

## CELEBRATION OF NATIONAL NUTRITION MONTH-2018

**Observation of 1<sup>st</sup> Poshan Maah on 30.09.2018:** National Nutrition Month or Poshan Maah is observed in every single year by the department of Food and Nutrition. In the year of 2018 this was celebrated as the first ‘Rashtriya Poshan Maah’ or ‘First National Nutrition Month’ with the motto of ‘Transforming Nutrition in India: Poshan Abhiyaan’.

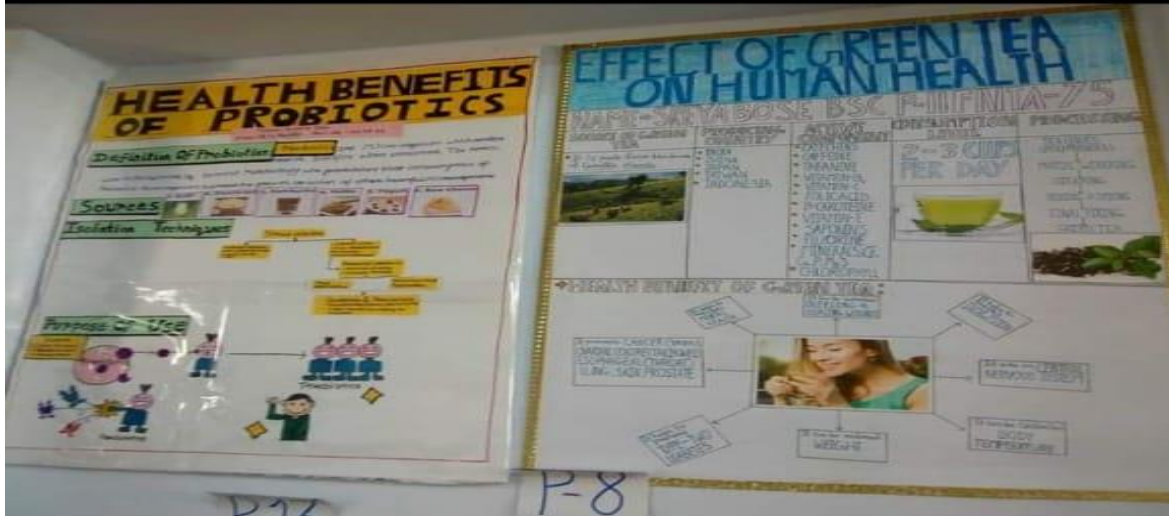
**Background:** National Nutrition Week was first observed by the country in the year of 1982. It was introduced by the Food and Nutrition Board and Ministry of Women and Child Development, Government of India with the aim to educate, motivate and increase awareness about the importance of good nutrition in our life. It was celebrated by all professionals and students from 1<sup>st</sup> to 7<sup>th</sup> 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 a wide range of activities like seminars, workshops and field activities to prepare students and young nutritionists for their future roles and to educate people about health and nutrition with the aim of a healthy nation.

### **Programme:**

- Poster Presentation by the students
- Quiz Competition
- Food Stalls and Health Camp

### **Outcome:**

The programme satisfied the objective of the celebration of ‘National Nutrition Month or Poshan Maah’ as students enthusiastically participated in this program. Both students and teachers from various departments were joined in this celebration. Posters presented by the students from the department of Nutrition enhanced their knowledge and technical skills, and were also educative for the others. A health camp was also organized where the blood pressure and BMI of the participants was measured. Participants also received health related dietary suggestions from the camp. In the food stalls students prepared home made fresh nutritious foods where the nutritive values of the foods were indicated. This was a novel way to appreciate the importance of nutritious foods. It was felt that some outreach programs would be effective to engage the students with more fruitful activities in the future. Overall, this initiative was genuine value addition for the students as well as for other participants.



3 reactions

Like

Comment



## Observation of 2<sup>nd</sup> Poshan Maah on 30.09.2019

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 1<sup>st</sup> to 7<sup>th</sup> 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.

### Programme Details:

- Talk on 'First 1000 days of human life'  
Speaker: Dr. Debnath Chaudhuri, Ex-Professor and Head, Dept. of Biochemistry and Nutrition, AIIH& PH
- Talk 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:

The programme satisfied the objective of the celebration of 'National Nutrition Month or Poshan Maah' as students actively participated in this programme. Both nutrition and non-nutrition background students were present along with teachers from various departments in this celebration. We came to know about role of nutrition in the first 1000 days of human life from our eminent guest speaker. We also learned about the health benefits of consuming potato in our diet. Posters presented by the students of the department displayed their knowledge and technical skills and these were educative for the others. A health camp was also organized to measure the blood pressure and BMI of the participants. Participants also received health related dietary suggestions from the camp. In the food stalls students prepared home made fresh nutritious foods which mentioned the nutritive values of the foods. This was educative and at the same time a novel way to celebrate nutritious foods.

Overall, this initiative was effective and added value to the students' knowledge regarding healthy nutrition. Outreach programmes are needed in future to engage the students with more activities.



## National Nutrition Month- 2020

**Observation of 3<sup>rd</sup> Poshan Maah:** National Nutrition Month or Poshan Maah is observed in every single year by the department of Food and Nutrition. In the year 2020 we were all under lockdown in our houses due to COVID pandemic, so it was very important in respect of activities and nutritional awareness. Students having nutrition as a subject in their curriculum participated in nutritional awareness during the pandemic and other related diseases by making posters and videos from their homes. They also participated in a tree plantation program in their own gardens or balconies. A webinar was organised by department of Food and Nutrition on 20.09.2020 under the theme of

***‘Maintenance of ideal body weight through diet and exercise’.***

**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 make people aware about the importance of good nutrition in our life. It is celebrated by all professionals, teachers and students from 1<sup>st</sup> to 7<sup>th</sup> September of a calendar year. The celebration was extended to throughout the month of September in the year of 2018 and is also known as Poshan Maah. Now the month of September is dedicated to various activities like seminars, workshops and field activities to prepare students and young nutritionists for their future roles and to educate people about health and nutrition with the aim of a healthy nation.

### **Programme:**

- Online Posters by the students
- Tree Plantation by the students
- Webinar on 20.09.2020

Speakers: 1. Ms. Bijoya Mukherjee,  
Consulting Dietitian, Owner, RB Diet Clinic  
2. Mr. Abhijit Kumar Roy,  
Strength, Conditioning and Lifestyle Coach, Fitness Factory

### **Outcome:**

The year 2020 was very special as we were in the throes of a pandemic, and so the celebration of ‘National Nutrition Month or Poshan Maah’ was very important. It was educative, interactive and overall an activity-based programme. We were able to spread awareness on COVID-19 and stress on the role of diet and exercise in the maintenance of ideal body weight. The month long programme was very timely and a success in the stressful days of the pandemic.



**Celebration of National Nutrition Month, 2020**  
**Organized by**  
**Department of Food and Nutrition**  
**Netaji Nagar College For Women**

*Maintenance of ideal body weight through diet and exercise*

Date: 28.09.2020  
 Time: : 5 PM to 7 PM



**Welcome Address**  
 by  
**Dr. Tapan Kumar Ghosh**  
 Principal, Netaji Nagar College For Women

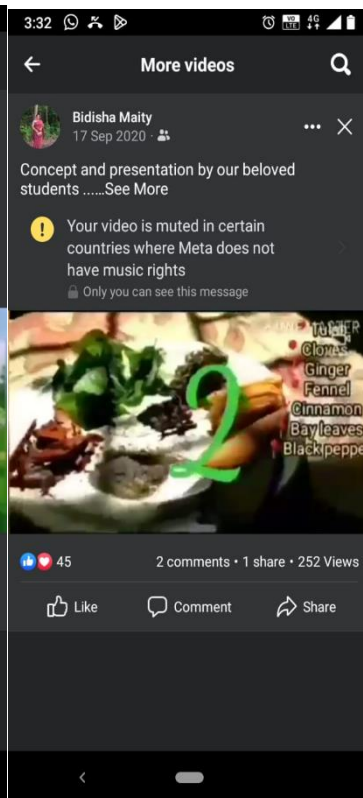
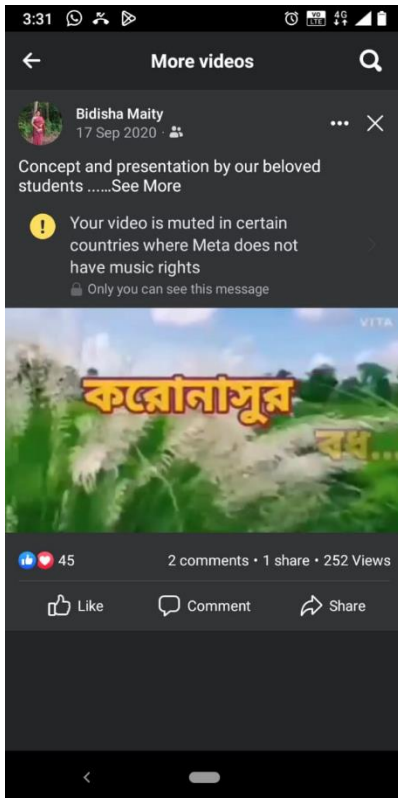


**Speakers**  
**Platform: Google meet**

**Ms. Bijoya Mukherjee**  
 Consulting Dietitian  
 Owner, RB Diet Clinic

**Mr. Abhijit Kumar Roy**  
 Strength, Conditioning and Lifestyle  
 Fitness Factory

Free Registration Link <https://forms.gle/jb7Z1y57jyn42d8c9>  
 E-Certificate will be provided only after submission of Feedback Form



## **NATIONAL NUTRITION MONTH- 2021**

**Observation of 4<sup>th</sup> Poshan Maah:** National Nutrition Month or Poshan Maah is observed every single year by the department of Food and Nutrition. In the year 2021 we observed national nutrition month from our own houses due to COVID pandemic. Therefore, although no particular date was scheduled for the programme, there were various activities by the students throughout the month based on the theme or the focused areas as directed by the govt. of India.

**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 make people aware about the importance of good nutrition in our whole life. It was celebrated by all the professionals and students from 1<sup>st</sup> to 7<sup>th</sup> September of a calendar year. In the year of 2018 Poshan abhiyaan was launched by the prime minister of India to attaining the goal of ‘Suposhit Bharat’ and the programme is now observed throughout the month of September every year and called the Poshan Maah.

### **Themes for the month:**

- Plantation Activity as “Poshan Vatika”
- Yoga and Ayush for Nutrition
- Identification of SAM children and distribution of nutritious foods.

### **Programme:**

- Online Posters and IEC material by the students
- Preparation of videos on low cost foods for SAM children
- Preparation of videos on yoga and its effect on health
- Tree Plantation by the students

### **Outcome:**

In the year 2021 during ‘Poshan Maah’ we tried to keep active and enhance knowledge of our students having nutrition as a subject in their curriculum. We also tried to focus on the thematic areas to spread general awareness on nutrition in relation to health by using online and social media platform. We included the area of yoga and health so that people can keep themselves healthy during the pandemic. Poshan vatika or tree plantation programme was enjoyable and educative as well for the students and all other participants.

বাড়ির পাশে  
রোপণ করলে গাছপালা;  
রোগব্যধি হবে  
ঝালাপালা।

তাজা সবজি যখন হাতের কাছেই,  
স্বাস্থ্য তখন হাতের মুঠোয়।

The Plantation Programme of "POSHAN VATIKA",  
Netaji Nagar College For Women, Year: 2021.

### ORS THE SUPERHERO

THAT RESCUES CHILDREN FROM DIARRHOEA

THE ONLY REASSURANCE SOLUTION FOR DIARRHOEA

VOmitting DIARRHOEA + ORS = HEALTHY

DEHYDRATED + ORS = REHYDRATED

#### ORS - BENEFITS

- Replaces water and salts lost during diarrhoea.
- Reduces dehydration and need for hospitalization.
- Decrease in severity of diarrhoea and vomiting.
- Decrease in duration of illness.

#### TYPES OF ORS

- Sodium bicarbonate based
- Potassium citrate based
- Reduced osmolality ORS.
- Other ORS.

#### HOW TO PREPARE IT-

- Dissolve the entire contents of the packet in 1L of drinking water.
- It should be used within 24 hours.

#### CAN ORS BE USED BY EVERYONE

ORS is safe and can be used to treat anyone suffering from Diarrhoea before a detailed diagnosis is done by doctor.

More - Korenna Roy B. Honours  
Roll No - 117 & 115. CHAMBERSE  
CLASS - 3<sup>RD</sup> SEMESTER  
Netaji Nagar College For Women

## কোভিড-১৯ সতর্কতা

হাত ধোও  
কোভিড-১৯ প্রতিরোধ

কোনো কক্ষে  
বিবেচনা

সামান্য  
ব্যক্তিগত  
সংস্পর্ক

সবুজ হাতে  
সবুজ হাতে

জমাগত  
সবুজ হাতে  
সবুজ হাতে

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সবুজ হাতে  
সবুজ হাতে

নিফিতা দে  
বি.এস.সি. তৃতীয় সেমিস্টার  
নেতাজী নগর কলেজ ফর উইমেন



# ORS

## THE SUPERHERO



THAT RESCUES CHILDREN FROM DIARRHOEA



THE ONLY REASSURANCE SOLUTION FOR DIARRHOEA

VOMITING  
DIARRHOEA



+ ORS =



HEALTHY

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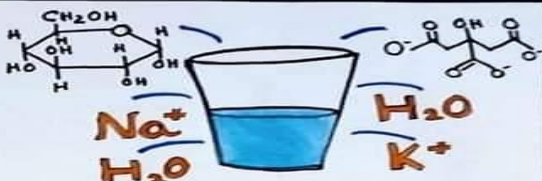
NAME - Kavya Roy & Nishanta Chatterjee  
Roll No - 117 & 175  
CLASS - 3rd SEMESTER  
NETaji NAGAR College For Women

# ORS

## THE SUPERHERO

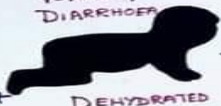


THAT RESCUES CHILDREN FROM DIARRHOEA



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NAME - Kavya Roy & Nishanta Chatterjee  
Roll No - 117 & 175  
CLASS - 3rd SEMESTER  
NETaji NAGAR College For Women

## NATIONAL NUTRITION MONTH-2022

**Observation of 5<sup>th</sup> Poshan Maah on 21.09.2022:** National Nutrition Month or Poshan Maah is observed every single year by the department of Food and Nutrition. This year it was celebrated on 21.09.2022 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 generate awareness about the importance of good nutrition in life. It was celebrated by all the professionals and students from 1<sup>st</sup> to 7<sup>th</sup> September of a calendar year. The celebration was extended to throughout the month of September in the year of 2018 and is also known as Poshan Maah. Now the entire month of September is dedicated to various activities like seminars, workshops and field events to prepare students or the young nutritionists for their future roles and to educate people about health and nutrition with the aim of a healthy nation.

### Programme:

- 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’  
Speaker: Smt. Soma Kundu Mondal,  
Dietician, Rama Krishna Mission Seva Pratrasthan, Kolkata
- Poster Competition by UG students
- Food Stalls

### Participants:

- Invited Speaker: Smt. Soma Kundu Mondal
- Teachers:
  1. Dr. Chaitali Bhattacharjee
  2. Dr. Susmita Roy
  3. Dr. Moumit Roy Goswami
  4. Dr. Bidisha Maity
  5. Smt. Ishita Bhattacharjee
  6. Smt. Paramita Chatterjee
  7. Sri. Malay Mitra
- Students
  1. Sayani Das
  2. Ishita Ghosh
  5. Shreya Gayen
  7. Sriparna Chowdhury
  9. Ankana Bera
  11. Anushka Das
  13. Anuradha Dhar
  2. Katha Biswas
  4. Shoemaya Khatun
  6. Sohini Halder
  8. Sudeshna Halder
  10. Debjani Sewli
  12. Arpita Mondal
  14. Neha Samanta

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

**Outcome:**

The programme satisfied the objective of the celebration of ‘National Nutrition Month or Poshan Maah’ as students participated with enthusiasm. Both nutrition and non-nutrition background students were present to observe this programme. Teachers from various departments were also present in this celebration. We learned how to modify a normal diet to a therapeutic diet in case of non-communicable diseases from the lecture delivered by the eminent professional dietitian. Power point presentations, play and posters presented by the students from the department of nutrition increased their knowledge and technical skills, and these were also educative for the other students participating in the day’s events. In the food stalls students prepared home made fresh nutritious foods indicating their nutritive values and other health benefits on consumption. It was felt that outreach programs were also needed to engage the students with more activities to add value to the celebrations.



## CELEBRATION OF NATIONAL NUTRITION MONTH-2023

**Observation of 6<sup>th</sup> Poshan Maah on 30.09.2023:** National Nutrition Month or Poshan Maah is observed in every single year by the department of Food and Nutrition. In the year of 2023 this was celebrated on 30.09.2023 under the theme of 'Suposhit Bharat, Sakshar Bharat, Sashakt Bharat'. Programs held in collaboration with the NGO 'Sahayata' were dedicated to nutrition education programme both at the community level as well as a clinical level.

**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 make people aware about the importance of good nutrition in our whole life. It was celebrated by all the professionals and students from 1<sup>st</sup> to 7<sup>th</sup> September of a calendar year. The celebration was extended to throughout the month of September in the year of 2018 and is also known as Poshan Maah. Now the month of September is dedicated to various activities like seminars, workshops and field activities to prepare students for their future roles as nutritionists and to educate people about health and nutrition in general.

### **Programme:**

- Quiz Competition by the Students
- Poster Competition by the Students
- Health Camp
- Programme by the NGO- Sahayata
- Food Stalls

### **Outcome:**

The programs were very well received by all. Students from the department of nutrition participated in the various activities and students from the other departments were present to observe them. Teachers from various departments were also present in this celebration. We came to know about the various activities of the NGO Sahayata, among which was a live demonstration of various less familiar but highly nutritious dishes. Quiz and Posters were creative and enriched our knowledge about health and education. In the food stalls students prepared home made fresh nutritious foods and informed us about their nutritive values. The programs were educative and enjoyable for everyone in the college.





**6<sup>th</sup> Rashtriya**  
**POSHAN MAAH**  
01<sup>st</sup> to 30<sup>th</sup> September  
2023

***“Suposhit Bharat, Sakshar Bharat, Sashakt Bharat”***

Organized by Department of  
Food & Nutrition  
***Netaji Nagar College for Women***

In collaboration with ***“SAHAYATA FOUNDATION”***



**DATE: 30.09.2023**  
**VENUE: COLLEGE AUDITORIUM**  
**TIME: 11.00 AM – 4.00 PM**

**ALL ARE CORDIALLY INVITED**

**One day visit to Shree Sarolata Devi Sishu Balika Sikshalaya  
for the assessment of Nutritional Status of the Children**

**By**

**Department of Food & Nutrition**

**Date**

**14.12.2023**



## Aims & Objectives

- To give hand on experience to the students
- To assess the Nutritional Status of the Children by Anthropometric measurement and Clinical assessment
- To find out the prevalence of malnutrition

## Place

Shree Sarolata Devi Sishu Balika Sikshalaya, Kolkata

## Subjects

Children under 10 years

## Activities

The survey was done by predesigned schedules. Demographic characteristics were taken. We used separate schedules for anthropometric assessment and clinical assessment. The height, weight, Mid Upper Arm Circumference (MUAC) was measured by standard procedure and proper equipments. BMI was calculated. Finally at risk children and the children suffering from malnutrition were identified.





## **Results**

30% of the children were suffering from various forms of malnutrition. 16% of the children were stunted. One fourth of the total children were underweight. More than one third of children were either have skin problem or dental caries indicating they were lack in maintenance of hygiene.

## **Outcome**

Students have successfully conducted the programme. They took hands on experience on assessment of nutritional status of the children. The malnourished children were identified. We informed the teachers about those children and also provided some guidelines to combat with this.

## **List of students participated**

- 1) Shayanee Saha Roy
- 2) Aryaa Chaudhury Sinha
- 3) Shraboni Mistry
- 4) Suchismita Jana
- 5) Simran Bera
- 6) Shreya Bera
- 7) Ankita Sardar
- 8) Riya Halder