R A PODAR MEDICAL (AYU) COLLEGE, WORLI MUMBAI LIST OF ACTIVITIES HELD BY FFROM JANUARY 2025-TILL DATE

1) 10/03/2025

GUEST LECTURE

By DEPARTMENT OF PRASUTITANTRA STREEROGA

TOPIC: Hormones and Menstrual cycle

Speaker: Dr Shantanu Joshi (KEM Hospital Mumbai)

Beneficiary Students -62



2) <u>08/04/2025</u>

POSHAN PANDHRAVADHA ACTIVITY

By DEPARTMENT OF PRASUTITANTRA STREEROGA

Distribution of Garbhini ahaar vihar patrak in Hospital premise and OPD Beneficiary -90





3) 08/04/2025

POSHAN PANDHRAVADHA ACTIVITY By DEPARTMENT OF PRASUTITANTRA STREEROGA

Free MEDICAL CAMP FREE DISTRIBUTION OF MEDICINES OF ANTENATAL AND POSTNATAL CARE

Beneficiary -50





4)08/04/2025

POSHAN PANDHRAVADHA ACTIVITY PRADARSHAN By DEPARTMENT OF PRASUTITANTRA STREEROGA

Kuposhan upyukta ahar a vividh poshak pakkruti pradarshan Involvement of 16 Anganwadi sewika for poshan tracker maintenance







5)09/04/2025

POSHAN PANDHRAVADHA ACTIVITY By DEPARTMENT OF PRASUTITANTRA STREEROGA

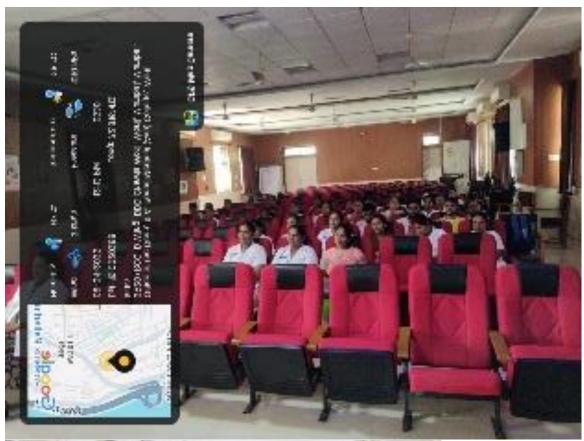
TRAINING OF SISTERS STAFF AND MIDVIVIES REGARDING ANTENATAL CARE LABOUR ,POSTNATAL CARE BREASTFEEDING IN DETAIL

TRAINING OF SISTERS STAFF AND MIDVIVIES REGARDING ANTENATAL CARE LABOUR ,POSTNATAL CARE BREASTFEEDING IN DETAIL

TRAINER:

- 1) DR MANAOJ GAIKWAD ,PROFESSOR RAPMC WORLI MUMABI TOPIC ANTENATAL CARE
- 2) DR AMRITA MISHRA STANIK KARMA AND AYURVEDA ANTENATAL AND PIOSTNATAL CARE
- 3) DR RUTUJA GAIKWAD BREASTFEEDING TECHNIQUES

ALL THE SISTER STAFF OF M A PODAR HOSPITAL BENEFITED









6) 09/04/2025

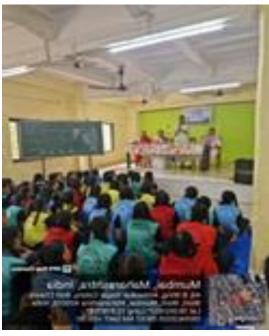
POSHAN PANDHRAVADHA ACTIVITY By DEPARTMENT OF PRASUTITANTRA STREEROGA

SCHOOL HEALTH AWARENESS REGARDING POSHAN

VENUE – MARATHA MANDIR HIGH SCHOOL WORLI MUMBAI .SPEAKER : Dr Rutuja Gaikwad (Assistant Prof RAPMC Worli Mumbai)

Beneficiary -200 STUDENTS





7)10/04/2025

POSHAN PANDHRAVADHA ACTIVITY By DEPARTMENT OF PRASUTITANTRA STREEROGA

GUEST LECTURE

TOPIC VIDHA AGNI KARMA

SPEAKER: Dr PANKAJ TRIPATHI

Beneficiary – 100 STUDENTS





8) 16/04/2025

POSHAN PANDHRAVADHA ACTIVITY By DEPARTMENT OF PRASUTITANTRA STREEROGA

GUEST LECTURE

TOPIC -MILLETS AND ITS IMPORTANCE IN MATERNAL NUTRITION

SPEAKER- DR MAHESH PATIL

Beneficiary – 100 STUDENTS



9) 21/04/2025

POSHAN PANDHRAVADHA ACTIVITY By DEPARTMENT OF PRASUTITANTRA STREEROGA

BONE DENSITY CAMP

BONE DENSITY EXAMINATION OF TOTAL; 70 PATIENTS DONE AND COUNSELLING , TREATMENT AND DIET ADVICED ACCORDINGLY





10) 22/04/2025

POSHAN PANDHRAVADHA ACTIVITY By DEPARTMENT OF PRASUTITANTRA STREEROGA

BMI SCREENING CAMP

BMI SCREENING EXAMINATION OF TOTAL; 120 PATIENTS DONE AND COUNCELLING, TREATMENT AND DIET ADVICED ACCORDINGLY



11)24/05/25

FREE HEALTH CAMP By DEPARTMENT OF PRASUTITANTRA STREEROGA

FREE HEALTH CAMP AND MEDICINE DISTRIBUTION IN OPD OF PRASUTI TANTRA AND STREE ROGA

Beneficiary – 60





12) 08/06/2025

FREE MEDICAL CAMP By DEPARTMENT OF PRASUTITANTRA STREEROGA

SAMUDAY AROGYA SHIBIR FREE MEDICAL CAMP , MEDICINE DISTRIBUTION AND SCREENING OF 40 PATIENTS AT KOLI SAMAJ NEAR BHAVAN WORLI POLICE CHOWKI MUMBAI



13) 11/06/2025

MENSTRUAL HYGIENE AWARENESS -GUEST LECTURE By DEPARTMENT OF PRASUTITANTRA STREEROGA

TOPIC: IMPORTANCE OF MENSTRUAL HYGIENE AND ORGANIC SANITARY NAPKIN INFORMATION

Beneficiary – 100 STUDENTS

SPEAKER: LATA SHISATH







14) 16/06/2025- 21/06/2025

INTERNATIONAL YOGA DAY ACTIVITY By DEPARTMENT OF PRASUTITANTRA STREEROGA

7 DAY YOGA WORKSHOP IN GARBHASANASKARANTENATAL CARE , POSTNATAL CARE AND IN GYNAECOLOGICAL DISORDERS

7 DAY YOGA WORKSHOP IN ANTENATAL CARE , POSTNATAL CARE AND IN GYNAECOLOGICAL DISORDERS DAILY 25 PATIENTS

VENUE – PTSR Ward





15) 02/07/2025

DOCTORS DAY ACTIVITY -GUEST LECTURE By DEPARTMENT OF PRASUTITANTRA STREEROGA

SPEAKER: DR POORNIMA KALE (BAMS, DYA, RPYS, RYT 500)

TOPIC: YOGA IN GYNAECOLOGY AND OBSTETRICS

Beneficiary – 100 STUDENTS





16) 21/07/2025

FREE INFERTILITY CAMP FREE By DEPARTMENT OF PRASUTITANTRA STREEROGA

INFERTILITY CAMP IN ASSOCIATION WITH BIRLA IVF CENTRE

TOTAL 20 infertility couples benefited





17) 04/08/2025

OSTEOPOROSIS SCREENING CAMP By DEPARTMENT OF PRASUTITANTRA STREEROGA

OSTEOPOROSIS SCREENING , COUNCELLING TREATMENT ADVICE OF TOTAL 100 PATIENTS WERE BENEFITED



