

Report on Rashtriya Poshan Maah -2022 undertaken by the NCC and NSS **Unit of Williamnagar Government College.**

Date: 29th September 2022

Number of NCC Volunteers involved: 20

Number of NSS Volunteers involved: 10

Place: Anganwadi Centre, Megapgre, Samanda, East Garo Hills.



Objectives:

- To create awareness about the importance of good nutrition for growing children, Pregnant Mother's and Lactating Women.
- To disseminate knowledge about the relevance of nutrients required to meet the demands of physical and cognitive growth and development of children.
- Interaction with the Anganwadi workers.

The Context: Poshan Abhiyan is a Government of India's flagship programme to improve nutritional outcomes for children, adolescent girls, pregnant women and lactating mothers. Poshan Abhiyan is an integrated nutrition support programme that aims to strengthen nutritional content, delivery, outreach and outcomes with focus on developing practices that nurture health, wellness and immunity to diseases and malnutrition.

The Practice: Keeping in view with the theme of this year's Poshan Maah 2022 : **"Mahila aur Swasthya"** and **"Bacha aur Shiksha"**, the **NCC (National Cadet Corps)** and **NSS(National Service Scheme)** Unit of Williamnagar Government College under the guidance and support of the Principal Shri. Rajiv K Marak, organized an outreach Programme on 'Poshan Maah' to Megapgre, Samanda, East Garo hills on the 29th September 2022. The main aim of the programme was to disseminate knowledge about nutrients and implementation of healthy dietary habits as well as adopting healthy lifestyles among school going children, Pregnant mothers, lactating women.

The programme was attended by the village Sordar of Megapgre, Samanda block along with the Anganwadi workers of Kalsnangre, Grinang, Rikwareng and Megapgre, school children, lactating women and pregnant mothers. The Care taking Officer of NCC- Smti. Balkari B Sangma and Programme Officer of NSS- Dr. Pyallie D Sangma addressed on the importance of healthy diet and lifestyle. The students of NCC and NSS members were also actively engaged in disseminating the knowledge on the benefits of eating organic vegetables and fruits displaying their colourful

charts. The programme ended with the Vote of thanks by Dr. P.D.Sangma, NSS Programme Officer.



Programme Officer (NSS)

Dr. Pyallie D Sangma

Care taking Officer(NCC)

Smti. Balkari B Sangma

Principal

Williamnagar Government College.

Principal
Williamnagar Govt. College
East Garo Hills, Meghalaya.

Photographs:




Principal
Williamnagar Govt. College
East Garo Hills, Meghalaya.



[Signature]
Principal
Williamnagar Govt. College
East Garo Hills, Meghalaya.