



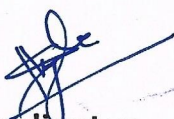
Maratha Vidya Prasarak Samaj's  
**Dr. Vasant Rao Pawar Medical College,  
Hospital & Research Centre**




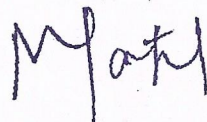
Vasantdada nagar, Adgaon, Nashik, Maharashtra - 422 003

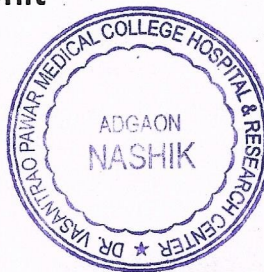
**PROGRAM REPORT**

Title of Program	<b>SURYANAMASKAR FOR VITALITY</b>
Objective of Program	<ul style="list-style-type: none"><li>To increase the awareness of <b>SURYANAMASKAR</b> among the students &amp; faculty</li><li>To promote healthy lifestyle and to highlight the importance and benefits of <b>SURYANAMASKAR</b>.</li></ul>
Participant Type	Students (UG and PG) & faculty
Date and Duration of Program	Date: 14 <sup>th</sup> Jan 2022 From: 9.30 am to 10.30 am
Venue of the program/event	MET Hall
Program Organized by	Yoga and NSS Unit, Dr. VPMCH & RC Nashik
Program in-charge	Dr. Rakesh Patil & Dr. Satish Waghmare
Name of Faculty / Guest Speaker	Dr. Shreeya Kulkarni
Supporting staff member	Dr. Santosh Shinde
Vote of thanks presented by	Dr. Satish Waghmare
Geo-tagged photos	Soft copy: Yes      Hard Copy: Yes
Number of participants (attended program/event)	Students: 16; Faculty: 5
Brief about the Program (Activity/Event details)	In this session demonstration of SURYANAMASKAR was given by Dr. Shreeya Kulkarni. Before actual Surya Namaskar, preparatory poses were demonstrated by Dr. Satish Waghmare after which students performed SURYANAMASKAR. The importance and benefits of SURYANAMASKAR were highlighted. Students were told to practice at least 12 Surya Namaskar every day to boost immunity and relieve the stress of daily living.

  
Co-ordinator  
Yoga Unit

  
Co-ordinator  
NSS Unit

  
DEAN  
Dr. VPMCH & RC, Nashik



**DEAN**  
**Dr. Vasant Rao Pawar Medical College  
Hospital & Research Centre, Nashik**



Maratha Vidya Prasarak Samaj's  
**Dr. Vasanttrao Pawar Medical College,  
 Hospital & Research Centre**



Vasantdada nagar, Adgaon, Nashik, Maharashtra - 422 003

**SURYANAMASKAR FOR VITALITY**

14th Jan 2022



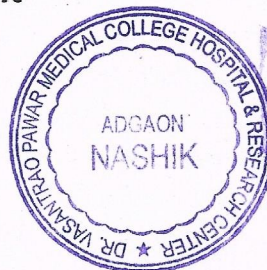
**Active participation of students during Surya Namaskar session**



  
 Co-ordinator  
 Yoga Unit

  
 Co-ordinator  
 NSS Unit

  
 DEAN  
 Dr. VPMCH & RC, Nashik



**DEAN**  
 Dr. Vasanttrao Pawar Medical College  
 Hospital & Research Centre, Nashik



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**Dr. Vasantrao Pawar Medical College,  
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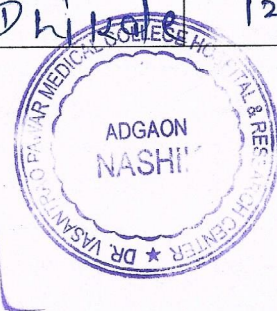


Name of the program – Suryanamaskar

Date – 14/01/2021

Attendance Sheet

Sr. No.	Name	Designation	Sign
1	Dr. Rakesh Patil	A.P. Com. Med	
2	Dr. Shreaya Kulkarni	Prof	
3	Dr. Satish Waghmare	Asso. Prof	
4	Dr. Shrinu S.U.	Asso. Prof	
5	Dr. Atul Pawar	JR (Patho)	
6	Dr. Vivek A. Kolage	JR (Patho)	
7	Dr. Pooya Khandwe	JR (Patho)	
8	Dr. Apurva Ramteke	JR (Patho)	
9	Dr. Mayuri Kute	JR (Patho)	
10	Krishna Nile	III <sup>rd</sup> MBBS	
11	Rahul K. Yadav	III <sup>rd</sup> MBBS	
12	Abhishek A. Surushe	III <sup>rd</sup> MBBS	
13	Mayuresh R. Deshpande	II <sup>nd</sup> MBBS	
14	Devpuje Shubham Nilkonth	II <sup>nd</sup> MBBS	
15	Yash Natharam Choudhary	I <sup>st</sup> MBBS	
16	Dr. K. Sneha	JR2 Pharmacology	
17	Gaurav S. Dhikole	12 <sup>th</sup>	



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Amrit Mahotsav



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Government of India



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**“SURYA NAMASKAR”**

Demonstration programme with more than 75 Lakh People on Makar Sankranti,

**14<sup>TH</sup> JANUARY, 2022**

