



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.adamc.ac.in E-mail : ashta.adamc@gmail.com
NAAC Accredited ISO Certified 9001-2015, 14001-2015



CRITERIA 8 – Part B : Ayurveda

8.1.4. Steps adopted by the Institution towards Implementation of Swasthavritta activities

Sr. No.	Date	Promotional measures	No of participants
1	13/10/2022	Guest lecture by DrAbhinandanPatil on Mental Health in medical students on occasion of World Mental Health Day	76
2	07/10/2022	Rally for Health Awareness of Senior citizens on occasion of 7 th National Ayurveda Day	44
3	03/10/2022	Distribution of ' Swasthyapatrika ' for Health awareness of senior citizens on occasion of 7 th National Ayurveda Day	44
4	26/09/2022 to 01/10/2022	Ayurveda Ahaar concept on occasion of 7 th National Ayurveda Day	-
5	26/09/2022	Lecture by DrAshwiniKhot on Impacts of Malnutrition in society	50
6	22/09/2022	Health Check up camp for children in Ashram shala	21
7	04/03/2023	Awareness programme on Personal Hygeine	-



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



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A/p : Ashta, Tal. : Walwa, Dist : Sangli – 416 301
Website : www.adamcashta.com
NAAC Accrediatated ISO Certified 9001-2015,14000-2015



Date:- 10 /10/2022

To,

The Principal,

Hon.Shri Annasaheb Dange Ayuvedic Medical College,

Ashta.

Subject:- Regarding Permission for the Guest lecture on Mental Health in Medical Students on occasion of World Mental Health Day,2022 dated on 13/10/2022.

Respected Sir,

We, NSS Unit and Swasthavritta and Yoga Dept. at Hon.Shri. Annasahab Dange Ayurved Medical college, Ashta are going to arrange the Guest lecture on Mental Health in Medical Students on occasion of World Mental Health Day,2022 dated on 13/10/2022. Our guest speaker is Dr. Abhinandan Patil, MD, Manas vidnyan, Prof. Kayachikitsa, LRP Ayurvedic College Islampur,MCIM Executive Member.


We request you to permit us to conduct above event with your valuable guidance.




HOD

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

Yours Faithfully,


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



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Date:11/10/2022

Notice

This to inform you that, all the Teaching Staff and BAMS Students of Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta are requested to attend the Guest lecture on Mental Health in Medical Students on occasion of World Mental Health Day,2022

Date: 13/10/2022

Time: 2:30pm to 03:30 pm

Guest Speaker: Dr. Abhinandan Patil, MD, Manasrog vidnyan,


Prof. Kayachikitsa, LRP Ayurvedic college Islampur,
MCIM Executive Member

Venue: Auditorium Hall,

Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.




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


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


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Ref.No.

Date : 11/10/2022

Invitation Letter

To,

Dr. Abhinadan Patil,

MCIM Executive Member,

Professor, Kaychikitsa

LRP Ayu.College , Islampur

Subject – Invitation for Guest Lecture...


Respected Sir,

This is an invitation for you to deliver a Guest Lecture to our BAMS students on topic of Mental Health in Medical Students on the occasion of World Mental Health Day,2022, on 13.10.2022 at 02.30 pm to 04.30 pm in our Institute.

Requesting you to honor us by your presence.

Thanking you,




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


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



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NAME OF DEPARTMENT:- NSS team and Swasthavritta & Yoga
YEAR:-2022

EVENT / ACTIVITY REPORT

Title of Event / Activity:- Lecture on Mental Health in Medical Students on occasion of World Mental Health Day,2022

Date:- 13/10/2022

Time:- 02.30 pm to 04.30 pm

Duration:- Two Hours

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

Name of Lecturer-

Dr.Abhinandan Patil, MD (Manas Vidyan), Professor Kaychikitsa, LRP Ayu.College , Islampur,m MCIM Executive Member.

Description:-

At the beginning, Program started with Dhanvantari worship and Stavan. Our 3rd BAMS student Ankita Rupanar and Srushti Deshamukh sung Dhanvantari Prayer.

Our Principal Dr. Amit Pethkar had given a warm welcome to our guest on occasion of World Mental Health Day,2022.Dr. Alkananda Kulkarni falicitated our





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guest. At the beginning of lecture Dr. N.B. Tatpuje HOD, Swasthvritta and Yoga has given brief introduction of our guest Dr. Abhinandan Patil.

Dr. Abhinandan Patil, BAMS, MD (Manas Vidnyan), Professor, MCIM Executive Member gave appropriate & very useful information about Manas vidnyan in Ayurveda. He also gave information about improvement of mental health in medical students using Ayurvedic Manas aspects. It was very informative lecture given by Dr. Abhinandan Patil on occasion of World Mental Health Day, 2022.

At the end of the lecture Asso. Prof. Dr. Ashwini Khot gave vote of thanks to our guest for giving such useful information to our BAMS students. Our NSS volunteers Mr. Pavan, Ms. Shradhha, Ms. Priti and Ms. Ankita contributed their role to conduct this program smoothly.


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

Faculty Present-

1. Dr. Nitin Tatpuje
2. Dr. Alknanda Kulkarni
3. Dr. Ashwini Khot
4. Dr. Tinkuganesh Khalache
5. Dr. Sunil Chavan
6. Dr. Dilip Katare
7. Dr. Shital Mane




Program Officer
NSS Cell
A.D.A.M.C. ASHTA


HOD
Swasthvritta Dept.
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Ayurved Medical College Ashta


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**Guest Lecture on Mental Health in Medical Students on occasion of World
 Mental Health Day, 2022 dated 13/10/2022**



Ashta, Maharashtra, India
 Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta,
 Anand Colony, Ashta, Maharashtra 416301, India
 Lat 16.942132°
 Long 74.416123°
 13/10/22 02:37 PM GMT +05:30



[Signature]
Programme Officer,
 NS5 Cell
 A.D.A.M.C., Ashta

[Signature]
 Sanshodhan, 2012-13
 Maharashtra Sahakarika Mandal
 Ayurved Pratishthan, Sangli, Maharashtra



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

Handwritten signature
 HOD
 Swasthritta Dept.
 Hon. Shri. Annasaheb Dange
 Ayurved Medical College Ashta



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PRESENTY SHEET

NAME OF PROGRAMME/ACTIVITY: Guest Lecture on ^{World} Mental health Day
DATE: 13/10/2022 TIME:
VENUE: Auditorium Hall, ADAME, Ashta.

Sr. No.	Name of Student/ Staff	Year / Subject	Signature
1.	Dr. Ashwini A. Khot	Asso. Prof. Swastha	
2.	Dr. Tatpuje N. B.	Proff. Swastha	
3.	Dr. Dilip Katarue	Proff. Swastha	
4.	Dr. Tinku-ganesh P. Khalachr	Asso. Prof. Shring	
5.	Shraddha S. Houseker	New IV Yr	
6.	Peedi Ramesh Kumbhar	New IV Year	
7.	Amruta Khandu Salikar	New IV Year	
8.	Pawan Tanaji Ghutukade	New IV year	
9.	Vinayak Savkar Javare	New IV year	
10.	Devkate Akshay Bhimrao	New IV Yr	
11.	Yesovara Akshay Krishna	New IV Yr	
12.	Shubham Kailas Pant	New IV yr	
13.	Yogesh Anantao Shelke	New IVth yr	
14.	Ime Anandh Jansardhan	New IVth yr	
15.	Akshay Baburao Yampale	New IVth yr	
16.	Aniket Sadashiv Padavalkar	New IVth year	
17.	Shorad Bharat Chauhan	New IVth yr	
18.	Sahil Jahangir Shaikh	New IVth yr	
19.	Pankaj Pandit M.B.B.	New IVth yr.	
20.	Kaustubh Amrutkiran Kore	New IVth year	
21.	Pranita Parmeshwar Gauwad	New IVth year	
22.	Pradnya Balasaheb Mali	New IVth year	





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23.	Siddhi J. wale	New IV th yr	Patil
24.	Aishwarya Marathe	New IV th yr	Asin
25.	Snehal Rajkumar Bansode	New IV th yr	Snehal
26.	Samiksha Baban Bangar	New IV th yr	Bangar
27.	Sushama Dhanaji Gadade	New IV th yr	Gadade
28.	Girija Sunil Kumbhar	New IV th yr	Kumbhar
29.	Vaishnavi Anil Bhujbal	New IV th yr	VAB
30.	Anagha sanjay Gauhane	New IV th yr	ASG
31.	Sakshi Tanaj Patil.	New IV th yr	Patil
32.	Aishwarya Babu Gaikwad	New IV th yr	Gaikwad
33.	Srushti suhas Deshmukh	New IV th yr	Srushti V
34.	Sangram D. Patil	New IV th yr	Patil
35.	Hiwale Ankush Kailas	New IV th yr	Ankush
36.	Adamane Sanket Sanjay	IV th (New)	Sanket
37.	Piush sanjay Bharati	New IV th yr	Sanjay B
38.	Amit Govind Dudge	New IV th yr	Amit
39.	Gaurav Vishnupant Dharate	New IV th yr	Dharate
40.	Krishna shirchand Sostale	New IV th yr	Sostale
41.	Moyur Mahadev Thorak	New IV th yr	Thorak
42.	Sabale Harshada S	New IV th yr	Harshada
43.	Shahin A Pendhar	New IV th yr	Shahin
44.	Patil Pranoti S	New IV th yr	Patil
45.	Patil Harshada shantaram	New IV th yr	Patil
46.	Rupnur Ankita Tanaji	New IV th yr	Rupnur
47.	Padwale shital Jayram	New IV th yr	Padwale





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48	Pawar Shrilekha Shrikant	New IV th yr	<u>Scwags</u>
49	Aishwarya Shivaji Wagadkar	New 2 th yr	<u>Wagadkar</u>
50	Satavekar Shubhani Sudhakar	New 2 th yr	<u>Satavekar</u>
51	Shinde meghana Kisan	New 2 th yr	<u>Shinde</u>
52	Ashwini K. Podya	New IV th yr	<u>Ashwini</u>
53	Shinde Aishwarya R.	New IV th yr	<u>Shinde</u>
54	Kale Rupam Dawlat	New IV th yr	<u>Kale RD</u>
55	Londhe Snehal Hanamant	New IV th yr	<u>Snehal</u>
56	Gaikwad Jayshri Kishanrao	New IV th yr	<u>Gaikwad</u>
57	Sonnet Sneha Vijaykumar	New IV th yr	<u>Sonnet</u>
58	Bhisade Vaishnavi Ramesh	New IV th yr	<u>Bhisade</u>
59	Pogale Kajal Mayan	New IV th yr	<u>Pogale</u>
60	Prajakta Anilkumar Tomke	New IV th yr	<u>Tomke</u>
61	Patil Snehal Chandrakant	New IV th yr	<u>Patil</u>
62	Gayatri Jayant Khadse	New IV th year	<u>Gayatri</u>
63	Aarti Ramesh Surwase	New IV th yr	<u>Surwase</u>
64	Shruti Ramesh Gupta	New IV th yr	<u>Shruti</u>
65	Maziya Fatema Md. Yaseen	New IV th yr	<u>Maziya</u>
66	Rashani Vitthal Lohakare	New IV th yr	<u>Rashani</u>
67	Priyanka Mallikarjun Patil	New IV th yr	<u>Patil</u>
68	Mali Sharayu Babasaheb	New IV th yr	<u>Sharayu</u>
69	Prudula S. Tambe	New IV th yr	<u>Prudula</u>
70	Prayakta Saudagar Kedas	New IV th yr	<u>Prayakta</u>
71	Vidya Ravindra Chavan	New IV th yr	<u>Chavan</u>
72	Bhosale anjali Prakash	New IV th yr	<u>Bhosale</u>





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NAME OF DEPARTMENT:- NSS team, Azadika Amrut mahotsava and Swasthavritta & Yoga YEAR:-2022

EVENT / ACTIVITY REPORT

Title of Event / Activity:- Rally for Health awareness of Senior citizens on occasion of 7th National Ayurveda day, 2022

Date:- 07/10/2022

Time:- 10.30am to 11.30 am

Duration:- One hour

Venue:-Anand Colony, opp. Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.


Description:-

At the beginning, all BAMS Students and PG students gathered togheter infrant of college office and started rally for Rally for Health awareness of Senior citizens on occasion of 7th National Ayurveda day 2022. Rally was conducted from college to Anand Colony, Ashta city.

NSS volunteers gave information about how to get proper nutrition from routine dietary sources for senior citizens.

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


NSS Officer
S.D.A.M.C. Ashta


HOD
Swasthavritta Dept.
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Rally for Health awareness of Senior citizens on occasion of 7th National Ayurveda day, 2022

Dated 07/10/ 2022





PRESENTY SHEET

NAME OF PROGRAMME/ ACTIVITY : Rally for Health Awareness of senior citizens
DATE : 07/10/2022 TIME : 10.30am to 11.30am
VENUE :

Sr. No.	Name of Student/ Staff	Year	Signature
1.	sabale Harshada sukhda	IV th	
2.	Patil Akanksha Atal	IV th	
3.	Pawar Shrelekha Shrikant.	IV th	
4.	shinde Meghana Kiran	IV th	
5.	Rodge Ashwini Keshav	IV th	
6.	Shinde Ashwarya Ravindra	IV th	
7.	Padwale Shital Jayram	IV th	
8.	Rupnur Ankita Tanaji	IV th	
9.	Gaikwad Jaysri Kishanrao	IV th	
10.	Sonpe Snehajayvijaykumar	IV th	
11.	Mali Sharayu Babasaheb	IV th	
12.	Pendhari Shahn Altaf	IV th	
13.	Aishwarya Appaso Sargar	IV th	
14.	Girija Sunil Kumbhar.	IV th	
15.	Wushama dbanaji Gadade.	IV th	
16.	Koustubh Amrutkiran Kore	IV th	
17.	Koustubh C/N	IV th	
18.	Pankaj Vasant Malik.	IV th	
19.	Pradeep P Daingade	IV th	
20.	Tare Avinash Janardhan	IV th	
21.	Rudresh mahesh Khapare	IV th	
22.	Shubham Kailas Raot	IV th	



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23	Sanket Umesh Gwad	BAMS IV th yr	313/193
24	Akshay K. Yawar	BAMS IV th yr	Akshay
25	Omish Pankaj P.	BAMS IV	Pankaj
26	KRISHNA SHIVCHAND SARTALE	BAMS 4 th	Sartale
27	Panchal Balaji E.	B.A.M.S IV th	Balaji
28	Hiwale Anurag	B.A.M.S IV th	Anurag
29	Mayur Mahadev Thorak.	IV th Year	Thorak
30	Adarone Sanket Sanjay	IV. Year	Sanket
31	Pawan Tanaji Ghuhikade	IV year.	Pawan
32	Hausekar Shradha Shivaji	IV Year	Shradha
33	Kajal Dattatray Bhusnar	IV yo.	Kajal
34	TAMBOLI MUSKAN RAHIM	IV th	Muskan
35	Kaushalya S. Bhosale	IV th yr	Kaushalya
36	Siddhi J. Nale	IV th	Siddhi
37	Vaishnavi A. Bhujbal	IV th	Vaishnavi
38	Amit Govind Dadge	IV th	Amit
39	Pivush Sanjay Bharati	IV th .	Pivush
40	Yogesh Anandoo Sheike	IV th	Yogesh
41	Gaurav Vishrupant Dhawade	IV th	Gaurav
42	Sahil Jahangir Shaikh	IV th	Sahil
43	Aniket Sadashiv padavalkar	II th	Aniket
44.	Dr. Ashwini A. Khot	NSS. P.O.	

A. Spens

PRINCIPAL

Shri Annasaheb Dange Ayurved Medical
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NAME OF DEPARTMENT:- NSS team, Azadika Amrut mahotsava and Swasthavritta & Yoga
YEAR:-2022

EVENT / ACTIVITY REPORT

Title of Event / Activity:- Distribution of Swsthyapatrika for Health Awareness of Senior citizens on occasion of 7th National Ayurveda day, 2022

Date:- 03/10/2022

Time:- 10.30am to 12.30 pm

Duration:- Two hours

Venue:-Anand Colony, opp. Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta and Mirajwadi.

Description:-

At the beginning, all NSS volunteers gathered together in front of college office. We handed over Swasthyapatrika to them for distribution to create health awareness among Senior citizens on occasion of 7th National Ayurveda day 2022 .

Swsthyapatrika includes guidance about daily routine, healthy diet and Yoga protocols for Geriatric age group.

NSS volunteers gave information about how to live healthy life and prevents complications in Geriatric age group .

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


NSS Office,
ADAMC, Ashta


HOD
Swasthavritta Dept
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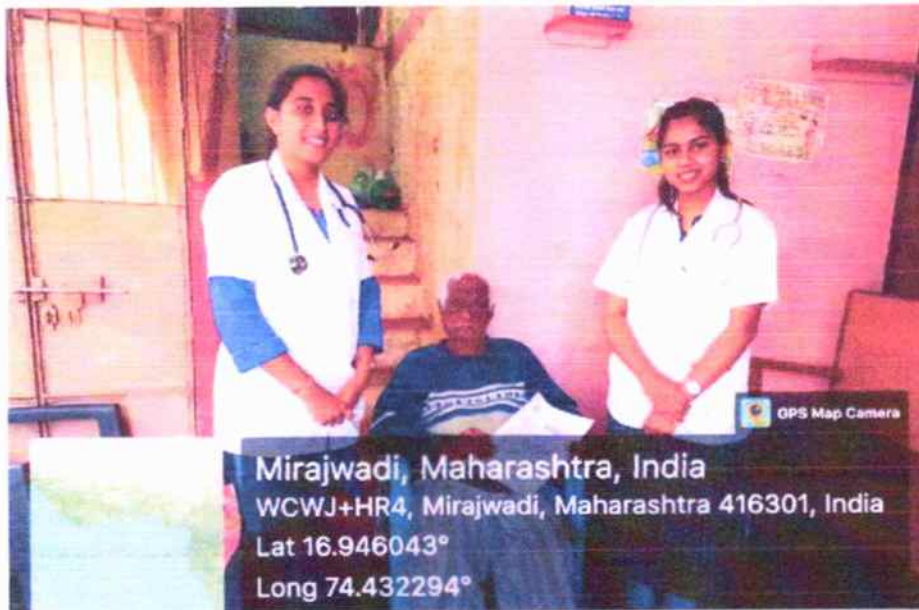


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Celebration of 7th National Ayurveda Day : Ayurveda for Senior citizens

Date-03/10/2022





PRESENTY SHEET

NAME OF PROGRAMME/ACTIVITY : *Distribution of Swasthyapatika*
DATE : *03/10/2022* TIME: *10.30 am to 12.30 pm*
VENUE : *Anand colony Ashta & Mirajwadi*

Sr. No.	Name of Student/ Staff	Year	Signature
1	Harshada Shantaram Patil	BAMS IV th	<i>Patil</i>
2	Pranoti shahaji Patil	BAMS IV th	<i>Patil</i>
3	Aarti Ramesh sunwase	BAMS IV th	<i>Sunwase</i>
4	Aishwarya Ravindra Marathe	BAMS IV th	<i>Marathe</i>
5	Shruti Ramesh Gupta	BAMS IV th	<i>Shruti</i>
6	Mariya Fatema Md. Yaseen	BAMS IV th	<i>Fatema</i>
7	Snehati Subhas Deshmukh	BAMS IV th	<i>Snehati</i>
8	Gaikwad Aishwarya	BAMS IV th	<i>Aishwari</i>
9	Chavan Vidya Ravindra	BAMS IV th	<i>Chavany</i>
10	Gavhane Angha sanjay	BAMS IV th	<i>ASS</i>
11	Snehal Rajkumar Bansode	BAMS IV th	<i>Snehal</i>
12	Vaishnavi Ramesh Bhisade	BAMS IV th	<i>Bhisade</i>
13	Satavekar Shukroni Sudhakar	BAMS IV th	<i>Satavekar</i>
14	Wagadkar Aishwarya shivaji	BAMS IV th	<i>Aishwarya</i>
15	Gauravi Ramvilas Sontakke	BAMS IV th	<i>Gauravi</i>
16	Manasi Umesh Otari	BAMS IV th	<i>Manasi</i>
17	Pradnya suresh Dandawate	BAMS IV th	<i>Pradnya</i>
18	Pankaj Vasant Mulik	BAMS IV th	<i>Pankaj</i>
19	Rudresh Mahesh Khapare	BAMS IV th	<i>Rudresh</i>
20	Shubham Kailas Rout	BAMS IV th	<i>Shubham</i>
21	Tare Avinash Janardhan	BAMS IV th	<i>Tare</i>
22	Sanket Umesh Garad	BAMS IV th yr	<i>Sanket</i>



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23	Kaustubh Amrutkiran Kozé	BAMS IV th year.	<u>Amrut</u>
24	Akshay K. Yerawar	BAMS IV	<u>Akshay</u>
25.	Gaikwad Jayshrik.	BAMS IV	<u>Gaikwad</u>
26.	Kaishra S. Saptale	BAMS 4 th yr	<u>Kaishra</u>
27.	panchal Balaji E .	IV th BAMS	<u>Panchal</u>
28.	Mayur Mahadev Thorab	IV th Year	<u>Thorab</u>
29.	Hiwale Ankush Kailas	IV th year	<u>Ankush</u>
30.	Pawan Tanaji Gunturkade	IV year.	<u>Pawan</u>
31	Admane Sanjay Sanjay	IV th year	<u>Admane</u>
32.	Rajal Dattatray Bhusnar	IV th yr	<u>Rajal</u>
33.	Shraddha Shiraji Housekar	IV Yr	<u>Shraddha</u>
34.	TAMBOLI MUSKAN RAHM	IV th	<u>Muskan</u>
35.	Kaushalya S. Bhosale	4 th yr.	<u>Kaushalya</u>
36.	Siddhi J. Nale	IV th	<u>Siddhi</u>
37	Vaishnavi A. Bhujbal	IV th	<u>Vaishnavi</u>
38	Amrit Govind Dudge	IV th	<u>Amrit</u>
39.	Piyush Sanjay Bharati	IV th	<u>Piyush</u>
40	Yogesh Anandao Shelke	IV th	<u>Yogesh</u>
41	Gaurav Vishnupant Pharsale	IV th	<u>Gaurav</u>
42.	Aniket Sadashiv Podaralkar.	IV th	<u>Aniket</u>
43.	sahil Jahangir shaikh	IV th	<u>Sahil</u>
44.	Dr. Ashwini A. Khot	NSS. P.O.	<u>Dr. Ashwini</u>



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NAME OF DEPARTMENT:- Swasthavritta & Yoga Dept.

YEAR:-2022

EVENT / ACTIVITY REPORT

Title of Event / Activity:- Celeberation of 7th 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 Celeberation of 7th 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 Preperations ” 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 internees were personally attended the preparations and gave important instructions to patients. All 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 2nd Week of 7th National Ayurved Day – Ayurved Ahar Concepts is celebrated in our college.




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Ayurveda Aahar Concepts : Day 1st Preparation of Ksheerpaka

Date- 26/09/2022





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





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





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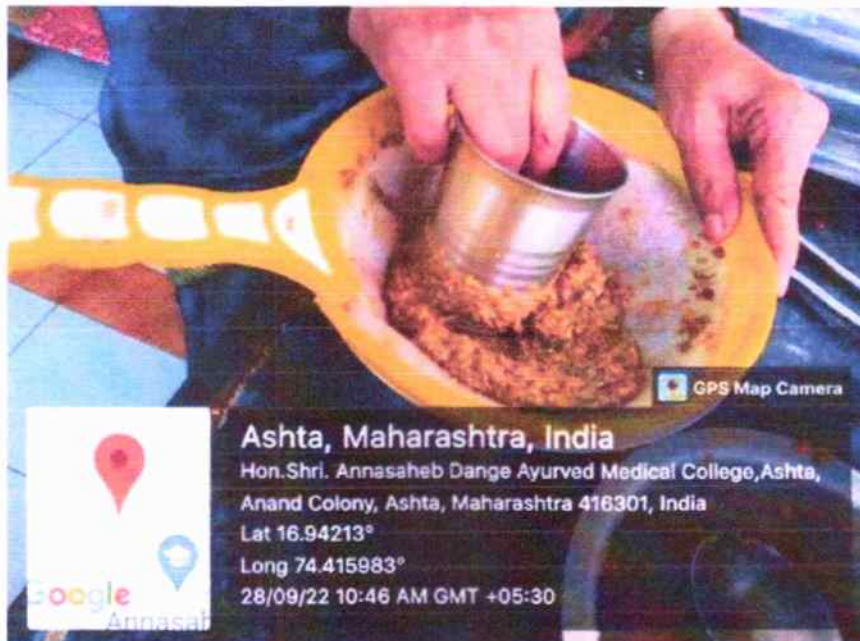
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Ayurveda Aahar Concepts : Day 3rd Preparation of Mudga Yusha

Date- 28/09/2022





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

Date- 29/09/2022





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





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



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

YEAR:-2022

EVENT / ACTIVITY REPORT

Title of Event / Activity:- Lecture on Impacts of Malnutrition in society .

Date:- 26/09/2022

Time:- 11.30am to 12.30 pm

Duration:- one hour

Venue:- 4th BAMS Classroom, Hon. Annasaheb Dange Ayurved Medical College,
Ashta.

Name of Lecturer– Dr. Ashwini Khot ,Asso. Prof. Swasthavritta and Yoga
Swasthavritta and Yoga Dept.

Description:-

At the beginning, Program started with Dhanvantari Stavan. Our 4th BAMS students sung Dhanvantari stavan.

CR, Preeti Kumbhar had given a warm welcome to Dr. Ashwini Khot ,Asso. Prof. Swasthavritta and Yoga Dept.

Dr. Ashwini Khot ,Asso. Prof. Swasthavritta and Yoga Dept. gave appropriate & very useful information about Impacts of Malnutrition in society.





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At the end of the Session ,NSS volunteer Pavan Gutugade gave vote of thanks to Dr. Ashwini Khot for giving such useful information to our 4th BAMS students.

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

Faculty Present-

1. Dr. Nitin Tatpuje
2. Dr. Ashwini Khot
3. Dr. Sarika Kandharkar



Ashwini
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NAME OF PROGRAMME/ ACTIVITY :

DATE: 26/09/2022

TIME: 11:30 am to 12:30 pm

VENUE: IVth BAMS Classroom, ADAMC, Ashta

Sr. No.	Name of Student/ Staff	Year	Signature
1.	Awale Renuka Rama	IV BAMS	Renuka
2.	Swati Babasaheb Jadhav	"	Swati
3.	Barbade susmita shrikar	"	Susmita
4.	Varshnavi Shiraji Sangakar	"	Varshnavi
5.	Behere Vinoyali pandurang	"	Vinoyali
6.	onkar Rajkumar parebat	"	O. Parebat
7.	Mangire Saurabh vibhang	"	Saurabh
8.	Omase shubham Ramchandra	"	Omase
9.	CHAVAN NIKHIL BHARAT	"	Nikhil
10.	Sagar Sawant Raut	"	Sagar
11.	Sanjana B. Pahl	"	Sanjana
12.	Jadhav Nikita Diip	"	Nikita
13.	Kirtane Nikita Vinayak	"	Nikita
14.	Jadhav Anbika Dhanaji	"	Anbika
15.	Jingale priti Naganath	"	Priti
16.	Hirmukhe. Abhishek . S	"	Hirmukhe
17.	Hipparkar Amruta Dilip	"	Amruta
18.	Jurav Amruta Vilas	"	Amruta
19.	M Gosavi Maithili Vijay	"	Maithili
20.	Giri Ankita Mohan	"	Ankita
21.	Ghadake Mrunal Maruti	"	Mrunal
22.	Ghadage Shivish Raju	"	Shivish





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23	Gaykward Peachi Teyambak.	IV BAMS	Peachi
24	Grambhire Rohini B.	"	Pohina
35	Digole sushma Arjun	"	Sigole
26	Dhope Pranita K.	"	Pranita
27.	Dhainje Bhargavi B.	"	Bhargavi
28.	Badgire pooja Mahadev	"	Pooja
29.	Awasthi satyam R.	"	Awasthi
30.	Bagal Korhan Rukhman	"	Bagal
31.	Bagul Vaushali Yuvraj	"	Bagul
32.	Barbade Sumita S.	"	Barbade
33.	Bhojgude vishal G.	"	Vishal
34.	Bhosale Maithili Sumit	"	M.s. Bhosale
35.	Bhosale Payal Rajkumar	"	Bhosale
36.	Bondar Shweta Baban	"	Shweta
37.	chavan Asavari Balkrishna	"	Asavari
38.	Ilawan Nikhil Bharat	"	Ilawan
39.	choudhari sanket Ramdas	"	Choudhari
40.	Dubhate Bhaskar Anand	"	Dubhate
41.	Khurde Prayakta Bhagwan	"	Khurde
42.	Khurde Nitish Harish	"	Khurde
43.	Kharbad Swapnil Rajabhem	"	Kharbad
44.	Khandare Mayuri Sudhakar	"	Khandare
45.	kale snehal Jijabhay	"	Kale
46.	Kadarkar Akanksha Bhausaheb	"	Akanksha
47.	Junne Amol Shivraj	"	Junne
48	Jamande siddhi uttam	"	Jamande
49	Jagtap Vishal Mahadev	"	Jagtap
50.	Jaykumar vishay Baban	"	Jaykumar

Programme Officer,
NSS Cell
ADAMC, Ashta

MOD
Swasthritta Dept.
Hon. Shri. Annasaheb Dange
Ayurved Medical College Ashta

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



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NAME OF DEPARTMENT:- NSS team and Dhanvantari Hospital
YEAR:-2022

EVENT / ACTIVITY REPORT

Title of Event / Activity:-Health check up camp for children in Ashramshala

Date: 22/09/2022

Time:- 11.30pm to 02.30 pm

Duration:- Three hours

Venue:- Prathamik Ashramshala ,Ashta

Description:-

NSS volunteers and hospital staff, of Hon. Shri Annasaheb Dange Ayurvedic College and hospital,Ashta, conducted routine Health check up camp for children in Prathamik Ashramshala in Ashta.

At first,NSS volunteers have assessed physical parameters like Height,Weight, etc. to come to know nutritional status of each students. They also gave information about how to get proper nutrition from routine dietary sources.

Encl:

List of the Teachers/ Students/ Instructors are attached with the report

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



Ashta
Principal
Hon. Shri. Annasaheb
Dange Ayurved Medical
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GPS Map Camera



Ashta, Maharashtra, India

WCV8+2G9, Shahu Maharaj Rd, Anand Colony,

Ashta, Maharashtra 416301, India

Lat 16.942629°

Long 74.417181°

22/09/22 12:45 PM GMT +05:30





PRESENTY SHEET

NAME OF PROGRAMME/ACTIVITY : Health Check up Camp.

DATE : 22/09/2022

TIME : 11.30am to 1.00pm

VENUE : Prathamik Ashramshala, Ashta

Sr. No.	Name of Student/ Staff	Year	Signature
1.	Dr. Ashwini A. Khot	NSS P.O.	
2.	Gurav Amruta Vilas	IV th BAMS	
3.	Seegob Raut	IV th BAMS	
4.	Arishnavi Sangolker	IV BAMS	
5.	Mangre Saurabh Vihang	IV th BAMS	
6.	Swati B. Jadhav	IV th year 98	
7.	Barbade Susmita Shrikar	IV th year 98	
8.	Behar Vinayak pandurang	IV th yr 98	
9.	Onkar Rajkumar Prabhat	IV th yr 98	
10.	Mangre Saurabh Vihang	IV th yr 98	
11.	Omase Shubham Ramchandra	IV th yr. 98	
12.	CHAVAN Nikhil Bharat	IV th yr 98	
13.	Ankita Pratapa Praso Pawar	IV th 98	
14.	Padel Simran Amin	IV th 02	
15.	Kirtan Nikita Vinayak	IV th 98	
16.	Shirke Shreya Bhagwan	III rd year	
17.	DIPAK vijaykumar kunure	III rd year	
18.	Dive Mangesh D.	III rd (2017)	
19.	Pranav R. Jadhav	III rd (2017)	
20.	Kirtan Nikita		
21.	Dr. Aniket Dattajir Awasthi	PG-II	
22.	Dr. Vijay Sanjiv Dange	Reader (Shalya) Kurg	

Programme Office
NSS Cell
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DEPARTMENT OF SWASTHAVRITTA AND YOGA

Awareness Programme on Personal Hygiene 2023

Date - 04/03/2023





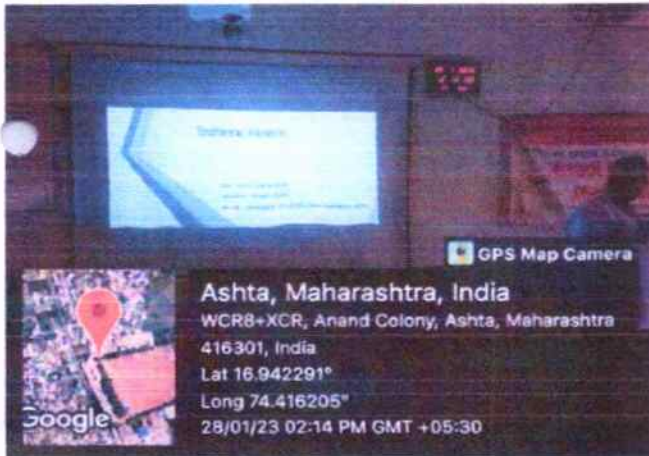
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DEPARTMENT OF SWASTHAVRITTA AND YOGA

Awareness Programme on Personal Hygiene 2023

Date - 28/01/2023



Dincharya upkram- Gandush



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Date- 06/03/2023

ACTIVITY REPORT

Title of Event / Activity:- Awareness Programme on Personal Hygiene

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

Date:-04/03/2023 Time:- 2.30 pm – 3.30 pm Duration:- 1 Hours

Venue:- Auditorium Hall, 2nd floor.

Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

Subject: Conducting Personal Hygiene awareness session

Objectives of event / activity:-

- To promote practices of Personal Hygiene.
- To build up healthy society by propagating importance of Personal Hygiene..
- To making up of our society physically sound.

Description:

With Principal sir's permission Department of Swasthavritta & Yoga ADAMC, conducted the **Awareness Programme on Personal Hygiene**. at Hon. Shri Annasaheb Dange Ayurved Medical College, Ashta on 04th March 2023 from 2.30 pm to 3.30 pm at Auditorium Hall, 2nd floor

This program was organized for Female non teaching staff of Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta and Hospital staff Dhanvantari Hospital, Ashta,

The purpose of **Awareness Programme on Personal Hygiene** is to promote Personal Hygiene and endeavor towards making it a part of everyone's daily routine. It was 60 minutes session, started at 02.30 pm and ended at 03.30 pm. Dr. Ashwini Khot has delivered a speech on Personal Hygiene with the help of PPT.

Dr. Ashwini Khot conducted this session with full enthusiasm in the presence of respected Principal Dr. Amit Pethkar sir. It was all together a rejuvenating experience for all the participants. At the end of the session Dr. Radhika Chougule gave vote of thanks..



Outcome :-


- 1) Participants understood importance of Personal Hygiene
- 2) Students and participants understood effects of addiction
- 3) Participants assured to practice Personal Hygiene.

Feedback:-


Feedback was taken from participants

Feedback Analysis:

Sr. No.	How was the topic?				Does the Information useful for daily use?		Did you get New Information		How Was overall organization?			
	Excellent	Good	Fair	Inappropriate	Yes	No	Yes	No	Excellent	Good	Fair	Inappropriate
1	√				√		√		√			
2	√				√		√		√			
3	√	√			√		√		√			
4	√				√		√		√			
5	√	√			√		√		√	√		
6	√				√		√		√			
7	√				√		√		√			
8	√				√		√		√			
9	√				√		√		√			
10	√	√			√		√		√	√		
11	√				√		√		√			
12	√	√			√		√		√	√		
13	√				√		√		√			
14	√				√		√		√			
15	√				√		√		√			
16	√	√			√		√		√			
17	√				√		√		√			
18	√				√		√		√			
Total	13	5	0	0	18	0	18	0	15	3	0	0
Percentage	54.17	20.83	0.00	0.00	75.00	0.00	75.00	0.00	62.50	12.50	0.00	0.00


 S. Prasad
 HOD
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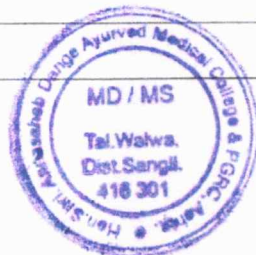
NAME OF PROGRAMME/ ACTIVITY : Awareness Program on personal Hygiene

DATE : 04/03/2023

TIME : 2.

VENUE : Auditorium Hall, ADAMS, Ashta.

Sr. No.	Name of Student/ Staff	Year/Dept.	Signature
1	लक्ष्मी पौड		L.P
2	जयश्री खंदारे		J.K
3	वेणी पौड		B.K.Pol
4	मंगल भाईस		मंगल
5	विद्या हावळे		D.H.B.
6	शोभा भाई भायळवास		N.D.K. Am.G
7	निदिता कावळे		N.D.K
8	संचल धसा		प.प.ल
9	सोनाली शिंदे		S.S.G
10	ज्योती लोहार		Jyoti B. Lohar
11	सुप्रिया वस्त		S.S.G
12	स्वाती वेदर		S.S.P.
13	रोहिणी चव्हाण		R.R.G.
14	श्रीमती वेदर		S.P.P.
15	सर्वाती अरजे		S.P.P.
16	लक्ष्मी वरणी		L.U.V.
17	पूजम मोरे		P.D.M
18	लता सपामती		L.R.S.



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DEPARTMENT OF SWASTHAVRITTA AND YOGA

Awareness Programme on Personal Hygiene 2023

Date - 04/03/2023

