

State Model Ayurved College and Attached Hospital

Kolavda, Gandhinagar

Kaumarbhritya – Bala Roga

POSHAN MAAH CELEBRATION – 2023

As a part of celebration of sixth **Nutrition Month from 1st to 30th September 2023**, focusing on the nutrition of infant, childhood and adolescence, pregnant and lactating women, under the nutrition campaign by the Government of India, keeping the nutritional theme this year in mind “**Suposhit Bharat Sakshar Bharat Sashakt Bharat**”.

Under the guidance of Director, AYUSH Department as well as the Principal, State Model Ayurveda College, Kolavda, Gandhinagar, the Department of Bala Roga (Pediatrics) enthusiastically carried out the following activities at State Model Ayurveda College and attached Hospital, Kolavda.



A **Suvarna Prashan Camp** was organized on Pushyanakshatra in the hospital. In this camp children from birth to 16 years were given Prashan. During the camp, the children were physically examined and their parents were informed about nutrition, healthy diet and unhealthy diet by the interneers students of the department. As many as 48 beneficiaries participated in this camp



On this day of Pushyanakshatra, a **"Healthy Baby Competition"** was also organized under the Department of Kaumarbhritya - Bala Roga in which children from birth to 6 years participated in this competition. At the end of the competition, In the presence of the Principal of the institute, Honorable Prof. Vaidya Sweety Ruparel and Deputy Superintendent of the attached hospital, Vaidya Rakesh Bhatt, the first, second and third winners were encouraged by giving prizes.



"Padhai Bhi Poonsha Bhi" program was organized at Rupal in Kanyashala and Kumarshala in which Dr.Seema Polera Medical Officer and Dr. Kinjal Panchal – Head of Department Kaumarabhritya, State Model Ayurveda College Kolavda gave a speech on **"Nutrition, Diet and Ayurveda"** to the children of both the schools. In this program 76 boys, 72 girls, total 148 students were benefitted. The entire program was conducted by Dr.Seema Polera.



About 22 employees and staff workers working under SMIAS Campus were taught ,how to prepare Traditional Nutritious Food that can be used as supplementary food for children and increase nutrition for mothers.

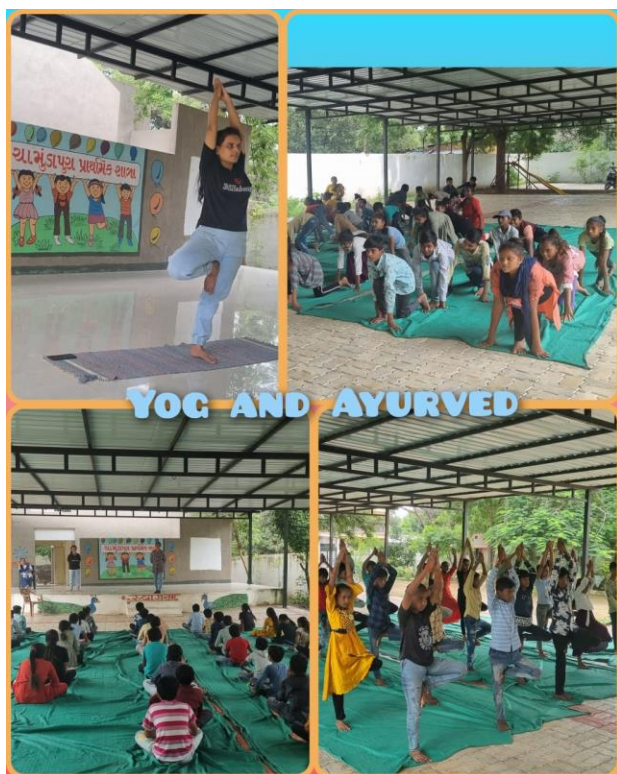
A speech was given on **“Traditional & regional food and nutrition”** to spread awareness among the people.



The Department of Prasuti Tantra - Stri Roga organized an awareness campaign on **“Nourishment of Pregnant women and about consuming enough nutritious food”** and the Department of Kaumarbhritya – Bala Roga gave awareness and encouragement to mothers about **“Exclusive Breast Feeding”**.



“Poshan Bhi Padhai Bhi” a program was organized at Chamundapura Government School Kolavda promoting **“Ayush Lifestyle Practices for Health Promotion”** like Dincharya, Ritucharya, Achar Rasayan etc. in which 24 Girls and 35 Boys Participated.



A **Five Minute Yoga Protocol** on the theme of **“Yoga for Health”** was organized by Miss. Rohani Vishwakarma – Yoga Expert

Total of 76 students including 44 Girls and 32 Boys participated in this program.



Plantation of 20 medicinal plants, Cultivation, utilization and identification of Plants providing nutrition and **information about Kitchen garden to promote Nutri-garden** was held in Government school, Kolavda.



Speech was given on **“Nutrition, Diet and Ayurveda”** to school children, in which 46 boys, 57 girls total 103 students were benefitted



A speech was given on **“Understanding and Prevention of Anemia in Children and Adolescents through various methods of AYUSH”** to spread awareness among the public. 44 Girls, 32 Boys total 76 students.

As a Nodal Officer, appointed by Honorable Principal of College, the entire program was organized by “Vaidya Kinjal Panchal”(HOD of Kaumarbhritya)

I Vd. Kinjal Panchal (HOD of Kaumarbhritya–Balaroga) express my heartfelt gratitude to Prof. Dr. Sweety Ruparel madam Principal, for appointing me as a NODAL OFFICER of this program.

I am also thankful to the Deputy Superintendent Vd. Rakesh Bhatt sir, all the departments of college, the medical officers of the hospital and the departmental interns for coordinating and supporting me in this program.