

JATINDRA RAJENDRA MAHAVIDYALAYA

ESTD. – 1986



AMTALA, NOWDA, MURSHIDABAD

Report on NSS-conducted Extension Programme

Title of the Extn. Programme: Damaging Impact of junk food on Children's Health

Date of the Programme: March 10th 2023

Venue of the Programme: Amtala Basic School, Amtala, Nowda



Introduction

The NSS unit of Jatindra Rajendra Mahavidyalaya conducted a health awareness programme on March 10th 2023 at Amtala Basic School to warn the students about the health risks of consuming the junk foods in the wake of alarming growth of obesity and vascular and pulmonary diseases in India.

Objectives

The primary objectives of the awareness programme were:

1. To warn the students about the harms of the junk food consumption
2. To aware the students about their health
3. To debunk the business model of the junk food-making companies who carelessly play with the health of the children

Activities Conducted

The programme included the following activities:

1. Conducted a workshop at the primary school
2. Chanted slogans to motivate the children not to eat junk food
3. Models and pictures of the affected people are shown
4. Cultural programme conducted

Participation

The college NSS unit incorporated 17 active members in its campaign. The team was led by 5 faculty members. Around 230 students from the school joined the health awareness workshop and cultural programme.

Programme Outcomes

The programme was highly successful as the objectives were fulfilled. The students of the school, are well-aware about the health risks of junk foods. During the camp, they have further learned about the damages the fast-food causes at their bodies. The NSS team highlighted how junk food stunt the cognitive development of the little children. The children swore not to consume packaged food. They were also told to eat mid-day meal at school.



**Programme Officer
N.S.S. Unit-I
J.R. Mahavidyalaya
Amtala, Murshidabad**

Signature of the NSS Coordinator



**Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Dist. Murshidabad**

Signature of the Principal/ T.I.C.

JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala, Murshidabad - 742121

ATTENDANCE SHEET

Programme Name: Damaging Impacts of Junk Food on Children's Health
Date : 10.03.2023
Venue : Amtala Primary School.
Organized by : NSS UNIT-1

Sl. No	STUDENT ID	SIGNATURE OF STUDENTS
1	B.A/22/0485	Suman Sardar
2	B.A/21/0921	Samir Saini
3	B.A/22/0969	Saheli Kundu
4	B.A/22/1633	Matarun Ansari
5	B.A/22/0070	Mallika Khatun
6	B.A/22/0387	Ajita Ansari
7	B.A/22/0294	Jinia Khatun
8	B.A/22/0373	Salema Khatun
9	B.A/22/0462	Koyal Mondal
10	B.A/22/0159	Saheli Sarder
11	B.A/22/0744	Taslima Masnin
12	B.A/22/0738	Samon Mondal
13	B.A/22/0736	Asmannara Khatun
14	B.A/22/0746	Nursama Mondal
15	B.A/22/11255	Manushi Das.
16	B.A/22/0310	Saraj Ghosh
17	B.A/22/1172	Md. Nitesh Sijim SK
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32		

1: Attendance Register

M. Men

Programme Officer
N.S.S. Unit-I
J.R. Mahavidyalaya
Amtala, Murshidabad

৪৮ নং আমতলা নিম্ন বুনিয়াদী বিদ্যালয়

নওদা চক্র

অনুমোদন মেমো নং-১৭৭ (৫৪)

অনুমোদন তারিখ-১২/০৯/১৯৫৪

পোঃ-আমতলা ✧ জেলা-মুর্শিদাবাদ ✧ পিন নং-৭৪২১২১

স্বাক্ষর.....

দিনাঙ্ক.....

Certificate of Appreciation

To Whom It May Concern

This is to certify that the NSS Unit of Jatindra Rajendra Mahavidyalaya has successfully organized an awareness event on the "Damaging Impact of Junk Food on Children's Health" on 10.03.2023.

The event provided valuable insights into the negative effects of junk food on children's health and encouraged healthier eating habits among the students. The initiative taken by the NSS Unit has greatly benefited our students, and we are grateful for their efforts in promoting health and wellness in our community.

I extend my heartfelt appreciation to the entire NSS Unit for their dedication and commitment to this cause and convey my best wishes for their future endeavors.

[Signature] 15/3/23
Head Teacher
48 No Amtala Junior Basic School
Nowda Circle
P.O.-Amtala, Murshidabad

JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala * Nowda * Murshidabad

Extension Programmes conducted by the NSS Unit of JRM

LIST OF BENEFICIARIES

Program Name - Damaging impact of Junk Food on Children's Health

Date - 10.03.2023

Venue - Amtala Primary (Basic) School, Amtala, Nowda, Murshidabad

Sl. No.	BENEFICIARY NAMES	OCCUPATION	SIGNATURE
	Anisa Khatun	Student	Anisa Khatun
	Sayantika Biswas	"	Sayantika Biswas
	Sumaiya Khatun	"	Sumaiya Khatun
	Samaiya Ismat	"	Samaiya Ismat
	Payel Khatun	"	Payel Khatun
	প্রিয়ঙ্কা সরকার	"	প্রিয়ঙ্কা সরকার
	বিনিতা চৌধুরী	"	বিনিতা চৌধুরী
	Dhriti Sree Biswas.	"	Dhriti Sree Biswas.
	Georima Islam	"	Georima Islam
	Nasrin Khatun	"	Nasrin Khatun
	Bidisha Debnath	"	Bidisha Debnath
	Banrita Chakraborty	"	Banrita Chakraborty
	Aiyasailaua	"	Aiyasailaua
	Yusuf Mondal	"	Yusuf Mondal
	M.D. Akhil Arifin Rehan	"	M.D. Akhil Arifin Rehan
	মির্জা আফিয়া	"	মির্জা আফিয়া
	M. DAERA IMMALIYA	"	M. DAERA IMMALIYA
	মুন্নাহা চৌধুরী	"	মুন্নাহা চৌধুরী
	RAJU SK	"	RAJU SK
	ASHIK	"	ASHIK
	সোমিয়া দেবী	"	সোমিয়া দেবী
	Yousuf Hasana	"	Yousuf Hasana
	Soumya Beep Pramanik	"	Soumya Beep Pramanik
	চন্দ্রানন্দ শর্মা	"	Chandrananda Sharma
	Bimayak Choudhury	"	Bimayak Choudhury
	Avijit Mondal	"	Avijit Mondal
	দিত্য শর্মা	"	দিত্য শর্মা
	জান্নাত রহমান	"	জান্নাত রহমান
	Soumya Beep Pramanik	"	Soumya Beep Pramanik
	শ্রীমতী সুনীতা	"	শ্রীমতী সুনীতা
	Gulshan Raha	"	Gulshan Raha
	Chandrananda Sharma	"	Chandrananda Sharma
	Akash Mishra	"	Akash Mishra
	রোহানা পায়িন	"	ROHANA PAVIN

JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala * Nowda * Murshidabad

Extension Programmes conducted by the NSS Unit of JRM

LIST OF BENEFICIARIES

Program Name - Damaging impact of Junk Food on Children's Health

Date - 10.03.2023

Venue - Amtala Primary (Basic) School, Amtala, Nowda, Murshidabad

Sl. No.	BENEFICIARY NAMES	OCCUPATION	SIGNATURE
	Bidisha Debnath	student	Bidisha Debnath
	Hapija Khatun	"	Hapija Khatun
	Sanam Akter	"	Sanam Akter
	Afira Khatun	"	Afira Khatun
	Rajuk	"	Rajuk
	আনিকুল রহমান	"	আনিকুল রহমান
	সোহাগ সিস দাস	"	সোহাগ সিস দাস
	আজিজ কাকিয়ার	"	আজিজ কাকিয়ার
	Yusef Mondal	"	Yusef Mondal
	Sarah Azmi	"	Sarah Azmi
	সালেহান(সিস)	"	সালেহান(সিস)
	আজিমা বেজা	"	আজিমা বেজা
	মেয়ূত মন্ডল	"	মেয়ূত মন্ডল
	আহিন ঝাল	"	আহিন ঝাল
	Anje Dhatroi	"	Anje Dhatroi
	সম্মত মস	"	সম্মত মস
	সামিয়া খাতুন	"	সামিয়া খাতুন
	সকীণ দেবনাথ	"	সকীণ দেবনাথ
	সায় ঝাল	"	সায় ঝাল
	সাবির আলি	"	সাবির আলি
	বাহিরা চক্ৰবর্তী	"	বাহিরা চক্ৰবর্তী
	সবান্নি হালদার	"	সবান্নি হালদার
	Jolly Khatun	"	Jolly Khatun
	Nargis Banu	"	Nargis Banu
	সালিয়া বিজয়া	"	সালিয়া বিজয়া
	সৌমি মোদক	"	সৌমি মোদক
	Chameli Mondal	"	Chameli Mondal
	আজিজ কাকিয়ার	"	আজিজ কাকিয়ার
	Nahisa Mondal	"	Nahisa Mondal
	Mantu Ghosh	"	Mantu Ghosh
	আব্দুল সোহাগ	"	আব্দুল সোহাগ
	সালিমুল হোসেন	"	সালিমুল হোসেন
	সুস্মিতা সোহাগ	"	সুস্মিতা সোহাগ
	সাহিত্যিক বিজয়া	"	সাহিত্যিক বিজয়া
	মিসা সোহাগ	"	মিসা সোহাগ

10.3.22

Teacher in Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Dist. Murshidabad

Programme Officer
N.S.S. Unit-I
J.R. Mahavidyalaya
Murshidabad