

19-04-2025

CIRCULAR

The Department of Community Medicine & NSS Unit is going to organize an **awareness session on the importance of nutrition during the first 1000 days** of life as part of the celebration of the **7th Poshan Pakhwada** (April 8-22, 2025), under the initiative taken by the Ministry of Women and Child Development (MoWCD).

Date & time: 21.04.2025; 11:00 A.M Onwards

Venue: Amodar village.


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Principal
Parul Institute of
Homoeopathy & Research
Iswarpura, Limda, Vadodra-391760

Activity Report

DEPARTMENT	Community Medicine		
ACTIVITY TYPE	Nutritional Awareness Program		
ACTIVITY TITLE	7 th Poshan Pakhwada		
DATE & TIME	21 st April 2025 10:00 AM onwards	Duration	2 hours
PARTICIPANTS NO.	07		
EXPERT NAME WITH DESIGNATION	NA		
NAME OF EXPERT'S ORGANIZATION	NA		
EXPERT CONTACT DETAILS	NA		
FACULTY COORDINATOR	Dr. Pranali Mistry		
FACULTY CONTACT DETAILS	7600360741		
SDG	Good Health & Well-being (SDG 3), Quality Education (SDG 4), SDG 2 (ZERO HUNGER)		
MOU Activity	NA		
SPONSORING AUTHORITY	-	Sponsorship amount:	-

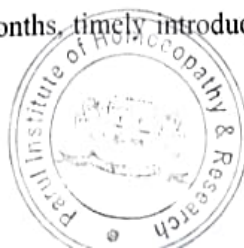
Objective:

- To educate participants about the importance of the first 1000 days (conception to 2 years) as a critical window for a child's growth and development.
- To increase awareness about the impact of proper maternal and child nutrition on preventing stunting and developmental delays and highlight the long-term health consequences of poor nutrition, including increased risk of chronic diseases later in life.
- To promote adoption of healthy nutritional practices among pregnant women, lactating mothers, and caregivers for optimal child health.

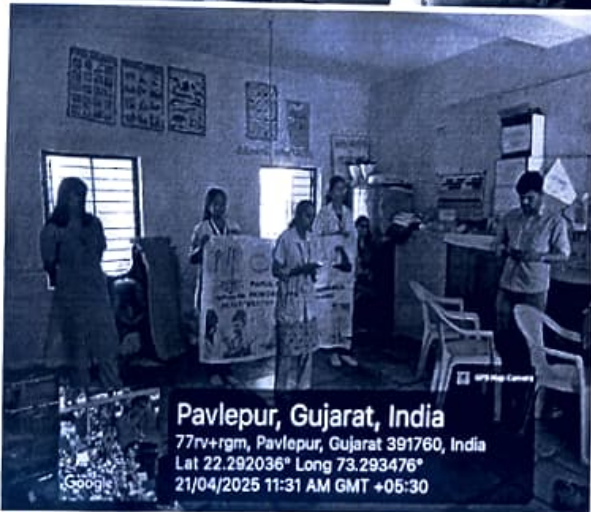
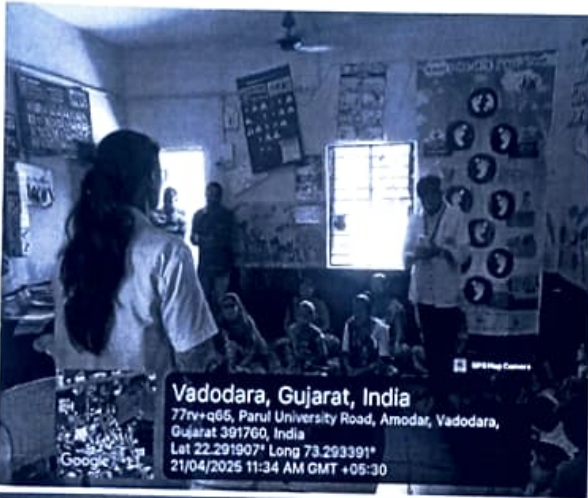
Activity Details:

The Department of Community Medicine & WDC and NSS Unit had organized an **awareness session on the importance of nutrition during the first 1000 days** of life as part of the celebration of the **7th Poshan Pakhwada** (April 8–22, 2025), under the initiative taken by the Ministry of Women and Child Development at **Amodar village Vadodara** for pregnant women and new mothers.

During the session, students explained the concept of the first 1000 days and highlighted how adequate maternal and child nutrition directly influences physical growth, brain development, immunity, and overall long-term health. Key messages included the importance of a balanced maternal diet, micronutrient supplementation, exclusive breastfeeding for six months, timely introduction of complementary feeding, and continued breastfeeding up to two years.



Glimpses of activity:



Outcome:

- Increased awareness about malnutrition, stunting, and micronutrient deficiencies.
- Enhanced motivation among participants to adopt healthier nutritional practices.
- Promotion of better household and community-level nutrition behaviors.
- Long-term contribution to improved maternal and child health outcomes.


Name & Signature of coordinator Dr. Pranali Mishra	Name, Signature & stamp of Head of the Department Dr. Pranali Mishra	Name, Signature & stamp of HOI Dr. Ankur Deshmukh
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