

8.1.8

Efforts of the institution to involve students in Yogic practices & promotion of such practices among the public/community

Yearly data of Program Report and attendance of common public and patients attending common Yoga and therapeutics



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548

Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in

Ref. No.

Date :

Garbhsanaskar Varga 2023-Session- 1

Dept.of swasthavritta and yoga

S.S.A.M.& H. Nashik

Date: 03/01/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept of prasutitantra and strirog, ssam & h, Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Varga conducted at SSAM & H, Nashik on 03/01/2023 at 11:00am to 12:00pm

Total 11 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr rakshida mungi (Pg 1st yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshमुख (professor, prasutitantra and strirog SSAM & H)

Dr.jaydeep visave (assistant professor, swasthavritta and yoga , SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended : dr trupti sarvade & dr varsha tipale, dr.rutuja bhosure.

- PPT on masanumasik vridhhi of garbha was demonstrated.
- Importance of garbhsansakar explained to garbhinis.
- Vajrasana, anulom-vilom Pranayam & omkar chanting , shantipath done.
- Shatavari dugdh was given to all the participants & garbhinis.
- Importance & benefits of Shatavari dugdh explained to all.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pugar mam, & all supporting staff for their valuable inputs for making this garbhsansakar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful




Principal
Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik


Signature H.O.D.
Dr. Diwakar Amit
Swasthavritta And Yoga, SSAM&H
H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik

डॉक्टर राहुआग - १ डॉ. युनिज मोरे
 २ डॉ. अश्विपतिराव
 ३ डॉ. दिनार रावत
 ४ डॉ. सिमापटे

गर्भसंस्कार -
 Batch no-1
 Session - 1
 Date 21/12/23
 Time 10:40 AM

सब students :- १ शकुंदा मूंगी २ वपतिफे ३ सुश्रुता शोसुरे ४ सुतृती सावंत
 ५ जयकांत सावंत ६ वृंदापति ७ निवेदिता जोशी ८ अंजली सांबकर

21/12/23 name	OPD no.	mobno	संग
१) उषा शोतम राधमार 28/12/23	188	9378350139	उषा
२) वैशाली मनीष जैल 28/12/23	189	8390505551	वैशाली
३) प्रवाली हर्षद जाधव 29/12/23	191	9325144330	प्रवाली
४) नेहा समाधान वासु 20/12/2023	22927	8857964595	नेहा
५) वैशाली विनायकमनार वैश्या 21/12/23	279	9075068394	वैशाली
६) मालिना विहारद पाटील 22/12/23	27697	8605687485	मालिना
७) मालिनी रोहित नागमाती 27/12/23	299	7030466366	(M) Nagmati
८) भारली भागर निवाळकर 30/12/23	298	9788528325	भारली
९) आर्याशी भागर भागे 29/12/23	286	70282550220	आर्याशी
१०) पुजम निलेश पाटील 28/12/23	287	7798804533	पुजम
११) नेहा रितेश कांबळे	1735	8983613164	नेहा कांबळे


- Content :-
- चतुर्विंशतिका
 - गर्भसंस्कार महत्व
 - अशिशु कथा , PPT - fetal development
 - गणपती अक्षरतोत्र पठण
 - योगासन - तंत्रासन
 - प्राणायाम - अनुलोम - विलोम
 - शांतीपाठ - कंदार उच्चारण
 - क्षमावती सरि महत्व

गर्भसंस्कार क्षामिप्राय
गार्भिणी

Everything & every detail is so useful & helpful,
Thank you for their new guidance & best experience
Again


इशे त्रेडुन लविन तेरणा आणि ऊर्जा मिवाती. गर्भसंस्काराच महत्व समजल
Prave

इशे भक्ता लविन त्रिकुशला भेल्ला आणि व्यायाम कुशल रूप
भस्त आणि शरीर हलक वरव व गर्भसंस्काराच महत्व समजल
Arhel


H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik



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Principal
Shree Saptashringi Ayurved
Mahavidyalaya, Nashik



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Ref. No.

Date :

Garbhsanaskar Varga 2023-Session- 2

Dept.of swasthavritta and yoga

S.S.A.M.& H. Nashik.

Date: 17/01/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam & h, Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Vargaconducted at SSAM & H.Nashik on 17/01/2023 at 11:00am to 12:00pm

Total 17 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr priyanka kaware (Pg 2nd yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshmkh (professor, prasutitantra and strirog SSAM & H)

Dr.jaydeep visave (assistant professor, swasthavritta and yoga, SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended : dr jagruti pawar & dr pooja Gandhi.

- PPT on routine antenatal investigations in ANC was demonstrated.
- Importance of investigations in ANC explained to garbhinis.
- Sukshma halchali & omkar chanting ramaraksha pathan & shantipath done.
- Mudga yush was given to all the participants & garbhinis.
- Importance & benefits of mudga yush along with its nirmanvidhi explained to all.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsanskar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal

Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

**Signature H.O.D.
Dr. Diwakar Amit
Swasthavritta And Yoga, SSAM&H**

**H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik**

गणसंस्कार

Batch no 1

Session - 2

Date :- 17/1/2023

Time :- 11 to 12:30pm

डॉक्टर सहभाग :- 1) डॉ सुनिभ मोरे

2) डॉ वल्लभ देशमुख

3) डॉ दिनार सानेन

4) डॉ श्वेता पोटे

PG students :- PG 2nd year 1) डॉ प्रियंका कानरे

2) डॉ ज्ञानेश्वरी पवार

Intern students :- 1) Pratiksha kadam

2) Abhishek Sakharakar

Content :- धन्वंतरी स्तवन

गणसंस्कार पठन

गणसंस्कार मन्त्र


- Investigations in NC &

सुक्ष्म व्यायाम व ध्यानध्यानी

- मृदा मूत्र निर्माणविधी व मन्त्र

Omkar उच्चारण

शांती पाठ

Sno	Name	OPD NO	Mob no	Sign
1	मेघनाथी शैली नागमेरी	299	7030466366	Meghan
2	प्रियंका योगेश भोगत	1660	7841816766	P. Phorat
3	दीपानी किशन कुमारे	1212	7840952140	
4	वैशाली विनायक पातोडे	1736	9422543364	V. Patode
5	प्राग्भक्ती सागर गोरे	286	702840220	P. Gore
6	नेहा रितेश मंजरे	1735	8183613144	N.R. Mambale
7	दिपानी प्रकाश जोगरे	1740	702044189	D. Jorgre
8	उत्ता गौतम नाथमारे	188	9373350137	उत्ता नाथमारे
9	गिता योगेश परदेशी	1074	7020767329	G.P.
10	शुभ्रि केनय पोकार	1577	8007860301	Banyani
11	पुजा आनन जाधव		7770074830	उत्ता नाथमारे / P.K.
12	पुजाश्री हर्षद जाधव	22263	9325144330	P. Jadhav
13	वैशाली चानंद जैत	189	9390505351	V. Jait
14	पुनम प्राणा दंडे	1742	8485051172	P.S. Rakte
15	पुजा सातेश कदम	1726	9130371077	P.S. Kadam
16	अमावला आनन भादुजा	919	9923033307	A. Bhaduja
17	नेहा अमाधान बोस्ले	2295	8857964771	N. Bosle

श्री. गर्भवती महिलावादींचे ने. मार्गदर्शन आले ते सर्व
गर्भवती महिलावादी उपयुक्त गोष्टी सांगण्यात आल्या
सावदावा सप्तश्रिंगी कॉलेज अर्थात सर्व महिला शाळा
अर्थात.

मीनाली रोजिन नागभोरे

H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik



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Ref. No.

Date :

Garbhsanaskar Varga 2023-Session-3

Dept. of swasthavritta and yoga

S.S.A.M. & H. Nashik

Date: 07/02/2023

Time: 11:00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept. of prasutitantra and strirog, ssam & h, Nashik.

Venue: ssam & h, Nashik.

Garbhsanaskar Varga conducted at SSAM & H, Nashik on 07/02/2023 at 11:00am to 12:00pm

Total 10 no. of garbhinis attended this garbhsanaskar varga.

Demonstration/lecture given by dr yash alizad (Pg 1st yr.)

Under guidance of:

Dr. amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr. sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr. varsha deshमुख (professor, prasutitantra and strirog SSAM & H)

Dr. jaydeep visave (assistant professor, swasthavritta and yoga, SSAM & H)

Dr. suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr. smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended : dr. yash alizad & dr. rupali samadale, dr. trupti savarde.

- PPT on mental management antepartum & postpartum was demonstrated.
- Importance of mental health in ANC explained to garbhinis.
- Yogic kriya-tratak & omkar chanting gaytri mantra pathan & shantipath done.
- Laja recipe was given to all the participants & garbhinis.
- Importance & benefits of Laja along with its nirmanvidhi explained to all.

I am very thankful to our principal dr. milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsanaskar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal

Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

Signature H.O.D.
Dr. Diwakar Amit
Swasthavritta and Yoga, SSAM&H

H. O. D.
Swasthavritta
S.S.A.M. & H.

गद्यविद्या

Batch no. 1

Session - 3

Date - 07/02/2023

Time - 11 to 12 pm

डॉक्टर सहभाग - 1) डॉ सुनिल मोरे
2) डॉ वर्षा देशमुख
3) डॉ. दिनार सावन
4) डॉ. स्मिता पोटे

PG students :- 1) डॉ. यश अलिशाड
2) डॉ. रुपाली सामदळे
3) डॉ. वृष्णी साठडे

Intern students :- 1) जेवा पटेल
2) नेहा बागुल
3) आशिषकु सारकर
4) सत्यम महाले

Content :-

- दशवंतरी स्तवन
- गायत्री मंत्र
- मानसिक स्वास्थ्य आणि गद्यविद्येतील बदल
- शैक्षिक क्रिया - व्याख्यान
- छाजा महत्त्व व आहार उपयोगी कल्पना (विज्ञान)
- ओंकार उच्चारण व शांतिपाठ.

Srno	Name	OPD NO	mobno	Sign
1)	शुभी डेवल पोवार	1517	8007860501	<u>Bangani</u>
2)	रुनिता रविंद्र हुंगराक	3587	8975572542	<u>CHH</u>
3)	मौजली रेड्डी नागमोती	299	7030466366	<u>M Nagmoti</u>
4)	सुश्री विपक मोरे	3566	9637134357	<u>S. D. More</u>
5)	नीहा दिनेश कांबले	1735	8983613144	<u>N. R. Kamble</u>
6)	इषा गौतम वाघमोरे	188	9373350139	<u>इषा वाघमोरे</u>
7)	पियाली अक्षय ओंगरे	1740	7020714181	<u>Dr. Anaykar</u>
8)	प्रणाली हर्षद जाधव	191	9325144330	<u>Prasad</u>
9)	वैशाली विकास घामोडे	1736	9922545364	<u>Shawde</u>
10)	वैशाली आनंद जेठ	189	8390505551	<u>Wair</u>

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Swasthavritta Dept.
S.S.A.M. & H. Nashik



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Ref. No.

Date :

Garbhsanaskar Varga 2023-Session- 4

Dept.of swasthavritta and yoga

S.S.A.M.& H. Nashik

Date: 21/02/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam & h, Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Varga conducted at SSAM & H, Nashik on 21/02/2023 at 11:00am to 12:00pm

Total 20 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr. trupti savarde (Pg 2nd yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshमुख (professor, prasutitantra and strirog SSAM & H)

Dr.jaydeep visave (assistant professor, swasthavritta and yoga , SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended : dr. yash alizad & dr anagha govardhane, dr.trupti savarde.

- PPT on garbhini ahar (diet in ANC) was demonstrated.
- Importance of healthy diet in ANC explained to garbhinis.
- Yoga bhadrasana & omkar chanting, ahrva shirsha pathan & shantipath done.
- Ragi-tomato peya recipe was given to all the participants & garbhinis.
- Importance & benefits of Ragi-tomato peya along with its nirmanvidhi explained to all.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsansakar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal

Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

**Signature H.O.D.
Dr. Diwakar Amit
Swasthavritta And Yoga, SSAM&H**

**H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik**

गणसंस्कार -

Batch no 1.

Session 4

Date - 21/2/2023

Time - 11:00 am to
12:00 pm

डॉक्टर सहभाग -

- 1) Dr Sunil S-More
- 2) Dr Dinar Sawant
- 3) Dr Smita Pote
- 4) Dr Jaydeep Visave


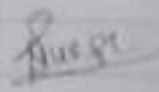
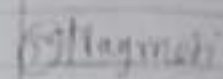
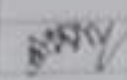
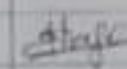

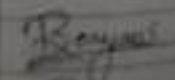
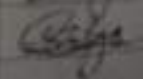
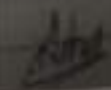
PG students -

- 1) Dr Trypti Sawade
- 2) Dr Angha Govardhane
- 3) Dr Yash Alizada

Intern student - Dr Rohan Pol
Dr Atanksha Koli

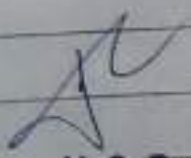
Content -

- 1) Dhanvantari stavan
- 2) Atharva Shirsha
- 3) Gorbhini Athar - PPT
- 4) Bhodrasam
- 5) Raji - Tomato Poya served & Importance explained
- 6) Omkar chanting & Shanti path

Slr NO	Name	OPB NO	mob no & Address	Sign.
1)	कुलकर्णी रवीश मोरडे	3071	9822789170	
2)	पटवर्गी रवींद्र जाधव	191	9325144830	
3)	घनश्री दिपक मोरे	1760	9153450588	30 APR
4)	मंगेशजी गेंडीन नागमोती	299	9030466166	
5)	रेखा असम जाधव	4687	9146012117	रेखा जाधव
6)	वेंगळी गोपाळ घामोडे	1694	9721032424	वेंगळी घामोडे
7)	अनिता रविंद्र गुणाक	5584	9935532542	
8)	दिपाती अहमद शेख	1740	7020714181	Di. Dambur
9)	माणिकजी सागर मोरे	286	7028250220	
10)	नेहा शिंदेरा कांबळे	1735	8393613144	N.R. Kamble
11)	मीता असुर मोरे	1758	9604163618	M.N. More
12)	प्रितम कच्छेरा जंजनाम	4695	9527920799	
13)	अर्चना शिंदेरा जाधव	4694	7987565643	An. Jadhav
14)	विशाखा नागेश पुरे	4698	8788394845	Vishkha
15)	शुभि केवल पोकार	1517	8007860301	
16)	प्रिया जखण	4893	9156610711	
17)	पूजा सतिश कदम	1126	9130371077	P.S. Kadam
18)	नेहा जयराज शेंड्ये	2295	8857964271	

येचे येऊन नविन प्रेरणा मिळाली ह्याच चांगल्या वाटला
N.R.Kamble

9	केशाली विकास धामोडे	1736	9922545364	<u>Shende</u>
0	Divya Nicky chendane	3059	9529490761	<u>Divya</u>


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Ref. No.

Date :

Garbhsanaskar Varga 2023-Session- 5

Dept.of swasthavritta and yoga

S.S.A.M.& H. Nashik

Date: 08/03/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam & h, Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Vargaconducted at SSAM & H.Nashik on 08/03/2023 at 11:00am to 12:00pm

Total 12 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr pooja Gandhi (Pg 1st yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshमुख (professor, prasutitantra and strirog SSAM & H)

Dr.jaydeep visave (assistant professor, swasthavritta and yoga , SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended : dr. pooja Gandhi & dr.rupali samadale,dr.ashlesha banker, dr.rakshada mungi,dr. rutuja bhosure, dr. varsha tipale..

- PPT on vaccinations in ANC was demonstrated.
- Importance of vaccination in ANC explained to garbhinis.
- Sleeping position in ANC& how to lift objects from ground in ANC explained & omkar chanting , manache shloka pathan & shantipath done.
- Paustik ladu receipe was given to all the participants & garbhinis.
- Importance & benefits of Paustik ladu along with its nirmanavidhi explained to all.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsanskar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal
Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

Signature H.O.D.
Dr. Diwakar Amit
Swasthavritta And Yoga, SSAM&H

H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik

संज्ञिका

अंक १०-१

सत्र - ५

दिनांक - ०८/०३/२०२३

समय - ११:०० AM to १२:०० PM

अतिथी

- १) Dr. Sunil More
- २) Dr. Suvarna Borade
- ३) Dr. Smita Patil
- ४) Dr. Jaydeep Visave

PG-Students :- Dr. Ashlesha Bankar

Dr. Pooja Gandhi

Dr. Rupali Samdole

Dr. Rakshanda Munje

Dr. Rutuja Thosar

Dr. Varsha Dipale

Guest students :- Dr. Rohan Patil

Dr. Akansha Kol

Content

- १) गर्भाशय रोग
- २) गर्भावस्था रोग
- ३) PPT - vaccination
- ४) Sleeping position in pregnancy
- ५) जलनशील वस्तु, उच्चतापीय आदमी रोग
- ६) पोषक तत्व - Recipe & importance

Sr. No	Name	OPD no	Mob no	Sign
1)	Pulsabai P. Salunke	3071	9322789170	<u>Pulsabai</u>
2)	Pritya v. Chavan	4899	9156610711	<u>Pritya</u>
3)	Neha R. Kambale	1735	8983613144	N.R. Kambale
4)	JHANSHRI DIPAK MORE	1760	9359450588	J. J. More
5)	Bhakti Tushar Jagtap	4693	8149335006	<u>Bhakti</u>
6)	Sanya Vicky Shendane	3059	9529490761	<u>Sanya</u>
7)	उषा वाघमारे	188	9373350139	उषा वाघमारे
8)	सोनाली स्वप्न आहिर	5921	9096080988	सोनाली आहिर
9)	वैशाली गोपल धामोडे	1637	9721012424	वैशाली धामोडे
10.	प्रणाली हर्षद जाधव	191	9825144330	<u>Pranali</u>
11	Monali Rohit Nagmadi	299	9030446366	<u>M Nagmadi</u>
12	Meena Mayur More	1758	9604163619	M.M. More,

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8/03/2023 या दिवसाचा गर्भसंस्कार कार्यक्रम

• स्त्रुप स्नान झाला. आम्हाला या कार्यक्रमा काही पोषीची सल्ला होती. त्या बाबेचे निरासन झाले क्षम्यवाद

* पोषीक लड्डू पण स्त्रुप स्नान होते, तुम्हाबाई तोंडके ~~सुख~~

उगाजचा कार्यक्रम स्त्रुप स्नान झाला
मॅडम नी स्त्रुप स्नान सांगितले. असंयुं नेहमी
आम्हाला सांगितलेने करा हि नम्र विवती

* पोषीक लड्डू पण स्त्रुप स्नान होते thank you
दिवाकर



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Ref. No.

Date :

Garbhsanaskar Varga 2023-Session- 6

Dept.of swasthavritta and yoga

S.S.A.M.& H. Nashik

Date: 21/03/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam & h, Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Varga conducted at SSAM & H,Nashik on 21/03/2023 at 11:00am to 12:00pm

Total 18 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr. anagha govardhane (Pg^{2nd} yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshमुख (professor, prasutitantra and strirog SSAM & H)

Dr.jaydeep visave (assistant professor, swasthavritta and yoga , SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended : dr. anagha govardhane & dr.pooja Gandhi ,dr.ashlesha bankar.

- PPT on panchakarma in ANC was demonstrated.
- Importance of panchakarma in ANC explained to garbhinis.
- Sukhasana & Shavasana in ANC explained & omkar chanting – hanuman chalisa & shantipath done.
- Kharjuradi mantha receipe was given to all the participants & garbhinis.
- Importance & benefits of Kharjuradi mantha along with its nirmanvidhi explained to all.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsansakar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal

Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

Signature H.O.D.

Dr. Diwakar Amit

Swasthavritta and Yoga, SSAM&H

H. O. D.

Swasthavritta Dept.

S.S.A.M. & H. Nashik



गर्भसंस्कार

Batch No -

Lesson - 6

Date - 21/3/2023

Time - 11:00^{am} to 12:00pm

डॉक्टर सहभाग

1. Dr. Anil More.
2. Dr. Anurag Konde
3. Dr. Dhanu Kasant
4. Dr. Varsha Deshmukh
5. Dr. Arpita Patil.

PG students - 1. Dr. Anagha Gouardhare.

2. Dr. Pooja Gandhi
3. Dr. Akshita Bankar.

Intern students - 1. Dr. Divya Patil.

2. Dr. Pooja Galbre.
3. Dr. Shivani Dhurak
4. Dr. Kajal Waghade
5. Dr. Sakshi Dewang.
6. Dr. Urushali Nikam.

Content - 1. शतंती स्तवन

2. हनुमान गीता.

3. PPT - Rachkarma in Pregnancy.

4. Recipe - खजूरदिग्गम

5. Squatting exercise in pregnancy.

Sl. No.	Name	OPD No.	Mobile No.	Sign.
1.	Megha Nishant Khatnagar		9579665999	<u>Megha</u>
2.	Jyoti Kapil Khatkhede	7010	9767497957	ज्योति
3.	Panksha Prasad Tejwani	7011	932219182	P. P. Tejwani
4.	Tharun Laxmi Patel		7046424894	<u>Patel</u>
5.	Meera Mayur More	1758	9604163619	मीरा मोरे
6.	Neha Yogesh Manmathe	1638		<u>Nanmathe</u>
7.	Bhumi Kunal Patil	1517	8007860301	भूमि पंकार
8.	Subhrajit Pradeep Solanki		9322793170	T. P. Solanki
9.	Pannali Harshad Jadhav		9325144380	पंनली जाधव
10.	Morali Rohit Waghmare		7030466366	M. Waghmare
11.	Karini Sandip Khatkhede		8806837950	K. S. Shinde
12.	Deepali Akshay Dongre	1740	7020714121	दीपली दोंगरे
13.	Bhagyashree Sagar Bhoye	286	702250220	B. S. Bhoye
14.	Vishal Vilas Gakhode		9922545364	<u>Gakhode</u>
15.	Khaniksha Deepak More	1760	9359450588	<u>More</u>
16.	Priya Vishal Chauhan	4899	9156610711	प्रीति चौहान
17.	Ksha Gautam Waghmare	188	9379350139	<u>Waghmare</u>
18.	Kamla Heeral Jhapa		8999127938	<u>Jhapa</u>

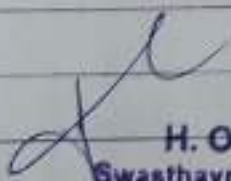
21/03/23

या Date चा session बन होता पण एक छोटी
Request थी की session थोडासा long करीये otherwise
session अका था। exercise में बहुत अकीची जो हमारे लिए
बहुत useful रही।

Bayam
#Bhoomi Pokar

हा माझा परिणाम session होता so it was good, पण
अजून एक suggestion आहे की frequency मध्ये काय खावे
जेणे करून अनेक पोटोमिन, पोटोमिन जस्त समानात वाढते हे
सांगायचे.

Pravin
Pravin Kshir
Seyvkar.


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Ref. No.

Date :

Garbhsanaskar Varga 2023-Session- 7

Dept.of swasthavritta and yoga

S.S.A.M.& H. Nashik

Date: 05/04/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam & h. Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Varga conducted at SSAM & H,Nashik on 05/04/2023 at 11:00am to 12:00pm

Total 10 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr.rutuja bhosure (Pg 1st yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshमुख (professor, prasutitantra and strirog SSAM & H)

Dr.jaydeep visave (assistant professor, swasthavritta and yoga , SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended : dr.rutuja bhosure & dr.varsha tipale,dr.rupali samadale,dr.priyanka karware.

- PPT on yoga and mudras in ANC was demonstrated.
- Importance of yoga in ANC explained to garbhinis.
- All useful asanas in ANC & omkar chanting aatmashtak pathan & shantipath done.
- Pancharatna ladoo was given to all the participants & garbhinis.
- Importance & benefits of Pancharatna ladoo along with its nirmanvidhi explained to all.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna rauf mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsanskar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal
Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

Signature H.O.D.
Dr. Diwakar Amit
Swasthavritta and Yoga, SSAM&H

H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik

गर्भसंस्कार

Batch no.

Session - 7

Date - 5/4/23

Time - 11am to 12pm

डॉक्टर सहभाग -

- 1) Dr. Sunil More
- 2) Dr. Varsha Deshmukhi
- 3) Dr. Smruti Patil
- 4) Dr. Binai Sawant
- 5) Dr. Suvarna Boraste

PG students -

- 1) Dr. Rutuja Bhowse
- 2) Dr. Varsha Tapale
- 3) Dr. Rupali Khandale

Intern students -

- 1) Vrushali Nikam
- 2) Diksha Patil
- 3) Vrushali Hunde
- 4) Pooja Gadhane

Content -

- 1) धन्वंतरी स्तवम्
- 2) आत्मपटक मंत्रचिकित्सा
- 3) PPT - शोणालस व मुद्रा महत्व
- 4) Recipe - पंचरत्न त्राडू

Sr no	Name	OPD No	Mobile No	Sign
1	Megha Niyant Ghirebagar	1761	9579665999	
2	Peiya Vishal Chavan	4899	9808898211	
3	Peiya Bagar Hingolikar	8024	9975838324	
4	Kamala Hemal Hapa	2781	8999147998	
5	Dhanashree Dipak More	1760	9359460588	
6	Gauri Suresh Sonwane		7885871794	
7	Zohena Zaina Patel		7046424894	
8	Bhumi Kevat Pokar	1517	8007860501	
9	Sapna Deepak Garad	8045	9822400477	
10	Monali Rohit Nagmah	299	7030466366	

5/04/2023

आजच गणसिंकार session खूप छान व
● मॅडम नी 5 मुद्दा वर खूप छान माहिती सांगितली.
Thank you mam

आज के session मे explanation बहुत अच्छे व
मेरे कुछ देवा मे समझाया और आपन को भी
अच्छे से session दिया तो बहुत अच्छे वकी

Zanna Patel

H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik



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Ref. No.

Date :

Garbhsanaskar Varga 2023-Session- 8

Dept.of swasthavritta and yoga

S.S.A.M.& H, Nashik.

Date: 18/04/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam & h, Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Varga conducted at SSAM & H, Nashik on 18/04/2023 at 11:00am to 12:00pm

Total 10 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr rupali samadale (Pg 1st yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshमुख (professor, prasutitantra and strirog SSAM & H)

Dr.jaydeep visave (assistant professor, swasthavritta and yoga , SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended : dr. rupali samadale & dr.rutuja bhosure, dr. varsha tipale.,dr. rakshada mungi.

- PPT on fetal development & ANC investigations was demonstrated.
- Importance of investigations during ANC explained to garbhinis.
- Viraras mantra & dhanwantari stavan done.
- Moong dal halwa recipe was given to all the participants & garbhinis.
- Importance & benefits of Moong dal halwa along with its nirmanvidhi explained to all.
- Stretching exercise were done.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsansakar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal

Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

**Signature H.O.D.
Dr. Diwakar Amit
Swasthavritta and Yoga, SSAM&H**

**H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik**



18/04/23

संक्षिप्त

Batch No. 2

Session - 8

Date - 18/4/2023

Time - 11:00 Am to
12 pm

सोवर सदस्यता :-

- 1) Dr. Sumit More
- 2) Dr. Varsha Deshmukh
- 3) Dr. Smita Polo
- 4) Dr. Dines Sawant
- 5) Dr. Suvarna Boraste
- 6) Dr. Jaydeep Visave

PG students :-

- Dr. Rupali Samdole
- Dr. Rutuja Bhosure
- Dr. Poojyam Nagtilak
- Dr. Ravi Kadam
- Dr. Rakshande Mungi

Guest student :- Dr. Bhagyashree Patil
Dr. Hiranimayi Mahajan
Dr. Madhuri Pagare

Content :-
एवंतरी सतव
वीरसामन

PPT - Fetal development / FANC Investigation
Recipe - मुसल विरा

Sl No	Name	OPD No	mobile No	Sign
1)	अरुना सुभिनकुमार पटेल	8039	7046424894	<i>[Signature]</i>
2)	लंका कपील वातखेडे	2010	9767497957	<i>[Signature]</i>
3)	दातत्री दिपक मोरे	1760	9359450588	D. D. More
4)	शुभी केवल योदार	1517	8007860501	<i>[Signature]</i>
5)	पल्लवी स्वप्नील कुमार		7775817627	<i>[Signature]</i>
6)	मनीषा अविनाश जवरे		9356026025	
7)	रेखा अक्षय जाधव		9146015117	
8)	शिमल दुल्याणी गिवशंकर घोडके		9689988059	
9)	रिमा गणेश खरे		9922539368	
10)	नेहा शशिभा मानमुरे		7620822679	

आज खूप ज्ञान साहिली दिली. आप ज्ञान वाटल प्रिकुन
जि माहिती ली होती मला ती खूप श्रेय रिल्या त्यानी समजुन
सांगितली. फुविल रेशन मध्ये मला योगासनाविषयी पुंकायला
आप आपल आवडेल.

P.K. Kumbhar

आजची discussion खूप चांगला होता, बान त्यानी शिकवला तसेच
माहितीपण खूप चांगली होती तसेच Recipe पण खूप easy
आण healthy होती. Thanku..

Bayashi

H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik



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Principal
Shree Saptashringi Ayurved
Mahavidyalaya, Nashik



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

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Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in

Ref. No.:

Date :

Garbhsanaskar Varga 2023-Session- 9

Dept.of swasthavritta and yoga

S.S.A.M.& H. Nashik

Date: 02/05/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam & h, Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Varga conducted at SSAM & H,Nashik on 02/05/2023 at 11:00am to 12:00pm

Total 08 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr varsha tipale (Pg 1st yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshमुख (professor, prasutitantra and strirog SSAM & H)

Dr.jaydeep visave (assistant professor, swasthavritta and yoga , SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended : dr. varsha tipale & dr rupali samadale, dr rakshada mungi, dr. rutuja bhosure.

- PPT on garbhini aahar was demonstrated.
- Importance of mudras during in ANC explained to garbhinis.
- Hanuman chalisa & dhanwantari stvan pathan done.
- Makhana kheer- receipe was given to all the participants & garbhinis.
- Importance & benefits of Makhana kheer along with its nirmanvidhi explained to all.
- Stretching exercise were done.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsanskar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal

Vd. Milind Bubarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

Signature H.O.D.

Dr. Diwakar Amit

Swasthavritta And Yoga, SSAM&H

H. O. D.

Swasthavritta Dept.

S.S.A.M. & H. Nashik



गार्मिंरकार

Batch No - 2

Session - 9

Date - 2/5/2023

Time - 11:00 AM to 12:00 PM

सौधर सहभागा

- 1) DE Suniti More
- 2) DE Vaishali Deshmukh
- 3) DE Smrithi Pote
- 4) DE Dinae Sawant
- 5) DE Suvarna Boregale
- 6) DE Samdatt Kulkarni

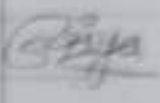
PGT Students 1) DE Vaishali Tipale

- 2) DE Pooja Gandhi
- 3) DE Rupali Samdale
- 4) DE Priyanka Kawade

Intern Students

- 1) Jagdeep Pawar

Content :-
धर्मेतरि स्तवन
हनुमान चालीसा पठन
गार्मिंरि आहार - PPT
सुभा - PPT
सखान्धाची खीर -

Sl. No.	Name of the patient	ORD No.	Mobile No.	Sign.
1	Daiya Vishal Chavhan	4899	9503898211	
2	Dhanashree Dipak More	1760	935945088	22 MR
3	Sneha Kapil Wankhede	7010	976749757 ↳ 976749757	27 MR
4	Dhanashree Dipak More	1760	986945058	
5	Megha Sawabh Suryavanshi	9861		
6	Zarina Sumitkumar Patel	8089	704642494	
7	Sneha Kapil Wankhede	7010	9767497967	
8	Bhumi Kedar Patil	1617	8007860-001	

21/5/23

1) मिया विशाल चव्हाण

आजच्या गर्भस्कार session रूपात
आपला मुंडम नी रूपात हात माहीती दिली.

Thank you.

2) वज्रकी - आजच्या गर्भस्कार रूपात हात माहीती दिली.
मुंडम नी रूपात हात माहीती दिली.
Thank you.

3) ज्योहा वज्रकी - गर्भस्कार मध्ये आपल्या रूपात हात
माहीती दिल्या वरून धन्यवाद मुंडम

H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik



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Shree Saptashringi Ayurved
Mahavidyalaya, Nashik



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Ref. No.

Date :

Garbhsanaskar Varga 2023-Session- 10

Dept.of swasthavritta and yoga

S.S.A.M.& H. Nashik

Date: 16/05/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam & h, Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Varga conducted at SSAM & H,Nashik on 16/05/2023 at 11:00am to 12:00pm

Total 09 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr swapnil patil (Pg 1st yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshmukh (professor, prasutitantra and strirog SSAM & H)

Dr.kiran mulgir (assistant professor, swasthavritta and yoga SSA M & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended : dr. swapnil patil, dr .yash alizad, dr chaitali nikam, dr.trupti savarde.

- Dhanwantari stavan chanting.
- PPT on hyperemesis in pregnancy & usmaghat care was demonstrated.
- Hanuman chalisa & shantipath done.
- Kharjuradi mantha receipe was given to all the participants & garbhinis.
- Importance & benefits of Kharjuradi mantha along with its nirmanvidhi explained to all.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsansakar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal

Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

Signature H.O.D.
Dr. Diwakar Amit
Swasthavritta H.O.D., SSAM&H
Swasthavritta Dept.
S.S.A.M. & H. Nashik

गर्भसंस्कार

Batch NO-2

Session-10

Date:- 16/12/23

Time:- 11:00 Am to 12:00 Pm

डाक्टर सहभाग :-

- 1) Dr Sunil More
- 2) Dr Vaisha Deshmukh
- 3) Dr Smita Pote
- 4) ~~Dr. Divya Deshpande~~
- 5) Dr. Divya Deshpande
- 6) Dr. Suvratna Barate
- 7) Dr. Yogeshwari Chaudhari

Students :-

- 1) Dr. Swapnali Patil
- 2) Dr. Yash Alwad
- 3) Dr. Trupti Sawade

Intern :-

- 1) Bhagyashri Patil
- 2) Madhuri Pagau

Content :-

- 1) Dhanyantari Sthavan
- 2) Vomiting & Nausea ppt on Hyperemesis in pregnancy & Ushmaghat Care
- 3) Hanuman chalisa & chant path
- 4) Uttatasana : of meditation session
- 5) Kharjuradi mootha recipe

Sr No.	Patient Name.	OPD NO	mobile No.	Sign.
1)	गजसती स्वामील कुंड	10987	9456233644	<u>P. S. R.</u>
2)	पल्लवी उरांत कुजगे	9759	7507808427	<u>P. S. R.</u>
3)	शेखली गजानन कुजगे	9758	8888025826	सोनाली कुंड
4)	मेधा निगांत धिरसाळार	1751	9579665999	<u>P. S. R.</u>
5)	मेधा अंबेश सुभवेरी	9861	7919232928	<u>P. S. R.</u>
6)	Jayashri shethal mali	9272	7030741525	J. Mali -
7)	Puja Vishal Chavan	4899	9503898211	P. Chavan
8)	Sarla Jitendra Sonawane	11004	7066738622	S. J. Sonawane
9)	Poonam Shrawan Rakte	11005	8485057172	P. S. Rakte

जयश्री शेखर माळी

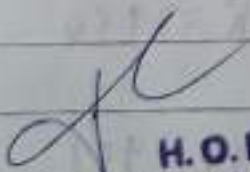
मंडळ, यांनी आज आम्हाला खूप छान माहिती सांगितली, पहिल्या तीन महिन्यांपर्यंत आपण कुशी काळजी घेतली पाहिजे हे अत्यंत मोठ्या भाषेत समजा सांगितले.

J.S. Mali

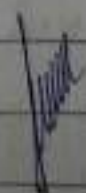
प्रिया ~~अस~~ चं विद्यालय चव्हाण

मंडळ आजच session खूप छान प्रकारे समजा सांगितले 8 month नंतरचा योगायोग खूप छान प्रकारे समजावून सांगितल्या असच सहकार्य करा

thank you so much
प्रिया



H.O.D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik





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Ref. No.

Date:

Garbhsanaskar Varga 2023-Session- 11

Dept.of swasthavritta and yoga

S.S.A.M.& H. Nashik

Date: 06/06/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam & h, Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Varga conducted at SSAM & H,Nashik on 06/06/2023 at 11:00am to 12:00pm

Total 09 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr.ashlesha bankar (Pg 1st yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshमुख (professor, prasutitantra and strirog SSAM & H)

Dr.kiran mulgir (assistant professor, swasthavritta and yoga , SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended : dr. ashlesha bankar,dr.rupali samdale,dr.trupti savarde.

- Dhanwantari stavan chanting.
- PPT on panchakarma on pregnancy was demonstrated.
- Beetroot halwa recipe was given to all the participants & garbhinis.
- Importance & benefits of Beetroot halwa along with its nirmanvidhi explained to all.
- Vira ras mantra taken
- Trikonasana & anulom vilom session was done.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsansakar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal

Vd. Milind Babarno Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

Signature H.O.D.
Dr. Diwakar Amit
Swasthavritta and Yoga, SSAM&H
H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik

२१/१२/२०२३

Batch No - 2

Session - 21

Date - 6/06/2023

Time - 11.00Am to 12.00pm

डॉक्टर संघभाग :-

१) Dr. Sunil Male

२) Dr. Varsha Dehmukh

३) Dr. Smita Patil

४) Dr. Dinan Sawant

५) Dr. Suvansh Borade

६) Dr. Yogeshwar Chaudhari

७) Dr. Murgis Kiran

८) Dr. Somdatta Kulkarni

PG students :- १) Dr. Ashlesha Borde

२) Dr. Trupti Sawade

३) Dr. Rupali Samdal

Intern students :-

१) Dipali Dhoble

२) Sonal Yeole

३) Dheeraj Chigade

४) Harshal Desai

Content :- Dhanwantari Stawan

Viras Mantra

Panchkarma in pregnancy - PPT

Triken Asana

Bestrot halwa recipe

Anulom vilom pranayam explained

① आजच्या गर्भगंभार केंद्रात आम्हाला अमूल्य माहिती दिली गेली. धान रेसिपी, आसन प्राणायाम सांगितल्याने हा उपयोग आम्हाला प्रेम्नेयीमध्ये नक्की योग्य दान्यवाद.

हर्षा विन्की प्रजेठिया

Hharsha

6/6/23

② त्रिया चक्काण

आजच्या session खूप छान आला रेसिपी, आसन मॅडम खूप छान पद्धतीने समजावून सांगितले.

Thank you Mam

Hharsha
6/6/23

③ आजच्या session खूपच छान आला. Non-mal deliveryनु उभाठी आयुर्वेदिक उपचार केले पाहिजे शार पठा माहिती द्या.

श्रीश्रीश्रीश्री - Batch no 2
Session - 11 - 11 to 12 pm.

Date - 6/6/2023

S. No	Patient Name	OPD	Mob. NO	Sign
1	Harsha Vicky Majethiya	1617	8975423006	
2	Jagruhi Vishal Lakhande	8328	9767601294	
3	Rajshree Sawpnil Pund	10987	9456233664	
4	Megha Kishant Kshirsagar	1752	9579665989	
5	Bhavana Anmol Dhurnal	11225	9011413090	
6	Priya Vishal Chavan	4899	9503898211	
7	Kamini Sandeep Shinde	484	8800837950	
8	Sneha Kapil Wankhede	7010	9767497951	
9	Bhumi Keval Patkar	1517	8007860501	

H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik



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Ref. No.

Date :

Garbhsanaskar Varga 2023-Session- 12

Dept.of swasthavritta and yoga

S.S.A.M.& H. Nashik

Date: 20/06/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam & h, Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Vargaconducted at SSAM & H.Nashik on 20/06/2023 at 11:00am to 12:00pm

Total 08 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr .jagruti pawar (Pg final yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshmukh (professor, prasutitantra and strirog SSAM & H)

Dr.kiran mulgir (assistant professor, swasthavritta and yoga , SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended: dr.jagruti pawar,dr.priyanka kaware, dr anagha gowardhane,dr.rutuja bhosure , dr.shravani pawar.

- Dhanwantari stavan chanting.
- PPT on garbhini varsha rutucharya (diet & skin care in pregnancy during mansoon) was explained.
- Omkar uchharan & Ramrksha pathan done.
- Narikel khanda in varsha rutu receipe was given to all the participants & garbhinis.
- Importance & benefits of Narikel khanda along with its nirmanvidhi explained to all.
- Stretching exercise was done.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsansakar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal

Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

Signature H.O.D.
Dr. Diwakar Amit
Swasthavritta And Yoga, SSAM&H

H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik

सिद्धान्त

Batch no -

Session - 12

Date - 26/06/2023

Time - 11:00am - 12:00pm

गोस्वर सदस्यगः -

- 1) Dr. Laxmi More
- 2) Dr. Varsha Deshmukh
- 3) Dr. Smita Pote
- 4) Dr. Suvarna Borale
- 5) Dr. Yogeshwar Chaudhari
- 6) Dr. Madga Kisan

PG - Students -

- 1) Dr. Jagruti Pawar
- 2) Dr. Priyanka Kawase
- 3) Dr. Anagha Ganesdhan
- 4) Dr. Purnima Phosare
- 5) Dr. Shrawan Pawar

Topics -

Contents -
Shanvartari Shrawan
Ram Raksha Mantra
Garbhini Paricharya in Varsha Ritu
Anuloma Vitana procedure
Narisat Khand recipe & uses


20/01/2023

Sl.no	Name	OPD NO	mobile no	Sign
1.	राजश्री स्वप्नील पुंड	13870	9405233664	Sign
2.	योगिता विशाल काळे	13872	9823616171	Sign
3.	हर्षा विक्की मजेरीया	1617	8975423006	Sign
4.	प्रिया विठ्ठल चव्हाण	4899	9156610711	Sign
5.	सरला विवेक सोनवते		7066738622	Sign
6.	शुवर्णा अर्जुण सोनवते		9607507796	Sign
7.	रमेश कपिल वानखेडे	7010	9767497957	Sign
8.	अंकिता पौळ	13887	9890395961	Sign


H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik



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Mahavidyalaya, Nashik



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Ref. No:

Date :

Garbhsanaskar Varga 2023-Session- 13

Dept.of swasthavritta and yoga

S.S.A.M.& H. Nashik

Date: 04/07/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam & h. Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Varga conducted at SSAM & H,Nashik on 20/06/2023 at 11:00am to 12:00pm

Total 06 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr.priyanka pawar (Pg final yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshमुख (professor, prasutitantra and strirog SSAM & H)

Dr.kiran mulgir (assistant professor, swasthavritta and yoga , SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended: dr.priyanka pawar.dr.shrawani pawar.dr.sakshi pawar.

- Dhanwantari stavan chanting.
- PPT on masanumasic vridhi was explained.
- Ashtottarshat namawali done.
- Shaktisanchalak asan was done.
- Exercises for dnyanedriyam was done.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsanskar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal

Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

Signature H.O.D.
Dr. Diwakar Amit
Swasthavritta and Yoga, SSAM&H
H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik

शिवगंधकार

Batch no -

Session - 13

Date 4/7/2023

Time - 11:00 AM to
12:00 PM

शिवगंधकार

- Dr. Sunil More
- Dr. Vasha Deshmukh
- Dr. Smita Pote
- Dr. Sumana Borate
- Dr. Yogeshwar Chaudhari
- Dr. Kiran Mulgir

PG students :-

- ① Dr. Prayanka Pawar
- ② Dr. Shrawani Pawar

Inter :- Sakshi Nikam

- Content :-
- Dharmantai stavan
 - Astottarashat Namawali
 - Masanumantik Vaidali
 - Shakti sandhalak asu
 - Exercise for dyanenkrigam

Sl. No.	Name	OPD No.	Mob No	Sign
1.	रुषा विका मजेठीया	1617	8975423006	
2.	प्रिया विशाल चक्राण	4899	9156610711	
3.	राजश्री स्वलील पुंड	13870	9699144343	
4.	झुमी केवल पोकार	1517		
5.	आचल वैभव मस्के	14881	9325845204	
6.	भाग्यश्री सुशील भावना असोक शुभाळ	11225	9011413090	

H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik



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Shree Saptashringi Ayurved
Mahavidyalaya, Nashik



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548

Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in

Ref. No.

Date :

Garbhsanaskar Varga 2023-Session- 14

Dept.of swasthavritta and yoga

S.S.A.M.& H. Nashik

Date: 18/07/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam & h, Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Varga conducted at SSAM & H, Nashik on 18/07/2023 at 11:00am to 12:00pm

Total 06 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr.tripti sawrade (Pg final yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshmukh (professor, prasutitantra and strirog SSAM & H)

Dr.kiran mulgir (assistant professor, swasthavritta and yoga , SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended: dr.tripti sawrade, dr.chaitali nikam, dr.urmila mote , dr.yugandhar athawale (intern)

- Dhanwantari stavan chanting.
- PPT on garbhini kriya and importance of garbhsanskar was explained.
- Ganpati stotra was done.
- Ardh gomukhasan , vajrasan,, swastha vajrasan, swastikasana, parvatasanaakama dhanurasana ,omkar chanting and shantipath was done.
- Palak dudhi moong dal soup explained importance and benefits of palak and moong dal soup was explained. To all.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsanskar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal

Vd. Milind Baharao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

Signature H.O.D.
Dr. Diwakar Amit
Swasthavritta and Yoga, SSAM&H
Swasthavritta Dept.
S.S.A.M. & H. Nashik



Garbhasankar

Varga

Ses. No 14

Date - 12/1/2023

Time - 11 Am - 12 MD.

DOCTOR :-

- ① Dr. Smita Gore
- ② Dr. Valsna Deshmukh.
- ③ Dr. Smita Patil.
- ④ Dr. Sunita Kharate.
- ⑤ Dr. Jagshree Chaudhari.
- ⑥ Dr. Purni Jaiswal.
- ⑦ Dr. Kisan Vaidya.

PR STUDENTS:-

- ① Dr. Teepi Sawade
- ② Dr. Chaitali Nikam.
- ③ Dr. Ushika Mate.

Tutor :- Dr. Jugandhar Athawale.

- Content :- PPT on Garbhin Kriya.
- Importance of Garbhasankar explained.
 - Dharmantari stavan & Ganapali stotra
 - Garbha Samragd sthan, Ardha - Gaurkhar Vajrasan, Swastha - vajrasan, Swastikasana, Pawanasana, Akarya dharmasana, & other chanting - Shantipath done.
 - Palak - dadih using dal soup explained.
 - Importance & benefits of Palak - dadih using dal soup explained.

जयश्री शेखर माळी

मंडळ, यांनी आज आम्हाला खूप छान माहिती
सांगितली, पहिल्या तीन महिन्यांपर्यंत आपण कुशी
काळजी घेतली पाहिजे हे अत्यंत मोठ्या भाषेत समजा
सांगितले.

I.S. Mali

प्रिया ~~आई~~ चा विवाह चढाण

मंडळ आज्ञा session खूप छान प्रकारे समज
सांगितले 8 month नंतरचा यागापण खूप छान
प्रकारे समजावून सांगितल्या असच सहकाय
करा

thank you so much
शेखर

H.O.D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik



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Shree Saptashringi Ayurved
Mahavidyalaya, Nashik



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Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in

Ref. No.

Date :

Garbhsanaskar Varga 2023-Session- 15

Dept.of swasthavritta and yoga

S.S.A.M.& H. Nashik

Date: 01/08/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam & h, Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Varga conducted at SSAM & H, Nashik on 01/08/2023 at 11:00am to 12:00pm

Total 06 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr.priyanka kaware (Pg final yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshमुख (professor, prasutitantra and strirog SSAM & H)

Dr.kiran mulgir (assistant professor, swasthavritta and yoga , SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended: dr. priyanka kaware, dr.rani kadam.

- Dhanwantari stavan chanting.
- PPT on investigation in ANC and importance of garbhini was explained.
- Sukshma yoga was done.
- Mudga yushh recipe was given to all the participants & garbhinis.
- Importance & benefits of mudga yushh along with its nirmanvidhi explained to all.
- Omkar chanting and shantipathi was done.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsansakar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal

Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

Signature H.O.D.
Dr. Diwakar Amit
Swasthavritta And Yoga, SSAM&H
H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik

Harbhanskar

Vaega

Session 15

Date - 01/08/2023

Time - 11 am - 12 pm.

Doctors

- ① Dr. Sunil More
- ② Dr. Vaeha Deshmukh
- ③ Dr. Smita Pale
- ④ Dr. Yogeshwar Chandelhari
- ⑤ Dr. Suvasna Bhaske
- ⑥ Dr. Pooja Sawant
- ⑦ Dr. Kishan Mugle

P.G. Students:-

- ① Dr. Poojanka Kawade (P.G. 3rd yr)
- ② Dr. Rani Kadam (P.G. 3rd yr)

Intern:- Dr. Yugandhar Athawale

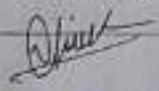
- Content:-
- ① हार्मोनी सवाल
 - ② अग्रसंस्कार महत्व
 - ③ Investigation in ANC
 - ④ यकृत व्यायाम व सामंजस्य
 - ⑤ मुला यकृत निर्मिती विधी व महत्व
 - ⑥ DMKAS उच्चारण
 - ⑦ जातीयता

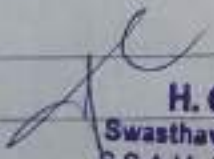
Sl. No.	नाम	OPD No.	फोन नं.
1.	वर्षा महेदे गोपहीने	16168	7719995497
2.	आरती ईश्वर जोलार	16823	7249722604
3.	हृषी विश्वी मजेडिया	1617	8975423006
4.	अश्विनि मयुर मेसर	17093	9856721807
5.	मनिषा समाधान परदेवी	17044	
6.	वनिता किशोर बामणे	16978	

आजचा session मध्ये सुल इतली त्या वपारे आम्हाला
 कुणत्या मधु+ कधी फरायचा व कुणत्या महिलामध्ये कुणत्या
 उल फरायचा हे समजले.

तसेच ताचे इंजेक्शन कुणत्या महिलान व किती ठेवता
 हे समजले.


त्या session मध्ये लवीन Recipe बदलत आहिनी
 मिळाली.

वर्षा गोपहीने



H. O. D.
 Swasthavritta Dept.
 S.S.A.M. & H. Nashik



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Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in

Ref. No.

Date :

Garbhsanaskar Varga 2023-Session- 16

Dept.of swasthavritta and yoga

S.S.A.M.& H, Nashik

Date: 15/08/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam & h, Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Varga conducted at SSAM & H, Nashik on 15/08/2023 at 11:00am to 12:00pm

Total 08 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr.ashlesha bankar (Pg final yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshmukh (professor, prasutitantra and strirog SSAM & H)

Dr.kiran mulgir (assistant professor, swasthavritta and yoga, SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended: dr.ashlesha bankar, dr.priyanka kaware, dr.shruti dhan.

- Dhanwantari stavan and virras mantra chanting done.
- PPT on panchakarma in pregnancy was explained.
- Trikonasana was done.
- Beet root halwa recipe was given to all the participants & garbhinis.
- Importance & benefits of Beet root halwa along with its nirmanvidhi explained to all.
- Anlom vilom Pranayam was done.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsansakar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal

Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

Signature H.O.D.
Dr. Diwakar Amit
Swasthavritta And Yoga, SSAM&H

H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik

Garbhasanskar

Varga

Session 16

Date - 15/08/23

Time - 11am - 12pm

Doctors :-

- 1) Dr. Sunil More
- 2) Dr. Varsha Deshmukh
- 3) Dr. Smita Pote
- 4) Dr. Yogeshwar Chaudhari
- 5) Dr. Suvama Boraste
- 6) Dr. Dinar Sawant
- 7) Dr. Kiran Mugir

P.G. Students :-

- 1) Dr. Ashlesha Bankar (P.G. - 3rd yr)
- 2) Dr. Priyanka Kaware (P.G. - 3rd yr)
- 3) Dr. Shreeta Udhan (P.G. - 1st yr)

Intern :-

Content :- Dhanwantari Stawan

- Virras Mantra

- Panchakarma in pregnancy - PPT

- Trikan Asana

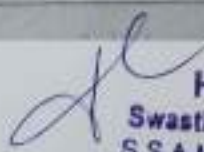
- Beetroot halwa recipe

- Anulom vilom pranayam explained

r. No.	Name	OPD No.	Mob. No.	Sign.
1)	सुनिता लक्ष्मण भारभल		8380016657	सुनिता म
2)	राजश्री निखिल गांगुडे		9264965145	
3)	ममता शकुल साके		8856984688	
4)	माधुरी मधुकर जाधव		8007810276	माधुरी जाधव
5)	आचल वेगव महसेठ		9325845204	
6)	रेणु जितेंद्रकुमार गुप्ता	8834	9616473977	रेणु गुप्ता
7)	पेश्वर्या प्रदेषिदेश मावस	18144	8806520619	
8)	ताई दत्तात्रय चिरवे		8956499743	


गर्भसंस्कारची व्युत्प चांगली माहिती दिली. त्यामुळे
 आकार होणारे संस्कार सांगितले त्यासाठी
 काय योग्य आहे याची माहिती दिली.

गर्भसंस्कारची अगदी सोप्या पद्धतीने माहिती दिली
 आगळी मेडिटेशन व्युत्प द्याय शकते. शांत वाटले
 अथवा खोबरे बुवि खाऊन पाहिले तरी माहिती
 अचली न्हणकर


 H. O. D.
 Swasthavritta Dept.
 S.S.A.M. & H. Nashik



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 Principal
 Shree Saptashringi Ayurved
 Mahavidyalaya, Nashik

CS CamScanner



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Fax : (0253) 2621638 • E-mail : ssamnak@gmail.com • website : www.ssam.in

Ref. No.:

Date :

Garbhsanaskar Varga 2023-Session- 11

Dept.of swasthavritta and yoga

S.S.A.M.& H. Nashik

Date: 06/06/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam & h, Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Varga conducted at SSAM & H, Nashik on 06/06/2023 at 11:00am to 12:00pm

Total 09 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr ashlesha bankar (Pg 1st yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshmkh (professor, prasutitantra and strirog SSAM & H)

Dr.kiran mulgir (assistant professor, swasthavritta and yoga , SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended : dr. ashlesha bankar, dr.rupali samdale, dr.trupti savarde.

- Dhanwantari stavan chanting.
- PPT on panchakarma on pregnancy was demonstrated.
- Beetroot halwa recipe was given to all the participants & garbhinis.
- Importance & benefits of Beetroot halwa along with its nirmanvidhi explained to all.
- Vira ras mantra taken
- Trikonasana & anulom vilom session was done.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsanskar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal

Vd. Milind Baharao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

Signature H.O.D.
Dr. Diwakar Amit
Swasthavritta and Yoga, SSAM&H
H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik

राष्ट्रीय

Batch No-2

Session-11

Date- 5/06/2023

Time- 11:00am to 12:00pm

स्टार सभाग :

1) Dr. Sunil Mote

8) Dr. Sornadatta (Kulkarni)

2) Dr. Varsha Dehmukh

3) Dr. Smita Pote

4) Dr. Dinan Sawant

5) Dr. Suvarna Boraste

6) Dr. Yogeshwar Chaudhari

7) Dr. Murlidhar Kiran

PG students :- 1) Dr. Ashlesha Bankar

2) Dr. Trupti Sawade

3) Dr. Rupali Samdale

Intern students -

1) Dipali Dhoble

2) Sonal Yeole

3) Dhruv Chavda

4) Harshal Desai

Content :- Dhanvantari Stawan

Vivras Mantra

Panchkarma in pregnancy - PPT

Trikon Asana

Beetroot halwa recipe

Anulom vilom pranayam explained

① आजच्या गर्भसंस्कार केंद्रात आम्हाला अमूल्य माहिती दिली गेली. ध्यान रेसिपी, आसन, प्रानायाम सांगितल्याने हे उपयोग आम्हाला प्रेम्नेशीमध्ये नक्की लागेल. धन्यवाद.

हर्षा विष्की मजेशिया

Harsika

6/6/23

② शिवा चव्हाण

आजच्या session खूप छान आला. रेसिपी, आसन मॅडम खूप छान पध्दतीने समजावून सांगितले.

Thank you Mam

Shivachavan
6/6/23

③ आजच्या session खूपच छान आला. नोकरी व व्यवसाय उभारी आयुर्वेदिक उपचार केले पाहिजे यावर पण माहिती देवा.

सप्तशिंगीर Batch no 2
Session - 11 . 11 to 12 pm.

Date - 6/6/2023

Sl. No	Patient Name	OPD	Mob. NO	Sign
1	Harsha Vicky Majethiya	1617	8975423006	
2	Jaguti Vishal Lokhande	8328	9767601294	
3	Rajshree Sowprid Pund	10987	9456233664	
4	Megha Hishant Kshirsagar	1752	9579665999	
5	Bhavana Anmol Dhurnal	11225	9011413090	
6	Priya Vishal Chavan	4899	9503898211	
7	Kamini Sandeep shinde	484	8800837150	
8	Sneha Kapil Wankhede . 7010		9767497951	
9	Bhumi Keval pokar . 1517		8007860501	

H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik



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Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in

Ref. No.

Date :

Garbhsanaskar Varga 2023-Session- 12

Dept. of swasthavritta and yoga

S.S.A.M. & H. Nashik

Date: 20/06/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept. of prasutitantra and strirog, ssam & h, Nashik.

Venue: ssam & h, Nashik.

Garbhsanaskar Varga conducted at SSAM & H, Nashik on 20/06/2023 at 11:00am to 12:00pm

Total 08 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr. jagruti pawar (Pg final yr.)

Under guidance of:

Dr. amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr. sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr. varsha deshमुख (professor, prasutitantra and strirog SSAM & H)

Dr. kiran mulgir (assistant professor, swasthavritta and yoga, SSAM & H)

Dr. suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr. smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended: dr. jagruti pawar, dr. priyanka kaware, dr. anagha gowardhane, dr. rutuja bhosure, dr. shravani pawar.

- Dhanwantari stavan chanting.
- PPT on garbhini varsha rutucharya (diet & skin care in pregnancy during monsoon) was explained.
- Omkar uchharan & Ramrksha pathan done.
- Narikel khanda in varsha rutu recipe was given to all the participants & garbhinis.
- Importance & benefits of Narikel khanda along with its nirmanvidhi explained to all.
- Stretching exercise was done.

I am very thankful to our principal dr. milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsansakar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal

Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

Signature H.O.D.
Dr. Diwakar Amit
Swasthavritta And Yoga, SSAM&H

H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik

सिद्धान्तिका

Batch no -

Session - 12

Date - 26/02/23

Time 11:30 am - 12:00 pm

डॉक्टर सहभाग:-

- 1) Dr. Sunil More
- 2) Dr. Varsha Deshmukh
- 3) Dr. Anita Pote
- 4) Dr. Suvarna Boraste
- 5) Dr. Yogeshwar Chaudhari
- 6) Dr. Madgaonkar Kisan

PG - Students -

- 1) Dr. Jagruti Pawar
- 2) Dr. Priyanka Kawale
- 3) Dr. Anagha Goswadhane
- 4) Dr. Pooja Bhosale
- 5) Dr. Shrawani Pawar

Interns:-

- Guests:-
- Bhanvastari Shrawan
 - Ram Rakesh Mantra
 - Garbhini Paricharya in Varsha Pute
 - Aneloma Vitona procedure
 - Narikel Khand recipe & uses.


20/01/2023

Srno	Name	OPD NO	Mobile no	Sign
1.	राजश्री स्वप्नील पुंड	13870	9405233664	Sign
	योगिता विशाल काळे	13872	9823616177	Sign
3.	हर्षा विकी मजेठीया	1617	8975423006	Sign
4.	प्रिया विशाल चव्हाण	4899	9156610711	Sign
5.	सरला दिलीप सोनवने		7066738622	Sign
6.	शुवर्णा अर्जुण सोनवने		9607507796	Sign
7.	श्वेता कपिल वानखेडे	7010	9767497957	Sign
8.	अंकिता वॉळ	13887	9890395961	Sign


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 Mahavidyalaya, Nashik



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Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in

Ref. No.:

Date :

Garbhsanaskar Varga 2023-Session- 13

Dept.of swasthavritta and yoga

S.S.A.M.& H. Nashik

Date: 04/07/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam- & h, Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Varga conducted at SSAM & H.Nashik on 20/06/2023 at 11:00am to 12:00pm

Total 06 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr.priyanka pawar (Pg final yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshमुख (professor, prasutitantra and strirog SSAM & H)

Dr.kiran mulgir (assistant professor, swasthavritta and yoga , SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended: dr.priyanka pawar,dr.shrawani pawar,dr.sakshi pawar.

- Dhanwantari stavan chanting.
- PPT on masanumasic vridhhi was explined.
- Ashtottarshat namawali done.
- Shaktisanchalak asan was done.
- Exercises for dnyanedriyam was done.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsanskar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal

Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

Signature H.O.D.
Dr. Diwakar Amit
Swasthavritta and Yoga, SSAM&H

H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik



डा. गिरीश कार

Batch no -

Session - 13

Date 4/7/2023

Time - 11:00 AM to
12:00 PM

डा. गिरीश कार

- Dr. Sumit More
- Dr. Vasha Deshmukh
- Dr. Smita Patil
- Dr. Suwama Boraste
- Dr. Yogeshwar Chaudhari
- Dr. Kiran Mulgir

PG students :-

- ① Dr. Piyanka Pawar
- ② Dr. Shrawani Pawar

Intern :- Sakshi Nikam

- Content :-
- Dharmantari stavan
 - Astottarashat Namawali
 - Masanumantik Vaidali
 - Shakti Sanchalak asu
 - Exercise for dyanenkrityam

Sl. No.	Name	OPD No.	Mob No	Sign
1	रुषा बिकी मजेठीया	1617	8975423006	<i>[Signature]</i>
2	प्रिया विशाल चव्हाण	4899	9156610711	<i>[Signature]</i>
3	राजश्री स्वप्नील पुंड	13870	9699144343	<i>[Signature]</i>
4	झुमी केवल पोकार	1517		
5	आचल जैव मस्के	14881	9325845204	<i>[Signature]</i>
6	भाग्यश्री सुशील आवना असोल धुमान	11225	9011413090	<i>[Signature]</i>

[Signature]

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Ref. No.

Date :

Garbhsanaskar Varga 2023-Session- 14

Dept.of swasthavritta and yoga

S.S.A.M.& H. Nashik

Date: 18/07/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam & h. Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Varga conducted at SSAM & H,Nashik on 18/07/2023 at 11:00am to 12:00pm

Total 06 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr.tripti sawrade (Pg final yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshमुख (professor, prasutitantra and strirog SSAM & H)

Dr.kiran mulgir (assistant professor, swasthavritta and yoga , SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended: dr.tripti sawrade,dr.chaitali nikam,dr.urmila mote , dr.yugandhar athawale (intern)

- Dhanwantari stavan chanting.
- PPT on garbhini kriya and importance of garbhsansakar was explained.
- Ganpati stotra was done.
- Ardh gomukhasan , vajrasan,, swastha vajrasan, swastikasana,parvatasanaakarna dhanurasana ,omkar chanting and shantipath was done.
- Palak dudhi moong dal soup explained importance and benefits of palak and moong dal soup was explained. To all.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsansakar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal
Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

Signature H.O.D.
Dr. Diwakar Amit
Swasthavritta and Yoga, SSAM&H
Swasthavritta Dept.
S.S.A.M. & H. Nashik

Garbhastha

Varga:

Lesson 14

Date: 18/7/2023

Time - 11 Am - 12 MD.

Doctors :-

- ① Dr. Seemil Kose
- ② Dr. Varsha Deshmukh
- ③ Dr. Smita Patil
- ④ Dr. Sunita Boraste
- ⑤ Dr. Meghna Chaudhari
- ⑥ Dr. Purni Jaisankar
- ⑦ Dr. Kisan Vaidya

PTC students:-

- ① Dr. Trupti Sawade
- ② Dr. Chaitali Nikam
- ③ Dr. Ushita Mate

Tutor :- Dr. Yugandhan Athawale

Content :- PPT on Garbhini Krifa

- Importance of Garbhastha explained.
- Dharmantari Stavan & Ganapati Stotra
- Garbha Sanshodhan, Asha - Ghantikhar
Vijrasan, Swastha - vajrasan, Laxtikasana,
Pawanasana, Akasni dharmasana, & other
chanting - Prastipam Sans.
- Palat - dadi - meaning dadi soup explained.
- Importance & benefits of Palat. and meaning
dadi soup explained.

Sl. No.	Name	OPD No.	MOB No.	Signature
1.	हर्षा विकी मनेडीया	1617	8975423006	H...
2.	शिखा सुनील खिलकरे		9009814053	Shu...
3.	प्रियंका अशेष पांडे		8767674649	PA...
4.	पुजा तुषार चारे		9309841070	...
5.	पार्षा महेंद्र गावडीने	16142	7719925496	...
6.	शिवल देवेंद्र ठाकरे	16144	9307084011	...


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Ref. No.

Date :

Garbhsanaskar Varga 2023-Session- 15

Dept.of swasthavritta and yoga

S.S.A.M.& H. Nashik

Date: 01/08/2023

Time: 11:00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam & h, Nashik.

Venue: ssam& h, Nashik.

Garbhsanaskar Varga conducted at SSAM & H, Nashik on 01/08/2023 at 11:00am to 12:00pm

Total 06 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr.priyanka kaware (Pg final yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshमुख (professor, prasutitantra and strirog SSAM & H)

Dr.kiran mulgir (assistant professor, swasthavritta and yoga, SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended: dr. priyanka kaware, dr.rani kadam.

- Dhanwantari stavan chanting.
- PPT on investigation in ANC and importance of garbhini was explained.
- Sukshma yoga was done.
- Mudga yushh recipe was given to all the participants & garbhinis.
- Importance & benefits of mudga yushh along with its nirmanvidhi explained to all.
- Omkar chanting and shantipath was done.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsanskar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal

Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

Signature H.O.D.
Dr. Divakar Amit
Swasthavritta And Yoga, SSAM&H
H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik

Harbhosankar

Varga

Session 15

Date - 01/08/2023

Time - 11am - 12pm

Doctors

- ① Dr. Sunil More
- ② Dr. Vajha Deshmukh
- ③ Dr. Smita Pale
- ④ Dr. Yogeshwar Chaudhari
- ⑤ Dr. Suvasna Bhasle
- ⑥ Dr. Pinar Sawant
- ⑦ Dr. Kishan Mugle

P.H students:-

- ① Dr. Priyanka Kawale (P.H 3rd yr)
- ② Dr. Rani Kadam (P.H 3rd yr)

Intern:- Dr. Yugandhar Athavale.

- Content:-
- ① अंतर्गती स्तन
 - ② अंतर्गती स्तन
 - ③ Investigation in ANC
 - ④ यक्ष्म व्यायाम व हेमोचाली
 - ⑤ मूत्र यक्ष्म निर्मूल विधी व महत्व
 - ⑥ DMKs उपचार
 - ⑦ शांती पाठ

Sr No	Name	OPD No	Mob No
1	वर्षी महेंद्र गोपधीने	16148	7719995497
2	आरती ईश्वर बोसार	16823	7249722604
3	हर्षी विष्ठी मजेठिया	1617	8975423006
4	अश्विनि मयुर मेसर	17093	9856721807
5	मनिषा समाधान परदेशी	17044	
6	वनिता किशोर ब्राम्हणे	16978	

आजचा session संप झाले आहे. ह्या वरचे आम्हाला
कोणत्या मध्ये फर्मा करावयाचे व कोणत्या महिन्यामध्ये कोणत्या
उपल करावयाचे हे समजले.

तसेच त्याचे इंजेक्शन कोणत्या महिन्यात व किती ठेवावे
हे समजले.

ह्या session मुळे लवकर relief बदलत आहोती
मिळाली.

वर्षी गोपधीने
[Signature]

[Signature]
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Ref. No.

Date :

Garbhsanaskar Varga 2023-Session- 16

Dept.of swasthavritta and yoga

S.S.A.M.& H. Nashik

Date: 15/08/2023

Time: 11: 00 am to 12:00pm

Organized by – under the dept. swasthavritta and yoga & dept.of prasutitantra and strirog, ssam & h, Nashik.

Venue: ssam& h , Nashik.

Garbhsanaskar Varga conducted at SSAM & H,Nashik on 15/08/2023 at 11:00am to 12:00pm

Total 08 no. of garbhinis attended this garbhsansakar varga.

Demonstration/lecture given by dr.ashlesha bankar (Pg final yr.)

Under guidance of:

Dr.amit diwakar (H.O.D. of swasthavritta and yoga, SSAM & H)

Dr.sunil more (H.O.D. prasutitantra and strirog, SSAM & H)

Dr.varsha deshमुख (professor, prasutitantra and strirog SSAM & H)

Dr.kiran mulgir (assistant professor, swasthavritta and yoga, SSAM & H)

Dr.suvarna boraste (assistant professor, prasutitantra and strirog, SSAM & H)

Dr.smita pote (assistant professor, prasutitantra and strirog, SSAM & H)

PG students attended: dr.ashlesha bankar, dr.priyanka kaware, dr.shruti dhan.

- Dhanwantari stavan and virras mantra chanting done.
- PPT on panchakarma in pregnancy was explained.
- Trikonasana was done.
- Beet root halwa recipe was given to all the participants & garbhinis.
- Importance & benefits of Beet root halwa along with its nirmanvidhi explained to all.
- Anlom vilom Pranayam was done.

I am very thankful to our principal dr.milind aware sir, superintendent dr. aparna raut mam, deputy superintendent dr. manisha pagar mam, & all supporting staff for their valuable inputs for making this garbhsanskar varga successful.

I am thankful to all teaching and non-teaching staff for help in making this session successful.



Principal

Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

Signature H.O.D.
Dr. Diwakar Amit

Swasthavritta And Yoga, SSAM&H

H. O. D.

Swasthavritta Dept.
S.S.A.M. & H. Nashik

Garbhasanskar
Varga
Session 16
Date - 15/08/23
Time - 11am - 12pm

Doctors :-

- 1) Dr. Sunil More
- 2) Dr. Varsha Deshmukh
- 3) Dr. Smita Pote
- 4) Dr. Yogeshwar Chaudhari
- 5) Dr. Suvarna Boraste
- 6) Dr. Dinar Sawant
- 7) Dr. Kiran Majir

P.G. Students :-

- 1) Dr. Ashlesha Bankar (P.G. - 3rd yr)
- 2) Dr. Priyanka Kaware (P.G. 3rd yr)
- 3) Dr. Shrutti Udhan (P.G. 1st yr)

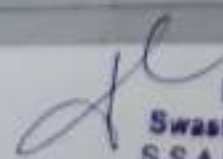
Intern :-

- Content :-
- Dhanyantari Stawan
 - Virras Mantra
 - Panchakarma in pregnancy - PPT
 - Trikon Asana
 - Beetroot halwa recipe
 - Anulom vilom pranayam explained

r. No.	Name	OPD No.	Mob. No.	Sign.
1)	सुनिता लक्ष्मण भारमल		8386010657	सुनिता भार
2)	राजश्री निखिल गांगुडे		9266965745	
3)	भमता शहाल साके		8856984688	
4)	माधुरी मधुकर जाधव		8007810276	माधुरी जाधव
5)	आचल वभव म्हसडे		9325845204	
6)	रेणु जितेंद्रकुमार गुप्ता	8837	9616473977	रेणु गुप्ता
7)	मेश्वर्या ऋषिउेश मावस	18177	8806520619	
8)	ताई दत्तात्रय चिरेडे		8956499773	

गर्भसंस्कारची व्युप चांगली माहिती दिली. त्यामुळे आळावर होणारे संस्कार सांगितले. त्यासाठी काय योग्य आहे याची माहिती दिली.

गर्भसंस्कारची अगदी सोप्या पद्धतीने माहिती दिली. अगदी मेडिटेशन व्युप देऊन शांत वॉलने शुचि व्युपक शुचि व्युपस पाहजे तसे माहिती घेवली. नशिक


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list of Common public attending Yoga 2018

SR.N O.	CR.OP D NO.	NAME	ADDRESS	SIGN
1	6847	SUDHAAKR SHIVAM DUBE	HIRAWADI	<i>Sudha</i>
2	6857	MADHUKAR TAHKRE	KAMAL NAGAR,HIRAWADI	<i>Madhukar</i>
3	6873	SHWETA PANDURANG SAVLE	SHIVKRUPA NAGAR,HIRAWADI	<i>Shweta</i>
4	6888	AKSHAY CHAVHAN	NIMAN,NASHIK	<i>Akshay</i>
5	7428	SHIVANI AMOGH JOSHI	HIRAWADI	<i>Shivani</i>
6	7433	VIAJY SATISH MAMLEDAR	TARWALA NAGAR	<i>Vijay</i>
7	7521	ANJALI SOHAN KALE	HIRAWADI	<i>Anjali</i>
8	7551	ANIKET DESHMUKH	KAMAL NAGAR,HIRAWADI	<i>Aniket</i>
9	7526	SANKET DATTA SONAWANE	DWARKA,NASHIK	<i>Sanket</i>
10	16555	PRAKASH JADHAV	SHIVKRUPA NAGAR,HIRAWADI	<i>Prakash</i>
11	16574	MANISHA MAHESH RAVAT	NASHIK ROAD	<i>Manisha</i>
12	16577	AVINASH TIWARI	SHIVKRUPA NAGAR,HIRAWADI	<i>Avinash</i>
13	16581	RAMCHANRA PATIL	KAMAL NAGAR,HIRAWADI	<i>Ramchandra</i>
14	16965	BHAGWAT DAMODAR PAWAR	LATE NAGAR,HIRAWADI	<i>Bhagwat</i>
15	17000	PRIYANKA SHRIKISAN MORE	KAMAL NAGAR,HIRAWADI	<i>Priyanka</i>
16	25157	POOJA ROHAN DEORE	BANARASHI NAGAR,HIRAWADI	<i>Pooja</i>
17	25165	TANISHK DIPAK SASANE	TAMBOLI NAGAR,HIRAWADI	<i>Tanishk</i>
18	25616	GAJANAN BABURAO BAGUL	BANARASHI NAGAR,HIRAWADI	<i>Gajanan</i>
19	25654	RAMESHLAL DIGAMBAR	TARWALA NAGAR,NASHIK	<i>Rameshlal</i>
20	25661	SHANTABAI MANE	LATE NAGAR,HIRAWADI	<i>Shantabai</i>
21	2229	SHRIRAM RAJENDRA PAWAR	RAMWADI	<i>Shriram</i>
22	2236	RUTVIK SANJAY JAHANGIR	NIMANI	<i>Rutvik</i>



23	2245	BHUMI PRABHAKAR PATIL	KATE NAGAR	<i>Amul</i>
24	2255	SHREYA VINOD PARMAR	MAKHAMALABAD ROAD	<i>Sparrow</i>
25	2846	ROHINI HIWALE	HIRAWADI	<i>Hunder</i>
26	2851	PRAMOD DAMODARE	KATHE GALLI, NASHIK	<i>Dandekar</i>
27	2862	PRAMILA SANTOSH KAUR	SATPUR, SHIVAJI NAGAR	<i>Bansode</i>
28	39	SANGITA GOVIND PAWAR	GANGAPUR ROAD, NASHIK	<i>Pawar</i>
29	62	ASHWINI RAMESH BAVISKAR	SHAKTI NAGAR, HIRAWADI	<i>Baviskar</i>
30	76	UAMA TUKARAM SHINDE	MAKHAMALABAD, NASHIK	<i>Shinde</i>
31	100	RAMESH RAHUL SHEKHE	SHIVKRUPA NAGAR, NASHIK	<i>Ravise</i>
32	139	DIPALI KAILAS MORE	SAI NAGAR, NASHIK	<i>Devedkar</i>
33	166	SUDARSHAN RAMDAS JADHAV	AMRUTDHAM, NASHIK	<i>Jadhav</i>

HC
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list of Common public attending Yoga 2019

SR.NO.	CR.OPD NO.	NAME	ADDRESS	SIGNATURE
1	179	VIKRAM BABURAO SONAWANE	DWARKA,NASHIK	
2	13378	RATAN ASHOK BHALERAO	BALIO MANDIR NASHIK	
3	13427	PRITI KISHOR SURYAWANSHI	HANUMAN NAGAR,NASHIK	
4	14409	KANCHAN RAM THETE	SHRIKRUSHAN NAGAR,NASHIK	
5	14417	GAUTAMI RAMESH SHIRSATH	MERI LINK ROAD,NASHIK	
6	14486	AVINASH ATUL DESHPANDE	LATE NAGAR,HIRAWADI	
7	11390	SHIVANSH MAHESH SHARMA	BALIMANDIR,NASHIK	
8	11408	SHARDA SHANKARLAL OZA	GOVIND NAGAR,NASHIK	
9	11448	MINAKSHI PRAMOD NAGLA	AMRUTDHAM,NASHIK	
10	11823	VISHAL SAMADHAN KOLI	SSD NAGAR,HIRAWADI	
11	11831	GAURAV SHRIKANT BAGUL	SAISHIV NAGAR,NASHIK	
12	11849	BHARTI SURESH SURYAWANSHI	KAMAL NAGAR,HIRAWADI	
13	22434	PRAMOD SHIVRAM KALE	SHIVKRUPA NAGAR,HIRAWADI	
14	22445	SUREKHA GANGURDE	HIRAWADI	
15	22461	DEVENDRA GAIKWAD	PANCHAVATI,NASHIK	
16	22767	ASHOK RAMAKANT PATIL	AMRUTDHAM,NASHIK	
17	22770	SURESH MOTIRAM MANE	TARWALA NAGAR,NASHIK	
18	22796	MOHINI VILAS DESHMUKH	KAMAL NAGAR,HIRAWADI	
19	23251	AMRUTA RUPESH PARALIKAR	LATE NAGAR,HIRAWADI	
20	23259	SHARAVANI SAKARE KALE	SHIVKRUPA NAGAR,HIRAWADI	
21	21188	TANVI ARJUN KARATE	SHIVKRUPA NAGAR,HIRAWADI	



22	20609	VAISHANVI TOSHANIWAL	AMRUTDHAM,NASHIK	<i>V. Toshaniwal</i>
23	20635	PURVA ASHOK BAVISKAR	MERI,MHASRUL	<i>P. Bavisakar</i>
24	21181	PRATIK MILIND DHAMNE	SAI NAGAR,NASHIK	<i>P. Dhamne</i>
25	21232	SHIVAJI RAMDAS KOLI	MHASRUL,NASHIK	<i>S. Koli</i>
26	18358	ARJUN RAOSAHEB DESHMUKH	PETH ROAD,NASHIK	<i>A.D.</i>
27	18836	MAYURI AVINASH SONAWANE	LATE NAGAR,HIRAWADI	<i>M. Sonawane</i>
28	18846	SHRIDHAR RAHUL PATIL	VIDHATE NAGAR,HIRAWADI	<i>S. Patil</i>
29	18351	SIKANYA LALIT JADHAV	AYODHAYA NAGRI,NASHIK	<i>S. Jadhav</i>
30	18371	PRAJAKTA SUBHASH GAIKWAD	PARVATI NAGAR,NASHIK	<i>P. Gaikwad</i>
31	17066	SANTOSH KARBHARI DESHPANDE	KAMAL NAGAR,HIRAWADI	<i>S. Deshpande</i>
32	17069	SANVI AVINASH BAVISKAR	SHRIKRUSHAN NAGAR,NASHIK	<i>S. Bavisakar</i>
33	17074	SOHEL VIJAY PATIL	LATE NAGAR,HIRAWADI	<i>S. Patil</i>
34	16660	SAVITA RAMESH JADHAV	NASHIK ROAD	<i>S. Jadhav</i>
35	16669	RAM AKSHAY DESMUKH	SHIVKRUPA NAGAR,HIRAWADI	<i>R. Desmukh</i>
36	16681	AKASH PRABHAKAR DESHPANDE	GOKULDHAM,HIRAWADI	<i>A. Deshpande</i>

[Signature]
H.O.D.
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list of Common public attending Yoga 2022

SR. NO.	CR.OPD NO.	NAME	ADDRESS	SIGN
1	14723	PRADIP KISAN KANWADE	KAMAL NAGAR,HIRAWADI	Pradip
2	14729	SUVARNA ABHIJIT PAWAR	SHIVKRUPA NAGAR,HIRAWADI	Suvarna
3	14733	SUSHILA RAJENDRA WANI	TARWALA NAGAR,NASHIK	Sushila
4	5360	AKANKSHA SATISH KULKARNI	PANDIT COLONY,NASHIK	Akanksha
5	5375	ANITA TANAJI WAGHALGAVE	PANCHAVATI,NASHIK	Anita
6	4680	SANGITA MAHADEV BHAMRE	HIRAWADI	Sangita
7	4694	SAVITA MADHAV MHASKE	SHAKTI NAGAR,HIRAWADI	Savita
8	4710	MADHURI SUSHIL PATIL	HIRAWADI	Madhuri
9	4726	NAMDEV GANGARAM GUNJAL	HIRAWADI	Namdev
10	9275	DIPAK SHANTARAM SALUNKHE	SHIVKRUPA NAGAR,HIRAWAD	Dipak
11	9277	VISHAWASRAO DAGU SASLE	HIRAWADI	Vishwas
12	9296	MANIKRAO SADASHIV DESLE	TRIKONI BANGALA,HIRAWAD	Manikrao
13	9855	GAYATRI KARAN BHALERAO	PETH ROAD,NASHIK	Gayatri
14	9863	SANSKRUTI ANIKET KASBE	PATHARDI FATA,NASHIK	S.A. Kasbe
15	9986	SAKSHI YUVRAJ KADAM	BITCO,NASHIK	Sakshi
16	23658	SUSHAMA AJIT PATIL	AMRUTDHAM,NASHIK	Patil Sushama
17	23703	PARTH RAMESHSING CHOUDHARI	TARWALA NAGAR,NASHIK	Parth
18	23710	KAVERI VIJAY CHAVHAN	JAIL ROAD,NASHIK	Kaveri
19	19131	SNEHA AVINASH JADHAV	SHIVKRUPA NAGAR,HIRAWADI	Sneha

A.O.S
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20	18702	RAMESH PANDURANG SONAR	PANCHAVATLNASHIK	Sonar
21	18706	AAROHI ROHAN DAHIFALE	M.G ROAD,NASHIK	
22	19152	GOKUL DAGA ABHANG	BANARASHI NAGAR,HIRAWADI	Gokul.
23	19148	RAMESHWAR RATAN PUROHIT	SHIV NAGAR,NASHIK	Purohit
24	7813	MADHUKAR NISHADRAO KAMTE	AMRUTDHAM,NASHIK	MKN
25	7790	LILABAI SATISHJI JAIN	GANEHSWADLNASHIK	Jain
26	7811	ANAND KUMAR AUSEKAR	HIRAWADI	Ausekar
27	7176	PUSHAKRAJ RAKESH PATIL	RANE NAGAR,NASHIK	Patil
28	7140	MOHINI UMESH KUMAWAT	BANARASHI NAGAR,HIRAWADI	Kumawat
29	7158	ROSHAN MADHUKAR PAWAR	GOLE COLONY,NASHIK	Pawar
30	17408	BHUSHAN CHANDRAKANT LILHANSVAR	PAVAN NAGAR,NASHIK	Chandrakar
31	17418	SAI MADHUKAR GOTMARE	TARWALA NAGAR,NASHIK	Sai
32	17430	SHEKHAR ASHOK SOLANKE	ADGAON NAKA,NASHIK	Solanke
33	17074	SOHEL VIJAY PATIL	LATE NAGAR,HIRAWADI	Patil
34	17069	SANVI AVINASH BAVISKAR	SHRIKRUSHAN NAGAR,NASHIK	Baviskar
35	17066	SANTOSH KARBHARI DESHPANDE	KAMAL NAGAR,HIRAWADI	Karbhari
36	25517	RAJESH SURESH KAMAT	KAMAL NAGAR,HIRAWADI	Rajesh
37	25534	ANURADHA PRAVIN JADHAV	SSD NAGAR,HIRAWADI	Jadhav
38	26001	HEMANGI RAOSAHEB SHIRSATH	SSD NAGAR,HIRAWADI	Shirsath
39	26049	JANHVI MANGESH SHIRSATH	TARWALA NAGAR,NASHIK	Shirsath
40	166	SUDARSHAN RAMDAS JADHAV	AMRUTDHAM,NASHIK	Jadhav
41	100	RAMESH RAHUL SHELKE	SHIVKRUPA NAGAR,NASHIK	Shelke



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1	6270	RAJIV SHANTARAM ADSULE	GANESHWADI,NASHIK	Rajiv
2	6279	SAKSHI TANMAY PATIL	RAMWADI,NASHIK	Sakshi
3	7776	ARCHANA MANOHAR GUPTE	MANE NAGAR,NASHIK	Archana
4	7794	SANKET ANIL THORAT	OM NAGAR	Sanket
5	16521	NISHA SANDESH KALE	NIMANI	Nisha
6	16537	NITIN DATTATRY PARDESHI	DINDORI	Nitin
7	16554	JYOTI VISHNU JADHAV	ADGAON	Jyoti
8	17022	ROHINI ANAND SALI	DAMODAR NAGAR,HIRAWADI	Rohini
9	17046	ANIL SAKHARAM PAWAR	PANCHAVATI,NASHIK	Anil
10	1338	KAMALAL KASHINATH GODBOLE	SHAKTI NAGAR,HIRAWADI	Kamalal
11	1345	MANISHA DIPAK KAKDE	TRIKONI BANGALA,HIRAWADI	Manisha
12	3014	ABHIJIT VILAS RAJE	DWARKA,NASHIK	Abhijit
13	2980	VIBHA VISHAL DESHMUKH	RAMWADI,NASHIK	Vibha
14	2998	PRANAY YASH GAGRE	GANGAPUR ROAD,NASHIK	Pranay
15	14706	MANSI SAGAR PAWAR	MANE NAGAR,HIRAWADI	Mansi
16	14742	SUMANT RAMESH NIKAM	PETH ROAD,NASHIK	Sumant
17	12342	SANTOSH PUNDLIK AHIRE	RAMWADI,NASHIK	Santosh


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18	12383	MANOJ BABURAO SADAFULE	SHIVSHAKTI NAGAR,HIRAWADI	M.B.S.
19	12406	NITA RAMAKANT MARATHE	TRAMBAK NAGAR,HIRAWADI	श्री. मी. मी.
20	5322	SIMA VISHAL VISPUTE	PANCHAVATI,NASHIK	श्री. व.
21	5363	VILAS KANOJI JADHAV	RAMWADI,NASHIK	विकास
22	5104	SAYALI DIWAKAR SHINDE	SHIVSHAKTI NAGAR,HIRAWADI	श्री. मी.
23	5135	SHITAL ANURAG KOCHAR	ASHOKSTMBH,NASHIK	शुभा
24	5161	SWAMI VILAS SONJE	LATE NAGAR,HIRAWADI	स्वामी
25	17111	ANITA VIJAY KARADKAR	TAPOVAN,NASHIK	श्री. व. मी.
26	17122	ARNAV SATISH SINKAR	SHIVSHAKTI NAGAR,HIRAWADI	श्री. मी.
27	3079	PRATHAMESH SHIVAJI KATKADE	GUNJALBABA NAGAR,HIRAWADI	P.S. katkade
28	3097	ANIKA PRAVINRAO DINDORKAR	RAMWADI,NASHIK	च. प. ड.
29	58	SHILPA UDAY PATIL	GANESHWADI,NASHIK	पति. शिल्पा
30	78	ASHOK DEVANAND SAPKALE	SSD-NAGAR,HIRAWADI	A.D. Sapkale
31	126	HEMLATA DATTATRAY GOLE	VALMIK NAGAR,PANCHAVATI	श्री. मी.
32	12440	SAURABHA GANESH KULKARNI	DWARKA,NASHIK	श्री. मी.
33	12453	SHANTA HARIBHAU LONARE	BANARASHI NAGAR,HIRAWADI	श्री. मी. मी.
34	10373	VILAS RAMRAO SHINDE	TAPOWAN	श्री. व. मी.
35	10412	ROHINI NITIN JADHAV	PANCHVATI	श्री. व.
36	10431	SUNIL KESHAV SHIRAPURE	SATPUR	श्री. मी.
37	3495	MAHESH VIJUBHAU KAJLE	MAKHAMALABAD NAKA,NASHIK	M. Kajle
38	3516	DIPALI SUHAS NERKAR	HANUMANWADI,NASHIK	श्री. मी.

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Ref No: SSAM/OFF/UG/282/2023

Date : 24/06/2023

प्रति,

मा. संचालक,

आयुष संचालनालय,

महाराष्ट्र राज्य, मुंबई.

विषय:- दिनांक २१ जून २०२३ आंतरराष्ट्रीय योग दिन साजरा केल्यावरून अहवाल सादर करण्याबाबत.

संदर्भ:- १. संचालक, आयुष संचालनालय, महाराष्ट्र राज्य, मुंबई यांचे पत्र, ज्ञ. क्र. आसंमु/

आंतरराष्ट्रीय/ योगदिन/२१ जून /२०२३/आयु-२/६८२२-१६/०६/२०२३

मा. महोदय,

उपरोक्त संदर्भाकित पत्राच्या अनुषंगाने दिनांक २१ जून २०२३ रोजी आंतरराष्ट्रीय योग दिन निमित्त आम्हाच्या महाविद्यालयाने घेतलेल्या विविध कार्यक्रमांचा अहवाल खालील प्रमाणे सादर करित आहे.

महाविद्यालयाचे नाव :- श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय आणि हॉस्पिटल, नाशिक-०३.

अ.क्र.	कार्यक्रम	दिनांक	तपशील	छावाधिर् क्रमांक
१	योग प्रात्यक्षिक सत्र	१४/०६/२०२३	सहभागी संख्या : ४५	१
२	व्याख्यान	१५/०६/२०२३	वक्तू : डॉ. कृती अभ्यंकर विषय : दैर्घ्य दिन जीवनातील योग सहभागी संख्या : १०४	२
३	निबंध स्पर्धा	१६/०६/२०२३	स्पर्धक संख्या : ०९ विजेत्यांची नावे : १. खैरनार अक्षय २. सुशिल बागुल ३. नेहा जाधव	३
४	पोस्टर स्पर्धा	१७/०६/२०२३	स्पर्धक संख्या : ४६ विजेत्यांची नावे : १. निधीपाटील गुरुप २. स्नेहा विधाने गुरुप ३. सौजल विधाने	४
५	ध्यान प्रात्यक्षिक सत्र	१८/०६/२०२३	सहभागी संख्या : २१	५
६	ई प्रश्नवर्जुषा स्पर्धा	१९/०६/२०२३	स्पर्धक संख्या : १७८ विजेत्यांची नावे : १. हुंषा लाटी	६

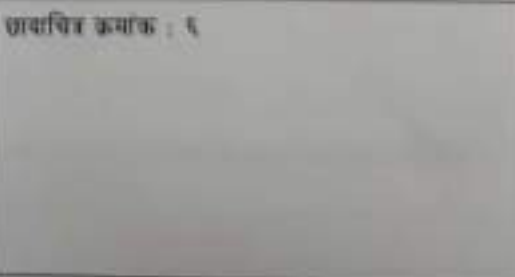
			२. मयूर कानडे ३. ज्ञानेश आदित्य	
७	योग टिडी २ मिन. योग विडिओ स्पर्धा	२०/०६/२०२३ २०/०६/२०२३	सहभागी संख्या : ६४ सहभागी संख्या: ०७ विजेत्यांची नावे : १. औदुंबर भोरे	७
८	आंतरराष्ट्रीय योग दिन सामुहिक योगाभ्यास (प्रत्यक्ष)	२१/०६/२०२३	सहभागी संख्या : २८७	८

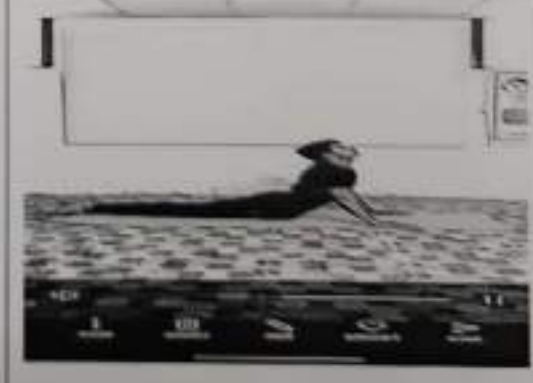
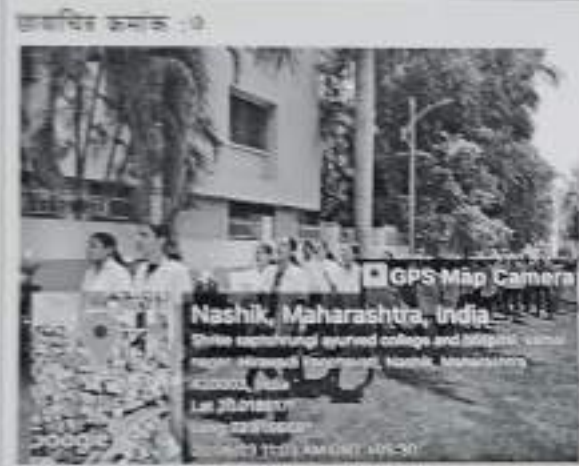


(Signature)

Principal
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छायाचित्रांच्या रकान्यात संबंधित उपक्रमाचे फ्लायअर/ स्क्रीनशॉट पेस्ट करावेत





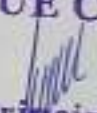
छायाचित्र क्रमांक : 06




H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik



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3	7776	ARCHANA MANOHAR GUPTA	MANE NAGAR NASHIK	Archana
4	7794	SANKET ANIL THORAT	OM NAGAR	Sanket
5	16521	NISHA SANDESH KALE	NIMANI	Nisha
6	16537	NITIN DATTATRY PARDESHI	DINDORI	Nitin
7	16554	JYOTI VISHNU JADHAV	ADGAON	Jyoti
8	17022	ROHINI ANAND SALI	DAMODAR NAGAR,HIRAWADI	Rohini
9	17046	ANIL SAKHARAM PAWAR	PANCHAVATI,NASHIK	Anil
10	1338	KAMALAL KASHINATH GODBOLE	SHAKTI NAGAR,HIRAWADI	Kamalal
11	1345	MANISHA DIPAK KAKDE	TRIKONI BANGALA,HIRAWADI	Manisha
12	3014	ABHIJIT VILAS RAJE	DWARKA,NASHIK	Abhijit
13	2980	VIBHA VISHAL DESHMUKH	RAMWADI,NASHIK	Vibha
14	2998	PRANAY YASH GAGRE	GANGAPUR ROAD,NASHIK	Pranay
15	14706	MANSI SAGAR PAWAR	MANE NAGAR,HIRAWADI	Mansi
16	14742	SUMANT RAMESH NIKAM	PETH ROAD,NASHIK	Sumant
17	12342	SANTOSH PUNDLIK AHIRE	RAMWADI,NASHIK	Santosh

d.o.d.
SWASTHA VRIITA
5.5.2023



1	1183	SHYAM BHAI BHI SANGHVI	SHIVSHAKTI NAGAR,HIRAWADI	M/S
2	1186	SUNIL RAMRAO MADHAI	TRISHULE NAGAR,HIRAWADI	M/S
3	1191	SWA VISHU VISHUJI	PADHAYATHANSHIK	M/S
4	1193	VIJAY KASHI TADHAI	BANWADI,NASHIK	M/S
5	1194	SAYALDHARAKH SHINDHE	SHIVSHAKTI NAGAR,HIRAWADI	M/S
6	1195	SHITAL ANURAG KUNHAR	ANDHESIMH,NASHIK	M/S
7	1197	SWAMI VIJAYSONJI	LATE NAGAR,HIRAWADI	M/S
8	1201	ANIL VIJAY KARADKAR	TAPWAN,NASHIK	M/S
9	1202	AKNAY SATISH SINKAR	SHIVSHAKTI NAGAR,HIRAWADI	M/S
10	1204	PRATHAMESH SHIVAJI KATKADE	GUNJALBABA NAGAR,HIRAWADI	P.S. Kalyani
11	1205	ANIK A PRAVINRAO DINDORKAR	RAMWADI,NASHIK	M/S
12	1206	SHILPA UDAY PATIL	GANESHWADI,NASHIK	M/S
13	1208	ASHOK DEVANAND SAPKALE	SSD NAGAR,HIRAWADI	A.D. Sphale
14	1209	HEMLATA DATTATRAY GOLE	VALMIK NAGAR,PANCHAVATI	M/S
15	1248	SAURABHA GANESH KULKARNI	DWARKA,NASHIK	M/S
16	1253	SHANTA HARIBHAU LONARE	BANARASHI NAGAR,HIRAWADI	M/S
17	1273	VELAS RAMRAO SHINDE	TAPWAN	M/S
18	1282	ROHINI NITIN JADHAV	PANCHVATI	M/S
19	1287	SUNIL KESHAV SHIRAPURE	SATPUR	M/S
20	1295	MAHESH VIJUBHAU KALE	MAHAMALABAD NAKA,NASHIK	M/S
21	1314	DEPAJI SUHAS SHIRKAR	HANUMANWADI,NASHIK	M/S

405
SWASTHAKRITTA
SARVA KALAM



Principal
M. S. K. Education Society
M. S. K. Education Society
M. S. K. Education Society



SHREE SAPTASHRUNGI SHIKSHAN SANSTHA NASHIK, SANCHALIT
SHREE SAPTASHRUNGI AYURVED HOSPITAL, NASHIK
Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003

Ref.No.: SSAM/OFF/UG/316/2022

Date : 22/06/2022

प्रति,
मा. संचालक,
आयुष संचालनालय,
महाराष्ट्र राज्य, मुंबई.

विषय:- दिनांक २१ जून २०२२ आंतरराष्ट्रीय योग दिन साजरा केल्याबद्दल अहवाल सादर करणेबाबत.
संदर्भ:- संचालक, आयुष संचालनालय, महाराष्ट्र राज्य, मुंबई यांचे पत्र, जा. क्र. आसंमु/आंतरराष्ट्रीय/
योगदिन/ २१ जून/२०२२/आयु२/६०६०-६५/१जून२०२२

मा. महोदय,

उपरोक्त संदर्भाकित पत्राच्या अनुषंगाने दिनांक २१ जून २०२२ रोजी आंतरराष्ट्रीय योग दिन निमित्त आमच्या महाविद्यालयाने घेतलेल्या विविध कार्यक्रमांचा अहवाल खालील प्रमाणे सादर करित आहे.

महाविद्यालयाचे नाव :- श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय आणि हॉस्पिटल, नाशिक-०३.

अनु. क्रमांक	कार्यक्रम	दिनांक	तपशील	छायाचित्र क्रमांक
१	योग प्रात्यक्षिक सत्र	१४/०६/२०२२	सहसरी सहभागी संख्या : ४५	१
२	ई घोषवाक्य स्पर्धा	१५/०६/२०२२	स्पर्धक संख्या : ३० विजेत्यांची नावे : १. शितल एंडाइन २. जान्हवी पवार ३. अक्षय इंगळे	२
३	निबंध स्पर्धा	१६/०६/२०२२	स्पर्धक संख्या : ३९ विजेत्यांची नावे : १. अकित्त भामरे २. साक्षी गावंडे ३. साची पांडे	३
४	पोस्टर स्पर्धा	१६/०६/२०२२	स्पर्धक संख्या : २५	४

			विजेत्यांची नावे : १. संजना पठाडे २. पराग काकडे ३. रुतिक तुपे	
५	योगसन स्पर्धा	१७/०६/२०२१	स्पर्धक संख्या : १८ विजेत्यांची नावे : १. दिव्या चौधरी २. वैभव झुंगरे ३. अ) युगंधर आठवले ३. ब) वैभव खंडांगले	५
६	व्याख्यान	१८/०६/२०२१	वक्ता : डॉ. संदिप चिंचोलिकर विषय : सहभागी संख्या : १४२	६
७	ई पञ्चमंजुषा स्पर्धा	१९/०६/२०२१	स्पर्धक संख्या : ७९ विजेत्यांची नावे : १. सोनली वाघ २. अक्षय मोगल ३. शरदु गुल्हाने	७
८	२ मिन.योग विडिओ स्पर्धा	२०/०६/२०२१		८
९	आंतरराष्ट्रीय योग दिन सामुहिक योगाभ्यास (प्रत्यक्ष)	२१/०६/२०२१	सहभागी संख्या :	९



[Handwritten Signature]

Principal
Shree Saptashrungi Ayurved
Mahavidyalaya, Nashik

प्राचार्य

श्री सप्तशृंगी आयुर्वेद महाविद्यालय आणि
हॉस्पिटल, नाशिक-०३.

धन,

श्री भास्कर मलिकगुप्त पारके, सामन्वयक नाशिक परिक्षेत्र, आंतरराष्ट्रीय योग दिन २०२१, आयुष संस्थाननालय, महाराष्ट्र राज्य,

मुंबई

छायाचित्राच्या रकान्यात संबंधित उपक्रमाचे फ्लायर/ स्क्रीनशॉट पॅस्ट करावेत

छायाचित्र क्रमांक : १



छायाचित्र क्रमांक : २



Yoga
 "With yoga in your life and
 life in your yoga you'll
 understand yoga in your life."
 "Yoga is a flower whose
 stem is life."
 "The yoga never finishes doing."
 "Yoga is a light which can be lit with
 words, like the better you practice
 the brighter your flame."

छायाचित्र क्रमांक : ३

निरामयमन निरामयशरीरे
 मूर्धनि निवेगी, निक्षेप व कारेयमपन्न असा
 शरीराच्या प्रतिसादी निरामय मनाचे आविष्कारता असते प्रथेक
 व्यक्तीच्या जीवनाचा हेतू के जात, समाधानी, यशस्वी करे
 जायुष्य असणे हा आहे. प्रथेकाला वाढते ही जगण्या जीवनाचा
 प्रथम हा संपर्क आहे सर्वशक्ति संपन्न हावा
 सुखी शारीरिक उत्पत्त्या अनुभूत वाचत नाही तर
 त्या बरोबर मानसिक आणि प्रारम्भिक उत्पत्त्या राहित पाहिले कम
 रोम किरीत शरीर असावासा स्वास्थ्य स्थाना वेधार् नाही तर
 मानस, प्रेम आणि इन्सात हे तुमच्या जीवनात उपपत्तीपणे ज्वलत
 होत असतील तर त्याला खरी कारेय्य संपन्नता स्थाना वेधिल
 या नाही जोर्षीचा विचार करत आपल्याला शकते ही सात मन
 प्रपन्नता, भुर्गी आणि उत्तम जगेल्या संपादी मोर्षाचे प्रत्यत

छायाचित्र क्रमांक : ४



छायाचित्र क्रमांक : ५



छायाचित्र क्रमांक : ६



छायाचित्र क्रमांक : ७



छायाचित्र क्रमांक : ८

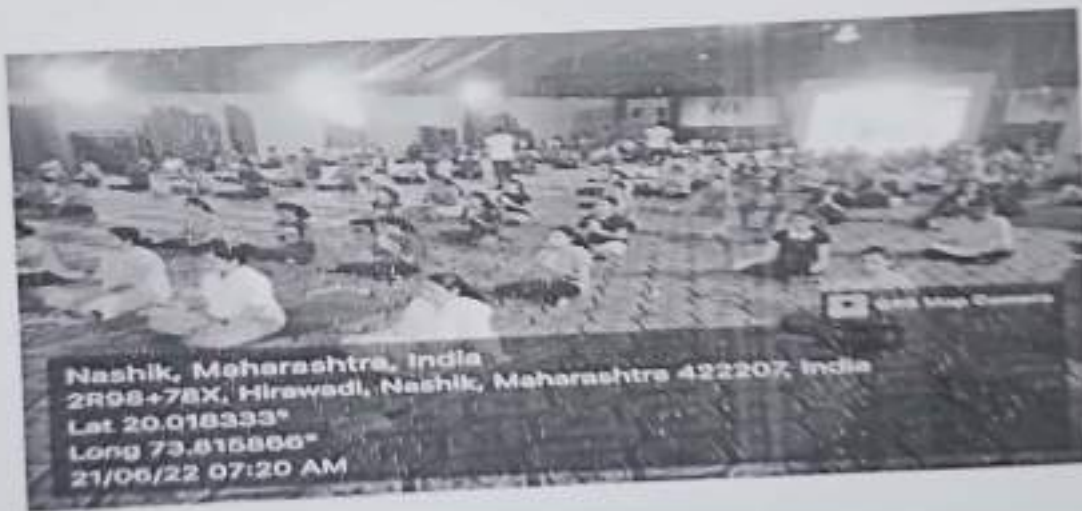


छायाचित्र क्रमांक : ९





Nashik, Maharashtra, India
2R98+78X, Hirawadi, Nashik, Maharashtra 422207, India
Lat 20.018333°
Long 73.815866°
21/06/22 07:22 AM



Nashik, Maharashtra, India
2R98+78X, Hirawadi, Nashik, Maharashtra 422207, India
Lat 20.018333°
Long 73.815866°
21/06/22 07:20 AM


H. O. D.
Swasthavritta Dept.
S.S.A.M & H. Nashik



TRUE COPY
Principal
Shree Sapdashringi Ayurved
Mahavidyalaya, Nashik



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003 | Tel.: (0253) 2621660 (College) | (Hosp.) 2514548
Fax: (0253) 2621638 • E-mail: sasmahak@gmail.com • website: www.sasm.in

list of Common public attending Yoga 2022

SR. NO.	CROPD NO.	NAME	ADDRESS	SIGN
1	14723	PRADIP KISAN KANWADE	KAMAL NAGAR,HIRAWADI	<i>Pradip</i>
2	14729	SUVARNA ABHIJIT PAWAR	SHIVKRUPA NAGAR,HIRAWADI	<i>Suvarna</i>
3	14733	SUSHILA RAJENDRA WANI	TARWALA NAGAR,NASHIK	<i>Sushila</i>
4	5360	AKANKSHA SATISH KULKARNI	PANDIT COLONY,NASHIK	<i>Akanksha</i>
5	5375	ANITA TANAJI WAGHALGAVE	PANCHAVATI,NASHIK	<i>Anita</i>
6	4680	SANGITA MAHADEV BHAMRE	HIRAWADI	<i>Sangita</i>
7	4694	SAVITA MADHAV MHASKE	SHAKTI NAGAR,HIRAWADI	<i>Savita</i>
8	4710	MADHURI SUSHIL PATIL	HIRAWADI	<i>Madhuri</i>
9	4726	NAMDEV GANGARAM GUNJAL	HIRAWADI	<i>Namdev</i>
10	9275	DIPAK SHANTARAM SALUNKHE	SHIVKRUPA NAGAR,HIRAWAD	<i>Dipak</i>
11	9277	VISHAWASRAO DAGU SASLE	HIRAWADI	<i>Vishwasrao</i>
12	9296	MANIKRAO SADASHIV DESLE	TRIKONI BANGALA,HIRAWAD	<i>Manikrao</i>
13	9855	GAYATRI KARAN BHALERA0	PETH ROAD,NASHIK	<i>Gayatri</i>
14	9863	SANSKRUTI ANIKET KASBE	PATHARDI FATA,NASHIK	<i>S.A. Kasbe</i>
15	9986	SAKSHI YUVRAJ KADAM	BITCO,NASHIK	<i>Sakshi</i>
16	23658	SUSHAMA AJIT PATIL	AMRUTDHAM,NASHIK	<i>Ratishushama</i>
17	23703	PARTH RAMESHSING CHOUDHARI	TARWALA NAGAR,NASHIK	<i>Parth</i>
18	23710	KAVERI VIJAY CHAVHAN	JAIL ROAD,NASHIK	<i>Kaveri</i>
19	19131	SNEHA AVINASH JADHAV	SHIVKRUPA NAGAR,HIRAWADI	<i>Jadhav</i>

A.O.S.
SWASTHAVRITTA
S.S.A.M - NASHIK



20	18702	RAMESH PANDURANG SONAR	PANCHAVATI,NASHIK	Sonar
21	18706	AAROHI ROHAN DAHIFALE	M.G ROAD,NASHIK	
22	19152	GOKUL DAGA ABHANG	BANARASHI NAGAR,HIRAWADI	Gokul.
23	19148	RAMESHWAR RATAN PUROHIT	SHIV NAGAR,NASHIK	P. Purohit
24	7813	MADHUKAR NISHADRAO KAMTE	AMRUTDHAM,NASHIK	MKN
25	7790	LILABAI SATISHJI JAIN	GANEHSWADI,NASHIK	Jain
26	7811	ANAND KUMAR AUSEKAR	HIRAWADI	Ausekar
27	7176	PUSHAKRAJ RAKESH PATIL	RANE NAGAR,NASHIK	Patil
28	7140	MOHINI UMESH KUMAWAT	BANARASHI NAGAR,HIRAWADI	OK
29	7158	ROSHAN MADHUKAR PAWAR	GOLE COLONY,NASHIK	Pawar
30	17408	BHUSHAN CHANDRAKANT LITHEANKAR	PAVAN NAGAR,NASHIK	P. Litheankar
31	17418	SAI MADHUKAR GOTMARE	TARWALA NAGAR,NASHIK	Sai
32	17430	SHEKHAR ASHOK SOLANKE	ADGAON NAKA,NASHIK	Solanke
33	17074	SOHEL VIJAY PATIL	LATE NAGAR,HIRAWADI	Patil
34	17069	SANVI AVINASH BAVISKAR	SHRIKRUSHAN NAGAR,NASHIK	Baviskar
35	17066	SANTOSH KARBHARI DESHPANDE	KAMAL NAGAR,HIRAWADI	Deshpande
36	25517	RAJESH SURESH KAMAT	KAMAL NAGAR,HIRAWADI	Rajesh
37	25534	ANURADHA PRAVIN JADHAV	SSD NAGAR,HIRAWADI	Jadhav
38	26001	HEMANGI RAOSAHEB SHIRSATH	SSD NAGAR,HIRAWADI	Shirsath
39	26049	JANHVI MANGESH SHIRSATH	TARWALA NAGAR,NASHIK	Shirsath
40	166	SUDARSHAN RAMDAS JADHAV	AMRUTDHAM,NASHIK	SDF
41	100	RAMESH RAHUL SHELKE	SHIVKRUPA NAGAR,NASHIK	Shelke




Principal
 Vd. Milind Babarao Aware
 Sree Saptashringi Ayurved
 Mahavidyalaya & Hospital, Nashik





SHREE SAPTASHRUNGI SHIKSHAN SANSTHA NASHIK, SANCHALIT
SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAY & HOSPITAL

Kamal Nagar, Hirwad, Pancharati, Nashik - 422 003. | Tel.: (0253) 2621566 (College)
Fax : (0253) 2621838 (Hosp.) 2518548 • E-mail : ssamrsk@gmail.com • website : www.ssam.in

Ref No:- SSAM/OFF/UG/174/2021

Date: 26/06/2021

प्रति,

मा. संचालक,

आयुष संचालनालय,

महाराष्ट्र राज्य, मुंबई.

विषय:- दिनांक २१ जून २०२१ आंतरराष्ट्रीय योग दिन साजरा केल्याबद्दल अहवाल सादर करणेबाबत.

संदर्भ:- ASM/Antarrashtriya/Yoga din/June21/2021/Ayu-2/7700-12/dated 16/6/2021

मा. महोदय,

उपरोक्त संदर्भाकित पत्राच्या अनुषंगाने दिनांक २१ जून २०२१ आंतरराष्ट्रीय योग दिनानिमित्त आमच्या महाविद्यालयाने घेतलेल्या विविध कार्यक्रमाच्या अहवाल खालील प्रमाणे सादर करित आहे.

महाविद्यालयाचे नाव :- श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय आणि हॉस्पिटल, नाशिक-०३.

अनु. क्रमांक	कार्यक्रम	दिनांक	तपशील	छायाचित्र क्रमांक
१	सोशल मीडिया योगासन चालेल मोहिम	१०/०५/२०२१ ते १६/०५/२०२१	सरासरी सहभागी संख्या : १६०	१
२	ई घोषवाक्य स्पर्धा	१४/०६/२०२१	स्पर्धक संख्या - २८ विजेत्यांची नावे : १. सुशील शिंदे २. प्राप्ती गुप्ता ३. साची पांडे	२
३	ई वीरटर स्पर्धा	१५/०६/२०२१	स्पर्धक संख्या : ३६ विजेत्यांची नावे : १. अनुश्री बगुल २. गायत्री परील ३. शिवानी धुमक	३
४	ई निबंध स्पर्धा	१६/०६/२०२१	स्पर्धक संख्या : ४० विजेत्यांची नावे : १. प्राप्ती गुप्ता २. आदेश मोगल	४

			३. भावेश पाटील	
५	ई प्रश्नमंजुषा स्पर्धा	१८/०६/२०२१	स्पर्धक संख्या : १७० विजेत्यांची नावे : १. सौरभ जाधव २. भाग्यश्री आंबेकर ३. हरीकेश सोनवने	५
६	ई योगासन स्पर्धा	१७/०६/२०२१	स्पर्धक संख्या : १० विजेत्यांची नावे : १. दिव्या चौधरी २. आर्जुन चौहान ३. साक्षी निकम	६
७	योगासूत्र पाठांतर स्पर्धा	१७/०६/२०२१	स्पर्धक संख्या : २५ विजेत्यांची नावे : १. पार्थ निकम २. धीरज चौपडा ३. अक्षय इंगळे	७
८	ऑनलाईन व्याख्यान	१६/०६/२०२१ १७/०६/२०२१	तका : योगी अरविंद व डॉ. संप्रसाद विनोद विषय : योग से निरोग सहभागी संख्या :	८
९	आंतरराष्ट्रीय योग दिन सामूहिक योगाभ्यास (व्हर्चुअल)	२१/०६/२०२१	सहभागी संख्या : १००	९



(Signature)

Principal
Shree Saptashringi Agrawal
Mahavidyalaya, Nashik

प्रति,

परिक्षेत्रीय समन्वयक, आंतरराष्ट्रीय योग दिन - नाशिक प्रशासकीय विभाग, परिक्षेत्र, आंतरराष्ट्रीय योग दिन

२०२१, आयुष संचालनालय, महाराष्ट्र राज्य, मुंबई.

छायाचित्राच्या रकान्यात संबंधित उपक्रमाचे फ्लायअर/ स्क्रीनशॉट पेंस्ट करावेत

छायाचित्र क्रमांक : १



छायाचित्र क्रमांक : २



छायाचित्र क्रमांक : ३



छायाचित्र क्रमांक : ४

Role of Yoga as preventive care in covid 19 disease

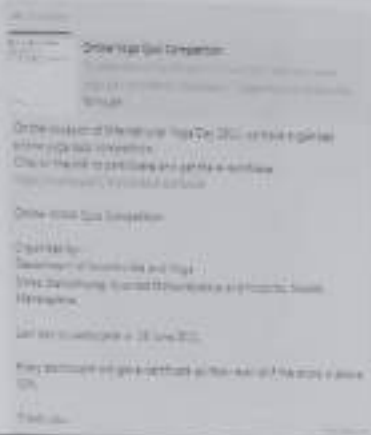
योग

योगाचा अभ्यास करणे हे कोरोना व्हायरसच्या संक्रमणापासून आपल्याला संरक्षण देऊ शकते. योगाचा अभ्यास करणे हे आपल्याला शारीरिक, मानसिक आणि आध्यात्मिकदृष्ट्या तंदुरुस्त ठेवते. योगाचा अभ्यास करणे हे आपल्याला कोरोना व्हायरसच्या संक्रमणापासून आपल्याला संरक्षण देऊ शकते.

योगाचा अभ्यास करणे हे आपल्याला शारीरिक, मानसिक आणि आध्यात्मिकदृष्ट्या तंदुरुस्त ठेवते. योगाचा अभ्यास करणे हे आपल्याला कोरोना व्हायरसच्या संक्रमणापासून आपल्याला संरक्षण देऊ शकते.

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छायाचित्र क्रमांक : ५



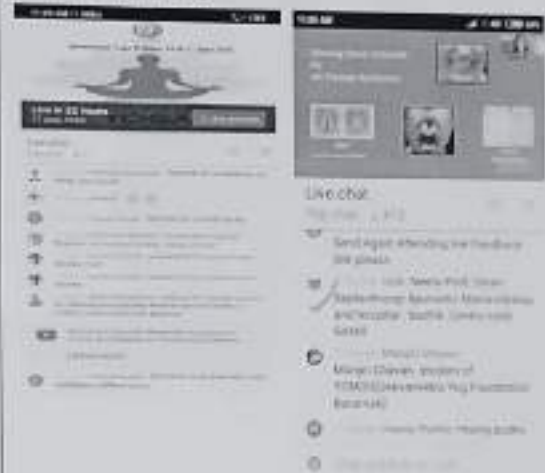
छायाचित्र क्रमांक : ६



छायाचित्र क्रमांक : ७



छायाचित्र क्रमांक : ८



छायाचित्र क्रमांक : ९





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H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik



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Principal
Shree Saptashringi Ayurved
Mahavidyalaya, Nashik

REPORT FOR CELEBRATION OF INTERNATIONAL DAY OF YOGA, 21 JUNE, 2020

Organised by- Dept. of SWASTHAVRITTA & YOGA,
SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL, NASHIK

On the occasion of 6th international Yoga Day, Yoga Practice/ training sessions were conducted every day for 15 days in the morning, from 9 am to 10 am, at Yoga Hall, Shree Saptashrungi Ayurved Mahavidyalaya & Hospital, Nashik.

The program was conducted in presence of Hon. Principle Dr. Milind Aware sir and Vice-principle Dr. Vaibhav Phartale and Dr. Amit Diwakar, HOD Dept. Swasthavritta & Yoga. Daily present staff attended and participated in the yoga practical sessions. The Banners and hoardings regarding yoga day celebration were displayed in campus. Vd. Manjusha More, Vd. Yogesh Surse, Vd. Dipali Sonawane and Vd. Jaydip Visave appointed as Yoga instructor.

Our Principal- Dr. Milind Aware guided regarding the celebration of Yoga Day as per protocol especially for this year in the effect of Covid-19 with all the safety precautions. Online yoga quiz competition, assay writing, drawings, theme & Slogan writing- activities were conducted by dept. of swasthavritta & Yoga.

Third BAMS students and teacher participated in "My life My Yoga"- Video blogging contest.

Online webinar on Yoga, Virtual Program was done. All the videos, photos and common Yoga Protocol displayed on college website, whatsapp & facebook account.

The International Yoga Day celebrated on the grounds of their theme- "Yoga at Home, Yoga with Family" with maintaining all the rules and social distancing in view of Covid-19.

Following practices were performed-

Asanas	Pranayama	Prarthana
Suryanamaskar	Kapalabhati	Prarthana
Vakrasana, Bhadrasana, Ushtrasana	Anulom-Vilom	Omkar
Bhujangasana, Shashankasana	Bhramari	Shantipath
Pawanamuktasana		Dhyana
Tadasana, Padahastasana, Trikonasana		

The program ended with the Sankalpa and Shapath given by Vd. Yogesh Surse sir.

Programme Coordinator
DR. JAYDIP VISAVE
(Assi. Prof., Dept. of Swasthavritta & Yoga)

HOD
DR. AMIT DIWAKAR
(Reader, Dept. of Swasthavritta & Yoga)

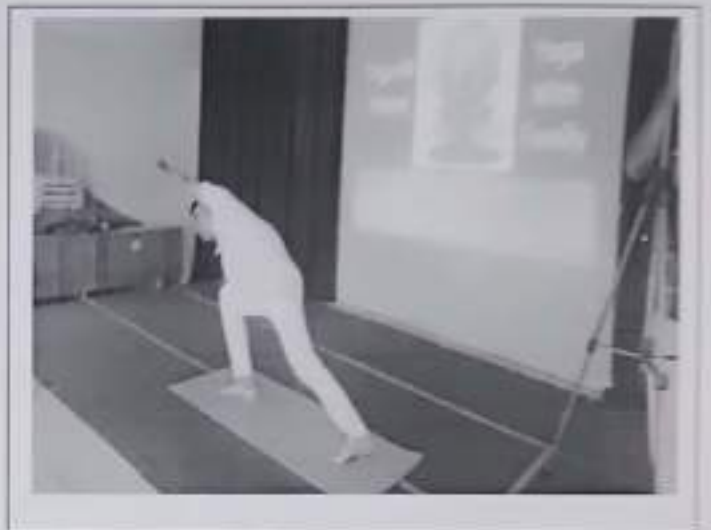
Dr. Milind B. Aware
PRINCIPAL

Photographs of Yoga Session

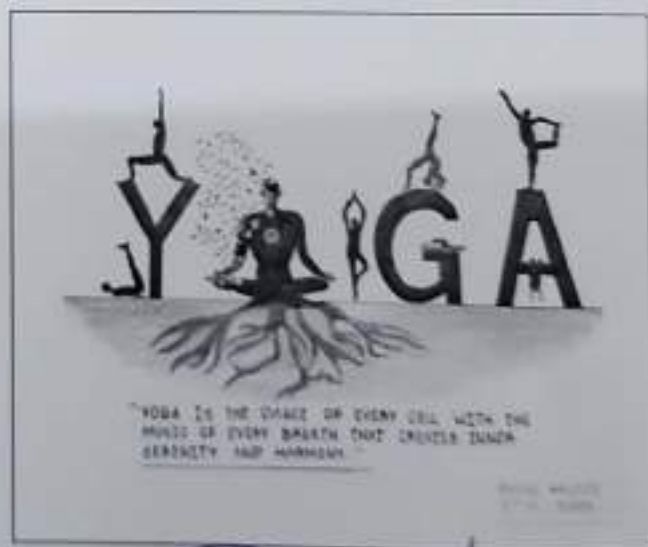


Photographs of Yoga Session

Photographs of Yoga Session



Photographs of Other Activities



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H. O. D.
 Swasthavritta Dept.
 S.S.A.M. & H. Nashik



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Principal
 Shree Saptashringi Ayurved
 Mahavidyalaya, Nashik



Report

INTERNATIONAL DAY OF YOGA, 21 JUNE, 2019

Organised by

Dept of SWASTHAVRITTA & YOGA,

SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL, NASHIK

Date : 21/06/2019

Time: 7.00 TO 8.00 AM

On the occasion of 5th international Yoga Day, Yoga Practical Camp was conducted from 7 am to 8.30 am at, SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL, NASHIK

The program was conducted in presence of Hon. Principle Dr. Milind Aware sir and Vice-principle Dr. Vailbhav Phartale and Dr. Amit Diwakar, HOD Swasthavritta & Yoga department.

200 participants participated in the yoga practical camp. The banners and hoardings regarding yoga day celebration were displayed during the Yoga practical in campus. Vd Manjusha More, Vd. Yogesh Surse, Vd. Dipali Sonawane and Vd. Jaydip Visave appointed as Yoga instructor.

Following practices were performed-

Asanas	Pranayama	Prarthana
Suryanamaskar	Kapalabhati	Prarthana
Vakrasana, Bhadrasana, Ushtrasana	Anulom-Vilom	Omkar
Bhujangasana, Shashankasana	Bhramari	Shantipath
Pawanamuktasana		Dhyana
Tadasana, Padahastasana, Trikonasana		



SHREE SAPTASHRUNGI SHIKSHAN SANSTHA NASHIK, SANCHALIT SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAY & HOSPITAL

The program ended with the Sankalpa and Shapath given by Vd. Yogesh Surse sir.
Also our one team visited to Zilha Parishad School, Shilapur, Nashik for guiding to
celebrate Yoga Day as per protocol under guidance and supervision of Vd. Manjusha



more Madam
Sonawane, Dr.
Dr. Darshana

the time of speech



and Dr. Meghana
Nandini Shardul &
More



2019



H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik



Principal
Shree Saptashringi Ayurved
Mahavidyalaya, Nashik

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SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003 | Tel : (0253) 2621560 (College) | (Hoop) 2018544
Fax : 0253) 2621530 • E-mail : saamr@rediffmail.com • website : www.samr.in

List of Common public attending Yoga 2019

SR.NO.	CR.OPD NO.	NAME	ADDRESS	SIGNATURE
1	179	VIKRAM BABURAO SONAWANE	DWARKA,NASHIK	
2	13378	RATAN ASHOK BHALERAO	BALIO MANDIR NASHIK	
3	13427	PRITI KISHOR SURYAWANSHI	HANUMAN NAGAR,NASHIK	
4	14409	KANCHAN RAM THETE	SHRIKRUSHAN NAGAR,NASHIK	
5	14417	GAUTAMI RAMESH SHIRSATH	MERI LINK ROAD,NASHIK	
6	14486	AVINASH ATUL DESHPANDE	LATE NAGAR,HIRAWADI	
7	11390	SHIVANSH MAHESH SHARMA	BALIMANDIR,NASHIK	
8	11408	SHARDA SHANKARLAL OZA	GOVIND NAGAR,NASHIK	
9	11448	MINAKSHI PRAMOD NAGLA	AMRUTDHAM,NASHIK	
10	11823	VISHAL SAMADHAN KOLI	SSD NAGAR,HIRAWADI	
11	11831	GAURAV SHRIKANT BAGUL	SAISHIV NAGAR,NASHIK	
12	11849	BHARTI SURESH SURYAWANSHI	KAMAL NAGAR,HIRAWADI	
13	22434	PRAMOD SHIVRAM KALE	SHIVKRUPA NAGAR,HIRAWADI	
14	22445	SUREKHA GANGURDE	HIRAWADI	
15	22461	DEVENDRA GAIKWAD	PANCHAVATI,NASHIK	
16	22767	ASHOK RAMAKANT PATIL	AMRUTDHAM,NASHIK	
17	22770	SURESH MOTIRAM MANE	TARWALA NAGAR,NASHIK	
18	22796	MOHINI VILAS DESHMUKH	KAMAL NAGAR,HIRAWADI	
19	23251	AMRUTA RUPESH PARALIKAR	LATE NAGAR,HIRAWADI	
20	23259	SHARAVANI SAKARE KALE	SHIVKRUPA NAGAR,HIRAWADI	
21	21188	TANVI ARJUN KARATE	SHIVKRUPA NAGAR,HIRAWADI	



22	20609	VAISHANVI TOSHANIWAL	AMRUTDHAM,NASHIK	<i>Vm</i>
23	20635	PURVA ASHOK BAVISKAR	MERI,MHASRUL	<i>P. B.</i>
24	21181	PRATIK MILIND DHAMNE	SAI NAGAR,NASHIK	<i>P. D.</i>
25	21232	SHIVAJI RAMDAS KOLI	MHASRUL,NASHIK	<i>S. Koli</i>
26	18358	ARJUN RAOSAHEB DESHMUKH	PETH ROAD,NASHIK	<i>A.D.</i>
27	18836	MAYURI AVINASH SONAWANE	LATE NAGAR,HIRAWADI	<i>M.</i>
28	18846	SHRIDHAR RAHUL PATIL	VIDHATE NAGAR,HIRAWADI	<i>S.</i>
29	18351	SIKANYA LALIT JADHAV	AYODHAYA NAGRI,NASHIK	<i>J.</i>
30	18371	PRAJAKTA SUBHASH GAIKWAD	PARVATI NAGAR,NASHIK	<i>S.</i>
31	17066	SANTOSH KARBILARI DESHPANDE	KAMAL NAGAR,HIRAWADI	<i>S. Deshpande</i>
32	17069	SANVI AVINASH BAVISKAR	SHRIKRUSHAN NAGAR,NASHIK	<i>B.</i>
33	17074	SOHEL VIJAY PATIL	LATE NAGAR,HIRAWADI	<i>S. Patil</i>
34	16660	SAVITA RAMESH JADHAV	NASHIK ROAD	<i>S.</i>
35	16669	RAM AKSHAY DESMUKH	SHIVKRUPA NAGAR,HIRAWADI	<i>R.</i>
36	16681	AKASH PRABHAKAR DESHPANDE	GOKULDHAM,HIRAWADI	<i>A. Deshpande</i>

[Signature]
H.O.D.
SWASTHAVRITTA
S.S.A.M & H. NASHIK



[Signature]
Principal
Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik



Brief Report of International Day of Yoga Conducted on 21 June 2018

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

Name of the College: Shree Saptashrungi Ayurved Mahandyalaya Sand Hospital, Nashik

Region: Mumbai Marathwada North South West East

1. Morning Yoga demo (7:00 am to 8:00 am) was conducted
2. Number of participants in the morning demo: 150
3. Name of Yoga teacher who conducted the morning demo: Marwade Sir
4. Name of the Asana and Pranayama conducted during the morning demo:
 - a) Vrikshasana, Vajrasana, Bhujangasana
 - b) Pranayam - Nad Shuddhi, Bharika
 - c) Ohyan
 - d) Sitka, Prarthana
5. Name of the best participant in the Morning Yoga Demo: Kiran Deore
6. Was the Participant Felicited?
7. Whether Yoga exhibition was conducted at College?
8. Whether banners, poster were displayed in campus of college?
9. Whether essay competition was conducted?
10. Number of prize winning participants: 1
11. Topics of the essay given: Yogashastra & Ayurveda, Role of Yoga in today's time
12. Name of the prize winners & topics of the essay: Gulochana Rajwarhi
13. Any other Activity conducted for awareness of Yoga?
14. Interiors photographs of Morning Yoga at college campus?
15. Soft copy of photographs & report sent by email?

College Coordinator

Name: Vd. Sagar Narade

Signature: [Signature]

Designation: NSS Program Officer

Contact & Phone: Sagarnarode@gmail.com

9028100121

Incharge of Institute

Prof. Vd. Dilip Awar



[Signature]
 Principle
 Principal

Shree Saptashrungi Ayurved Mahandyalaya Nashik

ssamnik@gmail.com



list of Common public attending Yoga 2018

SR.N O.	CR.OP D NO.	NAME	ADDRESS	SIGN
1	6847	SUDHAAKR SHIVAM DUBE	HIRAWADI	
2	6857	MADHUKAR TAHKRE	KAMAL NAGAR,HIRAWADI	
3	6873	SHWETA PANDURANG SAVLE	SHIVKRUPA NAGAR,HIRAWADI	
4	6888	AKSHAY CHAVHAN	NIMANI,NASHIK	
5	7428	SHIVANI AMOGH JOSHI	HIRAWADI	
6	7433	VIAJY SATISH MAMLEDAR	TARWALA NAGAR	
7	7521	ANJALI SOHAN KALE	HIRAWADI	
8	7551	ANIKET DESHMUKH	KAMAL NAGAR,HIRAWADI	
9	7526	SANKET DATTA SONAWANE	DWARKA,NASHIK	
10	16555	PRAKASH JADHAV	SHIVKRUPA NAGAR,HIRAWADI	
11	16574	MANISHA MAHESH RAVAT	NASHIK ROAD	
12	16577	AVINASH TIWARI	SHIVKRUPA NAGAR,HIRAWADI	
13	16581	RAMCHANRA PATIL	KAMAL NAGAR,HIRAWADI	
14	16965	BHAGWAT DAMODAR PAWAR	LATE NAGAR,HIRAWADI	
15	17000	PRIYANKA SHRIKISAN MORE	KAMAL NAGAR,HIRAWADI	
16	25157	POOJA ROHAN DEORE	BANARASHI NAGAR,HIRAWADI	
17	25165	TANISHIK DIPAK SASANE	TAMBOLI NAGAR,HIRAWADI	
18	25616	GAJANAN BABURAO BAGUL	BANARASHI NAGAR,HIRAWADI	
19	25654	RAMESHLAL DIGAMBAR	TARWALA NAGAR,NASHIK	
20	25661	SHANTABAI MANE	LATE NAGAR,HIRAWADI	
21	2229	SHIRIRAM RAJENDRA PAWAR	RAMWADI	
22	2236	RUTVIK SANJAY JAHANGIR	NIMANI	



23	2245	BHUMI PRABHAKAR PATIL	KATE NAGAR	<i>Patil</i>
24	2255	SHREYA VINOD PARMAR	MAKHAMALABAD ROAD	<i>Parmar</i>
25	2846	ROHINI HIWALE	HIRAWADI	<i>Hiwale</i>
26	2851	PRAMOD DAMODARE	KATHE GALLI,NASHIK	<i>Damodare</i>
27	2862	PRAMILA SANTOSH KAUR	SATPUR,SHIVAJI NAGAR	<i>Pranita</i>
28	39	SANGITA GOVIND PAWAR	GANGAPUR ROAD,NASHIK	<i>Pawar</i>
29	62	ASHWINI RAMESH BAVISKAR	SHAKTI NAGAR,HIRAWADI	<i>Baviskar</i>
30	76	UAMA TUKARAM SHINDE	MAKHAMALABAD,NASHIK	<i>Shinde</i>
31	100	RAMESH RAHUL SHELKE	SHIVKRUPA NAGAR,NASHIK	<i>Shelke</i>
32	139	DIPALI KAILAS MORE	SAI NAGAR,NASHIK	<i>More</i>
33	166	SUDARSHAN RAMDAS JADHAV	AMRUTDHAM,NASHIK	<i>Jadhav</i>

HC
H.O.D.
SWASTHAVRITTA
 S.S.A.M. & H, NASHIK



Milind
Principal
 Vd. Milind Babarao Awart
 Sree Saptashrungi Ayurved
 Mahavidyalaya & Hospital, Nashik