



Bharatiya Sanskriti Darshan Trust's  
**AYURVED MAHAVIDYALAYA**

Wagholi, Tal: - Haveli. Dist: - Pune. 412207.  
Maharashtra, India

FOUNDER  
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O. No. : BSDAM /2022 | Ext-373  
DATE :- 06/10/2022

### Rashtriya Poshan Maah 2022 Report

5<sup>th</sup> Rashtriya Poshan Maah was announced to be celebrated from 1<sup>st</sup> Sept 2022 to 30<sup>th</sup> Sept 2022 by the Ministry of Women and Child Development with the involvement of other departments. This year, the objective was to activate Poshan Panchayats at the village level and to convert Jan Andolan into Jan Bhagidari.

Following the directives received from M.U.H.S. Nashik through letter no. MUHS/SW/NSS/1103/2022 dated 02/09/2022; various activities were conducted by the NSS Unit in collaboration with Swasthavritta department of B.S.D.T's Ayurved Mahavidyalaya, Wagholi, Pune during this month. The details of the activities conducted are as follows:-

Sr. No.	Date	Name of the Activity organized	Coordinator of the Activity	No. of Participants	Description of the activity
1.	21/09/2022	Awareness lecture for feeding mothers and children	Vd. Shinde P.	25	An awareness lecture on 'Diet during Varsha Rutu and Ritusandhi kala' was organized for feeding mothers and children on occasion of Guru Pushyamrut Yog. Vd.Karambelkar Sumedha was the speaker for this event.
2.	27/09/2022	Awareness lecture for adolescent girls	Vd. Shinde P.	500	An awareness lecture on 'Health, Hygiene and Nutrition in Adolescent girls' was conducted at V. S. Satav Highschool, Wagholi for the

					girls from 8 <sup>th</sup> and 9 <sup>th</sup> std. Vd.Amrutkar Amruta was the speaker for this event. Girls were sensitized about the role of proper diet in maintaining health, nutritional requirements and hygiene.
3.	27/09/2022 to 29/09/2022	Online Quiz competition on Nutrition awareness	Vd. Karambelkar S. Vd. Shinde P. A.	30	Online quiz competition was organized for the students of our Institute. Total 20 MCQs regarding the properties of Aahar according to Ayurved and modern were asked.
4.	28/09/2022	Demonstration on use of millets	Vd. Karambelkar S.	20	Demonstration of millets like jowar, bajra, ragi, kodo millet, maize etc. was done and its uses were explained. Procedure for the recipes was displayed in written format.
5.	29/09/2022	Awareness lecture on Ayurved Ahar	Vd. Karambelkar S.	50	Awareness lecture on 'Ayurveda diet for Children, Youth and Geriatrics' was conducted for college students. Dr. Sarode Yogita was the speaker for this event. She explained the benefits of following Ayurveda diet.

*P. Shinde*  
**NSS Co-ordinator**  
**Dr. Shinde P.A.**

*A. B. Kulkarni*  
**PRINCIPAL**  
**PRINCIPAL**  
**Dr. Anand. B. Kulkarni**  
 B.S.D.T'S Ayurved Mahavidyalaya  
 At Post-Wagholi, Tal-Haveli, Dist-Pune.

**B.S.D.T's Ayurved Mahavidyalaya, Wagholi, Pune.**

**CELEBRATION OF POSHAN MAAH 2022**

**1 Sept 2022 to 30 Sept 2022**

21/09/2022 — Awareness lecture on 'Diet during Varsha Rutu and Ritusandhi kala'



27/09/2022 — Awareness lecture on Health, Hygiene and Nutrition in Adolescent girls



# 27/09/2022 to 29/09/2022 — Online quiz on Nutrition Awareness

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Poshan Maah 2022

Questions Responses **30** Settings Total points: 20

## B.S.D.T's Ayurved Mahavidyalaya celebrates National Poshan Maah 2022 - Quiz competition

For B.S.D.T's students only - accepting responses upto 29th Sept 2022.

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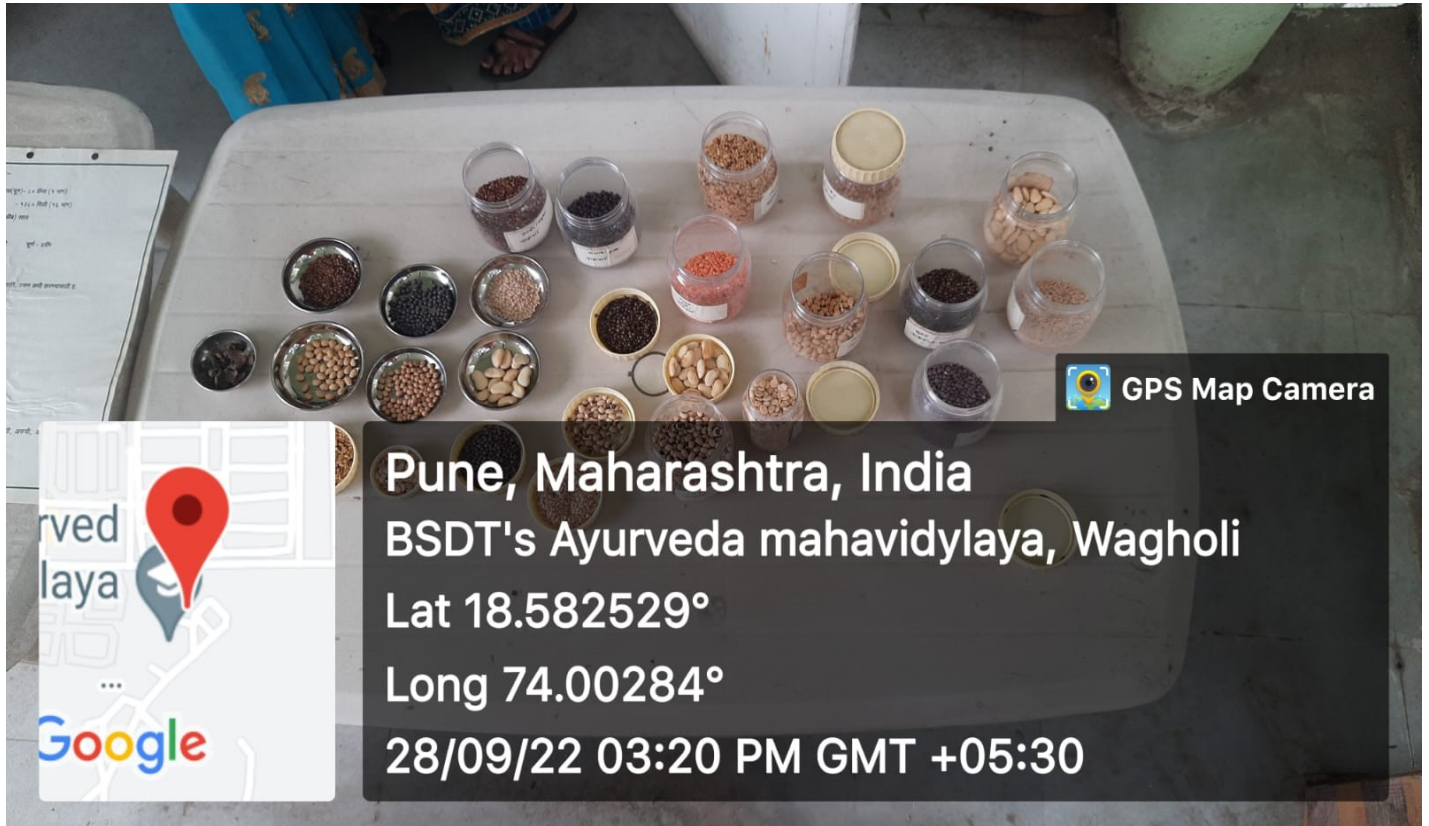
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- तीक्ष्ण X
- उष्ण X
- None of the above X

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28/09/2022 - Demonstration of millets to general Public



29/09/2022 - Awareness lecture on Ayurveda diet for Youths

