

Recently Concluded activity at NIUM

Brief description of the activity	Output/outcome	Any other details
<p>1. Dr Arish Sherwani delivered a talk on the importance of balanced diet and healthy food to the patients attending NIUM OPD.</p> <p>2. The Dept of Amraze Niswan wa Qabalat actively participated in observing Poshan Mah. The Dept Faculty and PG scholars conducted various awareness programmes in the hospital reception area by distributing pamphlets and through talks.</p> <ul style="list-style-type: none"> • Women and their family members were informed about the benefits of following the month wise dietary regimen, day-to-day activities and medicinal regimen according to Unani medicine. • Campaigning was also done to bring awareness about the various do's and don'ts regarding diet and life style during antenatal period. • Pregnant women and family members were trained right techniques of oil massaging to the new borns and caretakers of the family were advised to start the complementary feeding as per the guidelines mentioned in Unani system of medicine. • Awareness regarding Unani medicines that enhances milk production in the lactating mother was also explained to the postnatal mother and caretakers. • Riyazat (exercise) regularly, especially during antenatal and postnatal period was advised. • Pregnant women were given awareness regarding life style modifications and herbal medicines for the management of various minor ailments 	<p>20– 25 patients visiting NIUM OPD attended various sessions conducted daily.</p>	

<p>during pregnancy like nausea, vomiting, backache, constipation, leg cramps, etc.</p> <ul style="list-style-type: none">• Awareness of Unani system of medicines beneficial for growth and development of the children was provided to the public attending NIUM.• Awareness for deworming through various Unani medicines was also highlighted.• Awareness of use of various kitchen garden plants in different diseases especially lifestyle disorders, cancer prevention, gynecological diseases, etc.		
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The Dept of Amraze Niswan wa Qabalat actively participated in observing Poshan Mah



PG Scholars discussing the importance of diet and nutrition on the occasion of Poshan Mah



Dr Arish Sherwani delivered a talk on the importance of balanced diet and healthy food to the patients attending NIUM OPD.



Future activities

Brief description of the activity	Output/outcome	Any other details
1. A video will be recorded on demonstration of method of AYUSH Joshanda / Kadha and will be uploaded on NIUM website on the Tab AYUSH for Immunity Campaign. It will also be shared on different social media platforms. 2. Preparation of e-posters on AYUSH for immunity campaign	Mass awareness	