



# 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**

**Venue: Haria Siva Prasad Institution(H.S.)**

**Time : 12:00 P.M.**

***Topic: Fortification: A simple step to a nutrient-rich diet***

**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. / 144 / 24-25

Date... 29. 08. 2024.....

From— The Principal / Secretary,

To,  
The Head Master / TIC  
Haria Siva Prasad Institution (H.S),  
Henria, Haria, Khejuri, Henria, West Bengal, Pin- 721430

**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 **Haria Siva Prasad Institution (H.S)** on **6th 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]* 29.08.2024  
Principal

Mugberia Gangadhar Mahavidyalaya

Principal

Mugberia Gangadhar Mahavidyalaya

**Topic to be discussed:** Fortification: A simple step to a nutrient-rich diet.

**Allotted teachers' name:**

1. Mr. Khokan Chandra Gayen (Mob. No.- 8145103269)
2. Ms. Rikta Jana (Mob. No.- 7584928629)

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

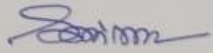
Fortification is the practice of deliberately increasing the content of one or more micronutrients (i.e., vitamins and minerals) in a food or condiment to improve the nutritional quality of the food supply and provide a public health benefit with minimal risk to health. As well as increasing the nutritional content of staple foods, the addition of micronutrients can help to restore the micronutrient content lost during processing.

Fortification is an evidence-informed intervention that contributes to the prevention, reduction and control of micronutrient deficiencies. It can be used to correct a demonstrated micronutrient deficiency in the general population (mass or large-scale fortification) or in specific population groups (targeted fortification) such as children, pregnant women and the beneficiaries of social protection programmes. When the vitamins and minerals are not added to the foods during the processing but just before consumption at home or at schools or child-care facilities, it is called point-of-use fortification.

In addition to the micronutrient deficiencies, policies and implementation programmes for fortification need to consider an alignment with policies for the reduction of diet-related noncommunicable diseases. Such is the case of salt iodization, which builds on sodium consumption and, as result, needs to consider strategies for sodium intake reduction.

This year the symposium was jointly organized by Department of Nutrition, Mugberia Gangadhar Mahavidyalaya with Barbaria Hazra Vidyapith (H.S) on **Haria Siva Prasad Institution(H.S.)** 06/9/2024 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 *Impact of junk food on health*. The speakers was **Mrs. Rikta Jana, SACT** and **Mr. Khokan Chandra Gayen, Assistant Professor**. Total participants was Students -62, Teachers-2. The programme completed successfully.



  
06.09.2024  
Principal  
Mugberia Gangadhar Mahavidyalaya

## **Flyer :**

### ***OBSERVATION OF POSHAN MAAH-2024***



**Topic: Fortification: A simple step to a nutrient-rich diet**

**Speakers: 1. Mrs. Rikta Jana, SACT  
2. Mr. Khokan Chandra Gayen, Assistant Professor**

**Venue: Haria Siva Prasad Institution(H.S)  
Date: 06.09.2024**



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



# Images :





**Twitter link :**

<https://x.com/MugberiaM/status/1833197939113791612?t=Ykp8UyDy1g9FRM24M-WySA&s=19>



## **Certificate from H.M. :**

H.S. Code No. - 105175  
H.S.V. Code No. - 3006

Index No. - 252-312  
V2-078

# **HARIA SIVA PRASAD INSTITUTION**

[Madhyamik / Higher Secondary School with Science, Arts & Agriculture]

**Estd. - 1917**

**P.O. - Haria ★ Dist. - Purba Medinipur**

Ph. : (03220) 276-164 ● H.M. : 9434987679 ● E-mail : hariaspinstitution1917@gmail.com

Ref. No. 675/HSP9/2024

Date 06/09/2024

From :

*Headmaster / Secretary*



Date: 06.09.2024

### **TO WHOM IT MAY CONCERN**

This is to certify that Mr. Khokan Chandra Gayen (Assistant Professor), Ms. Rikta Jana (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 "Fortification: A simple step to a nutrient-rich diet." at the school premises of Haria Siva Prasad Institution (H.S), Henria 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.

*Gay* 06/09/2024

The Head Master / TIC  
Haria Siva Prasad Institution (H.S)  
Headmaster  
Haria Siva Prasad Institution.  
P.O - Haria, Dist - Purba Medinipur  
PIN - 721430

## Teachers and Students Attendance :

Teachers' Attendance for Observation of Poshan Maah - 2024

School Name: Haria Siva Prasad Institution Date: 06/09/2024

Address: \_\_\_\_\_

SL. No.	Teacher's Name	Subject Teaching for XI & XII	Mobile Number
1.	<u>Birendra Nath San</u>	<u>Geography</u>	<u>7001380480</u>
2.	<u>Biswajit Das</u>	<u>Nutrition</u>	<u>8001541417</u>



School Name:

## Students' Attendance for Observation of Poshan Maah - 2024

Date:

Address:

SL. No.	Student's Name	Class	Subject Name (Except Bengali & English)	Mobile Number
1	Priyanshu Manna	XI	Biology, Chemistry, Nutrition computer Application	7384325921
2	Sayan Bolai	XII	BIOL, Nutn, Coma, Geogr.	9339865455
3	Mamisaankah Beka	XI	GEGR, NUTN, PHIG, ENVS	7550993645
4	Subhamoy Mavty	XI	GEGR, NUTN, SANS, COMA	9734547495
5	Mixtam Botta	XI	GEGR, NUTN, SANS, PHIG,	7718110098
6	Akash Das	XI	GEO, NUTN, PHIG, Agric.	838887658
7	Soumitra Jana	XI	BIOL, CHEM, NUTN, AG	9126013198
8	Subhadip Bera	XII	Biol, NUTN, AGRO, Geogr	9641781710
9	Riddhiman Sahoo	XII	Geogr, GEYR, NUTN, PHIG, PHED	9691994296
10	Subhadip Bhanja	XII	NUTN, PHED, PHIG, SANS.	7501348819
11	Suryadeep Bera	XII	Nutn, Phed, Phed, SANS.	9809547878440
12	Santanu Jana	XI	Biol, Nutn, Coma, Geogr	6296021420
13	Soumya Gole	XII	Biol Nutn, Chem, Geogr	8389885116
14	Sunya Kanta Grayn	XII	Biol, Nutn, Geogr, Agro	8145621361
15	Karun Bankr	XII	Nutn, PHED, PHIG, NUTN	9647589745
16	Abisat Nayen	XI	BIOL, Nutn, Geogr, Coma	9734393806
17	Sayan Das	XII	Biol, Nutn, Chem, Geogr	7797151392

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
40	Shubhamila Jana	XI	NUTN, PHIO, SANS, PHED	8927670568
41	Ritika Mondal	XI	NUTN, PHIO, SANS, PHED	9641624374
42	Sagarika Jana	XI	NUTN, PHIO, SANS, PHED	9083862172
43	Suchitra Bose	XI	NUTN, PHIO, SANS, PHED	7478894704
44	Susmita Mondal	XI	BIO, CHEM, NUTN, ENVS	8170818847
45	Sukarna Maity	XI	BIO, CHEM, NUTN, ENVS	9547836680
46	Suvarna Ghoshai	XI	BIO, CHEM, NUTN, ENVS	7557067801
47	Paranita Agol.	XI	BIO, NUTN, GEO, PHED	9153032561
48	Laxmi Jana	XI	NUTN, PHIO, SANS, PHED	7479855590
49	Shreya Pradhan	XI	NUTN, SANS, PHED, PHIO	755094677
50	Srijita Beza	XI	BIO, NUTN, GEO, PHE.D	9733674858
51	Serjyapa Jana	XI	BIO, NUTN, CHEM, Agri	9733659480
52	Barsha Bag	XI	BIO, NUTN, GEO, com	9344853758
53	Sunita Samanta	XI	Agri, NUTN, COM, IT	7478949527
54	Prajyasree Pattanayak	XI	Phil, NUTN, SANS, PHED	7477786715
55	Mamata Mallik	XI	Phil, NUTN, SANS, PHED	9144863305
56	Riya Mallik	XI	Phil, SANS, PHED, NUTN	9332470062
57	Sangita Mondal	XI	SANS, NUTN, GEO, PHED.	7407875109

## Students Feedback :

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

Name (নাম): Rasib Banik

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)

অনুষ্ঠানটি খুব ভালো হয়েছে এটা খেলা প্রতি বছর হওয়া উচিত

Rasib Banik  
06/09/24  
Signature & Date



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

Name (নাম): স্বপ্নিষ্টি সান্দ্রা  
Class (শ্রেণী): ৫

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)

Madhumita Manna.....  
Signature & Date

