



# MAYNAGURI COLLEGE

(Accredited by NAAC - "B+")

P.O. Maynaguri, Dist.- Jalpaiguri, W.B., Pin - 735224. Ph.: 03561 234298  
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Ref. No. ....

Date .....

## Awareness programme on Overall Nutrition (Poshan Maah)

**Date:** 4th September 2018

**Venue:** Maynaguri College

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

**Number of participants:** 567

### Participants List

#### **Introduction:**


"Poshan Maah," also known as the National Nutrition Month, is an annual initiative in India aimed at promoting optimal nutrition and healthy eating habits. It is observed in September to raise awareness about the importance of proper nutrition, especially for mothers and children. The campaign focuses on addressing issues such as malnutrition, stunting, undernutrition, and anemia, among others, through various activities and programs. Poshan Maah involves government agencies, NGOs, civil society organizations, and individuals working together to improve nutritional outcomes and ensure a healthier future for all.

#### **Objective:**

The objective of the awareness program was to promote overall nutrition and healthy eating habits among students and the community, in alignment with the Poshan Maah initiative.

#### **Activities:**

1. **Educational Talks:** Health experts and nutritionists delivered talks on the importance of overall nutrition for maintaining good health. They discussed the benefits of a balanced diet and the consequences of malnutrition.

  
Teacher-In-Charge  
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2. **Interactive Sessions:** Interactive sessions were conducted to engage participants and clarify doubts about nutrition and healthy eating habits.



3. **Nutrition Quiz:** A nutrition quiz was organized to test the knowledge of participants about nutrition and to educate them about the correct answers.



  
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## Impact:

- Increased awareness about the importance of overall nutrition and healthy eating habits among students and the community.
- Empowered individuals to make informed food choices for better health and well-being.
- Encouraged the adoption of healthy eating practices to prevent malnutrition and related health issues.

## Conclusion:

The awareness program on overall nutrition (Poshan Maah) organized by the NSS at Maynaguri College was successful in educating students and the community about the importance of nutrition and healthy eating habits. It is expected that the knowledge gained from the program will lead to healthier lifestyles and improved health outcomes.

  
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