



## **D.B.M.S. College of Education**

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

# **REPORT**

**TITLE OF THE PROGRAMME** : POSHAN PAKHWADA

**ORGANIZING CELL/COMMITTEE** : NSS UNIT I

**DATE** : 24-04-2025

**VENUE** : COLLEGE PREMISES

### **INTRODUCTION**

NSS Unit I of D.B.M.S. College of Education celebrated Poshan Pakhwada to promote nutrition awareness and healthy eating habits among students and faculty members.

### **OBJECTIVE**

The objective was to raise awareness about the importance of nutrition and promote healthy eating habits.

### **PROCEDURE**

- PPT presentation on nutrition and healthy eating.
- Student participation in activities and discussions.
- Inspiring speeches from the Principal and Vice Principal.

### **IMPACT**

- Increased awareness about nutrition and healthy eating habits.
- Promotion of healthy habits among participants.
- Empowerment of students and faculty with knowledge on nutritious food options.



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### **CONCLUSION**

The Poshan Pakhwada celebration was successful in promoting nutrition awareness and healthy eating habits. It encouraged informed food choices and empowered participants to prioritize nutrition in daily life.



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## PHOTOGRAPHS OF THE EVENT



**PIC 01: SPECIAL ASSEMBLY**



**PIC 02: RECITING POEM ON 'HEALTHY PLATE'**



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## MEDIA COVERAGE

### डीबीएमएस कॉलेज ऑफ एजुकेशन में पोषण पर्खवाड़ा

जमशेदपुर: डीबीएमएस कॉलेज ऑफ एजुकेशन में पोषण पर्खवाड़ा मनाया गया। कार्यक्रम में प्रोग्राम आ०फिसर पूनम कुमारी ने पोषण के महत्व से अवगत कराया। रीमा, अर्पिता, रूपा, सिद्धि, रोहित, नील, सुनीता, शिवानी ने भोजन के पोषक तत्वों, विटामिन, मिनरल्स और कार्बोहाइड्रेट के स्रोतों की जानकारी दी। प्राचार्या डॉ. जूही समर्पिता ने अपने वक्तव्यों से छात्रों को प्रतिदिन हेल्दी फूड खाने की प्रेरणा दी। उप प्राचार्या डॉ. मोनिका उप्पल ने छात्रों द्वारा लाये पौष्टिक भोजन की सराहना की। कार्यक्रम में कॉलेज प्रबंधन की सचिव श्रीप्रिया धर्मराजन, सह सचिव सुधा दिलीप, गवर्निंग बॉडी सचिव सतीश सिंह, प्राचार्या डॉ. जूही समर्पिता, उप-प्राचार्या डॉ. मोनिका उप्पल उपस्थित थे।

**PIC 04: LOCAL NEWSPAPER COVERAGE ON UDITVANI (25-04-2025)**