



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: Tikrapara A.M. High School

Time : 11:00 P.M.

***Topic: Poshan Bhi Padhai Bhi(PBPB)-to improve early
childhood care and education(ECCE)for children
under 6 years of age***

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. /147/24-25/

Date...29.08.2024.....

From— The Principal / Secretary,

To,
The Head Master / TIC
Tikrapara A. M. High School,
Tikrapara, Pratapdighi, Purba Medinipur, West Bengal, Pin-721440

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 day at your School 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: Poshan Bhi Padhai Bhi(PBPB)- to improve early childhood care and education (ECCE) for children under 6 years of age.

Allotted teachers' name:

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

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

Poshan Maah, celebrated annually in September, is a national initiative aimed at improving nutritional outcomes and promoting healthy practices for children, especially those under six years of age. This year's theme, "Poshan Bhi Padhai Bhi" (PBPB), emphasizes the dual importance of nutrition and early childhood education (ECCE) in fostering holistic development in young children. This report provides an overview of the theme's objectives, strategies, and outcomes during Poshan Maah.

Objectives of Poshan Bhi Padhai Bhi (PBPB)

- **Enhance Nutritional Status:** Ensure that children under six years receive adequate nutrition to support their growth and cognitive development.
- **Promote Early Childhood Education:** Provide quality education and learning opportunities to stimulate intellectual, emotional, and social development.
- **Integrate Services:** Combine nutritional support with early education to deliver a comprehensive approach to child development.
- **Encourage Community Involvement:** Engage communities in supporting nutritional and educational initiatives.

This year the symposium was jointly organized by Department of Nutrition, Mugberia Gangadhar Mahavidyalaya with **Tikrapara A.M. High School** on 2 /9/2024 at 11:00 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 “ *Poshan Bhi Padhai Bhi(PBPB)-to improve early childhood care and education(ECCE)for children under 6 years of age*”. The speakers was Moumita Samanta and Ayan Mondal. Total participants was: Students - 124, Teachers- 7.

Conclusion

The Poshan Bhi Padhai Bhi theme for Poshan Maah has successfully highlighted the critical link between nutrition and early childhood education. By integrating these two essential components, the initiative aims to create a nurturing environment for children under six, promoting their overall development and well-being. Moving forward, continued efforts and improvements will be essential to sustaining and expanding the benefits of this integrated approach.

Flyer:

OBSERVATION OF POSHAN MAAH-2024



Topic: Poshan Bhi Padhai Bhi(PBPB)-to improve early childhood care and education(ECCE)for children under 6 years of age

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

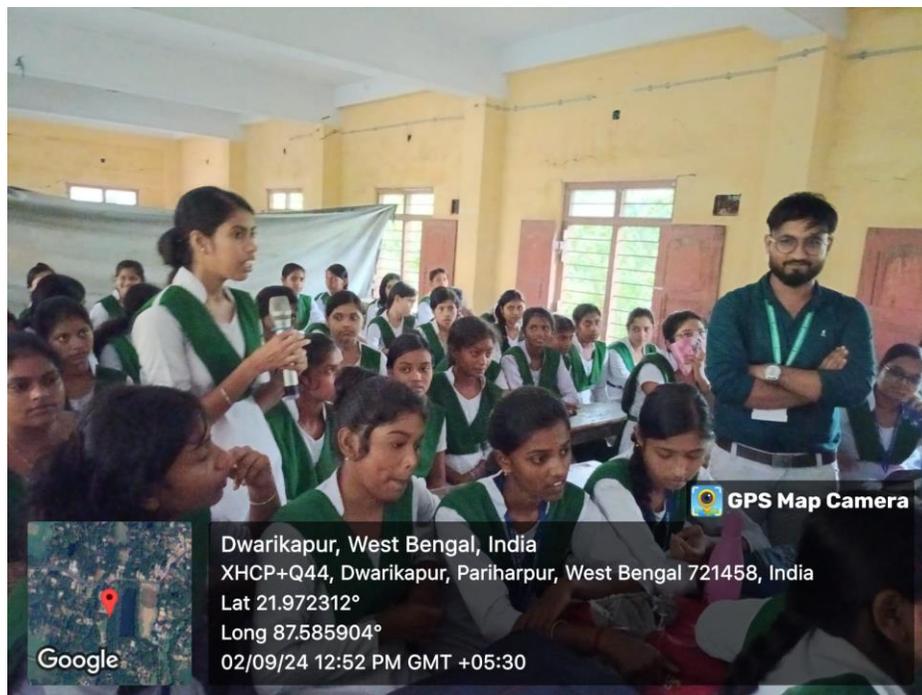
**Venue: Tikrapara A.M. High School
Date: 02.09.2024**



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

Images :







Pariharpur, West Bengal, India
XHFM+4W8, Lalat Janka Rd, Pariharpur, West Bengal 721440, India
Lat 21.972827°
Long 87.585855°
02/09/24 01:47 PM GMT +05:30

Twiter link :

<https://x.com/MugberiaM/status/1831187259053285388?t=g5M2hg7qenbodQ26SWvedg&s=19>

Students and Teachers Attendance:

Teachers' Attendance for Observation of Poshan Maah - 2024

School Name: Chirapara A.M High School

Date: 02/09/2024

Address:

SL. No.	Teacher's Name	Subject Teaching for XI & XII	Mobile Number
1	BISWANATH SHEET	BIOLOGY XI-XII	8016912545
2.	SUSMITA MAITY PARYA	NUTRITION XI - XII	8617891543
3.	SUKUMAR OJHA	SANSKRIT - XI - XII	8240701037
4.	ARUN KUILA	CHEMISTRY - XI - XII	9882787105
5.	Pravanjan Patra.	BIOLOGY - XI	9732758720
6.	Subrata Sahoo	Geography - XI - XII	9635380583
7.	Basudev Mandal	English - XI - XII	9732501851

School Name: Tukrapara A.M High School

Students' Attendance for Observation of Poshan Maah - 2024

Date: 02/02/2024

Address:

SL. No.	Student's Name	Class	Subject Name (Except Bengali & English)	Mobile Number
1	Tina Das	XI Arts	Bios, CHEM, NUTS, COMA	9990346557
2	Tanusni Jana	XI Arts	Envs, Poltic, Educ, Suste	8372859242
3	Rupashree Bhunia	XI Arts	Envs, Poltic, Educ, Sust	7586958387
4	Sonali Karan	XI Arts	Bios, ENVS, NUTS, GEO	9082362228
5	Sarehoita Panda	XI Arts	Nut, Envs, Geo, Snak	9564915511
6	Supruti Bera	XI Arts	Bios, ENVS, Nuts, Geo	8001151906
7	Shreya Das	XI Arts	Bios, ENVS, Nuts, Geo	7797075299
8	Debarati Pakhani	XI Arts	Bios, ENVS, Nuts, Geo	9679052795
9	Moumita Bhunia	XI Arts	Pol, Envs, Nuts, Geo	8597097970
10	Bansha Rana	XI Arts	Bios, Envs, Nuts, Geo	7797805068
11	Sima Barik	XI Arts	Pol, Envs, Nuts, Snaks.	7497301250
12	Shoima Kar	XI Arts	Envs, Nuts, Snaks, Geo	8768789367
13	Anushree Das	XI Science	Math, physics, chemistry, Biology	8972564813
14	Sonalita Das	XI Science	ENVS, physics, chemistry, Biology	7407598009
15	Ananya Maity	XI Science	Math, physics, chemistry, Biology	9732598562
16	Anirima Ghoshal	XI Arts	Envs, Philo, Envs, Snak	7872016369
17	Uma Sahoo	XI Arts	Envs, Philo, Edu, Geo	9332353267
18	Debi Das	XI Arts	ENVS, Nut, Political, GEO	7586819757

School Name: Tukrapara A.M High School

Students' Attendance for Observation of Poshan Maah - 2024

Date: 02/02/2024

Address:

SL. No.	Student's Name	Class	Subject Name (Except Bengali & English)	Mobile Number
34	Sujata Das	XI	Geography, Bio, Nut, ENVS	7365869575
35	Meena Das	XI	Geo, Nut, Eco, Pol	9733560669
36	Soma Das	XI	Bio, Geo, Nut, Eco	9851851832
37	Sumita Bhattacharjya	XI	Geo, Nut, Pol, Envs	9785224573
38	Sunita Bhunia	XI	Geo, Nut, Bio, Coma	9883148109
39	Kamala Das	XI	Geo, Bio, Nut, Coma	9932476644
40	Pranam Bera	XI	Geo, Bio, Nut, Envs	9548979283
41	Sonali Bera	XI	Geo, Bio, Nut, Envs	8001129872
42	Priya Jana	XI	Nut, Snak, Envs, Pol	9732921138
43	Susmita Bhunia	XI	Geo, Nut, Snak, Philo	9564590076
44	Sankasi Bera	XI	Nut, Snak, Envs, Pol	9677897943
45	Pooja Khatun	XI	Nut, Envs, Geo, Bio	7319156707
46	Mahujra Khalusa	XI	Geo, Snak, Philo, EMDAN	7407588397
47	Saniya Yesmin	XI	Envs, Snak, Phil, EMDAN	7872897575
48	Banumita Mandal	XI	Geo, Bio, Nut, Envs	7872408566
49	Anjana Maity	XI	Geo, Nut, Philo, Envs	9733793209
50	Bansha Pandit	XI	Geo, Nut, Philo, Envs	8348504662
51	Shrabani Bhunia	XI	ENVS, Nut, Philo, Snak	8145390553

Certificate from H.M. :

TIKRAPARA A.M. HIGH SCHOOL (H.S.)

P.O.-Pratapdighi :: Dist.-Purba Medinipur

Block-Patashpur-II :: Pin Code-721440

Index No.-V2-157:: H.S. Code-105156

Phone No.-(03220)246228

website:tikraparahs.com :: email:tikraparahs@gmail.com

Date: 02.09.2024

TO WHOM IT MAY CONCERN

This is to certify that Ms. Moumita Samanta (SACT), Mr. Ayan Mondal (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 "Poshan Bhi Padhai Bhi(PBPB)- to improve early childhood care and education (ECCE) for children under 6 years of age." at the school premises of Tikrapara A. M. High School, Tikrapara 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.



02/09/24
The Head Master / TIC
OFFICIAL IN CHARGE
Tikrapara A.M. High School
Pratapdighi : Purba Medinipur
PIN Code- 721440

Students Feedback :

Tikrapara A.M. High School

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

Name (নাম): Rachana Anai

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)
এটা খুব ভালো গেসেছে, আগলু আগলু কিছু বুঝতে ও জানতে
সেয়েছি,

Rachana Anai...6.9.24
Signature & Date

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

Name (নাম): Rajib Bin
Class (শ্রেণী): XII

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)

over 200 extra tips

Rajib Bin
Signature & Date

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

Name (নাম): Souvik Mishra

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)

এই ক্লাসে আমার খুব ভালো লাগে এবং এতে আমার অনেক কিছু শিখতে পেরেছি।

Souvik Mishra
Signature & Date

02.09.2024
Principal
Mugberia Gangadhar Mahavidyalaya



