



**Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Reports for Extension/Outreach Activities Carried out in Year 2021**

Name of Activity	Ayush Apke Dware Saplings Distribution
Date of Conduction	09-10-2021
Organized By	National Service Scheme
Student Participated	25

Brief Report

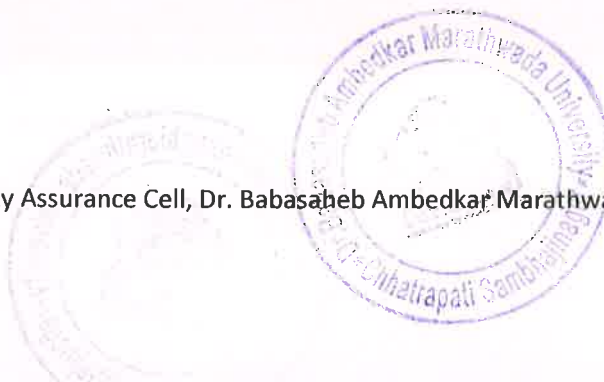
On October 9, 2019, the National Service Scheme (NSS) at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, organized an event aimed at promoting environmental conservation and raising awareness about the importance of Ayurveda in maintaining good health. The event included 35 students from NSS, local residents, students, staff, and faculty members. The inaugural ceremony was presided over by the Honorable Vice-Chancellor, Director NSS, and Registrar of the University, symbolizing the university's commitment to promoting environmental sustainability and traditional healthcare practices.





Glimpses of Ayush Apke Dware Saplings Distribution . Enthusiastic participation of local residents could be recorded.

As part of the event, saplings were distributed to participants and local residents, encouraging them to contribute to the green cover of the region. The distribution served as a symbolic gesture towards nurturing and preserving nature, fostering a sense of responsibility towards environmental conservation. Awareness sessions were conducted to educate attendees about the benefits of Ayurveda and traditional herbal medicines in promoting overall well-being and preventing diseases. The event received a positive response from local residents, students, and faculty members, who appreciated the initiative taken by NSS and the university. Many participants expressed their enjoyment of the event and voiced their support for conducting similar initiatives more frequently. In conclusion, the Ayush Apke Dware Saplings Distribution event exemplifies the university's commitment to promoting environmental conservation and traditional healthcare practices. Collaborations with local authorities, environmental organizations, and Ayurvedic institutions can further enhance the impact of such events, extending their reach to a wider audience. Additionally, practical demonstrations and workshops on Ayurveda and herbal medicine should be incorporated to provide hands-on learning experiences for participants.





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Name of Activity	Poshan Abhiyan
Date of Conduction	01-09-2019
Organized By	National Service Scheme
Student Participated	150

Brief Report

On October 9, 2019, the National Service Scheme (NSS) at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, organized a Poshan Abhiyan event to raise awareness about nutrition and health among the community. The event focused on educating participants about the importance of a balanced diet, essential nutrients, and traditional medicinal practices for maintaining good health and well-being. The event began with an inaugural ceremony presided over by the Honourable Vice-Chancellor, Director NSS, and Registrar of the University.



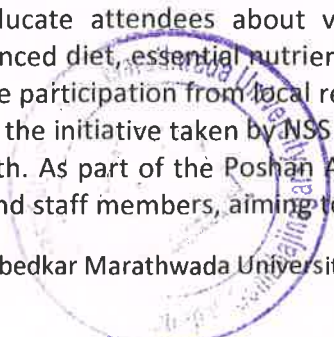


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Glimpses of Poshan Abhiyan . A great appreciation from local residents marked the event

Expert-led sessions were conducted to educate attendees about various aspects of nutrition, including the importance of a balanced diet, essential nutrients, and traditional medicinal practices. The event also saw active participation from local residents, students, staff, and faculty members, who appreciated the initiative taken by NSS and the university to raise awareness about nutrition and health. As part of the Poshan Abhiyan, nutritious food items were distributed to all students and staff members, aiming to promote healthy





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eating habits and provide practical examples of nutritious food choices that contribute to overall well-being. The event reflects the institution's commitment to promoting health and nutrition awareness among its stakeholders. Collaborations with healthcare professionals, nutritionists, and community organizations can further enrich the content and impact of such events, providing participants with access to expert guidance and resources for improving their health and well-being. Additionally, efforts should be made to integrate nutrition education into the university curriculum and extracurricular activities to foster a culture of health and wellness among students and staff.




Registrar,
Dr. Babasaheb Ambedkar
Marathwada University,

