



Sant Dnyaneshwar Shikshan Sanstha's  
**Hon. Shri. Annasaheb Dange Ayurved Medical College  
& Post Graduate Research Center**  
A/p : Ashta, Tal. : Walwa, Dist : Sangli – 416 301  
Website : www.adamcashta.com  
NAAC Accrediatated ISO Certified 9001-2015,14000-2015



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**NAME OF DEPARTMENT:- Swasthavritta & Yoga Dept.**

**YEAR:-2022**

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## **EVENT / ACTIVITY REPORT**

**Title of Event / Activity:-** Celebration of 7<sup>th</sup> National Ayurved Day – Ayurved Ahar Concepts

**Date:-** 26/09/2022 to 01/10/2022

**Time:-** 10.00am to 12.30 pm

**Duration:-** Two and Half hour per day for One week

**Venue:-** Pathya Unit, Dhanvantari Hospital, ADAMC,Ashta

**Name of Dept.-** Swasthavritta and Yoga Dept.

### **Description:-**

On occasion of Celebration of 7<sup>th</sup> National Ayurved Day, in order to give wide publicity to our Traditional food recepies, Our college has arranged a series of “Ayurved Ahar Concepts- Traditional Food Preparations “ in our Dhanvantari Hospital. In our pathya unit different food recepies are prepared during this week and distributed to the patients and their relatives.

They were advised about the Importance of these Pathya Aahar Kalpanas in Maintaining their Swasthya and also in diseased conditions.



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Dr. Nitin Tatpuje , Dr. Ashwini Khot and interneees were personally attended the preperations and gave important instructions to patients. All preperations are hygienically made by our experienced cook Mrs. Manisha Khandare.

Following preperations are prepared:-

1. Mudga Yusha
2. Kulattha Yush
3. Ksheer Paka
4. Tandula Peya
5. Yava Sattu.

All have well appreciated these preparations and response was encouraging. Thus 2<sup>nd</sup> Week of 7<sup>th</sup> National Ayurved Day – Ayurved Ahar Concepts is celebrated in our college.



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**Ayurveda Aahar Concepts** : Day 1<sup>st</sup> Preparation of Ksheerpaka

Date- 26/09/2022



Shop Now 1 Main Road Dange  
College, Anand Colony, Ashta,  
Maharashtra 416301, India  
26 Sep 2022 10:44 am  
26.0 °C  
broken clouds



Shop Now 1 Main Road Dange  
College, Anand Colony, Ashta,  
Maharashtra 416301, India  
26 Sep 2022 10:45 am  
26.0 °C  
broken clouds





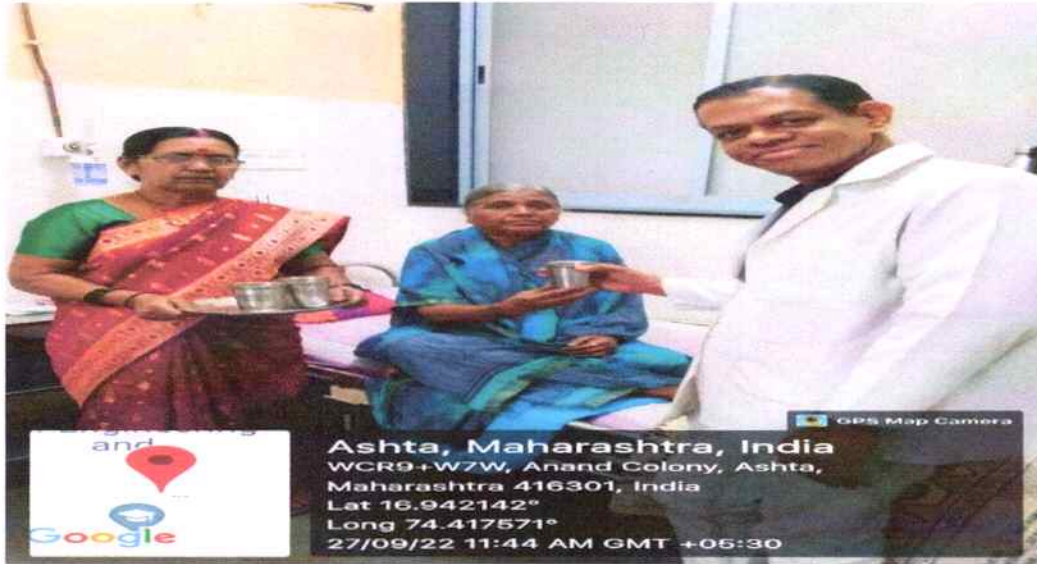
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**Ayurveda Aahar Concepts** : Day 2<sup>nd</sup> Distrubution of Mudga Yusha      Date- 27/09/2022





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**Ayurveda Aahar Concepts** : Day 2<sup>nd</sup> Preparation of Mudga Yusha

Date- 27/09/2022







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**Ayurveda Aahar Concepts** : Day 3<sup>rd</sup> Preparation of Mudga Yusha Date- 28/09/2022





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**Ayurveda Aahar Concepts** : Day 4<sup>th</sup> Preparation & Distrubution of Kulattha Yush

Date- 29/09/2022







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**Ayurveda Aahar Concepts** : Day 5<sup>th</sup> Preparation of Peya      Date- 30/09/202







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**Ayurveda Aahar Concepts** : Day 6 Distrubution of Peya Date- 01/10/2022

