

# **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) 08/04/2025

**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

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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 ADVISED 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 ADVISED ACCORDINGLY**



11 )24/05/25

**FREE HEALTH CAMP By DEPARTMENT OF PRASUTITANTRA STREEROGA**

FREE HEALTH CAMP AND MEDICINE DISTRIBUTIION 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

