

MIER COLLEGE OF EDUCATION AUTONOMOUS

**Permanently Affiliated to the University of Jammu
Accredited by the NAAC with 'A+' Grade**

REPORT ON

Poshan Maah celebration

29 Sep, 2025



Engage ■ Empower ■ Excel



MIER COLLEGE OF EDUCATION (AUTONOMOUS)

Recognized by the Govt. of J&K & Permanently Affiliated to the University of Jammu
Accredited by NAAC with 'A+' Grade

NSS UNIT

Date: 19.09.2025

QF: 099-B

Circular

For the information of volunteers of the NSS Unit of MIER College of Education that NSS Unit is going to organize Awareness Programme on 'Importance of healthy nutrition and bad effects of fast-food and obesity' on 29th September, 2025 at 11.00am at Govt. Model Higher Secondary School, Domana village, to observe "Poshan Maah." In this regard, NSS volunteers interested to participate in the said event should give their names either to Dr. Komal Sharma, Programme Officer NSS (SOE) or Mrs. Ayushi Grover, Member NSS (SSSH) by 23 September, 2025. Participants can prepare the posters/ slogans, skit, speech, quiz etc.

Komal Sharma
Programme Officer 19/9/25
NSS

Nights
Head School of Education

Copy to:
HOD SSSH

S.No	Class	Semester	Signature of the teacher
1.	B.A.Psychology. (Hons)	III	<i>[Signature]</i>
2.	B.A. Political Science. (Hons)	III	<i>[Signature]</i>
3.	B.A.English. (Hons)	III	<i>[Signature]</i>
4.	B.Ed.Spl	III	<i>R. Dwivedi</i>
5.	B.Ed.	III	<i>[Signature]</i>
6.	M.A Psychology	III	<i>[Signature]</i>
7.	M.A Pol.Science	III	<i>[Signature]</i>
8.	B.Ed.Spl.Education	I	<i>[Signature]</i>
9.	B.A.Psychology. (Hons)	V	<i>[Signature]</i>
10.	B.A. Political Science. (Hons)	V	<i>[Signature]</i>
11.	B.A.English. (Hons)	V	<i>[Signature]</i>



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Activity Details

The NSS Unit of MIER College of Education celebrated 'Poshan Maah' with great zeal and enthusiasm at Government Model Higher Secondary School (GMHSS), Domana on 29th September, 2025. The event aimed at spreading awareness about the importance of nutrition and healthy food habits among adolescents.

The celebration was graced by distinguished guests including Mr. Mohinder, Principal, GGMHS Domana, Mrs. Arti Sharma, Vice-Principal, and Dr. Alka Sharma, who extended their support and encouragement for the initiative.

The programme commenced with a warm welcome by Bhrighu Sharma and Sachinda Mahajan of B.Ed Special Semester III, followed by the Welcome Address delivered by Dr. Komal Sharma, Programme Officer, NSS.

NSS volunteers shared insightful thoughts on nutrition through speeches delivered by Ms. Reya, Ms. Khushi Bakshi (B.Ed Special, Sem I), and Ms. Akanksha (B.Ed, Sem III). A creative Poster Display further highlighted the harmful effects of junk food, obesity, and the benefits of balanced diets. Posters prepared by Ms. Shweta (B.Ed Special, Sem III), Ms. Maneeta Devi (B.Ed, Sem III) and others captured the attention of students and guests alike. Adding artistic flavor to the programme, Ms. Priyanshi, Ms. Manpreet, and Ms. Sunaina (B.A. Hons, Sem III) presented soulful poetry recitations on the theme. A special highlight of the day was an interactive Quiz Competition organised by Ritika Bhat and volunteers of B.Ed Special Education Semester I. The quiz generated lively participation from senior secondary students, with Priya Sharma, Vidya Bhat, Monika, and Amrita Sharma emerging as winners. They were felicitated with certificates and prizes for their achievement.

In his inspiring address, Principal of GMHSS Mr. Mohinder motivated students to adopt healthy dietary practices and led them in taking a pledge on healthy food habits. The event was not only a celebration but also a powerful awareness drive on the theme "Healthy Food Leads to a Healthy Nation." Prof. Adit Gupta, Director & Principal of MIER College of Education, lauded the efforts of the NSS Unit for sensitizing adolescent students—the most vulnerable section of society—towards nutrition and healthy living. The programme concluded with a heartfelt Vote of Thanks delivered by Ms. Akshita Thakur (B.Ed, Sem III).

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Activity Title	Poshan Maah celebration
Activity Type	NSS Activity
Venue	Government Model Higher Secondary School, Domana
Activity Duration (Start to End Date)	29-09-2025
No. of Student(s) Participated	23
No. of Teacher(s) Participated	1
Faculty Members Participated	Ms. Komal Sharma



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List of Participants

S.No.	Name of Student	Roll No.	Semester
1.	Aashima Wadhera	2503004	1st
2.	Riya Gupta	2503015	1st
3.	Sagrika Gupta	2503001	1st
4.	Ritika Bhat	2503009	1st
5.	Navita Sharma	2503027	1st
6.	Khushi Bakshi	2503019	1st
7.	Shweta	2403027	3rd
8.	Brighu Sharma	2403021	3rd
9.	Sachinda Mahajan	2403019	3rd
10.	Tisham Abrol	2403024	3rd
11.	Vishakha Bhau	2403009	3rd
12.	Syed Insha Manzoor	2402002	3rd
13.	Kessy Rodrigues	2402016	3rd
14.	Ishika Bali	2402009	3rd
15.	Akansha	2402004	3rd
16.	Sushmeet Kour	2402027	3rd
17.	Maneeta Devi	2402025	3rd
18.	Taniya Choudhary	2402017	3rd
19.	Akshita Thakur	2402026	3rd
20.	Priyanshi Sharma	2408006	3rd
21.	Sunaina Rajput	2408001	3rd
22.	Anannia Bhagat	2408021	3rd
23.	Manpreet Kour	2408003	3rd



Glimpses of the Activity



Picture 1 : Poshan Maah celebration



Picture 2 : Poshan Maah celebration



Picture 3 : Poshan Maah celebration



Picture 4 : Poshan Maah celebration

Verified by : IQAC on 28, Oct 2025



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