



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.mugberiagangadharmahavidyalaya.ac.in

Report on

Observation of "Rashtriya Poshan Maah-2024"

Date: 03.09.2024

Venue: Bajkul Balai Chandra Vidyapith (H.S.)

Time : 12:00 P.M.

Topic: "Millets- Nutritionally Enriched Food"

Organized by:

Department of Nutrition Mugberia
Gangadhar Mahavidyalaya

Bhupatinagar, Purba Medinipur, Pin-721425

Notice :



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Ref. No.—M.G.M. /179 /24-25/

Date...29.08.2024.....

From— The Principal / Secretary,

To,
The Head Master / TIC
Bajkul Balai Chandra Vidyait (H.S),
Bajkul, Kismat bajkul, Midnapore, Pin- 721655

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 **Bajkul Balai Chandra Vidyait (H.S)** on **3rd 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,



S. S. S. S. 29.08.2024

Principal

Mugberia Gangadhar Mahavidyalaya

Principal

Mugberia Gangadhar Mahavidyalaya

Topic to be discussed: Millets – nutritionally enriched food.

Allotted teachers' name:

1. Ms. Sruti Mandal (Mob. No.- 9163209915)
2. Ms. Keya Dash (Mob. No.- 9563987164)

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

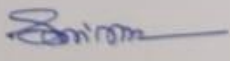
The Rashtriya Poshan Maah, celebrated annually in September, focuses on improving nutritional outcomes and raising awareness about healthy eating practices. For 2024, the theme "Millets - Nutritionally Enriched Food" highlights the importance of incorporating millets into diets to enhance nutritional intake and promote overall well-being. This report provides observations and insights from various activities and initiatives undertaken during the month.

The primary objective of this year's theme was to:

- Educate the public about the nutritional benefits of millets.
- Promote the consumption of millets as part of a balanced diet.
- Encourage the integration of millets into local cuisines and daily meals.

The "Millets - Nutritionally Enriched Food" theme of Rashtriya Poshan Maah-2024 effectively highlighted the significant health benefits of millets. The month's activities succeeded in raising awareness, engaging the community, and fostering interest in incorporating millets into daily diets. Continued efforts and support are essential to build on this momentum and ensure that the benefits of millets are widely recognized and embraced.

This year the symposium was jointly organized by Department of Nutrition, Mugberia Gangadhar Mahavidyalaya with Bajkul Balai Chandra Vidyapith (H.S.) on 3/9/2024 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 millets' nutritional benefits and dietary integration. The speakers was Ms. Keya Dash and Ms. Sruti Mandal. Total participants was Students -63, Teachers-6. The programme completed successfully.


31.09.24
Principal
Mugberia Gangadhar Mahavidyalaya



Flyer:

OBSERVATION OF POSHAN MAAS-2024



Topic: Millets–nutritionally enriched food

**Speakers: 1. Mrs. Keya Dash, SACT
2. Mrs. Sruti Mandal, Assistant Professor**

**Venue: Bajkul Balai Chandra Vidyapith(H.S)
Date: 03.09.2024**



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

Images :





Twiter link :

<https://x.com/MugberiaM/status/1831190254172401941?t=VmcDjFKwVnxBvjIfiAn2wg&s=19>

Students Attendance:

Students' Attendance for Observation of Poshan Maah - 2024

School Name: Baikul Balai Chandna Vidyalaya (H.S)

Date:

Address:

SL. No.	Student's Name	Class	Subject Name (Except Bengali & English)	Mobile Number
1.	Trinashree Bera	XI	Nutrition, Geography, Biology, Health care	9883849357
2.	Hafiza Bavin	XI	Nutrition, Geography, Biology, Health care	9064842323
3.	Mousumi Parua	XII	Nutrition, Geography, Biology, Chemistry	7470572297
4.	Alipika Singha	XII	Nutrition, Geography, Biology, Health care	6295302089
5.	Biya Das.	XII	Nutrition, Biology, Chemistry, Health care	7047966591
6.	Rakabala Bera	XII	Nutrition, Biology, Geography, Health care	7679421882
7.	Belli Mondal	XII	Nutrition, Biology, Chemistry, Geography	9939567987
8.	Uma Bera	XII	Nutrition, Biology, Chemistry, F.V.S	8016660192
9.	Ritwika Jana	XII	Nutrition, Biology, Chemistry, Geography	9733968636
10.	Biya Das	XII	Nutrition, Biology, Chemistry, Geography	9647468867
11.	Raina Manna	XII	Nutrition, Biology, Chemistry, Computer	9734566840
12.	Krishna Panda	XI	Nutrition, Biology, Agronomy, Health care	9734684266
13.	Trishna Bera	XI	Nutrition, Geography, Biology, Computer Application	9883709051
14.	Rini Basban	XI	Nutrition, Geography, Biology, Health care	973242827
15.	Baisakshi sau	XI	Nutrition, Sanskrit, Environment, Health care	9593360737
16.	Sathi Mondal.	XI	Biology, Computer, Nutrition, Health Care.	8158003537
17.	Srabanti Maiti	XI	Computer, Nutrition, Healthcare, Geography	870820844
18.	Manjushree Jana	XI	Nutrition, Biology, F.V.S, Geography	801072533

Students' Attendance for Observation of Poshan Maah - 2024

School Name: Baikul Balai Chandra Vidyalaya (H.S)

Date:

Address:

SL. No.	Student's Name	Class	Subject Name (Except Bengali & English)	Mobile Number
1.	Nikita Bera	XII	Biology, Nutrition, Health care, Geography	7984375649
2.	Madhushree Kamila	XII	Biology, Nutrition, Health care, Agronomy	9382068853
3.	Arpita Bera	XII	Nutrition, Health care, Geography, Agronomy	9732752763
4.	Tithi Mondal	XII	Nutrition, Health care, Agronomy, EVS	7029865867
5.	Suchana Jana	XII	Nutrition, Health care, Geography, Philosophy	9339290658
6.	Susmita Panda	XII	Nutrition, Health care, Geography, Agronomy	9734397816
7.	Pinki Maity	XII	Nutrition, Biology, Chemistry, Geography	7478275283
8.	Poyel Maity	XII	Nutrition, Health care, Geography, History	9002883829
9.	Shrabani Khaluya	XII	Nutrition, Healthcare, Agronomy, EVS	6295869599
10.	Debarnee Kayal	XII	Nutrition, Healthcare, Agronomy, Bio	9732761670
11.	Anindita Maity	XII	Nutrition, Healthcare, Agronomy, Bio	9732592725
12.	Rimi Maity	XI	Nutrition, Healthcare, Agronomy, Geography	7482071731
13.	Sayanjani Maity	XI	Nutrition, Healthcare, Geography, Bio	9732343404
14.	Apurupa Das	XI	Nutrition, Geography, Bio, Agronomy	6296180414
15.	Anusudha Mondal	XI	Nutrition, Geography, Agronomy, Bio	8116476446
16.	Rina Mondal	XI	Nutrition, Healthcare, EVS, Sastikae	7908380413
17.	Mangli Sasmal	XII	Nutrition, Healthcare, E.V.S, Philosophy	8337859986
18.	Pinki Das	XII	Nutrition, Agronomy, E.V.S, Philosophy	7602259384

Students' Attendance for Observation of Poshan Maah - 2024

School Name: Baikul Balai Chandra Vidyalaya (H.S)

Date:

Address:

SL. No.	Student's Name	Class	Subject Name (Except Bengali & English)	Mobile Number
19	Pooja Mandal	XI	Nutrition, Agronomy, E.V.S, Philosophy	9647086230
20	Arpita Das	XI	Nutrition, Geography, E.V.S, Health	8172065289
21	Surbha Das	XI	Nutrition, Geography, E.V.S, Health	7586898692
22	Saathi Mandal	XI	Nutrition, Geography, E.V.S, Health	7797364098
23	Nabita Jana	XI	Nutrition, Geography, Biology, EVS	9732808658
24	Sudapa Shee	XI	Nutrition, Chemistry, Biology, Computers	8436357514

Certificate from H.M. :

Students Feedback :

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

Name (নাম): Saikat Kumar Pal

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)

বছরটিতে প্রতিবছর পোশন মাহে অনুষ্ঠিত হওয়া উচিত।

Saikat Kumar Pal
Signature & Date
03/09/2024

Feedback form

On Observation of Poshan Maah-2024

পোশান মাহ - ২০২৪ উপলক্ষে ছাত্রছাত্রীদের মতামত ফর্ম

Name (নাম): Susmita Panda

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)

এই অনুষ্ঠানের মাধ্যমে অনেক কিছু জানতে পেরেছি। প্রতি বছর এই অনুষ্ঠানের আয়োজন করলে খুব ভালো হয়।

Susmita Panda

Signature & Date 3./3/2024

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

Name (নাম): Barsha Das

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)

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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)

আমার পুষ্টি উন্নয়নে উৎসাহিত হলে খুব ভালো মনে হবে।

Barsha Das 03.09.24
Signature & Date

[Signature]

03.09.2024

Principal
Macheria Ganadhar Mahavidyalaya