



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 & Swasthavritta & Yoga YEAR:- 2020-21

EVENT / ACTIVITY REPORT

Title of Event / Activity:- Promotion of Nutri-gardens across the associated campus

Organized by the Department – NSS & Swasthavritta & Yoga (ADAMC,Ashta)

Date:-08/09/2021 Time:- 10:00am-11.30am Duration:-One &Half hours

Venue:- Hon. Shri. Annasaheb Dange Ayurved Medical College, **Ashta**

Subject: Conducting Visit to Herbal Garden for promoting Nutri Gardens across associated campus in Poshan Maha2021.

Objectives of event / activity:-

- To promote Nutri gardens across associated campus.
- To build up healthy society by propagating importance of Nutritive food.
- To making up of our students aware about nutritive values in food taken by them.

Event / Activity report:-

Description:-

Name of Instructors—



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1. Dr. Sarika S. Kandharkar

(Associate Professor, Dept. of Dravyaguna.)

2. Dr. Amruta S. Jagdale

(Assistant Professor, Dept. of Dravyaguna)

3. Dr. Ashwini Khot

(NSS co-coordinator Associate Professor, Dept. of Swasthavritta & Yoga)

4. Dr. Hemalata Kore

(NSS coordinator & Assistant Professor, Dept. of Swasthavritta & Yoga)

List of the teachers / Students/ Instructors are attached with the report.

At the beginning of visit of the herbal garden Dr. Ashwini Khot gives introduction about nutritive food & its importance.

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. Give information about various nutritional uses & values of these herbal plants.



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At the end of the visit Dr. Hemalata Kore gave vote of thanks. To our Professors. For giving such useful information to our 3rd BAMS Students. Under Poshan Maha2021 we celebrating many events related to nutrition.

Faculty Present-

1. Dr. Nitin Tatpuje

(Professor & HOD, Dept. Of Swasthavritta & Yoga)

2. Dr. Ashwini Khot

(Associate. Professor, Dept. of Swasthavritta & Yoga)

3. Dr. Hemalata Kore

(NSS coordinator & Assistant Professor, Dept. of Swasthavritta & Yoga)

5. Dr. Sarika S. Kandharkar

(Associate Professor, Dept. of Dravyaguna.)

6. Dr. Amruta S. Jagdale

(Assistant Professor, Dept. of Dravyaguna)

HOD

Swasthavritta Dept.
Hon.shri. Annasaheb Dange
Ayurved Medical College Ashta

PRINCIPAL

Shri. Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli



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Poshan Maha-2021

Date-08/09/2021

Topic- Promotion of Nutri-gardens across the associated campus





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