



Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College

A/p : Ashta, Tal. : Walwa, Dist : Sangli – 416 301
Phone : 02342-241103/241108, Fax – 02342-241110

Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

NAME OF DEPARTMENT:NSS

YEAR:- 2021-22

EVENT / ACTIVITY REPORT

Title of Event / Activity:-Celebration of Poshan Maha-2021

Organized by the Department –NSS unit ADAMC, Ashta

Date:-01/09/2021 to 30/09/2021

Venue:- Hon. Shri. Annasaheb Dange Ayurved Medical College

Subject: Conducting, Poshan workshops, Yoga Training session as well as Guest lectures and poster presentation, slogan writing competition and many more events on the occasion of Poshan Maha-2021

Objectives of event / activity:-

- To build up healthy society by propagating importance of Nutritive food in Daily life.
 - To promote practices of Yoga for overall health.
 - To making up of our students physically & mentally sound by adding many changes in routine like diet, Yoga, personal hygiene.
 - To make awareness in society about nutritive food, importance of Yoga for health, importance of personal hygiene, taking care of pregnant woman etc.
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Event / Activity report: **Report of “Poshan Maha-2021”**

Description:-

1. **01/09/2021** : Inauguration of Poshan Maha2021 was done on 01/09/2021 at 2.15pm Dr. Ashwini Khot (Reader Swasthavritta & Yoga Dept. NSS Co-coordinator) gives details of Schedule of Poshan Maha-2021 to all also give guidelines to all students to participate in all events arranged during Poshan Maha-2021. Dr. Hemalata Kore (Assistant Professor Swasthavritta & Yoga Dept. NSS Coordinator) gives vote of thanks.
2. **05/09/2021**: We NSS team conduct Slogan writing competition. We gave 3rd BAMS student's topic on nutrition i.e. Nutritious food for pregnant woman & then 3 winners are selected from participated students.
3. **06/09/2021**: Dr. Nitin Tatpuje (HOD & Professor Swasthavritta & Yoga Dept.) conducted lecture at 2.15pm to 3.15pm on Overall Nutrition- Nutrition in Pregnant Woman. Very informative lecture on “Nutrition in Pregnant Woman”, was given to our 3rd BAMS students. He also gave information about nutrition, nutritious food, malnutrition, importance of nutrition and its requirement in pregnant woman.
4. **07/09/2021**: Dr. Ashwini Khot (Reader Swasthavritta & Yoga Dept. NSS Co-coordinator) was given lecture and demonstration about setting up of kitchen gardens. She gave very informative lecture also shows videos how to cultivate plants in kitchen garden to our 3rd BAMS students.



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- 5. 08/09/2021:** We NSS team and Our 3rd BAMS students Visit our Nutri-Garden for promotion of Nutri-gardens in associated campus.
Dr. Sarika Kandharkar Associate. Prof. ADAMC. Ashta. gave brief introduction regarding identification of nutritional plants. Like. Haldi, Guava (Peru), Shatavari, Shigru, Nimbuk, Tomato, Karvellak, Kaddali (banana), Papaya. Etc.Madam also gave information about how to plant these nutritive - herbs & how to take care of them. Then Dr. Amruta Jagdale. Assistant Prof. ADAMC, Ashta. gave information about various nutritional uses & values of these herbal plants.
- 6. 13/09/2021:**Mr. Sushant Ghorpade conducted Yoga training session at 9.30am to 10.30am. He gave demo of all asanas which were useful for growing woman and their overall health to our 3rd BAMS students.
- 7. 14/09/2021:** Dr. Reshma Dhere Assistant Professor Department of Kumarbhritya conducted lecture on nutrition during lactation. Madam was giving very informative lecture to our 3rd BAMS students she explained very nicely importance of nutrition during lactation.
- 8. 15/09/2021:**Dr.Rajahamad Jamadar Assistant Professor Kriya Sharir Dept. and Mr Saugandha Thorat Assistant Professor Samhita Dept. had conducted guest lecture and demonstration of Hand washing & personal hygiene under



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NSS for 11th & 12th std Students in Annasaheb Dange Public school & junior college Ashta.

9. **15/09/2021:** Dr.Nitin Tatpuje HOD & Professor Swasthavritta & Yoga conducted guest lecture on overall nutrition Malnutrition, Its causes & preventive measures under NSS for 11th & 12th std Students in Annasaheb Dange Public school & junior college Ashta.
10. **17/09/2021:** We NSS team conduct Poster presentation competition. We gave 3rd BAMS student's topic on nutrition i.e. Regional /local food & then 3 winners are selected from participated students. It may helpful for preparing awareness in society about regional / local food. Also to Knew about our traditional recipes it may helpful.
11. **24/09/2021:** We NSS team arrange lecture for Dhanvantari Rugnalaya Staff. Dr.Nitin Tatpuje HOD & Professor Swasthavritta & Yoga conducted guest lecture on overall nutrition- Diet & Nutrition under NSS for our Hospital Staff in Annasaheb Dange Ayurved Medical College Ashta.It was very informative lecture & it may be helpful for maintaining health.
12. **25/09/2021:** DrAshwini Khot, Associate Professor, Dept. of Swasthavritta & Yoga conduct lecture on Overall Nutrition- Community kitchen services for SAM children for our 1st BAMS students.It was very informative lecture.She briefly explain about SAM children also about community kitchen services for them.



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13. 25/09/2021: Dr.Rajahamad Jamadar, Assistant Professor, Dept. Kriya Sharir he also conduct lecture on SAM children. It was informative lecture. Sir explained Malnutrition in detail.

14. 27/09/2021: On occasion of Poshan Maha-2021, Dr. Sayali Pashte Assistant Professor, Dept. Strirog & prasuti Tantra conduct lecture on Breastfeeding & complimentary feeding. It was very informative lecture given to our PG students.

Outcome of the Events: This events was helpful in imparting knowledge and creating awareness about the importance of Nutrition(Poshan) and personal hygiene among society.

H.S.Kore
Programme Office,
NSS Cell
A.D.A.M.C.,Ashta



[Signature]
PRINCIPAL
Shri. Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli



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Poshan Maha-2021

Date-05/09/2021

Topic- Slogan writing competition about Nutritive food for pregnant women

Prize winners

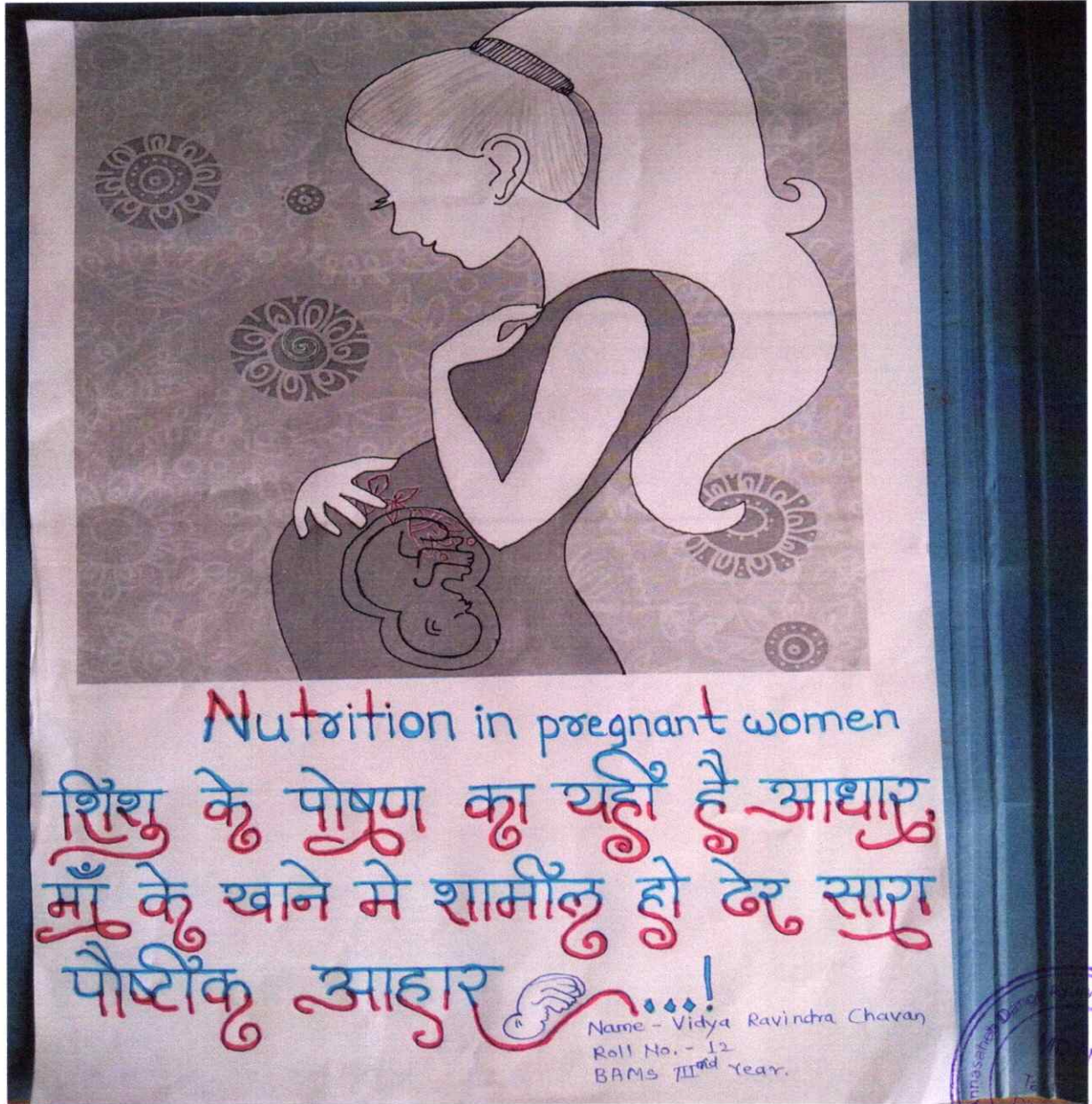
1st Prize winner





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2nd Prize winner





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3rd Prize winner





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Poshan Maha-2021

Lecture Date-06/09/2021

Topic- Nutrition in Pregnant woman

Dr.Nitin Tatpuje

Professor & HOD

Dept. of Swasthavritta & Yoga





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Poshan Maha-2021

Date-07/09/2021

Topic- Demonstration about setting up of kitchen gardens

Dr.Ashwini Khot

Associate Professor

Dept. of Swasthavritta & Yoga





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Poshan Maha-2021

Date-08/09/2021

Topic- Promotion of Nutri-gardens across the associated campus





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Poshan Maha-2021

Date-13/09/2021

Topic- Yoga Session

Mr. Sushant Ghorpade





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Poshan Maha-2021

Lecture Date-14/09/2021

Topic- Nutrition during Lactation

Dr.Reshma Dhere

Assistant Professor

Dept. of Kaumarbritya





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Poshan Maha-2021

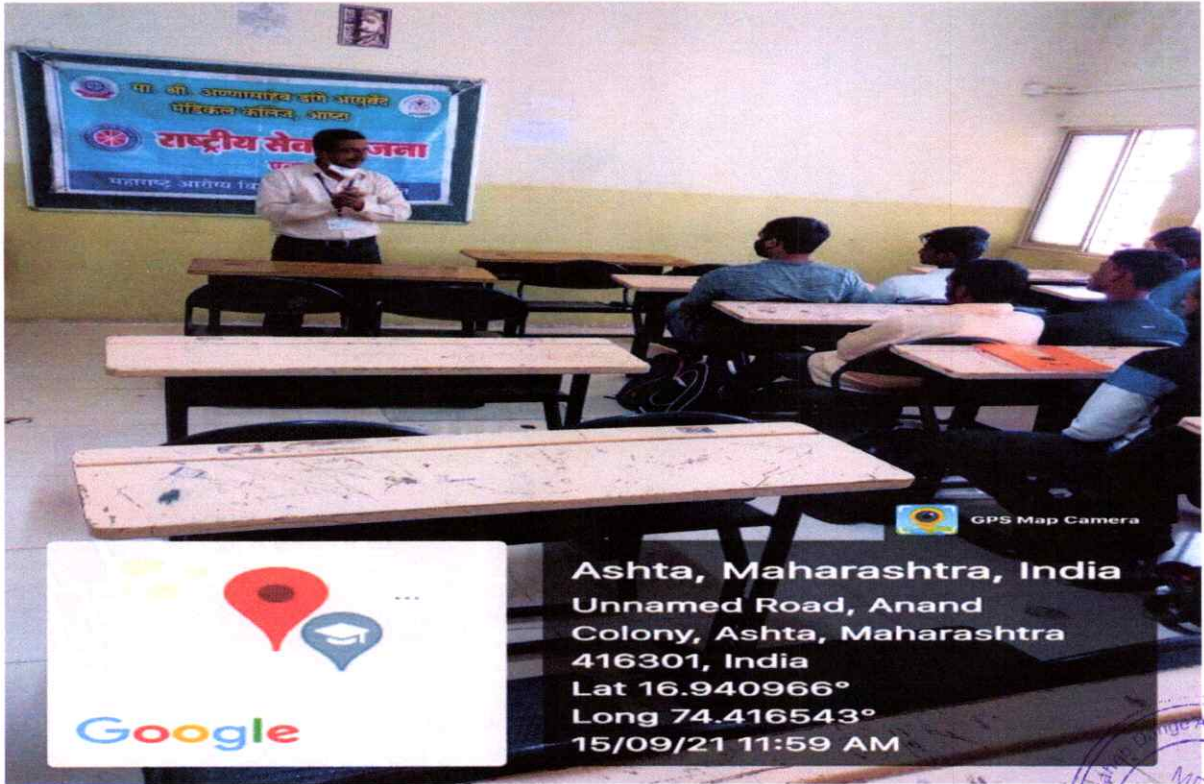
Date-15/09/2021

Topic-WASH Activities-Hand Washing promotion, personal hygiene and solid & liquid waste management

Dr.Rajahamad Jamadar

Assistant Professor

Dept. Kriya Sharir





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Poshan Maha-2021

Lecture Date-15/09/2021

Topic- Overall Nutrition- Malnutrition, Its causes & preventive measures

Dr.Nitin Tatpuje

Professor & HOD

Dept. of Swasthavritta & Yoga





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Poshan Maha-2021

Date-17/09/2021

Topic-Awareness campaign to know about regional/local food

Poster presentation competition-Regional Food /local food

Prize winners

1st Prize winner





2nd Prize winner

Rajasthan

Dal baati is an Indian dish of dal (lentils) & baati (hard wheat rolls).

Dal is prepared using tuvaar dal, chana dal, mung dal. It is popular in Rajasthan, Maharashtra's khandesh and vidarbha region.

Health benefits :
 This makes the dish healthier
 Dal is rich in proteins & vitamins, minerals.

Use lentils with the skins intact. They contain more nutrients than the dal itself and also provide adequate fibers.

Bhosale Payal Rajkumar
BAMS IIIrd year
ADAMC, Ashta

3rd Prize winner

Aloo Paratha Recipe And Benefits	Lassi Recipe And Benefits
<ol style="list-style-type: none"> 1. Take whole wheat flour, melted ghee and salt in a bowl. 2. Add water as required and knead into smooth dough. keep aside. 3. For stuffing, take boiled aloo and add spices like cumin seeds, green chillies, red chilli powder, salt, lemon juice, coriander etc. 4. Now, take equal portions of flour dough and stuffing. Place the stuffing in the centre of the rolled dough and make paratha by rolling the dough. 5. Cook paratha on the pan and serve with ghee. 	<ol style="list-style-type: none"> 1. Take chilled fresh curd and whisk it well until smooth. 2. Add sugar, cardamom powder and dry fruits of your choice. 3. Add water as desired. 4. Garnish with dryfruits and saffron and serve.
<ol style="list-style-type: none"> 1. Aloo is high in starch and will lead to increase in the blood glucose level. 2. Ghee contains vitamin A, E & K 3. Maintains skin health 4. High in fiber. 5. अलू - मिठाई, अणू - मिठाई 	<ol style="list-style-type: none"> 1. Prevent stomach bloating, constipation and digestive issues. 2. Rich in probiotics may help to keep your heart healthy. 3. Source of calcium that is key to lifelong bone health. 4. Boosts immunity 5. Dryfruits are healthy for brain, eyes, hair and skin 6. पिल्लामासू, पायसू

Name - Miss. Shreya Bhagwan Shinde
 College - Hon. Annasaheb Dange Ayurveda Mahavidyalaya, Ashta.
 Contact - 9380072012





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Poshan Maha-2021

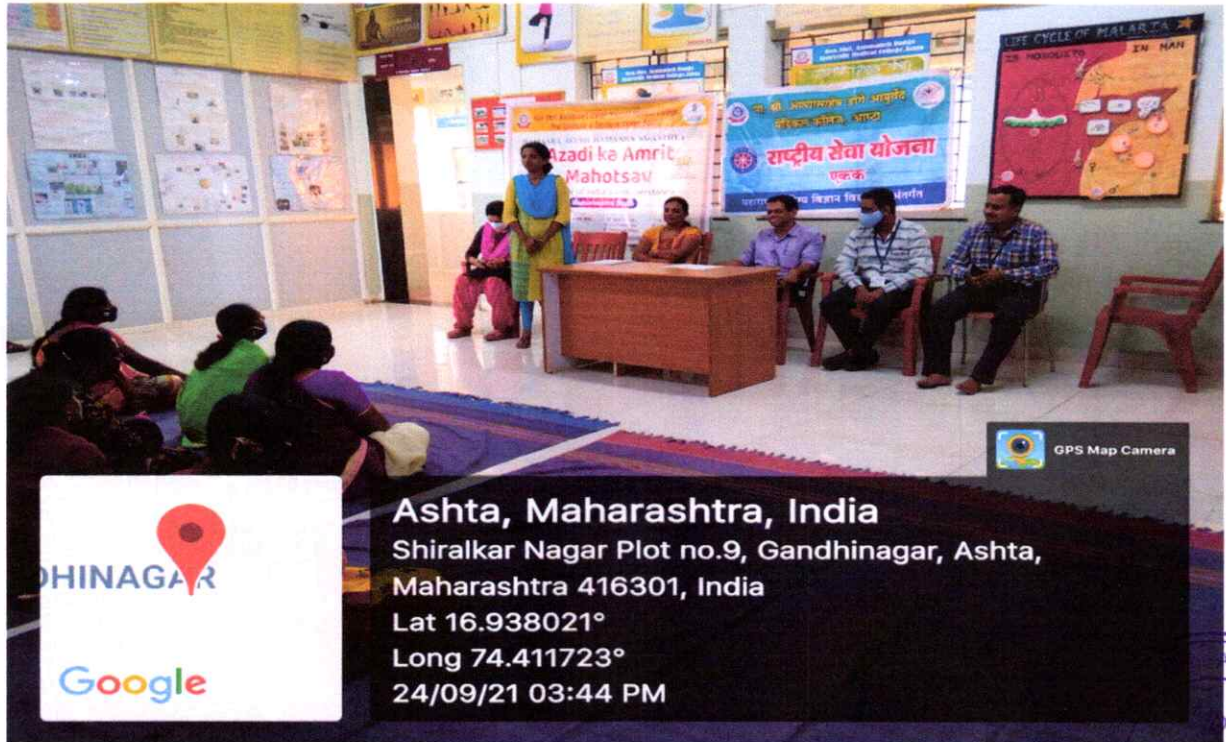
Lecture Date-24/09/2021

Topic- Overall Nutrition- Diet & Nutrition

Dr.Nitin Tatpuje

Professor& HOD

Dept. of Swasthavritta & Yoga





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Poshan Maha-2021

Lecture Date-25/09/2021

Topic- Overall Nutrition- Community kitchen services for SAM children

1)DrAshwini Khot

Associate Professor

Dept. of Swasthavritta & Yoga

2)Dr.Rajahamad Jamadar

Assistant Professor

Dept. Kriya Sharir





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Poshan Maha-2021

Lecture Date-27/09/2021

Topic- Overall Nutrition – Breastfeeding & complimentary feeding

Dr.Sayali Pashtye

Assistant Professor

Dept. Stri-rog

