



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 : 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

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.mugberia-gangadhar-mahavidyalaya.ac.in

Ref. No.—M.G.M. /150 /24-25

Date. 29.08.2024

From— The Principal / Secretary,

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

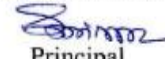
Respected Sir/Madam,

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,



Yours faithfully,


Principal 29.08.24

Mugberia Gangadhar Mahavidyalaya

Principal
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)

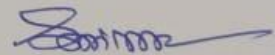
Report of observation of "Rashtriya Poshan Maah-2024" :

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.

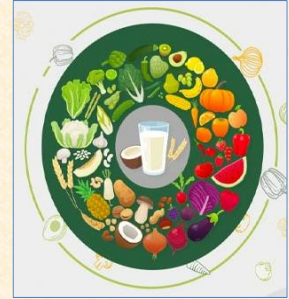


04.09.2024

Principal
Mugberia Gangadhar Mahavidyalaya

Flyer :

OBSERVATION OF POSHAN MAHA-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 //.....



Date 04/09/2024

From :
The Headmaster,

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.

Jagadish Mahapatra
Teacher in charge
Nekursuni K.S.S. Sadan (H.S.)
Bamanbarh, Purba Medinipur

The Headmaster / TIC
Nekursuni Krishi Silpa Siksa Sadan
(H.S)

School Name: Nekuruni Krishi Sulpā Bisuka Sadan (H.S)
 Address: Babanbarh, Purba Medinipur, 721456.

Date: 09/09/24.

SL. No.	Student's Name	Class	Subject Name (Except Bengali & English)	Mobile Number
1)	Apurvakumar Giri	XII	Biology, chemistry, geography, Nutrition	7908338014
2)	Avinlam Das	XII	Physics, Math, chemistry, Biology	9901011640
3)	Rupam Jana	XII	Physics, Math, chemistry, Biology	9735159396
4)	Shubham Bhunia	XII	Physics, Math, Chemistry, Biology	7384591219
5)	Harshit Maity	XI	Biology, chemistry, Nutrition	9339194099
6)	Gurupada Dey	XI	GEO, COME, PHO, Nut	9734662717
7)	Amit Boro	XI	HISTOR, HUMAN, PHO, GEO	9547499212
8)	Sona Ran Maity	XI	ENVES, HOME, PHO	8748106835
9)	Pabitra Mondal	XI	Bio Education, History, human development (Environment)	8967204825
10)	Rupak Bhunia	XI	Biology, Nutrition, Geography, environment	8348017827
11)	Sanjay Paul	XI	Nutrition, Environment, Home Science	7990149146
12)	Rinas Mondal	XI	Nutrition, Environment, Home Science	9641733476
13)	Binehu Gopal Barik	XII	Nutrition, Environment, Geography, Hindi	7384700651
14)	Tejash Pradhan	XII	Biology; chemistry, Nutrition	+ 9572572995
15)	Mayumi Das	XII	Nutrition, Environment, Home Science, Sanskrit	9547585187
16)	Manabika Barman	(XII)	Nutrition, Environment, Philosophy, GEO.	8710001402
17)	Sadhana Basu	XII	Nutrition, Environment, Philosophy, Home Management	8145023749
18)	Suparna Sasmal	XII	Biology, chemistry, geography, Nutrition	7872705164

School Name: Nekuruni Krishi Silpa Sishu Sadan (H.S)

Students' Attendance for Observation of Poshan Maah - 2024

Address: Bhambaroh, Aurba Medinipur, 721456.

Date: 04/05/24

SL. No.	Student's Name	Class	Subject Name (Except Bengali & English)	Mobile Number
44	Susmita Das	XII	Nutrition, Environment, Sanskrit, Geo graphy	779789 683
45	Arehana Bar	XI	Nutrition, Home science, Environment, Sanskrit	7796818577
46	Suparna Sau	XI	Nutrition, Home science, Environment, Sanskrit	9083990325
47	Mahpi Jana	XI	Nutrition, Home science, Environment, Sanskrit	8670915061
48	Brihita Mishra	XI	Nutrition, Environment, Geography, Sanskrit	973277218
49	Mousumi Kamila	XI	Nutrition, Environment, Home science, Phyto	7670224776
50	Tanushree Mali	XI	Nutrition, Environment, Home science, Sanskrit	8327591275
51	Uma Das	XI	Nutrition, Home science, Environment, Sanskrit	8768800238
52	Supriya Das	XI	Nutrition, Home science, Environment, Sanskrit	977589508
53	Manasi Gire	XI	Education, Home science, Environment, Sanskrit	9600401090
54	Shivli Boricha	XI	Nutrition, Home science, Environment, Sanskrit	9735647583

Students Feedback :

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

Name (নাম): সুজালা সাউ

Class (শ্রেণী): ৯

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 প্রোগ্রামটা উল্লেখিত সময়তে পেরে অনেকখানি শিখতে পেরেছি।

Sujala Sau
Signature & Date

Feedback form

On Observation of Poshan Maah-2024

পাশান মাহ - ২০২৪ উপলক্ষে ছাত্রছাত্রীদের মতামত ফর্ম

Name (নাম): Dipankar Das

Class (শ্রেণী): ২৫

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)

কিন্তুকে সঠিক পুষ্টি উন্নয়ন আদান করতে হবে, কিন্তু আয়োজক
স্বাস্থ্য নজর রাখতে হবে।

Dipankar Das - ০৭/০৭/২০২৪
Signature & Date

[Signature]
০৭.০৭.২০২৪
Principal
Mugheria Gangadhar Mahavidyalaya

