

NSS ACTIVITY POSHAN MAAH : MAY 2026

NAME OF EVENT : Poshan Maah

DATE: 13/05/26

VENUE: Harijan Primary Vidya Mandir (Howrah)

TOPIC : MOTHER'S DAY

PARTICIPANTS : Students of semester 2 and volunteers of Shining Earth Foundation (11)

DESCRIPTION: As part of the Poshan Maah (Nutrition Month) celebrations, the NSS unit of Shri Shikshayatan College in collaboration with Shining Earth Foundation took a dedicated initiative to raise awareness about the importance of proper nutrition in the Howrah slum area, where many families struggle with food insecurity and limited access to health education. The campaign focused on educating residents particularly women and children about the benefits of a balanced diet, the role of essential nutrients in physical and mental development. To provide immediate support and encourage better nutritional practices, we also distributed ration kits to 67+ vulnerable families in the area. These kits contains 2kgs of rice, 2kgs of atta, soyabean and other essentials that could help sustain their dietary needs for several weeks.

OUTCOME : The initiative not only aimed to spread knowledge but also to create a sense of support and care within the community, ensuring that families felt seen, heard, and equipped to make healthier choices.

