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: 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/ From—The Principal / Secretary, Date 29.08.2024

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,

Principal
Mugberia Gangadhar Mahavidyalaya

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 an individual's nutritional and dietary needs. Adolescents are becoming more independent and making many healthy foods to meet their growth needs. Adolescents experience a growth spurt and an increase in appetite and need children. They are also heavily influenced by their peers. Meal convenience is important to many adolescents foods). Further, a common concern of many adolescents is dieting. Girls may feel pressure from peers to be 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 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 Gangadha Mahavidyalaya with Krishnagar Manindra Nath High School (H.S.) on 2 /9/2024 at 12:00 p.m. with our 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

Mueberia Gangadhar Mahavidyalaya



Flyer:

OBSERVATION OF POSHAN MAAH-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:









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Certificate from H.M.:

From

The Headmaster/Administrator,

email: barbariahazravidyapith@gmail.com

绝积思热积[条 机械人系统

(General with Science, Arts & Vocational Training)

P.O.-Barbaria S.D.-Contai Dist.-Purba Medinipur

P.S.-Bhupatinagar, Block-Bhagawanpur-II, Pin Code No-721626 M.P.Index No-V2-025 * H.S. Code-05432*Vocational-HSV-3066

Date. D.B...... D.9...... 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 BARBARIA HAZRA VIDYAPITH (H.S.)

Students Attendance:

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Students' Attendance for Observation of Poshan Maah - 2024

Door basia Ha Rom VidtaPith (H15) School Name:

Date: 3/7/2024

Address:

SL. No.	Student's Name	Class	Subject Name (Except Bengali & English)	Mobile Number
1)	Shrabani Mandal.	XI	Greography, Nutrition, Biology, Physical Edu	8918746122
2)	Jayita Manna	XI	beogroaphy, Nutroition, Biology, Physical Edu	9547071196
3>	susmita maily	<u>N</u>	Chemistry, Nodration, Biology, Physical-Edu &	695 4347 44
5)	Priyanka Jana Rachano Jana	XI)	Birling V N. L. A obart l. a	8240987154
1	Indrakéhi Hajna	XI	DEA . O O .	595880605
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Teachers' Attendance for Observation of Poshan Maah - 2024

School Name: Bazbaria Hazora Vidjapith (H.S.)

Date:

Address:

ddress	3	Subject Teaching for XI & XII	Mobile Number
SL.	Teacher's Name	Subject reaching to	9932323076
_	Buddhadel Salne	H·M_	9982323076
2.	Buddhadel Salne Tarmon Maity.	NUTRITION.	70
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Students Feedback:

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	Simo
	Signature & Date

Feedback form On Observation of Poshan Maah-2024 পালন মাহ - ২০২৪ উপলক্ষে ছাত্ৰছাত্ৰীদেৱ মতামত ফর্ম

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Signature & Date



3 · 09 ? Ly

Principal

Mugberia Gangadhar Mahavidyalaya