

CELEBRATION OF NATIONAL NUTROTION MONTH-2019

National Nutrition Month or Poshan Maah is observed in every single year by the department of Food and Nutrition. In the year of 2019 this was celebrated on 30.09.2019 under the theme of 'FIRST 1000 DAYS OF HUMAN LIFE'.

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 2nd Poshan Maah on 30.09.2019:

➤ **Programme includes**

- Speech on 'First 1000 days of human life':- Speaker: Dr. Debnath Chaudhuri, Ex-Professor and Head, Dept. of Biochemistry and Nutrition, AIIH& PH
- Speech on 'Healthy Potato':- Speaker: Sri Malay Mitra, Guest Lecturer, Netaji Nagar College For Women
- Poster presentation by the students
- Quiz competition
- Food stalls and Health camp

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 role of nutrition in the first 1000 days of human life by our respected guest speaker. We also came to know about the health benefits of consuming potato in our diet. Posters presented by the nutrition background students enhances their knowledge and technical skills at the same time these were educative for the others. A health camp was also organized that was very helpful to know about the blood pressure and BMI of the participants. Participants also received health related dietary suggestions form the camp. 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. Overall, this initiative was effective and value addition for the students as well as for other participants.



POSHAAN MAAH 2019 FOCUS ON



1000



2019



HYGIENE SANITATION



SAFE DRINKING



DIARRHOEA MANAGEMENT

D2CAMP

DEFEAT DIARRHOEA



DIET DIVERSITY
COMPLEMENTARY



ANEMIA PREVENTION

T2CAMP

TEST, TREAT, TALK ANEMIA

CELEBRATION OF NATIONAL NUTRITION MONTH, 2019

Organized by

Department of Food & Nutrition

Netaji Nagar College For Women

Date: 30.09.2019

Programme

11.00 AM: Inauguration

11.30 PM: Speech on 'First 1000 days of human life'

Speaker: Dr. Debnath Chaudhuri

Ex-Professor and Head, Dept. of Biochemistry and Nutrition, AIH& PH

12.15 PM: Speech on 'Healthy Potato'

Speaker: Sri Malay Mitra

Guest Lecturer, Netaji Nagar College For Women

12.30 PM: Poster presentation by the students

1.00 PM: Quiz competition

1.30 PM: Food stalls and Health camp

3.00 PM: Valedictory session



Popular lecture
On
Vermicomposting
and Installation of Vermicomposting Unit

7th of August, 2019

Organised by

NSS UNIT-I, NSS UNIT-II and Eco-CLUB

Netaji Nagar College for Women

Kolkata-700092

Waste Management is of immense importance in the current scenario in attaining environmental sustainability. Understanding the value of the above mentioned context and generating environmental consciousness among all stakeholders of the college the installation of vermicomposting unit was initiated. The objective of the installation of vermicomposting Unit was to prepare vermicompost from waste materials generated day to day in College so that waste generated in the college can be properly managed and further used as compost in college garden following waste to wealth approach. The Vermicomposting Unit was installed on 7th August, 2019 as per proposed Future plans of AQAR 2018-19. Before installation a popular lecture on Vermicomposting was organized to provide in depth knowledge to Students, Teachers and Nonteaching staff of the college regarding the importance of vermicomposting, its preparation from waste materials generated day to day in College and its use. The Popular lecture was organised by NSS UNIT-I and NSS Unit-II and Eco-club of the College. The lecture was delivered by Dr. Sudipta Tripathi, Farm Manager, Agricultural Experimental Farm, University of Calcutta. For installation of the vermicomposting unit and preparation of vermicompost, earthworms were collected from Agricultural Experimental Farm, University of Calcutta and biodegradable waste materials generated in the college were also collected. The total number of participants for the said programme was forty five.



NETAJI NAGAR COLLEGE FOR WOMEN
170/13/1 N.S.C. Bose Road, Kolkata-92

**POPULAR LECTURE ON
VERMICOMPOSTING**

ORGANISED BY
NSS UNIT- I & II
ECO-CLUB,
NETAJI NAGAR COLLEGE FOR WOMEN





