



GOKHALE MEMORIAL GIRLS' COLLEGE

ACTIVITY REPORT OF SEMINAR ON CHILDHOOD CARE

Rashtriya Poshan Maah (RPM) is celebrated in the month of September every year for effecting behavioral change at individual as well as community level to pursue the goal of Suposhit Bharat. Rashtriya Poshan Maah was launched in 2018 by Honorable Prime Minister and has been successfully celebrated across the country in convergence with various ministries and departments & State Governments. This year the Poshan Maah is scheduled from 12 September to 11 October 2025. This Year the 5 key activities are:

- Addressing Obesity- Reducing consumption of sugar, salt & oil
- Early Childhood Care & Education (ECCE)/ Poshan Bhi Padhai Bhi (PBPB)
- Ek Ped Maa Ke Naam
- Infant & Young Child Feeding Practices
- Men- Streaming

1. **Name of Event:** Seminar on Childhood Care.
2. **Organised by:** Department of Clinical Nutrition & Dietetics, Gokhale Memorial Girls' College (GMGC); Affiliated to University of Calcutta
3. **Conducted by:** Nabajatak Child Development Centre (NCDC)
4. **Date of the Event:** 18/09/2025
5. **Duration:** 3 hours
6. **Number of Participants:**
7. **Venue:** Room LT4, GMGC
8. **Sponsorship:** Rs. 1585 was sponsored by college for expenses incurred in arrangement of refreshments for resource persons, NCDC staff and student volunteers; mementos for resource persons.

**9. Name of Speakers with Designation and Affiliation**

Name of Speaker	Designation	Affiliation	Topic
Dr. Asish Bhakta	Consultant Pediatrician	Bhakta Clinic & Nursing Home, Mahishadal; NCDC, Kolkata	Early Childhood Care in First 1000 Days
Ms. Sangita Modak	HOD, Nutrition Dept.	NCDC, Child Development Centre (CDC) Apollo Multispecialty Hospital, Kolkata	
Ms. Srijita Sarkar	Clinical Psychologist	CDC Apollo Multispecialty Hospital, Kolkata, NCDC	Holistic Development in Childhood
Ms. Medha Saha	Junior Psychologist	NCDC, Child Development Centre (CDC) Apollo Multispecialty Hospital, Kolkata	
Ms. Priya Halder	Junior Nutritionist	CDC Apollo Multispecialty Hospital, Kolkata, NCDC	Facts & Myths on Childhood Development

10. About the Event: Theme of the Event was “*Early Childhood Care for first 1000 days!*” Topic of Event was “Childhood Care.” The programme was hosted by Course Coordinator of Dept. of Clinical Nutrition & Dietetics (CNDV), Smt. Pratyasha Agrawal. The event began with an introduction to RPM and the theme for year 2025. Head of the Institution inaugurated the program and shared her thoughts on Rashtriya Poshan Maah Observance as well as the Event organized. Introduction of the resource persons was followed by their felicitation with saplings and mementos (prepared by a small-scale Entrepreneur, Ananya Ghoshal, ex-student of CNDV dept., GMGC) by Dr. Atashi Karpha, Principal, GMGC. The seminar focused on raising awareness about Childhood Nutrition and Holistic Child Development. The event featured students, faculty, and experts in pediatric medicine, nutrition, and psychology. The program was conducted by one pediatrician, two nutritionists, and two psychologists, who delivered comprehensive and insightful presentations. The pediatrician addressed the crucial role of nutrition in child growth. He explained that deficiencies in nutrients



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such as iron, folic acid, and Vitamin B12 can significantly impact both physical growth and cognitive development. He emphasized the objectives of Rashtriya Poshan Maah and highlighted the role of Anganwadi centers, which not only provide essential nutrition but also integrate educational support for children. He along with the Nutritionists further elaborated:

- Iron and folic acid are essential to produce energy in the body and play a vital role in the development of a child's brain. Adequate intake of these nutrients ensures proper growth and cognitive functioning.
- Dopamine and serotonin, neurotransmitters in the brain, are critical for neuroplasticity, which allows the brain to adapt, learn, and develop new connections. Proper nutrition supports their production and balance.
- The serotonin produced in the gut has a profound effect on brain function, illustrating the importance of gut health in overall cognitive and emotional well-being.
- A healthy gut flora is not only crucial for digestion but also plays a role in vaginal and overall reproductive health, highlighting the interconnectedness of bodily systems.
- The gut-brain axis demonstrates the communication between the gut and the brain, showing how nutrition directly influences mental health and developmental outcomes in children.
- Nutrients such as protein, omega-3 fatty acids, fiber, zinc, and calcium are indispensable for the physical, cognitive, and emotional development of children, supporting everything from bone health to neural growth.

The psychologists then discussed the principles of holistic child development, emphasizing the interplay between emotional, cognitive, and social growth:

- Using Plutchik's model of emotions, they explained how understanding and nurturing a child's emotions from a young age is essential for mental and emotional well-being.
- They highlighted emotional development, showing how children gradually learn to identify, express, and manage their emotions, which is crucial for social adaptation and mental health.
- Discussing cognitive development as per Jean Piaget, they described how children acquire knowledge, solve problems, and think critically at various stages of life.
- They stressed that intelligence continues to develop throughout life, showing that learning and cognitive growth are lifelong processes that never truly stop.

11. **Outcome of the Seminar:** The event successfully underscored the importance of combining nutrition and psychological development to foster well-rounded, healthy, and intelligent children. It was a valuable learning experience, reinforcing the need for a holistic approach to child health and development.



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Rashtriya Poshan Maah 2025

Observed by the Department of Clinical Nutrition & Dietetics



List of Events:

- **Seminar on "Childhood Care"**

Conducted by Nabajatak Child Development Center (NCDC)

At Gokhale Memorial Girls' College

18/09/2025

- **Ek Ped Maa Ke Naam**

Conducted by Department of Clinical Nutrition & Dietetics

In Collaboration with Campus Management Committee, GMGC

20/09/2025



- **Survey & Intervention Activities**

Conducted by Department of Clinical Nutrition & Dietetics & Nabajatak Child Development Center (NCDC)

In Collaboration with The WE Foundation in the Slums of Indirapally, near Brace Bridge Railway Station

22/09/2025

- **Keynote Address, Expert Panel Discussion & E-Quiz Contest Based on Theme "Clinical Nutrition & Metabolic Disorders- Building Awareness for Social Health"**

Organised by Department of Clinical Nutrition & Dietetics, GMGC

In Collaboration with Department of Dietetics & Applied Nutrition, Amity University, Kolkata

10/10/2025



Main Flyer



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Affiliated to University of Calcutta

Rashtriya Poshan Maah 2025
(An Initiative of Ministry of Women & Child Development, Government of India)
Theme: Early Childhood Care & Education
Topic: Childhood Care

Organised by Department of Clinical Nutrition and Dietetics
Conducted by Nabajatak Child Development Centre (NCDC)

 **18th September**
 **11 a.m.**
 **LT-4**


Dr. Asish Bhakta
Consultant Pediatrician
Bhakta Clinic & Nursing Home, Mahishadal; NCDC


Ms. Sangita Modak
HOD, Nutrition department
NCDC


Ms. Priya Halder
Jr. Nutritionist
NCDC


Ms. Srijita Sarkar
Clinical Psychologist
NCDC


Medha Saha
Jr. Psychologist
NCDC

Event Flyer



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Introduction & Felicitation of Resource Persons



Vote of Thanks



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Group photo with Resource Persons & Participants



Feedback cum Attendance sheet

Name of Activity Seminar on Childhood Care (RPM 2025)Name of the organizing cell/committee/ department CNDVDate: 18/09/25

Sl. No.	Name of participant	Dept./ Semester	Roll No.	Email Id	Signature of Participants with date	Feedback (in few words)
1	Sadipsa Majumder	CNDV	A0010345 39		Sadipsa Majumder 18/9/25	
2	Sneha Mazumder	CNDV	A000469368		Sneha Mazumder 18/9/25	
3	Anindita Chatterjee	CNDV	A001027539		Anindita Chatterjee 18/9/25	
4	Parvona Roy	CNDV	A000503270		Parvona Roy 18/9/25	
5	Sumona Saha	CNDV	A001109044		Sumona Saha 18/9/2025	
6	Saija Saha	CNDV	A000447203		Saija Saha 18/9/2025	
7	Kumkum Diggā	CNDV Sem-2	24/BScVI 003	kumkumdiggā@gmail.com	Kumkum Diggā 18/9/2025	Helpful and explanatory!
8	Bushra Abdul Hyeat	CNDV Sem-2	24/BScVI/010	heyabushra@gmail.com	B. Abdul Hyeat 18/9/2025	Very Informative.
9	Madhuska Ganguly	CNDV Sem-2	24/BScVI/004	gangulymadhuska@gmail.com	M. Ganguly 18.9.25	Very informative
10	Zeba Khatun	CNDV Sem-1	A000691806	Zeba.khatun.2k7@gmail.com	Zeba Khatun 18/9/25	I learnt a lot.



Feedback cum Attendance sheet

Name of Activity Seminar on Childhood CareName of the organizing cell/committee/ department CNDVDate: 18/09/2025

Sl. No.	Name of participant	Dept./ Semester	Roll No.	Email Id	Signature of Participants with date	Feedback (in few words)
1.	Anisha Mondal	CNDV Sem 1	A000099060	mondalanisha10406@gmail.com	Anisha Mondal 18.9.25	Learned a lot of new things!
2.	Sanga Sinha	CNDV Sem 1	A000503482	sinhasanga.19@gmail.com	Sanga Sinha 18/9/25	Learned a lot of new things!
3.	Rishita Dey.	CNDV, Sem 1	A001809252	rishitadey995@gmail.com	Rishita Dey. 18/9/25.	Learned a lot of new things.
4.	Aleena Fatima	CNDV Sem 1	A002263366	Patimaleena837@gmail.com	Aleena F 18/9/25	learned a lot about my subjects.
5.	Nityaa Gupta	CNDV sem 2	24/BSCW/001	dreamnative04@gmail.com	N57 18/9	Learned alot.
6.	Swastika Chandra	CNDV sem 2	24/BSCW/002	Chandraswastika15@gmail.com	S.C 18/9/25	learned alot.
7.	Aanchal Dasgupta	CNDV sem 2	24/BSCW/015	aanchaldasgupta@gmail.com	A.D 18/9/25	learned alot.
8.	Sufiaa Shireen	CNDV sem 2	24/BSCV/003	Sufiaa Shireen09@gmail.com	Sufiaa Shireen 18/9/25	Very informative seminar
9.	Aliza Ali	CNDV Sem 1	A000199189	Sa20058a29@gmail.com	Aliza Ali	Informative and knowledgeable