Centre of Excellence

GOVERNMENT COLLEGE SANJAULI
SHIMLA-06, H.P.

{NATIONAL SERVICE SCHEME}

Report

PohsanMaah

Date: 16/10/2025

Introduction:

On the occasion of PoshanMaah, the NSS Unit of Centre of Excellence Government College Sanjauli organized a meaningful awareness program within the college campus. The celebration aimed to promote the importance of proper nutrition and healthy eating habits among students and faculty members. The event served as a reminder that balanced nutrition plays a vital role in maintaining physical and mental well-being, especially among youth.

Objectives:

The primary objectives of the poshanmaah were:

1. To spread awareness about the significance of balanced diets and nutrition.

2. To encourage students to adopt healthy eating habits in their daily lives.

3. To highlight the role of nutrition in preventing lifestyle diseases.

4. To engage the youth in meaningful discussions on health and well-being.

5. To promote community responsibility towards building a healthier society.

About the celebration:

As part of the celebration, NSS volunteers presented a NukkadNatak (street play) in the college campus, which captivated the attention of both students and faculty. The play vividly depicted the importance of consuming a balanced diet and the adverse effects of poor nutrition, highlighting real-life situations that connected well with the audience. Through humor, emotion, and impactful dialogues, the volunteers spread the message that good health begins with good food choices. After the play,

a detailed presentation session was organized where students and volunteers discussed various aspects of nutrition, such as the importance of breakfast, portion control, the inclusion of fruits and vegetables, and the harmful effects of junk food. The session also emphasized the significance of traditional Indian diets and locally sourced food for sustainable health.
Participants were encouraged to share their own ideas and experiences related to healthy living, making the session highly interactive and engaging. Posters and banners related to PoshanMaah were displayed across the campus to reinforce the theme of nutrition and wellness. The celebration beautifully combined education and creativity, leaving a lasting impression on everyone present.

Impact:

The program left a strong impact on the audience by enhancing their understanding of nutrition and its importance in daily life. It motivated students to make mindful food choices and encouraged them to spread awareness in their communities. The interactive nature of the event also strengthened the bond between students and NSS volunteers, fostering a collective spirit of health awareness.

Conclusion:

The PoshanMaah celebration at Centre of Excellence Government College Sanjauli successfully achieved its purpose of promoting nutritional awareness and healthy lifestyle habits among students. The event not only educated the participants about the importance of balanced diets but also inspired them to take small yet meaningful steps toward better health. Through the active involvement of NSS volunteers, the message of good nutrition reached a wider audience, creating a positive ripple effect in the college community. The celebration served as a reminder that health and wellness begin with conscious choices, and such initiatives play a crucial role in shaping a responsible and health-aware generation. The enthusiasm and participation of everyone made the event truly memorable and impactful.

Acknowledgemrnt :

We extend our heartfelt gratitude to our respected Principal, Centre of Excellence Government College Sanjauli, for their continuous support, guidance, and encouragement in making the event a grand success. We sincerely thank our NSS Programme Officer for motivating and guiding the volunteers throughout the preparation and execution of the program. Special appreciation goes to all the NSS volunteers for their dedication, teamwork, and creativity in presenting the NukkadNatak and organizing the awareness session. We are also thankful to the faculty members, non-teaching staff, and students who participated actively and made valuable contributions during the discussions. Their cooperation and enthusiasm added great value to the celebration and helped in spreading the true spirit of Poshan Maah.

Reported by :

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Facebook	https://www.facebook.com/share/p/14N9es1Eiwt/
Instagram	https://www.instagram.com/p/DP1Nm25E-R8/?igsh=MTd1ZzF3eGJhMDlteA==
Twitter	https://x.com/coe_nss/status/1978451210714710082?t=7chWCmY5FL4wOFUVfeuFXQ&s=08