



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

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ISO Certified 9001-2015,14000-2015



NAME OF DEPARTMENT:-NSS and Swasthavritta & Yoga Dept.

YEAR:-2022

EVENT / ACTIVITY REPORT

Title of Event / Activity:- Celebration of Poshan Maha (Sept.2022)

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 Poshan Maha (Sept.2022) our college has arranged a series of “ 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.

Dr. Nitin Tatpuje , Dr. Ashwini Khot and internees were personally attended the preparations and gave important instructionto patients. All



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preparations are hygienically made by our experienced cook Mrs. Manisha Khandare.

Following preparations 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 Poshan Maha is celebrated in our college.


Programme Officer,
NSS Cell
A.D.A.M.C., Ashta


HOD
Swasthvirita Dept.
Hon.shri. Annasaheb Dange
Ayurved Medical College Ashta


Principal
Hon.Shri. Annasaheb
Dange Ayurved Medical
College & PGRC, Ashta



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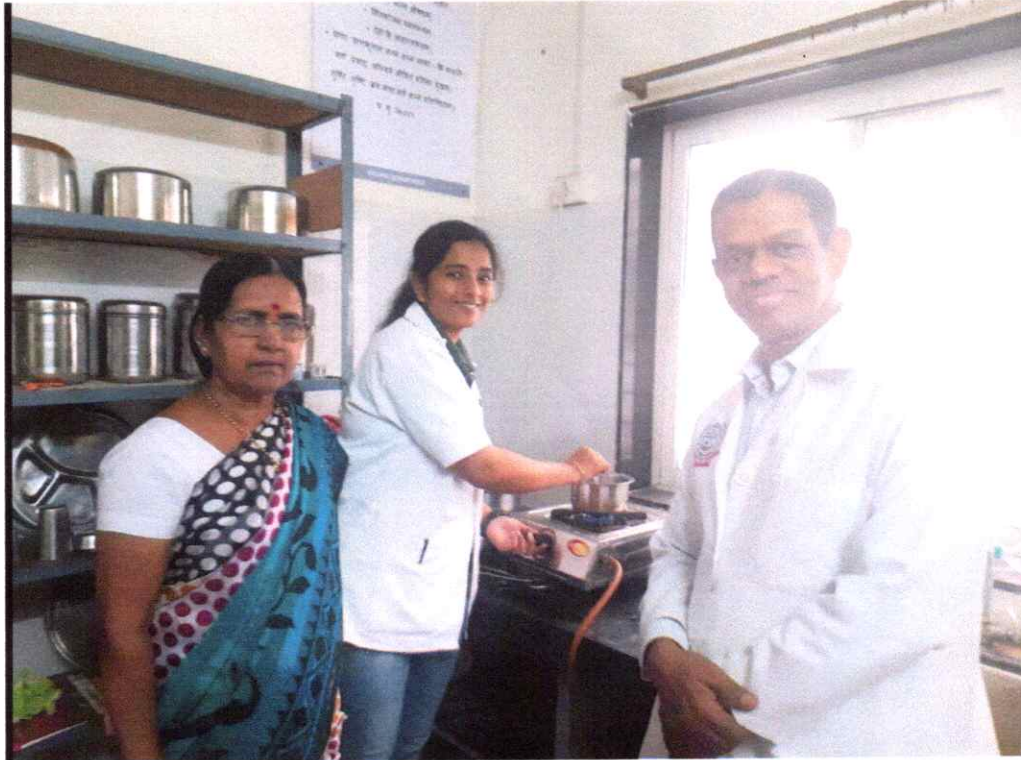
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Ayurveda Aahar Concepts : Day 1st Preparation of Ksheerpaka

Date- 26/09/2022




broken clouds 26.0 °C

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




broken clouds 26.0 °C

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






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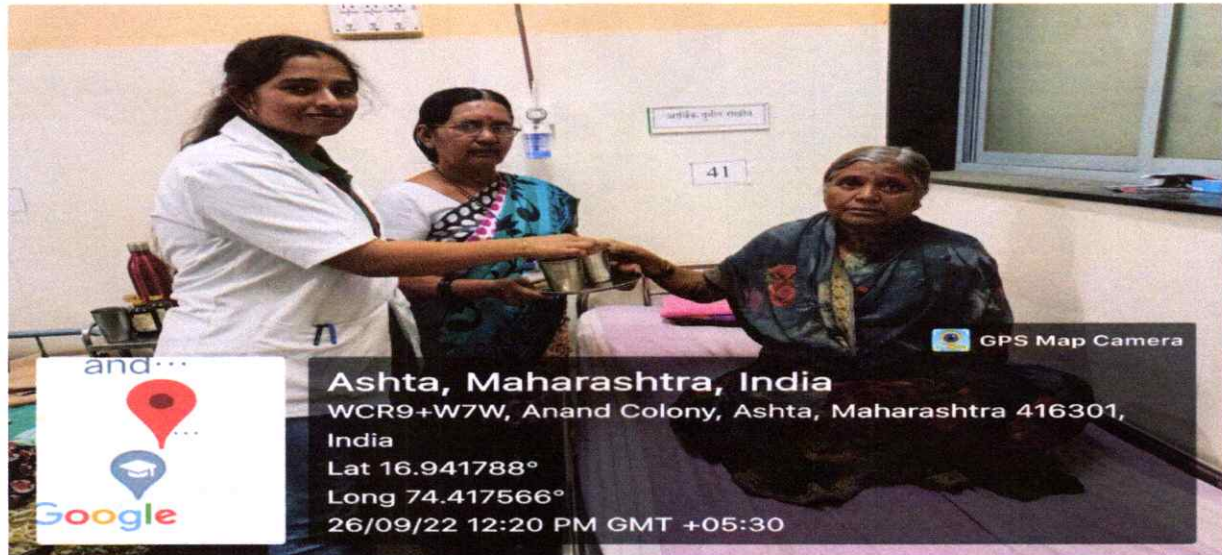
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Ayurveda Aahar Concepts : Day 1st Distrubution of Ksheerpaka

Date- 26/09/2022





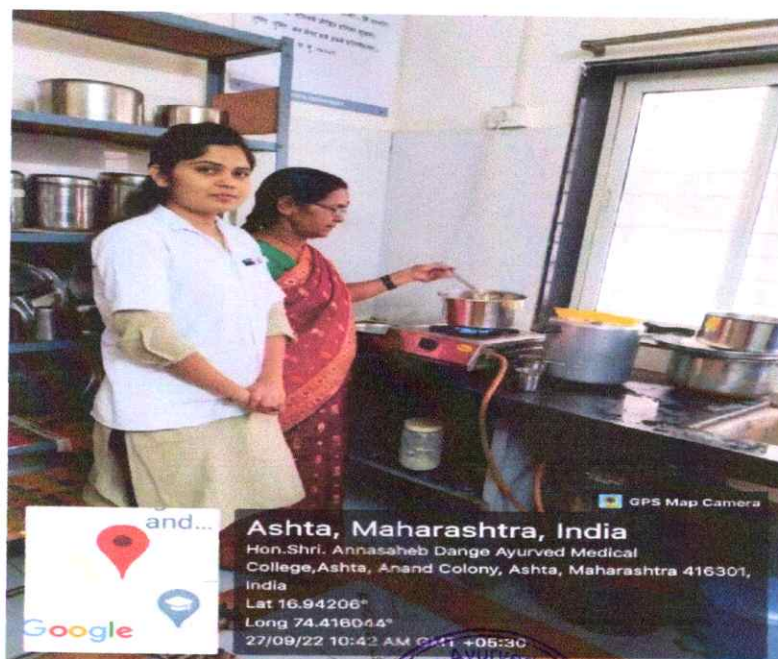
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Ayurveda Aahar Concepts : Day 2nd Preparation of Mudga Yusha Date- 27/09/2022





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

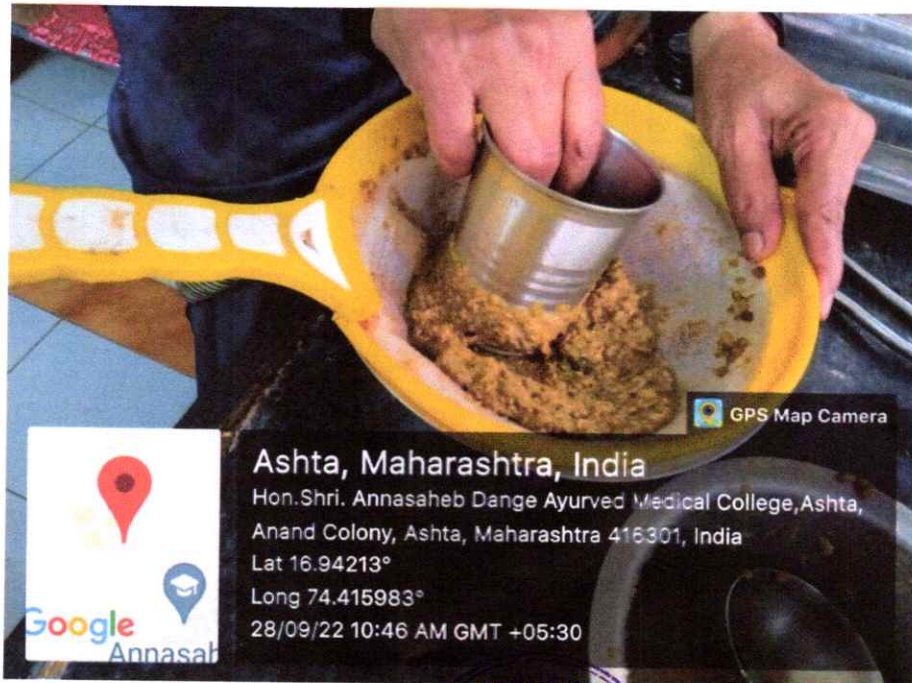




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Ayurveda Aahar Concepts : Day 3rd Preparation of Mudga Yusha Date- 28/09/2022





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Ayurveda Aahar Concepts : Day 3rd Distrubution of Mudga Yusha Date- 28/09/2022





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Ayurveda Aahar Concepts : Day 4th Preparation & Distrubution of Kulattha Yush

Date- 29/09/2022





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Ayurveda Aahar Concepts : Day 5th Preparation of Peya Date- 30/09/2022





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Ayurveda Aahar Concepts : Day 4th Distrubution of Peya Date- 30/09/2022





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



GPS Map Camera



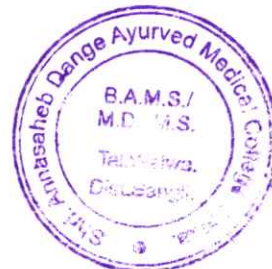
Ashta, Maharashtra, India

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College, Ashta, Anand Colony, Ashta, Maharashtra 416301,
India

Lat 16.942014°

Long 74.416056°

01/10/22 12:05 PM GMT +05:30

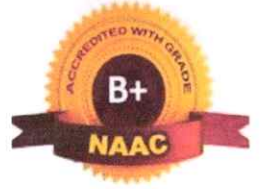




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Ayurveda Aahar Concepts : Day 6 Distrubution of Peya Date-01/10/2022

