

MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA
NAAC Re-Accredited B+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

State Level Seminar on

Women and Child: their Health and Education

On the occasion of Celebration of "Rastriya Poshaan Maah-2022" 28th September, 2022



Organized by :-

DEPARTMENT OF NUTRITION

In Collaboration with NSS, IQAC and Women Cell

Mugberia Gangadhar Mahavidyalaya Bhupatinagar :: Purba Medinipur Pin -721425 :: W.B.

Date and Time of the Programme 28th September 2022 (9:00 a.m. to 5:00 p.m)

Report is prepared by Mrs. Keya Dash, SACT, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya



GANGADHAR MAHAVIDYALAYA

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Date:20/08/2022

NOTICE

It is hereby notified that Dept. of Nutrition, MugberiaGangadharMahavidyalayaare going to celebrate "RashtriyaPoshan Maah-2022" on 28 september 2022. We are excited to announce the upcoming celebration, filled with engaging activities and competitions to enhance our spirit of togetherness and skill. So, we are going to organize a State Level Seminar on "Women and Child: their Health and Education". Beside this there will be competition on oral presentation, poster presentation, model, quiz for students. We invite students and teachers of 10 school (of class XI & XII, having nutrition and chemistry subject, to participate in the competition) to attend in the programme to make it a successful one. Looking forward for your gracious presence and participation. Last date of name submission for participation of various competition is 05th Sept.2022.

The activities during the month will be on the following key themes given by Ministry of Women and Child Development, Government of India.

- a) Mahila and Swasthya
- b) Bacha and Shiksha-PoshanBhiPadhaiBhi.
- c) Gender Sensitive Water Conservation and Management
- d) Traditional Foods for Women and Children in Tribal Areas

General instruction to participate in the competitions:

- The official language of the seminar may be in English and/or Bengali I.
- Participants have to reach the venue positively at 9 am and have to register their event of II. compitition.

dent can participate in following one event only

Mugberia Gangadhar Mahavidyalaya Bhupatinagar :: Purba Medinipur Pin -721425 :: W.B.

presentation ition (on Nutrition related): 3 students for 1 group. From a school only one

Date and Time of the Programme 28th September 2022 (9:00 a.m. to 5:00 p.m)

Contact Person

Dept. of Nutrition,

Mugberia Gangadhar Mahavidyalaya

Mugberia Gangacina, ivianavidyalaya

20.8.2022 Principal

Mugberia Gangadhar Mahavidyalaya

Principal Angberia Gangadhar Mahavidyalaya

Report of "Rashtriya Poshan Maah-2022"

Ministry of Women and Child Development is celebrating 5th Rashtriya Poshan Maah-2022 across the Nation from September 01 to September 30, 2022. The objective is to bring awarenessamong students of school with a key focus on "Mahila aur Swasthya" and "Bacha aur Shiksha". This program also supports POSHAN PAKHWADA program.

To celebrate this Department of Nutrition, Mugberia G. Mahavidyalya organized a Celebration of Rashtriya Poshan Maah', 1-30th September, 2022. For this an awareness programme was done in Krishnanagar M.N. High School on 21st September, 2022 by Dept of Nutrition in collaboration with NSS, IQAC and Women Cell of Mugberia Gangadhar Mahavidyalayan. In that program total 70(F-41,M-29) school students and school 5 (F-1, M-4) teacher participated in this program. Four faculty members and 8 students of Mugberia G. Mahaviydalaya were also present in that program. Miss Rikta Jana, Mr. Prabir Jana, Mr. Khokan Gayan and Mr. Tanmoy Giri (SACT teachers, Department of Nutrition) and Sangita Hazra, Rajaram Giri, Anuja Guria, SukantaBhuina, Shreya Maity, Kabita Das, and Krishna Jana (B.Sc 5th Sem students of Department of Nutrition), nicely presented PPT and participate this celebration.

A special lecture given by Kalpana Choudhury, (Retd. Registerd Dietitian SSKM Hospital, Kolkata) and Prof. Dr. B.K. Choudhury (Retd. Prof. & HOD, Dept of Physical Medicine & Rehabilitation, Calcutta Medical College, Kolkata) and Ms. Smita Sau (Assistant prof. of BudgeBudge College).

Resolution:

- 1. Increased awareness among adolescent girls on menstrual hygiene.
- 2. Motivated to use of high quality sanitary napkins for adolescent girls in rural areas.
- 3. Ensured safe disposal of sanitary napkins in an environmentally friendly manner.
- 4. Award students about sufficient consumption of protein and energy (measured by calories) to satisfy their nutritional needs.
- 5. Discussed regarding healthy food.
- 6. Solved various type of question of school students.

PHOTOS:

Copy of invitation letter:

MUGBERIA GANGADHAR MAHAVIDYALAYA



NAAC: B+ (3rd Cycle); Co lege with Potential for Excellence (UGC); Star Bollege, DBT (Gol)]

(Affiliated to Vidyasagar University)
Vil+PO-Bhupathagar, Dist.-Purba Medinipur
West Bengal, Pin 721425, Phone: 03220-270236
e-mail: mugl c-ia_college@rediffmail.com

To, The HM/TIC Krishnanagar M.N.High School Krishnanagar, Purba Medinipur 721430

Respected Sir/Madam,

I am pleased to inform you that our collegt: is going to celebrate "Rastriya Posha in Maah-2022" on 28 th September 2022. On this occasion we want to celebrate an one hour awareness programme in your school most of the student can participate such a programme that will help to enrich their knowledge

If you give your permission I shall be highly obliged

Thanking You.

Dr. Swapan Kumar Misra
Principal
Mugberia Gangadhat Mahavidyalaya,
Bhupatinagar, Purba Medinipur

Principal
Mugheria Gangadhar Mahavidyadaya

Approved.

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Celebrate the awareness programme

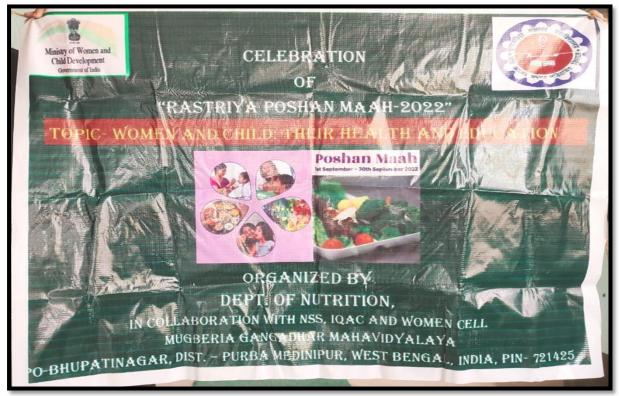
Celebrate the awareness programme

Celebrate the awareness programme

Celebrate the awareness programme

To this school today puite substitutioning

Headmaster, Krishnanagar M.N. High School (H.S.) Observation of "Rashtriya Poshan Maah-2022" at Mugberia Gangadhar Mahavidyalaya by Dept of Nutrition in collaboration with IQAC, NSS and Women Cell. A state level seminar on "Women and Child: their Health and Education" on 28.09.2022. participants 389 students & 8 Schools.











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Fig: A Competitions (oral presentation, poster presentation, model making, quiz) were conducted on 28.09.22 among school students.







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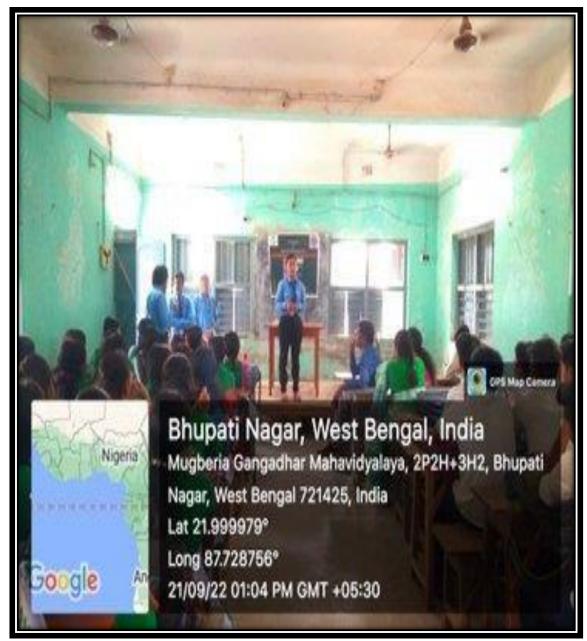
In celebration of 'Rashtriya Poshan Maah, an awareness programme was organized at Krishnanagar M.N.High School on 21st Sept, 2022 by Dept. of Nutrition in collaboration with NSS, IQAC, and Women Cell of Mugberia Gangadhar Mahavidyalaya (By-4 Faculty members and 8 college student



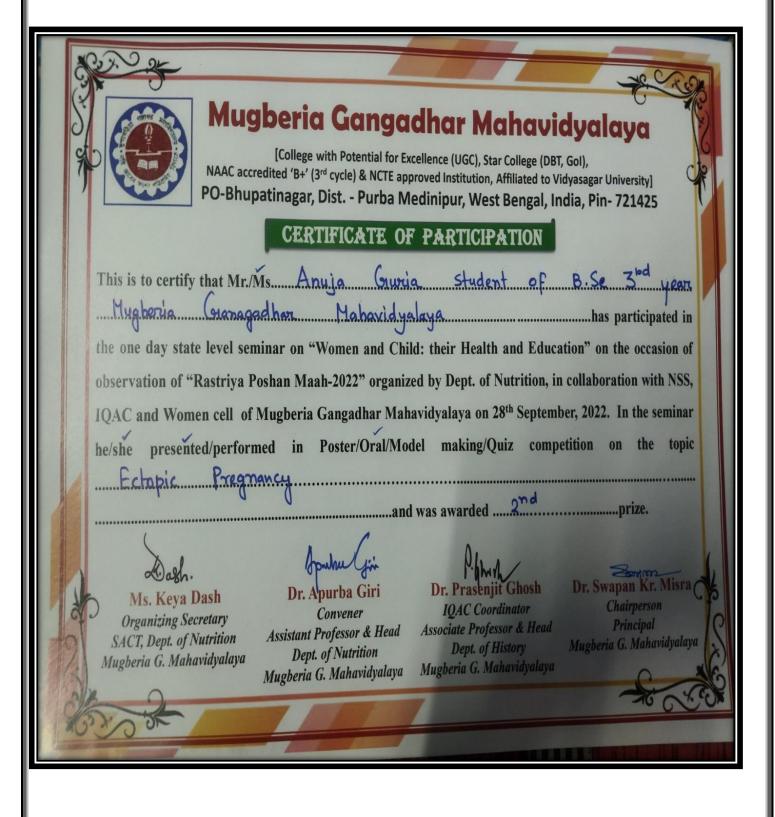








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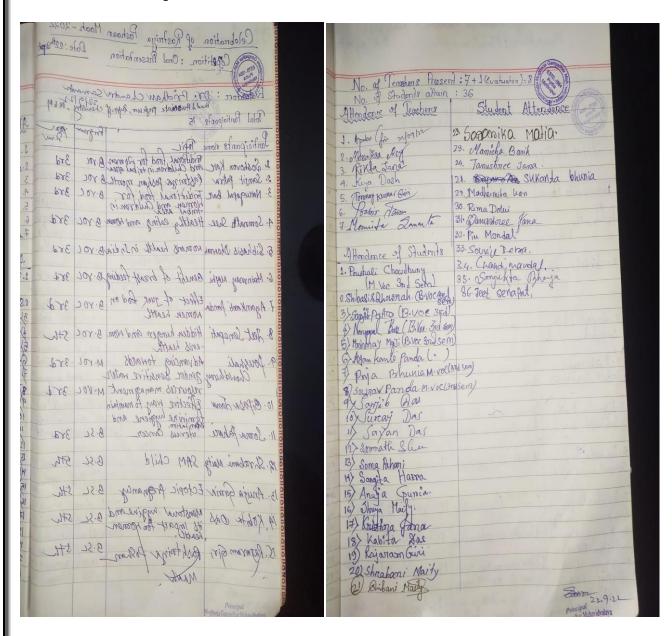
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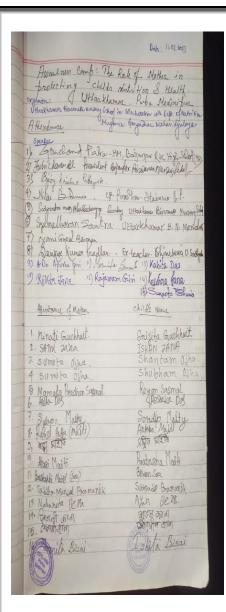
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Attendance of Participants:

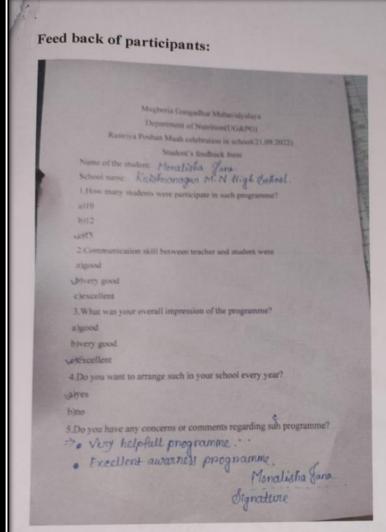




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Feed back of participants:



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April (128/9/22 Head

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya Head

Dept. of Nutrition Mugberia Gangadhar Mahavidyalaya Principal 28-092022

Mugberia Gangadhar Mahavidyalaya

Principal
Mugberia Gangadhar Mahavidyalaya

