal

Mugberia Gangadhar Mahavidyalaya

Principal

Mugberia Gangadhar Mahavidyalaya

Publication of Wall Magazine "Pusti Sangbad" 10th Edition in Dept. of Nutrition, MGM on 07.12.2023 with the theme of 1. "Mental Health" by Nutrition Hons Students, 2. "Smart Packaging Solution in Food Sector" by B.Voc Food Processing students and 3. "Alternative food source from plant" by M.Voc (Food Tech, Nutrition & Management) students.

The Department of Nutrition at Mugberia Gangadhar Mahavidyalaya celebrated a significant milestone on December 7, 2023, with the release of the 10th edition of their Wall Magazine, **"Pusti Sangbad"** The event brought together students, faculty, and guests to showcase the remarkable work and insights of the Nutrition Hons, B.Voc (Food Processing), and M.Voc (Food Tech, Nutrition & Management) students.

Theme 1: "Mental Health" prepared and presented by Nutrition Hons Students, guided by Ms. Pranati Bera.

The first section of the magazine, prepared by Nutrition Hons students, focused on the crucial topic of "Mental Health" The articles and features delved into the intricate relationship between nutrition and mental well-being. The students presented evidence-based research and practical tips for maintaining a healthy mind through proper nutrition. The engaging content not only highlighted the students' academic progress but also demonstrated their commitment to addressing holistic health concerns.

Theme 2: "Smart Packaging Solution in Food Sector" prepared and presented by B.Voc (Food Processing) Students, guided by Mr. Khokan Chandra Gayen.

The second segment, crafted by B.Voc (Food Processing) students, explored the contemporary theme of "Smart Packaging Solutions in the Food Sector" The articles showcased innovative packaging techniques that not only enhance the shelf life of food products but also contribute to sustainable practices. The students demonstrated a keen understanding of the intersection between technology, food processing, and environmental consciousness. The insightful content reflected the students' awareness of industry trends and their ability to propose practical solutions.

Theme 3: "Plant Based Alternatives" prepared and presented by M.Voc (Food Tech, Nutrition & Management) Students, guided by Mr. Ayan Mandal.

The final section, presented by M.Voc students specializing in Food Tech, Nutrition & Management, delved into the critical area of "Plant Based Alternatives" The student's explored sustainable and nutritious alternatives to conventional food sources. Their research covered plant-based proteins, innovative recipes, and the potential impact of incorporating alternative food sources into mainstream diets. This segment demonstrated the students' advanced knowledge and forward-thinking approach to addressing global food challenges.

Inauguration by Principal:

The event was inaugurated by the Dr. swapan Kumar Misra, Principal of Mugberia Gangadhar Mahavidyalaya, who commended the efforts of the students and faculty in producing a magazine that not only showcased academic excellence but also addressed pressing issues in the realm of nutrition. The Principal emphasized the importance of interdisciplinary collaboration and applauded the students for their dedication to promoting awareness and knowledge dissemination.

Overall Impression:

The 10th edition of **"Pusti Sangbad"** not only celebrated the academic achievements of the students but also highlighted the department's commitment to addressing contemporary issues in the field of nutrition. The event provided a platform for students to showcase their research, creativity, and commitment to making a positive impact on the world of nutrition and food sciences.

The department expresses gratitude to all participants, faculty members, and guests who contributed to the success of this event. The release of **"Pusti Sangbad"** 10th Edition marks a significant chapter in the ongoing journey of excellence in nutrition education at Mugberia Gangadhar Mahavidyalaya.

Some photos of wall Magazine Publication



















Attendance of participants during wall magazine publication

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Feedback of Participants

Annexure-X Feedback form for Wall Magazine Mugberia Gangadhar Mahavidyalaya

Programme Name: Wa	ll Magazine	,	
Department: Nutrit	ion		Date: 07/12/23
1. On a scale of 1-5, (0 being		much) How much do	you enjoy reading the wall magazine
	GBAD 2023"? (Put a		
1	2 3	¥	5
2. How useful is the infe	ormation in the magaz	ne to you? (Please	/ the option)
a) Never useful	b) Almost		c) occasionally/Sometimes
-d) Almost every time	~e) Freque	uently useful	
3. How will you rate the	e content of subject of	the magazine? (Plea	ase / the option)
a) Not at all satisfied	b) Slightly	satisfied	c) Moderately satisfied
d) Very satisfied	e) Com	oletely satisfied	
4. How will you rate the	e format of the magazi	ne? (Please 🗸 the o	ption)
a) Not at all satisfied	b) Slightly	satisfied	e) Moderately satisfied
d) Very Satisfied	e) Com	oletely satisfied	
5. Is there any discussion	was held in class to ch	oose subject for the	magazine? (Please ✓ the option)
a) Yes		b) No	
6. The handwriting is cle	ear and easy to read aga	inst the background	? (Please ✓ the option)
a) Agree		b) Disagree	
7. Do you think that the v	whole matter of the maga	zine is attractive and	effective? (Please ✓ the option)
B) Yes		b) No	
8. Name of the wall mag	gazine is suitable for tir	ne and atmosphere.	(Please ✓ the option)
a) Yes		b) No	
(If no, then suggest a be	tter name		
9. Do you think the wall	magazine will increase	students' interest in	writing? (Please ✓ the option)
(a) Yes		b) No	
10. How could we impro	ve the magazine? (Plea	se write something)	
		Stanford .	
			Vine John 123
Date: 07/12/23			Signature

Date:

Feedback form for Wall Magazine

Mugberia Gangadhar Mahavidyalaya

Programme Name: Wall	Magazine	
Department: B. VOC FO	ood Processing	Date: 07/12/23
		n do you enjoy reading the wall magazine
"PUSHTI SANGBA	AD 2023"? (Put a ✓ mark)	
1 2	3 4	5
2. How useful is the information	ation in the magazine to you? (Plea	ase ✓ the option)
a) Never useful	b) Almost never	c) occasionally/Sometimes
Almost every time	e) Frequently useful	
3. How will you rate the con	ntent of subject of the magazine? (F	Please ✓ the option)
a) Not at all satisfied	b) Slightly satisfied	c) Moderately satisfied
Very satisfied	e) Completely satisfied	
4. How will you rate the form	mat of the magazine? (Please 🗸 th	ne option)
a) Not at all satisfied	b) Slightly satisfied	c) Moderately satisfied
J Very Satisfied	e) Completely satisfied	
5. Is there any discussion was	s held in class to choose subject for t	he magazine? (Please ✓ the option)
_a)Xes	b) No	
6. The handwriting is clear ar	nd easy to read against the background	and? (Please ✓ the option)
Nay Agree	b) Disagree	
7. Do you think that the whole	matter of the magazine is attractive a	and effective? (Please ✓ the option)
a) Yes	b) No	
8. Name of the wall magazin	e is suitable for time and atmospher	re. (Please ✓ the option)
Nes Yes	b) No	
(If no, then suggest a better n	ame	
9. Do you think the wall mag	azine will increase students' interest	in writing? (Please ✓ the option)
Na) Yes	b) No	
10. How could we improve the	e magazine? (Please write somethin	ng)
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Soumili Manna Signature

Date: 07/12/23

Feedback form for Wall Magazine

Mugberia Gangadhar Mahavidyalaya

Pro	gramme Name : B-X	oc			
De	partment: Nul	milion			Date: 07.12.2023
1.	On a scale of 1-5, (0 bei	ng not at all and	5 being very mux	ch) How much	do you enjoy reading the wall magazine
	"PUSHTI SAN	IGBAD 2023	3"? (Put a ✓ ma	ark)	
	1	2	3	4	5
2.	How useful is the in	formation in	the magazine t	o you? (Pleas	e ✓ the option)
	a) Never useful		b) Almost nev	er	c) occasionally/Sometimes
	d) Almost every time		re) Frequent	ly useful	
3.	How will you rate th	ne content of	subject of the i	magazine? (Pl	ease / the option)
	a) Not at all satisfied		b) Slightly sat	isfied	c) Moderately satisfied
	d) Very satisfied		(e) Complete	ely satisfied	
4.	How will you rate th	ne format of t	he magazine?	(Please / the	e option)
	a) Not at all satisfied		b) Slightly sati	sfied	c) Moderately satisfied
	d) Very Satisfied		e) Complete	ely satisfied	
5.	Is there any discussion	n was held in	class to choose	subject for th	e magazine? (Please ✓ the option)
	a) Yes		b)	No	
6.	The handwriting is c	lear and easy	to read against	the backgrour	nd? (Please ✓ the option)
	a) Agree		b)	Disagree	
7.	Do you think that the	whole matter	of the magazine	is attractive ar	nd effective? (Please ✓ the option)
	a) Yes			No	
8.	Name of the wall ma	gazine is suit	able for time a	nd atmosphere	e. (Please ✓ the option)
	a) Yes		b)	No	
	(If no, then suggest a b	etter name			
9.	Do you think the wal	l magazine w	ill increase stud	ents' interest i	n writing? (Please ✓ the option)
,	a) Yes		b)	No	
10	. How could we impro	ove the magaz	zine? (Please w	rite something	g)
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Date: 07.12.2023

Annexure-X Feedback form for Wall Magazine

Mugberia Gangadhar Mahavidyalaya

P	rogramme Name : M	. voe				
D	epartment: Dott	N In	iteition		Du 7 10 0425	
1	On a scale of 1-5, (01	being not at all a	and 5 being very much)	How much do	_ Date: _ 7 , 2 , 20 2 2 Dyou enjoy reading the wall magaz	ina
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	1	2	3	4	5	
2,	How useful is the	information	in the magazine to y	ou? (Please	the option)	
	a) Never useful		b) Almost never		c) occasionally/Sometime	20
	d) Almost every time		e) Frequently u	seful		3
3,	How will you rate	the content of	of subject of the mag	gazine? (Plea	ase / the option)	
	a) Not at all satisfiedd) Very satisfied		b) Slightly satisfie	d	c) Moderately satisfied	
4.			Completely s	satisfied		
	How will you rate a) Not at all satisfied	the format of			ption)	
	d) Very Satisfied		b) Slightly satisfie c) Completely s		c) Moderately satisfied	
5.		ion was held i			magazine? (Please ✓ the option)	
	à)-Yes	7,000 1,010 1			magazine? (Please / the option)	
6.	. /	clear and east	b) No			
	a) Agree	oreal and easy			(Please / the option)	
			b) Dis	The state of the s		
-	Do you think that the	whole matter	of the magazine is at	tractive and	effective? (Please ✓ the option)	
	a) Yes		b) No			
	Name of the wall m	agazine is sui	table for time and at	mosphere. (Please ✓ the option)	
-	a) Yes		b) No			
1	(If no, then suggest a b	etter name _	Million of the			
9.	Do you think the wai	ll magazine w	vill increase students'	interest in w	riting? (Please ✓ the option)	
3	Yes		b) No	,		
10.	How could we impro	ove the maga	zine? (Please write s	omething)		
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Date: 67.(2.23

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Feedback form for Wall Magazine

Mugberia Gangadhar Mahavidyalaya

Pro	gramme Name : 1/1/2	11 ma	gazine publican	in
Dep	partment: Nutr	itian		Date: 07/12/23
1.	On a scale of 1-5, (0 bein	ng not at all a	nd 5 being very much) How much d	lo you enjoy reading the wall magazine
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	a) Never useful		b) Almost never	c) occasionally/Sometimes
,	d) Almost every time		e) Frequently useful	
3.	How will you rate th	e content o	of subject of the magazine? (Ple	ease ✓ the option)
	a) Not at all satisfied		b) Slightly satisfied	c) Moderately satisfied
	d) Very satisfied		e) Completely satisfied	
4.	How will you rate th	e format o	f the magazine? (Please / the	option)
	a) Not at all satisfied		b) Slightly satisfied	c) Moderately satisfied
	d) Nery Satisfied		e) Completely satisfied	
5.	Is there any discussion	n was held	in class to choose subject for the	e magazine? (Please ✓ the option)
1	a) Yes		b) No	
6.	The handwriting is cl	ear and eas	y to read against the background	d? (Please ✓ the option)
1	a) Agree		b) Disagree	
7.	Do you think that the	whole matte	er of the magazine is attractive and	d effective? (Please ✓ the option)
14	a Yes		b) No	
8.	Name of the wall may	gazine is sı	uitable for time and atmosphere.	(Please ✓ the option)
4	a) Yes		b) No	
	(If no, then suggest a be	tter name		
9.	Do you think the wall	magazine	will increase students' interest in	writing? (Please ✓ the option)
	a) Yes		b) No	
10.	How could we impro	ve the mag	gazine? (Please write something)	
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Feedback form for Wall Magazine

Mugberia Gangadhar Mahavidyalaya

Pro	ogramme Name: W	all mo	gozino,	
De	partment: Cher	istny	Ü	Date: 0 f. 12. 20 2 3
1.	On a scale of 1-5, (0 bein	g not at all ar	nd 5 being very much) How mu	ch do you enjoy reading the wall magazine
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	1	2	3 4	V ⁵
2.	How useful is the inf	ormation i	n the magazine to you? (Ple	ease ✓ the option)
	a) Never useful		b) Almost never	c) occasionally/Sometimes
	d) Almost every time		e) Frequently useful	
3.	How will you rate th	e content o	f subject of the magazine?	(Please ✓ the option)
	a) Not at all satisfied		b) Slightly satisfied	c) Moderately satisfied
	d) Very satisfied		e) Completely satisfied	i
4.	How will you rate th	e format of	the magazine? (Please 🗸	the option)
	a) Not at all satisfied		b) Slightly satisfied	c) Moderately satisfied
	d) Very Satisfied		e) Completely satisfied	1
5.	Is there any discussion	n was held	in class to choose subject for	the magazine? (Please / the option)
	a) Yes		b) No	
6.	The handwriting is cle	ear and eas	y to read against the background	ound? (Please ✓ the option)
	a) Agree		b) Disagree	
7.	Do you think that the v	whole matte	r of the magazine is attractive	e and effective? (Please ✓ the option)
	a) Yes		b) No	
8.	Name of the wall mag	gazine is su	itable for time and atmosph	ere. (Please 🗸 the option)
	a) Yes		b) No	
	(If no, then suggest a be	tter name _		
9.	Do you think the wall	magazine	will increase students' interes	st in writing? (Please / the option)
	a) Yes		b) No	
10.	. How could we impro	ve the mag	azine? (Please write someth	ing) meader & inside and out,
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	Tune one	Linos	this magazine	
				migliste Midy
Dat	e: 07.12.23			Signature

Annexure-X Feedback form for Wall Magazine

Mugberia Gangadhar Mahavidyalaya

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on (M.VOC)	Date: 07-12.2023
all and 5 being very much) How much	do you enjoy reading the wall magazine
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b) Almost never	Goccasionally/Sometimes
e) Frequently useful	
ent of subject of the magazine? (P	lease / the option)
b) Slightly satisfied	c) Moderately satisfied
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at of the magazine? (Please / th	e option)
b) Slightly satisfied	c) Moderately satisfied
e) Completely satisfied	
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b) No	Chi san
l easy to read against the background	und? (Please / the option)
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matter of the magazine is attractive	and effective? (Please ✓ the option)
b) No	
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me	
zine will increase students' interes	st in writing? (Please ✓ the option)
b) No	
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	b) Almost never e) Frequently useful nt of subject of the magazine? (P b) Slightly satisfied e) Completely satisfied at of the magazine? (Please b) Slightly satisfied e) Completely satisfied e) Completely satisfied b) Slightly satisfied e) Completely satisfied held in class to choose subject for the b) No l easy to read against the background by Disagree matter of the magazine is attractive b) No his suitable for time and atmospheration will increase students' interest

Date: 07-12-2023

Signature Signature

Feedback form for Wall Magazine

Mugberia Gangadhar Mahavidyalaya

partment: Mutrit	ion	Date: 0-1/12/23
 On a scale of 1-5, (0 being not 	at all and 5 being very much) How muc	ch do you enjoy reading the wall magazine
"PUSHTI SANGBA	AD 2023"? (Put a ✓ mark)	/
1 2	3 4	5
2 How useful is the informa	ation in the magazine to you? (Ple	ase / the option)
a) Never useful	b) Almost never	c) occasionally/Sometimes
d) Almost every time	of Frequently useful	
	ntent of subject of the magazine? (Please ✓ the option)
a) Not at all satisfied	b) Slightly satisfied	e) Moderately satisfied
d) Very satisfied	e) Completely satisfied	
4. How will you rate the for	mat of the magazine? (Please 🗸 the	he option)
a) Not at all satisfied	b) Slightly satisfied	c) Moderately satisfied
d) Very Satisfied	e) Completely satisfied	
5. Is there any discussion was	s held in class to choose subject for	the magazine? (Please ✓ the option)
al Ves	b) No	
6. The handwriting is clear a	nd easy to read against the background	und? (Please ✓ the option)
a) Agree	b) Disagree	
7. Do you think that the whole	matter of the magazine is attractive	and effective? (Please ✓ the option)
al Yes	b) No	
Name of the wall magazin	e is suitable for time and atmosphe	ere. (Please / the option)
. al Yes	b) No	
off no, then suggest a better n	ame	
Do you think the wall mag	azine will increase students' interest	in writing? (Please / the option)
g Yes	b) No	
O How could we improve the	e magazine? (Please write somethin	ng)
All topics was	s achievent and very	Imformative
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		South Hounds
Xate: 07:12:23		Signature
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Head
Dept. of Nutrition
Mugberia Gangadhar Mahavidvalaya

Principal 07-12-202 Mugberia Gangadhar Mahavidyalaya