

ESTD–April 1, 1986

Phone : (033) 2411-6711

NETAJI NAGAR COLLEGE FOR WOMEN



REACCREDITED BY NAAC WITH GRADE B⁺

170/13/1, Netaji Subhas Chandra Bose Road

Regent Estate, Kolkata-700 092

E-mail : netajinagarwomen@yahoo.com

Website : www.netajinagarcollegeforwomen.in

CELEBRATION OF NATIONAL NUTRITION MONTH- 2022

Organized by

Department of Food & Nutrition

Netaji Nagar College For Women

Programme

11.30 AM- 12.00 PM: Inauguration

Technical session-I

12.00 PM – 12.15 PM: Presentation by the students on ‘Gender sensitive water conservation & management.’

12.15 PM – 12.45 PM: Quiz competition by the students

12.45 PM – 1.00 PM: Play on ‘Gender Equality’ by the students

Technical session-II

1.00 PM – 1.45 PM: Lecture

‘Dietary modification of non- communicable diseases’

Smt. Soma Kundu, Dietician, Rama Krishna Mission Seva Pratristhan, Kolkata

1.45 PM – 2.15 PM: Poster competition by UG students

FOOD STALLS

2.15 PM onwards

National Nutrition Month or Poshan Maah is observed in every single year by the department of Food and Nutrition. In the year of 2022 this was celebrated on 21.09.2021 under the theme of ‘.Celebrate a world of flavours.

Background: National Nutrition Week was first observed by the country in the year of 1982. It was introduced by the Food and Nutrition board and Ministry of Women and Child Development, Government of India with the aim to educate, motivate and aware people about the importance of good nutrition in our whole life. It was celebrated by all the professionals and students from 1st to 7th September of a calendar year. The celebration was extended to throughout the month of September in the year of 2018 and is also termed as Poshan Maah. Now the month of September is dedicated to full of activities like seminars, workshops and field activities to prepare students, young nutritionist for their future roles and to educate people about health and nutrition with the aim of a healthy nation.

Observation of 5th Poshan Maah on 21.09.2022:

➤ Programme includes

- Presentation by the students on ‘Gender sensitive water conservation & management.’
- Quiz competition by the students
- Play on ‘Gender Equality’ by the students
- Lecture on ‘Dietary modification of non- communicable diseases’ by Smt. Soma Kundu, Dietician, Rama Krishna Mission Seva Pratishthan, Kolkata
- Poster competition by UG students
- Food stalls

Delegates present on the day

- Invited Speaker: Smt. Soma Kundu Mondal, Dietician, Ramakrishna Mission Seva Pratishthan, Kolkata
- Teachers:
 1. Dr. Chaitali Bhattacharjee
 2. Dr. Susmita Roy
 3. Dr. Moumit Roy Goswami
 4. Smt. Ishita Bhattacharjee
 5. Smt. Paramita Chatterjee
 6. Sri. Malay Mitra
 7. Dr. Bidisha Maity
- Students
 1. Sayani Das
 2. Katha Biswas
 3. Ishita Ghosh
 4. Shoemaya Khatun
 5. Shreya Gayen
 6. Sohini Halder

7. Sriparna Chowdhury
8. Sudeshna Halder
9. Ankana Bera
10. Debjani Sewli
11. Anushka Das
12. Arpita Mondal
13. Anuradha Dhar
14. Neha Samanta
15. Tista Bhattacharyya
16. Sruti Ghosh
17. Ankita Panda
18. Pinki Chakraborty
19. Kriti Maity
20. Debolina Patra
21. Srija Banerjee
22. Sipra Jana
23. Suchana Mondal
24. Ankita Mondal
25. Debashmita Roy
26. Madhumita Saha
27. Rumpi Sardar
28. Sristi Halder
29. Nabanita Chatterjee
30. Koyena Roy
31. Shreya Chakraborty
32. Srijani Dutta
33. Shraboni Mistry
34. Suchismita Jana
35. Shayanee Saha Roy
36. Triasha Bhattacharjee
37. Sruti Debnath
38. Riya Halder
39. Ankita Sardar
40. Shreya Bera
41. Simran Bera
- 42.

Outcome / success of the programme:

The programme satisfied the objective of the celebration of 'National Nutrition Month or Poshan Maah' as students were actively participated in this programme. Both nutrition and non-nutrition background students were present to observed this programme. Teachers from various departments were also present in this celebration. We came to know about how to modify a normal diet to therapeutic diet in case of non-communicable diseases by eminent professional dietitian. Power point presentation, play and posters presented by the nutrition background students enhances their knowledge and technical skills at the same time these

were educative for the others. In the food stalls students prepared home made fresh nutritious foods with the tags of nutritive values of the foods which were educative at the same time also a better way to celebrate nutritious foods. Though, outreach programmes were also needed to engage the students with more activities.

CELEBRATION OF NATIONAL NUTRITION MONTH- 2022

Organized by

Department of Food & Nutrition

Netaji Nagar College For Women

On

21.09.2022

Venue: Auditorium, Netaji Nagar College For Women

Delegates present on the day

- Invited Speaker: Smt. Soma Kundu Mondal, Dietician, Ramakrishna Mission Seva Pratishthan, Kolkata

- Teachers:
 1. Dr. Chaitali Bhattacharjee
 2. Dr. Susmita Roy
 3. Dr. Moumit Roy Goswami
 4. Smt. Ishita Bhattacharjee
 5. Smt. Paramita Chatterjee
 6. Sri. Malay Mitra
 7. Dr. Bidisha Maity

- Students
 1. Sayani Das
 2. Katha Biswas
 3. Ishita Ghosh
 4. Shoemaya Khatun
 5. Shreya Gayen
 6. Sohini Halder
 7. Sriparna Chowdhury
 8. Sudeshna Halder
 9. Ankana Bera
 10. Debjani Sewli
 11. Anushka Das
 12. Arpita Mondal
 13. Anuradha Dhar
 14. Neha Samanta
 15. Tista Bhattacharyya
 16. Sruti Ghosh
 17. Ankita Panda
 18. Pinki Chakraborty
 19. Kriti Maity

20. Debolina Patra
21. Srijana Banerjee
22. Sipra Jana
23. Suchana Mondal
24. Ankita Mondal
25. Debashmita Roy
26. Madhumita Saha
27. Rumpi Sardar
28. Sristi Halder
29. Nabanita Chatterjee
30. Koyena Roy
31. Shreya Chakraborty
32. Srijani Dutta
33. Shraboni Mistry
34. Suchismita Jana
35. Shayanee Saha Roy
36. Triasha Bhattacharjee
37. Sruti Debnath
38. Riya Halder
39. Ankita Sardar
40. Shreya Bera
41. Simran Bera