

BACA celebrated the *Rashtriya Poshan Maah*

Rashtriya Poshan Maah is celebrated annually from September 1 to September 30, since 2018, to enhance key nutrition parameters for both children and women. The theme for 2024 focuses on anaemia, growth monitoring, complementary feeding, the integration of nutrition and education (*Poshan Bhi Padhai Bhi*), and technology for better governance. On September 27, 2024, the NSS Unit of B. A. College of Agriculture organized a celebration of *Rashtriya Poshan Maah* to raise awareness among students about the importance of a nutritious diet through three expert sessions. Dr. Y. M. Shukla, Principal and Dean of the college, presided over the event. The chief guest was Dr. K. B. Kamaliya, Principal of the Polytechnic in Food Science and Home Economics, while Dr. J. J. Dhruve, Research Scientist and Head of the Department of Biochemistry at BACA, served as the guest of honour. Dr. J. J. Dhruve discussed the nutraceutical benefits of various vegetables and their role in promoting health. In an interactive session, Dr. K. B. Kamaliya highlighted the differences between junk food and fast food and their impacts on health. Dr. Y. M. Shukla encouraged students to adopt healthy eating habits by addressing the causes of malnutrition and anaemia. The program was coordinated by Dr. Sahdev Luhar, the NSS Programme Officer.



