

## REPORT ON POSHAN PAKHWADA (8th -22nd April 2025)

**Date :** 17<sup>th</sup> April 2025

**Venue :** Raidighi Nibodhata School, Companir Theek

**Age group of students :** 7 to 10 years

**Total students :** 58

**School teachers :** 04

**Volunteers in Action –**16

**Programme Officer** Dr. Arvinda Shaw, NSS Unit-1, PO.

### Introduction:

**Poshan Pakhwada 2025** is a step towards building a strong and healthy Bharat with the main focus on women and children. All the ministries and departments of the Government of India along with anganwadi centres across the country organise various activities to sensitize the community to prioritize antenatal care, proper nutrition and regular health checkups, pledge for a healthier future by eating right, doing physical activities, staying hydrated, registration on poshan tracker app.

On 17<sup>th</sup> April, 2025, Raidighi College NSS Unit-1 organised an engaging and informative outreach program to spread awareness on healthy eating, a nutritious diet and personal hygiene for the school children of Raidighi Nibodhata School under the guidance of Programme Officer Dr. Arvinda Shaw (PO-1). The initiative aimed at promoting awareness among school children about essential health and nutrition topics, with a special emphasis on childhood malnutrition and obesity prevention.

### Event Overview:

The volunteers meticulously prepared visual aids in the form of charts that covered a variety of important subjects related to health and wellness. Key topics included **Healthy Diets, Nutrition for Good Health, and Personal Hygiene Practices for Better Living**. These themes were selected to educate children about the foundational habits that contribute to a healthy lifestyle and to empower them with knowledge that could positively influence their daily routines.

### Focus on Childhood Malnutrition and Obesity:

A special highlight of the event was its focus on the pressing issues of **childhood malnutrition and obesity**, both of which are significant public health concerns globally. The volunteers demonstrated how balanced nutrition and proper lifestyle choices can prevent these conditions. They explained the causes, effects, and practical prevention strategies using interactive charts and relatable examples tailored for the young audience. This approach not only enhanced understanding but also encouraged children to adopt healthier habits early on. According to the National Family Health Survey (2019-21) (NFHS-5) the percentage of children under 5 years who are overweight has increased from 2.1% in 2015-16 (NFHS-4) to 3.4% in 2019-21 at national level. To address this consumption of foods high in fat, salt and sugar (HFSS) and promotion of healthy snacks in schools of India, the Ministry of Women and Child Development constituted a working group in 2015. The recommendations of the group were as follows:

- Ban on sale of all HFSS foods in school canteens and restriction on sale of such items by vendors around 200 m of school premises during school hours.
- School canteens should always offer green category foods like fruits and vegetables.
- Use of hydrogenated fat should be totally banned in school canteens
- Physical activity should be mandatory in schools.

### **Interactive Learning through Quiz:**

To reinforce the learning, the event concluded with a **quiz competition** designed to assess how well the students had absorbed the information presented. The quiz was thoughtfully crafted to be both fun and educational, encouraging active participation and engagement. The results were highly encouraging, with most students demonstrating a solid grasp of the topics covered. This positive outcome reflected the effectiveness of the volunteers' teaching methods and the receptiveness of the children.

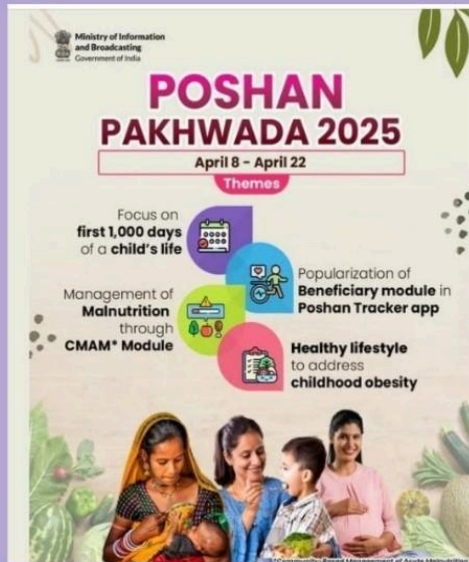
### **Feedback and Impact:**


Feedback collected from both students and teachers was overwhelmingly positive. Participants appreciated the clarity and simplicity of the information, the interactive format, and the enthusiasm of the volunteers. Many expressed that the event not only enhanced their knowledge but also inspired them to make healthier choices in their lives. Teachers noted a noticeable increase in students' awareness about nutrition and personal hygiene following the session.


The success of this event underscores the importance of volunteer-driven educational initiatives in schools. By directly engaging with children and addressing critical health topics, the volunteers contributed significantly to building a foundation for lifelong wellness.

### **Conclusion:**


The Poshan Pakhwada outreach campaign proved to be a valuable and impactful program under the stewardship of Dr. Arvinda Shaw. Through well-prepared materials, focused content on nutrition and hygiene, and interactive activities, the volunteers effectively educated school children on key health issues. The focus on preventing childhood malnutrition and obesity was particularly timely and meaningful. The impressive quiz results and excellent feedback highlight the event's success in fostering health awareness among young learners. This initiative exemplifies the powerful role of volunteerism in promoting public health education and empowering the next generation.







**RAIDIGHI COLLEGE-NSS**  
organises  
**POSHAN PAKHWADA-2025**  
at  
**RAIDIGHI NIBODHATA SCHOOL,**  
Raidighi, South 24 Parganas  
on  
**17th April 2025**  
Highlights of Program  
**Lecture, Demonstration & Quiz**  
on  
*"Diet, Nutrition and Hygiene practices for School Children for Healthier Living"*  
(special focus on childhood malnutrition & obesity)



**Age Group: 7 to 10 years**

**Time: 11am to 12 noon**

**Speaker: Dr Arvinda Shaw, HoD, Department of Food and Nutrition, Raidighi College, South 24 Parganas**









# POSHAN PAKHWADA - 2025 - 02.

10

RAIDIGHI - NIBODHATA SCHOOL

17/04/2025

South 24 Parganas.

Time: 11:30 Am -

Topic: Diet, Nutrition & Hygiene practices for School children for Healthier living. (Special focus on childhood malnutrition & obesity).

Age Group: 7-10 years

Activities → Lecture by Dr. Ananda Shaw - PO-1

Chart Demonstration by NSS Volunteers.

Quiz for Students of School. & Teachers

Sl.no.	Name of Student	Age	Sex	Class	Contact number
1.	Debatosh Nayak	10	M	IV	7707329262
2.	Deepayan Teli	9+	M	IV	7001571468
3.	Jeet Das	10	M	IV	7029327536
4.	Prityanshu Halder	10	M	IV	7679402676
5.	Soubik Khamaru	9+	M	IV	
6.	Misty Bhosh	10	F	IV	8605116439
7.	Diya Nayak	9+	F	IV	
8.	Angali Khamaru	11	F	IV	8145203952
9.	Ananya Halder	9+	F	IV	81166093873
10.	Shruti Halder	10	F	III	
11.	Manju Halder	9	F	III	
12.	Shenka Halder	9	F	III	7047954465
13.	Ishita Chowdhuri	9	F	III	
14.	Bhuchonita Shandan	9	F	III	
15.	Rupsha Sandan	9	F	III	
16.	Bannali Sandan	11	F	IV	
17.	Pallomi Mondal	9+	F	IV	6297906078
18.	Annesha Halder	9+	F	III	8348117762
19.	Meghina Bhosh	8	F	III	8250453988
20.	Sagata Mondal	10	F	III	
21.	Rannima Halder	9	F	III	
22.	Dipa pramanik	9	F	III	8016371837
23.	Brishti Mondal	9	F	III	8348119421
24.	Shruti Mondal	8	F	II	
25.	Bonsha Halder	8	F	III	9889932530
26.	Rimi Halder	8	F	II	

		Age	Sex	class	Contact number
27	Dip Inhash	9	M	IV	9091100930
28	Raj Halden	10	M	IV	869539
29	Subho Halden	10	M	IV	
30	Ananya Mistry	10	M	IV	
31	Ayan Mondal	9+	M	IV	
32	Ayan Bidyoto Baido	8	M	II	7047658881
33	Anurag Panna	9+	M	III	
34	Dipayan Halden	9	M	III	7872520200
35	Sayan Nayya	8	M	III	9734862189
36	Pranay Nayya	8	M	III	9002775744
37	Souvik Samkar	9	M	III	9593942900
38	Anirho Halden	8	M	III	7384776614
39	Rahul Halden	9	M	IV	7872005086
40	Ranbin Samodan	9	M	III	6297498822
41	Anando Nayya	10	M	III	9647275951
42	Amit Halden	9	M	III	96481056475
43	Nimohendu Mondal	8	M	II	973211104
44	Soumen paik	8	M	II	6297706786
45	Shrehan Shingho	7	M	II	973211193
46	Aditya Halden	8	M	II	7074813777
47	Sayan Mondal	8	M	II	9932578872
48	Dip Nayya	8	M	II	7797436010
49	Suboto Mistry	8	M	II	95640220558
50	Usha Halden	8	F	II	9002224324
51	Anshi Halden	8	F	II	6294655820
52	Asha Samodan	8+	F	II	8250486202
53	Soumili Halden	8	F	II	
54	Sayantika Chowdhuri	9	F	II	7974818495
55	Annesha Inhash	8	F	II	9647441962
56	Sangita Mondal	8	F	II	8910678078
57	Piu Halden	9	F	II	9983342920
58	Niva Mondal	8	F	II	
59					
60					

R. NIBODHATA SCHOOL.

1. Biswajit Halder
2. Asmita Ghosh
3. Suparna
4. Thamma Manna (Mondal)
5. Rina Halder

Atminda Shaw  
PO-1  
17/4/2025.

	Name of Volunteer	Age	Sex	Cast	Sem	Contact number
1.	Mamoni Shaw	19+	F	U	III	8046104641
2.	Madhumita Kargal	20	F	U	III	7601872754
3.	Shompa Pramanik	20	F	SC	III	8617505853
4.	Sudena Halder	18	F	G	Sem-2	9609104978
5.	Anushri Ranu Paria	18	F	G	Sem-2	9093091757
6.	Susmita Ghoshai	18	F	G	Sem-2	8768093066
7.	Rina Halder					
8.	Bishakha mistra	19	F	SC	III	8617401123
9.	Sobarna Dey	19	F	BC	II sem	8332477198
10.	Sangita Mondal	18+	F	G	II sem	8653212687
11.	Susarna Dey	19	F	OBC	II sem	7812064639
12.	Debashni Roy	19+	F	G	Sem-2	9332201685
13.	Ranita Basu	19	F	OBC	Sem-2	9908007901
14.	Ananya Mondal	19+	F	G	Sem-2	9685824146
15.	Suchismita Gogoi	19+	F	SC	Sem-2	8509891909
16.	Rannima Choudh	19+	F	SC	Sem-2	7063413501

Male = 0 Female 15 G = 08 SC = 04 OBC = 03

Attendance sheet of the participants and volunteers.