

REGENT EDUCATION & RESEARCH FOUNDATION GROUP OF INSTITUTIONS



NSS Cell
**Maulana Abul Kalam Azad University of
Technology, West Bengal**



NOTICE

DATE 09/09/2022

ON BEHALF OF NSS CELL WE WOULD LIKE TO INFORM YOU ABOUT THE NSS ACTIVITY
RASHTRIYA POSHAN MAAH.

CELEBRATION OF RASHTRIYA POSHAN MAAH 2022 IN SEPTEMBER WILL BE DONE BY
ORGANIZING AN ONLINE QUIZ FROM 14/9/2022 TO 20/9/2022 AND THE RELATIVE LINK
WILL BE PROVIDED THROUGH EMAIL.

https://docs.google.com/forms/d/e/1FAIpQLSfSCTktQ-mZzLSShm-rMxzX-RB-IfOeZwMKp-McLjrV2zufug/viewform?usp=pp_url

SIGNATURE OF PROGRAM OFFICER

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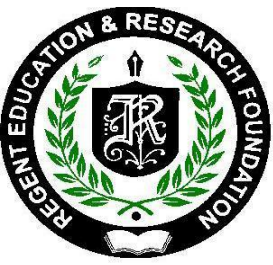
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Title of the Practice: Rashtriya Poshan Maah

Rashtriya Poshan Maah serves as a platform to emphasize the importance of nutrition and good health. It aims to convert the Jan Andolan (People's Movement) into Jan Bhagidari (People's Participation) to fulfill the Prime Minister's vision of a Suposhit Bharat (Healthy India). This report provides an overview of the Rashtriya Poshan Maah event organized by the NSS Cell of RERFGOI from 14th to 20th September 2022. _

Objectives of the practice:

The objectives of Rashtriya Poshan Maah are as follows:

- Create awareness about the significance of nutrition and good health among individuals and communities.
- Promote Jan Bhagidari (People's Participation) to address the issue of malnutrition and achieve the vision of a Suposhit Bharat (Healthy India).
- Encourage behavior change towards adopting healthy dietary practices and ensuring proper nutrition for all.
- Enhance collaboration among stakeholders, including government bodies, NGOs, educational institutions, and individuals, to address the nutrition challenge effectively.

The Context:

The focus on nutrition and good health is crucial for the overall development of individuals and the nation. Rashtriya Poshan Maah serves as a dedicated month-long observance to bring attention to this important discourse. By engaging individuals and promoting Jan Bhagidari, the initiative aims to create a positive impact on the nutritional well-being of the population.

The Practice:

The Rashtriya Poshan Maah event organized by the NSS Cell of RERFGOI spanned from 14th to 20th September 2022. The program included the following activities:

- Inauguration: The event commenced with an inauguration ceremony by Dr. Rajorshi Bandopadhyay (Principal, RERF) and Mr. Subhankar Ghosh (Registrar, RERF) to highlight the significance of nutrition and good health.
- Awareness Campaigns: Various awareness campaigns were conducted to disseminate information about the importance of nutrition, balanced diets, and healthy lifestyle practices.
- Workshops and Training Sessions: Workshops and training sessions were organized to educate participants about proper nutrition, food groups, meal planning, and sustainable agricultural practices.

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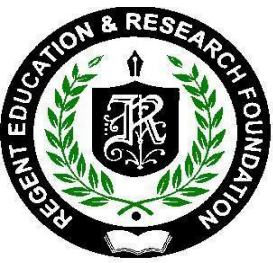
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- Exhibitions and Demonstrations: Exhibitions and demonstrations showcased healthy food alternatives, innovative recipes, and ways to ensure adequate nutrition for different age groups.
- Interactive Sessions: Interactive sessions allowed participants to engage in discussions, share experiences, and learn from experts in the field of nutrition and public health.
- Community Engagement: Outreach programs were conducted to involve the local community and promote the importance of nutrition and good health at the grassroots level.

Evidence of Success:

The Rashtriya Poshan Maah event witnessed the enthusiastic participation of around 16 students who actively engaged in awareness campaigns, workshops, and training sessions. The event's success can be measured by the increased awareness and knowledge about nutrition among the participants and the positive impact it had on their dietary practices and lifestyle choices. _

Problems encountered:

During the organization of Rashtriya Poshan Maah, a few challenges were encountered, including:

- Mobilizing Resources: Arranging necessary resources such as venues, equipment, promotional materials, and expert speakers for the various activities.
- Participant Engagement: Ensuring active participation and sustained engagement of participants throughout the duration of the event.
- Coordinating Stakeholders: Collaborating with government bodies, NGOs, and other stakeholders to ensure a comprehensive and cohesive approach towards addressing the nutrition challenge.

Resources Required:

The successful organization of Rashtriya Poshan Maah required the following resources:

- Venues and facilities for conducting workshops, training sessions, and interactive sessions.
- Audiovisual equipment for presentations and demonstrations.
- Promotional materials such as banners, posters, brochures, and pamphlets to raise awareness.
- Expert speakers and trainers in the field of nutrition and public health.
- Collaboration and support from government bodies, NGOs, and educational institutions.

Conclusion:

The Rashtriya Poshan Maah event organized by the NSS Cell of RERFGOI effectively highlighted the

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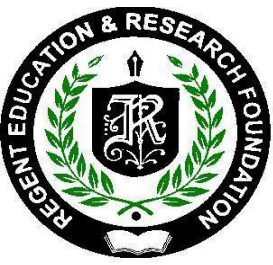
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importance of nutrition and good health. By fostering Jan Bhagidari and promoting awareness and behavior change, the event contributed towards the vision of a Suposhit Bharat. The active participation of students and the engagement of various stakeholders signify the collective effort required to address the nutrition challenge and build a healthier and stronger nation.



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