



Maratha Vidya Prasarak Samaj's

Dr. Vasantrao Pawar Medical College, Hospital & Research Centre, Nashik

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Dr. Mrs. Mrunal S. Patil
M.S., DOMS (OPHTH)
DEAN

Ref. No: 4985/20-24

Date: 27/03/2021

To,
Mr. Sandip Kulkarni
Offg. Director,
Student Welfare
MUHS, Nashik

Subject: Report of "Poshan Pandharwada Programme" at Dr. VPMCH&RC, Nashik

Reference: MUHS letter no. MUHS/SW/NSS/319/2021 dated 19/03/2021.

Dear Sir,

Dr. Vasantrao Pawar Medical College, Hospital & Research Centre, Nashik conducted a Programme on "Poshan Pandharwada - Mother & Child Nutrition" in the college campus on 25th and 26th March 2021.

The medical undergraduates from IInd MBBS (NSS volunteers) & PG students from Dept of Paediatrics attended this programme. The programme was conducted to spread awareness among pregnant women & lactating mothers about importance of nutrition, exclusive breast feeding and supplementary nutrition. The program report & photographs of the event are attached with this letter.

This report will be submitted by email to sw@mhus.ac.in for your information.



M. S. Patil
DEAN

Dr. Vasantrao Pawar Medical College,
Hospital & Research Centre, Nashik
Dr. Vasantrao Pawar Medical College
Hospital & Research Centre, Nashik

Attached:

- Programme report and Photographs of the event



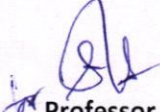
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**Dr. Vasantrao Pawar Medical College,
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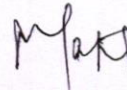


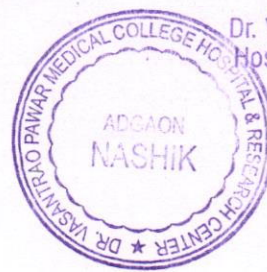
PROGRAM REPORT

Title of Program	"Poshan Pandharwada" - Mother & Child Nutrition
Objective of Program	1. To sensitize ANC & PNC mother for importance of balanced nutrition 2. To give demonstration of daily diet plan for pregnancy & lactation 3. To orient pregnant and lactating mothers for exclusive breastfeeding and supplementary nutrition
Participant Type	UG Students (NSS Volunteers) & PG students
Date and Duration of Program	Date: 25/03/2021 & 26/03/2021 Number of Hours (duration): 3 hours daily
Venue of the program/event	ANC & PNC wards, OBGY & Paediatric OPD
Program Organized by (Department/Committee/Unit)	NSS (National Service Unit), Dept of Paediatrics, Dr. VPMCH & RC Nashik
Program in-charge	Dr. Ravindra Sonawane, HOD, Paediatrics & Dr. Rakesh Patil, PO, NSS Unit
Supporting staff member	Dr. Sheetal Gurav, Dietician
Vote of thanks presented by	Dr. Rakesh Patil
Geo-tagged photos	Soft copy: Yes Hard Copy: Yes
Number of participants (attended program / event)	50
Brief about the Program (Activity/Event details)	ANC & PNC mothers were sensitized about importance of good nutrition for healthy mother & baby. Dietician demonstrated the daily diet plan for them by showing actual cooked food items of nutritional importance. Later on PG residents performed role play on importance of breast feeding and supplementary nutrition. Head of Paediatrics department guided on Infant & Child Feeding Practices (IYCF). He also addressed queries of mothers on exclusive breastfeeding and child health problems related to nutrition. NSS Program Officer gave vote of thanks at the end of program.


NSS Program Officer


Professor & HOD
Dept of Paediatrics


DEAN
Dr. VPMCH & RC Nashik



Dr. Vasantrao Pawar Medical College
Hospital & Research Centre, Nashik

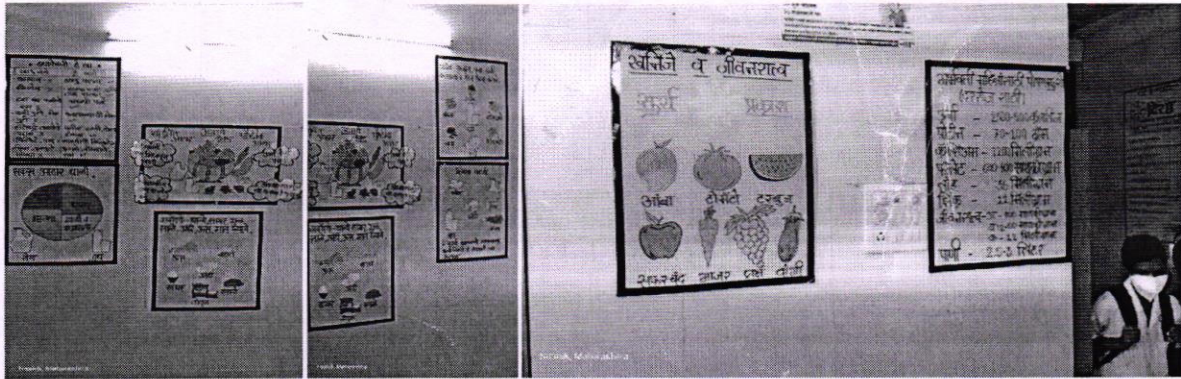


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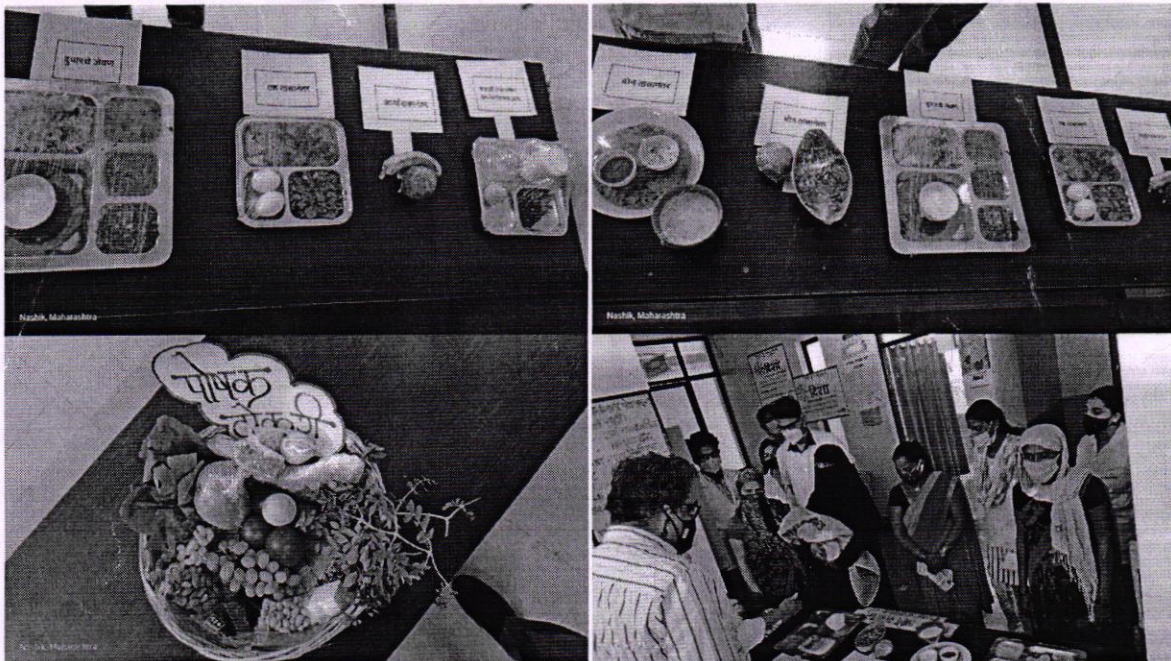


Program name: Awareness Program on "Poshan Pandharwada" - Mother & Child Nutrition

PHOTOS



Posters by NSS Volunteers on the occasion of "Poshan Pandharwada"



Demonstration of Nutritious Food Items



Role play & Lecture for Awareness regarding Infant & Young Child Feeding Practices (IYCF)

NSS PO



DEAN
Dr. VPMCH & RC, Nashik

Dr. Vasantrao Pawar Medical College
Hospital & Research Centre, Nashik