

5.1.2
Yoga and Wellness
2021-22



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

Vasantdada nagar, Adgaon, Nashik 422003, Maharashtra



DEPARTMENT OF PAEDIATRICS

Program Report:

Department: Paediatrics

Title of Program	Training program on Yoga Day
Objective of Program	To train PG students and Faculty in the importance and benefits of yoga in day to day lifestyle
Date of Program	21/06/2022
Venue	MVPS Dr. Vasant Rao Pawar Medical College, Adgaon, Nashik
Organized by	Dr. Sagar Sonawane
Program in Charge	Dr. Prashant Bhadane
Program approved by Principal/HOD	YES
Name of Guest	Dr. Ravindra Sonawane
Supporting Staff Member	Dr. Deepa Joshi
Vote of Thanks	Dr. Rahul Koppikar
Photograph/ Video available	YES
Nature of photo submission (hard/soft) and to whom	YES
Brief about Program	To train PG students and faculty in practicing yoga in their day to day lifestyle
Number of participants (faculty/ student)	Faculty (5) Students (25)



RSS
Prof. & HOD

Department of Paediatrics
DR. VPMCH & RC, Nashik
Professor & HOD
Dept. of Pediatrics
MVP's Dr. V.P. Medical College
Adgaon, Nashik.



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

Vasantdada Nagar, Adgaon, Nashik 422003, Maharashtra

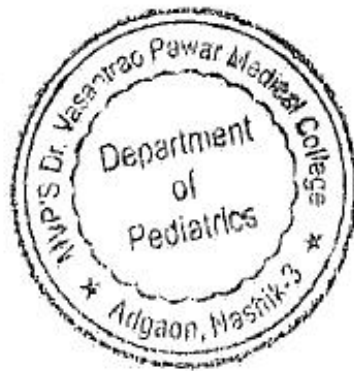


DEPARTMENT OF PAEDIATRICS

Date: 18/06/2022

CIRCULAR

This is to inform Paediatrics Residents and Faculty that a Training program on Yoga Day has been organized on 21/06/2022 in Department of Paediatrics. This training is compulsory for all residents.



RSJ
Prof. & HOD

Department of Paediatrics
DR. VPMCH & RC, Nashik

Professor & HOD
Dept. of Pediatrics
MVP's Dr. V.P. Medical College
Adgaon, Nashik.



Maratha Vidyapeeth Prasarak Samaj's

**Dr. Vasant Rao Pawar Medical College,
Hospital & Research Centre
Department- Paediatrics**



Name of Program - YOGA DAY

Dates of Program - 21/06/2022

Sr no.	Name of Participants	SIGN
1.	Dr. Arpit Shah (JR-III)	
2.	Dr. Prajakta Date (JR I)	PS Date
3.	Dr. Shantanu Nivadkar (JR I)	
4.	Dr. Sunil Bhanu (JR 3)	
5.	Dr. Gaurav Sen (JR-3)	
6.	Dr. Anshel Malik (JR 1)	
7.	Dr. Shreyas Rane (JR 3)	
8.	Mr. Varsha Dhadke (JR 3)	
9.	Dr. Smriti Thakur (JR 1)	
10.	Dr. Apurva Ramteke (JR 3)	
11.	Dr. Pranika Jaybhaye (JR I)	
12.	Dr. Sakshi Kadam (JR I)	
13.	Dr. Pija Shivgane (JR 3)	PCJ
14.	Dr. Kankubh Patil (JR -1)	
15.	Dr. Chinag Jani (JR-1)	
16.	Dr. Shreya Gawade (JR-1)	
17.	Mr. Ansh Shreya (JR I)	
18.	Mr. Sushil Patil (JR 3)	
19.	Dr. Maibreyee Chitambar (JR-1)	
20.	Dr. Akshata Sakhare (JR-3)	
21.	Dr. Vivekanand Ghosh (JR-III)	





Maratha Vidya Prasarak Samaj's
**Dr. Vasant Rao Pawar Medical College,
Hospital & Research Centre, Nashik**
Vasantdada Nagar, Adgaon, Nashik-422002, Maharashtra



Dept of Respiratory Medicine

Attendance Sheet

Topic:- Lecture on Yoga and Hasya Yoga

Faculty/Speaker:-Dr. Sushama R Dugad

Date:- 24th August 2021

Time:- 03.00 ^{pm} to 04.00 pm

Place:- Seminar room , departmental of Respiratory Medicine

S.N.	Name of Faculty/Speaker	Designation	Sign
1	Dr.Sushama R.Dugad	HOD & Prof (Respiratory medicine)	



HOD

Professor and HOD
Dept. of Respiratory Medicine
Dr. Vasant Rao Pawar Medical College
Hospital and Research Centre, Adgaon,
Nashik-422 003



Ref.No.MVPS Dr.VPMCH & RC/

PROGRAM REPORT

3047/2021-22

24-09-202

Title of Program	Stress Management through Laughter Yoga
Objective of Program	1.To promote healthy life style 2.To reduce stress through laughter yoga 3.To integrate moral values
Participant Type (tick applicable)	Teaching staff / <u>Students (UG, PG)</u> / Non-teaching staff
Date and Duration of Program	Date -24 th August 2021 from to From: 12 pm To: 01 pm. Number of Hours (duration): 1 hours
Venue of the program/event	Seminar Room, Department of Respiratory Medicine
Program Organized by (Department/Committee/Unit)	Department of Respiratory Medicine
Program in-charge	Dr. Sushama R Dugad, Professor & HOD, Dept. of Respiratory Medicine
Name of Faculty / Guest Speaker	Dr. Sushama R Dugad, Professor & HOD, Dept. of Respiratory Medicine
Vote of thanks presented by	Dr. Komal Shah, Assistant Professor, Dept. of Respiratory Medicine
Geo-tagged photos	Soft copy: Yes / No Hard Copy: Yes / No
Number of participants (attended program/event)	16
Brief about the Program (Activity/Event details)	In day to day routine work one becomes physically and mentally fatigued due to various stresses. One needs to be physically strong and mentally sound to cope up with them. Yoga, and laughter yoga provides an easy and quicker way of achieving these goals. Through Laughter Yoga one can get physical, psychological, social and spiritual benefit. Through laughter yoga one can become happy, healthy. To highlight the importance of laughter yoga in our life, Dr Sushama Dugad, Prof of Respiratory Medicine delivered the lecture on 'stress management through laughter yoga' for interns and residents of all departments of our college. Dr Prashant JR, of Respiratory Medicine Department conducted the program and Dr Komal Shah, Assistant Prof. of Respiratory Medicine department gave vote of thanks.

HOD

Professor and HOD
Dept. of Respiratory Medicine
Dr. Vasant Rao Pawar Medical College
Hospital and Research Centre, Nashik
Nashik-422 603



DEAN

Dr. VPMCH & RC, Nashik

DEAN

M.V.P.S. Dr.Vasant Rao Pawar Medical College
Hospital & Research Centre, Nashik



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

Vasantdada nagar, Adgaon, Nashik 422003, Maharashtra



Department of Respiratory Medicine

Program name: Yoga, Pranayam and Laughter session
Date of program: 24.08.2021



Yoga and Laughter session for Students



[Signature]

HOD

20/10/21

Professor and HOD

Dept. of Respiratory Medicine
Dr. Vasantrao Pawar Medical College
Hospital and Research Centre, Adgaon,
Nashik-422 003



[Signature]

DEAN

Dr. VPMCH & RC, Nashik

DEAN

M.V.P.S. Dr. Vasantrao Pawar Medical College
Hospital & Research Centre, Nashik



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

Vasantdada Nagar, Adgaon, Nashik 422003, Maharashtra



Department of Respiratory Medicine

Ref. No.:- 138 / 2021 - 2022

Date:- 23.08.2021

To,
The Dean
Dr. Vasant Rao Pawar Medical College,
Hospital and Research center, Adgaon, Nashik

**Subject:- Regarding permission for organizing "Yoga, and Laughter Yoga session" in
Department of Respiratory Medicine**

Respected Madam,

Respiratory Medicine Department is organizing lecture cum demo on "Stress Management through Laughter Yoga" for interns and residents on 24th Aug 21 at 3-4 pm at seminar hall of Respiratory Medicine Department.

S.N.	Name of programme	Date and Time	Participants	Venue
1	Yoga, and Laughter Yoga session.	24 th Aug, 2021 Time: 03 pm to 04 pm.	PG students and Interns	Seminar Room, Dept. of Respiratory Medicine

Kindly give permission for the same.

Thanking you

HOD

Department of Respiratory Medicine



Professor and HOD
Dept. of Respiratory Medicine
Dr. Vasant Rao Pawar Medical College
Hospital and Research Centre, Adgaon,
Nashik-422 003



Maratha Vidya Prasarak Samaj's
**Dr. Vasant Rao Pawar Medical College,
Hospital & Research Centre, Nashik**
Vasantdada Nagar, Adgaon Nashik-422003, Maharashtra



Department of Respiratory Medicine

Ref. No.:- 134 / 2021 - 2022

Date:- 23.08.2021

Circular

This is to inform to all PG students & Interns that ~~for~~ Respiratory Medicine has organized
"Yoga, Pranayam and Laughter session as follows:

Sr. no	Name of programme	Time	Participants	Venue
1	24 th August 2021	03 pm to 04 pm.	PG students & Interns	Seminar Room, Dept. of Respiratory Medicine

Requesting all of be present for the same.

Thanking you,

HOD

Department of Respiratory Medicine

Copy to :The Dean, Dr. VPMCH&RC, Nashik
The Medical Superintendent
HOD , All Dept.
Interns Incharge

Professor and HOD
Dept. of Respiratory Medicine
Dr. Vasant Rao Pawar Medical College
Hospital and Research Centre, Adgaon,
Nashik-422 003





Dept of Respiratory Medicine

Attendance Sheet

Topic:- Lecture on Yoga and Hasya Yoga

Faculty/Speaker:-Dr. Sushama R Dugad

Date:- 24th August 2021

Time:- 03.00 am to 04.00 pm

Place:- Seminar room , departmental of Respiratory Medicine

Sr. No.	Name of Faculty/Student	Designation	Dept.	Sign
1.	Dr. ANKUR ANIL BAGDE.	JR ₁	Dermatology	
2.	Dr. Chaitanya K.	JR-3	Resp. Med	
3.	Dr. Anjali S.	JR-3	Pathology	
4.	Dr. Vivekanand Giri.	JR-3	Pediatrics	
5.	Dr. Vishakha Patil	Intern		
6.	Dr. Deepika Dhadiwal.	Intern		
7.	Dr. Bhagyashree Suresh Bhaj	Intern		
8.	Nehru Nagabliya	Intern		
9.	Sanjay Chordiya	Intern		
10.	Dr. Krishna Anur	JR 2	Orthopedics	
11.	Dr. Parag J. Patil	Intern		
12.	Dr. Prabhakar Tachar	JR TB-chest		
13.	Dr. Sayli Patil	JR I & Paeds		
14.	Dr. Ranindan Shinde	Asst. prof	Perp	
15.	Dr. Pournavi	JR. Psy	Psy	
16.	Dr. Mansi Mitkar	JR.	Obgy	
17.				
18.				
19.				
20.				
21.				
22.				



Professor and HOD

Dept. of Respiratory Medicine
Dr. Vasant Rao Pawar Medical College
Hospital and Research Centre, Anjan
Nashik-422 003



Maratha Vidya Prasarak Samaj's

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

Vasantdada nagar, Adgaon, Nashik 422003, Maharashtra



Department of Medicine

PROGRAM REPORT

Program Report: 23.06.2021

Department: Medicine

Title of Program	Yoga Day Celebration on the occasion of International Yoga Day
Objective of Program	To inculcate the practice and benefits of Yoga
Participant Type (tick applicable)	Teaching staff, Students (UG, PG), Interns, Non-teaching staff
Date and Duration of Program	23.06.2021 Number of Hours (duration): 1 hr.
Venue of the program/event	Medicine Seminar Hall Dr. Vasant Rao Pawar Medical College Hospital & Research Center Adgaon, Nashik
Program Organized by (Department/Committee/Unit)	Department of Medicine Dr. Vasant Rao Pawar Medical College Hospital & Research Center Adgaon, Nashik.
Program in-charge	Dr. Neelima Chafekar Department of Medicine Dr. Vasant Rao Pawar Medical College Hospital & Research Center Adgaon, Nashik
Name of Presenter	Dr. Vibhusha Bhagat-JR2
Supporting staff member	Dr. Reshma Tejale
Vote of thanks presented by	Dr. Manohar Ketkar
Geo-tagged photos	Soft copy: <u>Yes</u> / No Hard Copy: <u>Yes</u> / No
Number of participants (attended program/event)	23
Brief about the Program (Activity/Event details)	On the occasion of International Yoga Day, the department of Medicine had organized Yoga Day Celebration. The event included -Presentation on 'Yoga in Medicine' by Medicine resident, -Performance of Yogasanas, -Meditation with soft music It was a well attended and well appreciated program with positive feedback and inputs by the attendees.

for
HOD
Professor & HOD
Department of Medicine
MVPS Dr. Vasant Rao Pawar
Medical College, Hospital & R.C.,
Adgaon, Nashik-3.

M. Patel
DEAN
Dr. VPMCH & RC, Nashik
DEAN
M.V.P.S. Dr. Vasant Rao Pawar Medical College
Hospital & Research Centre, Nashik



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

Vasantide nagar, Adgaon, Nashik-422003, Maharashtra



Department of Medicine

Ref. No.: - Med/ 118 / 2021 - 2022

Date:- 21.06.2021

To,
The Dean
Dr. VPMCH&RC,
Nashik.

Subject:- Regarding permission for organizing 'Yoga - Day' in Department of Medicine

Respected Madam,

On the occasion of 'International Yoga Day' department of Medicine is planning to organize 'Yoga - Day' on 23rd June 2021 from 12 pm to 1 pm. We request your kind permission for the same.

The details of the planned programme are as follows:-

Date: - 23rd June 2021

Venue: - Medicine Seminar Room

Participants: - All Faculty, Staff, PG Residents & Interns

Program:-

- Presentation by PG on 'Benefits of Yoga in Medicine'
- Yogasanas
- Meditation

So kindly grant permission for the same and oblige.

Thanking you

MVPS Dr. Vasantrao Pawar
Medical College, Hospital & RC.
Adgaon, Nashik
File No.
Inward
Date

1662/21-22
22/06/2021



**Professor & Head
Department of Medicine
Professor & HOD
Department of Medicine
MVPS Dr. Vasantrao Pawar
Medical College, Hospital & R.C.,
Adgaon, Nashik-3**



Maratha Vidya Prasarak Samaj's

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

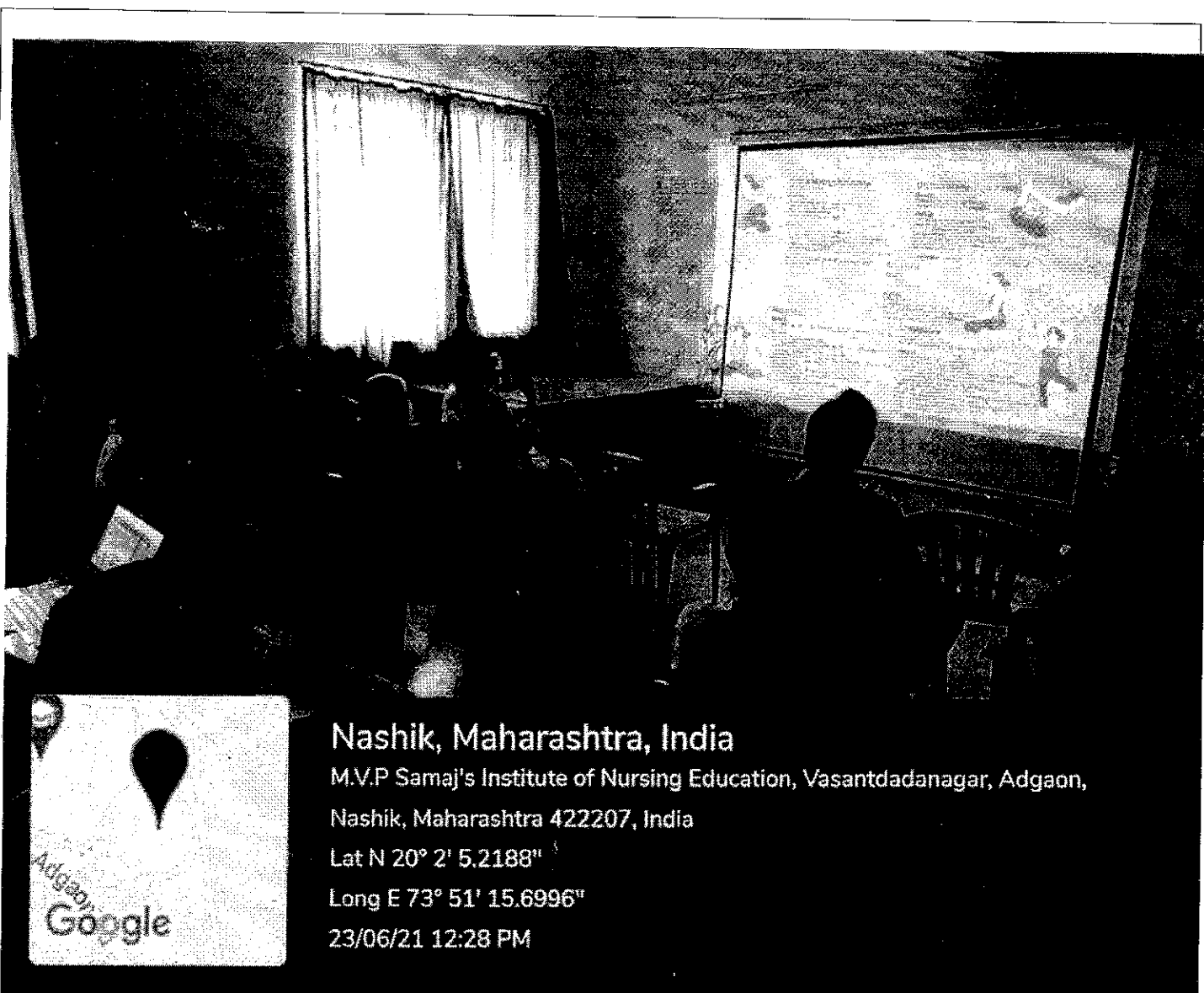
Vasantdada nagar, Adgaon, Nashik 422003, Maharashtra



Department of Medicine

Program Name: Yoga Day Celebration on the occasion of International Yoga Day
Date of program: 23.06.2021

Photo 1



Nashik, Maharashtra, India

M.V.P Samaj's Institute of Nursing Education, Vasantdadanagar, Adgaon,
Nashik, Maharashtra 422207, India

Lat N 20° 2' 5.2188"

Long E 73° 51' 15.6996"

23/06/21 12:28 PM

Dr. Abhisek
HOD

Professor & HOD
Department of Medicine
MVPS Dr. Vasanttrao Pawar
Medical College, Hospital & R.C.,
Adgaon, Nashik-3

Dr. VPMCH & RC
DEAN

Dr. VPMCH & RC, Nashik
DEAN
M.V.P.S. Dr. Vasanttrao Pawar Medical College
Hospital & Research Centre, Nashik



Maratha Vidya Prasarak Samaj's

Dr. Vasantao Pawar Medical College, Hospital & Research Centre, Nashik

Vasantdada nagar, Adgaon, Nashik 422003, Maharashtra

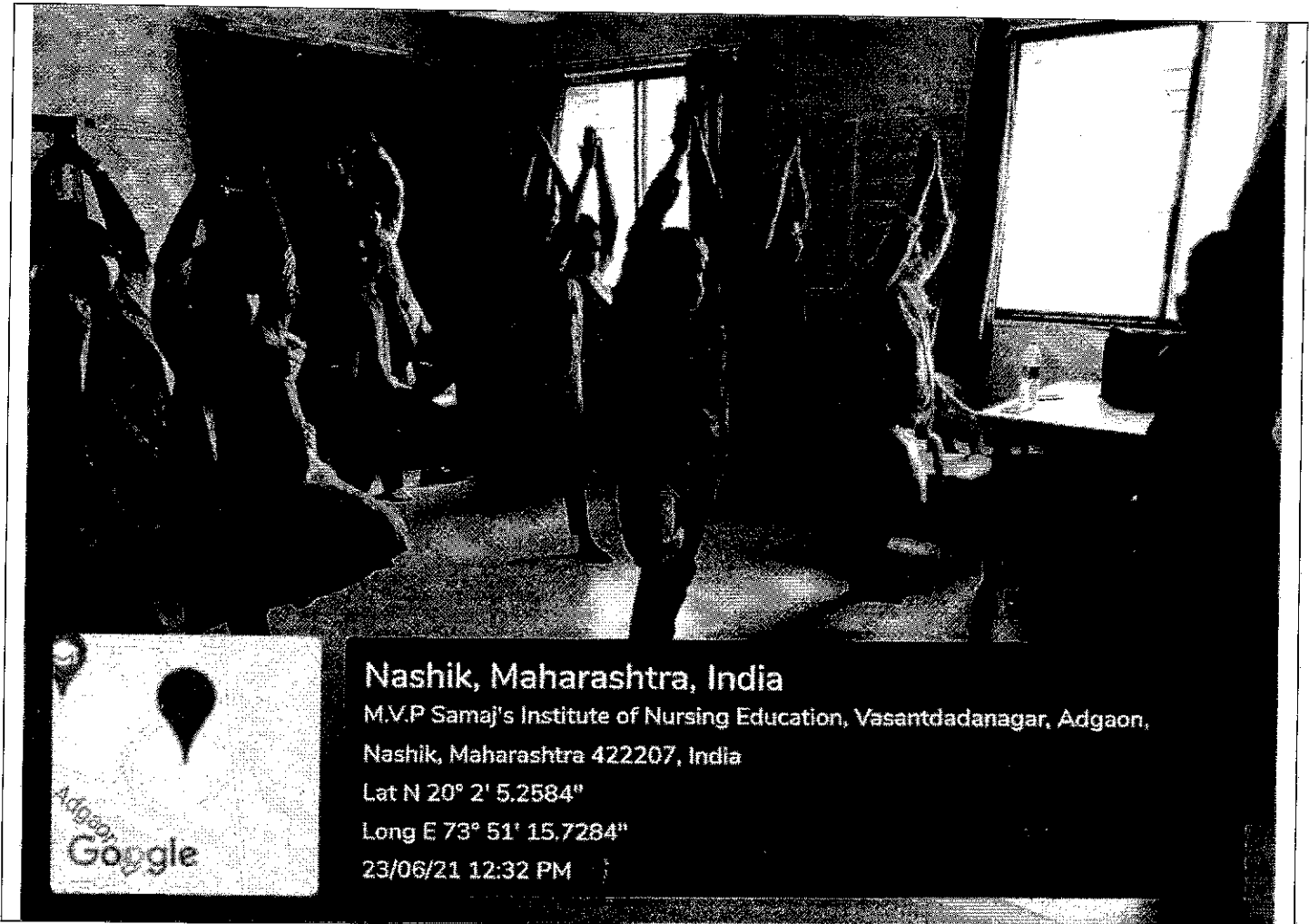


Department of Medicine

Program Name: Yoga Day Celebration on the occasion of International Yoga Day

Date of program: 23.06.2021

Photo 2



Nashik, Maharashtra, India

M.V.P Samaj's Institute of Nursing Education, Vasantdadanagar, Adgaon,
Nashik, Maharashtra 422207, India

Lat N 20° 2' 5.2584"

Long E 73° 51' 15.7284"

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[Signature]
Hon
Professor & HOD
Department of Medicine
MVPS Dr. Vasantao Pawar
Medical College, Hospital & R.C.,
Adgaon, Nashik-3.

[Signature]
DEAN
Dr. VPMCH & RC, Nashik
DEAN
M.V.P.S. Dr. Vasantao Pawar Medical College
Hospital & Research Centre, Nashik



Maratha Vidya Prasarak Samaj's

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

Vasantdada nagar, Adgaon, Nashik 422003, Maharashtra



Attendance Sheet

Topic: – “Yoga Day Celebration”

Date: – 23.03.2021

Time: - 12.00 Noon

Venue: - Medicine Seminar Hall

S. N.	Name of the Faculty	Department	Signature
1	Dr. Abhijeet More	Medicine	
2	Dr. Sanjeev Pushkar	Medicine	
3	Dr. Neelima Chafekar Prof.	Medicine	
4	Dr. Vipul Gattani	Medicine	
5	Dr. Anind Agrawal	Medicine	
6	Dr. Rakeshwar Patel	Medicine	
7	Dr. Nalush. Pahl	Medicine	
8	Dr. Reshma Pefale	Medicine	
9	Dr. K. K. K. K.	Medicine	
10	Dr. Jayashree Thakur	Med.	
11	Dr. Rajalata Parchal	Med.	
12	Matri Sharma	Med. Intern	
13	Stephen Lewis	Med. Int	
14	Deepika C. Dhadiwal	Med. Intern	
15	Hanuman S. Naidu	Intern	
16	Dr. Jenny Kashy	Medicine	
17	Dr. K. K. K. K.	Medicine	
18	Dr. Poonam Kamare	Medicine	
19	Dr. Vibhusha Bhat	Medicine	
20	Asp. Thakur	Medicine	
21	Dr. Akshata Sahu	Medicine	

Professor & HOD
Department of Medicine
Professor & HOD
Department of Medicine
MVPS Dr. Vasant Rao Pawar
Medical College, Hospital & R.C.,
Adgaon, Nashik-3.

Maratha Vidya Prasarak Samaj's

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

Vasantdada nagar, Adgaon, Nashik 422003, Maharashtra



Attendance Sheet


Topic: – “Yoga Day Celebration”

Date: – **23.03.2021**

Time: - 12.00 Noon

Venue: - Medicine Seminar Hall

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for 
Professor & HOD
Department of Medicine
Professor & HOD
Department of Medicine
 MVPS Dr. Vasantrao Pawar
 Medical College, Hospital & R.C.,
 Adgaon, Nashik-3



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

Vasantdada nagar, Adgaon, Nashik 422003, Maharashtra



Program Report

Title of Program	Yoga – International Yoga day celebration (Foundation course 2021-22)
Objective of Program	1.To make students aware of benefits of yoga 2.To train them in basic yogic exercises.
Participant type	Students (UG): Phase I MBBS.
Date and duration of Program	Date: 21/06/2022 Number of Hours (duration): 2 hours
Venue of the program	Ashwini Hall, Dr. Vasantrao Pawar Medical College, Nashik
Organized By	Foundation Course Committee 2021-22 Dr. Vasantrao Pawar Medical College, Nashik
Program in- Charge	Dr Anupam Khare, Convener , Foundation Course Committee Dr. Vasantrao Pawar Medical College, Nashik
Name of Faculty/ Guest Speaker	Dr. Satish waghmare, Associate Professor, Physiology. Dr. Vasantrao Pawar Medical College, Nashik
Supporting Staff Member	Dr. Prafulla Dakhane, Associate Professor, Anatomy Dr. Vasantrao Pawar Medical College, Nashik
Vote of thanks given by	Dr. Prafulla Dakhane, Associate Professor, Anatomy Dr. Vasantrao Pawar Medical College, Nashik
Geo tagged photos	Soft copy-Yes Hard copy-Yes
No. of participants attended the program	120
Brief information about the Program	International Yoga day is celebrated every year on 21 st June. As per NMC directives, a yoga session of 1 hour per day for UG students was carried out from 12/06/2022 to 20/06/2022 under expert guidance of certified yoga teacher Dr. Satish Waghmare. On 21/06/2022 international yoga day was celebrated from 6am to 8am which involved live streaming of Hon. Prime Minister Mr Narendra Modi's address which was followed by yogic exercises by the students as well as staff members. As Yoga has proven to be the best exercise for healthy and stress free life, importance of Yoga was conveyed to the students by the expert during these days. Also students were trained in basic yogic exercises and they personally experienced the benefits of same.



Anupam Khare
CONVENER

FOUNDATION COURSE COMMITTEE

Prafulla Dakhane
UG ACADEMIC
CO-ORDINATOR

UG Academic Co-ordinator
Dr. Vasantrao Pawar Medical
College Hospital & Research
Centre, Nashik

M. V. Patil
DEAN

DR. VPMCH & RC, NASHIK

DEAN

Dr. Vasantrao Pawar Medical College
Hospital & Research Centre, Nashik



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

Vasantdada nagar, Adgaon, Nashik, Maharashtra - 422 003



**FOUNDATION COURSE TIME TABLE – June 2022
PHASE I MBBS (Batch 2021-22)**

Date	Time	Topic	Speaker	Co-ordinator
12-06-2022 to 20-06-2022	5 pm – 6 pm	Yoga	Dr. Satish Waghmare	---
21-06-2022	6 am – 8 am	International Yoga Day celebration	Dr. Satish Waghmare	---
22-06-2022	5 pm – 7 pm	First Aid in Orthopedics	Dr. Rahul Dubas	Dr. Prafulla Dakhane
23-06-2022	5 pm – 7 pm	First Aid in Medicine	Dr. Anuj Nehete	Mrs. Nutan Ahire
24-06-2022	5 pm – 7 pm	First Aid in Surgery	Dr. Sachin Mahadik	Dr. Anupam Khare
26-06-2022	9 am - 1 pm	English Language	Mr Darshan Deodhe Mrs. Kanchan Sonar	Dr. Anupam Khare
27-06-2022	5 pm – 6 pm	AETCOM - Value of integrity, respect and honesty	Dr. Ashok Vankudre	Dr. Anupam Khare
28-06-2022	5 pm – 6 pm	Student expectation from institute	Abhishek Surushe	Dr. Anupam Khare
29-06-2022	5 pm – 6 pm	Reflection	---	---
30-06-2022	5 pm – 6 pm	Information Technology in Medicine for patient management	Dr. Sagar Sonawane	Mrs. Nutan Ahire

[Signature]
**CONVENER
FOUNDATION COURSE COMMITTEE**

[Signature]
**UG ACADEMIC
CO-ORDINATOR**
UG Academic Co-ordinator
Dr. Vasant Rao Pawar Medical
College Hospital & Research
Centre, Nashik

[Signature]
**DEAN
DR. VPMCH & RC, NASHIK**
DEAN
Dr. Vasant Rao Pawar Medical College
Hospital & Research Centre, Nashik



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

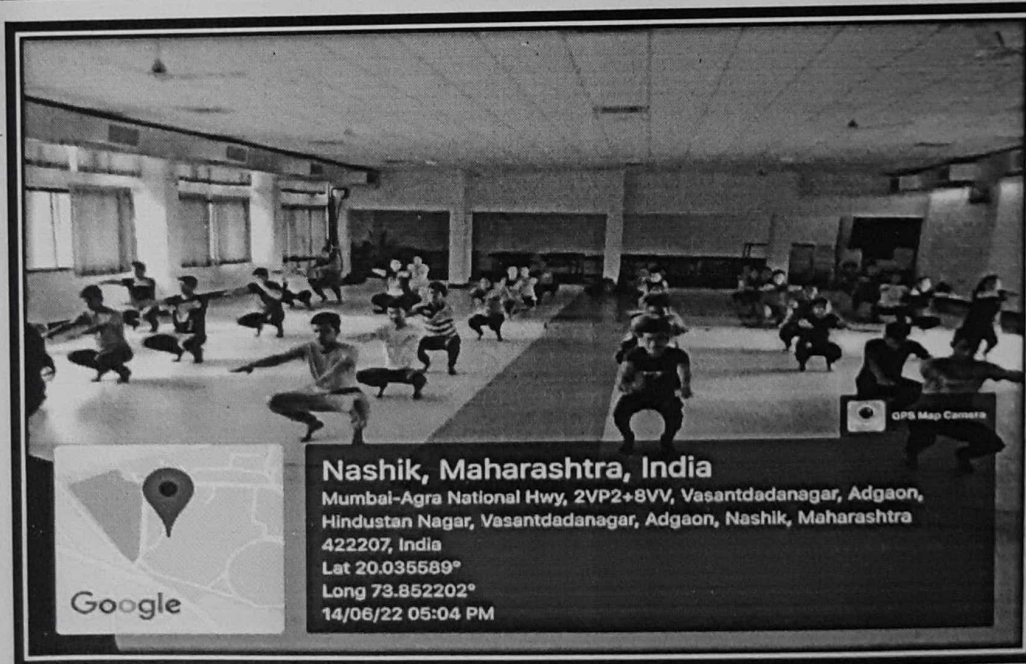
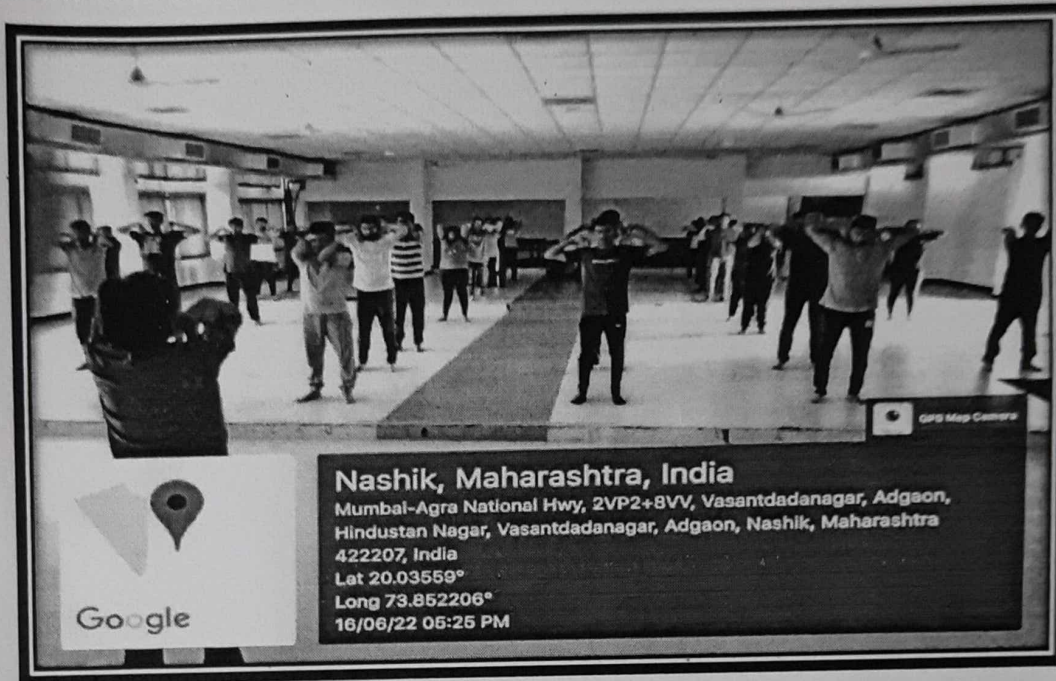
Vasantdada nagar, Adgaon, Nashik 422003, Maharashtra



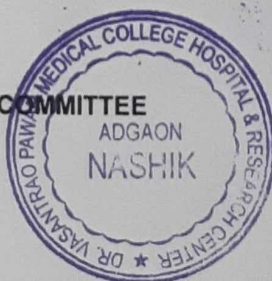
PROGRAM NAME: YOGA & INTERNATIONAL YOGA DAY CELEBRATION

DATE OF PROGRAM: 12/06/2022 TO 21/06/2022

SPEAKER: DR. SATISH WAGHMARE



Ashay
**CONVENER
FOUNDATION COURSE COMMITTEE**



M. Patil
**DEAN
DR. VPMCH & RC, Nashik**

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



Maratha Vidya Prasarak Samaj's

Dr. Vasantrao Pawar Medical College, Hospital & Research Centre, Nashik

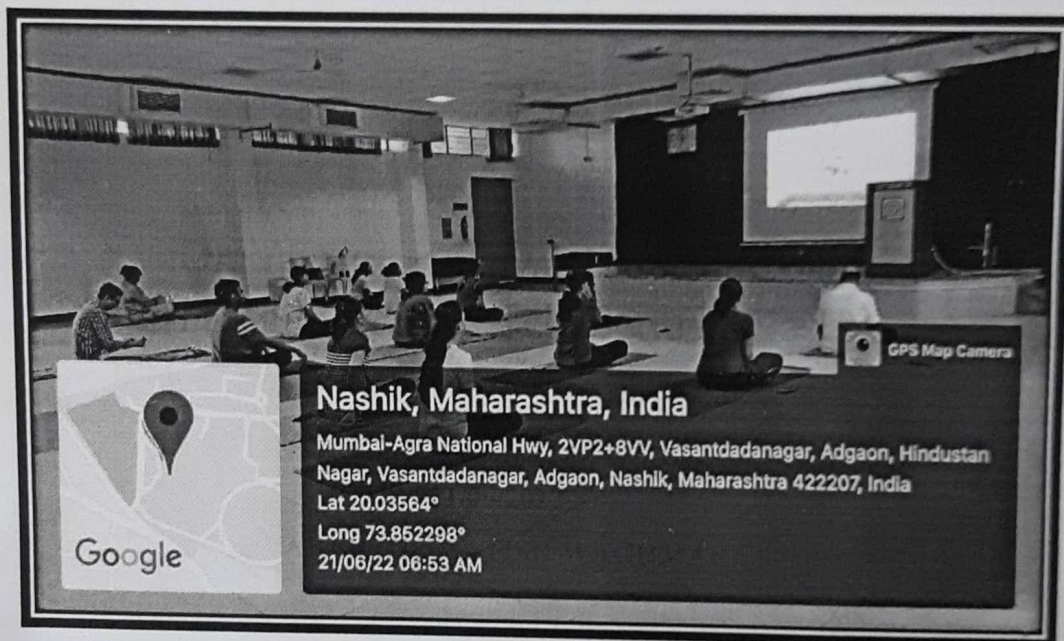
Vasantdada nagar, Adgaon, Nashik 422003, Maharashtra



INTERNATIONAL YOGA DAY CELEBRATION

21/06/2022

SPEAKER: DR. SATISH WAGHMARE



Dr. Satish Wagmare
CONVENER
FOUNDATION COURSE COMMITTEE



Dr. VPMCH & RC
DEAN
DR. VPMCH & RC, Nashik

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



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

Vasantdada nagar, Adgaon, Nashik 422003, Maharashtra



DEPARTMENT OF PHYSIOLOGY (ATTENDANCE SHEET CBME BATCH 2020-21)

Name of Topic:-

International Yoga Day

Name of Teacher:-

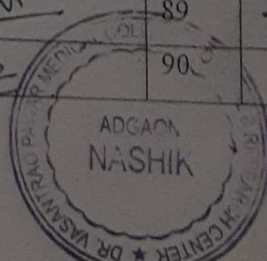
Dr. Sakshi Waghmare

Date:- 21/06/2022 Time:- 6-8am

1. Theory 2. Practical 3. SDL 4. AFTCOM 5. ECE 6. Demonstration 7. Sports 8. SGD

Roll No	Student Sign	Roll No	Student Sign	Roll No	Student Sign	Roll No	Student Sign
1	<u>Aditya</u>	31	<u>Janak</u>	61	<u>Kamyaat</u>	91	<u>Saxena</u>
2	<u>Alkhara</u>	32	<u>Sakshi</u>	62	<u>Sambodhi</u>	92	<u>Ganodipati</u>
3	<u>Ansh</u>	33	<u>Langshar</u>	63	<u>Benaru</u>	93	<u>Raut</u>
4	<u>Anurag</u>	34	<u>Perijit</u>	64	<u>Arjun</u>	94	<u>Reyde</u>
5	<u>Aravind</u>	35	<u>Yash</u>	65	<u>Singare</u>	95	<u>Hind</u>
6	<u>Aravind</u>	36	<u>Sanika</u>	66	<u>Arjun</u>	96	<u>Amal</u>
7	<u>Aravind</u>	37	<u>Mythra</u>	67	<u>Jalajar</u>	97	<u>Aravind</u>
8	<u>Aravind</u>	38	<u>Rupa</u>	68	<u>Pip</u>	98	<u>Aravind</u>
9	<u>Aravind</u>	39	<u>Aravind</u>	69	<u>Aravind</u>	99	<u>Aravind</u>
10	<u>Aravind</u>	40	<u>Aravind</u>	70	<u>Aravind</u>	100	<u>Aravind</u>
11	<u>Aravind</u>	41	<u>Aravind</u>	71	<u>Aravind</u>	101	<u>Aravind</u>
12	<u>Aravind</u>	42	<u>Aravind</u>	72	<u>Aravind</u>	102	<u>Aravind</u>
13	<u>Aravind</u>	43	<u>Aravind</u>	73	<u>Aravind</u>	103	<u>Aravind</u>
14	<u>Aravind</u>	44	<u>Aravind</u>	74	<u>Aravind</u>	104	<u>Aravind</u>
15	<u>Aravind</u>	45	<u>Aravind</u>	75	<u>Aravind</u>	105	<u>Aravind</u>
16	<u>Aravind</u>	46	<u>Aravind</u>	76	<u>Aravind</u>	106	<u>Aravind</u>
17	<u>Aravind</u>	47	<u>Aravind</u>	77	<u>Aravind</u>	107	<u>Aravind</u>
18	<u>Aravind</u>	48	<u>Aravind</u>	78	<u>Aravind</u>	108	<u>Aravind</u>
19	<u>Aravind</u>	49	<u>Aravind</u>	79	<u>Aravind</u>	109	<u>Aravind</u>
20	<u>Aravind</u>	50	<u>Aravind</u>	80	<u>Aravind</u>	110	<u>Aravind</u>
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24	<u>Aravind</u>	54	<u>Aravind</u>	84	<u>Aravind</u>	114	<u>Aravind</u>
25	<u>Aravind</u>	55	<u>Aravind</u>	85	<u>Aravind</u>	115	<u>Aravind</u>
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28	<u>Aravind</u>	58	<u>Aravind</u>	88	<u>Aravind</u>	118	<u>Aravind</u>
29	<u>Aravind</u>	59	<u>Aravind</u>	89	<u>Aravind</u>	119	<u>Aravind</u>
30	<u>Aravind</u>	60	<u>Aravind</u>	90	<u>Aravind</u>	120	<u>Aravind</u>

HOD Sign



Teacher Sign

Aravind



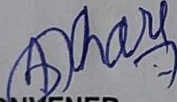
Maratha Vidya Prasarak Samaj's
**Dr. Vasantao Pawar Medical College,
Hospital & Research Centre, Nashik**

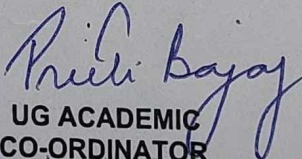
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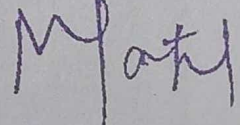


Program Report

Title of Program	Yoga – Healthy way of life (Foundation course 2021-22)
Objective of Program	1.To make students aware of benefits of yoga 2.To train them in basic yogic exercises.
Participant type	Students (UG): Phase I MBBS.
Date and duration of Program	Date: 20/02/2022 Number of Hours (duration): 4 hours
Venue of the program	Sports Ground Dr. Vasantao Pawar Medical College, Nashik
Organized By	Foundation Course Committee 2021-22 Dr. Vasantao Pawar Medical College, Nashik
Program in- Charge	Dr Anupam Khare, Convener, Foundation Course Committee Dr. Vasantao Pawar Medical College, Nashik
Name of Faculty/ Guest Speaker	Dr. Satish waghmare, Associate Professor, Physiology.
Supporting Staff Member	Dr. Santosh Shinde, Associate Professor, Anatomy Dr. Vasantao Pawar Medical College, Nashik
Vote of thanks given by	Dr. Santosh Shinde, Associate Professor, Anatomy Dr. Vasantao Pawar Medical College, Nashik
Geo tagged photos	Soft copy-Yes Hard copy-Yes
No. of participants attended the program	75
Brief information about the Program	As Yoga has proven to be the best exercise for healthy and stress free life, importance of Yoga was conveyed to the students.


CONVENER
FOUNDATION COURSE COMMITTEE


**UG ACADEMIC
CO-ORDINATOR**
UG Academic Co-ordinator
Dr. Vasantao Pawar Medical
College Hospital & Research
Centre, Nashik

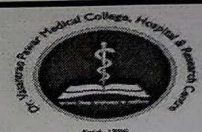

DEAN
DR. VPMCH & RC, NASHIK
DEAN
Dr. Vasantao Pawar Medical College
Hospital & Research Centre, Nashik





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

Vasantdada nagar, Adgaon, Nashik, Maharashtra - 422 003



FOUNDATION COURSE TIME TABLE – FEB 2022
PHASE I MBBS (Batch 2021-22)

Date	Time	Topic	Speaker	Co-ordinator
20/02/2022	8 am–12 pm	Yoga-Healthy way of life	Dr. Satish Waghmare	Dr. S.V. Shinde
21/02/2022	5 pm – 7 pm	AETCOM session - Interpersonal Communication	Dr. Surekha Nemade	-----
22/02/2022	5 pm – 6 pm	Orientation to VPMC art circle	Mr. Milind Deshpande	Dr. Khare
23/02/2022	5 pm – 6 pm	Overview of Phase II	Phase II HODs	Dr. Waghmare
24/02/2022	5 pm – 6 pm	Meet your alumni	Dr. Manasi Gujrathi	Dr. Khare
25/02/2022	5 pm – 6 pm	History of outbreaks, epidemics and Pandemics	Dr. Ashok Vankudre	Dr. Khare
26/02/2022	5 pm – 6 pm	Principles of Primary Health Care	Dr. Rakesh Patil	Dr. Sudha Ayyar
27/02/2022	9 am – 1 pm	Language (Marathi).	Mr. Milind Deshpande	-----
28/02/2021	5 pm – 6 pm	AETCOM - Communication with patient & family	Dr. Anupam Khare	-----
	6 pm – 7 pm	AETCOM – Professional behavior and Altruistic behaviour		

CONVENER

FOUNDATION COURSE COMMITTEE

**UG ACADEMIC
CO-ORDINATOR**
Dr. Vasantrao Pawar Medical
College Hospital & Research
Centre, Nashik

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



Maratha Vidya Prasarak Samaj's

Dr. Vasantrao Pawar Medical College, Hospital & Research Centre, Nashik

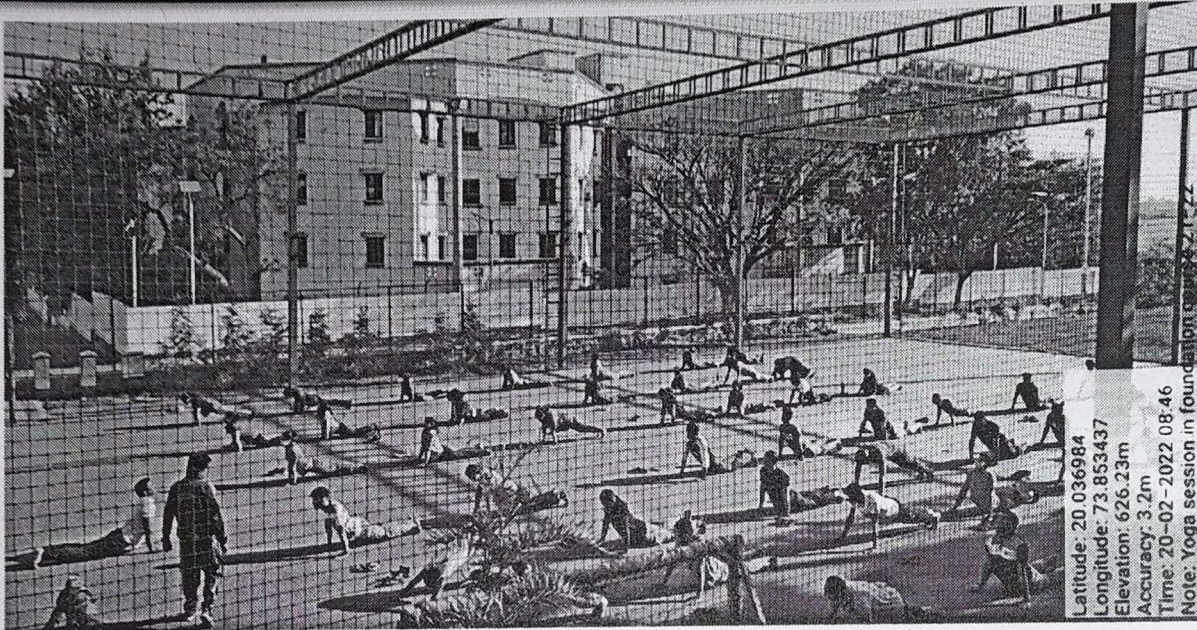
Vasantdada nagar, Adgaon, Nashik 422003, Maharashtra



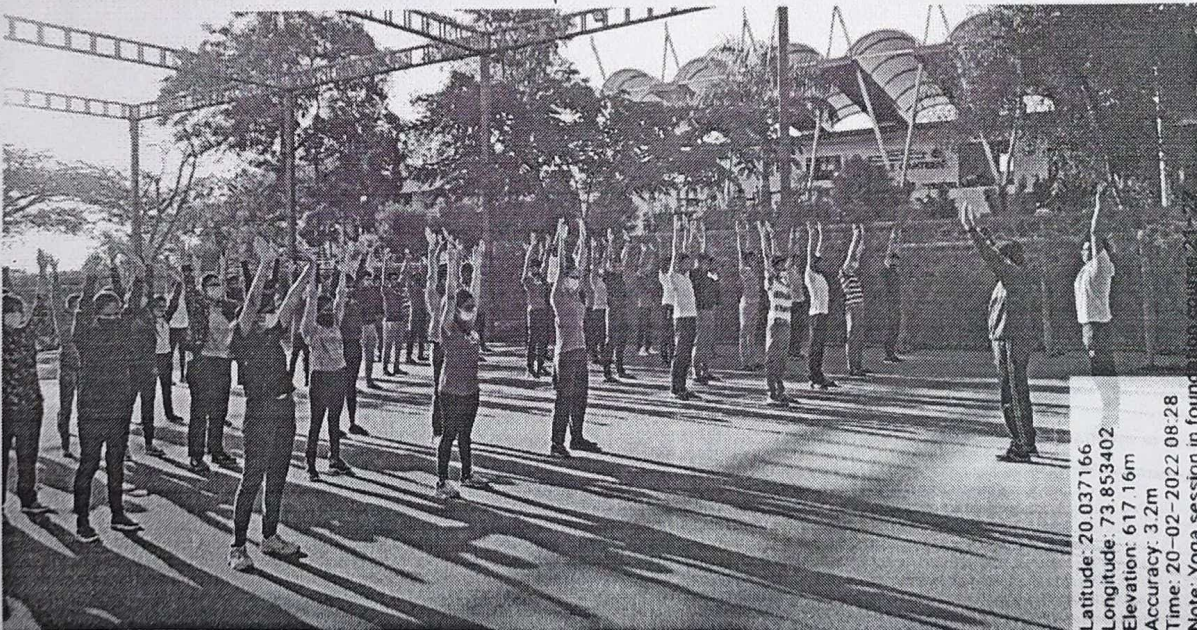
Program name: YOGA-HEALTHY WAY OF LIFE (for phase 1 MBBS students)

Date of program: 20/02/2022

Speaker: Dr. Satish Waghmare



Latitude: 20.036984
Longitude: 73.853437
Elevation: 626.23m
Accuracy: 3.2m
Time: 20-02-2022 08:46
Note: Yoga session in foundation course 21-22



Latitude: 20.037166
Longitude: 73.853402
Elevation: 617.16m
Accuracy: 3.2m
Time: 20-02-2022 08:28
Note: Yoga session in foundation course 21-22

Dr. Satish Waghmare

**CONVENER
FOUNDATION COURSE COMMITTEE**



Dr. VPMCH & RC, Nashik

**DEAN
DR. VPMCH & RC, Nashik**

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



Maratha Vidya Prasarak Samaj's
**Dr. Vasant Rao Pawar Medical College,
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Vasantdada nagar, Adgaon, Nashik, Maharashtra - 422 003



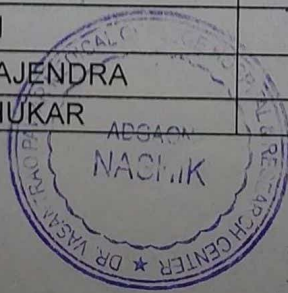
FOUNDATION COURSE ATTENDANCE

PHASE I MBBS (Batch 2021-22)

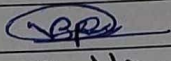
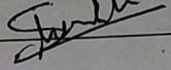
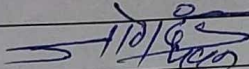
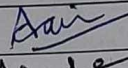
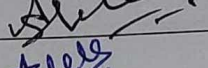
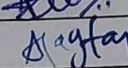
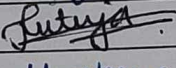
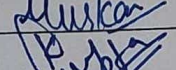
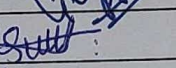
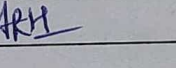
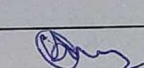
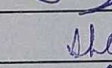

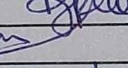
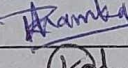

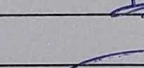
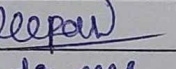
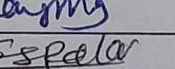
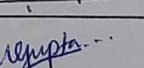
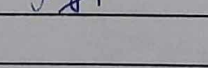
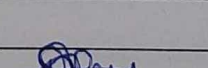
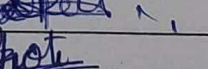
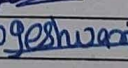
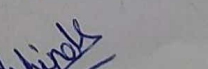
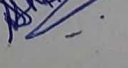

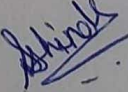
Name of activity: Yoga - Healthy way of life (Yoga session) - Dr Satish Waghmare
Time: 8am to 12pm

Date: 20/02/2022

SR.NO	CANDIDATE NAME	SIGNATURE
1	DIVYANK VILAS DESHMUKH	<i>Divyank</i>
2	GINDODIYA ISHIKA ANUP	
3	ABHANG RISHIRAJ	<i>Abhang</i>
4	ANAV ASHISH AGRAWAL	
5	DAS RATNAPRIYA SATYANARAYAN LAL	
6	NAIK GAURAV RAVINDRA	<i>Gaurav Nait</i>
7	BHOSLE ACHYUT VENKATI	
8	PATIL SWAPNIL KAKASAHEB	<i>Swapnil</i>
9	DIVEKAR VAISHNAVEE DHANANJAY	
10	SURAJ KIRTHIVASAN	<i>Suraj</i>
11	SHIKHARE SOMESH VISHNU	<i>Shikhar</i>
12	SHIVAM UDHAN	<i>Shivam</i>
13	SANJANA HARI NAIR	<i>Sanjana</i>
14	ADWAIT ABHIJIT SHOBHANE	<i>Adwait</i>
15	JANKI NARAYAN RAVI	<i>Janki Ravi</i>
16	KANDHARE ADARSH BALIRAM	<i>Adarsh</i>
17	SAYYAD JUNEDALI JABBARALI	
18	HOLIKAR SHIVANI MAHESHWAR	
19	SOHEL DANISH KHAN KALIM KHAN	<i>Sohel</i>
20	PATIL SONAL SANJAY	<i>SSP</i>
21	CHAUBAL RISHI SANDEEP	<i>Chaubal</i>
22	AGRAWAL HEMA PRAFULL	
23	THOMMANA SAREEN JOHNSON	<i>Sareen</i>
24	SRUSHTI ANIL AGRAWAL	
25	NALAWADE RUTUJA SANTOSH	<i>Rutuja</i>
26	MANDE AJAY BAPUSAHEB	
27	ABHIJEET VIJAY PAWAR	
28	JEHAN TUSHAR NEMADE	
29	CHITRA BURNWAL	<i>Chitra</i>
30	SHIVTEJ MAHARUDRA KHABILE	
31	PATIL PRATHAM DATTATRAY	<i>Pratham</i>
32	PAWAR SNEHAL SUNIL	<i>Pawar</i>
33	CHAVAN OMKAR MAGAN	<i>Chavan</i>
34	SHINGOTE SIDDHESH RAJENDRA	
35	HANPUDE ABHIJIT MADHUKAR	<i>AmH</i>



20/02/2022

SR.NO	CANDIDATE NAME	SIGNATURE
36	PAYAL P. SURVE	
37	PUJARI VISHAWANATH BHIMASHANKAR	
38	GANGANE SAURABH ATMARAM	
39	POTE ABHIRAJ DEVENDRA	
40	JONDHALE SUYASH PRAKASH	
41	PAWAN JOGDAND	
42	JAIN AAYUSH SANJAY	
43	LELE ADITYA SACHIN	
44	LELE ADITYA VINAYAK	
45	AISHWARYA ASHOK JAGTAP	
46	KULKARNI RUTUJA MANOJ	
47	MUSKAN VERMA	
48	KOMAL GUPTA	
49	SHARVARI NITIN SURVE	
50	HEGDE AISIRI RATNAKAR	
51	MOHAMMED RAZA SHAIKH	
52	ANSH PANKAJ SONI	
53	SUYASHI NISHITH SHARMA	
54	SUYASH RAJKUMAR ADKAR	
55	RAJPUT ANISH AJITSING	
56	SAHIL KHAN	
57	KHAMKAR KRANTI DASHRATH	
58	KADAM PRAVIN GANESHRAO	
59	DALVE HRUSHIKESH DATTRAO	
60	RAJMANE GAURAV SOMSHANKAR	
61	KARAD DEEPAK PRALHAD	
62	UJWAL RAVINDRA DAYMA	
63	PALAV SHREYAS SATISH	
64	GUPTA MEENAKSHIVANSHI KUMARI	
65	MIHIR R. DHARMADHIKARI	
66	DAKE ROHAN RAJABHAU	
67	DHAIRYASHIL JAYSING PATIL	
68	POTE SAKSHI KIRAN	
69	LAMBDE YOGESHWARI MANOJKUMAR	
70	SHINDE SANCHITA RAJARAM	



20/02/2022

SR.NO	CANDIDATE NAME	SIGNATURE
71	VARIYA TAKODARA YASH ATUL	
72	NIPURTE DIVYA SANTOSH	<i>Nipurte</i>
73	HRUTIK SANTOSH BAGADE	
74	BUWA FAYYAJ JAHANGIR	
75	JADHAV SHREYA PRABHAKAR	<i>Jadhav</i>
76	RUSHIKESH GANESH BONDARE	<i>Rushikesh</i>
77	GANGURDE RUTIKA DILIP	<i>Gangurde</i>
78	ROHAN PAKHALE	<i>RSP</i>
79	HENGNE AMEY SANGMESHWAR	
80	PATIL NAKUL NAVANATH	<i>Patil</i>
81	BHAKTI CHETULE	
82	MOMIN TAHSEEN FATMA	<i>Tahseen</i>
83	BADOGGE RUSHIKESH BHARAT	
84	SONALI BHUJADE	<i>Sonali</i>
85	MANUDEV NITIN PAWAR	<i>Manu</i>
86	PAWAR SHUBHAM RAMESH	<i>Shubham</i>
87	ASHVEE SANGHAVI	<i>Ashvee</i>
88	JIRANGE PRASHAL SHALIGRAM	<i>Prashal</i>
89	KALE ISHA PRASAD	<i>Isha</i>
90	GOURWAY SANIYA AYYUB	<i>Saniya</i>
91	PATODE SHUBHAM BHARAT	
92	KHANDAGALE SAMBODHI MILIND	<i>Sambodhi</i>
93	ADESH DEVENDRA AMBADE	<i>Adesh</i>
94	PRADIP KAKADE	<i>Pradip</i>
95	WAGHMARE ROHAN MILIND	<i>Rohan</i>
96	KHAJEKAR APOORVA VIJAY	<i>Apoorva</i>
97	UBALE SUDARSHAN PRALHAD	
98	SOHA AJIT DUSHING	<i>Soha</i>
99	ANUSHKA KALE	<i>Anushka</i>
100	KADU VAISHNAVI SAYAJIRAO	<i>Kadu</i>
101	KHATELE YATIN SUBHASH	<i>Khatele</i>
102	SHUBHAM JITENDRA THAKUR	<i>Shubham</i>
103	TADVI ANURAG KALUSING	
104	MITALI JAWALGEKAR	
105	DOLAS VAISHNAVI SANTOSHKUMAR	



Shubham
Convener