

OUTCOME REPORT

Of

7th Poshan Pakhwada-2025

Theme: “Importance of Nutrition During Initial 1000 days of Life”

by

Amity Institute of Biotechnology Amity University Madhya Pradesh

General Information:

- Date of Event- 22nd April 2025
- Venue- Seminar Hall A block
- Organized by: Amity Institute of Biotechnology, AUMP
- Total Participation: 25 students and 27 faculty members.
- Moderator(s)/ Event Coordinator: Dr. Neha Sharma, Associate Professor, AIB

Point wise Outcome Report:

1. Objectives/Inspiration

1. Poshan Abhiyaan is a national initiative aimed at improving the nutrition levels of children, who should be aged between 0-6 years, for the adolescent girls, pregnant women and lactating mothers.
2. The objective of women's health regarding Polycystic Ovary Syndrome (PCOS) focuses on prevention, early diagnosis, and effective treatment to improve overall health outcomes.
3. Balanced diet: Focus on whole foods, fruits, vegetables, and whole grains to manage weight and insulin levels.

2. Details of Expert/Speaker

**Details of guest: DR ROZA OLYAI, MS, FICOG, FICMCH (Gold Medalist),
Director Olyai Hospital Gwalior MP**

Affiliations:

- State Coordinator for the FOGSI -ADHUNA (Bill Gates Foundation) Project 2024-26
- Member of the Medical Advisory Panel Family Planning Association of India -FPAI (2024-26)
- President Gwalior Obstetrics & Gynecological Society (2024-25)
- Chairperson SBC Madhya Pradesh (2024-25)

- Member National Screening Committee Family Planning Association of India -FPAI (2024-26)
- Representative, Board of Trustees -HUQUQ South Asia (2023-26)
- Fellow & Member Board of Governing Council Indian College of OBGYN (2018-21)
- Vice President FOGSI 2014
- Chairperson Adolescent Health Committee FOGSI 2012
- FIGO representative, WHO session at the FIGO World Congress at Rome 2012 during the special session on “preconception care”
- WHO Consultant, Expert Panel meet for making Global guidelines on Adolescent Sexual Reproductive Health, Geneva (2010-11)

National Awards & Publications:

- Awarded the prestigious Dr. D.C. Dutta Prize : FOGSI Best Publication 2011,Book title “Recent Advances in Adolescent Health”
- Awarded the prestigious Mehroo Dara Hansotia Prize: FOGSI Best Committee Chairperson Activities Award for the Year 2010-11
- Over 100 peer reviewed publications in Index journals, CME Publications & Text books
- Authored 4 books & Co –authored 8 books in Obstetrics & Gynecologist

3. Criteria Considered for inviting the Various Individual Guests, Internal as well as External

The criteria were to invite distinguished expert from various disciplines on the basis of their contribution in research/academic and credentials in the thematic area of event.

4. Were the guests in advance and if yes, from what previous interaction? Were the guests recommended by someone. If yes, who?

Yes, the guests were informed in advance and their consent was taken to deliberate their lecture during the event. Guests were contacted through personal contacts made during NSS events.

5. Attendees:

25 students and 27 faculty members attended the NSS event.

6.‘Take Homes’ for the Guests and the Attendees in the form of knowledge, facts, information.

The presentations delivered by expert speakers, during the event motivated the students/ faculty to get balance diet and involve in regular exercise.

7. Tangible Gains for the Faculty, Researchers and Students of Amity.

Tangible gain refers to measurable, practical benefits or improvements resulting from specific actions or interventions. In the context of women's health and PCOS, tangible gains might include:

Health Benefits

1. Improved menstrual regularity: Reduced symptoms of irregular periods, oligomenorrhea, or amenorrhea.
2. Weight management: Achieving and maintaining a healthy weight, reducing insulin resistance, and improving metabolic health.
3. Reduced androgen levels: Decreased symptoms of hyperandrogenism, such as acne, hirsutism, and male-pattern baldness

8. Progressive Outcomes /Way Forward' planned:

1. Facilitate connections between attendees and speakers to encourage knowledge-sharing about Importance of Nutrition During Initial 1000 days of Life.

9. Followed-Up with the Guests to consider Various Collaborations

- Post event plan to follow-up with the distinguished guests will be focused on to build up mutual collaboration in terms of like Association in Seminar/Conferences/Workshops.

The above possibilities will be worked upon with mutual consultation.

10. Plans for utilising the contacts developed with the Invited Guests, for future cooperation to meet the targets of 'Mission: Connect' and Mission: Synergy of Brains.

- To utilize contacts developed with invited guests for future cooperation and meet the targets of "Mission: Connect" and "Mission: Synergy of Brains," consider the following plans:
 - Mission: Connect
 1. Networking: Leverage contacts to establish a strong network of professionals, researchers, and experts in relevant fields.
 2. Collaboration: Identify potential collaboration opportunities, such as joint research projects, knowledge sharing, or mentorship programs.
 3. Resource Sharing: Share resources, expertise, and knowledge with contacts to foster mutual growth and development.
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Glimpses7th Poshan Pakhwada-2025



Welcome of Dr. Roza Olyai by Prof. (Dr.) by Iti Roychowdhury. Dean Student Welfare & Director. Amity Institute of Liberal Arts, Gwalior. Amity Institute of Social Sciences (AISS).



Felicitation with memento of Dr. Roza Olyai by Prof.(Dr.) by Iti Roychowdhury. Dean Student Welfare & Director. Amity Institute of Liberal Arts, Gwalior. Amity Institute of Social Sciences (AISS).



Group Photo






Group Photo



Vote of Thanks by Dr. Neha Sharma Associate Professor AIB AUMP

S No.	Name of activity	Name of Institution	Date	Photograph
1	NSS Residential Camp: Theme “Mera Yuva Bharat, Viksit Bharat” and “Mere Bharat Ke Liye Yuva Evam Digital Education”	NSS, AUMP	23-29 March 2025	 <p>Kheriya Keshar, Madhy... Bhind Rd, Kheriya Keshar, Madhya Pradesh 474020, India Lat 26.332697° Long 78.280441° 25/03/2025 11:22 AM GMT +05:30</p>
2	Intellectual Session of NSS Volunteers with Mr. Munendra Singh Kushwaha, a reputed social worker	NSS, AUMP	25 March 2025	
3	Pediatric and Female Health Checkup Camp in Village Daang Guthina	NSS, AUMP	26 March 2025	 <p>Guthina, Madhya Pradesh, India 87hp+cmv, Villveelage, Guthina, Madhya Pradesh 474020, India Lat 26.328637° Long 78.286978° 26/03/2025 12:29 PM GMT +05:30</p>

4	Social activity program on Child physical abuse: Good Touch-Bad Touch explanation	NSS, AUMP	26 March 2025	
5	Eye Checkup Camp in Village Daang Guthina	NSS, AUMP	27 March 2025	 <p>Guthina, Madhya Pradesh, India 87hp+cmv, Villvoolage, Guthina, Madhya Pradesh 474020, India Lat 26.328596° Long 78.286914° 27/03/2025 01:13 PM GMT +05:30</p>
6	AIDS Awareness Camp in Village Tiloni	NSS, AUMP	28 March 2025	 <p>Tiloni, Madhya Pradesh, India , Malanpur, Tiloni, Madhya Pradesh, India Lat 26.341442° Long 78.278686° 28/03/2025 12:27 PM GMT +05:30</p>

7	Heritage Sight trip to Mitawali, Padawali, and Bateshwar	NSS, AUMP	29 March 2025	
8	Poshan Pakhwada: 8-22 April 2025 Expert Lecture by Dr. Roza Olyai, MS, FICOG, FICMCH, Olyai Hospital Gwalior MP	NSS, AUMP	8-22 April 2025	
9	Poster Making Competition on World environment Day	NSS, AUMP	5.6.2025	