



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: Jukhia K.N Banimandir High School(H.S)

Time : 12:00 P.M.

Topic: Embrace AYUSH: Nurturing wellness through traditional wisdom(herbal remedies)

Organized by:

Department of Nutrition

Mugberia GangadharMahavidyalaya

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. /143/24/25

Date... 29.08.2024

From— The Principal / Secretary,

To,
The Head Master / TIC
Jukhia K. N. Banimandir High School (H.S.),
Jukhia, West Bengal, Pin- 721425

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 **Jukhia K. N. Banimandir High School (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

Mugberia Gangadhar Mahavidyalaya

Topic to be discussed: Embrace AYUSH: Nurturing wellness through traditional wisdom (herbal remedies).

Allotted teachers' name:

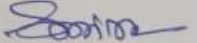
1. Ms. Keya Dash (Mob. No.- 9563987164)
2. Ms. Monalisa Roy (Mob. No.- 8116303175)

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

POSHAN Abhiyaan is Government of India's flagship programme to improve nutritional outcomes for children under 6 years of age, pregnant women and lactating mothers. Earlier it is called the "National Nutrition Mission". Launched by Hon'ble Prime Minister, POSHAN (Prime Minister's Overarching Scheme for Holistic Nutrition) Abhiyaan aims to address the challenge of malnutrition in a mission-mode. Rashtriya Poshan Maah, or National Nutrition Month in India, is an initiative under the POSHAN Abhiyaan aimed at enhancing nutritional outcomes for vulnerable populations. Celebrated in September, it marks the 7th Rashtriya Poshan Maah this year. Rashtriya Poshan Maah 2024 will involve a series of activities designed to improve awareness about nutrition, such as health check-ups, community outreach programs, and the distribution of nutritional supplements.

POSHAN Abhiyaan aims to reduce malnourishment in a phased manner through life cycle approach by adopting synergized and result oriented approach. The Abhiyaan will ensure mechanisms for timely service delivery and robust monitoring as well as intervention infrastructure. The word AYUSH is derived from a Sanskrit phrase "ayusmanbhava" meaning long life. The Ministry of AYUSH was formed on the 9th of November 2014 with a vision of reviving the profound knowledge of our ancient systems of medicine and ensuring the optimal development and propagation of the Ayush systems of healthcare. Fundamentally AYUSH provides an integrative healthcare modality for complete physical, mental, social, and spiritual health.

This year the symposium was jointly organized by Department of Nutrition, Mugberia Gangadhar Mahavidyalaya with Jukhia K.N Banimandir High School(H.S) on 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. Keya Dash, SACT and Ms. Monalisa Roy, Assistant Professor. Total participants was Students -43, Teachers-3. The programme completed successfully.


06.09.24

Principal
Mugberia Gangadhar Mahavidyalaya



Flyer :

OBSERVATION OF POSHAN MAAH-2024



Topic: Embrace AYUSH: Nurturing wellness through traditional wisdom (herbal remedies)

**Speakers: 1. Mrs. Keya Dash, SACT
2. Ms. Monalisa Roy, Assistant Professor**

**Venue: Jukhia K.N Banimandir High School(H.S)
Date: 06.09.2024**



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

Images :





Jukhia, West Bengal, India
XQQ8+F65, Lalat Janka Rd, Jukhia, West Bengal 721626, India
Lat 21.988831°
Long 87.765434°
06/09/24 12:28 PM GMT +05:30



Jukhia, West Bengal, India
XQQ8+F65, Lalat Janka Rd, Jukhia, West Bengal 721626, India
Lat 21.988669°
Long 87.765257°
06/09/24 01:37 PM GMT +05:30

Twitter link : <https://x.com/MugberiaM/status/1833203248288952795?t=2RszDnuPOyo5cw4KwHw57A&s=19>

Certificate from H.M. :

Index No.- V2-244
H.S. Code No.- 105906
Voc Code No.- 3317

Jukhia Kumar Narayan Banimandir High School (H.S.)

(Co-Ed. Govt. Sponsored)

Estd. - 1947

P.O.- Jukhia Bazar ★ P.S.- Bhupatinagar ★ Block - Bhagwanpur- II
Sub-div.- Contai ★ Dist.- Purba Medinipur ★ Pin Code - 721430
HM Mob No. - 9733619582



Email. Id.- jukhiaknbanimandirhighschool@gmail.com

Ref No.

Date 06/09/2024.....

From - HM / Administrator

To



Sub :-

Date: 06.09.2024

TO WHOM IT MAY CONCERN

This is to certify that Ms. Keya Dash (SACT), Ms. Monalisa Roy (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 "**Embrace AYUSH: Nurturing wellness through traditional wisdom (herbal remedies).**" at the school premises of Jukhia K. N. Banimandir High School (H.S.), Jukhia 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.


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The Head Master / TIC
Jukhia K. N. Banimandir High School
(H.S.)
Headmaster,
Jukhia K.N.Banimandir High School(H.S)
P.O.-Jukhia Bazar, Dist.-Purba Medinipur

Teachers and Students Attendance :

Teachers' Attendance for Observation of Poshan Maah - 2024

School Name: Horia 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 Palai	XI	BIOL, Nutn, Coma, Geogr.	9339865455
3	Mamisankah Bera	XI	GEGR, Nutn, PHIG, ENVS	7560993645
4	Subhamoy Marity	XI	GEGR, NUTN, SANS, COMA	9734547495
5	Mixan Bera	XI	GEGR, NUTN, SANS, PHIG,	7718110098
6	Akash Das	XI	GEO. NUTN, PHIG, Agric	8388876158
7	Sumitra Ghana	XI	BIOL, CHEM, NUTN, AG	9126013198
8	Subhadip Bera	XII	BIOL, NUTN, AGRO, Geogr	9641781710
9	Riddhiman Sahoo	XII	GEGR, GEGR, NUTN, PHIG, PHED	961994296
10	Subhadip Bheria	XII	NUTN, PHED, PHIG, SANS.	7501348819
11	Surojdeep Bera	XII	Nutn, Phed, Phed, Sans.	9547878440
12	Santanu Jana	XI	Biol, Nutn, Coma, Geogr	6296021420
13	Sourov Gole	XII	Biol, Nutn, Chem, Geogr	8389885116
14	Sunya Kanta Gayen	XII	Biol, Nutn, Geogr, Agro	814562331
15	Karu's Bantik	XII	Nutn, PHED, PHIG, Geogr	9647580745
16	Abijit Dasgupta	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	Shubhamla Jana	XI	NUTN, PHIO, SANS, PHED	8927070568
41	Ritika Mondal	XI	NUTN, PHIO, SANS, PHED	9641624374
42	Sagarika Jana	XI	NUTN, PHIO, SANS, PHED	9083862172
43	Suchitra Basik	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	Suparna 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	7550946717
50	Srijita Beza	XI	BIO, NUTN, GEO, PHE.D	9733674858
51	Serjyotapa 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	Pajasree Pattanayak	XI	Phil, NUTN, SANS, PHED	747766718
55	Mamata Mallik	XI	Phil, NUTN, SANS, PHED	9144863305
56	Riya Mallick	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
পোশান মাহ - ২০২৪ উপলক্ষে ছাত্রছাত্রীদের মতামত ফর্ম

Name (নাম): Rasib Baul

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 এবং খেলা প্রতিযোগিতা করা উচিত

Rasib Baul
06/07/2024
Signature & Date

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

Name (নাম): K. Riddhiman Sahoo

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)

আমরা সবাই এই মহাশয়দের থেকে সবাইয়ের হাত লাগবে এবং কৃষি মন্ত্রণালয় থেকে
নির্বাচন করা যাবে এ মানুষের দ্বারা মূল পরিচর্য নিয়ে আসবে,

Riddhiman Sahoo

Signature & Date

6/09/24

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

নাম: সীমিতা মল্লিক

শ্রেণী: ৪

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)

Machumla Manna.....
Signature & Date



[Signature]
Principal