

POSHAN MAH CELEBRATION FROM 17/9/2025 to 2/10/2025

CHILDREN DIAGNOSTIC CAMP ON 17/09/2025 AT SMIAS, KOLAVDA ON 9:30 TO 12:30



As part of the celebration of "POSHAN MAAH 2025" and "10TH Ayurveda Day" and as part of the "AYURVIDYA Project", under the guidance of the Director, AYUSH Department, as well as the Principal, State Model Ayurveda College, Kolavda and the Superintendent, State Model Ayurveda Hospital, **Kaumarbhritya Dept.** organized a **Diagnostic Camp for children** for age from birth to 16 years at State Model Ayurveda Hospital on Wednesday, 17/09/2025 at 9:30 to 12:30

During this, the children were given information about the daily routine i.e. the lifestyle of the children, seasonal habits and how to maintain health.

A speech was delivered by HOD Kaumarbhritya dept Dr. Kinjal Panchal on the topic of "Yoga for Health" and the children were aware for the yoga necessary for fitness of health and during growth of child. The children were given an understanding about "Nutrition, Diet and Ayurveda".

40 Female children and 26 Male children, total of 66 children participated in this camp

The entire planning of this activity was done by Dr. Kinjal Panchal, HOD. Kaumarbhritya-Balroga Dept. and the invaluable contribution of the departmental interns Jaladip Jhala, Maitri Prajapati and Harshad Jadav



SUVARNAPRASHAN CAQMP ON 17/09/2025 AT SMIAS, KOLAVDA ON 9:30 TO 12:30



As part of the celebration of "POSHAN MAAH 2025" and "10TH Ayurveda Day" and as part of the "AYURVIDYA Project", under the guidance of the Director, AYUSH Department, as well as the Principal, State Model Ayurveda College, Kolavda and the Superintendent, State Model Ayurveda Hospital, **Kaumarbhritya Dept.** organized a **Suvarna Prashan Camp** at the State Model Ayurveda Hospital on Wednesday, 17/09/2025. In which Prashan was provided to children from birth to 16 years.

During this camp, the health of the children was checked and their growth and development according to their age was assessed based on their weight and height as per the necessary criteria. Awareness lecture entitled "CHILD NUTRITION" was taken by HOD Kaumarbhritya Dept. Dr. Kinjal Panchal and given guidance about healthy and unhealthy diet necessary for the health of the children. Their parents were informed about nutrition and were given an understanding about healthy and unhealthy diet.

37 Female children and 34 Male children, total of 71 children participated in this camp

The entire planning of this activity was done by Dr. Kinjal Panchal, HOD. Kaumarbhritya-Balroga Dept. and the invaluable contribution of the departmental interns Jaladip Jhala, Maitri Prajapati and Harshad Jadav



RALLEY FOR AWARENESS ABOUT NUTRITION NEAR TO KOLAVDA VILLAGE



As part of the celebration of “**POSHAN MAAH 2025**” under the guidance of the Director, AYUSH Department, as well as the Principal, State Model Ayurveda College, Kolavda and the Superintendent, State Model Ayurveda Hospital, **Kaumarbhritya Dept.** organized a **JAN JAAGRUTI RALLEY** near to Kolavda village on Thursday 18/09/2025.

During this, the villagers were given information about the daily routine of the children, i.e. the lifestyle of the children, seasonal habits and maintain health during seasonal changes, yoga necessary for the growth and development of the children and Nutritional diet according to Ayurveda

Total 70 students of State Model Ayurveda college kolavda, were participated in this event.



SCHOOL CHILDREN AWARENESS LECTURES FOR NUTRITIONAL DIET AND YOGA AWARENESS



Celebration of "POSHAN MAAH 2025" and as a part of "AYURVIDYAA PORECT"

Dr. Kinjal Panchal, HOD, Kaumarbhritya-Balroga Department State Model Ayurveda Hospital organized **Children Awareness lectures at Government School, Chamundapura, Kolavda** on Tuesday, 23/9/2025.

During this, the children were given information about daily routine i.e. children's lifestyle, seasonal habits and maintaining health during seasonal changes, also given information regarding "Nutrition, Diet and Ayurveda". A lecture was given on the topic "Yoga for Health" and the children were aware about the yoga necessary during Adolescent and growing age Period. Total 90 children were participated in this event.



"POSHAN MAAH 2025" -FOOD EXHIBITION



On the occasion of Poshan Maah Celebration and 10th Ayurved day Celebration, under the guidance of Director AYUSH Gandhinagar, Principal State model Ayurved college Kolavda, and Superintendent, State model Ayurved Hospital, Nutritive recipes Exhibition was organized for common public and patients on 23/10/2025 in SMIAS, Kolavda. In which exhibition 31 healthy and Nutritive recipes prepared by students and faculties were exhibited.

Total beneficiaries - 395

TAKEN LECTURE AT HOSPITAL REGARDING AWARENESS IN CHILDREN FOR PARENTS

Celebration of "POSHAN MAAH 2025" and as a part of "AYURVIDYAA PORECT"

Dr. Kinjal Panchal, HOD, Kaumarbhritya-Balroga Department State Model Ayurveda Hospital delivered lecture for parents regarding "Obesity common causes and faulty dietary habits" on Wednesday, 17/9/2025.

During this, the parents were informed about causes of Obesity in children and faulty dietary habits and hazard of junk food taken by children and also aware about children's lifestyle, maintaining health during seasonal changes, also given information regarding "Nutrition, Diet and Ayurveda". A lecture was given on the topic "Yoga for Health" and the children were aware about the yoga necessary during Adolescent and growing age Period. Total 92 people were participated in this event.



Taken lecture at Research center of SMIAS, KOLAVDA



On the occasion of **POSHAN MAAH 2025** celebration, Dr. Kinjal Panchal delivered a lecture on "**SHISHU SAMBHAAL-POSHAN ANE SHIKSHAN**" for parents at Research and training Center, Kolavda, Gandhinagar

Total Beneficiaries - 54





"Poshan Maah 2025" Exhibition of Ayurvedic Drugs

Ayurvedic drugs Exhibition organized by Dr. Kinjal Panchal HOD, Kaumarbhritya -Balroga Dept. on 30/09/2025, Tuesday at State Model Ayurved Hospital.

During this exhibition, third year students of SMIAS were given information about usefulness of these drugs in increasing the weight and height of children and also maintain mental health during Adolescent period

Also information given to those drugs which are useful to increase lactation in lactating mother.

Total beneficiaries - 78