



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: 03.09.2024

Venue: Barbaria Hazra Vidyapith(H.S)

Time : 12:00 P.M.

Topic: "Impact of junk food on health"

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 :



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Ref. No.—M.G.M. / 145/24-25/

Date...29.08.2024...

From— The Principal / Secretary,

To,
The Head Master / TIC
Barbaria Hazra Vidyapith (H.S),
Barbaria, Bhupatinagar, Bhagwanpur-II, West Bengal, Pin- 721626

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 **Barbaria Hazra Vidyapith (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,

[Signature] 29.08.24
Principal

Mugberia Gangadhar Mahavidyalaya
Principal
Mugberia Gangadhar Mahavidyalaya

Topic to be discussed: Impact of junk food on health.

Allotted teachers' name:

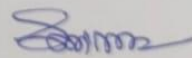
1. Mr. Prabir Jana (Mob. No.- 9593414701)
2. Mr. Khokan Chandra Gayen (Mob. No.- 8145103269)

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

Eating healthy is an important part of a healthy lifestyle and is something that should be taught at a young age. The teenage years are a time of rapid growth and development, so a healthy balanced diet is particularly important. Healthy eating during adolescence is important as important body changes during this time affect an individual's nutritional and dietary needs. Adolescents are becoming more independent and making many food decisions on their own. Many adolescents experience a growth spurt and an increase in appetite and need healthy foods to meet their growth needs. Adolescents tend to eat more meals away from home than younger children. They are also heavily influenced by their peers. Meal convenience is important to many adolescents and they may be eating too much of the wrong types of food (i.e., soft drinks, fast-food, processed foods). Further, a common concern of many adolescents is dieting. Girls may feel pressure from peers to be thin and to limit what they eat. Both boys and girls may diet to "make weight" for a particular sporting or social event.

The "*Healthy eating habits for adolescence*" theme of Rashtriya Poshan Maah-2024 effectively highlighted the of a healthy lifestyle. 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 **Krishnagar Manindra Nath High School (H.S.)** on 2 /9/2024 at 12:00 p.m. with our 1 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 *Healthy eating habits for adolescence* . The speakers was Ms Rikta Jana and Ms. Sruti Mandal. Total participants was Students -74, Teachers-3. The programme completed successfully.



02.09.2024

Principal
Mugberia Gangadhar Mahavidyalaya



Flyer :

OBSERVATION OF POSHAN MAHA-2024



Topic: Impact of junk food on health

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

**Venue: Barbaria Hazra Vidyapith(H.S)
Date: 03.09.2024**



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

Images :





Twitter link : https://x.com/MugberiaM/status/1831188909436375224?t=ky-bzXq54Bz3oPR_AMX85g&s=19

Certificate from H.M. :

From
The Headmaster/Administrator,
BARBARIA HAZRA VIDYAPITH (H.S.)
(General with Science , Arts & Vocational Training)
P.O.-Barbaria
S.D.-Contai
Dist.-Purba Medinipur
M.P.Index No-V2-025 * H.S. Code-05432*Vocational-HSV-3066

email : barbariahazravidyapith@gmail.com
P.S.-Bhupatinagar,
Block-Bhagawanpur-II,
Pin Code No-721626

Ref. No. Date. 03/09/2024..

TO WHOM IT MAY CONCERN

This is to certify that **Mr. Prabir Jana (SACT), Mr. Khokan Chandra Gayen (Assistant Professor), Tonmoy Kumar Giri (SACT)** and 4 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 "**Impact of junk food on health.**" at the school premises of Barbaria Hazra Vidyapith (H.S), Barbaria on **03.09.2024**. 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.


(Buddhadeb Sahu)
Officiating In-Charge
AHM CUM TIC
Barbaria Hazra Vidyapith (HS)


OFFICIATING INCHARGE
AHM CUM TIC
BARBARIA HAZRA VIDYAPITH (H.S.)

Students Attendance :

Students' Attendance for Observation of Poshan Maah - 2024

School Name: Barbarika Hazara Vidyalaya (A's)

Date: _____

Address: _____

SL. No.	Student's Name	Class	Subject Name (Except Bengali & English)	Mobile Number
1)	Suman Maity	XII	History, Geography, P.E., Political Science	9775339001
2)	Tanasankar Jana	XII	Biology, Chemistry, Geography, Nutrition	8327505403
3)	ANUM, Janna	XII	Geography, Sanskrit, Nutrition, P.E.	9091326802
4)	Gowhari Das	XII	Home Science, Sanskrit, Nutrition, P.E.	9832326802
5)	Uttam Das	XII	Geography, EVS, Biology, Nutrition	7001289490
6)	Dipankar Samanta	XII	Geography, Nutrition, Sanskrit, P.E.	956495225
7)	Debarshi Mandal	XII	Geography, Nutrition, P.E., P.S.	7550922449
8)	Sibasankar Mandal	XII	Nuttalish, H.C., P.E., P.S.	9907912090
9)	Sudhansu Dasgupta	XII	Geography, Nutrition, P.E., P.S.	7550922449
10)	Sudhansu Dasgupta	XII	Geography, Nutrition, P.E., P.S. Civil (VOC)	9740912092
11)	Souryodip Adak	XII	Civil (VOC)	7001839159
12)	Sibasankar Khaita	XII	Civil (VOC)	7718107708
13)	Indrajit Jana	XII	Civil (VOC)	9832370966
14)	Prasenjit Maity	XII	Civil (VOC)	7908907369
15)	Dipankar Khaita	XII	Civil (VOC)	8240718879
16)	Smehashi Bepa	XI	Civil (VOC)	8154657666
17)	Debrup Pramanik	XI	Civil (VOC)	4652130567
18)	Pratikr. manna	XI	Civil (VOC)	9873658270

barbarikahazravidyalya@gmail.com

Students' Attendance for Observation of Poshan Maah - 2024

School Name: Darbajia Hazra Vidyalaya (H.S)

Date: 3/7/2024

Address:

SL. No.	Student's Name	Class	Subject Name (Except Bengali & English)	Mobile Number
1)	Shrabani Mandal.	XI	Geography, Nutrition, Biology, Physical Edu	8918746122
2)	Jayita Manna	XI	Geography, Nutrition, Biology, Physical Edu	9547071196
3)	Subrita Maity	XI	Chemistry, Nutrition, Biology, Physical-Edu	8695434744
4)	Priyanka Jana	XI	Biology, Nutrition, Chemistry, Physical education	8240987154
5)	Rachana Jana	XI	Geography, Nutrition, Biology, Physical Edu	7505880605
6)	Indrabhakti Hazra	XI	Biology, Nutrition, Chemistry, Phys Edu	9800541248
7)	Sumana Maity.	XII	Biology, Chemistry, Nutrition, E.V.S.	9775339001.
8)	Susmita Kotal	XII	Nutrition, Geography, Sanskrit, E.V.S.	9647292972.
9)	Subarna Mondal.	XII	Nutrition, Geography, Political's, E.V.S.	8768238359
10)	Monumita Khato	XII	Nutrition, Geography, Sanskrit, Physical Edu	7479134846
11)	Amrapadma Mandal	XII	Nutrition Political's, E.V.S, Hom-s	7478847483
12)	Dipika Barman	XI	Geography, Nutrition, Biology, Physical Edu	9609619664
13)	Sumana Maity	XI	Nutrition, Sanskrit, Home's Physical Edu	8016702310
14)	Rani Barman	XI	Nutrition, Sanskrit, Home's Physical Edu	8509192659
15)	Sandipta Das	XI	Nutrition, Sanskrit, Home's Physical Edu	8016702310
16)	Rinki Jana	XI	Chemistry, Biology, Nutrition, Physical Edu.	9564612416
17)	Rimpa Das	XII	Nutrition, Political, Physical Home Science	9502798232
18)	Tapati Pradhan	XII	Nutrition, Political, Physical, Home Science	8232409211.

Teachers' Attendance for Observation of Poshan Maah - 2024

School Name: Barbaria Hazra Vidya Pith (H.S.)

Date:

Address:

SL. No.	Teacher's Name	Subject Teaching for XI & XII	Mobile Number
1.	Buddhadeb Sahu	H.M.	9902823076
2.	Tamony Maity.	NUTRITION.	7602755850.

Students Feedback :

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

Name (নাম): Tanasankar Jaha.

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)

.....
Signature & Date

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

স্বাক্ষর: সুচিশা সান্না

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 Maenna
Signature & Date



3.09.24
Principal
Nugberia Gangadhar Mahavidyalaya