



MAYNAGURI COLLEGE

(Accredited by NAAC - "B+")

P.O. Maynaguri, Dist.- Jalpaiguri, W.B., Pin - 735224. Ph.: 03561 234298
E-mail : maynaguricollege@rediffmail.com, collegemaynaguri@gmail.com

Ref. No.

Date

Observance of Poshan Abhiyan.

Date: 30th August 2018

Venue: Maynaguri College

Organizer: National Service Scheme (NSS) Unit, Maynaguri College

Objective:

The objective of the observance of Poshan Abhiyaan was to raise awareness about the importance of nutrition and to promote healthy eating habits, especially among women and children.

Number of Participants: 485


Participants List

Activities:

- 1) **Awareness Programs:** NSS volunteers organized awareness programs to educate students and the community about the significance of nutrition for overall health and well-being. They highlighted the importance of a balanced diet and the consequences of malnutrition.



- 2) **Nutritional Counseling:** Health experts and nutritionists conducted counseling sessions to provide guidance on healthy eating habits, especially for pregnant women, lactating mothers, and young children.


Teacher-In-Charge
Maynaguri College
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- 3) **Distribution of Nutritious Food:** Nutrient-rich foods and supplements were distributed among pregnant women, lactating mothers, and children to address nutritional deficiencies.



Impact:

- Increased awareness about the importance of nutrition and healthy eating habits among students and the community.
- Empowered individuals, especially women and children, to make informed food choices for better health.
- Encouraged the adoption of nutritious diets and practices to combat malnutrition and related health issues.


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Conclusion:

The observance of Poshan Abhiyaan by the NSS Unit of Maynaguri College was successful in raising awareness about the importance of nutrition and promoting healthy eating habits. It is expected that the initiative will contribute to improved health outcomes, particularly among women and children, in the community.

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