

**Bharati Vidyapeeth (Deemed to be University),  
Ayurved college and Hospital, Pune  
Department-Prasuti Tantra and StreeRoga**

**POSHAN MAH CELEBRATION REPORT**

Date: 22nd April 2025

Beneficiated Aasha Workers: 75

The Prasuti Tantra and StreeRoga Department, celebrated POSHAN MAH on 22nd April 2025. The event was organized with the aim of promoting ANC (Ante Natal Care) nutrition awareness among healthcare workers, mothers, and the community at large. The program consisted of a series of enlightening sessions and practical demonstrations, coordinated smoothly by Mrs. Asha Kadam.

The event commenced at 3:00 PM with a warm and motivating welcome address delivered by Resident Dr. Simran Thorat. She highlighted the importance of nutrition awareness and set a positive tone for the event.

Following the welcome, Medical Director Dr. Shubhangi Katkar provided an overview of the hospital's facilities and healthcare services. She emphasized how proper nutrition is integrated into patient care, and its vital role in maternal and child health.

Next, Dr. Swati Mohite spoke briefly about the significance of observing POSHAN MAH. She stressed how good nutrition practices contribute to the prevention of malnutrition, improvement of immunity, and enhancement of community health standards.

Mr. Dilip Hirwale took over to deliver a detailed explanation about the POSHAN MAH initiative. He elaborated on its objectives, underlining its impact on maternal and child nutrition, and encouraged active participation in related programs.

Continuing with the flow, Dr. Preetham Pai introduced the Ayurvedic concept of 'BhukChachni'. He discussed the traditional understanding of recognizing true hunger and the importance of eating according to one's digestive strength. She skillfully bridged the ancient Ayurvedic wisdom with contemporary dietary habits, making the session both educational and relatable.

The day concluded with an engaging Lecture Demonstration session from 3:30 PM to 5:00 PM. This was led by Dr. Namrata Tambe and Dr. Satish Khatal, and practically demonstrated by Mrs. Sonali Badade (Sister In-Charge) along with her team. They showcased preparation of nutritious, locally available meals. The demonstration focused on affordable, balanced diet for ANC, nutritional value this diet and was followed by an interactive Q&A where participants clarified their doubts about daily nutrition practices.



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